KEEPING FIT p58

THE FUTURE OF FOOD p60

HOW ARE YOU FEELING? p62

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BBC

BBC

INTERVIEWS

◀)) What do you do to keep fit?

Get moving!

A lot of us spend most of our working day sitting at the computer. If you add this to the seven hours we spend sleeping, we could easily find that we spend nearly two thirds of our day without moving at all. We all know that exercise is good for both the body and the brain. Even a short amount of exercise every day can help us to feel happier and more relaxed. So, how does the world keep fit? We've looked at some of the latest exercise trends from around the world.

TOWERRUNNING China

Have you ever worked in an office block and wondered how you can get fit? Perhaps you should try Towerrunning. It's a sport you can do in the skyscrapers of almost any big city, but Asian cities can be particularly good. All you need to do is start at the bottom of an office tower, and run up all the stairs until you get to the top. Towerrunning has become popular all around the world with important races taking place in some of the world's tallest towers, like Taipei 101, the Empire State Building in New York, and the China World Trade Centre, Beijing.

PILOXING® USA

If you enjoy dance classes like Zumba, but you also want to get rid of your anger, then PILOXING® might be for you. PILOXING® started in the USA, but has travelled quickly to countries like the UK. The sport is a mixture between boxing, pilates and dance. PILOXING® uses the power and speed of boxing, whilst building your muscles and strength with pilates. All of this happens to non-stop loud music, and you learn some great dance moves too.

PADDLE BOARDING Brazil

When it comes to the end of a long day, what could be better than a paddle board on the ocean? It might look easy, but paddle boarding is a tough sport. You need to be strong to keep your balance. However, if you bring your board down to the water at 'golden hour' just before sunset, the water is calm and the ocean will make you forget all your problems.

VOCABULARY

HEALTH

1 A Look at the words/phrases in the box. Are these things good (+) or bad (−) for your health?

| junk food   exercise classes   fizzy drinks   fresh fruit/vegetables |
| stress/worrying   alcohol   vitamins   running   caffeine   relaxing |

B Work in pairs and compare your ideas. Group the vocabulary under the following headings: *food/drink, exercise, general habits.* Can you add any more words/phrases to each group?

C Work in pairs and take turns. Ask and answer the questions.

1 What do you do to keep fit and healthy?
2 Do you do anything which is not healthy?

A: What do you do to keep fit and healthy?
B: I eat lots of fruit. How about you?
A: I cycle to work every day.

▷ page 156 **PHOTOBANK**

READING

2 A Discuss. What sports can you see in the pictures? Do you know anything about these sports?

B Read the text to find out more information about each sport. Which of the sports would you like to try? Why?/Why not?

C Work in pairs. Answer the questions.

1 According to the article, why is exercise good for you?
2 Why is Towerrunning popular in Asian cities?
3 How is PILOXING® similar to other sports?
4 When is a good time to go paddle boarding? Why?

GRAMMAR

PRESENT PERFECT + *FOR/SINCE*

3 A Read sentences a) and b) and answer questions 1–4 below.

a) I've done paddle boarding *since* 2014.
b) He's lived in Asia *for* five years.

1 When did the speaker in a) start paddle boarding?
2 Is she still paddle boarding now?
3 When did the person in b) move to Asia?
4 Does he still live in Asia?

B Underline the correct alternative to complete the rules.

> **RULES**
>
> 1 Use the present perfect to look back at something that started in the past and *finished/continues now*.
> 2 Use *for/since* to talk about a period of time (how long) and use *for/since* to talk about a point in time (when something started).

C Complete the table with the phrases in the box.

> ~~2005~~   ~~ages~~   July   a long time   Saturday
> I left university   two weeks/months/years   2p.m.
> last night   an hour or two
> I was a child/teenager

for	since
ages	*2005*

▷ page 138 **LANGUAGE**BANK

4 A Complete the sentences using the verbs in brackets and adding *for/since* as appropriate.

1 I _____ (do) karate _____ I was a child.
2 I _____ (have) this phone _____ two months.
3 I _____ (know) Marcia _____ I was at school.
4 We _____ (live) in this town/city _____ ten years.
5 I _____ (want) to buy a new car _____ a long time.

B Change two or three of the sentences so they are true for you. Compare your sentences with a partner.

