

# 17 STAYING HEALTHY



## ABOUT YOU

- ▶ 13 Watch the video and discuss the questions.  
Have you ever hurt yourself? What happened?  
Have you ever had an accident?  
Have you ever broken a bone?



## VOCABULARY

## AND

## READING

### Body parts

- 1 Match the words in the box to the body parts 1–12.



|       |      |         |       |     |        |
|-------|------|---------|-------|-----|--------|
| ankle | back | blood   | brain | ear | finger |
| heart | neck | stomach | thumb | toe | tongue |



125 Listen and check. Then repeat.



126 Name the body parts A–H. Listen and check.

3 Work in pairs. One of you says a letter or a number, the other says the body part.

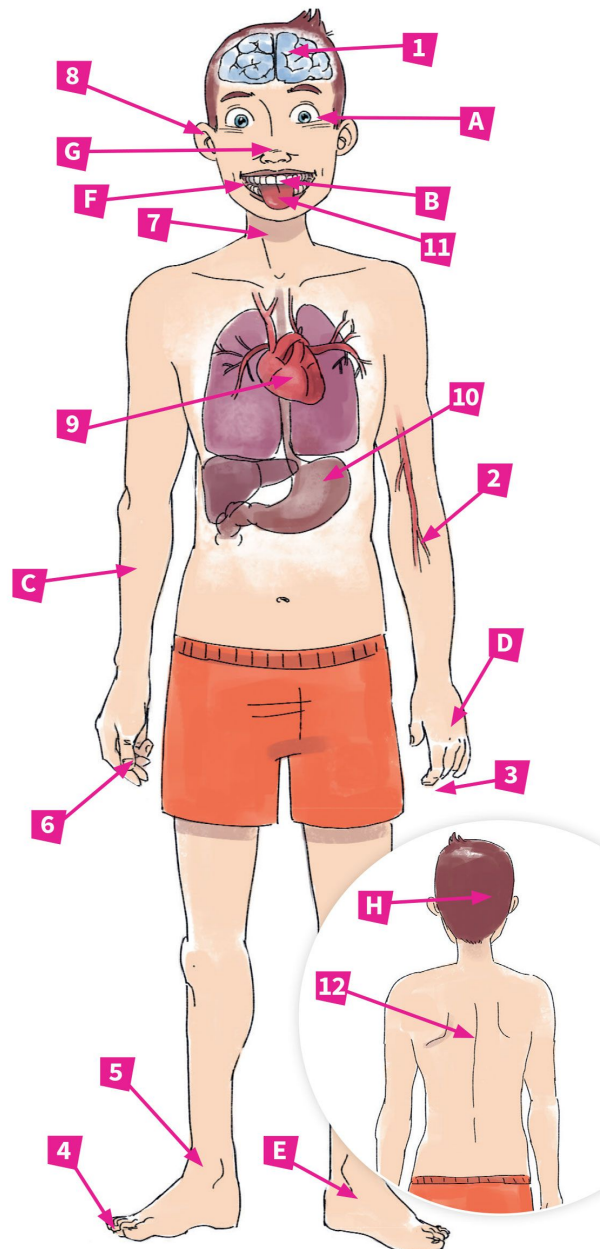
4 Match the definitions with the words from Exercise 1. You may need to make some of the words plural.

- You've got ten of these on your feet. \_\_\_\_\_
- Your food goes into here when you eat. \_\_\_\_\_
- You think with this. \_\_\_\_\_
- This joins your leg to your foot. \_\_\_\_\_
- You've got four of these on each hand. \_\_\_\_\_
- This carries things that keep us healthy around our bodies. \_\_\_\_\_
- This joins your body to your head. \_\_\_\_\_
- You've got one of these on each hand. \_\_\_\_\_
- You hear with these. \_\_\_\_\_
- This is opposite to the front of your body. \_\_\_\_\_
- This sends blood around your body. \_\_\_\_\_
- You use this to talk. \_\_\_\_\_

5 Read Ben's blog on page 99 about what happened to him yesterday. Which parts of his body did he hurt?

6 Are these sentences right (✓) or wrong (X)?

- Ben got a bike for his birthday.
- There were often quite a lot of people on the cycle path.
- The two cyclists knocked Ben off his bike.
- The two cyclists came back to help Ben.
- Ben was able to ride his bike after the accident.
- Ben had blood on his clothes when he got home.



