

GRAMMAR

Quantifiers *too* and *enough*

A Complete the second sentence so it has a similar meaning to the first sentence. You must use *too* + adjective, *too much*, *too many*, *enough* or *not enough*. Use three words.

- The hospital needs one hundred doctors but it only has seventy-five.
The hospital doesn't _____.
- Ugh! This tea is too sugary.
Ugh! There's _____ in this tea.
- Jill doesn't need any more money. She can stop working.
Jill can stop working. She _____.
- There were a lot of children at my daughter's birthday party. It was so loud.
My daughter invited _____ to her birthday party.
- Susan only has 15 minutes to get to the airport. She's going to miss her flight.
Susan doesn't _____ to get to the airport.

B Complete sentences a and b for each picture (1–3).



- a The car isn't _____.

b There are _____ people for the car.



- a The bag is _____.

b The woman doesn't have _____ to buy the handbag.



- a The boy is _____ to go on the ride.

b The boy isn't _____ to go on the ride.

VOCABULARY

Minor illnesses

A Match the descriptions below to minor illnesses in the box.

a broken bone a cold a cough
a headache a sore throat a temperature
the flu a stomachache a sunburn a toothache

- Graham's tired and all his muscles ache. He has a runny nose and a headache.
- Jack fell and landed badly. He thought his ankle was twisted but it was more serious. His leg's in a cast.
- Mary was sick last night. She ate too much at dinner.
- Whenever Ray gets out of bed, he feels cold and shaky and his temperature is very high.
- Louisa felt hot and unwell. The thermometer showed 37 °C and her mom said she had to stay at home.
- Jane's sitting in the dark with the curtains closed. Light makes her feel worse. She's taken painkillers.
- Tim thinks he has an infection of some kind. It hurts when he swallows.
- Jasmine needs to see a dentist. She's been in pain for a few days and one side of her face is slightly swollen.
- Adam fell asleep on the beach. His shoulders and back are very red and he has a headache.
- Joanne's worried about her young son. She can hear him at night. She thinks he might have an infection, but it could also be the pollution in the big city they've just moved to.

B Match a verb (1–5) with a noun (a–e) to make common phrases.

- | | |
|----------|--------------------------|
| 1 go to | a sunscreen |
| 2 take | b bed / the hospital |
| 3 stay | c warm |
| 4 put on | d medicine / painkillers |
| 5 keep | e in bed / at home |

PRONUNCIATION

/ʌ/, /ɔ:/, /u:/, /eɪ/ and /ɜ:/

6.1 Circle the word which has a different vowel sound. Then listen to check.

- flu / tooth / you / look
- burn / come / sun / blood
- ache / shake / head / pain
- cough / sore / door / pour
- hurt / short / learn / work



VOCABULARY

Exercise

A Cross out the activity that does not collocate with the verb.

- 1 do yoga / Nordic walking / jogging
- 2 go swimming / to the gym / a marathon
- 3 play a team sport / biking / tennis
- 4 run calories / a marathon / 10 km

B Complete the advertisement with the correct form of a verb in the box. Use some verbs more than once.

burn do go join stay
lose play run work out



Heartbeat Fitness

Today, everyone wants to be healthy. People understand that ¹ _____ in shape is important and many of them want to ² _____ weight. Eating healthily is one consideration but ³ _____ regular exercise is equally important. The problem is knowing what kind of exercise is best. Many people ⁴ _____ jogging but find it boring and soon stop. Most people would love to ⁵ _____ a team sport, but don't have the time to make a proper commitment. Here at Heartbeat, we know that ⁶ _____ a fitness club is the perfect solution. Our activities and exercise options help you ⁷ _____ calories while you have fun.

At Heartbeat you can ⁸ _____ in the gym, ⁹ _____ racquetball or ¹⁰ _____ yoga and then go for a relaxing swim in our Olympic size pool. Our membership prices are very competitive – call now or visit our website. Who knows, maybe by next year, you will be planning to ¹¹ _____ the New York City Marathon!

PRONUNCIATION

/ŋ /, /n/ and /m/

Listen and write down the phrases.

