



UNITED ARAB EMIRATES
MINISTRY OF EDUCATION



YEAR OF
ZAYED

Jennifer Law, Kerry Powell, Barbara Mackay, Emma Wilkinson and Heather Raymond

Bridge to Success

Coursebook

Book 10

Advanced



Brooklyn Bridge, USA

Book **10**
Volume



Jennifer Law, Kerry Powell, Barbara Mackay, Emma Wilkinson and Heather Raymond

Bridge to Success

Workbook

Book

10

Advanced

Brooklyn Bridge, USA

Book

10

Volume

1

2

3

Contents

| | Reading/Topic | Listening/Speaking | Use of English | Vocabulary | Writing |
|--|--|--|---|---|---|
| Unit 1 Health and Lifestyle Pages 1–17 | Time-out; getting outdoors; stay hydrated; sleep; fitness for fun; an active brain | Listening: Listen to a conversation Listen to a presentation Listen for information Speaking: Prepare a presentation Compare answers and discuss reasons for choice of answers Discuss how to improve quality of sleep Discuss mental well-being | Indirect questions Uncountable nouns and quantifiers | Health-related verbs | Write about improving health |
| Review Unit 1 Recycle | | | | | |
| Unit 2 Science: Now and the future Pages 18–35 | Eco-living; satellites; solar cars; desalination; hydroponics and aquaponics – alternative ways of growing food; saving the tiger | Listening: Listen to a talk Listen to a conversation Listen for information Speaking: Discuss the World Solar Challenge Compare ideas about Eco City Discuss the demand for water in parts of the world | Defining and nondefining relative clauses; linking adverbials | Environmental vocabulary Energy The environment | Writing a summary Write a short text on hydroponics |
| Review Unit 2 Recycle | | | | | |
| Unit 3 Society and community Pages 36–52 | Being a good citizen; caring for people; ancient communities in the UAE; charities and charity work; citizens of the world; multicultural community living | Listening: Listen to a presentation Listen for information Listen to an interview Speaking: Practise presentation openings Discuss a topic (ancient civilisations in the UAE) Discuss statements Discuss: What is a global citizen? Discuss the term culture Answer questions using the future perfect | Past perfect; complex noun phrases with adjectives + but Future perfect; will + have + past participle | Government Charities | Summarise a text Write about ancient civilisations in the UAE Write an essay Write the key ideas of a text |
| Review Unit 3 Recycle | | | | | |
| Unit 4 Careers and vocations Pages 53–70 | Youth career forum The UAE needs teachers A workaholic economy Travel agents Career planning | Listening: Interview with an entrepreneur Interview with a school teacher A telephone conversation A talk by a healthcare professional A lecture on career planning Speaking: Speculating; Discussing and comparing ideas Persuasive roleplay Career counsellor roleplay | Subordinate clauses Present perfect Time expressions Can Indirect speech | Education Workaholic Travel agents Career planning Workaholic economy Workaholic economy | Notes on a teacher Notes on teaching/a teaching diploma in the UAE Advantages and disadvantages of a job An action plan A brochure |

Health and lifestyle

- **Topics** Time out; outside activities; staying hydrated; sleep; walking for exercise; active brain
- **Use of English** Indirect questions; uncountable nouns and quantifiers



Lessons 1–2 Time out

- What do you do to relax? How often do you make time to relax? Do you prefer to be active or to rest?

Listening

- 1 Before you listen, check these words in your dictionary. Write them in your vocabulary table.

relaxation downtime time out anxious herbal tea
triathlon visualisation aromatherapy calm oil burner

- 2 You are going to listen to a conversation between friends about relaxation. What do they agree on? What don't they agree on?

- 3 Listen again. Are the statements true (T), false (F) or not given (NG)?

- 1 Kate has had a very relaxing day.
- 2 Anna can smell lavender oil.
- 3 Anna likes to relax by doing exercise.
- 4 Kate thinks exercise is relaxing too.
- 5 Kate is looking at photos of a beach.
- 6 Anna enjoys going to the gym.
- 7 Kate isn't doing very well at college.
- 8 Kate doesn't want to do a triathlon.

Listening strategy

In a longer conversation, you may hear different words which mean the same thing. These are called **synonyms**. For example:
stressed — *anxious*
relaxed — *calm*

Synonyms can be used to avoid repetition and to make text more interesting.



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 _____, to let me clear my head. I'm trying _____ 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 _____ all the time.

Anna: That's a shame. Do you want to try one of my _____? 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 _____.

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

Anna: And maybe you could do the _____ 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. |

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 **downtime**, to let me clear my head. I'm trying **visualisation** 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 **anxious** all the time.

Anna: That's a shame. Do you want to try one of my **herbal teas**? 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 **calm**.

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

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

3 Match the parts of the sentences.

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

- 4 Read these sentences. Underline the expressions for developing an argument.
- 1 It could be argued that exercise is the best way to beat stress, as it reduces the stress hormones.
  - 2 As far as healthy eating is concerned, you should eat plenty of fruit and vegetables every day.
  - 3 To begin with, you should try to get eight hours of sleep a night.
  - 4 There are several reasons why you should take some time out.
  - 5 The result of eating too much junk food is that you can become unhealthy.

## Speaking

- 5 In pairs, take turns to read the sentences in Activity 4. Then use the expressions with your own ideas.
- 6  Listen to these sentences. Write the number next to the correct written form.
- A I'm going to go to the gym. \_\_\_\_\_      C A balanced diet. \_\_\_\_\_  
 B Fruit and vegetables. \_\_\_\_\_      D I don't know. \_\_\_\_\_
- 7  Listen again and repeat the sentences.
- 8  **21st** Work in groups. Discuss what you think about the different ways to relax. What do you think is the best? Present your ideas to the class.
- Develop an argument to put forward your point of view about a healthy lifestyle.
  - Give reasons using the functional expressions.
  - Remember to use elision as part of natural speech and to include synonyms to make your ideas varied and more interesting.

### Speaking tip

If we are having a discussion with a person who has a different point of view from us, we can use set expressions to put across our point of view more clearly or strongly:

*Hmmm, I know what you mean, but ...*

*... as far as (running) is concerned, I think ...*

*Well, for a start, ...*

### Speaking tip

**Elision** is when sounds or syllables of whole words are missed out. It is a common feature of speech, as speakers use it to make the words quicker and easier to say.



## Reading

**4** Read these sentences. Underline the expressions for developing an argument.

- 1** It could be argued that exercise is the best way to beat stress, as it reduces the stress hormones.
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**5** In pairs, take turns to read the sentences in Activity 4. Then use the expressions with your own ideas.

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- Develop an argument to put forward your point of view about a healthy lifestyle.
- Give reasons using the functional expressions.
- Remember to use elision as part of natural speech and to include synonyms to make your ideas varied and more interesting.

## 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,  
It could be argued that

The result of    To begin with,  
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.

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**4** Write the correct synonyms.

stress    calm    grades    beautiful    busy    worried

- 1 relaxed calm                      3 marks grades                      5 lovely beautiful
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**5** Rewrite this conversation with phrases to develop an argument. More than one answer may be possible.

As far as ... is concerned,  
It could be argued that

The result of      To begin with,  
There are several reasons why

**A** There are several reasons why it's important to take some time out. Relaxation is good for you and it makes you healthier.