# ACCIDENT!

Posted by Ben09 on Monday 13th May

This is me with my new bike – before the accident! Have you ever fallen off your bike and hurt yourself? Well, here's my story.



It was my birthday (thanks for all the texts) and this amazing bike was my present. I went for a ride by myself along the bike path. The path isn't usually busy. But that day there were two cyclists coming towards me. I slowed down as quickly as possible but I forgot it was a new bike with good brakes! I stopped really suddenly and fell off. I hit my ankle and it really hurt. The two cyclists rode past and didn't stop. I sat on the ground and watched their backs as they rode away. They were enjoying themselves too much to think about me! I got up by myself and picked up my bike, which luckily was OK. My heart was beating fast as I cycled slowly home and people were looking at me! When I got there I found out why – there was blood all over my T-shirt from a cut on my ear.

## GRAMMAR

### Reflexive pronouns

- 1** Look at the examples from Ben's blog and complete the Grammar box.

Have you ever fallen off your bike and hurt **yourself**?  
They were enjoying **themselves** too much.

- 2** Complete the table with reflexive pronouns: *himself, yourselves, herself, ourselves*.

We use *-self* when the subject and the object of the verb are *the same* / *a different* person.

|     |          |      |   |            |
|-----|----------|------|---|------------|
| I   | myself   | we   | c | _____      |
| you | yourself | you  | d | _____      |
| he  | a        | they |   | themselves |
| she | b        |      |   |            |

## » GRAMMAR REFERENCE AND PRACTICE PAGE 163

- 3** Look at two more examples from Ben's blog and match sentences 1 and 2 to meanings a and b.

- 1 I went for a ride by myself.  
2 I got up by myself.

We use the expression *by myself, yourself etc.* to mean **a** *alone* or **b** *without any help*.

- 4** Complete the sentences with the correct reflexive pronouns.

- Peter wasn't badly hurt and drove \_\_\_\_\_ to the hospital.
- Simon and I really enjoyed \_\_\_\_\_ at the party.
- I hurt \_\_\_\_\_ when I fell off the chair.
- Zoë told \_\_\_\_\_ that she wasn't ill.
- Ben and Sara prepared all the food by \_\_\_\_\_.
- Be careful! Don't cut \_\_\_\_\_ with that knife!
- 'You can help \_\_\_\_\_ to paper and pens,' the teacher said to the students.

- 5** Correct the mistakes in the sentences.



- I bought a new shirt for me which was very nice.
- Our friends had a really good time together and everybody enjoyed.
- You need to bring a photo of you with your name.
- She went herself. No one went with her.
- We were both hungry, so we went out and bought us some sandwiches.

- 6** Read the conversation and answer the questions.

- What's Sara done?
- Where's she going?
- Who's going with her?

**Anna:** Hi, Sara, are you ok?

**Sara:** Hi, Anna, no, not really.  
I've hurt my big toe. Look!

**Anna:** Oh no, that's horrible! Are you going to the doctor?

**Sara:** Yes.

**Anna:** Are you going by yourself?

**Sara:** Yes, but I'll be fine.

**Anna:** No, you won't. I'll come with you.



- 7** In pairs, write your own conversations about an accident.

Use the conversation in Exercise 6 to help you. Choose different sentences from the box to include in each conversation.

Practise your conversations. Then role-play a conversation in front of the class.

Help yourselves!  
I tried it myself and it was delicious.  
They didn't enjoy themselves that day.  
He couldn't do it by himself.  
We bought ourselves new clothes after that.  
Did she cut herself?





# Teen Health

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## Today's topics

- How much exercise should I do?
- Are some foods healthier than others?
- Can it be dangerous to listen to loud music?
- Is it OK to feel sad sometimes?

