

# Types of Clothing

9

## Lesson A Vocabulary and Grammar

### A Match the sentences.

- |  |   |
|--|---|
| _____ 1. I just bought a new pair of pants.          | a. How much did he spend?                   |
| _____ 2. That's a stylish coat.                      | b. No, they're too tight.                   |
| _____ 3. Do you prefer sneakers or shoes?            | c. It's a formal party.                     |
| _____ 4. Do you have to wear a suit to work?         | d. They're very comfortable.                |
| _____ 5. You should wear a tie.                      | e. No, we can wear casual clothes.          |
| _____ 6. I'm wearing a hat and gloves.               | f. Was it expensive?                        |
| _____ 7. He bought an expensive pair of jeans today. | g. It's cold outside.                       |
| _____ 8. Are those shoes comfortable?                | h. Sneakers. They're much more comfortable. |

### B Circle the correct word.

1. You shouldn't wear that skirt, Monica. It's very *old-fashioned* / *stylish*.
2. My brother's style is very casual. He has one pair of shoes but about 10 pairs of *gloves* / *sneakers*.
3. Edgar packed his suit, shirt, belt, and shoes, but he forgot his *pants* / *tie*.
4. She likes *beautiful* / *cheap* clothes. She always looks very nice.
5. It's polite to take off your *belt* / *hat* when you enter a restaurant.
6. These pants don't fit. They're very *expensive* / *tight*.
7. I need a new *heavy* / *light* coat for the winter.

### C Complete the sentences. Use the comparative form of the adjective in parentheses.

1. The long skirt is \_\_\_\_\_ (formal) than the short one.
2. The purple tie is ugly, and the orange tie is even \_\_\_\_\_ (ugly).
3. Sometimes new jeans are tight and \_\_\_\_\_ (comfortable) than old jeans.
4. These shoes were \_\_\_\_\_ (expensive) than my sneakers, but they're less comfortable!
5. The nylon shirt is \_\_\_\_\_ (cheap) than the silk one.
6. Buying shoes in a store is \_\_\_\_\_ (good) than shopping online.
7. The purple blouse is \_\_\_\_\_ (nice) than the white one.

### D Unscramble the words to make sentences.

1. more formal / jeans and a t-shirt / than / is / a suit \_\_\_\_\_
2. comfortable / are / loose ones / tight clothes / than / less \_\_\_\_\_
3. look / better / a belt / pants / with \_\_\_\_\_
4. you / wear / a lighter / because / jacket / should / it's warm out \_\_\_\_\_
5. Sofia / than / more / her / is / sister / stylish \_\_\_\_\_
6. Miguel's ripped jeans / than / are / Jose's black jeans / trendier \_\_\_\_\_

## Lesson B Listening

A 26 Listen to the conversation. Read the sentences. Then circle T for true or F for false.

1. The woman wants to buy a scarf for the winter. T  F
2. The scarf is a gift for a friend. T  F
3. Her friend likes colors like black and brown. T  F
4. The silk scarfs are the most expensive. T  F
5. The cheapest silk scarf is \$75. T  F
6. The silk scarfs are smaller than the cotton ones. T  F
7. The woman buys an orange scarf made of cotton. T  F
8. The woman pays for the scarf with her card. T  F



▲ A woman wearing a scarf.

B 26 Listen again and put the parts of the conversation in order.

- 6 a. The woman pays \$29 for a cotton scarf.
- 56 b. The cheapest silk scarf is more expensive than the cotton scarfs.
- 2 c. The salesman shows her some wool scarfs.
- 4 d. The silk scarf is very soft, and very expensive.
- 1 e. The woman is shopping for a gift for her friend.
- 3 f. She wants a stylish scarf her friend can wear with a blouse or sweater.

C Who asks the questions and says the sentences below? Write S (salesperson) or C (customer).

- S 1. Hello, can I help you?
- C 2. It's a gift for her birthday.
- S 3. They're made of wool.
- S 4. There are some very nice silk ones over here.
- S 5. How about this?
- C 6. And it's very soft.
- C 7. Do you have anything cheaper?
- C 8. They're bigger than the silk scarfs and less expensive!
- S 9. And cotton is easier to clean.
- C 10. How much is this green one?
- C 11. OK, I'll take it.
- S 12. Are you paying with cash or card?

## Lesson C Vocabulary and Grammar

**A** Look at the pictures. Write questions and answers. Use words from the box.

cotton leather silk synthetic materials wool



1.

a. What are the gloves made of?b. They're made of leather.

