



ENGLISH

Chapter 8 Session B

1st
SECONDARY

HEALTHY LIVING
Simple Present



 **SACO OLIVEROS**



Free-time Activities

- 1** Label pictures 1-5 with the free-time activities in the box. Then answer: Which activities are not in the pictures?

go shopping listen to music meet my friends play soccer read comics
ride my bike stay up late surf the internet talk on the phone watch TV

go shopping
ride my bike

listen to music
stay up late

~~meet my friends~~
surf the internet

play soccer
~~talk on the phone~~

read comics
watch TV



1

meet my friends



2

talk on the phone

~~go shopping~~
ride my bike

~~listen to music~~
stay up late

~~meet my friends~~
~~surf the internet~~

play soccer
~~talk on the phone~~

read comics
watch TV



3

go shopping



4

listen to music



5

surf the internet

Free-time Activities

- 1 Label pictures 1-5 with the free-time activities in the box. Then answer: Which activities are not in the pictures?

Play soccer, read comics, ride my bike, stay up late and watch TV.

~~go shopping~~

~~listen to music~~

~~meet my friends~~

play soccer

read comics

ride my bike

stay up late

~~surf the internet~~

~~talk on the phone~~

watch TV

2



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Listen and repeat.

3

Which activities do you do in your free time?

Personal answer.



4



INTERFACE Work in pairs. Compare your answers from activity 3.



What do you do in your free time?

I listen to music and read comics.





READING 2

1 Skim the text below. What genre is it?
Circle the answer.


- a** A blog comment.
b An e-mail.

Does your friend have a healthy lifestyle?
Does he or she eat well?
Is he or she active?

RosieB_13

My friend Eleanor **is** very healthy and **worries** about eating habits. She **eats** fruit and vegetables all the time! Eleanor doesn't like coffee but she **loves** hot chocolate. For breakfast she **drinks** hot chocolate and **eats** bread. Eleanor **goes** to her grandma's house on Saturdays. Eleanor's grandma **watches** cooking shows on the internet and **cooks** pasta and cakes for her. Eleanor **eats** Italian, French and Spanish food and her favorite food **is** spaghetti. Eleanor doesn't cook but she **mixes** the ingredients of the cakes. Eleanor also **washes** the dishes! She **misses** her grandma's food when she doesn't go to her house. I think Eleanor **has** an active lifestyle. She **plays** tennis and hockey and she's a good skier.
Rosie, age 13

RosieB_13 January 12th 18:34


- 2  35 Read and listen. Then check your answer to activity 1.



www.usforum.org

Does your friend have a healthy lifestyle?
Does he or she eat well?
Is he or she active?

RosieB_13





My friend Eleanor **is** very healthy and **worries** about eating habits. She **eats** fruit and vegetables all the time! Eleanor doesn't like coffee but she **loves** hot chocolate. For breakfast she **drinks** hot chocolate and **eats** bread.

Eleanor **goes** to her grandma's house on Saturdays. Eleanor's grandma **watches** cooking shows on the internet and **cooks** pasta and cakes for her. Eleanor **eats** Italian, French and Spanish food and her favorite food **is** spaghetti. Eleanor doesn't cook but she **mixes** the ingredients of the cakes. Eleanor also **washes** the dishes! She **misses** her grandma's food when she doesn't go to her house.

I think Eleanor **has** an active lifestyle. She **plays** tennis and hockey and she's a good skier.

Rosie, age 13

  RosieB_13 January 12th 18:34

3 Read the text again. Then write T for *true* or F for *false*.

fifty-one 51

- a ☒ T Rosie thinks Eleanor has a healthy diet.
- b ☒ F Eleanor doesn't drink any hot drinks.
- c ☒ T Eleanor has bread for breakfast.
- d ☒ T Eleanor's grandma watches cooking shows on the internet.
- e ☒ T Eleanor helps her grandma bake cakes.
- f ☒ T Eleanor likes Spanish food.
- g ☒ F Eleanor hates spaghetti.
- h ☒ T Eleanor plays some sports.



Simple Present: Third Person Singular (Spelling)

- 1 Complete the chart with the verbs in bold from the *Reading 2* text.

for most verbs add -s	
infinitive	3rd person singular
<i>drink</i>	<i>drinks</i>
cook	cooks
love	loves
eat	eats

for verbs that end in -o, -s, -sh, -ch and -x add -es	
infinitive	3rd person singular
<i>go</i>	<i>goes</i>
miss	misses
wash	washes
watch	watches
mix	mixes

**for verbs that end in consonant +y,
omit the -y and add -ies**

infinitive

3rd person singular

worry

worries

**for verbs that end in vowel +y,
keep the -y and add -s**

infinitive

3rd person singular

play

plays

irregular verbs

infinitive

3rd person singular

be

is

have

has

PRONUNCIATION

Third person singular -s: /s/ /z/ or /iz/



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Listen and repeat. Then write one more example of each.

a /s/ or /z/

eats, goes, plays

b /iz/

teaches, watches, mixes



2 Complete the sentences with the correct form of the verbs in parentheses.

- a Kelly does (do) homework every day.
- b Robert carries (carry) his school bag.
- c Martha teaches (teach) English and French.
- d Ava tries (try) a different meal every time she goes to a restaurant.
- e This top matches (match) your shoes.

Free-time Activities

1 Look at the pictures and complete the phrases with the verbs in the box.

go listen meet play ~~read~~ ~~ride~~ stay surf ~~talk~~ watch

a



read

comics

b



talk

on the phone

c



ride

my bike

~~go~~ ~~listen~~ ~~meet~~ ~~play~~ ~~read~~ ~~ride~~ ~~stay~~ ~~surf~~ ~~talk~~ ~~watch~~

d



listen to music

e



watch TV

f



surf the internet

g



go shopping

h



play soccer

i



stay up late

j



meet my friends

Homework

- 2** Complete the messages with some of the free-time activities from activity 1.



www.freetimeactivities.com

Write and tell us about your free-time activities.

On the weekends I meet my friends. We go to a café or to the mall. 😎

a My sister and I _____. Our favorite shops are Gap and Top Shop. 😊

b I _____ regularly. I have a new cell phone and I use it all the time. 📱

c My friends and I _____. We like rock, but we don't like heavy metal. 🎸

d I _____ on the weekends. I write messages on websites like this! 👍

e I _____ on Sundays. I ride about 50 kilometers. It helps me stay fit and healthy. 😊

3 Make more free-time activities. Use verbs from activity 1.

a talk to my friends

b listen to the radio

c go to the movies

d watch a DVD

e meet my cousins

f ride a horse

g play tennis



4 Complete the sentences for you.

- a I Personal answer. every day.
- b I don't Personal answer. after school.
- c On the weekends I Personal answer.