5 A ▶ 6.1 Listen to the questions and write short answers with *for* and *since*. Don't write the questions.

1 *by the sea*
2 *for five years/since 2005*

B Work in pairs and compare your answers. Try to remember the questions.

6 ▶ 6.2 **SENTENCE STRESS** Listen and write the questions. Listen again and underline the stressed words.

1 *How long have you lived there?*

SPEAKING

7 A Write questions for each topic beginning *Do you …?* and *How long have you …?*

home

Do you …?
live in the city centre?

How long have you …?
lived there?

hobbies/sport

Do you …?
_____

How long have you …?
_____

things you have (possessions)

Do you …?
_____

How long have you …?
_____

work/study/ school

Do you …?
_____

How long have you …?
_____

B Work in groups. Ask and answer the questions. Try to find out more information.

A: Do you have a car?
B: Yes, I do.
A: How long have you had it?
B: It's very old. I've had it for about ten years.
A: What kind of car is it?
B: It's a VW Golf.

C Tell the class about the students in your group.

G *may, might, will*
P intonation: certainty/uncertainty
V food

VOCABULARY

FOOD

1 A Work in pairs. How many types of food can you think of for each of the categories below? Make a list.

vegetables   *desserts*

meat   **fruit**

B Compare your lists with other students.

▷ page 157 **PHOTOBANK**

C Work in pairs. Discuss the questions.
1 What is your favourite food?
2 Do you ever eat food from other countries/cultures? If so, what?
3 Which of the dishes in the photos do you often/sometimes/never eat? Would you like to try any of them?

falafel

sushi

paella

burrito

LISTENING

2 A Work in pairs. Look at the pictures and read the sentences about food of the future. Do you think they are true (T) or false (F)?

1 In the future, more people may eat insects.

2 In the future, we will be able to make food from mud, wood and seaweed.

3 In the future, kitchen tools (e.g. knives) might give us information about the food in the kitchen.

B ▶ 6.3 Listen to an interview with a food expert and check your answers.

C Complete sentences 1–6. Then listen again to check.
1 We may see some changes, things that you might not understand as food g_____.
2 Insects are rich in protein, low in fat, and easy to f_____.
3 Scientists have already found ways to create meat in the l_____.
4 We're also looking at ways to make proteins out of things like mud and wood and also s_____.
5 Other developments on your kitchen table include an intelligent k_____.
6 Really giving people more i_____ about their food.

speakout TIP

When we aren't sure of a word we hear, we can often guess: What letter does the word begin with? How many syllables does it have? Do we recognise the ending of the word (e.g. *-tion, -y, -ed*)? Does the context tell us the type of word (e.g. noun, verb, adjective)? After guessing, check with a friend, your teacher or the audio script.

GRAMMAR

MAY, MIGHT, WILL

3 A Read sentences a)–d) and answer the questions about the phrases in bold.

a) We **might see** them (insects) on menus.

b) We **may see** some changes.

c) An intelligent knife **will tell** you all about the food it's cutting.

d) It tastes awful now, but … it **won't** in the future.

1 Which one is negative?

2 Which ones mean 'probably, but we don't know'?

3 Which one is a strong prediction about the future?

▷ page 138 **LANGUAGE**BANK

B ▶ 6.4 **INTONATION: certainty/uncertainty**
Listen to four sentences. In which sentences are the speakers uncertain?

C Listen again. Notice how the speakers say *will*, *might*, *may* and *won't*. When the speaker is not sure, do *will*, *might*, *may* and *won't* sound longer or shorter?

4 A Write responses to sentences 1–7. Use the prompts in brackets with *might/might not, may/may not* or *will/won't*.

1 We're having a picnic. (rain) *It might rain.*

2 I'm becoming a vegetarian. (lose / weight)

3 Let's go to the best restaurant in town. (be / expensive)

4 I want to stop eating junk food. (feel / healthier)

5 Let's go to the café for breakfast. (not / be / open)

6 I want to try eating octopus. (not / like / it)

7 I'm going to do a cooking course. (enjoy / it)

B Work in pairs and take turns. Student A: say something is going to happen. Student B: respond using *may*, *might*, *will* or *won't*. Continue the conversation.

A: We're having a picnic.
B: It might rain.
A: Don't be so negative! The sun's shining.
B: That's true, but you should take an umbrella.

