UNIT 1

Health

FEATURES

10 How well do you sleep?
Take a quiz and find out about how well you sleep.

12 The secrets of long life
How can you live to be one hundred?

14 Health and happiness
Measure the level of happiness where you live.

18 Slow food
A video about a healthier way of life in an Italian town.

1 Look at the two people in the photo. Why do you think they are happy?

2 1.1 Listen to someone talking about the people in the photo. Answer the questions.
1 Who are they?
2 How often do they practise dancing?
3 Why do they think dancing is good for their physical and mental health?

3 Work in pairs. Look at these activities. Tell your partner which activities you often do. Why do you do them?

- cycle through the countryside
- do crosswords
- go for a long walk
- work long hours
- read a book
- play computer games
- run marathons
- watch TV

4 Think about other activities you do in your free time that are good for your physical or mental health. Tell your partner.
How well do you sleep?

Reading and speaking

1. Do you feel tired today? Why? / Why not?
2. Do the quiz below about sleep. Make a note of your answers.

Listening

3. Listen to a health expert talking about the quiz. Tick the characteristics which are true for each answer.

People with mostly A answers:
1. You have regular routines.
2. You are hardly ever tired.

People with mostly B answers:
3. You wake up once or twice a night.
4. You need more sleep than other people.

People with mostly C answers:
5. You regularly work in the evening.
6. You don’t like sport.

4. Work in pairs. Compare your answers in the quiz. Which type of person are you? Do you need to change your lifestyle?

Grammar present simple and adverbs of frequency

5. Match the sentences from the quiz (1–2) with the uses of the present simple tense (a–b).

1. Before bedtime, I often do some work.
2. I’m never tired at work.
   a. to talk about things that are always true
   b. to talk about habits and routines

PRESENT SIMPLE

I/you/we/they sleep
he/she/it sleeps
I/you/we/they don’t sleep
he/she/it doesn’t sleep
Do you sleep ...?
Does he sleep ...?

For further information and practice, see page 156.
6 Look at the grammar box. Then complete the article about sleep with the present simple form of the verbs.

The secrets of sleep

Why 1 do we sleep (we / sleep)?
From birth, we 2 spend (spend) a third of our lives asleep but scientists still 3 (not / know) exactly why.

Why 4 ________ (humans / have) problems sleeping?
In modern society, many people 5 (not / get) the recommended seven or eight hours a night. We 6 ________ (work) long hours and we rarely 7 ________ (go) to bed at sunset.

Why 8 ________ (we / sleep) differently?
It 9 ________ (depend) on the time of year and also our age. Teenagers always 10 ________ (need) more sleep than adults. Lots of elderly people 11 ________ (not / sleep) longer than four or five hours, but they often 12 ________ (take) naps during the day.

7 Pronunciation /s/, /z/ or /iz/.

1.3 Listen to the ending of these verbs. Write /s/, /z/ or /iz/. Then listen again and repeat.

1 feels /z/  5 goes
2 needs /z/   6 dances
3 watches /z/  7 does
4 sleeps /z/  8 works

8 Discuss the questions.

1 What time do people normally get up in your country? How late do they stay up? Do they ever take a nap in the afternoon?
2 How does this change during the year? Do people sleep longer in the summer or in the winter?

9 Complete this table with adverbs of frequency from the quiz in Exercise 2.

<table>
<thead>
<tr>
<th>100%</th>
<th>always</th>
<th>usually</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>______</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>______</td>
<td></td>
</tr>
<tr>
<td>not often</td>
<td>rarely</td>
<td></td>
</tr>
<tr>
<td>0%</td>
<td>3 ______</td>
<td></td>
</tr>
</tbody>
</table>

10 Look at the position of the adverbs and expressions of frequency in the example sentences in the grammar box. Then choose the correct options to complete the rules (1–2).

