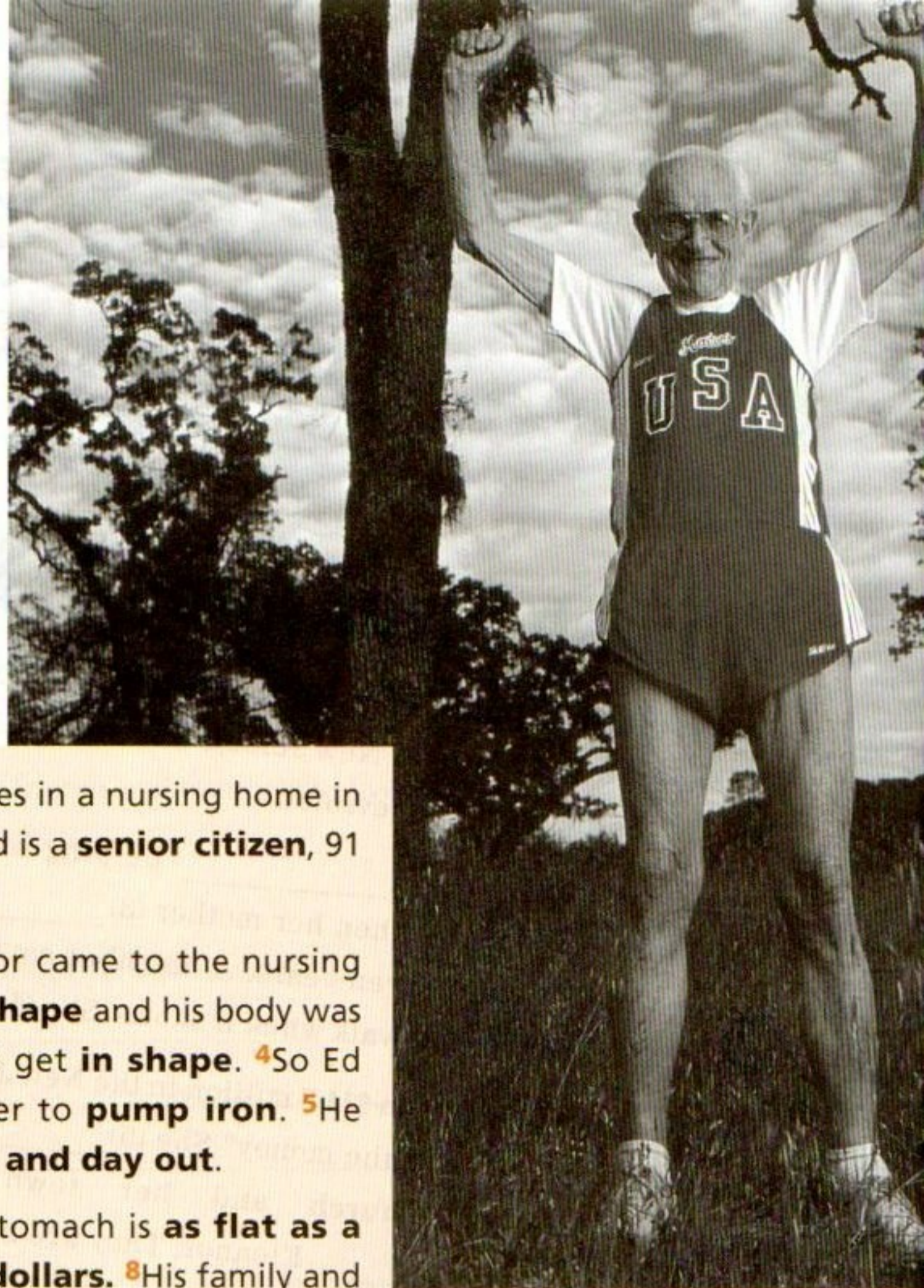


Fit as a Fiddle

4



1. Quick Reading

Look at the pictures on page 15.

What is the story about?

Now read quickly to get the main idea.

BOSTON, MA, USA ¹Ed Rosenthal lives in a nursing home in Boston with other elderly people. ²Ed is a **senior citizen**, 91 years old.

³When Ed was 84 years old, a doctor came to the nursing home. She saw that Ed was **out of shape** and his body was weak. She told him to exercise and get **in shape**. ⁴So Ed started going to the exercise center to **pump iron**. ⁵He **worked out** for seven years, **day in and day out**.

⁶Now Ed has big muscles, and his stomach is **as flat as a pancake**. ⁷He **feels like a million dollars**. ⁸His family and friends are surprised. They can **not believe their eyes**. Now Ed Rosenthal, at 91, is **as fit as a fiddle**!

