

3

Staying healthy



1 a What can you remember about the vlog? Complete the summary with the correct words and phrases from the Student's Book lesson.

Lily and Dan were speaking about having a ¹h_____ l_____. They found an app that gives a point for every ²p_____ of fruit and vegetables you eat.

For lunch Dan didn't choose an ³u_____ pizza. Instead, he had vegetable soup with carrots, potatoes and ⁴b_____. Dan said he had a ⁵l_____ o_____ e_____ after eating it. Also, Dan drank a ⁶s_____ with ingredients like ⁷p_____ and ⁸s_____.

For dinner, Lily had a ⁹r_____ for ¹⁰v_____ b_____, which was a ¹¹h_____ m_____. But she still had lots of baby ¹²c_____ as a late-night snack!

b 3.01 Watch or listen again and check.

2 Complete the sentences with the words and phrases below.

a healthy lifestyle broccoli have a lot of energy medium-sized smoothie spinach veggie burger

- Mum made a delicious vegetable soup with potatoes and purple and green _____.
- We _____ because we eat healthy food and do lots of exercise.
- When Alice makes a _____, she uses a variety of fruit like strawberries, bananas and pineapples.
- My favourite pizza isn't unhealthy! It has _____ and tomatoes on it.
- Dad doesn't eat heavy meals because he's on a diet. Now he eats _____ portions instead.
- There is no meat in Jamal's lunch. He's having a _____ and chips.
- We live _____ because we want to try and stay well.

3 Read the sentences. Are they true (T) or false (F)?

- Another name for an amount of food is a portion. ____
- When food is delicious, it doesn't taste good. ____
- A pineapple is a large fruit which is yellow inside. ____
- A heavy meal is a small amount of food that doesn't make you feel full. ____
- When a person is on a diet, they eat more than usual. ____
- A recipe tells you how to cook a meal. ____
- Broccoli and spinach are examples of unhealthy food. ____
- A variety of things is another name for a lot of different kinds of things. ____

4 Correct the false sentences from Ex 3.

5 REAL ENGLISH Replace the underlined words in the two conversations with the words and phrases (A-E) below.

- A awesome B check it out C Seriously D Wait a minute E Well done

Conversation 1

Izzy I tried that healthy smoothie recipe you found. I took a photo on my phone – look at it! ¹_____

Senyo That's great. Did you have a lot of energy after you drank it?

Izzy Yes, I did. It had such an amazing variety of fruit and vegetables that I felt very good! ²_____

Senyo I like what you did, ³_____ Izzy! Now you know that a healthy lifestyle can be delicious.

Conversation 2

Li Thanks for buying the food we need for the soup.

Paul No problem. I can't wait to try it.

Li Stop! I've just noticed something. ⁴_____ There's no broccoli in here! Did you forget to buy it?

Paul Yes, I'm sorry, Li. I lost the shopping list before I got to the supermarket. But I did remember the other ingredients like potatoes, onions and spinach.

Li Really?! ⁵_____ How did you lose the shopping list?! But don't worry. It's not a problem – spinach and potato soup is a healthy meal anyway. Come on – let's cook!

6 Imagine your friend is asking for advice on social media about how to stay healthy. You are going to write a short reply to their post. Write three sentences about how they can stay healthy. Use the words and phrases in Ex 1-3 to help you.

7 VOCABULARY BOOSTER Now practise Food vocabulary on page 106.



1 What do you remember about the grammar rules from the Student's Book? Complete the sentences with the words and phrases below.

a few a little a lot of how many
 how much (too) many (too) much

- 1 I have _____ homework to do. I won't be able to go to the cinema.
- 2 There isn't _____ food in the fridge. We need to go to the supermarket.
- 3 I asked the sales assistant _____ the trainers were.
- 4 There are _____ dishes for me to wash without help.
- 5 _____ sugar is better than a lot of sugar, if you are on a diet.
- 6 I wasn't sure _____ eggs we had at home, so I bought enough for my recipe.
- 7 I only need _____ minutes to tidy my room. I put my clothes away yesterday.

2 Complete the sentences with *much* or *many*.

- 1 How _____ pineapple juice did you drink?
- 2 Did you eat _____ portions of fruit when you went on a diet?
- 3 Joshua had a heavy meal last night and ate too _____ food.
- 4 How _____ ingredients do we have in the fridge for this recipe?
- 5 We made too _____ cakes for the summer fair.
- 6 There isn't _____ sugar in my smoothie recipe – check it out for a healthy lifestyle!
- 7 I didn't have _____ rice with my dinner.
- 8 There aren't _____ cakes and biscuits in Chloe's kitchen.

3 Match 1–7 to A–G.

- 1 How much _____
- 2 Nikolai only adds _____
- 3 There wasn't much _____
- 4 Sami always has a few _____
- 5 We made a lot of veggie burgers _____
- 6 How many _____
- 7 Oisin went on a diet because _____

- A portions of fruit and vegetables do you eat every day?
- B he ate too many sweet things on holiday.
- C broccoli in Paul's soup.
- D because 200 people came to the school barbecue.
- E spinach do you put in your smoothies?
- F biscuits with his tea in the afternoon.
- G a little milk to his tea.

