

Warm-up questions.

- 1. What do you like to do in your free time?
- 2. Why do you like it?





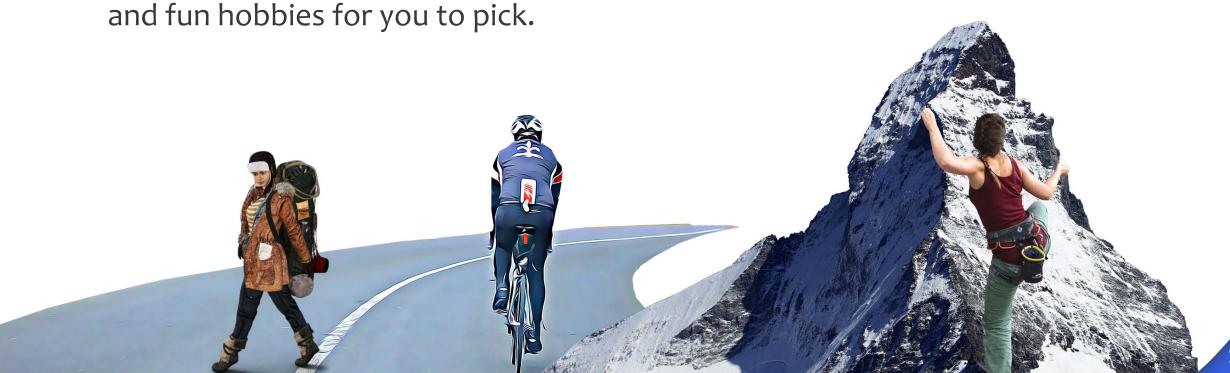






Good Hobbies for Teens

We all need hobbies to make our life more interesting. Here are some easy



Biking

Biking is a good way for us to relax, keep fit and enjoy the fresh air. We can rent a bike and explore our city with our family or friends. We will know better about our city.

Hiking

Hiking is an enjoyable way to exercise our whole body, especially our bones. It's also a healthy way to be in touch with nature. To go hiking, you only need comfortable shoes and clothes. A backpack and a water bottle are useful too.

explore

= to know more things by travelling

enjoyable

= pleasant; giving joy



Reading

Every book can teach us something about the world and give us some thoughts and ideas. We can borrow books from a library. We can find free e-books on the Internet.



Writing

We write a lot at school and it might be the last thing we want to do. But writing in a diary can be good for the soul. Writing your thoughts down can help us relax and think clearly. Of course, we will develop good writing skills too.



e-book

Cooking

Cooking is an important skill in life. When we cook, we learn to appreciate food. We learn safety tips in the kitchen. We also learn how to plan things and how to manage time.

Hobbies can be our best friends. Stop playing video games. Say goodbye to watching TV. Pick a hobby and get started.



safety tips

Match the meanings to the words.

explore

enjoyable

backpack

thoughts

e-book

safety tips

a pack used to carry things while walking or hiking

the act of thinking about an idea or opinion, or a set of ideas about a particular subject

a book that is read on a computer or mobile phone

useful information for people to keep safe

to know more things by travelling

something pleasant or giving joy

Grammar



more + adjective (-ing)

Used to compare differences between two things

Examples

We all need hobbies to make our life more interesting.

Her news is more surprising than his.

Tina's job is more exhausting than mine.

Give example	sentences	using	"more	+ adjective	(ing)"
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2.

Activity

What are these hobbies? What can they do for us?

