

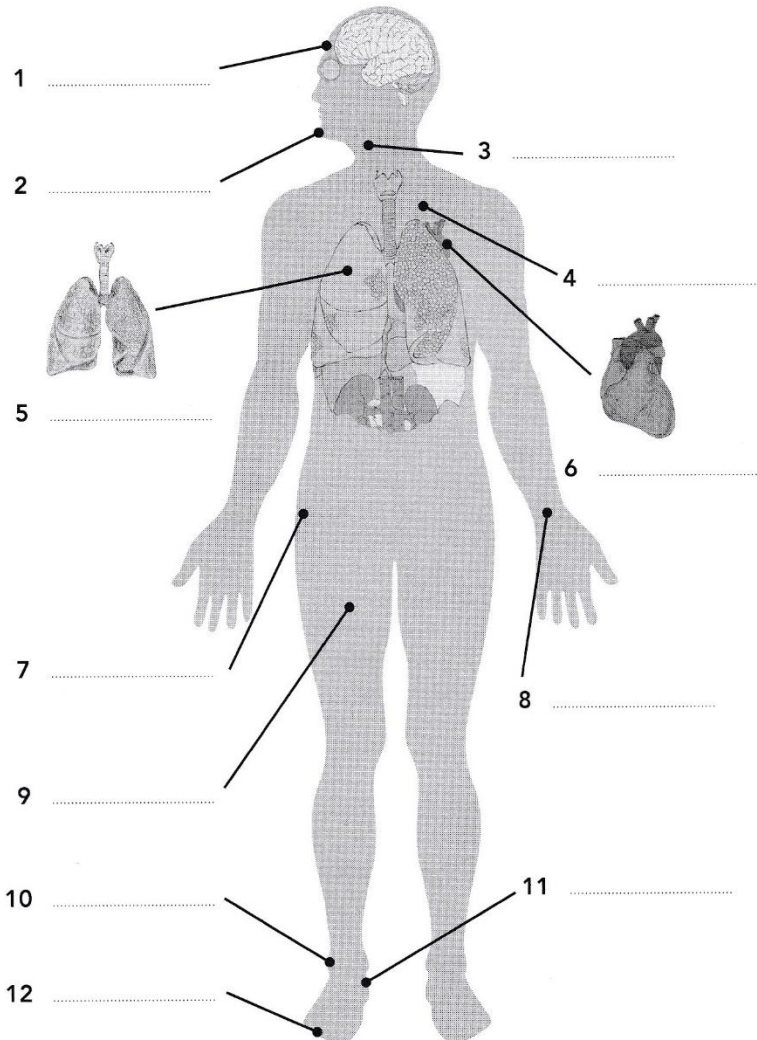
B2: Revision U6.

ATTENTION: Il est vivement conseillé de revoir la matière AVANT de faire les révisions !

6. Unit 6: Living healthily.

6.1. Vocabulary.

1 Label the diagram with parts of the body.



2 Complete the table with the words in the box.

addiction • allergy • break • check-up • dislocate
 feel dizzy • fracture • have a temperature • heart disease
 infection • injection • medicine • operation • prescription
 shiver • sprain • take someone's blood pressure
 take someone's temperature • twist

Injuries	Other health problems	Symptoms	Treatment
break	infection	shiver	take someone's temperature

3 Place the events in the correct order.

- I made an appointment with my doctor.
- I soon got over my illness.
- One morning, I woke up feeling awful. 1
- The doctor gave me a prescription.
- I took the medicine every day for a week.
- The doctor took my temperature and my blood pressure and asked me some questions.
- I went to the chemist's to get my medicine.

4 Answer the questions about health and treatment.

- What does a doctor usually do at a check-up?

- What two things can you do to avoid heart disease?

- What can a doctor do if you are allergic to pollen?

- What are the symptoms of flu?

- How can you injure your ankle or other joint if you fall badly?

VOCABULARY EXTENSION

5 Circle the correct alternative. Use a dictionary to help you.

- When I cut my finger, it took a week to cure/heal.
- I spent two hours cleaning the floor this morning and now my back aches/pains.
- When I travel by car, I often feel sore/sick.
- After the accident, it took six months for him to recover from his injuries/pains.
- The best way to remedy/cure hiccups is to hold your breath.
- I don't feel well. I've got a temperature and a sore/hurt throat.

