



# Unit 5

## Health And Happiness

### A Healthy Diet

a. Mark the statements true (✓) or false (✗), according to the video.

1. Tamara is studying nutrition. ✓ / ✗
2. Kelly is happy to help Tamara. ✓ / ✗
3. Kelly says processed foods are bad for you. ✓ / ✗
4. Tamara usually has cereal for breakfast. ✓ / ✗
5. Kelly has just made some cookies. ✓ / ✗

b. Complete the sentences using the words below.

artificial • diet • pronounce • processed

1. What do you mean by " \_\_\_\_\_ " food?
2. Processed food contains a lot of \_\_\_\_\_ and fake ingredients.
3. My motto, "If you can't \_\_\_\_\_ it, don't eat it."
4. You can have some processed foods here and there, but it shouldn't be a major part of your \_\_\_\_\_.

- c. Read the scriptwriter's summary of the next episode of the soap opera. Write the dialogue for the script. Act out your script in class. Tamara and Kelly talk again the same week. Write the dialogue for their conversation.



Tamara: So Kelly, how's your new diet going?

Kelly: It went well. I stop eating cereal for breakfast.

Tamara: Oh! good for you. How about lunch and dinner?

Kelly: I always have grilled mosquito soup for lunch and horse for dinner.

Tamara: That's sound great.

Kelly: What about you, kelly?

Tamara: I sometimes have stir-fried minced pork/crispy pork with basil.

- d. Practice the dialogue with a partner.

## After a Heart Attack

a. Do you remember the advice for people recovering from a heart attack? Mark the advice mentioned in the article.

- |                                                  |                                               |
|--------------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> 1. No smoking.          | <input type="checkbox"/> 4. Eat sensibly.     |
| <input type="checkbox"/> 2. Drink lots of water. | <input type="checkbox"/> 5. Limit alcohol.    |
| <input type="checkbox"/> 3. Keep in shape.       | <input type="checkbox"/> 6. Get enough sleep. |

b. Look at the posters in Dr. Chadwick's office. Write advice to match each picture. Use *you should* / *you shouldn't*.



You should...

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You shouldn't...

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**c. Do you remember the instructions and advice for people recovering from a heart attack? Read the following text and underline the incorrect information.**

Many victims of heart attacks do not know how to behave after the heart attack. There are things you may do and things you may not do.

You may smoke two cigarettes a day, but no more. Also, you may not drink any alcohol at all, including wine.

As far as your diet is concerned, eat nutritious food. You may eat as much grilled fish and chicken as you wish. Don't worry about your weight.

Don't weigh yourself more than once a month. It's a good idea to exercise once in a while. Exercising too much can weaken your heart. Keep fit and eat sensibly and you can prevent another heart attack.

**d. Compare the two diets of two men who come to the doctor's office after they suffered a heart attack.**

**Paul's Daily Diet**

cereal  
fried egg  
steak and chips  
red wine  
pasta  
salad  
ice cream

**Greg's Daily Diet**

whole-grain bread  
cottage cheese  
grilled fish and salad  
fried sausages  
vegetable pie  
fresh fruit  
beer and peanuts  
chocolate cake

1. Which of the two has the healthier diet? Why?
- 
2. Write advice to each of the men on how to improve each of their diets. Use the phrases:  
*you should or you should not.*
- 

**e. Write down your daily diet. Share it with a partner and decide if it is a healthy diet.**

## Can I Help?

### a. Do you remember the dialogue “Can I Help?” in the computer lesson?

1. Where does the dialogue take place? \_\_\_\_\_
2. What kind of help is the man offering? \_\_\_\_\_
3. What mistake did the woman make? she puts the wrong weight
4. What does the man offer to do? to put the extra weights on the bar.
5. Does the woman agree? yes

### b. Which phrases from the dialogue are used to:

- offer help Can I give you some help?, Do you want me to.....?  
Do you need hand?
- accept help Sure, if it's no trouble., Yes please, if you wouldn't mind.

### c. Read the following sentences that give advice on health and happiness. Decide what each sentence expresses. Mark the correct column.

	Offering help	Accepting help
1. "Can I suggest a really good diet?"	✓	
2. "Sure, if I don't have to starve!"		✓
3. "Can I help you buy fruit and vegetables this week?"	✓	
4. "I think I can manage cutting out salt."		✓
5. "Could I recommend a good dietician?"	✓	
6. "Thank you for your advice about exercising."		✓
7. "Can I prepare you a great low fat lunch?"	✓	



d. A doctor gives advice to his patient, Pam. Pam does not want to follow the doctor's advice. Write the dialogue. You can use the sentences below or write your own. Practice the dialogue with a partner.

Doctor: Good morning, Pam. I think today we should talk about how you can get into better shape and feel happier about yourself. At your age, bad habits can be dangerous! Can I offer some help?

Pam: \_\_\_\_\_

Doctor: \_\_\_\_\_

Pam: \_\_\_\_\_

Doctor: \_\_\_\_\_

Pam: \_\_\_\_\_

*Do you want me to explain how to eat more nutritious food?  
Can I recommend a way to limit your drinking so much alcohol?  
Do you want me to tell you how to start a keep fit program?  
I think I'm too old to change my ways.  
Do you want me to be miserable all day?*



## Past Form of Modals: Might / May / Must Have

a. Match the sentences from A and B to express possibility. In some cases there is more than one possibility. Share your answers with the class.

A	B
1. "My boyfriend is very late for our date." ____	a. "He may have gone swimming!"
2. "The doctor hasn't arrived at the clinic." ____	b. "He may have got delayed at work."
3. "Have you seen the gym instructor?" ____	c. "He may have gone to the gym after work."
4. "Do you know where my husband is?" ____	d. "He might have visited a sick patient."
5. "Have you seen the car keys?" ____	e. "You may have left them in the car!"
6. "Do you know where the groceries are?" ____	f. "You might have forgotten them in the store."

b. Complete the following sentences using *must have* to make a logical conclusion.

- The boss was found on the floor of his office. He \_\_\_\_\_ (have) a heart attack.
- The doctor came to visit her at home. He \_\_\_\_\_ (decide) that she needs special attention.
- The doctor's report is still on her desk. She \_\_\_\_\_ (not finish) writing it.
- She looks much better now. She \_\_\_\_\_ (go) on vacation.
- He fell asleep while driving. He \_\_\_\_\_ (be) overtired.





- c. Read the following reports about missing items. *What must/might/may have happened?* Share your answers with the class.

### Missing Talking Parrot

A talking parrot was reported missing yesterday from its home in Bayway. The parrot, which belongs to the gym instructor at the community center, was last seen perched on the window of the gym.

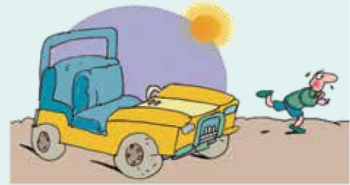
The parrot \_\_\_\_\_  
\_\_\_\_\_.



### Missing Jeep

A jeep was reported missing yesterday after its driver left it on the beach while he went jogging.

The jeep \_\_\_\_\_  
\_\_\_\_\_.



### Vet's Medical Bag Missing

The vet's medical bag was reported missing last evening after he made an emergency call to help a cow give birth.

The bag \_\_\_\_\_  
\_\_\_\_\_.

