

## GRAMMAR

## VOCABULARY

## COMMUNICATION

**LESSON 1**

Live healthier, live happier

- Simple present
- Present continuous
- Present perfect
- Present perfect continuous

- Medical experts
- Symptoms & treatments
- Collocations
- Get
- More medical vocabulary

- Reading: Putting the fun back into fitness
- Do schools in your country have extracurricular activities to stay fit?
- Do kiosks offer healthy options?

**LESSON 2**

Personalities and fashion

- Adjectives as nouns
- Adjective order
- So/such

- Personality, and appearance adjectives
- Clothing items and verbs

- Do you have a particular style?
- Do you follow trends?
- Do you dress your age?
- Reading: Yes, appearance matters

**LESSON 3**

Vaping? Not my thing

- Connectors/linking words
- To -inf/for- ing
- Smoking
- Addictions

- Writing: In favor - against paragraph

**LESSON 4**

Beauty standards

- Causatives (have - get - make- want - let)

- Cosmetic procedures

- Reading: Plastic vs cosmetic surgeries

**FINAL GROUP PROJECT**

1. Create a plan to change your unhealthy habits into healthier ones. (Include physical activities, eating habits, etc.)
2. Set your points regarding beauty standards in your society. Are men more concerned than women as regards beauty standards and self-care?

# Lesson 1.1

## 🎧 LISTENING Conventional vs alternative medicine

A. Listen to three people talking about health issues. Match speakers 1 - 3 to statements a - c.

- a. This person thinks there's a place for conventional medicine and natural remedies. ....
- b. This person believes conventional medicine is still the best option. ....
- c. This person is in favor of alternative medicine. ....

B. Why do the speakers have these opinions?'

C. Complete the sentences from the listening activity with words from the vocabulary panel.

1. When I get a cold or the flu, I take ..... or .....
2. If I get an ....., I usually take .....
3. I use an ..... for problems such as a stomachache, a cold or the flu.
4. My dad gets ..... a lot, and he swears by his .....
5. I get a flu .....every winter, but I use arnica cream on a.....or.....

D. Listen again and check.

## VOCABULARY

### A. Medical experts

- Which of the words in the box can you match to the images?

**acupuncturist - chiropractor - herbalist - homeopath  
midwife - pharmacist - shaman - specialist - surgeon**

### B. Symptoms & treatment

- Look at the words in the box. Which describes: a) symptoms? b) a form of treatment?  
Use a dictionary to help you, if necessary.

**antibiotics - backache - bruise - bump - cough -  
syrup - infection - injection - insomnia - operation -  
painkillers - rash - temperature - vaccination**

- How many of the words are similar in your language?

### C. Collocations

- Match verbs 1 - 7 to the nouns collocations a - g from the audio.

**Take  
Feel/be  
Take someone's  
Make  
Write  
Treat  
Have**

**Medicine  
An appointment  
Side effects  
A prescription  
Sick/well/ill  
An illness/symptoms  
Temperature**

### NOTICE! GET

It is very common to use the verb get to talk about health. It can mean:

**become:** get sick/well  
**receive:** get a vaccination  
**catch/be affected by:** get an infection/a backache



# Lesson 1.1

## THE FITNESS INDUSTRY

### SPEAKING

1. *Work in groups. Look at the images. What aspects of health and fitness do they show?*

2.

a. *Match aspects of fitness 1 - 6 to images a - d. Use a dictionary to help you.*

1. personal trainer   2. regular workout   3. a couch potato  
4. diet pills/supplements   5. junk food   6. gentle exercise

b. *What are the most popular ways to stay in shape in your country? What do you do to stay in shape?*

### READING

1. *Read the article. Which image isn't talked about?*

2. *Match the summary sentences a - e to paragraphs 1 - 5.*

- a. Enthusiasm for working out often runs out quickly.  
b. You can exercise in many different ways.  
c. Joining a fitness center is a popular activity.  
d. You can increase motivation by doing something you enjoy.  
e. Many people hope to lose weight without making an effort.

