# 10 Staying healthy

## Vocabulary

### Body parts

**1** Read the clues. Complete the crossword with parts of the body.

**Across**

3 This is between your eyes and mouth.

4 Your hand is at the end of this.

7 You put shoes on these.

9 This can be dark or blond.

10 This helps you stand or walk.

**Down**

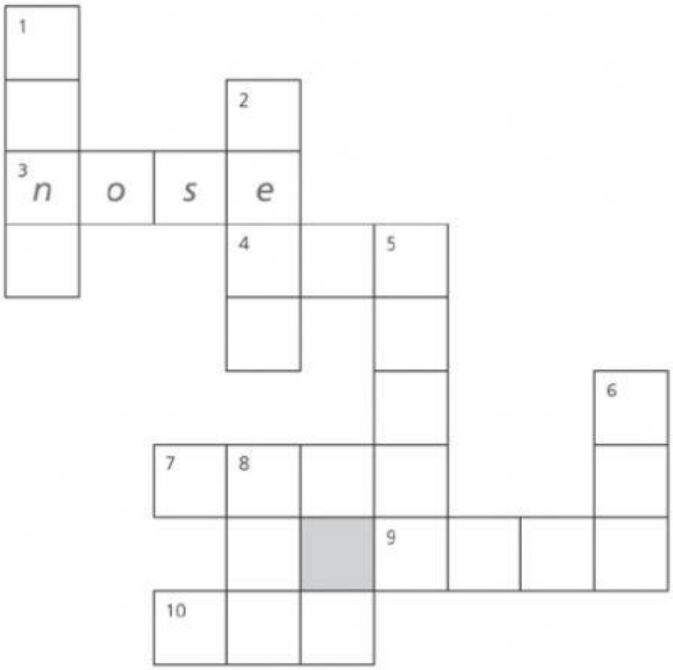
1 You write with this.

2 You wear a hat on this.

5 You open this to talk.

6 You listen with this.

8 You see with this.




**2** Circle the correct part of the body



1 arm / ear



3 foot / mouth



5 leg / hair



2 hand / head



4 nose / eye



6 ear / mouth

## Reading

**1** Skim the discussion board on page 67. Write the correct headings in spaces A–C.

| Move! | Picture it | Keep things neat |
|---|---|---|

**What do you do to reduce stress?**

**What do you do to reduce your stress?**

@danni54

A little stress is OK—it can even be good for you. But I have a lot of stress right now. I go to university and I have a job. It sometimes feels like too much. What do you do to lower your stress?

You and 2 others Seen by 9

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@rvasquez3 **A:** _____
I'm a nurse, so I have a lot of stress, too. For me, coming home to a clean apartment is very important. It helps me feel relaxed. I always put things away. And I don't keep things I don't need. [1]_____ Here's a pic!



@umberto55 **Listen to music**
Music is great for stress. I listen to music all the time: when I wake up in the morning, when I travel to university, when I study, or before I go to sleep. [2]_____

@CarrieAnne **B:** _____
Exercise helps me lower my stress. So does being outside in a nice, quiet park. Visit a park or go for a hike. Or just go out for a walk or a run and enjoy the fresh air. [3]_____

@pinkie **Breathe ...**
Try the 4-7-8 breathing exercise. Find a quiet place. Breathe in with your nose for four seconds. Hold your breath for seven seconds. Finally, breathe out with your mouth for eight seconds. Do this a few times. It works for me!

@winstonK **C:** _____
Here's an idea. Close your eyes and think of a nice place, like a beautiful beach. It's a quiet day and the weather is perfect. [4]_____ The sun is out and the sand feels warm under your feet. Relax and take a journey to your own special place.

**2** Read the discussion board again. Circle the correct option (a or b).

1 Does danni54 think a little stress is OK?
a Yes. b No.

2 What makes rvasquez3 stressed?
a being a nurse b putting things away

3 How long do you hold your breath with the 4-7-8 technique?
a 4 seconds b 7 seconds

**3** Match these sentences (a–d) to the correct spaces (1–4) on the discussion board.

a Any type of music is fine.

b Exercise a little every day.

c There's a cool wind in the air.

d I throw them away.

