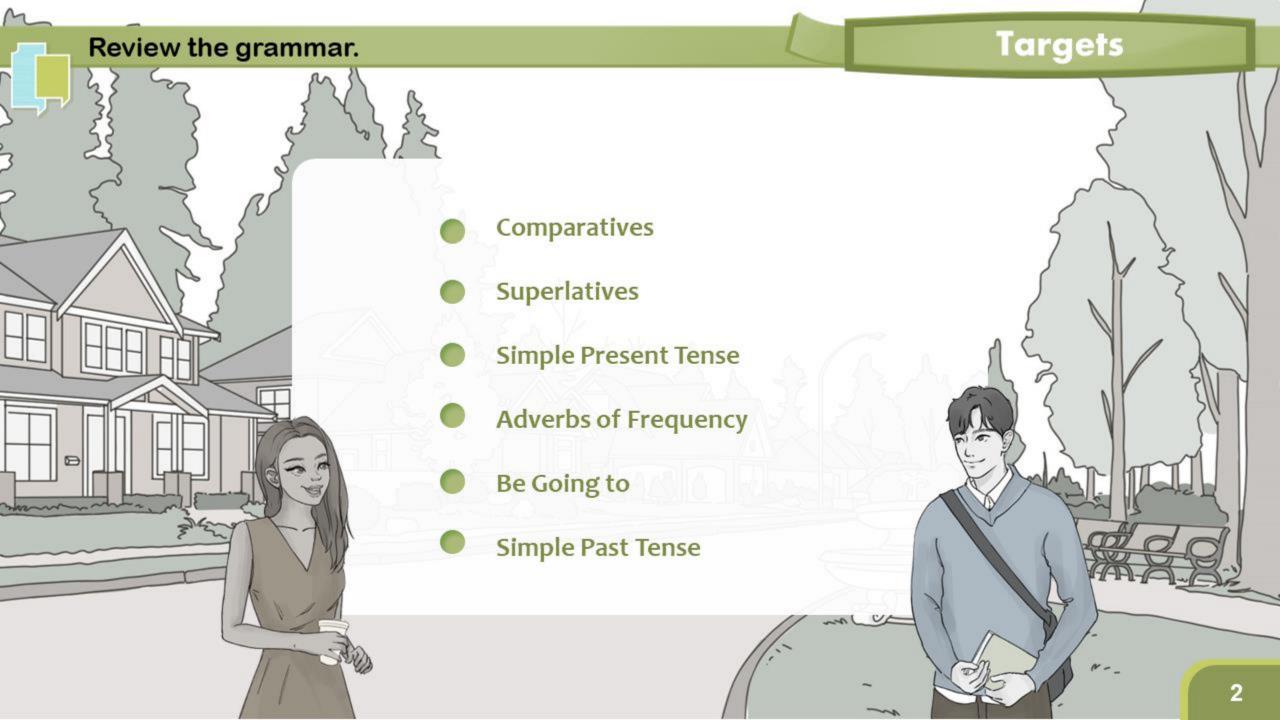




Unit 2 Lesson 10 - Unit Review



Scene



Scene

Summer vacation is coming. Aya and Jerrica are planning to lose some weight, keep fit and start a healthier lifestyle. They come up with some steps to achieve their goals.



- ☐ Step 1: Identify healthy food and drinks.
- ☐ Step 2: Look for a gym.
- ☐ Step 3: Work with an expert.
- ☐ Step 4: Do some exercise.
- □ Step 5: Keep track of the fitness journey.
- ☐ Step 6: Be mindful of eating habits



Activity



1. Compare the food and drink, and tick the healthy ones.



Sweets are cheap and sugary.

e.g. Vegetables are cheaper and less sugary than sweets.



Orange juice is refreshing.

Cola is_____



A hamburger is juicy.

A fruit salad is .



Lemonade is cooling.

Cocktail is .





Roasted nuts are crispy.

Chips are



A milkshake is nutritious.

A vegetable smoothie is

____·

Activity



2. Compare the gyms, and tick the most suitable one.

| | Dynamo Fitness | Gym Hero | Muscle Center |
|----------|----------------|------------------|---------------|
| Distance | 1 km | 1 1 800 m | 900 m |
| Area | 500 m² | 450 m² | 620 m² |
| Fee | \$200/ year | \$150/ year | \$130/ year |



e.g.
Dynamo Fitness is far from home.
Muscle Center is closer to home.
Gym Hero is the closest to home. ✓

Activity



3. Complete Jerrica's diary using the structure "be going to".



| • | , | ciring. But we are excited for the coming uctor also offered many useful suggestions. |
|----------------------------------|---|---|
| | _(change) our diet. I er favorite chips. | (give up) my cola, while Aya |
| Second, we | (follow) a healthy routine | e – get up at 7 a.m. and go to bed at 10 p.m. |
| Third, weand balanced nutrition. | (report) every meal to the i | nstructor to make sure we take in enough |
| Following this plan, we | (become) fit a | and healthy! |

4. Complete the text using adverbs of frequency.

Activity

Aya and Jerrica started their journey to a healthier lifestyle. They ______(90%) go to the gym together. Aya ______(100%) does the exercises recommended by the instructor.

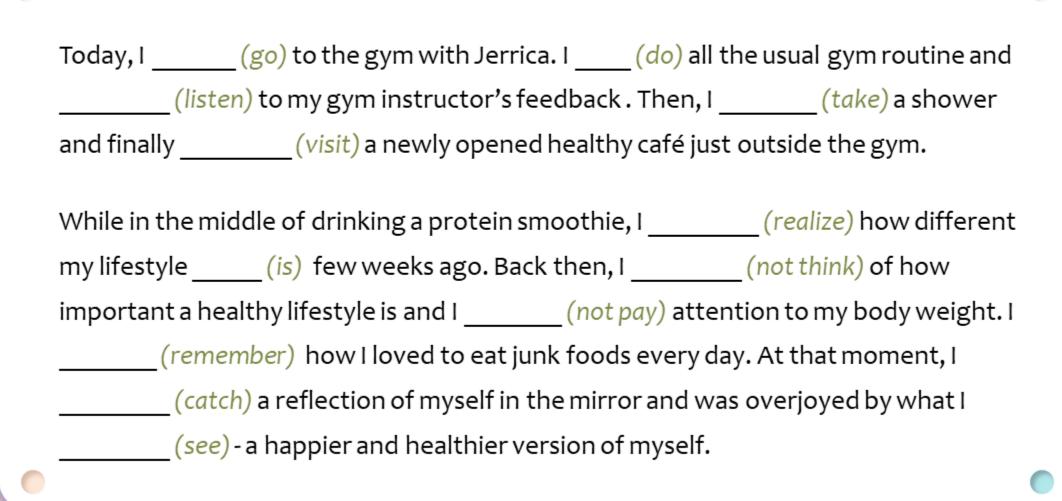




On the other hand, Jerrica_____(30%) skips some of the difficult exercises. They _____(50%) feel tired after their gym session but they ______(0%) give up.

5. Complete Aya's diary in the simple past tense.

Activity







6. Ask WH-questions using both the simple past tense and "be going to".

Simple Past Tense

What did you eat yesterday?

food you eat

places you go

the length of time you do exercise

time you take a rest

Be Going to

What are you going to eat today?