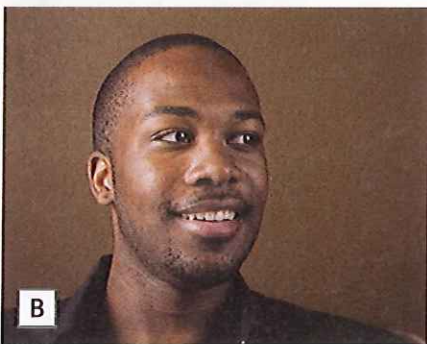


Mind and body



A



B



C



D

Warm Up

- 1 **Pair Work** Describe the people in the pictures.

The man in photo A is in shape.

- 2a Check that you understand the meaning of the underlined phrases below.

1. Most men don't spend enough time on their physical appearance.
2. Most women look like their mothers, and most men look like their fathers.
3. It's normal to put on weight as you get older.
4. Going on a diet is bad for your health.
5. You can learn about someone's personality by studying his or her face.
6. Small, everyday things can make people very stressed.

- b **Pair Work** Discuss the statements above. Do you agree or disagree?

I actually disagree. I think men spend a lot of time on their appearance.

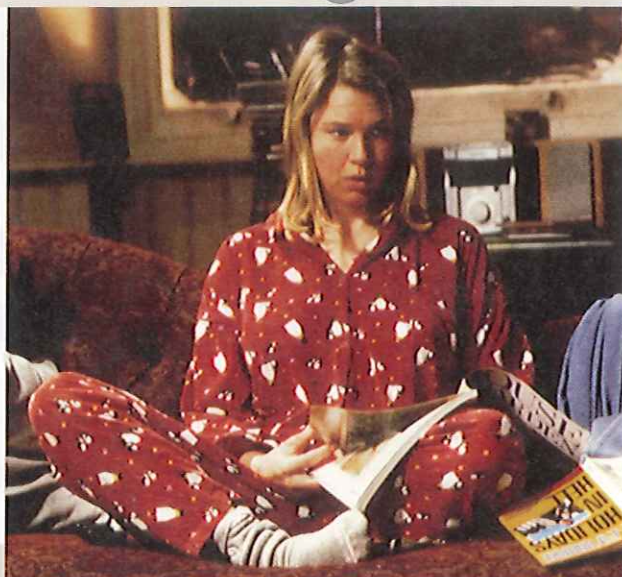


Reading and Speaking

1 Group Work Discuss.

1. Do you read any "celebrity" magazines or watch TV shows about celebrities? Why or why not?
2. Who is the woman in the photos? What do you know about her?
3. Do you think she looks different in the two photos? Why?

2 Pair Work Read the article and then take turns asking and answering the questions below.



The perfect body

Most people were surprised when Renée Zellweger got the part of Bridget in the 2001 movie *Bridget Jones's Diary*. The movie is about a young woman who worries about work, her weight, and men. Zellweger is a slim American woman—completely different from Bridget, who is English and overweight.

So what did Zellweger do to get the part right? She had lessons to improve her English accent and she put on about 24 pounds (11 kilos). For several months she didn't do any exercise and she ate a lot of pizza, peanut butter sandwiches, and chocolate. Although it was fun at first, she often felt very sick.

Zellweger put the weight on because she thought it was important to be as real as

possible. She was surprised, however, by people's criticisms. People criticized her for being fat when she put on weight for the film. Then they criticized her again for being too skinny when she lost weight after the film. She realized it's almost impossible to have the perfect body in the eyes of the media.

So why did she do it? Well, money was probably one reason. On top of her \$15 million salary, she earned \$225,000 for every 2.2 pounds (1 kilo) she put on. That's an extra \$2.5 million! And it didn't stop there. A British diet magazine paid her \$3.5 million to lose all the weight again. So perhaps Zellweger doesn't need to care about the criticism when she earns all this money!



1. Why were people surprised that Renée Zellweger was playing Bridget Jones?
2. How did she put on weight?
3. Why did Zellweger come to believe that "it's almost impossible to have the perfect body in the eyes of the media"?
4. How much did she make in total by putting on and taking off weight?

3 Pair Work Read these opinions. Which one(s) do you agree with and why?

a. People worry too much about weight.

b. Putting on 24 pounds is dangerous.

