UNIT 2: HEALTH

A. READING

Exercise 1: Read the information. Then complete the sentences. Use the suffixes in the box.

Texts in the IELTS test might include some scientific names, so it is good if you can recognise them. But don't worry: you won't be tested on your scientific knowledge!

ate	gen	gen	ic	ide

1 The gas that all people and animals need to breathe is called oxy _____ .

2 Nitr _____ is made of one atom of nitrogen and three of oxygen, and is often used as a fertiliser. Its molecular formula is NO_3.

3 An ox _____ is a compound containing oxygen and other chemical elements.

4 The chemical name for water is hydro _____ dioxide, or H_20.

5 The adjective nitr _____ is used to describe substances related to the gas nitrogen (N).

Exercise 2: Complete the words with the correct suffixes. Use the suffixes in the box. One of the suffixes is used twice.

cian	gen	ide	ist	ity	tious

1 A person who rides a bike is a cycl_____ .

2 Most of the air around us consists of the gas nitro_____ .

3 Healthy food can be described as nutri_____ .

4 A fatal_____ is a death, especially one caused by an accident.

5 A person whose job is to run a country, region or city is a politi_____ .

6 Obes_____ is the problem caused by a person being overweight.

7 The chemical name for rust is iron ox_____ . Fe_3O_4 is one of its chemical formulas.

LIVEWORKSHEETS

Exercise 3: Read the sentences. Then read the statements below about the sentences. Choose True, False or Not Given.

1 *There has for many years been a consensus among medical professionals that a substantial number of people in the UK consume too much sugar.*
2 *Mrs Smith was advised by her GP that she was getting insufficient exercise.*
3 *According to a report by the National Health Service, 19% of British adults smoke.*
4 *In the USA, there has been a substantial increase in the number of young households who grow their own food.*
5 *India has more vegetarians than all of the rest of the world put together.*
6 *Few hospitals in the country offer a round-the-clock emergency service.*

1 Most people in the UK are believed to eat more sugar than they should.
- ◯ True
- ◯ False
- ◯ Not Given

2 Mrs Smith's doctor told her that that she wasn't exercising enough.
- ◯ True
- ◯ False
- ◯ Not Given

3 The National Health Service is critical of the UK's smokers.
- ◯ True
- ◯ False
- ◯ Not Given

4 More American households grow their own food now than a few years ago.
- ◯ True
- ◯ False
- ◯ Not Given

4 More American households grow their own food now than a few years ago.
- ◯ True
- ◯ False
- ◯ Not Given

5 The majority of the world's vegetarians are from India.
- ◯ True
- ◯ False
- ◯ Not Given

6 There aren't many hospitals that are open 24 hours a day for emergencies.
- ◯ True
- ◯ False
- ◯ Not Given

LIVEWORKSHEETS

Exercise 4: Match the halves of the phrases.

1	cut down		attack
2	rising levels of		obesity
3	sugary		in vegetables
4	a diet rich		on soft drinks
5	a balanced		diet
6	high blood		drinks
7	heart		pressure

Exercise 5: Read the information. Then read the sentences and choose the correct definitions of the words and phrases in bold.

It is important to try to work out the meaning of an unfamiliar word from its context. Sometimes, it is possible to do this by looking at the sentence that the word is in. On other occasions, you will need to look at a larger section of the text, such as a whole paragraph.

1 I've just read an article about **superfoods** that apparently can do wonders for our bodies.

- ◯ delicious foods
- ◯ very healthy foods

2 If your diet is **rich in** fruits such as blueberries, you are less likely to suffer from heart disease.

- ◯ containing lots of
- ◯ costing a lot

3 My family and I are making sure that everything we cook is really **nutritious** from now on – so that means lots of fish and vegetables.

- ◯ easy to cook
- ◯ healthy, giving energy to the body

4 As everyone needs a rich and **balanced** diet, we need to eat lots of different fruits and vegetables, and not the same ones all the time.

- ◯ containing lots of different kinds of food
- ◯ not causing weight gain

5 It is important to be able to recognise the symptoms of a **stroke** in case you witness someone suffering one. If someone suddenly has difficulty speaking and / or standing, you need to get them medical help immediately.

