

VOCABULARY

HEALTH

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 _____.



GRAMMAR

PRESENT PERFECT + FOR/SINCE

2 Complete the conversations with the present perfect form of the verbs in brackets.

- 1 A: How long has Carlos worked here? (Carlos/work)
B: About four years. He _____ here for four years. (be)
- 2 A: Did you see that comedy film last night?
B: Yes, it was the funniest film I _____! (ever/watch)
- 3 A: Do you know where Morris _____? (go)
B: No. I _____ him all day. (not see)
- 4 A: _____ your homework? (you/finish)
B: No. I _____ it yet. (not start)
- 5 A: Do you know if my parcel _____? (arrive)
B: Just a minute. I'll have a look for you.
- 6 A: _____ your watch? (you/find)
B: Yes, it was under the sofa.
- 7 A: How long _____ Marissa? (you/know)
B: Not very long. We _____ friends for long at all. (not be)
- 8 A: _____ my news? (you/hear)
B: No. _____ to leave your job? (you/decide)

3 Write sentences using the prompts. Use the present perfect with *for/since*.

- 1 I / know / Imelda / ages
I've known Imelda for ages.
- 2 he / work / for that company / six months

- 3 we / live / Turkey / 2013

- 4 I / not be / to the cinema / a long time

- 5 they / be here / two months now

- 6 I / not clean / the house / last Monday

- 7 she / not listen to / that music / she was a teenager

- 8 we / not hear / from him / he left

- 9 Bob / be a builder / more than forty years

- 10 the phone / not ring / 10 o'clock

- 11 I / want / to climb a mountain / I was a child

4 Underline the correct alternatives.

I = Interviewer J = Joy

I: So, Joy, you ¹have started/started the Laugh to Live organisation in 2012.

J: That's right.

I: Why ²did you start/have you started it? What ³did you want/have you wanted to do?

J: I ⁴started/have started Laugh to Live because I ⁵felt/have felt I had something I wanted to share with people. In my life I ⁶have lived/lived and worked in four different countries, in four different continents, so ⁷I've had/I had a lot of experience and ⁸I've worked/I worked with people from all over the world.

I: And what have you learnt from these experiences?

J: I think I've learnt something very important in life. Most people just want to live a simple, happy life. But they don't know where to look for happiness. Years ago, when I ⁹travelled/have travelled to Africa, I ¹⁰met/have met poor children in the jungle who had nothing. But they had the biggest smiles ¹¹I have ever seen/I saw. This taught me that happiness and laughter are inside us all. I have a few techniques which I ¹²have used/used to help people learn to laugh more often, especially when things are difficult in their lives. And because they now laugh more, they ¹³have become/became happier people.

I: Thank you, Joy. And good luck with your work.

5 A 6.1 Listen and tick (✓) the sentence you hear.

- a) I've known her for ages.
b) She's known it for ages.
- a) They travelled a lot.
b) They've travelled a lot.
- a) He's never seen it before.
b) He's never been here before.
- a) Nothing has changed.
b) Nothing changed.
- a) I've worked in other countries.
b) I worked in other countries.

B Listen again and repeat.

LISTENING

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

- The reporter went to a table tennis centre for people aged _____.
a) under fifteen b) under fifty c) over fifty
- People should eat _____ portion(s) of fruit and vegetables a day.
a) five b) one c) eight
- 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)?

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

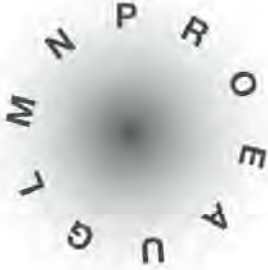
- I feel **fabulous**.
 - Scientists have now **worked out** that you can live longer if you have a healthy lifestyle.
 - They **did** some **research**.
 - People who don't smoke, who do **regular** exercise and who eat lots of fresh fruit and vegetables every day ...
 - It's **part of the fun**.
- 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



VOCABULARY

FOOD

- 1 Find seven types of fruit using these letters. You can use the letters more than once.



- 2 Complete the words in the menu and the recipe.

THE TERRACE
BISTRO MENU

CHEF'S CHOICE

Tender baby ¹ch__ck__n grilled in a ²l__m__n and herb sauce.
Served with rice and ³br__cc__l__.

MEAT-EATER'S DELIGHT

⁴B__fst__k marinated in a cream and ⁵sp__n__ch sauce.
Served with ⁶p__t__t__es.

KING'S FEAST

Roasted ⁷l__g__f__l__mb with rice, ⁸c__bb__ge and freshly steamed ⁹e__rg__tt__s.

