

9A A healthy lifestyle

Activity 1

- A** A: What are the people doing? Do they have healthy lifestyles?
B: He's eating junk food and watching TV. He looks lazy and unhealthy.
A: I don't know. I think he looks relaxed.

Activity 1

- B** A: Which things do you think you can do to have a healthier lifestyle?
B: On weekdays, I think I can get up early and go for a run. How about you?
A: I don't like running. But on weekends, I can go for a bike ride.

Activity 1

- C** A: Let's compare our answers.
B: Why can't you go to a gym?
C: I'm too busy, and it's expensive!
D: Really? I get up early and go to a gym. And it's not too expensive.

Activity 2

- A** A: What do you think each person's problem is?
B: I think Kris wants to lose weight.
A: I think so, too. She doesn't look very happy. What do you think Tim's problem is?

Activity 3

- A** A: How much fruit do you eat?
B: I try to eat fruit twice a day. So I'd say I eat a lot of fruit. How about you?
A: I eat some fruit, but maybe only once or twice a week.

Activity 3

- B** A: Do you agree with the analysis? Who has a healthier lifestyle?
B: I agree with the analysis. I need to do more to be healthier.
A: Well, you already have a healthier lifestyle than me because your score is higher.

9B Sleep and dreams

Activity 1

A: Do you ever sleep in class?

B: I never sleep during class.

A: Yes, you do!

A: Can you sleep anywhere, or do you need a comfortable bed?

B: I often sleep on buses or trains, so I don't need a comfortable bed.

A: Is it ever difficult for you to get to sleep? Why?

B: It's difficult for me to get to sleep when I have things on my mind.

Activity 2

A A: Do you think women sleep more than men?

B: Yes. I think that's true. What do you think?

A: I'm not sure. Maybe it's false.

Activity 2

D A: How much sleep do you get during the week?

B: I sleep about six hours a night during the week, but on weekends, I sleep eight hours.

A: Do you ever take naps during the day?

B: Sometimes I take a nap during the day. Afterward, I feel great. How about you?

A: Do you usually remember your dreams?

B: No, I don't usually remember them. Do you?

A: Do you ever dream in English?

B: No. But I've dreamed that I could speak English fluently.

Activity 3

A A: Let's take the survey. How often do you exercise?

B: Sometimes. I try to play tennis once a week with a friend. How about you?

Activity 3

B A: Do you agree with the analysis?

B: I agree with the analysis. I am a healthy sleeper. Do you agree with it?

Activity 3

C A: What's the longest you've ever stayed awake?

B: The longest I've ever stayed awake was 24 hours. I studied all night for a test.

C: Wow! How long did you sleep the next day?

A: What's the longest you've ever slept?

B: The longest I've slept for is about 14 hours. I didn't sleep well the night before.

A: How do you feel if you sleep too much?

B: I usually feel tired and kind of lazy if I sleep too much.

A: What do you do if you can't sleep?

B: I usually read a book for a while until I become sleepy.

A: Are you an "early bird" or a "night owl"?

B: I think I'm both. I get up early and go to bed late. I should sleep more.