

IN THIS UNIT YOU WILL LEARN HOW TO

- identify a speaker's attitudes and feelings
- recognise distractors
- identify health activities and ways to relax
- understand a writer's views
- use modals *should / shouldn't* and *have to / don't have to*
- answer multiple-choice questions
- describe a picture
- write an email in reply to a friend to give advice



LEAD-IN

01 Look at the pictures. In pairs, ask and answer the questions.

- What sport do you play?
- How do you like to keep healthy?
- Are there any activities you enjoy / don't enjoy doing? Why / Why not?



LISTENING 1: MATCHING

02 You are going to listen to Part 1 of a conversation between three friends, Samantha, Tom and Sarah. The first voice you will hear is Samantha. Listen to the first part of the conversation and answer the questions.

- 1 Where does Tom plan to go? _____
- 2 What is Sarah thinking of doing? _____

03 Now, listen to Part 2 of the conversation. Find and underline the key words in each opinion. Then, tick ✓ the person, Samantha, Tom or Sarah, who gave the opinion.

15

Example: *Joining the gym is too expensive.*

Opinion	Samantha	Tom	Sarah
1 Joining the gym is too expensive.			
2 Running is a boring way to exercise.			
3 It is more fun to exercise with other people.			
4 It is better to exercise outdoors.			
5 It is a good idea to pay for a personal trainer.			
6 It is important to follow a healthy diet.			

TIP 03

Identify key words in each sentence. The sentences are listed in the same order as in the conversation in the Listening.

VOCABULARY AND SPEAKING

04 Match the activity words in the box with the pictures.

play tennis go cycling watch TV play basketball drink water
enjoy art and music eat fruit and vegetables get enough sleep



05 In pairs, read and discuss the following questions.

- 1 Do you do any of these activities in Exercise 4? How often do you do them?
- 2 Do you think these activities in Exercise 4 are healthy? Why / Why not?
- 3 Imagine you have some important exams at school. You are working very hard and are feeling quite stressed and tired. Which of the activities would be a good way to help with stress? Why?

- 06** You are going to read an essay about the importance of exercising while studying for exams. Take two minutes to scan the essay quickly. Which of the activities from Exercise 4 does the essay talk about?

Essay question: *Students who are studying for important school exams should stop sports lessons. Discuss.*

Some parents may think that while their children are preparing for important school exams, they shouldn't have sports lessons. This could be because they want them to focus on exam subjects more, like science and maths. For a similar reason, some parents think children should also stop painting and music lessons in the final school term so they can spend more time studying. However, I disagree with these views, and believe that children should continue to have sports lessons. These lessons help students keep healthy and happy during the exam period.

Firstly, schools need to encourage young people to follow a healthy lifestyle and get regular exercise. Many young people don't do enough exercise. They prefer to spend their free time indoors on their computers or watching TV than going to the park and playing tennis, or going cycling.

Many people today are overweight and have health problems. There is a lot of information about eating healthily, but people often forget that regular exercise is equally important. Secondly, exercise helps us feel less stressed and tired. It also improves memory and helps us think clearly. When students are studying for exams, it's a good idea to take regular breaks and do something active for 20 minutes. Exercise also helps us to concentrate better on difficult tasks and helps us sleep better at night. Doing exercise may even help students get better results in their exams.

In conclusion, I believe that students who are revising for important exams should continue to have sports lessons because regular exercise is good for their body and mind.

- 07** Read the text in Exercise 6 again and answer the questions.

- Does the writer of the essay agree or disagree with the essay question?
- What opinion does the writer give in response to the essay question?

TIP 06

The skills of skimming and scanning are important when reading a text. First, skim the text quickly to understand the main idea. Then, read the text again at normal speed, scanning, looking for particular information and details.

- 08** Look at the question and read the exam strategy.

- The writer believes that children who have important exams
 - need sports lessons to keep healthy.
 - don't need to focus on other subjects.
 - need to spend all their time studying.

Exam strategy: answering multiple-choice questions

- Read the statement very carefully.
- Highlight key words in the question and multiple-choice options.

- The writer thinks that children who have important exams
 - need sports lessons to keep healthy.
 - don't need to focus on exam subjects more.
 - need to spend more time studying.

- Find the paragraph in the text with the information about this statement.
 - Highlight information in the text related to the multiple-choice options.

