

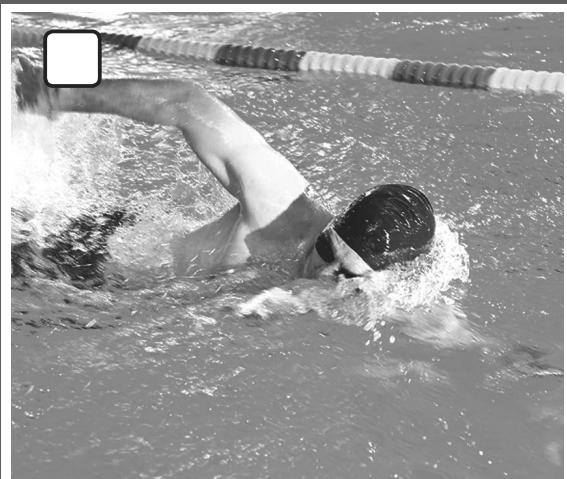


HEALTH AND FITNESS

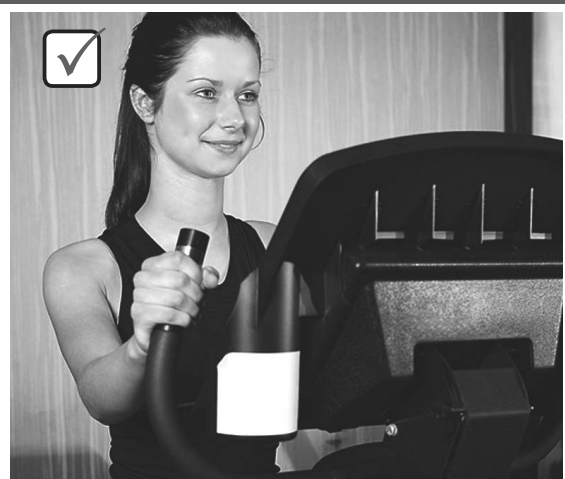
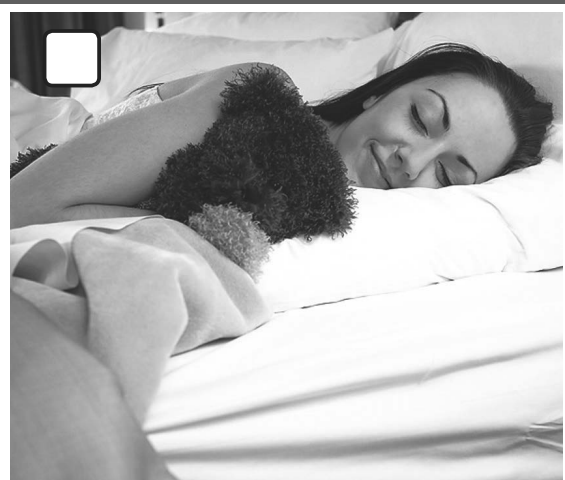
GIVE IT A TRY

Listen to the short passage and check the correct picture.

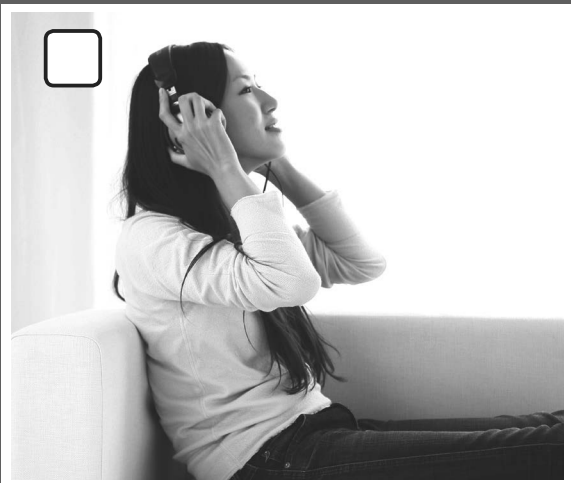
Question 1.



Question 2.



Question 3.



