

# Out and about

Unit

# 7

In Unit 7, you learn how to . . .

Ünite 7'de aşağıdakileri öğreneceksiniz . . .

■ **use the present continuous.**

şimdiki zamanı kullanmayı,

■ **talk about the weather and sports.**

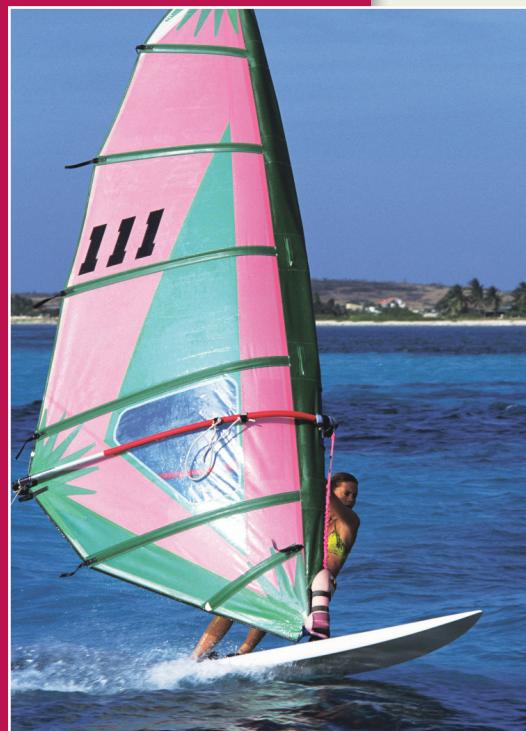
hava durumundan ve sporlardan söz etmeyi,

■ **ask follow-up questions to be friendly.**

samimiyetinizi göstermek için izleme soruları sormayı,

■ **use expressions like *That's great!* to react to news.**

bir habere tepki gösterirken *That's great!* gibi kalıplar kullanmayı.



## Before you begin . . .

Choose an answer to each question below.  
Write the number. What's the weather usually like in the . . . ? Aşağıdaki her soruya bir yanıt seçin. Numarasını kutuya yazın. . . de/da genellikle hava nasıl?



spring



fall



rainy season



summer



winter



dry season

1. It's hot and humid.
2. It's warm and sunny.
3. It's cool. It's often cloudy.
4. It's windy. It's cold.
5. It rains.
6. It snows.

# Lesson A Away for the weekend

## 1 Getting started



074

Listen to Anita's phone messages. What's the weather like in each place?

Anita'nın telefon mesajlarını dinleyin. Sözü edilen her yerde hava nasıl?

**San Francisco, Saturday, 3:00 p.m.: Anita is working today.  
Right now she's listening to her messages.**



**Saturday, 8:45 a.m.**

Hi, Anita. This is Yoko. I'm calling from Lake Tahoe. Lisa and I are skiing today. It's snowing here. It's so beautiful! What's the weather like in San Francisco? Give me a call. Bye.



**Saturday, 10:20 a.m.**

Hi, it's Bill. Listen, Marcos and I are at the beach in Santa Cruz. Come and join us! Don't worry – we're not swimming. It's too cold! See you.



**Saturday, 11:15 a.m.**

Hey, Anita. This is Nathan. I'm in San Jose with Katie and Rob. They're playing tennis, and I'm watching. It's nice and sunny here. I hope it's not raining there. Call me! Bye.

**Figure  
it out**

**B** Complete these sentences about Anita and her friends.

Anita ve arkadaşları hakkında cümleleri tamamlayın.

1. Yoko is \_\_\_\_\_ at Lake Tahoe.
2. Marcos and Bill are at the beach, but they're \_\_\_\_\_ swimming.
3. Katie is \_\_\_\_\_ tennis with Rob, and Nathan \_\_\_\_\_ watching.
4. Anita's in San Francisco. \_\_\_\_\_ raining there.



## 2 Grammar Present continuous statements



Watch Grammar 15. Grammar 15'i izleyin.



075

Listen and repeat. Notice the present continuous is the verb *be* + verb + *-ing*.

Dinleyin ve tekrar edin. Şimdi zamanda *be* + fiil + *-ing* olarak kullanıldığını dikkat edin.

I'm	calling	from home.
You're	working	today.
She's	skiing	with a friend.
He's (not)	having	fun.
It's	raining	right now.
We're	swimming	in the ocean.
They're	playing	tennis.

**The contractions *isn't* and *aren't* often follow nouns:**

Marcos **isn't** working.

Marcos and Bill **aren't** swimming.

### Spelling

work → **working**

swim → **swimming**

have → **having**

### Did you know . . . ?

In conversation, people usually use '**s not**' and '**'re not**' after pronouns. People don't usually say **we aren't, they aren't, he isn't**, etc.

**C** Complete Anita's other phone messages. Use the verbs given. Anita'nın diğer telefon mesajlarını tamamlayın. Verilen filleri kullanın.

1

**Saturday, 12:15 p.m.** Hi, Anita. It's Joe.  
I hope you <sup>1</sup>'re not working (not work) today. I <sup>2</sup>\_\_\_\_\_ (not do) anything, so let's get together. Give me a call. By the way, I <sup>3</sup>\_\_\_\_\_ (call) on my cell phone. See you.

