

GRAMMAR 026

Make + adjective: Saying what affects mood and feelings

A lack of sleep **makes** you tired.

Some viruses **make** us very ill.

Does exercise **make** you feel good?

Can this medicine **make** you better?

- 1 **Read.** Complete the sentences to say how these things make people feel.

Today we want to know all about you. What makes you feel the way you do?

I love running, and I am on the school's track team. Exercise makes me tired , 😞

but it also _____ ! 😊 **Jamie (13)**

Fast food _____ . 😞 I really love how it tastes, but I always have a stomach ache after I eat it! **Paolo (13)**

Seeing people with terrible viruses _____ . 😞 I hope that scientists can find a way to treat them. **Julia (14)**

Tests _____ . 😞 I can't sleep the night before an important one. It's awful! **Brad (11)**

Watching my favourite football team _____ . 😊 Their games are always fun to watch. **Will (12)**

- 2 **Work independently.** Use *make* to say how each of the following affects you.

- A strong immune system _____ *makes me feel healthy.*
- A virus can _____
- Good bacteria can _____
- A good night's sleep _____

- 3 **Work in pairs.** Take turns throwing the cube. Say what makes you feel the emotion.



A good video game makes me excited.

Really? Video games make me feel bored. Action films make me excited.

WRITING

When we write a classification essay, we divide the topic into different categories. Then we present each category and support it with examples. The following phrases are useful when classifying:

additionally

another type/way

to begin with

the final type/way

- 1 **Read the model.** Work in pairs to identify the different categories in the essay. Underline words that signal the categories.

When people hear the word *stress*, they usually think of something negative. However, stress can have several benefits for the body and mind. To begin with, there is the type of stress people feel when there is something important to do. For example, some students are stressed before a big test. The stress might make them feel nervous, but it also makes them feel focused. This type of stress can help people work efficiently to meet their goals.

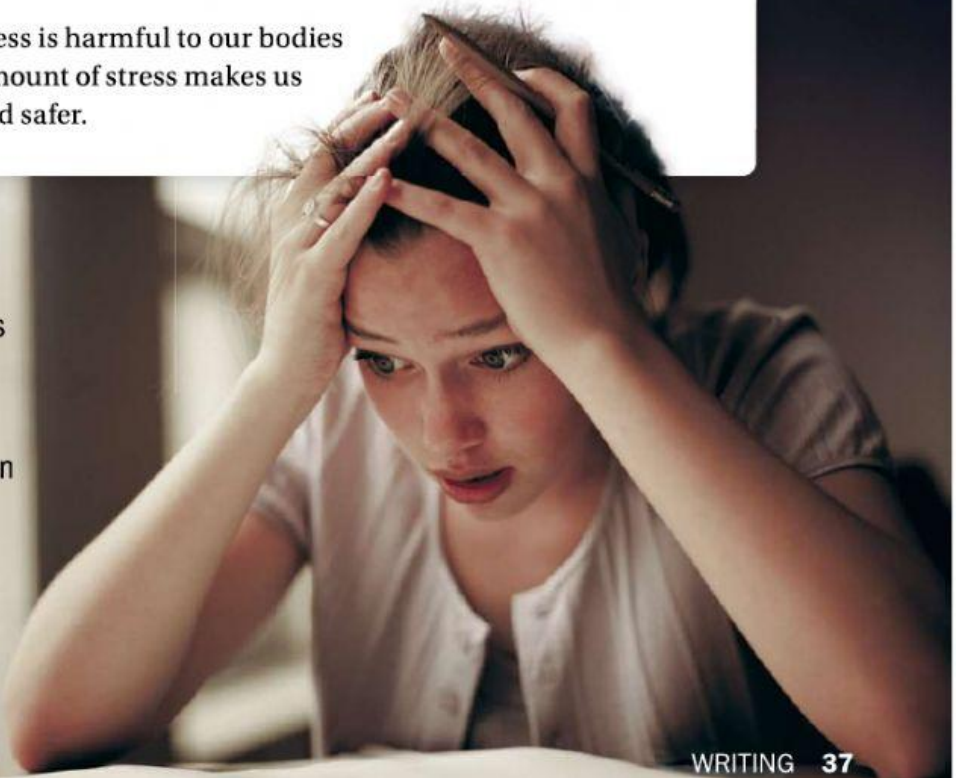
Another way stress benefits us is by keeping us healthy. Scientists who study stress learnt that a little stress strengthens the immune system. When your body learns to respond to some stress, it's able to protect you from infection better.

The final way that stress benefits us is by helping us react to danger. If you see a car coming around the corner too fast, you might experience stress. This stress sends a message to warn your brain of danger, allowing your body to respond quickly. Without the stress, you may not be able to jump out of the car's way soon enough.

Of course, too much stress is harmful to our bodies and minds. But the right amount of stress makes us more efficient, healthier and safer.

- 2 **Work in pairs.** What are the three benefits of stress mentioned in the essay?

- 3 **Write.** Write a classification essay about the negative effects of stress. Give examples.





NATIONAL
GEOGRAPHIC

Take Care of Yourself

**'Taking care of others can only happen if
you first take care of yourself.'**

Pardis Sabeti

National Geographic Explorer, Computational Geneticist



1. **Watch scene 2.2.**
2. Pardis says that you first have to take care of yourself before you can help others. Do you agree with her? Why or why not? Do you take care of yourself? What could you do to improve?
3. How do you balance work and fun in your life? What are your daily responsibilities? What do you do for fun? Do you have enough time for both? Explain.

Make an Impact

YOU DECIDE Choose a project.

1 Create a brochure about healthy living.

- Find out about the importance of sleep, vaccinations, exercise and healthy food.
- Organise your findings in a brochure. Include photos and drawings.
- Present your brochure to the class.

2 Plan and conduct sleep research.

- Write five questions to find out how well your classmates sleep.
- Survey at least ten classmates. Summarise the results.
- Present the information to the class.

3 Plan and hold a microbial quiz show.

- Prepare cards with different facts about viruses and bacteria.
- Organise two teams in your class.
- Hold the quiz show. Read each fact aloud. Classmates say if you're describing a virus or bacteria.



Express Yourself

- 1 Read and listen to the song *One Truth* by Pardis Sabeti's band, *Thousand Days*. [027](#)



ONE TRUTH

I'm sitting in here in this room
 Watching everything move
 I do not know how this city was built
 We are forsaken to the sound
 Oh that life that goes
 But we were born to radiate
 We are gathered on the ground
 Waiting for a sign to arrive
 Looking for the answers in the
 starry sky
 But we were home all along
 and we are the light
 We think, we speak, we walk, we
 breathe the air

Yeah
 A lifetime that we write
 We laugh
 We cry
 We pray
 We are love
 We dream
 We scream
 We strive
 Our hunger will never die
 I'm here in this fight, always
 A lifetime for one for one truth
 That I'm alive, And so are you
 We are here, We are the proof
 Yeah
 A lifetime for one
 For one truth

2 Discuss in groups.

1. Pardis recorded this song with other scientists while fighting the Ebola virus. They saw many people, including friends, die of the virus. This made them very sad. To help, they recorded this song. What is the 'one truth' that they are singing about?
2. Do you like the song? Why or why not?

3 Connect ideas. In Unit 1, you learnt about colours. In Unit 2, you learnt about health. What is the connection between these two units? How can colours affect your body and your mind?

4 YOU DECIDE Choose an activity.

1. Choose a topic:
 - how colours make you feel
 - body and mind
2. Choose a way to express yourself:
 - a song
 - a poem
 - a piece of graphic art
3. Present your work.