6.2. Reading.

1 Match the halves to make sentences. Read the problems on the website advice page. According to the advice given, are the statements True (T) or False (F)?

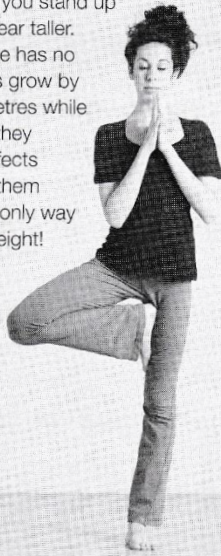
- | | |
|-------------------------------|---------------------------------|
| 1 If you become a vegetarian, | a weight if you drink |
| 2 You won't put on | b if you sleep too much..... |
| 3 You'll feel bad | c your hair will fall out. |
| 4 If you do exercise, you | d grow taller. |

2 Read the advice page again. Are these sentences True (T) or False (F)?

- | | |
|--|-----|
| 1 Some people say they have more energy when eating a vegetarian diet. | T/F |
| 2 Vegetarians should eat lentils and beans with broccoli or tomatoes. | T/F |
| 3 Diet drinks don't contain any sweeteners. | T/F |
| 4 Diet sodas make you want to eat more sweet things. | T/F |
| 5 The light from technological devices can keep you awake. | T/F |
| 6 Improving your posture makes you grow. | T/F |

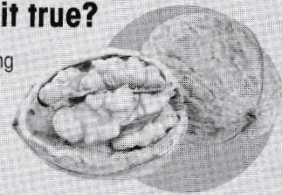
IF I EXERCISE, WILL I GROW TALLER?

Many people think so. Some gyms even offer fitness programmes that promise to make you taller. They involve a mixture of Pilates, yoga and stretching, and include hanging upside down like a monkey with weights on your ankles! However, doctors warn that this may hurt your back. The truth is that your height depends on how tall your parents are, and on your posture. In other words, if you stand up straight, you appear taller. But exercise alone has no effect. Astronauts grow by up to five centimetres while in orbit because they don't have the effects of gravity pulling them down. That's the only way to change your height!



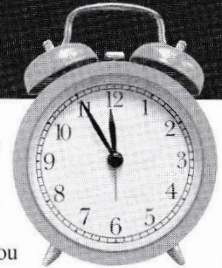
I'd like to become a vegetarian, but I've heard that it makes you feel weak and your hair falls out. Is it true?

A balanced vegetarian diet is a perfectly healthy option, and as long as you eat plenty of plants like lentils, beans, nuts and seeds, you'll get the protein you need. A lot of people say they actually have more energy after switching to a vegetarian diet, especially if they cut out processed foods as well. But if you find that your energy levels drop, it probably means you aren't getting enough B12 or iron. These are both found in meat, but lentils, beans and nuts are also excellent sources. If you eat these with vitamin C-rich foods like tomatoes, broccoli and oranges, it will help your body absorb more iron.



I always feel sleepy during the day but not at night. I try to catch up by sleeping more at the weekend, but this doesn't seem to help. What can I do?

All of us have an internal body clock which tells us when to go to sleep and wake up, but what most people don't realise is that the body clock of teenagers runs later than at other ages. If you can't sleep at night, you're probably following your natural tendencies. Having said that, you should try to get between 8 and 11 hours' sleep a night. You won't be able to concentrate or remember what you've learnt unless you get enough sleep. My advice is to avoid surfing the Internet or playing computer games, for example, late at night as exposure to light from electronic displays suppresses sleep-inducing hormones in your body by 22%! It will keep you awake.



I've started drinking diet cola, so can you tell me why I'm putting on weight?



Good question! Diet drinks may seem like a healthy alternative, but in fact, they aren't. Artificial sweeteners have a more intense flavour than real sugar, so if you drink a lot of them, you become less sensitive to sweet food and your body craves more. What's more, these sweeteners trigger insulin, which makes your body think that it needs to store fat, and that leads to weight gain. Researchers in one study found that over ten years, 70% of diet soda drinkers put on weight around their waist. Diet sodas are also associated with high blood pressure and the risk of heart disease.

3 CRITICAL THINKING

Tick (✓) the ideas expressed in the article.

