



Aches and pains



- Look at the picture and label the parts of the body.
- Here are some more parts of the body.

ankle • chin • knee • nail • neck • finger •
shoulder • thumb • toes • skin • throat •
back • tooth

- Listen to three people talking to their doctor. Write down in your notebook the parts of the body you hear mentioned. 12
- Match the adjectives (1-5) to the nouns (a-e).

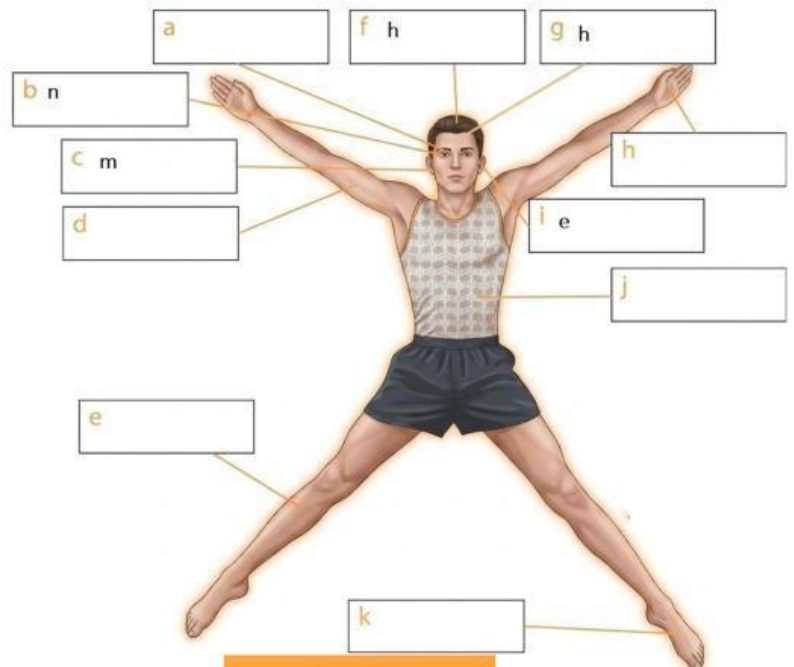
	Sore	a. cough
	Broken	b.
	temperature	
I've got a	nasty	c. throat
	Runny	d. leg
	High	e. nose

- Can you make these words about injuries and illnesses? You heard some of them in the conversations in 3.

1. Tablets, pills, or a liquid — this will help you get better.	ICEDMIEN	m _ _ _ _ _
2. You stick this on a cut to keep it clean.	SPARIET	_ _ _ _ _
3. You put this on a wound to protect it.	REDSINGS	_ _ _ _ _
4. A nurse or doctor might tie this around your injury.	BEGANAD	_ _ _ _ _
5. This vehicle takes you to hospital.	NEBUIAMAC	_ _ _ _ _
6. The doctor gives you this to take to the chemist.	PINCERSIRTOP	_ _ _ _ _
7. This is the time you see the doctor or dentist.	PANTMENTPIO	_ _ _ _ _

- One of the three verbs in each sentence is incorrect. Cross out the incorrect verb.

- Sally didn't look / feel / get very well during the exam.
- I usually take / catch / get at least one cold during the winter.
- Don't cut / hurt / damage yourself on that broken glass!
- This medicine looks / tastes / feels horrible.
- Fortunately, no one was damaged / hurt / injured in the accident.
- James broke / hurt / pulled his leg while he was skiing.



Vocabulary note

These are the five aches: backache / earache / headache / toothache / (a) stomach ache
Which ache always has a in front of it?

Vocabulary note

hurt • injure • damage

hurt and **injure** are used with people and animals, while **damage** is used with things.
Example: The falling tree damaged the car roof, but luckily the driver wasn't hurt/injured.

7. Complete this note from a college student to his teacher.

Dear Mr Diaz,
I'm afraid I can't come to school because I'm not very (1) well. I caught a (2) _____ last week
and now I've got a nasty (3) _____, a sore (4) _____ and a high (5) _____
as well. I went to see the (6) _____ and she told me to (7) _____ at home for a few
days. She gave me a (8) _____ for some (9) _____. I had to get it from the (10)
_____. It doesn't (11) _____ very nice but I hope it will make me feel (12)
_____ soon.
Thiago

8. What about you? Write your answers to these questions.

Have you ever broken bone? How did you do it?
When did you last catch a cold? How did you cure it?
Which do you think is worse - toothache or a headache? Why?

