**Unit 13 Let’s be healthy**

Warm-up

What is the girl doing?

**Vocabulary**

1. **exercise**

**2. regularly**

**3. be good for  
4. health   
5. agree   
6. swimming**

**7. jogging**

**8. actually**

**9. difficult**

**10. afraid**

948Dialogue

I like to do exercise. I think doing exercise regularly is good for our heath. I agree with you. What exercise do you like to do? I like swimming, jogging and playing badminton. How about you? I also enjoy jogging, but I don’t like swimming. Actually, I can’t swim. How come? It’s not difficult?

And it is very good for our body. I know. But I am afraid of water. I see. Do you want me to teach you? Well, I am not so sure. Don’t worry. I’ll meet up at the swimming pool, tomorrow okay?

**Short Speech-A**

There are many ways to have a healthy body, and I believe that doing exercise regularly is very important. I like to do different exercise when I have free time.

Riding a bicycle is good for our legs. So, I like to ride to school in the morning. It is interesting and it saves me much time. It only takes me 10 minutes to ride to school. I am happy to do exercise in the morning.

At school, I am often very busy. I have to take classes and many tests. Sometimes, I am really tired, but I like to play badminton with my classmates during lunch break. We may play it for 45 minuets. We also like to take a walk after lunch, and we talk about many interesting things when we walk.

After school, I like to play basketball with my friends or go jogging at the park. Jogging is good for your body, and every one can do it. I also like to swim. There is a swimming pool near by home. So I go there every weekend. Swimming is very good for our heart, and I think stay in the water is very comfortable.

GEPT Booster-A

1. What do we know about the girl?
2. She’s afraid of talking in front of people
3. She likes to sing in front of people

(C) She’s not very nervous

2. What does the boy like to do?

(A) He likes to basketball and badminton

(B) He like to play badminton

1. He likes to play basketball
2. Which is true?
3. They boy doesn’t like to play volleyball
4. The boys likes to ride a bike
5. The boy likes to play volleyball

GEPT Booster-B

1. I don’t know how to play tennis.
2. What is good for grandfathers’ health?
3. I think sleeping late is not good for you.
4. Stan didn’t go to school today.
5. My hobby is listening to soft music.

GEPT Booster-C

1. <Q>What did you girl do last night?

I went to bed at 11:30 last night. Wow! You study so late. Actually, I didn’t study. I watched my favorite TV show. Oh! How do you feel now? I really have to stop watching the show. I am so tired now, and I didn’t prepare for the test. Well, you really should study first.

1. <Q>What do we know about the boy?

B: Do you have any plans this Sunday?

G: Kevin and I talk about going hiking in the morning.

B: Going hiking? Please count me in.

G:No problem. I am thinking about inviting Judy to come with us.

B:That’s not a good idea. She is very lazy.

1. <Q>What are they talking about?

G: I believe that eating vegetable is good for our health.

B: I know, but I like to eat meat.

G: Meat is also good for us, but eating too much meat is not good. May you should eat less meat.

B:That sounds difficult for me.

G: Well, you don’t have to stop meat now. Just start to eat more vegetables.

B: Okay. I’ll try to do that.

1. <Q>What will the girl do next?

G: Aw. I am so hungry now.

B: Didn’t you eat breakfast?

G: No, I was late for class time this morning. So I didn’t have time to have breakfast.

B: The first meal in the day is important for you.

G: I think you should buy something to eat.

B: Okay. I’ll go during the break.

1. <Q>What does the boy think about math?

G: What are you doing?

B: I am studying math. These math problems are not easy for me.

G: Really? I think study math is interesting.

B: I know you are good at math. Can you help me?

G: Sure. Let’s see.. How about starting from this one.

GEPT Booster-D

1. <Q> What is the boy afraid of?

If I can keep a pet.

I want to keep a rabbit, because it is very cute.

I also want to keep a cat.

I think cats are smart. it may sounds a little bit strange.

But I also like snakes, some of them don’t look that horrible.

But I don’t want to keep a dog.

I am afraid of dog, because they are big and noisy.

2.<Q>When does Ivy jog now?

Ivy is my big sister, and she likes to jog.

Before she had a job, she jogged at a park in the morning.

She said the air was fresh, and there weren’t too many people.

She also went to the gym before, but it was too expensive.

Now, because she has a new job.

She doesn’t have time to job in the morning.

She can only jog in the evening after work.

3.<Q> Where can we hear the talk?

Hello, my name is Diana. Welcome. I will teach you how to safely stay in the water, and then we will learn how to swim. Before we go into the pool. Please check if you have your swimming goggles with you. You have to wear them so that you can open your eyes in the water. Also, please put on your swimming cap. When you are ready, please get into the pool slowly.