stay we

Grammar should and must

Vocabulary Health and food Discussing customs

Vocabulary Listening

Healthy lifestyle

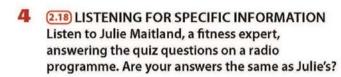
Which of these things are good or bad for you?

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

- 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?

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- 9 are important for a healthy diet?
- Exercise helps you to lose weight.
- How much do you know about a healthy lifestyle? Do the guiz to find out.



- (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.
- Does DJ Danny Bailey have a healthy lifestyle? Why? Why not?

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LOOK GOOD, LIVE LONGER!

- Which breakfast is best to give you energy?
 - a a sweet pastry
 - b fresh fruit
 - c bread or toast with an egg
- 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.
- What's the recommended amount of exercise every day for a teenager?
- a 15 minutes
- **b** 30 minutes
- c one hour
 - 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 3 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 Grammar2know 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)

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.

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

- You must/mustn't eat a big meal
- You must/mustn't check with a doctor
- You must/mustn't wear
- You must/mustn't run late at night
- You must/mustn't drink plenty of liquid
- because it can be dangerous.
- immediately after you run.
- good running shoes.
- that you are healthy enough to run.
- after you finish.
- before you start running.



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.

- 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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