

Lessons 1–2 Time out

1 Read and complete this extract from the conversation.

anxious herbal teas downtime visualisation oil burner calm triathlon

Kate: Well, for a start, for most of the day I've been at college and in the library, reading and learning. Lying down in here gives me a bit of _____¹, to let me clear my head. I'm trying _____² as well.

Anna: Visualisation - what's that?

Kate: Well, although it may look like I'm staring at the wall, I'm actually imagining a beautiful beach. If I keep thinking about it, I can imagine I'm there. It's a really good way to relax.

Anna: I don't think I could just think about one thing for so long. I'd start thinking about other things — like when I'm going to the gym next. Anyway, why are you so stressed about college? You're doing really well.

Kate: Oh, I've got exams soon, so I know I'll have to do lots of work. I really need to get good grades, so there's a lot of pressure. I'm feeling really _____³ all the time.

Anna: That's a shame. Do you want to try one of my _____⁴? If you like things like aromatherapy, you might like this. It's got lots of different flowers and herbs — camomile and lavender, that make you feel _____⁵.

Kate: Wow, thanks Anna. That does sound good. I'll try that.

Anna: And maybe you could do the _____⁶ with me next week. There'll be running, swimming and cycling — you'll love it!

2 Look at the pictures.
Write Kate or Anna.



3 Match the parts of the sentences.

- | | |
|----------------------------|-----------------------------------|
| 1 Kate has been | a is very relaxing. |
| 2 Kate thinks lavender oil | b that lying down is relaxing. |
| 3 She doesn't think | c at college for most of the day. |
| 4 Anna doesn't think | d running is a good way to relax. |
| 5 Kate is imagining | e her exams. |
| 6 Kate is worried about | f a beautiful beach. |

4 Write the correct synonyms.

stress calm grades beautiful busy worried

- 1 relaxed _____ 3 marks _____ 5 lovely _____
 2 pressure _____ 4 anxious _____

5 Rewrite this conversation with phrases to develop an argument. More than one answer may be possible.

As far as ... is concerned, The result of To begin with,
 It could be argued that There are several reasons why

- A _____ it's important to take some time out. Relaxation is good for you and it makes you healthier.
 B _____ exercise is the best form of relaxation.
 A _____ it is a good way to relax, but it's important to eat a healthy diet too.
 B _____ for a healthy lifestyle, you also need to get enough sleep.
 A _____ not getting enough sleep is that you can become ill.

6 Read the sentences. In speech, where would the elision be? Underline.

- 1 I eat lots of fruit and vegetables. 4 I enjoy cycling and swimming.
 2 I'm going to go for a run. 5 We aren't going to stay up late.
 3 I don't know why I feel so stressed.

7 Do you think you have a healthy lifestyle? What do you do to relax? Write a paragraph. Use your ideas from the discussion from Activity 8 on page 79 of your Coursebook.



Lessons 3–4 Getting outdoors

1 Circle six outdoor activities in the wordsnake. Then write them in the correct column.

in-nogrunningcychikingf-usurfingitjoggingunkitesurfingikcyclingng

Land	Water
_____	_____
_____	_____
_____	_____

2 Can you add two or more outdoor activities to each column?

3 Read the quiz questions and then circle the correct answers.

Outdoor Pursuits Quiz

- | | |
|---|------------------------------|
| 1 Which exercise uses more energy? | running / walking |
| 2 For which activity do you wear shoes? | surfing / jogging |
| 3 Which activity can you do in the desert? | hiking / sailing |
| 4 Where would you go surfing? | up a mountain / on the water |
| 5 Which of these activities can you do indoors? | kitesurfing / running |
| 6 For which activity should you wear a helmet? | cycling / surfing |
| 7 Which activity do you do on the sea? | jogging / kitesurfing |
| 8 For which activity do you need a boat? | sailing / cycling |

4 Write first conditional sentences using the prompts.

1 if / Shamsa / go / running / get / fit

If Shamsa goes running, she'll get fit.

2 if / we / keep / jogging / stay / healthy

3 Faisal / lose / weight / if / stop / eat / chocolate

4 if / I / eat / more / fruit / improve / my diet

5 if / everyone / do / more exercise / the nation / be / healthier

6 we / be able / cycle / safely / if / use / cycle path

7 they / go jogging / Jumeirah beach / if / go / Dubai

8 you / see / beautiful sunrise / if / go running / 5.00 am

5 Complete the text with the words in the box.

healthy temperatures power walk kilometres exercise activity drive overweight jogging

According to one Emirati expert, people in the UAE aren't doing enough _____¹. Most people _____² to work, where they sit at computers all day. But who wants to go _____³ or cycling when the temperature is 48 degrees outside?