3. *Read the article again and answer the questions.*

1. What do gyms depend on to make money?  
2. Why is it easy to persuade people to buy weight loss products?  
3. What advice does the article give people who don't like doing regular exercise?  
4. Why does Kay like ballet barre?

4. *Work in small groups. Discuss the questions.*

- Does any of the information in the article surprise you? Why/Why not?
- Is the situation similar in your country?
- What other ideas can you think of to help people get in better shape without getting bored?

a. *Read the sentences from the article. Do the sentences talk about the past, present or future?*

*What tense is used in each one?*

1. People spend millions on weight loss products.  
2. Pseudo experts are always showing products on TV to help you lose weight.  
3. I've tried the gym.  
4. I'm taking a class called "ballet barre".  
5. I often go before work.  
6. I'm getting better each week.  
7. The class starts next month.

b. *Complete 1 - 7 in the Grammar panel with sentences in a.*

#### THE PRESENT

##### Present simple

We use the present simple to talk about...

1. Habits and routines:

2. Things that are generally true:

3. Schedules and timetables:

##### Present continuous

We use present continuous...

1. To talk about things that are happening now or in a period around now:

2. To talk about changing or developing situations (future idea)

3. With always to talk about annoying habits:





## COMMUNICATION

- *Do schools in your country have extracurricular activities to stay fit?*
- *Do kiosks offer healthy options?*

## PUTTING THE FUN... BACK INTO FITNESS

It's that time of year when millions of people decide to sign up for the gym in an enthusiastic attempt to get in shape. Gym membership and sports clothing and equipment are multimillion dollar industries. Personal trainers are the latest thing for gym goers and classes such as Pilates, spinning, Zumba and taekwondo have replaced aerobics as the fashionable exercise of choice.

Yet despite the millions we spend on gym membership and fitness classes each year, motivation often slips, and the workout sessions soon stop. And yet we continue to pay! A recent study found that in the UK alone people waste a total of \$60 million a year on unused gym membership and sports equipment. But having good intentions that soon fade away is part of life, and it's exactly what gyms rely on to make money.

While the fitness industry in the USA is worth \$17.6 billion a year, the diet and weight loss industry is worth more than double this: \$46 billion! People spend millions on weight loss products such as diet pills, creams, slimming gadgets and self-help books. Pseudo experts are always showing products on TV to help you lose weight. These scams promise great results without the need to do any exercise or even modify your diet, which of course is why they are so appealing.

But what alternatives are there if you feel sick at the idea of working out every day but guilty if you don't set aside time to fulfill the minimum exercise quota? The trick is to stay active without feeling you have to schedule a time and stick to a routine. Walking the dog, gardening, dancing and playing with children all count as exercise if you do them regularly.

But the most important thing of all is to find something that you love and genuinely look forward to. Fitness enthusiast Kay says, 'I've tried the gym, but it's so boring and repetitive I don't go anymore. At the moment I'm taking a class called 'ballet barre,' which is a workout through ballet exercises. I often go before work. The combination of dance and a tough workout is really motivating—I'm loving it! I'm learning a new skill, and I'm getting better each week. I enjoy it so much I'm going to take up classical ballet, too. The class starts next month—I can't wait!'

### Present perfect

We use the present perfect to talk about actions that started in the past and have a result/relevance in the present:

1.

### Present perfect continuous

The present perfect continuous emphasizes duration. We use it to talk about...

1. An action that started in the past and continues now:

She's been writing a book for over a year.



# Lesson 1.1

## GRAMMAR

### Let's Practice

A. Complete the sentences with the correct form of the verbs in parentheses.

1. I \_\_\_\_\_ to the gym twice a week (go/usually)
2. My friend \_\_\_\_\_ a yoga class at the moment (take)
3. My mom \_\_\_\_\_ me to eat more fruit and vegetables. It's so annoying! (always/tell)
4. I can't wait to take the new kickboxing course. It \_\_\_\_\_ in May. (start)
5. I \_\_\_\_\_ a squash club. I couldn't play at first but now I \_\_\_\_\_ slowly. (join/improve)

