

- 5 Work in pairs. Discuss and write a simple sentence from the two given sentences.**

Example:

Many people are running.
Many people are exercising.

→ Many people are running and exercising.

1. We avoid sweetened food. We avoid soft drinks.

→ We avoid _____.

2. My dad loves outdoor activities. I love outdoor activities.

→ My _____ love outdoor activities.

3. You should wear a hat. You should wear sunscreen.

→ You should wear _____.

4. My mother read the health tips. My mother downloaded the health tips.

→ My mother _____.

- 2 Make similar conversations for the health problems below.**

1. I'm tired.
2. I have acne.
3. My hands are chapped.

Tips for a healthy life

- 3 Read the passage and choose the correct title for it.**

A. How to live long

B. What food to eat

The Japanese live long lives. The main reason is their diet. They eat a lot of fish and vegetables. They cook fish with little cooking oil. They also eat a lot of tofu, a product from soybeans. Tofu has vegetable protein and vitamin B. It doesn't have any fat. The Japanese work hard and do a lot of outdoor activities too. This helps them keep fit.

COMMUNICATION

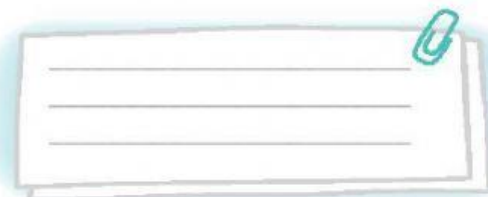
Everyday English

Giving tips for health problems

- 1 Listen and read the conversation. Pay attention to the highlighted parts.**



- 4 Work in pairs. Discuss and make a list of the tips which help the Japanese live long lives. Present it to the class.**



- 5 Work in groups. Discuss and make a list of tips that the Vietnamese can do to live longer. Present it to the class. Does the class agree with you?**

SKILLS 1

Reading

- 1** Work in pairs. Discuss and write each word or phrase under the correct picture. Which skin condition is the most common among teenagers?

sunburn chapped skin acne



1. _____



2. _____



3. _____

- 2** Read the passage and match the beginnings in A with the endings in B.

Acne is a skin condition. It causes small, red spots on the face and the back. It affects 70-80% of young people between 12 and 30. More girls have acne than boys. It's not a serious disease but young people want to avoid it.

Here are some tips for taking care of skin with acne.

- Go to bed early and get enough sleep.
- Eat more fruit and vegetables, and less fast food.
- Wash your face with special soap for acne, but no more than twice a day.
- Don't touch or pop spots, especially when your hands are dirty.
- If it gets serious, see a doctor.

A	B
1. Acne is	a. young people the most.
2. Acne causes	b. a skin condition.
3. Acne affects	c. a serious disease.
4. Acne is not	d. small, red spots.

- 3** Read the passage again and choose the correct answer A, B, or C.

1. The first paragraph is mainly about _____.
 - A. what acne is
 - B. how to avoid acne
 - C. why people have acne
2. Which statement is NOT correct about acne?
 - A. Acne is a skin condition.
 - B. Acne may get serious.
 - C. Acne affects more boys than girls.
3. What age group does acne affect the most?
 - A. 12 - 20 B. 12 - 30 C. 70 - 80
4. How should you wash your face?
 - A. 3 - 4 times a day.
 - B. With soap for acne.
 - C. With cold water.
5. What does the word "it" in the last sentence refer to?
 - A. acne B. disease C. spot

Speaking

- 4** Work in pairs. Read the passage again. Pick the tips which you can easily follow. Share your ideas with your partner.
- 5** Work in groups. Read about the health problems below. Discuss and make notes of some tips you can give each person. Then share your ideas with the class.

1. I have chapped lips.

→ _____
→ _____



2. I'm putting on weight.

→ _____
→ _____



3. I often feel sleepy during the day.

→ _____
→ _____



4. I have the flu.

→ _____
→ _____



5. My hair is dry.

→ _____
→ _____



SKILLS 2

Listening

HEALTHY HABITS



1 Work in pairs. Discuss and tick (✓) the habits you think are good for your health.

1. Eat a lot of meat and cheese. ☐
2. Drink soft drinks every day. ☐
3. Get eight hours of sleep daily. ☐
4. Be active and exercise every day. ☐

