



SPEAKING UNIT 7: THE HUMAN BODY



Lecturer: Quynh Trang, MA.



GRAMMAR FOR SPEAKING

GRAMMAR FOR SPEAKING Will for Predictions; Adverbs of Certainty

Will for Predictions

We use will or won't + base verb to make predictions.

*In 20 years, robots **will be** doctors.*

*In the future, we **won't use** cell phones.*

A: **Will** we **live** longer in the future?

B: Yes, we **will**. / No, we **won't**.

A: **Where will** you **live** in 20 years?

B: I don't know!

Adverbs of Certainty: *Possibly, Probably, Definitely, and Certainly*

We can use adverbs of certainty after will and before won't.

*Robots **will probably (not) be** doctors someday.*

*I **definitely won't become** a doctor.*

We can also use adverbs of certainty to reply in conversations.

A: **Will** you **become** a schoolteacher?

B: Possibly. Or I'll work in a university.

B Work with a partner and take turns. Unscramble the predictions and say the sentences.

1. find / a cure / will / scientists / for cancer **Scientists will find a cure for cancer.**
2. live / humans / won't / other planets / on **Humans won't live on other planets.**
3. computer technology / will / have / inside / our bodies / we **We will have computer technology inside our bodies.**
4. most of / machines and robots / will / do / our work **Machines and robots will do most of our work.**
5. humans / won't / physical exercise / a lot of / do **Humans won't do a lot of physical exercise.**
6. will / there / one / be / world language **There will be one world language.**
7. people / cars / won't / to travel / anymore / use **People won't use cars to travel anymore.**
8. will / teach / all universities / online / not in buildings **All universities will teach online, not in buildings.**

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GRAMMAR FOR SPEAKING Will and Be Going To

We can use will or be going to + base verb to **make predictions** about the future.

*I think you'll **get** a job as a doctor in the future.*

*I think you're **going to be** a doctor when you grow up.*

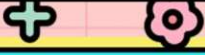
We usually use be going to + base verb to **talk about future plans or intentions**.


*I'm **going to study** medicine. Then I'm **going to work** in a hospital.*

We usually use will + base verb to **make a decision at the time of speaking** (such as a promise to do something).

A: I don't understand this homework.


*B: Don't worry. I'll **help** you.*

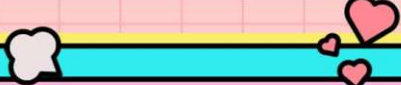



A Choose the correct verb forms in these conversations. Both verb forms are possible in ONE conversation. Listen and check. Then practice the conversations with a partner. 

1. A: I have to complete this college application. It's so hard!
 B: Don't worry. I ('ll help) / 'm going to help) you.
 A: Really? That'd be great.
2. A: What (will you study / are you going to study) in college?
 B: Biology. I ('ll be / 'm going to be) a doctor.
 A: That's fantastic! Good luck!
3. A: What time do you finish work at the hospital tonight?
 B: At midnight! I ('ll be) / 'm going to be) so tired.
 A: Definitely!
4. A: Hi Marek. I'm at the train station. How do I get to your house?
 B: Hi Sarah. Stay there. I ('ll) / 'm going to) drive there and meet you.
 A: Oh, thanks!

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 A: Oh, thanks!


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B ANALYZE Think about the uses of *will* and *be going to* in exercise A. In which conversation(s) (1-4) does a person:

- a. 3 make a prediction?
- b. 2 talk about a future plan or intention?
- c. 1, 4 make a decision at the time of speaking?












SPEAKING SKILL Talk about Possibilities

We can use these adverbs and expressions to talk about possibilities. The language we choose shows how certain we are that something is true.

Ask about possibilities	Respond	
<i>How certain are you ... ?</i>	<i>Definitely. / I'm (very) certain that ...</i>	100%
<i>Is it possible that you will ... ?</i>	<i>Probably. / I'm fairly sure that ...</i>	75%
<i>Do you think that ... ?</i>	<i>Maybe. / It's possible, (but ...)</i>	50%
<i>How likely is it that ... ?</i>	<i>I doubt that ...</i>	25%





E Match the questions to the responses. Then practice the conversations with a partner.

- | | |
|---|---|
| 1. How certain are you about your future career? <u>c</u> | a. Definitely. I love visiting new places and learning new languages. |
| 2. Is it possible that you will become a doctor? <u>b</u> | b. Maybe. I'm interested in medicine, and I like helping people. |
| 3. Do you think you'll live in other countries someday? <u>a</u> | c. I'm fairly sure that I want to be a nurse. |
| 4. How likely is it that you will do the same job for your whole life? <u>d</u> | d. Oh, I doubt that I'll do that. I like change! |

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SPEAKING PRACTICE: THE HUMAN BODY – PHYSICAL ACTIVITY



Physical benefits

- Improve cardiovascular health
- Increase muscle strength and flexibility
- Help with weight management
- Boost immune system
- Reduce risk of chronic diseases (e.g. diabetes, heart disease)