B. Present simple, continuous or perfect?

1. Liz and I are good friends. We \_\_\_\_\_ each other for four years. (know)
2. "Where's John?" "He's upstairs. He \_\_\_\_\_ his homework. (do)"
3. "Would you like to borrow this book?" "No, thanks I \_\_\_\_\_ it before. (read)"
4. Sally is very clever. She \_\_\_\_\_ seven different languages. (speak)
5. I can't go to the party on Saturday. I \_\_\_\_\_ for Spain on Friday night. (leave)
6. Jane \_\_\_\_\_ cleaning her room yet, and now she's going out with her friends? (not/finish)
7. I didn't recognize Tom. He \_\_\_\_\_ so different in a suit. (look)
8. I don't need to wash my car. Jim \_\_\_\_\_ it for me already. (wash)
9. "Where \_\_\_\_\_?" "To the movies. Would you like to come with me?" (you/go)
10. This dress \_\_\_\_\_ me anymore. I need to buy a new one. (not/fit)

## VOCABULARY

### Would you know what to do in these common medical emergencies?

1. If someone is **choking**, you should...

- a) hit them on the back.
- b) **lean** them backward.
- c) lie them on their side.

2. What is the best thing to put on a **burn** at first?

- a) warm running water.
- b) cold running water.
- c) plastic wrap.

3. If someone has a cut that is **bleeding** badly, you should first...

- a) **press** on the **wound**.
- b) cover the wound.
- c) wash the wound under running water.

4. Which of these is the best way to **treat** a nosebleed?

- a) lean your head forward and **pinch** the soft part of the nose.
- b) lean your head forward and pinch the hard part of the nose.
- c) lean your head backward and pinch the soft part of the nose.

5. If you find someone **collapsed** on the ground, what should you do first?

- a) put your jacket over them to keep them warm.
- b) check if they are breathing.
- c) run off to find someone else to help.

6. If someone has fallen and you think they may have broken their leg, you should...

- a) try to move their leg into a straight position.
- b) make sure the leg is supported to prevent unnecessary movement.
- c) put a **bandage** on their leg where you think the break is.



## GRAMMAR

### Present perfect simple and continuous

1. *Listen to a conversation between a doctor and patient. What symptoms does the patient have?*
2. *Listen again and fill in the blanks with a verb in the present perfect simple or present perfect*

**Doctor:** Good morning, Mr. Blaine. What's the problem?

**Patient:** 1 \_\_\_\_\_ well for a few days. I keep getting headaches, and 2 \_\_\_\_\_ a lot, too. And I have a temperature.

**Doctor:** 3 \_\_\_\_\_ anything for the headaches?

**Patient:** Yes, acetaminophen. But it doesn't really help. I read on the Internet that headaches can be the first symptom of a brain tumor...

**Doctor:** How many tablets 4 \_\_\_\_\_ so far today?

**Patient:** I took two this morning.

**Doctor:** And have you taken your temperature this morning?

**Patient:** Yes. 5 \_\_\_\_\_ it five or six times. It's high.

**Doctor:** Let me see... Well, your temperature seems to be perfectly normal now.

**Patient:** I think I need a blood test. 6 \_\_\_\_\_ one for two months.

**Doctor:** Well, Mr. Blaine, you know I think we should wait for a few days and see how your symptoms develop. Can you send the next patient in please, nurse?

3. *Ask and answer the questions with a partner.*

### Let's discuss

1.
  - What injuries or illnesses could you get when you are...?
    - a) cooking.
    - b) playing sports.
    - c) eating in a restaurant.
  - Have any of these things ever happened to you?
2.
  - Have you ever been in a situation where you had to give first aid?
  - Who to? Why? What happened?
  - How much do you know about first aid?
  - Where did you learn it?
  - Has anyone ever had to give you first aid? What happened?
3.
  - What do you think you should do if...?
    - a) someone has a very high temperature.
    - b) someone is stung by a wasp and has an allergic reaction.
    - c) someone has very bad sunburn.

## MINI PROJECT

*Keep a diary for a couple of days, writing down the amount of junk food you eat and the amount of exercise you do. Report back to the class in the next lesson.*