Well, have you thought about 'mall walking'? 'It's a great fitness _____⁴ you can do when it's too hot to exercise outside,' says Noura Al Qupaisi, a medical student. 'The cool _____⁵ inside a mall means that you can walk at a fast pace. It makes it a great place to _____⁶. One day, I looked at my pedometer and I had walked over six _____⁷,' she said. 'It's helping me keep fit and _____⁸ and I enjoy it.

So how about it? Is it time to put on your walking shoes and head off to the mall?

6 Read the text again and answer the questions.

1 Find two reasons why some Emiratis aren't doing enough exercise.

2 Give one reason why people might not want to go jogging or cycling.

3 What is power walking?

4 What do you think a pedometer does?

7 Think about the activities hiking and mall walking. Which one would you prefer to try? Write a short comparison and express your preference.

Lessons 5–6 Stay hydrated

1 Read these headings. Make notes on the benefits of water under each one.

Brain

Skin

Teeth

Weight

General health

2 Answer the questions with full sentences.

1 Why is water good for our brain?

2 Why is it important for our kidneys to work well?

3 Why is it a good idea to drink water with a meal?

4 Why do you need to drink lots of water on a hot day?

5 What are some signs of dehydration?

3 Read these extracts. What do you think the authors' purposes are? Tick one.

- 1** People say that fizzy drinks are bad for you, but I don't agree. You can buy fizzy drinks which don't contain sugar. They sometimes have vitamins added. What's more, they taste really good!
- a The author knows that fizzy drinks are good for you.
- b The author thinks that there are good things about fizzy drinks.
- c The author wants people to stop drinking fizzy drinks.
- 2** Next time you're at the gym, try new Power Water. Better than plain tap water, it has essential vitamins and extra energy. Drink Power Water, Train Harder.
- a The author is trying to sell a new drink.
- b The author is trying to sell ordinary water.
- c The author wants more people to go to the gym.
- 3** Everyone tells us that water is good for you — but what if you don't like it? I just find it really plain and boring. I used to prefer drinking fruit juice or squash, but that's bad for your teeth. So now I've started putting water with fresh fruit in a special bottle, so the juice can make the water taste nice. It's great — you should try it!
- a The author is trying to sell a water bottle.
- b The author loves drinking fruit juice.
- c The author wants people to know about something she has tried.

4 Rewrite these indirect questions as direct questions.

1 Can you tell me what time the train leaves?

2 I was wondering if this shop sells vitamins.

3 Do you know if it is going to rain today?

4 I'd like to know if I can take photos in the museum.

5 Would it be possible to ask you some questions?

6 Is there any chance I could get a drink of water?

5 Find out about a part of the world which doesn't have easy access to clean, safe water. How does it affect people's lives there? What can people do to help?

Lessons 7–8 Practise and prepare

1 Look at the following sentences about power walking and answer questions 1 to 5.

- Along with outdoor pursuits such as tennis, cycling, football and **hiking**¹, indoor power walking is a trend that is increasingly growing in popularity.
- Shopping malls are cooler and have easier walking **surfaces**² than outdoor areas.
- Due to the cool temperatures in shopping malls you do not need to be concerned about **hydration**³ and your fluid intake.
- It is a good idea to **track**⁴ the distances you cover when power walking, so you know how far you have walked.
- The Emirates Mall in Dubai welcomes people to use their **facilities**⁵ for fitness and healthy activities.

1 The word *hiking* is closest in meaning to:

- a outdoor running b outdoor walking c outdoor sprinting

2 The word *surfaces* is closest in meaning to:

- a floors b carpets c roads

3 The word *hydration* is closest in meaning to

- a drinking enough water b drinking too much water c drinking only water

4 The word *track* is closest in meaning to:



- a record b watch c feel

5 The word *facilities* is closest in meaning to:

- a restaurants and cinemas b supermarkets and food halls c public areas



- 2 Look at the examples of direct and indirect questions. Make the direct questions more polite by completing the indirect question.