4 Choose the correct alternative to complete the sentences.

- 1 Jenny only put **a few / a little** cheese on her pizza because she's on a diet.
- 2 We need **much / a lot of** tomatoes to make our delicious veggie sauce.
- 3 **How much / How many** pineapples did Dad ask us to buy?
- 4 I always eat **a little / a few** portions of fish every week.
- 5 Doctors are worried that **too much / too many** people eat unhealthy food.
- 6 There isn't **a lot of / many** rice on Priyanka's plate.
- 7 I'm disappointed that this sandwich hasn't got **many / much** ham in it.
- 8 **How much / How many** flour is there in the cupboard?

5 Complete the sentences with quantifiers so they are true for you.

- 1 I usually eat _____ portions of fruit and vegetables every week.
- 2 There is _____ healthy food in my diet.
- 3 I like to eat _____.
- 4 I don't like to eat _____.
- 5 At school I usually eat _____.
- 6 At home I usually eat _____.



1 What do you remember about facts and opinions from the Student's Book? Read the sentences. Are they true (T) or false (F)?

- 1 I can prove if a fact is true because it is a piece of information that I can check. ____
- 2 Facts change when different people say them. ____
- 3 My opinion is my personal belief about something. ____
- 4 You can only agree with an opinion. ____

2 You are going to listen to Emily's presentation about a new smoothie recipe. Before you listen, think about the conversation with her mum from the Student's Book. Answer the questions.

- 1 What fruit did Emily stop eating?
- 2 Why did she stop eating it?
- 3 Which two countries did Emily mention?

3  **3.02** Read the glossary below. Listen to the introduction to Emily's presentation. Why did she decide to make a new smoothie recipe?

sustainable (*adj*) made without doing damage to the environment

food miles (*noun*) [C] the distance food items travel from being produced to being bought

kale (*noun*) [U] a green vegetable

plant-based milk (*noun*) [U] an alternative to animal milk made from plants

4  **3.02** Now listen to all of Emily's presentation and choose the correct answer: A, B or C.

- 1 Why does Emily call her drink the 'sustainable super smoothie'?
 - A It has a variety of fruit and vegetables in it.
 - B She thinks it is good for you and the planet.
 - C She thinks it is a delicious drink.
- 2 Why did Emily change her opinion?
 - A She read that eating too many avocados was bad for the environment.
 - B People were eating too many avocados in the countries where they grow.
 - C The new recipe didn't use avocados.
- 3 What does Emily replace the avocados with in her new recipe?
 - A A little water.
 - B Spinach and kale.
 - C Only spinach.
- 4 What does Emily say is bad about kale?
 - A It has too many minerals in it.
 - B It uses too many food miles.
 - C It tastes bad.
- 5 What does Emily add to her smoothie to make it sweet?
 - A two bananas, one apple and a glass of pineapple juice
 - B one banana, two apples and half a glass of pineapple juice
 - C one banana, one apple and half a glass of pineapple juice
- 6 How does Emily think she could make her new smoothie recipe more sustainable?
 - A By using milk from an animal.
 - B By using something different from a banana.
 - C By making it taste more delicious.



STRATEGY Distinguishing fact and opinion

When you listen to someone, it's important to understand if the information is a fact or their opinion. A fact is a piece of information that we can check and prove true. An opinion is a personal belief about something which you can agree or disagree with.

5 Read the strategy above. Then read the sentences from Emily's presentation below. Which ones are facts (F) and which are opinions (O)?

- 1 I think it's good for you and our planet! ____
 - 2 I changed my opinion when I read an article about avocado farms. ____
 - 3 It only takes a little water to produce spinach and it grows in the countryside around my town. ____
 - 4 The problem is kale tastes like grass. ____
 - 5 For example, the bananas I use come from another continent. ____
 - 6 I know my recipe could be much more sustainable. ____
 - 7 My new smoothie is much better than the old one. ____
 - 8 And the best part is that it tastes delicious. ____
- 6 **MEDIATION**  **3.02** Imagine your friend wasn't at school when Emily gave her presentation. They need to know the main points for their homework. Listen to the presentation again and write some notes. Use these notes to write a short message to your friend telling them the main points in up to five sentences.

1 Complete the sentences with the correct words from the Student's Book lesson.

- 1 It takes a lot of time to d_____ healthy habits.
- 2 He needs to be p_____ to succeed in changing his habits. It can take a lot of time.
- 3 Sara uses a notebook to k_____ t_____ of how much exercise she does.
- 4 Don't g_____ u_____ if you m_____ a mistake when you try to have a healthy lifestyle.
- 5 Bukayo doesn't plan his new habits i_____ a_____, so he doesn't achieve his goals.
- 6 Let's f_____ o_____ learning some healthy recipes before we think about an exercise plan.

