

Unit 1 Lifestyle

1a Global health

Grammar present simple

1 Complete the article about Nathan Wolfe with the present simple form of the verbs.

How one scientist fights for global health



Nathan Wolfe is a scientist and he ¹ (work) all over the world. He ² (specialize) in viruses and diseases and he often ³ (go) to places with health problems. In particular, he ⁴ (study) viruses and diseases from animals. It's an important job because he ⁵ (want) to know how these viruses move from animals to humans and how we can stop them in the future. As a result, Nathan ⁶ (spend) a lot of time in regions with wildlife.

In the modern world, humans ⁷ (not / stay) in one place anymore, and so new viruses also ⁸ (travel) more easily. When humans ⁹ (visit) different regions (for example, Africa), they ¹⁰ (not / realize) how easy it is to bring a new kind of disease back with them.

However, the modern world with its technology also ¹¹ (help) Nathan with his work. He often works in parts of the world where people ¹² (not / have) electricity. But a mobile phone allows Nathan to continue his life-saving work.

Glossary

disease (n) /dɪziːz/ an illness that affects humans and animals
virus (n) /vaɪ'rʌs/ a small living thing that enters a human body and makes you ill

▶ SPELL CHECK present simple (he / she / it) verb endings

We add -s to most verbs to form the present simple third person. However, note these exceptions:

- Add -es to verbs ending in -ch, -o, -s, -ss, -sh and -x: *watch* → *watches*.
- For verbs ending in -y after a consonant, change the -y to -i and add -es: *study* → *studies*.
- *have* and *be* have irregular forms.

2 Look at the spell check box. Then write the present simple third-person form of these verbs.

- | | |
|---------------|----------------|
| 1 start | 5 live |
| 2 watch | 6 study |
| 3 fly | 7 finish |
| 4 pass | 8 relax |

3 Pronunciation /s/, /z/ or /ɪz/

1 Listen to the endings of these verbs. Write the verbs in the table. Listen again and repeat.

has helps is realizes specializes spends
 stays studies travels visits wants

/s/	/z/	/ɪz/
.....
.....
.....
.....

4 Write questions about Nathan Wolfe and his work. Use the present simple.


- 1 (where / Nathan / work) ?
All over the world.
- 2 (where / he / often / go) ?
To places with health problems.
- 3 (what / he / find and study) ?
Virus and diseases from animals.
- 4 (where / he / spend / a lot of time) ?
In regions with wildlife.
- 5 (why / new viruses / travel more easily) ?
Because humans travel all over the world.
- 6 (what / he / need / for his work) ?
Modern technology.
- 7 (people / have electricity / every part of the world) ?
No, they don't.
- 8 (how / Nathan / communicate) ?
With a mobile phone.

Grammar adverbs of frequency

6 Put the words in order to make sentences.

- 1 do / always / in the evening / I / exercise
.....
- 2 it / in the winter / always / colder / is
.....
- 3 take / twice a day / I / this medicine
.....
- 4 they / don't / go / often / on holiday
.....
- 5 at weekends / we / sometimes / busy / are
.....
- 6 eats out / rarely / she / during the week
.....
- 7 on time / are / never / for work / you
.....
- 8 do / check / you / your emails / always / at lunchtime / ?
.....

Listening healthy living quiz

5  2 Look at the quiz. Then listen to a conversation between two people at work. Choose the correct option (a, b or c).

Stress is bad for your health – both physical and mental

Find out how stressed you are with this quick quiz.

- 1 I worry about money
a every day b at least once a week c once a month
- 2 I have problems sleeping at night.
a never b sometimes c always
- 3 I find it difficult to concentrate.
a rarely b sometimes c often
- 4 Which of these sentences describes your lunchtimes?
a I often eat lunch at my desk and answer calls or send emails.
b I often eat lunch at my desk and read the newspaper or relax.
c I often leave my desk, go for a walk or eat my lunch somewhere else.

1b Mobile medicine

Reading community health



Mobile medicine

Sarubai Salve goes to work twice a day. She leaves her home once at nine o'clock in the morning, and then again at six o'clock in the evening, to visit people in her village of Jawalke. The village has about 240 families, and with another woman called Babai Sathe, Sarubai is responsible for the health of the village. The women visit pregnant women and give medicine to some of the older people. Today they are visiting their first patient. Rani Kale doesn't come from Jawalke. She lives about an hour away but her village doesn't have anyone like Sarubai to help mothers-to-be. Sarubai is checking Rani and she is worried about the position of the baby. Rani might need to go to hospital.