6.2

- 1 _____
- 2 _____
- 3 _____
- 4 _____

GRAMMAR

-ing forms

A Choose whether the word in bold is an example of a gerund (G), adjective (A) or present participle (PP).

- 1 **Running** is my favorite form of exercise. G/A/PP
- 2 I'm **reading** a good book about yoga. G/A/PP
- 3 I don't like **working out** at the gym. G/A/PP
- 4 Recently, there has been a **growing** interest in Nordic walking. G/A/PP
- 5 My school's hockey team is **doing** really well this season. G/A/PP
- 6 People are exercising at home in **increasing** numbers. G/A/PP

B Complete the sentences below using an -ing form of a verb in the box.

disappoint excite live play relax run
wait watch work write

- 1 My mother's friend is _____ a book about yoga.
- 2 Research shows that _____ by the ocean is good for people's health.
- 3 There are too many people _____ for taxis. Let's walk.
- 4 The gym is very popular with _____ mothers. They usually go on their lunch break.
- 5 _____ on a full stomach is not good for you.
- 6 My team's not _____ well right now. They've had some _____ results.
- 7 I'm going to go home and take a long, _____ bath.
- 8 _____ Roger Federer play tennis is one of the most _____ sights in sports.

GRAMMAR

Present perfect with *just*, *already* and *yet*

A Read Lee's list of goals for the year. Write a sentence for each using the present perfect and *already* or *yet*.

Diet

- 1 Stop drinking coffee. X
- 2 Start taking vitamin C tablets. X

Exercise

- 3 Find a personal fitness coach. X
- 4 Borrow Jim's exercise bike. ✓

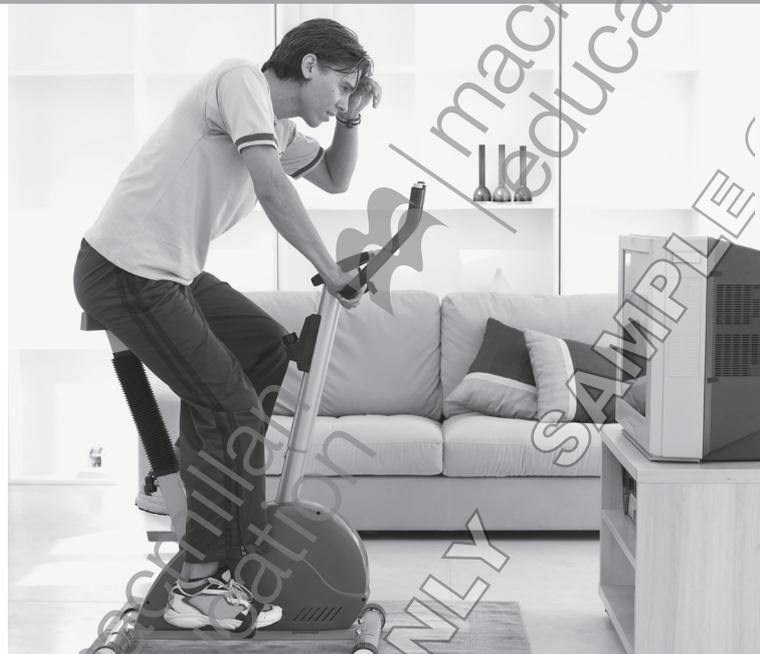
Others

- 5 Quit smoking. X
- 6 Start going to bed at 10:00 pm. ✓

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

B Rewrite each sentence using the present perfect with *just*, *already* or *yet*. Use three words for each. Contractions count as one word.

- 1 Juan was at the gym until ten minutes ago.
Juan _____ home from the gym.
- 2 I don't need to pack my suitcase. I did it this morning.
I _____ my suitcase. I did it this morning.
- 3 Is Katie still here?
_____ Katie _____ the house _____?
- 4 Joe's fifteen but he still can't swim.
Joe's fifteen but he _____ to swim _____.
- 5 Jason and Lynn's plane arrived at Málaga Airport five minutes ago.
Jason and Lynn _____ in Málaga.
- 6 We saw this movie at the movie theater and again on Netflix.
We _____ this movie twice.



