



# ENGLISH

**Chapter 9**  
**Week 9**

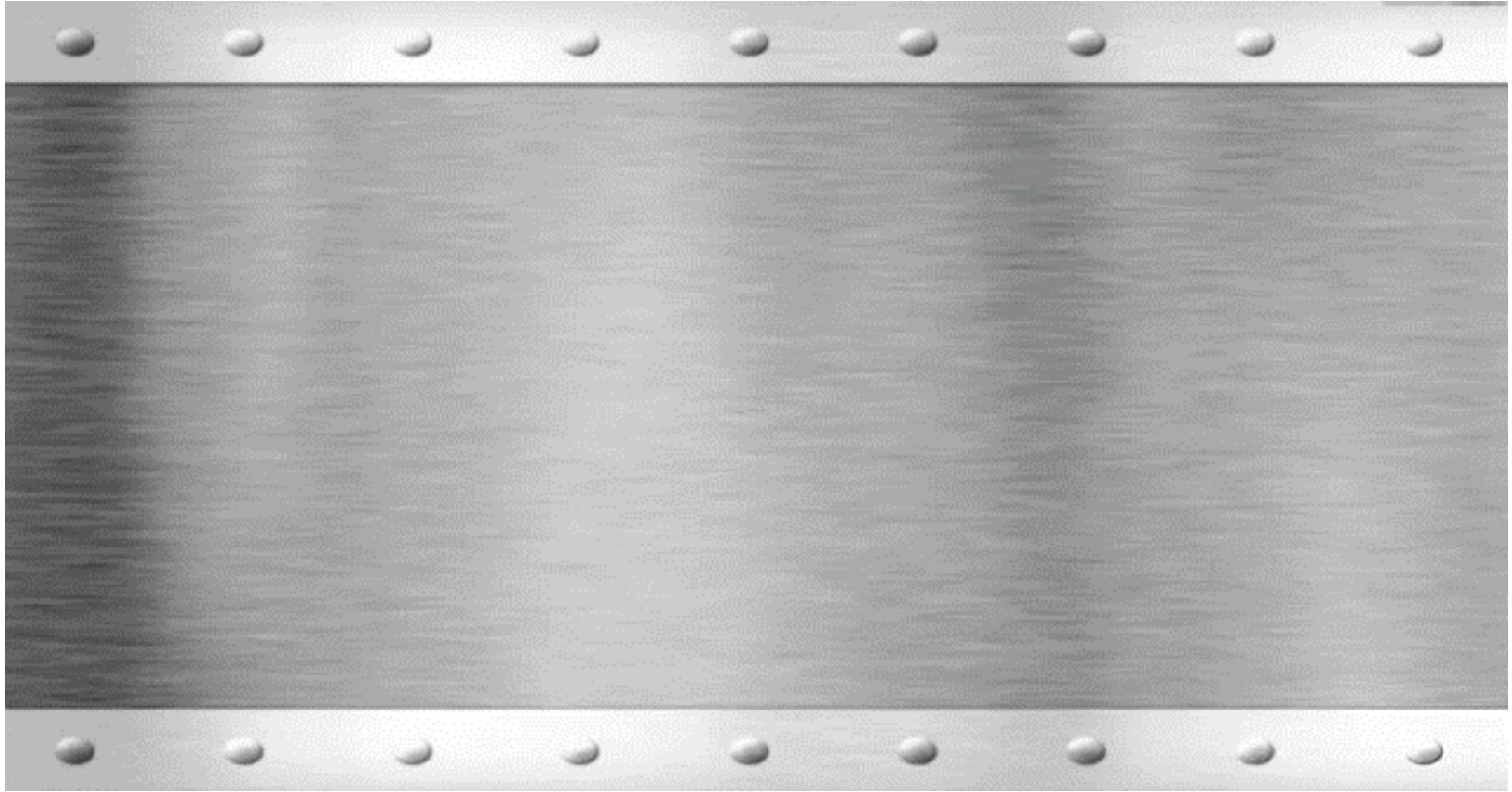
**3rd**  
SECONDARY

**LOOK AFTER YOURSELF**



 **SACO OLIVEROS**

# 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<br>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 down on turn off   cut out talk through	<i>wake up</i> get up stay in 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.
- 3 We're going to a party tonight, so we'll stay up 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!

