

# Unit 6 Wellbeing

## 6a Make it up

### Word focus *make*

- 1** Read about two people discussing a cooking dilemma. Complete the sentences.
- Are you going to make something?
  - Because it will help you to make \_\_\_\_\_
  - I still want to make \_\_\_\_\_
  - I could make cheese soufflé or chicken curry or just a \_\_\_\_\_
  - Can I make a \_\_\_\_\_?
  - All this talk about food is making \_\_\_\_\_!
- 2** Add the expressions from Exercise 1 to the patterns (a–e).
- make** (to produce something): *lunch, something,* \_\_\_\_\_
  - make** + noun (an action, to do something): *a plan, a mess,* \_\_\_\_\_
  - make** + somebody + noun (to do something for someone): *me a sandwich, you a snack,* \_\_\_\_\_
  - make** + somebody + adjective (to cause something): *me sick, you better,* \_\_\_\_\_
  - other expressions: *make something up, make sense,* \_\_\_\_\_
- 3** Complete the sentences with expressions from Exercises 1 and 2.
- I'm feeling stressed. I have to \_\_\_\_\_ for ten people today!
  - Look at the state of the kitchen! Why must you always \_\_\_\_\_ when you cook?
  - I can't eat much chocolate. It \_\_\_\_\_—it gives me a headache.
  - Are you thirsty? Can I \_\_\_\_\_?
  - I don't understand this recipe at all. It just doesn't \_\_\_\_\_.
  - I'm hungry, but I can't \_\_\_\_\_ what to eat.

### Grammar modal verbs (1)

- 4** Rewrite the visitor information from a national park with modal verbs. Sometimes more than one answer is possible.

- Camping in the park is not allowed.
- Picnics are restricted to designated areas.
- Do not swim in the rivers.
- It's a good idea to carry water with you.
- Inform the rangers in advance of your visit.
- It's not necessary to show identification on entry.
- Approaching wild animals is not advisable.
- Report any accidents or incidents with wild animals.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## 6b Strategies for success

### Reading willpower

#### 1 Read the statements about willpower.

Mental challenges are as difficult to pass as endurance tests. You pass through failure to success. You do not avoid failure. To me, the most exciting time is when things aren't going right. As a leader, you can't give up.

*Robert D. Ballard, marine explorer*

When I had to decide between the comfort of a staff news job and the risk of freelance photography, my mother told me that no great chasm was ever leaped in two small jumps.

*Jodi Cobb, National Geographic photographer*

People can build their willpower deliberately. We are born with a certain amount, but that is just a platform. I think you can build willpower and be strong and achieve a lot. Start with a step you feel comfortable with and take it one step ahead.

*Borge Ousland, polar explorer*

#### 2 Match these missing sentences with the three quotes.

- 1 If you don't take a risk, you won't know what you're capable of.
- 2 You can develop your willpower if you want to.
- 3 If you give up, everyone will give up.

### Grammar first conditional; when, as soon as, unless, until, before

#### 3 Write complete sentences with the simple present and will + infinitive.

- 1 you make a healthy meal / feel better afterwards  
\_\_\_\_\_
- 2 I watch a movie / enjoy myself  
\_\_\_\_\_
- 3 you find a new route to work / save money  
\_\_\_\_\_
- 4 you take bottled water with you / not buy coffee  
\_\_\_\_\_

- 5 not buy chocolate / not eat it  
\_\_\_\_\_

- 6 live longer / have a good diet  
\_\_\_\_\_

#### 4 Rewrite the sentences with the word in parentheses without changing the meaning.

- 1 You won't achieve anything if you don't take risks. (unless)  
\_\_\_\_\_
- 2 Your friends will help you if you ask them. (as soon as)  
\_\_\_\_\_
- 3 You'll be successful if you plan things carefully. (when)  
\_\_\_\_\_
- 4 You won't know what you can do if you don't try. (until)  
\_\_\_\_\_
- 5 You'll make a lot of mistakes and then you'll succeed. (before)  
\_\_\_\_\_
- 6 You won't save any money unless you have a plan. (if)  
\_\_\_\_\_

### Vocabulary a healthy lifestyle

#### 5 Which of these strategies are not part of a healthy lifestyle?

changing bad habits  
cutting down on relaxation  
avoiding outdoor activities  
giving up junk food  
cutting out fatty food

## 6c Alternative lifestyles

### Vocabulary modern life

- 1 Circle the correct option to make things associated with a 24-hour society.
- 1 *electric / natural* light
  - 2 *high / low* blood pressure
  - 3 *outdoor / indoor* jobs
  - 4 *day / night* work schedules
  - 5 *irregular / regular* sleep

### Reading alternative lifestyles

- 2 Read about Lisa Napoli and choose the correct option (a–c).

