Unit 9. Healthy Habits

Focus on Words

A.
A: You need to eat vegetables.
B: They don't taste good. Can I just eat meat, chips, and ice cream?
A: You just want to eat junk food. That is not healthy. Vegetables give you nutrition.
C: What happens if we only eat junk food?
A: Good question. You will become overweight and it can lead to heart disease.
Then you have to see a doctor and take medicine.
B: I don't want to take medicine.
C: I'll eat my vegetables because I want to be healthy.

Answer: junk food, healthy, nutrition, heart disease, medicine

B.
Answer:

1. I am (**allergy / allergic**) to peanuts and shrimp.
2. (**Stress / Stretching**) can cause serious health problems.
3. Too much (**junk food / dunk food**) isn't good for you.
4. She was worried about her weight and decided to go on a (**quiet / diet**).
5. Why don't you see a doctor for a (**check-up / pick-up**)?
6. It is best to eat a (**balanced / bad**) meal three times a day.

Listening Start

C.
1. (A) The boy is having dinner at a restaurant.
(B) The boy is having breakfast with his family.
(C) The boy is eating cereal and toast as a breakfast.
(D) There are cereal, bread, and a bowl of fruit salad.
2. (A) People are exercising at a park.
(B) The boys are stretching at a gym.
(C) The girls are rollerblading at a park.
(D) The old people are riding bicycles.

Answer: 1. (C) 2. (A)

D.
1. Do you do exercise every day?
(A) No, I don't want to play outside.
(B) Yes, I go to the gym every morning.
(C) I am your P.E teacher.
2. Come on! Let's go ride our bikes.
(A) I'm sorry, but I don't feel well.
(B) Okay, I'll give you a ride.
(C) I usually go to school by bike.
3. Why do you look tired?
(A) It can help you sleep better.
(B) Because I stayed up all night.
(C) I used to sleep 10 hours at night.
4. What should I do to stay healthy?
(A) I'll see a doctor tomorrow.
(B) Eat healthy food and exercise.
(C) That's what it's all about.
5. What time do you go to bed?
(A) Yes, I wake up at 7:30.
(B) It's a good way to be healthy.
(C) I always go to bed after 10 o'clock.

Answer: 1. (B) 2. (A) 3. (B) 4. (B) 5. (C)

Listen to It!

Answer: 1. Where will he meet you? 2. Does it hurt you?
3. Didn't you do that? 4. You are shy, aren't you?

Listening Focus

E.

1. A: David, please turn off the TV and stop eating junk food.
   B: But Mom, this is my favorite TV program and I want more chocolate cookies.
   A: Watching too much TV and eating too much junk food are not good for your health. Look at you! You're getting fat.
   B: Okay, I'll go out and exercise right now.

2. A: How are you so flexible?
   B: I work out by taking a yoga class in the morning. It builds flexibility and it relieves stress, too.
   A: Oh, I see. Can I do yoga, too?
   B: Why not? Try it!

Answer: 1. (C) 2. (B)

F.

A: Hey, I heard you are taking a Taekwondo class.
B: Yeah, I started last week.
A: I thought you were interested in swimming. What made you change your mind?
B: I like swimming, but I think Taekwondo is a really great martial art. It can make my body healthy and strong.

***Answer*: 1. (B) 2. (C)**

G.

Do you want a healthy body? Come and join All Day Fitness today. Our gym is open 24 hours so you can work out any time during the day or at night. We have a range of equipment for different types of workouts. Personal trainers are also available throughout the week.

Answer: 1. (C) 2. (B) 3. (C)

Listening Activities

Example.

A: I'm worried about your health. You eat junk food almost every day, but don't exercise at all. French fries are especially unhealthy.
B: But I walk the dog everyday and that's healthy!
A: True, but you need more exercise than that. Why don't you jump rope after dinner?

Answer:

Activity	Category	
Walking the dog	Healthy ✓	unhealthy
Eating junk food	Healthy	unhealthy ✓
Jumping rope	Healthy ✓	unhealthy

Try.

