

# Unit 6. I have to go on strict diet.

Topic: Saying what you like and don't like.  
Making promises.





## PREVIEW

### 1 CULTURE

In the United States and Canada, most people nowadays think regular exercise is important. They exercise at home, or at a gym or health club. They play sports after school, after work, and on weekends. They also bicycle, walk, swim, or jog. People exercise for different reasons: to lose weight, to stay in shape, or just to relax.

*In the U.S. and Canada:*



*Thirty-five percent of people exercise every day.*



*Eighteen percent of people play team sports regularly.*

Do you exercise or play sports?

What sports are popular in your country?

## 2] VOCABULARY: Sports and exercise

1 *Pair work* Here are some things people do to stay in shape. Write the words under the pictures.

aerobics    basketball    ✓jogging    soccer    swimming    volleyball



a) jogging.....



b) .....



c) .....



d) .....



e) .....



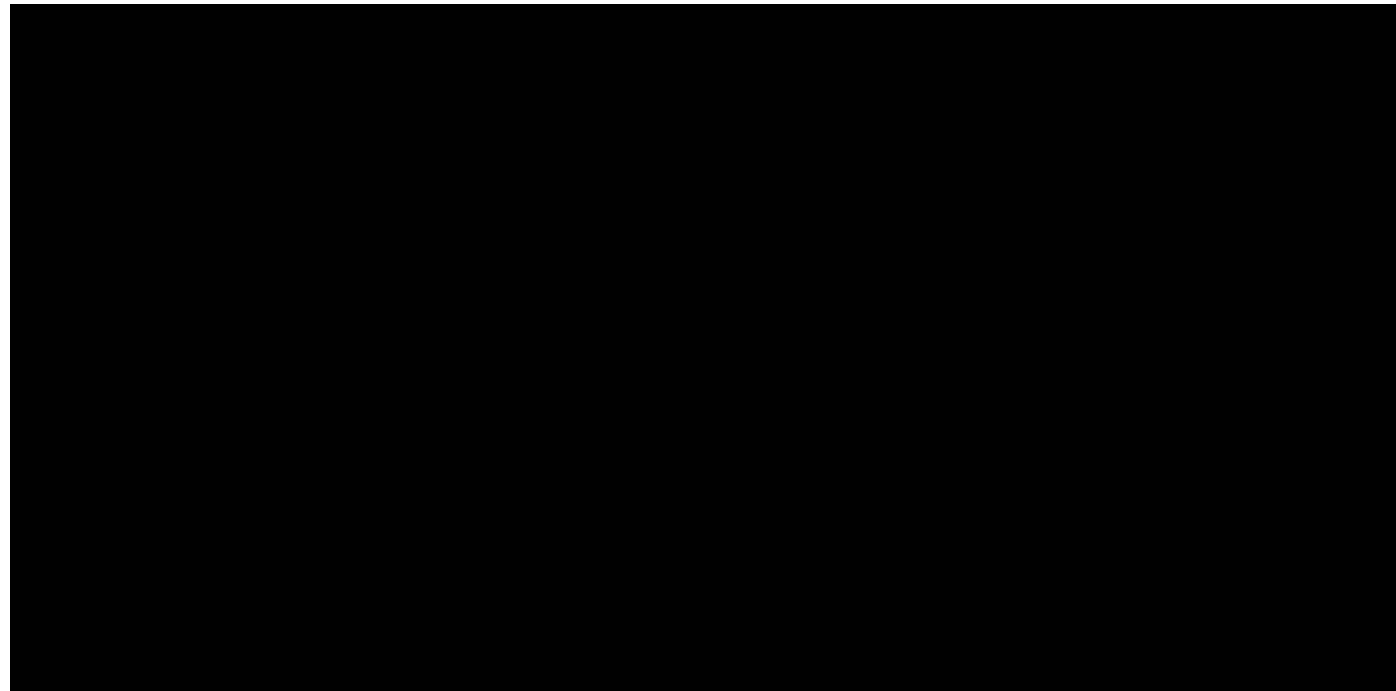
f) .....

2 Put the words in the chart. Can you add two more words?

<i>Individual activities</i>	<i>Team sports</i>
jogging.....	.....
.....	.....

## 3 GUESS THE STORY

*Watch the first minute of the video with the sound off. Who do you think likes to exercise more, the woman or the man?*





## WATCH THE VIDEO

### 4 GET THE PICTURE

Check (✓) **True** or **False**. Correct the false statements. Then compare with a partner.

	<i>True</i>	<i>False</i>	
a) Mark is a friend of Anne's.	<input type="checkbox"/>	<input type="checkbox"/>	.....
b) Mark really likes to exercise.	<input type="checkbox"/>	<input type="checkbox"/>	.....
c) Anne is in better shape than Mark.	<input type="checkbox"/>	<input type="checkbox"/>	.....

## 5 WATCH FOR DETAILS

1 How does Mark stay in shape? Check (✓) the things he *says* he does.

2 Which things do you think he *really* does? Circle them. Then compare with a partner.



He jogs to stay in shape.



He gets up early.



He bicycles.



He does aerobics.



He swims.



He goes to the health club.



He takes long walks.



He plays tennis.



He plays team sports.

# 11 EXPRESSING LIKES AND DISLIKES

*Pair work* Take turns giving opinions about movies, actors, and actresses. Your partner responds with surprise, as in the conversations below.

a) A: I can't stand science fiction!  
B: Really?

b) A: I love Julia Roberts.  
B: Are you kidding?

c) A: I hate old movies.  
B: Is that right?

d) A: I think Tom Cruise is fantastic.  
B: Do you really like Tom Cruise?

