8.7

WRITING

A reader's comment – linkers

I can write a simple online posting giving opinions.

Newsfocus.com: Daily Discussion

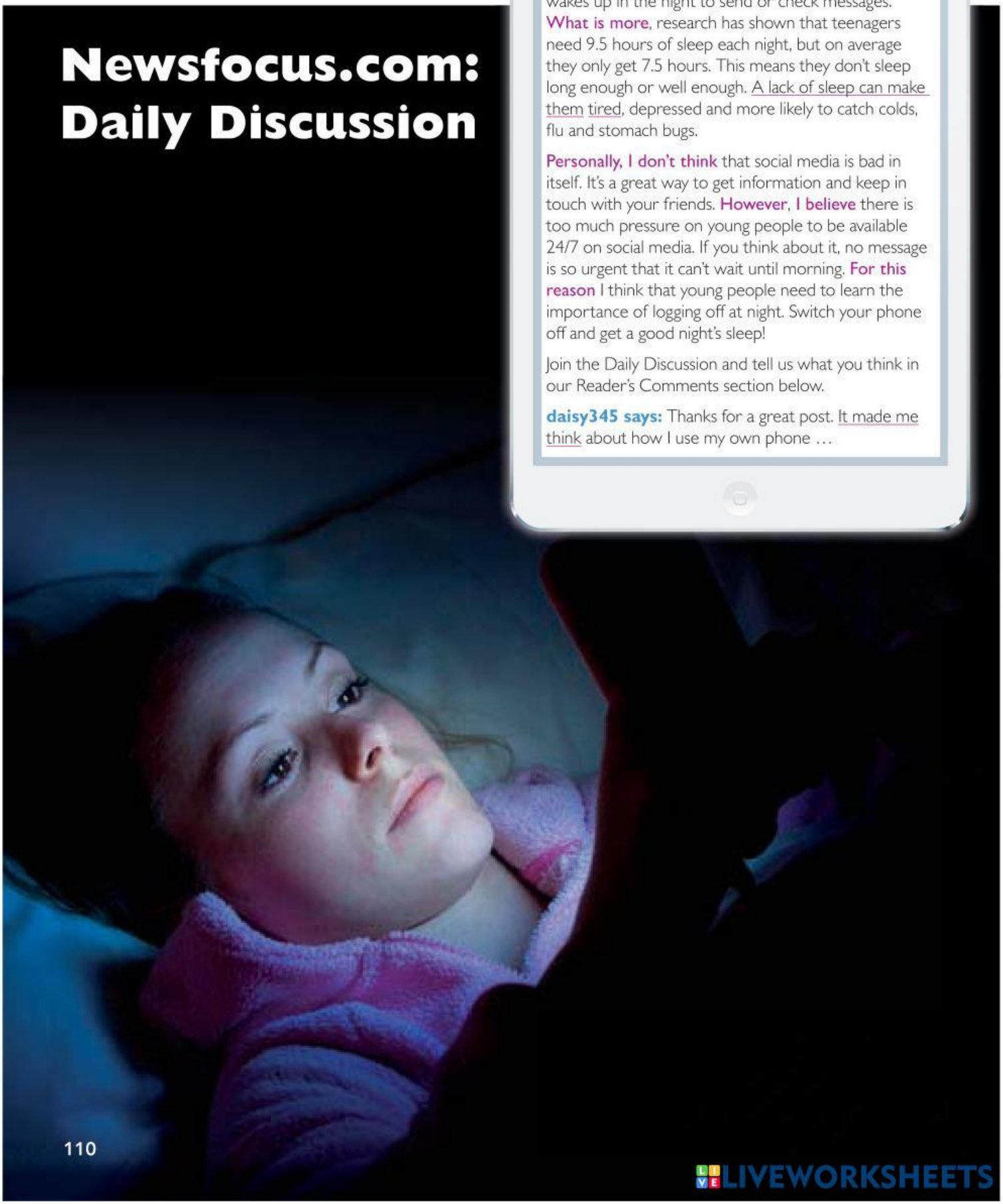
Is social media making you lose sleep?

