Unit 1

Unit 1 Extension

Health tips

1 Read the email and answer the questions.

1 Why does Tina think Julie feels tired?

2 What does Tina suggest Julie should do to relax?

3 What food should Julie eat?

4 Why isn't Julie very fit?

5 How does Tina think Julie should get fit?

Hi Julie,

Thanks for your email. I'm sorry to hear you aren't feeling your best at the moment, but I've got some ideas that might help you feel better.

You say you feel tired all the time, but you can't sleep properly and often wake up in the middle of the night. I think you're tired because you're working too much and this is very stressful. You need to do something to relax, such as read a book or go for a long walk.

You also say that you keep getting a sore throat and a bad cough. My advice is to see your doctor! You should get a checkup to find out why. Maybe you also need to eat healthier food, so try eating lots of fresh fruit and vegetables.

Finally, you say that you're not very fit because you don't have time to do much exercise. It's important that you find time to do some regular exercise. You could get a bicycle and cycle to work, or you could join a local gym.

I hope that this helps and that you start to feel on top of the world. Write and let me know soon.

Best wishes,

Tina

2 Use the email from Exercise 1 to complete the plan.

Paragraph 1:	*opening*	
Paragraph 2:	**problem** *can't sleep properly, often wakes up*	**advice** .....
Paragraph 3:	**problem**	**advice** .....
Paragraph 4:	**problem**	**advice** .....
Paragraph 5:	*closing*	

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3 Read the writing task and answer the questions.

This is part of an email from a friend. Write a reply giving one or two pieces of good advice for each of the problems.

> I just can't seem to get to sleep at night, so I watch late-night TV and then I can't wake up in the morning. Because I'm tired, I feel sick all day, so I don't eat properly. Finally, I like playing sport but I'm too tired to do any exercise.

1 Who is the email to?

2 What must you write about?

3 Which of these would be suitable advice to give? Tick the boxes.

- ☐ go for a bicycle ride
- ☐ play computer games
- ☐ do yoga
- ☐ play cards
- ☐ visit the doctor
- ☐ eat healthy food
- ☐ play football
- ☐ do nothing

4 Which is the best ending? Choose a, b or c.

a Thanks for your advice.

b You've been a great help.

c I hope the advice is useful.

4 Write the task presented in Exercise 3.

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