

13 HEALTHY BODIES



ABOUT YOU

09 Watch the video. Then ask and answer the questions in pairs.

What was your last health problem?

When did it happen?

What did you do?

VOCABULARY

AND

LISTENING

Illness

1 Match the sentences to the photos.

EP

- 1 I've got a **cold**.
- 2 I **hurt** my leg.
- 3 I've got a **broken arm**.
- 4 My eye **hurts**.
- 5 I feel **sick**.
- 6 I've got a **stomach ache**.
- 7 I've got a **temperature**.
- 8 I've got a **toothache**.
- 9 I've got a **pain** in my foot.
- 10 I've got a **headache**.



Listen and check. Then repeat.



2 Listen to three conversations. Match the health problems to the people in the pictures.

A

B

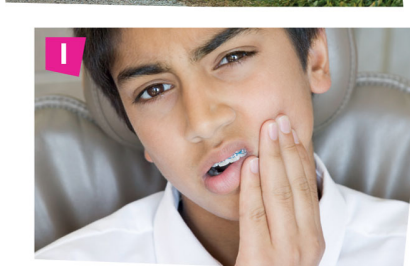
1



2



3



3 Listen again. Match the advice to the health problems in Exercise 2. Write 1, 2 or 3.

- don't do any sports
- eat fruit and vegetables
- don't watch TV late
- go to hospital
- don't walk
- rest
- go to sleep now
- drink a lot

4 In pairs, discuss the questions.

- 1 Do you do anything that is bad for your health?
- 2 How do you want to change it?

*I play computer games for three hours a day.
I'd like to play more sport.*

GRAMMAR

should / shouldn't

- 1** Look at these examples from the conversations. Then choose the correct words to complete the rules.

You **shouldn't** walk on that leg.
You **should** go to bed.

- We use **should** and **shouldn't** to give advice / information.
- We use **should** to say something is a good / bad idea.
- We use **shouldn't** to say something is a good / bad idea.
- The verb after **should** is always / never the infinitive without 'to'.

- 2** Look at these examples from the conversations you heard on page 80. Match the questions to the answers. Notice how we make questions with **should**.

I should ... → Should I ... ?

- Should** I stop doing sport?
 - Should** I take some medicine?
 - When **should** I drink it?
- a No, you **shouldn't**.
b Every evening before bed.
c Yes, you **should**.



Listen and check. Then repeat.

GRAMMAR REFERENCE AND PRACTICE PAGE 150

- 3** Read the problems 1–8 and choose the correct advice for each one a–h. Then complete the advice with **should/shouldn't**. There may be more than one possible answer.

- My hand hurts a bit today.
 - I've got a pain in my foot.
 - I've got a headache and a temperature.
 - I feel a bit sick.
 - My eyes hurt.
 - I can't move my leg at all. I think it's broken.
 - I feel very tired.
 - I've got a bad cold.
- a You _____ go to bed earlier.
b You _____ take some medicine and go to bed.
c You _____ play tennis.
d You _____ go to school.
e You _____ wear more comfortable shoes.
f You _____ go to hospital.
g You _____ eat anything.
h You _____ stop watching TV.

- 4** Correct the mistakes in the sentences.



- I think you should to bring a scarf.
- You shoud go to the doctor.
- I should to go to bed earlier.
- You aren't well. You stay at home today.
- You don't come to my house today – I am ill.
- You no should watch TV all day.



PRONUNCIATION

Silent consonants

- 5** Some words in English have silent consonants. Find one silent consonant in each word.

castle	climb	half	knife
listen	should	talk	walk
would	wrong	wrote	



Listen and check. Then repeat.

- 6** Read the example conversation. Have similar conversations with your partner. Choose a different question from the box each time. Use health problems and advice from this lesson, or use your own ideas.

What's wrong?
What's the matter?
Are you OK?



What's the matter?

I've got a temperature.
What should I do?



You should rest. You should also drink lots of water. You shouldn't go to school.

READING

- 1 Read the magazine article. Match the photos A-D to the paragraphs 1-3.
- 2 Choose the correct headings a-d for the paragraphs 1-3. There is one heading you don't need.

a Different kinds of running races	c All the ways running is good for you
b Some problems with running	d Reasons why running is popular

What is so great about

running?

1 In the past, people didn't need sports like running to stay healthy because they were very active. But these days, many of us spend most of the day sitting down. This means we need to get some exercise in our free time, and running is a cheap and easy way to do it. It's more fun than doing boring exercises in a gym, and all you need is a good pair of trainers and some comfortable clothes. Also, it's a sport that people can do at any age – for example Fauja Singh finished a marathon at the age of 101!

2 To make running interesting, you can enter a race. Fun runs are very popular. These are often 5 km long and are great for beginners. You can run with your friends and maybe dress up. For fitter people, there are half-marathons, marathons, or even ultra-marathons. These can be 70–400 km long. One of the most famous is the Marathon des Sables which takes six days and goes through the Sahara desert.

3 Running is fun and scientists say it is one of the best ways to keep fit. However, make sure you don't do it every day – it's important to have a rest between runs. Running improves the health of almost every part of your body, including your brain. It can make you feel happier and healthier, and live longer. It also helps you sleep well, and that gives you the energy to enjoy your life more. Perhaps it's the perfect sport!



