

C  **10.1 Listen and choose the correct answer.**

- 1 Austin got all the information on brain training from _____.
a the radio b the television c a magazine
- 2 Amy thinks the app is improving her _____.
a math skills b memory c creativity
- 3 Amy asks if brain training apps help with _____.
a making decisions b problem-solving c understanding things
- 4 The article says that _____ helps develop the brain.
a doing many of the things we do every day b using brain-training apps c playing brain-training games
- 5 Talking to people _____ will improve your attention.
a in person b online c on the phone

VOCABULARY

A Choose the correct option to complete the sentences.

- 1 If you have a _____, you should rest it and put ice on it. You shouldn't do any running.
a broken arm b sprained ankle c headache
- 2 Don't walk on that wall! You'll have a _____ if you fall off!
a sore throat b headache c broken arm
- 3 It's a good idea to drink honey and lemon if you have a _____.
a sore throat b rash on your arm c headache
- 4 Do you have a _____? You should cover your nose and mouth when you sneeze.
a cold b cut c sprained ankle
- 5 Careful with that broken glass! You'll get a _____ on your finger.
a fever b rash c cut
- 6 Jenny has a _____, so she's not coming to work today. She's going to stay in bed and keep warm.
a broken arm b sore throat c fever
- 7 I'm going to the drug store to buy some cream. You have a _____ on your arm. It looks really painful and red!
a rash b cut c cold
- 8 Please be quiet! I have a _____!
a rash b fever c headache

B Complete each sentence with a word or phrase from the box.

sprained ankle broken arm cold cut fever headache rash sore throat

- 1 I have a _____ of 38 degrees Celsius, so I'm going to stay in bed and take an aspirin.
- 2 Oliver won't be able to play tennis for about two months because he has a _____.
- 3 I've stopped running, because I have a _____. I have to rest it until it feels better.
- 4 Kids, can you play quietly please? Your dad has a really bad _____.
- 5 I know it's very irritating that you have a _____ on your leg, but don't scratch it!
- 6 You should keep warm and take some vitamin C if you have a _____. It will help a lot.
- 7 Veronica has a _____, so she can't sing with us in the karaoke competition. Her voice sounds terrible!
- 8 If you have a _____, you have to clean it before you put a bandage on it.

VOCABULARY collocations with *get*

A Complete the sentences (1-8) with *get* and a word from the box.

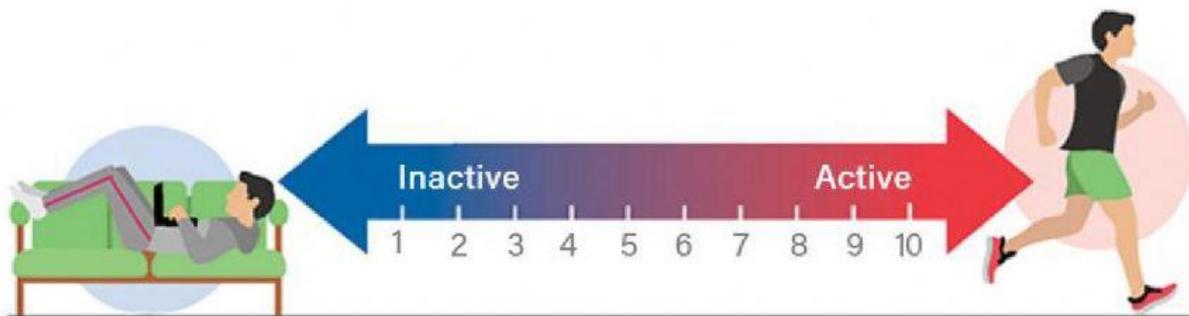
home in shape sick tired hungry ready started upset

- 1 I joined a gym because I want to get in shape.
- 2 I usually just turn the TV on when I _____ from work.
- 3 I don't seem to have much energy, and I _____ easily.
- 4 My brother is training to _____ for the marathon next month.
- 5 There's a lot of work to do, so let's _____!
- 6 Don't _____. I'm sure everything will be okay.
- 7 I always _____ by 10 a.m. because I don't eat breakfast.
- 8 When you are in bad shape, you often _____ and take time off work.

B **IN PAIRS** Discuss the questions.

- 1 What do you usually do when you get home from class/work?
- 2 What are some ways people can get in shape?
- 3 Do you eat only at mealtimes, or do you get hungry between meals?

LISTENING



B  **10.05 LISTENING SKILL—Listen for gist** Check (✓) the ideas that are mentioned.

- This program is for people who run a lot.
- You need to eat well to get in shape.
- With Couch to 5K, you start slowly and then get faster.

LET'S TALK!



IS IT IMPORTANT TO BE IN SHAPE? IN WHAT WAYS?