# Giving instructions



Real-world speaking

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- 1**  Watch the video. In what order does Malik mention the ingredients?





strawberries

peaches

bananas

milk

honey

oats

cinnamon



## 1 Reinforcement Circle the correct option.

### A guide to eating for athletes

1 You **must** / **don't have to** eat a lot of carbohydrates – they give you energy.



2 You **can** / **mustn't** have ice cream and desserts, but fruit is better.

3 You **can't** / **don't have to** take vitamin pills. They're not necessary.

4 You **mustn't** / **have to** put a lot of salt in your food – it's bad for you.

5 Remember, you **can't** / **don't have to** train if you're sick – it's not allowed!



6 And you **can** / **have to** drink lots of water – of course!



## 2 Challenge Complete the sentences with the past of the modal verbs.

- 1 I can ski really well. I could ski when I was five years old!
- 2 I usually have to go to bed early. Last night, I had to go to bed at nine o'clock.
- 3 I can't speak French. When I was in France, I couldn't understand a word!
- 4 We don't have to do homework on weekends. Last weekend, I didn't have to study at all!
- 5 I can usually remember vocabulary. In the test yesterday, I was able to remember all the words.

## The Modals Quiz

- 1 We \_\_ have lunch at school. Some students go home at lunch time.  
a are able to      **b** don't have to      c mustn't
- 2 We \_\_ use cell phones in class, but in some schools, it's forbidden.  
a don't have to      **b** can      c couldn't
- 3 You \_\_ bring a note from your parents if you miss a class. It's the rule!  
a mustn't      b can't      **c** must
- 4 Most of us \_\_ speak English ten years ago, but now we speak it quite well.  
**a** couldn't      b weren't able      c didn't have to



5 \_\_\_ wear a school uniform when you went to elementary school?

**a** Do you have to    **b** Had you to    **c** Did you have to

6 You \_\_\_ bike in the school grounds. You know it's forbidden!

**a** mustn't    **b** have to    **c** don't have to

7 My computer broke last night. Luckily, my brother \_\_\_ fix it.

**a** can    **b** was able to    **c** could

8 I \_\_\_ stay up late and study last night to finish my history project.

**a** could    **b** must    **c** had to



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**Reinforcement**

Are the sentences correct or incorrect? Correct the incorrect sentences.

- 1 I can't stand to stay indoors all day.  
I can't stand staying indoors all day.
- 2 We agreed meeting outside the hotel at 8.  
We agreed to meet outside the hotel at 8.
- 3 Are you interested in learn another language?  
Are you interested in learning another language?
- 4 When I'm on vacation, I miss seeing my friends.  
**correct**
- 5 To listen to music is one of my favorite hobbies.  
Listening to music is one of my favorite hobbies.

## 6 Challenge Complete the article with the gerund or infinitive of the verbs.

My top tips for a healthy life!

It's important <sup>1</sup> **to sleep** (sleep) at least eight hours a night, but sometimes we don't have time. I'm usually tired when I get home from school, but <sup>2</sup> **having** (have) a nap (5–10 minutes) helps. Did you know that <sup>3</sup> **smiling** (smile) is good for your heart? When I finish <sup>4</sup> **doing** (do) my homework, I usually turn on the TV and watch a comedy! It's impossible <sup>5</sup> **to feel** (feel) bad when you're laughing!





If you're stressed, you can relax by <sup>6</sup> **sitting** (sit) quietly in a chair for 10 minutes. It helps me when I'm worried about <sup>7</sup> **studying** (study) for an exam, for example. (I suggest <sup>8</sup> **turning off** (turn off) your phone though!) Plan <sup>9</sup> **to spend** (spend) at least half an hour every day doing something you love. I enjoy <sup>10</sup> **riding** (ride) my bike. I do it <sup>11</sup> **to keep** (keep) fit, but it also puts me in a good mood. And it's great <sup>12</sup> **to be** (be) outdoors!





# HOMEWORK

from 1 to 5

## Gerund and infinitive

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### Reinforcement

Write the verbs in the gerund or infinitive. Give a reason for your answer.

- 1 I'd find it hard \_\_\_\_\_ (**stop**) eating chocolate. I love it!
- 2 My brother hopes \_\_\_\_\_ (**become**) a doctor in the future.
- 3 Abi has gone to the store \_\_\_\_\_ (**buy**) some milk.
- 4 We're thinking of \_\_\_\_\_ (**have**) a party for my birthday.
- 5 \_\_\_\_\_ (**get up**) early for school is always difficult for me!