

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.

- 100** 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 _____	3 _____
2 _____	5 _____
4 _____	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.

✉

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?



What do you do in a gym?

Do you have dinner there?



get

keep

do

fit



enter

do

stay

race



go

eat

sleep

well



have

take

do

السلامة
الغذائية
والغذائية

make

feel

stay

healthy



do

keep

try

some exercises in the gym.



get



do



keep



some exercise.

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

- 1 After I broke my leg, I did some exercises to make it strong again.
- 2 I think it's really important to get / keep fit, so I do a lot of exercise.
- 3 In my family, we eat well. We have lots of vegetables and no fast food.
- 4 My dad did / entered a 5 km race last week and finished in 35 minutes.
- 5 When I do a lot of exercise and spend time outdoors I feel / get fit and healthy.
- 6 After the race, my brother had / took a long rest.

3

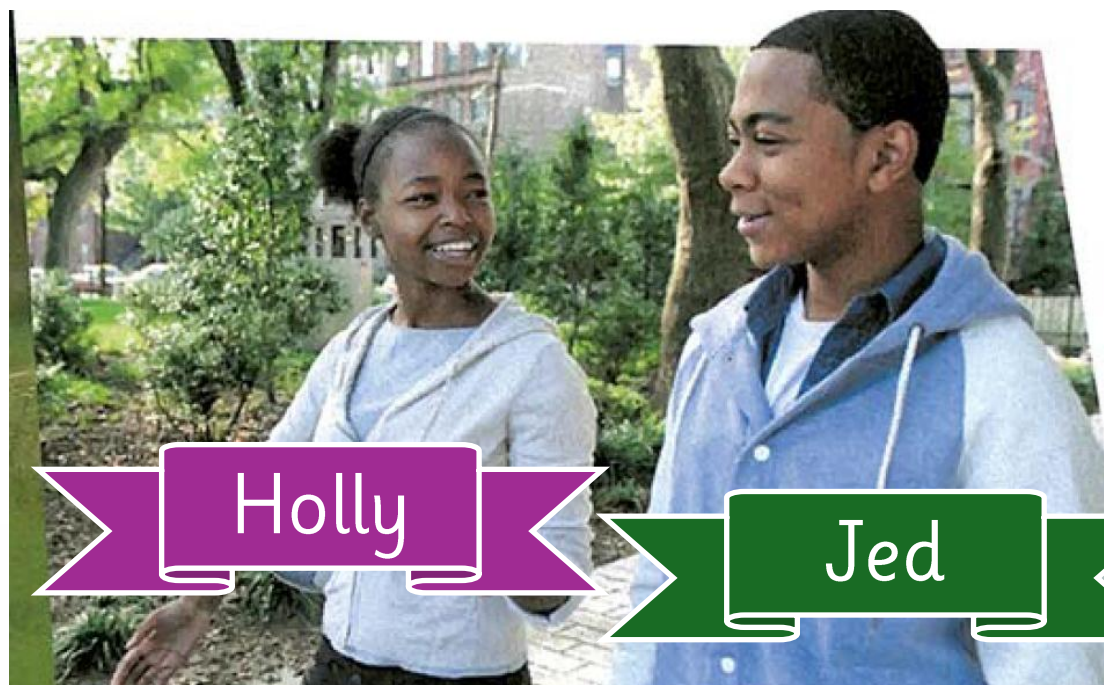
Write sentences about you and your family using the vocabulary in Exercise 1. In pairs, compare your sentences.

get / keep / do
enter / do / stay
go / eat / sleep
have / take / do
make / feel / stay
do / keep / try
get / do / keep

fit
a race
well
a rest
healthy
some exercises in a gym
some exercise



LISTENING



100 **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)?

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

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

Holly's notes
Advice for Jed

He should	He shouldn't
1 _____	8 _____
2 _____	9 _____
3 _____	10 _____
4 _____	
5 _____	
6 _____	
7 _____	



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

Holly's notes

He should

1- Buy special running clothes.

2- Get good trainers.

3- Go running everyday.

4- Go to bed early every night.

5- Eat well and drink lots of water.

6- GO swimming or cycling.

7- Go leg exercises.

He shouldn't

8- Get an app.

9- Watch TV.

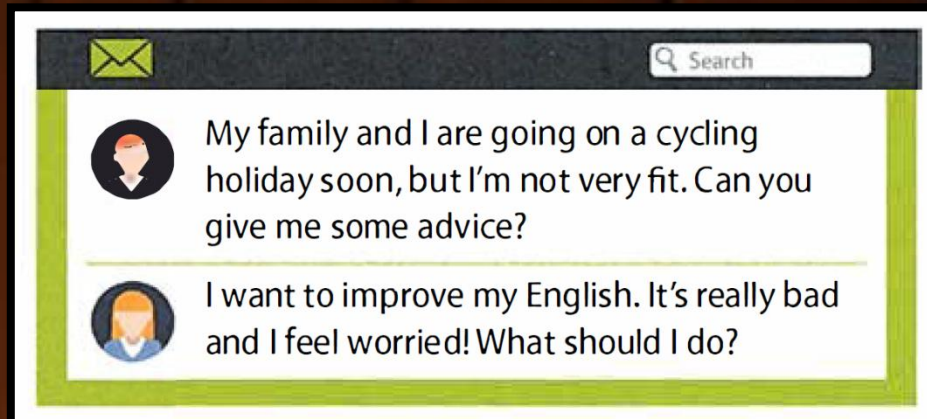
10- Have Chocolate or cake.

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.



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?

LISTENING

- 1 Listen to four conversations. Match the conversations (1-4) to the places (A-D).



- 2 Listen to the conversations again. Are the sentences right (✓) or wrong (X)?

- William hasn't got a headache. _____
- Susie has got a pain in her arm. _____
- Carla's eye hurts. _____
- Marek's foot hurts. _____
- Marek thinks his hand is broken. _____

- 3 Complete the sentences from the conversations with the words in the box. Then listen again and check your answers.

about matter should wrong

- You _____ take some medicine.
- What's the _____, Susie?
- OK, Carla. Tell me, what's _____?
- What _____ your hand?

WRITING

An email giving advice

- 1 Read the email from Emily to her penfriend Jacob. What does Emily want?

Hi Jacob,
How are you? Can you give me some advice? I want to play in the school football team but the other players are very good. Also, I'm not very fit. What should I do?
Write to me soon!
Emily

- 2 Complete Jacob's answer to Emily's email with the words in the box.

exercise football gym
healthy park running

Hi Emily,
I think you should do some ¹ _____. You should go ² _____ every day and go to the ³ _____ in the sports centre. You need to practise ⁴ _____ so you should go to the ⁵ _____ and play with your friends. You should also eat ⁶ _____ food, like fish and vegetables!
Jacob

- 3 Read Jacob's email again and answer the questions.

- How often should Emily go running? _____
- Where should she go in the sports centre? _____
- Who should she play football with? _____
- What should she eat? _____

- 4 Read the email from your friend Harry. Write an answer to him. Write about 50 words.

Hi,
How are you? Can you help me? I broke my leg last month but now it's better. I want to get fit again. What should I do?
Harry

Hi Harry,

THANK YOU