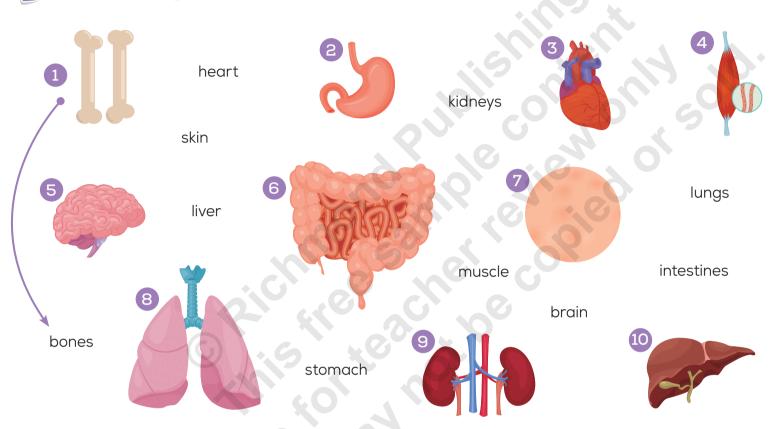
A Healthy Lifestyle

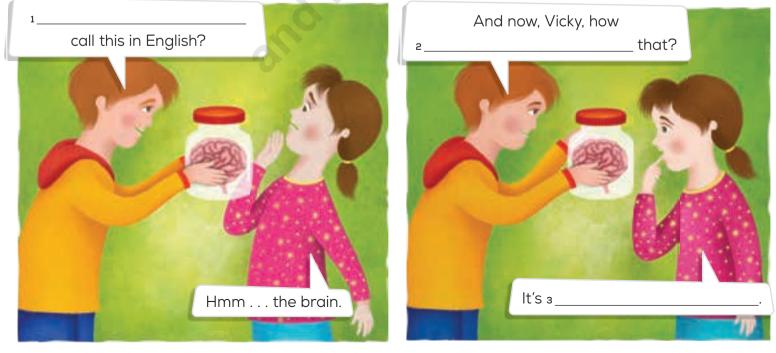
Vocabulary and Grammar

Unit

1 Match the body parts with their names.



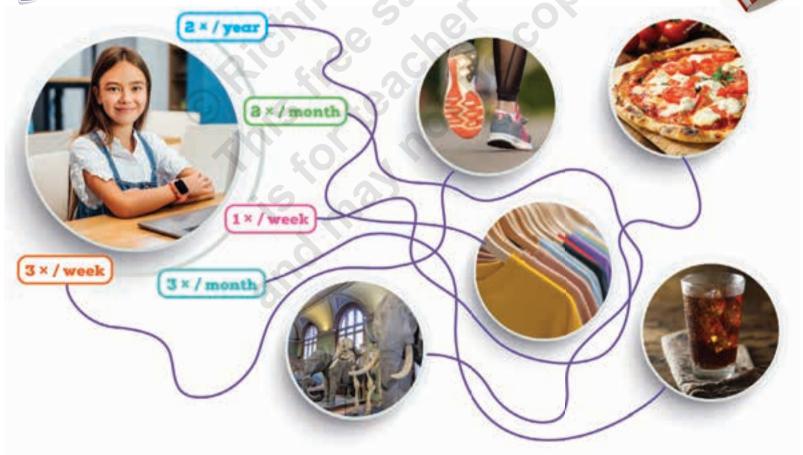
2 Complete the dialogue.





- Unscramble the questions.
- 1 often / Danny / eat / How / does / hamburgers?
- 2 he / museums? / often / How / does / visit
- 3 to the movies? / How / go / often / he / does
- 4 clothes? / often / How / he / buy / does
- 5 ride / Danny / often / does / How / bike? / his
- 6 often / Danny / ice cream? / How / does / eat

2 Look and follow the lines. Then answer the questions.



- 1 How often does Emily drink soda? She drinks soda three times a month.
- 2 How often does she eat pizza?
- 3 How often does she go to the museum?
- 4 How often does she run in the park?
- 5 How often does she go shopping?

Place the words and phrases to complete the questions and answers.







A: 1 and Maria do their	do Paul homework?	B: They always do their homework
A: 3 go camping?	do they	B: 4 a month. They really enjoy it.
A: ₅ go to bed?	does Paul	B: He goes to bed at
A: 7 eat pizza?	does Paul	B: He can only have it once
A: 9 and Maria have swi lessons?	do Paul mming	B: They have them on Mondays and
A: 11 get up early?	do they	B: They get up early
A: 13 eat junk food?	does he	B: He 14 eats junk food. He always eats healthy food.

When When Wednesdays in the afternoon nine o'clock How often How often Twice How often never How often a week every day When

Answer in your notebook.

- 1 How often do you go to the movies?
- 2 How often do you go to parties?
- 3 How often do you do homework with your best friend?
- 4 How often do you go swimming?

Vocabulary and Grammar

A Healthy Lifestyle 7

Skills Development

1 Read and mark (✓) the correct picture.

endy Paige is very happy, and she is very healthy. What is her secret? How does she do it? Well, she has a very active life. Wendy enjoys exercising. She swims three times a week, and she goes out for a walk in the morning. Wendy has a very good diet, too. She eats a lot of vegetables, dairy products, fruits, nuts and grains. She does not eat too much salt. She only eats red meat three times a week, and she never eats junk food. She drinks a lot of water every day. Wendy never goes to bed late. She sleeps eight hours every night.

