

UNIT 5

How healthy is your lifestyle?

▼ AGENDA

- ▶ Mass and count nouns
- ▶ *some/any, a lot of/lots of, much/many, a little/a few*
- ▶ Food file. Word groups
- ▶ Slow down and enjoy life
- ▶ At a restaurant

Language focus

- 1 Work in groups. Discuss your opinions.
In what ways are people's lifestyles today
- a healthier than 100 years ago?
 - b less healthy than 100 years ago?



- 2 Read *Top tips for a healthier you* from Dr Dawes' website.
- 1 What advice does he give about
 - a working at a computer?
 - b reducing stress?
 - c eating and drinking?
 - d sleep?
 - e relaxation?
 - 2 What do you think of his advice? Is any of it useful for you?



TOP TIPS

for a healthier you



Your work

1 How many hours a day do you work at a computer?

If, like a lot of people, you spend most of your day working at a computer, make sure you get some regular breaks during the day. Leave your desk and go for a short walk, or do a few exercises at your desk.

2 How much time do you have for lunch?

Do you leave your office for lunch or, like many people, just eat a sandwich at your desk? It's important to get out of the office for at least 30 minutes a day and find some time to relax and sit down for a meal.

3 Are there any parks or green areas near your office?

If so, you don't have any excuses! Go out at lunchtime for some exercise and relaxation.

4 Does your job make you stressed?

When you feel stressed, stop what you're doing and take some long, slow breaths. One of the best ways to reduce stress is to do lots of physical exercise, for example running, or playing tennis or football. It also helps to get a little fun and relaxation every day.



Your diet

1 Do you drink any alcohol?

A lot of alcohol is, of course, bad for your health, but a little wine with meals, especially red wine, is good for your heart, so enjoy it!

2 Do you eat lots of fruit and vegetables?

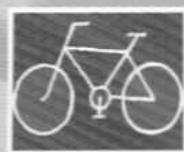
To stay healthy you need to eat a lot of fruit and vegetables. Experts recommend at least five servings a day.

3 How much cheese and butter do you eat?

Many people love cheese, so if you don't want to give it up, try to give up butter instead. A diet that doesn't have any butter is much healthier.

4 Do you drink a lot of coffee?

Like alcohol, a lot of coffee isn't good for you, but caffeine is a good painkiller so if you have a headache, a cup of coffee may be better than an aspirin!



Your leisure time

1 How many hours do you usually sleep?

Most people need seven or eight hours' sleep each night. Research suggests people who get less sleep are more likely to get ill and grow old more quickly.

2 How much time do you spend on sport or exercise?

Try to spend at least a little time on sport or exercise every day and, if you can, more time at weekends.

3 How many days' holiday do you have a year?

There aren't many people who would say 'no' to more holidays. The important thing is to spend your holidays doing something you really enjoy. That way you can get the most benefit.

4 How much relaxation do you usually get in a day?

Most people don't find much time to relax but relaxation is very important – to get your energy back and reduce the problem of stress.

Mass and count nouns

Complete the table with mass and count nouns from *Top tips for a healthier you* in 2. Then complete the grammar rules.

Mass

relaxation

stress

a _____ l

c _ f _ _ e

b _ _ _ r

r _ s _ _ _ h

e _ _ _ y

Count

hours

computer

o _ _ _ e

s _ _ w _ _ h

p _ _ s

v _ _ t _ _ s

h _ _ _ y

Mass and count*

exercise/exercises

time/times

wine/wines

fruit/fruits

cheese/cheeses

sport/sports

Write *singular* or *plural*.

- Count nouns have a _____ and _____ form. We can count them.
- Mass nouns do not have a _____ form. We cannot count them.
- Some nouns are both mass and count.*
- With mass nouns we do not use *a* or *an*.



Pocket Book p. 7

some/any, a lot of/lots of, much/many, a little/a few

Read the examples. Put ticks (✓) in the table to show when we use *any*, *a lot of/lots of*, *much/many*, and *a little/a few*, as in the examples for *some*.

some/any

- Make sure you get **some** regular breaks during the day.
- Go out at lunchtime for **some** exercise.
- You don't have **any** excuses!
- A diet that doesn't have **any** butter is much healthier.
- Are there **any** parks or green areas near your office?
- Do you drink **any** alcohol?

a lot of/lots of, much/many

- A **lot of** alcohol is bad for your health.
- Do you eat **lots of** fruit and vegetables?
- Many** people love cheese.
- There aren't **many** people who would say 'no' to more holidays.
- Most people don't find **much** time to relax.
- How **many** hours do you usually sleep?
- How **much** time do you have for lunch?

a little/a few

- A **little** wine with meals is good for your heart.
- Do a **few** exercises at your desk.