2.

a. \_\_\_\_\_

b. \_\_\_\_\_

3.

a. \_\_\_\_\_

b. \_\_\_\_\_



4.

a. \_\_\_\_\_

b. \_\_\_\_\_

5.

a. \_\_\_\_\_

b. \_\_\_\_\_

6.

a. \_\_\_\_\_

b. \_\_\_\_\_

**B** Complete the sentences. Use the superlative form of the adjective in parentheses.

1. Leather is \_\_\_\_\_ (good) material for shoes and boots.

2. \_\_\_\_\_ (cheap) pants are made of polyester.

3. The hats made of wool are \_\_\_\_\_ (warm).

4. The silk socks are \_\_\_\_\_ (expensive) ones.

5. Linen and silk are two of \_\_\_\_\_ (light) materials for clothes.

6. In my opinion, clothes made of cotton are \_\_\_\_\_ (comfortable).

**C** Find the error with the superlative in each sentence. Change the sentence so it is correct.

1. The good silk is made in Thailand.

2. What is the lighter natural material?

3. The cotton jacket is the less expensive, but it's not the warmest.

4. The most pretty dress is also the most expensive one.

5. Those are the uglier sneakers in the whole store.

6. You should wear your most heavy sweater and jacket to go skiing.

# Fast Fashion

<sup>1</sup> The phrase *fast fashion* describes the trendiest clothes available at the lowest prices. The prices are low because the stores want their customers to return very soon—maybe even the next week—to buy more of the newest fashions. Some of these fast fashion stores display new clothes weekly or even twice a week!

<sup>2</sup> In the traditional fashion industry, new styles come out four times a year. This schedule follows the four seasons: spring, summer, fall, and winter. In the fast fashion industry, a new “season” happens every month or so. Fast fashion makes a lot of money because there are more selling seasons within one year.

<sup>3</sup> One important reason why fast fashion is less expensive than traditional fashion is that the quality is worse. A trendy shirt from a fast fashion store doesn't need to last for years because it won't be stylish next season. Trendy clothes usually won't last because the materials used to make them are cheap and not

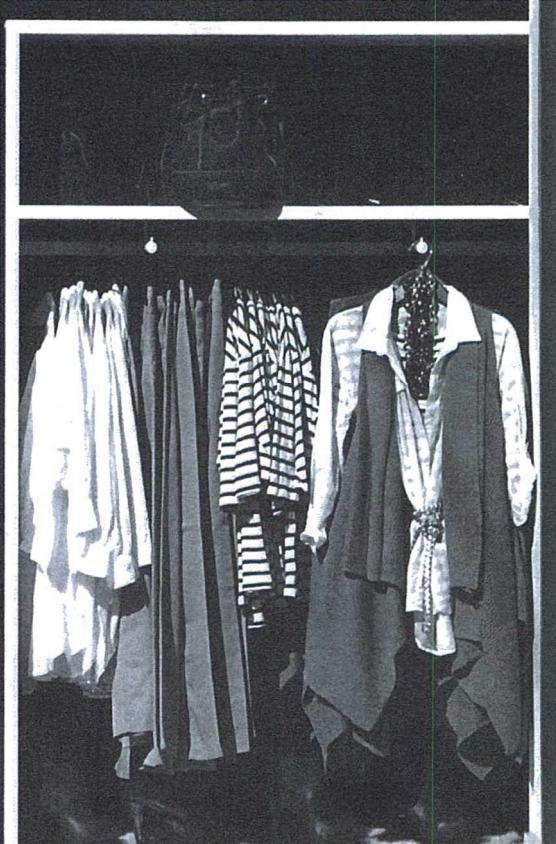
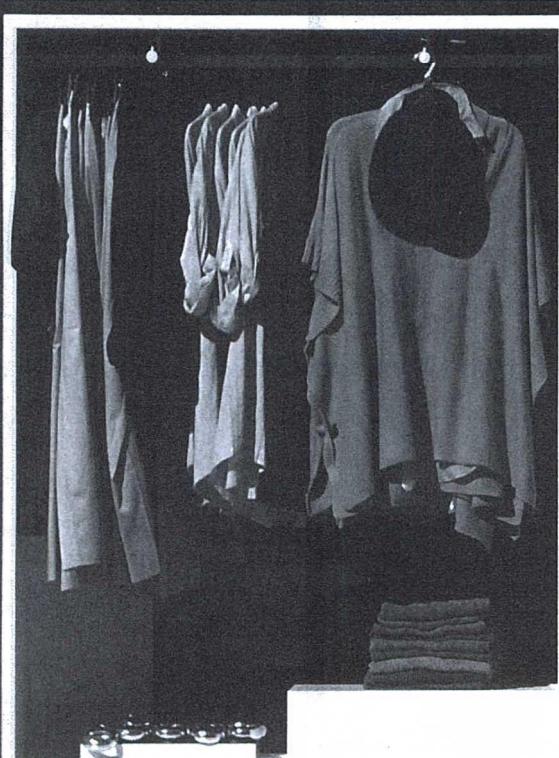
as good quality. For example, in a fast fashion store, you are more likely to find a sweater made of acrylic, a synthetic material, than wool.

