**2. VOCABULARY 1 PRONUNCIATION**

Listen to each word. Record each word. Then listen and practice your pronunciation.

|  |  |
| --- | --- |
| 1.diet |  |
| 2.energy |  |
| 3.lonely |  |
| 4.manage |  |
| 5.reduce |  |
| 6.run-down |  |
| 7.stress |  |

**3. VOCABULARY 1 PRACTICE**

Choose the best response to complete each conversation. Pay attention to the meanings of the words in bold.

1. **A:** I don't have any **energy** today.  
   **B:** \_\_\_
   * That's great!
   * Why are you worried?
   * Why are you so tired?
2. **A:** Matt has a terrible **diet**.  
   **B:** \_\_\_
   * Really? Does he eat a lot of junk food?
   * That's true. He never exercises.
   * You're right. He eats a lot of vegetables.
3. **A:** I want to **reduce** the sugar that I eat.  
   **B:** \_\_\_
   * That's not a good idea. Sugar is bad for you.
   * That's a great idea. Sugary food tastes good.
   * That's a good idea. Sugar is bad for you.
4. **A:** Khalid looks really **run-down**.  
   **B:** \_\_\_
   * That's true. He looks good.
   * I know. He eats well and gets a lot of rest.
   * You're right. He works too hard.
5. **A:** Are you **lonely**?  
   **B:** \_\_\_
   * Yes, I don't have any friends here.
   * Yes, I have four exams today!
   * No, I don't know anyone at this school.
6. **A:** Are you feeling a lot of **stress** right now?  
   **B:** \_\_\_
   * Yes, I am! I have a test tomorrow, and I'm not ready!
   * No, I'm not! I have a test tomorrow, and I'm not ready!
   * Yes, I am. I feel great!
7. **A:** Louise **manages** her schedule really well.  
   **B:** \_\_\_
   * I know. She works ten hours a day, she takes four classes, and she doesn't get enough sleep.
   * You're right. She always finishes her homework early and has free time on the weekends.
   * That's true. She's alway busy, and she spends a lot of time at work.

**4. LISTENING COMPREHENSION**

Listen to the TV show. Then choose the best answer to complete each sentence.

|  |  |
| --- | --- |
| 1. Bob Davidson is \_\_\_.    * a doctor    * an exercise expert    * a diet expert 2. According to Bob, you should \_\_\_ on your first day of exercise.    * run five miles    * start slowly    * walk slowly 3. According to Bob, you should \_\_\_.    * do exercise that you like    * do exercise that is easy for you    * go to the gym three times a week 4. Isabel likes to \_\_\_.    * play soccer    * play tennis    * go to the gym 5. According to Bob, you should \_\_\_.    * make a doctor's appointment before you start exercising    * write down exercise appointments    * go swimming and play soccer every week 6. Bob likes to \_\_\_.    * play tennis and soccer    * play tennis and swim    * swim and play soccer 7. According to Bob, you should \_\_\_.    * exercise with a friend    * exercise outside when you can    * exercise alone |  |

**5. LISTENING SKILL Listening for frequency**

Listen to parts of the TV show again. Then choose the correct answer to complete each sentence.

|  |  |
| --- | --- |
| 1. Some people don't know how to start exercising, so they \_\_\_.    * exercise only sometimes    * hardly ever exercise    * never exercise |  |
| 1. When you start exercising, you should walk \_\_\_.    * a few minutes a day    * five miles a day    * twenty to thirty minutes a day |  |
| 1. When you start exercising, you should walk \_\_\_.    * three times a week    * every day    * five times a week |  |
| 1. Isabel \_\_\_ goes to the gym.    * never    * hardly ever    * usually |  |
| 1. Isabel plays tennis \_\_\_.    * three times a week    * four times a week    * five times a week |  |
| 1. Bob goes swimming \_\_\_.    * one hour a day, four times a week    * one hour a week    * three times a week |  |
| 1. Bob plays soccer \_\_\_.    * every day    * twice a week    * every Saturday |  |

**6. NOTE-TAKING SKILL Taking notes in a chart**

Read the topics. Do you need a T-chart or a bigger chart to take notes on the information? Choose the correct chart for each topic.