3

**Saturday, 2:50 p.m.** Hey, Anita, it's me. Chris and I are at the baseball game. It <sup>7</sup>\_\_\_\_\_ (rain) right now, so they <sup>8</sup>\_\_\_\_\_ (stop) the game. So, we <sup>9</sup>\_\_\_\_\_ (come) over to your place. See you in 15 minutes.

2

**Saturday, 1:00 p.m.** Hi, Anita. This is Julia. I'm at the beach with Kim. We <sup>4</sup>\_\_\_\_\_ (talk) about work and things, and we <sup>5</sup>\_\_\_\_\_ (have) a good time. There's no wind today, so people <sup>6</sup>\_\_\_\_\_ (not windsurf). Come and join us. Bye.

**D** Complete this phone message. Use your own ideas.

Telefon mesajını tamamlayın. Kendi fikirlerinizi kullanın.

"Hi, \_\_\_\_\_ . This is \_\_\_\_\_. I'm at \_\_\_\_\_'s house. It's raining and it's cold, so we're . . ."

## 3 Write about it What's your "perfect" day?

About  
you

Imagine you are having a perfect day. Write answers to the questions below. Mükemmel bir gün geçirdiğinizi hayal edin. Aşağıdaki sorulara yanıtlar yazın.

- Where are you? ► Who are you with?
- What's the weather like? ► What are you doing?

*I'm at the beach. It's a beautiful day! It's very hot . . .*



### 1 What's the weather like?

**A** Write two sentences about each picture.

Her resim için iki cümle yazın.



1. It's hot.  
It's sunny.



2. \_\_\_\_\_  
\_\_\_\_\_



3. \_\_\_\_\_  
\_\_\_\_\_



4. \_\_\_\_\_  
\_\_\_\_\_



5. \_\_\_\_\_  
\_\_\_\_\_



6. \_\_\_\_\_  
\_\_\_\_\_

**B** Answer the questions. Write your own answers.

Soruları yanıtlayın. Kendinizle ilgili bilgileri kullanarak yanıtlayın.

1. How many seasons do you have in your city? What are they? \_\_\_\_\_  
\_\_\_\_\_

2. What's your favorite season? Why? \_\_\_\_\_  
\_\_\_\_\_

3. What kind of weather do you like? Cold weather? Hot weather? \_\_\_\_\_  
\_\_\_\_\_

4. What's the weather like today? Is it warm? \_\_\_\_\_  
\_\_\_\_\_

5. What's the weather usually like at this time of year? \_\_\_\_\_  
\_\_\_\_\_

6. Does it ever snow in your city? If yes, when? \_\_\_\_\_  
\_\_\_\_\_

## 2 I'm waiting for a friend.

Complete the conversation. Use the present continuous form of the verbs given.

Konuşmayı tamamlayın. Verilen fiilerin şimdiki zaman biçimlerini kullanın.

**Erin** Hi, Ken. It's Erin. Where are you?

**Ken** Oh, hi, Erin. I'm at the beach. I <sup>1</sup>'m spending (spend) time with Tom. It's beautiful here today! It's, uh . . .

**Erin** Nice. . . . I'm so happy you <sup>2</sup>             (have) fun.

**Ken** Yeah. We <sup>3</sup>             (relax).

We <sup>4</sup>             (not do) anything special – I mean, I <sup>5</sup>             (read) a book, and Tom <sup>6</sup>             (swim).

How about you? Are you at work?

**Erin** No. I <sup>7</sup>             (not work) today.

**Ken** Oh, right. So, where – oops! Uh, I'm sorry.

I <sup>8</sup>             (eat) ice cream. I'm starving.

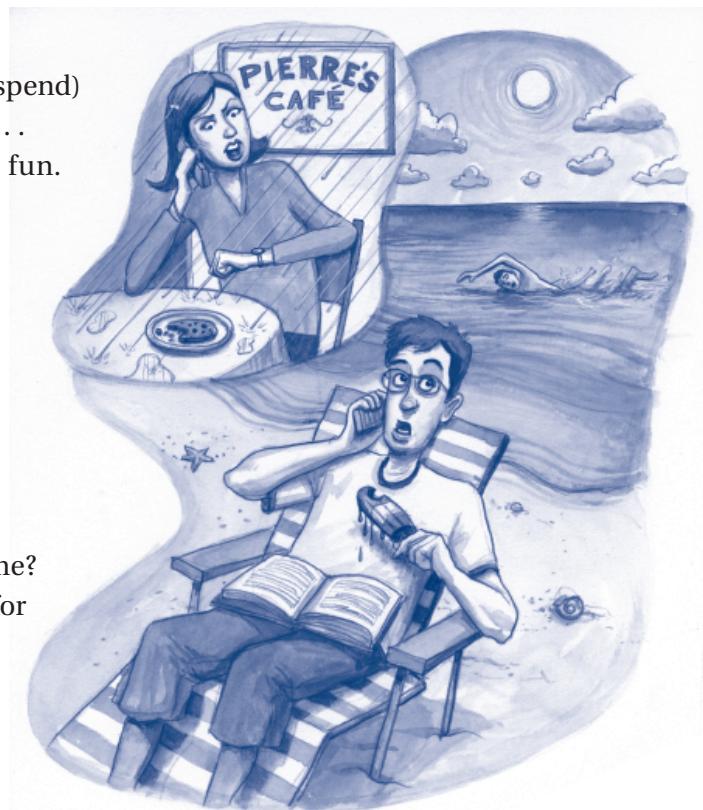
**Erin** Yeah, me too. I <sup>9</sup>             (eat) a cookie.

