



ENGLISH

Chapter 9
Week 9

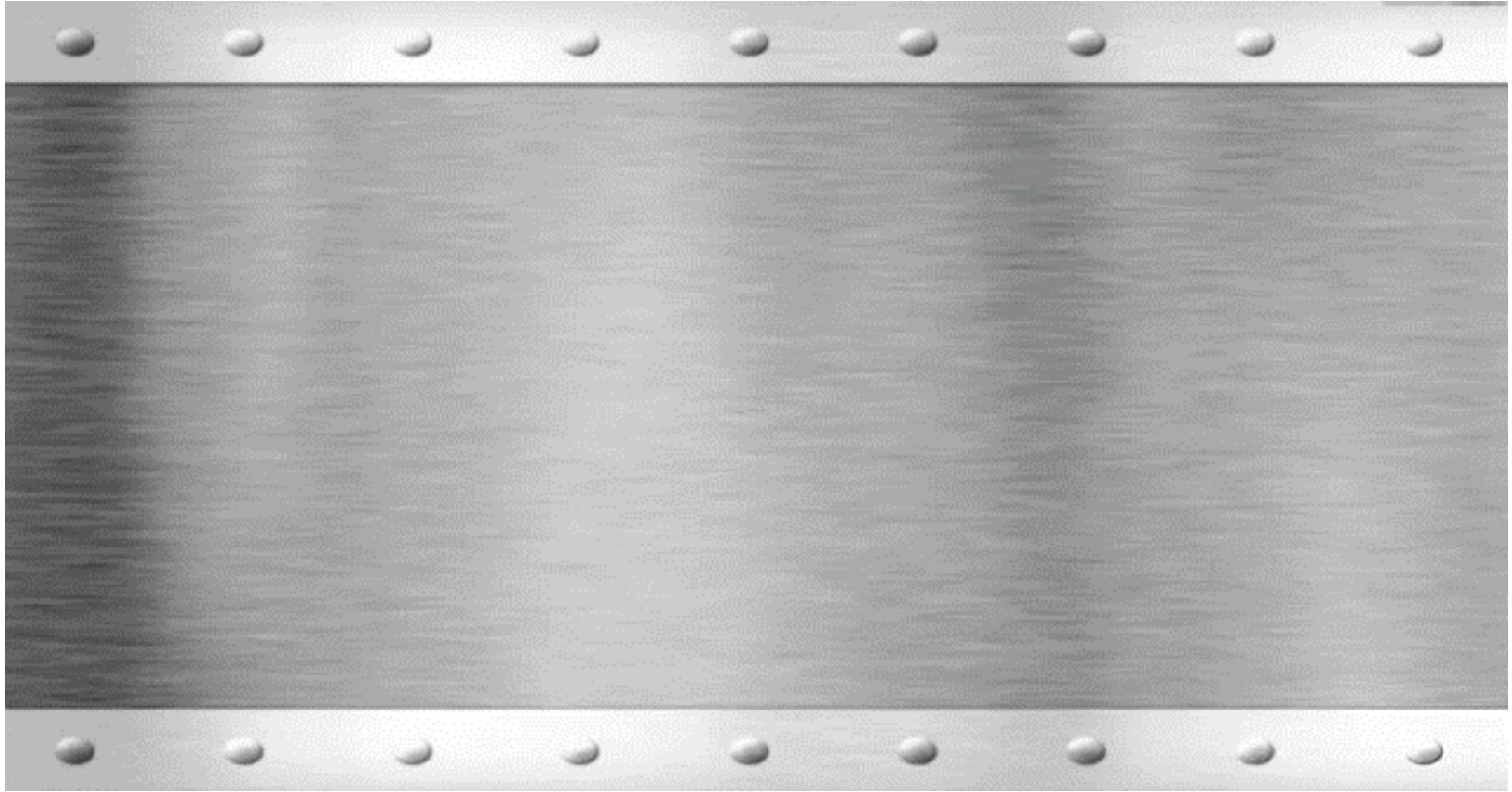
3rd
SECONDARY



LOOK AFTER YOURSELF

 **SACO OLIVEROS**

HELICOMOTIVATION



Phrasal verbs: healthy habits

Page 41

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
take care of	wake up
stick to	get up
turn off	stay up
talk through	sleep in
cut down on	
cut out	

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

Page 43

- 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



5

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. 
- 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 ¹ **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 ² **having** (have) a nap (5–10 minutes) helps. Did you know that ³ **smiling** (smile) is good for your heart? When I finish ⁴ **doing** (do) my homework, I usually turn on the TV and watch a comedy! It's impossible ⁵ **to feel** (feel) bad when you're laughing!



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



HOMEWORK

from 1 to 5

Gerund and infinitive

4 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!