9. Listen again. What do the doctors tell their patients? 12

Patient	Problem	The doctor says ...
A		
B		
C		

10. Your friend has some medical problems. Look at your replies below. What did your friend say to you?

1

You should put a plaster on it.

2

Why don't you phone the dentist for an appointment?

3

You'd better get some cough medicine.

4

What about getting some new glasses?

5

Don't come near me; I don't want to catch it!

11. Underline the words in 10 that introduce advice or suggestions.

Vocabulary note

You'd better..., Why don't you..., and You should... are followed by the base form of the verb (infinitive without to).

Examples: You'd better go to the doctor.

Why don't you go to bed?

You should get some rest.

12. Your friend is worried. What might you say?

1	I've put on a lot of weight and all my clothes are too tight.	You'd better ...
2	I spend all my money on fast food.	You should ...
3	I can't sleep at night.	Why don't you ...?
4	I'm bored at weekends.	What about ...?

13. Read these rules for a healthy lifestyle. Which of them do you follow?

1. Aim to eat five portions of fruit or vegetables a day.
2. Be active in your everyday life.
3. Eat regular, healthy meals.
4. Get fit in your leisure time.
5. Eat less fatty food.
6. Eat regular, sensible snacks.
7. Drink plenty of water.

14. Now match the rules to the sentences below.

- A. It's OK to eat between meals, but choose foods that will fill you up, like cereal bars, fruit, and nuts, rather than chips, biscuits, and chocolate. 6
- B. When you're thirsty, your brain can't work properly. Plenty of water, juice, low-fat milk, or fruit tea will help you to concentrate, but avoid too much strong coffee and alcohol. _____
- C. Having three balanced meals each day is the best way to make sure your body gets everything it needs. Don't miss breakfast—it gives you a good start to the day. _____
- D. Why not use the stairs instead of the lift, or walk or cycle to work? You could also get off the bus one stop early and walk the rest of the way. _____
- E. Most of us don't eat enough of them, but they are essential for good health. Remember: a can of tomatoes or a glass of fresh fruit juice also counts as one portion. _____
- F. Watching TV or playing computer games for too long means being inactive. Dance, or walk or cycle to the gym in the evenings and at weekends. You'll feel fitter and healthier. _____
- G. Grill or bake food rather than frying it, and don't add too much cream or butter when cooking. But remember, you do need some healthy fats, such as sunflower oil and olive oil, in your diet. _____

15. Read through the rules again and fill in the lists below.

Healthy	Unhealthy
cereal bars, fruit, nuts	chips, chocolate

16. Which rule in 3.1 do you consider the most important? Have you got any other suggestions for a healthy lifestyle? Write them in your notebook.

EXAM PRACTICE

READING – Part 4

Read the text and the questions below.

For each question, mark the correct letter, A, B, C, or D.

Exam tip

Don't worry if you meet a word you don't know. Look at the words around it to help you understand.

Laughter Is the Best Medicine

Every week, Dr Doppit goes round the wards at the children's hospital. But instead of a white coat and a stethoscope, Dr Doppit has a red nose and carries balloons. She is the hospital's 'clown doctor', and her real name is Hilary Day.

After studying drama at university, Hilary saw an advert for a clown doctor at the hospital. "The job was perfect for me," she says. "My mother and grandmother were both nurses, so caring for people is in my blood. Also, I love doing children's theatre."

Before she started, Hilary did four weeks' training, where she learnt how to do magic tricks and make balloons into funny shapes. She also had to study child psychology and basic medicine.

Her visits to the hospital start with a meeting with the nursing staff to find out which patients a visit will be most useful for. Most children are delighted to see a clown, but there are some who are too ill or are afraid of clowns. Hilary always checks first. Then she does some magic, makes balloon animals, or tells them a story.

"We know that laughing can have a positive effect on a person's health," says Hilary. "It produces chemicals in the brain that make you relax and feel better." Everyone agrees that regular visits from Dr Doppit can make a big difference to a child's recovery. "Children in hospital miss their everyday life at home and at school," says one hospital manager. "As well as possibly being frightened and homesick, they are often bored. The clown doctor gives them something to look forward to and happy memories to take home afterwards."

1 What is the writer's aim in this text?

- A. To describe a typical day in a children's hospital.
- B. To explain a method of helping young patients.
- C. To encourage doctors to learn some circus skills.
- D. To show students how to get a job in a hospital.

