

# Unit 2

## Pastimes



### Objectives

**After completion of this unit you should be able to**

- narrate incidents and events in a logical sequence.
- participate in conversation, discussions and debates.

### Overview

Lesson 1: Walking

Lesson 2: Health and fitness benefits of walking

Lesson 3: Common pastimes in Bangladesh

Lesson 4: Some other pastimes



**Answer key:**

## Lesson 1 : Walking

Look at the picture and describe it to your friend.



Morning walk at Ramna Park in Dhaka



### A. Read the dialogue and answer the questions.

Taifa: I think we should go for a walk every day. Walking is extremely good for our body as well as our mind. It keeps us active.

Ariyan: You are right. I agree with you. It is the best exercise for both young and old.

Taifa: It refreshes our mind and improves blood circulation. We become free from our daily tensions.

Ariyan: It strengthens (make strong) the immune system of our body which fights diseases, consequently (as a result) our body is able to fight against the diseases in a better way. Even the doctors always recommend (suggest) the patients to have a walk regularly.

Taifa: Yes, I agree, but it is very difficult for some persons to have a walk regularly.

Ariyan: We must have a strong will power and a determination. We have a habit we can't miss it.

Taifa: In small towns people go for a walk in the fields or along the banks of canals. That's even more exciting.

Ariyan: In big cities people can walk on the roads or in the public parks where they can enjoy fresh air. The area should be pollution-free. People can walk in the morning or even in the evening.

Taifa: In the morning people enjoy the beautiful scenery of nature and feel very pleasant in a cool breeze.

Ariyan: Birds chirp early in the morning on the trees. In the villages we see farmers ploughing or reaping in the fields. It is a very good sight certainly.

Taifa: In the cities men immensely (very much) enjoy a morning walk. Many do light exercise or yoga in the parks.

Ariyan: Flowers of many colours can be seen blooming in the parks or gardens. We can walk barefoot on the grass. It's considered to be good for our eyesight.

Taifa: We should never miss walking whether it is hot summer or cold winter.

Ariyan: Walking is more essential for fat persons. If they walk regularly they can reduce their weight.

Taifa: In fact we can live longer and a disease-free life if we go for a morning walk regularly.

Ariyan: Indeed, a walking is just like a nutritious (good for improving health) food for our body.

Taifa: Last night I was thinking seriously that we must have this light exercise and decided to talk to you about it.

Ariyan: I am extremely thankful to you. Can you reach my house at 5.30 am daily? I shall happily accompany you.

Taifa: Tomorrow I will discuss the importance of walking among our classmates. I believe they will understand the matter.

Ariyan: Of course, I will also be there with you and make them understand the importance of walking. My father gave me a newspaper article regarding the importance of walking. I'll bring the article also.



### B. Read and note

Words	Meanings
<b>Extremely</b>	<b>Enormously</b>
<b>Immune</b>	<b>Resistant</b>
<b>Determination</b>	<b>Strength of mind</b>
<b>Blooming</b>	<b>Flowering</b>
<b>Breeze</b>	<b>Light air</b>
<b>Reduce</b>	<b>Decrease</b>
<b>Accompany</b>	<b>Go with</b>

C. Complete the following passage with words from the box. There are more words than necessary.

Happiness, good, best, healthy, keeps, fresh, brings, should, useful, refreshes, beautiful

A morning walk is a very (a) ----- exercise. It is a light exercise. It (b) ----- our body and mind. In the morning Nature is at its (c) ----- . A morning walk (d) ----- us in contact with the beautiful surroundings of Nature. It gives us a great joy and also (e) ----- us fit and healthy. The green grass, the blossoming flowers, chirping birds, the (f) ----- air, the rising sun and morning dew - all provide us great joy. They fill our heart with (g) ----- . Morning walk is (h) ----- for all. The old and the young, the (i) ----- and the weak, all (j) ----- take a morning walk.

