

8

Well-being

A good laugh and a long sleep are the two best cures for anything.

Irish proverb

BBC



KEEPING FIT

36 Watch the BBC video.
For the worksheet, go to page 130.

8.1

VOCABULARY

Body parts • symptoms • health
• phrasal verbs

I can use language related to wellness and illness.

SHOW WHAT YOU KNOW

- Put the body parts in order from head to toe in each set of words.
1 mouth forehead ear heart → *forehead ear mouth heart*
2 shoulder nose throat eyebrows
3 hip tongue back foot
4 chest lips eyelashes knee
5 tooth finger neck leg
- Point to a part of your body and ask your partner to say the word.

APPS TO KEEP YOU FIT

Feel unhealthy or unfit? Need to lose weight?
Stressed out? No worries – just get the right app!

Here are five types of apps that will help to improve your general health and levels of fitness.

1 ☐

You'll find it easier to work out if you have the right tunes. **Fit radio** lets you choose your own playlist, for Zumba®, running or aerobics.

2 ☐

Do you sometimes feel dizzy after doing exercise? Get an app that tells you to drink water before you pass out. Apps like **Fooducate** can also help you to make healthy food choices and cut out things that are bad for you. Scan a barcode and get nutritional information like how many calories it contains.

3 ☐

Are those exams stressing you out? Does your head hurt? Get a mindfulness app like **Aura** and learn how to be calm. Meditation will reduce anxiety and stress.

4 ☐

Everyone should exercise regularly. If you prefer to do your exercise outdoors, take up cycling. **Strava** can find you a route and track your distances. It can also check your pulse and heart rate.

5 ☐

You've got a temperature, a headache and you've come out in a rash! Or maybe you've got a cough, a sore throat and a pain in your chest. **Symptomate** will tell you what the problem is and how to get over it. You know you're allergic to nuts, or you suffer from a runny nose in spring? Get **Allergy Alert** to keep track of your symptoms.

3 **SPEAKING** Discuss the questions.

- 1 How many apps do you have on your phone?
- 2 What are the apps for and which ones do you use most?
- 3 What apps do you know of that help you keep fit and stay healthy?

4 Read the article. Match headings A–E with paragraphs 1–5.

- A Feel calmer
- B Get the right music
- C Stay well
- D Keep fit
- E Eat and drink the right things

5 **SPEAKING** Which apps would you like to use and why? Discuss with a partner.**WORD STORE 8A** Symptoms

6 **3.29** Complete WORD STORE 8A with the words in red in the text. Then listen, check and repeat.

7 **SPEAKING** Choose the correct option. Then ask and answer the questions.

- 1 When was the last time you felt *ill* / *runny*?
- 2 Does your *back* / *hair* hurt sometimes?
- 3 Does anything make you feel *allergic* / *dizzy*?
- 4 Have you ever had a pain in your *chest* / *cough*?
- 5 What do you do if you have a *sore throat* / *chest*?
- 6 Did you have a *weight* / *headache* yesterday?

WORD STORE 8B Health

8 **3.30** Complete WORD STORE 8B with the base form of the verb in the underlined collocations in the text. Add a translation. Then listen and repeat.

9 **SPEAKING** Match the sentence halves. Discuss whether you agree with the statements.

- | | |
|---------------------------------------|--------------------------|
| 1 The only way to lose | ☐ |
| 2 Children don't know how to make | ☐ |
| 3 It's important to keep | ☐ |
| 4 People usually come out in | ☐ |
| 5 If you are allergic | ☐ |
| 6 Most people don't know how to check | ☐ |
- a healthy food choices.
 b to nuts, you should tell everybody.
 c weight is to eat less and exercise more!
 d a rash because of something they've eaten.
 e their pulse.
 f track of the calories you eat in a day.

WORD STORE 8C Phrasal verbs

10 **3.31** Complete WORD STORE 8C with the base form of the verb in the highlighted phrasal verbs in the text. Then listen, check and repeat.

11 Replace the underlined verb phrases with the phrasal verbs in WORD STORE 8C.

- 1 I like doing physical exercise to music.
- 2 I've decided to start jogging.
- 3 I don't think I've ever fainted.
- 4 Fortunately, nobody in my family has asthma.
- 5 It always takes me a while to recover from a cold.
- 6 I don't really like meat so I'm going to stop eating it.
- 7 Exams always make me feel nervous.

12 **SPEAKING** Read the sentences in Exercise 11 to each other. Are they true for you or your partner?