2 Why was Hilary particularly suitable for the job of clown doctor?

- A. She had studied medicine at university.
- B. She already knew how to do magic.
- C. She enjoyed working with children.
- D. She had been a nurse in a hospital.

3 Before Hilary starts, the staff tell her which children

- A. have asked to see her.
- B. are going to leave the hospital soon.
- C. want to hear a particular story.
- D. will benefit most from her visit.

4 The hospital manager thinks that Dr Doppit's visits

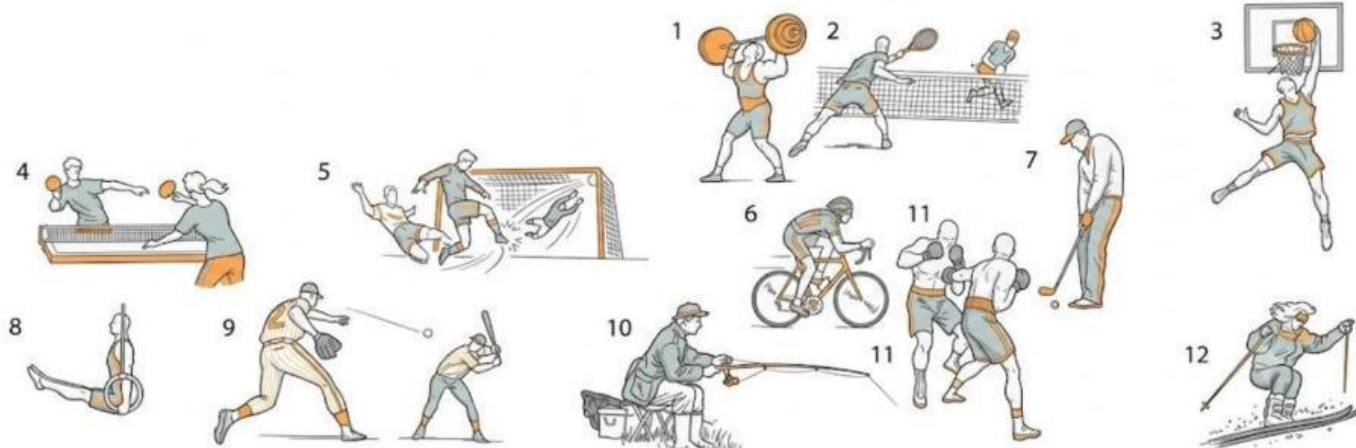
- A. are useful if the parents can't visit.
- B. help the children get better more quickly.
- C. might be frightening for some children.
- D. help the children forget their stay in hospital.

5 What might a child say about Dr Doppit?

- A. "Dr Doppit visited me today. She took my temperature and listened to my chest, and then she told the nurses to give me some different medicine."
- B. "I didn't like the clown with the balloons who came to my bed to see me. She was frightening—I hid under the covers until she'd gone."
- C. "Dr Doppit comes every day. My brother thinks she's funny, but sometimes the nurses tell her to go away because laughing's not good for us."
- D. "I feel ever so much better. This really funny clown told me a story and did some magic. I couldn't stop laughing. I hope she comes again before I go home."



Sports



1. Look at the pictures. What sports can you see? Write the name of each sport in the first column and the equipment you need in the second.

	Sport	Equipment
1		weights
2	tennis	balls and racket
3		
4		
5		
6		
7		
8		gymnastic rings
9		
10		fishing rod
11		boxing gloves
12		

2. Look at the list of sports from 1. Do we use play, go, or do with each one?

Play	Go	Do
Tennis	skiing	gymnastics

3. Now add these words to the table in 1.2: athletics, running, swimming, volleyball, horse-riding.

Vocabulary note

play / go / come / do

We use **play** with a game:

The students like to play football in the lunch break.

We use **go** with the -ing form of the verb when we are talking about a sporting activity:

We went sailing on Saturday.

When someone joins us in a sporting activity, we use **come** and the -ing form:

Sally came sailing with us at the weekend.

We use **do** with nouns for physical activities like ballet and judo:

I do judo on a Wednesday and ballet every Saturday.

