

UNIT

# Healthy Living

# 4



129



# Improving Lives with Pet Therapy

## Prereading Preparation

- 1 Work with one or two partners. Fill in the chart below. When you are finished, compare your responses with those of your classmates.

Problems	Solutions
What do you do when you feel lonely?	
What do you do when you feel stressed?	
What do you do when you feel sick?	



- 2 Take a survey in the class. How many students like dogs? Why? How many students like cats? Why?

Number of Students Who Like Dogs	Reasons Why Students Like Dogs	Number of Students Who Like Cats	Reasons Why Students Like Cats

- 3 There are approximately 68 million dogs in homes in the United States, and approximately 73 million cats. Why do you think Americans have so many of these pets in their homes?

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- 4 Read the title of the chapter. How can pets improve our lives? Make a list.

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Track 13



## Improving Lives with Pet Therapy

- 1 Do you sometimes feel lonely? Do you sometimes feel stressed? Do you  
 2 sometimes feel sick? If you answered “Yes” to these questions, you might not  
 3 need a doctor. Instead, you might just need a pet. Pets, like dogs, cats, or even  
 4 birds, can make you feel better. In fact, many people feel healthy when they have  
 5 a pet to take care of.
- 6 People who have pets often feel calmer and less lonely than people who don’t  
 7 have pets. For example, Juliet Locke has a six-year-old cat named Snowball.  
 8 “Snowball knows when I’m having a bad day. When I’m sitting in a chair, she’ll  
 9 jump on my lap and I’ll pet her. She really helps me feel relaxed,” says Juliet.  
 10 Pets can help you have a healthy mind, and they can give you a healthy body,  
 11 too. Dr. R.K. Anderson is a veterinarian. He started CENSHARE (Center to

12 Study Human/Animal Relationships and Environments), an organization that  
13 researches how pets affect people. These researchers believe that people with pets  
14 are healthier than people without pets. For instance, pet owners often have low  
15 rates of heart disease. Many pet owners don't have high blood pressure, either.  
16 While most people think of dogs and cats as pets, having birds and fish can also  
17 be effective. In fact, people own many different kinds of pets. Researchers studied  
18 the effects of these kinds of animals on their owners' health. The researchers  
19 found that some people actually lower their blood pressure by watching fish in  
20 a tank, or by listening to the sounds of birds. These activities are very calming.

21 Richard Waxman believes that all people should have the chance to spend  
22 time with a pet. He started a group called "Paws and Hearts." It is a volunteer  
23 organization that brings animals to nursing homes, hospitals and senior centers.  
24 Mr. Waxman says that each patient can become friends with a loving dog. As a  
25 result, the patients feel calmer, and also have less physical pain. This is called  
26 "pet therapy," and people love the animals' visits. For example, Clara Wu lives  
27 at a nursing home in Palm Desert, California. "I just love when the volunteers  
28 bring the dogs to visit us," Mrs. Wu says. "It brings back wonderful memories  
29 of other dogs I've owned." Mr. Waxman agrees. "Pet therapy allows for a great  
30 connection between the past and the present that can be very powerful."

31 Paws and Hearts isn't only for adults. The organization also has a reading  
32 program for children called "Paws to Read." Volunteers bring dogs to schools  
33 and libraries. There, children sit with the dogs and read stories to them.  
34 This activity often improves the children's reading skills as well as their  
35 self-confidence. Then when they return to their classrooms, they feel more sure  
36 of themselves and can read aloud more easily and clearly. It's easy to see that pet  
37 therapy is useful for people of all ages.



## Fact-Finding Exercise

Read the passage once. Then read the following statements. Check whether they are True or False. If a statement is false, rewrite the statement so that it is true. Then go back to the passage and find the line that supports your answer.

- 1 \_\_\_\_\_ True \_\_\_\_\_ False People who have pets often feel less healthy than people who don't have pets.

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- 2 \_\_\_\_\_ True \_\_\_\_\_ False Snowball is a six-year-old dog.

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- 3 \_\_\_\_\_ True \_\_\_\_\_ False People sometimes feel calm by watching fish in a tank or by listening to the sounds of birds.

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- 4 \_\_\_\_\_ True \_\_\_\_\_ False Patients at a nursing home in Palm Desert, California, are happy when the pets come to visit them.

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- 5 \_\_\_\_\_ True \_\_\_\_\_ False Volunteers from "Paws to Read" bring dogs to nursing homes and hospitals.

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- 6 \_\_\_\_\_ True \_\_\_\_\_ False The children's reading skills often improve by reading stories to the dogs.

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## B

# Skimming and Scanning Exercise

## PART 1

Skim through the passage. Then read the following statements. Choose the one that is the correct main idea of the reading.

- a. People in hospitals feel healthier when pets visit them.
- b. Pets can be very helpful to people.
- c. People of all ages enjoy pets.

## PART 2

The story describes three groups or organizations. Scan the passage. Work with a partner to fill in the chart with information about the groups from the reading.

What is the name of the group or organization?	What is the group's purpose?	What is the result of the group's work?
1.		
2.		
3.		

## C

# Reading Analysis

Read each question carefully. Either circle the letter or the number of the correct answer or write your answer in the space provided.

- 1 Do you sometimes feel lonely? Do you sometimes feel stressed? Do you sometimes feel sick? If you answered "Yes" to these questions, you might not need a doctor. **Instead**, you might just need a **pet**. Pets, like dogs, cats, or even birds, can help you feel better. **In fact**, many people feel healthy when they have a pet to take care of.

- a. **Instead** means
  1. in place of
  2. in addition to
  3. together with
- b. A **pet** is
  1. an animal you keep in your home
  2. a dog or a cat
  3. a bird
- c. Which animals can make you feel better?
  1. Only dogs or cats
  2. Only birds
  3. Dogs, cats, birds, and other animals
- d. What kind of information follows **in fact**?
  1. New, different information from the idea in the previous sentence
  2. More details about the idea in the previous sentence
  3. An example of the idea in the previous sentence

2 “Snowball knows when I’m having **a bad day**. When I’m sitting in a chair, she’ll jump on my **lap** and I’ll pet her. She really helps me feel relaxed,” says Juliet.

- a. **A bad day** means
  1. an unhappy or stressful day
  2. a day with bad weather
  3. an unlucky day
- b. Someone’s **lap** is
  1. the chair a person is sitting on
  2. the top of your legs when you are sitting down
  3. a small table

3 Researchers believe that people with pets are healthier than people without pets. **For instance**, pet owners often have low rates of heart disease. Many **pet owners** don’t have high blood pressure, either. While most people think of dogs and cats as pets, birds and fish can also be effective. In fact, people **own** many different kinds of pets.

- a. What does **for instance** mean?
  1. However
  2. For example
  3. Of course

- b.** A **pet owner** is someone who
  - 1. has a pet at home
  - 2. likes animals
  - 3. has high blood pressure
- c.** How are people with pets healthier than people without pets?
  - 1. They often have low rates of heart disease
  - 2. They typically don't have high blood pressure
  - 3. Both 1 and 2
- d.** Which animals can be helpful in making people healthier?
  - 1. Dogs
  - 2. Cats
  - 3. Birds
  - 4. Fish
  - 5. All of the above

**4** Volunteers bring dogs to schools and libraries. **There**, children sit with the dogs and read stories to them. This activity helps to improve the children's reading skills as well as their **self-confidence**. Then when they return to their classrooms, they feel more sure of themselves and can read **aloud** more easily and clearly.

- a.** **There** refers to
    - 1. in schools and libraries
    - 2. only in schools
    - 3. only in libraries
  - b.** When you read **aloud**, you read
    - 1. silently, without speaking
    - 2. quietly to yourself
    - 3. so that others can hear you
  - c.** What group of words in these sentences is a synonym for **self-confidence**?
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# Dictionary Skills

Read the dictionary entry for each word and think about the context of the sentence. Write the number of the appropriate definition on the line next to the word. Then choose the sentence with the correct answer.

- 1** **effective** *adj.* **1** having the result that one wants, productive: *The medication is quite effective; it relieves pain quickly.* **2** in use, current: *The law was effective on January 1.* *-adv. effectively; -n. [U] effectiveness.*

Many pet owners don't have high blood pressure, either. While most people think of dogs and cats as pets, having birds and fish can also be **effective**.

