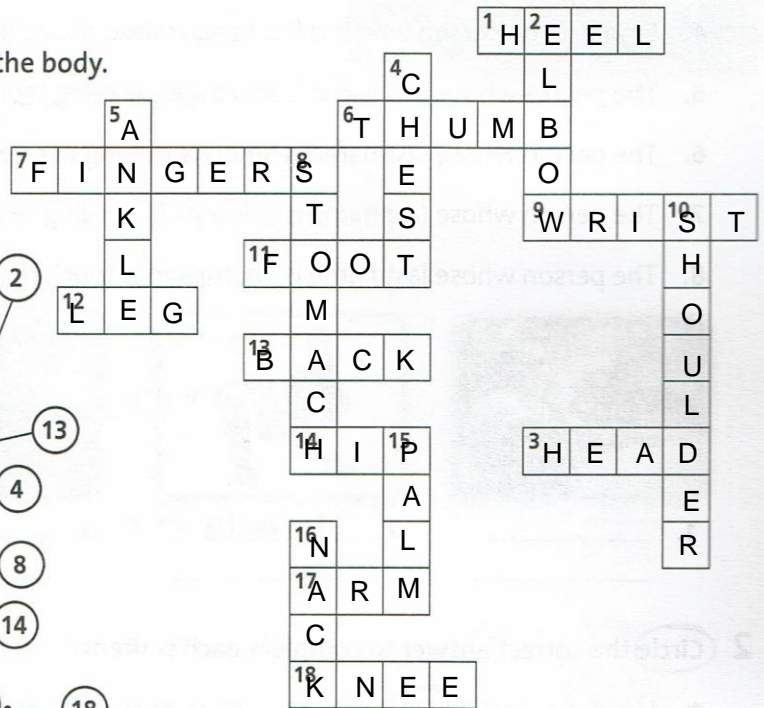
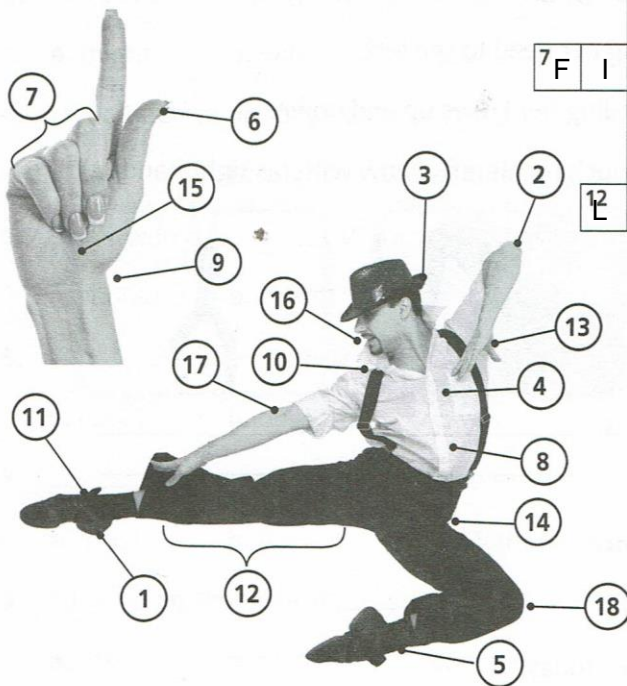


7

► How do you stay healthy?

START / LISTENING (Use after student book page 79.)

1 Complete the crossword with the parts of the body.



2 Circle the correct answer to complete each sentence.

1. She had blood on her palm because ____.

- a. she cut her hand when she was cooking
- b. she fell over and hurt her knee
- c. she hit her head when she fell
- d. she put her foot on something and cut it

2. Your cheek is part of your ____.

- a. leg
- b. arm
- c. back
- d. face

3. He had a sore hip because ____.

- a. he was writing too much yesterday
- b. he was talking too much yesterday
- c. he was running too much yesterday
- d. he was listening to too much loud music yesterday

4. Your thumb is part of your ____.

- a. hand
- b. foot
- c. arm
- d. face

VOCABULARY (Use after student book page 80.)

