

# Unit 1 Health

## 1a Global health

### Grammar present simple

- 1 Complete the article about Nathan Wolfe with the present simple form of the verbs.

### How one scientist fights for global health



Nathan Wolfe is a scientist and he <sup>1</sup> ..... (work) all over the world. He <sup>2</sup> ..... (specialise) in virus and diseases and he often <sup>3</sup> ..... (go) to places with health problems. In particular, he <sup>4</sup> ..... (study) viruses and diseases from animals. It's an important job because he <sup>5</sup> ..... (want) to know how these viruses move from animals to humans and how we can stop them in the future. As a result, Nathan <sup>6</sup> ..... (spend) a lot of time in regions with wildlife.

In the modern world, humans <sup>7</sup> ..... (not / stay) in one place anymore and so new viruses also <sup>8</sup> ..... (travel) more easily. When humans <sup>9</sup> ..... (visit) regions with wildlife (for example, in Africa), they <sup>10</sup> ..... (not / realise) how easy it is to bring a new kind of disease back with them.

However, the modern world with its technology also <sup>11</sup> ..... (help) Nathan with his work. For example, in central Congo many people <sup>12</sup> ..... (not / have) electricity or running water, but a mobile phone allows Nathan to continue his life-saving work.

#### Glossary

**disease** (n) /dɪziːz/ an illness that affects humans and animals

**virus** (n) /vaɪ'ras/ a small living thing that enters a human body and makes you ill

#### ► SPELL CHECK present simple (he / she / it) verb endings

We normally add -s to most verbs in the present simple third person. However, note these exceptions:

- Add -es to verbs ending in -ch, -o, -s, -ss, -sh and -x: *watch* → *watches*.
- For verbs ending in -y after a consonant, change the -y to -i and add -es: *study* → *studies*.
- *have* and *be* have irregular forms.

- 2 Look at the spell check box. Then rewrite the verbs in the present simple third-person form.

- |               |                |
|---------------|----------------|
| 1 start ..... | 5 live .....   |
| 2 watch ..... | 6 study .....  |
| 3 fly .....   | 7 finish ..... |
| 4 pass .....  | 8 relax .....  |

### 3 Pronunciation /s/, /z/ and /ɪz/

1.1 Listen to the final -s and -es in these verbs. Write the verbs in the table. Listen again and repeat.

has	helps	is	realises	specialises	spends
stays	studies	travels	visits	wants	

/s/	/z/	/ɪz/



**4** Write questions about Nathan Wolfe and his work using the present simple.


- 1 (where / Nathan / work) \_\_\_\_\_ ?  
All over the world.
- 2 (where / he / often / go) \_\_\_\_\_ ?  
To places with health problems.
- 3 (what / he / find and study) \_\_\_\_\_ ?  
Virus and diseases from animals.
- 4 (where / he / spend / a lot of time) \_\_\_\_\_ ?  
In regions with wildlife.
- 5 (why / new viruses / travel more easily) \_\_\_\_\_ ?  
Because humans travel all over the world.
- 6 (what / he / need / for his work) \_\_\_\_\_ ?  
Modern technology.
- 7 (many people / have / electricity and running water) \_\_\_\_\_ ?  
No, they don't.
- 8 (how / Nathan / communicate) \_\_\_\_\_ ?  
With a mobile phone.

## Grammar adverbs of frequency

**6** Put the words in order to make sentences.

- 1 do always in the evening I exercise  
\_\_\_\_\_
- 2 it in the winter always colder is  
\_\_\_\_\_
- 3 take twice a day I this medicine  
\_\_\_\_\_
- 4 they don't go often on holiday  
\_\_\_\_\_
- 5 at weekends we sometimes busy are  
\_\_\_\_\_
- 6 eats out rarely she during the week  
\_\_\_\_\_
- 7 on time are never for work you  
\_\_\_\_\_
- 8 do check you your emails always at lunchtime?  
\_\_\_\_\_

## Listening healthy living quiz

**5**  **1.2** Look at the quiz. Then listen to a conversation between two people at work. Choose the correct option (a, b or c).

