UNIVERSIDAD SIMON BOLIVAR
INSTITUTO DE LENGUAS EXTRANJERAS, ILE
LEVEL 7
UNIT 8

Students' names: _____ **Date:** _____

VOCABULARY

A. Complete the sentences with the correct word or phrase.

a. indigestion
b. a sneeze
c. food poisoning
d. the flu
e. a rash

I have some red spots on my arm. Do you think it's _____?

I think I ate too quickly and now I have _____.

I was in bed all weekend with _____. My whole body hurt.

B. Complete the sentences with the correct phrase.

a. stay at home until you are not contagious
b. catch the flu
c. get the flu vaccine
d. wash your hands frequently
e. drink plenty of fluids

Please _____. You can come back to work when you're not sick anymore.

I heard that if you _____ this season you will get very sick.

You can get sick from touching things that other people have touched, so it's important to _____.

C. Complete the sentences with the correct phrase.

a. make others sick
b. go to the doctor
c. get worse
d. miss work
e. get better

If you try to do too much when you're sick you might _____. It's better to rest so that you can recover faster.

I didn't go to work today and I think I'll have to _____ again tomorrow.

You've been sick for a while. I hope you _____ soon. We miss you at work.

A ▶08-14 Listen. Then listen and repeat.

go to the doctor: to see a doctor when you are sick
miss work: to not go to work, usually because you are sick
make others sick: to spread a virus or bacteria to other people
get worse: to become sicker
call in sick: to inform people that you are sick and won't go to work or school
stay in: to not go outside of your house
get over (something): to become well again after a difficult time, for example after being sick
get better: to feel better, usually after an injury or illness

B Complete the sentences with the words in 1A.

1. Stay home when you are sick so that you don't spread your illness and _____.
2. Go to the doctor before you _____.
3. If you take medicine, you will _____ your cold faster.
4. You should _____ and get some rest today.
5. If you rest, you will _____ faster.

LIVEWORKSHEETS

GRAMMAR PRACTICE

A. Complete each conversation with the words in parentheses. Use the continuous form of the verb.

A: Where's Lewis? He's never late.

B: He _____ (could / sit) in traffic.

A: Everyone is driving today.

B: Oh, the trains _____ (may not / run).

A: I called Harry, but he is not answering the phone.

B: It's really late. He _____ (might / sleep).

B. Rearrange the words in parentheses in the correct order to complete each sentence.

Jamal plays the piano _____ (he / whenever / stressed / is).

The students listened _____ (a book / read / while / their teacher).

You should check the weather _____ (before / outside / go / you).

C. Complete each future real conditional sentence using the words in parentheses.

You _____ (feel) sick if you _____ (eat) all that candy.

If Victor _____ (cook) more vegetables, he _____ (get) healthier.

I _____ (take) a walk if it _____ (not rain) today.

READING COMPREHENSION

KEEPING COOL



spicy salsa–Mexico



hot chai tea–India

It's hot, really hot. There's no swimming pool or air conditioning. You should reach for an ice-cold glass of water or maybe a dish of ice cream, right? Wrong, at least according to people who live in hot, tropical climates. How about a cup of hot tea or a spicy dish full of chilies instead? Just listen to people in India, where hot tea is the most popular drink. Or ask people in Mexico, where archeologists have found evidence that ancient people were cooking up hot, spicy drinks more than 2,400 years ago!

So why are hot drinks and spicy foods so popular in hot climates? At first glance, this doesn't make a lot of sense. But if you look a little closer—at the science behind body temperature—it makes perfect sense because hot drinks and chilies can actually cool you down. Here's how it works: Your body temperature stays within about one degree of the normal body temperature. If your temperature goes higher, your blood begins to move toward the surface of your body. This causes your body to sweat. As a result of the sweat evaporating, you start to feel cooler and your body temperature goes back down.

How do the hot drinks and chilies fit into this picture? You have temperature sensors in your mouth, along your tongue, and all the way down into your stomach. When hot drinks, like tea or coffee, hit those sensors, they send a signal to your brain. Some foods, like ginger and black pepper, but most of all, chili peppers, cause those sensors to respond in the same way. Then the brain sends out a message: Start sweating! You may not like sweating, but it is extremely important, especially in hot climates, because the body cools down when sweat evaporates.

So, what about that ice-cold glass of water? Will it cool you off? It can actually have the opposite effect. The sensors in your mouth will tell your brain, "Ah, nice and cool." As a result, the brain sends out the message, "Time to stop sweating"—exactly what you don't want. However, keep in mind that when you sweat, your body loses water, so drinking water on hot days is still very important. You just might want to leave out the ice cubes.

A What is the main thing readers can learn from this article? Circle the correct answer.

a. Hot drinks and spicy foods can keep you cool.
b. Your body sometimes has trouble keeping you cool.
c. Sweating is a signal that you are too hot.

B Circle the correct answers.

1. What causes body temperature to go down?
   a. body staying at normal temperature
   b. blood getting cooler
   c. sweat evaporating

LIVEWORKSHEETS

2. What do hot drinks have in common with spicy food?
   a. They keep your body temperature within one degree of the normal temperature.
   b. They block temperature sensors from sending signals to the brain.
   c. They cause your body to sweat.
3. Why is important to drink a lot of water when it is hot?
   a. It replaces the water we lose in sweat.
   b. It keeps your blood moving quickly.
   c. It makes your sweat evaporate more quickly.

C FOCUS ON LANGUAGE **Reread lines 8–15 in the blog post. Think about the phrases *make sense* and *fit into the picture*. Circle the correct answers.**

1. The expression *make sense* means ___.
   a. have a meaning you can understand b. be useful c. feel right
2. The expression *fit into the picture* means ___.
   a. be related
   b. explain something difficult
   c. show how something looks

READING SKILL
Identify cause and effect

Writers use signals like *because, so, as a result, cause, result in, lead to, consequently*, and *therefore* to show a cause-and-effect relationship. Sometimes the order in which the writer reports the events or actions can also help you see the cause-and-effect relationship.

D **Read the Reading Skill.**

1. Reread the article. Underline words and phrases that signal cause or effect.
2. Write *C* (cause) and *E* (effect) next to the correct event in each pair.
   a. ___ you sweat
      ___ your blood moves to the skin's surface
   b. ___ you drink something hot or eat something spicy
      ___ sensors in your mouth send a signal to your brain
   c. ___ you feel cooler
      ___ sweat evaporates

LIVEWORKSHEETS