<sup>4</sup> Some people think fast fashion is good because it means they can buy stylish clothes at low prices. Others disagree. They think that fast fashion creates a lot of waste. Since the early 2000s, when the fast fashion trend started, the production of clothes has doubled. Now people are buying more clothes, and are wearing them for shorter amounts of time. This means clothes are thrown out because clothes that aren't good quality can't be given to someone else.

<sup>5</sup> Finally, clothing manufacturing can be bad for the environment. Producing many materials, even natural ones such as cotton, requires huge amounts of water. Making synthetic materials can involve oil and other chemicals which can cause pollution. And dyes used to color clothes are also a source of pollution.

<sup>6</sup> Before buying the latest fashions, customers should read about their favorite clothing brands online. There is information available about which clothing makers are more responsible than others.

▼ Fast fashion has new seasons as often as once a month.



**A** Look at the photo. Answer the questions.

1. Is this clothing store for men or women? \_\_\_\_\_
2. Does this look like a store that sells the latest fashion trends? Why?  
\_\_\_\_\_
3. Do you think the clothes in this store are expensive? Why? \_\_\_\_\_  
\_\_\_\_\_
4. Have you heard the phrase *fast fashion*? What do you think it means?  
\_\_\_\_\_

**B** Read the article. Circle **T** for *true* or **F** for *false*.

- |   |   |   |
|---|---|---|
| 1. Fast fashion is stylish and inexpensive.   | T | F |
| 2. You can find new clothes at fast fashion stores every month or so.               | T | F |
| 3. Fast fashion and the traditional fashion industry have the same seasons.         | T | F |
| 4. Usually fast fashion clothes aren't the best quality.                            | T | F |
| 5. Fast fashion goes out of style quickly.  | T | F |
| 6. Some people like fast fashion because of the high-quality clothes at low prices. | T | F |
| 7. Some people don't like fast fashion because it's traditional and old-fashioned.  | T | F |
| 8. As a result of fast fashion, more clothes are being produced.                    | T | F |

**C** What do the sentences describe? Write **F** (fast fashion) or **T** (traditional fashion).

- \_\_\_\_\_ 1. Trendy clothes that are stylish right now.  
 \_\_\_\_\_ 2. There are new clothes in the store every spring, summer, winter, and fall.  
 \_\_\_\_\_ 3. The clothes are made from the best materials.  
 \_\_\_\_\_ 4. The clothes aren't made to last a long time.  
 \_\_\_\_\_ 5. The prices usually aren't low.  
 \_\_\_\_\_ 6. People can buy more of this fashion because the clothes are cheap.  
 \_\_\_\_\_ 7. This kind of fashion became popular about 20 years ago.

**D** Match the paragraph number (1–6) with the main idea.

- \_\_\_\_\_ a. The good and bad points of fast fashion  
 \_\_\_\_\_ b. Fashion seasons  
 \_\_\_\_\_ c. How customers can learn about brands  
 \_\_\_\_\_ d. An explanation of fast fashion  
 \_\_\_\_\_ e. Clothing manufacturing and the environment  
 \_\_\_\_\_ f. The quality and materials of fast fashion

## Lesson E Writing

**A** Read the sentences from advertisements and put the adjectives in the correct order.

1. For sale! A pair of (red / soft / leather) \_\_\_\_\_ gloves. Made in Argentina, bought a year ago.
2. Like new! Designer sneakers, men's size 11. They're (stylish / black / comfortable) \_\_\_\_\_ and, in my opinion, go with casual or formal clothes.
3. Only worn once! A (blue / large / comfortable) \_\_\_\_\_ raincoat. It's made of a synthetic material. The lining is soft cotton.
4. My son wore this (wool / warm / green) \_\_\_\_\_ winter coat only once because it was tight on him. Child's size 4.
5. (black / expensive / leather / Italian) \_\_\_\_\_ handbag made by famous designer. Great gift idea!