A new study has found that one in five young people wakes up in the night to send or check messages. **What is more**, research has shown that teenagers need 9.5 hours of sleep each night, but on average they only get 7.5 hours. This means they don't sleep long enough or well enough. A lack of sleep can make them tired, depressed and more likely to catch colds, flu and stomach bugs.

Personally, I don't think that social media is bad in itself. It's a great way to get information and keep in touch with your friends. **However, I believe** there is too much pressure on young people to be available 24/7 on social media. If you think about it, no message is so urgent that it can't wait until morning. **For this reason** I think that young people need to learn the importance of logging off at night. Switch your phone off and get a good night's sleep!

Join the Daily Discussion and tell us what you think in our Reader's Comments section below.

daisy345 says: Thanks for a great post. It made me think about how I use my own phone …



LIVEWORKSHEETS

1 SPEAKING **Discuss the question on the online forum page. Then read the post and decide whether you agree or disagree with the views expressed.**

2 **Read the WRITING FOCUS. Complete the examples with the linkers in purple in the article in Exercise 1.**

WRITING FOCUS

A reader's comment

When you give your opinion in a piece of writing such as a reader's comment, use linkers to:

- **give an opinion:** *I think …/*[1]*Personally, I don't think/*[2]_____
- **add further points:** *In fact, …/I also agree that …/ I also think that …/*[3]_____
- **give an opposite opinion:** *On the other hand, I strongly disagree …/*[4]_____
- **conclude:** *Therefore …/So …/That's why …/*[5]_____

3 **Complete the reader's comment on the post in Exercise 1 with appropriate phrases in the WRITING FOCUS.**

daisy345 says: Thanks for a great post. It made me think about how I use my own phone. [1]*Personally, I b*___ t__ social media is a fantastic tool for sharing information and staying in touch with friends. I can communicate with my friends when I'm not with them. [2]W__ i_ m__ , I never feel alone. [3]H_____ , sometimes I can't concentrate on my homework. If I get a message, I can't wait – I have to answer it immediately. [4]F__ t__ r_____ , I sometimes wake up in the night to answer a message or look at a post. Then I start looking on the Internet and I can't get back to sleep. [5]S__, I end up feeling really tired and bad-tempered. On the one hand I know I should ignore my phone at night, but [6]o__ t__ o___ h___ , I don't want my friends to think I'm ignoring them!

4 **Look at a summary of opinions expressed by both writers. Then answer the questions.**

SUMMARY
- Social media is a good thing and has lots of benefits
- Checking your phone at night is not good for you
- It's impossible to ignore your phone

1 Which two opinions do both writers agree on?

2 Which opinion do they disagree about?

3 Who do you agree with and why?

5 **Read the LANGUAGE FOCUS. Complete the examples with the sentences underlined in the text in Exercise 1.**

LANGUAGE FOCUS

Structures with *make*

Make always takes an object and either the infinitive without *to*, an adjective or a noun.

- ***make* + object + infinitive without *to***
  [1]_____
- ***make* + object + adjective/noun**
  [2]_____

6 **Put the object in brackets in the correct place. Which sentences are true for you?**

1 I think smartphones make everybody's life easier. (everybody's life)
2 I like posting things that make my friends laugh. (my friends)
3 My parents make me switch my phone off at night. (me)
4 If I can't check my phone regularly, it makes me anxious.(me)
5 Teachers make us put our phones on silent in class. (us)
6 I think smartphones make the world a better place. (the world)

SHOW WHAT YOU'VE LEARNT

7 **Read the text. Then do the writing task. Use the WRITING FOCUS and LANGUAGE FOCUS to help you.**

Newsfocus.com: Daily Discussion

Does social media make you happy?