SPEAK UP

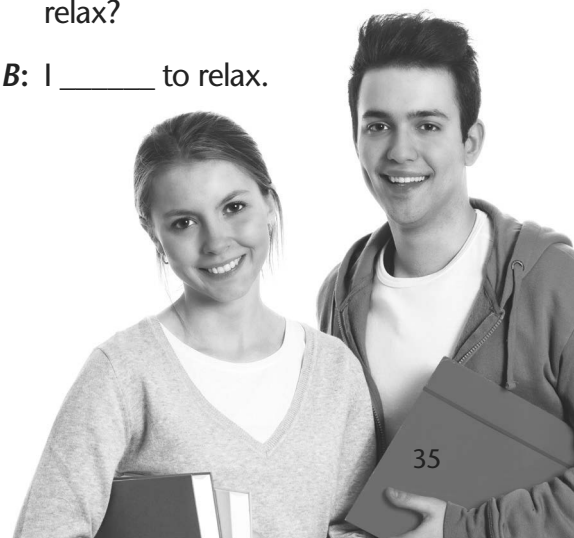
Answer the questions.

1. How often do you exercise? Why?
2. What kind of habits do you have for food and health?
3. Are your habits good or bad for your health? How?
4. What can you do to improve your health more?
5. Which habits should you avoid to stay healthy?

UNIT
3

ROLE PLAY

- A: How often do you work out?
B: I work out every day / once or twice a week / three times a week.
- A: How many hours do you usually sleep every day?
B: I sleep at least _____ hours.
- A: What do you usually do to relax?
B: I _____ to relax.





Living a Healthier Lifestyle



Emma: What are you going to eat for lunch?

Frank: I'm not sure. But I'm going to eat a lot.

Emma: Why?

Frank: I drank too much beer last night. I woke up late, so I didn't have time for breakfast. Now, I'm really hungry.

Emma: You should be careful. I read that if you often **skip**¹ breakfast, you might eat too much for lunch and gain weight.

Frank: But I'm **starving**²!

Emma: I know. I'm just trying to help. A lot of people say that students gain weight in their first year of college.

Frank: All right. Do you have any other tips for me?

Emma: Maybe you shouldn't drink so much beer. It can make you fat.

Frank: OK, I'll **keep** that **in mind**³. Thanks. I'm going to drive to a fast food restaurant now.

Emma: What? Why don't you just walk over to the café? It's only a 15-minute walk, and they have healthier food.

Frank: Oh, yeah. I guess you are right. The café's not far, either.

Emma: Plus, you'll get some exercise on the way there.

Frank: And now I'm so hungry, I might run all the way there.



Language Notes

Synonym: ✓

1. **skip** [skɪp] v.
Skipping meals is not a good way to lose weight.
2. **starving** [ˈstɑːvɪŋ] adj. ✓ hungry
I'm starving. When do we eat?
3. **keep . . . in mind** phr.
That's a good idea. I'll keep it in mind.



UNIT
3

CONVERSATION REVIEW

Listen and check the correct answer. MP3 / 19

1. ☐ a. What restaurant to go to
☒ b. Ways to avoid gaining weight
☐ c. How to drink more beer
2. ☒ a. Cycling is good for you.
☐ b. Beer might make you fat.
☐ c. Skipping meals is bad for you.
3. ☐ a. It serves a lot of fast food that is very unhealthy.
☐ b. It has very good prices for some types of beer.
☒ c. It's pretty close to where the man and woman are.
4. ☐ a. He drank one beer last night.
☒ b. He is extremely hungry.
☐ c. He is going to eat fast food.
5. ☒ a. Eating healthy food
☐ b. Skipping breakfast often
☐ c. Drinking lots of beer





CONDITIONALS

Type 1 Conditional

It refers to **general truths**. The time is **now or always** and the situation is **real and possible**.

If + present simple, S. + present simple

If you heat ice, it melts.

If I come home late, my parents get angry.

It refers to a **possible condition** and its **probable result**. The time is the **present or future**, and the situation is **real**.

If + present simple, S. + future tense (will + V.)

