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#### SUMMER ONLINE COURSES

Unit 2 : Keeping
fit : Lesson 1 : I'm
healthy, I'm happy







## Activity 1

Getting started : Read

the following text and answer the questions

My name is Laura and I am an architect. I get up every morning and have cereal for breakfast. I also have a can of coke. I drink too much coke but I really like it. For lunch I have a sandwich but I also eat a lot of fruits. I don't do enough exercise but I try to run once a week. For dinner, I usually have pasta or salad. My brother is called Tim and he works in an office. He doesn't eat breakfast in the morning but he has a salad and a glass of orange juice for lunch. He does a lot of exercise and goes to the gym every day but he eats too many cakes. He works very hard and sometimes just has a sandwich for dinner. I don't think he gets enough sleep.

- Read the article about Laura and Tim and answer the questions. Make complete statements.
- 1. What does Laura eat in the morning?.
- > Laura eats cereal in the morning.













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- 2. Who doesn't drink anything in the morning?.
  - > Tim doesn't drink anything in the morning.
- 3. Who likes eating sandwiches?
  - > Laura likes eating sandwiches.
- 4. Who trains a lot?
  - > Tim trains a lot.

Should+infinitive verb
without to/shouldn't
+infinitive verb without to
express advice

- 5. Who enjoys drinking sodas?.
  - Laura enjoys drinking sodas.
- Write and advise. Use should or shouldn't.

Ex: Laura should not drink so much coke.

- a) Laura should exercise to keep fit.
- b) Laura shouldn't drink have fizzy drinks.
- c) Tim should get enough sleep.
- d) Tim shouldn't eat many cakes.
- e) Laura should avoid eating sandwiches because it's unhealthy.





## Activity 2

Label the healthy eating pyramid with words from

the box :

meat and fish / bread and cereal / sugar and fat / vegetables / dairy products / fruits