1 Write the names of the people under the pictures.

- Krystyna is the person who is bending over and touching her feet.
- Sam and Elli are the people who are stretching their arms behind their backs.
- Alex is the person who is stretching his left arm to the right.
- Emma is the person who has her hands raised above her head.
- The people whose last name is Jones are lowering their heads and looking at their feet.
- The person whose last name is Smith is turning her head to the left.
- The person whose last name is Williams is bending her knees up and down.
- The person whose last name is Thompson is touching his left elbow with his right hand.



1. Alex
Thompson



2. Sam and Elli
Jones



3. Krystyna
Smith



4. Emma
Williams

2 Circle the correct answer to complete each sentence.

- Her knees sore / hurt / pain. She fell yesterday.
- I have hurts / pain / sore feet. I walked for miles today.
- His shoulders sore / are sore / hurts. It's because he's always working on the computer.
- She has a hurt / pain / sore in her stomach. She ate something bad yesterday.
- My elbows ache / sore / pain. It's because I played too much tennis last week.
- hurt / pain / ache my finger. I cut it yesterday while I was making dinner.

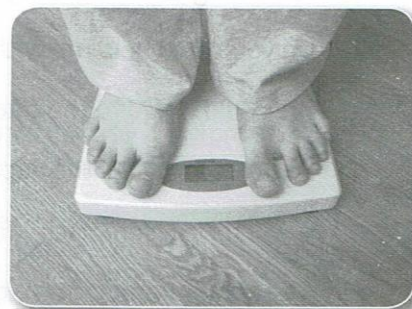
3 Write the second sentence so that it has a similar meaning to the first sentence, using the word in parentheses.

- | | | |
|-------------------------------|-----------|-------------------------------------|
| 1. Her hip is sore. | (has) | <u>She has a sore hip.</u> |
| 2. My leg is killing me. | (hurts) | <u>My leg hurts</u> |
| 3. He has a pain in his neck. | (aches) | <u>He has a ache in his neck</u> |
| 4. Their feet ache. | (sore) | <u>Theis feet ache</u> |
| 5. Her wrist really hurts. | (killing) | <u>Her dolls are really killing</u> |

GRAMMAR (Use after student book page 81.)

1 Circle the correct answer to complete each sentence.

- Smoking cigarettes _____ kill you.
a. should b. would **c. might** d. must
- If the price is right, I _____ buy it. I'm not sure yet.
a. might b. can't c. won't d. must
- The doctor told him he really _____ lose some weight.
a. might b. will **c. should** d. would
- I won't accept no for an answer. You _____ come with me to the party.
a. can b. might **c. must** d. could
- Don't worry. I _____ call you as soon as I arrive at the airport.
a. should b. must c. might **d. will**
- You _____ see her new car. It's fantastic!
a. could **b. ought to** c. will d. can't
- _____ you come with me to the gym?
a. Must b. Are c. Might not **d. Can**
- I'd bring an umbrella. It _____ rain.
a. can **b. might** c. should d. must



2 Rewrite each sentence using the word in parentheses.

- | | | |
|---|----------|---|
| 1. It's possible they will move to the city. | (might) | <u>They might move to the city.</u> |
| 2. Exercising is sometimes tiring. | (can) | <u>Exercising can sometimes tiring</u> |
| 3. It's a good idea to find time to relax. | (should) | <u>You should find time to relax.</u> |
| 4. It's possible that it will snow tonight. | (could) | <u>It could snow tonight</u> |
| 5. It's possible he isn't at home at the moment. | (might) | <u>I might not at home at the moment</u> |
| 6. Buying a house is sometimes difficult. | (can) | <u>Buying a house can sometimes difficult</u> |
| 7. It's sometimes true that yoga helps you lose weight. | (can) | <u>Yoga can help you lose weight.</u> |
| 8. It's possible that he will win the contest. | (could) | <u>I could win the contest</u> |
| 9. Everyone needs to eat healthy food. | (should) | <u>Everyone should eat healthy food.</u> |

3 Identify the error in each sentence and correct it.

1. Stretching can ~~to~~ be really enjoyable.

Stretching can be really enjoyable.

2. Do you could help me with this?

Could you help me with this?

3. We could no go to the cinema.

We couldn't go to the movies

4. If you have a cold, the doctor can do help you.

If you have a cold, the doctor can help you.

