

7

Body and Mind

Lesson 1

1 Match.

- | | | | |
|---------|-------------------------------------|----------|--------------------------------------|
| 1 taste | <input checked="" type="checkbox"/> | d | a you use your nose for this |
| 2 sound | <input type="checkbox"/> | | b you use your ears for this |
| 3 sight | <input type="checkbox"/> | | c you use your eyes for this |
| 4 touch | <input type="checkbox"/> | | d you use your mouth for this |
| 5 smell | <input type="checkbox"/> | | e you use your hands for this |



2 Circle the correct words.

- Tennis is a physical / muscle activity.
- I don't feel sensible / energetic if I sleep badly.
- I was very emotional / tough when my sister left for university.
- Exams bring lots of time / stress to students.
- My muscles are often easy / sore after running.
- Taste is one of the five senses / feelings.

3 Write the missing letters.

- It's important to eat a healthy diet.
- When you feel happy in a place you feel content.
- If you put your mind to it, you will succeed.
- When you break your arm you are in pain.
- Before a test you can feel nervous and tense.
- If you exercise every day you will be healthy and fit.
- Don't forget to breathe when you are stressed!

4 Choose the correct answers.

- | | |
|---|---|
| <p>1 He can leave it here ...
 a for five minutes.
 b until he came back.</p> <p>2 She could cook very well ...
 a with less practice.
 b when I knew her.</p> <p>3 He could play sports ...
 a by 7 p.m.
 b when he was young.</p> | <p>4 We can finish our project ...
 a next week.
 b last week.</p> <p>5 She can play the piano ...
 a when her arm is better.
 b a few years ago.</p> <p>6 We couldn't find it ...
 a until tomorrow.
 b when we looked for it.</p> |
|---|---|



5 Complete the sentences with the correct form of *be able to* and the verbs in brackets.

- 1 I'm sorry but I haven't been able to find (find) your dog yet.
- 2 I _____ (unlock) the door. I think this must be the wrong key.
- 3 Mary _____ (give) Jean any advice because she didn't know what to say.
- 4 _____ (Jack / leave) the hospital tomorrow afternoon?
- 5 I _____ (come) to football practice tomorrow because I have a dentist's appointment.
- 6 She _____ (play) the piano when she was just four years old. She was very good!

6 Look at the pictures and write *T* for (True) and *F* for (False).

- | | |
|--|-------------------------------------|
| 1 The girl is able to run faster than the boy. | <input checked="" type="checkbox"/> |
| 2 Most people can't eat this. | <input type="checkbox"/> |
| 3 She isn't able to cycle to the gym. | <input type="checkbox"/> |
| 4 This girl is able to ride her bike. | <input type="checkbox"/> |
| 5 He can go to school. | <input type="checkbox"/> |
| 6 She was able to win the race. | <input type="checkbox"/> |



Lesson 2

1 Circle the odd one out.

- | | | | |
|---|-----------|--------|----------------|
| 1 | anxious | tense | satisfied |
| 2 | memory | suffer | pain |
| 3 | brain | arm | benefit |
| 4 | depressed | happy | negative |
| 5 | positive | belong | self-confident |

2 Choose the correct answers.

- 1 'Excuse me. Could I try _____ these football boots, please?'
'Yes, of course.'
a in
b on
c off
- 2 My favourite film company has just brought _____ a documentary about the brain.
a out
b over
c off
- 3 You should always put your helmet _____ before you cycle.
a on
b off
c up
- 4 'This new exercise bike really caught _____ this year.'
'Yes. I'm going to buy one too.'
a up
b on
c over
- 5 'Take _____ your coat and hat and put them on that chair.'
'Can I put my umbrella there too?'
a on
b up
c off

3 Circle the correct words.

- 1 Studying hard **produces** / **benefits** good exam results.
- 2 Regular exercise helps you to stay **positive** / **negative**.
- 3 There are lots of people who **live** / **suffer** from pain in the world.
- 4 Going hiking improves my **mood** / **brain**.
- 5 People who are less **active** / **interested** are more likely to feel depressed.
- 6 If you are **self-confident** / **negative**, you feel good about yourself.
- 7 Deniz is a great footballer and she **belongs** / **breathes** in our team.
- 8 Your **memories** / **muscles** are the things you've done that you remember.



4 Complete the sentences with *must* or *can't*.

- 1 That man is wearing a suit and tie. He must be the shop manager.
- 2 This _____ be Mum's tennis racket; you know she hates tennis.
- 3 That _____ be Carl; he won't be back from Egypt until Friday.
- 4 Those are really nice trainers. They _____ be very expensive.
- 5 She _____ know a lot about health; she buys four health magazines every week!
- 6 Mario _____ be very happy; he looks depressed every day.

