

ENGLISH

Chapter 8
Session B





LOOK AFTER YOURSELF



HELICOMOTIVATION





Phrasal verbs: healthy habits

1 Read the answers. Which things do you do?

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How do you stay healthy?



It's important to take care of yourself. I keep fit. I have an exercise routine and I stick to it! I spend time outdoors when I can. What else? I talk through any problems with my friends so I don't get stressed.

I turn off all my electronics for at least an hour before bed (really!). I try to go to bed and get up at the same time every day. That way, I get enough sleep and I wake up refreshed! I sometimes stay up late at the weekend, so I usually sleep in then.





I'm careful about what I eat and drink, but I don't always manage to have a healthy diet! I have cut out caffeine and soda and I want to cut down on sugary snacks, especially before bed as they can keep me awake.

2 Match the verbs in bold to definitions 1–10.

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1 keep sleeping after the alarm goes off sleep in

stick to 2 do something you decided to do

3 stop a piece of equipment from working

turn off

get up 4 get out of bed

talk through discuss

cut down on reduce take care of

look after someone/something

cut out stop eating/drinking something

wake up stop sleeping

stay up **10** not go to bed

Transitive and intransitive phrasal verbs

Phrasal verbs can be transitive or intransitive.

Intransitive verbs don't need an object, e.g. wake up, get up.

I get up at 7 am. What time do you wake up?

Transitive verbs must have an object, e.g. *take* care of (someone/something).

Do you take care of yourself?

3 Copy and complete the table with the verbs in exercise 1.

Transitive		Intransitive
take care of stick to cur talk through turn off cut		wake up get up stay up sleep in

- 4 Complete the sentences with the correct phrasal verb. Then write sentences for the other verbs in exercise 3.
 - 1 I'm not sure what to do. I'll talk through some ideas with my sister.
 - 2 I'm putting my alarm on for 6 am because I want to <u>wake up/</u> early. (*get up*)
 - We're going to a party tonight, so we'll ____ stay up ___ late!
 - 4 She should <u>cut down on</u> sugary snacks.
 - 5 They don't have to get up early tomorrow. They can <u>sleep in</u> until 9 am!

A conversation

6 19 Listen to Jake and Erin's conversation.

Which topic in exercise 5 do they not discuss?



- Not many experts think teenagers should start school later. Over 10, 000 experts think teenagers should start school later.
- **2** Jake usually feels tired at about 10 pm. He doesn't usually feel tired until 11am.
- **3** Teens should sleep eight to ten hours a night.
- 4 Scientists say school should start at 8:30 am at the earliest.
- 5 It's a good idea to turn off electronics at least three hours before bed. You should turn off electronics at least one hour.
- 6 You shouldn't have sugary snacks or sodas before bed.

Gerund and infinitive

- 1 Read the examples. Then match sentences a-f to rules 1–6.
 - a It's hard to think if you haven't slept enough.
 - **b** Starting school later helps prevent accidents.
 - **c** The experts suggested **starting** school later.
 - **d** Teens need **to sleep** eight to ten hours.
 - e Use thick curtains to stop the light coming in.
 - **f** I'm interested in **finding out** more.

We use the gerund ...

- **1** after certain verbs (e.g. *enjoy*, *suggest*)
- 2 as the subject of a sentence
- 3 after prepositions

We use the infinitive ...

- 4 after certain verbs (e.g. want, decide, need)
- 5 to talk about purpose
- 6 after adjectives (e.g. necessary, easy)



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Some verbs can take either the gerund or the infinitive with no change of meaning, e.g. *like*, *love*, *hate*, *can't stand*, *prefer*, *continue*. Using the gerund is more common.

I like watching movies. / I like to watch movies.

When we talk about the future or imagine something, we use *would* + verb + infinitive.

I would like to go to Canada one day.

- 2 Circle the correct option. Look at the rules and give reasons for your answers.
 - 1 I go to bed at 9 to get getting enough sleep.
 - 2 It's important to drink drinking plenty of water.
 - 3 To spend Spending time outdoors is healthy.
 - 4 I'm interested in to do doing more exercise.
 - 5 Karen exercises by to bike biking every day.

3 Complete the table with the verbs in the box. Add any others you know.

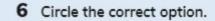
admit agree can't stand choose plan hope learn miss offer practice prefer promise

+ infinitive	+ gerund	+ infinitive or gerund
decide, need,	enjoy	like
want choose agree hope	aumit	can't stand
offer learn	miss	prefer
plan promis	se practice	

- 4 Complete the sentences with the correct form of the verbs. Write four sentences of your own.
 - 1 Mark admitted Osing (lose) the equipment.
 - 2 I want to go (go) swimming later.
 - 3 Will can't stand istening(listen) to people talking about food!
 - 4 They promised to eat (eat) healthy snacks.
 - 5 I'm planning download (download) that app.
 - 6 You missed **Seeing** (see) a great movie.

Exercise - happy body, happy mind

Exercise is good for the body and the mind. Exercising (exercise) regularly helps with stress, mood and sleep! When you learn 2 to play (play) a sport and succeed, it's also good for your self-esteem. Many teenagers choose 3 (play) team sports because spending time with others makes them happier. It isn't (fit) exercise into a day, so experts recommend ⁵ always easy 4 to fit (make) it part of your daily routine - for example by 6 making walking (walk) to school. They also suggest 7 (do) some exercise outdoors as sunlight contains vitamin D, which lifts your mood.





GRAMMAR ROUND-UP

1 2 3 4 5 6 7 8

are not alone - and mat it's OK to

talk about it.

Let's talk

Anxiety can be a common problem, but most young people don't like 1 talk/talking about it. YouTube star Zoe Sugg hopes 2 to change/changing that. Zoe 3 has/is having a vlog called Zoella with over 8 million followers. She 4 was using/has used her fashion and life vlog to talk about her own experiences of panic attacks and anxiety too. That's why the charity Mind 5 chose/has chosen her as its Digital Ambassador. Zoe launched their new campaign #Don'tPanicButton. People wear the button if they suffer from anxiety or if they wan 6 to show/showing their support for others. Both can and the organizers think digital media 7 must can help young people and increase awareness of problems like this by 8 to show / showing them they

HOMEWORK from 1 to 5

