

Unit 9

Fitness for life

- Topics** Health and wellness; looking after health; food and health; healthcare systems; technology and fitness; stem cell therapy; medicine and health; health issues in the UAE.
- Use of English** Defining and non-defining relative clauses; present and past passive; verbs with gerunds and infinitives; *its* as a possessive determiner; compound adjectives

Guideline daily amounts		
Women	Men	Child (5-10 y)
2000 kcal	2500 kcal	1800
75g	95g	65
230g	300g	220
90g	120g	85
-	-	-
70g	95g	70
20g	30g	20
-	-	-

Lessons 1–2 Health and wellness in the UAE

- What do you think are the most common diseases around the world?
- Why do you think more people suffer from diseases today?

Listening 35

- Read the topics, then listen to the interview and tick the ones mentioned.

life expectancy
 heart disease
 cancer

diabetes
 comparison between different emirates

obesity
 hospitals in the UAE
 awareness campaigns

- Listen to the interview again and complete the information. Remember to write notes, not full sentences.

(a) Male life expectancy in the UAE **76**

(b) Female life expectancy in the UAE **78**

(c) Worldwide life expectancy **71**

(d) Most common health problem in the UAE **heart disease**

(e) Most common problem the same for men and women? **YES** **NO**

(f) Most of the time, obesity leads to ... **diabetes**

(g) Where are the anti-obesity programmes running? **Dubai and Ajman**
 school nurses, nutritionists, teachers

(h) The anti-obesity programmes get help from ... and physical education trainers

(i) How many kg did the example student lose? **44 kg**

(j) Why do Ministry of Health staff visit schools? **to screen for diseases**

(k) Which places does the adult diabetes campaign visit? government staff, big companies, public areas such as, parks and shopping centres

(l) What does the speaker say is the 'key' for healthier lives? **prevention**

Use of English

3 Look at these underlined clauses from the interview.

- ... the average life expectancy, which is the age scientists predict people will live to, is one of the first ...
- ... the causes could start from a very early age, when children are creating their eating routines.
- The programmes are being run in Dubai and Ajman, where there are large numbers of elementary schools.
- ... teachers and physical education trainers, who are all trained and qualified.

1 What do the underlined clauses start with? **relative pronouns**
 2 What happens if we remove these clauses from the text? Can we still understand the text? Is there still enough information?
 3 What are the reasons we use these clauses?

Speaking

4 In groups of four, choose one of the following health-related issues, then work with your group on creating a campaign to help reduce the problem.

- a smoking
- b lack of exercise

You can use the sub-topics opposite to help you organise your ideas.

Now present your campaign to your classmates.

Language tip

We use *relative pronouns* to add or define information in a sentence.

For example:

Children who eat a lot of sugar are usually overweight.

Diabetes is spreading very quickly, which is a big problem.

The campaign that was launched yesterday will help raise diabetes awareness.

To add information or to define/give more details about something.



Lessons 3–4 Health comes first

- Why do people go to spas?
- Are there any spas in the UAE?

Reading

1 Read the magazine article about health spas.

Which is the best heading?

- a Spas: then and now
- b Places of healing
- c World's best spas



The idea of a spa holiday is always a very attractive one. When we hear the word 'spa', we think of treatments, mineral springs and saunas. But some spas are much more than that – they're places where both the body and mind are given a chance to relax. Today, a wide variety of spa types offer lots of different treatments.

Mineral Springs Spas

This type of spa is usually close to nature. Here, the natural healing power of the water is used to treat problems with joints, bones and muscles.

The highlights are the mud baths and baths in mineral springs which help visitors relax and get their blood circulating properly.

Most visitors prefer a one-day visit to such a spa resort. It's more affordable and equally relaxing. The day could start with a swim in an indoor or outdoor pool. Then they could spend time in a Jacuzzi with mineral water, in a hot sauna or in a pool with water from hot springs. For a higher price, they could have a mud bath.

Others might prefer to spend a few days at the spa and turn their visit into a holiday. Apart from spending time using the facilities, visitors can choose to do sport or other types of activities.



Some spa resorts are known for their location in the countryside, near lakes or mountains. Therefore, visitors can combine their spa treatment with hiking, sailing, horse-riding or cycling.

