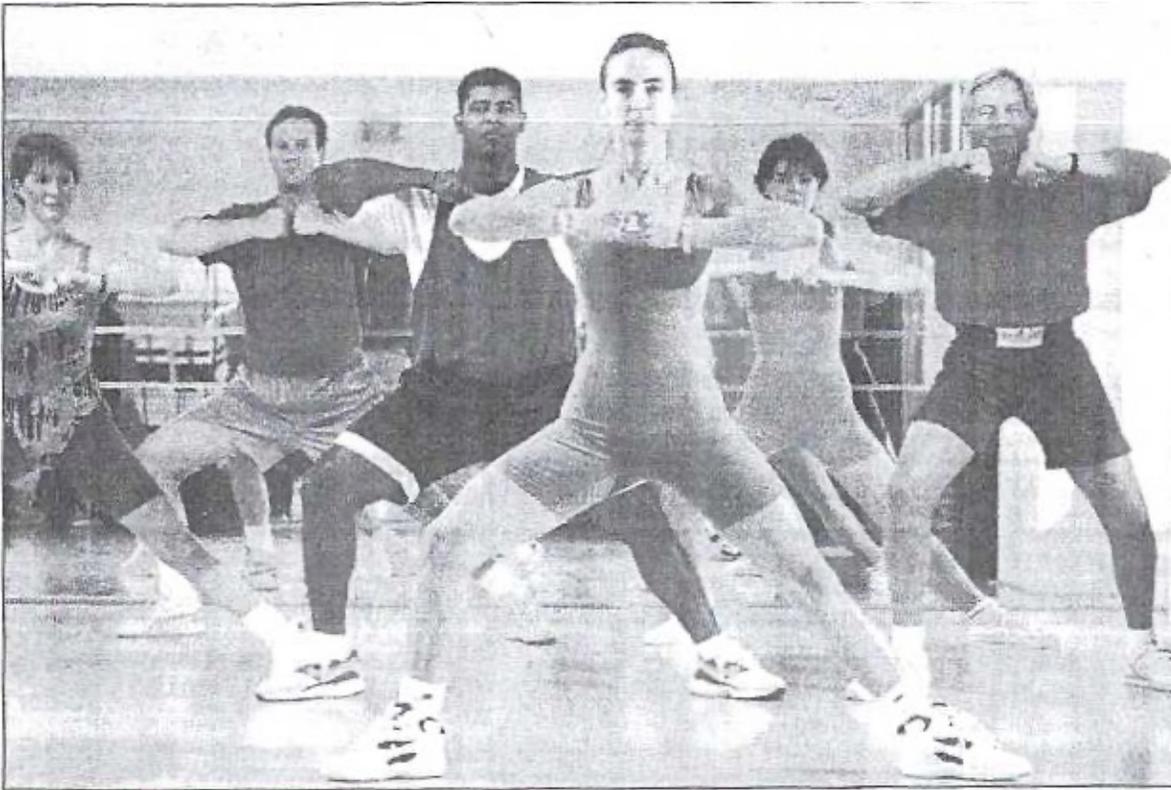


CHAPTER 12 – FUN, FIT, AND FREE



**BEFORE YOU READ.** Look at the picture and read the title of the story.

1. Circle your answers.

What are these people doing?

1. Dancing
2. Exercising
3. Working

Why are they doing this?

1. For their jobs
2. For their health
3. For money

Where are these people?

1. At home
2. At work
3. At a gym

2. Write your answer on the line.

Did you go to a place like this? \_\_\_\_\_

**FUN, FIT, AND FREE**

Two years ago, John Street read a story in an American magazine, and he became very unhappy. The story said that Philadelphia, Pennsylvania, was the fattest city in the U.S. Why was John unhappy about this? He was the mayor of Philadelphia, and he was worried about his city.

When John Street was young, he was very overweight. His doctor said this was unhealthy. John needed to lose weight, so he started to exercise and eat well. Slowly, he lost 60 pounds and felt great! He continued to exercise and eat the right food to stay healthy. Mayor Street knew that he could help the people of Philadelphia lose weight and get fit, too. He thought, "Then we will be a better city, and our citizens will feel better. Philadelphia will be a healthier place to live."