**B** Read the ad. Answer the questions.

1. What is the seller's opinion of the sweater? \_\_\_\_\_
2. Is it new? \_\_\_\_\_
3. What color is it? \_\_\_\_\_
4. What is it made of? \_\_\_\_\_
5. What size is it? \_\_\_\_\_
6. How does it fit? \_\_\_\_\_



Beautiful, new, gray, Irish, wool women's sweater. This good-quality, soft wool is lightweight. It keeps you warm, but it's not heavy. Buttons on the front. Size 8-10. The fit is loose and comfortable, not tight.  
**Price \$40**

**C** What type of clothing is your country known for? Is there a traditional way of dressing or a famous brand from there? Think of an item of clothing from your country and write an ad for it. Use the order of adjectives in the box to help you.

your opinion	size	age	color	nationality	material	other details
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**A** Complete the sentences. Use the comparative form of the adjective in parentheses.

1. I like trendy clothes, but my roommate wears \_\_\_\_\_ (traditional) clothes.
2. Sneakers are usually \_\_\_\_\_ (expensive) than nice leather shoes.
3. The heavy wool sweater feels \_\_\_\_\_ (rough) than the light one.
4. Ties made of synthetic material are \_\_\_\_\_ (cheap) than silk ones.
5. The cotton shirt is \_\_\_\_\_ (good) quality than the polyester one.
6. He needed to look \_\_\_\_\_ (formal), so he wore a suit to the interview.
7. The red hat is \_\_\_\_\_ (pretty) than the black one.
8. In my opinion, the brown shoes are \_\_\_\_\_ (bad) than the blue ones.

**B** Write sentences with comparative adjectives.

1. (this wool sweater / warm / that raincoat) This wool sweater is warmer than that raincoat
2. (sneakers / comfortable / shoes) \_\_\_\_\_.
3. (jeans and a shirt / formal / a suit) \_\_\_\_\_.
4. (this wool hat / good / that baseball cap) \_\_\_\_\_.
5. (a shirt / light / a sweater) \_\_\_\_\_.
6. (this blouse / nice / that blouse) \_\_\_\_\_.
7. (the black coat / cheap / the white coat) \_\_\_\_\_.
8. (leather shoes / expensive / plastic shoes) \_\_\_\_\_.

**C** Unscramble the questions in the conversation.

**Salesperson:** (you / can / help / I) (1) \_\_\_\_\_?

**Customer:** Yes. I'd like a sweater to go with these pants.

**Salesperson:** (what / are / you / size) (2) \_\_\_\_\_?

**Customer:** I'm a 12.

**Salesperson:** (this / what / about / sweater) (3) \_\_\_\_\_?

**Customer:** It's very nice. (is / it / much / how) (4) \_\_\_\_\_?

**Salesperson:** It's \$120.

**Customer:** Hmm . . . (anything / do / you / expensive / have / less)  
(5) \_\_\_\_\_?

**Salesperson:** This one's on sale for \$45.

**Customer:** (can / on / I / it / try) (6) \_\_\_\_\_?

**Salesperson:** Yes, the dressing rooms are over there.

# Video How Your T-shirt Can Make a Difference

**A** Read the facts about water use. Do they surprise you? Why? Choose one fact and write a sentence explaining your reason.

1. Water is the most common substance found on Earth.
  2. One cycle of an automatic dishwasher uses 12 to 20 gallons of water.
  3. It takes about 120 gallons of water to produce one egg.
  4. Producing a Sunday newspaper requires about 150 gallons of water.
  5. Producing a typical fast-food meal (hamburger, French fries, and a soda) requires about 1,400 gallons of water.
  6. Production of the cotton for a pair of jeans uses about 1,800 gallons of water.
  7. Water makes up almost two-thirds of the human body, and 70 percent of the brain.
- 
- 

**B** Watch the video and read the sentences. Then circle **T** for *true* or **F** for *false*.

- |  |          |
|--|----------|
| 1. Cottonseed oil is a food some people use.   | T      F |
| 2. Dollar bills are made from paper only.  | T      F |
| 3. Cotton has a big impact on the planet.  | T      F |
| 4. It takes 270 liters of water to make one t-shirt.                                 | T      F |
| 5. Producing t-shirts uses enough water for a person to drink for more than 2 years. | T      F |
| 6. One load of washing uses 5X more energy than drying.                              | T      F |
| 7. Drying clothes in a dryer doesn't use a lot of energy.                            | T      F |

**C** Write the correct percentages to complete the sentences.

Water is the most common substance found on Earth. But (1) \_\_\_\_\_ % of the water is salty. Another (2) \_\_\_\_\_ % is frozen in the form of snow and ice. So, about (3) \_\_\_\_\_ % of the Earth's water is available for use. And (4) \_\_\_\_\_ % of that 1% goes to growing crops.