**B** To begin with, exercise is the best form of relaxation.

**A** As far as ... is concerned it is a good way to relax, but it's important to eat a healthy diet too.

**B** To begin with, for a healthy lifestyle, you also need to get enough sleep.

**A** The result of not getting enough sleep is that you can become ill.

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## Lessons 3–4 Getting outdoors

- Look at the photo on page 81. What are these people doing? Where are they? Would you like to do this? Why? / Why not?

### Reading

- 1 Skim-read the interview. Find and underline six outdoor activities.

**Outdoor Pursuits Magazine talks to outdoor enthusiast and personal trainer Luke Matthews from Brisbane, Australia**

**You are a personal trainer Luke, but how do you like to keep fit?**

Well, I have a healthy diet and I exercise regularly. I work out in the gym, but I prefer exercising outdoors. I go running every day because I think it's the best exercise you can do. Believe me, if you go jogging or running regularly, you'll get fit.

**All forms of running are becoming popular in the Emirates now. Where do you like to run?**

Here in Abu Dhabi, I run along the Corniche. I usually run at about 5 am before temperatures get too high. I do a lot of cycling too. I'm looking forward to trying out the new Al Qudra Cycle Path in Dubai.

**Oh, yes. It's a great place to get away from the traffic and experience the desert. Have you been to the desert yet?**

Oh, yes. I've been hiking in the desert a few times already. Hiking is a great way to discover a new country and it keeps you fit. I believe the Emirates have some of the best hiking in the Middle East.

**Yes, I'd agree with you. What do you like most about hiking?**

It's exciting. If you love adventure, you'll love hiking. I've recently joined a hiking group and we've been to the Ras Al Khaimah foothills, and the Hajar Mountains. The scenery was spectacular, with really deep canyons and steep rock faces. I'm lucky we're able to go now, as I've heard it can reach 50°C here in the summer.

**Do you do any water sports, Luke?**

Sure. What Australian doesn't love surfing! If I find the right instructor, I'll try kitesurfing while I'm here, too. It looks amazing. I've heard that Yas Island in Abu Dhabi is the place to go.

**What would you say to anyone in the Emirates who wants to get fit and be healthier?**

I'd say, stop eating fast food and get outdoors. In my opinion, the best way to get fit is to improve your diet and do some exercise. Explore the fantastic landscape your beautiful country has to offer. There are so many things you can do here. Go for it!



- 2 Read the article again. Are these statements true (T) or false (F)?

- 1 Luke thinks going to the gym is the best way to get fit.
- 2 Luke doesn't go running in the UAE because it's too hot.
- 3 Luke likes cycling, but he hasn't been to the Al Qudra Cycle Path in Dubai yet.
- 4 Luke thinks hiking is a great activity if you love adventure.
- 5 Luke will try surfing if he finds a good instructor.
- 6 Luke thinks exercise is the only way to get fit and healthy.

- 3 **21st** Read the interview again. Which of these statements agree with the opinions expressed in the interview?

- Young people in the Emirates don't do a lot of exercise outdoors.
- People who go jogging and cycling are fitter than people who go hiking.
- If you improve your diet and do more exercise, you'll be healthier.

### Reading strategy

In order to identify an author's opinion, look for these expressions:

*I (don't) think ...*  
*In my opinion, ...*  
*I (don't) believe ...*  
*Believe me, ...*

Go back through the article and underline the expressions.

## Lessons 3–4 **Getting outdoors**

- Look at the photo on page 81. What are these people doing? Where are they? Would you like to do this? Why? / Why not?

### Reading

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**Yes, I'd agree with you. What do you like most about hiking?**

It's exciting. If you love adventure, you'll love hiking. I've recently joined a hiking group and we've been to the Ras Al Khaimah foothills, and the Hajar Mountains. The scenery was spectacular, with really deep canyons and steep rock faces. I'm lucky we're able to go now, as I've heard it can reach 50 °C here in the summer.

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too. It looks amazing. I've heard that Yas Island in Abu Dhabi is the place to go.

**What would you say to anyone in the Emirates who wants to get fit and be healthier?**

I'd say, stop eating fast food and get outdoors. In my opinion, the best way to get fit is to improve your diet and do some exercise. Explore the fantastic landscape your beautiful country has to offer. There are so many things you can do here. Go for it!

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Go back through the article and underline the expressions.

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- 3 Luke likes cycling, but he hasn't been to the Al Qudra Cycle Path in Dubai yet.
- 4 Luke thinks hiking is a great activity if you love adventure.
- 5 Luke will try surfing if he finds a good instructor.
- 6 Luke thinks exercise is the only way to get fit and healthy.

1- F He thinks running is the best way to get fit

2- F He goes running at 5 am before it gets too hot

3- T

4- T

5 - F He'll try kitesurfing if he finds the right instructor

6 -F He thinks you should improve your diet and stop eating fast food as well as doing exercise.

**3** **21st** Read the interview again. Which of these statements agree with the opinions expressed in the interview?

- Young people in the Emirates don't do a lot of exercise outdoors.
- People who go jogging and cycling are fitter than people who go hiking.
- If you improve your diet and do more exercise, you'll be healthier.

## Language focus

4 Complete the first conditional sentences with the correct form of the words in brackets.

- 1 If we go to the gym every day, we **'ll get** (get) fit quickly.
- 2 You **'ll feel** (feel) a lot better if you stop eating so much fast food.
- 3 If Tariq **doesn't do** (not do) any exercise, he'll be really unfit.
- 4 If we go hiking in the Hajar mountains, we **'ll see** (see) some amazing scenery.
- 5 They **won't lose** (not lose) any weight if they carry on eating cakes every day!
- 6 If Amina **walks** (walk) along the Corniche every day, she'll feel much healthier.
- 7 If they start jogging, they **'ll lose** (lose) weight and get fit.
- 8 We'll cycle through the desert if we **go** (go) along the Al Qudra Cycle Path.

## Writing

- 5 Think about how you can improve your health, with diet and exercise. Draw a mind map to organise your ideas.
- 6 Use your mind map to write a summary of your ideas.

*I'm going to start jogging. I can go jogging at the beach this weekend. I'm going to improve my diet and stop eating burgers. If I do all these things, my health will begin to improve.*

### Language tip

We use the first conditional to talk about a real or possible future situation.

We form the first conditional with *if* + present simple and *will* + base form.

Either clause can come first in the sentence. When the *if* clause is first, it ends with a comma:

*I'll lose weight if I have a better diet.*

*If you do more exercise, you'll be healthier.*



## 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       |  |
|---------|---------|-------------|--|
| Running | Cycling | Surfing     |  |
| Jogging | Hiking  | Kitesurfing |  |
|         |         |             |  |

- 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

**If we keep jogging, we will stay healthy.**

---

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

**Faisal will lose weight if he stops eating chocolate.**

---

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

**If I eat more fruit, I'll improve my diet.**

---

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

**If everyone does more exercise, the nation will be healthier.**

---

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

**If we use cycle path, we'll be able to cycle safely.**

---

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

**They'll go jogging in Jumeirah beach if they go to Dubai.**

---

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

**You'll see a beautiful sunrise if you go running at 5 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 exercise <sup>1</sup>.

Most people drive <sup>2</sup> to work, where they sit at computers all day. But who wants to go jogging <sup>3</sup> or cycling when the temperature is 48 degrees outside?

Well, have you thought about 'mall walking'? 'It's a great fitness activity <sup>4</sup> you can do when it's too hot to exercise outside,' says Noura Al Qupaisi, a medical student. 'The cool temperatures inside a mall means that you can walk at a fast pace. It makes it a great place to power walk

One day, I looked at my pedometer and I had walked over six kilometers,' she said. 'It's helping me keep fit and healthy <sup>5</sup> 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.

