

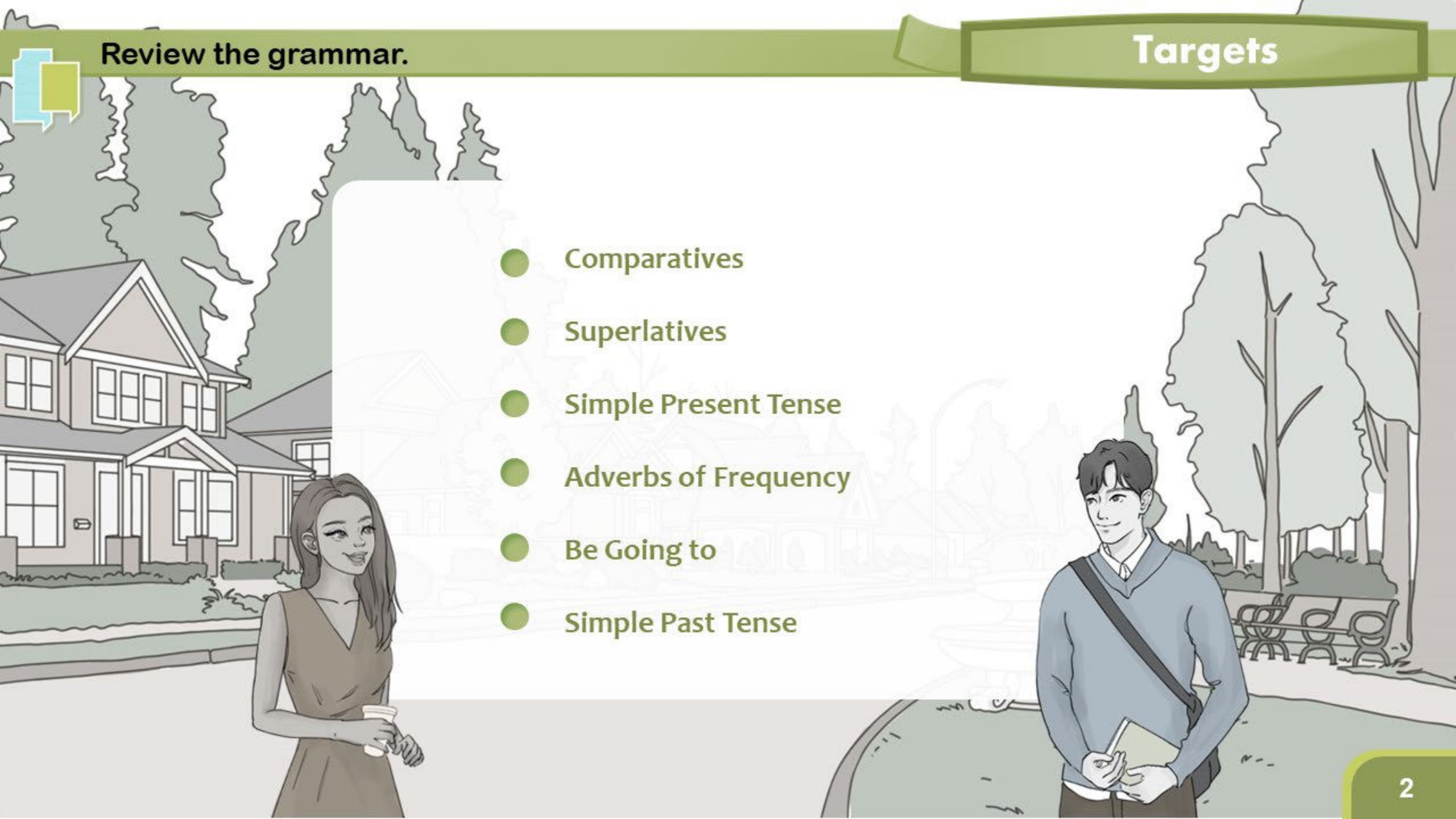


Basic English 3



Unit 2 Lesson 10 – Unit Review

- Comparatives
- Superlatives
- Simple Present Tense
- Adverbs of Frequency
- Be Going to
- Simple Past Tense

