

Unit 1 Health

1a Global health

Grammar simple present

1 Complete the article with the simple present.

A scientist works for health



Nathan Wolfe is a scientist and he
¹ _____ (work) all over the world.
 He ² _____ (specialize) in viruses and
 diseases and he often ³ _____ (go) to
 places with health problems. In particular, he
⁴ _____ (study) viruses and diseases

from animals. It's an important job because he
⁵ _____ (want) to know how these viruses move
 from animals to humans and how we can stop them in the
 future. As a result, Nathan ⁶ _____ (spend) a lot of
 time in regions with wildlife.

In the modern world, humans ⁷ _____ (not / stay) in
 one place anymore and so new viruses also ⁸ _____
 (travel) more easily. When humans ⁹ _____ (visit)
 regions with wildlife (for example, in Africa), they
¹⁰ _____ (not / realize) how easy it is to bring a new
 kind of disease back with them.

However, the modern world with its technology also
¹¹ _____ (help) Nathan with his work. For example,
 in some places many people ¹² _____ (not / have)
 electricity or running water, but a cell phone allows Nathan
 to continue his life-saving work.

► SPELL CHECK simple present (he / she / it)

We normally add -s to most verbs in the simple present third person. However, note these exceptions:

- Add -es to verbs ending in -ch, -o, -s, -ss, -sh, and -x:
watch → *watches*.
- For verbs ending in -y after a consonant, change the -y to -i and add -es: *study* → *studies*.
- *have* and *be* have irregular forms.

2 Look at the spell check box. Then rewrite the verbs in the simple present third-person form.

- | | |
|---------------|----------------|
| 1 start _____ | 5 live _____ |
| 2 watch _____ | 6 study _____ |
| 3 fly _____ | 7 finish _____ |
| 4 pass _____ | 8 relax _____ |

3 Write questions about Nathan Wolfe and his work using the simple present.

1 (where / Nathan / work) _____ ?

All over the world.

2 (where / he / often / go) _____ ?

To places with health problems.

3 (what / he / find and study) _____ ?

Viruses and diseases from animals.

4 (where / he / spend / a lot of time) _____ ?

In regions with wildlife.

5 (why / new viruses / travel more easily) _____ ?

Because humans travel all over the world.

Grammar adverbs of frequency

4 Put the words in order to make sentences.

1 always in the evening I exercise

2 it in the winter always colder is

3 take twice a day I this medicine

4 they don't go often on vacation

5 on weekends we sometimes busy are

6 eats out rarely she during the week

1b Mobile medicine

Reading community health



Mobile medicine

Sarubai Salve goes to work twice a day to visit people in her village of Jawalke. The village has about 240 families and, with another woman called Babai Sathe, Sarubai is responsible for the health of the village. The women give medical care to pregnant women and some of the older people. Today they are visiting their first patient. Rani Kale doesn't come from Jawalke. She lives about an hour away, but her village doesn't have anyone like Sarubai to help mothers-to-be. Sarubai is checking Rani and she is worried about the position of the baby. Rani might need to go to a hospital.

Half an hour later, Sarubai and Babai visit another mother with a three-month-old baby. While they are checking the baby, Sarubai also gives the mother advice on nutrition and vaccinations. Jawalke is a very different place because of the two women. There is a shortage of doctors in this region, so village health workers are important because they can give preventative medicine and advice about health.

New health workers go for two weeks of intensive training and then they receive ongoing training. A mobile team visits Jawalke once a week. The team includes a nurse and a doctor. The mobile team meets with Sarubai and they look at any of her patients with serious medical problems. The health workers are an important connection between the mobile team and the local people. Currently there are 300 village health workers in the region and the number is growing.

1 Read the article and answer the questions. Choose the correct option (a, b, or c).

- How often does Sarubai visit people in the village?
a once a day b twice a day c twice a week
- Sarubai meets Rani because she is
a ill. b pregnant. c sick.
- Which of these statements is true about the health workers?
a They only deliver babies.
b They do the same job as doctors.
c They have many different responsibilities.
- How much training do they receive?
a None. They learn it all from books.
b Two weeks only on a course.
c Two weeks and then more training while they are working.
- What is the purpose of the mobile team?
a To do the job of the health workers.
b To provide more medical help.
c To train the health workers.