## Lesson 2: Health and fitness benefits of walking



### A. Read the text

Starting a regular walking program offers various health and fitness benefits.

**Good for your heart:** Walking regularly can help reduce high blood pressure and high cholesterol, both of which contribute to heart disease.

- According to the long-term Nurses' Health Study, which follows the habits and health of 72,000 female nurses, three hours of fast walking each week (that's just 30 minutes per day) can lower a woman's risk of heart disease by 30% to 40%.
- A 2001 study published in *Medicine & Science in Sports and Exercise* found that inactive women with high blood pressure reduced their systolic blood pressure and body mass by walking 9,700 steps per day at a self-selected pace for 24 weeks.
- Harvard researchers looked at 11,000 men and determined that one hour of regular, moderate exercise (equivalent to fast walking), done five days a week, may cut a man's risk of stroke in half.

**Strengthens bones and joints:** Walking is easier on your joints than higher-impact activities like running or aerobics, but it still helps reduce your risk for osteoporosis and reduces your risk of falls.

- Consistent activity, like walking, reduces one's risk of hip fracture, according to a study of more than 30,000 men and women ages 20 to 93.
- A review of 24 studies on aerobic exercise and bone mineral density in women suggests that walking just 30 minutes per day a few times a week is enough to increase bone density by a moderate amount (about two percent) compared to non-exercisers. Walking was the preferred form of exercise by most participants.

**Weight control:** Walking may seem like a leisurely activity, but with the right intensity, it can raise your heart rate and burn serious calories so you can reach and maintain a healthy weight.

- A study published in the *International Journal of Obesity* suggested that 30 minutes of walking on most days of the week may be as beneficial for weight loss as 60 minutes of walking (in combination with diet).
- Researchers from the Center for Human Nutrition at the University of Colorado Health Sciences Center say that simply walking for 15 minutes (or about 2,000 steps) and eating a couple fewer bites of food can help you prevent future weight gain.

- Without changing diet, a review of pedometer-based walking programs found that participants who take 2,000 to 4,000 steps per day (that's about 1 to 2 miles) can still expect modest weight loss (about five pounds per year).

**Benefits for the Mind:** A long list of mental health benefits have been attributed to exercise



**B.** Answer the following questions.

- According to the passage mention the ways that walking is helpful for human body.
- How one can reduce obesity by taking regular walking?
- How can you prevent your future weight gain?
- What are the mental health benefits of walking?
- How is walking helpful for bones and joints?

**C. Complete the following sentences:**

- Regular walking can-----.
- 30** to 40 percent risk of heart disease of a woman can be reduced by-----.
- A man can be free from heart stroke-----.
- Walking thirty minutes per day can-----.
- Walking with right amount of integrity can----- and maintain a healthy weight.
- Walking is not simply a ----- activity.
- By taking 30 minutes walking one can easily -----.

### Lesson 3 : Common pastimes in Bangladesh



**A. Read the text**

The activities we do regularly for pleasure rather than work are called pastimes. Pastimes provide us with the opportunities of rest and recreation. We need leisure or pastimes to get rid of our fatigue and monotony. In Bangladesh, people of both villages and cities have their own pastimes. Usually village people spend their pastimes by chatting and by doing various socio-cultural activities. Some village children and boys play different kinds of rural games like ‘Ha-du-du’, boat racing, kiting, fishing, searching for birds and nests on trees. Some of them play football, cricket, badminton, and volley-ball and so on. The village women and girls usually stay at home and spend their pastimes by gossiping, sewing and embroidering. On the other hand, the people in towns are generally educated and they spend their pastime by reading newspapers, magazines, novels and other literary works, by visiting many historical places, by going out for a picnic, and by enjoying shows and exhibitions. They also participate in the discussions on

political issues at tea stalls. The younger generation in cities is very much fond of playing cricket, operating computer, driving motor-bike, cycling and reading books. The women in towns are fond of watching drama and films on television and listening music. In fact, common pastime for all walks of people in villages and towns is watching television.



