



fit (adj) fitness (n)

we should look after our fitness

we should keep fit to be healthy and strong./ to have a good health

some people are weak and suffer from many sicknesses/ illnesses/ diseases

Obesity is a dangerous / serious sickness because it leads to many diseases especially heart disease.

You must eat many apples a day.
(a plural noun)
a countable noun)
a number

Don't eat much bread and chocolate.
(a singular noun)
uncountable noun)
a quantity

many+ number
children/ pencils /
apricots..

I buy two loaves of bread

a loaf of bread
a bar of chocolate

much+ quantity(water/
milk/ sugar/ salt/ cheese
/ oil/ coffee/ tea /coke...

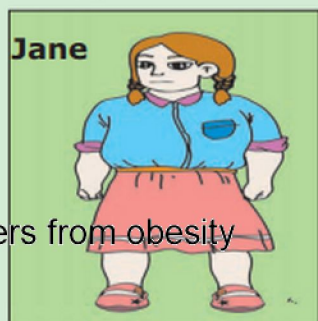


Section Three

Let's keep fit

Activity 1

Look at the pictures. What must Jane do?
What must Jack do? Tick ☒ the right boxes



Jane

fat
obese
she suffers from obesity



much=a lot of
a big quantity

bread



jogging



Jack

thin
skinny

Jane must :/ Mustn't

Jack must : Must'nt

- ☒ eat much bread and spaghetti.
- ☒ eat many eggs and cakes.
- ☒ eat fruit and vegetables.
- ☒ practise sport.
- ☒ walk for an hour every day.
- ☒ have dinner at 10 p.m.
- ☒ do 10 sit-ups every day.
- ☒ touch her toes twenty times.
- ☒ have 4 meals a day.
- ☒ drink much coke



sit-ups

- ☒ smoke many cigarettes.
- ☒ eat fruit and vegetables.
- ☒ drink much tea and coffee.
- ☒ have regular meals.
- ☒ go jogging every morning.
- ☒ eat well.
- ☒ do 10 press-ups every day.
- ☒ swim for an hour every day.
- ☒ eat much chocolate.
- ☒ stop smoking.



press-ups

good (adj)
well (adverb)



toes

I tip toe because
my father is
asleep



One hundred and nineteen





Much + noun \Rightarrow quantity
Many + noun \Rightarrow number

Activity 2

Your friend is very fat. Tell him/her how to keep fit . Number one is an example

1. You must eat fruit and vegetables every day .
 2. You mustn't ~~eat too much chocolate~~
 3. Don't ~~have dinner late in the evening~~
 4. You can ~~touch your toes twenty times every day or go jogging~~
 5. I advise you to ~~stop smoking and to avoid eating fast food~~ ..
 6. Practise ~~sports regularly~~
 7. I ~~advise you not to skip any meal~~
 8. ~~You should drink lots of water~~
 9. ~~I advise you to do many press-ups and sit-ups~~
 10. ~~Eat well~~
- 11/ consult a doctor/ a nutritionist



- I advise you to + verb
- Practise sport.
(Imperative)

\Rightarrow Giving advice



One hundred and twenty



You can wear the blue dress instead of the Jeans.
You are wearing Jeans. Wear your blue dress instead.
Instead of wearing Jeans, wear your blue dress.



I went to the doctor instead of going to work.
Peter helped his father in the garage instead of doing his homework
Instead of watching TV, Do your homework
In place of

Activity 3

Read the text. Answer the questions.

- 1 Last Saturday, Mrs Soltane got up in the morning feeling tired. weak
She didn't go to work. She went to the doctor instead.
- 2 The doctor examined her, then said : " Don't worry, Mrs Soltane.
There's nothing serious. You're not doing exercise, that's all.
Jogging is good for your health. I also advise you to change your
diet : eat many fruits and vegetables.
- 3 Mrs Soltane followed the doctor's advice : she started jogging for
half an hour every day, ate many fruits and vegetables and drank
much water.
- 4 Today Mrs Soltane is in good health. She says that taking regular
exercise and having a balanced diet are a good way to keep fit.

Questions

1. Are these statements true or false ? Write "T" or "F"

- a. Mrs Soltane was fine last Saturday. (F)
- b. The doctor didn't prescribe her any medicine (T)

2. Pick out two sentences expressing advice : (paragraph 2)

- a. I also advise you to change your diet.....
- b. Eat many fruit and vegetables.....



3. Read the text again. Pick out the verbs in the simple past. Follow the examples.

– examined

– ...started.....

– ...followed.....

– got

– didn't go

– ...said.....

– ...drank.....

– ...ate.....

– ...went.....



