

6

HEALTH

Health is not
valued until
sickness comes.

Thomas Fuller

Yoga enthusiasts take part in the annual Times Square event celebrating the Summer Solstice, the longest day of the year, New York.

OBJECTIVES

- give a presentation on health dos and don'ts
- plan an exercise event for your local community
- encourage people to make a lifestyle change
- talk about your symptoms at a pharmacy
- write a product review

Work with a partner. Discuss the questions.

- 1 What do you do to stay healthy?
- 2 Read the quote. Do you agree with it?
- 3 Would you like to take part in an event like the one in the picture? Why/Why not?

6.1 Health myths

Give a presentation on health dos and don'ts

G quantifiers *too* and *enough*

V minor illnesses

P /ʌ/, /ɔ:/, /u:/, /eɪ/ and /ɜ:/



LISTENING

A Match the definitions (1–7) with the words in the box.

a balanced diet antibiotics confused
expert liquid myth reality

- 1 something that people wrongly believe to be true
- 2 someone who has a particular skill or who knows a lot about a particular subject
- 3 a fact, event or situation as it really exists
- 4 a range of food that a person eats to provide all the good things their body needs
- 5 drugs that cure illnesses and infections caused by bacteria
- 6 unable to understand something or think clearly about it
- 7 a substance (such as water) that can flow, has no fixed shape and is not a solid or a gas

B SPEAK Work in pairs. Check (✓) the sentences about health you have heard before. Which ones do you think are true and which ones are myths? Give reasons.

- 1 Everyone should drink eight glasses of water per day.
- 2 Eating fatty food makes you fat.
- 3 Eggs are bad for your heart.
- 4 Cold weather causes colds.
- 5 Take antibiotics when you have a cold.

C LISTEN FOR GIST Look at the glossary. Then listen to the introduction of *Live with Pippa* and answer the questions.

Glossary

calorie (n) unit for measuring how much energy you get from food
carbohydrate (n) a substance found in foods such as sugar, bread and potatoes. Carbohydrates supply your body with heat and energy.
fatty (adj) containing a lot of fat
virus (n) a thing that can enter your body and make you sick

- 1 How many experts does Pippa speak to?
- 2 Choose the best summary of Pippa's message in the introduction to the show.
 - a It is better to ask a medical professional than look online for information about health.
 - b It is difficult to know which online information about health is true.
 - c Bad online advice about health is making healthy people sick.

D LISTEN FOR DETAIL Listen again and choose a, b or c.

- 1 Doctor Singh says that ...
 - a most headaches are due to a lack of water.
 - b we get some of the water we need from our food.
 - c more than eight glasses of water per day is dangerous.
- 2 Michael says that ...
 - a everyone needs some fat in their diets.
 - b most people get fat because they eat too much sugar.
 - c we shouldn't eat fatty food.
- 3 Dr Tremblay says you are more likely to catch a cold or flu ...
 - a if you spend time outside in cold weather.
 - b if you don't get enough vitamins in your diet.
 - c if you spend time indoors with a lot of people.
- 4 Lia says that ...
 - a advice on eating eggs changes regularly.
 - b advice on eating eggs is not the same as it was in the past.
 - c advice on eating eggs is the same as it has always been.

GRAMMAR

Quantifiers *too* and *enough*

A WORK IT OUT Complete the sentences from the radio show (1–5) using the audio script on page 173. Then match the sentences with the rules (a–c).

- 1 You drink too _____ coffee. rule ____
- 2 You don't sleep _____. rule ____
- 3 It's because you go to bed _____ early. rule ____
- 4 Make sure you are getting _____ vitamins. rule ____
- 5 Too _____ eggs are bad for your heart. rule ____

Quantifiers *too* and *enough*

- a We use *too* + adjective or adverb, *too much* and *too many* to mean more than the right amount.
- b We use *enough* to mean the right amount.
- c We use *not enough* to mean less than the right amount.

B Look at the sentences from the radio show in Exercise A and complete the rules.

too much and too many

- 1 We use *too much* / *too many* with countable nouns.
- 2 We use *too much* / *too many* with uncountable nouns.

C Go to the **Grammar Hub** on page 132.

D PRACTICE Complete the sentences so they are true for you.

