

## Staying healthy

1 Match 1–6 with a–f to make ways to stay healthy.

- |            |                        |
|------------|------------------------|
| 1 play     | a less TV              |
| 2 have a   | b exercise             |
| 3 watch    | c sports               |
| 4 eat      | d sugar                |
| 5 do       | e healthy diet         |
| 6 eat less | f fruit and vegetables |

2 Complete the health advice with the phrases in the box.

drink ~~eat~~ have keep skip



HEALTH EXPERT  
**OLIVER JAMES**

answers your health questions

1 How can I stop myself eating too much at meal times? **ELI**

Slow down and take more time over your meals. If you eat quickly, you can eat too much.

2 My brother eats four or five chocolate bars a day. Should I be worried? **CARA**

Yes. It isn't a good idea to \_\_\_\_\_ sugary snacks. Suggest that he eats fruit instead.

3 I don't have time to eat in the morning. Is it OK to \_\_\_\_\_ breakfast? **JOE**

No, it isn't. You'll find it hard to concentrate. Have a cereal bar if you don't have time for a proper meal.

4 I get lots of sleep, so why do I often feel tired in the afternoons? **CASPER**

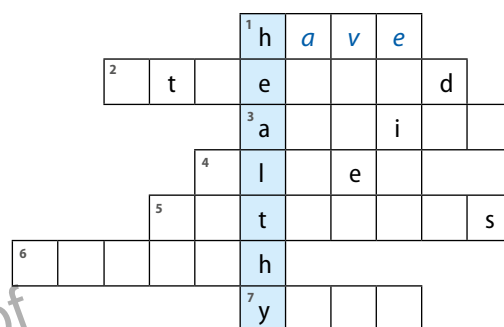
You might be dehydrated. Make sure you \_\_\_\_\_ enough water.

5 I hate football and I'm not very good at running! Is it OK for me to do no sport? **ANGUS**

No! It's really important to \_\_\_\_\_ fit. Why don't you try swimming? It's a great workout!

3 Read the clues and complete the word puzzle.

- Don't have too many sugary snacks.
- Find ways to relax when you feel \_\_\_\_\_.
- Move around and get \_\_\_\_\_. Do exercise!
- Go to bed early and get enough \_\_\_\_\_.
- Don't stay inside all the time. Spend time \_\_\_\_\_.
- Drink \_\_\_\_\_ water or you'll be thirsty.
- Meditation and the right food can improve \_\_\_\_\_ mood.



4 Complete the New Year resolutions with one word in each space. The first letters are given.

## New Year, New Me!

### I'm going to:

- ★ do more exercise. I need to get 1 **fit** \_\_\_\_\_!
- ★ do yoga, to help me relax when I'm feeling 2 **s** \_\_\_\_\_ d.
- ★ make sure I 3 **d** \_\_\_\_\_ **e** \_\_\_\_\_ water every day.
- ★ go to bed early more often, so I 4 **g** \_\_\_\_\_ enough **s** \_\_\_\_\_ **p**.
- ★ 5 **s** \_\_\_\_\_ **d** more time outdoors – maybe running?

### I'm not going to:

- ★ 6 **s** \_\_\_\_\_ breakfast – I'll eat something every morning!
- ★ eat food that is bad for me. Only one sugary 7 **s** \_\_\_\_\_ a week and not too much
- 8 **f** \_\_\_\_\_ **t** **f** \_\_\_\_\_ **d** like burgers and chips!



# You must eat regularly

## CHEAT SHEET

### Modal verbs

#### Present

Possibility
You <b>can</b> study here.
You <b>can't</b> study here.
Obligation
You <b>have to/must</b> eat here.
No obligation
You <b>don't have to</b> eat here.
Prohibition
You <b>mustn't</b> eat here.

#### Past

Possibility
I <b>could/was able to</b> study.
I <b>couldn't/wasn't able to</b> study.
Obligation
I <b>had to</b> study.
No obligation
I <b>didn't have to</b> study.

