

StartUp 4
Reading

Unit6 – Lesson4
Page72

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.

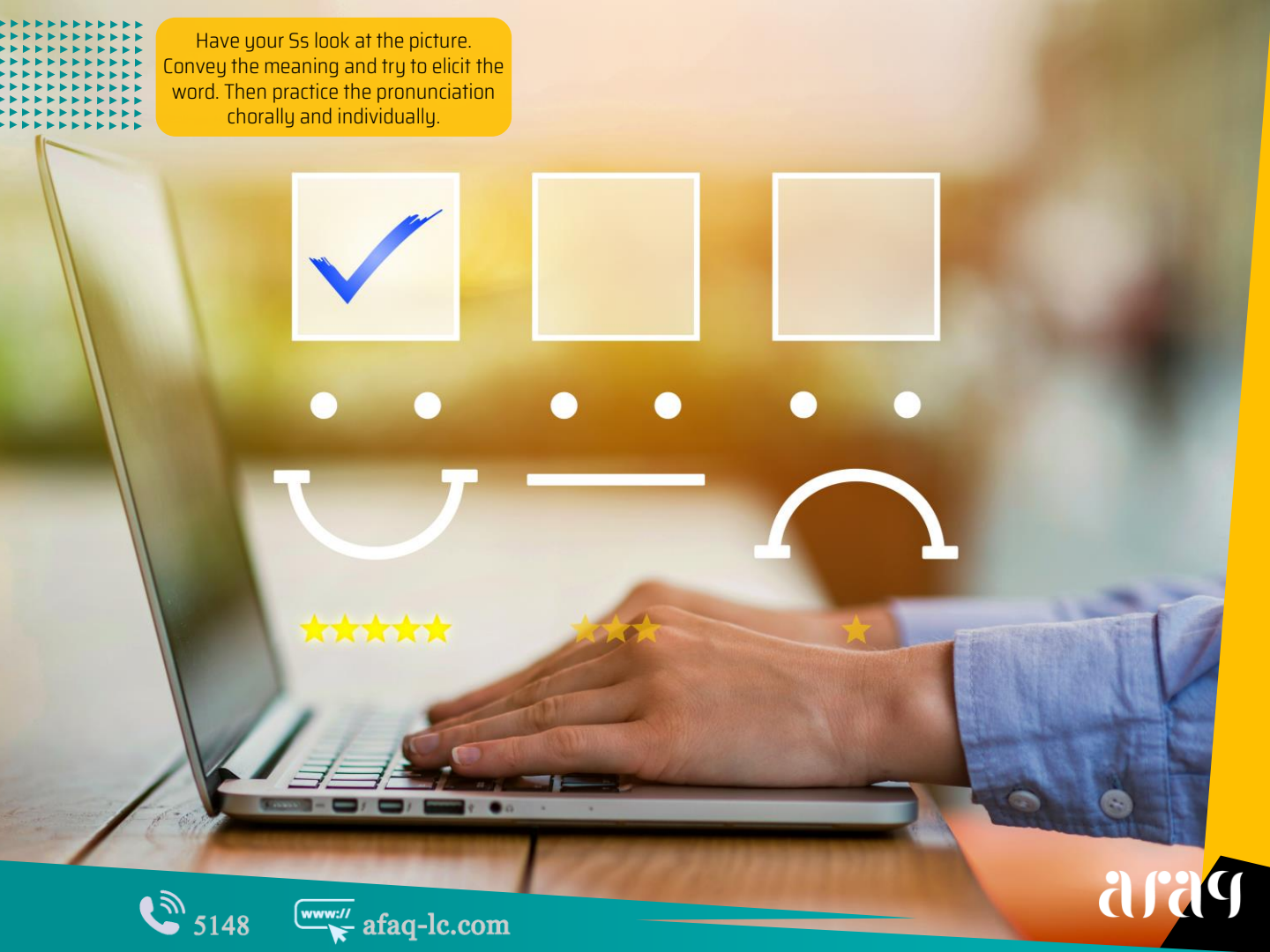


Teach the form of the word. Then ask some concept checking questions.



ENCOURAGEMENT

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.



RATE



Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.

Teach the form of the word. Then ask some concept checking questions.



ADJUST


Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.
TRACK


Teach the form of the word. Then ask some concept checking questions.
TRACK
KEEP TRACK OF
5148
www://
afaq-lc.com
afaq

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.