1.  Your friend discusses the pros and cons of studying abroad. T-chart / bigger chart

2.  Four coworkers talk about their daily schedules. T-chart / bigger chart

3.  Two friends discuss the three sports they like best and why. T-chart / bigger chart

4.  Your teacher discusses the world's top five countries for producing coffee. T-chart / bigger chart

5.  Your teacher discusses three novels and how the main characters are similar and different. T-chart / bigger chart

6.  Two parents discuss with their child the pros and cons of two universities. T-chart / bigger chart

**7. VOCABULARY 2 PRONUNCIATION**

Listen to each word. Record each word. Then listen and practice your pronunciation.

|  |  |
| --- | --- |
| 1.control |  |
| 2.depends on |  |
| 3.exercise |  |
| 4.healthy |  |
| 5.pill |  |
| 6.produce |  |
| 7.vitamin |  |

**8. VOCABULARY 2 PRACTICE**

Complete the sentences with the correct word or phrase from the word bank.

|  |
| --- |
| control pills depends on exercise produce  healthy vitamins |

1.  Farms in California \_\_\_\_\_\_\_\_\_ a lot of fruit and vegetables.

2.  I \_\_\_\_\_\_\_\_\_ every morning at the gym.

3.  Children don't usually have \_\_\_\_\_\_\_\_\_ over their food, so parents need to make good choices for them.

4.  Ellen is usually \_\_\_\_\_\_\_\_\_ , but she has a cold right now.

5.  I'm not sure I can come to the party. It \_\_\_\_\_\_\_\_\_ my work schedule.

6.  You get a lot of \_\_\_\_\_\_\_\_\_ in most fruits and vegetables.

7.  Take two \_\_\_\_\_\_\_\_\_ with food twice a day until you feel better.

**10. BUILDING VOCABULARY Adjectives ending in –ed**

Choose the correct words to complete the sentences.

1.  I'm so excited / excite about our trip!

2.  You look tired / tire . You need to sleep more.

3.  Tennis doesn't really interested / interest me. I like soccer.

4.  She is always confused / confuses in her math class.

5.  He likes to relaxed / relax on the beach every Saturday.

6.  John doesn't worry / worried about his job.

7.  I'm bored / bore. I don't like exercising at the gym.

8.  Are you interest / interestedin going swimming with us?

9.  I'm surprise / surprised you don't want to join the book club. You love to read!

**11. GRAMMAR Modals can and should**

Complete the conversations with *can*, *can't*, *should*, or *shouldn't*.

1.  A: I don't feel well today. I think I'm sick.  
B: You \_\_\_\_\_\_\_\_ go home. Don't stay at work.

2.  A: Do you like the beach?  
B: Yes, but I don't go in the water. I \_\_\_\_\_\_\_\_ swim.

3.  A: Does your gym have tennis lessons?  
B: Yes, you \_\_\_\_\_\_\_\_ take lessons on Tuesdays.

4.  A: I don't know how to swim, and I really want to learn.  
B: You \_\_\_\_\_\_\_\_ take swimming lessons.

5.  A: I like my job a lot, but it makes me feel a lot of stress.  
B: Be careful. Stress \_\_\_\_\_\_\_\_ be bad for your health.