2 Look at the photo. Then read Iain's blog title and the paragraph titles (A–D). From the list below (1–6), which information do you think will be in the blog? Then read the text quickly and check your answer.

- 1 A personal experience.
- 2 Examples of healthy habits.
- 3 Ways to keep track of healthy habits.
- 4 How to tell if you need to develop healthy habits.
- 5 Something the author learned.
- 6 Advice for readers.

3 Read the blog again and answer the questions.

- 1 What were Iain's three bad habits?

- 2 Why did Iain decide to change his habits?

- 3 What did Iain replace crisps and chocolate with in his packed lunches?

- 4 What mistake did Iain make?

- 5 What did the report that Iain's dad found say?

4 Read the comments (1–3) on the blog. Which comment is Iain replying to? ___

5 Write a few sentences of advice for the other two comments on the blog. Use the information on this page and what you remember from the Student's Book to help you.



IAIN'S BLOG

How I developed *healthy habits*

A My story

I'm Iain and today I have a lot of energy. But 18 months ago things were different. I always felt tired. I didn't do exercise. I ate unhealthy food. All my habits were bad! I played too many video games, so I didn't read enough books. I drank too much cola and I didn't drink enough water. In the end, I started getting bad grades at school. That's when I made a positive change.

B Planning my new lifestyle

I planned my healthy lifestyle in advance. I decided to focus on the most important habit to me – healthy eating. So I developed a healthy packed lunch: hello medium-sized veggie wrap and fruit smoothie, goodbye crisps and chocolate!

C Keeping track of my habits

After a few months, I had better eating habits. I was doing exercise four times a week. I felt great, but I made a mistake – too many changes at once. To help me, I downloaded a healthy lifestyle app.

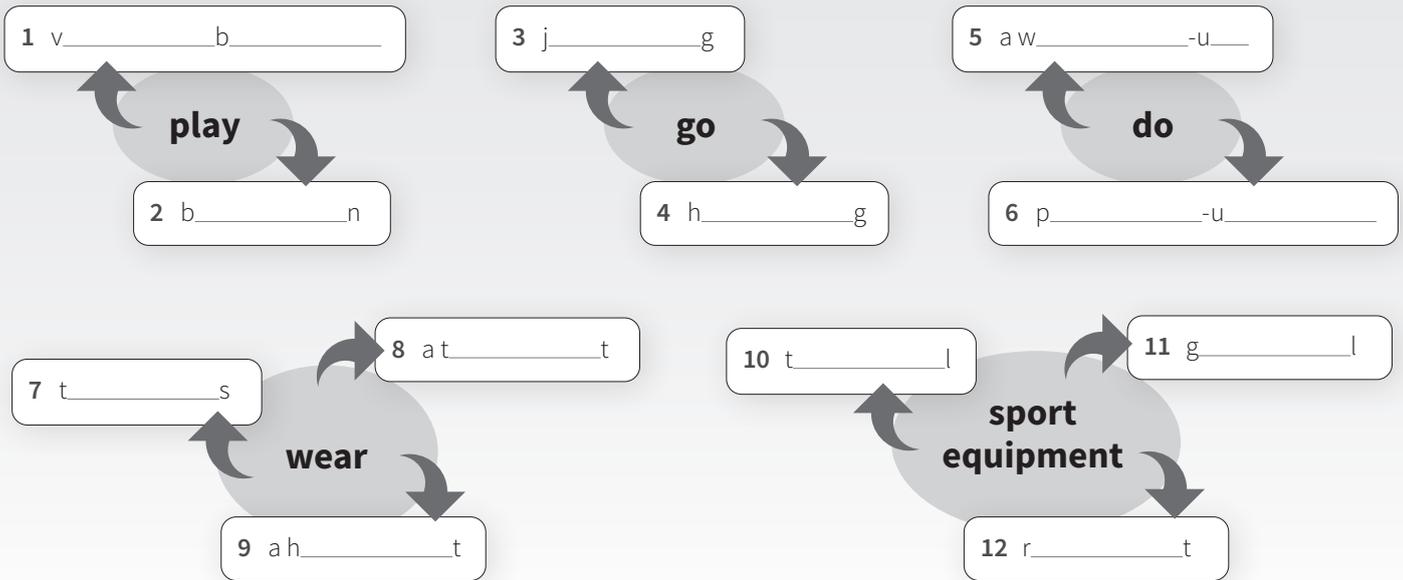
D I learned to be patient

Four months after I started, I was fed up. I was feeling ill and I couldn't do exercise. That's when my dad helped me to focus on my goals. He showed me a report. It said you needed eight months to develop a new habit. That helped me to be patient. What about you? Do you want to develop healthy habits? Please leave a comment below.