1

Yes! But how do you know when it's too loud? Can someone sitting next to you on the train hear the music on your earphones? They can? Do they get upset? Do they get angry? Well, then you need to make it quieter. Remember, you need to look after your ears, so you'll be able to hear well when you're older.



## READING

- 1 Work with a partner. Look at Today's Topics on the *Teen Health* website. What do you think the answers to the questions are?
- 2 Look at the questions on the *Teen Health* website. Match them to the paragraphs.
- 3 Work with a partner. Read the texts again. Tell your partner what they say about:

- |                             |                               |
|-----------------------------|-------------------------------|
| 1 earphones                 | 5 feelings                    |
| 2 hearing well              | 6 a friend, parent or teacher |
| 3 too much sport            | 7 a plate of chips            |
| 4 playing sport after meals | 8 variety                     |

- 4 In pairs, ask and answer the questions.

- 1 Do you listen to loud music on your headphones?
- 2 Do you eat healthily? What do you like to eat?
- 3 Do you do too little or enough exercise?



## PRONUNCIATION

/u:/ and /ʊ/

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- 5 Listen and repeat the sentence. Do both the oo words have the same sound?

These types of food are good for you.

What other words sound like:

a food?

b good?

- 6 In pairs, discuss whether you agree with the website's answers to the teenagers' questions.



## TALKING POINTS

Do you worry about any of these things?  
What do people your age usually worry about?  
What do you worry about? Why?

## VOCABULARY

### Adjectives to express emotion

- 1 Match the words in the box to photos A-J.

EP

|          |           |             |
|----------|-----------|-------------|
| angry    | confident | embarrassed |
| friendly | lazy      | lonely      |
| unhappy  | upset     | surprised   |
|          |           | worried     |

- 2 Complete the sentences with the adjectives in Exercise 1.

- 1 I feel very \_\_\_\_\_ today. All I want to do is sit here and read my book. I don't want to do any exercise.
- 2 I was so \_\_\_\_\_ when the teacher asked me to read my story. My face went red!
- 3 It was my first day at the new school today and everyone was really \_\_\_\_\_. It was great!
- 4 I read a lot of French magazines, so I'm really \_\_\_\_\_ about my French exam.
- 5 My brother doesn't have any friends and he gets very \_\_\_\_\_ by himself.
- 6 You look \_\_\_\_\_. You didn't think you'd get 100% in that test did you?
- 7 That woman over there is very \_\_\_\_\_. She's shouting really loudly.
- 8 I can't find my phone anywhere. I'm really \_\_\_\_\_ that I've lost it.
- 9 You look \_\_\_\_\_ today. Usually, you're smiling and laughing! What's the matter?
- 10 He was very \_\_\_\_\_ when he failed the exam. He didn't want to talk to anyone.

- 3 In pairs, tell each other about different situations when you had some of the feelings in Exercise 1.





2

Everyone tells you it's not healthy to sit at the computer all day. For one thing, it's very lonely and can make you feel lazy. But doing too much sport can also be bad for you. Your body is still young, so you shouldn't do too much exercise. You can easily hurt something. About an hour of sport a day is right for a teenager. You should also think about when you do sport. For example, you can get a stomach ache if you play tennis just after you've eaten.

3

Everyone feels unhappy from time to time, so you're not alone. Don't be surprised. It's normal for your feelings to change at your age. Is there something you're worried about? Find a friendly person to talk to, like your mum or dad or a teacher. You might get a bit embarrassed, but you'll be glad that you did. If you talk about your problems, they aren't so bad.

4

The answer to this is yes! I'm sure you know that a plate of fruit is better for you than a plate of chips! But what your growing body, your heart and your brain need is variety. If you are careful and eat a bit of everything, then you are healthier. Don't forget fresh fruit, vegetables and eggs! Eating a variety of healthy food gives you energy and can help you feel confident about studying and doing exams.