- ◯ brain attack, when the brain doesn't get enough blood
- ◯ mistake made by health professionals

6 The government has announced plans to reduce spending on **healthcare**, which has led to criticism from health professionals, who say that most hospitals and surgeries in the country will be adversely affected.

- ◯ medical help for people that is provided by doctors, hospitals, etc.
- ◯ training for medical professionals

LIVEWORKSHEETS

Exercise 6: **Read the information. Then read the questions and scan the article to choose the correct answers.**

Scanning a text is a very useful skill for the IELTS Reading test. Basically, it involves looking for something specific in a text, such as a name.

To scan, just move your eyes over the text – you should be able to do this faster than your usual reading speed – and stop when you find what you are looking for. You can then read that small part of the text more carefully.

In this exercise, you will practise scanning a text.

The advent of sugar taxes

Recent years have seen a series of countries, from the UK to South Africa, debate and then introduce a tax on products that are high in sugar. Mexico implemented a much-publicised sugar tax soon after France did in 2012, which was in itself a response to Hungary's pioneering new tax the previous year. Other countries, such as Ireland, soon followed suit.

So, what does it take for a country to take a stand against falling standards of health and rising levels of obesity and introduce a sugar tax that will make a difference? Well, the first thing is that people need to be made to care. Many British people had been hearing their doctor tell them for years about the dangers of consuming too much sugar. However, it took an all-out offensive by a chef, with the media looking on enthusiastically, to raise awareness and bring the issue to the forefront of national debate in the UK before the average politician would sit up and listen.

Once passed, sugar taxes can have quite a drastic effect. In Mexico, the introduction of a tax of 10% made consumers think again about their shopping choices. Poorer households spent up to 17% less on sugary drinks and across all socioeconomic groups nationwide, the drop was 12%.

But the key benefit lies in the improvement in people's health and the fall in the number of diet-related fatalities that the introduction of a sugar tax could lead to. Estimates put this at 1,600 in Australia, and it is claimed that 4,400 heart attacks – a major cause of death – and 1,100 strokes could be prevented each and every year. The revenues generated by the tax are expected to be in the region of $400 million, not to mention the reduction in costly healthcare needed, providing the government with a fund to subsidise healthy food for low-income Australians.

LIVEWORKSHEETS

1 Give yourself 20 seconds to scan the article and find all the countries mentioned. Then, without looking at the article again, identify the seven countries mentioned from the list below.

- [ ] Australia
- [ ] Austria
- [ ] France
- [ ] Hungary
- [ ] Mexico
- [ ] Morocco
- [ ] South Africa
- [ ] South Korea
- [ ] the UK
- [ ] the USA
- [ ] Ireland

2 Give yourself 40 seconds to scan the article and find all the numbers and what they refer to. Then, without looking at the article again, identify the three pieces of information that the article contains.

- [ ] the amount of money that one country expects to raise from its sugar tax
- [ ] the number of countries around the world that have imposed a sugar tax
- [ ] the percentage of people in favour of a sugar tax
- [ ] the tax rate (as a percentage) imposed by a country on sugary drinks
- [ ] the year when a country introduced a sugar tax

LIVEWORKSHEETS

Exercise 7: Read the article again. Complete the sentences from a flow-chart. Choose NO MORE THAN TWO WORDS from the article for each answer.

How sugar taxes work

- _____: first country in recent years to introduce a sugar tax.

- Popular support can be raised by a famous person. The campaign to introduce a sugar tax led by a _____ in the UK.

- Introducing a sugar tax leads to a reduction in consumption of sugary drinks.

- Mexico – spending on soft drinks fell by _____ overall.

- Sugar taxes improve people's health.

- _____ lives could be saved annually in Australia, where the money earned could be used to pay for _____.

LIVEWORKSHEETS

Exercise 8: Read the information. Then skim the text and choose the correct answers to complete the sentences.

Skimming a text means reading it quickly to get the main idea(s). To skim, you don't need to read the whole text. For example, you could just read the first sentence (topic sentence) of each paragraph. A lot of people find this a useful way to start when doing an IELTS Reading task.

In this exercise, you're going to practise skimming a text. The questions in this exercise are intended to help you practise skim-reading. They are NOT intended to resemble the actual IELTS Reading test. You'll see some IELTS Reading style questions in the following exercise.

Superfoods

Investigative journalist Bjorn Stigsson looks into the science of the so-called 'superfoods'.