- a. effective:** \_\_\_\_\_  
**b.** 1. Having pets is a law.  
 2. Having pets makes no difference to people's health.  
 3. Having pets can help people be healthier.

- 2** **relax** *v. -es* **1** [I; T] to stop work and enjoy oneself: *She relaxes by riding her bicycle.* **2** [I; T] to stop being nervous, tense, angry, etc.: *Why don't you stop being angry and relax for a while!* **3** [T] to become or make weaker, looser, less strict: *Our dress code about what we should wear to work is relaxed in the summer.*

"Snowball knows when I'm having a bad day. When I'm sitting in a chair, she'll jump on my lap and I'll pet her. She really helps me feel **relaxed**," says Juliet.

- a. relax:** \_\_\_\_\_  
**b.** 1. A pet makes people leave work.  
 2. A pet makes people feel less worried.  
 3. A pet makes people feel weak.

- 3** **therapy** *n.* [U] treatment of mental and physical illnesses and disorders, usu. without surgery, such as speech therapy, physical therapy, etc.: *She began therapy to overcome her fear of crowds.*

Mr. Waxman says that each patient can become friends with a loving dog. As a result, the patients feel calmer, and also have less physical pain. This is called "pet **therapy**," and people love the animals' visits.

- a. therapy:** \_\_\_\_\_  
**b.** 1. Patients and their pets have surgery so they feel better.  
 2. Patients feel better after discussing their problems with a pet.  
 3. Patients begin to feel better after becoming friends with a pet.

# Word Forms

## PART 1

In English, some nouns become adjectives by adding the suffix *-ful*, for example, *hope (n.)*, *hopeful (adj.)*. Complete each sentence with the correct form of the word on the left.

- stress** (*n.*)      **1** Being a police officer is a very \_\_\_\_\_ job. In fact, **stressful** (*adj.*) police officers experience so much \_\_\_\_\_ that they often leave their jobs before they retire.
- pain** (*n.*)      **2** Having a toothache can be extremely \_\_\_\_\_. If you **painful** (*adj.*) have severe \_\_\_\_\_ in one of your teeth, you should visit a dentist as soon as possible.
- help** (*n.*)      **3** Thank you for your offer, but I don't need any \_\_\_\_\_ **helpful** (*adj.*) with my math homework. The explanations in my textbook are very clear and \_\_\_\_\_ to me.
- power** (*n.*)      **4** In the past, kings and queens were very \_\_\_\_\_ **powerful** (*adj.*) people. Today, however, kings and queens in most countries have very little \_\_\_\_\_. They no longer have complete control of their countries.
- use** (*n.*)      **5** In the 21<sup>st</sup> century, people have less and less \_\_\_\_\_ **useful** (*adj.*) for CDs. MP3 players seem to be much more \_\_\_\_\_ to them.

## PART 2

In English, the noun form and the verb form of some words are the same, for example, *cause* (v.), *cause* (n.). Complete each sentence with the correct form of the words on the left. Then circle (v.) if you are using a verb, or (n.) if you are using a noun. **Write all of the verbs in the present tense. The verbs may be affirmative or negative. The nouns may be singular or plural.**

**answer**

1 Mark always \_\_\_\_\_ his friends quickly when they  
(v., n.)

text-message him because he doesn't like to keep them

waiting for his \_\_\_\_\_.  
(v., n.)

**volunteer**

2 Arthur and Linda are \_\_\_\_\_ at a children's hospital.  
(v., n.)

They \_\_\_\_\_ at a senior center, because they only  
(v., n.)

like to work with children.

**visit**

3 Sarah loves her grandparents' \_\_\_\_\_ from out of  
(v., n.)

town. They often \_\_\_\_\_ on holidays, and always on  
(v., n.)

Sarah's birthday!

**need**

4 People who live in a desert have a serious \_\_\_\_\_ for  
(v., n.)

fresh water. They \_\_\_\_\_ anything else if they have  
(v., n.)

enough water. They usually have enough food.

return

5 I never worry when my dog runs away because he usually

\_\_\_\_\_ before dark. His \_\_\_\_\_ home is  
(v., n.) (v., n.)

always very welcome.

### Word Partnership

Use **return** with:

- v. **decide to return, plan to return**
- n. **return trip**  
**return a (phone) call**  
**return to work**

## F

### Vocabulary in Context

<b>aloud</b> ( <i>adv.</i> )	<b>instead</b> ( <i>adv.</i> )	<b>stressful</b> ( <i>adj.</i> )
<b>effective</b> ( <i>adj.</i> )	<b>powerful</b> ( <i>adj.</i> )	<b>therapy</b> ( <i>n.</i> )
<b>for instance</b>	<b>self-confidence</b> ( <i>n.</i> )	

Read the following sentences. Complete each blank space with the correct word from the list above. Use each word only once.

- 1 The teacher sometimes reads a story \_\_\_\_\_ to the class.  
We always listen carefully.
- 2 Mariella enjoys reading as much as she can. \_\_\_\_\_, she reads on the bus, during lunch, and before class, too.
- 3 I wanted a dog for a pet, but my parents said no, so I got a cat \_\_\_\_\_.

- 4 I prefer to send email to my family. It's much more \_\_\_\_\_ than writing letters. It's faster and easier, too.
- 5 Sung Min plays the piano very well. He has a lot of \_\_\_\_\_ and is never afraid to perform for large groups of people.
- 6 Having a pet, listening to soft music, taking a warm bath, are all very effective kinds of \_\_\_\_\_. They all help us feel relaxed.
- 7 At first, it can be very \_\_\_\_\_ to go to a new school. However, students often feel calmer after the first week.
- 8 Doctors can give patients very \_\_\_\_\_ medicine for pain when aspirin isn't strong enough.

## G

### Think About It

Read the following questions and think about the answers. Write your answer below each question. Then compare your answers with those of your classmates.

- 1 Why do you think people who have pets often feel calmer and less lonely than people who don't have pets?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 2 Researchers say that pet owners often have low rates of heart disease. Many pet owners don't have high blood pressure either. What do you think are reasons for this?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- 3 The reading talks about cats, dogs, birds, and fish as helpful pets. Which animal could be most effective for certain people? For example, which animal might be most helpful for a child? For an elderly person? For someone in a hospital?

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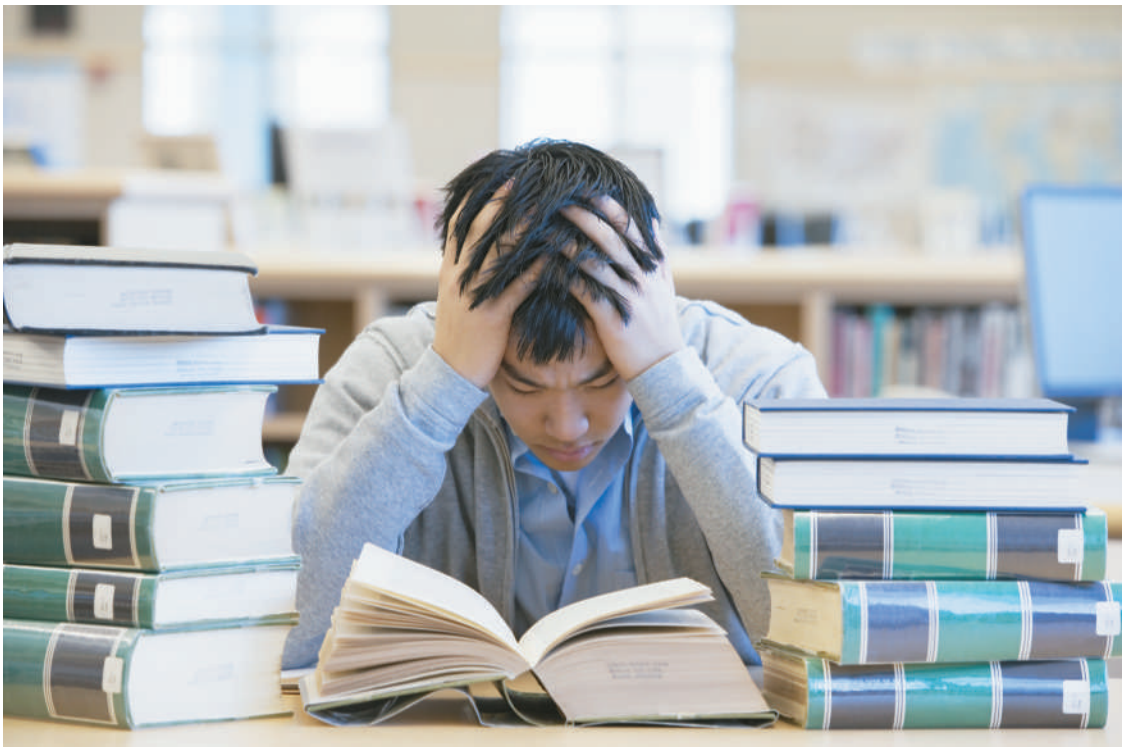
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- 4 The reading talks about the usefulness of pets for the elderly and for children. What other people can pets help? How can they be helpful?