**D** Answer the questions.

1. How many loads of laundry do you or your family do every week? \_\_\_\_\_  
\_\_\_\_\_
2. If you have a dryer, do you dry every load of laundry? Why? \_\_\_\_\_  
\_\_\_\_\_
3. After watching the video, do you think you will use water more carefully? If yes, how will you do that?  
\_\_\_\_\_  
\_\_\_\_\_

## Lesson A Vocabulary and Grammar

## A Match the words and meanings.

- |                              |  |
|------------------------------|--|
| _____ 1. lifestyle           | a. have an unhealthy body                        |
| _____ 2. be in bad shape     | b. exercise in a gym                             |
| _____ 3. work out            | c. eat different kinds of healthy food           |
| _____ 4. be in good shape    | d. have a healthy body                           |
| _____ 5. junk food           | e. sitting or lying in the sun                   |
| _____ 6. sunbathing          | f. how you live                                  |
| _____ 7. eat a balanced diet | g. unhealthy food like candy, chips, and cookies |

## B Complete the sentences with the words from A.

Anton and Petrus are brothers. Anton has a good job, but he doesn't have a healthy (1) \_\_\_\_\_.

He works long hours in front of a computer. He doesn't take breaks, or (2) \_\_\_\_\_ regularly. He belongs to a gym, but he never (3) \_\_\_\_\_ there. He says he doesn't have time. As a result, he (4) \_\_\_\_\_.

On the other hand, Petrus has a (5) \_\_\_\_\_ lifestyle. Petrus also works hard, but he (6) \_\_\_\_\_. He rides his bike to work. He belongs to the same gym as his brother, but unlike Anton, he (7) \_\_\_\_\_ three times a week. Petrus tries not to eat (8) \_\_\_\_\_. He's learning to cook healthy food. He cooks for Anton sometimes, because he wants Anton to eat (9) \_\_\_\_\_ meals, too.

## C How strong is the advice in each sentence? Circle the correct answer.

- |   |        |        |             |
|---|--------|--------|-------------|
| 1. You should go to bed earlier.        | gentle | strong | very strong |
| 2. You have to quit smoking.            | gentle | strong | very strong |
| 3. You could eat salad for lunch.       | gentle | strong | very strong |
| 4. You could go to the gym after work.  | gentle | strong | very strong |
| 5. You must stop eating so much sugar.  | gentle | strong | very strong |
| 6. You shouldn't drink so much coffee.  | gentle | strong | very strong |
| 7. You could go to bed an hour earlier. | gentle | strong | very strong |
| 8. You have to change your lifestyle.   | gentle | strong | very strong |

## Lesson B Listening

A 28 Listen. Circle T for true or F for false.

- |   |          |
|---|----------|
| 1. Hiroto travels for work.                           | T      F |
| 2. Ivan cooks and eats fresh food.                    | T      F |
| 3. Gloria drinks a lot of energy drinks.              | T      F |
| 4. Gloria gets a lot of sleep.                        | T      F |
| 5. Ivan gets exercise as a part of his job.           | T      F |
| 6. Hiroto doesn't like to cook.                       | T      F |
| 7. Hiroto gets the most exercise.                     | T      F |
| 8. Gloria thinks that drinking coffee is a bad habit. | T      F |
| 9. Ivan doesn't like seafood.                         | T      F |
| 10. Hiroto often eats protein bars.                   | T      F |

B 28 Listen again. Check (✓) the correct name(s).

1. Who exercises?
2. Who has a stressful job?
3. Who eats unhealthy food?
4. Who doesn't have time to exercise?
5. Who drinks a lot of coffee?
6. Who doesn't get enough sleep?
7. Who exercises as part of their job?
8. Who spends their time off with family?

Hiroto	Ivan	Gloria

C 28 Listen again. Write an unhealthy habit of each person. Then, write a sentence giving advice to that person using a modal (*could*, *should*, *must*, or *have to*).