Health bloggers are constantly going on about the so-called superfoods that can do wonders for our bodies, or so it is claimed. If you believe all the hype, you'll probably believe that a diet of mackerel and broccoli can make you live forever!

So, let's investigate the claims, and see if the science really backs them up. Curry is said to be a superfood, and the magical power it lays claim to is that it can help extend life. At least, that's what someone has decided on the basis of what happened to a few rats in a laboratory somewhere, which had a diet rich in capsaicin. Curry also contains a high amount of capsaicin, and so it wasn't long before someone concluded that, therefore, humans would live longer if they ate lots of curry. As for the evidence, oh, well, never mind that – unsubstantiated claims are much more headline-friendly. And so it wasn't long before a chef in Bedford, UK, hit the headlines when he claimed to have created the world's healthiest meal – chicken curry with blueberries. He claimed that, being loaded with antibacterials, it could deal 'a devastating blow' to cancer. Could it simply be, I wonder, that he just wanted to go one better than his competitor businesses in Bedford?

Another superfood is beetroot, which is rich in nitrates that can be converted into nitric oxide. It is believed that people with higher-than-average blood pressure who eat beetroot are able to reduce it to healthier levels, although evidence gathered from people with heart problems is very limited. In addition, there is some good data on the benefits of beetroot, but much of it focuses on people with excellent health, such as the cyclists who were the participants in a well-received piece of research from 2013. This established that a diet rich in beetroot enabled them to cope better with the lower oxygen levels at high altitudes. These findings are of use to climbers and mountain residents alike.

It's been said that if you're going to make just one change to your diet, it should be to start eating blueberries. They're rich in fiber and vitamin K, but so are many other things. It's their levels of antioxidants that really set them apart, which may be one of the reasons why people who eat them a lot are less prone to heart disease. Studies conducted among women aged over 70 who had not had a stroke also found that memory loss was delayed by a couple of years on average among the blueberry-eaters. However, before we jump to conclusions, it should also be pointed out that the sample size was very modest and that berry-eaters tend to have above-average incomes, which in turn can contribute to good health.

So, do I believe that some foods really are 'superfoods'? No. Some foods, such as broccoli and mackerel, are more nutritious than others such as bread. And we all need a rich and balanced diet, so by all means cook up some broccoli now and then, but don't live on it exclusively. And don't delude yourself into thinking that it'll save your life – eating so-called superfoods is a solution, but it's not *the* solution.

LIVEWORKSHEETS

1 The writer's main point is that people should ...

- ◯ be sceptical about claims made about superfoods.
- ◯ try to eat as many superfoods as possible.

2 The writer's tone is best described as ...

- ◯ humorous and light-hearted.
- ◯ serious and academic.

Exercise 9: Read the passage again and complete the table. Choose NO MORE THAN TWO WORDS from the passage for each answer.

superfood	key component	claim	evidence
curry	capsaicin	It can extend life. It can defeat _____.	It enables _____ to live longer.
beetroot	_____	It can lower _____.	A group of _____ were found to perform better at high altitudes.
blueberries	_____	They can slow _____.	Results are inconclusive, because the participants who performed well in tests also had high _____.

B. GRAMMAR & VOCABULARY

LIVEWORKSHEETS

Exercise 1: **Read the information. Then complete the table. Use the suffixes in the box.**

Suffixes are letters that can be added to the end of a word to form a new word. The new word is typically a different word class from the original word. For example:

Word	Suffix	New word
forget	-ful	forget**ful**

In the example above, *-ful* has changed the verb to an adjective. The suffixes *-ment*, *-ism* and *-ion* will often change the word class to a noun. For example:

Word	Suffix	New word
govern	-ment	govern**ment**
critic	-ism	critic**ism**
create	-ion	crea**tion**

Remember that the suffix can sometimes cause the spelling of the original word to change. For example, when adding the suffix *-ion* to *create*, the final letter *e* is dropped from the new word: *creation*.

able **ary** **ful** **ic** **ion** **ism** **ive**

Verb	Noun	Adjective
affect	effect	effect_____
diet	diet	diet_____
harm	harm	harmless / harm_____
metabolise	metabol_____	metabol_____
prevent	prevent_____	prevent_____

Exercise 2: **Match the adjectives with the definitions.**

LIVEWORKSHEETS

1	excessive		related to the treatment of illness and injuries
2	preventable		too much
3	dietary		containing many substances needed for life and growth
4	harmful		successful or achieving what you want
5	medical		avoidable
6	metabolic		relating to what you eat or drink
7	nutritional		the chemical processes in the body required for life
8	addictive		damaging
9	suitable		acceptable or right for someone or something
10	effective		something you cannot stop once you have started

Exercise 3: Match the sentence halves.

