

7

▶ How do you stay healthy?

LESSON A

START

The human body

- 1 When you meet someone new, what do you notice first about the person's appearance?

-  07_01 2 Label the picture with the words. Then listen and check.

nose ear mouth **eye** cheek chin neck

-  07_02 3 Listen to the names of the parts of the body in the photos. Then read the descriptions and identify the correct body parts.

- You have ten. We use them to pick things up. **fingers**
- You have two. They are between your shoulders and your wrists.
- You have two. You stand on them and put shoes on them.
- You have one. It makes noises when you are hungry.
- You have two. You use them to see.
- You have two. You can carry things with them.

Talk about it!

- 4 Work with a group. Take turns making statements using words for parts of the body.

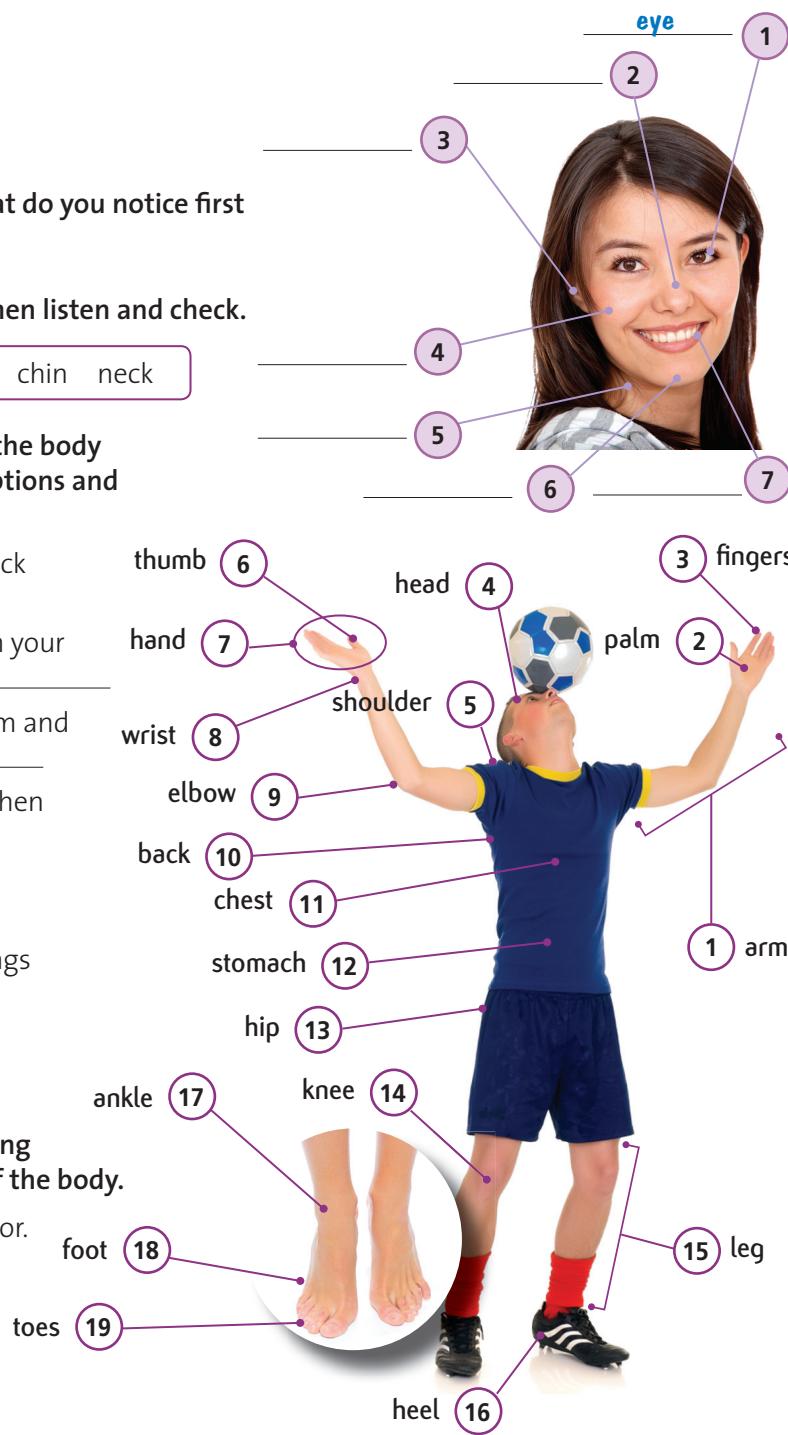
- A: People have eyes of different color.
 B: I broke my ankle when I was 12 years old.
 C: Sometimes my sister goes to a palm reader.