**1. Hiroto**

- a. Unhealthy habit: eats protein bars and drinks energy drinks
- b. Advice: \_\_\_\_\_

**2. Ivan**

- a. Unhealthy habit: \_\_\_\_\_
- b. Advice: \_\_\_\_\_

**3. Gloria**

- a. Unhealthy habit: \_\_\_\_\_
- b. Advice: \_\_\_\_\_

**A** Complete the compound adjectives.

1. (delicious) mouth \_\_\_\_\_
2. (not from a factory) home \_\_\_\_\_
3. (makes you happy) heart \_\_\_\_\_
4. (for your whole life) life \_\_\_\_\_
5. (relaxing) stress- \_\_\_\_\_
6. (too busy) over \_\_\_\_\_
7. (without a lot of calories) low- \_\_\_\_\_
8. (from your own garden) home \_\_\_\_\_

**B** Complete the sentences with the compound adjectives in A.

1. Stephen started writing stories when he was eight. His \_\_\_\_\_ dream is to be an author.
2. Mrs. Ting can sew very well. As a result, her daughters often wear \_\_\_\_\_ dresses.
3. She often falls asleep on the bus on the way home from work. She must be \_\_\_\_\_.
4. Hinata needs to lose weight, so she is eating \_\_\_\_\_ food for the next month.
5. Mr. Garcia wants a \_\_\_\_\_ job.
6. Maria made a delicious sauce with \_\_\_\_\_ tomatoes from her garden.
7. More than a million people liked the \_\_\_\_\_ video on social media.
8. Emilio's Restaurant is famous for its \_\_\_\_\_ pizza.

**C** A reporter is interviewing Anton Muscov, a famous basketball player. Write questions with *how*.

**Reporter:** How (1) \_\_\_\_\_ play basketball?

**Anton:** I play five times a week. That's every day from Monday to Friday.

**Reporter:** (2) \_\_\_\_\_?

**Anton:** I take a break twice a week. On the weekend I like to relax at home.

**Reporter:** (3) \_\_\_\_\_?

**Anton:** Oh, I get about nine hours of sleep a night. I go to bed early and wake up early to practice.

**Reporter:** (4) \_\_\_\_\_?

**Anton:** I'm 23 years old.

**Reporter:** (5) \_\_\_\_\_?

**Anton:** There are five people in my family—my mother, my father, my two sisters, and me.

# Healthy Habits

Everyone wants to live a long and healthy life. Researchers studying longevity, or how long a person lives, look at people's lifestyles, including their habits. They do this because they want to know which habits help people live longer.

In 1970, some scientists asked 7,000 people in the United States about their habits. Then, they checked to see how long the people lived. The scientists learned that the people with the longest lives:

1. ate breakfast every day.
2. didn't eat snacks between meals.
3. weren't too heavy or too thin.
4. exercised regularly.
5. slept seven to eight hours every night—no more, no less.
6. didn't smoke.
7. drank plenty of water every day.

These seven habits made a big difference. People who did all of these things lived 12 years longer than people who did only one, two, or three.

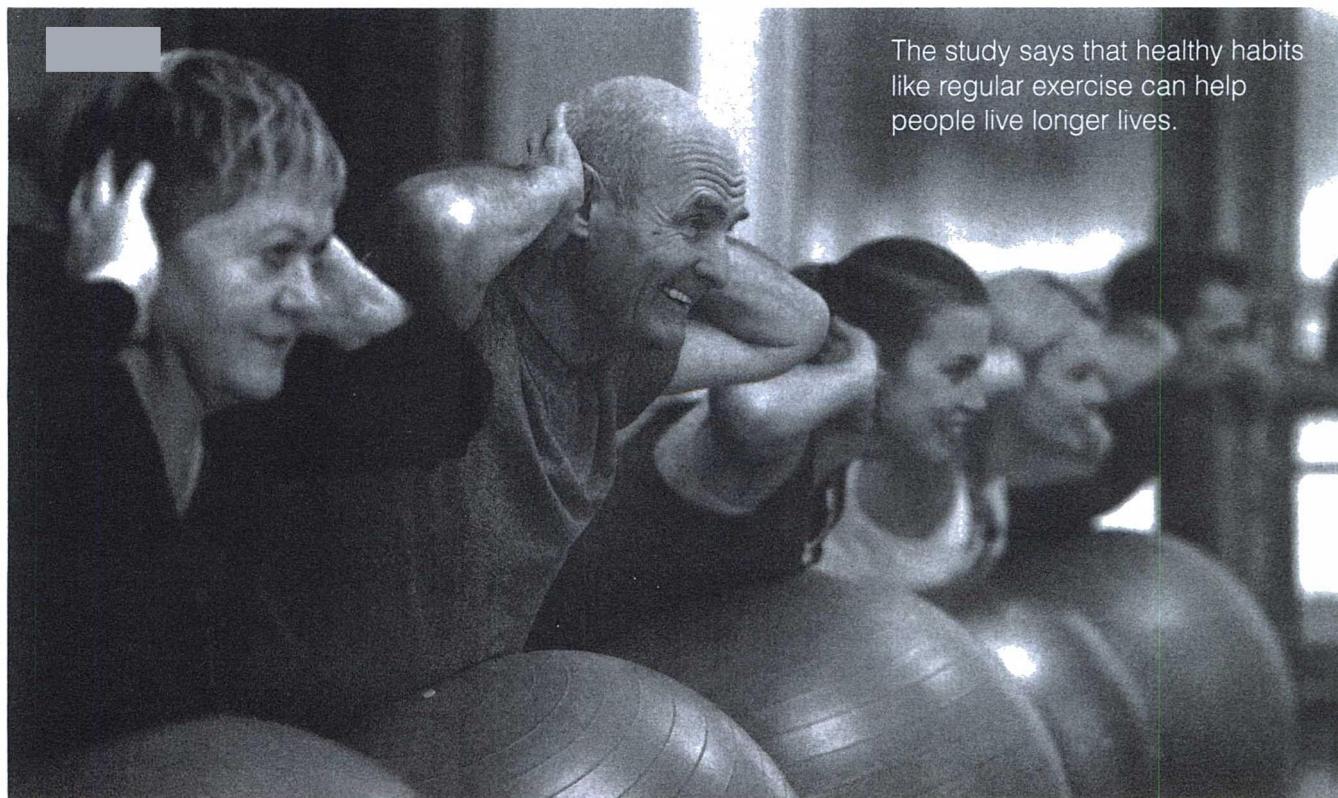
Habits are unlike other longevity **factors**—such as **genes** or environment—because people can change their habits. It's not always easy, but it's possible to learn good habits and break bad ones.