4. Complete this text with the correct form of play, go, come or do.

I'm preparing to run in a marathon — that's a 40-kilometre road race. I (1) _____ jogging every morning and (2) _____ swimming twice a week. I (3) _____ for a run most evenings and at weekends. I sometimes ask my son to (4) _____ with me, but he prefers to (5) _____ horse-riding. My daughter (6) _____ ballet at the sports centre and, while she is at her class, I (7) _____ weight-lifting in the gym. I (8) _____ to basketball practice regularly because I'm in the team and we (9) _____ matches at weekends. In my lunch hour, I often (10) _____ squash with a colleague. By (11) _____ so much exercise, I hope to be really fit for the marathon. I'm not going to relax afterwards either — I plan to (12) _____ skiing with my family in the Swiss Alps!

5. How much do you know about sports? Choose the right answer.

- | | |
|--|--------------------------------------|
| 1. You play golf on a golf _____. | 3. A game ends in a draw when _____. |
| A. track | A. a player is injured |
| B. course | B. both sides have the same score |
| C. park | C. one team gives up |
| 2. To score in hockey, you hit the ball _____. | 4. You score goals in _____. |
| A. into the net | A. table tennis |
| B. over a bar | B. squash |
| C. through a basket | C. ice hockey |

6. Which one is the odd one out? Why?

Example: long jump – diving – high jump – 100 metres

Diving is a water sports event. The others are athletics.

- | | | | |
|------------|--------------|---------------|-------------|
| 1. coach | champion | winner | partner |
| 2. track | pool | changing room | court |
| 3. sailing | snowboarding | waterskiing | windsurfing |
| 4. match | competition | result | game |
| 5. tennis | volleyball | table tennis | basketball |

Error warning!

practise / practice

Remember that to **practise** a sport means to do training for a sport. Sports **practice** is the time when you do training:

I have swimming practice on Wednesdays.

I am not very good at backstroke, so I really have to practise that more.

Practice is the noun. Practise is the verb.

7. What sports do people do at school in your country? Which do you prefer: attending sporting events or watching them on television? Write a sentence to explain why.

8. Read the advertisement for a fitness club. Underline words or phrases in the text that mean:

- | | | |
|----------------|-----------------------------------|-------------------|
| 1. Advantages | 4. succeed in doing | 7. trained |
| 2. gets better | 5. a course of exercises | 8. advise |
| 3. most modern | 6. the right way to use something | 9. very important |

BODYLINE FITNESS CLUB

Regular exercise has lots of benefits. You become **stronger** and **healthier**, and you will even feel **more confident** about yourself as your general level of fitness improves.

Here at Bodyline, we have a range of the latest exercise equipment to help you achieve this quickly and efficiently. This includes step machines, jogging machines, exercise bikes and weights.

When you join Bodyline, a trainer will design a fitness programme just for you. Your trainer will demonstrate the correct techniques so that you use the equipment safely and efficiently. There are always fully qualified members of staff around to help if necessary.

We recommend at least two or three visits to the gym per week. It is important that you wear comfortable clothes when you exercise; a T-shirt and shorts, or maybe a tracksuit, are fine, and trainers are essential. There are large lockers in the changing rooms.

Afterwards, you can relax in our sauna and steam room, or enjoy a healthy drink in the juice bar.

Your body needs to be active, and fitness is fun, so why not come along to Bodyline and find out more?

9. Look at the words in bold in the first paragraph of the text above and complete this table.

strong	stronger	strongest
healthy	healthier	
	more confident	most ...
		fittest

10. Now put the correct form of these adjectives into the sentences (1–6).

cheap – relaxing – healthy – busy – expensive – lazy – fit

- I'm feeling _____ today. Do you mind going to the gym without me?
- Sunday is the _____ day of the week at Bodyline because most people don't have to go to work. Let's go on Monday instead.
- After I've been in the gym, I find sitting in the steam room _____ than swimming up and down the pool.
- Paul must be the _____ member of staff at Bodyline. He is always using the machines.
- A glass of fresh fruit juice is certainly _____ than a cup of coffee.
- Football is much _____ and more fun.
- Membership of a gym can be quite _____.

11. Make a list of the gym equipment that is mentioned in the advertisement. Do you use a gym regularly? Do you think that it can be boring? Write a sentence explaining why or why not.

EXAM PRACTICE

WRITING – Part 1

Here are some sentences about going to a gym. For each sentence, complete the second sentence so that it means the same as the first. Use no more than three words.

Example

Jasmine had never been to the gym before.

It was the first time Jasmine had been to the gym.