Comments

- 1 **DevonJen09** I'm worried that I spend too much free time playing video games. I really want to read more books, but I often play games after I finish my homework. How do I do it?
- 2 **GiGiChester** I want to eat less meat because I care about the planet. The trouble is I don't like eating many vegetables. Do you have any tips?
- 3 **NiceNicky** The healthy habit I want to develop is doing more exercise. I usually feel tired after school and my weekends can be busy because I see my friends. I feel like I don't have enough time. Can you help?
- 4 **Iain** I had a bad habit like this one. Video games made me go to bed too late. I was addicted to my phone! To fix it, I used a notebook to keep track of how I was spending my free time. The notes reminded me about my goals. Now I've got more time for reading.

1 Which sport words do you remember from the Student's Book lesson? Complete the mind map.



2 Add two more sports you know to the *play*, *go* and *do* circles in the mind map. Use a dictionary if necessary.

3 Complete the email using words and phrases from Ex 1.

← → [Icons]

RE: Sport week

Hi Annie,

I'm really pleased that you're coming to stay. I know you like exercise, so I got some information about the sport week at the community centre. It looks awesome! There are lots of sports and activities to try.

On Monday evening, we can go jogging in the park. I'm going to wear my new ¹ _____ and my Liverpool ² _____ – you know I **support** the best football team in the world, right? 😊

The leaflet says they do a ³ _____-up first. It also says we can run on a ⁴ _____ in their gym.

I don't like playing many team sports. I don't want to play ⁵ _____, basketball or football on Tuesday. But I love to play ⁶ _____ just like you. I can bring an extra ⁷ _____ and if there's an empty **court**, we can play each other. I need more practice because it's difficult to **score** a point in that game.

We can go to the cycling club on Thursday. Make sure you remember to wear a ⁸ _____.

On Friday there's a fitness competition to find out how many ⁹ _____-ups people can do. I'm going to enter it and win!

Let me know what you think!

Sarah

4 Match the **bold** words in the email to the definitions 1–3.

- 1 A place where people play games like volleyball and tennis. _____
- 2 To get a point in a game. _____
- 3 To like a sports team and watch all their games. _____

5 Look at the photo. What are the different people doing? Complete the sentences below with the words from Ex 4.



- 1 The people sitting down are there to _____ the team.
 - 2 The player wants to _____ some points.
 - 3 The _____ is the area where the players play basketball.
- 6 Complete the sentences so that they are true for you. Use your own ideas and the sport words from Ex 3 and 4.
- 1 I like to wear _____ when I do sport.
 - 2 The team I support is _____ because _____.
 - 3 I'd like to _____ more often.
 - 4 I wear trainers when I _____.
 - 5 I do some sports on a court. For example, I _____.

7 **VOCABULARY BOOSTER** Now practise **Sports** vocabulary on page 106.

- 1 Complete the sentences with the correct modals of obligation: *have to, don't have to, need to, needn't, must or mustn't*. Some sentences have more than one correct answer.
- You _____ drop litter at the playground.
 - What do I _____ do to pass the maths test?
 - You _____ bring a racket to the badminton court because I have one for you.
 - The rules say I _____ talk with other people when I use the library.
 - Christina _____ tidy the house if her brother has already done it.
 - This basketball club is for advanced players only. You _____ know the rules before you join.

2 Look at the photos. What are the people doing? What do you think the rules for this activity are?



3 Choose the correct alternative to complete the text.

< Notes

What is cheese-rolling? Today, I'm going to find out. Our teacher said we ¹**needn't / need to** do a project about traditional local events, so my dad is taking me to see my friend Sylvester. He lives a long way from me, in the countryside, so Dad ²**has to / doesn't have to** drive me there. Sylvester knows all about cheese-rolling and I'm going to talk to him about it. That's because our teacher said we ³**mustn't / must** do a project about a local event.

Sylvester lives in Brockworth with his parents and his sisters. It's a quiet village, but every spring a very unusual event happens. People have to run down a big hill. They run after a big round cheese which rolls down the hill in front of them. I saw photos of the event and it looks crazy! I ⁴**must / mustn't** forget to take my phone. I can take his photo and put it in the project and make him a celebrity!

- 4 **3.03** Listen to the first part of Alfie's interview and check your answers to Ex 3.
- 5 **3.04** Now listen to Alfie's full interview with Sylvester. Then read the sentences. Are they true (T) or false (F)?
- The people in the event have to do a warm-up. ____
 - People have to run after the cheese. ____
 - To win, you have to catch the cheese. ____
 - People don't have to wear a helmet. ____
 - The doctor told Sylvester he mustn't go jogging. ____
- 6 Correct the false sentences from Ex 5.
- _____
- _____
- _____
- 7 Look at the swimming pool rules poster. Write six sentences about the rules using *have to, don't have to, need to, needn't, must or mustn't*.

Swimming pool rules

-  _____
-  _____
-  _____
-  _____
-  _____
-  _____

- 1 Complete the summary about the power of walking with the words below.

benefits creative employees
noticed scientists solutions

Walking helps your body and your mind.