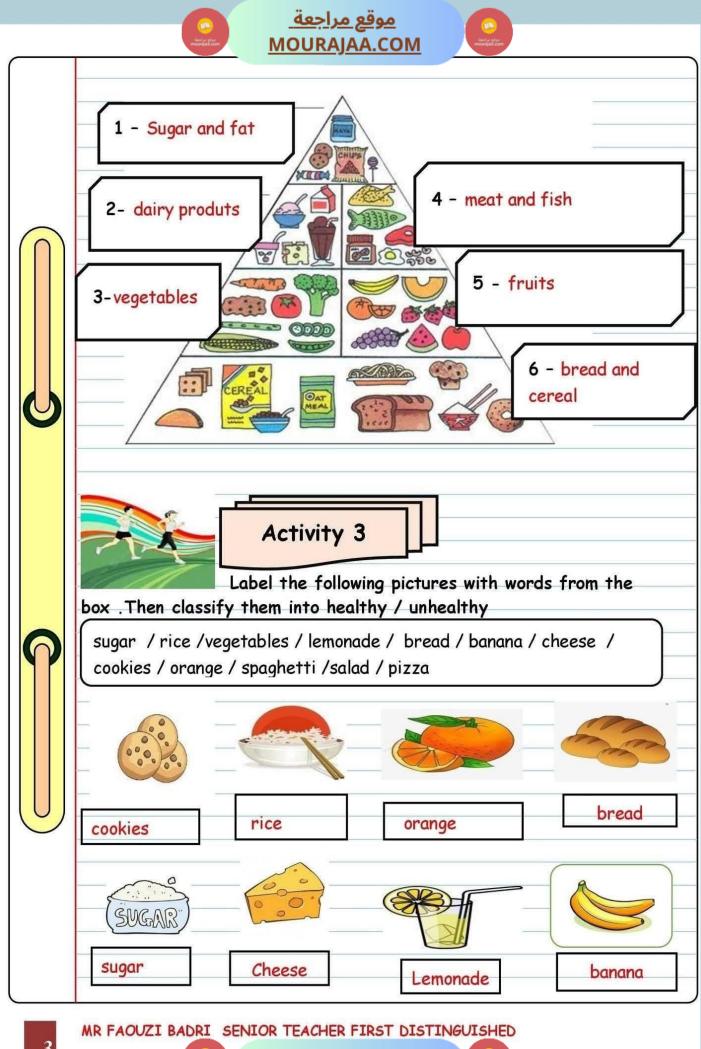




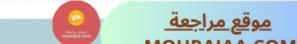








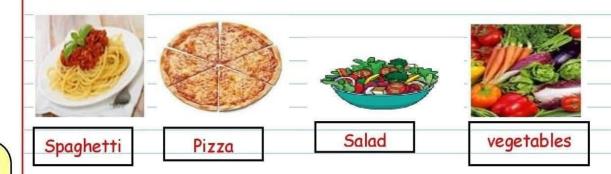














The unhealthy food

rice /orange /lemonade / banana | cookies / sugar / bread / /salad / vegetables /cheese

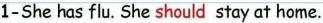
spaghetti / pizza



## Activity 4

Complete using should / shouldn't.





- 2- He has backache. He shouldn't carry heavy things.
- 3-Steve has stomachache. He should drink lemon and mint tea.
- 4-Daisy has dirty hands. She should wash her hands.
- 5-My brother has toothache. He shouldn't eat candies.
- 6-Jennifer has a broken arm. She shouldn't play volleyball.
- 7-He feels tired. He should have a rest.
- 8-Caroline has a sore throat. She should go to a doctor.
- 9-He has a cough. He shouldn't drink cold drinks.
- 10-She has toothache. She should go to a dentist.
- 11-Matt is fat. He shouldn't eat junk food.
- 12-Alice has cold. She should have a rest.
- 13-She has headache. She should take medicine.



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# Activity 5

Fill in the blanks with 8 words from the box

processed / food / choice / healthy / regular / fruits / diet / source / vegetables / exercising

Donuts, pizza, hamburgers and ice-cream sound like fantastic things to eat, but are they really healthy?. We all like that sort of(1) food, but it can't be part of our (2) regular diet. What should be part of our (3) diet then? Here are a few tips for you:

- The more (4) vegetables, the better (except for potatoes).
- Eat plenty of (5) fruits of all colors like apples, pears and oranges.
- Choose beans and peas as well as fish and eggs for protein.
- Stay away from (6) processed meats like sausages.
- Don't use too much butter.
- Milk is a good (7) source of calcium and vitamin D.
- Water is always the best (8) choice.





## Activity 6

Pronunciation: Sound /s/ like in finish.

- ♣ Read the following sentences and underline the words with the /ʃ/ sound.
- a-He shows me her new shoes.
- b-The ship sails across the sea..
- c-The shop sells shirts and shoes.
- **d**-Please <u>push</u> the button to open the door.
- e-The boy enjoys playing with his shell collection.
- f-Sam brushes his teeth every morning.







Challenge yourself! Unscramble the following

letters to get words.

1. DINRNE DINNER

2. EEPIRSC RECIPES

3. SGGE EGGS

4. LSEGETEVAB VEGETABLES

5. BASTKERFA BREAKFAST

6. ETLHAH HEALTH

7. TIURF FRUIT

8. LIKM MILK

9. CEEHSE CHEESE

10. NCUHL LUNCH

11. NSUT NUTS

12. OOFD FOOD

13. OIOKNCG COOKING





### Activity 8

Let's write in!

Write a pragraph on how can you stay healthy? Use the appropriate linkers (and / but / because ....) and expressions (practise sports / fruits / vegetables/ healthy / unhelthy eating...).

It is true to say that health is wealth and good health is a must to enjoy our free time activities. One cannot take part in all the fun things to do in life he is not healthy. There ways to keep fit and stay healty.

First, one should\_practise sports because it is good for maintaining a healthy, strong and active body. Second, one should\_eat fresh fruits and vegetables and drink lots of water to stay hydrated. But, one shouldn't eat junk food because it's unheathy and contains fat. Third, we should

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eat fresh fruits and vegetables daily to maintain fitness. Finally, one have to get enough sleep to relax and wake up in a good health.

In conclusion, a balanced diet, regular exercise, enough sleep, and proper hydration are fundamental components for achieving and maintaining a healthy lifestyle.



Note that....

- In UK English, "practice" (with a "c") is the noun and "practise" (with an "s") is the verb.
- In US English, "practice" (with a "c") is used as both noun and verb. "Practise" (with an "s") is never used.





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