

- 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?

- No, you **shouldn't**.
- Every evening before bed.
- 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.

- You _____ go to bed earlier.
- You _____ take some medicine and go to bed.
- You _____ play tennis.
- You _____ go to school.
- You _____ wear more comfortable shoes.
- You _____ go to hospital.
- You _____ eat anything.
- 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.

| | | | |
|-----------------|--------|-------|-------|
| cas <u>s</u> le | 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!

C



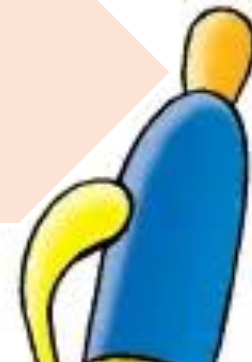
TALKING POINTS

Do you go running? If not, would you like to?
Do you think running is the 'perfect sport'? If not, what is?

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**.


- 1 My hand hurts a bit today.
- 2 I've got a pain in my foot.
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- 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**.





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Shouldn't

5   You don't come to my house today – I am ill.

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PRONUNCIATION

Silent consonants

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| | | | |
|--------|--------|-------|-------|
| castle | climb | half | knife |
| listen | should | talk | walk |
| would | wrong | wrote | |



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Listen and check. Then repeat.



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Are you OK?



What's the matter?

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What should I do?



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I'm going to run a marathon

Do you have any advice?

1 Read the magazine article. Match the photos A–D to the paragraphs 1–3.

What is so great about

running?

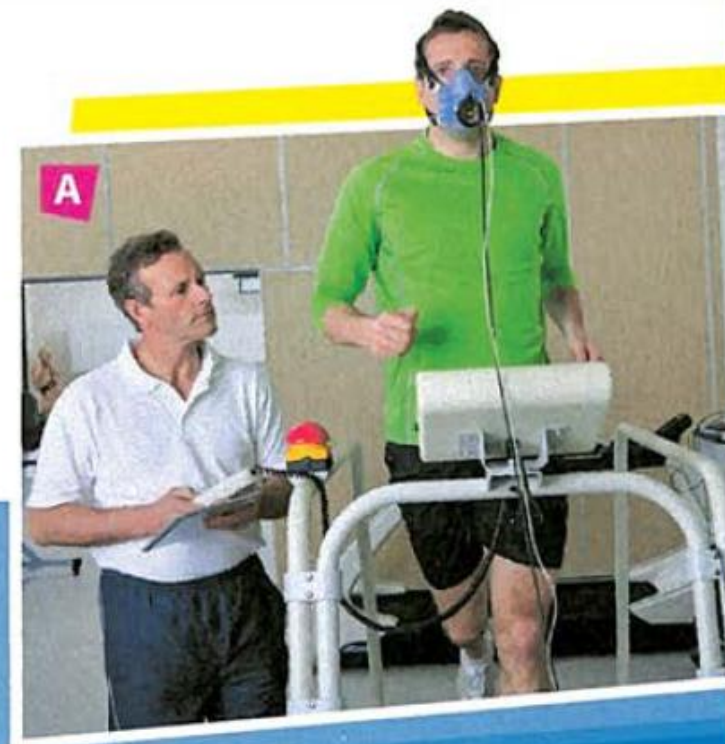
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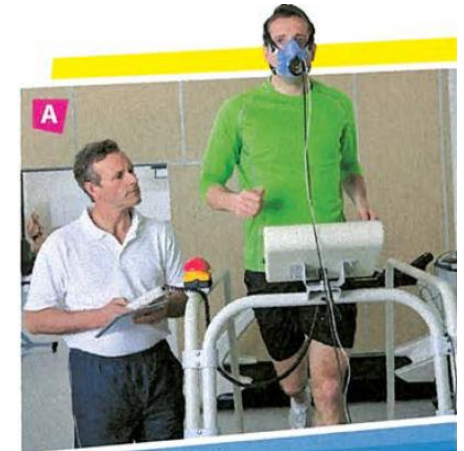


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TALKING POINTS

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TALKING POINTS

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

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2 Complete the sentences with the phrases in the box.

eat so much chocolate go to bed
drink lots of water study hard tonight
sit down play tennis this afternoon

- 1 A: I've got a pain in my right arm.
B: You shouldn't _____.
- 2 A: I'm very tired and it's late.
B: Then you should _____, Sam.
- 3 A: My foot hurts.
B: You should _____ for a while.
- 4 A: I feel sick.
B: Well, you shouldn't _____!
- 5 A: I've got a difficult maths exam tomorrow.
B: You should _____.
- 6 A: Sarah's got a terrible cold.
B: She should rest and _____.