¹ _____ did an experiment when they
² _____ that people have a lot of great ideas when they go walking. They found out that people who were walking did 60% better at ³ _____ tasks than people who were sitting down. Tests also showed that walking ⁴ _____ your memory. Today, more schools offer audio lessons for students to listen to while they are walking outside wearing headphones. For example, Steve Jobs often encouraged his ⁵ _____ at the Apple Computer company to develop creative ⁶ _____ to problems while they were walking.

STRATEGY Predicting from subheadings

To understand a text better, look at the title and the subheadings before reading. Try to guess what the text is going to be about. Later, when you read it, check your predictions.

- 2 Read the strategy above. Look at the title and subheadings of the text and think about the questions.
- 1 What do you think the whole text is about? What do you think the different parts are about?
 - 2 What do you know about the topic already?
 - 3 Which part of the article would you like to read the most? Why?

- 3  3.05 Now read the article. Were your predictions in Ex 2 correct?

- 4 Read the article again. Complete the sentences with the numbers below.

16 17 160 1948 2008 two million

- 1 Athletes from _____ countries competed at the Paralympic Games in Rio de Janeiro in 2016.
 - 2 _____ people went to watch the Paralympic Games in Rio de Janeiro in 2016.
 - 3 The Stoke Mandeville Games happened for the first time in _____.
 - 4 At the first Stoke Mandeville Games the athletes were _____ hospital patients.
 - 5 At the age of _____, Alana Nichols badly injured her back.
 - 6 Alana Nichols won a gold medal for wheelchair basketball at the Paralympic Games in _____.
- 5 Answer the questions. Look at the article again to help you.
- 1 Name two Paralympic sports people play and two Paralympic sports people do.
 - 2 What happened for the first time in Seoul in 1988?
 - 3 Who set up a special hospital department in England?
 - 4 What was Alana Nichols brilliant at?
 - 5 In 2010 and 2014, which sport did Alana Nichols win medals in?

SPORT FOR ALL

The Paralympic Games

Today the Paralympic Games is a huge sporting event. It brings together athletes with a variety of disabilities and movement problems. Every four years, thousands of athletes compete in sports like badminton and sitting volleyball. They also do athletics and judo. In Seoul in 1988, the Paralympic Games and the Olympic Games happened in the same city for the first time. Then in 2016, in Rio de Janeiro, athletes from 160 countries competed in 22 different sports and two million people bought tickets.

The history of the games

The story of the games began at Stoke Mandeville Hospital in England. In 1944, Dr Ludwig Guttmann was working in a hospital department for people with back injuries. His creative solution was to use simple ball games to help patients get stronger. Then he developed wheelchair basketball. In 1948, 16 patients competed in the first Stoke Mandeville Games. In 1960, the event was called the Paralympic Games.

disabled (*adj*) unable to use a part of your body because of a physical condition, an illness or an injury
snowboarding (*noun*) [U] a winter sport, travelling over snow while standing on a board

Alana Nichols – a hero of the games

Alana Nichols knows the positive power of sport. She was snowboarding in 2000 when she injured her back. Her legs became paralysed. She was 17 years old and she was worried she wouldn't be able to do sport again. But in 2002, Alana tried playing wheelchair basketball. She was brilliant at it! By 2004, she was in the US national women's team. The team won a gold medal at the Paralympics in Beijing in 2008. Alana also competed in skiing in the Winter Paralympics of 2010 and 2014, winning a lot of medals.

1 Look at the photo. Then think about the questions.



- What do you see? Do you think a person like this has a lot of sport in their timetable?
 - What sports or after-school activities do you do?
 - How do you manage your time for those activities?
- 2 Do you remember the Phrasebook phrases from the Student's Book? Put the words in the correct order to make the phrases.
- about / how / ... ? _____
 - do / I / what / you / do / ? / should / think

 - to / ... / try _____
 - ... ? / don't / why / you _____
 - idea / it's / ... / to / good / a _____
 - do / what / ? / I / should _____
 - should(n't) / ... / you _____
 - you / what / suggest / ? / do _____
- 3 Are the phrases in Ex 2 asking for advice (A) or giving advice (G)? Label them correctly.
- 4 Read the conversation between Lauren and her friend Iain. Complete the text using the correct form of the phrases from Ex 2. What is the problem that Lauren has?
- Iain** Hey Lauren. Broccoli **soup** – that looks healthy!
- Lauren** Hi Iain, I know. I don't want to eat **too** much **sugar**.
- Iain** Really? Why not?
- Lauren** During the summer holidays I was reading your blog about healthy habits and I decided to have my own healthy lifestyle. But now we're back at **school** it's going badly.
- Iain** Oh dear, what's the problem?
- Lauren** Well, I need to do more exercise, so I made a timetable. But I have a **few** housework jobs and a lot of homework to **do**. There isn't enough time to do the activities I want to do! What do you ¹_____ do?
- Iain** ²_____ trying to focus on the sports and after-school activities **you** enjoy the most? It's **good** that you planned a timetable in advance. But maybe ³_____ be trying to do so many things at the same time.
- Lauren** Sure, but how do I choose what to focus on? There are so many activities – look! I have drama club on Mondays, **football** practice on Wednesdays and on Fridays I go jogging. What should ⁴_____?