**Ken** Really? So, where are you? I mean, are you at home?

**Erin** No, I'm at Pierre's Café. I <sup>10</sup>             (wait) for a friend. He's very late.

**Ken** Oh, really? Who?

**Erin** You!



## 3 About you

Are these sentences true or false for you right now? Write **T** (true) or **F** (false). Then correct the false sentences. Aşağıdaki cümleler şu anda sizin için doğru mu yanlış mı? **T** (doğru) ya da **F** (yanlış) yazın. Daha sonra yanlış cümleleri düzeltin.

1. F I'm eating dinner right now.

I'm not eating dinner right now. I'm doing my homework.

2.       I'm using a computer.

\_\_\_\_\_

3.       My family is watching TV.

\_\_\_\_\_

4.       My friends are working.

\_\_\_\_\_

5.       It's snowing.

\_\_\_\_\_

6.       My best friend is skiing.

\_\_\_\_\_

# Lesson B Sports and exercise

## 1 Building vocabulary



**A** Listen to the sounds of these sports, and number the pictures. Then listen and repeat. Aşağıdaki sporlara ilişkin sesleri dinleyin ve resimleri numaralandırın. Daha sonra dinleyin ve tekrar edin.

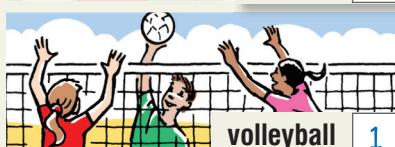
They're playing ...



basketball



football



volleyball

They're doing ...



aerobics

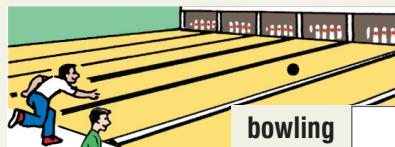


weight training



karate

They're ...



bowling



running



biking

Word sort

**B** What sports do you play? watch on TV? Complete the chart.

Hangi sporları yapıyorsunuz ya da televizyonda izliyorsunuz? Tabloyu doldurun.

I ...	I don't ...	I watch ...
go bowling	play soccer	football

Notice ...

I'm **bowling** right now.  
I go **bowling** every week.

## 2 Building language



**A** Listen. Is Carl studying hard this semester? Practice the conversation.

Dinleyin. Carl bu dönem çok mu ders çalışıyor? Konuşmayı tekrar edin.

*Dad* Hi, Carl. It's me. How's it going?

*Carl* Oh, hi, Dad. Everything's great.

*Dad* So, are you studying for your exams?

*Carl* Oh, yeah. I'm working very hard this semester.

*Dad* Good. So what are you doing right now? Are you studying?

*Carl* Uh, Dad, right now I'm watching a baseball game.

*Dad* Baseball? ... Uh, who's playing?

*Carl* The Yankees and the Red Sox.

*Dad* Really? Uh, Carl, ... let's talk again in two hours.

*Carl* OK, Dad. Enjoy the game!

*Dad* You too. But please try and study for your exams!

Figure it out

**B** Complete this question. Write your own answer.

Bu soruyu tamamlayın. Kendinizle ilgili bilgileri kullanarak yanıtlayın.

What \_\_\_\_ you \_\_\_\_\_ right now?



### 3 Grammar Present continuous questions



**A** Watch Grammar 16. Grammar 16'yi izleyin.



078

**B** Listen and repeat. Notice the word order of present continuous questions.

Dinleyin ve tekrar edin. Şimdi zamanda sorulan soruların sözcük dizimine dikkat edin.

What **are** you **doing** these days?

Are you **studying** a lot?

Yes, I **am**.

No, I'm **not**.

What **is** Carl **watching** on TV?

Is he **watching** the game?

Yes, he **is**.

No, he's **not**.

Who's **playing**?

Are the Yankees **playing**?

Yes, they **are**.

No, they're **not**.

**C** Complete the questions with the present continuous. Use the verbs given.

Soruları şimdiki zaman kullanarak yanıtlayın. Verilen filleri kullanın.

1. Are you getting (get) enough exercise these days?
2. What \_\_\_\_\_ you \_\_\_\_\_ (do) for exercise?
3. \_\_\_\_\_ you \_\_\_\_\_ (learn) a new sport?
4. How much \_\_\_\_\_ you \_\_\_\_\_ (walk)?
5. \_\_\_\_\_ you \_\_\_\_\_ (take) exercise classes this year?
6. \_\_\_\_\_ your best friend \_\_\_\_\_ (exercise) enough these days?
7. What kind of exercise \_\_\_\_\_ your best friend \_\_\_\_\_ (do)?
8. \_\_\_\_\_ your friends \_\_\_\_\_ (play) on sports teams this season?