The answer is probably not. A recent survey found that one in five people say they feel depressed when they use social media. Academic research suggests that regular use leads to feelings of anxiety, stress and poor sleep. We use social media to present a false picture of our lives – like a movie of the life we'd like to live rather than the one we're actually living. If we post something and don't get enough 'shares' or 'likes', it makes us feel bad or unloved. What is more, teenagers are losing the ability to communicate face-to-face. Social media is addictive, and like all drugs, it is doing us more harm than good. Just say no!

Join the Daily Discussion and tell us what you think in our Reader's Comments section below.

You've read the article above on a news website. Write a reader's comment. Include the following information:

- express your opinion about the article
- write what you agree with and why
- write what you disagree with and why
- describe your conclusions.

LIVEWORKSHEETS

8.8 SPEAKING

A doctor's appointment

I can describe basic symptoms to a doctor.

VIDEO 40 41

1 Complete the sentences with the words in the box.

arm	2	back		chest	
a cough		dizzy		foot	
ill		indigestion		left leg	
neck		a runny nose		shoulder	
sick		a sore throat		a temperature	
thumb		very well			

1 I've got …
2 I've got a pain in my …/My … hurts.
3 I feel …

2 3.41 Read the dialogue and choose the correct option. Then listen and check.

Doctor: Hello, Andrew. What's the problem?
Andrew: I've got a [1] *pain / sore* in my chest.
Doctor: I see. And when did it start?
Andrew: A few days ago.
Doctor: Do you have any other [2] *sicknesses / symptoms* ?
Andrew: Yes, sometimes my stomach [3] *hurts / is dizzy.*
Doctor: And how are you feeling now? Have you got a headache? Do you [4] *have / feel* dizzy?
Andrew: No, I feel okay. But when I have a stomachache I feel a bit [5] *sick / hurt.*
Doctor: I see. And do you have this [6] *illness / pain* all the time?
Andrew: No, I get it in the evening after dinner, and sometimes after lunch.
Doctor: Aha. Okay, I'm going to examine you.

3 3.42 Read and listen to Part 2 of the dialogue and answer the questions.

1 What does Andrew think the problem is?
2 What does the doctor think the problem is?
3 What does the doctor suggest?

Doctor: Now … Breathe in and out for me. Good, thank you. Now, open wide – hmm, that looks fine. Right, I'm just going to take your temperature … Okay, that seems normal. Now lie down, please. If I push here, does it hurt?
Andrew: Ow. A little bit. Do you think it's my heart, doctor?
Doctor: Your heart! Why would it be your heart? You're sixteen years old.
Andrew: My mum says I eat the wrong things and I eat too quickly and she thinks I'll have a heart attack before I'm twenty.
Doctor: I see. Well, your heart is fine. We don't need to operate just yet. I think you've got indigestion. But your mother's right – you need to eat more slowly, and you should drink more water. I'm going to give you a prescription – take one tablet after each meal. Make another appointment to see me in a month.
Andrew: Aren't you going to do a blood test?
Doctor: No, I don't think that's necessary.
Andrew: Oh good, thank you very much.

4 Complete the SPEAKING FOCUS with verbs in Part 2 of the dialogue.

SPEAKING FOCUS

Diagnosis

When did the pain start?
I'm going to examine you/[1] *take your temperature*.
I'm going to _____[2] a blood test …
Breathe in and out.
_____[3] wide.
Lie down, please.
If I press here, does it hurt?
I think you've got indigestion/flu/an infection/a virus …
You're probably allergic to …

Treatment

You should eat more slowly/go on a diet.
You need to drink more water.
I'm going to _____[4] you a prescription.
I'm going to _____[5] an appointment for you (e.g. to see the specialist).
_____[6] one tablet after each meal.

5 SPEAKING Follow the instructions below to prepare a dialogue. Use the SPEAKING FOCUS to help you.

Student A: You're a student. You are doing a language course in the UK. You fall ill and go to see a doctor. Tell the doctor your symptoms and answer any questions.

