

1. Answer the questions:

a) Who washes the dishes at your home? Do you care about helping her/him?

b) Do you wear a coat or a jacket when it's cold? Justify.

c) How much did your family spend on your birthday this year? Justify.

d) Why did she go on a hard diet? Is it a hard diet a solution for everything?

2. Complete with: about/on/for:

a) Do you like to try clothes **on** when you go shopping?

b) When will you buy a suit **for** you?

c) Would you spend money **on** games or save your money?

d) She always cares **about** others donating some clothes.

3. Complete the sentences:

a) We would go to the movies, if we _____

b) She will take care of us, if she _____

c) My aunt will make a cake, if I _____

d) If he doesn't argue with the teacher, he _____

e) If they were afraid, they would _____

4. Translate into English:

a) Sua mãe alguma vez tentou fazer dieta? **Did you mom ever try to go on a diet?**

b) Ele engordou porque está muito ansioso. **He gained weight because he is very anxious.**

c) Eu acho que esta camisa não me serve. **I think this shirt doesn't fit me.**

d) Ele está economizando dinheiro para a formatura dele. **He is saving money for his graduation**

4. Reading and comprehension:**DIETS – GOOD OR BAD? - By Janet Thomas**

About two years ago, I saw myself in the mirror, and instead of thinking, "You look all right," I thought, "Oh my, Jackie, you are so fat!" So, I decided to go on a diet. I cut out sweets, cakes, fatty foods, and breakfasts. By cutting those out, you don't get much of a choice in the school canteen.

I lost weight. But instead of thinking, "You're getting thinner," I thought, "You're still fat." I remember saying to my sister Louise, "Look at me. I'm so fat!" She would say, "Don't be silly. You're getting skinny".

One day I was so convinced I was fat I decided to eat only one orange. Many days I cried a lot because I was fat. I called my friend and remember crying on the phone to her saying I was so fat. And she said to me: "No, you are not. You are skinny."

This went on for months and months. My dad got furious with me for not eating. My mom talked to me, and she took me to the doctor. Dr. Blackwell got very worried, and said: "People are different, and you need to know that a healthy body is more important than a thin body." After months of conversation, I changed all my way of eating. Now, I take care of myself eating healthy food. I am glad to have parents who helped me.

Answer:

1. What was the girl's problem? **She thought she was fat.**
2. What did she decide? **She decided to go on a diet.**
3. What didn't she eat? **Sweets, cakes, fatty foods, and breakfasts.**
4. Was she happy by losing some weight? **No, she thought she was still fat.**
5. Who was furious with her, and why? **Her dad was furious because she didn't eat.**
6. Who talked to her, and what did the person do? **Her mom – she took her to the doctor.**
7. What did the doctor say to her? **A healthy body is more important than a thin body.**
8. Did she change her mind? **Yes. She eats healthy food and she is glad.**