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## Another Look

Read the following story about pet therapy at a university. Then answer the questions that follow.

Track 14



### A New Way to Relieve Student Stress

1 It's the last week of the semester at the University of Wisconsin. The students  
2 are preparing for their final exams. Of course, this is a very stressful week for  
3 many of them. Some are at the library, but they are not studying. Instead, they  
4 are sitting and relaxing with dogs, but they are not wasting their time. The  
5 Health Department of the university brings the dogs to the school library for the  
6 students. The dogs help them to feel less stress as they prepare for their finals.

7 Counselors from the school bring the dogs, but they also bring advice for  
8 the students about how to feel less anxious. They advised the students to take  
9 short study breaks — even five minutes every hour — to reduce stress. These  
10 frequent breaks also help the students to remember information. In addition, the  
11 counselors advised the students to get enough sleep. "Don't drink a lot of coffee  
12 because that will prevent you from sleeping," one counselor suggests. "Try not  
13 to worry so much," another counselor says, "and ask your friends and family for  
14 their assistance."

15 Manuel Perez, a University of Wisconsin student, says that all of the advice is  
16 very useful. However, he says, "The dogs are the most useful of all. When I'm  
17 petting one, I feel much more relaxed and then I'm ready to hit the books."

### Questions for Another Look

1 Why is this a stressful week for the students?

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2 How do the dogs help the students?

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3 What advice did the counselor give the students to feel less stress?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

4 "I'm ready **to hit the books**" is an idiom. This means:

a. I'm ready to study.

b. I dropped my books.

c. I'm ready for the exam.

# I

## Topics for Discussion and Writing

1 Do you have a pet? Describe it. Explain why you enjoy your pet. If you don't have a pet, do you want to get one? Why or why not? Explain your answer.

2 How do you relax when you feel stressed? Write about what makes you calm.

3 Work in a small group. When you prepare for an important test, how do you study for it? Discuss what each of you does, and which is effective. Then write a letter to the other students. Give them advice to help them study effectively for a big exam.

4 **Write in your journal.** Write about a time when you felt a lot of stress. Why was it stressful? Explain your answer.



# J

## Follow-Up Activities

- 1 Read the following statistics about cats and dogs. Then read the sentences that follow. Fill in the blanks with the words **cat** or **dog**.

### Dogs

- There are approximately 68 million dogs in homes in the United States.
- Four in ten (or 40 million) U.S. households own at least one dog.
- Most owners own one dog (63%).
- About one-fourth (24%) of owners own two dogs.
- On average, dog owners spent \$196 on veterinary-related expenses in the past 12 months.

### Cats

- There are approximately 73 million cats in homes in the United States.
  - Three in ten (or 34.7 million) U.S. households own at least one cat.
  - One half of cat-owning households (49%) own one cat; the remaining (51%) own two or more.
  - Cat owners spent an average of \$104 on veterinary-related expenses in the past 12 months.
- a. There are more \_\_\_\_\_ owners than \_\_\_\_\_ owners in the U.S.
  - b. \_\_\_\_\_ owners spend more money on veterinary expenses than \_\_\_\_\_ owners.
  - c. Most \_\_\_\_\_ owners have more than one.
  - d. Most \_\_\_\_\_ owners have only one.
- 2 Work alone or with a partner. Choose a pet you want to have. Find out what the pet needs, such as food, exercise, a place to sleep, training. How much will it cost to take care of this pet?

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# Word Search

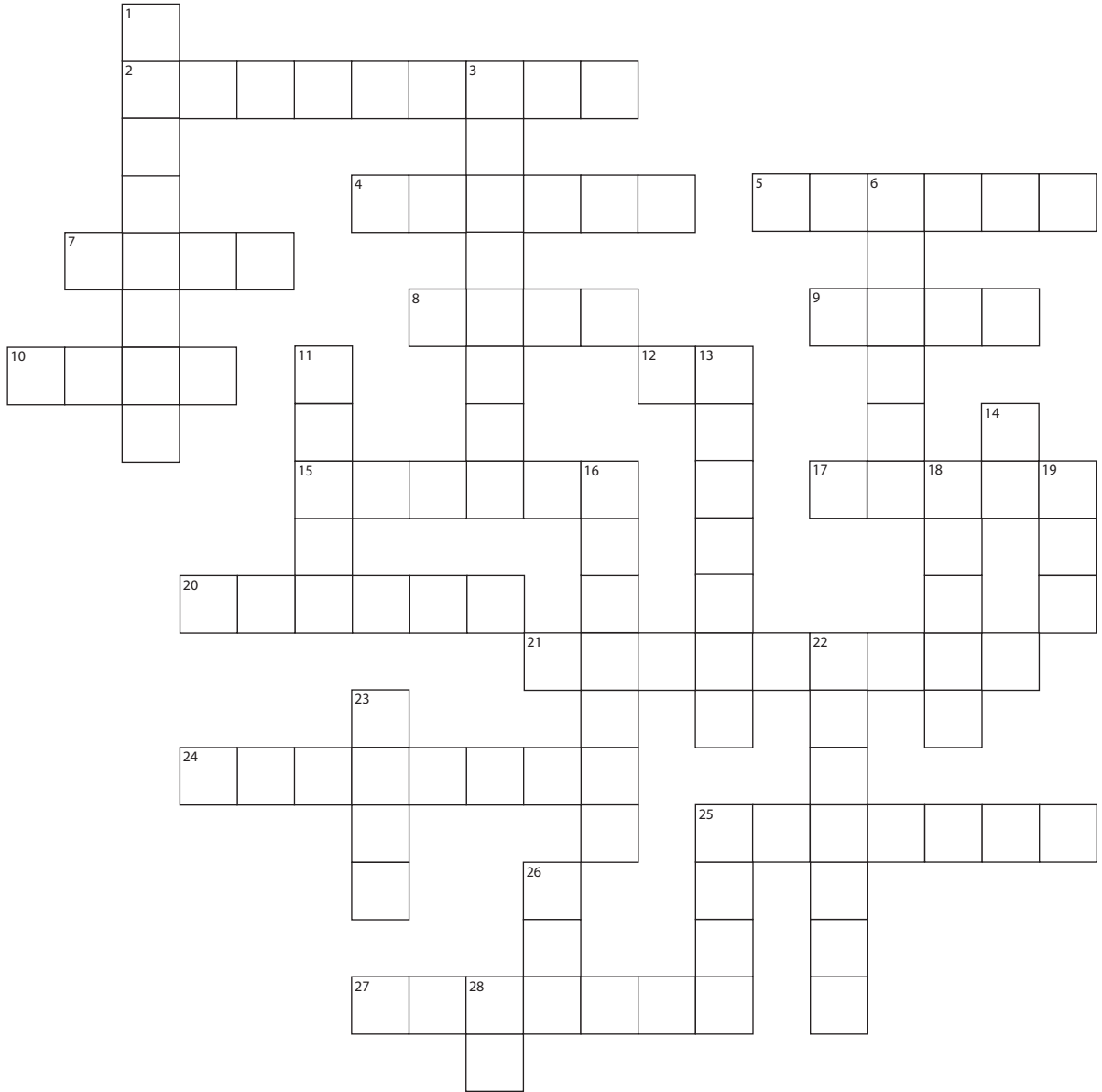
Read the words listed below. Find them in the puzzle and circle them. They may be written in any direction.