So, how can people change their habits? Scientists say to make changes slowly. It's important to have clear goals. A goal like "live a healthier lifestyle" sounds good, but isn't clear. How will you do this exactly? A clearer goal is, for example, to take a walk every evening, or to stop eating snacks between meals. And to break a bad habit, some experts suggest replacing it. For example, if a person is trying to quit smoking, they should drink a glass of water or go for a short walk when they feel like they want a cigarette. Experts also say you should be patient. Changing habits takes time, and nobody does it perfectly the first time.

**factor** one thing that influences a situation

**genes** cells in your body with information passed down from your parents that decides how you will develop (for example, to have blue eyes or to be tall)

The study says that healthy habits like regular exercise can help people live longer lives.



**A** Read the article. What does it say about each habit? Circle *good*, *bad*, or *no information*.

- |  |      |     |                |
|--|------|-----|----------------|
| 1. Eating eggs and fruit for breakfast every day | good | bad | no information |
| 2. Not getting enough sleep                      | good | bad | no information |
| 3. Going to the doctor often                     | good | bad | no information |
| 4. Going for a walk every night                  | good | bad | no information |
| 5. Being too thin                                | good | bad | no information |
| 6. Drinking plenty of water every day            | good | bad | no information |
| 7. Exercising every day                          | good | bad | no information |
| 8. Smoking                                       | good | bad | no information |

**B** Circle the correct word to complete each sentence.

1. A study of longevity looks at how *long* / *well* a person lives.
2. The scientists in the article wanted information about people's *diets* / *habits*.
3. Drinking coffee every day *is* / *isn't* one of the seven healthy habits.
4. Not getting enough sleep is a(n) *healthy* / *unhealthy* habit.
5. When you stop a bad habit, you *break it* / *pick it up*.
6. An example of a *clear* / *unclear* goal is to eat at least five vegetables a day.
7. Experts say people *could* / *should* make changes slowly.

**C** Read the advice about changing habits. Check (✓) the sentences that agree with the article.

- 1. People should make changes slowly.
- 2. It's not necessary to have goals.
- 3. People should replace a bad habit with something.
- 4. It doesn't take much time to learn good habits.
- 5. It's important to have clear goals.
- 6. People have to understand that it takes time to change their habits.
- 7. Drinking a glass of water with every meal is a clear goal.