They drive to work and sit at computers all day

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

Because of the high temperatures / It's too hot

3 What is power walking?

It's walking fast

4 What do you think a pedometer does?

It measures the distance you walk

**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**

- How much water do you drink a day? What do you know about its health benefits?  
What happens if you don't drink enough water?

Water can help with memory and concentration, so it is useful for students.

### Reading

- 1 Read the text. Why is water useful for students?

Do you have any idea how important water is for us? We need water to make our body and our brain work properly. Our brain is mostly made of water, and we need to drink plenty of it to help us think and focus to our best ability. If we are dehydrated, our brain doesn't function as well as it should, leading to problems with memory and performance. Studies have even shown that students who took bottled water into examinations ended up with better grades!

Drinking water helps our body to get rid of things we don't need, which makes sure we stay healthy. When we drink enough water, our kidneys work well, which stops the build-up of harmful substances in our body.

Water is good for our appearance, too. It keeps the skin clear and fresh, and can help to keep it looking young.

What's more, it's free! Fizzy drinks are expensive and they contain lots of sugar. Sugar is bad for our teeth and it has other side effects, such as increasing the risk of diabetes and causing weight gain.

In fact, if we want to lose weight, drinking water is an easy way to help with this. Drinking water before and during a meal helps us to feel full — so we eat less! Water also helps us to digest food, so it's a good idea to drink it with a meal.

If the weather is hot, or if we do lots of exercise, we sweat, which means our body loses water. This is why it's important to stay hydrated, to replace what we lose. Muscles without enough fluid intake get tired more quickly and they don't perform as well as they should.

If we don't drink enough water, our body will start to show signs of dehydration: we might get headaches, feel tired and perhaps forgetful; we may get a dry mouth, dry skin and dry eyes; we may even suffer from aches and pains. Drinking lots of water will prevent this.

In short, drinking water is an easy and free way to feel lots of health benefits. Do you know if you are drinking enough?



**2** Read the text again. Complete the sentences.

fluid hydrated tired kidneys bottled water memory skin weight exercise

- 1 It's important to drink water if you're doing exercise
- 2 In one study, students who took \_\_\_\_\_ into exams got good grades. **bottled water**
- 3 When it's hot, you need to stay hydrated
- 4 Your muscles need to have enough fluid intake to work well.
- 5 Your **kidneys** get rid of harmful substances from your body.
- 6 If you are dehydrated, you may have problems with your memory
- 7 You may also feel tired if you don't drink enough water.
- 8 Drinking lots of water can help your skin look clear and fresh.

**3** Read the statements about the text. Which ones are true? How do you know?

- 1 The author wants people to drink more water. **True**
- 2 The author likes fizzy drinks.
- 3 The author has lots of ideas about why water is good for you. **True**
- 4 The author says that being dehydrated has health risks. **True**

## Use of English

- 4 In your notebook, rewrite the direct questions as indirect questions. Write one using the question mark form and an alternative using the statement form. Choose from the phrases in the box.

can you tell me  
could you tell me  
do you know  
I'd like to know  
would it be possible  
is there any chance  
I was wondering  
do you have any idea  
I'd be interested to hear  
would you mind telling me

- 1 Where is the sports centre?  
*Would you mind telling me where the sports centre is?*  
*I'd like to know where the sports centre is.*
- 2 Do you drink enough water?
- 3 Do you work here?
- 4 Is this your bike?
- 5 Can I have a sandwich?
- 6 Who does this newspaper belong to?

## Speaking

- 5 **21st** Work in pairs. Role-play an interview between a reporter and a hydration expert.

### Use of English: Indirect questions

Indirect questions are used when we want to make a question more polite — in formal situations or when we are talking to someone we don't know very well.

**Direct:** *Can I have a cup of tea?*

**Indirect:** *Would it be possible for me to have a cup of tea?*

Some indirect questions have a question mark — they are introduced by a question phrase, and the subject and verb in the second half of the question are reversed:

**Direct:** *How much is a bottle of water?*

**Indirect:** *Could you tell me how much a bottle of water is?*

Other indirect questions look like a statement and don't have a question mark — they are introduced by a non-question phrase, and the subject and verb in the second half of the question are reversed:

**Direct:** *How old are you?*

**Indirect:** *I was wondering how you old you are.*

If the direct question contains forms of *do*, this is omitted in the indirect question, and the subject and verb do not need to be reversed, but the tense may need to be adjusted:

**Direct:** *What did she say?*

## Lessons 5–6 **Stay hydrated**

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

**Brain**

**Good for memory, helps us think and focus**

**Skin**

**Keep skin clear and fresh**

**Teeth**

**No sugar, so better than fizzy drinks**

**Weight**

**Helps you feel full so you eat less**

**General health**

**Helps your kidneys work well, allows muscles to work properly, prevents headaches**

**2** Answer the questions with full sentences.

1 Why is water good for our brain?

Our brain is mostly made of water, so we need plenty of water for our brain to work well

---

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

Our kidneys get rid of harmful substance from our bodies

---

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

Water can make you feel full, so you eat less. It also helps you digest your food

---

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

You lose water as sweat on a hot day, so you have to replace this

---

5 What are some signs of dehydration?

Signs of dehydration include headaches, feeling tired and forgetful, and having dry mouth, skin and eyes.

**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?

What time does the train leave?

---

2 I was wondering if this shop sells vitamins.

Does this shop sell vitamins?

---

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

Is it going to rain today?

---

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

Can I take photos in the museum?

---

5 Would it be possible to ask you some questions?

Can/Could I ask you some questions?

---

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

Can/Could I 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**

- Look at the photos. What are these people doing?



## These feet were made for walking

**A** Along with outdoor pursuits such as jogging, cycling, football and hiking, power walking is a trend that is increasingly growing in popularity. However, this is not happening along the Corniche or Jumeirah Beach, in fact there's not a drop of sand to be seen, as this is taking place indoors in the shopping malls. Yes that's right — you can still get your daily workout in the height of the summer months, but in the cool of the spacious air-conditioned malls in the UAE.

**B** Some may say it's a strange option to exercise in a mall, but the regular power walkers, or mall walkers, are real enthusiasts. They say that malls are cooler, have easier walking surfaces than outdoors and the thought of going to the mall seems more interesting than going to the gym. In addition, because of the controlled temperatures, which are at a constant 18°C to 20°C, you do not need to be concerned about hydration and your fluid intake as much as you would if you were walking outdoors in the heat.

**C** The Abu Dhabi Mall opens its doors to walkers before the shopping centre is open to shoppers. Most days, from 7 am to 10 am, people of all different ages and backgrounds enjoy their workout in cool comfort. There were around 1000 registered walkers in 2015 and the number will be far higher in 2016. This is not surprising as, with 34000 square metres of floor space, there's plenty of scope to set walking goals, track the distances you cover and meet, or go beyond, the average daily recommendations for walking.

**D** The Emirates Mall in Dubai, on the other hand, doesn't have an organised walking programme, but it does welcome people to use their facilities for fitness and healthy activities. Therefore, you often can spot many individuals and groups who have organised walking activities around the mall for themselves. And that's not all they organise — the coffee shops are full of people who meet up afterwards for a coffee and a chat.