<b>activities</b>	<b>instead</b>	<b>patient</b>	<b>stressful</b>
<b>aloud</b>	<b>library</b>	<b>pets</b>	<b>useful</b>
<b>effective</b>	<b>lonely</b>	<b>powerful</b>	<b>veterinarian</b>
<b>healthy</b>	<b>lower</b>	<b>self-confidence</b>	

S Y E R B S E R M N S G W Y I  
 Y S N E X F C C M M T R A B V  
 L Y R W I E N V D V R E C C E  
 W U Z O F F E T L B E I T B T  
 B C F L C D D N I E S N I W E  
 U D K R S J I E B F S S V G R  
 O R Y G E R F I R F F T I P I  
 O L L K K W N T A E U E T H N  
 U S E F U L O A R C L A I E A  
 E W N Q N K C P Y T E D E A R  
 F E O F Q N F D J I Z M S L I  
 I M L G C H L S U V M C F T A  
 C E Y R L D E C L E Z Y Z H N  
 J S T E P O S D U O L A F Y M

# Crossword Puzzle

Read the clues on the next page. Write the answers in the correct spaces in the puzzle.



## Crossword Puzzle Clues

### ACROSS CLUES

2. Aspirin is very \_\_\_\_\_. It works very well.
4. I don't have the \_\_\_\_\_ to your question.
5. Both children and \_\_\_\_\_ love pets.
7. Do you \_\_\_\_\_ an extra pen?
8. When you feel \_\_\_\_\_, you feel relaxed.
9. It is \_\_\_\_\_ cold today—below freezing!
10. Susan didn't sleep well. In \_\_\_\_\_, she only slept two hours last night.
12. The opposite of **down**
15. I feel a lot of \_\_\_\_\_ before I take a test.
17. High \_\_\_\_\_ pressure can be dangerous to your health.
20. Come back
21. To do work for no pay
24. That horse is \_\_\_\_\_. It can pull heavy things.
25. Harry's grandmother is in a \_\_\_\_\_ home.
27. I don't want coffee. I want tea \_\_\_\_\_.

### DOWN CLUES

1. Doctors do \_\_\_\_\_ to test their ideas.
3. For example; for \_\_\_\_\_
6. This book is \_\_\_\_\_. I get many ideas from it.
11. We \_\_\_\_\_ our parents every weekend. They live nearby.
13. My headache is very \_\_\_\_\_. It hurts a lot.
14. The opposite of **yes**
16. Pets visit libraries and \_\_\_\_\_ for the children.
18. The \_\_\_\_\_ of that dog loves it very much.
19. The past of **do**
22. Pet \_\_\_\_\_ helps adults and children.
23. The opposite of **sick**
25. He doesn't \_\_\_\_\_ a coat. It's warm outside.
26. A dog or a cat makes a good \_\_\_\_\_.
28. My dog wants to go out, \_\_\_\_\_ I am taking it for a walk.

# Grammar Cloze Quiz

Read the passage. Complete each blank space with one of the prepositions listed below. You may use the prepositions more than once.

by

in

of

on

to

Pets, like dogs, cats, or even birds, can make you feel better. \_\_\_\_\_ fact,<sup>(1)</sup> many people feel healthy when they have a pet \_\_\_\_\_ take care \_\_\_\_\_<sup>(2)</sup><sup>(3)</sup>. Juliet Locke has a six-year-old cat named Snowball. “Snowball knows when I’m having a bad day. When I’m sitting \_\_\_\_\_ a chair,<sup>(4)</sup> she’ll jump \_\_\_\_\_ my lap<sup>(5)</sup> and I’ll pet her. She really helps me feel relaxed,” says Juliet. Researchers believe that people with pets are healthier than people without pets. For instance, pet owners often have low rates \_\_\_\_\_ heart disease.<sup>(6)</sup> Many pet owners don’t have high blood pressure, either. While most people think \_\_\_\_\_ dogs and cats as<sup>(7)</sup> pets, having birds and fish can also be effective. Researchers studied the effects of these kinds of animals \_\_\_\_\_ their owners’ health.<sup>(8)</sup> The researchers found that some people actually lower their blood pressure \_\_\_\_\_ watching<sup>(9)</sup> fish \_\_\_\_\_ a tank,<sup>(10)</sup> or \_\_\_\_\_ listening<sup>(11)</sup> \_\_\_\_\_ the sounds \_\_\_\_\_ birds.<sup>(12)</sup><sup>(13)</sup> These activities are very calming.



# 8

CHAPTER

# A Healthy Diet for Everyone

## Prereading Preparation

- 1 Look at the photographs. Describe the two meals. Which meal do you think is healthier? Why?
- 2 Work with one or two partners. Fill in the chart on page 151. What food do you think is healthy? What food is not?
- 3 Why is it important to have a healthy diet?



Food That Is Healthy	Food That Is Not Healthy

- 4 Read the title of this passage. People in different cultures and countries eat different kinds of food. What health food suggestions can you make that everyone around the world can follow? What does “A Healthy Diet for Everyone” mean?

Track 15



## A Healthy Diet for Everyone

1 Everyone knows that we must eat food in order to live. However, sometimes,  
 2 people are confused about what type of food is healthy, and what kind of food  
 3 can be harmful to our health. The USDA<sup>1</sup> has prepared a food guide to help  
 4 people learn about which types of food are the healthiest to eat. The food guide  
 5 describes six basic food groups: meat (beef, fish, chicken, etc.), dairy (milk,  
 6 yogurt, cheese, etc.), grains (bread, cereal, rice, etc.), fruit, and vegetables. The  
 7 last group is fats, oil, and sweets. The USDA also suggests how much of each  
 8 food group is healthy to eat daily. Although this guide was prepared by the  
 9 U.S. government, it is very useful for people all over the world.

<sup>1</sup>The United States Department of Agriculture. The USDA’s responsibility is to control the quality of food in the United States.

10 As a result of years of research, we know that too much animal fat is bad for  
11 our health. For example, Americans eat a lot of meat and only a small amount of  
12 grains, fruit, and vegetables. Because of their diet, they have a high rate of cancer  
13 and heart disease. In Japan, in contrast, people eat large amounts of grains and  
14 very little meat. The Japanese also have a very low rate of cancer and heart  
15 disease. In fact, the Japanese live longer than almost anyone else in the world.  
16 Unfortunately, when Japanese people move to the United States, the rate of heart  
17 disease and cancer increases as their diet changes. Moreover, as hamburgers,  
18 ice cream, and other high-fat foods become popular in Japan, the rate of heart  
19 disease and cancer is increasing there as well. People are also eating more meat  
20 and dairy products in other countries, such as Cuba, Mauritius, and Hungary.  
21 Not surprisingly, the disease rate in these countries is increasing along with the  
22 change in diet. Consequently, doctors everywhere advise people to eat more  
23 grains, fruit, and vegetables, and eat less meat and fewer dairy products.

24 A healthy diet is important for children as well as adults. When adults have  
25 poor eating habits, their children usually do, too. After all, children eat the same  
26 way as their parents. When parents eat healthy food, the children will learn to  
27 enjoy it, too. Then they will develop good eating habits. Doctors advise parents  
28 to give their children healthier snacks such as fruit, vegetables, and juice.

29 Everyone wants to live a long, healthy life. We know that the food we eat affects  
30 us in different ways. For instance, doctors believe that fruit and vegetables can  
31 actually prevent many different diseases. On the other hand, animal fat can cause  
32 disease. We can improve our diet now and enjoy many years of healthy living.





## Fact-Finding Exercise

Read the passage once. Then read the following statements. Check whether they are True or False. If a statement is false, rewrite the statement so that it is true. Then go back to the passage and find the line that supports your answer.

