

Vocabulary and listening • Adjectives: Health

Aim

Understand specific information in interviews about health.

THINK!

Read out the question, then read through the items in the box with the class and check that students understand them all. Put students into pairs to answer the question using the ideas in the box and their own ideas. Discuss as a class the best things to do in order to be healthy.

ANSWERS

Students' own answers.

Exercise 1

Students use their dictionaries to check the meanings of the words and complete the definitions. With **weaker classes**, students could work in pairs. Check answers with the class and check that students understand the words in the sentences.

ANSWERS

1 active 2 hungry 3 healthy
4 fit 5 tired

Exercise 2 2.06

Read out the example sentence from exercise 1 and point out the opposite adjective *well*. Students work in pairs to find the remaining opposites in the box in exercise 1. Play the audio for students to check their answers. Check that students understand all the adjectives.

ANSWERS

1 lazy 2 full 3 unhealthy 4 unfit

Exercise 3

Students work in pairs to read the *Health quiz* and choose the best answers. Check answers with the class and see who got the most correct answers.

ANSWERS

1 b 2 a 3 c 4 c 5 a 6 b

Exercise 4

Allow students time to read the questions and prepare their answers individually. Do not check answers at this stage.

Exercise 5 2.07

Read out the questions then play the audio. Students listen and note down which questions each person answers. Check answers with the class.

ANSWERS

1 Charlie: a, b, h, c 2 Conor: b
3 Fran: f, g, d

5 VOCABULARY AND LISTENING • Adjectives: Health

I can understand specific information in interviews about health.

THINK! What can you do if you want to be healthy?

sit on the sofa play video games eat vegetables drink fizzy drinks drink juice or water exercise

Health quiz

1

It's 6 p.m. and you're really hungry. What's best?
a. Eat some snacks.
b. Don't eat. Wait for dinner.
c. Go to a restaurant before dinner.

2

You're thirsty. What drink is the healthiest?
a. water
b. juice
c. cola

3

Your temperature is 39°C. Are you ill?
a. No, you're well.
b. Yes, you're very ill. Go to a doctor now!
c. You aren't well. Go home and go to bed.

4

You can run 100 metres in eleven seconds. Are you ... ?
a. unfit
b. normal
c. really fit

5

You can't sleep and you're tired every morning. What's best?
a. Don't go to bed late.
b. Eat a lot before you go to bed.
c. Don't go to school. Sleep more.

6

What is a couch* potato?
a. a vegetable
b. a person who is very lazy and stays on the sofa a lot
c. a person who is very hungry



*couch = sofa

1 Check the meanings of the words in the box. Then complete the definitions with five of the words.

active unhealthy unfit well hungry
fit full tired lazy healthy ill

You go to hospital if you're ill.

- 1 A / An person does a lot of activities.
- 2 When you're you want to eat.
- 3 Good food and good habits are
- 4 A / An person exercises a lot.
- 5 When you don't sleep, you're

2 2.06 What are the opposites of the adjectives in sentences 1–4 in exercise 1? Use the words in the box. Listen and check.

ill – well

66 Food and health

3 Work in pairs. Look at the Health quiz and choose the best answer a, b or c.

4 Read the Health check questionnaire and answer the questions.

Health check questionnaire – are you fit and healthy?

- a. Do you think you're active or lazy?
- b. How many hours do you usually sleep?
- c. Do you prefer sitting on the sofa or going out?
- d. Do you usually eat healthy food?
- e. What do you eat if you're really hungry?
- f. Do you like doing sports?
- g. How far can you run?
- h. Are you lazy at weekends?

5 2.07 Listen to three interviews. Which questions a–h in exercise 4 does each person answer?

1 Charlie – a, ... 2 Conor 3 Fran

6 2.07 Listen again and answer the questions.

- 1 How many hours does Charlie normally sleep?
- 2 Is Charlie a couch potato? Why / Why not?
- 3 Why is Conor really tired?
- 4 What sports does Fran do?
- 5 What healthy and unhealthy food does she eat?

7 USE IT! Work in pairs. Ask and answer the questions in the Health check questionnaire. Who is fitter and healthier?

Exercise 6 2.07

Allow students time to read the questions. Point out that in this exercise students must listen carefully for specific information. Play the audio again. Students listen and answer the questions. Check answers with the class.

ANSWERS

- 1 Eight or nine hours
- 2 No, he isn't. He likes going out and doing sport.
- 3 He's studying for exams.
- 4 She runs and swims.
- 5 Healthy foods: pasta, chicken;
Unhealthy foods: desserts and chocolate

Optional activity: Listening

Write these questions on the board. Who ...

- 1 can run 41 kilometres?
- 2 isn't very fit at the moment?
- 3 doesn't like staying in bed?
- 4 sleeps for 6 or 7 hours?

Students work in pairs and discuss the answers to the questions from memory. Play the audio again for them to check their answers.

ANSWERS

1 Fran 2 Conor 3 Charlie 4 Conor

Exercise 7 USE IT!

Students work in pairs to ask and answer the questions. Discuss what students could do to become fitter and healthier.

More practice

Workbook page 38

Practice Kit

Assessment

Five-minute test, Teacher's Resource Disk