6 WRITING My favourite activities

a) Read these emails from two British students. Are you more like Nate or like Rosy? Say why.

I'm like ... because I'm / I'm not sporty, and I ...

Hi! My name is Nate. I'm not very sporty, so I don't like PE at school. I like football, but I don't play in a team. After school I sometimes play football with my friends – just for fun. I love playing computer games. We have a games console at home, and last Christmas I got a sports game for it. It's so much fun! I'm good at bowling and ski jumping, so I usually win these games.
What about you? Write soon! Best wishes Nate

Hi! My name is Rosy. I love sports and I'm a very active person. I go to school by bike every day. On Mondays I play tag rugby. It's a great team sport and a lot of fun. On Wednesdays I go dancing. There's a cool dancing club at my school and the dancing teachers are very nice. At the weekends I often go swimming with my family – it's great! Sport is very important for me and it makes me feel good.
Best wishes Rosy

b) Write an email to Nate or Rosy. Write about yourself and your favourite activities.

7 READING and MEDIATION A poster

a) Scan this poster and find out:

1 What is the poster about? A Eating healthy food. B Having a healthy lifestyle. C Not getting a cold.

2 Where can you find this poster? A In schools. B In a cafe. C At home.

3 Who is this poster for? A Teachers and parents. B Doctors. C Students.

Avoid colds and the flu

Here are 10 tips to avoid a cold or the flu.

1. Wear warm clothes, a scarf and a cap or hat and spend about 30 minutes outside every day.
2. Do lots of exercise in the fresh air. You can go walking, jogging, inline-skating, etc.
3. Always change wet clothes and put on dry clothes.
4. You should eat a lot of fresh fruit like kiwis, oranges, apples or strawberries.
5. Vegetables are good for your health, so eat broccoli, cucumber, carrots etc.
6. Your body needs vitamin D, so drink milk every day, eat fish every week.
7. Wash your hands with warm water and soap for about 20 seconds. (Sing "Happy birthday" twice.)
8. Don't use your classmates' pencils, crayons and pens.
9. Sneeze into a tissue and throw it away (in a bin).
10. When you meet people you shouldn't shake hands or kiss.

Before you look in the dictionary try to guess the words.
- Some words are like German words, e.g. *kiwi*.
- You can guess some words from the text: e.g. *avoid*, *health*.
- Look at the pictures, e.g. *sneeze*, *tissue*.

▸ *Skills file 2, p. 183*

b) There are some new words on the poster. Which words can you guess? Which words do you need to look up? Check your answers in the dictionary.

c) Du bist mit einem deutschsprachigen Freund an deiner englischen Partnerschule. Hilf ihm, das Poster zu verstehen. Gib die 10 Tipps knapp in eigenen Worten wieder, z.B.:
– Auf dem Poster geht es darum, ... – Es gibt 10 Tipps. Im ersten heißt es, dass ...

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