**Stress is bad for your health – both physical and mental**

**Find out how stressed you are with this quick quiz.**

- 1 I worry about money \_\_\_\_\_.  
a every day ☐ b at least once a week ☐ c once a month ☐
- 2 I \_\_\_\_\_ have problems sleeping at night.  
a never ☐ b sometimes ☐ c always ☐
- 3 I \_\_\_\_\_ find it difficult to concentrate.  
a rarely ☐ b sometimes ☐ c often ☐
- 4 Which of these sentences describes your lunchtimes?  
a I often eat lunch at my desk and answer calls or send emails. ☐  
b I often eat lunch at my desk and read the newspaper or relax. ☐  
c I often leave my desk, go for a walk or eat my lunch somewhere else. ☐



# 1b Mobile medicine

## Reading community health



### Mobile medicine

**S**arubai Salve goes to work twice a day. She leaves her home once at nine o'clock in the morning and then again at six o'clock in the evening to visit people in her village of Jawalke. The village has about 240 families and, with another woman called Babai Sathe, Sarubai is responsible for the health of the village. The women visit pregnant women and give medicine to some of the older people. Today they are visiting their first patient. Rani Kale doesn't come from Jawalke. She lives about an hour away but her village doesn't have anyone like Sarubai to help mothers-to-be. Sarubai is checking Rani and she is worried about the position of the baby. Rani might need to go to hospital.

Half an hour later, Sarubai and Babai visit another mother with a three-month-old baby. While they are checking the baby, Sarubai also gives the mother advice on nutrition and vaccinations. Jawalke is a very different place because of the two women. They regularly deliver babies and continue to help as the child grows up. There is a shortage of doctors in this region, so village health workers are important because they can give preventative medicine and advice about health.

New health workers go for two weeks of intensive training and then they receive ongoing training. A mobile team visits Jawalke once a week. The team includes a nurse and a doctor. The mobile team meets with Sarubai and they look at any of her patients with serious medical problems. The health workers are an important connection between the mobile team and the local people. Currently there are 300 village health workers in the region and the number is growing.

**1** Read the article and answer the questions. Choose the correct option (a, b or c).

- 1 How often does Sarubai visit people in the village?  
a once a day  
b twice a day  
c twice a week
- 2 How many doctors are there in the village of Jawalke?  
a one  
b two  
c none
- 3 Where does Rani Kale come from?  
a Jawalke  
b another village near Jawalke  
c we don't know
- 4 Sarubai meets Rani because she is  
a ill.  
b pregnant.  
c sick.
- 5 Which of these statements is true about the health workers?  
a They only deliver babies.  
b They do the same job as doctors.  
c They have many different responsibilities.
- 6 How much training do they receive?  
a None. They learn it all from books.  
b Two weeks only on a course.  
c Two weeks and then more training while they are working.
- 7 What is the purpose of the mobile team?  
a To do the job of the health workers.  
b To provide more medical help.  
c To train the health workers.
- 8 How do we know from the article that the village health project is successful?  
a Because they are training more health workers.  
b Because patients say they are happy with their health workers.  
c Because the region doesn't need any more doctors.



**2** Find words in the article for these definitions.

- 1 a person with a medical problem who sees a doctor (n) \_\_\_\_\_
- 2 women who are going to have a baby (n) \_\_\_\_\_
- 3 a place for people with medical problems (n) \_\_\_\_\_
- 4 food that keeps you healthy (n) \_\_\_\_\_
- 5 medicine you put in the body to stop disease (n) \_\_\_\_\_
- 6 not enough of something (n) \_\_\_\_\_
- 7 stopping something bad before it happens (adj) \_\_\_\_\_
- 8 opinion about the best thing to do in a situation (n) \_\_\_\_\_
- 9 a lot of teaching in a short time (adj) \_\_\_\_\_
- 10 continuing and never stopping (adj) \_\_\_\_\_

**Grammar present continuous****3** Look at the article again. Underline the verbs in the present continuous.**4** Choose the correct option to complete the sentences.