#### Time expressions

right now  
today  
this morning  
this week  
this month  
this year  
this semester  
this season  
these days

About  
you

**D** Write your own answers to the questions in C. C'deki soruları kendinizle ilgili bilgileri kullanarak yanıtlayın.

### 4 Speaking naturally Stress and intonation in questions



079

**A** Watch Speaking naturally 6. Speaking naturally 6'yi zleyin.

How often do you go to the **gym**?

Are you going a **lot** these days?



080

**B** Listen and repeat the questions above. Notice how the words **gym** and **lot** are stressed. Notice how the voice falls on **gym** and rises on **lot**.

Yukarıdaki soruları dinleyin ve tekrarlayın. **gym** ve **lot** sözcüklerinin nasıl vurgulandığına dikkat edin. Sesin **gym** sözcüğünde nasıl alçaldığına ve **lot** sözcüğünde nasıl yükseldiğine dikkat edin.

About  
you

**C** Now listen and repeat these pairs of questions. Then write your own answers. Şimdi aşağıdaki soru çiftlerini dinleyin ve tekrar edin. Daha sonra kendinizle ilgili bilgileri kullanarak yanıtlayın.

What's your favorite **sport**? I mean, do you like **soccer**?

How's your favorite **team** doing? Are they doing **well** this season?

Who's your favorite **athlete**? I mean, do you **have** a favorite?



### 5 Vocabulary notebook Who's doing what?

See page 142. Sayfa 142'ye bakın.



### 1 All about sports

**A** Write the names of the sports or kinds of exercise under the pictures.

Resimlerin altına sporların isimlerini ya da egzersiz türlerini yazın.



1. volleyball



2. \_\_\_\_\_



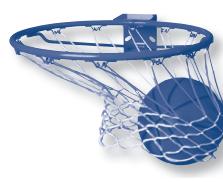
3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_



7. \_\_\_\_\_



8. \_\_\_\_\_



9. \_\_\_\_\_

**B** Complete the chart with the words in A. A'daki sözcüklerle tabloyu doldurun.

People play ...	People do ...	People go ...
volleyball		

**C** Answer the questions. Write your own answers.

Soruları tamamlayın. Kendinizle ilgili bilgileri kullanarak yanıtlayın.

- What sports do you play? How often? I play volleyball on Wednesday and basketball on the weekend.
- What sports do your friends play?
- Do you ever go biking?
- What sports do people in your country like?

## 2 What are you doing?

Complete the conversations with present continuous questions. Use the words given.  
Konuşmaları şimdiki zaman sorularıyla tamamlayın. Verilen sözcükleri kullanın.

**1** *Joe* Hey, Luis! <sup>1</sup> \_\_\_\_\_ (What / you / do) ?

Are you at home?

*Luis* No, I'm at the park. I'm playing tennis.

*Joe* Really? <sup>2</sup> \_\_\_\_\_ (you / play)  
with Janet?

*Luis* No, I'm playing with John today.

*Joe* Oh. So, <sup>3</sup> \_\_\_\_\_ (you / have / fun) ?

*Luis* No, I'm not. You know, it's raining here, and it's cold.

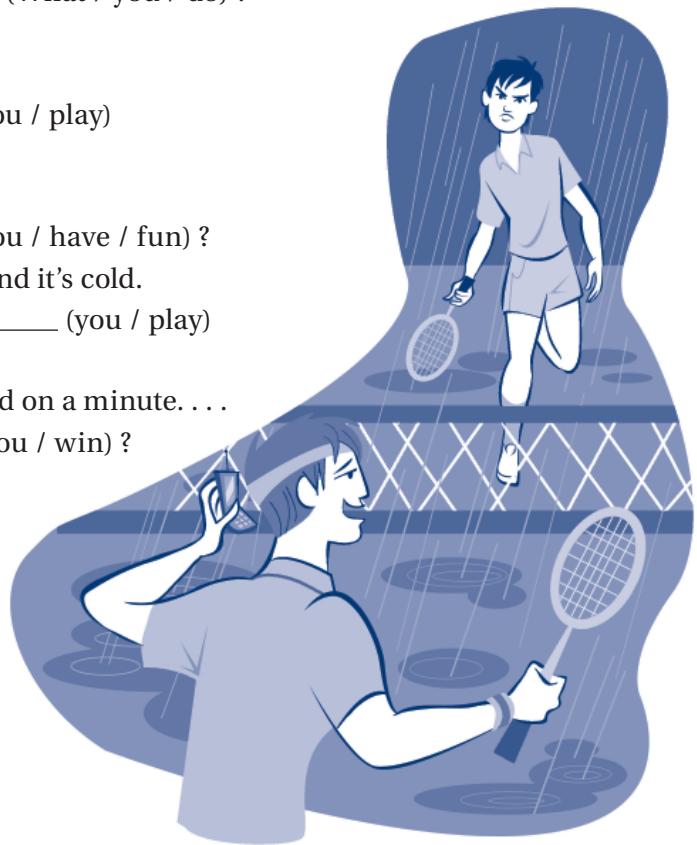
*Joe* That's too bad. <sup>4</sup> \_\_\_\_\_ (you / play)  
right now? In the rain?

