

UNIT 8

D. Listening & Speaking

Exercise 1: Match the statements with the activities.

<i>drink more water</i>	<i>play sport</i>	<i>eat fruits and vegetables</i>
<i>go out with friends</i>	<i>get enough sleep</i>	<i>go cycling</i>
<i>go for a walk</i>	<i>enjoy art and music</i>	



1 _____

2 _____

3 _____

4 _____



5 _____

6 _____

7 _____

8 _____

Exercise 2: Listen to the speakers and choose the correct answers, True or False.

1 The speaker thinks enjoying art and music is expensive. ( *Track 8.1*)

True False

2 The speaker thinks reading isn't interesting. ( *Track 8.2*)

True False

3 The speaker thinks going out with friends isn't expensive. (Q *Track 8.3*)

True False

4 The speaker thinks getting enough sleep is important. (Q *Track 8.4*)

True False

5 The speaker thinks drinking water is healthy. (Q *Track 8.5*)

True False

6 The speaker thinks playing basketball is relaxing. (Q *Track 8.6*)

True False

Exercise 3: Listen to Susan talking about the Park Health Centre. Choose *have to* or *don't have to* to complete the sentences. (Q *Track 8.7*)

1 You *have to/ don't have to* feel ill or sick to visit the center.

2 You *have to/ don't have to* be a member to visit the center.

3 Members *have to/ don't have to* live in the local area.

4 You *have to/ don't have to* be looking for advice for a health problem to join the center.

5 If you want to join yoga or Pilates classes, you *have to/ don't have to* have some experience.

6 You *have to/ don't have to* be a great cook to do the healthy eating classes.

Exercise 4: Listen and match each opinion with one of the two speakers, David or Emma.

(Q *Track 8.8*)

	David	Emma
1 You should do exercise with other people.	<input type="radio"/>	<input type="radio"/>
2 You don't have to be fit to play sport.	<input type="radio"/>	<input type="radio"/>
3 You shouldn't eat fast food.	<input type="radio"/>	<input type="radio"/>

4 You shouldn't eat fast food.	<input type="radio"/>	<input type="radio"/>
5 You should drink tea and lots of water.	<input type="radio"/>	<input type="radio"/>
6 You should watch a few hours of TV to relax	<input type="radio"/>	<input type="radio"/>
7 You shouldn't listen to music when you study.	<input type="radio"/>	<input type="radio"/>

Exercise 5: Match the words and phrases.

1 join	•	• outdoors
2 exercise with other	•	• healthy diet
3 exercise	•	• personal trainer
4 pay for a	•	• healthy
5 follow a	•	• the gym
6 focus	•	• people
7 take	•	• on exams
8 keep	•	• regular breaks from computer work

Exercise 6: Complete the sentences with *should* or *shouldn't* and a verb from the box to give good advice. Two verbs in the box are used twice.

drink	eat	get	spend
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1 You _____ a lot of water when you do exercise.

2 Young people _____ too much time playing computer games.

3 If you want to _____ lots of fruit and vegetable if you want to be healthy.

4 You _____ lots of fruit and vegetables if you want to be healthy.

5 If you want to be fit, you _____ fast food.

6 When you are young, you _____ a lot of sleep every night.

Exercise 7. Ahmed, Ewa and Bik now live in the UK. Listen to information about their journeys in the past and now. Choose True or False. (Track 8.9)

	True	False
1 Ahmed is from Dubai.	<input type="radio"/>	<input type="radio"/>
2 To get to classes, he took the metro and then walked for a bit.	<input type="radio"/>	<input type="radio"/>
3 He now goes to work on a motorbike.	<input type="radio"/>	<input type="radio"/>
4 Ewa studied engineering.	<input type="radio"/>	<input type="radio"/>
5 In Poland, she travelled to work by tram.	<input type="radio"/>	<input type="radio"/>
6 Ewa now goes to work by tram.	<input type="radio"/>	<input type="radio"/>
7 Bik travelled to college in Beijing by train.	<input type="radio"/>	<input type="radio"/>
8 She goes to school in Cardiff by underground.	<input type="radio"/>	<input type="radio"/>
9 Her journey now takes over an hour.	<input type="radio"/>	<input type="radio"/>

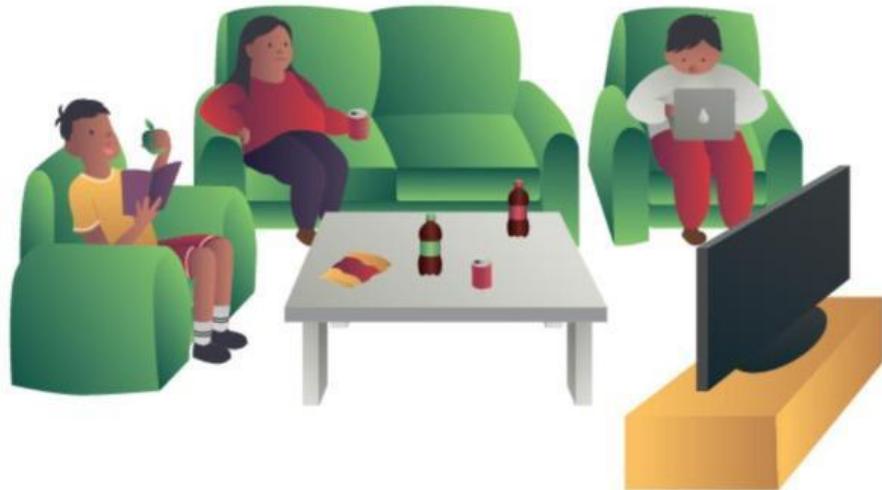
Exercise 8: Look at the picture and complete the description. Use the phrases in the box.



I think	because	is drinking	is eating	is playing
is sitting	it looks	the picture shows	there are	

_____ a boy in a living room. _____ some chairs, a sofa, a table, a lamp, a television and a computer. The boy _____ fast food such as burger and chips, and he _____ cola. I think the boy should eat more fruit and vegetables and drink more water. _____ he doesn't look very healthy. He shouldn't eat fast food and drink cola. He should play some sports as well. _____ the boy _____ video games because he _____ in front of his computer. _____ like he's a little bit too heavy so he should do some exercise.

Exercise 9. Look at the picture and read the instructions. Spend a few minutes thinking about what to say.



In your talk, you should:

- talk generally about what you can see
- give specific details about the picture
- give your opinion and reasons
- use words and language related to health
- give advice using *should* and *shouldn't*
- talk for 1–2 minutes