Grammar reference p88

### 1 Match sentences 1–5 with their meanings a–e.

- You can't eat here. \_\_\_\_\_ **c**
- You can eat here. \_\_\_\_\_
- You have to/must eat here. \_\_\_\_\_
- You mustn't eat here. \_\_\_\_\_
- You don't have to eat here. \_\_\_\_\_

- You are not allowed to eat here.
- It isn't necessary to eat here.
- It isn't possible to eat here.
- It is possible to eat here.
- It is necessary to eat here.

### 2 Choose the correct option.

- We **have to** / **mustn't** write an essay for our English homework.
- You **must** / **can't** wash these dishes – they're very dirty.
- You **mustn't** / **can** help with the cleaning in the afternoon if you like.
- My brother **didn't have to** / **wasn't able to** help me with my Italian homework because he doesn't speak Italian.
- You **mustn't** / **don't have to** drink that – it's dangerous!
- We **couldn't** / **had to** tidy up before we could watch TV.

### 3 Complete the sentences with the words in the box.

couldn't   didn't have   ~~had to~~  
was able   weren't able

- Olivia had to help her grandma with the shopping last weekend.
- When we lived in France, my sister and I \_\_\_\_\_ to speak French very well.
- My brother \_\_\_\_\_ swim until he was 10.
- When my grandad was ill last week, I \_\_\_\_\_ to help him because it was the school holidays.
- We \_\_\_\_\_ to cook last night because we ordered pizza.

### 4 Choose the correct answers to complete the health facts.

## 6 Surprising Health Facts

- Eating a small amount of sugar \_\_\_\_\_ give you energy. But don't eat too much.  
**a** must                      **b** can
- You \_\_\_\_\_ move around to stay healthy. Take breaks when you study – you won't get ill as much.  
**a** don't have to        **b** must
- Your body \_\_\_\_\_ get all the nutrients from food quickly. It takes hours to digest food.  
**a** can't                      **b** mustn't
- Writing things by hand improves your memory. In the past, people \_\_\_\_\_ write most things by hand, but now we rely on computers.  
**a** have to                      **b** had to
- Your eye muscles are the most active muscles in your body. They \_\_\_\_\_ move more than 100,000 times a day!  
**a** had to                      **b** have to
- In the past, people \_\_\_\_\_ do exercise or join gyms because people were much more active. Now machines do a lot for us!  
**a** didn't have to        **b** mustn't

**5**  Decide if the sentences are G (talking generally about the past) or S (talking about a specific situation in the past).

- 1 In the maths test last week, I couldn't/wasn't able to focus. S
- 2 Before, when I studied I could/was able to remember more when I also exercised. \_\_\_\_\_
- 3 I used to find it hard to remember grammar rules. I couldn't/wasn't able to remember them, but now I can. \_\_\_\_\_
- 4 In one study, people who were listening to music were able to concentrate better. \_\_\_\_\_

**6**  Complete the sentences with the correct modal verbs and the verbs in the box.


can can't don't have didn't have to  
had to mustn't was able to

- 1 You need good food. Your body can't work well without it.
- 2 It's a good idea to eat fewer sugary snacks, but you \_\_\_\_\_ to give up eating chocolate completely.
- 3 You \_\_\_\_\_ do exercise when you have an injury. It's bad for you.
- 4 I couldn't meet my friends on Saturday because I \_\_\_\_\_ help my parents.
- 5 Luckily, I felt much better last night, so I \_\_\_\_\_ go to the concert.
- 6 We got free tickets for the show, so we \_\_\_\_\_ pay anything!
- 7 I \_\_\_\_\_ play hockey only in the morning.