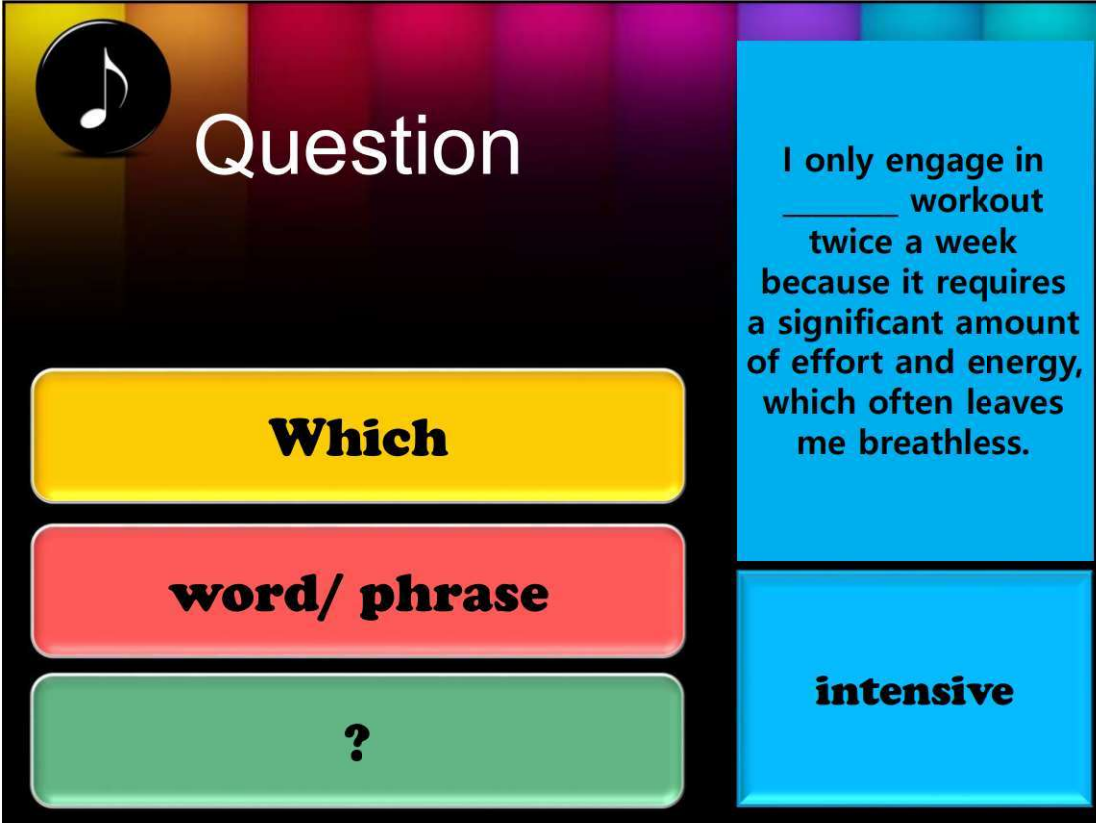
Mental benefits


- Reduce stress and anxiety
- Improve mood (release endorphins)
- Enhance self-esteem and confidence
- Improve sleep quality
- Help with concentration and mental clarity

Long-term benefits

- Promote healthy aging
- Increase life expectancy
- Reduce the risk of cognitive decline

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 **Question**


Which

word/ phrase

?

I only engage in _____ workout twice a week because it requires a significant amount of effort and energy, which often leaves me breathless.

intensive



Question

Which


word/phrase

?

To truly enhance your physical capabilities, you need to consistently _____ and see how far you can go beyond your current limits.

push your limits

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Question


Which

word/phrase

?

Many people incorporate _____ into their workouts, as it helps them build strength using equipment like bands and dumbbells.

resistance training



After an entire day of ... exercises, my friends and I found ourselves completely drained and in need of rest.

**intensive/
exhausting**


Question

Which

word/phrase

?

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Speaking from my experience, a fitness plan characterized by repeated motions can sometimes feel _____, but it can help build muscle memory over time.


repetitive

Question

Which

word/phrase

?



For individuals looking to become fitter and healthier, the goal to _____ is often a key component of their fitness journey.

**lose body fat/
get in shape**


Question

Which

word/phrase

?

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Today I've been completely focused and performed at my best during the workout. I could say that I was _____.

in the zone

Question

Which

word/phrase

?



Question

Which

word/phrase

?

Incorporating specific stretches into your exercise plan is crucial for me to ____ my ____ and better my overall mobility.

improve my flexibility

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Question


Which

word/phrase

?

Before diving into any workout, I always do some gentle exercises to _____ as a way to prepare my muscles for what is ahead and to avoid injuring myself.

warm up



Question

Which


word/phrase

?

I usually find myself starting to _____ if I push through an exercise for half an hour, indicating I'm working hard.

break a sweat

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Question


Which

word/phrase

?

Many people find that doing a refreshing workout can be _____, providing a much-needed energy boost.

invigorating



Question

Which


word/phrase

?

Many fitness enthusiasts prefer _____, as it allows them to utilize their own body weight for resistance during exercises like push-ups and squats.

bodyweight exercises

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Question


Which

word/phrase

?