5 Circle the correct words.

- 1 Kelly **must** / **might** enjoy playing ice hockey; let's invite her, too.
- 2 Christine **must** / **may** be very positive; she's always smiling and laughing.
- 3 This **can't** / **might not** be a hospital; there aren't any doctors here!
- 4 **May be** / **May** I try on this dress?
- 5 They **can't** / **may not** have time to visit the museum.
- 6 Andy **may be** / **maybe** anxious about his exams.

6 Choose the correct answers.

Hala: Mum said that she (1) ____ buy me some new hiking boots at the weekend if she has time to go shopping.

Jade: Oh, that's nice. She (2) ____ be happy with you for some reason.

Hala: Well, yes, she is. She was really pleased with my exam results. She (3) ____ buy me some new trainers, too! It's good to benefit from all that hard work.

Jade: I've seen some fantastic trainers at Sports World. They're silver and pink. I think they were designed by a famous athlete though, so they (4) ____ cost a lot of money.

Hala: But Sports World only sells cheap clothes and shoes. Those trainers you saw (5) ____ be expensive.

Jade: Well, why don't you ask your mum to take you there on Saturday? You never know – you (6) ____ find some other things you like, too.

- | | | |
|-----------|----------------|-------------|
| 1 a must | b might | c can't |
| 2 a might | b can't | c must |
| 3 a can't | b maybe | c may |
| 4 a must | b can | c might not |
| 5 a may | b can't | c must |
| 6 a might | b must | c can |

Lesson 3

1 Complete the sentences with these words.

exhausted ~~hurt~~ terrible upset go helpful

- 1 Bob really hurt my feelings when he said my clothes were ugly.
- 2 I think Sara is _____ after playing basketball all day.
- 3 My brother often cleans the house and waters the plants. He's very _____.
- 4 I'm _____ because my best friend has moved to Australia.
- 5 Maria is _____ at art, but she's very good at maths.
- 6 If you let _____ of your negative thoughts, you will be more self-confident.

2 Rewrite the sentences with the words given in brackets and any other words that are necessary.

- 1 Doing more exercise is a good idea. (should)
You should do more exercise.
- 2 Don't eat so many snacks. (must)
You _____ so many snacks.
- 3 It's important that you clean your teeth every morning. (ought)
You _____ your teeth every morning.
- 4 It isn't necessary to go to school today. (have)
We _____ to school today.
- 5 It isn't necessary for Stella to take the pills. (doesn't)
Stella _____ the pills if she doesn't want to.
- 6 You have to eat less food if you want to lose weight. (must)
You _____ less food if you want to lose weight.

3 Look at the pictures and write the correct sentences.

SAY IT LIKE THIS!

Do you think I should join? We'd better not touch them.
What do you think I should wear? Why don't you cycle to school?



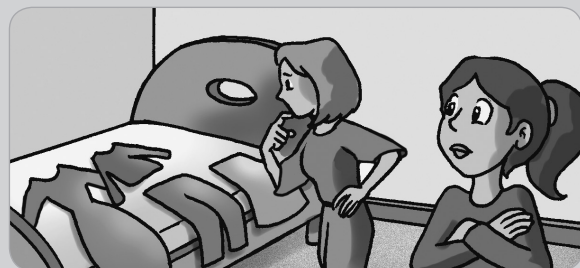
1 We'd better not touch them.



3 _____

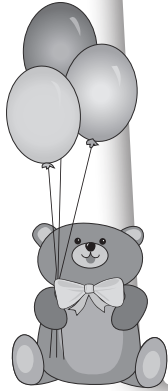


2 _____



4 _____

4 Read the letter and answer the questions.



Dear Robyn,
My mother recently had a beautiful baby boy. He's really sweet and never cries or wakes up in the night. The problem is that my mum and dad spend all their time with the baby. Nobody ever has any time for me. When I come home from school my mum is always busy with the baby - even my friends spend all their time with the baby when they come to my house! So now I feel sad instead of happy about my baby brother. What should I do?
Clare, 12

Remember!

We can use these phrases to ask for advice.
What should I do?
Please tell me how I can ...

We can use these phrases to give advice.
I suggest that you should ...
Why don't you ...?

We can use these phrases to end a letter of advice.
I hope you are able to ...
I'm sure you will ...
Good luck!

1 What is Clare's problem?

Her mum and dad spend all their time with the baby.

2 What happens when she comes home from school?

3 What do her friends do when they visit her house?

4 What advice could you give her?

5 Write a reply to the letter in Activity 4, giving advice to Clare. Don't forget to use the phrases in the Remember! box for giving advice. Use this plan to help you.

Begin like this:

Dear Clare,

Paragraph 1

Talk about your own experience or a friend's in the same situation.

Paragraph 2

Say what Clare should do - use your ideas from Activity 4.

Paragraph 3

Wish her luck in solving her problem.

End like this:

Good luck,
(your name)