If it rains, I will not go.

If Jerry finishes his homework, he will watch a DVD.

Note

1. We can use the **imperative** or **other modals** to replace **will**.

If + present simple, imperative
S. + can / could / may / might / should / must + V.

If Peter comes back, wake me up.

If you don't work tomorrow, we should go to the beach.

2. The tense in the "if" clause can be not only the present simple but also other present tenses.

If + present simple, imperative
If + present continuous, S. + will / can / could / may / might / should / must + V.
If + present perfect,

If Mary is talking loudly, tell her to speak more quietly.

If Arnold is working, you shouldn't disturb him.

If Greg has finished packing, we will leave.

Type 2 Conditional

It's **not based on fact** and refers to an **unlikely or hypothetical condition** and its **probable result**.
The time is **now or any time**, and the situation is **unreal**.

If + S. + past simple, S. + could / might / should / would + V.
If + S. + were,

If you went to bed earlier, you wouldn't be so tired.

If the car were newer, I would buy it.

Type 3 Conditional

It refers to an **unreal past condition** and its **probable past result**. The time is **past**, and the situation is **contrary to reality**. The facts are the **opposite** of what is expressed.

If + past perfect, S. + could / might / should / would + have + p.p.

If you had worked harder, you would have passed the exam.

If Dan had told me about the meeting, I would have finished the report earlier.

A Complete the sentences using the correct form.

- ① If Frank goes to the library (go to the library), he studies for hours.
- ② If you stop at the store (stop at the store), pick up some milk.
- ③ If you don't hurry (not hurry), we will miss the train.
- ④ If Joan were in Brazil (in Brazil), she could watch the World Cup in person.
- ⑤ If I had had enough money then (have enough money then), I could have gone abroad.

B Combine the two sentences using conditionals.

- ① John will come back tomorrow. Tell him I called.

If John comes back tomorrow, tell him I called.

- ② I could drive a car to work. I don't have a car.

If I had a car, I could drive it to work.

- ③ Chris was not careful. He hurt himself.

If Chris had been careful, he wouldn't have hurt himself.



MP3 / 20

1

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MP3 / 21





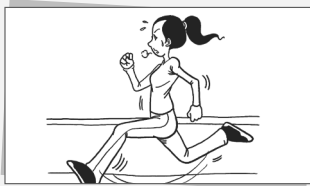

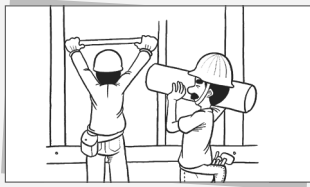



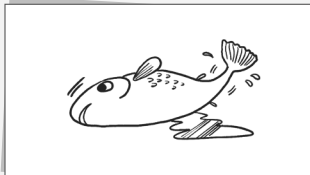
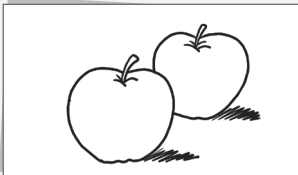
- 1. C**

請聽一段對話和一個相關的問題後，再從三個選項中選出一個最適合的答案。

1. C Ⓐ She likes to work in her garden. Ⓑ She likes to sleep.
 Ⓒ She likes to exercise.
2. A Ⓐ Not eat dinner Ⓑ Eat dinner very quickly
 Ⓒ Eat a small dinner
3. C Ⓐ Find out if it is true that fruit juice has a lot of calories
 Ⓑ Drink soda instead of fruit juice
 Ⓒ Remember that fruit juice has a lot of calories
4. A Ⓐ It is not good for the man.
 Ⓑ It is too expensive to eat all the time.
 Ⓒ It is very good for the man.
5. B Ⓐ It helps her meet single men.
 Ⓑ It makes her feel less worry and anxiety.
 Ⓒ It helps her to stay up late at night.
6. A Ⓐ The method for producing Coke Ⓑ The place where Coke is made
 Ⓒ The way that Coke decides on the price