- 1 At the moment *I drive / I'm driving* towards the city. Is that the right direction?
- 2 London *has / is having* a population of about eight million people.
- 3 Where *do you come / are you coming* from originally?
- 4 Sorry, I can't hear you because a plane *flies / is flying* overhead.
- 5 *I never cycle / I'm never cycling* to work in the winter.
- 6 Someone *stands / is standing* at the front door. Can you see who it is?
- 7 *Do you understand / Are you understanding* what I mean?
- 8 It was warm earlier today but now *it gets / it's getting* colder and colder.
- 9 *We don't stay / aren't staying* very long. It's just a short visit.
- 10 *Do you work / Are you working* now or *do you take / are you taking* a break?

**5 Pronunciation contracted forms**

**1.3** Listen to the sentences. Write the number of words you hear. Contracted forms (*I'm, we're, aren't, isn't* etc.) count as one word.

- |            |         |
|------------|---------|
| a <u>5</u> | d _____ |
| b _____    | e _____ |
| c _____    | f _____ |

**SPELL CHECK present continuous -ing endings**

- With verbs ending in -e, delete the -e then add -ing: dance → dancing
- With verbs ending in -ie, delete the -e and change the i to a y: die → dying
- With some verbs ending in one vowel and a consonant, double the final consonant: stop → stopping, run → running

**6** Look at the spell check box. Then write the verbs below in the -ing form.

- |              |                |
|--------------|----------------|
| 1 live _____ | 6 lie _____    |
| 2 drop _____ | 7 take _____   |
| 3 let _____  | 8 travel _____ |
| 4 swim _____ | 9 get _____    |
| 5 have _____ | 10 jog _____   |

**Dictation my typical day****7 1.4** The man in this photo is describing his typical day. Listen and write down the words you hear.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

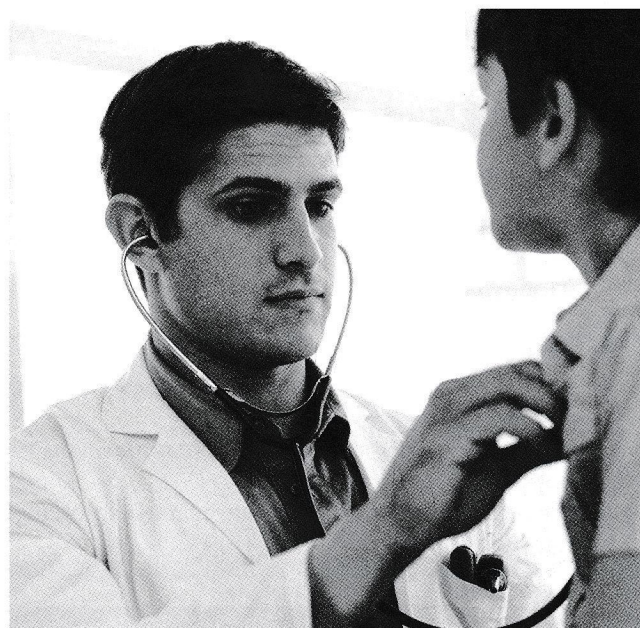
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





# 1c Happy and healthy

## Listening an interview with Elizabeth Dunn



**1** **1.5** Listen to an interview with Elizabeth Dunn. Complete the sentences.

- 1 Elizabeth is interested in what makes us feel \_\_\_\_\_.
- 2 She does research on happiness and how \_\_\_\_\_ affects this.
- 3 As part of her research she did an experiment with a group of \_\_\_\_\_.
- 4 She thinks that experiences like visiting a new country are good for you \_\_\_\_\_.

