

Vocabulary & Listening

Healthy lifestyle

1 Which of these things are good or bad for you?

exercise sweets cake soft drinks
 sleep water fresh fruit vegetables
 smoking fast food ready meals milk

2 **Words 2 know** 2.17 Check the words in blue.

In pairs, discuss which things in exercise 1:

- 1 help you to **lose weight**?
- 2 make you **put on weight**?
- 3 give you **energy**?
- 4 are **good for your skin**?
- 5 are **bad for your heart**?
- 6 **contain** a lot of **sugar**?
- 7 **contain** a lot of **salt**?
- 8 are **low fat**?
- 9 are important for a **healthy diet**?

Exercise helps you to lose weight.

3 How much do you know about a healthy lifestyle? Do the quiz to find out.

4 2.18 LISTENING FOR SPECIFIC INFORMATION

Listen to Julie Maitland, a fitness expert, answering the quiz questions on a radio programme. Are your answers the same as Julie's?

5 2.18 Listen again and tick (✓) true and cross (X) false.

- 1 People who eat a good breakfast are often slimmer than people who don't.
- 2 Danny eats the right kind of breakfast.
- 3 Danny drinks eight glasses of water a day.
- 4 Experts say that teenagers need more exercise than adults.
- 5 People who sleep well live longer than people who don't.
- 6 Teenagers need more sleep than adults.

6 Does DJ Danny Bailey have a healthy lifestyle? Why? Why not?

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LOOK GOOD, LIVE LONGER!

1 Which breakfast is best to give you energy?

- a a sweet pastry
- b fresh fruit
- c bread or toast with an egg

2 Why is it a good idea to drink eight glasses of water a day?

- a It's good for your skin.
- b It helps you to stay slim.
- c It's good for your digestion.

3 What's the recommended amount of exercise every day for a teenager?

- a 15 minutes
- b 30 minutes
- c one hour

4 What's the recommended number of hours sleep for a teenager?

- a 6-8 hours
- b 7-9 hours
- c 8-10 hours

Grammar Focus

should/shouldn't and must/mustn't

7 a Read Julie's advice to Danny. Match the advice in bold in 1-4 with the explanations a-d.

- 1 'Breakfast is the most important meal of the day. You **mustn't miss breakfast** ... people who have a good breakfast live longer!'
- 2 'The government recommends that adults **should get thirty minutes of exercise a day** ... So, perhaps you **should leave the car at home, Danny?**'
- 3 'Sleep is really important, Danny. You **must get a good night's sleep**. People who sleep well live longer than people who don't.'
- 4 'You **shouldn't stay in bed too late in the morning, Danny**, because it's more difficult to sleep at night when you get up late.'

- a Julie thinks it's very important to do this.
- b Julie thinks it's very important not to do this.
- c Julie thinks this is a good idea.
- d Julie thinks this isn't a good idea.

b Read Grammar 2 know and check your ideas.

Grammar 2 know

should, shouldn't

Use *should/shouldn't* to say something is/isn't a good idea or to give advice:
 You *should drink two litres of water every day*. (it's good for your skin)
 You *shouldn't drive everywhere*. (you don't get enough exercise)

Notice the question form of *should*: *What should I eat?*

must, mustn't

Use *must/mustn't* to say that something is very important or to give rules:
 You *must get a good night's sleep*. (you will live longer)
 You *mustn't eat too much salt*. (it's bad for your heart)

8 2.19 Match 1-6 with a-f to make rules about running. Then choose the right word, *must* or *mustn't*. Listen and check.

The Golden Rules of Running

Running is great exercise and doesn't cost anything ... but you **must be careful!**

- 1 You **must/mustn't** warm up
- 2 You **must/mustn't** eat a big meal
- 3 You **must/mustn't** check with a doctor
- 4 You **must/mustn't** wear
- 5 You **must/mustn't** run late at night
- 6 You **must/mustn't** drink plenty of liquid

- a because it can be dangerous.
- b immediately after you run.
- c good running shoes.
- d that you are healthy enough to run.
- e after you finish.
- f before you start running.



9 Complete the advice for Freddie. Use *should* and *shouldn't*.



Freddie has no energy. He can't get to sleep at night and he can't get up in the morning, so he's always late for college.

- 1 You _____ get up when the alarm clock goes off.
- 2 You _____ have a shower when you wake up.
- 3 You _____ leave the house without having breakfast.
- 4 You _____ take more exercise.
- 5 You _____ play computer games all evening.
- 6 You _____ listen to heavy metal music in bed!

10 Read the situations 1-2. Use the prompts and your own ideas to give advice with *should*, *shouldn't*, *must* or *mustn't*.

1 George is a sixty-year-old man with a bad heart. He smokes, takes no exercise and puts a lot of salt on his food.

- stop smoking
- eat so much salt
- try to walk more

2 Jack has his A-levels in six months and wants to go to university. But he goes out every night, sometimes misses lessons and is getting very bad marks.

- miss any more lessons
- have a good time at weekends but stay in during the week

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