- 1 I spend too much time _____ and not enough time _____.
- 2 I eat too much/many _____ and not enough _____.
- 3 I don't _____ enough and I _____ too much/often.
- 4 I find _____ too difficult.
- 5 I have enough _____, but not enough _____.

E SPEAK Work in pairs. Discuss your answers to Exercise D.

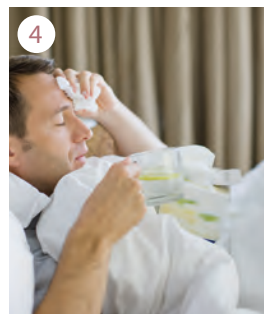
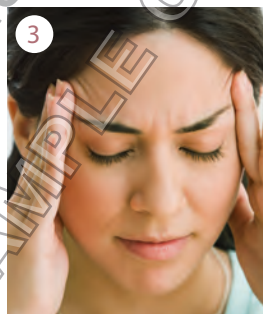
VOCABULARY

Minor illnesses

A Read Dr. Tremblay's audio script on page 173 and underline six health problems he talks about.

B Label the pictures (1–10) with the health problems in the box.

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



a cold



PRONUNCIATION

/ʌ/, /ɔ:/, /u:/, /eɪ/ and /ɜ:/

A Listen and repeat.

- 6.2 1 /ʌ/ but 4 /eɪ/ pay
- 2 /ɔ:/ caught 5 /ɜ:/ fur
- 3 /u:/ do

B Each word contains one of the sounds in Exercise A. Listen and match the words with the sounds. Then underline the letter(s) that make the sounds.

- 1 burn a /ʌ/
- 2 ache b /ɔ:/
- 3 stomach c /u:/
- 4 flu d /eɪ/
- 5 sore e /ɜ:/

C SPEAK Work in pairs. What do people usually do for each of the problems in Vocabulary Exercise B? Use ideas below to help you and your own ideas.

- go to bed • take painkillers
- take medicine • put on lotion
- go to the doctor • stay home from work

SPEAKING

A Work in pairs. Plan and give a short presentation called *The dos and don'ts of staying active and healthy*.

B Write a list of dos and don'ts for each of the topics:

- food and drink • stress
- sleep • avoiding and recovering from illness
- exercise

C Present your advice to the class. Ask them to guess which piece of advice is a myth or bad advice.

○ Give a presentation on health dos and don'ts

V exercise

P /ŋ /, /n/ and /m/

G -ing forms



VOCABULARY

Exercise

A Work in pairs. Make a list of different ways of exercising. You have one minute.

Walking, swimming ...

B Go to the **Vocabulary Hub** on page 148.

C SPEAK Look at the **Vocabulary Hub** Exercise B on page 149. Go around the class and ask the questions. If someone answers yes, write their name and ask a follow-up question.

A: Do you hate working out at the gym?

B: Yes, I do.

A: Why?

B: I like to exercise outdoors and I don't like to exercise with so many other people watching me. I find most gyms too busy.

PRONUNCIATION

/ŋ/, /n/ and /m/

A Listen to these sounds. Do they sound the same or different?

6.4

1 /ŋ/ biking 2 /n/ run 3 /m/ team

B Listen again and repeat the sounds.

6.4

C Listen and complete the table with the words you hear. Do the words have an /ŋ/, /n/ or /m/ sound? Some words have more than one of the sounds.

6.5

	/ŋ/	/n/	/m/

READING

A Check (✓) the sentences you agree with. Then work in pairs and explain your choices.

Running is great exercise and great fun.

I'd like to run a marathon one day.

I prefer team sports, like racquetball or field hockey.

Jogging is exercise, not fun.

Running is boring.

The only time I run is to catch the bus.

B SCAN Read texts 1–3. What is the purpose of each?

Text ___: to inform

Text ___: to persuade

Text ___: to entertain

1



Funny fitness



Did you know that laughing for 15 minutes can burn up to 40 calories? We hope these jokes and quotes will keep you smiling as you walk to the store, jog around the park or run your next marathon.

Q What is a runner's favorite school subject?

A Jog-raphy

'If you are in a bad mood, go for a walk. If you are still in a bad mood, go for another walk.'