3 Read the sentences. Is the advice right (✓) or wrong (X)?

To improve your English ...

- 0 you should read books in English. ✓
- 1 you shouldn't talk to people from English-speaking countries. _____
- 2 you should listen to music in English. _____
- 3 you should watch films in English. _____
- 4 you shouldn't practise pronunciation. _____
- 5 you should only study at weekends. _____

4 Correct the mistakes in three of the sentences. Which two are correct?

- 1 I think you should take a coat. _____
- 2 I should bring a DVD? _____
- 3 How much money should we bring? _____
- 4 You won't eat sweets in class. It's a school rule. _____
- 5 You will bring some water. It's very hot today. _____
- 6 Don't forget your keys. You should put them in your pocket. _____

VOCABULARY Health

1 Complete the blog with the phrases in the box.

do some exercises eat well enter a race
stay healthy get fit have a rest sleep well

FITNESS FOR EVERYONE

Hi, everyone. Today I've got eight tips and pieces of advice for people who want to start running. Read on if you want to

1 _____ in no time at all!

2 Start slowly. Run a little, then _____, then run again.

3 Run five times a week.

4 _____ - lots of fruit and vegetables. A good diet helps you

5 _____.

6 Don't watch screens late at night so you can _____ - eight hours a night at least.

7 In bad weather you can _____ in a gym.

8 Remember, at first it hurts but later you feel great!

9 _____ . This will give you something to work towards in the future. Maybe you'll win!



2 Match the sentence halves.

- 1 It is very _____
- 2 I like running but I don't want _____
- 3 I try to keep fit so _____
- 4 Swimming is a good way _____
- 5 The secret to eating well _____
- a I go cycling, swimming and running.
- b to stay healthy.
- c to enter a race.
- d important to do exercise.
- e is lots of fruit and vegetables.

3 Choose the correct words to complete the sentences.

- 1 I like to *get / keep* some exercise when I'm on holiday.
- 2 You should *do / have* a rest after so much running.
- 3 She's going to the gym because she wants to *get / have* fit.
- 4 You *do / feel* healthy when you eat well.
- 5 I'm going to *get / enter* the 100 m race in the school sports day.
- 6 You should *do / take* some exercises to make your legs stronger.

READING

1 Read the article and tick (✓) the sports that are mentioned.

- | | | | | | |
|------------|-------|-----------------|-------|----------------|-------|
| 1 baseball | _____ | 4 running | _____ | 7 snowboarding | _____ |
| 2 cycling | _____ | 5 skateboarding | _____ | 8 surfing | _____ |
| 3 football | _____ | 6 skating | _____ | 9 swimming | _____ |

THE FITTEST

member of my family

My cousin Alex is 18 years old. She runs three kilometres every morning before school, she cycles to school, she swims in the school swimming pool at lunchtime and then she cycles home after school. Can you believe it?

That's not all! On Saturdays she enters races. These are special events called 'triathlons'. In triathlons, the athletes have to swim, cycle and run a very long way. Alex is very good at triathlons. Last year, she won six events, finished second three times and third four times. Alex wants to be in the Olympics when she's older.

Do you want to keep fit? Alex has lots of good advice. 'Don't think about it, don't talk about it, just do it. Oh, and don't do any exercise on Sundays. Have a rest that day. I always do. It's very important to have a rest.'

I'd like to be as fit as Alex but I can't run fast and I'm not good at swimming. However, I am good at skateboarding. Maybe I'll go to the Olympics ... but only to watch my cousin!



2 Read the article again and answer the questions. Write complete sentences.

- 1 How does Alex get to school? _____
- 2 What does she do at lunchtime? _____
- 3 What does she do on Saturdays? _____
- 4 How many triathlons did she win last year? _____
- 5 What does she want to do when she is older? _____
- 6 When does she have a rest? _____