

# StartUp 4
# Vocabulary

Unit6 – Lesson3
Page70

Have your Ss preview the definitions and match them with the words. Check the answers in class.

# MATCH the definitions with the words.

fit – moderate – burn calories - stay in shape - be out of shape – build strength

1 : describes an activity that requires a lot of effort

2 : describes an activity that requires some effort

3 healthy and strong because you exercise regularly

4 : to do exercises to become physically stronger, usually by growing muscles

5 to use energy, usually by doing physical activities, to lose some of the calories you get from food

6 to be in a bad physical condition

7 to exercise or do other healthy activities to keep in good physical condition







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Love the podcast *A Fitter You*—some great ideas for getting and staying healthy. Check it out!

# 1 VOCABULARY Staying healthy

**A** ▶06-15 Listen. Then listen and repeat.

**intense:** describes an activity that requires a lot of effort

**moderate:** describes an activity that requires some effort

**fit:** healthy and strong because you exercise regularly

**build strength:** to do exercises to become physically stronger, usually by growing muscles

**burn calories:** to use energy, usually by doing physical activities, to lose some of the calories you get from food

**be out of shape:** to be in a bad physical condition

**stay in shape:** to exercise or do other healthy activities to keep in good physical condition



**B** Complete the sentences with words and phrases from 1A. Use the correct form. More than one answer may be possible.

1. When you're _____ , you can do _____ exercises without problems.
2. When you _____ , you can't do even _____ exercises.
3. When you exercise, you _____ and _____.
4. Exercise helps you _____.

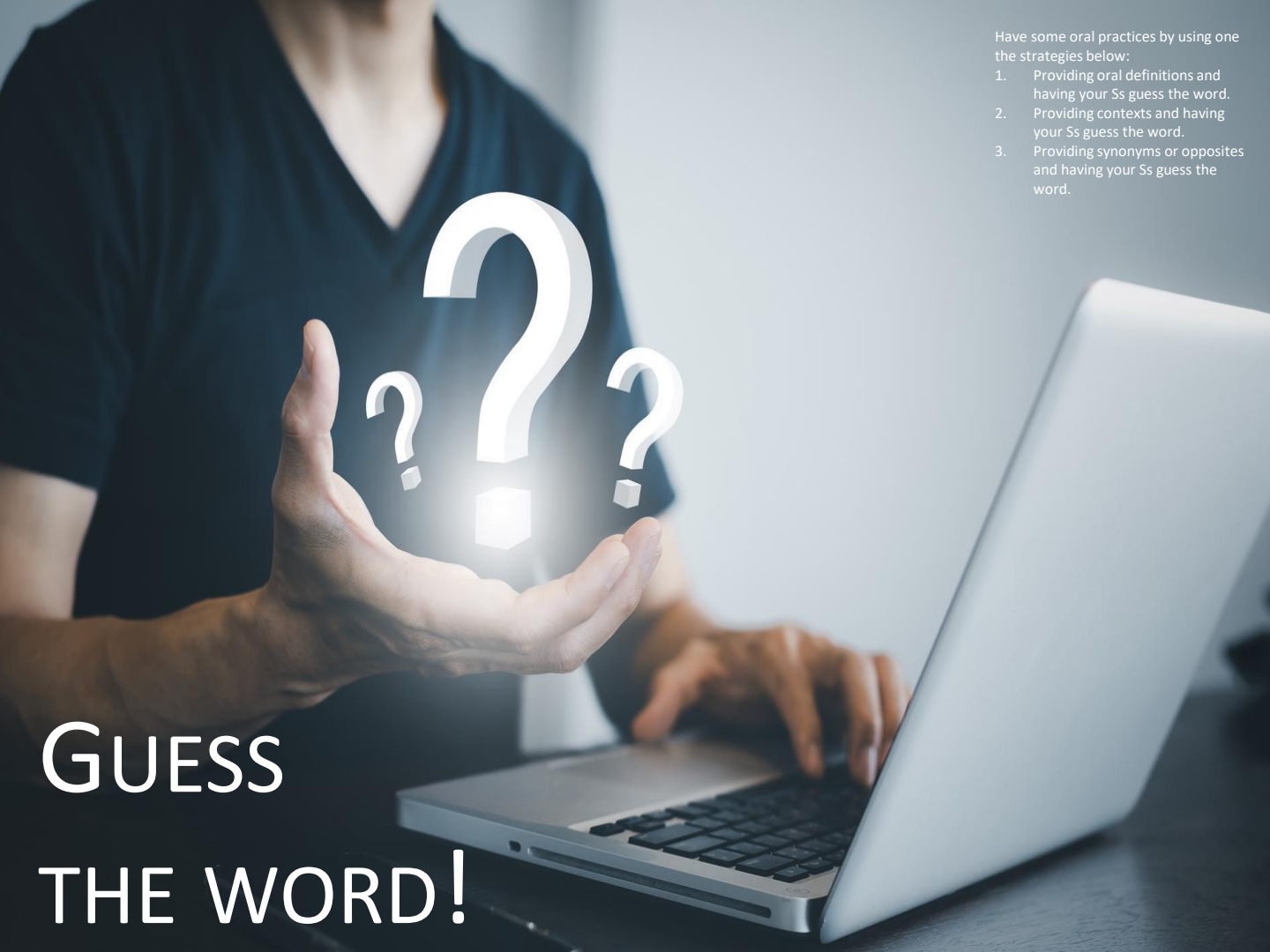
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**A** Circle the correct words to complete the sentences.



1. I lift weights twice a week because I'm trying to build **calories / shape / strength**.
2. You need to keep exercising to stay **in shape / out of shape / intense**.
3. I'm so tired! I just did a really **moderate / intense / fit** exercise class.
4. Let's go jogging! I need to burn **calories / shape / strength**.
5. I'm not in great shape, but I can do **moderate / intense / fit** exercise classes.
6. My aerobics class instructor is super **moderate / out of shape / fit**. She does hours of exercise every week.
7. I didn't exercise for three months so now I'm **out of shape / in shape / fit** again.

Activity



Have some oral practices by using one the strategies below:

1. Providing oral definitions and having your Ss guess the word.
2. Providing contexts and having your Ss guess the word.
3. Providing synonyms or opposites and having your Ss guess the word.

# GUESS THE WORD!

**C** PAIRS Talk about yourself or someone you know. Use the words from 1A.

*My sister is out of shape. She doesn't like to exercise at all.*

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