

UNIT 1. A LONG AND HEALTHY LIFE

PRONUNCIATION: Tick the common pronunciation of the underlined auxiliary verbs. Then listen and check.

1. Doctor: Have you been examined yet?

A. /hæv/

B. /həv/

Nam: Yes, I have.

A. /hæv/

B. /həv/

2. Trainer: Can you do this exercise routine?

A. /kæn/

B. /kən/

Nam: Yes, I can.

A. /kæn/

B. /kən/

VOCABULARY: Fill in each gap with ONE word. Use the words you have learnt in this unit.

bacteria

muscles

working

suffer

antibiotics

treatment

balanced

cut

exercise

life expectancy

1. We need to (1) _____ down on fast food if we don't want to (2) _____ from heart diseases in the future.

2. (3) _____ out regularly and having a (4) _____ diet are the key to a healthy lifestyle.

3. Antibiotics are not used in the (5) _____ of diseases caused by viruses.

4. Regular exercise will help to strengthen your (6) _____

5. (7) _____ has generally increased over the past few decades and some people enjoy a longer and healthier life than others.

6. My grandfather does morning (8) _____ goes to bed early and eats a lot of vegetables.

7. Some (9) _____ help the human body fight disease.

8. I'm taking (10) _____ for a throat infection.

GRAMMAR

Exercise 1: Circle the underlined part that is incorrect in each of the following sentences. Then correct it.

Question	Mistakes	Corrections
1. My grandfather <u>has gone to</u> hospital last month. He <u>is fine</u> now. A B C D		
2. <u>Life expectancy</u> <u>has been</u> very low <u>in</u> the past. Now it <u>is</u> higher. A B C D		
3. My father used <u>to do</u> a lot of <u>exercise</u> <u>since</u> he <u>was</u> young. A B C D		
4. I <u>was</u> ill last week, and <u>didn't do much</u> exercise so far <u>this week</u> . A B C A		
5. A <u>good</u> gardener <u>knows</u> how to <u>keep</u> things growing <u>healthy</u> . A B C D		

Exercise 2: Complete the following sentences using the past simple or present perfect forms of the verbs in brackets.

1. What time _____ you _____ home last night? (arrive)
2. Yesterday, I _____ (decide) to stop eating animal products to be a vegan.
3. She _____ (study) English since she _____ (be) four years old
4. I _____ (lose) my appetite for sugary food recently. Now I can only eat food with no sugar.
5. My brother _____ (not, write) his report yet.