



### **A. Self Expression**

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Please look at the picture and say as much as you can about it.

**B. Words and Expressions**

Check the pronunciation, meaning and usage of the words with your tutor.

Words and Expressions	Meaning
hiking	to walk a long distance, especially in the country
boost	to increase or improve something
wilderness	a large land area that has not been significantly affected by human activities
layered	having several levels or layers
company	a state of having a person or people with you
intend	to want and plan to do something

出展

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**C. Reading and Comprehension**

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Read the article and answer the questions

**Hiking**

Hiking has a lot of benefits: nice view, fresh air, and the sounds and smell of nature. It can boost your mood, help you watch your weight, and lower your risk of heart disease. Before you explore the wilderness, be fully prepared. Make sure you have enough water, wear closed shoes and comfortable socks, wear layered clothes, put on sunscreen, bring a hat, and pack enough food. It would be better if you have company when you hike. If you plan to hike alone, make sure you let someone know when and where you intend to hike. Finally, don't forget to bring a map so you won't get lost.

**QUESTIONS:**

- 1 What are the health benefits of hiking?
- 2 What are the other benefits of hiking?
- 3 How should you prepare for a hiking trip?
- 4 What should you do if you intend to hike alone?

**D. Vocabulary Exercise**

Choose from the list below to fill in the gaps.

<b>hiking</b>	<b>company</b>	<b>layered</b>
<b>wilderness</b>	<b>intend</b>	<b>boost</b>

- 1 Make sure you have enough water, wear closed shoes and comfortable socks, wear \_\_\_\_\_ clothes, put on sunscreen, bring a hat, and pack enough food.
- 2 It can \_\_\_\_\_ your mood, help you watch your weight, and lower your risk of heart disease.
- 3 \_\_\_\_\_ has a lot of benefits: nice view, fresh air, and the sounds and smell of nature.
- 4 Before you explore the \_\_\_\_\_, be fully prepared.
- 5 It would be better if you have \_\_\_\_\_ when you hike.
- 6 If you plan to hike alone, make sure you let someone know when and where you \_\_\_\_\_ to hike.

**E. Self Expression**

Write the missing words and choose always, sometimes or never.

<b>hiking</b>	<b>company</b>	<b>wilderness</b>
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	<b>always</b>	<b>sometimes</b>	<b>never</b>
1 I enjoy my co-workers' _____.			
2 The _____ scares me.			
3 I think _____ is relaxing.			

**F. Dialogue Practice.**

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Give a proper response to each of the following statements.

- A. Do you prefer outdoor or indoor activities? Why?
- B. I prefer...to... because...
  
- A. Do you prefer to go hiking with friends or family? Why?
- B. I prefer hiking with...to hiking with... because...
  
- A. Do you think it's good to hike alone?
- B. I think it's good because...  
I don't think it's good because...
  
- A. What do you think could keep people from hiking?
- B. Some of the things that could keep people from hiking are...