- Iain** You **should** ⁵_____ decide which club you like the most. Then stop going to another one for a while and see if you miss it. You can always go back in the future and you'll have enough time for your homework.
- Lauren** Thanks Iain, that's a good **solution**. I also want to do more exercise. I can already do ten **push-ups** but I want to do more! ⁶_____ suggest?
- Iain** ⁷_____ you get an app to help you keep track of your habits. Remember it's a ⁸_____ to be patient. You'll see results in the end.

5 **3.06 PRONUNCIATION** Read the conversation again and listen. Look at the words in **bold**. Decide if they have a short /ʊ/ sound like *could* or a long /u:/ sound like *choose*.

| /ʊ/ | /u:/ |
|-----|------|
| | |
| | |
| | |
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| | |
| | |
| | |

STRATEGY Using collocations

When you learn new collocations, make a list of phrases and try to use them later in a conversation. Collocations will help you speak faster and more fluently. They'll also make your speech more varied.

- 6 You are going to write a short conversation about managing your free time. Read the strategy above. Then make a list of useful phrases and collocations from Lauren and Iain's conversation in Ex 4.
- 7 Make notes about problems that you have when you try to manage your free time. Use your own ideas or the ideas below. Use your notes to make questions and answers using the phrases in Ex 2.
- doing exercise family time having fun
hobbies homework housework
playing sports seeing friends
- 8 Imagine you and a friend, parent or teacher are talking about managing your free time. Use your ideas from Ex 7 to help you write a short conversation. Use the conversation in Ex 4 to help you.

1 Look at the photo and answer the questions.

- Do you eat ten portions of fruit and vegetables a day? Which ones do you eat?
- Do you do a lot of sport or exercise? What do you do?
- Do you think it's important to have a healthy lifestyle? Why? / Why not?
- Do you think teenagers should do more of their own shopping for food? Why? / Why not?



2 Complete the phrases for giving opinions with the words below.

I as feel that I believe in my view think to me

- It seems _____ that ...
- _____ I see it ...
- _____ my opinion ...
- _____ that ...
- Personally, I _____ ...
- I _____ ...
- In _____ ...

STRATEGY Expanding on main points

In an opinion blog, you support your opinion by giving a different argument in each paragraph. When you aren't sure how to develop your main point, you can ...

- explain why you think so.
- give examples.
- add more details.

3 Read the strategy above. Then read the opinion blog and match the summary points 1–5 below to paragraphs A–E in the blog.

- eating the right amount and exercise are important ____
- you should look after your body ____
- healthy lifestyles benefit people ____
- some people expect science to solve problems ____
- unhealthy habits use hospital resources ____

4 Read the opinion blog again and answer the questions.

- Find three examples of sentences that present the main points of the writer's argument.
- Find three examples of sentences that develop or explain the argument.
- Look at paragraphs B, C and D. Add one more sentence to expand the main point in each paragraph.

5 You are going to write an opinion blog on the question: Should all students have to do sport three times a week? Write notes on these questions.

- What is your opinion about the topic?
- What are your main arguments?
- How will you explain your arguments?
- What examples will you include?
- What personal opinion or comment(s) will you include?

6 Write your opinion blog in five paragraphs. Follow the paragraph plan in the opinion blog and refer to your notes in Ex 5. Use the phrases for giving opinions in Ex 2.

7 **CHECK YOUR WORK** Read through your opinion blog. Can you improve your opinion blog in any way? Did you ...

- begin with a main argument in the first paragraph?
- write a title?
- organise your paragraphs?
- start your paragraphs with a supporting argument?
- include examples?
- include your opinions?
- use the phrases for giving opinions correctly?
- check your spelling, punctuation and grammar?

Should people do more to stay healthy?

- A** It seems to me that healthy lifestyles benefit us in many ways. When people care about their health, they often feel good and have a lot of energy. I think everyone should do more to stay healthy.
- B** Some people don't care enough about their health. In my view, they expect science to provide solutions to health problems.
- C** In my opinion, people have a responsibility to stay healthy. We have one body, so we must look after it. I don't understand why some people smoke or eat unhealthy food – it's bad for your body!
- D** Personally, I think people needn't always be on a diet. Instead they should regularly eat the right amount of fruit and vegetables. People should also exercise because it's good for your body and your mind.
- E** As I see it, hospitals should focus on emergencies instead of problems developed by people who don't exercise and have unhealthy eating habits. I believe that we can help by staying healthy.

Grammar

1 Choose the correct alternative.

- I can't eat this veggie burger. You've put **too many** / **too much** salt in it.
- I only need to get **a few** / **a little** things from the shop – I won't be long.
- They don't want to go to an expensive restaurant because they haven't got **much** / **many** money.
- I only have **a few** / **a little** sugar in my tea, and I'm trying to give up.
- Simran is feeling sick because he's eaten **too many** / **too much** strawberries.
- My sister is very healthy. She does **a lot of** / **much** exercise.

