

VOCABULARY

THE BODY; HEALTH

1 A Find twelve words for parts of the body in the puzzle.

N	M	O	<u>E</u>	L	B	O	W
O	T	H	U	M	B	I	V
S	L	E	G	U	T	M	B
E	K	N	E	E	O	O	A
P	H	E	A	D	E	U	C
E	E	N	E	C	K	T	K
S	T	O	M	A	C	H	C
W	E	H	A	N	D	I	N

B 11.1 Listen and repeat.

C Listen again and write the words in the correct column.

1 /e/ e.g. red	2 /æ/ e.g. happy
3 /i:/ e.g. meat	4 /əʊ/ e.g. no
	elbow
5 /ʌ/ e.g. fun	6 /aʊ/ e.g. now

2 Put the letters in the correct order to make health problems. Start with the underlined letter.

- I've got a cold, so I must stay in bed today. (dclō)
- My leg shutr. (shutr)
- I've got a bad chadeeha. (chadeeha)
- I've got a rose trahot. (ros trahot)
- I've got a nrnuy osne. (nrny osne)
- I've got awful cahastcehom. (cahastcehom)
- I've got a metterupare. (metterupare)
- I've got a gucoh. (gucōh)

GRAMMAR

SHOULD/SHOULDN'T

3 Read the leaflet about travel health. Check any new words in your dictionary. Then complete the leaflet with *should/shouldn't* and the words in brackets.

TRAVEL HEALTH: BEFORE YOU GO

We answer your FAQs (frequently asked questions) about health on holiday:

1 Should I see (I/see) my doctor before I go on holiday?

Yes, (you/speak) to your doctor or your local travel centre about six weeks before you leave.

3 (I/get) any vaccinations?

Your doctor or nurse can give you information or you can check on the internet. (you/not have) a lot of vaccinations together, so start early.

What else (I/do)?

 (you/visit) your dentist as well, because dentists can be very expensive in other countries.

 (you/take) a Traveller's First Aid Kit with sun cream, plasters and painkillers, but

 (you/not open) these before you travel. Officials at the airport might ask to check them.

Any other advice?

Well, (you/not travel) when you have a bad earache or a cold. And it's important to relax, but (you/not drink) alcohol or coffee in the airport or on the plane, because they'll make you feel worse.

4 Complete the conversation with *should/shouldn't* and the verbs in the box. Add the correct pronouns (*I* or *you*).

go (x2) watch sleep do (x2) change eat

A: I'm going to fly to Japan soon and I'm worried about the time difference, you know, getting tired after the journey.

B: Oh yes, jet lag can be difficult. 1 You should go to bed early for two or three nights before you travel.

A: What else 2 ?

B: When you're on the plane, 3 all the food they bring, it's too much. And 4 your watch to Japanese local time.

A: And 5 on the plane?

B: Yes, you need to rest, so 6 all the movies or stay awake the whole time. It's a long journey! What time do you arrive?

A: At two in the afternoon.

B: You'll be very tired, but 7 to bed.

8 some exercise. It's a good idea to go for a walk and then wait and sleep when it's dark.

A: Thanks. That's good advice.

Walking – the perfect sport?

Forget about tennis, swimming, skiing and jogging. Walking is the easiest and cheapest way to stay fit. It's free, you don't need special clothes or equipment, you don't need a trainer or a special place. Anybody can do it any time: young people, older people, alone or in groups.

OK – perhaps it's not really a sport, but it is the most popular physical activity and one of the best ways to stay healthy. What are the benefits? Walking is good for your heart and your legs; regular walkers say they sleep better and feel happier; and smokers say they don't smoke so much.

Maybe you don't have very much time, so here are some ideas to help you start walking:

- ! Walk, don't drive, to the local shop. If you have a lot to carry, take a small backpack.
- ! If you have children, walk with them to and from school.
- ! Get off the bus or train a stop or two early. This will give you some extra daily exercise – and it's cheaper, too!
- ! Take a walk in your lunch hour at school or work.
- ! Once a week take a longer walk, and go on a completely new route; this helps to keep things interesting.

There are walkers' clubs all over the world. Join one – walking is a great way to meet people and make new friends!



READING

5 A Read the article and number topics a)–d) in the order that you read about them.

- a) Why is walking better than other sports? 1
- b) How can you find time for walking? _____
- c) Who can you walk with? _____
- d) Why is walking good for your health? _____

B Read the article again and tick the ideas it talks about.

- 1 Walking isn't expensive.
- 2 You have to wear good walking shoes. _____
- 3 Age isn't important. _____
- 4 Walking is good for headaches. _____
- 5 You should go shopping on foot. _____
- 6 Get up earlier in the morning, and do some extra exercise every day. _____
- 7 Take a different walk every week so you don't get bored. _____
- 8 You can meet people more easily when walking. _____

C Find words 1–7 in the article. Then match them with definitions a)–g).