每題有三個圖片選項，請聽題目，並選出一個最適當的圖片。

- | | | | |
|----|---|--|---|
| 1. | <input type="checkbox"/> A | <input checked="" type="checkbox"/> B | <input type="checkbox"/> C |
| |  |  |  |
| 2. | <input checked="" type="checkbox"/> A | <input type="checkbox"/> B | <input type="checkbox"/> C |
| |  |  |  |
| 3. | <input type="checkbox"/> A | <input type="checkbox"/> B | <input checked="" type="checkbox"/> C |
| |  |  |  |
| 4. | <input type="checkbox"/> A | <input checked="" type="checkbox"/> B | <input type="checkbox"/> C |
| |  |  |  |



The Freshman 15



go on a hike known as equal to Instead of For the first time

Students experience a lot of changes when they arrive at college. For the first time, class schedules can be very different from one day to the next.

5 Also, a lot of **unhealthy**¹ food **options**² are available. For these reasons, some students gain about 10 to 15 pounds. This weight gain is known as the **freshman**³ 15.

The freshman 15 can be avoided by
10 following some simple tips. First, eat three meals per day. Weight gain is more common among those who skip breakfast. You might eat too much if it's been too long since your last meal. Also, avoid
15 eating unhealthy snacks late at night while studying. Instead of crackers, have some fruit and vegetables.

Alcohol⁴ is also a big source of weight gain for some college students. Six beers
20 could have up to 900 calories. One pound of fat is equal to 3,500 calories. Drinking alcohol could also **lead to**⁵ late-night eating. This causes more weight gain.

Lastly, stay **active**⁶. Instead of driving,
25 walk or bike to class, the post office, or grocery store. Join group fitness classes or sports teams, or go on a hike with friends. You can also take a **nutrition**⁷ or P.E. class for college **credit**⁸. These are good
30 ways to not only stay healthy but also meet new people and **relieve**⁹ **stress**¹⁰.

Language Notes

Synonym: ✓

1. **unhealthy** [ʌn`hɛlθɪ] *adj.*
Eating all that junk food is really unhealthy.
2. **option** [ˈɒpʃən] *n.* ✓ *choice*
May had no option but to quit her job to take care of her child.
3. **freshman** [frɛʃmən] *n.* (*plural: freshmen*)
They are freshmen in the Marketing Department.
4. **alcohol** [ˈælkə.hɒl] *n.*
We're not allowed to serve alcohol to people under 18.
5. **lead to** *phr.*
Smoking can lead to lung cancer.
- * 6. **active** [æktɪv] *adj.*
She's over 80, but she's still very active.
7. **nutrition** [nju`trɪʃən] *n.*
Nutrition and exercise are essential to health and fitness.
8. **credit** [krɛdɪt] *n.*
I don't have enough credits to graduate.
9. **relieve** [rɪ`liv] *v.*
Regular exercise can relieve anxiety.
- * 10. **stress** [strɛs] *n.*
I have a lot of things to do. Actually, I'm feeling some stress.

* Represents GEPT elementary vocabulary

UNIT
3

READING REVIEW

Check the correct answer.

1. What happens to a student who is experiencing the freshman 15?

<input type="checkbox"/> a. They lose weight.	<input checked="" type="checkbox"/> b. They gain weight.
<input type="checkbox"/> c. They study harder.	<input type="checkbox"/> d. They stay healthy.
2. What is true about freshmen?

<input checked="" type="checkbox"/> a. They are in their first year of college.
<input type="checkbox"/> b. They are in their second year of college.
<input type="checkbox"/> c. They are in their third year of college.
<input type="checkbox"/> d. They are in their fourth year of college.
3. Which of the following is NOT mentioned as a reason for the freshman 15?

<input type="checkbox"/> a. Drinking alcohol	<input type="checkbox"/> b. Eating unhealthy food
<input type="checkbox"/> c. Skipping breakfast	<input checked="" type="checkbox"/> d. Having different class schedules
4. What is true about drinking beer?