DIET

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



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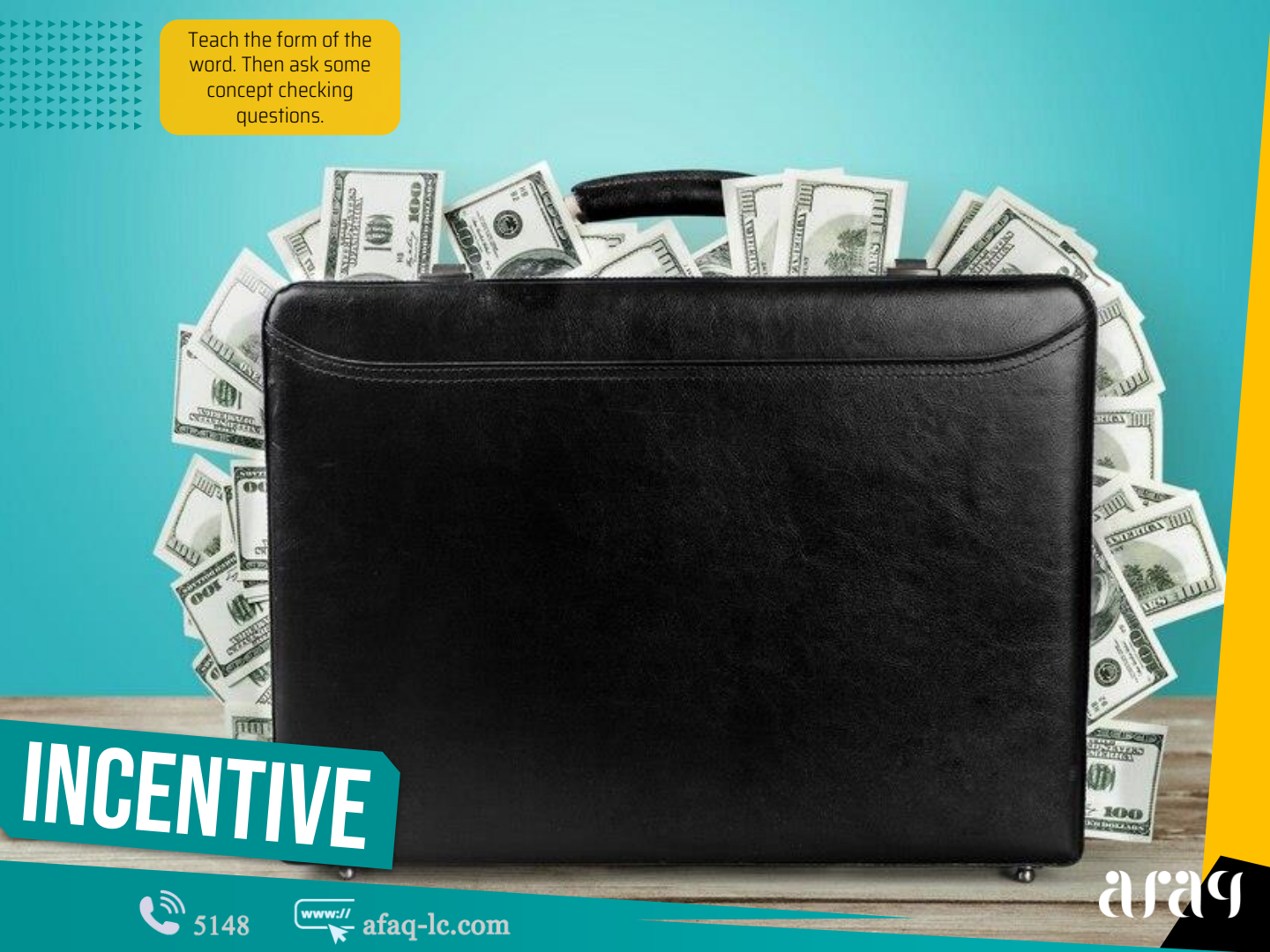


FEATURE

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



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INCENTIVE

CHOOSE THE CORRECT WORD.

1. A word used to describe the type of food you usually eat is ___.
   a. an incentive
   b. a feature
   c. a diet
2. The grocery store clerk reads the ___ on the package of food that you buy.
   a. bar code
   b. diet
   c. feature
3. She won the race thanks to her hard work and a lot of ___ from her trainer.
   a. adjustment
   b. incentive
   c. encouragement
4. To give an opinion to a restaurant or movie is to ___ it.
   a. rate
   b. adjust
   c. keep track of
5. The new running app has many great ___.
   a. barcodes
   b. features
   c. incentives
6. The company is offering a special low price as ___ to buy their product.
   a. an incentive
   b. a feature
   c. an adjustment
7. I try to change and ___ my workout so that I don't get bored with it.
   a. rate
   b. encourage
   c. adjust
8. Mike's coach told him to ___ his daily workouts so he can see his improvement over time.
   a. adjust
   b. keep track of
   c. encourage

Have your students make sentences about each picture using the words they have learned. Focus on accuracy.