<p>Direct question: <i>Where is the gym?</i></p> <p>Indirect question: <i>Can you tell me where the gym is?</i></p> <p>Note: Indirect questions introduced with a question phrase: <i>Can / could you tell me ...? Would you mind telling me ...? Do you know ...?</i> have a question mark.</p>	
<p>Direct question: <i>Why does he like going to the gym every day?</i></p> <p>Indirect question: <i>I wonder why he likes going to the gym every day.</i></p> <p>Note: Indirect questions that look like a statement and don't have a question phrase: <i>I was wondering ... I'd like to know ... I'd be interested to know</i> don't have a question mark.</p>	

- | | |
|---|---------------------------------|
| 1 What time is it? | Can you tell me _____? |
| 2 When is the gym opening? | Do you have any idea _____ |
| 3 When do you want to go? | Would you mind telling me _____ |
| 4 How do you get to the sports centre? | I was wondering _____ |
| 5 Why do we have to exercise every day? | I'd like to know _____ |
| 6 Where are we meeting? | I'd be interested to know _____ |

3 True or False Game

- Write three true statements and three false statements about yourself: *I can run for 30 minutes without stopping. I can do 50 push-ups, etc.*

In groups, take it in turns to read one of your statements to your group. The others guess if the statement is true or false.

When responding to the statements of others, choose from the responses below:

- I simply don't believe you.*
- I really think that is true.*
- I totally reject what you are saying.*
- I absolutely refuse to believe that is true.*
- I definitely think you are telling the truth.*

Lessons 9–10 Sleep

1 Circle the correct option.

- Sleep is made up of a number of **disorders** / **cycles**.
- There are five **stages** / **hours** of sleep in total.
- There are four stages of **dream** / **non-REM** sleep.
- In stage 1, you enter a **light** / **deep** sleep.
- In stage 3, you enter a **long** / **deep** sleep and it's difficult to wake up.
- The last stage of sleep is **light** / **REM** sleep. This is when you dream.
- Insomnia is a type of sleeping **disorder** / **stage**.

2 Complete the table with words from the box.

deep dreaming wake up repair light REM decrease muscles

Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
4–5%. _____ ¹ sleep. Occasional muscle movement.	45–55%. Breathing and heart rate slows. _____ ² in body temperature.	4–6%. _____ ³ sleep begins. Brain begins to slow down.	12–15%. Very deep sleep. Blood flows to _____ ⁴ . Body begins to _____ ⁵ itself.	20–25%. _____ ⁶ sleep. Brain waves speed up and you start _____ ⁷ . Muscles relax. Heart rate increases. Breathing is rapid.

3 Choose the correct words to complete the collocations.

- Adel was so tired he fell **sleep** / **asleep** immediately.
- Mira had a **light** / **deep** sleep and didn't wake up all night.
- We can experience about five or six sleep **REMs** / **cycles** in one night.
- Grandpa was tired, so he had a **deep** / **little** sleep for 10 minutes after lunch.
- Nabeel doesn't wake up easily because he's a **heavy** / **light** sleeper.
- Grandma has insomnia. It's a sleeping **cycle** / **disorder**.

4 Complete the rules with the missing words.

- Yes / No questions usually end in a _____ intonation.
- Wh- questions and statements usually end in a _____ intonation.

5 Draw rising or falling arrows to indicate intonation. Draw stress dots on the words in bold.

- 1 Do you **understand** your sleeping pattern?
- 2 It isn't **impossible** to improve your sleep.
- 3 It can be **difficult** to sleep when you aren't tired.
- 4 Do you have **insomnia**?
- 5 Did you **exercise** before you went to bed?
- 6 I sleep **between** eight and nine hours a night.



6 Number the expressions in order from the most positive (1) to the most negative (6).

- | | |
|---------------------------|-------------------------------|
| ___ I agree. | ___ I don't agree. |
| ___ I disagree. | ___ I see your point, but ... |
| <u>1</u> I totally agree. | ___ I totally disagree. |

7 Do you agree with these sentences? Write responses using the phrases in Activity 6.

- 1 Children don't need as much sleep as babies.
I totally agree. Children need a lot of sleep, but babies need about 17 hours a day.
- 2 The quantity of sleep you have is more important than the quality of sleep.

- 3 You shouldn't wake up at the same time every day in case you interrupt your stage 4 sleep.

- 4 If you only get stages 1 and 2 in the sleep cycle, you will be healthy.

Lessons 11–12 Fitness for fun

1 Read the sentences and complete them with words from the box. There's one extra word.

hanging out loads of blow off steam fit balance workout can't stand

- 1 Majed _____ working out at the gym. He just dislikes sweating.
- 2 After my _____, I have a cool shower and then something to eat.
- 3 If you do exercise with friends, it's just as much fun as _____ at the mall.
- 4 Kholoud and her sister have decided to get _____ so they walk 4 kilometres every day after school.
- 5 There are _____ books and DVDs about fitness.
- 6 Omar runs home from school every day – it's his favourite way to _____.

2 Choose one of the three sports and make recommendations on how to practise it safely using some of the prompts.

You need / don't need to All you need is The best place for ... is ... Make sure You should always

3 Do a survey. Find out what different people think are the best sports for people who want to get fit. Complete the grid. Use the results to write a summary.