<input type="checkbox"/> a. Experts say two beers have over 900 calories.
<input checked="" type="checkbox"/> b. Drinking too much beer can make you fat.
<input type="checkbox"/> c. People who drink beer usually eat too much.
<input type="checkbox"/> d. Drinking beer can relieve stress.
5. According to the article, which of the following statements is true?

<input type="checkbox"/> a. Students usually skip breakfast every morning.
<input type="checkbox"/> b. Students must take one P.E. class in college.
<input checked="" type="checkbox"/> c. 3,500 calories is equal to a pound of fat.
<input type="checkbox"/> d. Students should avoid eating three meals per day.



A *Is your diet and lifestyle as healthy as you think?
Find out with this test!*

Health Quiz



1. How many times do you eat each day?

☐ Three times a day

☐ Twice a day

(Answers will vary.)

☐ Once a day

2. What snacks do you eat?

☐ Chocolate, candy, or lollipops

☐ Crackers, chips, or nuts

☐ Fruit or yogurt

3. How many servings of fruit or vegetables do you eat?

☐ Once a week or less

☐ 1 a day

☐ 2+ a day

4. What do you usually drink during the day?

☐ Coffee or tea

☐ Water

☐ Juice or diet Coke

5. How much exercise do you get?

☐ 30-60 minutes a day

☐ Twice a week for 30 minutes

☐ I rarely exercise.

6. How much TV do you watch?

☐ 1-2 hours a day

☐ Over 3 hours a day

☐ I rarely watch TV.

7. How much alcohol do you drink?

☐ 1-2 drinks a week

☐ 1-2 drinks a day

☐ I rarely drink alcohol.

8. How is your weight?

☐ Too thin (BMI below 19)

☐ Overweight (BMI 25.0-29.9)

☐ Normal (BMI 19.0-24.9)

9. How much sugar do you put in your coffee or tea?

☐ 1 teaspoon

☐ 2 teaspoons

☐ None

10. How stressful is your life?

☐ Very stressful all day long

☐ I find time to relax.

☐ A little stressful

B *After you finish the health quiz, do you know how healthy you are? Think about your healthy and unhealthy habits. Write them in the columns.*

Healthy habits	Unhealthy habits
<i>(Answers will vary.)</i>	



I 閱讀能力測驗：詞彙與結構

請依照題意選出最適合的答案。

<p><u>B</u> 1. If Harry _____ less junk food and exercised more, he wouldn't be so fat. (A) eats (B) ate (C) has eaten (D) is eating</p>	<p><u>A</u> 5. Skipping breakfast can _____ to overeating at lunchtime. (A) lead (B) leading (C) leads (D) led</p>
<p><u>B</u> 2. Exercise is important for a healthy life, but good _____ is also very important. (A) alcohol (B) nutrition (C) stress (D) medical</p>	<p><u>C</u> 6. Emma is starting university this fall. She'll be a _____. (A) senior (B) sophomore (C) freshman (D) junior</p>
<p><u>B</u> 3. I enjoy being back in Canada, but I miss the _____ life I had in Taiwan. (A) acted (B) active (C) acts (D) act</p>	<p><u>D</u> 7. Dennis needs two more _____ to graduate from university. (A) tests (B) subjects (C) professors (D) credits</p>
<p><u>A</u> 4. The procedure was very painful, and the dentist only gave me aspirin to _____ the pain. (A) relieve (B) move (C) prepare (D) affect</p>	<p><u>A</u> 8. The restaurant had only two main courses, but there were many _____ for dessert. (A) options (B) food (C) sweet (D) fifteen</p>

II 閱讀能力測驗：克漏字填空

請從四個選項中選出一個最適合的字詞填入空格中。

Frank has a lot to learn about staying ①. He often drinks too much beer, wakes up late, and ② breakfast. Then he has lunch at a fast food restaurant. His friend, Emma, is worried about him and gives him some ③. She tells him that when people skip breakfast, they often eat too much for lunch and ④ weight. She also tells him that beer can make him fat. Finally, she suggests walking over to a café. They have healthier food, and Frank will ⑤ some exercise. Frank says he'll keep all of these ⑥ mind.