1	Weight gain can be caused by		too much fatty food are **preventable**.
2	Obesity is a **medical** condition		that has a negative effect on health.
3	People can lose weight by having		eating an **excessive** amount of food.
4	Foods that are high in fat can		to change their **dietary** habits.
5	Some fast foods are high in		salt and fat, which can be **addictive**.
6	It can be difficult for a person		be **harmful** for a person's health.
7	Most illnesses caused by eating		a **suitable** diet and exercising often.
8	Some athletes take tablets to		reduce their **metabolic** rate.
9	Yoga is an **effective** technique		for reducing stress levels.

Exercise 4: Read the information. Then choose the correct words to match the definitions.

LIVEWORKSHEETS

Some root words in English can use more than one suffix. This can change the meaning and the form (noun, verb or adjective) of the word. For example:

Root word: *create*
creative (adjective): producing or using original and unusual ideas
creation (noun): the action or process of bringing something into existence

It is important to understand how suffixes change the form and meaning of words so that you can use the correct form when you write or speak.

1 *harmful* and *harmless*
A not able or likely to cause harm:
B causing harm:

2 *dieter* and *dietician*
A a person who studies and gives advice about food and eating:
B someone who is trying to lose weight by dieting:

3 *addicted* and *addictive*
A unable to stop doing something as a habit:
B makes it hard to stop doing something once you have started:

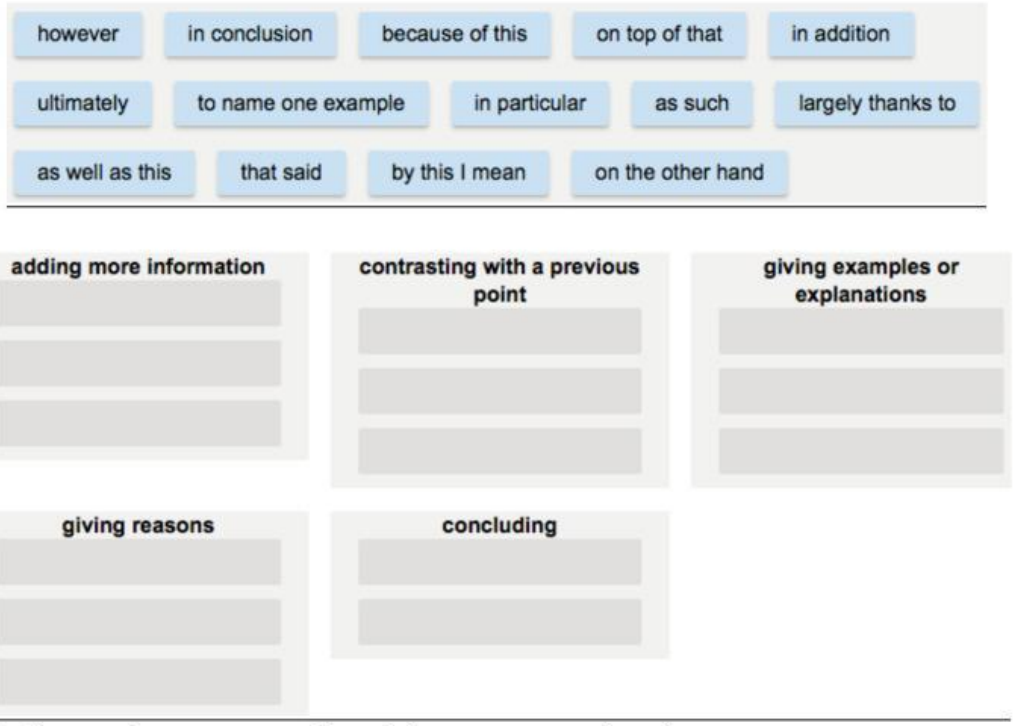
4 *nutrition* and *nutritious*
A containing many of the substances needed for life and growth:
B the substances that you take into your body and the way they influence your health:

5 *preventable* and *prevention*
A describes something that can be avoided:
B the act of stopping something from happening:

6 *effect* and *effective*
A something that is successful or achieves the results you want:
B the result of a particular action or influence:

Exercise 5: Read the words and phrases in the box. What are their functions? Complete the table with the words and phrases.

