UNIT 8: HEALTH AND MEDICINE – PAGE 11-15

Exercise 4: Read Luke's email to his friend, Andrew. Then complete the exercise.

Dear Andrew,

Happy New Year! I hope that you enjoyed the party you told me about in your last email. Do you have any good plans for the new year? I have decided that I am going to be much healthier this year. Last year, I had a lot of exams, so I didn't do very much exercise, and I ate too much chocolate and too many biscuits. This year, I want to follow a healthy diet and to do more exercise.

I joined a gym last week. It's in a nice new sports center, which has a swimming pool and different rooms with a variety of exercise classes. I tried the yoga class last week and I really enjoyed it. I am going to go to a class once a week, and to the gym twice a week. I think that this will help me to get fit very quickly. I have also started to walk to college instead of taking the bus. When I go to the library, I go by bike because it is quite far. I feel much better and less tired if I walk or cycle.

I have started to cook more meals at home. I have found some good healthy recipes on the internet. Last night, I cooked baked fish with steamed vegetables. It was delicious, and I didn't feel hungry at all afterwards. I have also decided not to eat junk food like chocolate and crisps for one month. I take dried fruit and nuts to college with me as a snack, and I eat fruit or yoghurt in the afternoon instead of biscuits or cake. The next time I see you, I promise to cook you something healthy.

Look forward to hearing from you soon!

Best wishes,

Luke

	True	False
1 Luke did not follow a healthy diet last year.		
2 He want to join a gym soon.	○	○
3 He tried an exercise class last week.	○	○
4 He wants to go to gym once a week.	○	○
5 he walks to library.	○	○
6 he doesn't eat biscuits or cake in the afternoons.	○	○

Exercise 5: Read an essay about young people's lifestyles. Then complete the exercise.

How healthy are young people's lifestyles today? What can they do to be healthier?

Today, many young people have busy lives at school and at home. Most teenagers today spend less time doing sports and activities outside, and eat more unhealthy food than they did in the past. Some people today are worried

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that young people do not have healthy lifestyles. In this essay, I will explain two problems with young people's lifestyles today and suggest some ways to improve their health.

The first problem with young people's lifestyles is that they spend a lot of time indoors. In the past, young people spent more time outside, doing activities such as riding bicycles and playing sports. Today, however, many young people have to do a lot more work at school and homework at home. Furthermore, young people now prefer to spend their free time watching television or sitting in front of their computer screens. This means that they get less exercise, and spend less time outside. I think this is a problem, because exercise is good for both the body and the mind. Young people will not only feel healthier if they do regular exercise, they will also feel happier and more relaxed. Therefore, I think that young people should have the chance to do a variety of different kinds of exercise at school and in their free time.

The second problem is that many young people eat less healthy food than they did in the past. Instead of eating healthy food cooked at home, many teenagers now prefer to eat fast food, such as burgers, kebabs and pizzas. Also, fizzy drinks with lots of sugar, such as cola, have become very popular and many young people have these drinks instead of drinking water. This is a problem because if people have bad eating habits when they are young, they are more likely to eat unhealthy food as adults. In my opinion, parents need to make sure that their children don't eat fast food or drink fizzy drinks with lots of sugar too often and also need to teach them how to cook healthy meals. They should also make sure their children eat plenty of fresh fruit and vegetables, and that they don't eat too much sugar and salt.

In conclusion, young people today do less exercise and eat less healthy food than their parents did in the past. This is a problem because if teenagers develop unhealthy habits when they are young, they will find it difficult to stop the bad habits when they are adults. I think that it is important for young people and their parents to make sure that they eat healthy food and do enough exercise.

Choose True, False or Not Given.

	True	False	Not Given
1 Most young people get more exercise today than they did in the past.	○	○	○
2 Young people don't go outside as much as they did in the past.	○	○	○
3 Young people now have to do more tests at school than they did in the past.	○	○	○
4 In the past, children ate more food cooked at home.	○	○	○
5 Cola is the most popular soft drink in the world.	○	○	○
6 It is easy for adults to give up unhealthy eating habits.	○	○	○
7 The writer thinks that children should learn how to cook healthy food.	○	○	○
8 The writer thinks that adults should tae their children shopping for healthy food.	○	○	○

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Exercise 6

Put the words in the correct order to make sentences.

