

9

FEELING GOOD



ABOUT YOU

What activities do you like?
What activities do you do with your friends?



VOCABULARY

AND

LISTENING

Sports and activities

1 Match the words in the box to the photos A–J.

EP

badminton baseball basketball
dancing football hockey running
swimming table tennis tennis



Listen and check. Then repeat.

2

We use 'play' with some of the activities in Exercise 1. Which ones?

We play badminton.



Listen and check. Then repeat.



3 Listen to Joelle, Paolo and Rosa talking about their sport project photos 1–3. Write the names.

1 _____'s photo

3 _____'s photo

2 _____'s photo



4 Listen again and complete the sentences. Then match the sentences to the pictures.



1 Joelle: I'm not very good at _____.

2 Rosa: I'm good at _____.



PRONUNCIATION

Word stress

5 Underline the stress in the words.

0 basketball

6 badminton

1 computer

7 bedroom

2 address

8 vegetables

3 television

9 tennis

4 potatoes

10 nationality

5 guitar



Listen and check. Then repeat.

GRAMMAR

like + -

1 Read the sentences.

I like **your photo**.
I don't like **your computer**.
I like **swimming**.
I don't like **playing** tennis.

Now choose the correct words to complete the sentence.

After _____ and _____ we use a noun or the *-ing* form of the verb.

2 Complete the table with the *-ing* form of the verbs in the box.

clean	play	ride	swim
take	walk	watch	
catch – catch ing	dance – danc ing	run – run ning	

Now match the two parts of the sentences and complete the rules.

- When verbs end in two or more consonants
 - When verbs end in an 'e'
 - When short verbs end in a vowel and a consonant
- a we double the consonant and add 'ing'.
b we add 'ing'.
c we cut the vowel and add 'ing'.

GRAMMAR REFERENCE AND PRACTICE PAGE 146

3 Complete the sentences with the *-ing* form of the verbs in brackets ().

😊 = like / ☹️ = not like

- Ben **likes running in the park** (😊 run) in the park.
- Mary _____ (☹️ dance).
- I _____ (😊 play badminton).
- Alison and Gemma _____ (☹️ eat potatoes or bread).
- You _____ (😊 stand on your head).
- Paul _____ (☹️ swim).
- We _____ (😊 learn English).



TALKING POINTS

08 Watch the video. Ask and answer the questions with a partner.

- What activities do you like doing?
What activities are you good at?
What activities are you not so good at?

4 Do you like doing these sports and activities? Tick (✓) the table for you. Then add two more activities.

	I like 😊	I don't like ☹️	I'm good at 👍	I'm not very good at 👎
0 playing tennis	✓			✓
1 playing hockey				
2 running				
3 playing basketball				
4 playing football				
5 dancing				
6 watching sport				
7 table tennis				
8 swimming				
9				
10				



5 Talk to two friends about the table in Exercise 4. Remember to use the *-ing* form.

I like playing tennis, but I'm not very good at it. I don't like running.
I like watching football, but I don't like playing it. I'm good at dancing.

6 Now write about your friends.

Franka likes playing tennis, but she doesn't like running. She isn't very good at computer games.
George doesn't like running and he isn't very good at it. He likes playing basketball.

Health

1 Read the letters to the doctor. Match them to the doctor's answers.

ASK THE DOCTOR

1

Dear Doctor

I'm 15 years old. My friends like going to the park and playing football. I'm always tired. I like watching sport on TV and I like playing computer games, too. Is it **good for** me to stay at home?

Can you help me?

Tom

A

Lots of sweet things aren't good for us. They aren't good for our teeth! Eat more fruit and vegetables. You'll **feel fine**.

DR SMART



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2

Dear Doctor

I'm 13 years old and I like eating chocolates and cakes. My mum isn't happy and gives me lots of fruit and vegetables, but I don't like them. Lots of my activities are good for me. I like playing football and I'm very good at it. Is it OK for me to eat lots of sweet things?

Sophie

B

It **isn't good for** you to stay at home all day. Go to the park with your friends and play football with them. It's good to be outside. You'll **feel better**.

DR SMART

DR SMART'S TIP OF THE WEEK

Eat a good breakfast.

