

Nombre del alumno:

Paola Berenice Ortiz Garcia

Nombre del profesor:

Lic. Jezabel Ivonne Silvestre Montejo

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2 WORD POWER Sports and exercise

A Which of these activities are popular with the following age groups? Check (✓) the activities. Then compare with a partner.

	Children	Teens	Young adults	Middle-aged people	Older people
• aerobics	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
• bicycling	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• bowling	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
• golf	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
• karate	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• swimming	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• tennis	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
• volleyball	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
• yoga	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>



B PAIR WORK Which activities in part A are used with *do*, *go*, or *play*?

do aerobics go bicycling play golf
 do karate go swimming play volleyball
 do yoga go bowling play tennis

4 GRAMMAR FOCUS

Adverbs of frequency

How often do you exercise?

I lift weights **every day**.
 I go jogging **once a week**.
 I play soccer **twice a month**.
 I swim about **three times a year**.
 I don't exercise very **often/much**.
Usually I exercise before work.*

Do you **ever** watch TV in the evening?

Yes, I **often** watch TV after dinner.
 I **sometimes** watch TV before bed.
Sometimes I watch TV before bed.*
 I **hardly ever** watch TV.
 No, I **never** watch TV.

100%

always
 almost always
 usually
 often
 sometimes
 hardly ever
 almost never
 never

0%

*Usually and sometimes can begin a sentence.

A Put the adverbs in the correct place. Then practice with a partner.

- A: Do you play sports? (ever)
B: Sure, I play soccer. (twice a week)
- A: What do you do on Saturday mornings? (usually)
B: Nothing much. I sleep until noon. (almost always)
- A: Do you do aerobics at the gym? (often)
B: No, I do aerobics. (hardly ever)
- A: Do you exercise on Sundays? (always)
B: No, I exercise on Sundays. (never)
- A: What do you do after class? (usually)
B: I go out with my classmates. (about three times a week)



B PAIR WORK Take turns asking the questions in part A. Give your own information when answering.

A: Do you ^{ever} play sports? Sure, I play soccer twice a week
 A: what do you ^{usually} do on Saturday mornings? Nothing much, I ^{almost} sleep until noon
 A: Do you ^{often} do aerobics at the gym? No, I ^{hardly} ever aerobics
 A: Do you ^{always} exercise on Sunday? No, I ^{never} exercise on Sundays
 A: what do you ^{usually} do after class? I go about ^{three} times a week out with my classmates

Put the words in order to make questions. Then complete the answers with the words in parentheses.

1. you what weekends usually do do on
 Q: What do you usually do on weekends?
 A: I play sports (often / play sports)
2. ever you go jogging do with a friend
 Q: Do you go jogging ever with a friend?
 A: No, alone (always / alone)
3. you play do tennis how often
 Q: How often do you play tennis?
 A: I practice four times a week (four times a week)
4. do you what in the evening usually do
 Q: What do you usually do in the evening?
 A: My family and I watch TV (almost always / watch TV)
5. go how often you do to the gym
 Q: How often do you go to the gym?
 A: I never go to the gym (never)

11 GRAMMAR FOCUS

Questions with how; short answers

How often do you work out?
 Every day.
 Twice a week.
 Not very often.

How well do you play tennis?
 Pretty well.
 About average.
 Not very well.

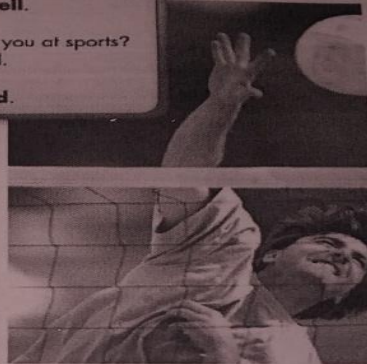
How long do you spend at the gym?
 Thirty minutes a day.
 Two hours a week.
 About an hour on weekends.

How good are you at sports?
 Pretty good.
 OK.
 Not so good.

A Complete these questions. Then practice with a partner.