Radio journalist Lisa Napoli wanted to try and get away from the 24-hour lifestyle and so-called rat race of modern life. She was on a search for meaning in her life when someone suggested she head to Bhutan. No backpacker, Napoli went to Bhutan with a high-profile job—to help set up a new radio station. She fell in love with the country and even wrote a book, *Radio Shangri-La: What I Learned in Bhutan, the Happiest Kingdom on Earth*. In her book, Napoli describes how learning to live with less made her life richer. She explains that in Bhutan it was impossible to live a 24/7 lifestyle. So many people think they need and enjoy having a lot of stuff, but what if that's not possible? For Napoli, the key is to appreciate what is around you rather than to constantly desire and strive for things you do not have. If we value simplicity and respect the natural environment, we will be more content, she feels.

- 1 Lisa Napoli went to ...
    - a Nepal
    - b Tibet
    - c Bhutan
  - 2 She went there to ...
    - a work
    - b visit friends
    - c go backpacking
  - 3 As a result of her experience, she ...
    - a became rich
    - b learned to be content
    - c gave up her job
- 3 Which statement(s) (a–c) agree(s) with what the presenter said?
- a Napoli found she was happier with fewer material things.



- b Napoli was not able to give up the 24-hour lifestyle.
- c Napoli's experience is not applicable to anyone else.

### 4 Grammar extra questions with how

#### ► QUESTIONS WITH HOW

We can use *how* before a verb, before an adjective, or before an adverb in questions.

- a Look at the questions. What kind of word follows *How*?
- 1 How easy is it? \_\_\_\_\_
  - 2 How quickly can we adapt to a different culture? \_\_\_\_\_
  - 3 How determined do you have to be? \_\_\_\_\_
  - 4 How realistic is it to make changes like this? \_\_\_\_\_
  - 5 How did he manage? \_\_\_\_\_
- b Write these words with the questions (1–6). Then match the questions with the answers (a–f).
- badly difficult far long quickly soon
- 1 How \_\_\_\_\_ was it to give up money?
  - 2 How \_\_\_\_\_ is Bhutan from the United States?
  - 3 How \_\_\_\_\_ does it take to fly to Bhutan?
  - 4 How \_\_\_\_\_ did they do on the test?
  - 5 How \_\_\_\_\_ is the oil running out?
  - 6 How \_\_\_\_\_ can you get here?
- a About ten hours.
  - b More than 1,800 miles.
  - c Disastrously!
  - d Give me an hour.
  - e It was quite easy, actually.
  - f That depends on which experts you believe.

# 6d Eating out

## Vocabulary restaurants

1 Put the restaurant customer's words in order to make statements and questions.

- 1 from / that / made / what's  
\_\_\_\_\_?
- 2 taste / they / like / what / do  
\_\_\_\_\_?
- 3 I'll / think / that / try / I  
\_\_\_\_\_.
- 4 come / does / with / vegetables / it  
\_\_\_\_\_?
- 5 the / have / same / I'll  
\_\_\_\_\_.

2 Grammar extra *need to*

### ► NEED TO

We can use *need to* to say that it's important or necessary, rather than obligatory, to do something. *Is that restaurant busy at lunchtime? Do we need to make a reservation?*

We can use *need to* when *have to* or *must* would sound too strong.

*Don't need to* means it's not necessary to do something or that you can choose not to do it. *You don't need to have an appetizer if you don't want one.*

Complete the sentences with *need to* or *have to*.

- 1 Do we \_\_\_\_\_ wait for the waiter to show us our table? (necessary)
- 2 You \_\_\_\_\_ dress up—it's a pretty casual place. (not necessary)
- 3 It's formal—you \_\_\_\_\_ wear a jacket and tie. (obligatory)
- 4 They don't accept reservations. You \_\_\_\_\_ wait if it's busy. (obligatory)
- 5 You \_\_\_\_\_ leave a tip—the service charge is included in the bill. (not necessary)



## Real life describing dishes

3 Which is the odd word out in the sentences describing dishes?

- 1 It's like *potatoes / lamb / baked*.
- 2 They taste *salty / fish / spicy*.
- 3 It's made from *meat / vegetables / hot*.
- 4 It's a kind of *bland / boiled / fried* dish.

