

3c. Choose a passage you find most important and read it aloud. Find more people in the class who share your point of view. Work together to find arguments why it is so important.

4. Collect arguments against fast food, and then roleplay a dialogue for the following situation in pairs.

It's lunch time. S1 wants to have fast food. S2 is against it because it is unhealthy and suggests having lunch at home.


5.  Write a letter to Josh explaining why it is very unhealthy to eat fast food.



Year 9 → Unit 3 → Lesson 3 → Active vocabulary
(matching words and their definitions)

Lesson 4. Feel fit

1. Look at the food pyramid on page 56 and answer the question: *What do we need to do to have good health?*

2.  Listen, read the text and answer the question: *What is it necessary to do to be in good health and why?*

Hhealth and fitness have now become a major concern. **E**arlier life was very hard and humans used to hunt (охотиться) in order to survive, and their body had a lot of physical exercise. They ate **less** and exercised **more**. Now people live **well, much better** and **more easily** than a long time ago. They don't have to be strong to get their food and as a result, they hardly do enough of physical exercise which is necessary to keep the body fit and healthy. People don't choose their food **carefully** and **easily** get overweight. How do we ensure that we have all that we need to have a healthy life? This is a big question. We need proper nutrition and a fit





and healthy body. Good health is all that most people dream of. Becoming healthier and fitter is not very difficult but needs a lot of work.

It is less difficult with food. People should choose what they eat **more carefully**, eat a well-balanced diet and eat **less** fast food. It is easy to become lazy about exercise even though simple fitness exercises can help to have a fitter and healthier life. It is possible to lose weight just doing regular exercise. So, by doing just two simple things – eating **properly** and exercising **regularly** – one can live **most happily**.

good (adj) – well (adv) bad (adj) – badly (adv)

hard (adj / adv) трудный, трудно
hardly (adv) едва, едва ли



Grammar focus

Degrees of comparison of adverbs

- Look through the text again and say what part of speech the words in bold are. What do they mean? What question do they answer?
- Which adverbs are in the positive, comparative or superlative degree? How are they formed?



Read the rule (pp.278–279) and check your answers.

3a. Fill in the blanks with the correct form of an adverb.

1. I exercise regularly in summer but more ... in winter.
2. She usually walks slowly but now she is walking even
3. Nina speaks loudly but Mary speaks even
4. He runs fast, ... than other boys.
5. I don't sleep enough, (little) ... than 8 hours.

6. He behaves badly, ... than other boys.
7. I smile often, (much) ... than my sister.
8. Peter lives far from school, but Ann lives ...

3b. Say which of these sentences are true about you.

4.  **Listen, read and complete the quiz.**

Regular physical activity (20 to 30 minutes a day, three or four times per week) is an important part of a healthy lifestyle. It helps prevent diseases and makes the quality of life better.

Make the first step in finding out just how fit you are!

The questions here will help you understand how much activity you perform regularly.

For each question below, give yourself a score. After completing all the questions, total your points and check your score to find out your current fitness level. Then, develop a plan to increase your activity and get fit for life!

1. In the past week, how many times did you exercise for at least 20 minutes? (i.e. walking, swimming, cycling, jogging, cross-country skiing, skating)

Give yourself 1 point for each time.

Points ____

2. How many stretching or flexibility (гибкость) sessions have you participated in during the last week? (Each session should last five to ten minutes and should include all of your body's major muscle groups.)

Give yourself 1 point for each time.

Points ____

3. Do you have a fitness goal of a certain number of days per week, miles per week, or minutes per week?

Yes, and I achieve my goal most weeks: 2 points

Yes, I'm working towards it: 1 point

No: 0 points

Points ____

4. Do you usually climb stairs instead of using a lift or escalator when going up one or two floors?

Yes: 1 point

No: 0 points

Points ____

Points ____

5. On average, how many hours of television do you watch daily?
Less than 1 hour: 2 points
1 hour: 1 point
At least two hours: 0 points *Points* ____
6. How active are you after classes?
Very active; walking or moving a lot: 2 points
I take short walks: 1 point
Totally inactive (sit at desk): 0 points *Points* ____
7. Do you do any active work around the house, like vacuum-cleaning or gardening?
Yes: 1 point
No: 0 points *Points* ____
8. How many strength training sessions have you participated in during the past week?
Give yourself 1 point for each *Points* ____
9. Do you know your heart rate (пульс)? cholesterol level? blood pressure? ideal weight?
Give yourself 1 point for each "yes" *Points* ____
10. What kinds of food did you consume for dinner last night?
Mostly fresh, low fat foods: 2 points
Combination of fresh and processed foods: 1 point
Fast food: 0 points *Points* ____
11. How do you usually get to school?
Walk/bicycle at least 1 mile: 2 points
Go by transport and walk: 1 point
Go by transport: 0 points *Points* ____
- Your Total Point Score: ____

If you scored:

0–6 points: Your fitness level is below average. Your activity level is too low to offer any health benefits.

7–14 points: Your fitness level is about average. If most of your points came from daily activities, we encourage you to add more.

15–30 points: Congratulations! You are already living the "fitness lifestyle". Consider adding different activities or varying your

programme to maintain interest and motivation. Check your activities to see if you have a good balance of aerobic activity, flexibility, and strength.

31–40 points: Your activity level indicates that you are probably training for a particular sport or competition. If you are feeling good, then continue enjoying your activities. But remember, your risk of injury (травма) increases a lot with extremely high activity levels. It is possible that you are overtraining, so listen to your body and cut back if needed.

5. Do you think it is possible to improve your physical activity? Read the following for ideas. Work out your personal fitness plan. Work in pairs or in groups.

1. Do something you enjoy and set realistic goals.
2. Start off small and gradually increase your fitness levels.
3. Change your exercises every 6–8 weeks.
4. Ask friends and family for support.
5. If you are new to exercise, aim to work out five days a week, at least 20 minutes a day.
6. Don't forget to plan your rest breaks.
7. Make sure you get hot – this is the level you should be working towards to ensure maximum results.
8. Tell as many people as you can about your goals and be dedicated.
9. Make lifestyle changes which will help your programme, e.g. taking the stairs instead of the lift, getting off the bus a few stops earlier, walking instead of going by car.
10. Keep your exercise fun – listen to your favourite music, work out with a friend, or turn it into a family activity.
11. Do as much as you can – you know your body better than anyone else.

6.  Write it down. Do you think it is easy or difficult to follow this plan?

7. Add more information to your mind map (see Lesson 1).