

Health and fitness

7.1 My health, my business

GOALS ■ Use collocations for a healthy lifestyle ■ Use past simple irregular verbs

Vocabulary & Speaking a healthy lifestyle

- 1 Work with a partner. Read the saying and answer the questions.

Healthy body, healthy mind.

- 1 What does the saying mean?
- 2 Do you agree? Why/Why not?

- 2a Work with a partner. Use the verbs in the box to complete the phrases for a healthy lifestyle.

do (x2) drink eat go ride sleep
take walk

- 1 _____ lots of fruit and vegetables
- 2 _____ the stairs, not the lift
- 3 _____ to work
- 4 _____ a bicycle
- 5 _____ eight glasses of water a day
- 6 _____ an hour of exercise
each day
- 7 _____ seven to eight hours a night
- 8 _____ to the gym or an
evening class
- 9 _____ physical jobs around
the house

- b 7.1))) Listen and check your answers.

- c Work in small groups. Discuss the questions.

- 1 Which actions in exercise 2a are exercise and which are not?
- 2 Which things do you do?
- 3 What else is important for a healthy lifestyle?

Reading & Grammar past simple irregular verbs

- 3 Work with a partner and look at the menu. Do you think it is a good idea to show the calories? Why/Why not?

Menu	Calories	Price
Burger	280	\$0.89
Cheeseburger	330	\$0.99
Big Big Burger	540	\$2.29
Extra Big Burger	590	\$2.35
Grilled Chicken	450	\$2.89
8 oz Burger	760	\$2.99

- 4a Work with a partner. Look at the photo and title of the article. What do you think the mayor did?

the healthy mayor

In 2002 New York City chose a new mayor, Michael Bloomberg. Bloomberg wanted the people of New York to be healthy. In his opinion, they did the wrong things: they ate the wrong food, they smoked, they drove everywhere, and they did little or no exercise.

So Bloomberg tried to change their habits. Before he was mayor, restaurant menus only gave the price of the food. But after 2007 restaurants wrote the number of calories in their food on the menu. He banned smoking in public places. He also tried to reduce the size of sweet drinks, like Coca Cola (but the Supreme Court stopped him).

Bloomberg had other messages for New Yorkers, too: do more exercise, leave your car at home, walk or ride a bicycle, and take the stairs when you can. He told them he always took the stairs, not the lift.

Some people thought Bloomberg was wrong. People's health is their business. But is it?



■ **banned** said something was not allowed ■ **reduce** make something smaller

- b Read the magazine article and check your answers.

- 5 Work with a partner. Read the article again and find ...
- 1 four things New Yorkers did that were bad for their health.
 - 2 two things Bloomberg changed.
 - 3 one thing he tried to change.
 - 4 Bloomberg's ideas for doing more exercise.
- 6 Work in small groups. What do you think about Mayor Bloomberg's ideas? Was he right? Why/Why not?
- 7 Work with a partner. Look at the **highlighted** past simple verbs in the sentences. Which verb is regular?

In 2002 New Yorkers **chose** a new mayor, Michael Bloomberg. Bloomberg **wanted** the people of New York to be healthy.

- 8a Read the Grammar focus box about past simple irregular verbs.

GRAMMAR FOCUS past simple irregular verbs

Past simple irregular verbs are not formed by adding *-ed*. They all take different forms, e.g. *choose* → *chose* *sit* → *sat* *put* → *put*

→ **Grammar Reference** page 148

- b Find past simple irregular verbs in the article and complete the table.

Present	Past
come	<i>came</i>
make	<i>made</i>
do	
eat	
drive	
give	
write	
have	
tell	
take	
think	

- c 7.2))) Listen, check and repeat.

PRONUNCIATION past simple irregular verbs

- 9a 7.3))) Listen to the pronunciation of the groups of three past simple verbs. Are the vowel sounds in each group the same (S) or different (D)?
- 1 thought / bought / taught
 - 2 got / chose / wrote
 - 3 sat / went / had
 - 4 came / made / ate
 - 5 flew / took / put
 - 6 met / said / slept
- b 7.3))) Listen again and repeat.

- 10a Put the verbs in (brackets) in the past simple to complete the Student health survey results.

SurveyResults

Student health survey results

- 1 85% _____ (eat) snacks between meals.
- 2 58% _____ (play) sport and 77% _____ (do) exercise every week.
- 3 62% _____ (sleep) only six hours a night.
- 4 15% _____ (watch) TV for two hours or more a day.
- 5 29% _____ (take) extra vitamins.
- 6 82% _____ (say) they were worried about work.
- 7 57% _____ (sit) at a computer for six hours or more per day.
- 8 28% _____ (think) they _____ (have) a healthy lifestyle.

- b Compare your answers with a partner. Which facts surprised you?
- 11a **TASK** Think of a time in the past, e.g. when you were a child. Use the ideas in the survey and make a list of your healthy and unhealthy habits.
- When I was about ten years old, I ate a lot of sweets.*

- b Work in small groups. Compare your habits.