- | | |
|---|--------------------------|
| 1 A vegetarian diet isn't a healthy diet. | <input type="checkbox"/> |
| 2 Some products that seem healthier are actually bad for you. | <input type="checkbox"/> |
| 3 People don't understand teenagers' sleep tendencies. | <input type="checkbox"/> |
| 4 The exercises to help you grow are safe. | <input type="checkbox"/> |

4 Match the underlined words on the advice page with these definitions.

- | | |
|---|-------|
| 1 feel a great desire for | |
| 2 improve something to reach the same level | |
| 3 the position that your body is in when you walk, stand or sit | |
| 4 make something happen | |

6.3. Grammar: part 1.

1 Complete the table with A–G and write an example for each conditional form.

A an improbable or imaginary situation in the present or future and its consequence

B present simple

C *would (not) + infinitive*

D a possible situation in the present or future and its consequences

E past simple

F something generally true

G *will/won't + infinitive*

Conditional	Used for describing	Tense used in part of sentence with <i>if</i>	Tense used in other part of sentence	Examples
Zero	F	B	B	
First				
Second				

2 Write the correct pair of verbs and decide if each sentence is True (T), False (F) or an Opinion (O).

avoid • damage • doesn't burn • eat (x2) • get
make • put • rub • sit • sleep • snore • stops
swallow • takes • walk

- You only *get* hay fever if you *walk* through long grass. T/F/O
- If you green potatoes, they you ill. T/F/O
- Your skin in the sun if you olive oil into it. T/F/O
- If you a spider's web on a cut, the cut bleeding. T/F/O
- You getting colds if you lots of garlic. T/F/O
- If you a piece of chewing gum, it seven years to digest. T/F/O
- You your eyesight if you too close to the TV. T/F/O
- If you on your back, you more. T/F/O

3 Complete the sentences with the correct form of the verbs given.

- If the weather *was* better today, we *would play* football in the park. But it's pouring. (be/play)
- If you a hot bath before you go to bed each night, you more easily. (have/fall asleep)
- If Sam to bed earlier tonight, he more energetic tomorrow. (go/feel)
- Steffi better if she a more comfortable bed, but she can't afford one. (sleep/have)
- I usually well at night if I some exercise in the day. (sleep/do)

4 Complete the sentences with *unless*, *in case* or *as long as/providing/provided that*.

- I will join the basketball team we don't have to practise on Fridays.
- I like watching horror movies I'm not alone.
- I eat meat it's a Friday: I eat only fish on Fridays.
- I go out most evenings there's a film on TV that I want to watch.
- I'm taking a sleeping bag I need to sleep over at my friend's house.
- I keep a notebook next to my bed I want to write something down in the night.

GRAMMAR CHALLENGE

5 Find and correct the mistakes in the sentences.

- I'll tell Paul if I'll see him.
- If you would do more exercise, you'd be healthier.
- Your English won't improve provided you practise speaking.
- Take your umbrella in case it will rain.
- If Stephen were shorter, he won't be such a good basketball player.
- You'd pass your driving test next week as long as you didn't panic.
- If you won't water these plants, they'll die.
- I won't apologise to Lisa unless she doesn't apologise first.

6.4. Vocabulary and listening.

1 Complete the idioms. Decide if they describe a positive (P) or a negative (N) situation.

- Phil's throat has been making him feel really *under* for a couple of days. P/N
- I go cycling and swimming to *keep* P/N
- Once, I *blacked* after a PE lesson because I hadn't eaten any breakfast. P/N
- Hello, Nikki! Nice to see you *back* again. P/N
- My throat is sore and I'm shivering. I think I'm *coming* the flu. P/N
- I got eight hours' sleep last night and today I feel *on top* P/N

2 Complete the second sentence so that it has a similar meaning to the first sentence, using the idioms in 1.

- Sara has recovered and will soon go back to school.
Sara *is back on her feet again* and will soon go back to school.
- Maria was ill yesterday so she left school early and went straight to bed.
Maria so she left school early and went straight to bed.
- He passed his test – he's so happy!
He passed his test – he's!
- I hate the sight of blood – if I see it, I feel dizzy and sometimes even faint!
I hate the sight of blood –
- Pedro goes horse-riding to stay fit.
Pedro goes horse-riding

3 LISTENING 14 Listen to five people talking about marathon running. What other sports do they do or have they done? Tick (✓) the sports you hear.