Student B: You're a doctor. Your patient is a foreign student. Find out about his/her symptoms, ask questions and give advice.

6 SPEAKING Practise your dialogue. Then act it out to the class.

ROLE-PLAY 40 41 **A doctor's appointment**

40 41 **Watch the video and practise. Then role-play your dialogue.**

LIVEWORKSHEETS

8.1 Vocabulary 4.57

barcode /'bɑː ˌkəʊd/
be allergic to /ˌbi ə'lɜːdʒɪk tə/
be asthmatic /ˌbi æs'mætɪk/
check your pulse/heart rate /ˌtʃek jɔː 'pʌls/'hɑːt reɪt/
come out in a rash/in spots /ˌkʌm ˌaʊt ɪn ə 'ræʃ/ ɪn 'spɒts/
cough /kɒf/
cut sth out /ˌkʌt ˌsʌmθɪŋ 'aʊt/
feel dizzy /ˌfiːl 'dɪzi/
feel ill /ˌfiːl 'ɪl/
feel sick /ˌfiːl 'sɪk/
headache /'hedeɪk/
healthy choices/decisions /ˌhelθi 'tʃɔɪsɪz/dɪ'sɪʒənz/
hurt /hɜːt/
keep fit /ˌkiːp 'fɪt/
keep track of /ˌkiːp 'træk əv/
lose appetite /ˌluːz 'æpətaɪt/
lose weight /ˌluːz 'weɪt/
make choices /ˌmeɪk 'tʃɔɪsɪz/
my back/head/thumb hurts /maɪ ˌbæk/ ˌhed/ˌθʌm 'hɜːts/
pain in the chest/leg/shoulder /ˌpeɪn ɪn ðə 'tʃest/'leg/'ʃəʊldə/
pass out, faint /ˌpɑːs 'aʊt, feɪnt/
recover from / get over an illness /rɪ'kʌvə frəm / ˌget ˌəʊvər ən 'ɪlnəs/
reduce anxiety/stress /rɪˌdjuːs æŋ'zaɪəti/'stres/
runny nose /ˌrʌni 'nəʊz/
sore throat /ˌsɔː 'θrəʊt/
stomachache /'stʌmək-eɪk/
stress out /ˌstres 'aʊt/
suffer from /'sʌfə ˌfrəm/
take sth up /ˌteɪk ˌsʌmθɪŋ 'ʌp/
temperature /'temprətʃə/
work out /ˌwɜːk 'aʊt/

8.2 Grammar 4.58

ambulance /'æmbjələns/
capital city /ˌkæpətl 'sɪti/
cardiologist /ˌkɑːdi'ɒlədʒɪst/
drop /drɒp/
equipment /ɪ'kwɪpmənt/
fiancé /fi'ɒnseɪ/
frozen /'frəʊzən/
heart attack /'hɑːt əˌtæk/
physiotherapist /ˌfɪziəʊ'θerəpɪst/
pitch /pɪtʃ/
put out your arms /ˌpʊt ˌaʊt jɔːr 'ɑːmz/
spectator /spek'teɪtə/

8.3 Listening 4.59

arch /ɑːtʃ/
badminton court /'bædmɪntən kɔːt/
basketball court /'bɑːskɪtbɔːl kɔːt/
bench /bentʃ/
boxing ring /'bɒksɪŋ rɪŋ/
bridge /brɪdʒ/
climbing /'klaɪmɪŋ/
cycling /'saɪklɪŋ/
football pitch /'fʊtbɔːl pɪtʃ/
fountain /'faʊntɪn/
handball court /'hændbɔːl kɔːt/
hockey pitch /'hɒki pɪtʃ/
horse riding /'hɔːs ˌraɪdɪŋ/
ice rink /'aɪs ˌrɪŋk/
marathon /'mærəθən/
motor racing track /'məʊtə 'reɪsɪŋ træk/
pathway /'pɑːθweɪ/
playground /'pleɪgraʊnd/
rugby pitch /'rʌgbi pɪtʃ/
running track /'rʌnɪŋ træk/
sailing /'seɪlɪŋ/
skateboard /'skeɪtbɔːd/
skating rink /'skeɪtɪŋ ˌrɪŋk/
species /'spiːʃiːz/
swimming pool /'swɪmɪŋ puːl/
tennis court /'tenɪs kɔːt/
volleyball court /'vɒlibɔːl kɔːt/