Mayor Street started a new program called Fun, Fit, and Free to help Philadelphians have fun, become fit, and be free from fat. The program encourages people to eat healthy food, exercise every day, and drink plenty of water. Philadelphians can go to the Fun, Fit, and Free Web site to join. About 30,000 people are in the program. When they lose weight, they write stories online to tell about it. This encourages other people to lose weight. There is information on the Web site about how to eat healthy food, too.

Many businesses in Philadelphia are also helping. Some restaurants now offer more choices of healthy food. Health clubs are open in the afternoon, so people can exercise at lunchtime. Some Philadelphia hospitals have free classes to teach people about good health. Fun, Fit, and Free is very successful so far. The people of Philadelphia lost a total of six tons (about 5443 kilos) in two years. Philadelphia is no longer the fattest city in the U.S., and John Street is very happy.

# READ ON TWO

1. **MAIN IDEA.** What is the most important idea of the story? Circle the letter.

- 1. Mayor John street lost 60 pounds when he was a young man.
- 2. Mayor John Street wants Philadelphians to be healthy.
- 3. Philadelphia was the fattest city in the U.S.

2. **JUST THE FACTS.** Check (✓) True or False. If a sentence is false, change it to make it true.

	True	False
1. John Street is overweight now. <i>John Street was overweight when he was a young man.</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2. John Street was the mayor of Philadelphia.	<input type="checkbox"/>	<input type="checkbox"/>
3. Many restaurants in Philadelphia offer healthy food.	<input type="checkbox"/>	<input type="checkbox"/>
4. Mayor Street stopped exercising after he lost weight.	<input type="checkbox"/>	<input type="checkbox"/>
5. Many people in Philadelphia want to lose weight.	<input type="checkbox"/>	<input type="checkbox"/>
6. Philadelphia is the fattest city in the U.S.	<input type="checkbox"/>	<input type="checkbox"/>

3. **LEARN NEW WORDS.** Choose the correct words. Write them on the lines.

~~Became~~ continued encourages no longer overweight plenty of program

- 1. John Street became very unhappy after he read the magazine story.
- 2. He needed to lose weight because he was \_\_\_\_\_.
- 3. After he lost weight, he \_\_\_\_\_ to exercise. He didn't stop.
- 4. He started a \_\_\_\_\_ called Fun, Fit, and Free.
- 5. Fun, Fit, and Free \_\_\_\_\_ people to exercise and eat good food. The program helps people become healthy.
- 6. The program also teaches people to drink \_\_\_\_\_ water.
- 7. Philadelphia is \_\_\_\_\_ the fattest city in the U.S. John Street helped his city lose weight.

# READ ON TWO

4. **CORRECT THE SENTENCES.** The underlined parts of these sentences are wrong. With a partner, rewrite the sentences with the correct information.

1. John Street was the fattest man in Philadelphia.

*John Street was the mayor of Philadelphia* \_\_\_\_\_

2. When John Street was a young man, he was worried about his city.

\_\_\_\_\_

3. There is information in the magazine about how to eat healthy food.

\_\_\_\_\_

4. Health clubs are open in the afternoon, so people can eat healthy food.

\_\_\_\_\_

5. About 30,000 people live in Philadelphia.

\_\_\_\_\_

6. Some Philadelphia hospitals have free classes so people can exercise.

\_\_\_\_\_

5. **TALK IT OVER.** Do you think Mayor Street was a good mayor? Why or why not? Write your answer on the lines and talk about it with a partner.

*I think Mayor Street (was/wasn't) a good mayor because* \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

6. **TAKE A SURVEY.** Ask your classmates this question. Count their answers and put the numbers on the chart.

QUESTION	YES	NO
Do you think Mayor Street was a good mayor?		

7. **WRITE IT DOWN.** What do you like best about Fun, Fit, and Free?

*The best thing about Fun, Fit, and Free is* \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## CHAPTERS 11 AND 12 ACTIVITY

1. **TIE IT TOGETHER.** Look at the words below. Which words go with Chapter 11? Chapter 12 Both? With a partner, write them in the table below. Then add more words from the chapters.

