

COURSE MATERIAL: UNIT 1 HEALTH

Section 84, 159

1a HOW WELL DO YOU SLEEP?

3. 1,2,3 and 5 are all true

5. 1) b 2) a

6. 2) spend 3) do not know 4) do humans have
5) do not get 6) work 7) go 8) do we sleep
9) depends 10) need 11) do not sleep 12) take

7. 2) /z/ 3) /IZ/ 4) /s/
5) /z/ 6) /IZ/ 7) /z/ 8) /s/

9. 1) often 2) sometimes 3) never

10. – An adverb of frequency goes after the verb to be but it normally goes before the main verb.

– An expression of frequency usually goes at the beginning or at the end of a sentence.

1b THE SECRETS OF LONG LIFE

2. 1) Because of the high number of people who live to be over 100 years old.

2) They eat healthy food (fish, homegrown vegetables, no convenience food), take regular exercise (gardening, cycling, waling, swimming) and spend time with friends

4. Do: exercise/gardening

Go: cycling/swimming

Play: games

5. Do: homework/nothing/yoga/karate

Go: hiking/running/shopping/surfing

Play: cards/tennis/the piano/football

7. 1) T 2) F 3) F 4) T 5) F 6) T

8. 3) Because it is talking about things which are always true

4) Because it is talking about a routine (*Every Sunday*)

9. 1) b 2) a 5) c

10. 2) spend 3) am checking 4) do ... go 5) am reading

6) is not eating 7) do not do 8) are ... playing

(cont.)

1c HEALTH AND HAPPINESS

2. 3

3. 1) c 2) c 3) b 4) a 5) b 6) b 7) a

4. 1) c 2) b 3) a 4) d

5. 1) a 2) c 3) b

1d AT THE DOCTOR'S

1. 1) b 2) c 3) g 4) a 5) h 6) f 7) d
8) e

2. head – bed sore – saw throat – note cough – off
ache – wake ear – here

3. 1) f 2) a / c / e / g / h 3) b / d

4. Conversation 1: sore throat / runny nose
take this medicine twice a day /
drink hot water with honey and lemon /
buy a box of tissues

Conversation 2: earache / temperature
take one pill twice a day / drink lots of water

5. 1) I've got a sore throat. (medical problem)
2) You should take this medicine. (medical advice)
3) It's good for a sore throat. (medical advice)
4) You need a box of tissues. (medical advice)
5) If you still feel ill in a few days, see a doctor. (medical advice)
6) Let me have a look. (medical problem)
7) Do you feel sick? (medical problem)
8) Let me check your temperature. (medical problem)

1e MEDICAL ADVICE ONLINE

2. 1) Petra feels sick; Seth cannot sleep; Sabine does not exercise.

3a 2) but 3) so 4) because 5) or

3b 1) and 2) but 3) or 4) because 5) so

1f SLOW FOOD

4. 1) F 2) T 3) T 4) F 5) T
6) F 7) F 8) F
5. 1) It is a centre for traditional products from the region.
2) four
3) to stop the towns from becoming fast cities
4) more than 66,000
5) because of the slow food movement
6) the same pizza and hamburgers

1 REVIEW

2. 1) drives 2) he is taking 3) they are swimming
4) like 5) does not seem
4. 1) ache 2) relaxing 3) swimming
4) marathon
6. 1) How do 2) well 3) sore 4) Have you got
5) Try 6) you should