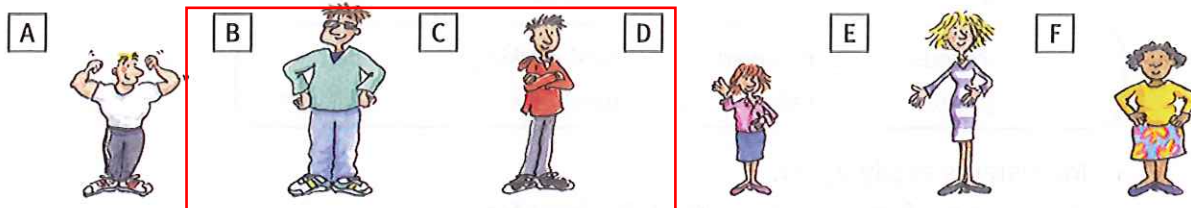
c. I would do the same in her situation.

1. Because the movie is about a British woman who worries about her weight, and Zellweger is a slim American woman.
2. She didn't do any exercise and she ate pizza, peanut butter, and chocolate.

3. Because people criticized her for being fat when she put on weight for the film, and they criticized her again for being too skinny when she lost weight.
4. She made \$21 million.

Vocabulary | appearance

- 4a  2.02 Look at the pictures. Listen to two people playing "Guess who . . . ?" Which two people are they describing?



- b **Pair Work** Describe people you know. Use words from the How To box.


- c Play "Guess who . . . ?" with a partner, using the pictures above.

How To:

Modify adjectives

With positive adjectives	He's <u>very/really</u> good-looking. He's <u>pretty/fairly</u> muscular.
With negative adjectives	She's <u>very/really</u> skinny. He's <u>a little bit/slightly</u> overweight.
With comparative adjectives	She's <u>much/a lot</u> more attractive than most. She's <u>a little bit/slightly</u> taller than average.

Grammar | real conditional

- 5  2.03 Listen and answer the questions.

1. What product is the ad for?
2. Is the product for men, women, or both?

- 6 Circle the correct underlined choice for each rule in the Active Grammar box.

Active Grammar

1. The real conditional talks about a possible / impossible situation in the future.
If you use the cream once a day, you'll have softer skin.
You'll notice the difference if you use the cream twice a day.
2. Make the real conditional with: If + simple present / present continuous and will/won't + verb.
3. The "if clause" comes first / either first or second.

See Reference page 76

- 7 Complete the sentences with the correct form of the verbs in parentheses.

1. If you eat (eat) a lot of junk food, you will put (put) on weight.
2. You won't sleep (not/sleep) well tonight if you drink (drink) all that coffee.
3. If he doesn't call (not/call) you, what will you do (you/do)?
4. He won't have (not/have) any money left if he buys (buy) any more DVDs.
5. If you don't train (not/train) now, you won't be able (not/be able) to run the race.
6. Will you call (you/call) me if your bus is (be) late?

- 8 **Pair Work** Complete these sentences about you. Then compare your sentences.

1. If I have time tomorrow, . . .
2. If it rains this weekend, . . .
3. If I don't go out this evening, . . .
4. If my English is good enough next year, . . .

1. If I have time tomorrow, I will visit my parent.

2. If it rains this weekend, I won't go out with friends.

3. If I don't go out this evening, it will rain.

4. If my English is good enough next year, I will pass the exam.



Vocabulary | personality

1a Match the adjectives in the box with the underlined phrases in the sentences.

8 ambitious 7 reserved 4 hard-working 2 open
3 organized 6 talkative 5 unreliable 1 sensitive

1. My sister is easily upset.
2. People in my family are happy to talk about feelings.
3. Sara's boss makes a lot of lists and plans.
4. Paul works hard.
5. It's disappointing when people don't do what they say they will do.
6. Ruth's parents are easy to talk to and talk a lot.
7. Some men don't talk about feelings or problems.
8. Most people really want to be successful.

b **Pair Work** Test your partner. Say a definition. Your partner says the correct word.

Someone who's easily upset?

Sensitive.

Pronunciation | choice questions with *or*

2a 2.04 Choice questions have a rising and falling intonation. Listen and mark the intonation you hear for each adjective with arrows (↗ or ↘).