SPEAKING

5 A Work in pairs. Do you agree with sentences 1–6 below? Tick the four most interesting sentences.

1 In the future, nobody will be hungry for long.

2 People won't eat animals in the future.

3 More people might grow food to save money.

4 Families won't have time to eat together.

5 The next generation may not know how to cook; they will order food on the internet.

6 I might learn how to cook in the future.

B Compare your ideas with other students.

A: Number 1 might happen, but it won't happen soon.
B: I agree. There is enough food in the world, but it is not reaching the people who need it.

WRITING

SENTENCE STRUCTURE

6 A Work in pairs. Read the extract from a blog below and discuss the questions.

1 When and why did Fernanda move from her home city?

2 What does she say about Colombian food and Colombian cooking?

3 What food did she try in the US and who made it?

how important *is* food *in* your life

Fernanda Huerta-Gonzalez, from Colombia, talks about food.

In my late twenties I moved from my home in Medellin, Colombia, to the United States to continue my studies. It was a good move, but I missed my family and friends. I also missed Colombian food. In my country we have a lot of special dishes like *mondongo* and *peto*, and we take our time preparing food. People say we cook with love!

While in the US, I met other international students, and twice a month we got together and cooked for one another. It was wonderful, and I tasted food from many countries: Libya, Poland, Tunisia, Peru and Japan. I also made many good friends. My time in the US taught me the importance of food as a part of culture and a way to bring people together.

B Compare the two examples below. What do you notice about the length of the sentences?

I was in my late twenties. I went to the United States. I went to continue my studies.

I was in my late twenties when I went to the United States to continue my studies.

speakout TIP

Short sentences may sound unconnected. Long sentences can be difficult to understand. Try to use *and* only once in a sentence. In the next sentence, use *also*. Look at your last piece of writing. Can you use this tip to improve sentence structure?

C Find two examples of the *and/also* pattern in the blog.

D Choose one of the topics in the box below and write a paragraph. Use different sentence lengths.

cooking   restaurants   favourite food   family meals

I love cooking.
One of my favourite restaurants is …

F seeing the doctor
P difficult words: spelling v. pronunciation
V illness

SPEAKING

1 A Work in pairs. Answer the questions.

1 Do you think men or women go to the doctor more often?
2 Why do you think this is?
3 What reasons do you think people give for not going to see a doctor?

B Read the text to check your answers.

C Work in pairs. Discuss. Do you think any of the excuses in the text are good reasons to avoid seeing the doctor?

VOCABULARY

ILLNESS

2 A Match problems 1–4 below with advice a)–d).

1 You have **got a headache/ backache.**
2 You have **caught a cold/flu.**
3 You have **broken your arm/leg.**
4 You have a **sore throat** and a **bad cough.** You also have a **high temperature.**

a) Take some **medicine/antibiotics.**
b) Go to the hospital for an **X-ray.**
c) **Get some rest**, and **drink lots of hot drinks.**
d) Take some **painkillers/pills.**

B ▷ 6.5 DIFFICULT WORDS: spelling versus pronunciation Check your pronunciation. Listen and repeat.

C Work in pairs. Discuss. What do you do when you have a cold/headache/ flu to make yourself feel better?

A: I usually go to bed with a hot drink. How about you?
B: I don't do anything. I just carry on working.

`12 ⌘ Ting 56 e ✓ ✉ ⊕ Enjoy`

Five Reasons Why You Don't Go To The Doctor

Did you know that men are five times less likely to visit a doctor than women? The reason: they don't like waiting. In fact, 58 percent of men will choose not to go to the doctor, even when they should. Here are the top reasons people give for why they don't go to the doctor.

1 I'm fine.
2 I hate waiting.
3 Nobody told me to go (like my wife/girlfriend/mother).
4 I don't want to talk about it.
5 I don't have time.

FUNCTION

SEEING THE DOCTOR

3 A ▷ 6.6 Listen to two conversations between a doctor and her patients. Answer the questions.

1 What problem(s) does the patient have?
2 What does the doctor suggest?

B Complete sentences 1–6 below with the words in the box.

