

7

Skills 2: Reading and writing

1 For these questions, read the email below and think of the word which best fits each gap. Use only one word in each gap.



From: Lindsay

Hi!

I hope (1) _____ are well.

I'm writing about health and fitness for my blog at the moment.

Here in Canada, people like to look (2) _____ their health. Most young people (3) _____ exercise and have got a positive attitude about fitness. We usually go to (4) _____ gym three or four times a week.

Dancing has become really popular in the last few years too. It's become (5) _____ popular now that there are a lot of big competitions in many big cities. We play ice-hockey too. It's fun! You (6) _____ try it one day!

Mental well-being is also very important. We (7) _____ stress by doing yoga and meditation. That helps us to feel relaxed.

We also look after our health by having a good (8) _____. We eat lots of vegetables and fish.

How do people keep fit and healthy in your country? I'm interested to find out!

Write soon,
Lindsay

2 Work in groups. Discuss how people keep fit and healthy in your country. Read the questions and write notes in your notebook.

- What do people do to keep fit?
- How often do they do it?
- What healthy food do people eat?
- How do people relax and reduce stress?
- What hobbies are popular?
- What are the similarities and differences between how people keep fit and healthy in Canada and how people keep fit and healthy in your country?

3 Write a reply to Lindsay's email in Activity 1. Write 25–35 words in your notebook.

To: Lindsay

Hi!

Thank you for your email, Lindsay.

I'm writing to tell you about how people keep fit and healthy in my country.

7 Vocabulary 2

1 Complete the phrases. Then match them to the pictures.

- | | |
|----------------|--------------------|
| 1 do _____ | 4 go to _____ |
| 2 go _____ | 5 breathe _____ |
| 3 reduce _____ | 6 look after _____ |



2 Complete the text with the correct words.

This week's blog is about how to live a healthier life.

The first thing we should think about is our **(1)** d_____.

The food we eat can make us feel good or bad. Eat meat and fish because they provide you with protein, which helps your body to **(2)** r_____ after exercise.

The next important thing is to **(3)** k_____ f_____.

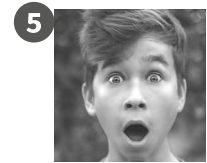
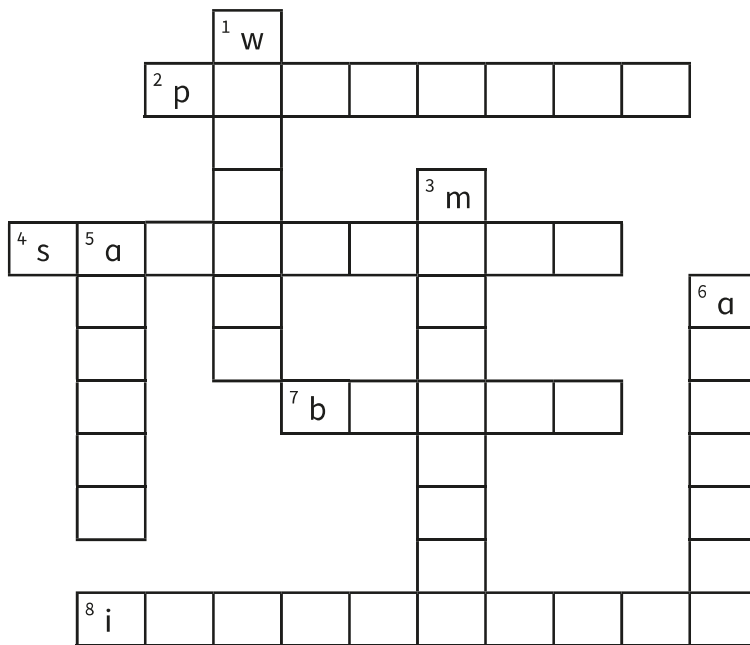
Scientists have shown that if we **(4)** d_____ e_____ regularly, we feel better. Find an exercise you enjoy – you needn't do something that makes you feel bored or gives you tired, **(5)** a_____ legs every week! If the idea of **(6)** g_____ t_____ t_____ g_____ makes you feel miserable, then try something else. **(7)** G_____ j_____ in the park, go swimming or try yoga. Yoga is great for **(8)** r_____ s_____ and you can learn how to **(9)** b_____ d_____.

I hope my suggestions help you to **(10)** l_____ a_____ y_____ h_____!

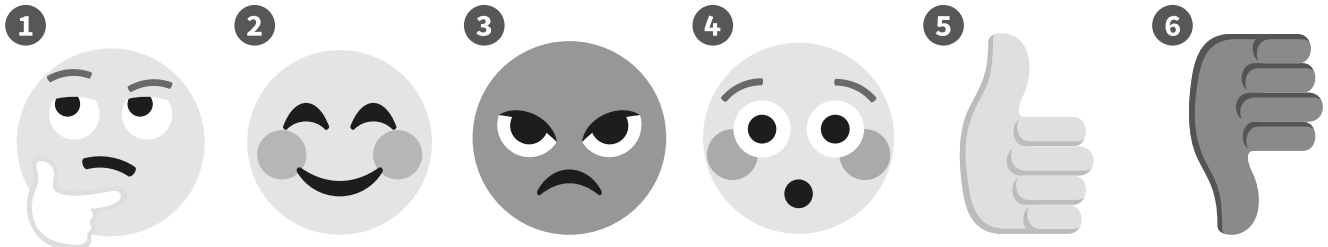


7 Vocabulary 1

1 Look and write the words in the crossword.



2 Look at the pictures and complete the text with the correct words.



Colour therapy

How do you feel when you see the colour red? What about the colour green? Many people believe that colours can affect how we feel. Are you (1) _____ in finding out how you can use colour therapy to make you feel better? Well, read on ...