1. Are you usually hardworking or lazy?
2. Are you more open or more reserved?
3. Are you usually organized or disorganized?
4. Are you a quiet person or a talkative person?

b **Pair Work** Ask and answer the questions with a partner.

Grammar | gerunds and infinitives

3 Look at the examples in the Active Grammar box. Then circle the correct underlined choice to complete each rule.

Active Grammar

I really enjoy talking about my feelings.I want to look at your photo album.1. Some verbs are followed by a gerund / infinitive (enjoy, avoid, miss, finish, consider, etc.).2. Some verbs are followed by a gerund / infinitive (want, seem, offer, decide, hope, afford, promise, etc.).

See Reference page 76

4a Circle the correct form.

1. He offered to read / reading my palm.
2. I've decided not to be / not being so lazy.
3. I'm considering to learn / learning German.
4. Have you finished to write / writing your essay?
5. She's hoping to be / being a manager soon.
6. I can't afford to go / going to that restaurant.
7. She promised not to be / not being late.
8. Carol missed to see / seeing Megan.



b Pair Work Complete these sentences about your partner. Don't ask him or her, just guess.

1. He or she really wants to relax after the lesson.
2. He or she's decided to go to Phnom Penh for his or her next vacation.
3. He or she really enjoys playing football on weekends.
4. He or she usually avoids going to amazone forest because he or she doesn't like it.
5. He or she's considering thinking what he want to do next year.

c Say your sentences to your partner and find out if they are true or not.

Reading and Speaking

5a Read the information below and decide what type of hands you have.

TEXTURE OF HANDS	SHAPE OF HANDS
<p><u>Soft Hands</u></p> <p>Soft hands can mean that the person is calm but sometimes rather lazy. They are often not very ambitious.</p>	<p><u>Point Hands</u></p> <p>This can mean the person is artistic, sensitive, and kind. Often these people work with fashion or hairdressing.</p>
<p><u>Hard Hands</u></p> <p>People with hard hands sometimes get angry easily. They are often very ambitious and energetic.</p> 	<p><u>Square Hands</u></p> <p>People with square hands are usually hard working, organized, and reliable. They are often good with money and business.</p> 

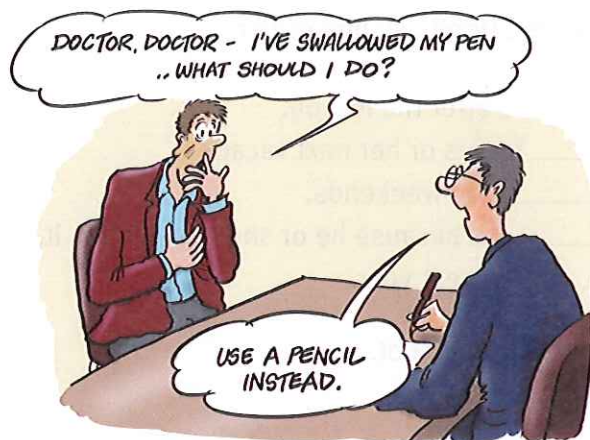
b Pair Work Tell your partner about his or her personality, using the vocabulary words from Exercise 1a and the text above. Talk about the texture and shape of his or her hands.

c Group Work Discuss. How accurate do you think the information is?

Listening

1 **Pair Work** Look at the “Doctor, doctor” jokes and discuss the questions.

- Do you think they are funny?
- Do you have “Doctor, doctor” jokes like this in your language?



2 **2.05** Listen to two friends telling “Doctor, doctor” jokes. What’s the “problem” in each one?

3 **Pair Work** Do you know any other jokes? Tell your jokes and respond to your partner’s jokes. Use the sentences in the How To box below.

How To:

Respond to jokes



That's really funny!



I don't get it.



That's pretty funny.



That's not very funny.

Vocabulary | illness and injury

4a Complete the chart using these words and phrases.

the flu	a headache	a broken arm/leg	food poisoning	a backache
a cold	an earache	a pain in my chest	a stomach ache	
a fever	feel sick	a sore throat	a toothache	

Illness	Injury	Symptom
the flu, a cold, sore throat, food poisoning a backache	a headache, an earache, feel sick, broken arm or leg, pain in my chest, a stomach ache, a toothache	a fever

b We say “feel” sick. What verb do we use for all the other phrases?

c **2.06** Listen and check your answers.