ADVERBS and EXPRESSIONS OF FREQUENCY

She’s usually late for work.
I often wake up at seven.
How often do you wake up in the night?
She wakes up two or three times a night.
In the winter, we sleep longer.

For further information and practice, see page 156.

1 An adverb of frequency goes after / before the verb to be but it normally goes after / before the main verb.
2 An expression of frequency usually goes at the beginning / in the middle or at the end of a sentence.

11 Work in pairs. Ask and answer questions about these things. Use an adverb or expression of frequency in your answers.

| do exercise | be late for work |
| take public transport | be in a bad mood |
| eat out in restaurants | go on holiday |
| do gardening | be busy at weekends |
| play board games | be stressed at work |

12 Work in groups. Prepare a How healthy are you? quiz for another group. Start each question with How often …? Are you often …? or Do you ever …? and offer three choices of answer (A, B or C).

13 When you are ready, join another group and ask the questions in your quiz. Afterwards, tell the class about their answers. Do you think the other group is very healthy?
1b The secrets of long life

Reading

1 Who is the oldest person you know? How old are they? How healthy is their lifestyle?

2 Read the article below. Answer the questions.
   1 Why are the people of Okinawa famous?
   2 What are the reasons for their good health?

3 Which of the reasons for good health in the article are true for your life? Tell your partner.

Vocabulary do, go or play

4 Complete the table with activities from the article in Exercise 2.

<table>
<thead>
<tr>
<th>do</th>
<th>go</th>
<th>play</th>
</tr>
</thead>
<tbody>
<tr>
<td>fishing</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

5 Add these activities to the table in Exercise 4. Use your dictionary to help you, if necessary. Then think of one more activity for each verb.

cards   hiking   homework   nothing   running   shopping

|      | tennis    | the piano | yoga     | football  | karate    | surfing  |

WORDBUILDING verb + noun collocations

We can only use certain nouns with certain verbs. These are called collocations. For example, go fishing but not do fishing or play fishing.

For further information and practice, see Workbook page 11.

The island of Okinawa in Japan has some of the oldest people in the world. It's famous for its high number of centenarians – men and women who live beyond 100 years of age. There have been many scientific studies of their lifestyle and you can even buy cookery books based on their diets. Some of the reasons for their good health are that they …

• go fishing and eat what they catch.
• regularly do gardening and grow their own fruit and vegetables.
• go cycling and never drive when they can walk.
• often spend time with friends. They meet at people's houses and play games.
• rarely buy food from a supermarket.
• do regular exercise, go swimming and lead active lives.
Listening

6 ♦ 1.4 Listen to a radio interview with David McLain, an explorer and journalist. Answer the questions.

1 What does David want to know?
2 Why is he in Sardinia?

7 ♦ 1.4 Listen again. Are the sentences true (T) or false (F)?

1 David McLain is travelling to different countries.
2 He's talking to the radio presenter in the studio.
3 Men don't live the same number of years as women on Sardinia.
4 Sardinian families often eat together.
5 David thinks Sardinia is less stressful than other countries.
6 Younger people are eating more unhealthy food and they aren't getting much exercise.

Speaking

11 Work in pairs. Take turns to ask and answer the questions. Use the present simple and present continuous tense in your answers.

1 What’s your typical working day? Are you working on anything new at the moment?
2 How do you spend your free time? Are you getting much exercise?
3 Do you often read novels? Are you reading anything interesting at the moment?
4 Where do you normally go on holiday? Are you planning your holidays for this year?
5 Do you speak any other languages? Are you learning any new languages?
1c Health and happiness

Speaking

1 Which of these things make you feel happy? Order them from 1 to 5 (1 = most happy).
Order with your partner.

- Sleeping a long time
- Having money
- Relaxing on holiday
- Going out with friends
- Doing exercise

Critical thinking the main argument

2 Read the article on page 15. Which of the sentences (1–3) is the best summary of the main argument?

1 Happiness improves our health.
2 Denmark is the happiest country in the world.
3 There are different ways to measure happiness.

