

Word Power

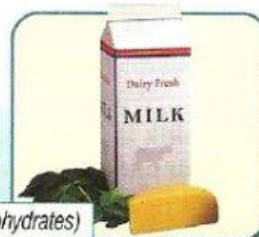
• Eating habits

1 Add two more words to each category in the spidergram.



2 Look at the pictures and answer:

- What would be a healthy snack?
- What would you avoid if you were on a diet?



1 milk & cheese (protein, vitamins, minerals, carbohydrates)



2 burger (fat)



3 crisps (fat)



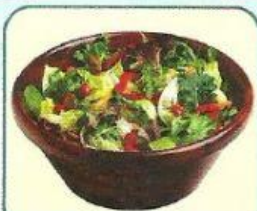
4 fruit salad (vitamins, protein)



5 chocolate cake (fat)



6 salmon (protein, vitamins)



7 salad (protein, carbohydrates, vitamins)



8 orange juice (carbohydrates, vitamins)



9 wholegrain cereal (protein, carbohydrates)

► Fruit salad, salad or wholegrain cereal would be a healthy snack, as they are high in protein, carbohydrates and vitamins.

3 Use the pictures and the information in Exs. 1 and 2 to make sentences about your eating habits.

- | | |
|-----------------------------|-----------------------------------|
| 1 I don't really like | 4 Ion a daily basis. |
| 2 I never eat | 5 I only eatat school/work. |
| 3 I can't stand | 6 I rarely drink |

Developing your speaking skills

• Concession

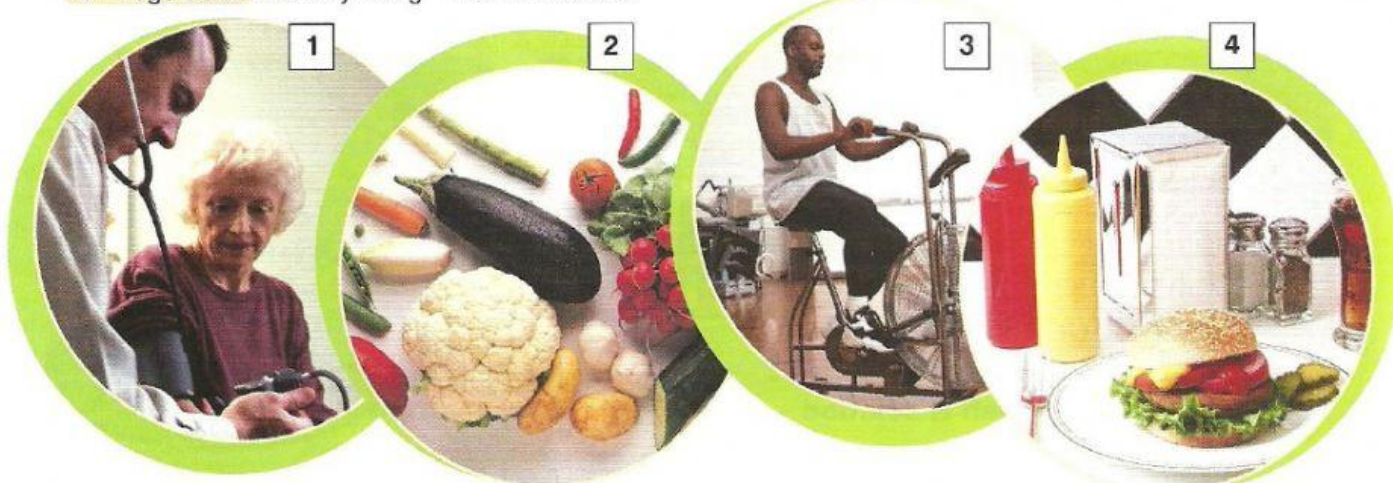
4 Look at the pictures and the notes and make sentences. Use *although/even though*, *despite/in spite of*.

1 medical check-ups uncomfortable and/or inconvenient
– protect your health by discovering disease

2 vegetables not very filling – rich in vitamins

3 exercising tiring – keeps you fit

4 fast food tasty – high in fat, salt and sugar



► *Although/Even though* medical check-ups can be **uncomfortable or inconvenient**, they **protect your health by discovering any diseases you may have**.

In spite of/Despite the fact that medical check-ups can be **uncomfortable or inconvenient**, they **protect your health by discovering any diseases you may have**.

5 In pairs, discuss what you think is important for a healthy lifestyle. Use the ideas from Ex. 4 and the language in the table. You can also use your own ideas.

