

Grammar

A. Complete each sentence so it has a similar meaning to the first sentence. Use the passive forms of the underlined words.

1. People around the world grow cucumbers.
Cucumbers _____ around the world.
2. People ate cucumbers in ancient Egypt.
Cucumbers _____ in ancient Egypt.
3. People will grow cucumbers in space someday.
Cucumbers _____ in space someday.
4. People have produced soy milk in China for hundreds of years.
Soy milk _____ in China for hundreds of years.
5. Food scientists are going to create many new soybean products in the future.
Many new soybean products _____ in the future.
6. People make tofu from soybeans
Tofu _____ from soybeans.

B. Complete the sentences with the correct form of the verbs in parentheses. Sometimes you need to add *to* or *from*.

1. Asparagus might protect you _____ (get) cancer.
2. Asparagus can also help the body _____ (clean) the digestive system.
3. Dark chocolate can enable you _____ (reduce) your blood pressure.
4. Chocolate can cause some people _____ (get) headaches.
5. Honey can prevent you _____ (lose) your hair.
6. Honey can even make toothaches _____ (feel) better.
7. Too much sugar can stop the immune system _____ (work) properly.
8. Too much sugar can also cause a person _____ (gain) weight.

C. Rewrite each passive question to make it correct. There is one mistake in each sentence.

1. Was the idea develop by Charles Darwin? _____
2. Who will invited to the party tomorrow? _____
3. Where were aloe vera first used for medical purposes? _____
4. Have this machine be used before? _____
5. How much the population is expected to rise in 5 years? _____

Vocabulary

D. Complete the conversation. Choose the correct words and phrases from the box.

digestive system

heart disease

blood pressure

muscles

eyesight

teeth

Ms. Shin: So, Dan, let's go over your medical history. Does anyone in your family have high _____?

Dan: Yes. My mother does.

Ms. Shin: Ok. And what about _____?

Dan: Let's see ... Well, both my parents have high cholesterol, so that might be a problem.

Ms. Shin: And what about you? Why are you here today?

Dan: Well, I'm having problems with my _____. My stomach hurts a lot.

Ms. Shin: Ok. Is that all?

Dan: Well, my _____ seems to be deteriorating. Maybe I need to start wearing glasses.

Ms. Shin: Are there any other problems you're having?

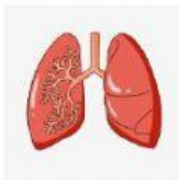
Dan: No, not really. Well, a few of my _____ have been hurting, but I know I need to go to a dentist for that.

Ms. Shin: Yes. Dr. Vargas can recommend an eye doctor and a dentist if you'd like. Do you exercise at all?

Dan: I do. I work out a lot. I'm trying to build up my _____. And I know exercising is important to stay healthy.

Ms. Shin: Of course. Ok, Dan. The doctor will see you shortly.

E. Write the correct word under the pictures. The first letter is given.



L _____



B _____

p _____



B _____



K _____

Conversation strategy

F. Complete the conversation. Choose the correct phrases. There are two more phrases that you do not need to use.

Ivan: Mario, do you eat a lot of cereal?

Mario: Not really.

Ivan: That's good – because it actually has a lot of unhealthy stuff in it, _____.

Mario: I know. _____?

Ivan: I guess not. But if I ate cereal for breakfast, I'd have to run a lot more at the gym!

Mario: I didn't know you went to the gym.

Ivan: Yeah. I run there every day.

Mario: _____? I heard it's hard on your body. _____.

Ivan: Maybe that's true for some people, but running doesn't bother me. I also do other things there _____.

Mario: Oh, that's good. I mean _____? I know I'd like to be stronger.

- a) don't people know that it's bad for you
- b) look at processed foods
- c) isn't that a bit much
- d) take your knees, for instance
- e) lifting weights, for example
- f) who doesn't want to build her muscles
- g) like sugar
- h) why do people pay so much to join a gym

Listening

G. Listen to a woman telling a man about her problem. Check the pieces of advice he gives her.

Eat foods like avocados and pineapples.

Try eating more red meat.

Don't eat food that is grown nearby.

Drink ginger tea instead of milk.

Make an appointment with the doctor.

Don't get stressed about the test.

Reading

H. Read the article. Then read the statements and check "True", "False" or "Not given" if the information is not given.

Superfoods

It's believed that the term *superfood* was first coined in Japan, and it was used for processed foods that had special ingredients to promote health. More recently, the term has been used to describe natural foods that are extremely good for you. Many superfoods have been eaten for thousands of years, but the health benefits weren't always known in the past.

Goji berries are native to China and were originally eaten by the Chinese to ensure a long, healthy life. They are said to prevent you from getting cancer. They may also prevent your eyesight from deteriorating, especially if you are elderly.

Coconuts were originally harvested not just for use in cooking, but also for medicinal purposes. Coconuts may help you fight colds and flu and can help you build a strong immune system.

Seaweed is packed with nutrients. It is good for the blood system and can also enable you to lose weight. Seaweed also protects the body from absorbing harmful toxins in the environment.

Dark green vegetables are an essential part of any diet. They can help your kidneys detoxify, for example. They can also help keep your brain healthy.

Aloe vera was possibly first discovered by the ancient Egyptians. Research studies have shown that it has more than 75 healing properties. It is said to help burns and sunburns heal when applied to the skin, and it may help the digestive system when taken orally (by mouth).

True False Not given

1. *Superfood* was a term first used to describe natural food.
2. Superfoods are not a recent development.
3. Goji berries are native to Japan.
4. Coconut oil is used in medicines that fight colds.
5. Seaweed can protect the body from toxins.
6. Aloe vera was the name the Egyptians gave to a plant with healing properties.

Writing

I. Choose one of the three topics below. Write a report with real statistics about it. Use correct language and prepositions to talk about numbers. Write from 60 – 70 words.