**D** Answer the questions.

1. How many of the seven habits do you have? Which ones? \_\_\_\_\_

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2. Which of the habits do you think is the easiest to keep? Why? \_\_\_\_\_

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3. Which of the habits do you think is the hardest to keep? Why? \_\_\_\_\_

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## Lesson E Writing

### A Read the paragraph. Write the numbers of the sentences in the paragraph.

<sup>1</sup> I love hiking. <sup>2</sup> I go almost every weekend with a group. <sup>3</sup> First, I love being in nature, and hiking through forests and up and down hills is my favorite thing to do. <sup>4</sup> Of course, the exercise and fresh air are good for my health, too. <sup>5</sup> In addition, it's a social activity because the other hikers and I talk as we walk. <sup>6</sup> I've made some great friends this way. <sup>7</sup> Finally, when I use maps and plan routes I have to exercise my brain as well as my body. <sup>8</sup> To sum up, I think hiking is something all people should do to get healthy and enjoy nature.



a. Topic sentence     b. Supporting sentences     c. Concluding sentence

### B Read the paragraph. Underline the sentences that give advice.

<sup>1</sup> In my opinion, my friend Gustavo's video game playing is out of control. <sup>2</sup> He has to stop playing during the week. <sup>3</sup> He should delete all of the games from his cell phone, too. <sup>4</sup> Then he won't always play video games on the bus, between classes, and in the library. <sup>5</sup> He should only play them on the weekend. <sup>6</sup> Maybe he could make a goal to put away his gaming devices two hours before he goes to bed. <sup>7</sup> In conclusion, he must do something to break his bad gaming habit.

### C Write the numbers of the sentences in the paragraph in B.

a. Topic sentence     b. Supporting sentences     c. Concluding sentence

### D Write a paragraph giving advice to someone about starting a good habit or breaking a bad habit.

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**A** Complete the conversations with words from the box.

bad exercise healthy junk food lifestyle shape sleep work out

1. **A:** I'm in \_\_\_\_\_ shape.  
**B:** You could \_\_\_\_\_ at the gym after class.

2. **A:** Does he eat a lot of \_\_\_\_\_?  
**B:** No, he has a very \_\_\_\_\_ diet.

3. **A:** Is drinking a lot of water part of a healthy \_\_\_\_\_?

**B:** Yes, of course! And you should drink water after you \_\_\_\_\_.

4. **A:** Mario and Yuna are in very good \_\_\_\_\_.  
**B:** Yes, they are. They ride their bikes to work every day.

5. **A:** Andrei stays up late watching TV most nights.  
**B:** He should get more \_\_\_\_\_.

**B** Complete the sentences with modals.

1. **Doctor to patient:** You \_\_\_\_\_ have to stop smoking right now!

2. **Friend to friend:** You \_\_\_\_\_ drink water instead of soda.

3. **Mother to son:** You \_\_\_\_\_ eat all of your vegetables if you want dessert!

4. **Teacher to student:** You \_\_\_\_\_ study the new vocabulary. It's on the test!

5. **Friend to friend:** You \_\_\_\_\_ try to lose weight.

6. **Parent to child:** You \_\_\_\_\_ wear a helmet when you ride your bike.

7. **Grandchild to grandparent:** You \_\_\_\_\_ turn off your phone when you don't want to answer it.

8. **Personal trainer to client:** You \_\_\_\_\_ listen to music when you exercise.

**C** Circle the best word to complete each sentence.

1. The movie tells the *heartwarming* / *lifelong* story of a child's love for his pet dog.

2. Yasmin and Felipe go hiking *about* / *almost* twice a month.

3. *Homegrown* / *Homemade* bread tastes better than bread from the store.

4. They go to the movies *not much* / *around* once a month.

5. *Overworked* / *Stress-free* employees are usually unhappy with their jobs.

6. Miguel is my *homegrown* / *lifelong* friend.

## Video Living Past 100

- A** This video is about a region in China where many people live to be 100 or more. Tourists visit because they want to learn about the lifestyle. Does this sound like a place you would like to visit? Why?

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- B** Complete the sentences with numbers from the video.

1. A centenarian is a person who is \_\_\_\_\_ years old or older.
  2. In Bama County, the number of people over the age of \_\_\_\_\_ is nearly \_\_\_\_\_ times the number the rest of China.
  3. For more than \_\_\_\_\_ years, villager Huang Zhongkang has gone fishing every day.
  4. Huang Zhongkang is \_\_\_\_\_ years old.
  5. One man believes he is the oldest person in the village. He is \_\_\_\_\_ years old. His son, aged \_\_\_\_\_, explains why he has lived so long.
  6. One health tourist, Yao Xuchu, had a stroke \_\_\_\_\_ years ago.

- C** Circle the person who said each statement.



- D Health tourism will bring income to the villages, but tourism can cause litter and pollution. How do you think tourism will change Bama County? Will the change be good or bad? \_\_\_\_\_

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