Exam tip

In this part your spelling must be correct.
You will need to write up to three words.

- Jasmine paid £45 for membership for three months.
Membership for three months _____ Jasmine £45.
- The trainer recommended using the gym two or three times a week.
'You _____ the gym two or three times a week,' said the trainer.
- Jasmine was shown how to use the step machine by a member of staff.
A member of staff _____ to use the step machine.
- Jasmine enjoyed the exercise bike more than the jogging machine.
Jasmine found the exercise bike more _____ the jogging machine.
- Jasmine had a shower and then she went to the juice bar.
Jasmine went to the juice bar after she _____ a shower.

LISTENING – Part 3

You will hear a radio announcement about a fun run. For each question, fill in the missing information in the numbered space. 13

ABINGTON PARK FUN RUN

Time of the run: 11 a.m.

Date: Sunday, (1) _____

Venue: Abington Park

Distance: 3 kilometres

Race starts and finishes at the (2) _____ in the park.

Facilities for changing in the (3) _____ Club

Every runner gets a (4) _____

Cost of entry

Adults: £8 (in advance) / £10 (on the day)

Children less than (5) _____ years old: no charge

Get an entry pack from any (6) _____ (or the website: www.funrun.org).

Exam tip

If you don't hear the answer the first time, don't worry. Move on to the next question. In the exam, the recording will be played twice, so you will be able to check your answers and fill in any you missed the first time.



Health & sickness



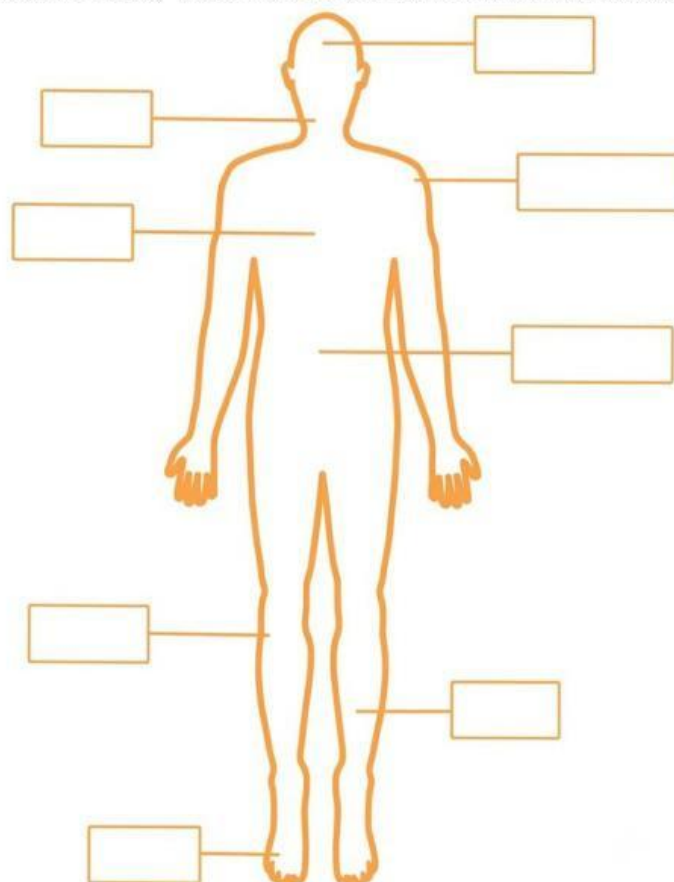
1. How serious are these health problems? Put the problems into the correct column. Add as many more as you know in the right columns.

a broken wrist •	a cold •	flu •	lung cancer •	hay fever •
a stroke •	a sore throat •	a heart attack •	toothache	

1. COMMON PROBLEMS (not too serious)	2. ACHES AND PAINS (more serious)	3. VERY SERIOUS ILLNESSES

2. Read what this man says to his doctor. Then label the parts of the body in the drawing below to show the parts of his body that hurt.

"I've got a terrible headache and my chest hurts. My shoulder aches and my feet ache as well. I've got a pain in my knee and my neck is sore. I've got a bad stomach ache and my legs hurt too!"