**2** **1.5** Listen again. Read these sentences and choose the correct response (a–c).

- a Elizabeth agrees.
  - b Elizabeth disagrees.
  - c Elizabeth doesn't say.
- 1 Coffee with friends is better than having lots of money. \_\_\_\_\_
  - 2 Money is the most important thing in the world. \_\_\_\_\_
  - 3 Money doesn't make you feel happier. \_\_\_\_\_
  - 4 Giving money to other people makes you happy. \_\_\_\_\_
  - 5 Spending money on other people makes you happier. \_\_\_\_\_
  - 6 Spending money on experiences makes you feel happy. \_\_\_\_\_

### Word focus *feel*

**3** Match the sentences (1–6) with the uses of *feel* (a–f).

- 1 I feel like going out for dinner tonight.
  - 2 I don't feel this is the right thing to do.
  - 3 My daughter feels ill.
  - 4 I feel much happier today.
  - 5 The sun feels warm. It felt much colder yesterday.
  - 6 I feel like a coffee.
- a Talking about your emotions
  - b Talking about sickness
  - c Giving a view or an opinion
  - d Refers to the weather
  - e Wanting something
  - f Wanting to do something

**4** Match the questions (1–5) with the answers (a–e).

- 1 How are you today?
  - 2 Do you feel like something to eat?
  - 3 What do you think about my work in general?
  - 4 Do you feel like helping me with this?
  - 5 What's the weather like?
- a Actually, I feel you need to do more.
  - b It feels freezing out there!
  - c Sorry, I'm really busy at the moment.
  - d Yes, a sandwich, please.
  - e I'm feeling much better, thanks.

**5** Write seven different questions with the word *feel*. Use the words in the box. You can use words more than once.

a coffee   doing something   like  
how do you   OK   's   weather   what

- 1 \_\_\_\_\_ ?
- 2 \_\_\_\_\_ ?
- 3 \_\_\_\_\_ ?
- 4 \_\_\_\_\_ ?
- 5 \_\_\_\_\_ ?
- 6 \_\_\_\_\_ ?
- 7 \_\_\_\_\_ ?



# 1d At the doctor's

## Vocabulary medical problems

1 Complete the conversations with these words.

back ear head mouth nose stomach  
throat tooth

A: Sorry, I've got a really runny <sup>1</sup> \_\_\_\_\_ today.

B: It's OK. Here's a tissue if you need one.

A: I've got really bad <sup>2</sup> \_\_\_\_\_ ache.

B: Is the problem in the left or the right?

A: Both!

A: It's too painful to eat.

B: It sounds like you have <sup>3</sup> \_\_\_\_\_ ache. You should go to the dentist.

A: What's that noise?

B: They're digging up the road outside.

A: It's giving me a terrible <sup>4</sup> \_\_\_\_\_ ache.

A: I can hardly talk today.

B: Why? Have you got a sore <sup>5</sup> \_\_\_\_\_ ?

A: Can you pick this up for me? I've got a bad <sup>6</sup> \_\_\_\_\_ at the moment.

B: Sure. But maybe you should lie down for a while.

A: My throat is very red, doctor.

B: Well, let's have a look. Open your <sup>7</sup> \_\_\_\_\_, please.

A: Where's the problem?

B: It's in my <sup>8</sup> \_\_\_\_\_. I feel a bit sick.

4 1.7 Complete the conversation with these phrases. Then listen again and check.

They are good	Have you got
How do you feel	If you still feel ill
Do you feel	take this prescription
Let me have a	You need to
try drinking	Let me check

Doctor: <sup>1</sup> \_\_\_\_\_ today?

Patient: Not very well. I've got a terrible sore throat.

Doctor: I see. <sup>2</sup> \_\_\_\_\_ look. Open wide. Yes, it's very red in there.

Patient: I've also got a bad cough.

Doctor: <sup>3</sup> \_\_\_\_\_ sick at all?

Patient: No, not really.

Doctor: <sup>4</sup> \_\_\_\_\_ a temperature?

Patient: I don't think so. I don't feel hot.

Doctor: <sup>5</sup> \_\_\_\_\_ it ... Yes, it's a bit high. Do you have anything for it?

Patient: I bought some pills at the pharmacy, but they didn't do any good.

Doctor: Well, <sup>6</sup> \_\_\_\_\_ to the pharmacy. <sup>7</sup> \_\_\_\_\_ take some different pills.

<sup>8</sup> \_\_\_\_\_ for your

throat. Take one every four hours. You need to go to bed for a couple of days, and <sup>9</sup> \_\_\_\_\_ lots of water.

