

B1_LESSON 49_STAY FIT & HEALTHY

Part 1:

Listen to 14-year-old Sam giving a talk at school. A student in Sam's class is taking notes, but she hasn't managed to write every thing down. Complete the notes

Sam's talk:

What everybody knows: exercise is good for:

- strengthening muscles
- Controlling _____

4 things not everyone might know about exercise:

1. helps with mental health
reason: there's a link between lack of _____ and depression.
2. strengthens your immune _____
helps you fight colds and other.
3. is good for your _____
4. reduces the risk of dying from a _____ attack.

Part 2:

1. Listen to a podcast and complete the quiz.

- 1 If you burn your hand on a hot pan, you should ...
 - A put some ice on your hand.
 - B put some butter on your hand.
 - C put your hand under cool water.
- 2 If you cut your hand with a knife, you should ...
 - A hold your hand in the air.
 - B put pressure on the area and then clean it with cold water.
 - C call a doctor
- 3 If your nose starts to bleed, you should ...
 - A put your head back.
 - B hold the top of your nose firmly between your thumb and a finger.
 - C put your head forward and blow your nose.
- 4 If you look at a screen for a long time, you must ...
 - A blink regularly.
 - B turn off the lights in your room.
 - C wear glasses.
- 5 You are at the cinema, and your friend starts coughing. You should ...
 - A hit them on the back.

- B offer them a sweet or a drink.
 - C give them a bar of chocolate.
- 6 If you injure your foot while you are playing football, you should ...
- A change your shoes.
 - B continue kicking the ball.
 - C stop playing and rest for a few days until you recover.
- 7 Your dad says his back aches after exercising. He should ...
- A always take an aspirin before going to bed.
 - B relax in a hot bath.
 - C go to the hospital.
- 8 You're in class and you feel that you're going to yawn. You should ...
- A tell the teacher that you feel a bit bored.
 - B breathe in through your nose and out through your mouth.
 - C put your hand on your chest and feel your heart beating.

2. Complete the sentences with the correct form of words from the quiz.

- 1 After an hour of running, my leg muscles really _____ .
- 2 Be careful with that sharp knife or you might _____ yourself.
- 3 When I had something in my eye, my dad told me to _____ a few times.
- 4 My friend _____ her hand while she was ironing her clothes.
- 5 There was silence, the music started and then somebody _____. Very annoying!
- 6 When I was playing basketball, I fell over and _____ my foot.
- 7 Sometimes you _____ when you're tired or bored.
- 8 When we run or do exercise, we _____ more quickly.
- 9 Last year I had the flu and it took me ages to _____. I was off school for two weeks!
- 10 I was really excited and I could feel my heart _____ .
- 11 The ball hit me hard in the face and my nose began to _____ .
- 12 My mum had a really bad cold last month. She was sneezing and _____ all day.

Part 3

1. Listen. Circle the correct answers.43

1 Why do Flavio and Sun-min start talking about exercise?

- a Flavio is upset because the weather is bad and he can't go cycling.
- b Flavio would like to go to the gym with Su-min.
- c Su-min tells Flavio that she's on her way to the gym.

2 Both Flavio and Su-min ____.

- a hate running alone.
- b are interested in marathons.
- c are training for a marathon.

3 Su-min thinks that Flavio ____.

- a doesn't want to run with her.
- b is going to the laundromat.
- c doesn't like to exercise.

2. Listen. Complete the conversation.00:00

Su-min: _____ in shape can be tough when you're really busy. Do you do any kind of exercise?

Flavio: I like _____ things outdoors, like _____ or cycling.

Su-min: You do? That's cool.

Flavio: How about you?

Su-min: I'm really into running these days.