*Luis* Yes, we are. And it's my turn to serve. Hold on a minute. . . .

*Joe* So, um, <sup>5</sup> \_\_\_\_\_ (you / win) ?

*Luis* Uh, no. I'm not playing very well today.

*Joe* Is it because you're talking on your  
cell phone?



**2** *Janet* Hi, Kelly. <sup>6</sup> \_\_\_\_\_ (How / you / do) ?

*Kelly* Hi. Great. How are you? <sup>7</sup> \_\_\_\_\_ (you / work)  
this summer?

*Janet* Yes, I'm working at a gym. I'm teaching there. It's fun.

*Kelly* Really? <sup>8</sup> \_\_\_\_\_ (What / you / teach) ?

*Janet* Aerobics.

*Kelly* Cool. So, <sup>9</sup> \_\_\_\_\_ (you / do) other things?  
I mean, <sup>10</sup> \_\_\_\_\_ (you / swim), too?

*Janet* Yeah. There's a pool at the gym. So, <sup>11</sup> \_\_\_\_\_  
(you / do) anything special this summer?

*Kelly* Well, no. I'm living in my sister's apartment. She's in  
San Francisco this summer.

*Janet* Really? <sup>12</sup> \_\_\_\_\_ (What / she / do)  
there?

*Kelly* She's working in a restaurant.

*Janet* <sup>13</sup> \_\_\_\_\_ (she / meet) a lot of  
new people?

*Kelly* Oh, yes. She's having a good time.



# Lesson C How's it going?

## 1 Conversation strategy Asking follow-up questions

A

Look at the picture. Then listen and read. Write the name to complete the sentence.  
Resme bakın. Daha sonra dinleyin ve okuyun.  
Cümleyi tamamlamak için ismi yazın.

\_\_\_\_\_ is visiting Laguna Beach.



Tina Hey, Ray, this is my friend Kate. She's visiting from Chicago.

Ray Oh, hi. Nice to meet you. So, uh . . . are you here on vacation?

Kate Yeah. I'm here for a week.

Ray That's great! Are you enjoying Laguna Beach?

Kate Yeah! I'm taking a scuba-diving course.

Ray That's cool. How's it going?

Kate Really well. And I'm having a great time.

Tina Oh, that's my cell phone. Excuse me.

Ray Sure.



**Notice** how Ray asks Kate follow-up questions to be friendly. He keeps the conversation going.

"I'm here for a week."

"That's great! Are you enjoying Laguna Beach?"

B

Practice the conversation in A. Then complete the rest of the conversation with the follow-up questions below. Listen and check. Practice the rest of the conversation. A'daki konuşmayı tekrar edin. Daha sonra konuşmanın devamını aşağıdaki izleme sorularıyla tamamlayın. Dinleyin ve kontrol edin. Konuşmanın devamını tekrar edin.

Kate So, how do you know Tina?

Ray Well, uh . . . we go to the same school.

Kate Really? <sup>1</sup>\_\_\_\_\_

Ray No. I'm studying law. Actually, we play softball on the same team.

Kate Oh. <sup>2</sup>\_\_\_\_\_

Ray Sure. We have ten women and six guys.

Kate That's cool. <sup>3</sup>\_\_\_\_\_

Ray Every Saturday morning, when the weather's good.

**Do men and women play together?**

**How often do you play?**

**Are you studying business, like Tina?**



## 2 Strategy plus That's . . .

You can use expressions with **That's . . .** to react to news.

*I'm here for  
a week.*

**That's great!**

### Did you know . . . ?

In conversation, the top expressions for good news are:

**That's good / great / nice /  
interesting / cool / wonderful.**

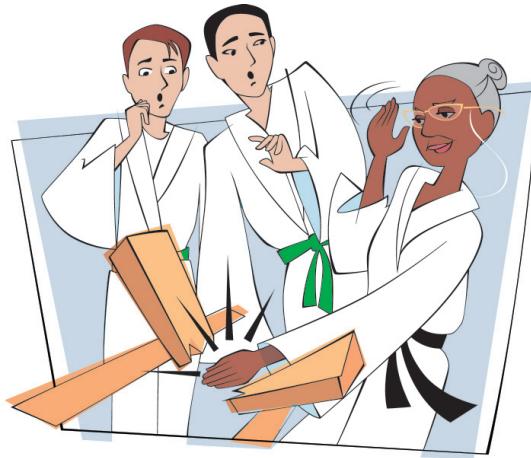
The top expressions for bad news are:

**Oh, that's too bad / terrible.**



Read the conversations. Circle the best response. Konuşmaları okuyun. En iyi yanıtın yuvarlak içine alın.

- 1 A I'm taking a karate class. We have a great teacher.  
B Oh, that's terrible / that's good.
- 2 A I'm training eight hours a day, and I'm not sleeping.  
B Really? That's terrible / That's nice.
- 3 A I'm playing on the college basketball team.  
B Hey, that's too bad / that's wonderful.
- 4 A My friend Sarah is a professional athlete.  
B Yeah? That's terrible / That's interesting.
- 5 A Our team isn't playing well this season.  
B Oh, that's too bad / that's good.
- 6 A I'm reading a book about the history of the World Cup.  
B Really? That's terrible / That's cool.