- 5 **Pair Work** Take turns matching these suggestions with the correct symptoms in Exercise 4a.

Ex: You should go to the dentist. toothache

1. You should put a cold wet cloth on your forehead. a cold
2. You should sleep on a firm mattress.
3. Have you tried sucking on a cough drop?
4. Have you tried taking an aspirin?



- 6a **2.07 Pair Work** Listen. Then practice the conversation with a partner.

A: I have a sore throat.
B: Oh, I'm sorry. You should drink some tea.
A: Good idea.

- b Practice similar conversations with your partner, using the phrases from Exercise 4a.

Grammar | reasons/purpose: *because/so that/in order to*

- 7 Read the letter below. What do you think Rick's problem was?

Dear Rick,

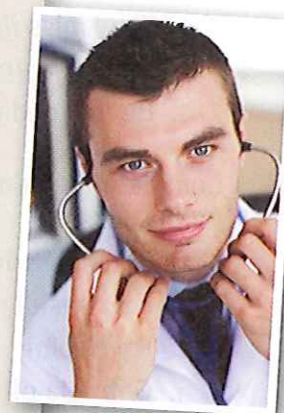
Thanks for your letter. This is a common problem because people don't stand¹ or sit in the right way. There are lots of things you can do to help.

First, make sure you get the right chair to support² your back. Second, think about changing your mattress. You should sleep on a firm mattress in order to keep³ your back straight during the night.

You should also take regular breaks so that you change⁴ your sitting position. You should exercise every day, too. In order not to make⁵ your back worse, don't go running. Go swimming or do yoga instead.

Good luck!

Doctor Darren



- 8 Look at the underlined phrases in the letter. Write the number of a phrase that illustrates each rule in the Active Grammar box

Writing

- 9a Write a short letter to Doctor Darren asking for advice about a problem.

- b **Pair Work** Read your partner's letter. You are Doctor Darren. Write a reply giving advice.

- c Read your partner's reply. Do you think he or she gave you good advice?

Active Grammar

1. Giving a reason:

1 because + subject + verb

2. Expressing a purpose:

a. 4 so (that) + subject + verb

b. 2 infinitive

c. 3 in order (not) to + base form

See Reference page 76

Review

1 Write real conditional sentences using the cues.

Ex: she/eat all that cake/have a stomach ache

If she eats all that cake, she'll have a stomach ache.

1. they/offer me the job/take it They offer me the job, they will take it.
2. I/not study/not pass my test I don't study, I won't pass the test.
3. you/not use suntan lotion/get a sunburn You don't use suntan lotion, you will be a sunburn.
4. I/be late for work/not get up now I am late for work, I won't get up now.
5. we/not invite her/she be upset We don't invite her, she will be upset.
6. we/not leave now/be late We don't leave now, we'll be late.

2 Choose the correct alternatives.

Ex: I expect passing/to pass my driving test.

1. I enjoy going/to go to the movies.
2. I promise not telling/not to tell anyone.
3. He offered washing/to wash the dishes.
4. I considered taking/to take a computer course.
5. She's decided going/to go running every day.
6. They miss living/to live with their parents.
7. I hope seeing/to see you soon.
8. He avoided talking/to talk to his girlfriend.

3 Complete the sentences with the gerund or infinitive form of the verbs in parentheses.

Ex: We've decided to eat (eat) at home this evening.

1. I'm considering going (go) to Thailand for my next vacation.
2. I'm hoping to lose (lose) about four pounds by the end of March.
3. Gabriela offered to help (help) me with my homework.
4. We'll leave early to avoid arriving (arrive) after dark.
5. I want to do (do) a lot of work this weekend.
6. Let me know when you've finished talking (talk) on the phone.

4 Choose the correct alternatives.

Ex: I'm getting a new computer so that/to I can work at home.

1. I'm going to bed now so/because I'm very tired.
2. She always walks to work to/so that keep fit.
3. I always write lists because/so that I don't forget anything.
4. My car broke down, so/in order to I was late for the party.
5. I use an alarm clock in order not to/so that wake up late.
6. He always buys theater tickets early because/to get good seats.