In this unit you...

- identify parts of the human body
- give physical exercise instructions
- describe pain and health problems
- have a conversation with your doctor

Grammar

- modal verb review

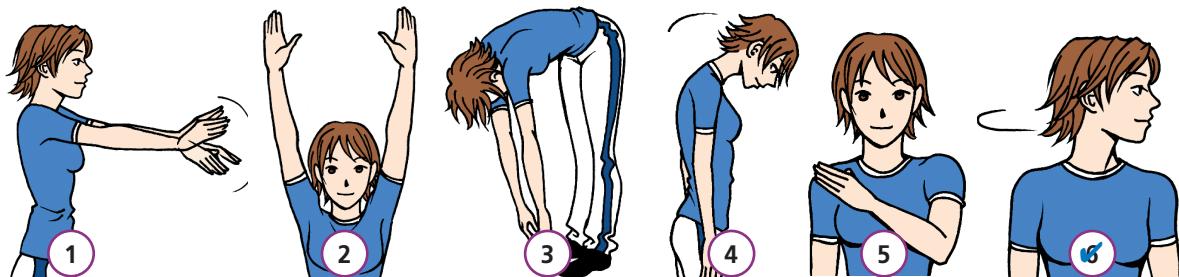


LISTENING

Let's exercise!

1 Before listening What are some of the ways that you exercise? Do you play sports? Do you go to the gym? What is the best way to stay in shape?

07.03 2 Listening Match the instructions to the correct pictures. Then listen and check.



- a. 6 Turn your head to the left.
- b. Touch your right shoulder with your left hand.
- c. Raise your arms over your head.
- d. Stretch your arms and bend your wrists up and down.
- e. Bend over at the waist and touch your toes.
- f. Lower your head and look at your feet.

07.04 3 Listening Now listen to some people talking. What is the relationship between the people? Check (✓) the correct box.

doctor / patients instructor / students boss / employees

07.04 4 Listening Listen again. As you listen, act out the instructions.

5 After listening Match the two sentence parts.

1. The class e
2. The exercises help people
3. The instructor explains
4. The first exercise stretches
5. The second exercise stretches

HELP listening

Understand instructions

Understanding the instructions someone gives you is an important skill. If you can see the person, pay attention to his / her gestures (such as pointing). Listen for important words. The usual word order for instructions is: verb + object + prepositional phrase. *Raise your leg up.*

Talk about it!

6 Think of an exercise or stretch. Instruct a partner on how to do it.

- A: OK, sit on the floor with your hands on top of your knees.
 B: Like this?
 A: Yes, exactly. Then...

CONVERSATION STRATEGY

Check instructions

Use *Like this?* to check that you are doing something correctly.

VOCABULARY

Where does it hurt?

1 Does any part of your body hurt right now? What part(s)?

 07.05 2 Match the sentences to the pictures. Then listen and check.

- a. 7 My right elbow hurts.
- b. I have a pain in my wrist.
- c. I have a sore neck.
- d. I hurt my left knee.
- e. My right ankle is sore.
- f. My back aches.
- g. I have a stomachache.
- h. I have a bad headache.



3 Complete the sentences with *hurt*, *sore*, *ache*, or *pain*. Sometimes more than one answer is possible.

1. I have a pain in my ankle.
2. He his back.
3. Her left arm is really .
4. My stomach really .
5. He has a in his chest.
6. She has a thumb.
7. I have a terrible head .
8. My neck and shoulders .

Talk about it!

4 With a partner, make up a mini-conversation for each picture in exercise 2.

- A: What's the matter?
 B: I have a sore neck.
 A: What happened?
 B: I think I slept badly last night.
 A: Oh, no! Why don't you get a massage?

CONVERSATION STRATEGY

Express sympathy

You can use *Oh, no!* to express sympathy.

- A: I'm really tired.
 B: *Oh, no!* Did you get any sleep last night?

GRAMMAR

Modal verb review

ALSO GO TO:
Grammar Takeaway
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1 How physically fit are you?

What can you do? What can't you do?

I'm pretty fit. I can do lots of sit-ups,
but I can't do a lot of push-ups.

2 Underline the modal verbs in sentences 1–4. Then match each sentence to an explanation.

1. Can you touch your toes? c

a. This is possible.

2. She might be tired or she could be sick.

b. This is my advice.

3. Exercise can make you feel good.

c. Are you able to do this?

4. You shouldn't work so much.

d. This is sometimes true.

This is always true.