## 3 Listening How's your week going?

**A** 083 Listen. Six people tell you about their week. Respond to each person using an expression with **That's . . .**. Dinleyin. Altı kişi size geçirdikleri haftalarıyla ilgili bilgi veriyor. Her birine **That's içeren bir ifade kullanarak yanıt verin.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

**About  
you**

**B** Write a conversation between you and a friend about what you are doing these days.

Use **That's** expressions and two follow-up questions. Bu günlerde neler yaptığınızla ilgili arkadaşınızla aranızda geçen bir konuşma yazın. **That's** ifadelerini ve iki izleme sorusu kullanın.

**A** *I'm taking a swimming class.*

**B** *That's great. Do you like your teacher?*

### 1 Keep the conversation going!

Complete the conversation with the follow-up questions in the box.

Kutudaki izleme sorularını kullanarak konuşmayı tamamlayın.



Where are you working?

Are you practicing your languages?

What classes are you taking?

✓ What are you doing?

So, why are you studying Spanish and Portuguese?

Are you enjoying your classes?

Alex Hey, Kate. How's it going?

Kate Good. How are things with you?

Alex Great. But I'm really busy this summer.

Kate Really? <sup>1</sup> What are you doing?

Alex Well, I'm taking a couple of classes, and I'm working.

Kate Wow! You're working and studying? <sup>2</sup> \_\_\_\_\_

Alex I'm taking Spanish and Portuguese.

Kate That's interesting. <sup>3</sup> \_\_\_\_\_

Alex Yeah, I really am. I'm learning a lot!

Kate That's great. <sup>4</sup> \_\_\_\_\_

Alex Well, I'm thinking about a trip to South America.

Kate That's exciting!

Alex Yeah, and that's why I'm working two jobs, you know.

Kate Right. <sup>5</sup> \_\_\_\_\_

Alex Well, I'm working at a Peruvian restaurant from 11:00 to 5:00, and I'm working at a Brazilian music club at night.

Kate Really? Wow! <sup>6</sup> \_\_\_\_\_

Alex Yes, I am! I'm speaking Spanish all day and Portuguese all night.

Kate That's really cool! But when do you sleep?

Alex That's a problem. Sometimes I sleep in class.

Kate Oh, right. That is a problem.

## 2 Asking follow-up questions

Complete two follow-up questions for each comment.

Her yorumu iki izleme sorusuyla tamamlayın.

1. "I don't play sports, but I often go running with a friend."

Really? Where do you go running ?  
How often \_\_\_\_\_ ?

2. "My parents are on vacation this month."

That's nice. Where \_\_\_\_\_ ?  
Are they \_\_\_\_\_ ?

3. "My grandparents are visiting this week."

Really? Where \_\_\_\_\_ ?  
How often \_\_\_\_\_ ?

4. "I'm working nights this summer."

Really? Where \_\_\_\_\_ ?  
What time \_\_\_\_\_ ?

## 3 Oh, that's good.

Read these people's comments about their summer activities. Complete the responses. Then ask a follow-up question. Aşağıdaki kişilerin yaz etkinlikleri hakkındaki cümlelerini okuyun. Yanıtları tamamlayın. Daha sonra bir izleme sorusu sorun.

1. I'm really enjoying my vacation this summer.

Oh, that's good .

What are you doing ?

2. I'm not doing anything exciting. I'm just reading a lot.

That's \_\_\_\_\_ .

?

3. I'm not enjoying this summer at all. I'm working ten hours a day.

Really? That's \_\_\_\_\_ .

\_\_\_\_\_ ?

4. I'm just relaxing, and I'm watching a lot of TV.

Hey, that's \_\_\_\_\_ .

?

5. I'm exercising a lot at the gym this summer.

That's \_\_\_\_\_ .

?

6. What vacation? I'm painting my house right now.

Really? That's \_\_\_\_\_ .

?

# Lesson D Staying in shape

## 1 Reading

**A** Read these statements. Check (✓) the statements that are true for you.

Cümleleri okuyun. Size uygun olan cümleleri işaretleyin (✓).

	True	False
I walk to school / to work every day.	<input type="checkbox"/>	<input type="checkbox"/>
I walk around my neighborhood a lot.	<input type="checkbox"/>	<input type="checkbox"/>
I think walking is boring.	<input type="checkbox"/>	<input type="checkbox"/>

	True	False
I never walk in the rain.	<input type="checkbox"/>	<input type="checkbox"/>
I use the stairs, not the elevator.	<input type="checkbox"/>	<input type="checkbox"/>
I go hiking on the weekend.	<input type="checkbox"/>	<input type="checkbox"/>

**B** Read the article. Why does the author think walking is a good idea?

Metni okuyun. Yazar neden yürüyüşün iyi bir fikir olduğunu düşünüyor?



**DON'T WAIT- JUST WALK!**

So you're not getting enough exercise? And you hate sports, and you can't stand the gym?

Well, if you're looking for a new exercise routine, try walking. Here are six reasons why walking is a great idea.