We use	<i>some</i>	<i>any</i>	<i>a lot of/lots of</i>	<i>much</i>	<i>many</i>	<i>a little</i>	<i>a few</i>
with							
count nouns	✓						
mass nouns	✓						
positive sentences	✓						
negative sentences							
questions	✓						

Note We also use *some* in questions which are offers or requests.

Would you like some wine?

Can I have some water?

Look at *Top tips for a healthier you* in 2. Find more examples of mass and count nouns with *some/any*, *a lot of/lots of*, *much/many*, and *a little/a few*, and underline them.



Pocket Book p. 7

Practice

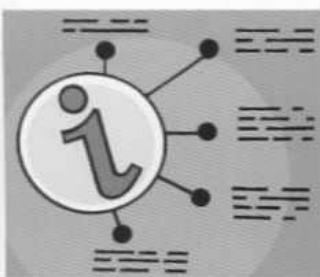
① Complete the conversations with *some/any*, or *a little/a few*.

- 1 A Have we got _____ coffee?
B Only _____. Shall I buy _____?
- 2 A Did you buy _____ vegetables?
B Only _____. There wasn't a very good choice.
- 3 A Would you like _____ wine?
B Yes, but just _____. I have to drive later.
- 4 A Have _____ chocolates. They're delicious.
B Thanks, but only _____. I'm trying to lose _____ weight.

② Which of these words are mass nouns and which are count nouns? Write M (mass) or C (count) next to the words.



traffic _____



information _____



meeting _____



news _____



money _____



business trip _____



article _____



advice _____

③ Complete the dialogues with *a lot of*, *lots of*, *much*, or *many*.

- 1 A Hello, Jim, you're early!
B Yes, there wasn't _____ traffic this morning. How _____ people are coming to my presentation?
- 2 A Have you got _____ information about the new company?
B No, but a colleague gave me _____ advice on where to find it.
- 3 A Sue, how _____ business trips did you make last month, and how _____ money did you spend on meals with customers?
B I need to work it out. Can I tell you tomorrow?
- 4 A Did you have _____ meetings last week?
B Yes, every day. I didn't have _____ time for anything else!
- 5 A Was there _____ news about the economic crisis in the paper today?
B Not really, but there were _____ articles about the changes the government is introducing.



Pronunciation

1 5.1 Listen to the examples. Notice the different stress patterns.

a coffee b champagne c exercise

2 5.2 Listen to these words. What is the stress pattern? Tick (✓) a, b, or c. The first one is done as an example.

	a ●●	b ●●	c ●●●
1 vegetable	_____	_____	✓
2 problem	_____	_____	_____
3 alcohol	_____	_____	_____
4 research	_____	_____	_____
5 sandwich	_____	_____	_____
6 advice	_____	_____	_____

3 5.2 Listen to the words again and repeat them.

4 Look at these words. What is the stress pattern? Write a, b, or c.

- 1 butter _____
- 2 holiday _____
- 3 colleague _____
- 4 weekend _____
- 5 headache _____
- 6 energy _____

5 5.3 Listen to the words and repeat them.

4 Work in pairs. Write a question about each topic in the table below.

Examples *How many hours a day do you work?*

How much time do you spend on English?

Time survey	You	Your partner
1 work	_____	_____
2 English	_____	_____
3 sport or exercise	_____	_____
4 sleep	_____	_____
5 relax	_____	_____
6 cooking	_____	_____
7 housework	_____	_____
8 watch TV	_____	_____

5 Work in different pairs. Interview your partner and answer your partner's questions. Make a note of both your answers in the *You* and *Your partner* columns.

6 Tell the class what your partner spends

- a a lot of time on.
- b only a little time on.

Food file. Word groups

- 1 Work in pairs. Look at this menu from Claret's Restaurant. Write the different kinds of meat, fish, vegetables, and fruit under the correct headings.