- ✚ You'll do better in class.
- ✚ You'll do better at sport.
- ✚ You'll **feel well**.

1 ☐3 ☐2 ☐5 ☐4 ☐

2 Read the letters and answers again. Now look at the sentences. Write *yes* or *no*.

- 0 Tom likes playing football. *no*
- 1 Sophie likes eating apples.
- 2 Sophie likes doing sport.
- 3 Tom likes going to the park.
- 4 Tom is very tired.
- 5 The doctor thinks it's good for Tom to stay at home.
- 6 The doctor thinks it's good for Sophie to eat sweet things.

3 Read Dr Smart's 'Tip of the week'. Look at the five breakfasts. Tick (✓) three breakfasts which are good for you. Check your answers on page 124.

4 Complete the sentences with the words in *blue* from the texts.

EP

- 1 It people to eat a lot of biscuits.
- 2 Eat fresh fruit and vegetables and you'll
- 3 Spend time with your friends and you'll
- 4 I like doing sport and it's me.
- 5 Eat a good breakfast and you'll

5 Work in pairs. Complete the table with the words and phrases in the box. Add four of your ideas.

biscuits bread butter cake
chocolate dancing oranges
playing computer games vegetables
walking to school water



GOOD FOR YOU

.....
.....
.....
.....



NOT GOOD FOR YOU

biscuits

.....
.....
.....
.....

6 What do you eat for breakfast? Tell your partner.

GRAMMAR

Pronouns

1 Read the letters and answers on page 60 again. How many of the phrases in the box can you find?

at *it* for *her* for *him* for *me*
for *us* for *you* with *them*

2 Complete the table with the pronouns in *purple* in Exercise 1.

			
I	<i>me</i>	we	5
you	1	you	6
he	2	they	7
she	3		
it	4		

GRAMMAR REFERENCE AND PRACTICE PAGE 146

3 Complete the sentences.

- 0 Eat a good breakfast. It's better for *you*
- 1 They like playing basketball. It's good for
- 2 I like drinking milk. It's good for
- 3 She doesn't like eating ice cream. It isn't good for
- 4 We don't like eating a lot of chocolate. It isn't good for
- 5 He likes walking to school. It's good for
- 6 I don't like playing table tennis. I'm not very good at

4 Write a letter to Dr Smart. Use Tom and Sophie's letters to help you.

5 Read your partner's letter and answer it. Use Dr Smart's answers to help you.

SPEAKING

1 Think of five things you like doing at the weekend. Discuss them with your partner. Are all these things good for you? Why / Why not?

GRAMMAR REFERENCE AND PRACTICE

UNIT 9

LIKE + -

positive +	negative -
I like dancing.	I don't like running.
You like dancing.	You don't like running.
He likes dancing.	He doesn't like running.
She likes dancing.	She doesn't like running.
We like dancing.	We don't like running.
They like dancing.	They don't like running.

Practice

- Complete the sentences with *like / likes* or *don't like / doesn't like*.
 - I playing basketball. 😊
 - Jo dancing. 😞
 - We chocolate. 😊
 - You playing football. 😞
 - Dan and Megan swimming. 😊
 - He board games. 😞
- What do you and your family like? Complete the sentences with *like / likes* or *don't like / doesn't like*.
 - I **don't like** doing homework.
 - My mum cooking.
 - My dad running.
 - My brother and sister swimming.
 - I playing tennis.
 - I riding horses.
 - My parents watching TV.

PRONOUNS

I	me	Do you like me ?
you	you	Bananas are good for you .
he	him	I don't like him .
she	her	This present is for her .
it	it	We don't like tennis. We aren't good at it .
we	us	Can you help us ?
they	them	They're very nice. I like them .

Practice

- Choose the correct pronouns.
 - Kate is very funny. I like **her** / *she* a lot.
 - I like playing tennis. It's good for *I* / **me**.
 - Amy eats lots of vegetables. She likes *them* / *they* a lot.
 - Do you like *we* / **us**?
 - Paul doesn't like playing games all day. It isn't good for *him* / **he**.
 - Jake and Tina are very nice. I like *they* / **them**.
 - My sister likes running. I run with *she* / **her** sometimes.