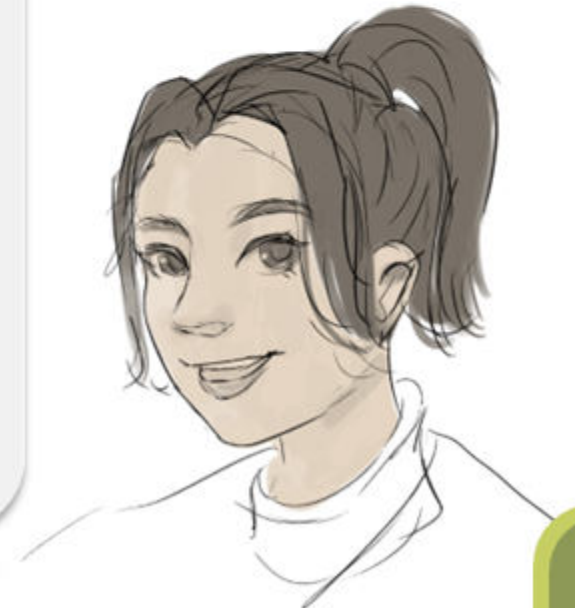
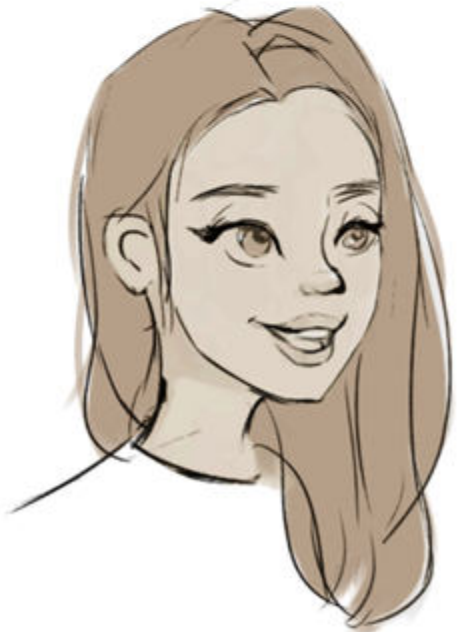




Scene

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



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.



A hamburger is juicy.

A fruit salad is _____.



Roasted nuts are crispy.

Chips are _____.



Orange juice is refreshing.

Cola is _____.



Lemonade is cooling.

Cocktail is _____.



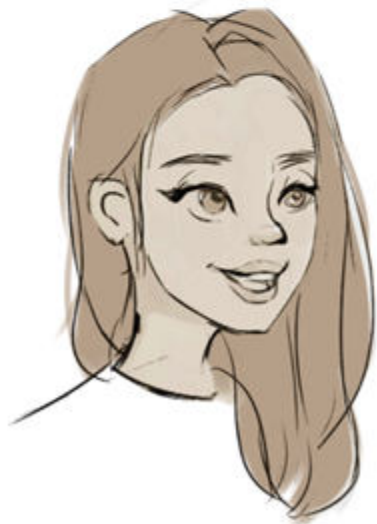
A milkshake is nutritious.

A vegetable smoothie is _____.



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

	<input type="checkbox"/> Dynamo Fitness	<input type="checkbox"/> Gym Hero	<input type="checkbox"/> Muscle Center
Distance	<input type="checkbox"/> 1 km	<input checked="" type="checkbox"/> 800 m	<input type="checkbox"/> 900 m
Area	<input type="checkbox"/> 500 m ²	<input type="checkbox"/> 450 m ²	<input type="checkbox"/> 620 m ²
Fee	<input type="checkbox"/> \$200/ year	<input type="checkbox"/> \$150/ year	<input type="checkbox"/> \$130/ year



e.g.

Dynamo Fitness is far from home.

Muscle Center is closer to home.

Gym Hero is the closest to home. ✓



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



It's our first day in Muscle Center! Working out is really tiring. But we are excited for the coming changes. Beside teaching us how to work out, the instructor also offered many useful suggestions.

First, we _____ (change) our diet. I _____ (give up) my cola, while Aya _____ (quit) her favorite chips.

Second, we _____ (follow) a healthy routine – get up at 7 a.m. and go to bed at 10 p.m.

Third, we _____ (report) every meal to the instructor to make sure we take in enough and balanced nutrition.

Following this plan, we _____ (become) fit 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

Today, I _____ (*go*) to the gym with Jerrica. I _____ (*do*) all the usual gym routine and _____ (*listen*) to my gym instructor's feedback. Then, I _____ (*take*) a shower and finally _____ (*visit*) a newly opened healthy café just outside the gym.

While in the middle of drinking a protein smoothie, I _____ (*realize*) how different my lifestyle _____ (*is*) few weeks ago. Back then, I _____ (*not think*) of how important a healthy lifestyle is and I _____ (*not pay*) attention to my body weight. I _____ (*remember*) how I loved to eat junk foods every day. At that moment, I _____ (*catch*) a reflection of myself in the mirror and was overjoyed by what I _____ (*see*) - a happier and healthier version of myself.



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?