Hippocrates

Patient: Doctor, can you give me something to stop sleepwalking?

Doctor: I'm afraid I can't, sir. You need the exercise!

2



Parkrun

Are you looking for an easy way to stay in shape and lose weight? Would you like to run 5 km in a family-friendly atmosphere? Would you like to compare your results with other runners from all over the world? If so, then check out *Parkrun*.

Parkrun organizes free weekly timed runs in parks all over the world. The 5 km runs take place on weekend mornings and are open to everyone. After each race, runners receive detailed results via email.

Parkrun is an international community of over one million runners in 17 countries and there is always space for more! So come and join the *Parkrun* family and get fit for free!

Glossary

atmosphere (n) the mood or feeling in a place

3

MARATHON MAN

What do you think it takes to become a running master? Fauja Singh, from east London, finished a 10 km race in Hong Kong in one hour and 32 minutes – and he did it at the age of 101.

In 2011, Singh became the oldest person to run a marathon. At 100 years of age, he completed the Toronto Marathon in just over eight hours.

As a young man, Mr. Singh was a farmer in Punjab, India. Then in the 1960s, he went to live in Britain and only began running when he was 89 years old.

Mr. Singh plans to run again for charity, but the Hong Kong 10 km was his final competitive race. 'I will remember this day. I will miss it,' Mr. Singh said after the event.



C READ FOR DETAIL Read again and answer the questions. Write *Funny fitness* (FF), *Parkrun* (PR), *Marathon man* (MM) or none of the texts (N).

Which text ...

- 1 tells the story of an individual?
- 2 offers readers the chance to read online?
- 3 tries to sell readers something?
- 4 reports the results of a research project?
- 5 tries to make readers laugh?
- 6 describes the purpose of a particular organization?

D SPEAK Work in pairs. Discuss the questions.

- 1 Why is running such a popular form of exercise?
- 2 Would you like to do a parkrun? Why/Why not?

GRAMMAR

-ing forms

A Look at the examples of different -ing forms used in the texts. Then complete the rules with the words in the box.

- 1 Did you know that **laughing** for 15 minutes can burn up to 40 calories? (gerund)
- 2 Are you **looking** for an easy way to stay in shape and lose weight? (present participle)
- 3 What do you think it takes to become a **running** master? (adjective)

adjectives gerunds present participle

-ing forms

- 1 We use the _____ -ing form with the verb *to be* to talk about things that are happening now or around now, and are not finished.
- 2 We use -ing form as _____ to describe nouns.
- 3 We use -ing form as _____ to make nouns.

B Go to the **Grammar Hub** on page 132.

C SPEAK Work in pairs. Discuss the questions.

- 1 What is your favorite form of exercise?
- 2 Do you like working out? Why/Why not?

SPEAKING

A Work in groups. Plan an event to encourage local people to start doing more exercise. Think about:

- who your event is for
- how it will help people get in shape or start exercising
- what people need to bring to the event
- how you will promote the event

B Describe your event to the rest of the class. Which event is the most popular. Why?

🕒 Plan an exercise event for your local community

G – present perfect with *just, already* and *yet*

V – food groups

P – /s/ and /ʃ/

S – scanning for key words

READING

A Match the words in the box to pictures (1–6).

avocado broccoli fur
grain kale wheat

B READ FOR GIST Read *A fresh start*. Which three reasons for going vegetarian or vegan are given in the article?



A fresh start

Large numbers of people are saying 'never again!' to meat and becoming vegetarian or vegan. For some it's about health, for others it's about concern for the environment. Whatever the reason, many people are changing the way they eat forever.

Research by the Vegan Society states that in 2016 there were around 542,000 vegans in the UK alone. Veganism is also on the rise thanks to celebrity supporters including Ellie Goulding, Liam Hemsworth and Venus and Serena Williams.

There are various reasons why people decide to go vegetarian or vegan. Some do it for their health. Vegans get all the vitamins, minerals and other things they need for a balanced diet from grains, fruits, seeds, nuts and vegetables such as kale, broccoli, beans and avocados. A vegetarian diet can help people lose weight because it is low in fat. High-fat diets are linked to serious health problems including diabetes, heart disease and cancer.