2 Complete the sentences with *have to*, *don't have to*, *need to*, *needn't*, *must* or *mustn't*, and the verbs below. Sometimes there are two correct answers.

ask be bring eat swim score

- We _____ more points to win this game. ____
- All players in the competition _____ under 16 years old. ____
- You _____ your own helmet – the Cycling Club will provide you with one. ____
- You _____ in the lake – it's dangerous. ____
- Athletes _____ special food before they run a marathon. ____
- You _____ your parents to take you by car because there's a bus. ____

Vocabulary

3 Match 1–6 to A–F.

- When you go rock climbing, it's a good idea to wear ____
- To have a healthy lifestyle, you need to develop ____
- The new leisure centre will benefit ____
- People who want to play tennis here need to book ____
- If there isn't any snow, you can't ____
- When I don't follow a recipe, I often make ____

- A a court.
 B the whole community.
 C go skiing.
 D a helmet.
 E a mistake.
 F good habits.

4 Complete the sentences with the correct verb from the unit.

- Who do you usually _____ badminton with?
- How many goals did you _____ in the last football match?
- Do you _____ jogging in the morning or in the evening?
- Do you _____ in advance what you're going to do at the weekend, or wait and see what happens?
- When did you _____ up eating crisps and start your healthy lifestyle?
- Do you always _____ a warm-up before hockey training?

Cumulative review

5 Choose the correct answer: A, B or C.

If you're hungry, but you'd prefer a light snack to a ¹ _____ meal, then why not try making your own sushi? Sushi is a Japanese dish made from rice and a ² _____ of other ingredients, especially fish. You ³ _____ to use special sushi rice to make it and you ⁴ _____ follow a recipe when you start. You don't need ⁵ _____ fish: a piece of around 150 g is enough. The easiest kind of sushi to make is *nigiri*. Take some cooked sushi rice and make it into a ball with your hands. You need to be ⁶ _____ because this is quite difficult; you can put a ⁷ _____ water on your hands to make it easier. Then cut a 5 mm piece of fish and put it on top of the rice. Then repeat until you have enough *nigiri* for everyone. A ⁸ _____ of *nigiri* for one person is around six pieces. Sushi is healthy because fish is good for your brain and can help you ⁹ _____ when you're studying. You'll also find that you'll have a lot of ¹⁰ _____ after you eat it because of the rice.

Sushi is a good choice for a ¹¹ _____ lifestyle. Some people also like the taste and think it is ¹² _____ ... other people aren't so positive!

- | | | |
|----------------|---------------|-----------|
| 1 A portion | B heavy | C variety |
| 2 A little | B variety | C portion |
| 3 A don't have | B mustn't | C have |
| 4 A must | B needn't | C mustn't |
| 5 A many | B a little | C much |
| 6 A fed up | B patient | C healthy |
| 7 A few | B some | C little |
| 8 A portion | B lot | C little |
| 9 A eat | B drink | C focus |
| 10 A exercise | B energy | C money |
| 11 A heavy | B sustainable | C healthy |
| 12 A delicious | B healthy | C heavy |

6 Answer the questions.

- Do you think you have a healthy breakfast? Why? / Why not?
- What's the most unusual sport you know? What are the rules?

REFLECT Think about the following questions.

- Which lesson in this unit did you enjoy the most? Why?
- Which of the grammar points did you find most difficult?
- How can you ask someone for advice? How can you give advice to someone else?
- How can you give your opinion in a blog? Think of four or more examples.

Listening

STRATEGY

When you have a task with different speakers talking about the same topic, first look at the task and the statements carefully. Before you listen, think of some of the words you might hear about the topic.

- 1** Read the strategy above. Then read the exam task in Ex 2. Look at the statements (A–E) in Ex 2 and think about the topic. Think about words connected to food and write down:

- 1 three items of food _____
- 2 two adjectives _____
- 3 two verbs _____
- 4 one expression _____

Now read what the first speaker says below. Do they use any of the words you wrote?

 I think it's important to eat well, but you shouldn't worry about it all the time. I'm a student and I often go to the library in the evenings. On those days, I eat ready meals or pizza. On the other days, I cook pasta or rice with vegetables, and I try to eat fruit every day.

- 2**  **3.07** You will hear five young people talking about food. For speakers 1–5, choose from the list (A–E) summarising what they say. Use each letter only once.

Who says ...

- A you should eat a big meal at the start of the day? ____
- B they are learning to cook well? ____
- C you can make some unhealthy meals healthier? ____
- D they eat several portions of healthy food every day? ____
- E sometimes they don't have time to eat well? ____

Use of English

STRATEGY

When you complete texts with missing words, you need to know set phrases and words which always go together. Keep a vocabulary notebook for new words and phrases. Make a special note of words that always go together, e.g. verbs + nouns, verbs + prepositions.

