

1- Fill in the blanks of the script :

<http://youtu.be/u1zfh6tbcM>

Let's Move – With Michelle Obama (transcript A2 - 1'01)

July 19th 2012

Experts tell us that _____ need _____ **minutes of activity a day** to grow up healthy. And we know that **regular** _____ **activity** boost kids' _____ and creativity. And it is even linked to improve academic performance.

Best of all, moving around is just plain _____. And one of the most fun ways to get moving is by exploring America's great outdoors. No matter where you live, there are places near you to get _____ and get _____: from **biking around your** _____ to **playing** _____ **or capture the flag** in an urban park, from **hiking on a** _____ **trail** to **paddling around a** _____ **or catching an early morning wave**.

The great outdoors is America's first and best playground. So what are you waiting for? **Grab a** _____ and get moving _____ with your _____ today.

For more information on where to go and what to do outside, visit letsmove.gov

2- Ask the questions to your classmate and circle the answers for them. Then prepare to report to the class :

TEST YOUR HEALTH HABITS

1 How often do you go to fast food restaurants?

- ▲ Never
- ✗ Once a month or less
- ◆ Once a week or more

2 How often do you eat snacks or sweets between meals?

- ♥ Never
- ▲ Once a day
- ✗ Twice a day
- ◆ More often

3 Do you come to school on an empty stomach?

- ▲ Never
- ✗ Sometimes
- ◆ Often

4 How many hours do you sleep on week nights?

- ✗ Less than 8 hours
- ♥ 8 to 10 hours
- ✗ More than 10 hours

5 How often do you do sport outside school?

- ✗ Once a week
- ▲ Twice a week
- ♥ Three times a week

6 Do you eat five pieces of fruit or vegetables a day?

- ◆ Never
- ✗ Hardly ever
- ▲ Quite often

SCORE ◆ = 0 point ✗ = 1 point ▲ = 2 points ♥ = 3 points

between 12 and 15: Congratulations! You must be in tip-top shape!

between 7 and 11: Your score is not too bad, but you can improve!

between 0 and 6: Try to change your health habits as soon as you can!

3- What advice can you give him or her ?