## Reading

1 Skim-read the text and choose the correct response A–C. The overall message of the article is that walking in the mall ...

a is better than walking outdoors

b allows you to exercise in the summer

c lets you get exercise all year round.

**2** Answer the questions using no more than five words or numbers.

**1** How many sports activities are mentioned in the text? five

**2** How cool is the temperature in the shopping malls? 18 C to 20 C

**3** What is the earliest time walkers can start their workout in Abu Dhabi Mall? 7 am

**4** How old are the walkers? All different ages

**5** How many walkers are there in 2016? more than 1,000/far more than 1,000/ more than 1,000 registered walkers

**3** Decide if the sentences are true (T), false (F) or if the information is not given (NG).

- 1** You can walk on drops of sand in the shopping mall. F
- 2** You can only walk in the summer months in the mall. F
- 3** Power walkers find it easier to exercise on the mall floors than outdoors. T
- 4** You can go shopping at the same time as walking. NG
- 5** You do not need to be worried as much about your fluid intake if you walk in the mall. T
- 6** There is enough floor space to meet the daily recommended distance for walking. T
- 7** People in Dubai can also power walk in the Emirates Mall. T
- 8** All power walkers meet at the coffee shop for a chat. F

4 Match the sections of the article (A–D) to these summaries:

1 The perfect conditions for mall walking.

B

2 Self-organised exercise. D

3 Different types of indoor and outdoor exercise. A

4 Setting goals and recording your progress.

C

- 5** Look at the health questionnaire opposite and tick six statements that you think are most important.

| Good health and a healthy body means ... ✓ |                                                           |  |
|--------------------------------------------|-----------------------------------------------------------|--|
| <b>1</b>                                   | Taking vitamins that are good for your body.              |  |
| <b>2</b>                                   | Having enough sleep.                                      |  |
| <b>3</b>                                   | Never smoking.                                            |  |
| <b>4</b>                                   | Taking part in sport.                                     |  |
| <b>5</b>                                   | Avoiding fast food.                                       |  |
| <b>6</b>                                   | Having a fit body.                                        |  |
| <b>7</b>                                   | Being able to walk for 30 minutes three times a week.     |  |
| <b>8</b>                                   | Feeling refreshed when you wake up in the morning.        |  |
| <b>9</b>                                   | Eating food that is high in vitamins and minerals.        |  |
| <b>10</b>                                  | Thinking positively.                                      |  |
| <b>11</b>                                  | Being able to meditate and reflect.                       |  |
| <b>12</b>                                  | Never eating junk food.                                   |  |
| <b>13</b>                                  | Living for a long time.                                   |  |
| <b>14</b>                                  | Being able to run for a short time without getting tired. |  |

**6** Now read the analysis of your answers below. Which category do you fall into?

### Health is positive energy

If you chose **2, 8, 10** or **11** you may feel that health is related to how you think and feel.

**Good points:** There are many ancient civilisations that believe having positive energy and being happy is extremely important, so if you have a positive outlook this may be good for your health.

**Advice:** Being positive in life is obviously better than being negative and has been shown to have uplifting benefits to health. However, some may argue that thinking positively is not enough and you need to exercise if you wish for your mind and body to be healthy.

### Health is living a long life

If you chose **3, 5** or **13** you associate health with having a long life.

**Good points:** Research has proved that not smoking, not eating junk food and exercise increases your chances of living longer.

**Advice:** Living to an old age can be good if you are not sick. However, if you have aches and pains due to being very old, you may not enjoy this time of your life. Nevertheless, if you looked after your health and body

in your younger years, the chances are that you will live longer than someone who is unhealthy.

### Health is having support from vitamins

If you chose **1, 6, 9** or **12** you relate health to dietary support.

**Good points:** It is always sensible to make sure your diet includes the right vitamins and nutrients, and there is no harm in taking mild medication such as vitamin supplements in moderation.

**Advice:** Don't rely on vitamins — they can only help if you are lacking in something because you are tired or sick. Nothing can help you more than ensuring that you exercise and eat healthily.

### Health is being fit

If you chose **4, 7** or **14**, when you think of health you think of physical activity.

**Good points:** when you are fit, your body works well, which increases the chances of you being healthy.

**Advice:** Be careful — being fit does not always mean you are healthy. You should check your blood pressure, and make sure that your body has the right balance of vitamins and minerals for general health.

## Speaking

- 7 Compare your answers with your partner and explain the reasons for your choices.

## 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**<sup>1</sup>, indoor power walking is a trend that is increasingly growing in popularity.
- Shopping malls are cooler and have easier walking **surfaces**<sup>2</sup> than outdoor areas.
- Due to the cool temperatures in shopping malls you do not need to be concerned about **hydration**<sup>3</sup> and your fluid intake.
- It is a good idea to **track**<sup>4</sup> 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**<sup>5</sup> 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.

**Direct question:** *Where is the gym?*

**Indirect question:** *Can you tell me where the gym is?*

Note: Indirect questions introduced with a question phrase: *Can / could you tell me ...? Would you mind telling me ...? Do you know ...?* have a question mark.



**Direct question:** *Why does he like going to the gym every day?*

**Indirect question:** *I wonder why he likes going to the gym every day.*

Note: Indirect questions that look like a statement and don't have a question phrase: *I was wondering ... I'd like to know ... I'd be interested to know* don't have a question mark.



1 What time is it?

Can you tell me what the time is/ what time it is?

2 When is the gym opening?

Do you have any idea when the gym is opening?

3 When do you want to go?

Would you mind telling me when you want to go?

4 How do you get to the sports centre?

I was wondering how you get to the sports centre.

5 Why do we have to exercise every day?

I'd like to know why we have to exercise every day.

6 Where are we meeting?

I'd be interested to know where we are meeting.

### 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.*

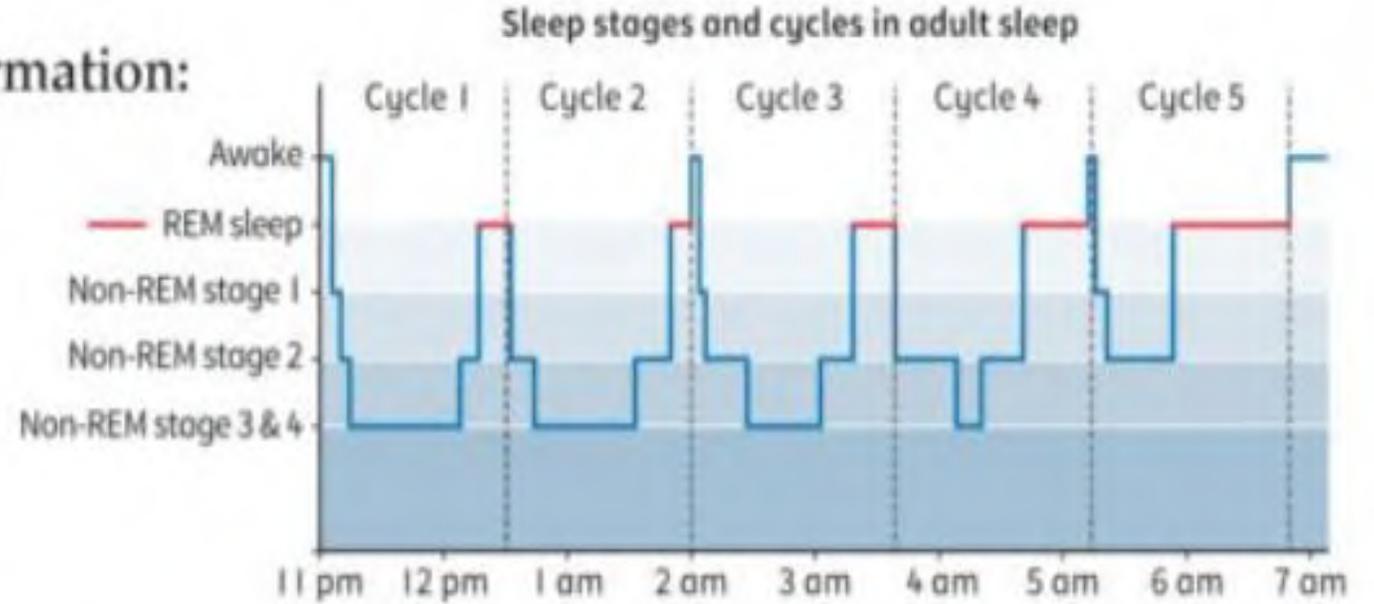
## Lessons 9–10 **Sleep**

- Do you fall asleep quickly when you go to bed? How often do you wake up in the middle of the night? What kind of dreams do you have?