Reading

3 Choose the correct answer (a–c) for the questions, according to the information in the article.

1 How did the King of Bhutan measure the country’s development?
   a by money   b by health   c by happiness

2 Which is easier to measure?
   a happiness   b health   c sickness and ill health

3 Why was Iceland number one in a survey?
   a for its money   b for its health   c for its happiness

4 How did researchers measure happiness in 155 countries?
   a with answers to questions   b by looking at people’s faces   c by measuring the number of sick people

5 What do visitors to Krikortz’s website click on?
   a questions   b faces   c numbers

6 How many categories does Krikortz have for measuring happiness?
   a three   b five   c seven

7 What colour are the lights on the building when Stockholm is happy?
   a red   b green   c purple

Word focus feel

4 Look at the sentences (1–4) from the article. Match feel in each sentence with the uses (a–d).

1 It’s also easy to measure how many people feel ill or unhealthy in a country.
2 Denmark feels happier than other countries.
3 Krikortz feels that there are other ways of measuring happiness.
4 The coloured lights are also useful if you feel like visiting the city.

   a to give an opinion   b to talk about an emotion   c to talk about physical illness   d to talk about wanting something or wanting to do something

5 Match the questions (1–3) to the responses (a–c).

1 How do you feel today?
   a Fine, thanks. How about you?
   b Yes, I’d like to.
   c I’m not sure. It’s quite interesting I suppose.

2 What do you feel about Krikortz’s project?

3 Do you feel like going for a coffee after the class?

6 Work in pairs. Take turns to ask the questions in Exercise 6. Answer with your own words.

Speaking

7 Work in groups. Discuss the questions.

1 In paragraph 1, the King of Bhutan talks about ‘Gross National Happiness’. How happy do you think your country is? Give reasons for your answer.

2 In paragraph 2, a doctor said, ‘Happy people generally don’t get sick.’ How much do you agree with this opinion?

3 In paragraph 3 and 4, there are different questions and categories for measuring happiness. Which do you think are useful for measuring happiness? Which are not very useful?

8 Work in the same group. Make a list of five categories for measuring happiness (e.g. money, sleep). Then everyone in the group gives a score for each of the categories (1 = very happy, 2 = happy, 3 = OK, 4 = not very happy). How happy is your group? Present your categories and result to the class.
The small country of Bhutan in the Himalayan mountains is over one thousand years old. In the past it was a poor country and not many people visited it. But nowadays, it is becoming more and more popular with tourists. Medicine and health is improving and its economy is growing. King Jigme Singye Wangchuck, the king of Bhutan until 2006, talked about his country’s ‘Gross National Happiness’. In other words, he thought happiness is the way to measure the country’s development.

But how do you measure happiness? Perhaps health is the best way because a famous doctor once said, ‘Happy people generally don’t get sick.’ It’s also easy to measure how many people feel ill or unhealthy in a country. For example, one survey says Iceland is the ‘healthiest country in the world’ because men and women live a long time there, the air is very clean and there are more doctors available per person than anywhere else in the world.

However, there was another survey of the happiest countries in the world and Iceland was not near the top. The questions on this survey included: How much do you earn? How healthy are you? How safe do you feel? After visiting 155 different countries, the researchers decided that Denmark feels happier than other countries.

So does happiness equal money and good health? Not according to the artist Erik Krikortz. He feels that there are other ways of measuring happiness. Krikortz has a website and visitors click on different happy or sad faces to comment on how well they sleep, their family and friends, their level of stress, their inspiration and their physical activity. When you finish, his website adds the results for each area and it gives you a final result for your happiness.