PRONUNCIATION

/s/ and /ʃ/

1 Listen and underline the word you hear. Then practice saying both words.

- | | |
|----------------|---------------------|
| 1 sea / she | 5 socks / shocks |
| 2 sell / shell | 6 Russ / rush |
| 3 so / show | 7 crust / crushed |
| 4 sake / shake | 8 myself / my shelf |

VOCABULARY

Food groups

Find fourteen more food items in the word search below.

W	C	U	C	U	M	B	E	R	N	Z	Z
J	Q	D	R	L	O	B	S	T	E	R	K
J	O	B	H	S	B	T	O	M	A	T	O
C	M	M	V	K	N	A	O	A	T	S	O
Y	S	H	R	I	M	P	N	H	M	C	A
L	R	X	M	C	R	A	B	A	M	A	V
L	E	T	T	U	C	E	T	K	N	Q	O
U	R	V	I	F	K	P	W	U	Z	A	C
L	I	F	E	M	N	V	T	H	P	P	A
P	C	X	E	Z	X	U	I	B	E	Z	D
L	E	J	E	U	C	H	T	B	W	A	O
S	A	N	D	W	I	C	H	S	E	Y	T

Ten reasons to eat more chocolate

In great news for chocoholics, an increasing number of doctors now believe that chocolate is good for you. Here's why.

- 1 It's good for your heart. Chocolate contains fat, but not the fat we need to worry about. University of Cambridge researchers found that people who eat chocolate are 35% less at risk from heart disease.
- 2 It can help lower blood pressure. Chemicals in cocoa improve circulation.
- 3 It's good for your skin. Flavanols in chocolate are thought to protect you from sunburn.
- 4 It is a myth that chocolate gives you acne. No single food can cause bad skin; only a generally unhealthy diet can do that.
- 5 It is good for your bones. Chocolate contains calcium, which helps keep the skeleton strong.
- 6 It can help you lose weight. Eating a small amount of chocolate before a meal fills you and might mean that you then want to eat less.
- 7 You sleep better. Chocolate contains magnesium, which is very good for your body clock.
- 8 It's good for mothers and babies. One study shows that chocolate reduces stress in mothers-to-be and that the babies of these women smile more.
- 9 It improves brain power. Chemicals in chocolate improve thinking and reduce memory loss in older people.
- 10 It makes you feel happier. Chocolate contains the same chemical that your brain creates when you fall in love. Eating chocolate releases feel-good endorphins.

So, you can now eat chocolate without the guilt!

READING

A READ FOR MAIN IDEA Read the title and the first line of the article. Is it claiming that chocolate is healthy or unhealthy?

B SCAN Read the article and underline the keywords or phrases that provide information about the ideas below.

- 1 It makes women who are expecting babies calmer.
- 2 Chocolate is romantic.
- 3 People who eat chocolate are more intelligent.
- 4 There is not so much danger of heart disease.
- 5 Blood moves better around the body.
- 6 Babies of mothers who eat chocolate are happier.
- 7 Older people don't forget things as much.
- 8 The body's natural system works better.
- 9 What people believe about chocolate and bad skin is untrue.
- 10 Chocolate is good for all the bones in the body.
- 11 People who eat chocolate might be thinner.
- 12 Chocolate might protect people if they lie in the sun.

C REFLECT Mark each reason (1–10) in the text using the following key.

K = I knew this before I read the article.

DK = I didn't know this and it's interesting. I think it's probably true.

DB = This is interesting but I don't believe this is true.

Glossary

at risk (phrase) in danger / in a dangerous position or situation

circulation (n) the movement of something around a system

memory loss (phrase) inability to remember things

mother-to-be (n) a woman who will soon have a baby

myth (n) something that people wrongly believe to be true

acne (n) small mark on the face (or other parts of the body) caused by unhealthy lifestyle

LISTENING

A PREDICT Check (✓) three countries below where you think people have a healthy lifestyle.