Pasta Atlantica

- Fry 50g of ¹⁰shr__mps in a pan with a little butter.
- Add ¹n__ns and ¹²g__rl__c to the pan.
- Boil 50g of ¹³m__ss__ls.
- Cook the pasta.
- Mix the pasta and seafood and put in a tray.
- Add a layer of ¹⁴ch__s__ on top and cook in the oven for twenty minutes until brown.

GRAMMAR

MAY, MIGHT, WILL

- 3 Circle the correct option to complete the sentences.
- A: What are you doing this weekend?
B: I'm not sure. We _____ go to the seafood restaurant.
a) may b) will c) won't
 - A: Will that café on Wardour Street be open tomorrow?
B: I don't know. It _____ be.
a) will b) won't c) might
 - A: I've cooked little Johnny some vegetables for tonight's dinner.
B: Thanks, but he _____ eat them.
a) might b) will c) won't
 - A: Can I try your food?
B: Be careful. It _____ be too hot for you.
a) may b) won't c) may not
 - A: Do we need to buy any ingredients for this recipe?
B: Maybe. We _____ have enough garlic. Can you check?
a) won't b) might not c) will
 - A: You know Melissa's a vegetarian, don't you?
B: OK, I _____ cook meat.
a) won't b) will c) may
 - A: Are you going to that new bar before you leave town?
B: I don't know. I hope so, but we _____ have time.
a) won't b) will c) may not
 - A: What are your predictions for food in the future?
B: The good news is I think it _____ be more healthy.
a) won't b) will c) might not
- 4 Put the words in the correct order to make six predictions about food.
- more / eat / know / people / what / about / will / they
People will know more about what they eat.
 - future / we / animals / the / eat / won't / in
 - eat / food / we / more / organic / may
 - might / illegal / junk / become / food
 - fatter / people / West / will / the / get / in
 - the / left / may / there / sea / not / be / in / fish / any

READING

5 A Read the text and match pictures A–D with paragraphs 1–4.



How to eat less

Brian Wansink of Cornell University did some **experiments** to show why we eat too much. Here are some of the results.

1 Wansink invited a group of people to lunch. He told half of them they were eating something expensive and delicious: Royal Italian Bolognese with haricots verts. He told the other half they were eating cheap food from a can. In fact, both groups ate the same food. He secretly watched them. The ones who thought they were eating expensive food ate much more than the others.

CONCLUSION: If people think the food sounds good and is expensive, they think it tastes better.

2 Wansink did an experiment at a cinema in Chicago. He gave everyone a free bag of popcorn, but the popcorn was old and tasted bad. Most people noticed this, but they still ate almost all of it.

CONCLUSION: How much we eat depends on: where we are (in the cinema); what we are doing (**concentrating** on a film, not on food); what other people are doing (eating popcorn). These things may be more important than the taste of the food.

3 Wansink went to a sports bar and gave the customers free chicken. The waiters cleaned half the tables every few minutes and took away the chicken bones. No one cleaned the other tables. The people with clean tables ate seven pieces of chicken **on average**. The others ate five.

CONCLUSION: When we see how much we're eating, we eat less. When we can't see how much we're eating, we eat more.

4 Wansink invited people to watch a video. He gave them each a bag of sweets to eat during the film. Half the bags had sweets with seven different colours. The other bags had sweets with ten different colours. The people whose sweets had more colours ate forty-three more sweets than the others.

CONCLUSION: When there is a big **variety**, people want to try everything, so they eat more.

B Read the text again and circle the correct option.

- Why did Wansink do the experiments?
 - to improve the food we eat
 - to discover why people eat more than they need
- How did Wansink do his experiments?
 - He asked questions about what people ate.
 - He gave free food to people and then watched them.
- Who ate more?
 - the people who thought their food was expensive
 - the people who thought their food was cheap
- What was interesting about the popcorn experiment?
 - The popcorn didn't taste good.
 - The popcorn had different colours.
- Who ate more chicken?
 - the people with messy tables
 - the people with clean tables
- Who ate more sweets?
 - the people whose sweets had seven colours
 - the people whose sweets had ten colours

C Match the words in bold in the text with these meanings.

- giving your attention to something _____
- many different types of things _____
- scientific tests to find information _____
- based on a calculation of what most people do _____

WRITING

SENTENCE STRUCTURE

6 A Join the sentences with *and*, *but* or *when*. Use each word twice.

- I have always liked cooking. I cook every day.

- I was very young. I cooked my first meal.

- I don't eat much meat. I eat a lot of fish.

- I was working as a chef in a horrible hotel. I decided to open my own restaurant.

- I don't drink alcohol. I use a little wine in some of the dishes I prepare.

- I like meeting customers at my restaurant. I ask them about the food.