- | | | | | | |
|--------------|--------------------------|---------|--------------------------|----------|--------------------------|
| climbing | <input type="checkbox"/> | cycling | <input type="checkbox"/> | football | <input type="checkbox"/> |
| horse-riding | <input type="checkbox"/> | surfing | <input type="checkbox"/> | swimming | <input type="checkbox"/> |
| walking | <input type="checkbox"/> | yoga | <input type="checkbox"/> | | |



4 LISTENING 14 Listen again. Match each speaker with a statement A–F. There is one extra statement that you do not need.

- | | | |
|---|---|-------|
| A | 'Winning is not the most important thing.' | |
| B | 'I run because I want to keep in shape.' | |
| C | 'I didn't train sensibly.' | |
| D | 'I don't take running too seriously.' | |
| E | 'I started running while training for another sport.' | |
| F | 'Competing in races is very important to me.' | |

VOCABULARY EXTENSION

5 Write the idioms in italics in the correct place on the line.

- His leg is *on the mend* now that it's in plaster.
- I've been feeling a little *off colour* since I ate some seafood for lunch.
- I've had a bad chest infection, but the doctor gave me a *clean bill of health* yesterday.
- My grandad was *in a bad way* before his operation.
- I had a terrible headache last night, but today I feel *as right as rain*.
- My grandmother's over the flu now and she's *up and about* again.
- I felt very *run down* after my exams, but after a few good nights' sleep I'm fine.
- He's got some pills and is *on the road to recovery*.
- My grandmother is 80 and she's *as fit as a fiddle*.

☹ very ill not well getting better very well ☺

..... *off colour* *on the mend*

6 Complete the sentences with the correct idiom, a or b.

- Although it's only seven o'clock, Harry's gone to bed because he's feeling a little
a on the mend b off colour
- Jim was young and fit so he was soon after his operation.
a run down b up and about again
- Having spent three months in and out of hospital, Mrs Swann has at last from the doctor.
a had a clean bill of health
b been in a bad way
- Nina is so glad now to be after the kidney infection that had made her feel so unwell.
a on the road to recovery
b run down
- Stay in bed, take this medicine and drink lots of liquids and you'll soon be
a in a bad way b on the mend

6.5. Grammar: part 2.

1 Complete the sentences about the third conditional.

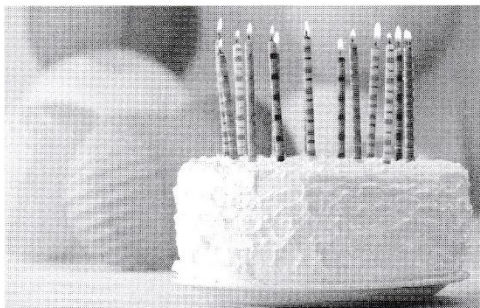
- To form the third conditional, we use *if* + in one clause and *would* + in the other clause.
- We use the third conditional for situations in the

2 Match the halves to make sentences.

- If he hadn't encouraged me to run,
 - If I'd rested,
 - If I hadn't eaten so many sweets when I was younger,
 - If I'd run in proper running shoes,
 - If I hadn't started too fast,
 - If I'd read the instructions properly,
- a the journalists wouldn't have wanted to interview me.
 b my ankles would have got stronger.
 c I wouldn't have had so many problems with my teeth.
 d I wouldn't have found a sport I loved.
 e I wouldn't have broken my phone.
 f I think I would have won the race.

3 Complete the sentences with the third conditional forms of the verbs given.

- If I (train), I (won) the race.
- I (write) to you if I (not be) busy.
- If I (know) how expensive the dish was, I (not order) it.
- If he (ask), I (lend) him some money.
- I (not buy) Jess a present if she (not give) me one.
- I (go) to the party if I (not have) other plans.