Patient: OK. Thanks.

Doctor: <sup>10</sup> \_\_\_\_\_ in a few days, come back and see me, but I think it's flu. Everyone has it at the moment.

### Glossary:

flu (n) /flu:/ a common illness which makes patient feel hot or cold with a temperature.

prescription (n) /prɪ'skrɪpʃən/ a piece of paper from the doctor with medicine on. You give it to the pharmacist.

### Listen and respond giving advice

5 1.8 Listen to five different friends, each with a different medical problem. Respond each time with some advice. Then compare your advice with the model answer that follows.

I've got a headache.

You need to take some pills.

## 2 Pronunciation sound and spelling

1.6 Listen to these groups of words. Cross out the word in each group that has a different vowel sound.

- |                                |                     |
|--------------------------------|---------------------|
| 1 <del>bad</del> said head bed | 4 ate wait late eat |
| 2 sore ear or saw              | 5 here ear see near |
| 3 love off cough soft          | 6 try why play fly  |

## Communication talking about illness

3 1.7 Listen to a conversation at the doctor's. Complete the form.

### Patient's medical problems

1 **Medical problem:** sore throat \_\_\_\_\_ headache \_\_\_\_\_  
stomach ache \_\_\_\_\_ earache \_\_\_\_\_ cough \_\_\_\_\_  
other \_\_\_\_\_

2 **Temperature:** low \_\_\_\_\_ normal \_\_\_\_\_ high \_\_\_\_\_

3 **Details of prescription:** medicine \_\_\_\_\_ pills \_\_\_\_\_

4 **Advice:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# 1e Online advice

## Writing online advice

- 1 Read the messages asking for advice from different forums. Match the messages with the forums. There is one extra forum.

Career   Computer   Food   Love   Sport   Town

- 1 My boyfriend's mother is coming for dinner tonight. It's the first time she's tried my cooking. I need a simple but tasty meal. Do you have any advice?
- 2 I love my current job but my company wants me to become a manager. I know I should take the opportunity but I'm happy with my life. What can I do?
- 3 This new version of Digital XZ version 9.1.2 doesn't work. Can anyone help?
- 4 I'm new here and I don't know many people. What kinds of activities do people do in the evenings or at weekends? Does anyone have any good advice?
- 5 There's a girl at school. I really like her but I don't know how to ask her out. What should I do?

- 2 Read the messages again. Underline the useful question for asking for advice in each message.

- 3 Choose three of the messages. Write a short reply to each one. Start your message with the words given.

- 1 In my opinion, you should .....
- 2 My advice is to .....
- 3 It's a good idea to .....

## Grammar extra *should* / *shouldn't*

### ► GRAMMAR *should* / *shouldn't*

We use *should* for giving strong advice. For example:

*You should tell her how you feel.*

*You shouldn't cook her anything. Buy it from a shop!*

*should* is a modal verb, so remember:

It doesn't have a third person -s: *He should tell her / it.*

Don't use the auxiliary *do* for negatives or questions: *She ~~don't~~ shouldn't cook it.*

*Should* isn't followed by the *to* + infinitive: *You should ~~to~~ tell her.*

- 4 Write advice for these situations. Use *should* or *shouldn't* and the words in brackets.

- 1 I feel ill. (take / pills / twice a day)  
*You should take these pills twice a day.*
- 2 I want a cigarette. (you / smoke)
- 3 I'm watching TV all weekend. (do / some exercise)
- 4 I usually work about fourteen hours a day. (work / eight hours)
- 5 I like coffee but I can't sleep. (drink / caffeine / in the evening)

## Writing skill conjunctions (*and*, *or*, *so*, *because*, *but*)

- 5 Connect these sentences with one of these conjunctions: *and*, *or*, *so*, *because*, *but*.

- 1 If you want to lose weight, you could start running. You could go cycling.
- 2 Take some of this medicine. Take two of these pills.
- 3 I do sports such as tennis or golf. I don't like team sports.
- 4 Drink lots of water. Your body needs about two litres per day.
- 5 Your body needs about two litres per day. Drink lots of water.