# Reading

1 Look at the graph and find this information:

- The total number of sleep cycles in an average night's sleep.
- The number of REM and non-REM sleep stages in each sleep cycle.
- The average length of one sleep cycle.



1 – Five

2- Three non-REM, and one REM

3- 1-1 ½ hours

3 .REM is short for rapid eye movement. Non-REM sleep is when your brain is less active;  
REM sleep is when your brain is more active/when you dream.

## Listening

2  Listen and check your answers.

3  Listen to this presentation about sleep. What does REM mean? What is the difference between REM sleep and non-REM sleep?

4  Listen again. Are the statements true (T) or false (F)?

- 1 We spend more than half of our lives asleep. F . We spend a third of our lives asleep
- 2 There are different sleep stages in every sleep cycle. T
- 3 Stage 2 is when we enter deep sleep. F . Stage 3 and 4 are when we enter deep sleep
- 4 Children have a lot of dreams because they have more imagination than adults.
- 5 Sleeping disorders prevent you from having enough REM sleep. T
- 6 It's easier to wake up from a deep sleep than a light sleep.

4 – F . They have a lot of dreams because they spend 50% of sleep in REM sleep

6- F . its more difficult and you may feel confused

### Did you know?

Young children need 10 to 13 hours' sleep a day and babies need up to 17 hours.

## Language focus

- 5 Read the text. Find and underline four collocations.

My grandfather is a heavy sleeper and can fall asleep anywhere. He often has a light sleep after lunch and he always falls into a deep sleep when he travels on a train. My brother, however, is a restless sleeper. At night, he moves about a lot and sometimes he starts talking!

### Language tip

Collocations are two or more words that are usually used together. They can be adjective + noun, noun + noun, verb + preposition (usually called *phrasal verbs*):

*I'm not a **light sleeper**.*

*Grandpa doesn't have a **sleep disorder**.*

*Don't **fall asleep** during class.*

### Speaking tip

In English, different syllables are **stressed** in different words. There is no rule about which syllables are stressed. It is necessary to listen and learn how the word sounds.

### Speaking tip

Use these expressions to develop an argument:

*To begin with, it's important to get eight hours sleep every night.*

*It could be argued that how you wake up is more important than when you wake up.*

### Speaking tip

**Intonation** is how we say something. We use falling and rising intonation to convey different meaning. If we learn to listen for intonation, we will know more about the speaker's intention.

*Wh-* questions and statements usually end in a falling intonation:

*What did you do at the weekend?*

*I watched TV.*

*Yes / No* questions usually end in a rising intonation:

*Did you see that new comedy show?*

## Listening and speaking

**6** Listen and mark the stressed syllable on the words in bold. Listen again and repeat using the correct stress and intonation.

- 1** Is REM sleep **important**? In the middle
- 2** Do you have a **computer** in your room? In the middle
- 3** Is your bed near the **window**? In the beginning
- 4** What time do you get up on **Saturdays**? In the beginning
- 5** She has a sleep **disorder**. In the middle
- 6** My dad is a heavy **sleeper**. In the beginning

## Speaking

**7** **21st** In groups, discuss different ways you could improve the quality of your sleep. Present your ideas to the group. Think of these things:

- The different sleep stages.
- Sleep cycles.
- When you go to bed.
- How and when you wake up.

- 8** **21st** Discuss your point of view again with a partner.  
Do you agree or disagree with your partner's ideas?

It could be argued that everyone needs at least nine hours' sleep a night.

I disagree. I think the quality of your sleep is more important than the quantity of sleep.

### Speaking tip

Use these expressions to agree or disagree with your partner.

*I totally agree.*

*I agree that ...*

*I see your point, but ...*

*I don't agree.*

*I disagree.*

## Lessons 9–10 **Sleep**

**1** Circle the correct option.

- 1 Sleep is made up of a number of **disorders** / **cycles**.
- 2 There are five **stages** / **hours** of sleep in total.
- 3 There are four stages of **dream** / **non-REM** sleep.
- 4 In stage 1, you enter a **light** / **deep** sleep.
- 5 In stage 3, you enter a **long** / **deep** sleep and it's difficult to wake up.
- 6 The last stage of sleep is **light** / **REM** sleep. This is when you dream.
- 7 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%. <u>light</u> <sup>1</sup><br>sleep.<br>Occasional<br>muscle<br>movement. | 45–55%.<br>Breathing<br>and heart rate<br>slows. <u>decrease</u> <sup>2</sup><br>in body<br>temperature. | 4–6%. <u>deep</u> <sup>3</sup><br>sleep begins.<br>Brain begins to<br>slow down. | 12–15%. Very<br>deep sleep.<br>Blood flows<br>to <u>muscles</u> .<br>Body begins<br>to <u>repair</u> <sup>5</sup><br>itself. | 20–25%. <u>REM</u> <sup>6</sup><br>sleep. Brain waves<br>speed up and you<br>start <u>dreaming</u> . Muscles<br>relax. Heart rate<br>increases. Breathing is<br>rapid. |

**3** Choose the correct words to complete the collocations.

1 Adel was so tired he fell **sleep** / asleep immediately.

2 Mira had a **light** / deep sleep and didn't wake up all night.

3 We can experience about five or six sleep **REMs** / cycles in one night.

4 Grandpa was tired, so he had a **deep** / little sleep for 10 minutes after lunch.

5 Nabeel doesn't wake up easily because he's a **heavy** / light sleeper.

6 Grandma has insomnia. It's a sleeping **cycle** / disorder.

**4** Complete the rules with the missing words.

- *Yes / No* questions usually end in a rising intonation.
- *Wh-* questions and statements usually end in a falling 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? rising arrow ●●●;

2 It isn't **impossible** to improve your sleep. falling arrow ●●●●

3 It can be **difficult** to sleep when you aren't tired. falling arrow ●●●

4 Do you have **insomnia**? rising arrow ●●●●

5 Did you **exercise** before you went to bed? rising arrow ●●●;

6 I sleep **between** eight and nine hours a night. falling arrow ●●



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

  2   I agree.

  4   I don't agree.

  5   I disagree.

  3   I see your point, but ...

  1   I totally agree.

  6   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**

- Look at the three photos in the text box. What sports are these people doing?

### **Reading**

- 1 Read. What suggestions do you think the author will give for making fitness more fun?