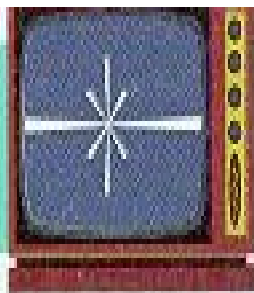
<b>Asking about likes</b>	<b>Expressing likes</b>	<b>Expressing dislikes</b>
What kind of . . . do you like?	I like people who/that . . . .	I detest / dislike...
Do you enjoy ...?	I like / enjoy /love /adore ...	I hate ... ing
Do you want to . . . ?	I'm fond of / fan of ...	I'd rather (not) . . . /I'd prefer not to.(...)
Don't you like...?	I like/ enjoy... ing	I (don't) feel like.



## The use of the gerund or the infinitive after some verbs.

□ Some verbs can be followed by the **-ing** form *or* the **infinitive** without a big change in meaning: *hate, like, love, enjoy, etc.*

- I love **going** to parties.
- I like **to play** tennis.
- I like **playing** tennis.



## FOLLOW-UP

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### 7 INTERVIEW

1 *Pair work* Add three questions to the list about sports and exercise.

- |                                      |          |
|--------------------------------------|----------|
| a) What kinds of sports do you play? | d) ..... |
| b) What kinds of exercise do you do? | e) ..... |
| c) Are you in good shape?            | f) ..... |

2 Take turns asking and answering your questions. Your partner will answer playing the role of Anne or Mark.

# 8 HOW ABOUT YOU?

1 Complete the chart. Then compare with a partner.

*Things you sometimes do*

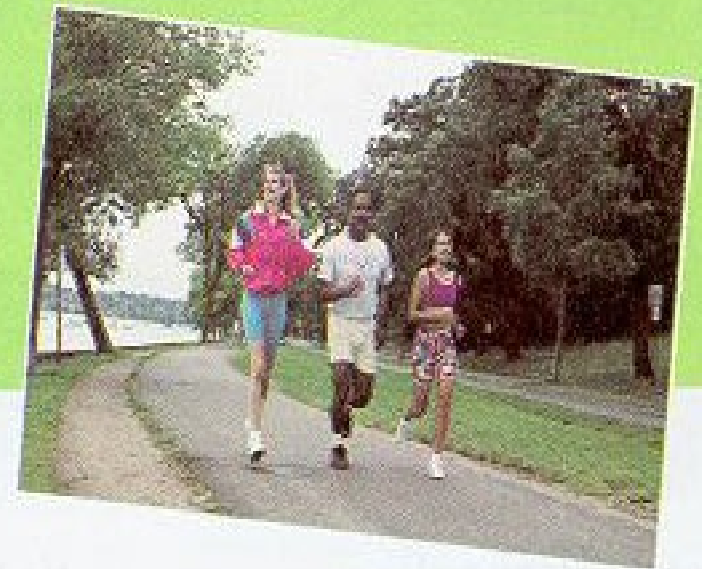
*I sometimes . . . after school.*

*Things you never do*

*I never go . . . in the morning.*

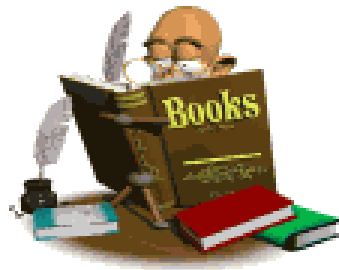
*Things you don't usually do*

*I don't usually . . . on the weekend.*



2 *Class activity* Who in the class likes to exercise? Who doesn't? Make a class chart.

Grammar Focus II. Page 61. Text book.



# 10] OBJECT PRONOUNS

1 Fill in the blanks with **him**, **her**, **it**, or **them**.

a) A: Do you like horror films?

B: No, I can't stand *them* .....

b) A: Who's your favorite actress?

B: Michelle Pfeiffer. I like ..... a lot.

c) A: Do you like rap music?

B: Yes, I like ..... a lot.

d) A: What do you think of Robert DeNiro?

B: I don't like ..... at all.

e) A: Do you like westerns?

B: No, I don't like ..... very much.

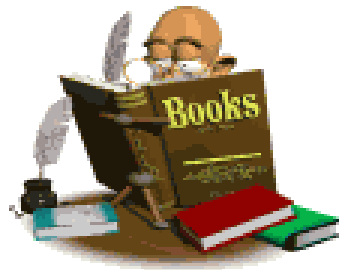
f) A: What do you think of science fiction?

B: I like ..... a lot.

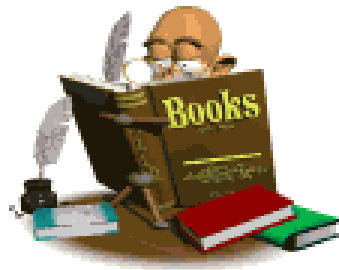
2 *Pair work* Take turns asking and answering the questions above.

Give your own opinions.

# Grammar Focus III. Page 64. Text book.



Exercise 6. Page 64. Text book.



# Homework:

Describing one of your favorite books. You should

Say: **(Orally)**

What kind of books you like?

What is your favorite book?

What it is about?

Why you like it?

Discussion:

1. Do you like other books?
2. What kind of books do Cuban people like?
3. What kind of books do Cuban women like?
2. What kind of books do Cuban children like?
3. What kind of books do you recommend others?