4 Read the situations and complete the sentences.

- You bought that blue jacket. (But now you don't like it.)
If only I hadn't bought that blue jacket.
- You are wearing a thick jumper. (But now it's hot.)
 I wish
- You lent your maths book to Tom. (But now he's lost it.)
 If only I
- Your dad always tells jokes at parties. (It's embarrassing!)
 I wish
- You haven't done any guitar practice this week. (But now you have your lesson.)
 I wish
- Your friend always phones you at dinnertime. (And it's annoying you.)
 I wish

GRAMMAR CHALLENGE

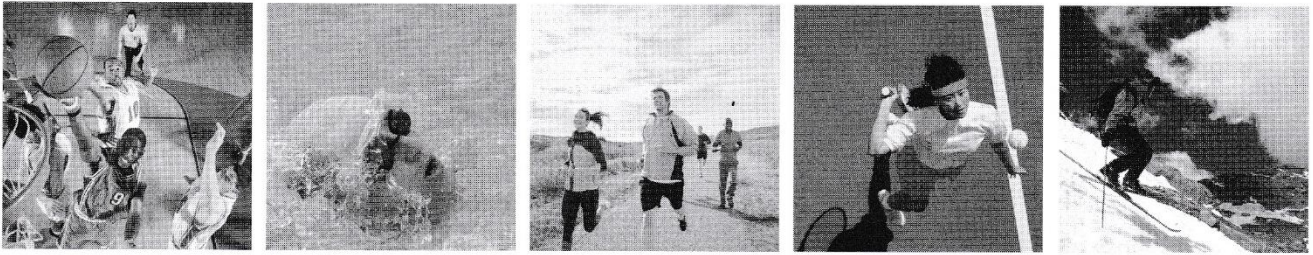
5 Circle the correct alternative.

- If only I had/would have enough time. I'd visit that new museum!
- I feel terrible today. I wish I went/had gone to bed earlier last night.
- If I'd set my alarm last night, I wouldn't wake/have woken up late.
- Jane thinks everyone likes her. If only she knew/had known what people say.
- I wish Tim asked/would ask me out.
- If you hadn't told me about the party, I wouldn't have/have been known about it.
- That was a lovely meal, but I wish I didn't eat/hadn't eaten so much dessert.
- Why is Sarah angry? I wish I knew/had known!

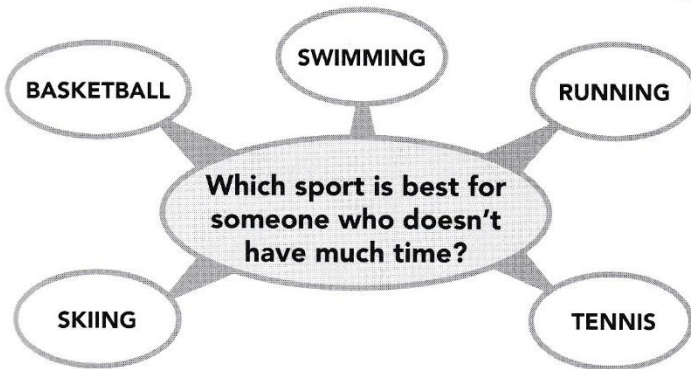


6.6. Speaking.

1 Read the task. Write an advantage and disadvantage for each sport.



A friend wants to take up a new sport but doesn't have much time. Discuss the advantages and disadvantages of each sport. Then decide which sport you think your friend should do.



	Advantage	Disadvantage
basketball		
swimming		
running		
tennis		
skiing		

2 LISTENING 15 Listen to two students doing the first part of the task. Tick (✓) any ideas from 1 that they mention. Add any other ideas you hear.

3 LISTENING 15 Listen again. Write the order of the expressions that you hear.

- a I suppose so, but
- b Maybe, but
- c That's true.
- d I see what you mean.
- e Yes, you're right.
- f What do you think about ...? 1
- g I think you're right.
- h What do you think?
- i I agree, but

4 Choose a, b or c to complete the final part of the dialogue.

Examiner: Now you have a minute to decide which sport you think is best for your friend.

Jamie: (1)

Maria: Well, I think that (2) is tennis. It might be expensive, but you can play when you want and it doesn't take much time.

Jamie: I see what you mean, but I think swimming (3) because you can go to the swimming pool for a short time or for a long time. It's quite flexible.

Maria: Maybe, but running is flexible, too. (4), running is a better option because you don't need to go to the pool.

Jamie: Yes, I think you're right. I think running is (5)

Maria: (6) choose running then.

