

## B1\_LESSON 49\_STAY FIT & HEALTHY

### Part 1:

Listen to 14-year-old Sam giving a talk at school. A student in Sam's class is taking notes, but she hasn't managed to write every thing down. Complete the notes

#### Sam's talk:

What everybody knows: exercise is good for:

- strengthening muscles
- Controlling \_\_\_\_\_

#### 4 things not everyone might know about exercise:

1. helps with mental health

reason: there's a link between lack of \_\_\_\_\_ and depression.

2. strengthens your immune \_\_\_\_\_

helps you fight colds and other.

3. is good for your \_\_\_\_\_

4. reduces the risk of dying from a \_\_\_\_\_ attack.

### Part 2:

#### 1. Listen to a podcast and complete the quiz.

1 If you burn your hand on a hot pan, you should ...

- A put some ice on your hand.
- B put some butter on your hand.
- C put your hand under cool water.

2 If you cut your hand with a knife, you should ...

- A hold your hand in the air.
- B put pressure on the area and then clean it with cold water.
- C call a doctor

3 If your nose starts to bleed, you should ...

- A put your head back.
- B hold the top of your nose firmly between your thumb and a finger.
- C put your head forward and blow your nose.

4 If you look at a screen for a long time, you must ...

- A blink regularly.
- B turn off the lights in your room.
- C wear glasses.

5 You are at the cinema, and your friend starts coughing. You should ...

- A hit them on the back.

- B offer them a sweet or a drink.
- C give them a bar of chocolate.

6 If you injure your foot while you are playing football, you should ...

- A change your shoes.
- B continue kicking the ball.
- C stop playing and rest for a few days until you recover.

7 Your dad says his back aches after exercising. He should ...

- A always take an aspirin before going to bed.
- B relax in a hot bath.
- C go to the hospital.

8 You're in class and you feel that you're going to yawn. You should ...

- A tell the teacher that you feel a bit bored.
- B breathe in through your nose and out through your mouth.
- C put your hand on your chest and feel your heart beating.

**2. Complete the sentences with the correct form of words from the quiz.**

- 1 After an hour of running, my leg muscles really \_\_\_\_\_.
- 2 Be careful with that sharp knife or you might \_\_\_\_\_ yourself.
- 3 When I had something in my eye, my dad told me to \_\_\_\_\_ a few times.
- 4 My friend \_\_\_\_\_ her hand while she was ironing her clothes.
- 5 There was silence, the music started and then somebody \_\_\_\_\_. Very annoying!
- 6 When I was playing basketball, I fell over and \_\_\_\_\_ my foot.
- 7 Sometimes you \_\_\_\_\_ when you're tired or bored.
- 8 When we run or do exercise, we \_\_\_\_\_ more quickly.
- 9 Last year I had the flu and it took me ages to \_\_\_\_\_. I was off school for two weeks!
- 10 I was really excited and I could feel my heart \_\_\_\_\_.
- 11 The ball hit me hard in the face and my nose began to \_\_\_\_\_.
- 12 My mum had a really bad cold last month. She was sneezing and \_\_\_\_\_ all day.

### Part 3

#### 1. Listen. Circle the correct answers.43

- 1 Why do Flavio and Sun-min start talking about exercise?
  - a Flavio is upset because the weather is bad and he can't go cycling.
  - b Flavio would like to go to the gym with Su-min.
  - c Su-min tells Flavio that she's on her way to the gym.
  
- 2 Both Flavio and Su-min \_\_\_\_.
  - a hate running alone.
  - b are interested in marathons.
  - c are training for a marathon.
  
- 3 Su-min thinks that Flavio \_\_\_\_.
  - a doesn't want to run with her.
  - b is going to the laundromat.
  - c doesn't like to exercise.

#### 2. Listen. Complete the conversation.00:00

*Su-min:* \_\_\_\_\_ in shape can be tough when you're really busy. Do you do any kind of exercise?

*Flavio:* I like \_\_\_\_\_ things outdoors, like \_\_\_\_\_ or cycling.

*Su-min:* You do? That's cool.

*Flavio:* How about you?

*Su-min:* I'm really into running these days.