

Unit

1

A long and healthy life

This unit includes:

LANGUAGE

Pronunciation

Strong and weak forms of auxiliary verbs

Vocabulary

Words and phrases related to health and fitness

Grammar

Past simple vs. Present perfect

SKILLS

Reading: Reading for main ideas and specific information in an article about living a long and healthy life

Speaking: Giving instructions for an exercise routine

Listening: Listening for main ideas and specific information in a TV chat show about food and health

Writing: Writing a short message

COMMUNICATION AND CULTURE / CLIL

Everyday English

Offering help and responding

CLIL

Bacteria and viruses

PROJECT

Designing a poster about a healthy habit

I GETTING STARTED

A healthy lifestyle

1 Listen and read.

Mark: Hi, Nam!

Nam: Hi, Mark! Long time no see. How are you?

Mark: I'm fine, thanks, but you look so fit and healthy! Have you started working out again?

Nam: Yes, I have. I've also stopped eating fast food and given up bad habits, such as staying up late.

Mark: I can't believe it! I thought you can't live without burgers and chips!

Nam: I know. I ate a lot of fast food, but now I prefer fresh fruits and vegetables.

Mark: So what happened?

Nam: Well, it was my grandfather. I visited him during my last summer holiday and have learnt a lot of important life lessons from him.

Mark: Really?

Nam: Yes. He's a wonderful person. He has just had his 90th birthday, but he's still full of energy!

Mark: Amazing! How does he stay so active?

Nam: Well, he does exercise every morning, goes to bed early, and eats a lot of vegetables. We spent a lot of time together cooking, working in his garden, and walking in the parks. I've learnt from him that taking regular exercise and eating a balanced diet are the key to a long and healthy life.



2 Read the conversation again and decide whether the following statements are true (T) or false (F).

| | T | F |
|--|---|---|
| 1. Nam has always had healthy habits. | | |
| 2. He has learnt the importance of exercise and healthy food. | | |
| 3. Nam's grandfather goes to sleep early, exercises every day, and eats healthily. | | |

3 Fill in the blanks to make phrases from 1 with the following meanings.

1 full of _____ having the strength and enthusiasm we need for physical or mental activity

2 bad _____ things we often do that are not good for our health

3 _____ exercise physical or mental activity that we do frequently to stay healthy

4 _____ diet the correct types and amounts of food that we need to stay healthy

4 Complete the text based on the conversation in 1. Use the correct forms of the verbs in brackets.

In the past, Nam (1. eat) _____ fast food and often stayed up late. But he (2. start) _____ eating healthy food and (3. give) _____ up bad habits. He has changed his lifestyle since he (4. visit) _____ his grandfather, who (5. just, celebrate) _____ his 90th birthday.

II LANGUAGE

Pronunciation

Strong and weak forms of auxiliary verbs

Remember!

- Auxiliary verbs at the beginning of Yes/No questions do not receive stress and are pronounced in their weak forms.
- At the end of short answers, they often receive stress and are pronounced in their strong forms.

1 Listen and repeat. Pay attention to the strong and weak forms of the auxiliary verbs. Then practise saying them.

| Weak forms | Strong forms | Weak forms | Strong forms |
|---------------------|-----------------|---------------------|------------------|
| Do you ...? /də/ | I do. /du:/ | Could we ...? /kəd/ | We could. /kud/ |
| Does she ...? /dəz/ | She does. /dʌz/ | Were they ...? /wə/ | They were. /wɜː/ |
| Can I ...? /kən/ | You can. /kæn/ | Has he ...? /həz/ | He has. /hæz/ |

Mark: Have you started working out again?
/həv/

Nam: Yes, I have.
/hæv/

Mark: Was it your grandfather who taught you?
/wəz/

Nam: Yes, it was.
/wɒz/

2 Work in pairs. Read these sentences out loud. Pay attention to the strong and weak forms of the auxiliary verbs. Then listen and check.

1. Does she exercise? – Yes, she **does**.
2. Were you eating healthily? – Yes, I **was**.
3. Do you eat vegetables? – Yes, I **do**.
4. Can he get up early? – Yes, he **can**.

Vocabulary

Health and fitness

1 Match each word (1–5) with its meaning (a–e).

1 treatment (n)



a pieces of flesh in our body that allow the movement of our arms, legs, etc.

b something that helps to cure an illness or injury

4 suffer (from) (v)



2 strength (n)



c the quality of being physically strong

d to have a health problem

5 examine (v)



3 muscles (n)



e to look at someone's body carefully to find out if there is a health problem

2 Complete the following sentences using the correct forms of the words in 1.

1. The doctor _____ her carefully, but could not find anything wrong.
2. He is receiving _____ for his health problem.
3. Regular exercise can help you improve your muscle _____.
4. To build your _____, you can try lifting weights.
5. Nam can't sleep well. He is _____ stress.

Grammar

Past simple vs. Present perfect

Remember!

We use the past simple to describe:

- something that started and finished in the past.

*Example: You **did** a great job yesterday.*

- something that was completed in the past (often used with a time phrase).

*Example: We **lived** in Ha Noi when I was little. Now we live in Hai Phong.*

We use the present perfect to describe:

- something that started in the past, and is still happening now (often used with *since*, *for*, *so far*).

*Example: You **have done** a great job so far.*

- something that was completed in the very recent past (often used with *just* or *recently*).

*Example: We **have just moved** to Hai Phong.*