It is healthy to exercise every day.

This is sometimes true.

Working at a computer can cause health problems.

This is possible.

We could go / might go to the gym this weekend.

We might not go to the gym this weekend.

3 Circle the correct words to complete the sentences.

1. Eating fruits and vegetables is / can be good for you.

2. Working very hard makes / can make you sick.

3. Traveling by plane is / can be frightening.

4. Oranges contain / can contain a lot of vitamin C.

4 Rewrite the sentences using *might*, *could*, *can*, or the simple present so that the second sentence has the same meaning as the first.

1. It's possible that she isn't here. She might not be here.

2. It's sometimes true that eating badly causes heart disease.

3. It's possible that I will join a new gym this year.

4. It's sometimes true that yoga cures back problems.

5. It's true that smoking causes health problems.

6. It's possible that exercise will make you live longer.

Talk about it!



5 Work with a partner. Give advice on how to stay healthy. Explain why.

A: You should drink orange juice every day.

B: Why do you say that?

A: Well, oranges have a lot of vitamin C, and that can help prevent colds.

LESSON B

READING

A health advice column

- 1 Before reading** Who do you ask for health advice? Your friends? Your family? Your doctor? What are some other ways that people get health advice?

HELP reading

Scan for specific information

It isn't always necessary to read every word of a text to find the information you are looking for. Look over a text for specific information without worrying about understanding every word or phrase.

- 07.06 2 Reading** Read four questions from the advice column of a health magazine. Then read some answers. Which two questions are answered?

YOUR HEALTH QUESTIONS ANSWERED!

HEALTH QUESTIONS

- A When I use my computer, I often get a terrible headache. Can you give me some advice?
- B My daughter spends lots of time working on the computer and she also spends time playing computer games. I'm worried that this might not be very good for her. What should I do?
- C For my job, I do a lot of work on the computer and I also spend time at home surfing the Internet. Recently, I've started to get pain in my wrist when I use the computer. A friend thinks I could have RSI. What is it? Do I have RSI?
- D Could you suggest some exercises for people like me who spend a lot of time on the computer?



HEALTH ADVICE

Answer 1

Yes, there is lots you can do. Here is one for the neck and another for the shoulders and back. For the first one, stand or sit with your arms by your sides and look straight ahead. Slowly bend your head to the left towards your shoulder. Go as far as you can and hold the position for five seconds. Do this exercise five times on both sides. For the arms and shoulders, bend your left arm and hold your left elbow with your right arm. Gently push your left arm over your right shoulder. Repeat five times with each arm. Do these exercises a few times every day.



Answer 2

Not necessarily. RSI—repetitive strain injury—can occur by repeating the same physical movements over and over again. It can be a problem for musicians, people who play sports, and those who use computers a lot, for example. You could be experiencing the first symptoms. Here are a few tips.

- You should always keep your wrists straight and flat—never bend them in any direction. Move the hands from the arms, not from the wrists. You can adjust your chair and keyboard to do this. Also remember to take lots of breaks to give your body a chance to rest.
- Using the mouse can also cause problems. Alternate hands sometimes with the mouse and learn how to use more of the keyboard controls instead of the mouse. If the symptoms persist, you should see a doctor.

07_06 **3 Reading** Read the advice column again. Circle *True* or *False* for each statement below.

- | | | |
|---|------|-------|
| 1. RSI means Repetitive Strain Injury. | True | False |
| 2. RSI is caused by doing too much heavy, physical work. | True | False |
| 3. RSI isn't only a problem for people who work with computers. | True | False |
| 4. It's bad to bend your wrists when you type. | True | False |
| 5. It's a good idea to change hands when using the mouse. | True | False |
| 6. The writer suggests going to see a doctor immediately. | True | False |

4 After reading Instruct a partner on how to do the two exercises described in Answer 1 of the advice column. Are you a good instructor? Is your partner a good student?

Talk about it!



5 Conduct this class survey about computer use. Talk to several classmates and take notes. Summarize your findings and report back to the class.

Most of the people I talked to use the computer more than 3 hours a day.

Survey: Using computers

1. Do you use the computer every day?
If so, how many hours?

2. When you use the computer, do you have problems with any part of your body?
If so, which part(s)?

3. Do you do any exercise for your problems? If so, what do you do?

4. Do you use any special equipment when you work on the computer to help prevent injuries? If so, what equipment?

PROJECT



Work with a group to write your own health advice column for a magazine. Think of three questions and write answers. Add illustrations to go with the information.



SONG

What can this be?

- 1 Before listening** When was the last time you were sick? What did you have? What were your symptoms?