- 6 Complete these sentences with your own words.

- 1 I can't sleep if I ..... and .....
- 2 I prefer team sports such as ..... or .....
- 3 My favourite hobby is ..... because .....
- 4 Sometimes I get bored at the weekend, so I .....
- 5 Some people think money makes you happy, but I .....



## Word building verb + noun collocations

- 1 Match the verbs with the nouns to make collocations. Then complete the sentences.

**Verbs** check do go have play  
read run take

**Nouns** books a coffee emails exercise  
hiking a marathon the piano  
public transport

- I'm training to \_\_\_\_\_ next year. So far I can do about twenty kilometres.
- I like to \_\_\_\_\_ in the mountains at weekends. It's very relaxing.
- I \_\_\_\_\_ when I have time. Mozart is my favourite composer.
- I like to \_\_\_\_\_. Fantasy or science fiction are my favourites.
- I \_\_\_\_\_ about twice a week at the local gym.
- I \_\_\_\_\_ to work instead of driving a car.
- I never \_\_\_\_\_ my personal \_\_\_\_\_ at work. My boss doesn't want me to.
- Can I \_\_\_\_\_ with milk, please?

- 2 Write down other verb + noun collocations. Use the verbs in Exercise 1.

Example:

*take time, take a break, take a taxi*

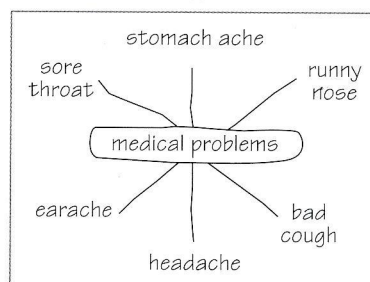
## Learning skills recording new vocabulary

- 3 When you write down a new English word, how do you record it? Tick the techniques you use.

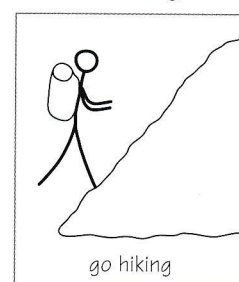
- the meaning
- the translation into your language
- the pronunciation (the sounds and the stress)
- the type of word (verb, adjective, noun, preposition, etc.)
- collocations
- any common phrases or expressions using this word

- 4 Which techniques do you use in your notebook?

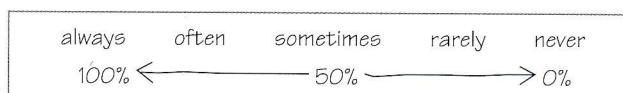
### a Word groups



### b Drawings



### c Diagrams

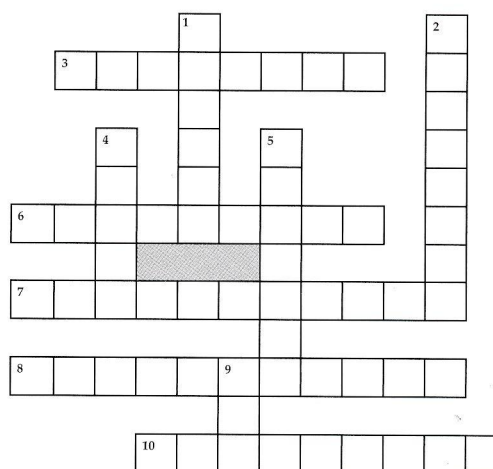


- 5 Look at some of the new words from Unit 1.

- Try recording some new information about the words. Use a dictionary to help you.
- Try different techniques for learning the new words. Decide which techniques work well for you.

## Check!

- 6 Complete the crossword. You can find the answers in Unit 1 of the Student's Book.



### Across

- A large Italian island
- You do this with plants and flowers
- Measurement of how hot your body is
- A person who lives to 100 years or more
- The noun form of 'happy'

### Down

- You can give this to a friend if they have a problem
- Something a pharmacist or doctor gives you for an illness
- A place on the internet for leaving and replying to messages
- A Japanese island with some of the oldest people in the world
- A short sleep