- | | | | |
|-------------|--------------------------|--------|--------------------------|
| France | <input type="checkbox"/> | Brazil | <input type="checkbox"/> |
| Greece | <input type="checkbox"/> | Egypt | <input type="checkbox"/> |
| Hong Kong | <input type="checkbox"/> | Japan | <input type="checkbox"/> |
| New Zealand | <input type="checkbox"/> | Russia | <input type="checkbox"/> |

6.4 B LISTEN FOR MAIN IDEA Listen to somebody talking about why people in three countries are especially healthy. Which countries from Exercise A do they mention?

- 1 _____ 2 _____ 3 _____

Glossary

appreciate (v) to recognize the good or special qualities of a person, place or thing

encourage (v) to suggest that someone does something that you believe would be good

life expectancy (phrase) the average age that people live to

6.4 C LISTEN FOR DETAIL Listen again. Match one of the three countries to each statement below.

- 1 Many people play sports. _____
- 2 Living to more than one hundred is not unusual. _____
- 3 Eating red meat isn't necessarily bad for you. _____
- 4 People go to different stores to buy food. _____
- 5 Fresh fish and seaweed are regularly on the menu. _____
- 6 People probably practice Tai Chi or Tae Kwan-do. _____
- 7 People like eating together in groups. _____
- 8 People don't spend time at home or working in unhealthy environments. _____
- 9 People probably don't have cars. _____
- 10 People don't eat too much as a single meal. _____

D REFLECT Think about your answers to these questions.

- 1 Do people in your country have a healthier or less healthy lifestyle than people in other countries?
- 2 Do younger people in your country have a more or less healthy lifestyle than older people?

FUNCTIONAL LANGUAGE

Talk about your symptoms at a pharmacy

6.5 In each exchange below, delete one response that is not possible. Then listen to check.

- 1 How are you feeling today?
 - a I'm fine.
 - b Not very well, actually.
 - c I'll be fine.
- 2 What are your symptoms?
 - a I have a sore throat and a headache.
 - b I'm allergic to it.
 - c I'm coughing a lot.
- 3 Does it hurt?
 - a Yes, I'm sick today.
 - b Yes, it's very painful.
 - c Yes, it's really sore.
- 4 What do you suggest?
 - a Take one of these every eight hours.
 - b You have a bad cold.
 - c You could try drinking hot lemon and honey.
- 5 What do you suggest?
 - a I think you should rest.
 - b You'll feel better soon.
 - c Stay indoors and keep warm.
- 6 Are you allergic to anything?
 - a Not that I know of.
 - b I have hay fever at this time of the year.
 - c I have a sore throat.
- 7 I usually get hay fever in the spring.
 - a Yes, I know how you feel.
 - b It's very common at this time of the year.
 - c Are you allergic to anything?

a

They were expensive but I did feel a lot more active after only five classes. If you are only interested in improving your health, then they are **definitely worth the money**. But for people who like to have fun while exercising, **I don't recommend** these classes at all.

b

On a positive note, even though it was absolutely exhausting, I was **very happy** with the instructor – he kept everyone really motivated and introduced himself at the start of the class.

c

LIFE cycle: **slightly disappointed** ★★☆☆☆

d

My friend **highly recommended** these spin classes as a fun and sociable way to get in shape. So, I thought why not give it a try.

e

However, the free gift of a pair of biking shorts was **poorly made**. I wore them once and they got a big hole in them. Also, the other people in the class weren't friendly. In fact, they were very competitive. This meant **the atmosphere wasn't great**.

WRITING

A Think about the answers to these questions.

- 1 Why do people join gym classes?
- 2 What are the advantages of going to a class?
- 3 What are the disadvantages?

B Read the review. Put paragraphs (a–e) in the correct order.

C Decide whether the phrases in bold in the review are positive or negative. Write the phrases in the correct column in the table.

Positive	Negative

WRITING PRACTICE

A **PREPARE** You are going to write a review of an exercise class which you have done or read about. Write notes about each of the points below.

- Choose an exercise class which you have done or read about.
- Decide what the positive points of taking the class were.
- Decide what the negative points of taking the class were.
- Think about your overall thoughts about the class and whether you would recommend it.

B **WRITE** Write your review in 100 words.

- Use your notes and ideas from Exercise A.
- Divide your writing into clear paragraphs.