- 2 Before listening** Match the sentences to the pictures.

- | | |
|-----------------------------------|-------------------------------|
| a. <u>3</u> Her mouth is dry. | d. _____ Her legs are weak. |
| b. _____ Her hands are shaking. | e. _____ Her body's aching. |
| c. _____ Her stomach is churning. | f. _____ Her head is burning. |



- 07.07 3 Listening** What do you think the diagnosis is for the woman's symptoms in exercise 2? Listen to the song to check.

1. She has the flu. _____ 2. She is in love. _____ 3. She is angry. _____

- 4 Before listening** Like poetry, songs often use words that rhyme. Put the rhyming words into three groups.

be eyes me guy weak do lies speak dry flu

| /i:/ see | /aɪ/ my | /u:/ to |
|----------|---------|---------|
| be | | |

- 07.07 5 Listening** Complete the song with the words from exercise 4. You can use the words more than once. Then listen and check.

- 6 After listening** Look at the underlined phrases in the song. Match them to these meanings.

1. I ask myself
2. I feel different
3. if your heart begins to beat quickly
4. What is my problem?
5. like I can't stand up

I gotta wonder

What can this be?

Ooh, eeh!

What can this (1) be ?

Some strange thing's come over (2) _____.

All I gotta do is see your (3) _____

'Cause they don't look away

And they don't tell (4) _____.

Chorus

I gotta wonder why my heart's like thunder,

What you're doing to me makes me
weak in the knees.

I'm still surprised when I look in your (5) _____

'Cause they don't look away

And they don't tell (6) _____.

Don't look away

And they don't tell (7) _____.

Ooh, eeh!

What's wrong with (8) _____ ?

When all of you is all I (9) _____ .

And when I look into your (10) _____ ,

I can't look away

And I can't tell (11) _____ .

Chorus

My hands are shaking,

My stomach is churning,

My body's aching,

And my head is burning.

I can hardly (12) _____ .

My mouth is (13) _____ .

My legs are (14) _____

When I look in your eye.

I went to the doctor

See what he could (15) _____ .

He said: It might be pneumonia,

Could be the (16) _____ .

But if your heart starts racing when you look in his eye,

It might just (17) _____ .

You're in love with that (18) _____ .

Chorus



Talk about it!

- 7 With a partner, discuss these questions.

1. Why do you think love is such a popular topic for songs?
2. What's your favorite love song? What is it about?
3. Do you think it's common to feel like the person in this song? Why or why not?
4. What do you think is causing the girl's symptoms? Is it physical or mental or both? Explain.

PRONUNCIATION

Sentence stress

07.08

When we speak, some words are pronounced more strongly than others. Listen to the sentences. Underline the stressed words. Then listen again and repeat.

1. Yesterday I had a sore throat.
2. What's wrong with me?
3. Can you touch your toes?
4. She might be tired.
5. It's possible she went to the gym.





Conversation Takeaway

Seeing the doctor

07.09

- 1 Put the health-related words in the three categories. Then listen and check.

| | | | | | |
|-------------|-------------|-------------|------------|----------------------|--------------|
| antibiotics | sore throat | a cold | knee pain | painkiller | cough |
| asthma | the flu | can't sleep | arthritis | fever | drink fluids |
| medicine | stress | rest | runny nose | difficulty breathing | |

| symptom | diagnosis | treatment |
|--------------|-----------|--------------|
| sore throat, | a cold, | antibiotics, |

07.10

- 2 Complete the conversation with expressions from the box. Then listen and check.

Doctor: Hello. (1) How can I help you?

Patient: (2) _____ . I have a sore throat, and I feel really tired.

Doctor: (3) _____ ?

Patient: Well, I took two painkillers for my throat.

Doctor: OK. (4) _____ ?

Patient: Yes, I have a runny nose and a cough.

Doctor: And (5) _____ ?

Patient: No, my temperature is normal.
(6) _____ the flu?

Doctor: No. I think you just have a cold.

Patient: What should I do? Should I take antibiotics?

Doctor: No, not for a cold. (7) _____ . And drink lots of fluids.

Patient: Anything else?

Doctor: (8) _____ in a few days or if you have a fever, come back and see me.

I don't feel well.
Do you think I could have...?
Are you running a fever?
If you don't feel better...
Are you taking any medication?
Do you have any other symptoms?
Try to get some rest.
How can I help you?

Talk about it!

CONVERSATION STRATEGY

Get all the information
When talking to your doctor, be sure you know everything that you need to know and do. Ask the question: Anything else?