Some people give up meat because they are worried about the environment. A 2006 FAO (The Food and Agriculture Organization

of the United Nations) study reported that 18 percent of greenhouse gases come from farm animals such as cows, sheep and chickens. That's more than all of the world's cars, trains and planes put together. We use over 36 percent of the world's grain to feed farm animals, yet a quarter of the people in the world do not have enough food. If we made food for people from the grain instead, there would be enough for everyone.

Other people go meat free because they feel it is wrong to kill animals. Animals feel pain and fear. Many farmed animals are kept in poor conditions with little space and no time outdoors. In the UK, around 990 million farmed animals are killed for food each year.

With so many grocery stores and restaurants now offering vegetarian and vegan goods, it's easier than ever to give up or reduce the amount of meat we eat. Why not try a few meat-free days a week – you could help reduce world hunger and even help with climate change!

Are you vegan or vegetarian?

We want your comments!



Nora_27

I've just changed to a vegetarian diet after years of eating meat. It's only been a week, but I feel much healthier and I highly recommend it!



M-M-Maxine

I feel bad about killing animals, but I really enjoy meat. **I've already eaten two sausages and a chicken sandwich today, and it's only lunchtime!** I don't think I'd last very long without meat.



Cool_keith2

I've been vegetarian for a while, but I haven't managed to go vegan yet. It seems like a lot of work to plan and prepare the food. Any advice?



Kellykale

Great article! Vegan food is great! **Have you tried kale chips yet?** They are really tasty and great as a healthy snack.

Glossary

billion (number) the number 1,000,000,000

greenhouse gas (n) a gas that stops heat from escaping the atmosphere and causes the greenhouse effect, the gas that makes global warming worse

mineral (n) a natural substance in some foods that you need for good health, for example, iron and calcium

vitamin (n) natural substances found in food that are necessary to keep your body healthy



- C SCAN** Read again. Are the sentences true (T) or false (F)? Use the information in the box to help you.

Scanning for key words

When you are reading to find specific information, such as names, dates and statistics, move your eyes quickly over the text and look for titles, numbers, symbols and names. Read around these items to find the information you are looking for. This is called scanning.

Scanning helps save time in exams and is useful for previewing texts to decide whether to read them in more detail.

- There are about half a million vegetarians in the UK. T / F
- A fair number of famous people are vegans. T / F
- Vegans need to take extra vitamins to stay healthy. T / F
- Vehicles produce less air pollution than farming animals for meat. T / F
- If we produced less meat, there would be more food for those people who do not have enough. T / F
- It is difficult to buy vegan products. T / F

- D SPEAK** Work in pairs. What are the arguments for and against farming and killing animals for food?

GRAMMAR

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

- A WORK IT OUT** Look at the sentences in **bold** in the comments section of *A fresh start*. Then complete the rules with *just*, *already* or *yet*.

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

- We use the present perfect with _____ in positive statements to say something happened very recently.
- We use the present perfect with _____ in positive statements to say that something happened before now or earlier than expected.
- We use the present perfect with _____:
 - in negative statements to say that something hasn't happened, but it still might.
 - in questions to ask if something has happened.

- B** Look again and choose the correct words to complete the rules.

- Just* comes **before** / **after** the past participle in a sentence.
- Already* usually comes **before** / **after** the past participle in a sentence.
- Yet* comes at the **beginning** / **end** of a sentence or question.

- C** Go to the **Grammar Hub** on page 132.

- D SPEAK.** Work in pairs. Have you done any exercise today? Make true sentences with present perfect and *just*, *already* or *yet*.

VOCABULARY

Food groups

- A** Work in pairs. Make a list of different food items. You have one minute.
- B** Go to the **Vocabulary Hub** on page 149.
- C SPEAK** Work in pairs. Have you eaten any healthy food today? Who has been kinder to their body?

I had two oranges with my breakfast, and I've just eaten an apple and two kiwis, so I've had five pieces of fruit today already.

PRONUNCIATION

/s/ and /ʃ/

- A SPEAK** Work in pairs. Write the words in the box in the correct place. Use the examples to help you.

chefs fish fresh lettuce lobster rice
sandwich sauce spinach sushi sugar

/s/	/ʃ/	/s/ and /ʃ/
lobster	sugar	

- B** Listen and check. Then listen again and repeat the words.