- 1 a Do you agree? b What do you think?
c What about you?
- 2 a the best option b let's choose
c we should choose
- 3 a might have been better
b might be a better choice
c is better than
- 4 a Let me think b Personally
c In my opinion
- 5 a a good choice b we should choose
c that's a good idea
- 6 a Let's b We
c What about

5 LISTENING 16 Listen to the second part of the task and check your answers.

6.8. More vocabulary and grammar.

Grammar

1 Write the correct form of the verb given.

- If John doesn't feel any better tomorrow, he (have to) go to the doctor's.
- Leo (look) better if he didn't wear that old hat.
- People (have) better career choices if they go to university.
- If Annie had won another race this season, she (become) the champion.
- Kelly would have enjoyed the picnic more if the weather (be) better.

2 Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. Use between two and five words. Contractions count as two words.

- Connor is a nurse, but he'd like to be a doctor. **WISHES**
Connor a doctor rather than a nurse.
- If the café hasn't closed, we can have a meal there. **PROVIDED**
We can have a meal in the café still open.
- I'll only go skiing if Teri goes, too. **UNLESS**
I Teri goes, too.
- I've got a torch – we might have to walk home in the dark. **CASE**
I've got a torch walk home in the dark.

3 Choose the correct option, a, b, c or d.

The camping trip

At the end of last summer, my friend Ali and I (1) we needed a holiday before we went to college in the autumn. We (2) all summer, and we earned (3) money to pay for our train tickets and a campsite for a week in the south of France. We bought the (4) train tickets that we could find, and set off on our journey. We thought it (5) take us a day to get there, but in fact it took longer than that! On the day we left, I got up late and we (6) rush to the station. We got there in time for our train. But we were in (7) a hurry that we got on the wrong train, which took us to Holland! In the end, we only had two days in France!

1	a were deciding	b have decided	c decided	d could decide
2	a have worked	b had been working	c would work	d have been working
3	a too much	b enough	c most	d lots
4	a cheaply	b cheaper	c cheap	d cheapest
5	a will	b was going	c would	d had to
6	a must	b were allowed	c could	d had to
7	a so	b too	c such	d quite

Vocabulary

1 Circle the correct alternative.

- When you breathe in, your lungs/veins fill with air.
- The best way of keeping your body healthy is to eat a processed/balanced diet.
- If you sprain/break your wrist, it isn't as serious as fracturing it.
- Stress improves/increases the risk of heart disease.
- If you have a cut, you have to make sure it's clean so it doesn't get an infection/injection in it.

2 Match the idioms with their meaning.

- | | |
|--------------------------|-----------------------------------|
| 1 feel under the weather | a recover after a serious illness |
| 2 black out | b stay fit and healthy |
| 3 come down with | c very happy and healthy |
| 4 pull through | d lose consciousness |
| 5 keep in shape | e be slightly unwell |
| 6 on top of the world | f catch an illness |

3 Use the word given in capitals to form a word that fits in the gap.

- A hall of is where students live. **RESIDE**
- I'm sorry, I what you meant. **UNDERSTAND**
- You usually get a when you buy something. **RECEIVE**
- The person who runs the business you work in is your **EMPLOY**
- My brother sometimes works to get more than his usual salary. **TIME**
- There has been a huge in my marks this term. **IMPROVE**

Answers.

1. Vocabulary.

- 1
 1 forehead 2 chin 3 throat 4 chest
 5 lungs 6 heart 7 hip 8 wrist
 9 thigh 10 ankle 11 heel 12 toes

2

Injuries	Other health problems	Symptoms	Treatment
dislocate fracture sprain twist	addiction allergy heart disease	feel dizzy have a temperature	check-up injection medicine operation prescription take someone's blood pressure

- 3
 2 a 3 f 4 d 5 g 6 e 7 b

- 4
Suggested answers
 1 take your temperature, take your blood pressure 2 work out in a gym, have a balanced diet (avoiding fatty or processed food with too much salt and sugar) 3 give you an injection, give you a prescription 4 having a temperature, feeling dizzy, shivering 5 twist, sprain, fracture, break, dislocate

