



PET BENEFITS



Scan to review worksheet

Expemo code:
1HPB-71L8-A85



1

Warm up

In pairs, discuss the following questions.

1. Do you have a pet? If yes, what kind? If not, would you like one? Why or why not?
2. What do you think are some health benefits of keeping a pet?
3. What responsibilities do people have when they own a pet?





2 Focus on vocabulary

Complete the definitions with the words below.

confide
recover

immune system
self-esteem

isolation
stroke

playmate
well-being

1. A _____ is a friend with whom a child often plays.
2. If you _____ a dog, you move your hand over its head.
3. If you have a feeling of _____, you feel lonely.
4. If you have high _____, you have confidence in yourself and believe in your qualities and abilities.
5. If you _____, you become healthy or happy again after an illness, injury, or period of sadness.
6. If you _____ in somebody, you tell them a secret and you trust that they won't tell anyone else.
7. If you have a strong _____, your body is able to fight against diseases.
8. If something is good for your _____, it makes you happy, healthy and comfortable.

3 Reading / listening comprehension

Read or listen to the article titled "The health benefits of having a pet" and find answers to the questions below.



1. How does stroking a pet relieve stress?
2. What evidence mentioned in the article suggests that pets can help people recover from serious illnesses?
3. Which group of people benefits the most from pets?
4. How do pets benefit children with emotional problems?
5. How can pets educate children?
6. How do pets prevent children from developing medical problems?
7. How can animals be dangerous to our health?





The health benefits of having a pet

All age groups can benefit physically and psychologically, but children could have the greatest advantages. For many kids, the pet represents a source of security, as well as a playmate.

1. Scientific research on human-animal relationships supports the belief that animals offer us many benefits, including a wide range of physical and psychological health benefits. For example, the action of stroking a pet or watching fish swimming in an aquarium can relieve stress by temporarily lowering heart rate and blood pressure.
2. Different studies have shown that pet owners are healthier than non-owners. In general, they make fewer trips to the doctors every year, and, when they become ill, they suffer from fewer serious illnesses. Owning a pet, especially a dog, can also increase our chances of recovering from serious health problems. Indeed, one American study found that dog owners were 8.6 times more likely to still be alive one year after a heart attack than people who didn't own a dog! Psychologically, pets can reduce our feelings of isolation and depression and increase feelings of self-esteem.
3. While all age groups can benefit from owning a pet, children could have the greatest advantages. For many kids, a pet is a source of security and a channel for discussing their fears and worries. This may be helpful to children who are suffering emotionally because of family problems. One recent study from Cambridge has found that these children actually confide more in their pets than their siblings and suggests that the relationship between young people and their pets may be more complex than we think.
4. Pets can also educate children, helping them learn about life and death and teaching them the important life skills of taking responsibility, time management and sharing. In addition, pet ownership may also play a role in character development. Some studies, for instance, have reported that children who grow up with pets are more caring as adults. According to some medical studies, children who live with pets have a smaller chance of developing medical problems like asthma, ear infections and allergies. This is possibly a result of changes to the child's immune system.
5. However, it must be remembered that animals can be dangerous to human health. They spread disease, give people allergies, bite and can cause psychological trauma. Pets should certainly not be regarded as a perfect pill for treating health problems. But if they are used in the correct way and with the right people, animals can improve our well-being and quality of life, particularly the lives of children.

Source: Independent

4

Scanning for vocabulary

Find a word or phrase in the text which means the following.

1. _____ (adv., para. 1): for a short, limited period of time
2. _____ (n, para. 3): brothers or sisters
3. _____ (adj., para. 4): showing kindness and concern for other people
4. _____ (phr. v, para. 4): become an adult
5. _____ (n, para. 4): an illness that makes it difficult to breathe



5 Health collocations

Complete the questions with the verbs given. In pairs, ask and answer the questions.

improve

make

recover

relieve

spread

1. What activities can help _____ stress?
2. Why do some people _____ more trips to the doctor than other people?
3. What can help people _____ from an illness such as the flu?
4. What can _____ people's well-being?
5. What situations can _____ disease?

6 Talking point

In pairs, discuss the questions below.

1. Do you agree with the article?
2. Is it popular to have a pet in your country?
3. Do you think it's ethical to have pets?
4. What kind of animals should not be kept as pets?



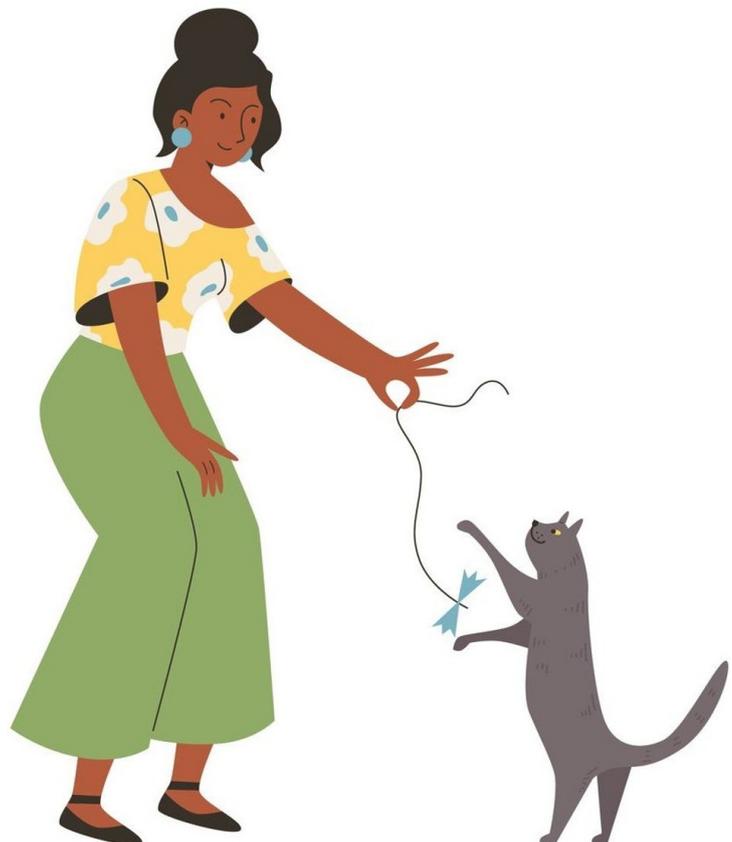


7

Developing an argument

The following underlined expressions from the text are used to develop an argument. Put them into the appropriate categories below the box.

- In general, they make fewer trips to the doctors every year ...
- In addition, pet ownership may also play a role in character development.
- For example, the action of stroking a pet or watching fish swimming in an aquarium can ...
- Some studies, for instance, have reported that children who grow up with pets are more caring as adults.
- Owning a pet, especially a dog, can also increase our chances of recovering from serious health problems. Indeed, one American study found that ...
- However, it must be remembered that animals can be dangerous to human health.
- But if they are used in the correct way and with the right people, animals can ...





but
however
on the other hand

for example
in addition
on the whole

for instance
indeed
on top of that

furthermore
in general

- 1. talking in general: _____
- 2. giving an example: _____
- 3. making a contrast: _____
- 4. giving or adding another point: _____
- 5. giving a supporting point: _____

8 Speaking practice: discussion

Discuss any of the topics below. You have one minute to make notes and 1-2 minutes to talk. Discuss the benefits and drawbacks of ...

- 1. using social media websites
- 2. mobile phones/cellphones
- 3. drinking coffee
- 4. living in a large city
- 5. living in the countryside
- 6. using public transport