2 Look up these words from the reading in your dictionary. Write the definitions in your notebook.

- | | | |
|------------|----------------|-------------|
| 1 nurse | 3 nutrition | 5 shortage |
| 2 pregnant | 4 vaccinations | 6 intensive |

Grammar present continuous

3 Look at the article again. Underline the verbs in the present continuous.

4 Choose the correct option or options to complete the sentences.

- At the moment *I drive / I'm driving* toward the city. Is that the right direction?
- London *has / is having* a population of about eight million people.
- Where *do you come / are you coming* from originally?
- Someone *stands / is standing* at the front door. Can you see who it is?
- It was warm earlier today but now *it gets / it's getting* colder and colder.
- Do you work / Are you working* now or *do you take / are you taking* a break?

1c Happy and healthy

Reading an interview with Elizabeth Dunn

Interviewer: What makes you happy? Is it food that tastes delicious? A painting that looks beautiful? Or maybe just going to a café and having coffee with friends? To tell us what makes us happy, I'm talking to psychologist Elizabeth Dunn. So Elizabeth, I know that you do a lot of research into happiness and in particular into money and happiness. So tell us, how much money do you need to make you happy?

Dunn: It's a complicated question. Some people think money is the most important thing in the world for happiness. That's definitely not true. Some people think that money doesn't make you feel happier. That's also not true.

Interviewer: So, perhaps the question isn't about money but how people spend it.

Dunn: Yes, to find out we did an experiment with some students. We gave them twenty dollars in the morning, and one group spent it on themselves and the other group spent it on someone else. By the end of the day, the people who spent it on others were happier.

Interviewer: So, we need to think about the way we use money.

Dunn: Yes, this is something a lot of people find. Often it's the experiences you have. Like visiting a new country or going to a concert to listen to your favorite musician.

1 Read the interview. Then read these sentences and choose the correct response (a-c) to show that Elizabeth:

a agrees b disagrees, or c doesn't say.

- 1 Money is the most important thing in the world. _____
- 2 Money doesn't make you feel happier. _____
- 3 Giving money to other people makes you happy. _____
- 4 Spending money on other people makes you happier. _____
- 5 Spending money on experiences makes you feel happy. _____

Word focus *feel*

2 Match the sentences (1-6) with the uses of *feel* (a-f).

- 1 I feel like going out for dinner tonight.
 - 2 I don't feel this is the right thing to do.
 - 3 My daughter feels sick.
 - 4 I feel much happier today.
 - 5 The sun feels warm. It felt much colder yesterday.
 - 6 I feel like some coffee.
- a Talking about your emotions
 - b Talking about sickness
 - c Giving a view or an opinion
 - d Refers to the weather
 - e Wanting something
 - f Wanting to do something

3 Match the questions (1-5) with the answers (a-e).

- 1 How are you today?
 - 2 Do you feel like something to eat?
 - 3 What do you think about my work in general?
 - 4 Do you feel like helping me with this?
 - 5 What's the weather like?
- a Actually, I feel you need to do more.
 - b It feels freezing out there!
 - c Sorry, I'm really busy at the moment.
 - d Yes, let's get a sandwich.
 - e I'm feeling much better, thanks.

4 Write seven different questions with the word *feel*. Use the words in the box. You can use words more than once.

a snack	doing something	like
how do you	OK 's weather	what

- 1 _____ ?
- 2 _____ ?
- 3 _____ ?
- 4 _____ ?
- 5 _____ ?
- 6 _____ ?
- 7 _____ ?

1d At the doctor's

Vocabulary medical problems

1 Complete the conversations with these words.

back ear head mouth nose stomach
throat tooth

A: I have a really runny ¹ _____ today.

B: Here's a tissue if you need one.