TALKING POINTS

Do you go running? If not, would you like to?

Do you think running is the 'perfect sport'? If not, what is?



99

VOCABULARY

Health

- 1** For each phrase in the box, two verbs are right and one is wrong. Cross out the wrong verb for each phrase.



get / keep / do	fit
enter / do / stay	a race
go / eat / sleep	well
have / take / do	a rest
make / feel / stay	healthy
do / keep / try	some exercises in a gym
get / do / keep	some exercise

- 2** Complete the sentences with the correct tense of the verbs in Exercise 1.

- After I broke my leg, I _____ some exercises to make it strong again.
- I think it's really important to _____ fit, so I _____ a lot of exercise.
- In my family, we _____ well. We have lots of vegetables and no fast food.
- My dad _____ a 5 km race last week and finished in 35 minutes.
- When I do a lot of exercise and spend time outdoors I _____ fit and healthy.
- After the race, my brother _____ a long rest.

- 3** Write sentences about you and your family using the vocabulary in Exercise 1. In pairs, compare your sentences.

LISTENING



- 1** Read the sentences below and listen to the conversations between a boy called Jed and a girl called Holly. Are the sentences right (✓) or wrong (X)?

- Jed wants to do a 5 km race.
- Holly can do the race with Jed.
- Jed wants to do the race with Holly.
- Jed is worried about the price of sports clothes and trainers.
- Jed is happy to get up early.
- Jed can go cycling as well as running.
- Jed is pleased to see Holly after the race.

- 2** What advice did Holly give Jed? Complete Holly's notes with the phrases in the box.



Listen again and check.

buy special running clothes
watch TV and play computer games
get good trainers
go running every day
go to bed early every night
eat well and drink lots of water
go swimming or cycling
do leg exercises
get an app
have chocolate or cake

Holly's notes

Advice for Jed

He should

He shouldn't

1 _____

8 _____

2 _____

9 _____

3 _____

10 _____

4 _____

5 _____

6 _____

7 _____

- 3** Compare Holly's advice with the advice in the article. What do you think of Holly's advice to Jed? Which advice is good and which is bad?

SPEAKING

- 1** Look at the questions on an internet chat page. The people are all asking for advice.



Search



My family and I are going on a cycling holiday soon, but I'm not very fit. Can you give me some advice?



I want to improve my English. It's really bad and I feel worried! What should I do?

In pairs, think of three pieces of advice for each person.

This person should/shouldn't ...
Another idea is to ... It's important to ...

- 2** Compare your ideas with another pair's ideas. Who gave the best advice?

GRAMMAR REFERENCE AND PRACTICE

UNIT 13

SHOULD / SHOULDN'T

Positive

I/You/He/She/It/We/They **should** go to bed earlier.

Negative

I/You/He/She/It/We/They **shouldn't** (should not) play tennis.

Questions

What **should** I/you/he/she/it/we/they do?
Should I/you/he/she/it/we/they stop doing sports?

Short answer

Yes, I/you/he/she/it/we/they **should**.
No, I/you/he/she/it/we/they **shouldn't**.

- We use **should** and **shouldn't** to give advice.
*I've got a headache. You **should take** some medicine.*
*You **shouldn't listen** to loud music.*
- We use **should** to say something is a **good idea**.
*My hand hurts. You **should go** to the doctor.*
- We use **shouldn't** to say something is a **bad idea**.
*I feel sick. You **shouldn't eat** anything.*
- After **should** and **shouldn't**, we use the infinitive of the verb without **to**.
*My leg hurts. You **should rest** and you **shouldn't walk**.*
(not you should to rest ... you shouldn't to walk)

Practice

1 Complete the sentences with **should** or **shouldn't**.

- John's got a temperature. He _____ go to school.
- I hurt my foot. The doctor says I _____ play football for three weeks.
- My best friend didn't pass the exam. His teacher thinks he _____ study harder.
- Did you say your back hurts? You _____ go swimming. It's very good for you.
- My sister lost her smartphone yesterday. I think she _____ talk to the police.
- To enter a race, you _____ do exercise the day before the race.

2 Write complete sentences with **should** or **shouldn't** and the words in the box.

do sport and exercise
drink a lot of cola and lemonade
eat a lot of sweets and chocolate
eat healthy food
sleep well
watch a lot of TV

If you want to keep fit and healthy, ...

0 *you should do sport and exercise.*

- _____
- _____
- _____
- _____
- _____

3 Write complete questions with **should**. Then write short answers.

0 I / do the race? (✓)
Should I do the race?
Yes, you should.

- my brother / buy a fast car? (X) _____
- my friends / go to bed earlier? (✓) _____
- we / have a party? (X) _____
- I / stay at home? (X) _____

4 Read the examples and write some advice with **should** or **shouldn't**.

0 I don't feel well. What should I do?
You should go to bed and lie down.

- It's my mum's birthday next week. What should I buy her?

- I've got an exam tomorrow. Should I study all night?

- I want to visit another country. Where should I go?

- My brother wants to do a new sport. Which one should he do?

- I want to make some new friends. Should I join a club?