Communication I

understand and talk about a magazine quiz

5 Pair Work Discuss.

1. Are you someone who gets stressed easily?
2. What things make you stressed?

6a Pair Work Take the stress quiz with a partner.

b Add up your Total Stress Factor. Then find out what it means on page 131.

c How accurate do you think the Total Stress Factor results are for you?

7 Group Work Discuss.

1. Which of the following things do you do to relax?

watch TV do yoga
take a bath sing
talk to a friend
play a physically hard sport
play computer games
listen to music
get a massage
close your eyes and
breathe deeply

2. What other things do you do?



QUIZ

Stress?

What stress?

For each situation, write your Stress Factor (1–5).

- 1 No problem
- 2 Not happy, but keeping cool
- 3 Getting a little tense
- 4 Heart is beating faster
- 5 Major stress alert

1 You wait for a bus for 20 minutes. When the bus comes, you can't get on because there are too many people on it. **Stress Factor:** ____

2 You walk to work. It starts raining heavily and you don't have an umbrella. You get completely soaked. **Stress Factor:** ____

3 You take some clothes back to a store. The sales clerk won't give your money back because you've lost the receipt. **Stress Factor:** ____

4 You call a customer service line to try and fix your computer. You don't get to speak to a person, just a machine. **Stress Factor:** ____

5 You're in your car at a traffic light. Another driver shouts at you for not moving quickly enough. **Stress Factor:** ____

6 You go to a theater to see a really good movie. Some people next to you won't stop talking and eating loudly. **Stress Factor:** ____

7 You play a game of tennis with a friend. You don't play well and he or she beats you easily. **Stress Factor:** ____

8 You're just about to go to work or school. You realize you can't find an important document or piece of homework. **Stress Factor:** ____

9 You're in bed and you can't sleep because the dog next door is barking. **Stress Factor:** ____

10 You want to pay for something, but the store clerk is talking on the phone and not looking at you. **Stress Factor:** ____

Unit 7 Reference

Real conditional

Use the real conditional to talk about a possible situation in the future.

If + simple present, will + verb

Don't use *will* in the "if clause."

If we leave at 9:30, we'll be late.

NOT: ~~*If we'll leave at 9:30, we'll be late.*~~

The "if clause" can come first or second.

When the "if clause" is first, put a comma at the end of the clause.

If I don't go to bed now, I'll be too tired tomorrow.

He'll fail his exam if he doesn't work harder.

Other modal verbs can also be used in the "result" clause (not just *will*). Ex: *may, might, could.*

If I finish this soon, I might go and see Tony.

Bobby may bring his son if he comes on Sunday.

Other time words (with a present tense) can also be used to talk about the future. Ex: *when, as soon as.*

When I see him, I'll tell him.

As soon as he arrives, we'll have dinner.

Gerunds and infinitives

Some verbs are followed by a gerund and some are followed by an infinitive.

Verbs followed by a gerund include:

enjoy, avoid, imagine, consider, finish, miss

I enjoy playing tennis.

I can't imagine going to the moon.

Would you consider working part time?

Verbs followed by an infinitive include:

want, seem, offer, decide, hope, afford, expect, promise

I want to see that new movie.

He decided to take piano lessons.

I'm hoping to go to college next year.

Reason/purpose

Expressing purpose

Use these structures to express purpose:

to + verb

in order (not) to + verb

so that + subject + verb

In order to is more formal than *to* and *so that*.

I'm writing to you in order to complain about the meal.

I'd like to talk to the manager to explain the problem.

I have a bottle of water with me so that I don't get thirsty.

Giving a reason

Use *because* + subject + verb to give reasons:

I'm studying very hard because I have my exams in two weeks.

Unit Vocabulary

Describing appearance

tall	attractive	overweight
short	muscular	good-looking
skinny	handsome	

Describing character

open	talkative	organized
sensitive	unreliable	hard-working
reserved	ambitious	

Illnesses and injuries

flu	food poisoning
a cold	a broken arm or leg

Symptoms

feel sick	a sore throat
an earache	a stomach ache
a headache	a pain in my chest
a backache	a fever
a toothache	