A: I have a really bad ² _____ ache.

B: Is the problem in the left or the right?

A: Both!

A: It's too painful to eat.

B: It sounds like you have ³ _____ ache. You should go to the dentist.

A: What's that noise?

B: They're digging up the road outside.

A: It's giving me a terrible ⁴ _____ ache.

A: I can hardly talk today.

B: Why? Do you have a sore ⁵ _____ ?

A: Can you pick this up for me? I have a bad ⁶ _____ at the moment.

B: Sure. But maybe you should lie down for a while.

A: My throat is very red, doctor.

B: Well, let's have a look. Open your ⁷ _____ , please.

A: Where's the problem?

B: It's in my ⁸ _____. I feel sick.

2 Your friends are sick. Read their complaints and give them some advice about what to do.

1 I have a headache.

You should take an aspirin. _____

2 I have a sore throat.

3 My back aches.

4 I have a fever.

5 I have a cough.

6 I have a runny nose.

3 Complete the conversation with these phrases.

They are good	Do you have
How do you feel	If you still feel sick
Do you feel	take this prescription
Let me have a	You need to
Try drinking	Let me check

Doctor: ¹ _____ today?

Patient: Not very well. I have a terrible sore throat.

Doctor: I see. ² _____ look. Open wide. Yes, it's very red in there.

Patient: I've also got a bad cough.

Doctor: ³ _____ sick to your stomach at all?

Patient: No, not really.

Doctor: ⁴ _____ a temperature?

Patient: I don't think so. I don't feel hot.

Doctor: ⁵ _____ it... Yes, it's a little high. Do you have anything for it?

Patient: I bought some pills at the pharmacy, but they didn't do any good.

Doctor: Well, ⁶ _____ to the pharmacy. ⁷ _____ take some different pills. ⁸ _____ for your throat. Take one every four hours. You need to go to bed for a couple of days, and ⁹ _____ lots of water.

Patient: OK. Thanks.

Doctor: ¹⁰ _____ in a few days, come back and see me, but I think it's the flu. Everyone has it at the moment.

4 When should a person go to the doctor, and when should he or she try to get well with home remedies, such as rest and drinking a lot of water? Write your opinion for the following medical problems.

1 bad cough

2 back ache

3 headache

1e Online advice

Writing online advice

- 1 Read the messages asking for advice from different forums. Match the messages with the forums. There is one extra forum.

Career Computer Food Love Sports Town

- 1 My friend's mother is coming for dinner tonight. It's the first time she's tried my cooking. I need a simple but tasty meal. Do you have any advice?
- 2 I love my current job but my company wants me to become a manager. I know I should take the opportunity but I'm happy with my life. What can I do?
- 3 This new version of Digital XZ version 9.1.2 doesn't work. Can anyone help?
- 4 I'm new here and I don't know many people. What kinds of activities do people do in the evenings or on weekends? Does anyone have any good advice?
- 5 My wedding anniversary is tomorrow and I forgot! I need to do something special for my wife. What should I do?

- 2 Read the messages again. Underline the useful question for asking for advice in each message.
- 3 Choose three of the messages. Write a short reply to each one. Start your message with the words given.
- 1 In my opinion, you should _____
- 2 My advice is to _____
- 3 It's a good idea to _____

Grammar extra *should* / *shouldn't*

▶ GRAMMAR *should* / *shouldn't*

We use *should* for giving strong advice. For example:

You should tell her how you feel.

You shouldn't cook her anything. Buy it from a store.

should is a modal verb, so remember:

It doesn't have a third person -s: *He should tell her / it.*

Don't use the auxiliary *do* for negatives or questions: *She don't shouldn't cook it.*

Should isn't followed by the *to* + infinitive: *You should to tell her.*

- 4 Write advice for these situations. Use *should* or *shouldn't* and the words in parentheses.

1 I feel ill. (take / pills / twice a day)

You should take these pills twice a day.