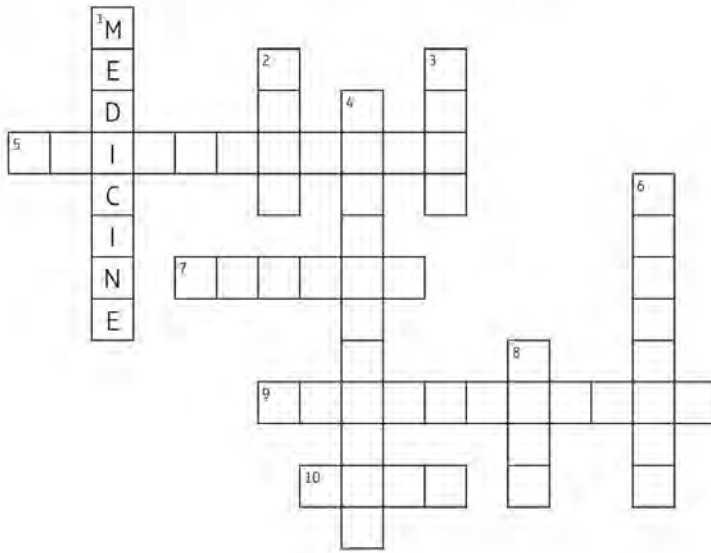
B Put the words *and* and *also* in the correct place in the sentences.

- My favourite types of food are pasta fresh fish. I like fruit.
- Every morning I buy vegetables herbs from the market. I buy meat there.
- I find that the food in the market is fresher better quality. It's cheaper.

VOCABULARY

ILLNESS

1 Read the clues and complete the crossword.



Across

- 5 It's very painful. I'm taking _____.
- 7 She fell down the stairs and she's _____ her leg.
- 9 The doctor's given me some _____ to stop the infection.
- 10 My arm hurts. I think I need to go to the hospital for an _____.

Down

- 1 We've got some _____ for your cough.
- 2 I don't feel well. I think I've caught a _____.
- 3 I'm tired. I need to get some _____.
- 4 He feels hot. He's got a high _____.
- 6 My head hurts. I've got a _____.
- 8 I can't speak. I've got a _____ throat.

FUNCTION

SEEING THE DOCTOR

2 Match the sentence halves.

Doctor

- | | |
|----------------------|--------------------------------|
| 1 What's the | a) hurt? |
| 2 How long have you | b) pills/antibiotics/medicine. |
| 3 Where does it | c) had this problem? |
| 4 Can I have a | d) worry about. |
| 5 It's nothing to | e) matter? |
| 6 I'll give you some | f) look? |

Patient

- | | |
|----------------|-----------------------|
| 7 I feel | g) about my leg. |
| 8 It | h) very painful. |
| 9 It's | i) sleep. |
| 10 I'm worried | j) hurts when I walk. |
| 11 I can't | k) sick/terrible. |

3 A Some of the lines in the conversations have words missing. Write the missing word, or put a tick if the sentence is correct.

D = Doctor P = Patient

Conversation 1

- D: Good morning. How can I help? ✓
- P: I'm worried my leg.
- D: Your leg? What's matter with it?
- P: Well, very painful. It hurts when I walk.
- D: I see. How long have you the problem?
- P: Since yesterday.
- D: Can I a look?
- P: Yes, of course.

Conversation 2

- D: Hello. What's matter, Mr Smith?
- P: I feel terrible.
- D: All right. Where does hurt?
- P: Everywhere. And I can't sleep.
- D: Ah. Have you got temperature?
- P: I don't know.
- D: OK. Can I have look?
- P: Yes, of course.
- D: That's fine. It's nothing worry about.
- P: But I feel terrible!



B 6.4 Listen and check.

LEARN TO

PREDICT INFORMATION

4 A Predict what the doctor says using the words in brackets.

D = Doctor P = Patient

Conversation 1

- D: Good afternoon. ¹_____ (matter)?
- P: I've got a sore throat and a headache.
- D: I see. ²_____ (long)?
- P: About two weeks.
- D: ³_____ (temperature)?
- P: Yes. It's 38.5, so I've taken some aspirin.
- D: I see. I think ⁴_____ (cold).
You need ⁵_____ (rest) and
⁶_____ (drinks).

Conversation 2

- P: I think I've broken my arm.
- D: Oh dear. ¹_____ (look)?
- P: Yes. Here you are.
- D: So, ²_____ (where/hurt)?
- P: Here, and here.
- D: ³_____ (how/do)?
- P: I fell over.
- D: I think you should ⁴_____ (go/hospital/X-ray).

B 6.5 Listen and check.