

PRE-INTERMEDIATE UNIT 6

1 OVERVIEW: Watch the video. Do you do similar things to keep fit and healthy?

2 Read Finn's text and complete it with phrases a–f. Then watch the video from 0:11–0:27 and check your answers.

Often it's ¹hard to find a time to exercise ²_____ a full-time job. Lots of my friends ³_____ but I ⁴_____ running outside ⁵_____. How about you? What ⁶_____ to keep fit?

- a) belong to gyms
- b) *hard to find* **1**
- c) to keep fit
- d) do you do
- e) prefer to go
- f) when you have

Glossary: *keep fit* = do exercise to be healthy and strong

3 Look at the people in the pictures and read the sentences. Two sentences are true and one is false. Then watch the video from 0:28–3:15. Tick (✓) the true sentences and cross (X) the false one. Watch the video again if necessary.



- 1 She works full time. ☒
- 2 She'd like to learn to play tennis properly. ☐
- 3 She doesn't eat much chocolate. ☐



- 1 He walks a lot. ☐
- 2 He's joined a rowing club. ☐
- 3 He eats a lot of healthy food. ☐



- 1 She works outside. ☐
- 2 She'd like to start dancing again. ☐
- 3 She never eats fast food. ☐

4 *What do they do to keep fit?* Watch the video from 0:28–1:40 and number sentences a–f in the order you hear them, 1–6.

- a) And I go to the gym more or less three to four times a week. ☐
- b) I dance, and I do yoga and I just try to be as active as possible. ☐
- c) I go to the gym quite regularly. ☒
- d) I can spend eight or 12 hours doing foot patrol, walking round the streets of London. ☐
- e) The main thing I do is I practise yoga. ☐
- f) I do try to keep fit – going to the gym, yoga classes, pilates classes. ☐

Glossary: *foot patrol* = police officers walking around to protect people in the streets

- 5** What other things would they like to do to keep fit? Look at the people below and read their answers. Then watch the video and match the people to the correct answers.

Glossary: *swing dancing* = 1940s jazz dancing
rock climb = the sport of climbing mountains/rocks



- 1 She'd like to learn rock climbing.
- 2 Swing dancing because it's a good way to meet people.
- 3 He'd like to play a team sport, like hockey.
- 4 He'd like to start rowing but it's too expensive and he doesn't have time to do it.
- 5 She'd like to play tennis properly.

☒ C

☐
☐
☐
☐

- 6** Do they do anything that isn't very healthy? Look at the people in Exercise 5 again and read the two sentences about each of them below. One sentence is true and the other is false. Watch the video from 2:29–3:16 and tick the true sentences.

A 1 He likes eating cheese.



2 He loves desserts.



B 1 She thinks she eats too much chocolate.



2 She loves chocolate but doesn't eat it much.



C 1 She's quite unhealthy.



2 She doesn't eat meat or drink coffee.



D 1 He likes making cakes.



2 He doesn't eat unhealthy food.



E 1 She doesn't drink much water.



2 She eats a lot of fast food.



Glossary: *shift work* = to work different hours every week

- 7 THE WAY WE SPEAK:** Look at the people below and read what they say. Then watch the video from 0:28–2:29. Complete the sentences with the words in the box.



- 1 And I *also* watch what I eat.
- 2 I have quite a *hectic lifestyle* as a musician but I do try to _____ fit.
- 3 I really enjoy, sort of, the _____ aspect of sport. Particularly I think I'd like to *get into* hockey.
- 4 I have a bit of a *sweet tooth*. I love _____ and I love to eat sweet things.
- 5 When I was at university, I got quite *into* swing dancing, which is very like jive, 1940s jazz _____.
- 6 I'd quite like to *take that up* again because it's an easy way of _____ fit.

also team dessert keep dancing keeping

- 8 VOCABULARY:** Look at the words/phrases in *italics* in Exercise 7. Match them to definitions a–e.

- | | |
|--|-----------------------|
| a) start doing | <u>take (that) up</u> |
| b) like eating sweet things, e.g. cakes, chocolate | _____ |
| c) try not to eat too much unhealthy food | _____ |
| d) a very busy life | _____ |
| e) get interested/involved in | _____ |

- 9 PERSONALISATION:** What do you have in common with the people in the video? Write your answers under each heading below.

- what you do to keep fit

- what you'd like to do to keep fit

- things you do that aren't very healthy