After completing a hard workout session, it's essential to _____ by doing a few gentle stretches to help my body gradually return to its normal state and reduce soreness.

cool down



Question

Which


word/phrase

?

Regularly making time to _____ is important for maintaining overall health and fitness levels.

work out/
hit the gym

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Question

Which

word/phrase

?

It took me about three months of consistent physical activity to start _____, specifically, I had more energy, and could recover more quickly after being active.

seeing results



Question

Which

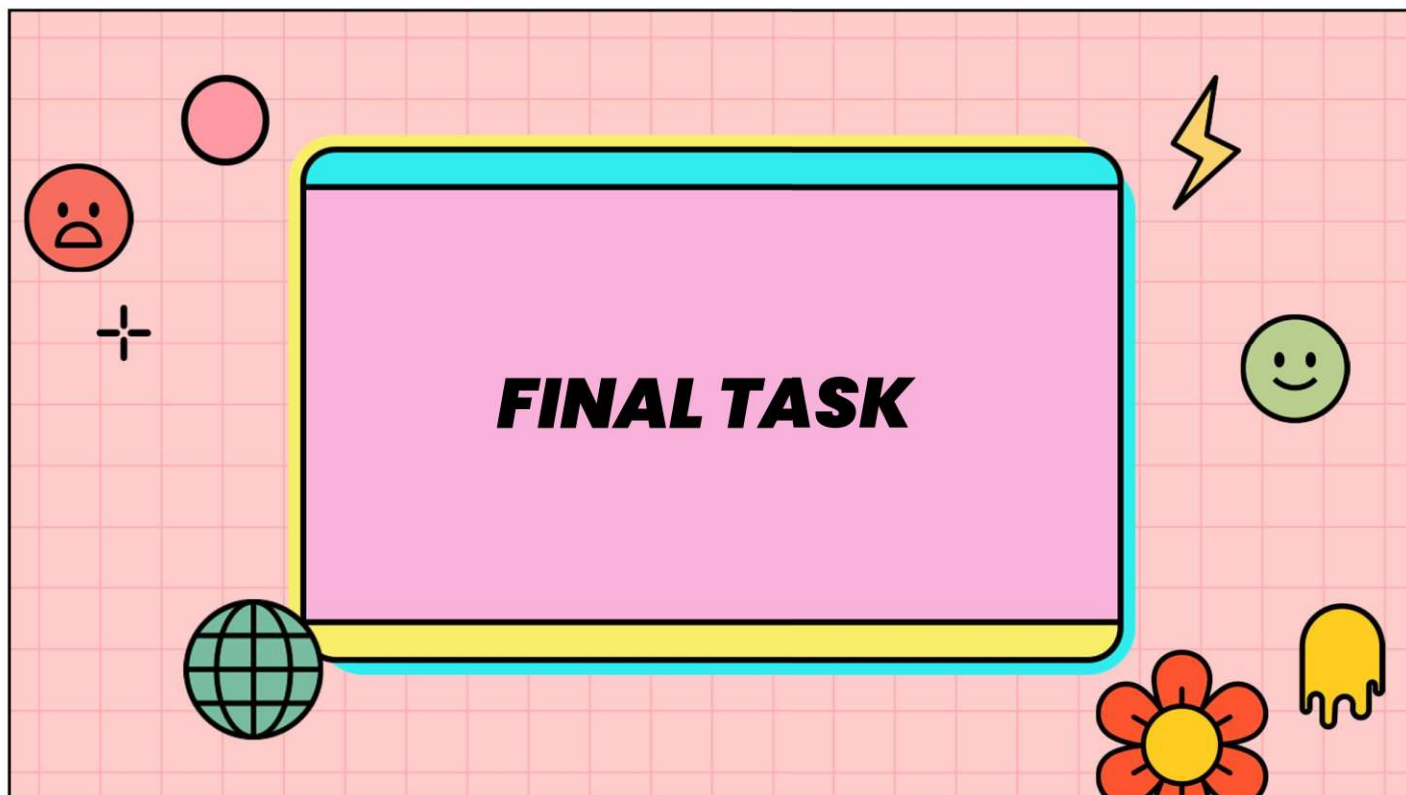
word/phrase

?

Regular physical exercise ..., which helps my body burn more energy even at rest, supporting weight management and overall health.

**boosts
metabolism**

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Describe a physical exercise you think will be popular in your country in the future

You should say:

- What the exercise is
- How it is done
- Why you think it will become popular in your country

And explain how it might benefit people in your country

A decorative slide with a pink background and a light pink grid pattern. The slide features a large pink rectangle with a yellow border and a blue outline. Inside this rectangle, there is a white box containing the text "Describe a physical exercise you think will be popular in your country in the future" in bold black letters. Below this, it says "You should say:" followed by a bulleted list of three points: "What the exercise is", "How it is done", and "Why you think it will become popular in your country". At the bottom of the white box, it says "And explain how it might benefit people in your country". The slide is decorated with various icons: a red starburst, a green smiley face, a yellow hand, a blue circle, a black plus sign, and a yellow lightning bolt.