**B. Write true or false.**

- a. A pastime is done regularly.
- b. Watching television is a common for both the rural and the urban people.
- c. A pastime is nothing but a leisurely activity.
- d. A village woman usually most of her time stays in the house.
- e. Urban people are generally illiterate.
- f. Kiting is an urban pastime.
- g. Visiting a historical place is an example of a pastime.

**C. Make sentences using the following substitution table.**

People need	Birds and	to get of	As work
Pastimes	Is a	Is a	Own pastimes
Both rural & urban	leisure	pastime	Is one of the rural pastimes
Searching for	cycling	Usually regarded	For village women
Enjoying shows	Television	pastime	routine works
Now a days	Are not	their	Simply a pastime
Watching	Is a	Is not	Among urban people
Sewing	People have	nests	Common pastime

**D. Make list of five points on rural pastimes and five points on urban pastimes.**

## Lesson 4 : Some other Pastimes

A. Here are some other sources of pastime. Read the text carefully and answer the questions that follow.

### Gardening



Roof-top gardening in the capital Dhaka



**Gardening** is one of favorite hobbies of Taifa. As a self taught gardener, she derives great pleasure from this hobby. In front of her house, there is a small plot of land which she has been using as a garden. She grows flowers and some vegetables on this plot. Beside this, she has a number of flower-pots in which she has grown some very-green plants. She does carry on gardening only during her spare time.

Taifa's hobby is useful in many ways. It gives her pleasure and refreshes her when she is tired after the day's hard work. It brings her in touch with the green plants and flowers in the morning. Everyone should have one or the other hobby. Generally, most people do not have any hobbies. They should try to have some hobby for their own sake. Pleasure is the chief end of a hobby, and so the best hobby is the one that delights and recreates.

## Painting



One of the paintings of the great artist Shahabuddin

Painting is not just for the professional. Painting can be a pastime or a hobby too. There is nothing wrong in being an amateur at painting. It is a beginning. Many professionals were once amateurs.

The word amateur comes from the Latin word, "amator" which means . . . "One who loves." It certainly gives you a better feeling about the word amateur. The amateur painter is not even thinking of selling his or her paintings. Painting is done solely for the enjoyment. That does not mean there won't come a time when their art deserves selling. There are many benefits of painting as hobby. Today painting attracts people of all ages. As hobby, Painting can be a source of relaxation in a stress filled life. Anyone can take painting as a hobby and enjoy it. .

## Photography



A photographer taking a photo of a street cobbler

Photography is an art and it just captures the beauty of the moment in all its best. It does not require great skills but requires an understanding to capture wonderful shots. To get good shots, one needs to understand a few concepts of photography like lighting techniques, backgrounds, arrangements and so on. So, when you are able to operate exactly, you will get a wonderful shot. Practicing is another method to get your shots to the perfect, the more you practice on your choice of interest, the more well your shots would become.

Photography can elevated one's imagination senses and also patience level as he/she has to wait long for a good and right capture. Photography is something that develops over a period of time and with a good imagination sense. It is quite easy to capture those wonderful and cherished moments of life, which could never be brought back in reality.

A good photographer would always be in search of good sceneries or events to capture good moments. Photography is something that just does not happen overnight. One has to devote time and develop patience and learn the art of good photography.

### Cycling



Cycling in Hatirjheel Complex in Dhaka

**Cycling**, also called **bicycling** or **biking**, is the use of bicycles for transport, recreation, or for sport. Persons engaged in cycling are referred to as "cyclists", "bikers", or less commonly, as "bicyclists. Cycling is widely regarded as a very effective and efficient mode of transportation effective for short to moderate distances. Bicycles provide numerous benefits in comparison to motor vehicles, including the continual physical exercise necessarily involved in cycling, that cycling involves a reduced consumption of fossil fuels, less air or noise pollution, much reduced traffic jams, easier parking, and access to both roads and footpaths. The advantages also include reduced financial cost to the user.