2 I'm watching TV all weekend. (exercise)

3 I usually work about fourteen hours a day. (work / eight hours)

4 I like coffee but I can't sleep. (drink / caffeine / in the evening)

Writing skill conjunctions (*and*, *or*, *so*, *because*, *but*)

- 5 Connect these sentences with one of these conjunctions: *and*, *or*, *so*, *because*, *but*.

1 If you want to lose weight, you could start running. You could go biking.

2 I do sports such as tennis or golf. I don't like team sports.

3 Your body needs about two liters per day. Drink lots of water.

- 6 Complete these sentences with your own words.

1 I can't sleep if I _____ and _____.

2 I prefer team sports such as _____ or _____.

3 Some people think money makes you happy, but I _____.

Word building verb + noun collocations

1 Match the verbs with the nouns to make collocations. Then complete the sentences.

Verbs check go have play
read run take

Nouns books coffee email hiking
a marathon the piano public transportation

- I'm training to _____ next year. So far I can do about fifteen miles.
- I like to _____ in the mountains on weekends. It's very relaxing.
- I _____ when I have time. Mozart is my favorite composer.
- I like to _____. Fantasy or science fiction are my favorites.
- I _____ to work instead of driving a car.
- I never _____ my personal _____ at work.
- Can I _____, please?

2 Write down other verb + noun collocations. Use the verbs in Exercise 1.

Example:

take time, take a break, take a taxi

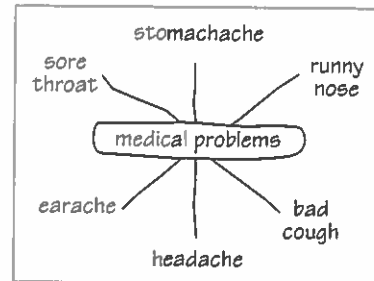
Learning skills recording new vocabulary

3 When you write down a new word, how do you record it? Check the techniques you use.

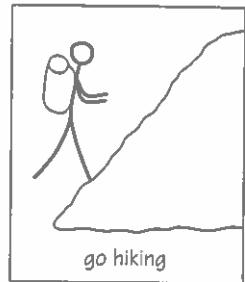
- the meaning
- the translation into your language
- the pronunciation (the sounds and the stress)
- the part of speech (verb, adjective, noun, preposition, etc.)
- collocations
- any common phrases or expressions using this word

4 Look at the study suggestions in the next column. Which techniques do you use in your notebook?

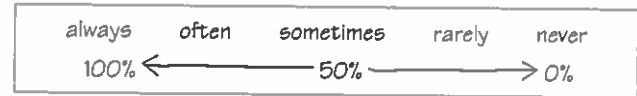
a Word groups



b Drawings



c Diagrams

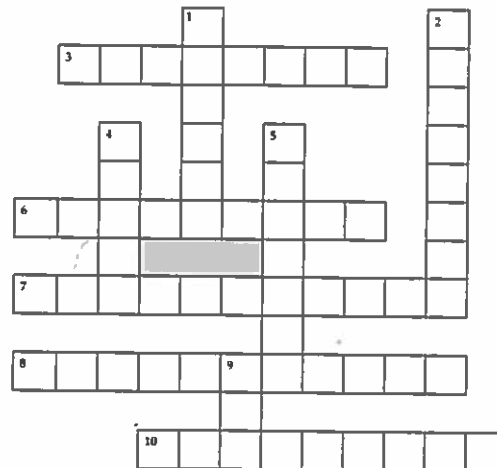


5 Look at some of the new words from Unit 1.

- Try recording some new information about the words. Use a dictionary to help you.
- Try different techniques for learning the new words. Decide which techniques work well for you.

Check!

6 Complete the crossword. You can find the answers in Unit 1 of the Student Book.



Across

- A large Italian island
- You do this with plants and flowers
- Measurement of how hot your body is
- A person who lives to 100 years or more
- The noun form of "happy"

Down

- You can give this to a friend if they have a problem
- Something a pharmacist or doctor gives you for an illness
- A place on the Internet for leaving and replying to messages
- A Japanese island with some of the oldest people in the world
- A short sleep