In his home city of Stockholm, Krikortz also shows the results of his survey as different coloured lights on the side of a large building in the city. For example, red means the people of Stockholm are very happy, green is OK and purple means many people are sad. ‘A lot of people look at the building every day and see how “we” are,’ Krikortz says. The coloured lights are also useful if you feel like visiting the city. For example, if the lights are red, you know the locals are feeling happy!
**1d At the doctor’s**

**Vocabulary medical problems**

1 Look at the pictures. Match the people (1–8) with the medical problems (a–h).

<table>
<thead>
<tr>
<th>Person</th>
<th>Medical Problem</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>I've got a headache.</td>
</tr>
<tr>
<td>2</td>
<td>I've got back ache.</td>
</tr>
<tr>
<td>3</td>
<td>I've got a runny nose.</td>
</tr>
<tr>
<td>4</td>
<td>I've got earache.</td>
</tr>
<tr>
<td>5</td>
<td>I've got a temperature.</td>
</tr>
<tr>
<td>6</td>
<td>I've got a sore throat.</td>
</tr>
<tr>
<td>7</td>
<td>I've got a bad cough.</td>
</tr>
<tr>
<td>8</td>
<td>I've got stomach ache.</td>
</tr>
</tbody>
</table>

2 Pronunciation sound and spelling

- Many English words have the same vowel sounds but different spellings. Match the words with the same vowel sounds.

| 1 head | wake |
| 2 sore | saw |
| 3 throat | off |
| 4 cough | note |
| 5 ache | here |
| 6 ear | bed |

**Real life talking about illness**

3 What do you do when you have the medical problems in Exercise 1? Categorise them into the three groups. Then compare with your partner.

- I go to bed.
- I take medicine or pills.
- I go to the pharmacy or see my doctor.

4 Listen to two conversations, one at a pharmacy and the other at a doctor’s. Write the number of the conversation (1 or 2) next to the person’s medical problems and medical advice they receive.

<table>
<thead>
<tr>
<th>Medical Problem</th>
<th>Medical Advice</th>
</tr>
</thead>
<tbody>
<tr>
<td>sore throat</td>
<td>take this medicine twice a day</td>
</tr>
<tr>
<td>bad cough</td>
<td>go to bed</td>
</tr>
<tr>
<td>runny nose</td>
<td>drink hot water with honey and lemon</td>
</tr>
<tr>
<td>earache</td>
<td>take one pill twice a day</td>
</tr>
<tr>
<td>feel sick</td>
<td>buy a box of tissues</td>
</tr>
<tr>
<td>temperature</td>
<td>drink lots of water</td>
</tr>
</tbody>
</table>

5 Listen again and complete the sentences. Then match them with the correct section in the box.

- I _______ a sore throat.
- You _______ take this medicine.
- It’s _______ a sore throat.
- You _______ a box of tissues.
- If you still feel ill in a few days, see a _______.
- Let me have a _______.
- Do you _______ sick?
- Let me check your _______.

**TALKING ABOUT ILLNESS**

**Asking and talking about illness**

I don’t feel very well.
I feel sick / ill.
Have you got a temperature?
How do you feel?

**Giving advice**

Try drinking hot water with lemon.
You need to take one of these.
Drink lots of water.

6 Work in pairs. Practise this conversation. Then change roles and repeat the conversation.

**Student A:** You have a medical problem. (Choose one from Exercise 1.)

**Student B:** You are a pharmacist. Ask how Student A feels and give advice.
1e Medical advice online

Writing online advice

1 Many people look for medical advice on the internet before they visit their doctor. Do you think this is a good idea? Why? / Why not?

2 Look at the advice forum on a website. Answer the questions.
   1 What medical problem has each person got?
   2 Do you think the doctor gives them good advice?
   3 Can you think of any more advice for each person?