~~matter~~ problem hurt look worry pills

1 What's the _matter_ ?
2 How long have you had this _____?
3 I'll give you some _____.
4 Can I have a _____?
5 Where does it _____?
6 It's nothing to _____ about.
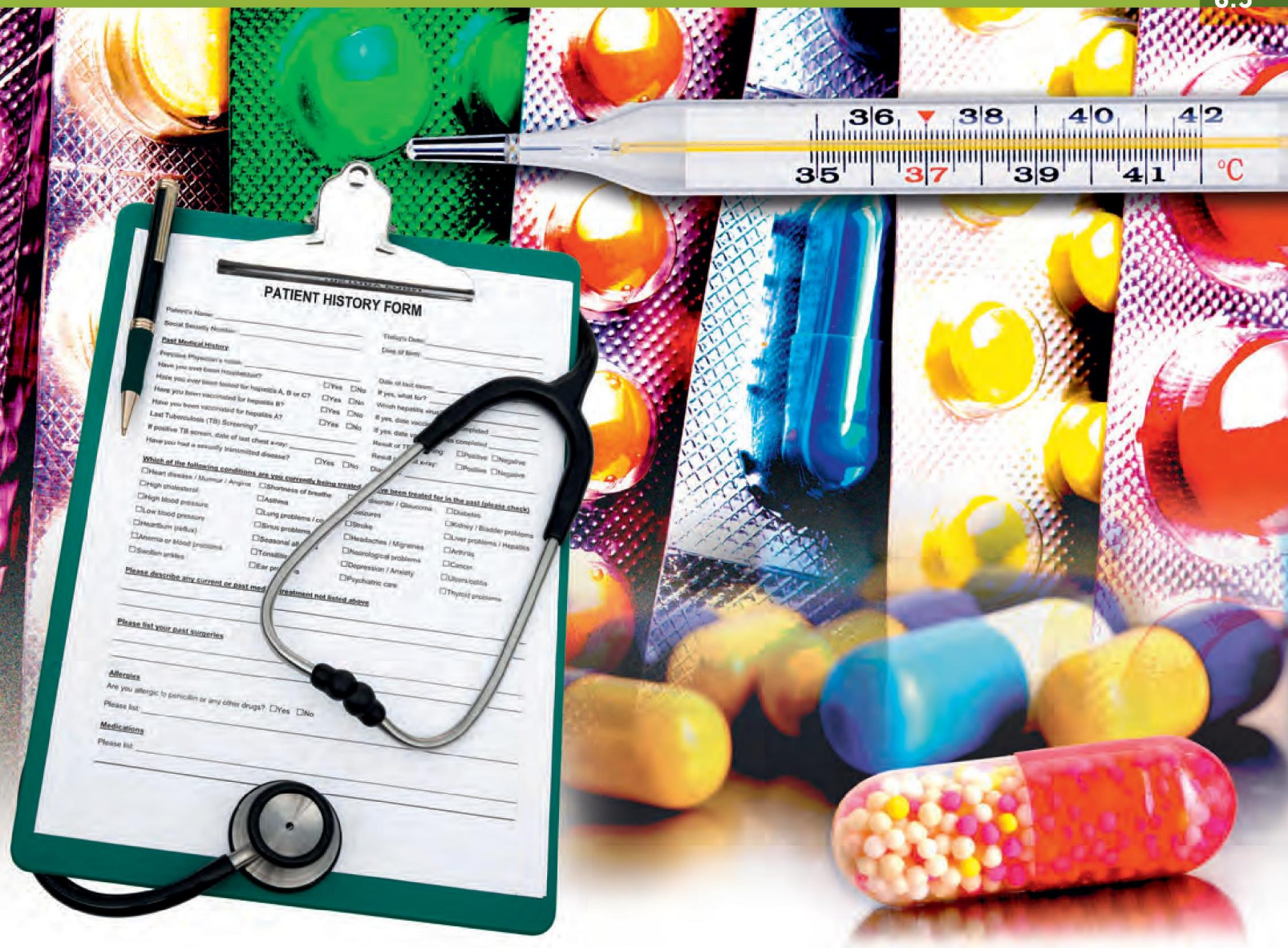
C Complete sentences 1–5 below with the words in the box.

> painful   sleep   sick   hurts   worried

1 I feel _____ /terrible.
2 I can't _____.
3 I'm _____ about …
4 It _____ when I walk.
5 It's very _____.

D Listen to the conversations again to check your answers.