- 1 \_\_\_\_\_ True \_\_\_\_\_ False There are six basic food groups.  
\_\_\_\_\_
- 2 \_\_\_\_\_ True \_\_\_\_\_ False People can choose food from each group every day.  
\_\_\_\_\_
- 3 \_\_\_\_\_ True \_\_\_\_\_ False Most Americans eat a lot of meat.  
\_\_\_\_\_
- 4 \_\_\_\_\_ True \_\_\_\_\_ False Most Japanese eat very few grains.  
\_\_\_\_\_
- 5 \_\_\_\_\_ True \_\_\_\_\_ False There is a high rate of cancer and heart disease in Japan.  
\_\_\_\_\_
- 6 \_\_\_\_\_ True \_\_\_\_\_ False Doctors think it is a good idea for people to eat less meat.  
\_\_\_\_\_
- 7 \_\_\_\_\_ True \_\_\_\_\_ False It is not important for children to have a healthy diet.  
\_\_\_\_\_
- 8 \_\_\_\_\_ True \_\_\_\_\_ False Children usually eat differently than their parents.  
\_\_\_\_\_
- 9 \_\_\_\_\_ True \_\_\_\_\_ False Doctors believe that fruit and vegetables cause different diseases.  
\_\_\_\_\_



## B

# Skimming and Scanning Exercise

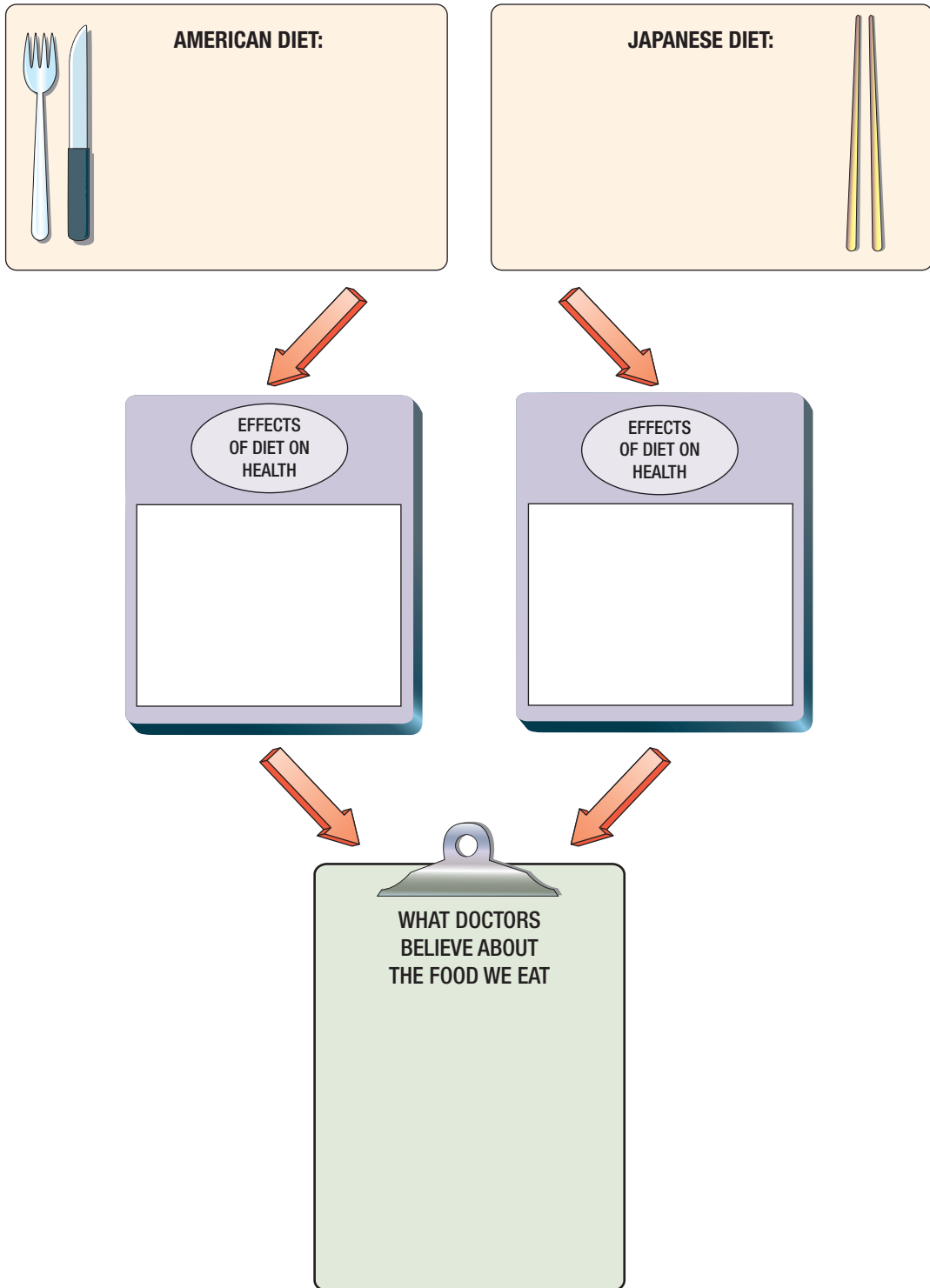
### PART 1

Skim through the passage. Then read the following statements. Choose the one that is the correct main idea of the reading.

- a. The kind of diet we have can cause or prevent diseases.
- b. Doctors advise people to eat more fruit, vegetables, and grains.
- c. Eating meat causes cancer and heart disease.

**PART 2**

Scan the passage. Work with a partner to fill in the flowchart below with information from the reading.



# Reading Analysis

Read each question carefully. Either circle the letter or the number of the correct answer or write your answer in the blank space.

- 1 Everyone knows that we must eat food **in order to** live.
- a. What information follows **in order to**?
1. The reason
  2. The decision
  3. The cause
- b. Complete the following sentence with the appropriate choice. Cindy went to the supermarket in order to
1. walk to the store
  2. learn how to cook
  3. buy some food
- 2 Sometimes people are **confused** about what type of food is healthy, and what **kind** of food can be **harmful** for our health.
- a. In these sentences, which word is a synonym for **kind**?
- 
- b. What does **confused** mean?
1. Mixed up
  2. Clear
  3. Unhappy
- c. What does **harmful** mean?
1. Bad
  2. Good
  3. Easy
- 3 The **USDA** described **basic food groups**: meat (beef, fish, chicken, etc.), dairy (milk, cheese, butter, etc.), grains (bread, cereals, rice, etc.), fruit, vegetables, and a group including fats, oils, and sweets. The USDA suggested how much of each food group was healthy to eat **daily**.
- a. Refer to page 151. What is the **USDA**?
- 
- b. How do you know?
-

c. The information at the bottom of page 151 is called a

\_\_\_\_\_

d. What are the basic food groups? Give examples of each group.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

e. What does **daily** mean?

1. Every day
2. A lot of
3. A little of

4 Americans eat a lot of meat and only a small amount of grains, fruit, and vegetables. In Japan, **in contrast**, people eat large amounts of grains and very little meat. The Japanese also have a very low rate of cancer and heart disease. **In fact**, the Japanese live longer than **anyone else** in the world.

a. What information follows **in contrast**?

1. A similar idea
2. An opposite idea
3. The same idea

b. What information follows **in fact**?

1. More information about the same idea
2. Contrasting information about the same idea
3. Surprising information about the same idea

c. What does **anyone else** mean?

1. All other people
2. Some other people
3. Most other people

5 **Unfortunately**, when Japanese people move to the United States, the rate of heart disease and cancer increases **as** their diet changes. **Moreover**, as hamburgers, ice cream, and other high-fat foods become popular in Japan, the rate of heart disease and cancer increases **there**, too.

- a. What follows **unfortunately**?
    1. Something lucky
    2. Something bad
    3. Something false
  - b. What does **as** mean?
    1. When
    2. So
    3. And
  - c. What does **moreover** mean?
    1. However
    2. Also
    3. Then
  - d. What are some examples of high-fat foods?
- 

- e. Where does **there** refer to?
  1. In the United States
  2. In Cuba
  3. In Japan

6 People are also eating more meat and dairy products in other countries **such as** Cuba, Mauritius, and Hungary. **Not surprisingly**, the disease rate in these countries is increasing along with the change in diet. **Consequently**, doctors everywhere advise people to eat more grains, fruit, and vegetables, and less meat and fewer dairy products.

