

9

FEELING GOOD

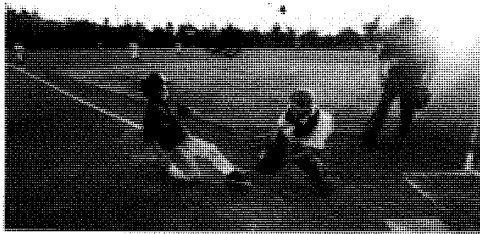
VOCABULARY AND LISTENING

Sports and activities

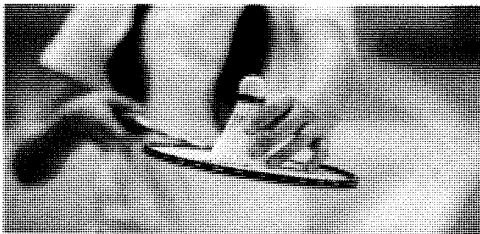
1 Complete the words for sports and activities.

- 1 hoc **key** _____
 2 d **anc** _____ ing
 3 ru**nn**ing _____
 4 f **oot ba** _____ ll
 5 s **wimm** _____ ing
 6 t **enn** _____ is

2 Write the name of the sport under the picture.



1 **baseball** _____



2 **badminton** _____



3 **basketball** _____



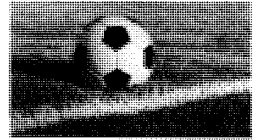
4 **tennis** _____

3 Complete the conversations with activities from Exercise 1.

A: Do you like ⁰ football ?

B: No, I don't. What about you?

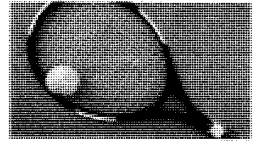
A: Yes, I do! I like FC Barcelona.



A: Do you like ¹ tennis ?

B: Yes, I do. It's my favourite sport!

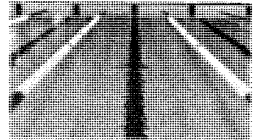
I like Rafa Nadal and Garbiñe Muguruza.



A: Do you go ² swimming ?

B: Yes, I do. I go five times a week.

There's a great pool near my house.



A: Do you go ³ running ?

B: No, I don't. How about you?

A: Yes, I do. There's a big park behind my school. I run there with my sister.



A: What's your favourite sport?

B: ⁴ baseball . I play it with my friends at the weekend.



4 Listen to four students talking. What are they talking about? **Activities and sports**

5 Listen again. Tick the things the students are good at.

- | | | | | |
|-----------|------------|-------------------------------------|--------------|-------------------------------------|
| 1 Charlie | A dancing | <input type="checkbox"/> | B football | <input checked="" type="checkbox"/> |
| 2 Anna | A hockey | <input checked="" type="checkbox"/> | B running | <input type="checkbox"/> |
| 3 Ed | A swimming | <input checked="" type="checkbox"/> | B baseball | <input type="checkbox"/> |
| 4 Dana | A hockey | <input type="checkbox"/> | B basketball | <input checked="" type="checkbox"/> |

6 Listen again. Which sentence is right (✓)?

- | | |
|----------------------------------|-------------------------------------|
| 1 A Charlie likes table tennis. | <input checked="" type="checkbox"/> |
| B Charlie likes hockey. | <input type="checkbox"/> |
| 2 A Anna likes badminton. | <input checked="" type="checkbox"/> |
| B Anna likes swimming. | <input type="checkbox"/> |
| 3 A Ed sometimes goes running. | <input type="checkbox"/> |
| B Ed goes running every week. | <input checked="" type="checkbox"/> |
| 4 A Dana likes table tennis. | <input type="checkbox"/> |
| B Dana likes football. | <input checked="" type="checkbox"/> |
| 5 A Dana sometimes plays hockey. | <input checked="" type="checkbox"/> |
| B Dana never plays hockey. | <input type="checkbox"/> |

1 Choose the correct words.


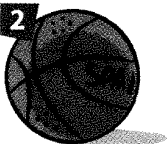


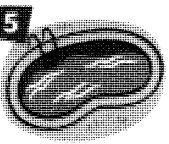
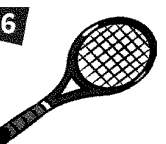
- 1 I like going to school, but I like / don't like doing homework.
- 2 My friends like / don't like running. They run every morning before school!
- 3 My sister likes / doesn't like swimming. She's very happy in the water.
- 4 My brother likes / doesn't like playing football, but he likes watching it on TV.
- 5 I like / don't like eating chocolate. I eat it every weekend!
- 6 I like / don't like playing badminton, but I like playing tennis.
- 7 I like / don't like your new camera. It's very nice.

2 Match to make sentences.

- 1 Marco doesn't like playing football and **a**
- 2 Jake doesn't like singing but **f**
- 3 Marisa likes running and **b**
- 4 Ben and Amy don't like running and **d**
- 5 Sam and Hugo like swimming and **c**
- 6 Ana likes singing but **e**

- a** he doesn't like playing basketball.
- b** she likes playing basketball.
- c** they like playing football.
- d** they don't like swimming.
- e** she doesn't like dancing.
- f** he likes dancing.

