

Resource Activities 7

Vocabulary

• Food & Drink

1 Put the words into the correct category.

- broccoli • tuna • ice cream • chicken • butter
- cheese • apple pie • beetroot • prawns
- yoghurt • cake • cherries • onions • beef

Meat/Seafood

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Sweets

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Dairy products

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Fruits/Vegetables

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2 Choose the correct item.

- 1 You can **grill/scramble** the fish on the barbeque.
- 2 I love the smell of freshly **cooked/baked** bread.
- 3 Do you want **battered/mashed** potatoes with your chicken?
- 4 Joe has a **boiled/roast** egg every morning for breakfast.
- 5 You should **steam/fry** the vegetables over a pot of boiling water.

• Symptoms & Treatments

3 Match the words to form collocations.

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| 1 | sore |
| 2 | high |
| 3 | twisted |
| 4 | food |
| 5 | weight |
| 6 | itchy |
| 7 | chest |

- | | |
|---|-------------|
| a | infection |
| b | loss |
| c | eyes |
| d | throat |
| e | poisoning |
| f | temperature |
| g | ankle |

4 Fill in: cough, study, insomnia, indigestion, tips, diagnoses, check-up, immune, blood, diabetes.

- 1 Marge ate some spicy food and now she has
- 2 What was the doctor's of the patient?
- 3 Taking vitamin tablets helps strengthen your system.
- 4 Jane has so she has to monitor her sugar intake.
- 5 A recent has shown that meditation lowers stress levels.
- 6 Peter has got these days, so he feels extremely tired at work.
- 7 The doctor gave me some on how to eat more healthily.
- 8 The examination showed a blocked vessel in his leg.
- 9 When was your last at the dentist's?
- 10 Anna's bad woke everyone in the house up last night.

5 Choose the correct item.

- 1 Regular exercise helps **drop/reduce/lower/slow** stress.
- 2 It can take your body up to 24 hours to **gobble/process/digest/chew** some foods.
- 3 The cut on Ann's leg was **treated/cured/healed/recovered** by a nurse.
- 4 Participating in sports can **release/expand/increase/build** your self-esteem.
- 5 You can **protect/finish/prevent/cut** high blood pressure by following a low-fat diet.
- 6 His grandfather suffers from heart **sickness/disorder/illness/disease**.
- 7 You need to exercise regularly to **keep/continue/hold/maintain** your current weight.
- 8 Alan **pushed/pulled/burned/relaxed** a muscle while jogging in the park.
- 9 Our bodies **absorb/keep/stock/catch** nutrients from the food we eat.
- 10 The rash on my leg **aches/itches/swells/bursts** and I can't stop scratching it.

Resource Activities 7

Grammar

• Conditionals

1 Complete the exchanges with the correct form of the verbs in brackets.

- 1 A: "Johnny's tooth really hurts!"
B: If he (have) a toothache, he should see a dentist right away.
- 2 A: Did Sally take her medicine yesterday morning?
B: No. If she had taken it, she (feel) better in the evening.
- 3 A: Why don't you exercise more often?
B: If I had more time, I (join) a gym, but I'm too busy now.
- 4 A: Oh, no. I forgot to collect my medicine from the chemist's!
B: If I pass by a chemist's on the way home, I (get) it for you.
- 5 A: How do I know if I have a fever?
B: You have a fever if your body temperature (be) over 37°C.

• Wishes

2 Read the sentences and complete the wishes and regrets.

I should have been more careful. Now, I have a broken leg!

- 1 I wish

I've gained weight! Why did I eat so much!

- 2 If only I

I can't stop eating junk food!

- 3 I wish

She's always drinking cola!

- 4 If only she

• Infinitive/-ing form

3 Choose the correct item.

- 1 You should avoid **to eat/eating** so many sweets.
- 2 I can't imagine Lisa **to start/starting** a fitness programme.
- 3 Betty expects **getting/to get** a reply from the company soon.
- 4 You had better **to see/see** a doctor about that bad cough.
- 5 Peter isn't old enough **taking/to take** this medicine.

0 - sự thật => If S Vs/es, S V(s/es).

1 - CÓ THỂ xảy ra hiện tại, tương lai => If S Vs/es, S will V.

2 - KHÔNG THỂ xảy ra ở Hiện tại, tương lai => If S Ved, S would V

3 - KHÔNG THỂ xảy ra ở quá khứ => If S had Vii, S would have Vii.