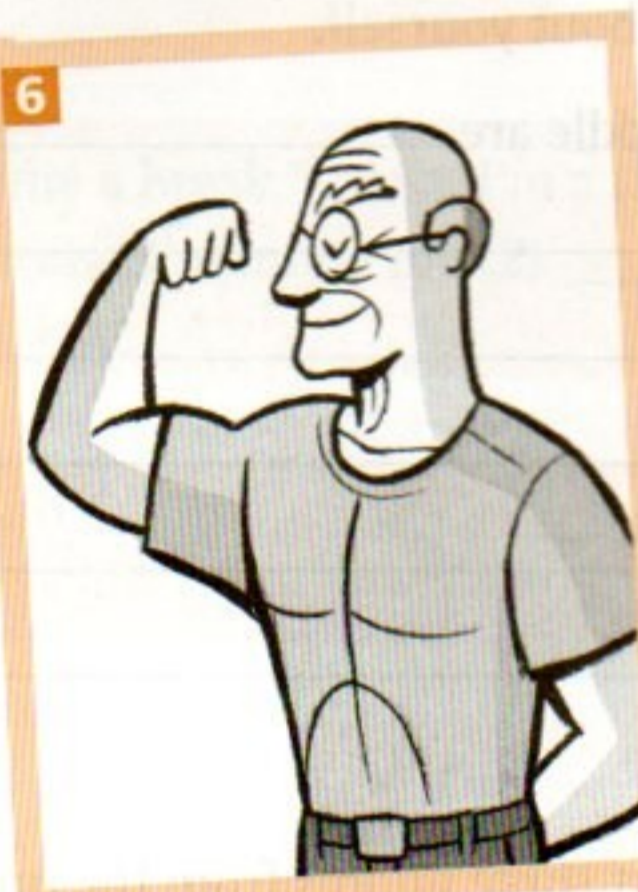
New idioms and expressions

(as) fit as a fiddle	healthy and physically fit
senior citizen	a person more than 65 years old
out of shape	not in good physical condition
in shape	in good physical condition
pump iron	lift weights
work out*	exercise
day in and day out	regularly; all the time
(as) flat as a pancake	very flat
feel like a million dollars	be very healthy and happy
not believe one's eyes	not believe what one sees because of surprise

*phrasal verb (see Lexicon and Appendix D)

 **2. Listen**

Cover the story and look only at these pictures. Listen to the story two or three times.



3. Read the Story

Now read the story carefully. Pay special attention to the idioms so that you're ready for Exercise 4.

 **4. Listen and Complete**

Close your book. Listen to the story again. When the tape or your teacher pauses, try to complete the idiom.

5. Tell the Story

Cover the story and look at the pictures above. Tell the story using as many idioms as you can.

- a. First, work with the whole class to retell the story.
- b. Then tell the story to a partner or small group.

6. Answer the Questions

About the story.....

- Describe Ed seven years ago. How is he different now?
- How did he get in shape?
- What do Ed's friends think of the change?
- What is a nursing home? Do you think senior citizens like Ed should live in nursing homes?

About you.....

- Do you work out? If so, how often? Where? What do you do? Do you pump iron?
- What things do you do day in and day out?
- When you're Ed's age, what kind of shape will you be in?

7. Write About Yourself

Complete the sentences, writing something true about yourself.

- In my opinion, the best ways to stay as fit as a fiddle are _____
_____.
- When I'm a senior citizen, _____
_____.
- I feel like a million dollars when _____
_____.

8. Write a Dialogue

Work with a partner. Write a dialogue using at least three idioms from the unit. Act it out for a small group or the class.

9. Take a Dictation

10. Complete the Dialogue

a. A young girl, Ana, is talking to her grandfather.

Fill in the blanks with idioms from the box.

- in shape
- out of shape
- senior citizen
- fit as a fiddle
- not believe her eyes
- feel like a million dollars
- work out



Grandpa, do you want to go for a bike ride with me today?

No, I don't think so.



Come on,* Grandpa! Please!

Give me a break,** Ana. I'm a (1) _____, you know. I'm much too (2) _____ to ride a bike.



You should (3) _____ like Grandma. She's as (4) _____!

All right, all right. I know I should get (5) _____. I'll go with you if we don't go too far or too fast.



Oh, thanks, Grandpa! We'll just ride to the park. You're going to (6) _____ after you exercise.

Your grandmother will (7) _____ when she sees me on a bike!



* Come on!: Please do it! (informal)

** give someone a break: stop bothering someone (informal)

b. Work with a partner. Role-play the dialogue together.