Spa Resorts

Spa resorts may vary in size and style, but they're a dream destination for many people. They are basically hotels that offer all the services a spa would, plus exercises classes, sessions with personal trainers and nutritionists. Some spa resorts are advertised as perfect for families while others are promoted for couples or business travellers.

Visitors are encouraged to experience the power of healthy living. Because there are so many services and activities on offer, often visitors are guided by a personal assistant who helps them to organise their stay. There are also doctors, nurses and physiotherapists on site.

Apart from spending time in the spa or in the gym, visitors can take part in group discussions and workshops on how to improve one's quality of life. Talks are given on a variety of topics, such as keeping fit and motivated, getting better sleep or building better relationships. Visitors can also take up new activities such as yoga, meditation or swimming.

2 Match each statement with the correct type of spa and write **MSP** (mineral springs spa) or **SR** (spa resort).

- 1 You can find medical staff here. **SR**
- 2 You can have a bath in natural springs. **MSP**
- 3 Visitors can learn practical things related to health. **SR**
- 4 Visitors don't often stay overnight here. **MSP**
- 5 You can explore the surrounding area. **MSP**

3 Look at the topic sentence from the first paragraph.
Is this a fact or opinion? **opinion**

The idea of a spa holiday is always a very attractive one.

Now underline the topic sentences in the rest of the text.

- What information does each one contain? **the main idea of the paragraph**
- Is the information a fact or opinion?

Mineral Springs Spas – Topic sentences 1, 2 and 3 are fact.

Spa resorts – Topic sentence 1 is fact and opinion. Topic sentences 2 and 3 are fact.

Use of English

4 Look at these sentences. Then answer the questions.

The body and mind are given a chance to relax.

They give the body and mind a chance to relax.

- 1 What is the difference between these two sentences?
- 2 Do they have the same meaning?
- 3 How is the passive voice formed?
- 4 Why do we use the passive voice?
- 5 Read the text again and underline all the examples of the **passive voice**.

1 The first sentence is in the passive and the second is active. 2 Yes, they do.

3 The passive voice is formed with the verb *to be* plus the past participle.

4 The passive voice is used when it is not important who/what does the action, or we don't know who/what does the action.

Speaking

5 With your partner, discuss places in the UAE where you can relax. Think about:

- hotels and spa resorts
- the desert
- the coast

Reading strategy

The topic sentence is usually the first sentence in a paragraph and contains the main idea and possible opinions of the paragraph. Topic sentences can help you quickly understand what the text is about.

Language tip

We can also use the passive in academic writing.

For example,

Different treatments are offered at spas.

Lessons 5–6 A healthy eating journey

- In groups of three, write the following things as fast as you can (try to remember words from previous lessons):
 - a three kinds of vegetable
 - b three kinds of beans
 - c three kinds of spice
 - d three kinds of fruit

Listening 36

- 1 Read the questions, then listen to someone talking about healthy Emirati food to find the answers.
 - a How many dishes does the speaker talk about (not including drinks)? **4**
 - b Does the speaker explain why every dish is healthy? **yes**
- 2 Listen to the speaker again and write some notes about the following topics. Remember, you don't need to write full sentences, only notes.

a a healthy Emirati breakfast

Rgag (home-made pastry with date syrup)

b a healthy Emirati snack

Nikhee (boiled chickpeas with spices)

c a healthy Emirati dinner

Threed (traditional vegetable dish)

d a healthy Emirati dessert

Batheetha (cake made from date paste and flour with honey)



Language tip

Some nouns can be turned into adjectives by adding a suffix (a few letters to the end of the word).

For example:

flavour → flavourful

health → healthy

tradition → traditional

Can you think of any other words similar to these?