3. Complete the sentences with a suitable phrase. Use the words in A and B to make suitable phrases.

A
ask
examine
go to
make
stay
take
write

B
an appointment
questions
your chest
the pills
a prescription
in bed
the chemist

1. Could I _____ to see the doctor, please?
2. The doctor will _____ about yourself and your family.
3. "Can you take off your shirt, please? I have to _____," said the doctor.
4. You will have to _____ after your meals, three times a day.
5. I want you to _____ for a couple of days and get some rest.
6. I'll _____ for this medicine.
7. I asked my sister if she could _____ and get the medicine for me.

4. Finish the second sentence so that it means the same as the first.

1. She took an aspirin because she wanted to stop her tooth hurting.
She took an aspirin so _____.
2. If you go swimming, you will keep fit.
Swimming will help _____.
3. Get some fresh air and you'll sleep well.
If you can't sleep well, you _____.
4. It is bad for your heart to eat too much meat.
Eating too much meat _____.
5. People with flu should stay in bed for a few days.
If _____, you should stay in bed for a few days.

5. Answer these questions about yourself.

1. Have you ever been travel sick? When? _____
2. Have you ever been unconscious? What happened? _____
3. Have you ever had a blood test? Why? _____
4. Have you ever had a tooth out at the dentist's? How did you feel? _____
5. Have you ever broken your leg or arm? What happened next? _____

6. Now use the following words to write similar questions in order to ask a friend.

1. burn / hand _____
2. be / hospital _____
3. have / injection _____
4. be / ambulance _____
5. eyes / tested _____



Sport



1. Label the pictures with the names of sports and games in the box. You will only use 10 of them.

athletics • baseball • basketball • climbing • cricket • cycling • football • golf • hockey • ice skating •
rugby • skiing • swimming • table tennis • tennis



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



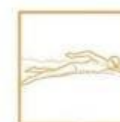
7. _____



8. _____



9. _____



10. _____

2. Write down all the ball games from the box above.

3. Which of the sports from above can you enjoy doing alone and not with other people?

4. Which would you enjoy doing in your free time and which would you prefer to watch?

I would enjoy doing: _____

I would prefer to watch: _____

5. Put these words into the correct columns.

ball • baseball • basket • boxing • car racing • court •
crash helmet • field • gloves • golf clubs • net • pitch •
pool • racquet • shorts • ski • slope • stadium •
swimming • track • trunks • whistle

1. NAME OF SPORT	2. PLACE	3. EQUIPMENT

6. Match the phrases on the sports on the left with the phrases on the right.

- | | |
|-----------------|--|
| 1. Athletics | a. You hit a ball with a club. You try to hit it into the hole. |
| 2. Basketball | b. You hit the ball with a racket. You try to hit it over the net. |
| 3. Golf | c. You run round a track. The fastest wins the race. |
| 4. Motor racing | d. You ride round a track. The fastest horse wins the race. |
| 5. Horse racing | e. You drive round a track. The fastest wins a race. |
| 6. Tennis | f. You try to throw the ball into the basket. |

7. Complete the sentences with the right form of the verbs go, play or do.

- In the summer, I _____ a lot of water skiing. In the winter, I _____ jogging every morning.
- She doesn't _____ tennis very well because she doesn't _____ enough practice.
- I can't _____ swimming today because I'm _____ volleyball in an hour with my team.
- He _____ football with his friends on Sundays, but he has no time to _____ any other sports. He is planning to _____ sailing next weekend.

5. Choose four sports that you have done and say if you enjoyed them and what they were like. Then choose four that you haven't done but you would like to try and explain why.

Use these phrases:

- I found _____ (boring/ exciting/ frightening/ difficult/ easy/interesting)
- I would find _____
- I was (good at/ bad at) _____
- I would be _____

5. Try to do this sports quiz with a friend. Don't worry if you cannot answer all the questions. But if you do, you must be a sports expert!

- Which is not an Olympic sport?
a. judo b. tennis c. skateboarding d. football
- Which country won the last World Cup of the 20th century?
a. England b. Germany c. Brazil d. France
- How many players are there in a volleyball team?
a. nine b. six c. five d. eleven
- Which footballer has married one of the Spice Girls?
a. Pelé b. Ronaldinho c. Ronaldo d. David Beckham
- The first modern Olympic Games took place in:
a. Athens b. Berlin c. Rome d. London
- A marathon runner has to run for just over _____ to finish the race.
a. 20 km b. 30 km c. 40 km d. 50 km
- Which American athlete won nine gold medals at four Olympic Games?
a. Steffi Graf b. Carl Lewis c. Olga Korbut d. Muhammad Ali