- a. What does **such as** mean?
  1. For example
  2. Instead of
  3. Except in
- b. What information follows **not surprisingly**?
  1. Information that is hard to believe
  2. Information that is not true
  3. Information that is easy to believe
- c. What does **consequently** mean?
  1. In addition
  2. As a result
  3. In fact

- 7 A healthy diet is important for children **as well as** adults.
- This sentence means that a healthy diet
    - is more important for children than it is for adults
    - is more important for adults than it is for children
    - is equally important for both adults and children
  - As well as** means
    - and also
    - but not
    - instead of
- 8 When adults have poor eating habits, their children usually do, too. **After all**, children eat the same way as their parents.
- The first sentence means
    - the children usually have better eating habits
    - the children also have poor eating habits
  - Read the second sentence again. Then read the following sentence and complete it with the appropriate choice. John speaks Spanish fluently. After all,
    - he lived in Venezuela for 15 years
    - he reads many books about South America
- 9 Most doctors agree that fruit and vegetables can actually **prevent** many different diseases. **On the other hand**, animal fat can **cause** disease.
- What is the connection between **prevent** and **cause**?
    - They have similar meanings.
    - They have opposite meanings.
  - What does **prevent** mean?
    - To keep from happening
    - To make happen
  - What information follows **on the other hand**?
    - A similar idea
    - An example of the idea
    - An opposite idea
  - Read the following sentences. Complete the second sentence with the appropriate choice. I may visit many different places on my vacation. On the other hand,
    - I may go to museums, zoos, parks, and beaches
    - I may stay at home and relax

# Dictionary Skills

Read the dictionary entry for each word and think about the context of the sentence. Write the number of the appropriate definition on the line next to the word. Then choose the sentence with the correct answer.

- 1** **confuse** *v.* [T] **-fused, -fusing, -fuses** **1** to mix things up: *He sent the wrong reports because he confused them with other ones.* **2** to mix up mentally so that one cannot understand or think clearly: *The teacher's question confused him.*

Sometimes, people are **confused** about what type of food is healthy, and what kind of food can be bad for our health.

- a. confused:** \_\_\_\_\_
- b.** 1. Sometimes, people mix up healthy food and unhealthy food.  
2. Sometimes, people feel mixed up and cannot understand which kinds of food are healthy and which kinds are not.

- 2** **prevent** *v.* [T] **1** to stop from happening: *He prevented an accident by braking his car just in time.* **2** to stop s.o. from doing s.t.: *The rain prevented me from going.*

Doctors believe that fruit and vegetables can actually **prevent** many different diseases.

- a. prevent:** \_\_\_\_\_
- b.** 1. Doctors believe that fruit and vegetables can help people avoid many different diseases.  
2. Doctors believe that fruit and vegetables can stop diseases from making people sick.

- 3** **suggest** *v.* [T] **1** to propose s.t. to do or to offer an idea for consideration: *He suggested that we have lunch at the hotel.* **2** to bring (an idea) to mind, to indicate: *This picture suggests an ancient battle scene. | | The results of the test suggested that I was ill.*

The USDA **suggested** how much of each food group was healthy to eat daily.

- a. suggest:** \_\_\_\_\_
- b.** 1. The USDA brought to mind how much of each food group was healthy to eat daily.  
2. The USDA offered people an idea of how much of each food group was healthy to eat daily.



# Word Forms

## PART 1

In English, some verbs become nouns by adding the suffix *-ment*, for example *announce* (v.), *announcement* (n.). Complete each sentence with the correct form of the words on the left. **Write all the verbs in the simple present tense. They may be affirmative or negative. The nouns may be singular or plural.**

**improve** (v.)

**improvement** (n.)

1 Manufacturers have made many \_\_\_\_\_ in computers in the last ten years. For example, they are smaller, faster, and more dependable. Manufacturers \_\_\_\_\_ their products to satisfy their customers.

**agree** (v.)

**agreement** (n.)

2 Some people are vegetarians. They think that eating meat is unhealthy. However, Faye \_\_\_\_\_ with the vegetarians. Faye believes that eating meat occasionally causes no health problems. However, she is in \_\_\_\_\_ with the idea that fruit and vegetables are very healthy.

**encourage** (v.)

**encouragement** (n.)

3 Jason is my best friend. He always \_\_\_\_\_ me when I have a difficult problem. In fact, his \_\_\_\_\_ has often helped me to succeed.

**develop** (v.)

**development** (n.)

4 Scientists are working to \_\_\_\_\_ a cure for all kinds of cancer. The \_\_\_\_\_ of a cure will be welcome all around the world.

**enjoy** (v.)

**enjoyment** (n.)

5 I \_\_\_\_\_ going to the movies alone. I prefer to go with a friend. Watching a movie with a friend adds to my \_\_\_\_\_.

## PART 2

In English, the noun form and the verb form of some words are the same, for example, *move* (v.), *move* (n.). Complete each sentence with the correct form of the word on the left. Circle (v.) if you are using a verb, or (n.) if you are using a noun. **Write all the verbs in the simple present tense. They may be affirmative or negative. The nouns may be singular or plural.**

**research**

- 1 Dr. Johnson \_\_\_\_\_ cures for cancer. She does all  
(v., n.)  
her \_\_\_\_\_ on heart disease.  
(v., n.)

**increase**

- 2 During the summer, the temperature \_\_\_\_\_ to  
(v., n.)  
about 90°. This significant \_\_\_\_\_ in temperature  
(v., n.)  
usually makes many people uncomfortable.

**taste**

- 3 I like the sweet \_\_\_\_\_ of fruit, such as cherries,  
(v., n.)  
pears, and peaches. Lemons \_\_\_\_\_ sweet, however.  
(v., n.)  
They are very sour.

**change**

- 4 In some areas of the world, there are four \_\_\_\_\_ in  
(v., n.)  
seasons: spring, summer, fall, and winter. However, in other  
countries, the climate \_\_\_\_\_ at all. It is the same all  
(v., n.)  
year. There is only one season.

**cause**

5 There are many \_\_\_\_\_ of cancer. For example,  
(v., n.)

sometimes, exposure to the sun \_\_\_\_\_ skin cancer.  
(v., n.)

### Word Partnership

Use **cause** with:

- v. **determine the cause,**  
**support a cause**
- n. **cause of death,**  
**cause an accident, cause cancer,**  
**cause problems, cause a reaction,**  
**cause for concern**

## F

### Vocabulary in Context

<b>confuse</b> (v.)	<b>in order to</b>	<b>suggest</b> (v.)
<b>in contrast</b>	<b>not surprisingly</b> (adv.)	<b>unfortunately</b> (adv.)
<b>in fact</b>	<b>prevent</b> (v.)	

Read the following sentences. Complete each blank space with the correct word or phrase from the list above. Use each word or phrase only once.

- 1 Leon eats fresh fruit and vegetables daily. His brother Sam eats cake and cookies every day. \_\_\_\_\_, Leon is healthier than Sam.
- 2 Viola wanted to go swimming at the beach yesterday. \_\_\_\_\_, it rained all day, so she stayed home.
- 3 Michael and his brother, Tom, look very different. Michael is short and has light hair. \_\_\_\_\_, Tom is tall and has dark hair.

- 4 When Harry and Bill do dangerous work, they \_\_\_\_\_ injury by being especially careful.
- 5 Jane loves to read books. \_\_\_\_\_, she reads about 100 books a year.
- 6 If you want to get up at 4:00 A.M. to go fishing, I \_\_\_\_\_ that you go to bed before 8:00 P.M.
- 7 \_\_\_\_\_ lose weight, you need to exercise more and eat less.
- 8 Leigh's directions always \_\_\_\_\_ me. When she gives me directions, I usually get lost.

## G

### Think About It

Read the following questions and think about the answers. Write your answer below each question. Then compare your answers with those of your classmates.

- 1 Why did the USDA prepare a food guide for Americans?

---

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- 2 Why are fats, oils, and sweets grouped together?

---

---

---

- 3 Why do Japanese people change their diet when they move to the United States?