A PREVIEW Read the title and look at the photo. What do you think the text will be about?

THIS YEAR'S BEST FITNESS APPS



LISTEN TO THE AUDIO CAREFULLY.

6-19

What is the main idea of the review? Circle the correct answer.

a. *FitterNow* is probably the best among the three apps.
b. Competition and financial incentives are most likely to make you exercise.
c. The best app choice depends on how you like to exercise.



Today, with all the fitness apps available, staying fit and eating right are a lot easier than before. But that's also the problem. There are so many apps that it's hard to know which one is right for you. I've reviewed some of the most popular fitness apps out there today. I hope this information helps you find an app that works for you.

Before you download an app, you need to ask yourself what kind of fitness program you like best. Do you prefer working out by yourself? Do you want data? How about some music? For some people, a little more encouragement—maybe from a coach or friends on social media—helps push them to the next level. For others, there is nothing like a little competition.

One of my favorite apps is *FitVeu*. It's free to download, but there is a small monthly fee to use it. I like it because it lets you choose whether you want to exercise on your own, get help from a coach, or share your workouts on social media. After your first workout, you can rate the difficulty of each part of the workout and the app adjusts the workout to your fitness level. It also keeps track of how much and how fast you run, bike, etc. Its exercise programs are great, but it doesn't keep track of your diet.

FitterNow is another great choice. Compared to *FitVeu*, *FitterNow* is more expensive, but I think it's worth it. *FitterNow* does everything *FitVeu* does, but unlike *FitVeu*, it has a diet feature that helps you keep track of your food. It can read a product's barcode and then calculate the number of calories it has. It has a few other features that *FitVeu* doesn't have. One feature lets you and your friends set goals and compete. For example, you enter how many miles you'll run and your friend enters how many miles she'll bike. But this is the fun part: You use money as an incentive. You say how much money your goal is worth. The app checks your progress and if you don't meet your goal, your friend gets your money.

This year's best free app is *YouGoPal*. With just a few features, it is much easier to use than the other two. Some people just want to know how far and how fast they run, which is exactly what *YouGoPal* gives you. This one is a good choice if you prefer to exercise alone and you don't need features like exercising with friends, a coach, or social media. And the best part? It's completely free.

Have Ss identify the correct answer. Go over the answer as a class.

B Read the chart with some features of the fitness apps from the review. Write (✓) if the app has the feature and (X) if it doesn't.

Features	*FitVeu*	*FitterNow*	*YouGoPal*
Free			
Provides a fitness coach			
Connects to social media			
Adjusts workout to fitness level			
Keeps track of - speed			
- distance			
- diet			
Lets you compete with friends			

Have Ss identify the correct meaning. Go over the answer as a class.



C FOCUS ON LANGUAGE **Reread lines 8–10 in the review. Think about the phrases *push them to the next level* and *there's nothing like a little competition*. Circle the correct answers.**

1. The expression *push to the next level* means ___.
   a. to work harder b. to encourage one's friends c. to gain social media followers
2. The expression *there's nothing like a little competition* means ___.
   a. people don't like competition
   b. people don't compete anymore
   c. competition is a good incentive to exercise

D Read the Reading Skill.

1. Circle the two things that are compared or contrasted in the sentences below.
   a. "Compared to *FitVeu*, *FitterNow* is more expensive, but I think it's worth it."
   b. "*FitterNow* does everything *FitVeu* does, but unlike *FitVeu*, it has a diet feature that helps you keep track of your food."
2. Write the two signal words from the sentences in 1a and 1b.

_____

READING SKILL Identify comparison and contrast

Writers often compare or contrast two or more things, people, or situations. Look for signals of comparison, such as *like*, *similar*, *compared to,* and *just as.* Signals of contrast include *unlike*, *in contrast*, and *whereas.*

WHAT WAS THE ARTICLE ABOUT? RETELL THE MOST IMPORTANT IDEAS. USE YOUR OWN WORDS.



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Have your Ss tell the summary of the text in breakout rooms.

afaq

Think about what you want in a fitness app.
Discuss your ideas.



Have your Ss answer the questions in the breakout rooms.



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READ THE SCRIPT AND UNDERLINE ANY NEW WORDS YOU DO NOT KNOW.



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AS HOMEWORK USE A DICTIONARY TO LOOK UP THE WORDS AND LEARN THEM.