

Name: _____

Class: _____

Mr. Minh - Chu Văn An High School - An Giang

Unit 10 HEALTHY LIFESTYLE AND LONGEVITY

GETTING STARTED

How to stay healthy



1 Kim is asking Max about a TV health show she missed. Listen and read.

Kim: I missed the health show last night. What was it about?

Max: It was about the four principles of staying healthy. They were introduced by the guest speaker, Dr Quan, a Vietnamese traditional medicine doctor.

Kim: Sounds interesting. What are these principles?

Max: Well, the first one is relieving stress. Stress may weaken your immune system. Dr Quan said if you practised meditation every day, you could keep your mind stress-free.

Kim: Do you agree with him?

Max: He might be right ... I'm not sure.

Kim: OK. What's the next one?

Max: We should consume healthy food such as brown rice, fresh fruit and vegetables. We should also eat more fish and less red meat.

Kim: I agree with him. Yesterday I read an article on the Internet, which claimed you could increase your life expectancy if you ate brown rice, fruit and vegetables. But why less red meat? I don't understand ...

Max: He said red meat is high in fat, which increases the risk of developing heart disease.

Kim: I see. What's the third principle?

Max: Dr Quan advised viewers to exercise regularly.

Kim: You mean ... do a workout every morning?

Max: Working out every day is great, but there are other ways to exercise and stay healthy. He suggested playing sports when you're young, or practising yoga and t'ai chi when you reach middle age.

Kim: OK, his first three principles make sense to me. How about the last one?

Max: When you're feeling unwell, try natural remedies first. Take prescription medicine only when other methods fail.

Kim: Oh, really? Natural remedies? What are they?

Max: Um, things like a massage, acupuncture or even a hot shower.

Kim: A hot shower! Are you joking?

Max: Well, you can watch the show tomorrow if you want. It'll be repeated at 8 in the morning.

Kim: OK, I will.

2 Read the conversation again. Find the verbs that go with the following nouns. Write them in the space provided. If necessary, use a dictionary to check the meaning.

1.	_____	stress
2.	_____	your immune system
3.	_____	meditation
4.	_____	your life expectancy
5.	_____	a workout
6.	_____	yoga and t'ai chi
7.	_____	prescription medicine



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Unit 10

10

HEALTHY LIFESTYLE AND LONGEVITY

LANGUAGE

Pronunciation

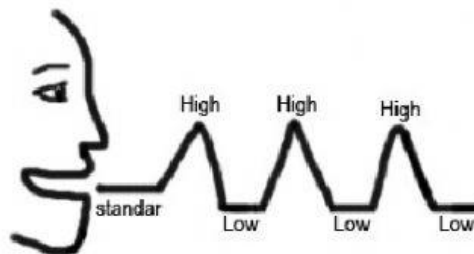
Intonation: Invitations, suggestions, polite requests, uncertainty and surprise

1 Listen and repeat. Pay attention to the fall-rise intonation (↘↗).

1. Another drink?
2. You're thirty years old? You look a lot younger.
3. I'm not sure.
4. Could you explain that again, please?
5. Now, let me think ...

2 Listen and mark ↘ (fall-rise intonation). Then practise with a partner.

1. A: Will you do me a favour?
B: Sure. What can I do for you?
2. A: I think acupuncture can reduce your pain.
B: Really?
3. A: Would you like another cup of tea?
B: No, thanks. I've had enough.
4. A: What do you think about natural remedies?
B: Um ... They might be effective ...
5. A: Fast food is not good for your health. Try not to eat too much of it.
B: OK, I'll try.
6. A: Mr Brown, did you hear the news? What do you think about the project to build a new airport in our neighbourhood?
B: Well, let me collect my thoughts ...



DO YOU KNOW...?

- We use fall-rise intonation when we are uncertain or can't really answer a question, but try to be as helpful as possible. The fall-rise can also suggest that there is more to be said.

Example:

- I'm not **sure**. ↘↗
- I can give you some **advice**. ↘↗

- We can use rising (↗) or fall-rise (↘↗) intonation with questions, for example, to request information, make suggestions, or invite someone to do something or have something. The fall-rise intonation sounds friendlier and more polite.

Example:

- Is this your phone? ↘↗
- Would you like more tea? ↘↗

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LANGUAGE



Match each of the words in the box below with an appropriate picture.

immune system

boost (v)

life expectancy

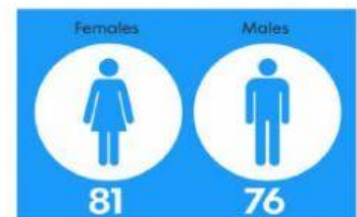
cholesterol (n)

natural remedy

meditation (n)

ageing process

nutrition (n)



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Unit 10

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LANGUAGE



- 2** Use a dictionary to check the meaning of the following adjectives formed with *-free* or *anti-*. Then write a short explanation of the phrases in the space provided. The first one is an example.

1. fat-free milk	<i>milk that does not contain fat</i>
2. stress-free lifestyle	_____ _____
3. cholesterol-free foods	_____ _____
4. anti-ageing foods	_____ _____
5. anti-acne diet	_____ _____
6. anti-cholesterol medicine	_____ _____

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Class: _____

Unit

10

HEALTHY LIFESTYLE AND LONGEVITY

LANGUAGE

Search for a website/video that contains the grammar points mentioned the 2 “Do you know?” on Page 61 and 62 in your textbook. Copy and paste the link in the box below.

If you find a video, please point out when the knowledge is presented in it.

FROM _____ TO _____

If you find a website, copy what is related to the grammar points and paste them in the box below:

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Class: _____

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Unit 10

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READING

Life expectancy factors

Follow the link:

<https://newsinhealth.nih.gov/2016/06/can-you-lengthen-your-life>

(or you can use the QR code)



What are some ways to lengthen your life suggested in the article? Answer the question with short sentences or verb phrases.