

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.*

6.1 Health

1 Complete the text with the words in the boxes.

alcohol caffeine fizzy drinks
fruit and vegetables junk food vitamins

Coffee and tea can be quite good for you, but it isn't because of the ¹ _____ they contain. Both drinks contain anti-oxidants which are good for the body. Certainly, they are better for you than drinking ² _____, which contain huge amounts of sugar.

Small amounts of ³ _____ have been shown to be quite good for you, again because of the anti-oxidants, but drinking wine, spirit and beer regularly can cause all sorts of illnesses and health problems.

Most people do not eat enough fresh ⁴ _____. Scientists now advise at least seven portions a day is necessary to get the ⁵ _____ we need to keep healthy. Instead we are all eating more ⁶ _____ and sugar. The average American child eats thirty-two teaspoons of sugar a day.

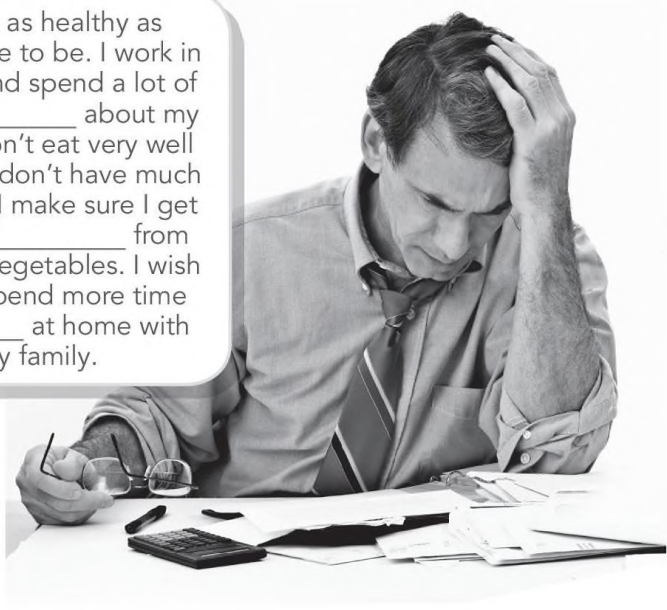
1 Complete the texts with the words in the box.

running fresh caffeine junk worrying fizzy
vitamins alcohol relaxing exercise

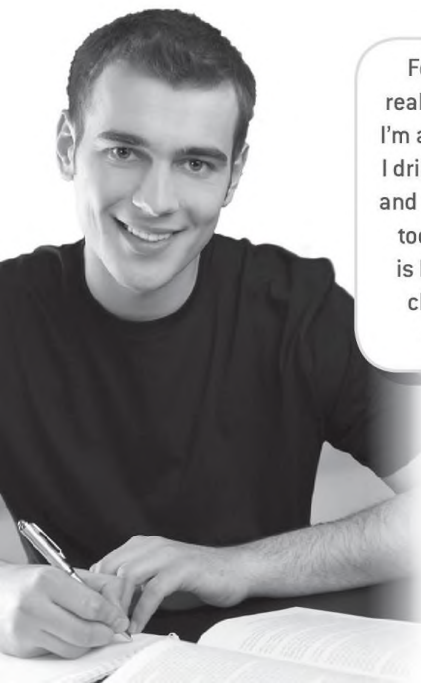


I have a healthy life, I think. I buy lots of ¹ _____ fruit and vegetables and use these to cook with. I don't like to eat ² _____ food like hamburgers or crisps and I never drink ³ _____ – not even beer or wine.

I'm not as healthy as I would like to be. I work in the city and spend a lot of time ⁴ _____ about my work. I don't eat very well because I don't have much time, but I make sure I get enough ⁵ _____ from fruit and vegetables. I wish I could spend more time ⁶ _____ at home with my family.



Food isn't very important to me, really. Sometimes I don't eat all day. I'm addicted to ⁷ _____ though! I drink about ten cups of coffee a day and have lots of ⁸ _____ drinks, too. What's really important to me is keeping fit. I go to ⁹ _____ classes twice a week and at the weekend I go ¹⁰ _____.



Lesson 6.1 HEALTH

1 A Check the meaning of sports 1–30 below.

- 1 badminton
- 2 basketball
- 3 boxing
- 4 cricket
- 5 cycling
- 6 football
- 7 golf
- 8 hockey
- 9 horse racing
- 10 horseriding
- 11 jogging
- 12 judo
- 13 karate
- 14 ping pong/ table tennis
- 15 rollerblading
- 16 rugby
- 17 running
- 18 sailing
- 19 scuba-diving
- 20 skateboarding
- 21 skiing
- 22 squash
- 23 snorkelling
- 24 snowboarding
- 25 surfing
- 26 swimming
- 27 tennis
- 28 volleyball
- 29 windsurfing
- 30 yoga

B Which sports can you see in photos A–M?

2 Work in pairs. Discuss. Which sports are popular in your country? Which have you tried?



2

Answer the questions with the words in the box.

basketball cricket cycling football golf
horse racing horseriding judo karate
rollerblading rugby running sailing
scuba-diving skateboarding skiing
snorkelling snowboarding surfing
windsurfing yoga

- 1 Which sports use a ball? (5 sports)

_____, _____, _____,
_____, _____,

- 2 Which sports involve an animal? (2 sports)

_____, _____

- 3 Which sports are in or on water? (4 sports)

_____, _____, _____,

- 4 Which sports use equipment with wheels?
(3 sports)

_____, _____, _____

- 5 Which sports need snow? (2 sports)

_____, _____

- 6 Which sports are martial arts? (2 sports)

_____, _____

- 7 Which sports don't need any equipment
(except clothes or shoes)? (5 sports)

_____, _____, _____,
_____, _____

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.

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?

6 A  **6.2** Listen to the first part of a news report and circle the correct option.

- 1 The reporter went to a table tennis centre for people aged _____.
a) under fifteen b) under fifty c) over fifty
- 2 People should eat _____ portion(s) of fruit and vegetables a day.
a) five b) one c) eight
- 3 Living a healthy life can add _____ years to your life.
a) four b) fourteen c) forty

B  **6.3** Listen to the whole report. Are the statements true (T) or false (F)?

- 1 The people at the centre play table tennis four times a week. _____
- 2 The first woman says playing table tennis gives her a great feeling. _____
- 3 Scientists studied 20,000 people for fifteen years. _____
- 4 They found that people who don't smoke, exercise regularly and eat lots of fruit and vegetables every day live longer. _____
- 5 Doctors say that only big changes to your lifestyle can help improve your health. _____
- 6 The second woman says she always eats five portions of fruit and vegetables a day. _____

C Read the sentences from the recording. Match the words in bold 1–5 with meanings a)–e).

- 1 I feel **fabulous**.
 - 2 Scientists have now **worked out** that you can live longer if you have a healthy lifestyle.
 - 3 They **did** some **research**.
 - 4 People who don't smoke, who do **regular** exercise and who eat lots of fresh fruit and vegetables every day ...
 - 5 It's **part of the fun**.
- a) happening once a week/once a month, etc.
b) studied something carefully to find out information
c) very good, wonderful
d) one of the things you enjoy
e) calculated