**Fitness for fun**

## Fitness for fun

Not everyone enjoys working out in the gym and many people **can't stand** going for a jog. Let's be honest, isn't **hanging out** with friends at the mall or relaxing in front of the TV a lot more enjoyable?

Well, exercising doesn't have to be boring. There's a world of activities and sports to choose from, so there's no excuse. According to Olympic medalist, Jamie Fadden, 'All you need to do is find the right activity for you. Once you've done that, staying fit will be **loads of fun!**'

In his book *Exercising is Fun!*, Jamie recommends that you decide whether you prefer exercising on your own or with other people before choosing the sport or type of exercise you'd like to try. 'Some people enjoy training and sweating as part of a group, while others need their own space,' he writes.

Here are some ideas proposed by Jamie Fadden to get you started.

### MOUNTAIN BIKING

There are so many reasons to love mountain biking. It's the best way to **blow off some steam** after a long day at school or work. If you're looking for something more adventurous than road cycling, this is it. You need to concentrate and think fast to avoid rocks, branches and holes in the ground. In my opinion, the best place for mountain biking is the desert. All you need is a good helmet, a pump and some water – apart from the mountain bike, of course.



### SCUBA DIVING

You don't need to be extremely **fit** or a very good swimmer to scuba dive. And, it's not as dangerous as you may think. Just make sure you do the initial training and follow the rules. You should always dive with other people – never alone! You can rent the equipment every time you go for a dive, so don't worry about that. It's not your cheapest option, but it is the best way to discover the underwater world.



### PADDLEBOARDING

This sport is becoming really popular probably because it's simple and fun. Standing up on a board on water means that you improve your **balance**. You get a full body **workout** and you're not likely to get injured. Depending on the weather and waves, it can be really calming too. Make sure the board and paddle you use are the right size for you.



*So, are you ready to get active? Brainstorm more ideas with your friends and remember this: it's never too late to try something new.*

## Reading

- 1 Read. What suggestions do you think the author will give for making fitness more fun?

### Fitness for fun

Find the right activity for you and decide whether you prefer to exercise on your own or with other people.

## 2 Read and answer.

- 1 Who is Jamie Fadden?
- 2 What does Jamie say you have to decide before choosing the sport or exercise you'd like to try?
- 3 How is mountain biking different to road cycling?
- 4 What disadvantage does Jamie mention about scuba diving?
- 5 Why does Jamie recommend paddleboarding?
- 6 Which activity does Jamie say you should never do alone?

1 He's an Olympic medalist who's written a book about fitness.

2 Whether you like to exercise on your own or with other people.

3 It's more adventurous, faster and more dangerous.

4 It can be quite expensive.

5 You get a full-body workout, it's safe, calming and it helps you improve your balance.

6 Scuba diving.

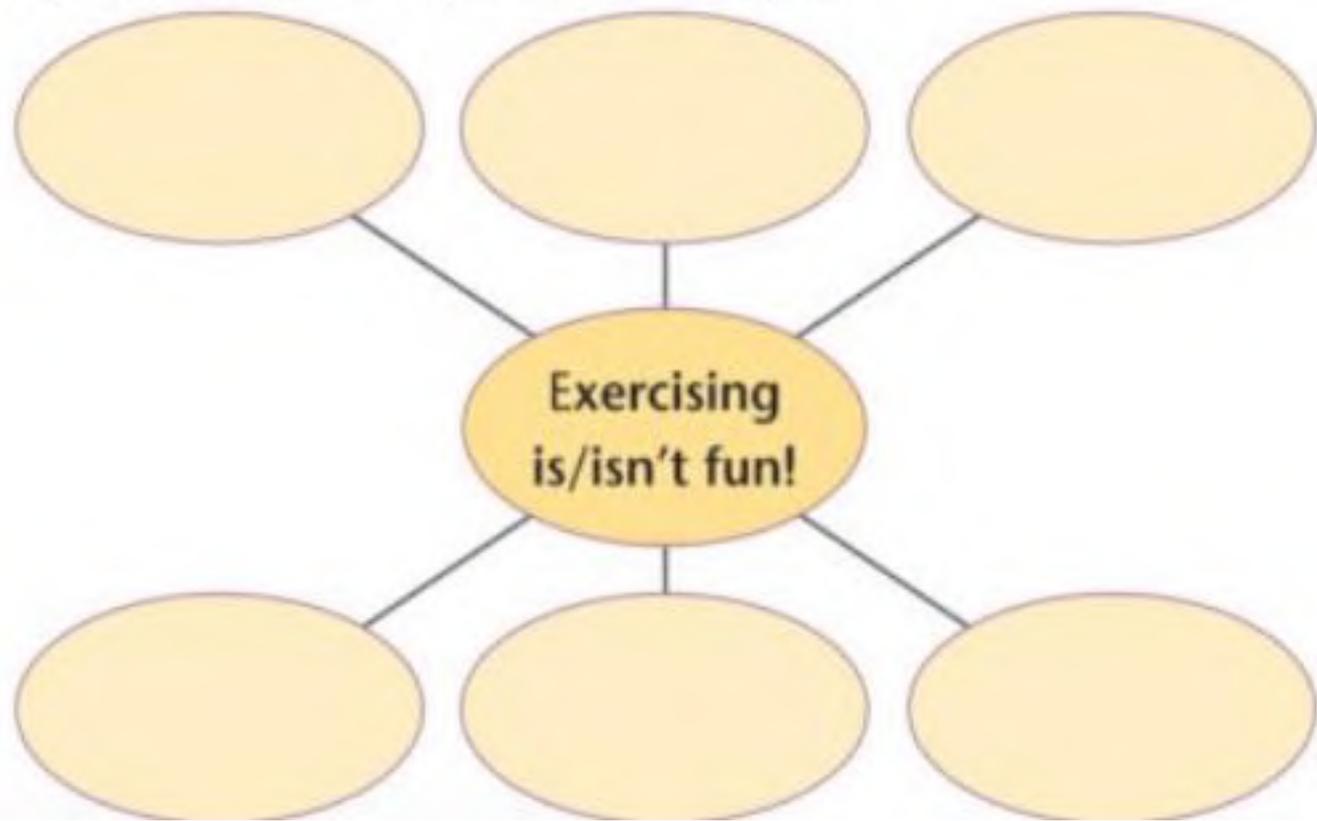
## Writing

- 3 Copy the table and complete with information about the three sports. Use ideas from the article or some of your own.

|                     | Mountain biking | Scuba diving | Paddleboarding |
|---------------------|-----------------|--------------|----------------|
| Why is it good?     |                 |              |                |
| Alone? With others? |                 |              |                |
| Dangers?            |                 |              |                |
| Equipment?          |                 |              |                |
| Training?           |                 |              |                |

**4** **21st** Do you think exercise is fun? Why? Why not? Copy the mind map and use it to make notes and then write your ideas using these prompts:

According to ...  
From my point of view ...  
One recommendation is ...  
With regard to ...  
Thanks to ...  
X proposes that ...  
Y suggests that ...  
Z recommends that ...  
In my opinion, ...



## Writing tip

A good article gives balanced opinions and refers to original sources. When we want to write supporting ideas from a published text about a point of view, we need to acknowledge the original author's ideas. Notice how we use referencing conventions in the text:

*According to Olympic medalist, Jame Fadden ...*

*According to* is a **complex preposition**. It acts in the same way as a simple preposition (*in, on* or *at*), but is made up of two or three words and usually goes before a noun.