Some parents may think that while their children are preparing for important school exams, they shouldn't have sports lessons. This could be because they want them to focus on exam subjects more, like science and maths. For a similar reason, some parents think children should also stop painting and music lessons in the final school term so they can spend more time studying. However, I disagree with these views, and believe that children should continue to have sports lessons. These lessons help students keep healthy and happy during the exam period.
 - Choose which of the answer options is correct.
- Answer:** A

- 09** Read the essay again and use the exam strategy to answer the multiple-choice questions. Choose the best option, A, B or C.

- The writer says many young people prefer to spend their free time
 - riding their bikes.
 - in the park.
 - in front of their computers.
- The writer thinks that exercise for young people is
 - less important than diet.
 - just as important as diet.
 - more important than diet.
- The writer believes regular exercise can make people feel
 - more active.
 - less stressed.
 - more tired at night.
- The writer thinks that exercising
 - benefits the body and the mind.
 - can affect studying in a negative way.
 - will help you get better exam results.

TIP 08

In some Reading exams, you will need to answer multiple-choice questions. There is only one correct answer option and the other two are distractors. Read the question and answer options, then read the text again to find which answer option matches the information in the text exactly.

GRAMMAR 1: SHOULD AND SHOULDN'T/SHOULD NOT

10 Read the statements using *should* and *shouldn't/should not*. Then, underline the correct option in sentences 1–3.

Children **shouldn't** have sports lessons.

Children **should** have more lessons in their exam subjects, particularly science and maths.

Children **should not** attend painting and music lessons.

1 The writer thinks it is a **good / bad** idea for children to have sports lessons.

2 The writer **wants / doesn't want** children to have more lessons in their exam subjects.

3 The writer's advice for children is **to go / not to go** to painting and music lessons.

11 Read the Grammar box and check your answers.

should	shouldn't / should not
We use <i>should</i> when we want to show that:	We use <i>shouldn't / should not</i> when we want to show that:
<ul style="list-style-type: none"> something is a good idea. we want something to happen. we want to give advice for something. 	<ul style="list-style-type: none"> something is a bad idea. we don't want something to happen. we want to give advice against something.
<i>Should</i> and <i>shouldn't / should not</i> are modal verbs and so never change form in the present tense.	
We use a verb in the infinitive form, such as <i>do</i> or <i>make</i> after <i>should</i> and <i>shouldn't / should not</i> .	
We can use <i>should</i> in questions to ask for someone's advice.	
<i>Should</i> children have sports lessons in school?	
Note the incorrect word order: <i>Children should have sports lessons in school?</i>	

12 Read the sentences and underline the correct answers.

1 You **should / shouldn't** eat lots of fruits and vegetables. It is really good for your health.

2 Don't watch TV all day. You **should / shouldn't** only watch around three hours a day.

3 We **should / shouldn't** sit all day without doing some type of exercise.

4 I think we **should / shouldn't** all sleep between seven to 10 hours every night.

5 My friend **should / shouldn't** spend all day on a computer and play more sport instead.

SPEAKING: DESCRIBING A PICTURE

13 You are going to describe a picture. First, look at the picture and read the sentences. Then, put the sentences A–C in the correct order.

A I think the boy **should** go to sleep because he is tired and it is bed time. He **shouldn't** play on his computer for so long. I think he **should** play more sport.

B I think the boy **is playing** on his computer at night. It looks like the boy is tired.

C The picture shows a boy in his bedroom. There is a computer, a lamp and a bed.



14 Now, look at the pictures and read the instructions. You should:

- talk generally about what you can see.
- give specific details about the pictures.
- give your opinion and reasons.
- use words and language related to health.
- give advice using *should / shouldn't*.
- talk for 1–2 minutes.

TIP 14

When you are describing a picture, you can use these words and phrases.

When starting a sentence: *This picture shows ... , In this picture, I can see ... , There is / are ...*

Being more specific: *It looks like ... , I think + present continuous ...* For example, *I think the boy is playing.*

Giving your opinion and reason: *I think ... because ... , He / She / It / They should / shouldn't ...*



VOCABULARY: HOW TO RELAX

15 Match the ways to relax in the box with the pictures.

drink tea do yoga go for a walk do exercise read a book

1



2



3



4



5



LISTENING 2: MULTIPLE-CHOICE QUESTIONS

16 ▶ You are going to listen to five people talk about their favourite way to relax. Listen and match the speakers with the activities from Exercise 15.



1 Jim _____



2 Elena _____



3 Kate _____



4 Mike _____



5 Mark _____

17 ▶ Listen again and choose the correct answer, A, B or C.

- | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1 Jim thinks that people who feel sad shouldn't</p> <p>A forget about their problems.
B read a funny book.
C read a sad book.</p> <p>2 Elena thinks that if you want to do yoga, you should</p> <p>A do it at your own home.
B find the right teacher.
C not pay lots of money.</p> <p>3 According to Kate, a common reason for not doing regular exercise is</p> <p>A it takes too much time.
B it is too expensive.
C it will make a person tired.</p> | <p>4 How much time does Mike usually spend outside on his lunch break?</p> <p>A 20 minutes
B 30 minutes
C 60 minutes</p> <p>5 Which does Mark do to help him relax?</p> <p>A He drinks some green tea.
B He has a cup of tea before bed.
C He tries to get enough sleep.</p> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

TIP 17

Look carefully at the first part of the question. The speaker may mention details that are similar to all three answer options, but only one option matches the information exactly.

GRAMMAR 2: HAVE TO / DON'T HAVE TO

18 ▶ Read the Grammar box. Then, read the sentences and underline the correct answer.

<i>have to</i>	<i>don't have to</i>
<p>We use <i>have to</i>:</p> <ul style="list-style-type: none"> • for rules and laws. • to show that there is a need or obligation to do something. <p><i>Have to</i> changes to <i>has to</i> for <i>he / she / it</i>.</p>	<p>We use <i>don't have to</i>:</p> <ul style="list-style-type: none"> • to show there is a choice. • to show there is NOT a need or obligation. <p><i>Don't have to</i> changes to <i>doesn't have to</i> for <i>he / she / it</i>.</p>

We use a verb in the infinitive form, such as *do* or *make* **after** *have to / don't have to*.
We can use *have to* in questions to ask if there is a choice or an obligation to do something.
Do you have to wear school uniform?

- 1 We **have to / don't have to** arrive to school on time. It's one of the school's rules.
- 2 The deadline for our homework isn't until next week, so we **have to / don't have to** do it tonight.
- 3 **You have to / Do you have to** play sport at school?
- 4 He didn't go to school yesterday, so he **have to / has to** give the teacher a doctor's note.
- 5 We **don't have to / doesn't have to** study languages but my teacher recommends it.

WRITING: AN EMAIL TO A FRIEND GIVING ADVICE

19 ▶ Look at the task and read the email. Then, answer the question.

Your friend Alice has asked her friends for advice about being healthy. Another friend, Helen, has replied to her email.



Hi Alice,

I think it's a good idea to play tennis or basketball. Playing sport is a good way to stay healthy. I don't think you should play computer games all day. You should make sure you get enough sleep every night, between seven and 10 hours. You don't have to study for hours and should try to take regular breaks. You should eat lots of fruit and vegetables and get lots of regular exercise. Being healthy gives you more energy and makes you feel good.

From,
Helen

1 What activities does Helen say are a good idea?

20 ▶ Use the information you learnt in this unit to write an email in reply to your friend Alice. In your email, you should:

- say what activities Alice can do to stay healthy.
- include types of healthy activities and ways to relax.
- say why it is important to stay healthy.
- use *should / shouldn't / should not / have to / don't have to / do not have to*.
- write 80–100 words.

21 ▶ In pairs, compare your emails. What vocabulary and grammar does your partner use? How can you improve your partner's email?



GO FURTHER ONLINE

GRAMMAR AND VOCABULARY

01 Match the different sporting activities in the box with the pictures.

play basketball do yoga do exercise
play tennis go for a walk go cycling



02 Complete the sentences using the correct form of the verbs in the box.

get(x3) drink(x2) do(x2) eat have join go(x2) play(x2)

- It can be expensive to _____ a gym, but they often have a lot of modern equipment.
- It is very important to _____ plenty of water whenever you _____ exercise.
- I _____ lots of fruit and vegetables and _____ yoga twice a week.
- I like to _____ running in the park so I can _____ some fresh air when I exercise.
- It is a good idea to _____ a personal trainer to _____ advice about living healthily.
- I _____ tennis three times a week and _____ for walks in the park.
- It is important to _____ lots of sleep every night.
- When you _____ green tea, it can help you relax.
- Many young people _____ a sport or do exercise at school.

03 Read the dialogues and decide if the sentences are correct ✓ or incorrect X. Then correct the mistakes.

- A What you should eat to be healthy?
B It is important to eat lots of fruit and vegetables.