1 Students their need to teach to be healthy school.

2 I should drink think water people young more.

3 Important it's people to cook young to teach.

4 Walk to instead of students should taking the bus school.

5 Should students in my opinion, twice a week exercise.

6 people that need to outside spend young more time many people think .

7 Spend a lot of time students these days, tests for preparing.

8 people to for young exercise important regularly it's.

Exercise 7: Match the sentence halves.

1 They should	●	● need to keep fit.
2 Young people should do	●	● stop eating so many sweet things.
3 We shouldn't	●	● more exercise.
4 He shouldn't stop	●	● to music to relax.
5 I think it's better	●	● for a walk every day.
6 You could listen	●	● drink so many fizzy drinks.
7 In my opinion, we	●	● to walk than drive.
8 I try to go	●	● following a healthy diet.

Exercise 8

Read a paragraph from an essay. Choose the correct answers to complete the sentences.

Many young people eat less healthy food than they did in the past. *Firstly/ However*, a lot of teenagers now prefer to eat fast food, *instead of/ such as* burgers, kebabs and pizzas. *For example/ Secondly,* fizzy drinks, like cola have become very popular and many young people are having these drinks *instead of/ such as* water. *Also/ However*, some parents are trying to change the bad habits of their children. *For example/ In my opinion*, they are trying to stop their children from eating fast food or drinking fizzy drinks too often. *Also/ Finally*, some parents are teaching their children how to cook healthy meals.
Also/ In my opinion, changing children's eating habits is not easy, but it is important for their future health.

Exercise 9

Put the sentences in the correct order to complete the paragraph.

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any people say that they don't have time to exercise, because they are too busy with work, college or school.
For example, if you play a game of volleyball once a week or go for a run together, you will improve your health, and make ne friends.

For example, you could walk u the stairs instead of taking the lift, and make sure that you go for a walk during you breaks.

This may take a little bit longer, but you will feel healthier and you will have more energy if you do this every day.

However, there are many ways that we can keep fit for free and without taking time out of our busy days.

Finally, you could try a new sport with your colleagues or classmates.

Secondly, you can be more active while you are at work or college.

Firstly, if you have to make a short journey by bus or car every day, you could try walking or cycling instead.

Exercise 10: Read the question and Jane's essay. Does she agree or disagree with the question.

In the future, teachers will be replaced by computers. Do you agree or disagree with this statement?

In my opinion, teachers in the future will mainly be replaced by computers. I think we still have teachers for a few lessons, but most lessons will be online.

We will have more lessons from teachers through the internet, but I don't agree that teachers will be replaced completely. I think expert teachers will teach people all around the world at the same time. I don't believe this will change the way we learn or are tested.
Students will always need contact with a teacher, but maybe not in a traditional classroom. For this reason, I disagree with the statement.

Exercise 11. Read Jane's essay again and complete the phrase.

1 In my o_____
2 I t_____
3 I don't a_____
4 I don't b_____
5 I d_____

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Exercise 12. Rewrite these ideas about the future to give the opposite meaning.

1 In my opinion, most people will work at home in the future.

→ *In my opinion, most people won't work at home in the future.*

2 In my opinion, public libraries won't disappear in the future.

→ _____

3 I think checkout assistants in supermarkets will be replaced by machines.

→ _____

4 I don't think bicycles will replace cars in the future.

→ _____

5 I agree that most people will smoke cigarettes in the future.

→ _____

Exercise 13. Write an essay on the following topic: What should schools do to make their students healthier? Use the notes to help you.

Notes
In your paragraph, remember to include:
1 *an introduction to say what the essay is about.*
2 *a paragraph that describes children's health in schools now.*
3 *a paragraph that describes things schools should do to make children healthier.*
4 *a conclusion and your own opinion.*

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