The simple past		
Verb	Affirmative	Negative
examine	examined	didn't examine
start	started	didn't start
flow	followed	didn't follow
But		
Verb	Affirmative	Negative
go	went	didn't go
drink	drank	didn't drink
eat	ate	didn't eat
get	got	didn't get



One hundred and twenty-two



1)- Look at the pictures and complete with words from the list. There are 2 extra words:

Coke/ health/ regular/ much/unhealthy/ fat/ exercise/ diet/ skinny



John



Jack



Andrew

1- John is fat..... He eats too muchunhealthy..... food.

2- Jack is skinny..... He doesn't have regular..... meals.

3- Andrew is in good health..... He takes regular exercise..... He also has a balanced diet.....

2)a- Label the following pictures:



1 chocolate..... 2 fruit..... 3 a green salad..



4 fish..... 5 coke.... 6 chips..... 8 milk.....

b- Now put every food item under the right heading:

Healthy food	Unhealthy food
<u>fruit</u>	<u>chocolate</u>
<u>green salad</u>	<u>coke</u>
<u>fish</u>	<u>chips</u>
<u>milk</u>



3)- Fill in the blanks with "many" or "much". Then, match each sentence with the appropriate picture:

- a- There is too **much**..... sugar in this cake. (..2..)
- b- There are **many**..... books in the library. (6...)
- c- How **much**.. meat did she buy? (..5)
- d- Do not put too **much**..... salt in the soup. (.4...)
- e- How **much**..... money do you have? (7....)
- f- He had a stomachache after eating too **much**.... food. (..4.)
- g- There are **many** apples on the table.(3)



• Let's complete the proverb:





Let's keep fit



1/ Read and match



- A* Don't smoke. (picture.4.)
- B* Take exercise.(picture..5)
- C* It's delicious but not healthy. (picture..3)
- D* Fruit and vegetables are very healthy. (picture.9)
- E* Brush your teeth after eating. (picture.2.)
- F* Change your diet. (picture....8)
- G* Drink much water.(picture.7.)
- H* Sleep at least 8 hours at night (picture....) 1
- I* Go to the dentist to examine your teeth. (picture....) 6

2/ Read and fill in the blanks with 6 words from the box

meals – practise – fast food – fat – advice – fizzy – healthy –

My name is Paul . I'm 10 years old. I like watching T.V and video games. I also like eating fast food.... And I usually eat sandwiches between meals..... and drink fizzy.....drinks . I always get tired when I practise.... sport. I'm very..... fat..... . I must see the doctor and follow his advice....

3/ What can the doctor say to Paul ? Complete the tips.



Don't worry Paul. I'm not going to give you any medicine but follow these advice :

- Stop eating fast food
- You should practise sport regularly
- You shouldn't eat between the meals
- I advise you to not to drink fizzy drinks



1-Much + noun : quantity .			2-Many + noun : number .		
					
sugar	spaghetti	juice	eggs	pupils	oranges

2/-Read and complete with much / many :

- 1- I have friends at school .
- 2-My Sister doesn't likesugar in her coffee .
- 3-Peter likes eatingeggs and drinking..... orange juice in the morning .
- 4-Eatingchocolate is unhealthy .
- 5-I don't like eatingspaghetti at dinner .
- 6-Doingsit-ups is good for our health .
- 7-Don't drinkcoffee, it's unhealthy !

3/-Your friend id too far ,tell him / her how to keep fit:

- 1-You must.....
- 2-You mustn't.....
- 3-You can.....
- 4-I advise you
- 5-Practise
- 6-.....
- 7-.....
- 8-.....

Giving advice :

- I advise you + verb : - I advise you to eat healthy food .
- Imperative form : - Practise sport . / - Stop smoking .

4/-Read the sentences and then give the imperative form of the following verbs :

- 1-(drink).....much water ,it's good for health!
- 2-(eat).....many apples ,it keeps you safe !
- 3-(go).....jogging every morning !
- 4-((do).....10 sit-ups every morning .

5-Read the following situations and give your friend pieces of advice to help him/her keep fit :

- 1-Your friend eats a lot of chocolate .
.....
- 2-Your friend does not practice sport .
.....
- 3-Your friend has 4 meals a day .
.....

6-Classify the following sentences in the table :

- 1-brushing your teeth after every meal .
- 2-satying in front of TV for long hours .
- 3-swimming after eating .
- 4-drinking much coke.
- 5-Cycling .
- 6-having dinner at 7 pm .
- 7-Practising sports .
- 8- eating much spaghetti .

Good habits	Bad habits



Your friend is very fat. He eats a lot and doesn't practise sport.

Write him an email to give him some pieces of advice to help him keep fit.

The following hints may help you: *I advise you to...you should you shouldn't*



have regular meals

have a balanced diet