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## H

### Another Look

Read the following passage about reasons why people eat when they're not hungry. Then answer the questions that follow.

Track 16



## Why Do I Eat When I'm Not Hungry?

- 1 The next time you want to eat something, ask yourself a question. Are you  
2 *really* hungry? If you answer “No,” then ask yourself why you want to eat when  
3 your body is not really hungry. The following reasons may help you understand  
4 why you do so.
- 5 • **I'M BORED.** Sometimes we are bored and don't have anything better to do.  
6 When this happens, and you start to walk into the kitchen, stop yourself.  
7 Go to another part of the house, or go for a walk.
  - 8 • **IT TASTES GOOD.** Sometimes it does, but sometimes we eat anything we  
9 can find in the kitchen, even if it really isn't that great tasting. When I'm  
10 dieting, I like to eat food that I *really* enjoy. Eat less of it, and enjoy it.
  - 11 • **I HAVE A LOT OF STRESS.** This is often a common reason for eating. I often  
12 eat because of stress, not because I am hungry. I try to read a book,  
13 or exercise instead.
  - 14 • **TV MAKES ME WANT TO EAT.** I rarely watched TV when I was thin. Then  
15 I started to watch TV almost every evening, and I gained 45 pounds. Evening  
16 TV programs have many food commercials that make me run to the kitchen  
17 for a snack. My best advice is to stop watching evening television.

- 18 • BECAUSE I'M REALLY THIRSTY. Sometimes people eat because they are  
19 thirsty. Instead of having something to drink, people eat something that is  
20 often fattening. The next time you feel hungry, drink some water.

21 If your stomach is making noise, it is time to eat. If you want food between  
22 meals when your stomach is *not* making noise, don't eat. Remember, you  
23 should give your body some kind of nutrition three times a day. If you do have  
24 to eat between meals, eat a piece of fruit or a vegetable. Try to think about  
25 what and why you are eating the next time you want a snack. Ask yourself,  
26 "Why am I eating?"



## Questions for Another Look

- 1 What is the main idea of the story?
  - a. There are many reasons why people eat when they are hungry.
  - b. There are many reasons why people eat when they are not hungry.
  - c. Watching television makes people eat when they are not hungry.

- 2 What are some reasons why people eat when they are not hungry?
- a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
- 3 Instead of eating when you are not hungry, what are some other things you can do?
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## I

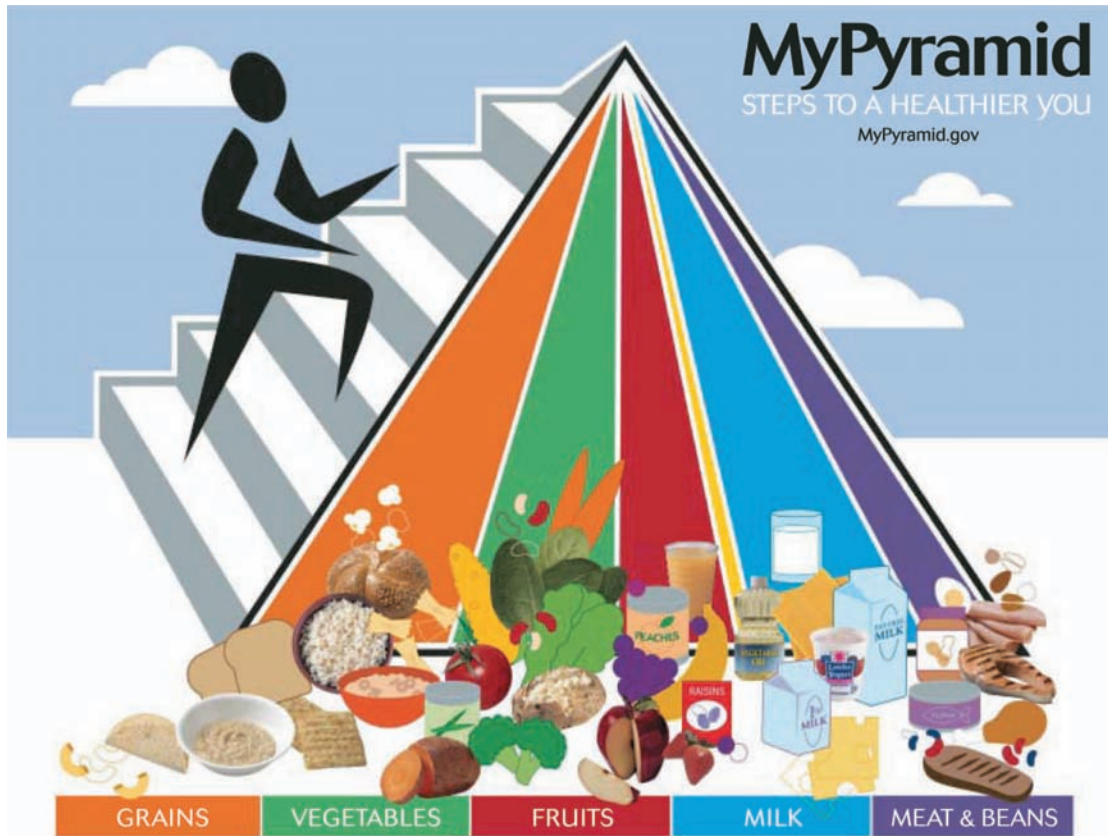
### Topics for Discussion and Writing

- 1 Is there a high rate of heart disease or cancer in your country? What do you think are some reasons for this?
- 2 The reading passage discusses a healthy diet as a way to prevent disease. Work with a classmate. Make a list of other ways to prevent disease. Compare your list with those of your classmates.
- 3 Do you have children? What kind of food do you give them? Why? Do they enjoy the food? If you don't have children, imagine that you do. What kind of food do you give them? Why?
- 4 **Write in your journal.** Describe the ways you help yourself live a healthy life.

## J

# Follow-Up Activities

- 1 The U.S. Department of Agriculture has prepared a Food Guide Pyramid to help people build a healthy diet for themselves. Read the suggested daily servings of each food group. Read the definitions of a serving for each food group.
  - a. Use the Food Guide Pyramid and the serving descriptions to plan a one-day healthy diet. Write your diet in the chart on page 169. Then show your servings in the pyramid on page 170.
  - b. Compare your one-day healthy diet with those of your classmates. In what ways are they similar? In what ways are they different?





## What's a serving?

**milk, yogurt, cheese, ice cream, frozen yogurt** (2–4 servings daily) Most choices should be fat-free or low-fat.

- 1 cup of milk
- 1 cup of yogurt
- 1 ½ ounces of cheese

**vegetable group** (3–5 servings daily) They can be raw or cooked, and fresh, frozen, canned, or dried. 100% vegetable juice counts as a member of the vegetable group.

- 6 oz. juice
- ½ cup cut-up vegetable
- 1 cup leafy green vegetable

**fruit group** (2–3 servings daily) They can be fresh, canned, frozen, or dried. Whole fruit is a better choice than fruit juice.

- 1 medium apple, banana, orange, etc.
- 1 melon wedge
- ½ cup chopped fruit or berries
- ¼ cup dried fruit

**meat and beans group (meat, poultry, fish, dry beans, eggs, and nuts)** (2–6 servings daily)

- 2–3 ounces cooked meat, fish, or poultry
- dry beans: ½ cup cooked dried peas or beans
- 1 egg
- 2 tablespoons seeds or nuts

**grains group** (6–11 servings daily) Make at least half your grains whole grains.

- 1 slice of bread, preferably whole grain bread
- 1 ounce of prepared (dry) cereal
- ½ cup cooked cereal, such as oatmeal
- ½ cup cooked rice, preferably brown rice
- ½ cup cooked pasta
- Popcorn is healthy, too!

### A One-Day Healthy Diet

Breakfast	(Snack)	Lunch	(Snack)	Dinner	(Snack)



# MyPyramid.gov

## STEPS TO A HEALTHIER YOU

- 2 Larry is a student at the state university. The following menu shows what he usually eats for breakfast, lunch, and dinner. What changes can you make to Larry's menu in order to make it healthier for him?

