10 Staying healthy

Vocabulary

Body parts

1 Read the clues. Complete the crossword with parts of the body.

Across

3 This is between your eyes and mouth.

4 Your hand is at the end of this.

7 You put shoes on these.

9 This can be dark or blond.

10 This helps you stand or walk.

Down

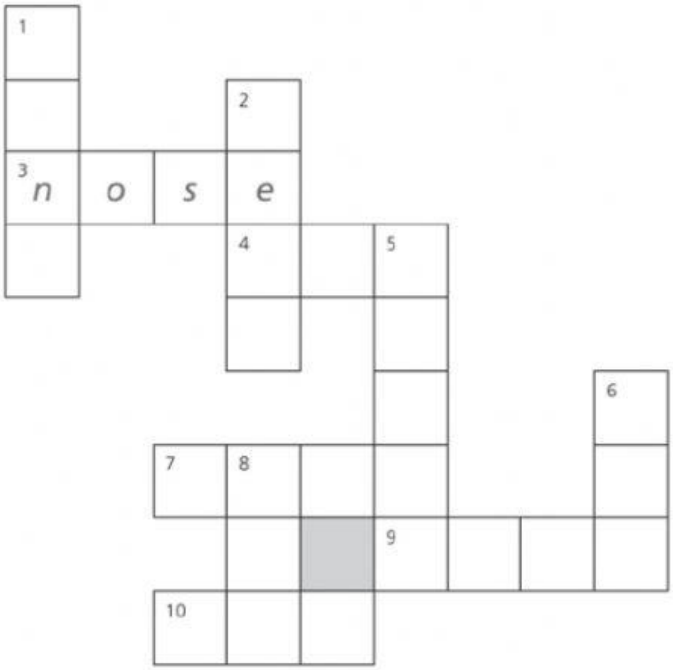
1 You write with this.

2 You wear a hat on this.

5 You open this to talk.

6 You listen with this.

8 You see with this.



2 Circle the correct part of the body



1 arm / ear



3 foot / mouth



5 leg / hair



2 hand / head



4 nose / eye



6 ear / mouth

Reading

1 Skim the discussion board on page 67. Write the correct headings in spaces A–C.

Move!	Picture it	Keep things neat

What do you do to reduce stress?

What do you do to reduce your stress?

@danni54

A little stress is OK—it can even be good for you. But I have a lot of stress right now. I go to university and I have a job. It sometimes feels like too much. What do you do to lower your stress?

You and 2 others Seen by 9

Like Comment

Write a comment ...

LIVEWORKSHEETS

@rvasquez3 **A:** _____
I'm a nurse, so I have a lot of stress, too. For me, coming home to a clean apartment is very important. It helps me feel relaxed. I always put things away. And I don't keep things I don't need. [1]_____ Here's a pic!



@umberto55 **Listen to music**
Music is great for stress. I listen to music all the time: when I wake up in the morning, when I travel to university, when I study, or before I go to sleep. [2]_____

@CarrieAnne **B:** _____
Exercise helps me lower my stress. So does being outside in a nice, quiet park. Visit a park or go for a hike. Or just go out for a walk or a run and enjoy the fresh air. [3]_____

@pinkie **Breathe ...**
Try the 4-7-8 breathing exercise. Find a quiet place. Breathe in with your nose for four seconds. Hold your breath for seven seconds. Finally, breathe out with your mouth for eight seconds. Do this a few times. It works for me!

@winstonK **C:** _____
Here's an idea. Close your eyes and think of a nice place, like a beautiful beach. It's a quiet day and the weather is perfect. [4]_____ The sun is out and the sand feels warm under your feet. Relax and take a journey to your own special place.

2 Read the discussion board again. Circle the correct option (a or b).

1 Does danni54 think a little stress is OK?
a Yes. b No.

2 What makes rvasquez3 stressed?
a being a nurse b putting things away

3 How long do you hold your breath with the 4-7-8 technique?
a 4 seconds b 7 seconds

3 Match these sentences (a–d) to the correct spaces (1–4) on the discussion board.

a Any type of music is fine.

b Exercise a little every day.

c There's a cool wind in the air.

d I throw them away.

