

PART I

HEIGHT AND WEIGHT

17

Lesson seventeen

Seventeenth
(17th) Lesson



■ LISTEN.



Sammy is 4 feet 8 inches tall.
He is short.



Sally is 4 feet 6 inches tall.
She is short, too.

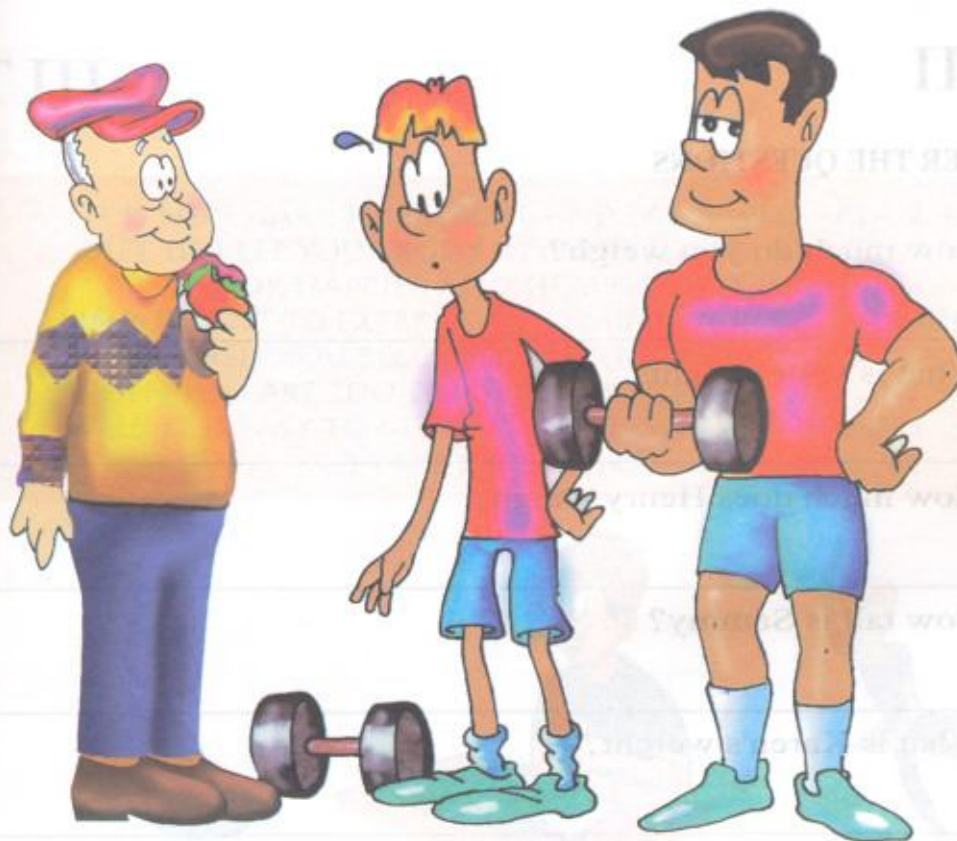


Darlene and Jack are 5 feet 11 inches tall.
They are tall.



Paul is 6 feet tall.
He is tall, too.





Grandfather Joseph weighs 205 pounds. He's heavy.

Danny's weight is 80 pounds. He is thin.

Henry weighs 180 pounds. He is well-built.



Judith and Jackie weigh 110 pounds. They are thin.

Karen's weight is 125 pounds. She is slender.

Oscar and Johnny weigh 70 pounds. They are slim.



PART II

ANSWER THE QUESTIONS



1. How much do you weigh?

2. What is your weight?

3. How much does Henry weigh?

4. How tall is Sammy?

5. What is Karen's weight?

6. How tall are you?

7. How tall are Darlene and Jack?

8. How much do Judith and Jackie weigh?

9. Do Oscar and Johnny weigh 90 pounds?

10. Are you thin or fat?

11. Are you short or tall?

12. What is your height?

13. Describe your mother.



PART III



IT IS NECESSARY TO EXERCISE AND EAT A WELL-BALANCED DIET TO KEEP YOUR BODY IN GOOD SHAPE. YOU FEEL AND LOOK HAPPIER AND HEALTHIER. IT IS ALSO IMPORTANT TO EXERCISE YOUR MIND BY READING BOOKS THAT HELP YOU BECOME A BETTER PERSON DAY BY DAY. WHEN YOU ARE TOO THIN OR TOO HEAVY, YOU DON'T FEEL WELL. IT IS EASY TO GET SICK. THIS IS WHY IT IS IMPORTANT TO TAKE CARE OF YOURSELF.



ANSWER THESE QUESTIONS.



1. How do people feel when they are too heavy or too thin?

2. What is necessary to keep your body in good shape?

3. Do you like to exercise?

4. What do you need to do to become a better person day by day?

5. What happens when you eat a well balanced diet and exercise?

6. Why is it important to take care of yourself?