3 Look at the table. Complete the sentences.

						
Milly	✓	✗	✗	✓	✗	✗
Aidan	✗	✗	✓	✓	✗	✓

- 1 Milly likes football.
Aidan doesn't like football.
- 2 Milly doesn't like basketball.
Aidan doesn't like basketball.
- 3 Milly doesn't like dancing.
Aidan likes dancing.
- 4 Milly likes running.
Aidan likes running.
- 5 Milly doesn't like swimming.
Aidan doesn't like swimming.
- 6 Milly doesn't like tennis.
Aidan likes tennis.

4 Write positive or negative sentences.

- 1 Robin / swimming ✗
Robin doesn't like swimming.
- 2 Tom / basketball ✗
Tom doesn't like basketball.
- 3 Sima / dancing ✓
Sima likes dancing.
- 4 Mum and Dad / running ✗
Mum and dad don't like running.
- 5 My friends / baseball ✓
My friends like baseball.
- 6 My sister / reading ✓
My sister likes reading.
- 7 My brother / drawing ✓
My brother likes drawing.
- 8 Clara / send / text messages ✗
Carla doesn't like sending text messages.
- 9 Marco and Gianni / watch TV ✗
Marco and Gianni don't like watching TV.
- 10 Isabella / ride horses ✓
Isabella likes riding horses.

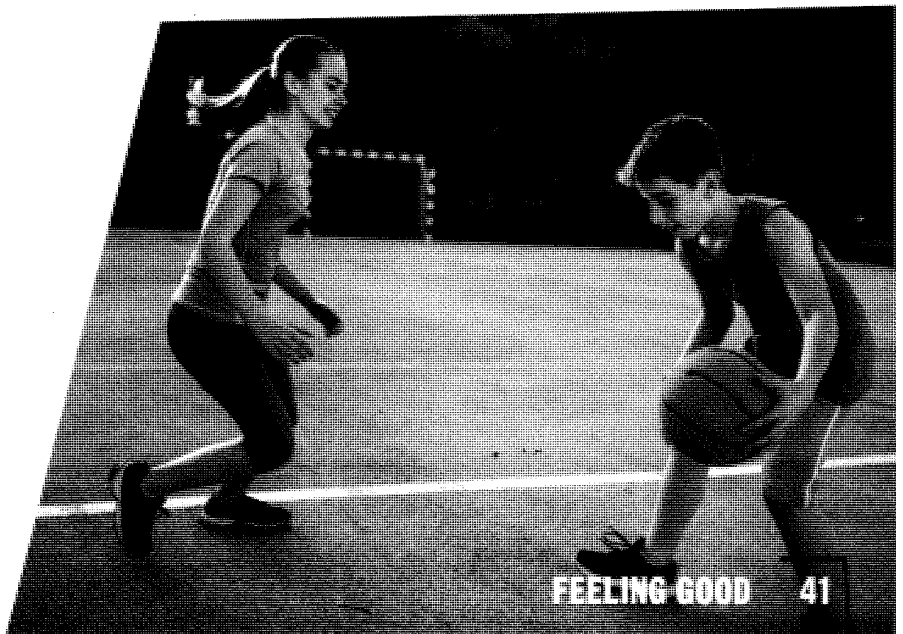
5 Write about what you like and don't like. Use the words in the box.

basketball	dancing	football
running	table tennis	

.....

.....

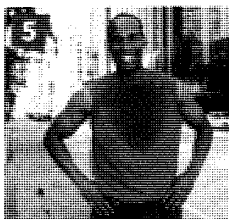
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Health

1 Complete the phrases with the words in the box.

better feel feel for you



- 1 good for you
- 2 feel better
- 3 is not good for you
- 4 feel fine
- 5 feel well

2 Complete the conversations with the phrases from Exercise 1.

- 0 A: Why do you eat lots of apples?
B: Because they're good for you!
- 1 A: I eat chocolate and biscuits every day. Is that OK?
B: Don't eat them every day. It is not good for you.
- 2 A: I'm tired. I can't do my homework.
B: Go for a walk. You'll feel better after that.
- 3 A: I don't eat fruit and vegetables. Sometimes I don't feel well.
B: It's good for you to eat fruit and vegetables. Eat them and you'll feel well.
- 4 A: I don't have breakfast. And in the morning at school I don't feel well.
B: Oh, have breakfast! You'll feel fine.

3 Answer the questions with sentences about you.

- 1 What makes you feel well?
Swimming makes me feel well. I always feel better.
- 2 What is good for you?
Drinking milk is good for me.
- 3 What isn't good for you?
Eating chips is not good for me.

4 Read the text. What time does the family eat breakfast?

What we have for breakfast

Laura is 12 years old and is from Cambridge. She tells us about breakfast in her family.