- 3** Read the strategy above. Then think of five phrases from the unit that have words that always go together. There is one example answer.

score a point

- 4** Read the article below and think of the word which best fits each gap. Use only one word in each gap.

A healthy lifestyle

I'm very interested in cooking, and I never eat ready meals. I eat a lot of pasta, and I enjoy making sauces with a variety ¹ _____ different vegetables. Sometimes, I use a ² _____ from a cookery book, but I prefer to think of new and exciting meals. I eat a lot of fish, but I don't really like meat. I'm never ³ _____ a diet because I do a lot of sport. Every morning I ⁴ _____ jogging. At the weekend, I usually ⁵ _____ football with my friends in the park. I also go ⁶ _____ the gym about three times a week. I use the equipment and then I ⁷ _____ push-ups and run. On Saturday, I often go to a football match at my local club, Oxford United. They have a great ⁸ _____ of players. Sometimes, when they play in a different town, I travel ⁹ _____ coach and watch them play there. On Sundays I usually stay at home and rest, but I also have to tidy my room and ¹⁰ _____ away my clothes. In the evenings, I like to make a healthy meal for my family.



Writing

STRATEGY

When you write an opinion essay, read the task carefully and think about the order of the paragraphs before you start writing.

- 5** Read the strategy above. Then read the exam task in Ex 6. Number the points below in the order you should write about them in your essay.

- Add a personal comments. ____
- Give a main argument to support your opinion. ____
- Agree or disagree with the question. ____
- Give two more arguments to support your opinion. ____

- 6** Make notes on the task below. Then write your essay.

You have been talking about health and fitness in your English class. Your teacher has asked you to write an essay. The title of the essay is:
'Some people think students should do more sport at school. Do you agree?'

Collocations 2 (with *give, go, have, play* and *take*)

1 Match collocations 1–5 to definitions A–E.

- 1 give someone a lift ____
- 2 go shopping ____
- 3 have breakfast ____
- 4 play tennis ____
- 5 take a taxi ____

- A enjoy a game with a racket
- B eat something when you wake up
- C drive someone somewhere
- D pay somebody to take you somewhere
- E go out to buy some things

LANGUAGE FOCUS Common verb + noun collocations

Certain verbs appear very frequently in English, often combined with the same nouns or noun phrases to make common collocations. Some of the most frequent verbs used in this way are *give / go / have / play / take*. Collocations with common verbs should not be translated word for word, but should be learned as individual phrases (e.g. *give someone a hand* = *help someone*, *go swimming* = *swim in the sea or pool*).

2 Read the language focus above, then read the sentences. Choose the correct alternative.

- 1 When do you usually **have / go** lunch?
- 2 Do you **go / play** the guitar?
- 3 Did you **give / have** Anna a present?
- 4 Let's **go / have** skiing at Christmas.
- 5 Dan **gave / took** me a hand with my heavy shopping.
- 6 Is it possible to **go / take** a bus to the sports centre?

3 Match the words and phrases below to the correct verbs to make collocations.

advice care fun a game golf home music
permission running time toothache

- 1 give: _____
- 2 go: _____
- 3 have: _____
- 4 play: _____
- 5 take: _____

VOCABULARY STRATEGY Choosing the correct verb for a collocation

If you are looking for the correct verb to use in a verb + noun collocation, there are a few patterns that can sometimes help you:

- Use *give* when you talk about doing something for somebody else: *give someone a present, give someone help, give someone a call, give someone advice*.
- Use *go* with free-time activities and sports in the *-ing* form: *go horse riding, go dancing*.
- Use *have* with illnesses: *have a headache, have a cough*, and to mean 'eat' or 'drink': *have a coffee, have dinner*.
- Use *play* with games, sport and music: *play cards, play basketball, play the piano*.
- Use *take* with methods of public transport: *take a train, take a bus*.

However, there are always exceptions to these patterns, and most collocations need to be memorised individually.

4 Read the vocabulary strategy above. Complete the collocations in these sentences with *give, go, have, play* or *take*.

- 1 Do you usually _____ basketball at the weekend?
- 2 I usually _____ a cup of tea in the afternoon.
- 3 Let's _____ the bus to the city centre.
- 4 Why don't we _____ camping next weekend?
- 5 Could you _____ Gina some help with her homework?
- 6 You should drink hot drinks if you _____ a cold.
- 7 If you want to get there quickly you shouldn't drive, you should _____ the train.
- 8 What instruments do these musicians _____?

5 Translate these common collocations into your language.

give me a hand (= help me)

go travelling (= travel to several countries)

have a nice time (= have fun)

play a game (= participate in a game)

take your time (= don't hurry)

6 Write an example sentence or short story for each of the phrases below. You can also draw pictures or make mind maps.

give someone a call go camping have a headache
play the piano take a break

7 Write the verbs from Ex 5 (*give, go, have, play, take*) as headings. Add collocations when you find them and write an example sentence or short story for each one. Make mind maps or draw pictures to help you remember them.

Give

give someone a hand

Henry gives Hugo a hand with his housework.