

Unit 1: Staying Healthy

Writing Skill: Audience and Purpose

p. 4

Apply A

Find the Time to Get Fit

1. exercising on a busy day
2. for people without a lot of time
3. two small water bottles, water, and stairs
4. It makes your arms and legs strong, and it is good for your heart.

Easy Walking

1. beginning to exercise safely and slowly
2. for people who might stop exercising if they try to do too much, too fast
3. running shoes and comfortable clothes
4. It reduces stress and makes you physically fit.

Get Marathon Ready

1. train for a marathon; increase energy
2. for experienced runners
3. running shoes and a watch
4. It improves energy and speed.

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Apply B

1. a
2. c
3. b
4. a

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Analyze A

1. ✓
2. X
3. X
4. ✓
5. X
6. ✓

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Analyze B

Answers may vary. Sample answers:

1. two exercises: lifting water bottles and step-ups
2. I could do the exercises without the picture, but it would take me longer to understand the steps.

3. The writer included the pictures because the exercise has so many steps, which can be confusing.
4. five steps
5. The *Easy Walking* routine is easier to understand because I don't have to think about left and right or arms and legs.
6. The picture in *Easy Walking* routine is not important because the text is easy to understand by itself.
7. The *Get Marathon Ready* routine is best for me because I already exercise regularly.

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Analyze C

Answers may vary. Sample answers:

1. No, because it is clear that readers have to do the exercise in a place they can run.
2. No, it doesn't.
3. Yes, it says to do the routine four times.
4. I don't know how many times per week to do interval runs, so the writer should add that.

Vocabulary Activities STEP 1: Word Level **p. 6**
A

1. stressful
2. stress
3. stress
4. stressful

Vocabulary Activities STEP I: Word Level **p. 6**
B

1. school team
2. soccer team
3. home team
4. national team

Vocabulary Activities STEP I: Word Level **p. 7**
C

1. V focus on
2. N focus
3. N focus
4. V focused on
5. N focus
6. V focus on

Vocabulary Activities Step I: Word Level **p. 7**
D

1. goal