▷ page 138 **LANGUAGE**BANK

4 Underline the correct alternative.
1 My head *hurts/pain/sore*.
2 I've got a really bad *flu/cold/sick*.
3 She feels *cough/sick/a temperature*.
4 I think I've *broken/sore/hurting* my arm.
5 Where does it *hurt/pain/sore*?
6 It's nothing to *problem/matter/worry* about.
7 I'll *give/take/look* you some pills.
8 How long have you had this *ill/ matter/problem*?

LEARN TO

PREDICT INFORMATION

5 A Work in pairs. Look at the conversation. What do you think the missing words are?

Doctor: What's the ¹_____?
Patient: I've got a really bad ²_____. I feel ³_____.
Doctor: How long have you had the ⁴_____?
Patient: About a ⁵_____.
Doctor: Can I have a ⁶_____?
Patient: It's very ⁷_____.
Doctor: I'll give you some ⁸_____.

B ▶ **6.7** Listen to check your answers.

C Listen again and practise saying the phrases.

speakout TIP

When you are going into a situation that you can plan for (a visit to the doctor, a trip to a restaurant, etc.), first try to predict the conversation. This will help you to understand words/phrases when you hear them.

6 Work in pairs. Student A: turn to page 161. Student B: turn to page 163. Role-play the conversations. Before you start, try to predict what the other person will say.

DVD PREVIEW

1 A Read the programme information about *Horizon: Monitor Me*. What type of things will you learn from watching the programme?

◉)) Horizon: Monitor Me   **BBC**

Horizon is a BBC documentary series. In this programme, Dr Kevin Fong looks at new **apps** that are changing people's lives. He shows how technology can now **measure** our exercise, sleep, food, drink, etc. When we use this information to **monitor** ourselves, it can improve our health and help us live longer. Dr Fong thinks the new technology might be a revolution in **healthcare**.

B Match the words in bold with meanings 1–4.

1 find out the size or quantity of something
2 carefully watch something to see how it changes over time
3 a small, special programme that you download onto a mobile phone
4 the service that looks after people when they are sick

DVD VIEW

2 A Watch the DVD. What did you learn from the programme about changes in healthcare and self-monitoring?

B Work in pairs. Read the questions and tick the correct options. There may be more than one answer.

1 You might be healthier if you knew how much/many:
   a) steps you took.   **d)** people you met.
   b) books you read.   **e)** hours you slept.
   c) food you ate.

2 Dr Fong goes to a sports shop to:
   a) see some apps.   **b)** look at how bicycles can help health.

3 Blaine Price shows Dr Fong apps that measure:
   a) steps you take.   **c)** your food.
   b) your sleep.   **d)** information about your heart.

4 The programme also mentions apps that can measure:
   a) your blood-alcohol level.   **c)** your telephone use.
   b) how high you can jump.

C Watch the DVD again to check your answers.

3 Work in pairs. Discuss with other students.

1 What do you think of this 'revolution in healthcare'? Is it a good thing for society?
2 Have you ever used an app? Do you think they help/could help you in your daily life?

speakout create a health regime

4 A Read the notes on the health of three people and answer the questions.

1 What health problems do they have now?
2 What problems might they have in the future?

> **Marcin**, 44, machine operator, 1.83 m, 108 kg
> Diet: eats mainly junk food, no vegetables, 6 cups of coffee daily
> Fitness/Sleep: no exercise, sleeps 7 hours a night
> Social life: goes out with friends 3 nights a week
> Goal: lose 14 kg and get fit for football

> **Paulina**, 22, student, 1.73 m, 50 kg
> Diet: eats fresh fruit/vegetables, no meat, vitamins
> Fitness/Sleep: does yoga, sleeps 6 hours a night
> Social life: has few friends, stresses about studies
> Goal: gain 6.5 kg, have more energy

> **Alvaro**, 68, retired bank manager, 1.75 m, 95 kg
> Diet: eats meat twice a day
> Fitness/Sleep: has backache (takes painkillers), no exercise, sleeps 8 hours
> Social life: many friends, watches TV 6 hours a day
> Goal: be fit enough to play with grandchildren

B ▶ **6.8** Listen to a health expert saying how one of the three people can improve their health. Which person is the expert talking about?

C Listen again. Tick the key phrases you hear.

