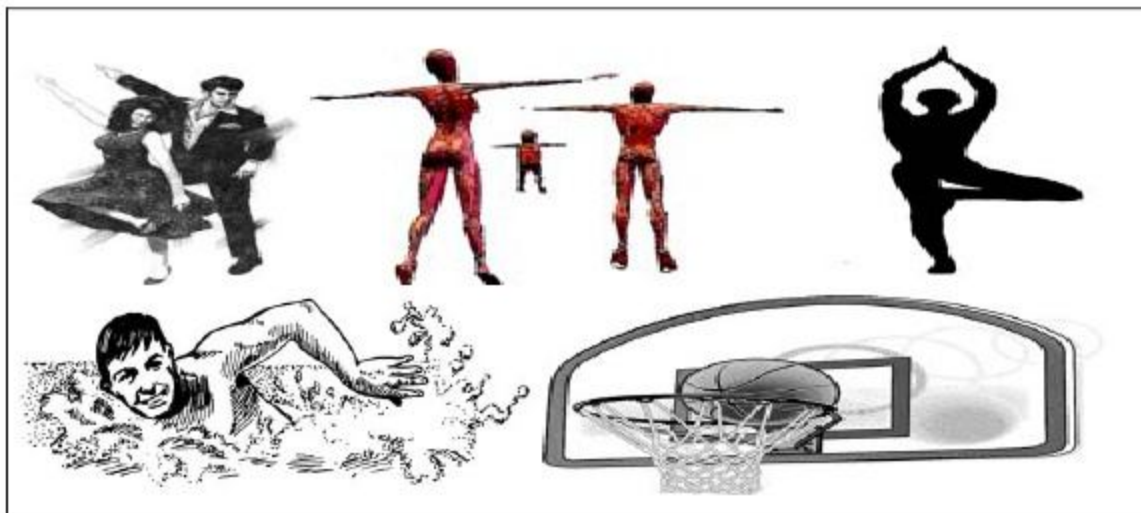


Lesson 22

Staying Healthy

Look at these pictures. Say something about them.



These people know that it is important to stay healthy. They always try to stay healthy. They do this by getting regular exercise, good nutrition, healthy habits, keeping a healthy attitude, and living in a clean environment.

Anita goes to Yoga class every Friday at the gym. She goes to yoga class with her sister. Anita knows that good nutrition is important for good health. She always tries to cook healthy food for her family.

Marcia enjoys aerobics. She goes to aerobics class on Mondays. She goes to the gym to do aerobics. Marcia knows that healthy habits are important for good health. She always tries to go to bed and wake up early. She always goes to bed and wakes up at regular times every day.

Freddy likes playing basketball and going dancing. He plays basketball twice a week. He plays in the park with some of his friends. Freddy knows that a good attitude is important for health. He always tries to be happy. He is seldom unhappy or sad. Freddy is always in a good mood. You can always see a smile on his face.

Kathy enjoys swimming. She swims once a week. She swims at a swimming pool near her office. She goes swimming with one of her co-workers. Kathy knows that a clean environment is important for good health. Her apartment is always very clean. She doesn't like dust and dirt. She always keeps her apartment clean and tidy. Kathy also knows that it is important to keep her neighborhood and her city clean. She never throws garbage on the ground. She also recycles and tries not to waste things at home.

Dialogue: Kathy and Freddy are talking.

Kathy: *Hi Freddy. How are you doing?*

Freddy: *I'm fine, Kathy. How are you?*

Kathy: *I'm good, thank you. Do you still play basketball?*

Freddy: *Yes I do. I play every week with some of my friends.*

Kathy: *That's great. How is work these days?*

Freddy: *Work is good. I always try to stay in a good mood.*

Kathy: *That's really important for a teacher.*

Freddy: *It's not always easy, though.*

Kathy: *Yes. I imagine it must be a hard job sometimes.*

Freddy: *I still like it though. How about you? Are you still swimming?*

Kathy: *Yes, I am. I swim once a week.*

Freddy: *Where do you swim?*

Kathy: *I swim at a pool near my office.*

Freddy: *That's great. And is your apartment still spotless?*

Kathy: *It sure is. I don't like to live in a dirty place. You know that.*

Freddy: *Maybe you can come and clean my place sometime.*

Kathy: *I don't think so Freddy. That's your responsibility.*

Freddy: *I guess you are right. Maybe I'll tidy around the house this weekend.*

Questions.

1. What do these people know?
2. How can you stay healthy?
3. What does Anita do every Friday?
4. Who does she go with?
5. What kind of food does Anita try to cook for her family?
6. What does Marcia enjoy?
7. When does she go to aerobics class?
8. What does Marcia know?
9. What does she always try to do?
10. What does Freddy like?
11. How often does he play basketball?
12. Where does he play?
13. What kind of mood is Freddy always in?
14. What can you always see on Freddy's face?
15. What does Kathy enjoy?
16. How often does she go swimming?
17. What does Kathy know?
18. Is her apartment clean or dirty?
19. What doesn't she like?
20. What does she never throw on the ground?
21. What other things does she do at home?

Activity: Healthy and Unhealthy Lifestyles

How can you have a healthy lifestyle? Write some words in the chart.

Exercise	Nutrition	Habits	Attitude	Environment

How can you have an unhealthy lifestyle? Write some words in the chart.

Exercise	Nutrition	Habits	Attitude	Environment

Look at all the information in these charts.
Is your lifestyle healthy or unhealthy?

Discussion Questions.

1. What healthy things do you eat? Why do you eat them?
2. What healthy things do you drink? Why do you drink them?
3. What unhealthy things do you eat? Why do you eat them?
4. What unhealthy things do you drink? Why do you drink them?
5. What kinds of exercise do you like to do? How often do you do them?
6. What kinds of exercise do you dislike? Why do you dislike them?
7. What time do you usually go to bed?
8. What time do you usually get up?
9. What kinds of things can people recycle? Do you ever recycle? What?
10. Are you a wasteful person? What do you waste?
11. How is your attitude? Are you usually a happy or an unhappy person?
12. What things make you happy?
13. What things make you unhappy?
14. How is your mood today? Are you in a good mood or a bad mood? Why?

Complete this sentence about your mood today.

Today I am in a _____ mood because _____.

Grammar Focus: Correct the mistakes in each sentence.

1. Anita go to Yoga class every Fridays out the gym.
2. Anita know that good nutrition is important for good healthy.
3. Marcia go to aerobics class in Mondays.
4. Marcia always try to go bed and wakes up early.
5. Freddy play in the park with some of his friend.
6. Freddy always try to be happily.
7. Kathy swim at a swimming pool near his office.
8. Kathy know that is important to keep her neighborhood and his city cleans.
9. She never litter or throw garbage in the ground.
10. She also recycle and try not waste things in home.