

Nombre del alumno:

Polet Berenice Recinos Gordillo

Nombre del profesor:

Lic. Jezabel Ivonne Silvestre Montejo

Licenciatura:

Licenciatura en Enfermería 3er cuatrimestre

Materia:

Ingles III

PASIÓN POR EDUCAR

Nombre del trabajo:

Ensayo del tema: exercise

“Ciencia y Conocimiento”

6/Diciembre/2020

Frontera Comalapa, Chiapas.

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 type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
bicycling	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
bowling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
golf	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
karate	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
tennis	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
volleyball	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
yoga	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>



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

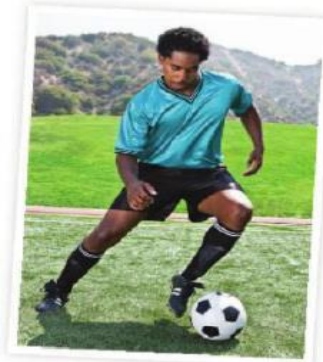
<i>do</i> aerobics	<i>go</i> bicycling	<i>play</i> golf
Do bowling	Go karate	Play tennis
Do yoga	Go swimming	Play volleyball

40

*Usually and sometimes can begin a sentence. 0% never

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)



DO YOU EVER PLAY SPORTS? SURE, I PLAY SOCCER TWICE A WEEK.

41

WHAT DO YOU DO USUALLY ON SATURDAY MORNING? NOTHING MUCH, I ALMOST ALWAYS SLEEP UNTIL NOON.

DO YOU OFTEN DO AEROBICS AT THE GYM? NO, I HARDLY EVER AEROBICS

DO YOU ALWAYS EXERCISE ON SUNDAY? NO, I NEVER EXERCISE ON SUNDAYS

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 (often / play sports)

2. ever you go jogging do with a friend

Q:

A: No, ... (always / alone)

3. you play do tennis how often

Q:

A: I (four times a week)

4. do you what in the evening usually do

Q:

A: My family and I ... (almost always / watch TV)

5. go how often you do to the gym

Q:

A: I (never)

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
LONG	do you lift weights?	C	
GOOD	do you play tennis?	D	a. Not very well, but I love it.
WELL	are you at aerobics?	A	b. About six hours a week.
OFTEN	do you spend at the gym?	B	c. Not very often. I prefer aerobics.
			d. 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

- | | Points |
|--|--------|
| 1. How many meals do you eat each day? | |
| <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 checked="" type="checkbox"/> One to four | 3 |
| <input type="checkbox"/> None | 0 |
| 4. How much junk food do you eat? | |
| <input type="checkbox"/> Very little | 5 |
| <input type="checkbox"/> About average | 3 |
| <input checked="" 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 |

- | | Points |
|---|--------|
| 7. Which best describes your exercise program? | |
| <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 checked="" type="checkbox"/> Fairly important | 3 |
| <input type="checkbox"/> Not very important | 0 |



Your Health

- | | Points |
|---|--------|
| 9. How often do you get a physical exam? | |
| <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 |



Your Fitness

- | | Points |
|--|--------|
| 6. How often do you exercise or play a sport? | |
| <input type="checkbox"/> Three or more days a week | 5 |
| <input checked="" type="checkbox"/> One or two days a week | 3 |
| <input type="checkbox"/> 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.