> **KEYPHRASES**
> To get healthy, you need …
> There are some changes he can make.
> For example, he needs to [do some exercise/stop eating junk food] …
> He could try [going for walks/cycling/doing exercise classes] …
> He should spend time [exercising/seeing friends] …
> He must lose weight.
> Maybe he could [eat less meat/stop drinking fizzy drinks] …
> It's a good idea to …

5 A Work with other students. Plan a health regime for the other two people in Exercise 4. Think about how they can become healthier if they change their diet, exercise, and lifestyle.

B Work with another group and compare your ideas.

writeback health advice

6 A Read the problem below and answer the questions.

1 What health problems does Ahmed have?
2 Why is he writing?

| 12 | ⌘ Ting | 56 | e ✓ | ✉ | ➕ Enjoy |

I'm worried about my health. Every winter I get sick. I get a cough or a sore throat and sometimes I have a high temperature. I also get really bad headaches. Generally, I try to live healthily. I don't eat much junk food, and I exercise at least once a week. The problem is, I have a stressful job and I never sleep for more than six hours. Winter is coming and I don't want to spend it lying in bed and taking antibiotics. I've heard it's a good idea to monitor my food and exercise, but I'm not sure about this. What can I do?

Ahmed al Muntari

Hi Ahmed, Sorry to hear you have health problems during the winter. That sounds tough! I have a few ideas that might help you. Firstly, …

B Complete the blog post replying to Ahmed. Try to include advice about some of the following: diet, sleep, exercise, using apps to monitor your health.

(V) HEALTH

1 A Make questions with the prompts below for a class survey.

1 go / exercise classes
2 eat / junk food / drink / fizzy drinks
3 time / relaxing
4 take / vitamins
5 go / running
6 stress / worrying
7 drink / caffeine
8 eat / fresh fruit / vegetables

B Work in groups and take turns. Ask and answer the questions.

C Tell the class what you found out.

(G) PRESENT PERFECT + FOR/SINCE

2 A Write the name of:

1 a place you haven't been to since you were a child
2 something you have only had for a few months
3 someone you have known since you were a teenager
4 something you haven't done since you left school
5 something you have wanted to do for a long time
6 a sport/hobby you have done for more than five years

B Work in pairs and compare your ideas. Ask and answer questions about each thing.

A: *I haven't played tennis since I left school. Have you?*
B: *Yes, I love tennis.*

(V) FOOD

3 Find twelve types of food in the word snake.

onioncreampineapplelemoncarrotwheatchickencakeoatsjellycheesemussels

4 A
Work in pairs. Divide the food in Exercise 3 into these categories. There are two words for each category.

desserts	dairy
fruit	vegetables
grains	meat/seafood

B Add words to each category.

(G) MAY, MIGHT, WILL

5 A Match statements 1–6 to responses a)–f).

1 I've drunk eight cups of coffee.
2 I've started buying fresh vegetables.
3 I've stopped smoking.
4 I've stopped taking vitamins.
5 I've started doing yoga classes.
6 I've decided to run a marathon.

a) You won't cough all the time.
b) You might feel less stressed.
c) You may get more colds.
d) You may not be fit enough.
e) You will taste the difference.
f) You might not sleep well tonight.

B Work in pairs and take turns. Student A: use the prompts in the box to make statements with *I've decided to …* . Student B: respond using *may/may not, might/might not, will/won't.*

buy a house in Monaco
give up eating meat
write a book   join a boxing club
get a pet tiger   live in Jamaica
become a dancer
do a degree in physics
marry an astronaut
go into politics

A: *I've decided to buy a house in Monaco.*
B: *It might be expensive!*

6
Work in groups and take turns. Ask and answer the questions.

1 What do you think may happen to your country in a few years' time?
2 Who do you think will win the next World Cup?
3 Where might you be in five years' time?
4 What job will you do in the future?
5 What will you do on your next birthday?
6 Where will you go on your next holiday?

(F) SEEING THE DOCTOR

7 A Complete the questions with the correct form of the verbs in the box.

catch feel give break can have

1 Have you (or anyone in your family) ever _____ your arm/leg? Where? How?
2 Do you often _____ colds or flu? What do you do to get better?
3 Is there any food that makes you _____ sick?
4 Do you ever find you _____ not sleep? What do you do?
5 When was the last time the doctor _____ you some pills?
6 What do you do when you _____ got a headache?

B Work in pairs and take turns. Ask and answer the questions.