- | | |
|--------------|--|
| 1 equipment | a) with no other people |
| 2 a trainer | b) a bag that you carry on your back |
| 3 alone | c) connected to your body |
| 4 physical | d) the things you use for an activity, e.g. a machine in the gym |
| 5 benefits | e) a way from one place to another |
| 6 a backpack | f) good things |
| 7 a route | g) a teacher |

D Cover the article and try to complete the sentences. Then look at the article and check your answers.

Maybe you don't have very much time, so here are some ideas to help you start walking:

- ! Walk, don't drive, ¹ _____ the local shop. If you ² _____ a lot to carry, take a small backpack.
- ! If you ³ _____ children, walk ⁴ _____ them to and ⁵ _____ school.
- ! Get off the bus or train a stop or two early. This will give you some extra daily exercise – and it's cheaper, ⁶ _____!
- ! Take a walk ⁷ _____ your lunch hour ⁸ _____ school or work.
- ! Once a week ⁹ _____ a longer walk, and go on a completely new route; this helps to keep things interesting.

There are walkers' clubs ¹⁰ _____ over the world. Join one – walking is a great way to ¹¹ _____ people and ¹² _____ new friends!

VOCABULARY

COMMUNICATION

1 A Complete the diagrams with the verbs in the box.

start finish forget get send have answer (x2)
turn on exchange remember turn off

- 1 start
finish } a conversation
- 2 _____ } a text message
- 3 _____ } names and numbers
- 4 _____ } your phone

B Complete the sentences with the verbs in Exercise 1A.

- Sorry, I have to go now. Can we finish the conversation now and talk again later?
- I'll _____ you a text message when I get home.
- I'm sorry, I don't _____ your name – I've got a terrible memory.
- Please _____ your phone. The play is starting.
- I can't _____ his text message now – I'm busy. I'll do it later.
- Good to see you again! Let's _____ numbers so we can talk again soon.
- The two of you need to _____ a conversation – you should talk about this.
- Please _____ your phone – it's ringing, again! And tell your friend that you are in a meeting and can't talk right now!
- I always _____ my mobile number. I have to write it down.
- I didn't want to talk about this. I didn't _____ the conversation – you did.
- The play's over – you can _____ your phone now.
- When did you _____ this text message from Ewan? What does it say?



LISTENING

2 A 11.2 Listen to a radio programme about time management. Number the problems in the order you hear about them.

- multi-tasking _____
- forgetting things you have to do _____
- staying late to finish work _____
- doing what you like doing first _____
- starting work without planning 1 d
- keeping two or three lists of things to do _____

B Listen again and match the problems in Exercise 2A with solutions a)–f).

- Write a to-do list.
- Do one thing, then do another thing.
- Don't try to finish something if you are tired.
- Make time to plan your day and week.
- Make only one list.
- Put the important things at the top of your list.



C Complete the guide for the radio programme with the words in the box. There are two extra words.

professor multi-task same hour use
time management improve make

Working Week

with Patti Fry
5.30p.m.–6.30p.m.

In today's Working Week, Patti Fry talks to ¹Professor Emma Fields and asks why some people ²_____ their time better than others. She also asks how to ³_____ our time at work by using different ⁴_____ techniques. Emma gives us some useful ideas for working better. One of them is: don't ⁵_____ – do one thing first, then another. Doing two or more things at the ⁶_____ time isn't such a good idea.

GRAMMAR

ADVERBS OF MANNER

3 Underline the correct alternative.

- 1 **A:** Your mum drives really *slow/slowly*.
B: Yes, well you know that *slow/slowly* drivers don't have many accidents.
- 2 **A:** Jeff is quite *lazy/lazily* about doing tasks around the house.
B: That's true, he does them *lazy/lazily*, but he does them in the end!
- 3 **A:** The teacher talks very *quiet/quietly*.
B: Yes, and the students aren't *quiet/quietly*, so it's difficult to hear.
- 4 **A:** I found the shop *easy/easily*, thanks to your clear directions.
B: Well, in fact, it's rather *easy/easily* to find.
- 5 **A:** Our team played *bad/badly* and we lost the match.
B: That's surprising, I thought the other team was *bad/badly*.
- 6 **A:** You're so *energetic/energetically* when you get up in the morning. How do you do it?
B: I read somewhere that if you get up *energetic/energetically*, you'll feel good all day.
- 7 **A:** You came in rather *noisy/noisily* last night.
B: Sorry, I didn't mean to be so *noisy/noisily*.
- 8 **A:** This exercise isn't very *hard/hardly*.
B: No? Well, work *hard/hardly* to the end because the second part is difficult.

4 A Complete the sentences with adverbs formed from the adjectives in brackets.

- 1 You have to drive carefully (careful) and _____ (safe). You can't drive _____ (dangerous) or _____ (fast).
- 2 You have to work very _____ (hard) and often very _____ (late) at night but you get long summer holidays. You don't have to speak _____ (loud), but it helps.
- 3 You should eat _____ (healthy) and go to bed _____ (early). You don't have to walk or run _____ (fast), but you have to see _____ (clear).
- 4 You don't have to read music _____ (perfect), but it helps. You have to sing _____ (good), but you don't have to sing _____ (loud).

B What jobs are the sentences in Exercise 4A about? Underline the correct alternative.