Half an hour later, Sarubai and Babai visit another mother with a three-month-old baby. While they are checking the baby, Sarubai also gives the mother advice on healthy eating and vaccinations. Jawalke is a very different place because of the two women. They regularly deliver babies and continue to help as the child grows up. There is a shortage of doctors in this region, so village health workers are important because they can give medicine and advice.

A mobile team visits Jawalke once a week. The team includes a nurse and a doctor. The mobile team meets with Sarubai and they look at any of her patients with serious medical problems. The health workers are an important connection between the mobile team and the local people. Currently there are 300 village health workers in the region and the number is growing.

1 Read the article. Choose the correct option (a–c) to answer the questions.

- How often does Sarubai visit people in the village?
 - once a day
 - twice a day
 - twice a week
- How many doctors are there in the village of Jawalke?
 - one
 - two
 - none
- Where does Rani Kale come from?
 - Jawalke
 - another village near Jawalke
 - we don't know
- Sarubai meets Rani because she is
 - ill.
 - pregnant.
 - sick.
- Which of these statements is true about the health workers?
 - They only deliver babies.
 - They do the same job as doctors.
 - They have many different responsibilities.
- What is the purpose of the mobile team?
 - To do the job of the health workers.
 - To provide more medical help.
 - To train the health workers.
- How do we know from the article that the village health project is successful?
 - Because they are training more health workers.
 - Because patients say they are happy with their health workers.
 - Because the region doesn't need any more doctors.

Glossary

vaccination (n) /,væksɪ'neɪʃ(ə)n/ medicine you put in the body to stop disease

2 Find words in the article for these definitions.

- 1 looks after (verb phrase)
- 2 when a woman is going to have a baby (adj)
- 3 a person with a medical problem who sees a doctor (n)
- 4 women who are going to have a baby (n)
- 5 a place for people with medical problems (n)
- 6 help a woman have a baby (v)
- 7 not enough of something (n)
- 8 moving from place to place (adj)
- 9 important and sometimes dangerous (adj)
- 10 near or in the same area (adj)

Grammar present continuous

3 Read the article again. Underline the present continuous forms.

4 Choose the correct option to complete the sentences.

- 1 At the moment *I drive / I'm driving* towards the city. Is that the right direction?
- 2 London *has / is having* a population of about eight million people.
- 3 Where *do you come / are you coming* from originally?
- 4 Sorry, I can't hear you because a plane *flies / is flying* overhead.
- 5 *I never cycle / I'm never cycling* to work in the winter.
- 6 Someone *stands / is standing* at the front door. Can you see who it is?
- 7 *Do you always leave / Are you always leaving* for work this early in the morning?
- 8 It was warm earlier today but now *it gets / it's getting* colder and colder.
- 9 *We don't stay / aren't staying* very long. It's just a short visit.
- 10 *Do you work / Are you working* now or *do you take / are you taking* a break?

5 Pronunciation contracted forms

3 Listen to the sentences. Write the number of words you hear. Contracted forms (*I'm, we're, aren't, isn't* etc.) count as one word.

- | | |
|------------|---------|
| a <u>5</u> | d |
| b | e |
| c | f |

SPELL CHECK present continuous -ing endings

- With verbs ending in -e, delete the -e then add -ing: *dance* → *dancing*
- With verbs ending in -ie, delete the -e and change the i to a y: *die* → *dying*
- With some verbs ending in one vowel and a consonant, double the final consonant: *stop* → *stopping*, *run* → *running*

6 Look at the spell check box. Then write the -ing form of these verbs.

- | | |
|--------------|----------------|
| 1 live | 6 lie |
| 2 drop | 7 take |
| 3 let | 8 travel |
| 4 swim | 9 get |
| 5 have | 10 jog |

7 Dictation my typical day

4 The man in this photo is describing his typical day. Listen and write the words you hear.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



1c A happy and healthy lifestyle

Listening an interview with Elizabeth Dunn



- 1** **5** Listen to an interview with Elizabeth Dunn. Complete the sentences.
- Elizabeth is interested in what makes us feel
 - She does research on happiness and how affects this.
 - As part of her research she did an experiment with a group of
 - She thinks that experiences like visiting a new are good for you.
- 2** **5** Listen again. Read these sentences and choose the correct option (a–c).
- Elizabeth agrees.
 - Elizabeth disagrees.
 - Elizabeth doesn't say.
- Coffee with friends is better than having lots of money.
 - Money is the most important thing.
 - Money doesn't make you feel happier.
 - Giving money to other people makes you happy.
 - Spending money on other people makes you happier.
 - Spending money on experiences makes you feel happy.