**1 Walking is easy.**

You just walk – left, right, left, right. See? It's easy.

**2 Walking is cheap.**

Don't spend money on expensive clothes and equipment. All you need is a pair of good shoes or sneakers.

### 3 Walking gives you time for yourself.

Listen to a CD or a book, think about life, relax.

### 4 Walking is good for you.

You feel good after a long walk. And now science is proving that walking outdoors is the best exercise.

### 5 Walking is fun.

Go with a friend. **Walk and talk!** What's going on in your neighborhood? Walk around and find out!

### 6 Walking is good in all kinds of weather.

So it's raining? Don't worry, take an umbrella. When it's sunny, use sunscreen. If it's hot, take some water with you. When it's cold, you always feel warm.

**C** Add these missing sentences to the paragraphs above.

Yukarıdaki paragraflara eksik olan cümleleri ekleyin.

✓ Walk and talk!

There are no special instructions, and there are no rules.

It's good for your mind and body.

And walking in the snow is great exercise!

And there's no gym membership fee.

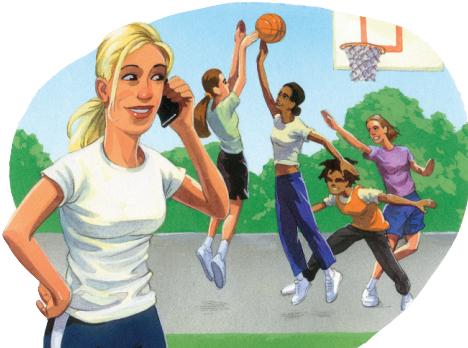
Do something you enjoy.

## 2 Listening Do you enjoy it?

**A**

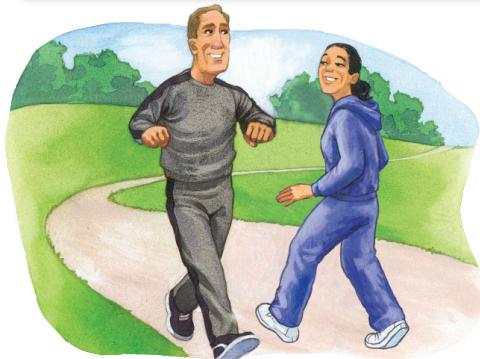
084 Listen to the conversations. Number the pictures from 1 to 4.

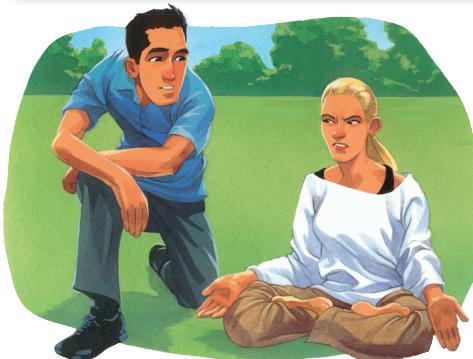
Konuşmaları dinleyin. Resimleri 1'den 4'e kadar numaralandırın.





1





**B**

085 Listen again. Why do the people enjoy their exercise? Write one reason below each picture. Tekrar dinleyin. Bu kişiler yaptıkları egzersizi neden seviyorlar? Her resmin altına bir neden yazın.

## 3 Writing An article for a health magazine

Think of an exercise you enjoy. Write a short article like the one below.

Think of a title and three headings. Write at least two sentences for each heading.

Yapmaktan hoşlandığınız bir egzersizi düşünün. Aşağıdaki gibi kısa bir metin yazın.

Bir başlık ve üç alt başlık düşünün. Her alt başlık için en az iki cümle yazın.

### Try Aerobics!

#### 1 Aerobics is fun.

Find a fun teacher. Talk to your classmates, and make new friends. Don't be shy! . . .

#### 2 Aerobics is good for you.

It's good for your heart. And you feel good after class. . . .

#### 3 Aerobics is easy.

Buy an aerobics video, and exercise in front of the TV. Do it before breakfast. . . .

### Help note

#### Imperatives for advice

**Find** a fun teacher.

**Make** new friends.

**Don't** be shy!

### 1 An advice column

**A** Which sports and exercises do you do? Check (✓) the boxes.

Hangi sporları ve egzersizleri yapıyorsunuz? Kutuları işaretleyin (✓).

- |                                     |                                  |                                 |  |
|-------------------------------------|----------------------------------|---------------------------------|--|
| <input type="checkbox"/> aerobics   | <input type="checkbox"/> biking  | <input type="checkbox"/> skiing | <input type="checkbox"/> volleyball      |
| <input type="checkbox"/> basketball | <input type="checkbox"/> running | <input type="checkbox"/> soccer | <input type="checkbox"/> weight training |

**B** Read the advice column. Match the problems with the Sports Professional's advice. Write **a**, **b**, or **c**.  
Öneri köşesini okuyun. Sorunlarla Spor Profesyoneli'nin önerilerini eşleştirin. **a**, **b** ya da **c** yazın.

# Fitness talk

Do you have a question about exercise? Write to Steven,  
the Sports Professional, for help and good advice.