• Question Tags

4 Complete the question tags.

- 1 You'll run with me in the marathon, you?
- 2 She's a fitness instructor, she?
- 3 You've got a day off tomorrow, you?
- 4 He likes broccoli, he?
- 5 I'm too late to apply, I?

• Clauses of concession

5 Join the sentences using the linkers in brackets and any other necessary words.

- 1 Mike fell off his bike. He wasn't hurt. (however)
- 2 Carla hasn't lost weight. She has been on a diet for two weeks. (although)
- 3 Greg eats lots of fried food. He doesn't have high blood pressure. (despite)
- 4 Peter drives very carefully. He was in a minor accident. (in spite of)

• Quantifiers/determiners

6 Choose the correct item.

- 1 She ate **all/whole** the chicken on her plate.
- 2 There is **lot/plenty** of ice cream for dessert.
- 3 **Either/Both** medicine can be used to treat the flu.
- 4 **Every/None** of the children are sick.
- 5 She needed a **little/few** minutes to rest after the aerobics class.

Key Word Transformations

7 Use the word in bold to complete the second sentence so that it means the same as the first. Use two to five words.

- 1 He didn't compete in the race because he was sick with the flu. **WOULD**
If he hadn't been sick with the flu, he in the race.
- 2 It's a shame Chris broke his ankle. **HAD**
I wish Chris his ankle.
- 3 Tara follows a healthy diet, but she often gets sick. **OF**
In healthy diet, Tara often gets sick.
- 4 Tina wants to play on the school basketball team but she doesn't have enough time. **MORE**
If Tina play on the school basketball team.

Resource Activities 7

Everyday English

Choose the correct response.

- 1 A: What do you think I should do?
B: **a** Why don't you eat less in the evenings?
b Have you thought about it?
- 2 A: Could you help me out here?
B: **a** OK, thanks for the advice.
b How about joining a gym?
- 3 A: If I were you, I would start jogging in the park.
B: **a** I'm not sure that's such a good idea.
b I think it would be best.
- 4 A: Have you thought about seeing a doctor?
B: **a** I have no idea.
b That's a great idea.
- 5 A: What would you do if you were me?
B: **a** If I were in your shoes, I wouldn't do it.
b Do you really think that would work?
- 6 A: Do you have any ideas?
B: **a** It might be a good idea to play a sport.
b I have no idea.
- 7 A: In my opinion, you'd better see a dietician.
B: **a** Why don't you listen to my advice?
b Thanks for the advice.
- 8 A: Why don't you buy a book about how to exercise safely?
B: **a** I suppose you're right.
b I don't know what to do.

Phrasal Verbs

Choose the correct particle.

- 1 Antibiotics can help the body fight **over/off** infections.
- 2 It turned **out/up** that there is nothing wrong with John's heart.
- 3 Jane is having trouble sticking **at/to** her new diet.
- 4 Make sure to cut **out/off** the head of the carrot before adding it to the soup.
- 5 Jim tripped **against/over** a rock while jogging and twisted his ankle.
- 6 Put the cheese in the refrigerator so that it doesn't go **out/off**.
- 7 Your body breaks **down/up** food in the stomach.
- 8 You should cut **off/down** on junk food in your diet.
- 9 Don't cut **in/up** when I'm talking, please.
- 10 You should try to work **off/out** at least twice a week.

Ước ở hiện tại: S wish(es) S Ved.

Ước ở Quá khứ: S wished S had Vii.

Ước ở Tương lai: S wish S would Vinfi.

Prepositions

Fill in: *from, to (x2), in (x2), of (x2), on.*

- 1 These snack bars are full vitamins and minerals.
- 2 Many dairy products are high fat.
- 3 Jean has just recovered a terrible flu.
- 4 Sue is addicted chocolate.
- 5 This energy drink mainly consists sugar and caffeine.
- 6 You should eat lots of broccoli; it's high vitamin C.
- 7 Do you have access your brother's password?
- 8 Do you live your own?

Word Formation

Use the word given in capitals to form a word that fits in the gap.

- 1 You need a lot of and understanding to be a nurse. (**PATIENT**)
- 2 has become a common problem in many developed countries. (**OBESE**)
- 3 It is to your health to drink water throughout the day. (**BENEFIT**)
- 4 This fitness programme is designed to increase your core (**STRONG**)
- 5 Susan often complains of and a lack of appetite. (**TIRED**)
- 6 Jake recently returned to work after his (**ILL**)
- 7 You should listen to the doctor's words of (**WISE**)
- 8 Since she joined the gym, Maggy has seen a(n) in her fitness levels. (**IMPROVE**)
- 9 After a long day at work he felt (**EXHAUST**)
- 10 To do white water rafting you need the right (**EQUIP**)

Writing

Read the rubric and complete the writing task.