KEY LANGUAGE

- exercise regularly/keep fit
- maintain a healthy weight
- have a well-balanced diet
- cut down on (sugar, fat etc)
- have regular check-ups
- (jogging) relieves stress

- lower your intake of (salt)
- (physical activity) can reduce the risk of (heart disease)
- (vegetables) are important sources of (vitamins)
- limit the consumption of (fatty foods)
- (sport) is an excellent way to get fit

► A: For me, the most important part of a healthy lifestyle is **exercising regularly** as it's a great way to **keep fit** and it **relieves stress**.

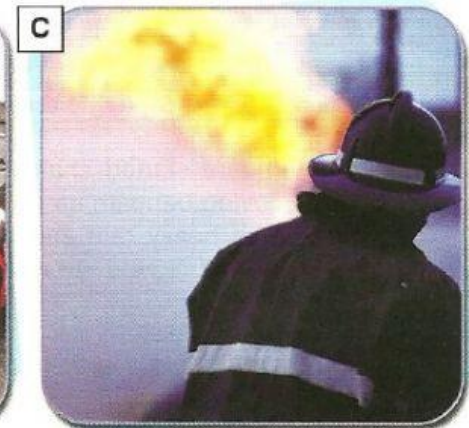
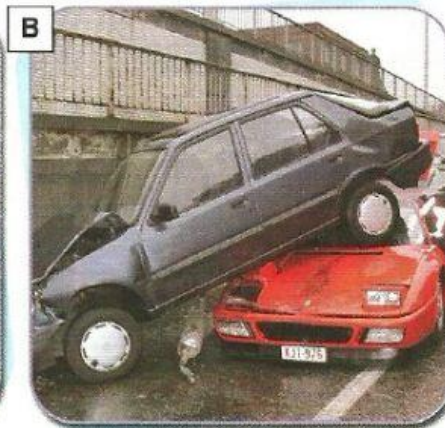
B: You're absolutely right. I also feel that eating plenty of fruit and vegetables is essential because they are **important sources of vitamins**.



Word Power

• Accidents

- 1 Which of the following accidents can you see in the pictures below? *car crash, gas leak, train crash, plane crash, fire.*



► Picture A shows a plane crash.

- 2 Fill in the gaps with the words in the list: *homeless, collapse, emergency, explosion, fire brigade, smoke, fire alarm, evacuate, fatalities, ambulances, rescue, damage.*

A. Gas Leak

I was woken up suddenly by a loud 1) I immediately got out of bed and joined the others as they were running into the street. I saw a tall building across the street 2) The 3) services were quick to arrive, but so many people were hurt that it took hours to restore order. The damage was enormous and many families were made 4)

B. Fire in a School

When the 1) went off, everyone started to panic. We were in the classroom and I could smell 2) coming in from the corridor, so we realised that we had to 3) the building as soon as possible. When I reached the street, the 4) had already arrived. Fortunately, no one was seriously injured.

C. Train Accident

I was reading my book when our train hit an oncoming train. Everyone's first reaction was to panic. The noise was deafening but, after a while, I could hear the sirens from the 1) as they rushed to 2) the injured. The extent of the 3) was shocking and the number of 4) is still unknown.

- 3 Read the newspaper headlines. Imagine you experienced the event. Narrate it to your partner. Use words from Ex. 2.

**TRAIN DERAILS IN
HEART OF CITY**

**WOMAN SAVED FROM
BURNING BUILDING**

**NATIONAL HOCKEY TEAM
HOSPITALISED AFTER FOOD
POISONING**

Word Power

• Natural Disasters

4 Match sentences A-H to disasters 1-8.



1 hurricane



2 drought



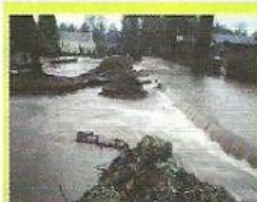
3 volcano



4 tsunami



5 forest fire



6 flood



7 earthquake



8 heatwave

- A The furniture started shaking and we felt the earth moving beneath us.
 B There was heavy rain and the poor drainage system couldn't hold the water.
 C People couldn't catch their breath and were coughing and choking.
 D A huge wave came rushing towards us.
 E The tremendous winds caused major damage and many buildings collapsed.
 F People were taken to hospital suffering from heatstroke.
 G The land was dried up. It hadn't rained for months.
 H We heard a loud rumbling sound and turned to see the huge eruption.