4 Read the comments. Is the person describing an appetizer (A), main course (M), or dessert (D)?

- 1 It's made of milk and it's quite sweet. It's usually served cold.
- 2 They're like little packages of vegetables. They're quite spicy.
- 3 It's a baked dish made from different kinds of meat and vegetables, with rice or pasta.
- 4 It tastes quite salty. It's a sort of spread for bread or toast.

## 6e A fitness center

### Writing skill explaining consequences

- 1 Your local fitness center was remodeled recently and as part of this process there have been other changes. Look at the notes and write these headings in the correct spaces (1-3).

cafeteria    opening times    prices

Fitness center changes



- 1 \_\_\_\_\_    2 \_\_\_\_\_    3 \_\_\_\_\_
- a 9 a.m. - not early enough    b too expensive for families    c should be open to public
- o no discounts for retired people    d complicated pricing plan

- 2 Match the sentence halves. Then complete the sentences using these expressions for explaining consequences.

Consequently    has led to    means that  
therefore    will result in

- 1 The swimming pool doesn't open until 9 a.m., \_\_\_\_\_
  - 2 Taking away the discounts for retired people \_\_\_\_\_
  - 3 The pricing plan is too complicated. \_\_\_\_\_
  - 4 Opening the cafeteria to the public \_\_\_\_\_
  - 5 The price increase \_\_\_\_\_
- a fewer families using the center now.  
b people don't take advantage of offers.  
c people can't go swimming before they go to work.  
d they can't afford to use the center very often.  
e more people using the center.



- 3 Use the information from Exercise 1 to complete this letter. Refer to the Student Book and Workbook Unit 4 to review formal style.

Dear Sir,

We are writing to express our concern about the recent changes to Newton Fitness Center. We are concerned about \_\_\_\_\_

In our view, \_\_\_\_\_

We also note that \_\_\_\_\_

In addition, \_\_\_\_\_

Finally, we feel that \_\_\_\_\_

We request that you review these changes to the services that the fitness center provides to local residents.

Sincerely

P.H. Singh

P.H. Singh  
Newton Residents' Association

## Wordbuilding phrasal verbs

### ▶ WORDBUILDING phrasal verbs

Phrasal verbs with *down* and *up* often describe change.  
*cut down* · *give up*

- 1 Complete the sentences with the correct form of these verbs and *up*.

go grow put speed take

- The prices in the café have \_\_\_\_\_ since we were last here.
- They've \_\_\_\_\_ some abstract paintings. It looks really different now.
- I think I'll \_\_\_\_\_ cooking this winter.
- If this bus doesn't \_\_\_\_\_, we'll be late.
- You should \_\_\_\_\_ and stop behaving like a child.

- 2 Complete the sentences with the correct form of these verbs and *down*.

bring come get slow take

- Strawberries are expensive now, but the price will \_\_\_\_\_ in the summer.
- I'm on a diet because I have to \_\_\_\_\_ my weight \_\_\_\_\_.
- You'll have an accident unless you \_\_\_\_\_.
- We can't \_\_\_\_\_ these warning notices \_\_\_\_\_—they have to be visible at all times.
- There's a danger that the protests will \_\_\_\_\_ the government.

## Learning skills planning writing

- 3 Look at the list of strategies for planning writing. Which strategies has this student used?

- noting the questions your writing needs to answer
- noting the purpose of your written text
- thinking about who the reader is
- brainstorming ideas
- brainstorming useful vocabulary or other language
- using a mind map to organize words
- organizing words in a table
- following a model text
- listing standard useful expressions
- listing useful linking words
- writing notes and short sentences
- organizing sentences by sequence or idea
- writing the same idea in different ways

1

*I think this is a bad idea.*  
*I don't think this is a good idea.*  
*It seems like a bad idea to me.*

2

*Who am I writing to?*  
*What do I need to tell them?*  
*What style is best?*

3

*I am writing to*  
*in addition.*  
*Finally.*

- Which of the strategies in Exercise 3 have you used when you have had to write something in English?
- Answer the questions with reference to the writing you have done for the writing tasks in the Student Book and Workbook Units 1–6.
  - Which of the strategies did you use?
  - How helpful did you find them?
  - Is your writing more successful if you plan it first?
  - Which is the most useful strategy for you? Why?

## Check!

- 6 Complete the crossword with the answers to the clues. All these words are in Student Book Unit 6.

- A strong-smelling Asian fruit
- Chips, candy, salty snacks, etc.
- Something in food and drink that increases blood pressure
- If food is not yet cooked, it's...
- Another name for a savory banana

