

Spotlight 8, Module 6f

Name _____

1 Complete the sentences with the phrasal verb set.

1 What time will we have **to leave** for the airport tomorrow?

2 Perhaps you should **save** some money in case you want to buy a car or a house.

3 The opening of the new sports centre has been **delayed** for a few weeks.

4 I must have those tulip bulbs planted before the cold weather **begins**.

2 Choose the correct word.

1 What time does the plane _____ in Tokyo?

2 Ben threw the ball for his dog to .

3 Helen is going on a business trip to Japan next week.

4 We went on a guided _____ of the museum.

a tour _____ b expedition

5 This would be a nice _____ for a picnic.

6 Do you speak any _____ languages?

3 Read the text and mark the statements

3 Read the text and mark the statements as T (true) or F (false).

Travellers look forward to their summer holidays but are they aware of the unsafe choices they are about to make? Probably not! That's why many will end up sick instead of out on the beach. Here are some travel tips to help tourists stay in good

health while abroad.

First of all, tourists should visit their doctors. Their doctors will see if they need any vaccinations based on where they are going. Travellers should also make sure they take any required medication and a first-aid kit with them when they travel abroad. In addition, since it is possible for travellers to fall ill even before they land, they must remember that drinking water and getting exercise during long flights is important. If not, they risk the possibility of developing cramps or even serious health problems. To avoid this, stretching every hour and drinking plenty of fluids is highly recommended. For the most part, it is important for travellers to watch what they eat and drink while on holiday. At least 20% of tourists get food poisoning. This happens because many make the mistake of believing that what they see on a menu is safe. Tourists need to stick to bottled water and drinks without ice, eat well-cooked foods, choose fruit that hasn't been peeled, and of course keep their hands clean.

Moreover, travellers to Asia, Africa and Central and South America should be aware of diseases like malaria that are passed on by insects. They can protect themselves by putting on bug spray. Furthermore, their rooms don't have air-conditioning. They should consider sleeping under a mosquito net at night.

When travelling to exotic places, travellers need to know the possible health threats they can face. After all, knowledge is the best way for tourists to protect themselves and stay healthy abroad.

- 1 While on holiday, travellers always use good judgement when ordering food.
- 2 Tourists who order peeled fruit, drinks with ice and medium-cooked meat may end up sick.
- 3 All insects are harmful in Central America.
- 4 Stretching, at least every hour, is important for passengers booked on long flights.
- 5 Travellers ought to know the health issues of the countries they are visiting.

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