

**3** Complete the sentences with the *-ing* form of the verbs in brackets ().

😊 = like / 😞 = not like

0 Ben *likes running in the park* (😊 run) in the park.

1 Mary \_\_\_\_\_ (😞 dance).

2 I \_\_\_\_\_ (😊 play badminton).

3 Alison and Gemma \_\_\_\_\_ (😞 eat potatoes or bread).

4 You \_\_\_\_\_ (😊 stand on your head).

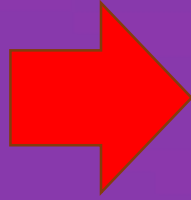
5 Paul \_\_\_\_\_ (😞 swim).

6 We \_\_\_\_\_ (😊 learn English).

**4** Do you like doing these sports and activities? Tick (✓) the table for you. Then add two more activities.

		I like 	I don't like 	I'm good at 	I'm not very good at 
0	playing tennis	✓			✓
1	playing hockey				
2	running				
3	playing basketball				
4	playing football				
5	dancing				
6	watching sport				
7	table tennis				
8	swimming				
9					
10					

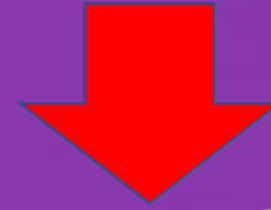
**4** Do you like doing these sports and activities? Tick (✓) the table for you. Then add two more activities.



	I like 	I don't like 	I'm good at 	I'm not very good at 
0 playing tennis	✓			✓
1 playing hockey				
2 running				
3 playing basketball				
4 playing football				
5 dancing				
6 watching sport				
7 table tennis				
8 swimming				
9				
10				

**5** Talk to two friends about the table in Exercise 4. Remember to use the *-ing* form.

*I like playing tennis, but I'm not very good at it. I don't like running.*  
*I like watching football, but I don't like playing it. I'm good at dancing.*



**6** Now write about your friends.

*Franka likes playing tennis, but she doesn't like running.*  
*She isn't very good at computer games.*  
*George doesn't like running and he isn't very good at it.*  
*He likes playing basketball.*

What do you do in your bad mood?  
If you feel bad, will you go to doctor?

She feels better.

She feels fine.

She feels well.



**4** Complete the sentences with the words in **blue** from the texts.

EP

- 1 It \_\_\_\_\_ people to eat a lot of biscuits.
- 2 Eat fresh fruit and vegetables and you'll \_\_\_\_\_.
- 3 Spend time with your friends and you'll \_\_\_\_\_.
- 4 I like doing sport and it's \_\_\_\_\_ me.
- 5 Eat a good breakfast and you'll \_\_\_\_\_.

# ASK THE DOCTOR



1

Dear Doctor

I'm 15 years old. My friends like going to the park and playing football. I'm always tired. I like watching sport on TV and I like playing computer games, too. Is it **good for** me to stay at home?

Can you help me?

Tom

A

Lots of sweet things aren't good for us. They aren't good for our teeth! Eat more fruit and vegetables. You'll **feel fine**.

**DR SMART**

2

Dear Doctor

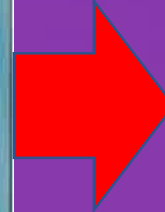
I'm 13 years old and I like eating chocolates and cakes. My mum isn't happy and gives me lots of fruit and vegetables, but I don't like them. Lots of my activities are good for me. I like playing football and I'm very good at it. Is it **OK** for me to eat lots of sweet things?

Sophie

B

It isn't **good for** you to stay at home all day. Go to the park with your friends and play football with them. It's good to be outside. You'll **feel better**.

**DR SMART**



Match the pictures to doctor's answer.

# ASK THE DOCTOR



1

Dear Doctor

I'm 15 years old. My friends like going to the park and playing football. I'm always tired. I like watching sport on TV and I like playing computer games, too. Is it **good for** me to stay at home?

Can you help me?  
Tom

A

Lots of sweet things aren't good for us. They aren't good for our teeth! Eat more fruit and vegetables. You'll **feel fine**.

**DR SMART**

2

Dear Doctor

I'm 13 years old and I like eating chocolates and cakes. My mum isn't happy and gives me lots of fruit and vegetables, but I **don't** like them. Lots of my activities are good for me. I like playing football and I'm very good at it. Is it **OK** for me to eat lots of sweet things?

Sophie

B

It **isn't good for** you to stay at home all day. Go to the park with your friends and play football with them. It's good to be outside. You'll **feel better**.

**DR SMART**



**2** Read the letters and answers again. Now look at the sentences. Write **yes** or **no**.

- 0 Tom likes playing football. *no*
- 1 Sophie likes eating apples.
- 2 Sophie likes doing sport.
- 3 Tom likes going to the park.
- 4 Tom is very tired.
- 5 The doctor thinks it's good for Tom to stay at home.
- 6 The doctor thinks it's good for Sophie to eat sweet things.



biscuits bread butter cake  
chocolate dancing oranges  
playing computer games vegetables  
walking to school water

Good for you

Bad for you

What do you eat for breakfast?



What does your  
parents buy **for you**?





Chocolate isn't good **for us.**



Studying is good **for her**.



Playing football is good **for them.**



Going to doctor is good **for him.**



I don't like skating. I'm not good **at it**.