Use of English

3 Look at these highlighted verbs from the audio.

	A	B
1	We remember visiting Singapore	We remembered to eat in expensive restaurants.
2	We tried eating 'Ragag'	We tried to eat only one, but we couldn't!
3	We stopped eating after a bowl	We soon stopped to have a snack
4	We forgot having dinner	Did we forget to mention that there was honey on top?

a Are the same verbs used in both columns? **yes**
 b What words follow the verbs in each column? **gerund (v + ing) and infinitive (to + v)**
 c Is the meaning of the verb the same in both columns? **No, it changes**
 d Can you think of any other verbs similar to these? **regret, start**

4 Match the meanings of the verbs in the table sentences by putting A or B next to each sentence below.

1 A You did something and you remember doing it.
 B You made plans to do something and you remembered to do it and did it.
 2 B You did something with difficulty (there is a chance you did or didn't do it).
 A You tested something for the first time.
 3 B You took a break by stopping.
 A You finished something.
 4 A You did something but you don't remember doing it.
 B You had a plan to do something but you didn't remember and you didn't do it.

5 Look at these sentences we use to give a friend or family member advice and tips. Put the words in the right order.

1 should/get more fibre in your diet/You
 2 the new seafood restaurant/is to try/My advice to you
 3 cut down/Why don't you/the sugar in your food?
 4 visiting/the nutritionist/I would suggest
 5 eating that/shouldn't be/You probably

Do you use any other expressions to give advice and tips to your friends and family?

1 You should get more fibre in your diet.; 2 My advice to you is to try the new seafood restaurant.

Unit 9 Lessons 5–6 3 Why don't you cut down the sugar in your food?
 4 I would suggest visiting the nutritionist. 5 You probably shouldn't be eating that.

Writing

6 A friend from abroad is visiting your city and has sent you a message asking about healthy food choices they can try. In pairs, write five sentences giving them advice on restaurants and dishes to eat.

Speaking

7 In groups of three, choose a country that you have visited or know a lot about. Imagine you're creating a documentary like the one you heard and describe three of its healthy dishes. Remember to think about:

- 1 when the dish is eaten: breakfast, lunch, snack or dinner
- 2 what the main ingredients are
- 3 why it is healthy
- 4 any other information that you think others would find interesting!



Lessons 7–8 Practise and prepare

- What do you know about the health system in your country?
- Where do you go when you are sick?

Listening

1  ³⁷ You are going to hear a conversation between two women about the health system in England.

- 1 Who is Mrs Sutton worried about? her daughter
- 2 What is the name for a group of family doctors working in the same building together? a practice (practices)
- 3–8 Complete the form below. Write NO MORE THAN THREE WORDS AND/OR A NUMBER for each answer.

Name of health centre	Number of doctors	Other information	Information about doctors
Dean End	3 <u>six (6)</u>	Appointment system 5 <u>better</u> than South Hay	Dr Jones is good with 6 <u>elderly</u> patients. Dr Shaw is good with small children.
South Hay	4 <u>four (4)</u>	Building less modern than Dean End	Dr Williams helps people with 7 <u>back trouble</u> .

- 8 Doctors start seeing patients at the Health Centre from nine (9) o'clock on weekdays.
- 9 Choose TWO letters A–E.

Which TWO groups of patients receive free medication?

✓ A people over 17 years old
 B unemployed people
 C non-UK residents
 D people over 50 years old
 E pregnant women

10 Write NO MORE THAN TWO WORDS OR A NUMBER.

The charge for one item of medication is about £ five (5)

Speaking

2 Complete the answers (A) below with a suitable word or phrase from the box. There is one extra word. Then, ask and answer the questions with your partner.

family doctor register sick make an appointment
check-up medication consultation practice

Q: What are the costs when you are ill in your country?

A: Well ... people have to pay for ¹ **medication** if they're over 16, but, fortunately, general healthcare is free. However, if you choose to go to a private ² **practice**, then you might pay a lot.

Q: Do you think people stay at home too easily when they're ill?

A: Yes ... I've got friends who have a day off school if they wake up feeling a little ³ **sick** and they immediately ⁴ **make an appointment** to see a doctor!

Q: Do women pay more attention to their health than men?

A: I think so yes ... women will see their ⁵ **family doctor** for a ⁶ **check-up** if they're worried about something. On the other hand, men tend to avoid dealing with health problems and some don't even ⁷ **register** with a doctor!

Did you know?

All UAE nationals are covered by free health insurance and sponsors must provide health insurance for all employees. However, the USA does not have free healthcare for everyone.





Lessons 9–10 Technology and Fitness

- How can people tell if they're getting fitter?
- How is technology used in the world of fitness?
- Have you ever used a gadget when working out or playing a sport?