- | | |
|---|---|
| <u>C</u> 1. (A) healthier (B) health
(C) healthy (D) healthily | <u>A</u> 4. (A) gain (B) make
(C) cover (D) keep |
| <u>B</u> 2. (A) skip (B) skips
(C) skipped (D) skipping | <u>B</u> 5. (A) play (B) get
(C) use (D) recover |
| <u>A</u> 3. (A) tips (B) answers
(C) excuses (D) habits | <u>D</u> 6. (A) of (B) by
(C) at (D) in |



閱讀能力測驗：閱讀理解
請依照文意選出最適合的答案。

A Take your time when choosing student clubs to join. It's very important that you join the right ones. Firstly, you should join clubs that will help you find your place in school life, and choose ones that let you do things you enjoy. Secondly, join clubs that are cheap and require no special abilities. That way, you can meet different kinds of people. And try to join clubs that will help you impress potential employers in the future. If an interviewee has been a member of some good school clubs, he or she will look like a better potential employee. And don't let anyone make you join a club you probably won't participate in. That would be a waste of your money and your fellow members' time.

 D 1. What is the most appropriate title for this passage?

- ☐ A Impress Potential Employers by Joining the Best Clubs
- ☐ B School Clubs Seek Interviewees
- ☐ C Getting the Most of Your University Tuition
- ☐ D Choosing the Right School Club for You

 B 2. Who will be impressed if you join good clubs?

- ☐ A The boss you already have
- ☐ B People who can give you a job
- ☐ C Anyone tired of going to interviews
- ☐ D Coworkers and friends alike

 A 3. What would be a waste of time and money?

- ☐ A Joining a club you won't do anything in
- ☐ B Letting someone else join a club with you
- ☐ C If your fellow members don't let you participate
- ☐ D Being in a club that's full of potential employers

B

Pizza Palace

Free Pizza!

- Buy one large pizza (8 slices) and get one small pizza (4 slices) for free.
- Pick up the pizza yourself and get an extra 10% off!

 C 1. How can you get a free pizza?

- ☐ A Buy two small pizzas
- ☐ B Buy two slices of pizza
- ☐ C Buy a large pizza
- ☐ D Buy a small pizza

 A 2. How many slices are there in a large pizza?

- ☐ A Eight
- ☐ B Ten
- ☐ C Twelve
- ☐ D Four



寫作能力測驗：單句寫作

A 句子改寫

請依題目之提示，將原句改寫成指定型式，並將改寫的句子完整地寫出。

1. He seems to have been ill.

It seems that he has been ill.

2. If you get up early, you won't miss the bus. (改為與過去事實相反的條件句)

If you had got up early, you wouldn't have missed the bus.

3. Jessica is happy because she won the game. (改為條件句)

If Jessica wins the game, she will be happy.

4. Hank didn't pay attention, so he tripped and fell. (改為條件句)

If Hank had paid attention, he wouldn't have tripped and fallen.

B 句子合併

請依照題目指示，將兩句合併成一句，並將合併的句子完整地寫出。

1. Richard will probably go to the concert with me.

We can go to the concert by taxi.

If Richard goes to the concert with me, we can go by taxi

2. I want to buy the house with a garden.

I don't have a lot of money.

If I had a lot of money, I would buy the house with a garden

3. Ben stood on a stool.

Ben reached for the candy jar. (用in order to合併)

Ben stood on a stool in order to reach for the candy jar

C 重組

請將題目中所有提示字詞整合成一句有意義的句子，並將重組的句子完整地寫出。

1. If the house were mine, I would paint it green.

the / paint / were / green / mine, / I / it / house / If / would

2. How would you like your steak cooked?

like / would / your / cooked / How / steak / you

3. If you don't want to make Mom angry, you should keep her words in mind.

If / Mom / don't / you / to / mind / you / keep / make / angry, / should / her / words / in / want

4. We have a lot to learn about speaking English fluently.

learn / have / speaking / a / about / lot / We / English / to / fluently

5. Take your time when answering this difficult question.

your / question / time / Take / when / this / answering / difficult