# Grammar

## Present continuous

**1** Write the *-ing* form of each verb.

1 buy *buying* 5 write _____
2 work _____ 6 run _____
3 use _____ 7 play _____
4 shop _____ 8 swim _____

**2** Change the verbs in bold to the *-ing* form.

1 Todd is **look** at a soccer shirt.
*Todd is looking at a soccer shirt.*

2 Where are your parents **stay**?
_____?

3 Nancy and Leo are **buy** train tickets.
_____.

4 What are you **watch** on TV?
_____?

5 Who is Dana **play** tennis with?
_____?

**3** Complete the conversations with these words.

| | | |
|---|---|---|
| doing | starting | studying |
| talking | waiting | watching |

1 A: Kym and I are [1]_____ for you.
B: Sorry, we're on the bus.
A: Try to hurry. The concert is [2]_____ right now.

2 A: What are you and Kerry [3]_____?
B: We're [4]_____ a video online.
A: Do you want to come over?

3 A: Mario isn't [5]_____ now.
B: Why not?
A: I'm not sure. I think he's [6]_____ to his friends.

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# Vocabulary

## Exercise and training

**1** Complete the sentences with these words.

| exercise | learn | practice | prepare |
|---|---|---|---|

1 Keysha wants to _____ how to play the guitar. She needs a teacher.

2 Malik and Xavier _____ a lot. They want to be healthy.

3 My friend and I often _____ our English with new people we meet.

4 I need to _____ for my exam. I really want to get a good grade.

**2** Circle the correct option to complete each sentence.

1 I am going to the gym to *prepare / exercise*.

2 Caleb wants to *learn / prepare* how to ride a bike.

3 Ellie is *preparing / learning* for her chess match now.

4 Iva wants to *practice / exercise* singing today.

**3** Answer these questions. Write complete sentences.

1 Who do you practice your English with?

_____

2 What do you do to prepare for an exam?

_____

# Listening

**1** 10.2 Listen to a workshop. What is it about? Circle the correct answer.

a staying healthy while traveling

b exercises you can do at work

c exercises you can do with your friends

**2** 10.2 Listen again. Number the exercises (a–c) in the order the speakers describe them.

a ___ 

b ___ 

c ___ 

# Grammar

## Present continuous vs. simple present

**1** Circle the correct option to complete each sentence.

1 Sometimes, Val *goes / is going* camping in the summer.

2 George *plays / is playing* tennis right now.

3 I *don't exercise / am not exercising* very often.

4 Right now, we *learn / are learning* how to speak Italian.

5 *Does she watch / Is she watching* sports every weekend?

6 Celia *prepares / is preparing* for her exams right now.

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**2** Complete the text. Use the simple present or present continuous form of the verb in parentheses.

Eleanor [1] *exercises* (exercise) every day. She [2] _____ (run) a lot, but she knows good health is not just about exercising. She eats healthy food, too. Right now, Eleanor [3] _____ (train) for a marathon. Usually, she [4] _____ (eat) three meals a day, but these days, she [5] _____ (try) something new. She [6] _____ (eat) five small meals a day. She has more energy to train this way.

# Pronunciation

## Understanding intonation in directions

**1** 1.03 Listen. When does the intonation go down? Circle the correct words in bold.

1 Go **left** and then **walk straight**.

2 Go **straight**, turn right **at the bank**, and walk straight **to the market**.

3 Turn left at **the high school**, walk for **100 meters**, and **turn right**.

4 Drive to **the park**, turn left at **the lake**, and continue for **two kilometers**.

# Writing

**1** Look at these survey results. What do they show? Circle the correct option to complete the sentence.

Right now, town people are buying *more / less* fruit every week. The fruit at the new supermarket is expensive. Only the strawberries are cheap.

| Our Town | | |
|---|---|---|
| Kilograms of fruit people buy every week | | |
| | **Usually** | **Now** |
| **Apples** | 182 | 94 |
| **Oranges** | 169 | 77 |
| **Bananas** | 129 | 61 |
| **Strawberries** | 101 | 134 |

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