

Vocabulary

A Choose the correct word.

- 1 John has got a painful mouth
A ache B cut C ulcer D rash
- 2 You can't if you don't get enough sleep.
A swallow B distinguish C neutralise D concentrate
- 3 Garlic is good for our system.
A immune B stomach C natural D hearing
- 4 One day doctors may find the for a cold.
A medicine B cure C remedy D antivenin
- 5 The platypus has a poisonous on its back legs.
A sting B needle C spike D bite
- 6 Maggie gets sickness when she is on a boat.
A stomach B travel C dizzy D stress
- 7 We all have remedies in our kitchen cupboards.
A cure B plaster C rash D home
- 8 You should put some cream on an insect bite.
A indigestion B antiseptic C infection D medical
- 9 MP3 players can affect hearing
A volume B arthritis C loss D pain
- 10 The roads get when it rains.
A blurred B constricted C confined D slippery

B Circle the correct item.

- 1 Pat is taking a self- **remedy** / **defence** class.
- 2 You should put some cream on that itchy **cough** / **rash**.
- 3 Curry gives me an upset **stomach** / **sickness**.
- 4 Dan feels nervous in **tense** / **confined** spaces.
- 5 Too much time in front of a screen can lead to **constricted** / **blurred** vision.

Grammar

Choose the correct item. ...

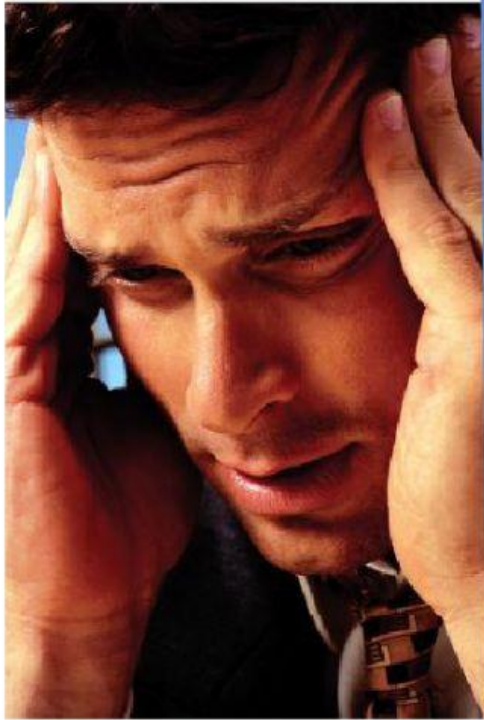
- 1 Lyn go to school today as it's a holiday. ...
A mustn't B doesn't have to C shouldn't
- 2 Bob work late today. He isn't sure. ...
A can B should C might
- 3 Mia, lives next door, practises yoga. ...
A whose B where C who
- 4 The reason I exercise is to get fit. ...
A which B why C when
- 5 Peter and Paul are afraid of heights. ...
A Neither B Either C Both
- 6 You buy an MP3 player. They're great. ...
A must B should C has to
- 7 You put some honey in a glass of warm milk for a sore throat. ...
A might B can C may
- 8 Tim nor Ryan are afraid of snakes. ...
A Neither B Either C Both
- 9 You exercise regularly; it's good for you. ...
A should B must C might
- 10 Kate is the girl dad is a surgeon. ...
A who B which C whose
- 11 Harry walk when he was 10 months old. ...
A could B should C had to
- 12 This is the gym I exercise regularly. ...
A where B which C when
- 13 You buy milk. We've got lots. ...
A mustn't B don't have to C shouldn't
- 14 Ann didn't come to the party because she work late. ...
A had to B must C should
- 15 He to climb up the tall building yesterday. ...
A was able B should C could

Reading

D Read the information about stress.

Match the sentences A-F to the correct gaps (1-5).

One sentence does not match. ...



Are you STRESSED OUT?

Stress is part of modern life, but the trick in coping with it is to reduce its negative effects. Stress doesn't become a problem when we manage it well. The first step to doing this is to recognise where the stress is in your life. **1**

So, what does stress feel like? Here's a simple test. Ask yourself these questions: Do you always feel that you have a million things going on? Do you think that you are a person with a lot of nervous energy? Do you blame certain situations or other people when you feel frustrated? Your answers will reveal all.

You don't need to put your hand in the fire to know it's hot, right? So stay away from stressful situations. Here's an example: Let's say traffic and shopping make you stressed. Then all you have to do is change your route or means of transport and do your shopping online. Simple, isn't it? In the same way, if you don't like talking about certain topics because they make you feel stressed then don't get pulled into these kinds of conversations. **2** Decide on which things you can drop from your 'to do' list so you can avoid feeling like you have too much on your plate.

3 Being positive can take the stress out of many situations. Next time you're stuck in a traffic jam, don't think of it as your worst nightmare. Instead, think of it as a chance to listen to your favourite radio station or plan your evening's activities. It's a simple fact of life that there are some things you can't change. But don't forget, even though you can't control other people's behaviour, you can control how you react to it.

A word of warning to the wise – don't get into bad habits to cope with stress. It may seem like a good idea to relax by eating lots of your favourite foods, spending a lot of time online, lying in bed, or sitting in front of the TV. **4** Over time you will see how too much of a good thing can be bad for you.

So, next time you feel stressed out try something different. Go for a walk and enjoy nature. **5** Better still, do something physical like gardening or working out at the gym. Playing with a pet is also a great way to relax as is reading a book, listening to relaxing music, or watching a funny film. Just keep this in mind – a healthy lifestyle with a varied diet, regular exercise and enough sleep can help you handle anything.

1 ...

A Change your attitude.

2 ...

B But these activities are harmful.

3 ...

C Then, when you feel stress handle it properly.

4 ...

D You can't avoid some sources of stress.

5 ...

E Call a friend and have a nice chat.

F Finally, have a look at your schedule.

Everyday English

G Read the dialogue and fill in the missing phrases. ...

I'll write you a prescription.

What should I do?

Only if it gets worse.

What seems to be the problem?

it's really painful.

A: Hello. Please come in and have a seat.

B: Thank you.

A: Now, then. **1)** ...

B: It's my eye. I got something in it a few days ago and now **2)** ...

A: OK. Let's take a look. Hmm ... yes, it's very red. I'm afraid it's infected.

B: Oh no! **3)** ...

A: You should use some eye drops twice a day for three days. **4)** ...

B: Thank you. Should I come and see you again?

A: **5)** ...

B: OK. Thanks.