**B. Match the words with their meanings in the right boxes:**

:

refreshment	get
recreation	ought to have
derive	increase
professional	at once
deserve	tonic
elevation	many
overnight	skilled
numerous	leisure

**C. Now answer the following questions.**

- What should be the result of a hobby?
- What is the usefulness of Taifa's hobby?
- What do you understand by the word 'amateur'?
- How painting can be a source of earnings?
- What do you mean by cycling?
- What are the benefits of cycling?

**D. Read the following text carefully and fill in the blanks with the words provided in the box.**

significant	creative	rewarded	regular	engages	interest	enjoyment	included	continuous	only
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A hobby is a (a) ----- activity that is done for (b) -----, generally during one's leisure time. Hobbies can (c) ----- collecting themed items and objects, engaging in (d) ----- and artistic pursuits, playing sports, or pursuing other amusements. By (e) ----- participation in a particular hobby, one can acquire (f) ----- skill and knowledge in that area. Generally speaking, a person who engages in an activity (g) ---- for enjoyment is called a 'hobbyist', while a 'professional' generally (h) -----in an activity for (i) ----- and an 'amateur' (from French for "lover of") do so out of personal (j) ----- in an activity.



**Answer Key**

**Lesson 1**

Answer Key: useful, refreshes, best, brings, keeps, fresh, happiness, good, healthy, should.

**Lesson 2**

B. a. Three hours of fast walking can lower a woman's risk of heart disease by 30% to 40%. One hour of regular moderate exercise can cut a man's risk of stroke in half. Walking 9700 steps per day can reduce systolic blood pressure and body mass. Walking can reduce weight. Walking beneficial for maintaining a smooth mental health.

b. Thirty minutes of walking on most days of the week may be as beneficial for weight loss of as

- 60 minutes of walking.
- c. There are lots of benefits of mental health of walking.
  - d. walking 30 minutes per day a few times a week is enough to increase bone density.
- C.
- a. reduces high blood pressure
  - b. three walks of fast walking.
  - c. one hour regular fast walking.
  - d. weight loss of 60 minutes of walking.
  - e. burn serious calories
  - f. leisurely
  - g. keep him or her fit.

### Lesson 3

Answer Key: B. a. F . b.T .c.F d.T .e.T f. F .g.T.

D. People need leisure to get of routine works.

Pastimes

Both rural and urban people have their own pastimes.

Searching for birds and nests is one of the rural pastimes.

Enjoying shows are not usually regarded as work.

Now a days cycling is a pastime among urban people.

Watching television is a common pastime.

Sewing is a pastime for village women.

E. Five rural pastimes:

1. Playing cards
2. Gossiping in a tea stall
3. Flying kites
4. Fishing
5. Playing carm.

Five urban pastimes:

1. Facbooking
2. Surfing Internet
3. Watching television
4. Going to Theatre
5. Gardening on the top roof.

### Lesson 4:

**B.**

Refreshment- tonic

Recreation- leisure

Derive- get

Professional- skilled

Deserve- ought to have

Elevation- increase

Overnight- at once

Numerous-many

- C.**
- a. Hobby doesn't mean only time passing rather it can also be a source of little earning.
  - b. Taifa's hobby is a source of pleasure and refreshment and it also brings her to the touch of green plant and flowers in the morning.
  - c. 'Amateur' means one who loves to do anything out of his or her curiosity.
  - d. When paintings draw attention to a visitor they are intend to buy the painting and then painting can be a source of earning.
  - e. Cycling is the use of bicycles for transport, recreation or for sport.
  - f. Cycling involves reduced consumption of fossil fuels, less air or noise pollution, much reduced traffic jams, easier parking, access to both roads and footpaths. There is also a financial benefits of cycling.
- D.** : regular,enjoyment, included,creativity,engaging,significant,only,engages, rewarded,interest.