5. If you have a sore neck, stretching might helps.

If you have neck pain, stretching may help.

6. He shoulds know how to do it.

I should know how to do it.

7. They ought find a better place to live.

They should find a better place to live.

4 Put the words in order to make questions.

1. you / Could / moment / me / give / a / for / hand / a / ?

Could you give me a hand for a moment?

2. you / your / Can / over / toes / you / bend / when / touch / ?

Can you touch your toes when you bend over?

3. we / go / to / afternoon / Should / park / the / this / ?

Should we go to the park the afternoon this?

4. Can / the / to / you / tomorrow / party / get / ?

Can you get to the party tomorrow?

5. make / should / better / do / feel / to / What / my / I / back / ?

What should I do, make my back feel better?

6. I / hospital / Should / take / to / the / something / ?

Should I take to the hospital something?

5 Match the questions in exercise 4 to the answers.

a. 5 I'm not sure, but you shouldn't lift anything heavy.

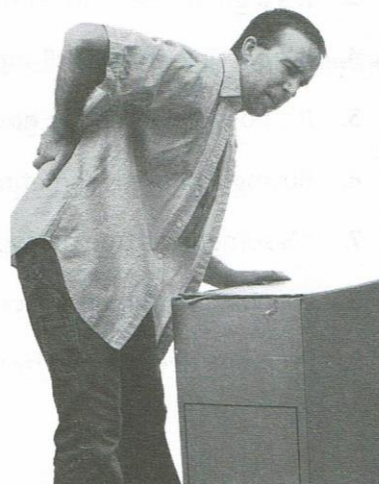
b. 1 Sure, what can I do for you?

c. 6 Well, you can bring some flowers if you like.

d. 3 I'm not sure. I think it might rain.

e. 4 Yeah, I think Michael can take me in his car.

f. 2 Yeah, I can put my palms flat on the floor.



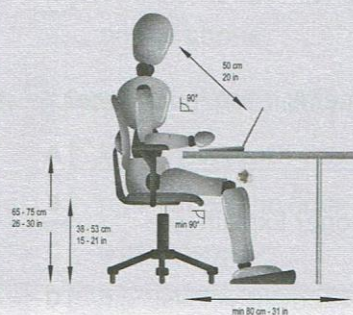
READING TO WRITING (Use after student book page 87.)

1 Read the magazine article. Check (✓) the suggestions it gives.

Question: I spend a lot of time sitting in my work. I often spend eight hours a day sitting in front of my computer and on the telephone. My back and neck get sore. Is there anything I can do to help prevent this?

Answer: Sitting for long periods can be very uncomfortable and can cause back pain in many people. However, there are several things you can do to improve the problem.

First, check that your chair is properly adjusted. Your knees should be level with your hips and your feet should be flat on the floor. Also remember that you should sit up straight and avoid crossing your legs. Don't forget to take regular breaks. You should rest for about five minutes for every hour you work with a computer.



Do you use a headset when you're on the telephone? One problem might be that you use an ordinary telephone and you hold the telephone receiver between your ear and your shoulder while you write something or use your computer. This can strain the muscles in your neck and make you sit improperly.

Finally, get in shape and exercise regularly. This will keep the muscles in your back strong, so they can support your spine while you are working. Improving your posture will also help to relieve back pain. Take yoga classes or study the Alexander technique to improve your posture.

- | | |
|--|--|
| 1. <input checked="" type="checkbox"/> Check that your chair is properly adjusted. | 5. <input checked="" type="checkbox"/> Take regular breaks. |
| 2. <input type="checkbox"/> Get a new office chair. | 6. <input type="checkbox"/> Hold the telephone between your ear and your shoulder. |
| 3. <input checked="" type="checkbox"/> Sit up straight. | 7. <input checked="" type="checkbox"/> Exercise regularly. |
| 4. <input type="checkbox"/> Take long breaks. | 8. <input checked="" type="checkbox"/> Improve your posture. |