6.  A: I don't like my gym. It's crowded and not very clean.  
B: You \_\_\_\_\_\_\_\_ change gyms.

7.  A: Do you know how to play soccer?  
B: No, but I \_\_\_\_\_\_\_\_ play tennis. I also like to play basketball.

8.  A: I had two bags of chips for lunch. My stomach hurts.  
B: You \_\_\_\_\_\_\_\_ eat junk food. It's bad for you.

**12. GRAMMAR EXPANSION Modals have to and has to**

Read about *have to* and *has to*. Then choose the correct words to complete the sentences.

|  |
| --- |
| ***Have to*and *has to***  Use *have to* or *has to* plus the base form of a verb to show that something is necessary (very important).       I **have to change** my exercise habits. I never exercise.      You **have to work** ten hours today. Matt is sick and he can't work today.      We **have to watch** what we eat. We eat a lot of junk food.      She **has to get** a new job. Her job makes her feel a lot of stress.      He **has to see** a doctor. He is very sick.  Use *don't have to* or *doesn't have to* plus the base form of a verb to show that something is not necessary.       I **don't have to work** today. Today is a holiday.      He **doesn't have to take** swimming lessons. He is a good swimmer. |

1.  You has to / have to stop eating junk food. It's not healthy.

2.  I has to / have to go to the gym in the morning. I work in the afternoon.

3.  Anna has to / have to learn how to manage her schedule. She doesn't manage it very well.

4.  You should exercise three or four times a week. You have to / don't have to exercise every day.

5.  John and Emma has to call / have to call the doctor. Their son is very sick.

6.  I have to / don't have to prepare dinner tonight. My roommate wants to cook tonight.

7.  He doesn't has to / doesn't have to work today. His office is closed today.

8.  We have to / don't have to take tennis lessons. We play tennis very well.

**13. PRONUNCIATION Stressing important words**

Record the answers to the questions. Be sure to stress the important words. Then listen and practice your pronunciation.

1.

**Q:**  Are we meeting at two o'clock?   
**A:**  No, we are meeting at ten o'clock.

2.

**Q:**  You can't play basketball?   
**A:**  No, I can play basketball.

3.

**Q:**  Do you live on First Street?  
**A:**  No, I live on First Avenue.

4.

**Q:**  Do you live on First Avenue?   
**A:** No, I live on Second Avenue.

5.

**Q:**  Do you have three children?  
**A:** No, I have two children.

6.

**Q:**  Should we go to the new Mexican restaurant?  
**A:** No, let's go to the new Indian restaurant.

7.

**Q:**  Is the club meeting in the dining hall?  
**A:** No, it's meeting in the library.

8.

**Q:**  Are you not feeling well?  
**A:** No, I'm feeling great!

**14. SPEAKING SKILL Asking for repetition**

Record Speaker B's responses. Then listen and practice your pronunciation.

1.

**A:**Do you go the gym often?  
**B:**Excuse me?

2.

**A:**  I plan to take the number nine bus to South Station and change for the train.  
**B:**  Sorry. What did you say?

3.

**A:**  She lives at 3013 Mill Street.  
**B:**  I'm sorry. Could you repeat that?

4.

**A:**  My cell phone number is 617-123-8555.  
**B:**  Could you repeat that please?

5.

**A:**Do you want a hot tea or an iced tea? **B:**Excuse me? What did you say?

6.

**A:**  She spells her name M-A-D-A-L-Y-N.   
**B:**  I'm sorry. Can you please repeat that?

**15. ALTERNATE UNIT ASSIGNMENT**

Read and listen to the assignment. Then speak for 30 seconds about the topic. Record and listen to your response.

|  |  |
| --- | --- |
| Give health advice to a friend. What kinds of exercise can your friend do to stay healthy? What should your friend do? What shouldn't your friend do? |  |

**17. TRACK YOUR SUCCESS Vocabulary review**

Here are some words you learned in this unit. Are the words nouns, verbs/verb phrases, or adjectives? Move each word into the correct category.

|  |
| --- |
| produce reduce diet manage energy pill  lonely run-down healthy vitamin exercise  depends on stress |

|  |  |  |
| --- | --- | --- |
| **Nouns** | **﻿﻿Verbs and verb phrases** | **﻿Adjectives** |
|  |  |  |