- C SPEAK** Work in pairs. Student A – point to a word in Exercise B. Student B – say the word. Take turns.

SPEAKING HUB

- A** Work in groups. You are going to design a leaflet to help other students make a lifestyle change. Choose one of the following:

- eat less meat
- stop drinking bottled water
- use more fresh ingredients when cooking
- eat less sugar

- B PLAN** What information will you include on the leaflet? Think about the areas below and then design your leaflet.

- health benefits
- environmental benefits
- how your school or college will help
- how you or someone you know changed their lifestyle in this way and how they benefited

- C REFLECT** Read the other groups' leaflets. Which do you think would be most successful and why?

○ Encourage people to make a lifestyle change

- F** – talk about your symptoms at a pharmacy
- P** – vowel sounds



COMPREHENSION

A ▶ 00:00–02:13 Watch the first part of the video without sound and answer the questions.

- 1 How does the pharmacist feel?
- 2 How does Gaby feel?
- 3 Check (✓) the parts of their bodies that hurt.
 arm back ears eyes foot
 hand head leg nose throat

B ▶ 00:00–02:13 Watch the first part of the video again with sound and check your answers to Exercise A.

C SPEAK Work in pairs. What advice would you give Gaby? What advice would you give the pharmacist?

D ▶ 02:26–04:54 Watch the second part of the video and check your answers to Exercise C.



FUNCTIONAL LANGUAGE

Talk about your symptoms at a pharmacy

A Write the headings in the box in the correct place (a–c).

Explain symptoms Ask about health Give advice

Useful language

- a** _____
 Are you OK?
 Are you ¹ _____ ?
 What's painful?
 What are your symptoms?
 Do you have anything for a sore throat /
 a ² _____ ?
 Do you have sore eyes / ³ _____ ?
 Are you allergic to anything?
- b** _____
 It's very painful.
 My nose / ⁴ _____ hurts.
 I'm not feeling very well.
 I have a terrible cold.
 You don't have a cold, you have hay fever /
⁵ _____ .
- c** _____
 I suggest these tablets / ⁶ _____ .
 Take one every eight hours.
 You could try drinking a hot lemon and honey.
 I think you should rest /
⁷ _____ .





MILLY



SAM



NEENA



ZAC



GABY

B Write the words and phrases in the box in the correct place in Exercise A.

back flu a temperature headache relax
sure you're OK this medicine

USEFUL PHRASES

A Match the useful phrases (1–6) with similar phrases which show the meaning (a–f).

- | | |
|--------------------------------------|---|
| 1 I know how you feel. | a A lot of people get this in the summer. |
| 2 We are both not very well today. | b Don't I need more? |
| 3 It's common at this time of year. | c I have the same symptoms as you. |
| 4 I'll be fine. | d It's my favorite cure. |
| 5 Is one enough? | e You and I are sick today. |
| 6 That usually makes me feel better. | f Don't worry about me |

B How do you say these useful phrases in your language?

PRONUNCIATION

Vowel sounds

A Match the words which have the same vowel sound.

- | | |
|----------|------------|
| 1 cough | a allergic |
| 2 hurt | b door |
| 3 pain | c nose |
| 4 sore | d same |
| 5 throat | e wrong |

B Listen and check. Then listen again and repeat the words.

6.7

C SPEAK Work in pairs. Practice saying the words. Listen and check your partner's pronunciation.

SPEAKING



Work in pairs. Role-play a conversation about health. Take turns being Student A and Student B.

Student A: Choose an ailment from the pictures and explain the symptoms.

You must use the following words: *feeling, have, hurt(s), painful.*

Student B: Ask questions and give advice.

