A. **Self Expression**

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.

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

出展
Weblio辞書 英和辞典 [http://ejje.weblio.jp/]
例文 Weblio 英語例文 [http://ejje.weblio.jp/sentence/]

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C. Reading and Comprehension

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.

<table>
<thead>
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<td>boost</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>hiking</th>
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<table>
<thead>
<tr>
<th></th>
<th>always</th>
<th>sometimes</th>
<th>never</th>
</tr>
</thead>
</table>
| 1 | I enjoy my co-workers' ________.
| 2 | The ________ scares me.
| 3 | I think ________ is relaxing. |
F. **Dialogue Practice.**

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...