**7**  Choose the correct option to complete the text.

12:07
📶 🔋



## Get fit in five minutes?

Is it possible to get fit by exercising for only five minutes a day? Experts say that you **1 don't have to/mustn't** spend hours in the gym every day to get fit, but you **2 can/were able to** improve your fitness by just exercising for five minutes a day. However, you **3 can/must** do the right kind of exercise! High Intensity Interval Training (HIIT) is a type of exercise where you **4 had to/have to** work very hard, but for very short periods of time. You typically do 30 seconds of an activity, then rest for ten seconds. You **5 mustn't/don't have to** rest for too long because it's important to keep your heart working hard. We asked our readers to try HIIT training for five minutes a day for four weeks. What were the results?

**E** Four weeks ago, I **6 can't/wasn't able to** keep running for very long. I **7 have to/had to** keep stopping. Now I **8 can/was able to** run for a full five minutes! **#proud Ela (15)**

**D** When I started the training, I **9 can't/couldn't** do sit-ups at all. But I **10 mustn't/didn't have to** do the exercises for very long before I improved. Now I love exercising and you **11 can't/don't have to** stop me! **Dan (14)**

**Language alive!**

 Work in pairs. Complete the ideas below to talk about you.

- 1 I can \_\_\_\_\_
- 2 I can't \_\_\_\_\_
- 3 When I was little, I was able to \_\_\_\_\_
- 4 In class, we have to \_\_\_\_\_
- 5 We mustn't \_\_\_\_\_
- 6 We don't have to \_\_\_\_\_

# I'm interested in finding out more!

## CHEAT SHEET

### Gerund and infinitive

Infinitive	
After certain verbs:	I want <b>to go</b> swimming.
To talk about purpose:	He does sport <b>to keep</b> fit.
After adjectives:	It's easy <b>to eat</b> healthy food.
Gerund	
After certain verbs:	I enjoy <b>playing</b> tennis.
As the subject of a sentence:	<b>Doing</b> sport is good for you.
After prepositions:	You should rest after <b>doing</b> sport.
Gerund or infinitive	
She prefers <b>to do</b> yoga.	She prefers <b>doing</b> yoga.

Grammar reference p88

### 1 Are the verbs in bold G (gerund) or I (infinitive)?

- 1 **Smoking** is very bad for your health. G
- 2 It's hard **to do** exercise every day. \_\_\_\_\_
- 3 After **exercising** I feel really good. \_\_\_\_\_
- 4 I enjoy **walking**, it's my favourite exercise. \_\_\_\_\_
- 5 I want **to learn** to ski this winter. \_\_\_\_\_
- 6 We went to the park **to play** football. \_\_\_\_\_

### 2 Match descriptions a–f with 1–6 in exercise 1.

- a Gerund after prepositions 3
- b Gerund after certain verbs \_\_\_\_\_
- c Gerund as subject of sentence \_\_\_\_\_
- d Infinitive after certain verbs \_\_\_\_\_
- e Infinitive of purpose \_\_\_\_\_
- f Infinitive after adjective \_\_\_\_\_



### 3 Choose the correct answers to complete the sentences.

- 1 I promise \_\_\_\_\_ my homework if I can go to the concert, Mum!  
a to do b doing
- 2 My cousin gets to college by \_\_\_\_\_ his moped.  
a to ride b riding
- 3 We're planning \_\_\_\_\_ to the cinema later.  
a to go b going
- 4 \_\_\_\_\_ French is easier than Korean.  
a To learn b Learning
- 5 It wasn't necessary \_\_\_\_\_ all this food – we already had a lot at home!  
a to buy b buying
- 6 I enjoy \_\_\_\_\_ in the pool with my friends.  
a to swim b swimming

### 4 Choose the correct form of the verbs to complete the sentences.

- 1 You don't need to cut/cutting out sweet foods completely.
- 2 I'm quite keen on **to join/joining** a sports club.
- 3 Would you like **to play/playing** tennis with me?
- 4 **To run/Running** isn't my favourite activity!
- 5 My dad promised **to take/taking** me to the cinema on Saturday.
- 6 Jess admitted **to feel/feeling** really tired after the walk.