Tell me more!

Visit the Takeaway English Online Learning Center at www.mhhe.com/elt/takeaway1e



Check out the
Takeaway TV video.



Improve your English with
the online activities.

Writing Takeaway

Writing an article giving advice

- 1 Before writing** What are some physical problems that you have experienced while traveling? Have you gotten sick from food or water? Have you experienced jet lag? What did you do to solve the problem?



- 2 Writing model** Read this letter from Gillian Hudson to the advice section of *Healthy Life* magazine. Underline the physical problems she mentions.

Dear Healthy Life,

I am an international business manager. As part of my job, I fly all over the world and I spend a lot of time in airports and sitting on planes. During long flights, I often get aches and pains in my back, shoulders, and legs.

Spending lots of time on planes and in airports also makes me feel tired and lethargic. This is a real problem for me because I often arrive in foreign countries and have to go directly to important meetings. As you can imagine, I often have a terrible headache and it's difficult to do business!

Could you give me some advice on how to survive the problems of long-distance travel—both in the airport and on the plane? Could you also suggest any exercises that I can do to help my tired, sore body?

Thank you very much,
Gillian Hudson

HELP writing

Use graphic organizers

Remember to use graphic organizers when preparing to write. Graphic organizers can help you come up with ideas, organize your thoughts, and improve the structure of your writing.

- 3 Planning your writing** Use the Problem-Solution Chart to list the symptoms and problems Gillian experiences while traveling. Identify possible solutions.

| problem | solution |
|--|----------------------------------|
| aches and pains in the back, shoulders, legs | get up and walk around the plane |

- 4 Writing** Write a reply to Gillian and give her advice on how to survive the problems of long-distance travel. Use modals to suggest different possibilities.

Useful expressions and ideas

Sitting still for long periods can be uncomfortable.
Also remember that...
You should do these exercises regularly.
Bend your right arm and touch your shoulder.
One problem might be that...
Finally, don't forget that...



Test-taking strategy

Compare and contrast Some test questions ask you to compare and contrast two people, places, or things.

Look at the example below. Use these steps to help you answer compare and contrast questions.

1. Compare means to notice how two things are alike.
2. Look for comparison words such as *both*, *too*, *same*, *like*, *also*, *each*.
3. Contrast means to notice how two things are different.
4. Look for contrast words such as *different*, *however*, *but*, *on the other hand*.

Example

Read the paragraph and answer the questions.



I have visited both Los Angeles and New York in the United States. Each city is located next to an ocean, but they are very different. Los Angeles is spread out. It feels open. New York is on an island. It feels crowded. Los Angeles is very large, and New York is too, but the people are not the same. I think the people in Los Angeles are easygoing. In New York, they are very stressed.

1. Name two ways mentioned in the paragraph that New York and Los Angeles are alike.

Both cities are in the United States. Both cities are located next to an ocean.
The words *both* and *each* indicate things that are alike.

PRACTICE

Read the paragraph above again and answer the questions.

1. Name two ways that New York and Los Angeles are different.
2. How does the paragraph contrast the people in New York and Los Angeles?
3. Based on the paragraph, do you think Los Angeles and New York are more similar or more different?

Language Takeaway

Unit review

1 Circle the word that is different.

- | | | | |
|---------|--------|------|---------|
| 1. hand | back | ear | leg |
| 2. eye | nose | knee | ear |
| 3. foot | ankle | leg | toe |
| 4. back | hip | arm | stomach |
| 5. palm | finger | feet | elbow |

2 Look at the picture. Check (✓) the best mini-conversation to go with the picture.



1. A: How do you like this new exercise?
B: It's great! I can feel the stretch.
2. A: How can I help you?
B: Well, I'm looking for a good hospital.
3. A: Are you having any other symptoms?
B: Yes, I'm having some difficulty sleeping.

3 Circle the correct answer to complete each sentence.

1. My back is very _____.
A pain **B** sore **C** hurt **D** ache
2. _____ over and touch your toes.
A Lift **B** Raise **C** Lower **D** Bend
3. Raise your arms _____ your head.
A over **B** up **C** on **D** around
4. Turn your head _____ the left.
A at **B** for **C** in **D** to
5. I _____ my leg.
A pain **B** sore **C** hurt **D** ache
6. Marc _____ come to the meeting tomorrow.
A doesn't can **B** can to **C** couldn't **D** might
7. _____ take a break? My back is killing me!
A Should we **B** Does we can **C** We can **D** Might we not
8. Yoon _____ go to the gym after work.
A should can **B** doesn't should **C** should to **D** should