A: What do you usually do on the weekends?
B: I stay up late and play video games.
A: What? Those are both such unhealthy things for your body.
B: Don't worry. I play soccer on Sundays.
A: Well, keep up that good habit and drink a lot of water while you exercise. It will keep you healthy.
B: OK. Thanks.

Answer:

Activity	Category	
Playing video games	Healthy	unhealthy ✓
Drinking a lot of water	Healthy ✓	unhealthy
Staying up late	Healthy	unhealthy ✓
Playing soccer	Healthy ✓	unhealthy

Speak Out

Sample answer:

I enjoy eating fresh vegetables and fruits. I like to find out what food is the most fresh in the market. I also ask and see what vegetables and fruits are in season. This a very healthy habit because vegetables and fruit contain a lot of vitamins and nutrients. Especially when you eat them in season. It helps me stay healthy and have good skin, too!

Review Test 9

A.

1. (A) People are walking the dogs at a park.
   (B) The family exercises by running together.
   (C) The children are running a race.
   (D) The park is very crowded with people and traffic.
2. (A) The girl is feeding her mother fruit.
   (B) The girl is eating a bowl of fresh salad.
   (C) The girl is shopping at the grocery store.
   (D) The girl is cooking fruit salad.
3. (A) The children are wearing black uniforms.
   (B) The children are in a martial arts class.
   (C) The boy is breaking a wood board.
   (D) The class is bowing to the instructor.
4. (A) The boy is standing in line to wash his hands.
   (B) The boy is washing his face with his mother standing behind him.
   (C) The woman is helping the boy wash his hands.
   (D) The woman is washing her hands in a kitchen sink.

Answer: 1. (B) 2. (B) 3. (B) 4. (C)

B.

1. How much water do you drink each day?
   (A) I drink eight to ten cups of water a day.
   (B) Okay, I will drink water after exercising.
   (C) Take this medicine and drink lots of water.
2. Try this peanut butter and jelly sandwich.
   (A) Yes, I know how to make peanut butter sandwiches.
   (B) I agree. It's a great and easy quick lunch.
   (C) I'm sorry, but I'm allergic to peanuts.
3. Why are you going on a diet?
   (A) I am not in a good mood.
   (B) Because I am losing weight.
   (C) I want to get back in shape.
4. What foods have the most nutrition?
   (A) Junk food is not healthy for your body.
   (B) Vegetables nourish your body with nutrients.
   (C) Spaghetti is my favorite food.

Answer: 1. (A) 2. (C) 3. (C) 4. (B)

C.

1. A: How do you stay healthy?
   B: I eat a balanced breakfast every morning.
   A: How does that help your health?
   B: It allows the body to take in more vitamins and minerals and less fat and cholesterol throughout the day.

2. A: What can I do to reduce my risk of heart disease?
   B: Add fish to your diet.
   A: Why fish?
   B: They are high in omega-3 fatty acids which protect against heart disease.

3. A: I feel bad because I ate too much.
   B: What kinds of food did you eat?
   A: I ate a double meat hamburger, French fries, Coke, chocolate cookies, and ice cream.
   B: You actually ate too much. But worst of all, the foods you ate are all unhealthy.

4. Developing healthy eating habits is easy and simple. You will look and feel better if you make healthy eating choices. Your body will have more energy and your mind will think more clearly. Healthy eating habits lead to a stronger immune system so you will not get sick as often. The first step is to eliminate foods that are bad for you, one by one.

Answer: 1. (C) 2. (A) 3. (B) 4. (C)

D.

Exercising regularly and getting enough nutrition are key in maintaining good health. The food guide pyramid is one way to understand how to eat healthy. It divides foods into groups. It is best to eat a variety of foods from each group. Some foods should be eaten more often than others. Aside from nutritious eating habits, it is recommended to exercise at least three times a week. This way your body will build strength and muscle. Your body will be healthy from the inside out.

Answer: 1. (B) 2. (C) 3. (A)