- A Is it important to exercise?
B Yes, you should exercise for at least 150 minutes a week.

- A Is it a good idea to play computer games for many hours?
B No, you should play on your computer for so long.

- A Do you have any other advice about being healthy?
B I think you should find ways to relax.

- A What is the best way to relax?
B I like doing yoga. I think you shouldn't try it.

04 Complete the conversation using *should / shouldn't/should not* and a verb in the box.

eat drink play ride watch get

- A Did you see that programme last night about how to stay healthy? I learnt so much.
B Really? I didn't see it. Did you think it was interesting?
A Yes, it had lots of useful suggestions. Do you know we 1 _____ five glasses of water a day? I never normally have that much but I'll try from now on.
B That's a good idea. I always think I 2 _____ more sleep. Did it mention anything about sleep?
A Yes, it said we should sleep for at least eight hours. However it's not always possible.
B I only sleep for about seven hours, so I think I should go to bed earlier.
A Yes, it will give you more energy. The other thing it warned against was watching too much TV. It said we 3 _____ more than two to three hours a day.
B Did it mention what activities are good for you?
A Well, any exercise is good. You 4 _____ sport at school if you like it. If not, you 5 _____ a bicycle or walk to school instead of going by bus or car.
B What about food? Did it give any advice about healthy eating?
A Yes, and I think this was the most important piece of advice. We 6 _____ fast food more than once a week and make sure we eat at least five pieces of fruit and vegetables a day.

05 Read the sentences and underline the correct answer.

- We **have to** / **don't have to** wear sports clothes during sport lessons otherwise we can't take part.
- You **have to** / **don't have to** pass a swimming test to be a lifeguard at the swimming pool.
- You **have to** / **don't have to** be fit to do yoga because anyone can try it.
- You **have to** / **don't have to** spend a lot of money to stay healthy. You can go running in the park for free.
- We **have to** / **don't have to** wear special shoes when we play football. Otherwise, it is difficult to run.
- You **have to** / **don't have to** join the gym to take exercise classes, but they cost less for members.
- Professional sports players **have to** / **don't have to** practise for at least three hours a day.
- You **have to** / **don't have to** be good at sports to stay fit, but regular physical activity is good for you.

06 Complete the texts using *has to* / *have to* / *doesn't have to* / *don't have to*.

- At school, there are some new rules. The most important one is that we _____ turn off our mobile phones before the lesson. However, unlike most schools, we _____ wear school uniform every day. We can wear our own clothes.
- At university, students can come to classes whatever time they want. They _____ come into class every morning. It is their choice. However, the university has a special rule about students who can't attend due to illness. If they are going to be late, they _____ send an email to their teacher.

07 Complete the dialogue using *should* / *shouldn't* / *should not*.

- A I enjoy playing tennis but I want to improve. What 1 _____ I do?
 B My advice is you 2 _____ practise as much as possible. How often do you play?
 A Twice a week at the moment. Is that enough?
 B No, I suggest you 3 _____ train more often. I don't think it's possible to improve if you don't play more.
 A I know I 4 _____ have rest days when I don't practise. Do you think I need to play every day then? Is it really necessary?
 B Maybe not every day, but you 5 _____ just play twice a week – that's not enough. That's my advice. Also, it's a good idea to get help from someone who can teach you. I think you 6 _____ have tennis lessons.

08 Match the two halves of the sentences.

- | | |
|------------------------------|------------------------------|
| 1 It is a good idea to pay | A a great way to keep fit. |
| 2 Joining the gym | B a healthy diet. |
| 3 It is more fun when you go | C for a personal trainer. |
| 4 It is important to follow | D running with other people. |
| 5 I think it's better to do | E can be expensive. |
| 6 Running is a | F yoga than go to the gym. |



 **GO FURTHER ONLINE**

UNIT / 09: LANGUAGE

IN THIS UNIT YOU WILL LEARN HOW TO

- identify words used to communicate with other people
- use *going to* and adverbs of time for future plans
- listen to a discussion about a language project
- give a long talk about a topic
- use collocations
- skim read to understand the main idea in an article
- write a short essay on a topic



LEAD-IN

01 Look at the pictures. Match the ways of learning English in the box with the pictures.

study with a teacher in a classroom
 use a dictionary
 keep a vocabulary notebook
 read newspapers and magazines

talk to people whose first language is English
 listen to songs in English
 watch videos online
 write an email to a friend



02 In pairs, discuss which ways of learning English from Exercise 1 work best for you and why.