

## UNIT 8

### D. Listening & Speaking

**Exercise 1: Match the statements with the activities.**

*drink more water*

*play sport*

*eat fruits and vegetables*

*go out with friends*

*get enough sleep*

*go cycling*

*go for a walk*

*enjoy art and music*



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. (🔊 *Track 8.3*)

- ☐ True      ☐ False

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

- ☐ True      ☐ False

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

- ☐ True      ☐ False

6 The speaker thinks playing basketball is relaxing. (🔊 *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.** (🔊 *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.**

(🔊 *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 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