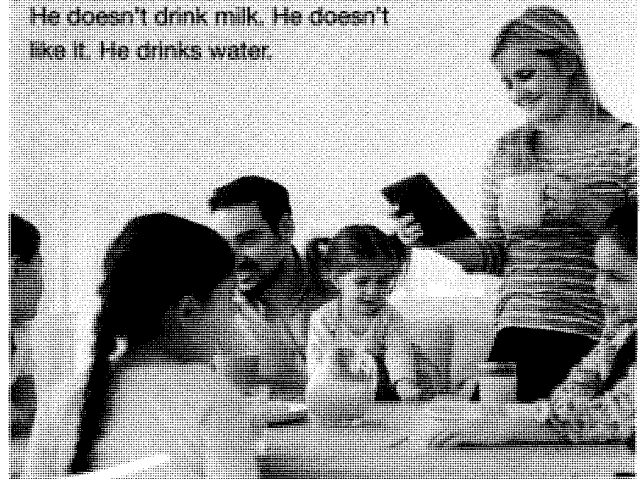
Some people don't have breakfast, but my mum and dad say a healthy breakfast is good for us – we feel well.

My family has breakfast at seven o'clock every morning. I eat some fruit and some bread. I drink some water too. I don't eat biscuits. I like them but my mum says they're not good for me.

Raquel and Paula are my sisters. Raquel likes milk and drinks lots of it. She has bread and butter for breakfast and lots of fruit. Paula doesn't like bread. She has fruit and some water.

My brother's name is Will. Will eats eggs and bread and butter for breakfast. He has orange juice too. Will likes fruit, but he doesn't like it at breakfast. He eats fruit at lunch.

Mum has fruit, yoghurt, and milk for breakfast. Dad has some bread and butter. He has some cheese too. He doesn't drink milk. He doesn't like it. He drinks water.



5 Read the text again. Match the descriptions to the people.

- | | | |
|----------|----------|--------------------------------|
| 1 Raquel | <u>c</u> | a eggs, bread and orange juice |
| 2 Paula | <u>e</u> | b fruit, yoghurt and milk |
| 3 Will | <u>a</u> | c milk, bread and fruit |
| 4 Mum | <u>b</u> | d bread, cheese and water |
| 5 Dad | <u>d</u> | e fruit and water |
| 6 Laura | <u>f</u> | f fruit, bread and water |

GRAMMAR

Pronouns

1 Choose the correct words to complete the sentences.

- I like eating biscuits but they aren't good for me / him.
- I play tennis with my friends. It's good for her / us.
- I play the guitar but I'm not very good at him / it.
- My sister eats vegetables. They're good for him / her.
- My brother sleeps for eight hours every night. It's good for him / her.
- My parents like running. It's good for them / her.
- Eat lots of fruit. It's good for it / you.

2 Change the underlined words. Write *him, her, it, us, them* or *you*.

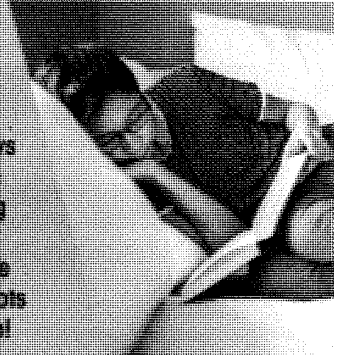


- I like football. I'm good at football. it
- My brother eats lots of sugar. It's not good for my brother. him
- My friends and I walk to school. It's good for my friends and me. us
- My sister drinks lots of water. It's good for my sister. her
- My parents eat some fruit for breakfast. It's good for my parents. them
- Play lots of sport. It's good for you and your friends. you
- My mum eats a lot of fruit. It's good for my mum. her
- My sister plays basketball. She's good at basketball. it
- My dad eats a lot of chocolate. It isn't good for my dad. him
- I like running. I'm good at running. it
- My friends go swimming five days a week. It's good for my friends. them

WRITING

1 Read the text. What is it about? **activities**

Hello! My name is Luca and I like doing lots of things in my free time. I like reading books and swimming. I read every day and I swim five days a week. I like watching music videos, but I don't like playing computer games. I don't like cooking, but I like eating. I like eating chocolate, but eating lots of chocolate isn't good for me!



2 Read the text again. Write *Yes, he does* or *No, he doesn't*.

- Does Luca like reading books?
Yes, he does.
- Does he like swimming?
Yes, he does.
- Does he like watching music videos?
Yes, he does.
- Does he like playing computer games?
No, he doesn't.
- Does he like cooking?
No, he doesn't.
- Does he like eating chocolate?
Yes, he does.

3 Answer the questions for you in the questionnaire. Write *Yes, I do* or *No, I don't*.

What do you like doing in your free time?

- Do you like reading books? _____
- Do you like playing computer games? _____
- Do you like cooking? _____
- Do you like eating chocolate? _____
- Do you like swimming? _____
- Do you like watching music videos? _____



4 Write about what you like doing in your free time. Use the text in Exercise 1 and your answers in Exercise 3 to help you.