8.4 Reading 4.60

(air) pollution /'eə pəˌluːʃən/
air purifier /'eə ˌpjʊərəfaɪə/
at risk /ət rɪsk/
blanket /'blæŋkɪt/
blow out /ˌbləʊ 'aʊt/
citizen /'sɪtɪzən/
construct /kən'strʌkt/
construction /kən'strʌkʃən/
constructive /kən'strʌktɪv/
create /kri'eɪt/
creation /kri'eɪʃən/
cufflinks /'kʌf lɪŋks/
dust storm /'dʌst ˌstɔːm/
environmental protection /ɪnˌvaɪrənˌmentl prə'tekʃən/
exhaust fumes /ɪg'zɔːst fjuːmz/
face mask /'feɪs mɑːsk/
factory smoke /'fæktəri sməʊk/
fight /faɪt/
government /'gʌvənmənt/
pollute /pə'luːt/
pure /pjʊə/
purification /ˌpjʊərɪfə'keɪʃən/
purify /'pjʊərɪfaɪ/
smog particle /smɒg pɑːtɪkəl/
support (n, v) /sə'pɔːt/
supportive /sə'pɔːtɪv/
tower /'taʊə/
vacuum cleaner /'vækjuəm ˌkliːnə/

8.5 Grammar 4.61

birth certificate /'bɜːθ səˌtɪfɪkət/
break a record /ˌbreɪk ə 'rekɔːd/
chutney /'tʃʌtni/
herbal /'hɜːbəl/
old age /ˌəʊld 'eɪdʒ/

8.6 Use of English 4.62

catch up on /ˌkætʃ 'ʌp ɒn/
cope with /'kəʊp wɪð/
fall behind /ˌfɔːl bɪ'haɪnd/
figure out /ˌfɪgər 'aʊt/
fit in /ˌfɪt 'ɪn/
get on with /ˌget 'ɒn wɪð/
get through /ˌget 'θruː/
go over /ˌgəʊ 'əʊvə/
join in /ˌdʒɔɪn 'ɪn/
put sb down /ˌpʊt ˌsʌmbɒdi 'daʊn/
sign up /ˌsaɪn 'ʌp/
talk sth over /ˌtɔːk ˌsʌmθɪŋ 'əʊvə/

8.7 Writing 4.63

addictive /ə'dɪktɪv/
bad-tempered /ˌbæd 'tempəd/
do harm /ˌduː 'hɑːm/
importance /ɪm'pɔːtəns/
pressure /'preʃə/
stay in touch /ˌsteɪ ɪn 'tʌtʃ/
switch off /ˌswɪtʃ 'ɒf/
therefore /'ðeəfɔː/
urgent /'ɜːdʒənt/
what is more /ˌwɒt ɪs 'mɔː/

8.8 Speaking 4.64

blood test /'blʌd ˌtest/
breathe in /ˌbriːð 'ɪn/
breathe out /ˌbriːð 'aʊt/
examine /ɪg'zæmɪn/
flu /fluː/
go on a diet /ˌgəʊ ɒn ə 'daɪət/
indigestion /ˌɪndɪ'dʒestʃən/
lie down /ˌlaɪ 'daʊn/
make an appointment /ˌmeɪk ən ə'pɔɪntmənt/
meal /miːl/
prescription /prɪ'skrɪpʃən/
press /pres/
tablet /'tæblət/
take sb's temperature /ˌteɪk ˌsʌmbɒdiz 'temprətʃə/
virus /'vaɪərəs/

LIVEWORKSHEETS