

Matching (specific)

- 1 Look at the pictures in the texts (1–6). What do you think could be their connection with health?
- 2 Read the texts quickly and check your answers.

EXAM STRATEGY

- Read all the texts first to find out what they are about. Then read the questions in the exam task to see what information you should find in the texts.
- Be careful – you may find words or phrases from a text in a question, but this does not mean that it is the correct answer.
- After you have completed the task, check that the remaining sentences do not match any of the texts.

- ✓ 3 **EXAM TASK** Read the texts. Match choices (A–H) to (1–6). There are two choices you do not need to use.

Which method ...

- A might require courage? _____
- B explains your personality type? _____
- C uses a unique technique? _____
- D helps people to live longer? _____
- E links exercise to happiness? _____
- F is well known in other countries? _____
- G focuses on family time? _____
- H allows you to eat as much as you like? _____

2 MASSAGE

Thai massage goes back thousands of years. It isn't regarded as an occasional pleasure. It's part of a routine that is supposed to heal a number of different ailments, including headaches, stress and depression. It is also thought to boost energy levels and improve blood flow around the body. The aim is to relax the whole body using gentle pressure and stretching techniques. Thai massage practitioners use a system that is very different from other types of massage. Where many of us are used to lying still, in Thai massage you participate actively in the process.



1 A GOOD DIET

The Greek diet is famous as one of the healthiest in the world; however, it isn't just a diet, it's also a way of life! Vegetables are prevalent in Greek cooking, but it's a balanced diet, which also includes plenty of olive oil, fish and chicken, so it's high in protein and unsaturated fats. Also, it isn't unusual for people to enjoy a glass of wine with their meal. As for snacks, a Greek diet allows for fruit, nuts and yoghurt, which all help with healthy digestion, and also the occasional sweet treat – as long as you don't eat too much!



3 CYCLING

People in the Netherlands are dedicated cyclists: cycling is part of their life, whether they're getting to work, school or just doing a bit of shopping. 27% of all journeys are made by bike, and a 2015 study found that, due to the health benefits of cycling, around 11,000 deaths are prevented each year. Moreover, the study also found that Dutch people live on average half a year longer than other Europeans due to their more active lifestyle. Towns and cities in the Netherlands make biking safe and easy with clearly marked cycle lanes, parking spaces and bike racks.



4

AYURVEDA

Ayurveda is a healing system which developed in India more than 5,000 years ago. It is concerned with treating the whole person – the mind, body and spirit, because these are thought to affect each other. The system of Ayurveda claims we can stay healthy and live for a long time by balancing three forces in ourselves: *Vata* (wind/air), *Pitta* (fire) and *Kapha* (earth/water). *Vata* people are thought to be imaginative, but also **impulsive** and anxious.

Pittas are self-confident and well organized, but can be impatient and angry. *Kaphas* are **sympathetic** and kind, but can be lazy and tend to suffer from depression. According to Ayurveda, understanding what type of person you are can make you healthier and happier.



5

WORK-LIFE BALANCE

The World Happiness Report places Denmark in the top three happiest countries out of 155 countries that were surveyed. In Denmark people pay high taxes, but they believe they are investing money in a better quality of life. Education – from kindergarten to university – is free. Hospital treatment is free. Daily care for the elderly at home is also free. With a 37-hour working week, Denmark is also getting the work-life balance right. Many people leave work early to pick up their children. Childcare is much cheaper in Denmark than in many other countries, and almost all mothers of younger children are able to work if they want to.



6

STEAM BATHS

The traditional Ukrainian *laznia* is an important part of Ukrainian culture. Its main **attribute** is of course that you get clean. But the health benefits of all the steam and heat are said to be as good as a visit to the doctor. You start in the steam room and can go in and out so you don't get too hot. Whilst there, you use a *vinyk* (oak or birch branches) to beat the skin, improving blood flow. After this, you should pour freezing water on yourself, jump in a cold pool, or – for the truly brave – roll around in snow. You can repeat the process a number of times – over a period of several hours!



4 Read the texts again. Which of the ideas would in your opinion be the most beneficial to your health?

5 Work in pairs. Why do you think ancient belief systems like Ayurveda appeal to people in the modern world?

Words in context

6 Look at the highlighted words in the article, and choose the correct synonym (a or b) for each word (1–7).

- | | | |
|----------------|---------------|---------------|
| 1 prevalent | a common | b unusual |
| 2 ailment | a healing | b illness |
| 3 practitioner | a therapist | b trainee |
| 4 dedicated | a hardworking | b qualified |
| 5 impulsive | a sensitive | b spontaneous |
| 6 sympathetic | a caring | b interesting |
| 7 attribute | a quality | b weakness |

7 Complete the sentences with the words (1–7) from exercise 6.

- Annie is such a(n) _____ football player that she never misses a game.
- You shouldn't be surprised by Tim's quick decision. He's always been quite _____.
- A key _____ of soldiers is their ability to follow orders without questioning.
- What qualifications do you need to become a sports _____?
- This disease is more _____ in people over 40.
- It's important to realize that there isn't always a cure for every _____.
- I've always found Tom to be very _____ towards other people's needs.