<p><b>1. Amy:</b> I'm really busy this year. I'm going to school, and I'm working part-time at night. I like exercise, but I don't have a lot of time. Help!</p> <hr/>	<p><b>a. The Sports Professional:</b> Slowly add exercise to your weekly routine. Walk or ride a bike to work – don't drive. Use the stairs, not the elevator. Clean the house or do the laundry. Just do something – and start today!</p>
<p><b>2. John:</b> I never exercise. I drive to work, and I sit all day. I hate sports, and I don't like the gym. I know it's a good idea to exercise, but how do I start?</p> <hr/>	<p><b>b. The Sports Professional:</b> You're right. You need a break. Try some different exercises. On Monday, do weight training. On Tuesday, go running. And on Wednesday, play basketball with friends. Each exercise helps your body in a different way. And it's always new and exciting!</p>
<p><b>3. Bill:</b> I do weight training at the gym every day. I usually love exercise, but these days, it's boring. I think I need a break. What do you think?</p> <hr/>	<p><b>c. The Sports Professional:</b> Yes, I know the problem, but try and make time. Experts say we need 30 minutes of exercise five times a week. So do aerobics for 15 minutes in the morning. Go to school. Then go running for 15 minutes in the evening after work.</p>

**C** Read the advice column in B again. Then answer the questions.

B'deki öneri köşesini tekrar okuyun. Daha sonra soruları yanıtlayın.

1. Amy is busy this year. What is she doing? \_\_\_\_\_
2. What is Amy's problem? \_\_\_\_\_
3. Is John getting enough exercise these days? \_\_\_\_\_
4. Does John like sports? \_\_\_\_\_
5. How often does Bill go to the gym? \_\_\_\_\_
6. What does Bill do at the gym? \_\_\_\_\_

## 2 Write your own advice.

**A** Look again at the reading on page 140. Underline five imperatives for advice. Sayfa 140'daki okuma parçasına tekrar bakın. Öneri için kullanılan beş emir cümlesinin altını çizin.

**B** Make imperatives for advice. Match the verbs with the words and expressions. Öneri vermek için emir cümleleri kurun. Fiillerle sözcük ve ifadeleri eşleştirin.

(Don't)	be buy do drive exercise watch	aerobics in the morning at least five times a week shy some good running shoes to work TV all the time	<u>Don't be shy.</u> <u>Buy some good running shoes.</u>

**C** Read the problems. Reply to each person. Give two pieces of advice using imperatives. Use the ideas above. Sorunları okuyun. Her bir kişiye yanıt verin. Emir cümleleri kullanarak iki tane öneride bulunun. Yukarıdaki fikirleri kullanın.

1. **Joe:** I watch sports on TV all the time. I'm watching the Olympics this month. It's great, but I don't do any sports. What sports are fun?

**The Sports Professional:** Try a lot of different sports. I like volleyball, tennis, and swimming. Also,

2. **David:** I like exercise, but I'm lazy! I usually exercise for two or three weeks, but then I need a break. Do you have any advice?

**The Sports Professional:** \_\_\_\_\_

### Unit 7 Progress chart

**Mark the boxes below to rate your progress.**

Ne kadar öğrendiğinizi ölçmek için aşağıdaki kutuları işaretleyin.

= I know how to . . .       = I need to review how to . . .  
 = . . . biliyorum.       = . . . tekrarlamam gereklidir.

To review, go back to these pages.

Tekrarlamak için aşağıdaki sayfalara bakın.

#### Grammar

- make present continuous statements  
 ask present continuous questions

126 and 127  
 130 and 131

#### Vocabulary

- name at least 6 words to talk about the weather  
 name at least 10 sports and kinds of exercise

125, 126, and 127  
 127 and 130

#### Conversation strategies

- ask follow-up questions to keep the conversation going  
 react to things people say with *That's . . .* expressions

134 and 135  
 135

#### Writing

- use imperatives to give instructions and advice

139



DVD-ROM Quiz 7

# Vocabulary notebook

## Who's doing what?



### Learning tip Writing true sentences

To remember new vocabulary, use words in true sentences.

### 1 Complete the sentences about the weather.

Hava durumu ile ilgili cümleleri tamamlayın.

1. Outside right now, it \_\_\_\_\_.
2. At this time of year, it usually \_\_\_\_\_.
3. In the summer, it \_\_\_\_\_.
4. In the winter, it \_\_\_\_\_.
5. I like the weather when it \_\_\_\_\_, but I don't like it when it \_\_\_\_\_.

### 2 Write the names of six people you know. Complete the chart with true sentences. Tanıdığınız altı kişinin isimlerini yazın. Tabloyu bu kişiler hakkında gerçek bilgilerle doldurun.

Name	Where is he or she right now?	What is he or she doing right now?	What sports or exercise is he or she doing these days?
my brother Mert	He's at school.	He's studying math right now.	He's playing soccer and basketball.
1			
2			
3			
4			
5			
6			

### On your own

Take a minute this week, and look around you. What are people doing? Write six sentences.

### It's cold outside!

In the U.S. and Canada, the top six weather expressions with **it's** are:

1. It's cold.
2. It's hot.
3. It's raining.
4. It's windy.
5. It's humid.
6. It's snowing.

People say **It's cold** ten times more than **It's hot**.