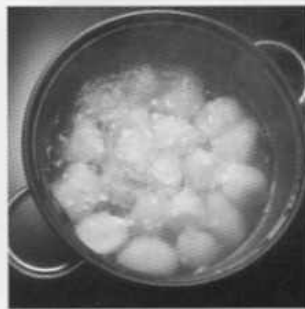
Starters
Tuna and red pepper salad
Cold cucumber soup with prawns
Smoked salmon pâté
Duck and red cabbage salad

Main courses
Beef in red wine with onions
Lamb cutlets with roast potatoes and courgettes
Grilled Dover sole with boiled new potatoes
Pork with cider and apples
Lemon grilled chicken breasts with fried aubergines

Desserts
Pears in Marsala wine
Fruit brûlée with strawberries, grapes, and peaches
Frozen yoghurt with cherries
Selection of cheeses

Meat duck beef	Fish/Seafood tuna
Vegetables red pepper	Fruit apples

- 2 Think of other foods you know and add them to the list.
- 3 Look at the menu again. Underline any methods of cooking.
 Example roast potatoes
- 4 Which of these methods of cooking do the pictures show? Write *roast*, *grilled*, *fried*, or *boiled*.



1 _____ 2 _____ 3 _____ 4 _____

- 5 Work in groups. Think of your favourite dish but don't say the name. In turn, ask questions to find out about each person's dish. Guess the name.
 Examples *Is it a main course?*
What are the ingredients?
How do you cook it?
- 6 Work in groups. Prepare a menu for a celebration dinner at the end of your English course. Suggest two starters, two main courses, and two desserts. Then present your menu to the class.

Slow down and enjoy life

- 1 Read the information about Slow Food. Answer the questions.
- 1 When did the Slow Food movement begin, and why?
 - 2 Can any city become a 'Slow City'?
 - 3 What festivals does Slow Food organize?
 - 4 What does Slow Food Editore publish?

Slow Food

In 1986 the Italian journalist and food writer Carlo Petrini was horrified when McDonald's opened its first fast food outlet in Italy in one of Rome's most famous squares, the Piazza di Spagna. In protest, he started the Slow Food movement. In a short time it had 10,000 members. Today, it has over 66,000 members in 50 countries and is continuing to grow.

Slow Cities

The Slow Cities movement came from the philosophy of Slow Food. It started in 1999 with four Italian cities. Today eighteen Italian cities are 'Slow Cities' and many more want to join the movement. Only cities with a maximum of 50,000 inhabitants can join.



Slow Food®

Slow Food festivals

Slow Food organizes the world's largest food and wine event and the world's largest cheese festival, both in Italy.

*Slow Food Editore*

Slow Food Editore publishes guides on Italian food, wine, and culture, and the international magazine *Slow* published in six languages (Italian, English, French, Spanish, German, and Japanese).



- 2 Work in Group A or Group B.

Group A read about Slow Food and write five questions.
Group B read about Slow Cities and write five questions.



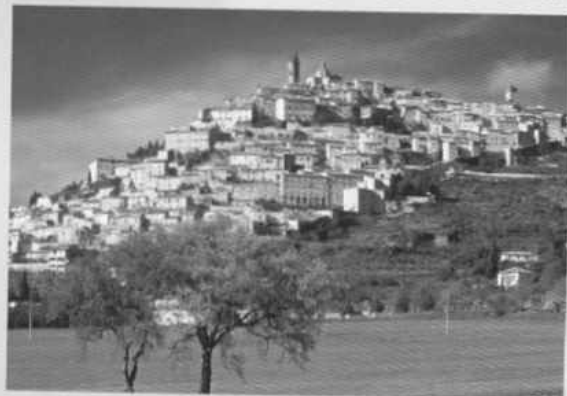
Slow Food

Members of Slow Food meet regularly to enjoy long slow sociable meals. But Slow Food isn't just about enjoying good food. It's about improving the quality of our lives. It believes a slower pace of life is healthier and better for us and that fast food and the fast life is destroying an important part of our culture. 'Each culture has its own language, music, art, and it also has its food culture', says Carlo Petrini, the founder of Slow Food. Psychologists agree. They tell us it's important for human beings to enjoy a good meal together around a table, and that it's especially important in families. The Slow Food movement wants to make sure we don't lose our food culture and our regional cooking. Slow Food also works with teachers in schools to teach children about food and how to enjoy it. The number of fast food outlets continues to grow, but 6,000 of Slow Food's 66,000 members are in America, the home of fast food. Perhaps things are changing?