Word focus *feel*

- 3** Match the sentences (1–6) with the uses of *feel* (a–f).

- I feel like going out for dinner tonight.
 - I don't feel this is the right thing to do.
 - My daughter feels ill.
 - I feel much happier today.
 - The sun feels warm. It felt much colder yesterday.
 - I feel like a coffee.
- talking about your emotions
 - talking about sickness
 - giving a view or an opinion
 - talking about the weather
 - wanting something
 - wanting to do something

- 4** Match the questions (1–5) with the answers (a–e).

- How are you today?
 - Do you feel like something to eat?
 - What do you think about my work in general?
 - Do you feel like helping me with this?
 - What's the weather like?
- Actually, I feel you need to do more.
 - It feels freezing out there!
 - Sorry, I'm really busy at the moment.
 - Yes, a sandwich, please.
 - I'm feeling much better, thanks.

- 5** Write seven different questions with the word *feel*. Use these words. You can use words more than once.

a coffee cold doing something
like how do you OK 's what

-?
-?
-?
-?
-?
-?
-?

1d At the doctor's

Vocabulary medical problems

1 Complete the conversations with these words.

back ear head mouth nose stomach
throat tooth

- A: Sorry, I've got a really runny today.
B: It's OK. Here's a tissue if you need one.
- A: I've got really bad ache.
B: Is the problem in the left or the right?
A: Both!
- A: It's too painful to eat.
B: It sounds like you have ache. You should go to the dentist.
- A: What's that noise?
B: They're digging up the road outside.
A: It's giving me a terrible ache.
- A: I can hardly talk today.
B: Why? Have you got a sore ?
- A: Can you pick this up for me? I've got a bad at the moment.
B: Sure. But maybe you should lie down for a while.
- A: My throat is very red, doctor.
B: Well, let's have a look. Open your, please.
- A: What's the problem?
B: It's my I feel a bit sick.

2 Pronunciation one or two syllables?

6 Listen to these sentences. Find the two-syllable words and underline the stressed syllable.

- How does your stomach feel?
- Is your throat sore or is it better?
- Drink this hot water.
- My headache is worse today.
- Can I see the doctor about my ear?
- This is good for a runny nose.

Real life talking about illness

3 7 Listen to a conversation at the doctor's. Complete the form.

Patient's medical problems	
1 Medical problem:	sore throat headache stomach ache earache cough other
2 Temperature:	low normal high
3 Details of prescription:	medicine pills
4 Advice:

4 7 Complete the conversation with these phrases. Then listen again and check.

They are good	Have you got
How do you feel	If you still feel ill
Do you feel	take this prescription
Let me have a	You need to
try drinking	Let me check

- Doctor: 1 today?
Patient: Not very well. I've got a terrible sore throat.
Doctor: I see. 2 look. Open wide. Yes, it's very red in there.
Patient: I've also got a bad cough.
Doctor: 3 sick at all?
Patient: No, not really.
Doctor: 4 a temperature?
Patient: I don't think so. I don't feel hot.
Doctor: 5 it ... Yes, it's a bit high. Do you have anything for it?
Patient: I bought some pills at the pharmacy, but they didn't do any good.
Doctor: Well, 6 to the pharmacy. 7 take some different pills. 8 for your throat. Take one every four hours. You need to go to bed for a couple of days, and 9 lots of water.
Patient: OK. Thanks.
Doctor: 10 in a few days, come back and see me, but I think it's flu. Everyone has it at the moment.

Glossary

flu (n) /flu:/ a common illness which makes patient feel hot or cold with a temperature.

prescription (n) /prɪ'skrɪpʃən/ a piece of paper from the doctor with medicine on. You give it to the pharmacist.

5 Listen and respond giving advice

8 Listen to five friends with different medical problems. Respond with some advice. Then compare your advice with the model answer that follows.

I've got a headache.


You need to take some pills.