Grammar

Present continuous

1 Write the *-ing* form of each verb.

1 buy *buying* 5 write _____
2 work _____ 6 run _____
3 use _____ 7 play _____
4 shop _____ 8 swim _____

2 Change the verbs in bold to the *-ing* form.

1 Todd is **look** at a soccer shirt.
Todd is looking at a soccer shirt.

2 Where are your parents **stay**?
_____?

3 Nancy and Leo are **buy** train tickets.
_____.

4 What are you **watch** on TV?
_____?

5 Who is Dana **play** tennis with?
_____?

3 Complete the conversations with these words.

doing	starting	studying
talking	waiting	watching

1 A: Kym and I are [1]_____ for you.
B: Sorry, we're on the bus.
A: Try to hurry. The concert is [2]_____ right now.

2 A: What are you and Kerry [3]_____?
B: We're [4]_____ a video online.
A: Do you want to come over?

3 A: Mario isn't [5]_____ now.
B: Why not?
A: I'm not sure. I think he's [6]_____ to his friends.

LIVEWORKSHEETS

Vocabulary

Exercise and training

1 Complete the sentences with these words.

exercise	learn	practice	prepare

1 Keysha wants to _____ how to play the guitar. She needs a teacher.

2 Malik and Xavier _____ a lot. They want to be healthy.

3 My friend and I often _____ our English with new people we meet.

4 I need to _____ for my exam. I really want to get a good grade.

2 Circle the correct option to complete each sentence.

1 I am going to the gym to *prepare / exercise*.

2 Caleb wants to *learn / prepare* how to ride a bike.

3 Ellie is *preparing / learning* for her chess match now.

4 Iva wants to *practice / exercise* singing today.

3 Answer these questions. Write complete sentences.

1 Who do you practice your English with?

_____

2 What do you do to prepare for an exam?

_____

Listening

1 10.2 Listen to a workshop. What is it about? Circle the correct answer.

a staying healthy while traveling

b exercises you can do at work

c exercises you can do with your friends

2 10.2 Listen again. Number the exercises (a–c) in the order the speakers describe them.

a ___ 

b ___ 

c ___ 

Grammar

Present continuous vs. simple present

1 Circle the correct option to complete each sentence.

1 Sometimes, Val *goes / is going* camping in the summer.

2 George *plays / is playing* tennis right now.

3 I *don't exercise / am not exercising* very often.

4 Right now, we *learn / are learning* how to speak Italian.

5 *Does she watch / Is she watching* sports every weekend?

6 Celia *prepares / is preparing* for her exams right now.

LIVEWORKSHEETS

2 Complete the text. Use the simple present or present continuous form of the verb in parentheses.

Eleanor [1] *exercises* (exercise) every day. She [2] _____ (run) a lot, but she knows good health is not just about exercising. She eats healthy food, too. Right now, Eleanor [3] _____ (train) for a marathon. Usually, she [4] _____ (eat) three meals a day, but these days, she [5] _____ (try) something new. She [6] _____ (eat) five small meals a day. She has more energy to train this way.

Pronunciation

Understanding intonation in directions

1 1.03 Listen. When does the intonation go down? Circle the correct words in bold.

1 Go **left** and then **walk straight**.

2 Go **straight**, turn right **at the bank**, and walk straight **to the market**.

3 Turn left at **the high school**, walk for **100 meters**, and **turn right**.

4 Drive to **the park**, turn left at **the lake**, and continue for **two kilometers**.

Writing

1 Look at these survey results. What do they show? Circle the correct option to complete the sentence.

Right now, town people are buying *more / less* fruit every week. The fruit at the new supermarket is expensive. Only the strawberries are cheap.

Our Town		
Kilograms of fruit people buy every week		
	Usually	**Now**
Apples	182	94
Oranges	169	77
Bananas	129	61
Strawberries	101	134

LIVEWORKSHEETS