## LISTENING

## SPEAKING



### PREPARE FOR THE EXAM

#### Listening Part 1

1 Look at the pictures. In pairs, discuss what you can see in each one.

2 For each question, choose the correct picture.

1 What time is basketball practice today?

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2 Which food does the girl choose?



3 Which earphones does the boy buy?



4 What's the weather like?



5 What are they going to do?



1 Look at photos A-D below and match them to the things the teenagers are worried about 1-4.

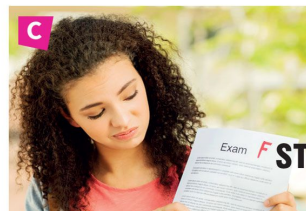
- 1 I failed my exam.
- 2 They haven't picked me for the team.
- 3 My parents don't understand me.
- 4 I think it's broken.

2 Work in pairs. Take turns to be the teenager asking a question about one of the problems in Exercise 1 and the person giving advice. Use the ideas in the *Teen Health* website and the phrases in the box to help you.

How about ... Why don't you ...  
Why not ... You should ...

I failed my exam. What can I do?

You should ask the teacher what you need to work on. You're always listening to music. Maybe you should spend more time studying.



» FOR DETERMINERS AND PRONOUNS, SEE UNIT 6 PAGE 152

|     |          |      |            |
|-----|----------|------|------------|
| I   | myself   | it   | itself     |
| you | yourself | we   | ourselves  |
| he  | himself  | you  | yourselves |
| she | herself  | them | themselves |

- We use *-self* when the subject and the object of the verb are the same person.  
*I hurt myself when I was playing football. (not ~~I hurt me.~~)*  
*My friends enjoyed themselves at my party. (not ~~My friends enjoyed them.~~)*
- We can use *by + myself, yourself, etc.* to mean 'alone' or 'without any help'.  
*I usually walk to school by myself. (= nobody walks with me)*  
*They did their homework by themselves. (= nobody helped them)*

**1** Complete these sentences with *myself, yourself, herself, himself, ourselves, yourselves, themselves*.

- My brother hurt \_\_\_\_\_ while he was climbing a tree.
- I've just cut \_\_\_\_\_ with this knife.
- Is it safe for those children to go swimming by \_\_\_\_\_?
- Do you and your friends need help or can you clean the kitchen by \_\_\_\_\_?
- If you're hungry, make \_\_\_\_\_ a sandwich!
- We really enjoyed \_\_\_\_\_ at the party.

**2** Read the sentences and complete with *by* if you think you need to. If not, don't write anything.

- When Mum broke her ankle, she couldn't drive \_\_\_\_\_ herself to the station, so Dad took her.
- I waited for 40 minutes \_\_\_\_\_ myself.
- Please help \_\_\_\_\_ yourself!
- Alexa didn't have any brothers or sisters, so she was used to being \_\_\_\_\_ herself.
- The children are too young to go out \_\_\_\_\_ themselves.
- Ben always covers \_\_\_\_\_ himself in sun cream when he goes out in the sun.
- I really hope we enjoy \_\_\_\_\_ ourselves.

**3** Complete the conversation with the correct reflexive pronouns. Add *by* if necessary.

**Lara:** Hi, Rosa. What are you doing standing there **(0)** *by yourself*?

**Rosa:** I can't get into my house. I just came out for a minute and the door closed **(1)** \_\_\_\_\_!

**Lara:** Oh, have you knocked on the door?

**Rosa:** There's nobody in at the moment. I was **(2)** \_\_\_\_\_.

**Lara:** Well, come in and wait in our house. We can have a chat and a sandwich and enjoy **(3)** \_\_\_\_\_! Oh, sorry. I've just remembered. Callum and Ed made **(4)** \_\_\_\_\_ lots of sandwiches earlier, so there isn't any bread left.

**Rosa:** Really? They made sandwiches **(5)** \_\_\_\_\_? They usually ask your mum or dad to do it for them!

**Lara:** I know. By the way, if you want to ring your mum, there's the phone.

**Rosa:** Oh, can I? Thanks.

**Lara:** No problem. Help **(6)** \_\_\_\_\_!