VOCABULARY EXTENSION

- 5
 1 heal 2 aches 3 sick 4 injuries
 5 cure 6 sore

2. Reading.

- 1
 1 c F 2 a F 3 b T 4 d F

- 2
 1 T 2 T 3 F 4 T 5 T 6 F

- 3
 2 ✓ 3 ✓
 4
 1 crave 2 catch up 3 posture
 4 trigger

3. Grammar: part 1.

1

Conditional	Used for describing	Tense used in part of sentence with if	Tense used in other part of sentence
Zero	F	B	B
First	D	B	G
Second	A	E	C

- 2
 1 F 2 eat, make T 3 doesn't burn, rub F 4 put, stops O 5 avoid, eat O 6 swallow, takes F 7 damage, sit O 8 sleep, snore F

- 3
 2 have, fall asleep 3 goes, 'll feel 4 would sleep, had 5 sleep, do
 4
 1 as long as/providing/provided that
 2 as long as/providing/provided that
 3 unless 4 unless 5 in case 6 in case

GRAMMAR CHALLENGE p50

- 5
 1 I'll tell Paul if I# see him. 2 If you would do did more exercise, you'd

be healthier. 3 Your English won't improve **provided** unless you practise speaking. 4 Take your umbrella in case it **will** rain rains. 5 If Stephen were shorter, he **won't** wouldn't be such a good basketball player. 6 You'd 'll pass your driving test next week as long as you **didn't** don't panic. 7 If you **won't** don't water these plants, they'll die. 8 I won't apologise to Lisa unless she **doesn't** apologise apologises first.

4. Vocabulary and listening.

- 1
 1 the weather (N) 2 in shape (P) 3 out (N) 4 on your feet (P) 5 down with (N) 6 of the world (P)

- 2
 2 was feeling under the weather yesterday 3 on top of the world 4 if I see it, I black out 5 to stay in shape

- 3
 climbing ✓ surfing ✓ cycling ✓ swimming ✓ football ✓ yoga ✓

- 4
 1 E 2 F 3 D 4 A 5 C

VOCABULARY EXTENSION

5

very ill	not well	getting better	very well
in a bad way	off colour run down	on the mend on the road to recovery up and about	a clean bill of health as right as rain as fit as a fiddle

- 6
 1 b 2 b 3 a 4 a 5 b

5. Grammar: part 2.

- 1
 1 past simple, have + past participle
 2 imaginary, past

- 2
 1 d 2 b 3 c 4 a 5 f 6 e

- 3
 1 had trained, would have won 2 would have written, hadn't been 3 'd known,

- wouldn't have ordered 4 'd asked, would have lent 5 wouldn't have bought, hadn't given 6 would have gone, hadn't had

- 4
 2 I wasn't wearing/I hadn't put on/I hadn't worn a thick jumper 3 hadn't lent my maths book to Tom 4 he wouldn't tell jokes at parties 5 I'd done some guitar

practice this week 6 he/she wouldn't phone me at dinnertime

GRAMMAR CHALLENGE p52

- 5
 1 had 2 had gone 3 have woken
 4 knew 5 would ask 6 have 7 hadn't eaten 8 knew

6. Speaking.

2

	Advantage	Disadvantage
basketball	team sport – good way to meet people	you need time for it, to practise and play matches
swimming	a good way to keep in shape you can do it at any time	it takes time to go to the pool, swim, get changed and have a shower

running	you can do it at any time you don't have to belong to a gym you can do it with a friend	you could get injured – sprain your ankle or pull a muscle
tennis	you can play it with a friend	you usually have to belong to a club, and that's quite expensive

skiing	it's exciting	it's expensive it's only for winter you have to travel to different places to do it
--------	---------------	---

3

2 i 3 c 4 b 5 d 6 h 7 a 8 e

9 g

4

1 b 2 a 3 b 4 c 5 a 6 a

7. Writing.

Students' own answers.

8. More vocabulary and grammar.

Grammar

1

1 'll have to 2 would look 3 have

4 would have become 5 had been

2

1 wishes he were (was) 2 provided (that)

it's 3 won't go skiing unless 4 in case we have to

3

1 c 2 b 3 b 4 d 5 c 6 d 7 c

Vocabulary

1

1 lungs 2 balanced 3 sprain

4 increases 5 infection

2

1 e 2 d 3 f 4 a 5 b 6 c

3

1 residence 2 misunderstood

3 receipt 4 employer 5 overtime

6 improvement