- A: How often do you practice at volleyball?
 B: I guess I'm pretty good. I often play on weekends.
- A: How much time do you spend online?
 B: About an hour after dinner. I like to chat with my friends.
- A: How long do you play chess?
 B: Once or twice a month. It's a good way to relax.
- A: How can you swim?
 B: Not very well. I need to take swimming lessons.

B GROUP WORK Take turns asking the questions in part A. Give your own information when answering.



2 Questions with how; short answers (page 40)

▶ Don't confuse *good* and *well*. Use the adjective *good* with *be* and the adverb *well* with other verbs: How **good** are you at soccer? BUT How **well** do you play soccer?

Complete the questions with *How* and a word from the box. Then match the questions and the answers.

good long often well

- How often do you lift weights? **c**
 - How long do you play tennis? **b**
 - How good are you at aerobics? **a**
 - How well do you spend at the gym? **d**
- Not very well, but I love it.
 - About six hours a week.
 - Not very often. I prefer aerobics.
 - Pretty good, but I hate it.

Health and Fitness Quiz

How healthy and fit do you think you are? Skim the questions below. Then guess your health and fitness score from 0 (very unhealthy) to 50 (very healthy).



Your Food and Nutrition

- | | |
|--|---------------|
| 1. How many meals do you eat each day? | Points |
| <input type="checkbox"/> Four or five small meals | 5 |
| <input checked="" type="checkbox"/> Three meals | 3 |
| <input type="checkbox"/> One or two big meals | 0 |
| 2. How often do you eat at regular times during the day? | |
| <input type="checkbox"/> Almost always | 5 |
| <input checked="" type="checkbox"/> Usually | 3 |
| <input type="checkbox"/> Hardly ever | 0 |
| 3. How many servings of fruits or vegetables do you eat each day? | |
| <input type="checkbox"/> Five or more | 5 |
| <input type="checkbox"/> One to four | 3 |
| <input checked="" type="checkbox"/> None | 0 |
| 4. How much junk food do you eat? | |
| <input checked="" type="checkbox"/> Very little | 5 |
| <input type="checkbox"/> About average | 3 |
| <input type="checkbox"/> A lot | 0 |
| 5. Do you take vitamins? | |
| <input type="checkbox"/> Yes, every day | 5 |
| <input checked="" type="checkbox"/> Sometimes | 3 |
| <input type="checkbox"/> No | 0 |



Your Fitness

- | | |
|--|---------------|
| 6. How often do you exercise or play a sport? | Points |
| <input type="checkbox"/> Three or more days a week | 5 |
| <input type="checkbox"/> One or two days a week | 3 |
| <input checked="" type="checkbox"/> Never | 0 |

- | | |
|---|---------------|
| 7. Which best describes your exercise program? | Points |
| <input type="checkbox"/> Both weight training and aerobic exercise | 5 |
| <input type="checkbox"/> Either weight training or aerobic exercise | 3 |
| <input checked="" type="checkbox"/> None | 0 |

- | | |
|---|---|
| 8. How important is your fitness program to you? | |
| <input type="checkbox"/> Very important | 5 |
| <input type="checkbox"/> Fairly important | 3 |
| <input checked="" type="checkbox"/> Not very important | 0 |



Your Health

- | | |
|---|---------------|
| 9. How often do you get a physical exam? | Points |
| <input type="checkbox"/> Once a year | 5 |
| <input type="checkbox"/> Every two or three years | 3 |
| <input checked="" type="checkbox"/> Rarely | 0 |
| 10. How often do you sleep well? | |
| <input checked="" type="checkbox"/> Always | 5 |
| <input type="checkbox"/> Usually or sometimes | 3 |
| <input type="checkbox"/> Hardly ever or never | 0 |

Rate yourself

TOTAL POINTS

- 42 to 50: Excellent job! Keep up the good work!
- 28 to 41: Good! Your health and fitness are above average.
- 15 to 27: Your health and fitness are a little below average.**
- 14 or below: You can improve your health and fitness.