Here are some more complex prepositions:

*Thanks to research, ...*

So, *with regard to* ...

X *recommends that* ...

*Here are some ideas proposed by* Y ...

*In my opinion, ...*

Which of these phrases can you find in the text in Activity 1?



## 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 can't stand working out at the gym. He just dislikes sweating.
- 2 After my workout, I have a cool shower and then something to eat.
- 3 If you do exercise with friends, it's just as much fun as hanging out at the mall.
- 4 Kholoud and her sister have decided to get fit so they walk 4 kilometres every day after school.
- 5 There are loads of books and DVDs about fitness.
- 6 Omar runs home from school every day – it's his favourite way to blow off steam.

- 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

---

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---

- 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?

---

---

---

---

---

---

---



## Lessons 13–14 **An active brain**

- How good is your memory? What memory games do you know?

### **Speaking**

- 1 Look at the words below for 30 seconds. Then close the book and see how many you can remember.

attitude   mental health   brain   happiness   lifestyle  
energy   positive thinking   relaxation

**2** Now look at the following pictures for 30 seconds. Close the book again and see how many you can remember and try to draw.

**3** In pairs, discuss the following:

- How did you remember the objects and words?
- What strategies did you use?



## Reading

### 4 A way to remember. Read the instructions and follow them.

Every day we have to remember something — what to take to school, a shopping list, words for a spelling test, important dates for a history project or a website address. We usually store this information in our ‘working’ or short-term memory.

But what if you have to remember a lot of information? One way to hold more information in our working memory and transfer it into our long-term memory is a storytelling technique. Let’s go back to the words and pictures in the first activity. How did you do? Which activity did you find easier? For the purposes of this exercise go back to the activity you found harder and follow these instructions.

First, look at the words or pictures. Then make up a story using those words or pictures. The story doesn’t have to be true or sensible — you can make up quite a silly story. The first example below uses the words; the second one, the pictures:

Example 1: This is Bob the Brain. He has a good attitude towards memory and uses a lot of energy thinking ... etc.

Example 2: Fatima was very forgetful. Every day she forgot to put everything she needed in her school bag. So she decided to write a story about herself. She imagined the rubber bouncing on the table and jumping into her backpack. The pencil drew a line from the table to the bag. Then she imagined painting the bag blue, etc.

Have a go!

### Did you know?

How does this work? Well, we all know it’s difficult to remember words, numbers or pictures that are not connected. By creating a story, you are creating a context where each word *is* connected. It is much easier to remember something when it is connected to something else. Visualising words or numbers in mental pictures helps us remember some, if not all, of the words or numbers and the images will be transferred into your long-term memory.

### 5 Now share your story. Did it work?

## Use of English: Quantifiers with uncountable nouns

Look at these questions:

*What if you have to remember **several** words?*

*What if you have to remember **a great deal of** information?*

*Several and a great deal of are **quantifiers**.*

A quantifier is a word or phrase that indicates how much there is of something.

Some quantifiers can be used with both countable and uncountable nouns:

*some biscuits and some water, plenty of things and plenty of time, a lot of students and a lot of money*

Some quantifiers can only be used with countable nouns: *few, many, a number of*

Some quantifiers can only be used with uncountable nouns: *little, much, an amount of*

## Language focus

- 6** Circle the correct quantifier.
- 1 Have you got **much** / many water?
  - 2 He has got so few / **much** energy today!
  - 3 We need to do a **small amount of** / great number of exercise every day.
  - 4 I can only remember a little / **a few** words in English!
  - 5 We need **plenty of** / a great number of happiness in the world!
  - 6 There are much / **a few** things I need to buy.

## Speaking

### 7 21st What is mental well-being?

In pairs, read the text and rank the activities from 1 (least effective) to 10 (most effective).

In order to keep healthy, we need to exercise both our mind and body. It's easy to think of ways to exercise our body, but what about our mind?

Research shows that if we keep our minds healthy there are many benefits: we usually have more energy and we can use this in the activities we are doing; we are more focused so we can concentrate better on a task; we are more alert so we can respond more appropriately to a situation; we are less stressed, so we can learn better.

If we have a healthy mind, we feel good about ourselves. We call this mental well-being. Being positive and feeling happy is part of well-being. If we are positive, the people around us are more likely to feel positive too.

There are many ways to improve our mental health and well-being. Here are just a few. Which ones do you think would be the best for your well-being? Add your own ideas.

\_\_\_\_\_ Join a discussion group

\_\_\_\_\_ Do some gardening

\_\_\_\_\_ Cook a nice meal for your family

\_\_\_\_\_ Laugh out loud

\_\_\_\_\_ Read a good book

\_\_\_\_\_ Surround yourself with positive people

\_\_\_\_\_ Give yourself a treat

\_\_\_\_\_ Make a kite

\_\_\_\_\_ Plan a holiday

\_\_\_\_\_ Rearrange your room

## Lessons 13–14 **An active brain**

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

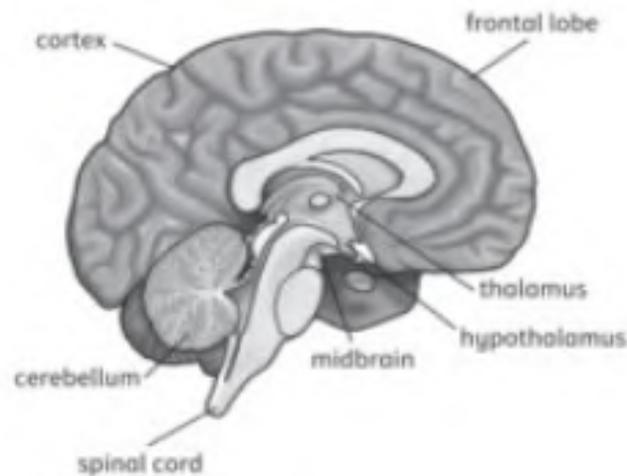
- 1** The colours of the rainbow: *red, orange, yellow, green, blue, indigo*

- 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*

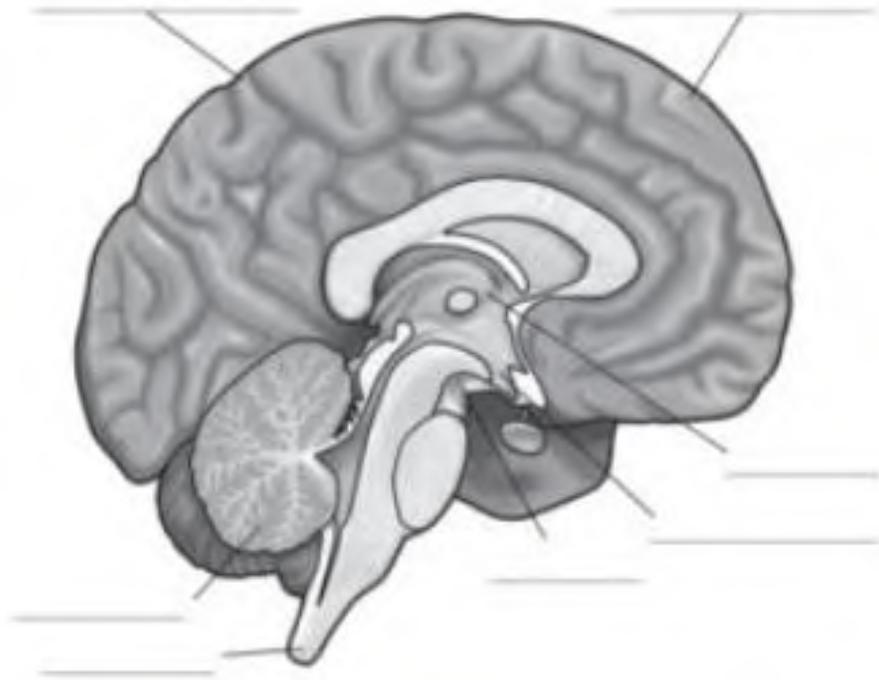
- 4** Words related to food and the kitchen: *knife, butter, milk, plate, kitchen, table, cereal, cabbage, bread, spoon, chair, tomatoes*

