A.

Talk about the picture by answering the questions:

下の問題に答えながら、写真について話してみましょう。

1. What is the family in the picture doing?
2. Why do they have fruits on the table?
3. What else can you say about the picture?
B.

Read the following sentences aloud:

下の文章を音読してみましょう。

1. Maintain a healthy weight.
2. Keep your body and muscles active by exercising regularly.
3. Don’t smoke.
4. Eat a healthy diet.
5. Don’t ever forget to eat your breakfast.
6. Drink alcohol in moderation.
7. Protect yourself from the sun.
8. Get enough sleep.
10. Make friends and smile often.

C.

Answer the following questions:

下の問題に答えてみましょう。

1. How do you stay healthy?
2. What kinds of food should you avoid to stay healthy?
3. What are good exercises for busy people?
4. What is the most difficult thing about trying to stay healthy?
5. How many hours of sleep do you get everyday?
6. Use questions 1–5 to interview your tutor.