

ANSWERS

Unit 3 Fit As a Fiddle

Speaking

A.

- (a) trying out
- (b) in the pink of health
- (c) to your heart's content
- (d) in fits and starts
- (e) a fine time
- (f) taken up
- (g) call up
- (h) wake up
- (i) catching up
- (j) looking up
- (k) nothing ventured nothing gained

B.

- (a) Nutrients from red fruits and vegetables have health benefits.
- (b) Complaints about garbage collection can be solved by complaining to the right channel.
- (c) Making people aware of recycling benefits each and every one.

READING

A.

1. clean Banting Beach
2. Coastal Clean-Up
3. one day
4. 50 students, locals
5. should be clean
6. waterway clean continuously
7. a thousand kilograms

Grammar

A.

1. How long have we left the chicken in the oven?
A For thirty minutes.
2. How long has he enrolled for the self-defence class?
B Since the bullying incident last week.
3. How long have they not travelled anywhere?
A For two years.
4. How long has the cat not leave the house?
B Since morning.
5. How long has she talked about going to Terengganu?
A For two weeks.

B.

1. left, have left
2. have taken, took
3. signed, have signed
4. did you see, seen
5. closed, has closed

Listening

A.

- (a) Raja Muda Forest Reserve
- (b) 150 , 600
- (c) Replant
- (d) Promote
- (e) drones

- (f) climate change
- (g) greenhouse gas emissions
- (h) World Wetland Day

B.

1. equipped
2. replant
3. monitor
4. contribute
5. promote
6. reduce

C.

1. be an evidence of or bear witness to
2. establish
3. refute
4. verb
5. He was told to demonstrate his skill.
6. demonstration
7. demonstrative

Writing

A very good morning to the Principal, teachers and students. It is an honour to be here to speak on great health and happy living. I'll touch on good nutritional habits and a balanced active life.

As you all know, good nutritional habits are very important. Our health depends on our eating habits which should begin from childhood, or otherwise one may have problems like obesity and ill health. With regards weight, the best indicator is the Body Mass Index (BMI), as for portions of food, a good portion would be the size of your palm. You feel hungry when there is an empty feeling in your stomach. You cannot concentrate on your work. Listen to your body and you will know when you are full.

Take a variety of greens and fruits in as many colours as you can. Include browns as in brown bread and brown rice. Make sure you have an adequate amount of calcium and protein. Don't skip meals especially breakfast. This is the most important meal of the day.

Besides food, you must maintain a good level of activity and include some form of exercise in your daily routine. Like food, exercise is part and parcel of a balanced active life. Do some walking or a simple workout outdoors for about half an hour a day. being active not only helps to develop physically but also stimulate your minds to work better. When watching television or mobile phone, stay with educational programmes which stimulate the mind intellectually.

Exercise does not need to take up a lot of extra time. Work it into your daily routine. Try different activities like outdoor and indoor activities. Expose yourself to more adventurous activities to foster a greater interest in keeping fit the right way.

Remember that a healthy life is in your own hands – eat right and exercise right.

I hope that I have helped in making all of you understand and practise good nutritional habits. Thank you for your time.