**THE HUMAN BRAIN**



- 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



## 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.

|                                             |             |                                                      |            |
|---------------------------------------------|-------------|------------------------------------------------------|------------|
| <b>1</b> Amount of brain made up of liquid. | - 80% -     | <b>4</b> Total length of blood vessels in the brain. | 100,000 km |
| <b>2</b> Number of neurons in the body.     | 100 billion | <b>5</b> Amount of fat in the brain.                 | - 60% -    |
| <b>3</b> Average length of a spinal cord.   | . 45 cm .   | <b>6</b> Approximate weight of the brain.            | 1.4 kg     |

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                                                   |
|---------------------------------------------------------|---------------------------------------------------------------------|
| - nerve, story, memory, brain, body —<br>_____<br>_____ | knowledge, advice, energy, _____<br>water, happiness _____<br>_____ |

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

|   |                                                                                                                                                                                                                                                                                                                                    |
|---|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3 | <b>A</b> 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. |
| 1 | <b>B</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.                                                                                    |
| 4 | <b>C</b> 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.                                                                                                                                 |
| 2 | <b>D</b> 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.

What are our brains used for?

2 The control centre of the nervous system.

3 Transports messages from our brain all over the body.

4 Via the spinal cord.

5 In nerve cells or neurons.

6 Touch, sound or images.

Multiple answers are possible

# Lesson 15 **Review**

## **Vocabulary**

- 1** Choose the correct words from the box and complete the paragraph.

fluid   daily   hydrated   weight  
bottled water   skin   exercise

It's important to stay \_\_\_\_\_<sup>1</sup> when you work out. Ensuring your \_\_\_\_\_<sup>2</sup> intake of water is sufficient is essential if you want your \_\_\_\_\_<sup>3</sup> routine to be effective. I get through at least two litres of \_\_\_\_\_<sup>4</sup> per day which, according to the doctors, is good if you want clear \_\_\_\_\_<sup>5</sup> on the outside of your body and a healthy mind on the inside. I keep fit not to lose \_\_\_\_\_<sup>6</sup> but to ensure that my whole body is healthy, as a healthy body equals a healthy mind.

hydrated  
daily  
exercise

bottled water  
skin

weight

**2** Complete the sentences by putting the verb into the correct first conditional form.

**1** If she goes (go) walking, she 'll do it in the mall.

**2** If we drink (drink) plenty of water, we 'll stay hydrated.

**3** Marwan will lose weight if he exercises (exercise).

**4** If I run (run) three times a week, I 'll be fit.

**5** If everyone meets (meet) at the mall, we 'll go for coffee after exercising.

**6** If we \_\_\_\_\_ (not see) you at the gym, we 'll see you tomorrow.

**7** If the weather \_\_\_\_\_ (not improve), we won't go (not go) swimming.

**8** I \_\_\_\_\_ (not go) running on the beach if you don't come (not come) with me.

### Language tip

Remember, with a subject pronoun we usually use the contracted form of *will*, but with a proper noun, we don't:

*I'll see you tomorrow.*

*Nadia will be at the mall at 10 am.*

The negative *won't* is invariable.

don't see

doesn't improve

won't go

# Lessons 16–17 **Literacy project: A healthy body means a healthy mind?**

## **Project research and planning**

- 1** Skim read the text. Are these statements true (T), false (F) or not given (NG)?
  - 1** The study found that 70% of students are physically healthy.
  - 2** The study showed a relationship between fitness and high grades.
  - 3** Researchers don't know the reasons why exercise helps the brain.



## Exercise and Academic Achievement

A recent UAE study – EX+HIGHGRADE – set out to explore the relationship between students' grades and how much they exercise.

Dr Ali Al Hosani and his research team – the A team – went to several top-ranking universities in the UAE and investigated the working patterns of students in the library. Some were bent over the computers and staring at the screens, others were sitting at small library desks and most were inactive for several hours. In addition, because of the length of time they spent at their desks, they were eating very unhealthily. He concluded that studying in this way is not good for health and has other side effects.

Dr Ali Al Hosani and the A team compared the weight and physical fitness of over 3000 students

between the ages of 19 and 22 with their academic results for a two-year period. The A team discovered that nearly 40% of students were overweight, of which 30% were considered obese and nearly 70% were below the recommended fitness levels for students studying at university.

The A team continued the research by interviewing students who went to the university gym, and found that those who exercised regularly felt refreshed afterwards and could think more clearly when they attended classes.

The study concluded that students who were active and not overweight had higher grades than those who were unfit and overweight, suggesting a strong relationship between physical fitness and academic achievement. Consequently, Dr Ali Al Hosani recommends doing exercise to improve your grades.

**1** Skim read the text. Are these statements true (T), false (F) or not given (NG)?

- 1** The study found that 70% of students are physically healthy. False
- 2** The study showed a relationship between fitness and high grades. True
- 3** Researchers don't know the reasons why exercise helps the brain. NG

**2** Read the text again. Copy and complete the table in your notebook.

|                          |                                                                                           |
|--------------------------|-------------------------------------------------------------------------------------------|
| 1 The study title        | EX+HIGHGRAGE                                                                              |
| 2 Researchers            | Dr Ali Hosani and the A team                                                              |
| 3 Research period        | two years                                                                                 |
| 4 Number of participants | 3000 students                                                                             |
| 5 Ages                   | 19 to 22                                                                                  |
| 6 Research methods       | observed students in library, interviewed students in gym, compared grades of both groups |
| 7 Conclusion             | there is a strong relationship between fitness and higher grades                          |

**3** Read the text again and answer questions 1 to 4.

**1** The word *inactive* means:

**a** lazy

**b** not mobile

**c** not interested

**2** Which of these words from the text is closest in meaning to *found*:

**a** explored

**b** investigated

**c** discovered

**3** Which of these words is the odd-one-out?

**a** unfit

**b** obese

**c** overweight

**4** What does *side effect* mean?

something that happens in addition to the direct consequence of an action

**4** In groups, choose a topic from Unit 5 to research.

- Are people who relax fitter than people who are busy?
- Are outdoor leisure activities better than indoor entertainment like watching TV?
- Is water better than other drinks?
- Is getting enough sleep related to good health?
- What can we do to make exercise more fun?

**5** **21st** In groups, carry out your research using various information sources and by interviewing other learners. Draw a table in your notebooks similar to Dr Ali Al Hosani's graphic organiser in Activity 2 and complete it with your group's research information.

## Presentation

6 Practise and present your results to the class.



### Speaking tip

Remember to use these phrases in your interview:

*Do you mind if I ask you some questions?*

*May I ask you some questions?*

*Do you think ...?*

*Do you find that ...?*

*In your experience ...*

*What do you think of ...?*

*What is your opinion of ...?*

*Do you agree that ...?*

Remember to thank the interviewee at the end for participating.

