

# 8

## Well-being

*A good laugh and a long sleep are the two best cures for anything.*

Irish proverb

**BBC**



KEEPING FIT

**36** Watch the BBC video.  
For the worksheet, go to page 130.

8.1

## VOCABULARY

Body parts • symptoms • health  
• phrasal verbs

*I can use language related to wellness and illness.*

### SHOW WHAT YOU KNOW

- Put the body parts in order from head to toe in each set of words.  
1 mouth forehead ear heart → *forehead ear mouth heart*  
2 shoulder nose throat eyebrows  
3 hip tongue back foot  
4 chest lips eyelashes knee  
5 tooth finger neck leg
- Point to a part of your body and ask your partner to say the word.

## APPS TO KEEP YOU FIT

Feel unhealthy or unfit? Need to lose weight?  
Stressed out? No worries – just get the right app!

Here are five types of apps that will help to improve your general health and levels of fitness.

1 ☐

You'll find it easier to work out if you have the right tunes. **Fit radio** lets you choose your own playlist, for Zumba®, running or aerobics.

2 ☐

Do you sometimes feel dizzy after doing exercise? Get an app that tells you to drink water before you pass out. Apps like **Fooducate** can also help you to make healthy food choices and cut out things that are bad for you. Scan a barcode and get nutritional information like how many calories it contains.

3 ☐

Are those exams stressing you out? Does your head hurt? Get a mindfulness app like **Aura** and learn how to be calm. Meditation will reduce anxiety and stress.

4 ☐

Everyone should exercise regularly. If you prefer to do your exercise outdoors, take up cycling. **Strava** can find you a route and track your distances. It can also check your pulse and heart rate.

5 ☐

You've got a temperature, a headache and you've come out in a rash! Or maybe you've got a cough, a sore throat and a pain in your chest. **Symptomate** will tell you what the problem is and how to get over it. You know you're allergic to nuts, or you suffer from a runny nose in spring? Get **Allergy Alert** to keep track of your symptoms.

3 **SPEAKING** Discuss the questions.

- 1 How many apps do you have on your phone?
- 2 What are the apps for and which ones do you use most?
- 3 What apps do you know of that help you keep fit and stay healthy?

## 4 Read the article. Match headings A–E with paragraphs 1–5.

- A Feel calmer
- B Get the right music
- C Stay well
- D Keep fit
- E Eat and drink the right things

5 **SPEAKING** Which apps would you like to use and why? Discuss with a partner.**WORD STORE 8A** Symptoms6 **3.29** Complete WORD STORE 8A with the words in red in the text. Then listen, check and repeat.7 **SPEAKING** Choose the correct option. Then ask and answer the questions.

- 1 When was the last time you felt *ill* / *runny*?
- 2 Does your *back* / *hair* hurt sometimes?
- 3 Does anything make you feel *allergic* / *dizzy*?
- 4 Have you ever had a pain in your *chest* / *cough*?
- 5 What do you do if you have a *sore throat* / *chest*?
- 6 Did you have a *weight* / *headache* yesterday?

**WORD STORE 8B** Health8 **3.30** Complete WORD STORE 8B with the base form of the verb in the underlined collocations in the text. Add a translation. Then listen and repeat.9 **SPEAKING** Match the sentence halves. Discuss whether you agree with the statements.

- |                                       |                          |
|---------------------------------------|--------------------------|
| 1 The only way to lose                | <input type="checkbox"/> |
| 2 Children don't know how to make     | <input type="checkbox"/> |
| 3 It's important to keep              | <input type="checkbox"/> |
| 4 People usually come out in          | <input type="checkbox"/> |
| 5 If you are allergic                 | <input type="checkbox"/> |
| 6 Most people don't know how to check | <input type="checkbox"/> |
- a healthy food choices.  
 b to nuts, you should tell everybody.  
 c weight is to eat less and exercise more!  
 d a rash because of something they've eaten.  
 e their pulse.  
 f track of the calories you eat in a day.

**WORD STORE 8C** Phrasal verbs10 **3.31** Complete WORD STORE 8C with the base form of the verb in the highlighted phrasal verbs in the text. Then listen, check and repeat.

## 11 Replace the underlined verb phrases with the phrasal verbs in WORD STORE 8C.

- 1 I like doing physical exercise to music.
- 2 I've decided to start jogging.
- 3 I don't think I've ever fainted.
- 4 Fortunately, nobody in my family has asthma.
- 5 It always takes me a while to recover from a cold.
- 6 I don't really like meat so I'm going to stop eating it.
- 7 Exams always make me feel nervous.

12 **SPEAKING** Read the sentences in Exercise 11 to each other. Are they true for you or your partner?