### 5 Write the words in the correct order to make sentences.

- 1 going / for walks / I / like  
I like going for walks.
- 2 exercise / good for you / Doing / is  
\_\_\_\_\_
- 3 a local gym / decided / I / join / to  
\_\_\_\_\_
- 4 isn't easy / It / to / fast food / cut out  
\_\_\_\_\_
- 5 called Sofia / I / ask for / to / advice  
\_\_\_\_\_
- 6 I'm / running / a marathon / interested in  
\_\_\_\_\_

**6** Complete the sentences with the gerund or infinitive form of the verbs in brackets.

- I'm looking forward to trying (try) this pasta you made – it smells amazing!
- My cousins are hoping \_\_\_\_\_ (move) to South Africa when they're older.
- My mum promised \_\_\_\_\_ (take) us to the seaside at the weekend.
- Elif didn't want \_\_\_\_\_ (go) to the party, so she stayed at home.
- Kim is really good at \_\_\_\_\_ (play) the piano.
- \_\_\_\_\_ (have) real friends is more important than anything else.

**7** Complete the questions with the correct form of the verbs in brackets.

- What exercise are you planning to do (do) this week?
- What kinds of sports do you enjoy \_\_\_\_\_ (take) part in?
- Do you find it easy or difficult \_\_\_\_\_ (eat) a healthy diet? Why?
- What new things are you trying \_\_\_\_\_ (learn) at the moment?
- What sports are you interested in \_\_\_\_\_ (try) in the future?

**Language alive!**

Work in groups. Ask and answer the questions in exercise 7.

**8** Complete the text with the correct form of the verbs in brackets.

## GETTING ACTIVE

### AT SCHOOL

- 1 Doing (do) exercise every day is good for your health, so some schools are now interested in 2 \_\_\_\_\_ (find) new ways to include exercise in the school day. In the United States, active schools encourage students 3 \_\_\_\_\_ (become) fitter by 4 \_\_\_\_\_ (make) sure that they do at least one hour of physical exercise each day.
- A few forward-thinking schools have decided 5 \_\_\_\_\_ (change) their normal classroom chairs for exercise bikes 6 \_\_\_\_\_ (allow) their students to cycle while they are studying. Most students are delighted 7 \_\_\_\_\_ (have) the bikes. What do you think? Would you enjoy 8 \_\_\_\_\_ (be) more active at school?



# An online article



## Are pets good for your health?



### 1 A long tradition

Horses, rabbits, birds, snakes – the list of popular pets is very long. The custom of looking after animals goes back a long way in history and is now more popular than ever. You can see from the way pet owners smile that their pets bring them a lot of **pleasure**. But scientific studies have shown that owning a pet might also improve your health.

### 2

Pet owners are generally more active than other people, mainly because they have to make sure their pet has exercise every day, even if they don't feel like it. And being active brings all kinds of health **benefits**, like making your heart stronger. Large animals like horses need a lot of exercise, but even smaller animals such as rabbits, snakes and birds need to be fed and cleaned, which means it's difficult to spend all day sitting on the sofa!



### 3

Keeping animals like chickens or goats encourages us to spend time outdoors and that means having contact with dirt outside the home. Scientists believe this is good because it helps our bodies learn how to protect us from **diseases** better. Children who grow up with animals don't suffer from as many allergies and **serious** illnesses as non-pet owners.

### 4

Spending time with animals can also improve how we feel. Touching or holding an animal can reduce stress levels, and people with pets feel less **lonely**. Dolphins are sometimes used to help children who find it difficult to communicate with people. Swimming with these 'therapy dolphins' can help them to become more open and show their feelings.