- 1 a bus driver / a racing driver
- 2 a teacher / a politician
- 3 a footballer / a golfer
- 4 a jazz singer / an opera singer

5 Complete the adjectives and adverbs in the conversations.

Conversation 1

- A:** Are you OK?
B: No, I don't feel very well _____. Can I lie down somewhere?
A: Yes, over here.
B: I'm really tir _____. I slept terri _____ last night.

Conversation 2

- A:** This room's very comf _____.
B: Yes, but it's quite noi _____. I can hear the people downstairs.
A: Well, we don't have to stay here all evening. I'm hun _____.
B: Yes, we can eat che _____ in the café tonight and then we can go to that exp _____ Italian restaurant tomorrow.

Conversation 3

- A:** I sing very ba _____.
B: No, you don't. You sing beau _____.
A: Thank you. That's ki _____ of you.

WRITING

ADVERBS IN STORIES

6 A Write the adverbs.

- | | |
|----------------------|-----------------|
| 1 slow <u>slowly</u> | 4 nervous _____ |
| 2 quick _____ | 5 careful _____ |
| 3 angry _____ | |

B Complete the joke with the adverbs from Exercise 6A.

A man walked ¹ nervously into the dentist's office. The dentist looked ² _____ at the man's teeth and then said, 'I have to take one tooth out. I can do it ³ _____ – it'll only take five minutes and it'll cost \$100.'

'A hundred dollars for five minutes' work!' the man said '_____. 'That's too expensive!'

'Well,' answered the dentist, 'I can do it ⁵ _____ if you want!'



VOCABULARY

VERBS OF MOVEMENT

1 Complete the conversations with the verbs in the box.

carry drop lift stand cross push
lie pick up

- 1 A:** I'll take these dishes.
B: Don't carry all of them. You'll _____ them!
- 2 A:** Don't _____ the road now – the crossing light is still red.
B: Sorry, I didn't look.
- 3 A:** And then my car just stopped.
B: So what did you do?
A: Lee helped me to _____ it – and a couple of minutes later, it started again.
- 4 A:** Don't worry, I'll be OK. Oh, no!
B: What's the matter?
A: This box is too heavy. I can't _____ it!
B: I can _____ it _____ for you.
- 5 A:** Don't _____ in the sun for too long. You'll get sunburnt.
B: Twenty minutes is not too long – I'll be fine.
- 6 A:** Hi, Jenny. It's me.
B: Hi, Frank. Where are you?
A: I'm on the train. It's really crowded, so I have to _____.

FUNCTION

OFFERING TO HELP

2 A Put 1–4 and a)–d) in the correct order to make sentences.

- 1** my / problem / MP3 / there's / a / player / with
There's a problem with my MP3 player . _____
- 2** favourite / was / that / my / vase
_____ . _____
- 3** tired / really / I'm
_____ . _____
- 4** in / cold / here / it's
_____ . _____
- a)** coffee / let / you / a / make / me
_____ . _____
- b)** look / me / let
_____ . _____
- c)** you / I'll / buy / one / another
_____ . _____
- d)** I / window / shall / close / the
_____ ?

B Match sentences 1–4 in Exercise 2A with offers a)–d).

3 A Read Jim's 'To do' list. Then complete the conversation.

TO DO

- phone Noriko in Tokyo
- email Moscow office
- get flowers for Ellie – send them to hospital
- meet Anne at airport (5.30)

Ruth: Are you OK, Jim?

Jim: No. I have to meet Anne at 5.30 and look at this list!

Ruth: ¹ Let me help . I'm not busy at the moment.

Jim: Oh, can you? Thanks!

Ruth: No problem. ² _____ I _____ Noriko?

Jim: Yes, please.

Ruth: And then I ³ _____ the Moscow office.


Jim: Can you tell them I'll phone tomorrow?

Ruth: OK. And I ⁴ _____ some flowers for Ellie. I'm going to the hospital to see her tonight anyway.

Jim: Fantastic! ⁵ _____ me _____ you the money.

Ruth: It's OK. Give it to me tomorrow.

Jim: Thanks a lot. I ⁶ _____ the same for you any time!

B  **11.3** Listen and check. Then listen and repeat the offers of help.

LEARN TO

THANK SOMEONE

4 Circle the correct option.

- 1 A:** Are you OK? Let me carry that.
B: **a)** Yes. **b)** No problem. **(c)** Thanks a lot.
- 2 A:** Shall I speak to Mr Chen for you?
B: **a)** That's kind of you. **b)** You're welcome. **c)** It's a problem.
- 3 A:** I'll drive you home.
B: **a)** You're welcome. **b)** Shall I do it?
 c) Thanks. I'm very grateful.
- 4 A:** Thank you very much.
B: **a)** Yes. **b)** You're welcome. **c)** Your welcome.
- 5 A:** Is this seat free?
B: Sure.
A: **a)** Thanks a lot. **b)** No problem. **c)** You're welcome.
- 6 A:** I'll buy lunch.
B: **a)** Really? Please. **b)** Really? Sure. **c)** Really? Thanks.