

ELEMENTARY UNIT 1

1 OVERVIEW: Watch the video. Do you do similar things to be healthy?

2 Read the questions and answers about Finn. Then watch the video from 0:12–0:33 and match 1–6 to a–f.

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|----------------------------------|---------------------------------------|-------------------------------|
| 1 What does Finn try to do? | ☒ d | a) Not always. |
| 2 Is it easy for him? | ☐ | b) No, coffee. |
| 3 What does he eat and drink? | ☐ | c) He goes to bed and sleeps. |
| 4 Does he like drinking tea? | ☐ | d) Eat well and keep healthy. |
| 5 How often does he get ill? | ☐ | e) Not very often. |
| 6 What does he do when he's ill? | ☐ | f) A lot of fruit and water. |



Then watch the video from 0:35–2:55 and write A or B next to each sentence, 1–6.



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|---|----------|
| 1 I know I should eat better. | <u>A</u> |
| 2 ... if it continues, go to the doctor. | _____ |
| 3 I work outside. | _____ |
| 4 I'm not very good when I'm ill. | _____ |
| 5 I'm a musician. I play the flute. | _____ |
| 6 I always try to eat with my housemates. | _____ |

4 Do they have a healthy lifestyle? Read sentences 1–6 about each person in the video. Then watch it from 0:32–1:25 and write true (T) or false (F) next to each sentence. Watch again to check your answers.

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|--|----------|
| 1 He thinks he has a healthy lifestyle. | <u>T</u> |
| 2 He does a lot of physical activity. | _____ |
| 3 He gets organic food from the supermarket. | _____ |
| 4 She eats a lot of chocolate. | _____ |
| 5 She doesn't do any exercise. | _____ |
| 6 She doesn't get enough sleep. | _____ |

5 What do they do to stay healthy? Read the sentences about the people in pictures A–C. Then watch the video from 1:26–2:14 and underline the correct answer to each question: a or b.



- 1 He tries not to eat too much _____.
a) meat b) chocolate
- 2 He eats fish _____ a week.
a) once b) two or three times



- 1 She likes to _____ and go to the gym.
a) run b) walk
- 2 She thinks exercise is good at the _____ of the day.
a) start b) end



- 1 She does _____ and modern dance.
a) ballet b) exercise
- 2 She also _____.
a) eats yoghurt b) does yoga

- 6 What do they do if they're ill? Look at the people below and read their answers. Then watch the video from 2:15–2:55 and complete the sentences. Watch again to check your answers if necessary.



I'm not very ¹good when I'm ill. I go ²_____ bed, I stay
³_____ bed and I moan an awful lot.



It's very rare, I'm almost ⁴_____ unwell. If I am, I just usually – I have
two strategies: one is relaxation and rest, and the other is ⁵_____.



I stay in bed, ⁶_____ some extra rest and if it continues go to the
⁷_____, get a prescription and take some ⁸_____ to speed
up the recovery.

Glossary: moan = complain
an awful lot = more than usual
strategies = ways to achieve sth
speed up = do more quickly
recovery = get better after being ill

- 7 Match words 1–7 to a–g to make phrases from the video. Then watch the video again and check your answers. Practise saying the phrases aloud.

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|-------------|-------------------------------------|--------------|
| 1 keep a | ☒ | a) a day |
| 2 organic | ☐ | b) exercise |
| 3 diet and | ☐ | c) food |
| 4 play | ☐ | d) balance |
| 5 stressful | ☐ | e) routine |
| 6 do | ☐ | f) the flute |
| 7 eating | ☐ | g) yoga |

- 8 Look at the people in pictures A–D and read their sentences. Which adverbs do they use? Watch the video and write the correct adverbs.



I eat almost ¹entirely healthy food.
If I am, I just ²_____ – I have two strategies: one is relaxation and rest and the
other is walking.



Exercise is more important to me than eating ³_____.



I do yoga ⁴_____ and meditation.
I try to heal ⁵_____.



We cook together and try to eat ⁶_____.