

# 1 Good life plan

## Health and fitness, illness and treatment

### Health and fitness

- 1.1** Look at these two pictures. Why are these meals healthy or unhealthy?  
Use the words in the box to complete the sentences below.

A



B



salt	fat
vitamins	protein
fibre	carbohydrate
sugar	calories

Meal A is high in ..... and low in .....  
Meal B is high in ..... and low in .....

- 1.2** Which of these things are generally good for you, and which are generally bad? Put a G in front of the good things, and a B in front of the bad things.

G fruit	B salt	vegetables	sugar	exercise	stress
salad	smoking	chocolate	alcohol	water	junk food
fish	cutting out fat	putting on weight	joining a gym	going on a diet	getting enough sleep

- 1.3** 1a Now listen to a sportsman talking about his lifestyle. As you listen, underline the things above that he mentions.

- 1.4** What would the sportsman say to these statements? True or false?

- |                                       |       |
|---------------------------------------|-------|
| 1 I eat lots of fruit and vegetables. | True  |
| 2 I never drink alcohol.              | ..... |
| 3 I drink a lot of water.             | ..... |
| 4 I've cut down on chocolate.         | ..... |
| 5 I go to the gym regularly.          | ..... |
| 6 I never have to go on a diet.       | ..... |
| 7 I make sure I get plenty of sleep.  | ..... |
| 8 I eat a lot of junk food.           | ..... |
| 9 I've never smoked.                  | ..... |
| 10 There's no stress in my life.      | ..... |



#### Vocabulary note

The word **diet** can mean the food and drink normally eaten by an individual or a group of people:  
*I'm an athlete so I eat a healthy diet.*  
*Rice is the staple diet of many people in India.*  
But **diet** is also used when someone eats particular foods for medical reasons or to lose weight:  
*The doctor put me on a low-salt diet.*  
*My jeans are tight, so I'm going on a diet.*

**1.5** Now decide whether the statements in 1.4 are true or false for you. Correct any false statements to make them true for you.

**1.6** Complete the paragraph below using the correct form of one of these verbs.

go for    cut out    join    get    put on    ~~make~~    cut down on

If you want to stay healthy, (1) ..... ~~make~~ ..... sure you have a healthy diet. Eat plenty of fruit, vegetables and salad and (2) ..... salt, fat and processed sugar. And if you want to avoid (3) ..... weight, it's probably best to (4) ..... junk food completely, because it contains all those things. And whatever your age, it's important to (5) ..... enough exercise, so think about (6) ..... a gym, or (7) ..... a regular walk or run.

## Illness and treatment

**2.1** Even the fittest person suffers minor illnesses and injuries! Match the problem and the cause. Why would you

- |                                  |  |
|----------------------------------|--|
| 1 get a blister?                 | A you've been working in a very noisy office |
| 2 have a stomach upset?          | B you're just recovering from flu            |
| 3 be sunburnt?                   | C you're about to go down with a cold        |
| 4 get a splinter in your finger? | D you've eaten some undercooked meat         |
| 5 have a headache?               | E you've been making some bookshelves        |
| 6 feel run down?                 | F you've just done a long flight             |
| 7 have a sore throat?            | G you've spent too long lying on the beach   |
| 8 be jet-lagged?                 | H you've been wearing new shoes              |

**2.2** Choose the correct word.

- If you have burnt yourself badly, you go to the casualty department / local surgery.
- If you cut your hand and need scars / stitches the doctor will give you a local anaesthetic.
- If you suffer from hay fever, the doctor will give you antihistamines / antibiotics.
- If you need medicine, the doctor will give you a recipe / prescription to take to the local pharmacy.
- If you break your leg, the doctor will put a plaster / bandage on it.
- When you are a child, you have lots of injections / vaccinations for common illnesses.
- If you have a temperature, a nurse will take it with a syringe / thermometer.
- If you need weighing, the nurse will ask you to step on the stethoscope / scales.
- If someone is seriously injured, they are lifted into an ambulance on a stretcher / wheelchair.

### Error warning


The words **prescription** and **recipe** are often confused.

A **prescription** is the piece of paper on which the doctor writes the medicines you need: *The doctor gave me a prescription for antibiotics.*


A **recipe** is a set of instructions telling you how to prepare and cook food: *My mother gave me a really good recipe for bread.*



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**2.3**  **1b** Listen to three people talking about a medical problem they had recently. As you listen, fill in the box.

