Motivating Strategy

✓ **Do you know how to take care of yourself?**

✓ **Have you done some of these things today?**

SPEAKING

Cause and Effect

🔊 56 Emily is talking to her son Patrick.
Listen and complete the dialogue.

Mom, I feel terrible, I can't go to school today!

Patrick, you have to. This is due to all the Halloween candy you ate yesterday. If you a __had saved__ some like I told you, you b __wouldn't__ have gotten an upset stomach.

Mom, it's not that! I feel sick because of the party you and dad had downstairs. Thanks to all the noise, I couldn't get to sleep. I'm sure if I c __had slept__ better, I wouldn't d __have woken up__ with a sore throat and a headache.

SPEAKING

Cause and Effect

🔊 56 Emily is talking to her son Patrick. Listen and complete the dialogue.

Hmm ... I'm not so sure about that. Everyone had left by 11pm, so it wasn't that late, but I am sorry if we caused you to feel bad. If you e **had told** us we were bothering you, we f **could have made** less noise.

So I don't have to go to school then?

Well ... owing to the fact you actually sound sick, I'll let you stay home this time. Just don't tell your father – if it g **had been** him talking to you, there's no way he h **would have let** you skip school as a result of a sore throat.
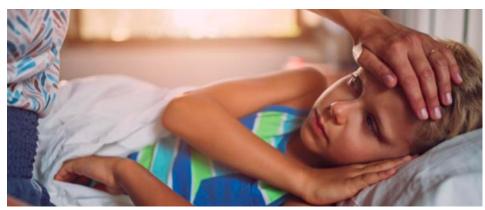
SPEAKING

Cause and Effect

🔊 56   Emily is talking to her son Patrick. Listen and complete the dialogue.

Thanks, mom!

Ok, get some rest then, and I'll be downstairs. Maybe I got lucky too – if i _____you'd_____ gone to school, I j _would have_ had to drive your brother to his soccer practice. Now, your dad will have to take him instead!

FUNCTIONAL LANGUAGE

Describing Cause and Effect

Cause (somebody) to …

As a result of …

Because of …

Due to …

Owing to …

Thanks to …

Speaking Task

Prepare a dialogue between you and a friend.

Step 1

Your friend is complaining about not being in shape. Write a dialogue between you and a friend talking about why this is.

Step 2

Think of reasons why your friend is not in shape and what cause and effect expressions you could use to talk about them.

Step 3

Take turns practicing your dialogue.

CULTURE

Health Care in Singapore

The country of Singapore is a single island with a population of 5.8 million people. And yet, its health care system is considered by many to be one of the best and most effective health care systems in the world. So what makes its health care system unique? Unlike countries like Canada, Sweden, or Taiwan, in which taxes pay for one public system for everyone, in Singapore the government only pays about 25%.

For the rest, individuals and employers pay through an innovative system. To start, the Medisave system requires that 7% to 9.5% of a person's salary goes directly to their health care plan. They then use these funds to pay for health care for routine medical care, like doctor or hospital visits. For more expensive care, for example major surgeries, there is the Medishield system, a type of insurance.

One of the reasons that the Singaporean system is so effective is that there are tight government controls, and they decide what drugs and treatments are cost-effective. As a result, only these can be paid for with the Medisave funds, keeping the cost of care lower than in many other countries.

And how successful is this system exactly? For comparison, in 2014, the average Singapore citizen spent $2,752 on health care, compared to $9,403 in the US, that is, nearly four times less. However, there are concerns that in the future it may be challenging to maintain the high quality and low cost of medical care. As the population gets older, and as unhealthy foods and eating habits from other countries become popular, the cost of the system could potentially rise. If this is the case, it will be up to the people and the government of Singapore to continue finding solutions to address the country's medical needs.

1 🔊 **57** Read and listen to the article and answer the questions below.

a What makes the Singapore health care system different from the other countries mentioned?

The government pays 25% instead of 100% of the health care costs.

b What do Medisave and Medishield cover?

Medisave pays for routine medical care and Medishield pays for expensive care.

ENGLISH

SACO OLIVEROS

c Why is health care less expensive in Singapore?
The government controls which drugs and treatments people can use with Medisave.

d What are some future challenges for Singapore's health care system?
The population is getting older and people's eating habits are changing.

SACO OLIVEROS

2 Do you like the Singapore system of health care? Why / Why not?

_____

_____

_____ **Personal answer** _____

_____

_____

_____

SACO OLIVEROS

3 In what ways is the Singapore health care system similar to or different from the health care system in your country?

_____

_____

_____

Personal answer

_____

_____

_____

VOCABULARY 2

1 Match the phrases in the box with the pictures.

appreciate nature ☐   establish a routine **4**

exercise regularly **2**   get regular checkups **1**

keep a journal ☐   keep a schedule ☐

limit screen time ☐   maintain a healthy diet **3**

practice meditation ☐   reward yourself ☐

2 🔊 58   Listen and repeat.

3 Choose the correct words.

a **Keeping a schedule** / **Keeping a journal** is a useful tool for recording all your feelings and future goals.

b Hiking is a great way to **appreciate nature** / **practice meditation** while also getting a good workout.

c After following a strict schedule or diet, **reward yourself** / **maintain a healthy diet** by taking a short break from your routine.

d It's important to **get regular checkups** / **exercise regularly** by seeing a doctor and a dentist at least once a year.

e Parents should definitely **maintain a healthy diet** / **limit screen time** of their kids to ensure they remain active.

f Do you **limit screen time** / **exercise regularly**, either at a gym or somewhere else?

SACO OLIVEROS

5 Order the words to make questions.

a invited / have / come / you / Would / I / you / if / had / to the party ?

Would you have come to the party if I had invited you?

b it / If / skiing / have / had / you / snowed / gone / would ?

If it had snowed, would you have gone skiing?

c them / if / they / have / invited / yes / said / I'd / Would ?

Would they have said yes if I'd invited them?

d had / I / with / gone / have / you / up / me / us / signed / If / would ?

If I had signed us up, would you have gone with me?

e sprained / you / Would / run / your ankle / have / if / the marathon / hadn't / you ?

Would you have run the marathon if you hadn't sprained your ankle?

6 Rewrite the sentences using the third conditional.

a I didn't finish college, so I didn't get a degree.

If I had finished college, I would have gotten a degree.

b You didn't rest. You got sick.

If you have rested, you wouldn't have gotten sick.

c We cried because our cat ran away.

We wouldn't have cried if our cat hadn't run away.

d Jeffrey couldn't take a vacation because he had to work.

 Jeffrey could have taken a vacation if he hadn't had to work.

e My brother didn't like his old job. That's why he became a physical trainer instead.

If my brother had liked his old job, he wouldn't have become a physical trainer instead.

ENGLISH

SACO OLIVEROS

7 Think of three major decisions you made in the past. What would have happened if you had made different choices?

a **Personal answer**

b **Personal answer**

c **Personal answer**

THANK YOU!
You are so amazing!