

Unit 1

A long and healthy life

This unit includes:

LANGUAGE

Pronunciation

Strong and weak forms of auxiliary verbs

Vocabulary

Words and phrases related to health and fitness

Grammar

Past simple vs. Present perfect

SKILLS

Reading: Reading for main ideas and specific information in an article about living a long and healthy life

Speaking: Giving instructions for an exercise routine

Listening: Listening for main ideas and specific information in a TV chat show about food and health

Writing: Writing a short message

COMMUNICATION AND CULTURE / CLIL

Everyday English

Offering help and responding

CLIL

Bacteria and viruses

PROJECT

Designing a poster about a healthy habit

I GETTING STARTED

A healthy lifestyle

1 Listen and read.

Mark: Hi, Nam!

Nam: Hi, Mark! Long time no see. How are you?

Mark: I'm fine, thanks, but you look so fit and healthy! Have you started working out again?

Nam: Yes, I have. I've also stopped eating fast food and given up bad habits, such as staying up late.

Mark: I can't believe it! I thought you can't live without burgers and chips!

Nam: I know. I ate a lot of fast food, but now I prefer fresh fruits and vegetables.

Mark: So what happened?

Nam: Well, it was my grandfather. I visited him during my last summer holiday and have learnt a lot of important life lessons from him.

Mark: Really?

Nam: Yes. He's a wonderful person. He has just had his 90th birthday, but he's still full of energy!

Mark: Amazing! How does he stay so active?

Nam: Well, he does exercise every morning, goes to bed early, and eats a lot of vegetables. We spent a lot of time together cooking, working in his garden, and walking in the parks. I've learnt from him that taking regular exercise and eating a balanced diet are the key to a long and healthy life.



- 2 Read the conversation again and decide whether the following statements are true (T) or false (F).

	T	F
1. Nam has always had healthy habits.		
2. He has learnt the importance of exercise and healthy food.		
3. Nam's grandfather goes to sleep early, exercises every day, and eats healthily.		

- 3 Fill in the blanks to make phrases from 1 with the following meanings.

- full of _____ having the strength and enthusiasm we need for physical or mental activity
- bad _____ things we often do that are not good for our health
- _____ physical or mental activity that we do frequently to stay healthy
exercise
- _____ the correct types and amounts of food that we need to stay healthy
diet

- 4 Complete the text based on the conversation in 1. Use the correct forms of the verbs in brackets.

In the past, Nam (1. eat) _____ fast food and often stayed up late. But he (2. start) _____ eating healthy food and (3. give) _____ up bad habits. He has changed his lifestyle since he (4. visit) _____ his grandfather, who (5. just, celebrate) _____ his 90th birthday.

II LANGUAGE

Pronunciation

Strong and weak forms of auxiliary verbs

Remember!

- Auxiliary verbs at the beginning of Yes/No questions do not receive stress and are pronounced in their weak forms.
- At the end of short answers, they often receive stress and are pronounced in their strong forms.

- 1 Listen and repeat. Pay attention to the strong and weak forms of the auxiliary verbs. Then practise saying them.

Weak forms	Strong forms	Weak forms	Strong forms
Do you ...? /də/	I do. /du:/	Could we ...? /kəd/	We could. /kud/
Does she ...? /dəz/	She does. /dʌz/	Were they ...? /wə/	They were. /wɜ:/
Can I ...? /kən/	You can. /kæn/	Has he ...? /həz/	He has. /hæz/

Mark: Have you started working out again?
/həv/

Nam: Yes, I have.
/hæv/

Mark: Was it your grandfather who taught you?
/wəz/

Nam: Yes, it was.
/wɒz/

- 2 Work in pairs. Read these sentences out loud. Pay attention to the strong and weak forms of the auxiliary verbs. Then listen and check.

- Does she exercise? – Yes, she **does**.
- Were you eating healthily? – Yes, I **was**.
- Do you eat vegetables? – Yes, I **do**.
- Can he get up early? – Yes, he **can**.