Unit 5: KEEP IN SHAPE

Lesson 1: How do you feel today?

1. Listen to the conversation, and answer the following questions.

1. Who is well?

2. Who is sick?

3. What does the sick person have?

4. What did he eat?

5. What advice does the friend give to the sick person?

6. What does the sick person have to do today?

7. Who will take his children to school?

8. Who do you think these people are?
Look at the human body and write the names of the body parts.

1. ________________________
2. ________________________
3. ________________________
4. ________________________
5. ________________________
6. ________________________
7. ________________________
8. ________________________
9. ________________________
10. ________________________
11. ________________________
12. ________________________
13. ________________________
14. ________________________
15. ________________________
16. ________________________
17. ________________________
18. ________________________
Lesson 2: How often do you eat healthy food?

1. **Activity**

Write 10 original sentences using the quantifiers "too much" and "too many".

1. __________________________________________
2. __________________________________________
3. __________________________________________
4. __________________________________________
5. __________________________________________
6. __________________________________________
7. __________________________________________
8. __________________________________________
9. __________________________________________
10. _________________________________________

2. **Activity**

Answer the following questions with your own information.

1. How often do you eat fruit?
   __________________________________________

2. How often do you eat vegetables?
   __________________________________________

3. How often do you eat meat?
   __________________________________________

4. How often do you eat nutritious food?
   __________________________________________

5. Do you follow a balanced diet?
   __________________________________________

6. Do you eat a lot of meat?
   __________________________________________

7. How many glasses of water do you drink daily?
   __________________________________________
Lesson 3: How do you keep in shape?

Activity

Read the following conversation carefully.

A: Good morning, Jorge.
B: Good morning, Denise.
A: So, Jorge, you are from El Salvador?
B: Yes.
A: So, you can play sports year round cause it’s really warm there?
B: Yes. That’s true.
A: What kinds of sports do you like to play?
B: I like soccer and basketball. I really prefer team sports.
A: You don’t like individual sports?
B: No.
A: Really?
B: Yes.
A: That’s interesting. Why? What is it about team sports that you like?
B: Well, actually, when you play team sports you can compete with others. It’s much better for me because I like to help others win the games.
A: Thank you very much for your time.
B: You are welcome.

Answer the following questions according to the previous conversation.

1. Where is Jorge from?

2. Can people play sports all the time in El Salvador?

3. What kind of sports does he like to play?

4. Does he like individual sports?

5. Why does he prefer team sports?

6. Does he like help others win the games?

7. Who is interviewing Jorge?

8. What’s the profession of Jorge?
Activity

Answer the following questions with your own information.

1. Do you practice any sports?
   ________________________________

2. What kinds of sports do you practice?
   ________________________________

3. How often do you practice them?
   ________________________________

4. What kinds of sports do you like to watch?
   ________________________________

5. What kinds of physical exercises do you do?
   ________________________________

6. How often do you do them?
   ________________________________

7. Are you in shape?
   ________________________________

8. Are you on a diet?
   ________________________________

9. Who does exercise in your family?
   ________________________________

10. Where do you like to go excercise?
    ________________________________

Activity

Find the words in the following word find.

1. Archery
   ________________________________

2. Bowling
   ________________________________

3. Aerobics
   ________________________________

4. Golf
   ________________________________

5. Shooting
   ________________________________

6. Baseball
   ________________________________

7. Basketball
   ________________________________

8. Ice hockey
   ________________________________

9. Soccer
   ________________________________

10. Volleyball
    ________________________________
Lesson 4: What did you do over the weekend?

Activity

Read the following conversation carefully.

A: Hi, Betty. Hey, what a terrible suntan!
B: Hello, Vilma. Yes, I got it when I played Friday at noon.
A: Where did you play?
B: I played at La Canchita at the La Union port.
A: What? Did you really go there?
B: Yes. I’m participating in a tournament every Friday. What did you do over the weekend?
A: I went biking Saturday morning. In the afternoon I went swimming with my friends.
B: How about Sunday? Did you do anything interesting?
B: Really? You sound like a real couch potato.
A: A what?
B: A couch potato. It’s a person who does not do anything but rest and relax.
A: Well, now that you say it. I am a Sunday couch potato!
B: Oh! It’s late now. I have to go to the university.
A: To the university? Are you studying at a university, Betty?
B: No, I’m going to pick up my older sister. She’s studying English there.

Answer the following questions according to the previous conversation.

1. Who got a terrible suntan?

2. What did Betty do Saturday?

3. What did Vilma do on Sunday?

4. Who is a Sunday couch potato?

5. What does Betty’s sister do?

6. Where got Betty the suntan?

7. What was doing Betty in La Union port?

8. What is a couch potatoes?

9. Is Vilma a couch potatoes?

10. Where’s going Betty after the conversation?
2. **Activity**

Rewrite the following sentences using the past tense and add time expressions as necessary.

1. I wash my old car.
   
   ________________________  ________________________

2. They laugh at him.
   
   ________________________  ________________________

3. She works very hard.
   
   ________________________  ________________________

4. They play basketball in the afternoon.
   
   ________________________  ________________________

5. You don’t watch the soccer game on TV.
   
   ________________________  ________________________

3. **Activity**

Complete the following table by writing the present tense forms of the provided verbs.

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Lesson 5: Are you self disciplined?

**Activity**

Read the following conversation carefully.

A: Hi! Andrea, how are you doing?
B: Hi, Elizabeth. I am fine. How about you?
A: I feel good.
B: Yes, and you look different.
A: You know something. I quit my old, bad habits.
B: No, way! That means that you stopped eating a lot and smoking?
A: Yes, I am trying to find new, good habits to improve the quality of my life.
B: Congratulations! I totally agree with you on that. So what are those new, good habits?
A: Well, I'm getting up early so I can go swimming. I drink a lot of water. I eat nutritious food, and I'm on a diet.
B: Wow! I can’t believe it! You know something, I'm on a diet, too.
A: Good! The only little thing I cannot help quitting is eating pupusas with extra cheese every morning.
B: Oh, come on, Elizabeth. You know pupusas are full of fat!
A: I am just kidding! Relax.

Answer the following questions according to the previous conversation.

1. Who looks and feels different?
   __________________________________________

2. Who quits old, bad habits?
   __________________________________________

3. What are the person’s old, bad habits?
   __________________________________________

4. What are the person’s new, good habits?
   __________________________________________

5. Who is on a diet?
   __________________________________________

6. What did Andrea quit?
   __________________________________________

7. Why is she trying to find good habits?
   __________________________________________

8. Who is on a diet too?
   __________________________________________