2 Listen and tick (✓) the habits mentioned. 

- | | |
|----|-------------------------------------|
| 1. | ☐ eating |
| 2. | ☐ drinking |
| 3. | ☐ travelling |
| 4. | ☐ exercising |
| 5. | ☐ sleeping |
| 6. | ☐ cooking |
| 7. | ☐ cleaning |

3 Listen again and give short answers to the questions.

1. What do healthy habits help us avoid? _____
2. What do fruit and vegetables provide us with? _____
3. How many hours do we need to sleep a day? _____
4. How should you keep your room? _____
5. When should we open the windows? _____

Writing

4 Work in groups. Discuss and make notes of the tips from the listening. Then share them with the class.

TIPS

5 Write a passage of about 70 words to give advice on how to avoid viruses.



wear a mask



exercise every day



avoid crowds



wash your hands often



keep your surroundings clean

LOOKING BACK

Vocabulary

1 Complete the sentences with the verbs below.

are exercise avoid
affects keep

1. Healthy food and exercise help people _____ fit.
2. Weather that is too cold or too hot _____ your skin condition.
3. Children should _____ fast food and soft drinks.
4. Bad habits like eating too much sweetened food and going to bed late _____ harmful to our health.
5. We can _____ indoors and outdoors.

2 Write the words below next to their definitions.

tidy active fit dirty healthy

1. always busy doing things, especially physical activities _____
2. good for your health _____
3. everything in order _____
4. in good shape _____
5. not clean _____

Grammar

3 Tick (✓) the simple sentences.

1. Asians eat a lot of rice, but Europeans don't. ☐
2. Most children love fast food and soft drinks. ☐
3. There is a lot of fresh air in the countryside. ☐
4. Eat less sweetened food, and you won't put on weight. ☐
5. Hard-working people often stay fit. ☐

4 Change the following sentences into simple ones.

1. You are active, and your brother is active too.
→ Both you and _____.
2. Your room looks dark, and it looks untidy too.
→ Your room _____.
3. The Japanese work hard, and they exercise regularly.
→ The Japanese _____.
4. My mother eats a lot of fruit, and she eats a lot of vegetables too.
→ My mother eats _____.



2 Choose the correct answer A, B, or C to fill in each blank in the following passage.

My grandparents live in the countryside, and they have a big garden. They spend a lot of time working in it. When I visit them in summer, I often join them in the garden, and they teach me a lot of things about (1) _____.

Vegetables come in different shapes, sizes, and (2) _____. They also grow differently as well. Carrots and potatoes grow (3) _____ the ground. We can't see them. Some kinds of beans (4) _____ a high net to grow. Cabbages and cauliflower grow above the ground. My grandfather says that coloured vegetables are very good for health (5) _____ they provide a lot of natural vitamins. White cauliflower is (6) _____ in vitamin C. Orange carrots and red tomatoes contain vitamin A. (7) _____ have vitamins A, B, C, and E. My grandfather also says that gardening is a good way of (8) _____. It helps him keep fit and strong.

- | | | |
|---------------|---------------|---------------|
| 1. A. health | B. vegetables | C. exercise |
| 2. A. colours | B. prices | C. weight |
| 3. A. above | B. on | C. under |
| 4. A. need | B. provide | C. have |
| 5. A. and | B. because | C. so |
| 6. A. rich | B. poor | C. low |
| 7. A. Chicken | B. Fish | C. Pumpkins |
| 8. A. resting | B. relaxing | C. exercising |

3 Read the passage and choose the correct answer A, B, or C.

In 2019, Spain was the healthiest country in the world. The secret is their Mediterranean diet. This diet focuses on healthy fats and proteins. This includes cold tomato soup, plenty of seafood (especially fish), and veggies. Spanish people say that they have some of the most delicious salads in the world. Due to the Mediterranean diet, the Spanish suffer from fewer diseases than the rest of the world.

Physical health is important, but mental health is important too. Eight out of ten Spanish people are happy. Why? A major reason is the weather. Spain has beautiful weather all year round. Another reason is that Spain is home to a lively and relaxing culture. The Spanish enjoy the simple pleasures of life.

1. In 2019, Spain was number _____ in health.
A. one B. two C. ten
2. The Mediterranean diet includes _____.
A. lots of vegetables B. red meat C. potato soup
3. Spanish people _____.
A. have more diseases than the rest of the world
B. have fewer diseases than the rest of the world
C. do not have diseases
4. Beautiful _____ makes the Spanish happy.
A. beaches B. houses C. weather
5. The Spanish enjoy _____.
A. good food B. simple pleasures C. good education