

13 HEALTHY BODIES

VOCABULARY

Illness

1 Put the letters in *italics* in the correct order to complete the sentences.

- Jason can't play tennis because he's got a *nkerbo* **broken** arm.
- My mum had a *dcehaeah* **headache** so she stayed at home.
- I need to go to the dentist because I've got *tocaothhe* **toothache**.
- I can't eat because I've got a *moahcts heca* **stomach ache**.
- I've got a *ldoc* **cold** today so I'm going to stay at home.
- My ears *rtuh* **hurt** because it's so cold.
- She ate a lot of cake and now she feels *iskc* **sick**.
- My sister's got a *pmetqerrute* **temperature** so she's in bed.
- Did you have a *npia* **pain** in your arm after you fell?

2 Complete the sentences with words in Exercise 1.

- A: Do you want to go swimming this afternoon?
B: Sorry, I can't. I've got **toothache**. I think I need to go to the dentist.
- OK. Let's see. Oh! 37.5 degrees! You've got a high **temperature**.
- A: What's the matter?
B: I feel **sick** and I've got a **stomach ache**. I think I ate something bad.
- A: Why are you walking slowly?
B: I've got a **pain** in my foot.
- A: Does your arm **hurt** when I touch it?
B: Ow! Yes.
A: I think you've got a **broken** arm.

3 Choose the correct words to complete the sentences.

- I went to the doctor because I had a _____ in my stomach.
A hurt **B pain** C sick
- Your head feels hot. Have you got _____?
A a temperature B toothache C a cold
- I can't play rugby for six weeks because I've got a _____.
A stomach ache B headache **C broken arm**
- I don't want to eat anything because I _____ sick.
A get **B feel** C have

GRAMMAR

should / shouldn't

1 Choose the correct words to complete the sentences.

To be healthy ...

- you **should** / *shouldn't* sleep eight or nine hours every night.
- you **should** / *shouldn't* drink lots of water.
- you *should* / **shouldn't** go to bed late.
- you **should** / *shouldn't* exercise four or five times a week.
- you *should* / **shouldn't** eat too much chocolate or cake.
- you **should** / *shouldn't* eat lots of fish, fruit and vegetables.



READING

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

- 1 baseball _____
 2 cycling ✓ _____
 3 football _____

- 4 running ✓ _____
 5 skateboarding ✓ _____
 6 skating _____

- 7 snowboarding _____
 8 surfing _____
 9 swimming ✓ _____

THE FITTEST

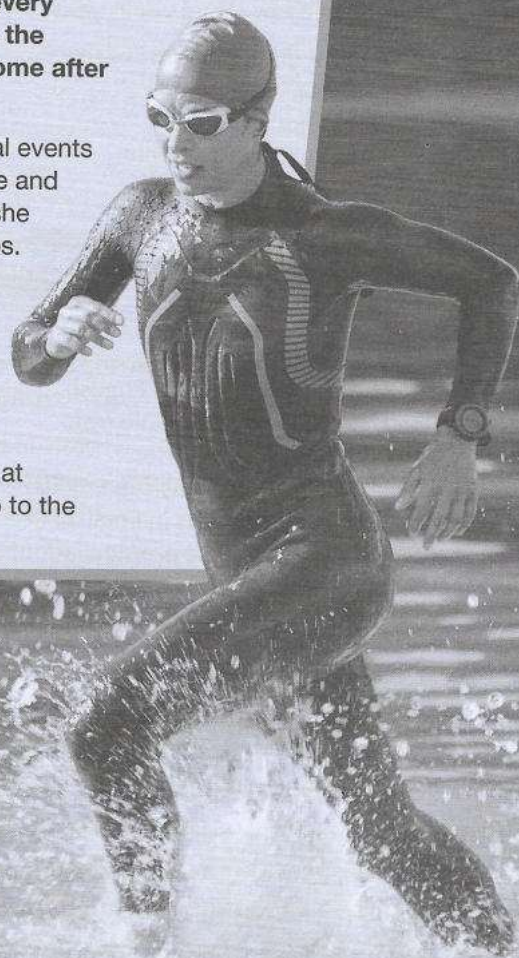
member of my family

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? **she runs three kilometers** _____
 2 What does she do at lunchtime? **she swims** _____
 3 What does she do on Saturdays? **she enters races** _____
 4 How many triathlons did she win last year? **six** _____
 5 What does she want to do when she is older? **she wants to be in the olympics** _____
 6 When does she have a rest? **on sundays** _____

LISTENING

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



she wants to play in the school football team and to be fit.

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

- 1 William hasn't got a headache.
- 2 Susie has got a pain in her arm.
- 3 Carla's eye hurts.
- 4 Marek's foot hurts.
- 5 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

- 1 You should take some medicine.
- 2 What's the matter, Susie?
- 3 OK, Carla. Tell me, what's wrong?
- 4 What about 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 exercise. You should go 2 running every day and go to the 3 gym in the sports centre. You need to practise 4 football so you should go to the 5 park and play with your friends. You should also eat 6 healthy food, like fish and vegetables!
Jacob

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

- 1 How often should Emily go running? every day
- 2 Where should she go in the sports centre? gym
- 3 Who should she play football with? with her friends
- 4 What should she eat? healthy food like fish and vegetables

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,