If you want to feel (2) _____, choose blue colours for your walls. This colour helps people to feel calm.

Avoid strong colours like orange and red because these can make people feel (3) _____. Red is the colour of anger. But red is also connected with feeling (4) _____, because when we blush, our faces become hot and red.

Green is a colour that makes people feel (5) _____. It helps you to feel happy and good about the world. But a colour that can make people feel (6) _____ is black. It promotes sadness and feelings of loneliness.



7 Grammar 2

1 Choose the correct answer.

- Last night, I was *such* / *so* tired after going to the gym that I went to bed at 7 o'clock.
- It was *so* / *such* a hot day that we decided not to go jogging.
- The wind was *such a strong* / *so strong* that I fell over.
- That book about a healthy diet was so boring *that* / *this* I stopped reading it.
- It was *so* / *such* an amazing meal that we decided to go back the next evening.

2 Choose three or five words to complete the sentences.

- 1 so such film boring good a that

It was _____ we watched it a second time.

- 2 so good well that such players

Our team played _____ they won the match.

- 3 so that hard tired such

He went to the gym and worked _____ he had to recover.

- 4 that such so stressed stress

Helen has been _____ she has started doing exercise to help.

- 5 healthy so a that diet such

Kelly has _____ she never gets the flu.

- 6 such that a film sad happy

The film was _____ everyone felt miserable after watching it.

3 Work in pairs. Look at the pictures and make sentences with the words in the boxes and *such ... that* or *so ... that*.



beat a is can fast
Grandad he jogger me



annoyed is Carla feels
never relaxed she



embarrassed hid he
his face Peter was

7 Grammar 1

1 Match the two sentence halves.

- | | |
|----------------------------|---|
| 1 You don't have to buy | a our phones here. It's not allowed. |
| 2 We mustn't use | b about his presentation. |
| 3 Luke needn't worry | c when she feels annoyed at her sister. |
| 4 The students must be | d on time for the exam. |
| 5 Maria ought to walk away | e me a present. |

2 Look at the pictures. Choose the correct modal verb and write sentences.



- 1 **must** **mustn't** **needn't** You / walk / on the grass _____
- 2 **ought to** **needn't** **don't have** He / go / to bed earlier _____
- 3 **mustn't** **ought** **have** We / wear / a school uniform _____
- 4 **don't have to** **must** **should** I / tell / my sister / that I'm sorry _____
- 5 **musn't** **needn't** **have to** She / feel / embarrassed _____
- 6 **needn't** **mustn't** **ought to** You / rest _____

3 Work in groups. Cut out the role cards. Describe your problem. Then take turns to give advice.

I'm having a party and it isn't necessary for my friends to bring food.

You can say, 'You needn't bring food for the party. I'm cooking lots of food.'

Or you can say ...

<p>Role card 1</p> <p>You're having a party. It isn't necessary for your friends to bring food.</p>	<p>Role card 2</p> <p>You're in the library. Your friend is using his mobile phone.</p>	<p>Role card 3</p> <p>Your friend is feeling miserable.</p>
<p>Role card 4</p> <p>Your friend feels bored.</p>	<p>Role card 5</p> <p>Your friend can sometimes be very negative about other people.</p>	<p>Role card 6</p> <p>Your friend is studying a lot and he would like to feel more relaxed.</p>

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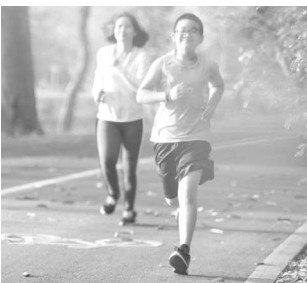
Skills 1: Listening and speaking

1 For each question, choose the correct answer.

- 1 You will hear an examiner talking to students.
What should the students do?
A Start the exam.
B Write their name and student number on the exam paper.
C Put their mobile phones on silent.
- 2 You will hear Jack and Sarah talking about exams.
What does Sarah think Jack should do?
A breathe deeply
B be more negative
C sleep more
- 3 You will hear Jay and Cathy talking about a football match.
How does Jay feel about the match?
A positive
B angry
C miserable
- 4 You will hear Mara and Andrew talking about a school project.
What does Mara think about Andrew's project?
A She thinks it's big.
B She thinks it's boring.
C She thinks it's interesting.
- 5 You will hear Molly and Chris talking about a talent show.
Why was Molly embarrassed?
A Because she was breathing deeply.
B Because she tripped and fell.
C Because she couldn't remember the words of the song.

2 Work in pairs. Look at the pictures and describe what the people are doing. How do you think they feel?

In this picture, the people are jogging.
I think they look happy and positive.



3 Ask and answer the questions with your partner.

- 1 What do you do to keep fit?
- 2 Do you think it's important to do exercise? Why? Why not?
- 3 Do you eat a healthy diet? What do you usually eat?
- 4 What activities make you feel relaxed?