# 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 **1** 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.

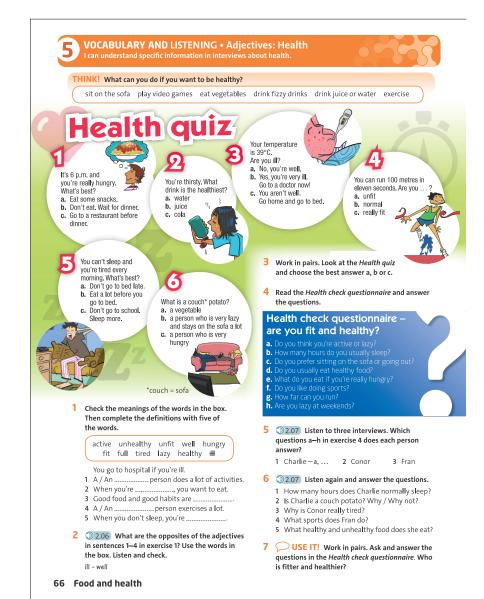
# Exercise 5 **1** 2.07

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



# Exercise 6 **(1)** 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.

- 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