Your teacher has asked you to write an essay presenting the pros and cons of dieting. Write your **essay** (120-160 words). Use the prompts below and your own ideas.

- improve self-esteem • not get enough nutrients
- lose weight • feel weak and tired

Resource Activities 7

Reading

Read the text and for each question, choose the correct answer A, B or C.

Sniffing Out Killer Bugs

Dr Cliff is not like most doctors in VU University Hospital in Amsterdam. In fact, for a member of the medical profession, his behaviour is very strange. Not only does he work far fewer hours than his colleagues, but he has also been seen eating cake from the floor, and spends his breaks playing with squeaky toys. So, why has Dr Cliff not been fired? Well, he does a very important job, and, of course, he's a dog!

Cliff is a five-year-old beagle who has been trained to detect a bacteria called *Clostridium difficile*. This bacteria is very common in hospitals, and can cause patients to become seriously ill, with symptoms including fever and stomach pain. It's also highly contagious, and has even caused entire wards to close. Usually, hospitals try to detect *Clostridium difficile* using laboratory tests, but these are slow and expensive. So, VU decided to try something different – Dr Cliff!

Twice a week, Cliff's handler dresses him in a yellow coat and takes him to the hospital. There, Cliff basically works on his own, walking past the beds of all the patients and smelling everything around him. Cliff has been trained not to bother patients, but that doesn't stop most of them petting him. But, if Cliff pulls on his lead and sits down beside a bed, that means he has detected *Clostridium difficile*. Cliff rarely fails to identify the bacteria, and figures show that he is only slightly less accurate than laboratory tests. This means that hospital staff can identify a patient with *Clostridium difficile* very quickly and put them in a room on their own so that the bacteria cannot spread.

All in all, the experiment has been a huge success and now scientists are training dogs to detect other superbugs which are a threat to hospital patients. As for Cliff, he seems happy to continue working for many years. In fact, as well as at VU, he will soon start working in other hospitals around Amsterdam. But, as his handler points out, Cliff does more than just find a type of bacteria. This special dog brings happiness wherever he goes and it's very common to see the faces of sick patients light up as Dr Cliff walks into their ward.

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| <p>1 The writer suggests that Cliff
A acts like a normal dog when he isn't working.
B isn't well-liked by doctors in the hospital.
C works for long periods of time.</p> <p>2 <i>Clostridium difficile</i> is a type of bacteria that
A doesn't pass easily from person to person.
B can give people a temperature.
C is rarely found in hospitals.</p> <p>3 When he is walking around the hospital, Cliff
A tries not to annoy patients.
B sometimes sits down to rest.
C is usually ignored by patients.</p> | <p>4 After Cliff has found a patient with <i>Clostridium difficile</i>, they are
A told to leave the hospital.
B moved to a private room.
C sent for some tests.</p> <p>5 In the near future, Cliff will
A retire from his job.
B receive more training.
C work in other locations.</p> |
|--|---|

Pairwork Activities 7

a) Choose a picture and describe it to your partner. Talk about:

- what is wrong with the person
- how the person feels
- what could have caused the problem
- what treatment the person should receive



b) Talk together about a past injury or health problem you experienced. Describe what happened to you and what you did about it.

Portfolio Activities 7

Name:

Date:

Class:

You are a doctor who writes an advice page in a teen magazine. Teens write to you about minor health complaints and you give them professional advice. Fill in the boxes below.

Dr 's Health Page

Problem 1

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Advice

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Problem 2

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Problem 3

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Advice

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Game 7

Students are divided into two/three equally-sized groups and arrange themselves in circles. The teacher announces to all three groups the first clause of a second conditional sentence; for example; "If I found £50 on the ground ...". Now, the first student in each group must complete the sentence with the second clause; for example; "I'd lodge it in the bank". Then, the next student in each group completes another sentence beginning with the clause "If I lodged £50 in the bank." Each group continues in this fashion. The one which completes its circle first is the winner. A student from an opposing group can monitor if a group's sentences are grammatically correct.

Continuous Conditionals

Example:

If I won a prize to travel anywhere in the world, ...