1e Personal information

Writing filling in a form

- 1 Look at the medical form. Find words and expressions in the form for these definitions (1–10).
 - 1 What you put before your name *title*
 - 2 The first letter of your middle name
 - 3 When you were born
 - 4 Where to call you between 9 and 5
 - 5 How you feel overall
 - 6 Times when you were very sick in the past
 - 7 How much sport you do
 - 8 A person to call when there is a problem
 - 9 Numbers and letters at the end of your address
 - 10 Your family name


Listening filling in a form

- 2  9 Listen to a conversation at the doctor's. The receptionist is asking a new patient for information. Fill in the form with the information you hear.

3 Writing skill personal information

Complete the information from different forms with your own details.

- 1 Title
- 2 Surname
- 3 Occupation
- 4 Tel. no.
- 5 Middle initial(s)
- 6 Place of birth
- 7 D.O.B.
- 8 Marital status
- 9 Gender
- 10 Country of origin
- 11 No. of dependants
- 12 Name of next of kin



Title _____ First Initial _____ Middle Initial _____
Surname _____ D.O.B. _____
Address _____
Postcode _____ Contact no (daytime) _____

General health _____
Number of hours of exercise per week _____

Type of exercise/sports _____
Last visit to doctor _____
Previous serious illnesses _____
Contact person/number (in case of emergency) _____

Wordbuilding verb + noun collocations

1 Match the verbs in A with the nouns in B to make collocations. Then complete the sentences with the collocations.

A check do go have play
read run take

B a book a coffee emails exercise
hiking a marathon the piano
public transport

- I'm training to next year. So far I can do about twenty kilometres.
- I often in the mountains at weekends. It's very relaxing.
- I when I have time. Mozart is my favourite composer.
- Before I sleep at night, I usually Fantasy or science fiction are my favourites.
- I about twice a week at the local gym.
- I to work instead of driving a car.
- I never my personal at work. My boss doesn't want me to.
- Can I with milk, please?

2 Write other verb + noun collocations for the verbs in Exercise 1.

Example:

take time, take a break, take a taxi

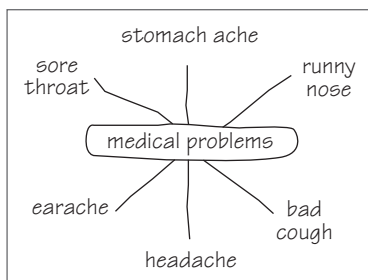
Learning skills recording new vocabulary

3 When you learn a new English word, how do you record it? Tick the information you record.

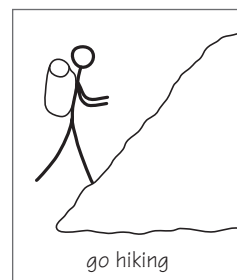
- the meaning
- the translation into your language
- the pronunciation (the sounds and the stress)
- the type of word (verb, adjective, noun, preposition, etc.)
- collocations
- any common phrases or expressions using this word

4 Which of these techniques do you use in your notebook?

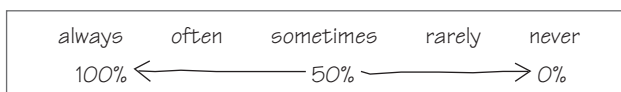
a Word groups



b Drawings



c Diagrams

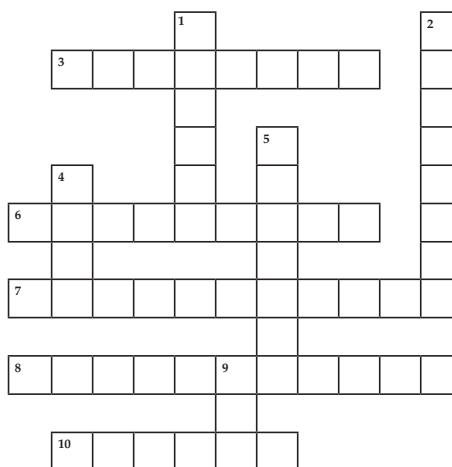


5 Look at some of the new words from Unit 1.

- Try recording some new information about the words. Use a dictionary to help you.
- Try different techniques for learning the new words. Decide which techniques work well for you.

Check!

6 Complete the crossword. You can find the answers in Unit 1 of the Student's Book.



Across

- A large Italian island
- You do this with plants and flowers
- Measurement of how hot your body is
- A person who lives to 100 years or more
- Feeling tired

Down

- You can give this to a friend if they have a problem
- Something a pharmacist or doctor gives you for an illness
- The speed of the heart
- A Japanese island with some of the oldest people in the world
- A short sleep