Wendy has a lot of friends. In her free time, Wendy likes going to the movies and to the theater. She can paint beautiful pictures. Why is all this surprising? Well, Wendy Paige is ninety-five years old!



- Correct the sentences.
- 1 Wendy swims twice a week.
- **2** She has a very bad diet.
- **3** She eats red meat three times a month.
- 4 She sleeps eight hours on Sundays.
- **5** She likes going to cafés and to the theater in her free time.
- 6 She is ninety years old.

8 Unit 1

Use the questions as a guide to write about your lifestyle.

Exercise and Sports

- What sports do you enjoy playing?
- What sports do you enjoy watching?
- How often do you exercise?
- Are there any new sports you want to learn?
- When do you go to bed?



Diet

- When and what do you eat?
- What are your favorite foods and drinks?
- How often do you eat junk food?



Free Time

- What do you enjoy doing in your free time?
- Which activities do you like to do with your friends?
- Which activities do you like to do with your family?
- What activities do you dislike?

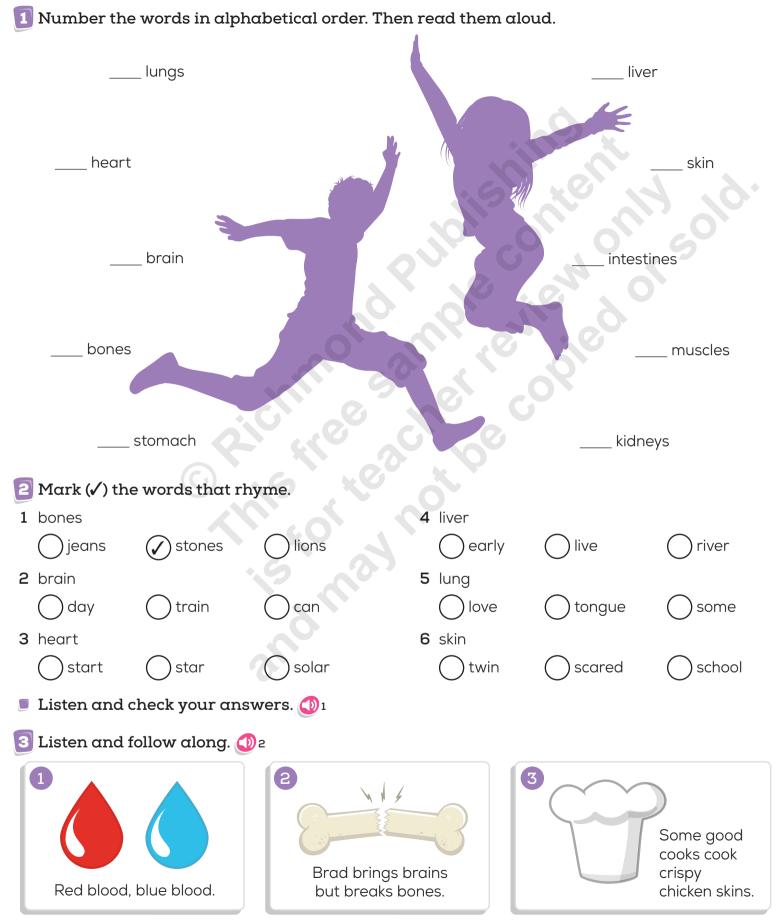
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■ Mark (✓) the correct statement about yourself.

) I'm very healthy.

) My lifestyle's not unhealthy, but it could be healthier.

) My lifestyle's not very healthy. I should have a healthier lifestyle.



Say the tongue twisters as fast as you can and repeat them many times.



- Listen again and match the question with their answers. (1)3
- 1 How often does Lulu eat? -
- 2 What are Lulu's favorite fruits?
- **3** When do Bo and Lucy eat salmon?
- 4 How often does Jim brush them?
- 5 What did Irving do yesterday?
- 6 How often does Anita walk Irving?
- 7 What do Pat and Pete like?
- 8 When do they exercise?

Skills Development

Every day.

Once a day.

Apples and bananas.

➤ Twice a day.

Every Sunday.

Lettuce, tomatoes and carrots.

He ate Anita's homework!

Twice a day.

A Healthy Lifestyle 11 🎇

CLIL P.E.

- 1 Read and match the instructions with the pictures.
- 1 Lie on your back.
- **2** Bend your knees toward your chest. Hold your legs with your hands. Inhale deeply. Exhale and feel how your chest and stomach get as close as possible to the floor.
- **3** Move your arms to your sides, palms facing the floor. Lift your head from the shoulders (not only the neck). Use your arms to help you.
- 4 Stretch your arms. Keep your shoulders open.
- **5** Move your arms slowly up and down. Inhale and count to five. Exhale and count to five again. Repeat the procedure a few times.
- **6** Relax your head and put your hands on your knees. To finish, go back to number 1.
- Follow the instructions to do a Pilates pose.













Review

Use different colors to identify ten body parts.

intestinesstomachbrainlungs skinmuscleskidneys liverheartbones

2	Writ	e questions using <i>How often</i> and the words in parentheses.	
1	Q:		(your best friend / eat pizza)
	A:		
2	Q:		_ (your mom / go to bed late)
	A:		
3	Q:		(your dad / play sports)
	A:		, , , , , , , , , , , , , , , , ,
4	Q:		(you / get up early)
	A:		

- Work with a classmate. Ask and answer the questions.
- 3 Number the lines in the dialogue.



- ___ You're welcome.
- ____ Milk.
- ____ What do you call this in English?
- ___ M I L K.
- ____ Thank you.
 - ___ How do you spell it?