You must use the following words: *allergic, take, temperature, try.*

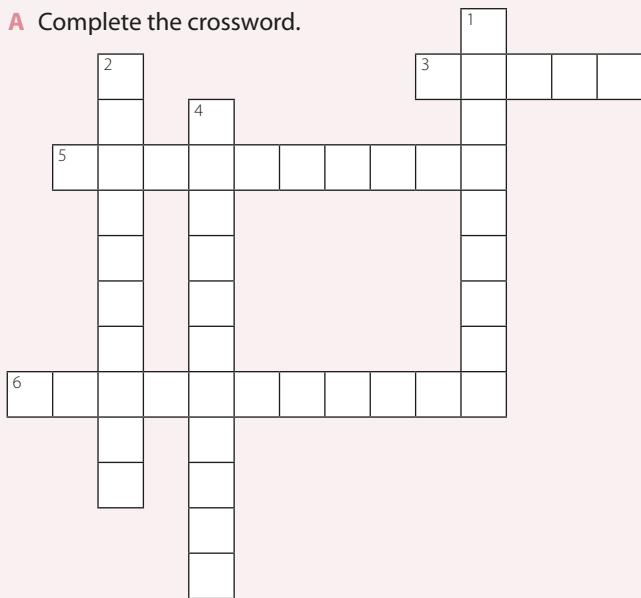


○ Talk about your symptoms at a pharmacy

➤ Turn to page 163 to learn how to write a product review.

VOCABULARY

A Complete the crossword.



Down

- See the dentist with this problem.
- Leg, arm, finger? Go to the hospital. (two words)
- You are warmer than you should be.

Across

- Cover your mouth with your hand when you do this.
- Try not to talk. Drink hot drinks. Suck a candy. (two words)
- Did you eat too much?

B What are the missing words? Choose a, b or c to complete the survey.

WELCOME TO SUNNY'S GYM

Check (✓) your fitness goals.

- ___ weight
- get or ___ in shape

Do you ...

- ___ at a gym?
- ___ jogging?
- ___ a team sport?
- ___ yoga?

- | | | |
|-------------|------------|-----------|
| 1 a get | b put | c lose |
| 2 a stay | b work | c go |
| 3 a work it | b work out | c work on |
| 4 a run | b do | c go |
| 5 a go | b play | c join |
| 6 a play | b go | c do |

C Choose the correct words to complete the sentences.

- Pasta is made from *nuts* / *wheat*.
- You can eat the shell of *shrimp* / *lobster*, but a lot of people choose not to.
- Pizza is made with bread, cheese and *avocado* / *tomato* sauce.
- British-style fish and chips usually includes *tuna* / *cod*.
- One of the main salad ingredients is *rice* / *lettuce*.

GRAMMAR

A Complete the sentences with *too many*, *too much* and *not enough*.

- We can't make a cake today. There are _____ eggs in the fridge.
- There are _____ flavors of ice cream – I can't decide!
- There are _____ chairs here. I'll get two more from the kitchen.
- We shouldn't eat _____ sugar in our diets. It's unhealthy.
- I've eaten _____ pie. I don't feel well.

B Write the word in parentheses in the correct place. Then circle the correct *-ing* form. Choose gerund (G), adjective (A) or present participle (PP).

- She left the gym because of the ^{rising} prices. (*rising*) G / A / PP
- Lucien is very fit these days. (*becoming*) G / A / PP
- He isn't any exercise right now. (*doing*) G / A / PP
- My brother loves marathons. (*running*) G / A / PP
- I want to try yoga by myself. (*practicing*) G / A / PP

C Complete the comments from a health website with *just*, *already* or *yet*.

HART 27: I became vegetarian about two weeks ago. I feel lighter and I have clearer skin ¹ _____. I've ² _____ weighed myself but I haven't lost any weight ³ _____.

KENNYKEN: This morning, I finally decided to go vegan. I've ⁴ _____ come back from the store with vegan ingredients and a cookbook. Actually, I have one vegan cookbook ⁵ _____, but I haven't made anything from it ⁶ _____.

FUNCTIONAL LANGUAGE

A Complete the words in the conversation at a pharmacy.

Pharmacist: Good morning. ¹H _____ can I h _____ ?

Customer: Oh, good morning. ²I f _____ terr _____ .

Pharmacist: ³Wh _____ are your sym _____ ?

Customer: ⁴I ha _____ a s _____ thr _____ and a cou _____. ⁵It really hu _____ .

Pharmacist: Oh, dear. Anything else?

Customer: Well, I think ⁶I ha _____ a tem _____, too, because I feel hot all the time.