

Joanne is reading some entries in a dictionary.

1

diet (n.) ['daɪət]

an eating plan with the purpose of getting fit
e.g. Mr Leung must go on a diet to lose weight.

diet (v.) ['daɪət]

to eat less with the purpose of getting fit
e.g. I am dieting, please do not give me fatty food.

2

fitness (n.) ['fɪtnɪs]

health and strength
e.g. The firemen undergo harsh training to improve their physical fitness.

3

healthy (adj.) ['helθi]

in good physical condition
e.g. Peter is healthy because he does exercise regularly.

4

overweight (adj.) [ˌəʊvə'weɪt]

too fat or too heavy in weight
e.g. That man is overweight, his doctor advised him to exercise for at least half an hour every day.

Listen!




1. Circle the part of speech of the words.
2. Underline the meaning of the last word.

Date:


A Choose the best answer by blackening the circle.

1. What information about a word can you find in a dictionary?
- | | |
|------------------|----------------------|
| I. pronunciation | II. part of speech |
| III. meaning | IV. sentence example |
- A. I, II and III B. II, III and IV
- C. III and IV D. all of the above
2. The word 'diet' is both a / an _____ and a _____.
- A. adjective, verb B. noun, verb
- C. adjective, noun D. adverb, verb
3. Which word is the best choice for the blank in the following sentence?
- The lady is _____ and she is seeking advice from the doctor.
- A. diet B. healthy
- C. fitness D. overweight

 Eliminate the wrong answers by finding out the part of speech of the target word.

B Answer the questions in complete sentences.

4. Which word in the dictionary is the antonym of the word 'weak'?
- _____

-  5. Joanne's dad is too heavy in weight. How can he get fit?
- _____

C Complete the leaflet with the words from the text. Make sure your answers are grammatically correct.

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