LIVEWORKSHEETS



Exercise 6: Choose the correct words and phrases to complete the sentences.

A recent study has found that there are numerous factors that can reduce your life expectancy. These include not exercising, not eating enough fruit and vegetables and, in particularly / largely thanks to, smoking.By this I mean / That said, you can do something to correct these and other unhealthy habits. As such / On the other hand, you need to change your lifestyle. As such / By this I mean don't overeat, start walking for 30 minutes a day and spend less time looking at a screen. As well as / Largely thanks to this, try to eat at least five portions of fruit and vegetables a day.

By this I mean / Ultimately, research shows that you are at greater risk of depression without a strong network of friends and family. As such / Because of this , work hard at ensuring that you maintain regular contact with all your loved ones.

Exercise 7: Read the information. Then complete the sentences. Use the words and phrases in the box.

LIVEWORKSHEETS

We use *both*, *neither* and *either* to talk about two things. We use these words with nouns:

***Both** hospitals have now closed.*
*We can visit **either** shop.*
***Neither** restaurant is open on Sundays.*

Note that the noun after *either* and *neither* is in its singular form. We can also use *both*, *neither* and *either* without a noun:

*'Do you prefer watching television or listening to the radio?' '**Both**.'*
*'Would you like orange juice or apple juice?' '**Neither**. I'd like a bottle of water.'*
*I don't like eating fish and my husband doesn't **either**.*

We can use *both of*, *neither of* and *either of* before a determiner (*the / these / those* / possessive pronoun) + plural noun or before a personal pronoun (e.g. *us / them*, etc.). Note that for *both of*, we always use the plural verb form, but for *neither of* and *either of*, we can use both the singular and plural verb forms:

***Both of** them are harmful to your health.*
*I haven't tried **either of** those alternative therapies.*
***Neither of** my parents smoke / smokes*

both | both of | both of these | either | either of | neither | neither of | none | none of

1 Do you drink tea or coffee? _____ . I don't think they're very healthy drinks.

2 I haven't been to _____ the new vegetarian restaurants, but I hear they are _____ very good.

3 A poor diet can lead to obesity and high cholesterol, and _____ these health problems have serious implications.

4 Did any of your children get the flu this winter? No, _____ them.

5 Can I have some more cheese, please? Sorry, there's _____ left.

6 High blood pressure can lead to other health issues, including heart and kidney problems. _____ problems can have very serious implications.

7 _____ my parents has very good health because they don't exercise enough.

8 I don't eat red meat and my partner doesn't _____ .

Exercise 8: Complete the sentences. Use the words and phrases in the box.

LIVEWORKSHEETS

few of | many | much of | some of | the majority of | the whole of | whole

1 Not many wanted a new supermarket in the village, but _____ the residents were in favour.

2 _____ the medical group voted for more funds for a new hospital. Nobody was against it.

3 _____ the employees in the laboratory are over the age of 30.

4 He spends _____ his free time playing video games.

5 They don't suffer from _____ serious health problems.

6 He feels very lonely because only a _____ his friends and relatives have visited him in hospital.

7 The _____ group acknowledged that more money was needed to continue the research.

Exercise 9: Put the words in the correct order to complete the sentences.

LIVEWORKSHEETS

1 Serious health implications | can | both | of these | have | problems | .

2 The | the report | medical profession | with | the whole of | agrees | .

3 People | are | overweight | the majority | of | or obese | .

4 Times | hospitals | have | waiting | three hours | many | reduced | by almost | .

5 Is | in the | developed world | much of | taking | in obesity | the increase | place | .

6 To | the increasing | a number | of | junk food | reports | focus | addiction | on | .

7 I don't | those | health | experts | either | with | of | agree | so-called | .

8 That | it's | worrying | health problems | have | of their children | all four | .

<u>Exercise 10:</u> Read about how attitudes to diet and health have changed over time. Choose the correct words and phrases to complete the sentences.

LIVEWORKSHEETS