My parents are going to travel.I like to go **with them..**

## Subject

## Object

**I**  
**We**  
**You**  
**He**  
**She**  
**It**  
**They**

**me**  
**us**  
**you**  
**him**  
**her**  
**it**  
**them**

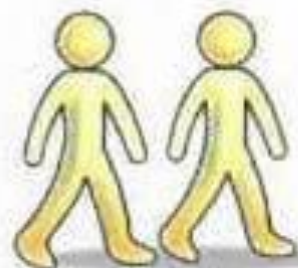


# GRAMMAR

## Pronouns

- 1 Read the letters and answers on page 60 again.  
How many of the phrases in the box can you find?

at it    for her    for him    for me  
for us    for you    with them



I	<u>me</u>	we	5 _____
you	1 _____	you	6 _____
he	2 _____	they	7 _____
she	3 _____		
it	4 _____		

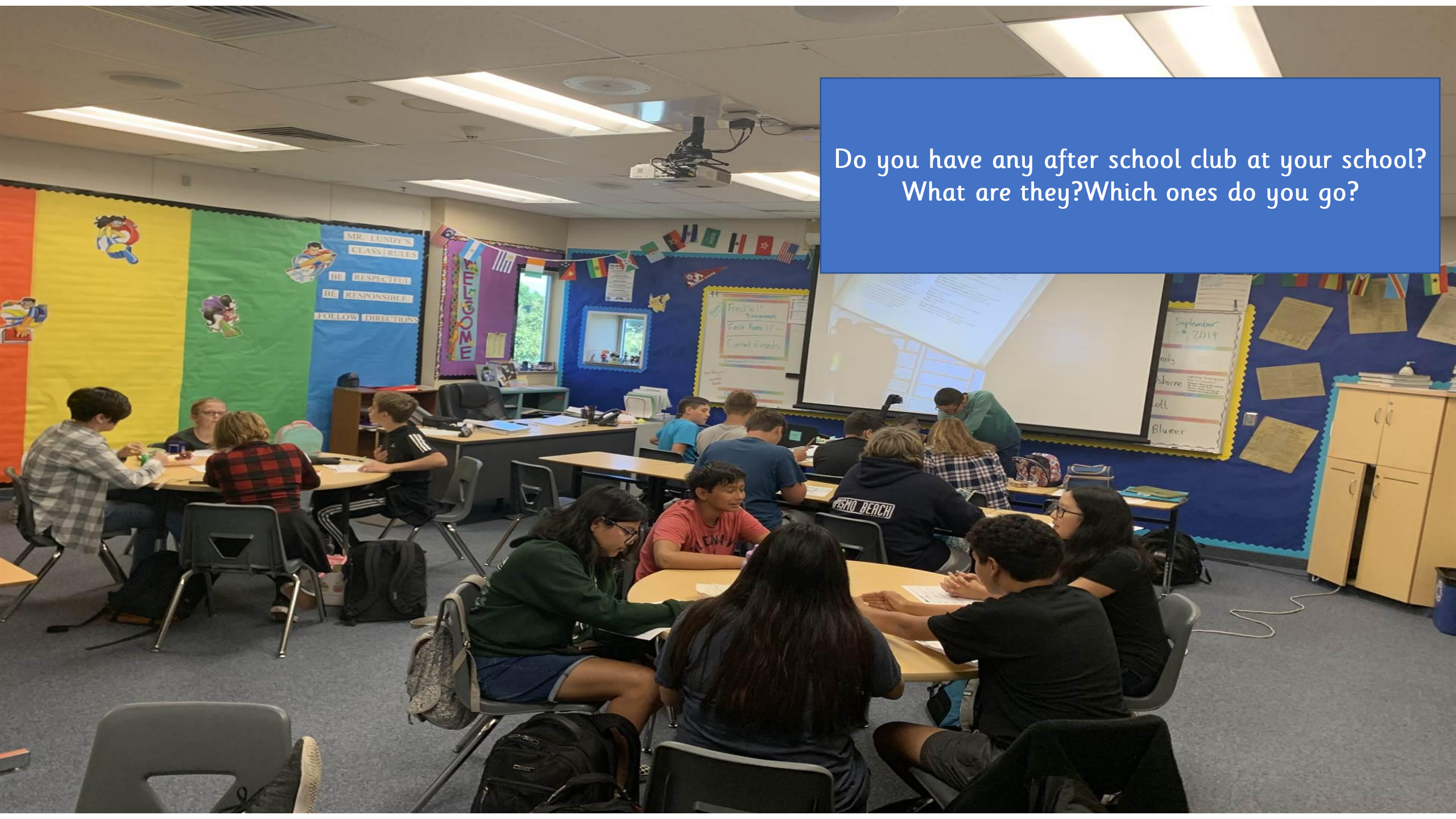
**3** Complete the sentences.

- 0** Eat a good breakfast. It's better for you.
- 1** They like playing basketball. It's good for  
\_\_\_\_\_.
- 2** I like drinking milk. It's good for \_\_\_\_\_.
- 3** She doesn't like eating ice cream. It isn't good for  
\_\_\_\_\_.
- 4** We don't like eating a lot of chocolate. It isn't  
good for \_\_\_\_\_.
- 5** He likes walking to school. It's good for \_\_\_\_\_.
- 6** I don't like playing table tennis. I'm not very  
good at \_\_\_\_\_.



Think of five things you like doing at the weekend.  
Are all these things good for you?why?

Do you have any after school club at your school?  
What are they? Which ones do you go?





athletics club



cookery club



yoga club



drama club



boardgames club



Italian club



Coding club



judo club



horse riding club



film club





What can you see in these photos?



**3** Listen to Freya telling Mike about her after-school clubs. What day is her favourite club?





**4** Listen again and match the photos 1-5 to the days.

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday



Choose three after-school club.  
Then talk about it.