3 Writing skill conjunctions (and, or, so, because, but)

a Look at the highlighted connectors in the forum in Exercise 2. Then complete the rules with those words.
   1 We use **and** to connect two words or parts of a sentence.
   2 We use **or** to introduce an idea that is different.
   3 We use **because** to say ‘with the result that.’
   4 We use **but** to explain the reason.
   5 We use **so** to connect an alternative word or idea.

b Complete the sentences with the connectors in Exercise 3.
   1 You need to do more exercise **_____** eat healthy food.
   2 Jogging is healthy, **_____** eating chocolate is nicer!
   3 You could try cycling **_____** go walking if you don’t have a bicycle.
   4 Fruit and vegetables are good for you **_____** they are full of vitamins.
   5 Fruit and vegetables are full of vitamins, **_____** they are good for you.

Imagine you want advice from the forum. Choose a medical problem. Then write a message to Doctor Joe and ask for advice.

5 Exchange your message with your partner. Imagine you are Doctor Joe. Write a reply with two or three pieces of good advice. Remember to use connectors.
Slow food

A place where time is slower.
After you watch

6 Match the people (1–4) with what they say (a–d).

| 1  | the narrator | a  | Our aim is to keep Greve the same. We want to keep Greve and all the other slow cities special. |
| 2  | Salvatore Toscano | b  | It's about taking more time so you are more calm and relaxed. |
| 3  | Greve’s mayor | c  | In the mountains of Pistoia, in northern Tuscany, farmers produce pecorino cheese. |
| 4  | the cheese maker | d  | Not everyone knows about our product. But now the slow food movement means people know about us. |

7 Roleplay a conversation with Salvatore Toscano

Work in pairs.

Student A: You are Salvatore Toscano. Read the questions below and make notes about yourself. Then ask your customer about his life.

- Why do you like Greve?
- What is it like living in Greve?
- Do you enjoy your job?

Student B: You are a customer in Salvatore Toscano’s restaurant. You come from a large busy city. Read the questions below and make notes about yourself. Then ask Salvatore about his life in Greve.

- What’s your name?
- What’s your job?
- Do you like visiting Greve? Why?
- Do you want to live somewhere like Greve?

Act out the conversation. Compare your lives. Then change roles and repeat the conversation.

8 Read what the man says at the end of the video. Answer the questions.

From Singapore to Macao, in New York, in Rome, you always find the same pizza, the same hamburgers. Slow food doesn’t want this.

1 Do you agree?
2 Do you think slow food is a good idea?

9 Work in pairs. Discuss these questions.

1 Would you like to live in Greve? Why? / Why not?
2 Do you live a quiet life or do you live in the fast lane? In what ways?
UNIT 1 REVIEW

Grammar
1 Work in pairs. Look at the photo. Where are the man and the elephant? What are they doing?
2 Choose the correct forms to complete the text about the man in Exercise 1.

Vocabulary
4 Which words can follow the verb in CAPITAL letters? Delete the incorrect word.
1 FEEL tired, happy, ache, sick
2 DO exercise, housework, relaxing, yoga
3 PLAY golf, swimming, games, tennis
4 GO marathon, racing, hiking, driving

5 Work in pairs. How do you feel about your new English course? Do you feel worried about anything? (Tell your teacher if you are.)

I CAN
- talk about leisure activities
- say how I feel

Real life
6 Choose the correct words to complete the conversation between two friends.
A: 4 How do / Do you feel?
B: Not very 4 well / ill. I’ve got a 4 pain / sore throat.
A: 4 Do you feel / Have you got a high temperature?
B: I don’t know. I feel a bit hot.
A: 4 Try / You need drinking some honey and lemon in hot water.
B: Good idea.
A: But 4 you should / it’s a good idea also see your doctor.

7 Work in pairs. Practise two similar conversations.
Conversation 1:
Student A has got a headache. Student B gives advice.
Conversation 2:
Student B has got stomach ache. Student A gives advice.

I CAN
- talk about feeling ill
- give advice

Speaking
8 Complete these questions to ask someone about their everyday habits and interests.
1 Do you often play …?
2 How often do you go …?
3 Do you ever …?
4 What are you -ing …?
5 Why do you …?

9 Work in pairs. Ask and answer your questions from Exercise 8.