Slow Cities

Slow Cities are cities of 'good living'. They promise to work to improve the quality of life of their citizens and protect local businesses, skills, and traditions. They promise to reduce traffic and noise, create cycle paths, protect parks and green areas, and ban* car alarms and neon-lit advertisements. They promote local food production, small shops that sell local speciality foods, and restaurants that serve traditional dishes. For example, in Bra there are no cars in the town square, and the fruit and vegetables in school meals are organic. The food and wine festivals that Slow Food organizes attract thousands of tourists every year. Paolo Saturnini, founder of the Slow Cities movement, believes this is the way to protect the unique character of our towns and cities, and stop the invasion of fast food and the American way of life. And he's pleased about the long list of towns in Italy and abroad which want to join the Slow Cities movement. It shows that a lot of people agree with him.

ban = not allow



- 3 Read the other article and answer the other group's questions.

- 4 5.4 Listen to the opinions of four members of Slow Food. Number the statements 1, 2, 3, or 4 to show which speaker's opinion they express.

- a Slow food isn't only for the rich.
- b Town squares should be for people.
- c Discovering different food is one of the pleasures of travelling.
- d The traditional way of eating together around a table is disappearing.

Speaker

- 5 Work in groups. Say what you think and explain why.

- 1 How popular is fast food in your country?
- 2 Is fast food destroying your country's food culture?
- 3 Is discovering different food one of the pleasures of travelling for you?
- 4 Do you agree that 'families that eat together stay together'?
- 5 Would you like to live in a Slow City?

White Wines

Sancerre
Frascati
Muscadet
Chablis
Chardonnay

Red Wines

Rioja
Chianti
Beaujolais
Burgundy
Corbières
Pinot Noir

Claret's Restaurant



- 1 5.5 Monique and James are in Claret's Restaurant. Listen to their conversation. Tick (✓) what they order on the menu on p. 51 and the wine list above.
- 2 5.6 Listen to the next part of their conversation. Who do you think pays the bill?
- 3 5.7 Listen to the final part of their conversation. Why do you think James asks Monique about her birthday?
- 4 5.5, 5.6, 5.7 Listen to the conversations again. Tick (✓) the phrases you hear.

Recommending

What do you recommend?
The ... is usually excellent here.
I recommend ...

Offering

Do have some more ...
What about ...?
How about ...?
Would you like ...?

Thanking and responding

Thank you for a really excellent meal.
Thank you for a lovely evening.
I'm glad you enjoyed it.

Ordering

I'll/We'll have ...
I'd/We'd like ...
Could we have ...?

Declining

Thank you, but I couldn't eat any more.
No, thank you.
No, but thanks all the same.

Accepting

Yes, I'd like that.
Yes. That would be very nice.

- 5 Complete the conversation in Claret's Restaurant. Use the menu on p. 51 and the wine list opposite, and the phrases in 4. Pat is the host and Steve is the guest.

Pat Right. Let's order.

Steve Hmm ... It all looks good. What _____¹?

Pat Well, for a starter _____², and for the main course _____³?

Steve Yes, _____⁴.

Pat And _____⁵ to drink?

Steve _____⁶?

Pat Yes, _____⁷.

(Later)

Pat Now, _____⁸ a dessert?

Steve Thank you, but _____⁹.

Pat _____¹⁰ sure? _____¹¹ a coffee or a cognac?

Steve _____¹².

(At the end of the meal)

Steve Thank you _____¹³, Pat.

Pat _____¹⁴.

- 6 Work in pairs. You are in a restaurant.

Student A You are the host/hostess.

Student B You are the guest.

Practise the conversation. Then change roles.

Student A

Ask B what he/she would like.

Recommend a starter/main dish.

Offer a drink: wine/beer.

(Later)

Offer a dessert/coffee/cognac.

Reply to thanks.

Student B

Ask for a recommendation.

Say what you would like.

Say what you would like.

Reply. Thank A.

- 7 Work in groups of three or more. You are in a restaurant. One person is the waiter/waitress, another is the host/hostess, and the others are guests. Use the menu on p. 51. Ask the waiter/waitress and the host/hostess to recommend and describe dishes on the menu.