

## Unit 6

# Fitness for life

Guideline daily amounts		
Women	Men	Children (5-10 years)
2000 kcal	2500 kcal	1800 kcal
75g	95g	65g
230g	300g	220g
90g	120g	85g
-	-	-
70g	95g	70g
20g	30g	20g
-	-	-

- **Topics** Health and wellness; looking after health; food and health; healthcare systems; technology and fitness; stem cell therapy; medicine and health; health issues in the UAE.
- **Use of English** Defining and non-defining relative clauses; present and past passive; verbs with gerunds and infinitives; *its* as a possessive determiner; compound adjectives

## Lessons 1–2 Health and wellness in the UAE

- What do you think are the most common diseases around the world?
- Why do you think more people suffer from diseases today?

### Listening 24

1 Read the topics, then listen to the interview and tick the ones mentioned.

<input type="checkbox"/> life expectancy	<input type="checkbox"/> diabetes	<input type="checkbox"/> obesity
<input type="checkbox"/> heart disease	<input type="checkbox"/> comparison between different emirates	<input type="checkbox"/> hospitals in the UAE
<input type="checkbox"/> cancer		<input type="checkbox"/> awareness campaigns

2 Listen to the interview again and complete the information. Remember to write notes, not full sentences.

(a) Male life expectancy in the UAE 76

(b) Female life expectancy in the UAE

(c) Worldwide life expectancy

(d) Most common health problem in the UAE

(e) Most common problem the same for men and women? YES/NO

(f) Most of the time, obesity leads to ...

(g) Where are the anti-obesity programmes running?

(h) The anti-obesity programmes get help from ...

(i) How many kg did the example student lose?

(j) Why do Ministry of Health staff visit schools?

(k) Which places does the adult diabetes campaign visit?

(l) What does the speaker say is the 'key' for healthier lives?