**Breakfast:**

two eggs  
two slices of white bread with butter  
one cup of coffee with cream and sugar

**Lunch:**

one large chocolate ice-cream cone

**Dinner:**

one cheeseburger on a roll  
one large order of French fries  
an order of broccoli  
lettuce and tomatoes

**Late-night snack:**

a bag of potato chips  
an apple

- 3 Alone or with one or more classmates, go to a fast-food restaurant. Order a *healthy* meal. Report back to the class. Describe the meal you ate and explain why it was nutritious.

- 4 Alone or with a student from your country, prepare a menu for a typical breakfast, lunch, and dinner in your country. Then talk to a student from another country and show the student your menu. Explain why you think your diet is healthy. Then ask the other student to explain why he or she thinks his/her diet is healthy. Compare your menu with the student's menu from a different country. Discuss which diet you both think is healthier.

# K

## Word Search

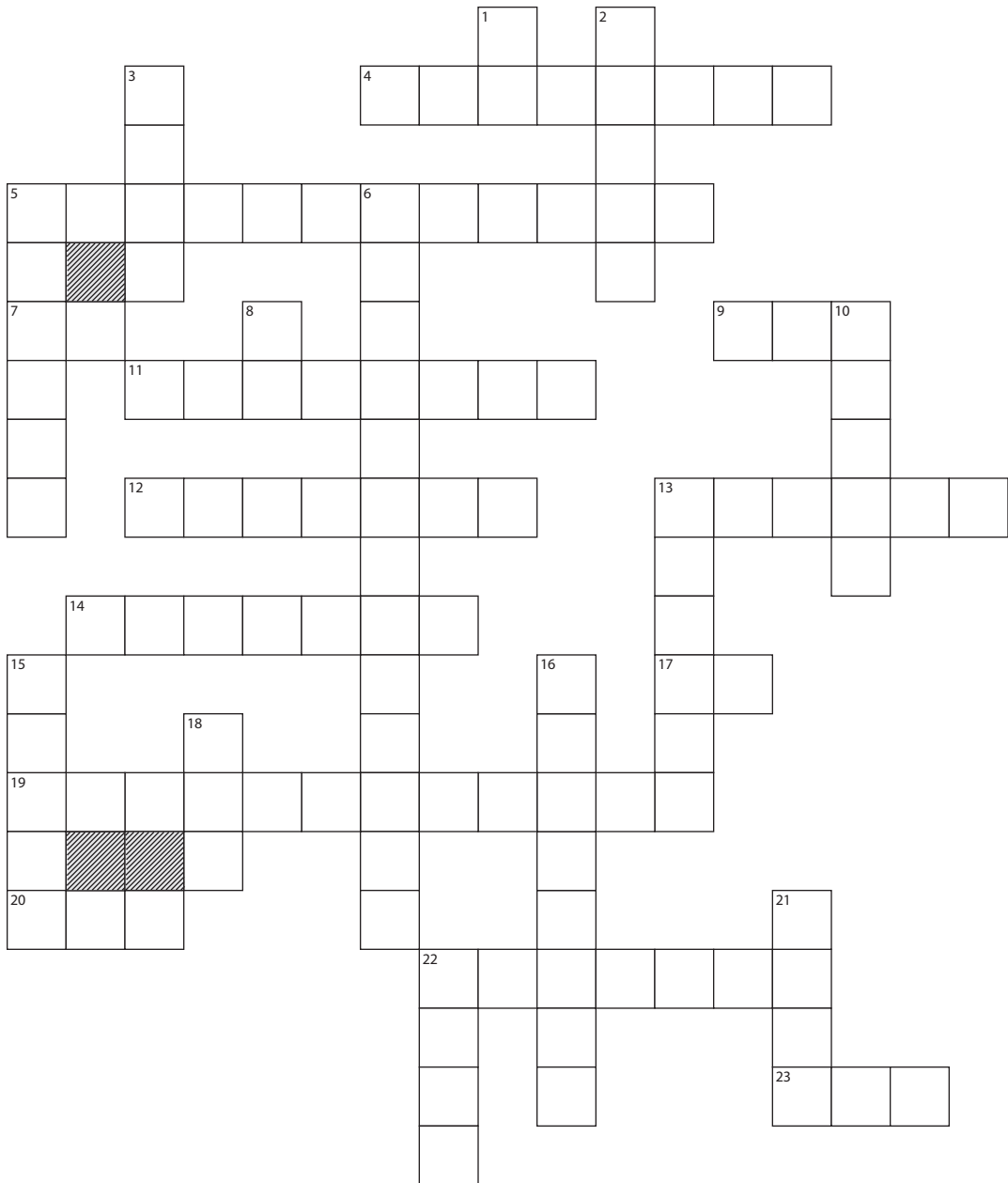
Read the words listed below. Find them in the puzzle and circle them. They may be written in any direction.

<b>avoid</b>	<b>cholesterol</b>	<b>fruit</b>	<b>prevent</b>
<b>cancer</b>	<b>diet</b>	<b>healthy</b>	<b>recommend</b>
<b>children</b>	<b>fattening</b>	<b>parents</b>	<b>vegetables</b>

O C V Y D N E M M O C E R B T  
 Y T H R Z F V C Y H T L A E H  
 C H I L D R E N O N Z H I B W  
 J T V N J U G L L A S D C N Y  
 P V F A T T E N I N G Q D F W  
 P A C G W S T D X F P Z E W M  
 X L R A T H A I X R C Y B A F  
 P E Y E N P B O E U K E Z C R  
 J L R Q N C L V O I G M R E Q  
 R O I K P T E A D T U G S Z G  
 L C N I D N S R P Q Z X M V M  
 Q Z V K T G T X E T V M W J S

# Crossword Puzzle

Read the clues on the next page. Write the answers in the correct spaces in the puzzle.



## Crossword Puzzle Clues

### ACROSS CLUES

4. Study very carefully
5. As a result
7. The opposite of **yes**
9. The opposite of **on**
11. Also; furthermore
12. In good physical condition
13. Rice and cereals are \_\_\_\_\_.
14. Keep from happening
17. The opposite of **down**
19. When we make many \_\_\_\_\_, we make things better.
20. The opposite of **no**
22. Illness; sickness
23. The opposite of **bottom**

### DOWN CLUES

1. I am. She \_\_\_\_\_.
2. Every day
3. Type
5. \_\_\_\_\_ is a very serious illness.
6. Unhappily
8. You have a choice: you can have either coffee \_\_\_\_\_ tea.
10. \_\_\_\_\_ and vegetables are very healthy for us to eat.
13. There are six basic food \_\_\_\_\_.
15. Milk, butter, and ice cream are \_\_\_\_\_ products.
16. I am \_\_\_\_\_. I don't understand what you said.
18. He is. We \_\_\_\_\_.
21. Chicken, pork, and beef are types of \_\_\_\_\_.
22. Everything we eat is part of our \_\_\_\_\_.

# Grammar Cloze Quiz

Read the passage. Complete each blank space with one of the words or phrases listed below. You may use them more than once. In addition, *there may be more than one correct answer.*

<b>a high rate of</b>	<b>fewer</b>	<b>more</b>
<b>a lot of</b>	<b>large amounts of</b>	<b>too much</b>
<b>a small amount of</b>	<b>less</b>	<b>very little</b>
<b>a very low rate of</b>		

As a result of years of research, we know that \_\_\_\_\_ animal fat is bad for our health. For example, Americans eat \_\_\_\_\_ meat, and \_\_\_\_\_ grains, fruit, and vegetables. Because of their diet, they have \_\_\_\_\_ cancer and heart disease. In Japan, in contrast, people eat \_\_\_\_\_ grains and \_\_\_\_\_ meat. The Japanese also have \_\_\_\_\_ cancer and heart disease. In fact, the Japanese live longer than anyone else in the world. Consequently, doctors everywhere advise people to eat \_\_\_\_\_ grains, fruit, and vegetables, and eat \_\_\_\_\_ meat and \_\_\_\_\_ dairy products.

## UNIT 4 DISCUSSION

1. There are many steps that we can take to help ourselves have a healthy life. With a classmate or in a small group, discuss what you can do to have a healthy life.
2. With a classmate or in a small group, discuss how you will change the way you eat every day to have a healthier diet.