



ENGLISH

Chapter 8 Session B

3rd
SECONDARY

LOOK AFTER YOURSELF



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HELICOMOTIVATION



Phrasal verbs: healthy habits

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1 Read the answers. Which things do you do?

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.

- | | | |
|----|---|---------------------|
| 1 | keep sleeping after the alarm goes off | <u>sleep in</u> |
| 2 | do something you decided to do | <u>stick to</u> |
| 3 | stop a piece of equipment
from working | <u>turn off</u> |
| 4 | get out of bed | <u>get up</u> |
| 5 | discuss | <u>talk through</u> |
| 6 | reduce | <u>cut down on</u> |
| 7 | look after someone/something | <u>take care of</u> |
| 8 | stop eating/drinking something | <u>cut out</u> |
| 9 | stop sleeping | <u>wake up</u> |
| 10 | not go to bed | <u>stay up</u> |

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
<i>take care of</i> stick to cut out talk through turn off cut down on	<i>wake up</i> 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 wake up/ early. (*get up*)
- 3 We're going to a party tonight, so we'll stay in late!
- 4 She should cut down on sugary snacks.
- 5 They don't have to get up early tomorrow. They can sleep in until 9 am!

A conversation

- 6**  **19** Listen to Jake and Erin's conversation.
Which topic in exercise 5 do they not discuss?



8 Listen again. Are the statements true or false? Correct the false statements.

- false 1 Not many experts think teenagers should start school later. Over 10, 000 experts think teenagers should start school later
- false 2 Jake usually feels tired at about 10 pm.
He doesn't usually feel tired until 11am.
- true 3 Teens should sleep eight to ten hours a night.
- true 4 Scientists say school should start at 8:30 am at the earliest.
- false 5 It's a good idea to turn off electronics at least three hours before bed. You shouldn't turn off electronics at least one hour
- true 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

c
b
f

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*)

d
e
a

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
<i>decide, need, want</i> choose agree hope offer learn plan promise	<i>enjoy</i> admit miss practice	<i>like</i> can't stand prefer

4 Complete the sentences with the correct form of the verbs. Write four sentences of your own.

- 1 Mark admitted losing (**lose**) the equipment.
- 2 I want to go (**go**) swimming later.
- 3 Will can't stand listening (**listen**) to people talking about food!
- 4 They promised to eat (**eat**) healthy snacks.
- 5 I'm planning to download (**download**) that app.
- 6 You missed seeing (**see**) a great movie.

5 Complete the text with the correct form of the verbs in parentheses.

Exercise – happy body, happy mind

Exercise is good for the body and the mind. ¹ **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 **to play** (play) team sports because spending time with others makes them happier. It isn't always easy ⁴ **to fit** (fit) exercise into a day, so experts recommend ⁵ **making** (make) it part of your daily routine – for example by ⁶ **walking** (walk) to school. They also suggest ⁷ **doing** (do) some exercise outdoors as sunlight contains vitamin D, which lifts your mood.



GRAMMAR ROUND-UP

1 2 3 4 5 6 7 8

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 want **6 to show/showing** their support for others. Both Zoe 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 are not alone — and that it's OK to talk about it.

**HOMEWORK**
from 1 to 5