2 Circle T (True), F (False), or NG (Not Given) for each statement.

- | | | | |
|---|------------------------------------|------------------------------------|-------------------------------------|
| 1. The person asking for advice thinks he uses the computer too much. | T | F | <input checked="" type="radio"/> NG |
| 2. Sitting for long periods of time always causes back pain. | <input checked="" type="radio"/> T | F | NG |
| 3. It's important that your chair is the correct height. | <input checked="" type="radio"/> T | F | NG |
| 4. After working for four hours at the computer you should rest for 20 minutes. | T | <input checked="" type="radio"/> F | NG |
| 5. Using any kind of telephone can make your neck hurt. | T | F | <input checked="" type="radio"/> NG |
| 6. You should take regular breaks when you use a telephone. | T | <input checked="" type="radio"/> F | NG |
| 7. Exercising regularly can make working less painful. | <input checked="" type="radio"/> T | F | NG |
| 8. Taking yoga classes can help relieve back pain. | <input checked="" type="radio"/> T | F | NG |

3 Match the underlined words in the article to the definitions.

- | | |
|---|-----------------|
| 1. a telephone that attaches to your head | <u>headset</u> |
| 2. try not to | <u>avoid</u> |
| 3. the bones in your back | <u>spine</u> |
| 4. reduce (pain) | <u>relieve</u> |
| 5. to injure by using too much | <u>posture</u> |
| 6. the way you sit or stand | <u>strain</u> |
| 7. changed to fit | <u>adjusted</u> |



4 Answer the questions. Write complete sentences.

- How much time do you spend at your computer and on the telephone? Is it too much time?
I spend 5 hours on the computer and 3 hours on the phone, if it's too much
- Do you ever have pain or problems from using the computer and phone? Explain.
Yes, my back sometimes hurts from spending so much time on the computer.
- What do you do to stay healthy and pain free?
Do some exercise and stretching in the morning

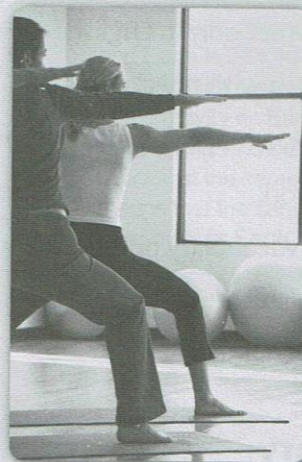
5 Write a letter to a friend telling him or her everything you have learned about staying healthy at work. Use the information in the magazine article and your answers from exercise 4 to help you.

Lately I have been on the computer for a long time, I have been doing some projects and my back, eyes and head have been hurting, and I tried to relax and take breaks for 5 min to relax and do some kind of stretching, the truth is It has helped me and I have been improving my health.

Test Takeaway (Use after student book page 88.)

Reread the article on page 59, and choose the correct answer. Mark the letter on the Answer Sheet.

1. Why did the person write to the magazine?
 - ☐ A To learn about computers and telephones.
 - ☐ B To learn about preventing and relieving pain.
 - ☐ C To learn about office furniture and equipment.
 - ☐ D To learn about how to be better on the phone.
2. A properly adjusted chair has your _____.
 - ☐ A knees level with your feet
 - ☐ B hips flat on the floor
 - ☐ C legs crossed
 - ☐ D hips level with your knees
3. How often should you take breaks?
 - ☐ A Every 5 minutes.
 - ☐ B When you need one.
 - ☐ C When you are in pain.
 - ☐ D Every 60 minutes.
4. Headsets can _____.
 - ☐ A prevent straining of the muscles in your neck and sitting improperly
 - ☐ B strain the muscles in your neck
 - ☐ C hurt your rear and shoulder
 - ☐ D give you better sound quality
5. You can _____ your body if you sit improperly.
 - ☐ A avoid
 - ☐ B relieve
 - ☐ C strain
 - ☐ D posture
6. Why is it important to keep the muscles in your back strong?
 - ☐ A To support your spine.
 - ☐ B To exercise regularly.
 - ☐ C To get in shape.
 - ☐ D To strain the muscles in your neck.
7. Yoga classes _____ improve your posture.
 - ☐ A won't
 - ☐ B are
 - ☐ C doesn't
 - ☐ D can



Answer Sheet

Mark the letter.

- | | | | | |
|----|-------------------------|-------------------------|-------------------------|-------------------------|
| 1. | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D |
| 2. | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D |
| 3. | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D |
| 4. | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D |
| 5. | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D |
| 6. | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D |
| 7. | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D |