5 In pairs, discuss the causes and effects of natural disasters. Use the ideas from the table.

Natural Disasters

	Cause	Effect
hurricane	winds and warm tropical air combine to create strong circular storm patterns	destruction of property/homes/buildings, loss of life or livestock, flooding
drought	shortage of rainfall over a long period of time	water shortages, reduced production of hydro-electricity, loss of crops & livestock, disease
tsunami	water displaced in the ocean due to rapid movements from earthquakes, volcanic eruptions, underwater explosions	destruction of buildings/land and loss of life
forest fire	drought, human error, irresponsibility, arson	loss of life (human/animal/ plant), loss of oxygen needed from trees, loss of natural habitat
flood	intense rain, severe storms, poor drainage systems	cannot use the land to grow crops, risk of widespread disease due to contaminated waters, damage to property, food/water shortages

- A: A hurricane is usually caused by winds and warm tropical air combining to create strong circular storm patterns.
 B: That's right. And if a hurricane hits land, it can result in flooding and the destruction of property.

6 Use the ideas below to suggest ways to help people after a natural disaster has occurred. Can you think of some more ways?

call emergency services to help anyone who is trapped

bring food and water supplies

donate money to an emergency fund

give warm clothes and blankets

- A: If there was a tsunami, I would donate money to an emergency fund to help the people in the affected areas.
 B: I'd also join a volunteer group to help those in need.

Speaking Test

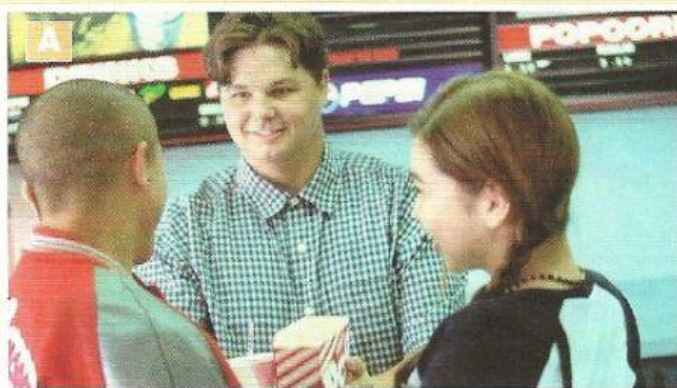
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Part 1 Talking about general topics (3 minutes)

- Do you prefer spending your free time on your own or with other people?
- What's your favourite food?
- What are your favourite free-time activities?

Part 2 Monologue (4 minutes)

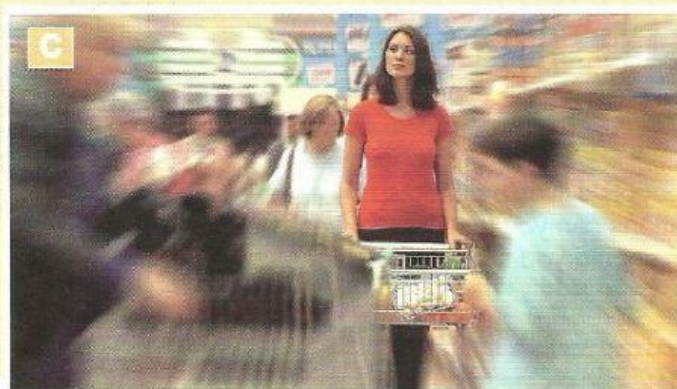
How do you think these people's eating habits might affect their health?



Candidate A: Compare the pictures and say **how you think these people's eating habits might affect their health.** (1 minute)

Candidate B: Which kind of food do you prefer? (20 seconds)

Which method of shopping do you think is more practical?



Candidate B: Compare the pictures and say which method of shopping you think is more practical. (1 minute)

Candidate A: Which method of shopping do you enjoy most? (20 seconds)

Model Interview:

- Listen to two candidates doing the speaking task in Part 2. What reasons does each candidate give to support their answers?

Part 3 Decision Making (pairwork) (3 minutes)

There has been an earthquake in a city in your country. Here are some suggestions for helping the survivors.

- Which suggestions do you think will be the most/least effective?
- Which two suggestions need to be put into effect immediately?



Part 4 Discussing in pairs (4 minutes)

- Which natural disaster scares you the most? Why?
- How do you think you would react if you experienced an accident or natural disaster?
- How might people's lives be affected by a disaster?
- What precautions can you take to avoid accidents in the home?
- What actions should you take in the event of a disaster?

Model Interview:

Listen to two candidates doing the speaking task in Parts 3 and 4 and answer the questions.

Part 3 1 Which suggestions do the candidates think will be the most effective? Which two do they finally decide need to be put into effect?

Part 4 2 What precautions do the candidates suggest for preventing accidents in the home? What examples do they give to justify their answers?

3 In the candidates' opinion, what actions should be taken to deal with a disaster? What reasons do they give to justify their answers?