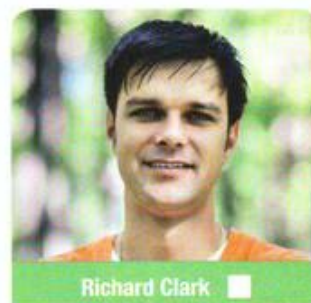


BEFORE YOU LISTEN

WARM-UP In your opinion, is it important for people to stay in shape? Why? What do people have to do to stay in shape?

LISTENING COMPREHENSION

- A** ▶ 3:35 **LISTEN FOR MAIN IDEAS** Listen to people talk about their fitness and eating habits. Check the box next to the name if the person exercises regularly.



- B** ▶ 3:36 **LISTEN FOR DETAILS** Now listen again and check each person's habits.

	Mark	Rika	Richard
1 goes to a gym	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 takes exercise classes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 exercises outside	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 avoids grains	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 avoids desserts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 avoids fatty foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 eats smaller portions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 eats a lot of seafood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 eats slowly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

C DISCUSSION

- In your opinion, which of the three people have good fitness and eating habits? Explain.
- Whose habits are like your own? Explain.



PRONUNCIATION Third-person singular -s: Review

- A** ▶ 3:37 Read and listen to the three third-person singular endings. Then listen again and repeat.

- B** **PAIR WORK** Take turns making statements about the three people's habits. Use the information in the chart in Listening Comprehension Exercise B. Pay attention to third-person singular endings.

/s/	/z/	/ɪz/
sleeps	goes	watches
eats	plays	exercises
works	avoids	munches

“ Rika exercises outside every day. ”

NOW YOU CAN Discuss fitness and eating habits

A FRAME YOUR IDEAS Take the health survey.

Do you stay in shape?

Check the statements that are true for you. Then add up your score.

- 1** ☐ a I exercise regularly.
☐ b I hardly ever exercise.
☐ c I never exercise.
- 2** ☐ a I usually sleep seven hours or more.
☐ b I generally sleep less than seven hours.
☐ c I rarely sleep more than four hours.
- 3** ☐ a I avoid junk food.
☐ b I sometimes eat junk food.
☐ c I eat a lot of junk food.
- 4** ☐ a I hardly ever eat sweets.
☐ b I sometimes eat sweets.
☐ c I eat too many sweets.
- 5** ☐ a I hardly ever watch TV.
☐ b I sometimes watch TV.
☐ c I watch a lot of TV.

Score

Each a answer = 10 points
 Each b answer = 5 points
 Each c answer = 0 points

Your total points =

Points

40-50	You stay in great shape!
30-35	You're getting in shape!
20-25	You can do more!
0-15	You're a couch potato!



B PAIR WORK Compare your survey answers and scores.

C GROUP WORK Walk around the classroom and ask questions. Write names and take notes on the chart.

Find someone who ...	Name	Other information
stays in great shape.	Toni	goes running every day

Find someone who ...	Name	Other information
stays in great shape.		
is out of shape.		
eats a lot of junk food.		
avoids sweets.		
avoids fatty foods.		
never sleeps more than four hours.		

DON'T STOP!

Ask for more information:
 Why are you out of shape?
 What junk foods do you eat?
 Where do you exercise?

D DISCUSSION Now discuss fitness and eating habits. Tell your classmates about the people on your chart.

“ Toni stays in great shape.
 She goes running every day. ”