



## ELEMENTARY UNIT 1

**1 OVERVIEW:** Watch the video. Do you do similar things to be healthy?

**2** Read the questions and answers about Finn. Then watch the video from 0:12–0:33 and match 1–6 to a–f.

- |                                  |                                       |                               |
|----------------------------------|---------------------------------------|-------------------------------|
| 1 What does Finn try to do?      | <input checked="" type="checkbox"/> d | a) Not always.                |
| 2 Is it easy for him?            | <input type="checkbox"/>              | b) No, coffee.                |
| 3 What does he eat and drink?    | <input type="checkbox"/>              | c) He goes to bed and sleeps. |
| 4 Does he like drinking tea?     | <input type="checkbox"/>              | d) Eat well and keep healthy. |
| 5 How often does he get ill?     | <input type="checkbox"/>              | e) Not very often.            |
| 6 What does he do when he's ill? | <input type="checkbox"/>              | f) A lot of fruit and water.  |



Then watch the video from 0:35–2:55 and write A or B next to each sentence, 1–6.



- |   |          |
|---|----------|
| 1 I know I should eat better.             | <u>A</u> |
| 2 ... if it continues, go to the doctor.  | _____    |
| 3 I work outside.                         | _____    |
| 4 I'm not very good when I'm ill.         | _____    |
| 5 I'm a musician. I play the flute.       | _____    |
| 6 I always try to eat with my housemates. | _____    |

**4** Do they have a healthy lifestyle? Read sentences 1–6 about each person in the video. Then watch it from 0:32–1:25 and write true (T) or false (F) next to each sentence. Watch again to check your answers.

- |  |          |
|--|----------|
| 1 He thinks he has a healthy lifestyle.      | <u>T</u> |
| 2 He does a lot of physical activity.        | _____    |
| 3 He gets organic food from the supermarket. | _____    |
| 4 She eats a lot of chocolate.               | _____    |
| 5 She doesn't do any exercise.               | _____    |
| 6 She doesn't get enough sleep.              | _____    |

**5** What do they do to stay healthy? Read the sentences about the people in pictures A–C. Then watch the video from 1:26–2:14 and underline the correct answer to each question: a or b.



- 1 He tries not to eat too much \_\_\_\_\_.  
a) meat b) chocolate
- 2 He eats fish \_\_\_\_\_ a week.  
a) once b) two or three times



- 1 She likes to \_\_\_\_\_ and go to the gym.  
a) run b) walk
- 2 She thinks exercise is good at the \_\_\_\_\_ of the day.  
a) start b) end



- 1 She does \_\_\_\_\_ and modern dance.  
a) ballet b) exercise
- 2 She also \_\_\_\_\_.  
a) eats yoghurt b) does yoga



- 6 What do they do if they're ill? Look at the people below and read their answers. Then watch the video from 2:15–2:55 and complete the sentences. Watch again to check your answers if necessary.



I'm not very <sup>1</sup>good when I'm ill. I go <sup>2</sup>\_\_\_\_\_ bed, I stay  
<sup>3</sup>\_\_\_\_\_ bed and I moan an awful lot.



It's very rare, I'm almost <sup>4</sup>\_\_\_\_\_ unwell. If I am, I just usually – I have  
two strategies: one is relaxation and rest, and the other is <sup>5</sup>\_\_\_\_\_.



I stay in bed, <sup>6</sup>\_\_\_\_\_ some extra rest and if it continues go to the  
<sup>7</sup>\_\_\_\_\_, get a prescription and take some <sup>8</sup>\_\_\_\_\_ to speed  
up the recovery.

**Glossary:** moan = complain  
an awful lot = more than usual  
strategies = ways to achieve sth  
speed up = do more quickly  
recovery = get better after being ill

- 7 Match words 1–7 to a–g to make phrases from the video. Then watch the video again and check your answers. Practise saying the phrases aloud.

- |             |                                     |              |
|-------------|-------------------------------------|--------------|
| 1 keep a    | <input checked="" type="checkbox"/> | a) a day     |
| 2 organic   | <input type="checkbox"/>            | b) exercise  |
| 3 diet and  | <input type="checkbox"/>            | c) food      |
| 4 play      | <input type="checkbox"/>            | d) balance   |
| 5 stressful | <input type="checkbox"/>            | e) routine   |
| 6 do        | <input type="checkbox"/>            | f) the flute |
| 7 eating    | <input type="checkbox"/>            | g) yoga      |

- 8 Look at the people in pictures A–D and read their sentences. Which adverbs do they use? Watch the video and write the correct adverbs.



I eat almost <sup>1</sup>entirely healthy food.  
If I am, I just <sup>2</sup>\_\_\_\_\_ – I have two strategies: one is relaxation and rest and the  
other is walking.



Exercise is more important to me than eating <sup>3</sup>\_\_\_\_\_.



I do yoga <sup>4</sup>\_\_\_\_\_ and meditation.  
I try to heal <sup>5</sup>\_\_\_\_\_.



We cook together and try to eat <sup>6</sup>\_\_\_\_\_.