

1



2



3



4



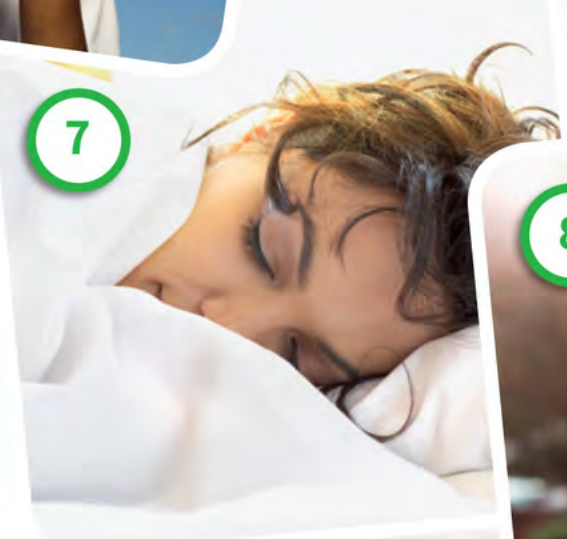
5



6



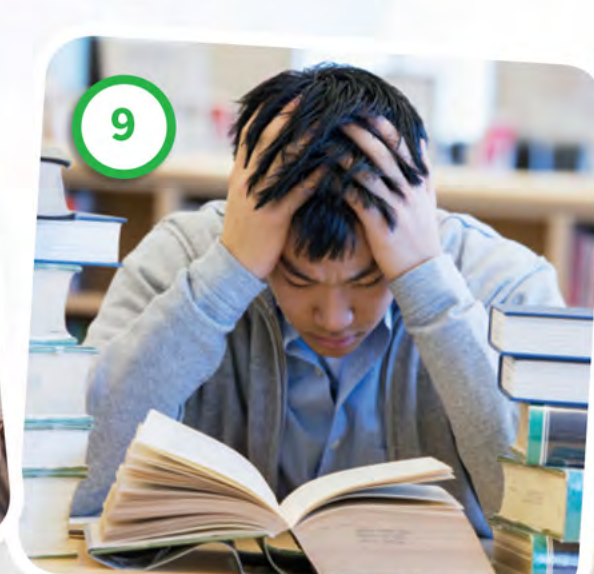
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8



9



## VOCABULARY

### Health and fitness



- 1** Match the words and phrases with the photos (1–9) and definitions (10–13). Then listen, check and repeat.

cough	<input checked="" type="checkbox"/>	relax	<input type="checkbox"/>
get better	<input type="checkbox"/>	sneeze	<input type="checkbox"/>
get enough sleep	<input type="checkbox"/>	sweat	<input type="checkbox"/>
get ill	<input type="checkbox"/>	train	<input type="checkbox"/>
get stressed	<input type="checkbox"/>	warm up	<input type="checkbox"/>
go jogging	<input type="checkbox"/>	work out	<input type="checkbox"/>
have a fever	<input type="checkbox"/>		

- 10 to become sick  
 11 to exercise gently before doing sport  
 12 to stop feeling ill  
 13 to practise a sport regularly



- 4** Complete the questions with words from Exercise 1. Then write two more questions.

- 1 When was the last time you got ill?  
 2 Have you ever \_\_\_\_\_ a fever?  
 3 How often do you \_\_\_\_\_ stressed?  
 4 Do you ever go \_\_\_\_\_?

- 5** Ask and answer the questions in Exercise 4.

When was the last time you got ill?

It was about three months ago.



## LEARN TO LEARN

### Recording vocabulary by topic

Add new words to different pages in your notebook for different topics.

- 2** Label one page in your notebook 'health' and another 'fitness'. Add the phrases from Exercise 1, and think of and add more.
- 3** Tell your partner your extra phrases. Can they guess if they're about health or fitness?

### Explore it!

Guess the correct answer.  
 Your sneezes can travel up to ... kilometres per hour.

- a 50                      b 100                      c 160

Find another interesting fact about the human body. Then write a question for your partner to answer.







# Frequently Asked Questions

Send us your questions about staying healthy in space.

How many movies have you seen about life in space? It looks fun, right? But is it? Our readers have asked us lots of questions about life on the International Space Station (ISS). The list is too long to answer all of them, but we've answered four of the best ones.

1 Q ☐

A They do a lot! They go on space walks, repair things, do experiments and communicate with Earth. But too much work isn't good for anyone and we all need a little fun! Astronauts play games, watch movies and listen to music. If they get stressed, they relax by enjoying the incredible views of our beautiful planet from space.

2 Q ☐

A Yes, it does. Gravity is very weak so everything floats – imagine sneezing in space! This means it's easy to lift things. Astronauts train a lot on Earth, but if they don't do enough exercise in space, their muscles and hearts lose strength and their bones get weaker, and this can happen in just a few weeks! These are only a few examples of the problems astronauts can have. Sometimes, when they get back to Earth, they're not strong enough to walk! The answer is exercise and not just a little exercise – a lot!

3 Q ☐

A Well, quite a lot. Take Japanese astronaut Koichi Wakata, for example. He lived on the ISS for 188 days and worked out for at least two hours every day. Some astronauts go jogging! One astronaut, Chris Hadfield, even ran a marathon in space!

4 Q ☐

A Good question. We all need to get enough sleep, but in space, with 16 sunrises and 16 sunsets every 24 hours, that's not easy. Too many changes from day to night make it difficult to know when to sleep, so astronauts have very strict routines and wear special blindfolds to block out the sunlight.

## READING

### Online FAQs

1 Guess the answers to the questions.

- a How much exercise do astronauts do?
- b How and what do astronauts eat?
- c What do astronauts do on the International Space Station every day?
- d Does the body change in space?
- e When and how do astronauts sleep?

4.02 2 Read the text. Match the questions (a–e) from Exercise 1 with the answers (1–4) in the text. Which question is not answered? ☐

3 Find words in the text that mean ...

- 1 the force that makes objects fall to the ground (answer 2). \_\_\_\_\_
- 2 the noun from the adjective 'strong' (answer 2). \_\_\_\_\_
- 3 a very long race (answer 3). \_\_\_\_\_
- 4 times when the sun appears in the morning (answer 4). \_\_\_\_\_

Voice it!

4 Discuss the questions.

- 1 How do you think astronauts train before going into space?
- 2 Would you like to live on the ISS? Why / Why not?

Finished? p121 Ex 1