What are the best sports for people who want to get fit?	
Learner 1	_____
Learner 2	_____
Teacher 1	_____
Teacher 2	_____

What are the best sports for people who want to get fit?	
Family 1	_____
Family 2	_____

4 Read this email you received from a friend. Write your reply (60–80 words) suggesting one of the sports you have learned about in this lesson.

○ ○ ○

Hi,

I've been thinking. All we do is study and watch TV, so it's time we do something to get fitter. How about taking up a new sport? Do you have any ideas?

5 "Can exercise be fun?" Write an essay giving your opinion (80–100 words).

Lessons 13–14 An active brain

1 Find a way to remember these words. Write or draw your ideas. Make up your own mnemonics!

1 The colours of the rainbow: *red, orange, yellow, green, blue, indigo*

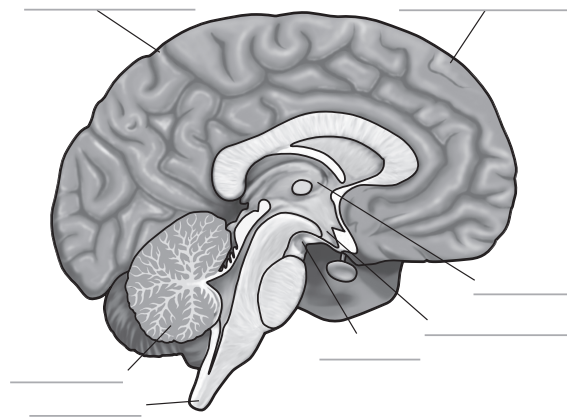
2 The parts of the brain: *cerebellum, cortex, frontal lobe, spinal cord, midbrain, thalamus, hypothalamus*

3 The planets in order from the sun: *Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune*

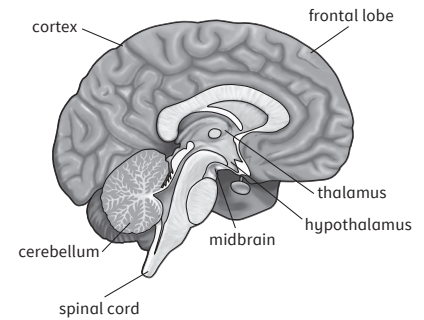
4 Words related to food and the kitchen: *knife, butter, milk, plate, kitchen, table, cereal, cabbage, bread, spoon, chair, tomatoes*

2 Test your memory. Without looking at the diagram in Activity 1, label the parts of the brain.

cortex
frontal lobe
cerebellum
spinal cord
hypothalamus
midbrain
thalamus



THE HUMAN BRAIN



Vocabulary

Here's a glossary of some words you might need to know:

spinal cord: the main organ through which messages travel to the brain

neurons: nerve cells that carry information from the brain to different parts of the body

blood vessels: tubes which carry blood around the body

3 Ask your partner questions to find the missing information to complete the table.

1 Amount of brain made up of liquid.	_____	4 Total length of blood vessels in the brain.	_____
2 Number of neurons in the body.	_____	5 Amount of fat in the brain.	_____
3 Average length of a spinal cord.	_____	6 Approximate weight of the brain.	_____

4 Sort into countable and uncountable nouns. Then write sentences using quantifiers.

nerve knowledge story memory advice energy water brain happiness body

Countable nouns	Uncountable nouns
_____	_____
_____	_____
_____	_____

5 Do a jigsaw reading. Order the text (write 1–4).

_____	A The nervous system transports messages from our brain via the spinal cord all over our body. The messages are transported in nerve cells or neurons. These neurons are made up of bundles of nerve fibres, which are like thin wire. Some neurons are very long as they need to send messages from the brain to our feet.
_____	B Our brains are like huge computers that have evolved over thousands of years. They are used for storing information that we can recall (memory), and they are used to control how we think and how we respond to different situations.
_____	C Neurons respond to stimulation such as touch, sounds or images. This stimulation triggers a small electrical pulse that starts a process of sending a message from one neuron to another.
_____	D The main function of the brain is to control thoughts and movements, to make any decisions and to store information as memories. It is the control centre of the nervous system.

6 Read the answers. Write the questions in your notebook.

- | | |
|---|------------------------------|
| 1 To store information.
<u>What are our brains used for?</u> | 4 Via the spinal cord. |
| 2 The control centre of the nervous system. | 5 In nerve cells or neurons. |
| 3 Transports messages from our brain all over the body. | 6 Touch, sound or images. |