Cafeteria	healthy	<del>mayor</del>	restaurants
California	hospitals	online	students
exercise	junk food	overweight	teachers
fit	lunchtime	Philadelphia	worried

**MORE WORDS:**

\_\_\_\_\_

A HEALTHY CHOICE	BOTH	FUN, FIT, AND FREE
<i>California</i>	<i>Healthy</i>	<i>mayor</i>

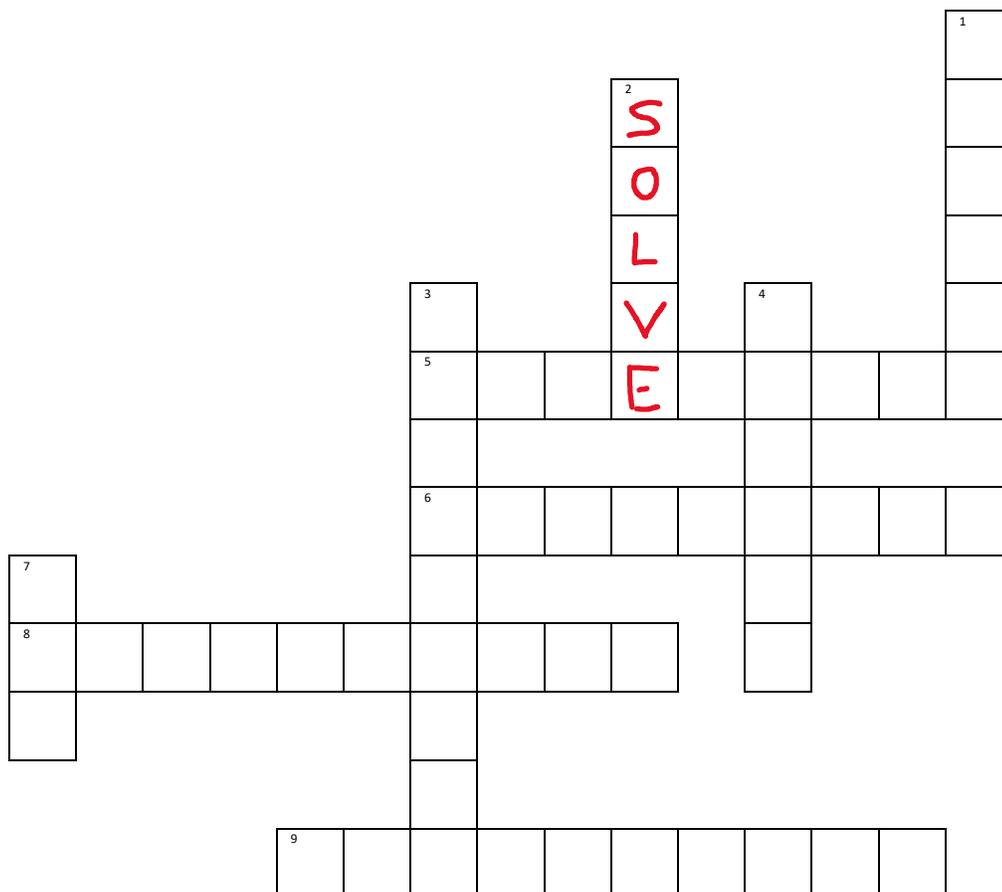
2. **WRITE IT DOWN.** Choose three words from Activity 1 and write a sentence using each word. Underline the word in the sentence. Share your sentences with your classmates.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

3. **THINK IT OVER.** Think about the stories in Chapters 11 and 12. What is the problem in each story? What is the solution? Write your answers in the chart and share them with a group.

STORY	PROBLEM	SOLUTION
A Healthy Choice		
Fun, Fit, and Free		

4. **JUST FOR FUN.** Use the clues in the box to complete the puzzle.



<b>CLUES</b>	
Across	5. not healthy
6. Where you eat at school	
8. also (two words)	
9. fat	
Down	1. A lot
2. Find the solution	
3. When you eat lunch	
4. Tired	
7. healthy	

5. **GO ONLINE.** Find a health club in your city. Use an Internet search engine like Google and type in "health club" and the name of your city. Write the name and address here:

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