Person	Problem	Where they got help	Treatment
1			
2			
3			

**3.1** **IDIOMS**  **1c** Listen to five people talking about their health. Put a tick (✓) if they are feeling well and a cross (X) if they are feeling unwell.

1 ..... 2 ..... 3 ..... 4 ..... 5 .....

**3.2** Which words or expressions gave you the answer? Read the recording scripts for 1c and underline them.

**4** **COMMON EXPRESSIONS** There are lots of expressions with *make*. Use one of the nouns below in each sentence.

arrangements changes decision phone call effort mistake speech appointment suggestion

- Before you go to the doctor's, you need to make a(n) appointment at the surgery.
- Carla made a very helpful ..... about how the waiting room could be rearranged.
- I've got to make a firm ..... about which malaria tablets to take.
- If you're stressed, it's easy to make a really stupid ..... and have an accident.
- They've made a lot of ..... to my local surgery and it looks really good now.
- The ..... that the doctor made at his retirement party was hilarious.
- The hospital has made a huge ..... recently to improve the appointments system.
- By the end of the afternoon, they had made all the ..... for the operation.
- It was noisy in the waiting room, so John went outside to make an important .....

**5** **PHRASAL VERBS** Read sentences 1–5, then match them to the descriptions A–E.

- |   |  |
|---|--|
| <ol style="list-style-type: none"> <li>I didn't want to play hockey, so I made up a story about twisting my ankle.</li> <li>She didn't visit me when I was in hospital, but she made up for it by buying me some chocolates.</li> <li>Sophie didn't know which ward her brother was on, so she made for the information desk.</li> <li>The nurse spoke so softly that I couldn't make out what she was saying about my medicine.</li> <li>The old operating theatres are no longer used, so the hospital has made them into accommodation for nursing staff.</li> </ol> | <ol style="list-style-type: none"> <li>Someone is doing something good to compensate for something they didn't do before.</li> <li>Someone is heading in a particular direction.</li> <li>Someone has decided to use something in a different way.</li> <li>Someone has invented a reason for something which happened to them.</li> <li>Someone was unable to hear what another person was saying.</li> </ol> |
|---|--|

# Exam practice

## USE OF ENGLISH Part 2

For questions 1–12, read the text below and think of the word which best fits each space. Use only one word in each space. There is an example at the beginning.

### The Benefits of Physical Activity

The pace (0) ..... of modern life is fast, and most people have busy and demanding lives. So eating (1) ..... balanced diet and doing physical activity can (2) ..... a big difference to overall health. Regular physical activity is good (3) ..... your whole body, from your brains to your bones. Yet many people do not get (4) ..... exercise. The good news is that (5) ..... is easier than you may think to fit physical activity (6) ..... your day because you can do it at (7) ..... time and almost anywhere. No matter (8) ..... your age and stage of life, there are plenty of ways to take exercise.

Your feet were made for walking, so use them (9) ..... you get the chance. Walk around town. Ignore lifts and escalators and build up your leg muscles by climbing stairs. Next, get out and play. Kicking a ball about is fun, and it is also a great way to spend time together (10) ..... a family. Finally, try doing two things (11) ..... once! While you talk on the phone or watch television, stretch, lift weights or (12) ..... household chores.

### Exam Tip

Think about which word goes in each gap. Check that the word fits with what comes before and after it.

## USE OF ENGLISH Part 4

Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. **Do not change the word given.**

You must use between **two and five words**, including the word given.

Example

0 The staff will have to work hard tomorrow to compensate for the time they've lost today.

**MAKE**

The staff will have to work hard tomorrow to ..... *make up for* ..... the time they've lost today.

1 I've reduced the amount of chocolate I eat, but I'm not losing any weight.

**CUTTING**

I've tried ..... chocolate, but I'm not losing any weight.

2 No one appreciated that what Anna suggested was helpful.

**MADE**

Anna ..... but no one appreciated it.

3 If you want to lose weight, you'll have to think about starting a diet.

**GOING**

If you want to lose weight, you'll have to think ..... diet.

### Exam Tip

Make sure the second sentence includes all the information in the first.

## WRITING Part 2: letter

This is part of a letter you have received from your English-speaking penfriend, Annie. Write a letter to your penfriend, giving her the information she asks for. Write 120–180 words.

I'm collecting ideas for a project I'm doing called 'Staying Fit and Healthy'. Could you write and tell me what you do to stay fit and keep healthy? Perhaps you can tell me about what physical activities you do, and what kind of food you eat.  
Write soon, Annie