1 Read the article and choose the best heading for each section. Then listen and check.

- a Better at fighting illness      c Better mood  
b ~~A long tradition~~      d Fitter

2 Read the article again. Are the sentences T (true) or F (false)?

- 1 More people owned pets in the past. F  
2 Pet owners always enjoy exercising their pets. \_\_\_\_  
3 People with smaller pets like rabbits are less active. \_\_\_\_  
4 Our body becomes stronger if we have contact with dirt outside our homes. \_\_\_\_  
5 Touching animals can make people feel more relaxed. \_\_\_\_  
6 Watching dolphins can help some children to communicate better. \_\_\_\_

3 Look at the highlighted words in the article. Are they generally positive or negative? Choose the correct meanings.

- 1 pleasure positive  
a a feeling of being sad  
b a feeling of being happy  
2 benefits \_\_\_\_  
a advantages  
b disadvantages  
3 diseases \_\_\_\_  
a illnesses  
b well-being  
4 serious \_\_\_\_  
a not very dangerous  
b very dangerous  
5 lonely \_\_\_\_  
a unhappy to be alone  
b happy to be alone



## A conversation

- 1 10 Listen to a dialogue between Ben and Alice. Write the order 1–5 they discuss the ways of improving one's health a–e.

- a having plants indoors \_\_\_\_\_  
 b laughing 1  
 c dancing \_\_\_\_\_  
 d walking outside with no shoes 5  
 e singing \_\_\_\_\_

- 2 Listen again. Choose the correct answers.

- 1 Most people think that improving your health  
 a is hard work.  
 b is fun.  
 2 You can get the benefits of laughing  
 a only with real laughter.  
 b any time you laugh.  
 3 Singing  
 a has the same effects as laughing.  
 b isn't as good as laughing.  
 4 Having plants in your home  
 a isn't possible for everyone.  
 b makes the air cleaner.

- 3 Look at the examples and complete the headings with the words in the box.

Clarification Contractions  
 Informal words and expressions Phrasal verbs  
 Repetition Short, simple sentences

1 <u>Short, simple sentences</u>	Oh, boring! That's what most people think.
2 _____	Cool! That's brilliant!
3 _____	I'm reading this magazine article. It doesn't have to be real laughter.
4 _____	When we laugh, we breathe deeply. Laughing also releases chemicals.
5 _____	Taking care of yourself is hard work – going to the gym, cutting out foods you like ...
6 _____	You could take off your shoes and go into the garden.

## An informal email

- 1 Match names 1–6 with punctuation marks a–f.

- 1 exclamation mark a ,  
 2 question mark b ?  
 3 comma c !  
 4 full stop d ()  
 5 apostrophe e .  
 6 brackets f '

- 2 Write the punctuation marks from exercise 1 in the sentences below. Use each punctuation mark once.

- 1 I use MyFitnessPal a fitness app.  
I use MyFitnessPal (a fitness app).  
 2 Can you come  
 3 We can use my brothers tent.  
 4 Write soon  
 5 You can play football tennis or basketball.  
 6 I've been busy at school

- 3 Write the six punctuation marks in the email. Use each punctuation mark once.

Hi Dan,

How are you\_\_\_\_ We've been talking about making healthy choices at school today. I try to stay healthy, but it isn't always easy\_\_\_\_ I like swimming \_\_\_\_ running and tennis, but sometimes I'm too busy. It's difficult to eat healthy food too. It's my friend Maria \_\_\_\_s birthday next week and we're all going to a pizza restaurant \_\_\_\_the one in the town centre\_\_\_\_ I must make healthy choices. Wish me luck\_\_\_\_

Write soon and tell me what you do to stay healthy. Do you find it hard to make healthy choices?

Robyn

- 4 Read the email from Robyn in exercise 3 again. Write a reply answering Robyn's questions. Use the ideas in the box or your own ideas.

I like + -ing I usually eat/do/play ...  
 Thanks for your email! I find it hard to ...  
 I find it easy to stay healthy (because ...)  
 How are you? Write soon!  
 It was great to hear your news.