Listening 38



1 Professor Morris talks about different technologies that help us keep fit and healthy. Which of the ones below does he recommend? Listen and check your answers.

- fitness leggings
- ✓ heart monitor
- fitness headphones
- ✓ smart scale
- ✓ running/cycling phone app

2 Listen again and decide if the sentences below are true (T) or false (F).

T 1 Prof. Morris thinks there are too many gadgets related to fitness.
 T 2 Prof. Morris is keen on the heart monitor because of its size.
 F 3 The phone app suggests what speed you should be cycling or running at.
 T 4 Users of the phone app can motivate each other.
 F 5 Prof. Morris says the smart scale is rather old-fashioned.
 T 6 The smart scale can keep track of more than one user's data.

Speaking

3 Work in small groups. Ask your partners questions about how they keep fit and their experiences with fitness gadgets.

Learner A	Learner B	Learner C
<p>1 has bought a fitness heart monitor recently.</p> <p>2 knows how many calories they need per day.</p> <p>3 feels they're getting fitter.</p> <p>4 has been working out recently.</p> <p>5 knows what an adult's average body fat should be (%).</p>	<p>1 has a fitness app on their phone.</p> <p>2 uses their phone in some way when they're exercising.</p> <p>3 is thinking about downloading a cycling/running app.</p> <p>4 enjoys cycling or running.</p> <p>5 considers himself/herself competitive in sports.</p>	<p>1 weighs himself/herself every morning.</p> <p>2 has scales in their house.</p> <p>3 would like to buy a smart scale.</p> <p>4 knows what BMI stands for.</p> <p>5 has been on a diet.</p>



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These figures: the number of people who buy wristwear and phone apps.

This trend: increase in sales of wristwear and phone apps.

These people: people who are interested in buying wristwear and phone apps.

Reading

4 Read the sentences which describe the information in the pie charts. Put the sentences into an appropriate order to form a paragraph, describing the data shown.

3 1 However, these figures will rise even more in the years to come up to 25% and 42% respectively.

6 2 If we take an overall perspective, it can be seen that most people surveyed are willing to spend their money on fitness gadgets.

2 3 The first thing that stands out is that in recent years there's been an increase of sales in wristwear such as heart monitors and fitness apps.

1 4 The pie charts show the results of a survey of 1,000 American adults interviewed about fitness gadgets and equipment they had recently purchased, as well as the ones they would consider buying in the future.

5 5 These people are also not as worried about what they are wearing when they are working out. Their interest has dropped from 39% to 17%.

4 6 This trend is explained by the fact that more and more people are becoming interested in getting fit and tracking their performance.

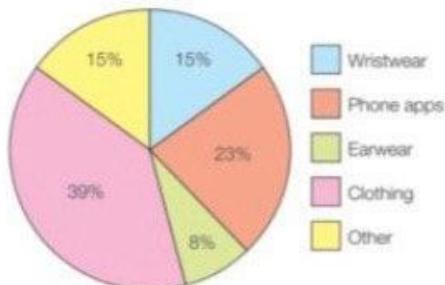
What do the three underlined expressions refer to?

Speaking

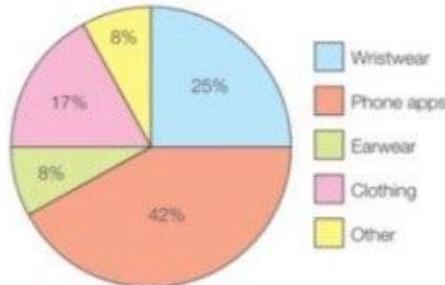
5 What advice would you give to your friend who ...

- is into running and needs a fitness gadget?
- would like to take up a fun sport?
- is too stressed and needs to relax?
- is interested in monitoring their heart rate during workouts?

Recently purchased



Possible purchases



Speaking tip

When asking people about real-life experiences, try to get more details by asking follow-up questions. Open-ended questions (that can't be answered 'yes' or 'no') are better for creating conversation. For example, *Why is that? What do you do about it? How do you use it?*

You could ...

You should ...

Why don't you ...

Lessons 11–12 Science and medicine

- What illnesses do you think medical research should focus on?
- What should the government of the UAE focus on in health research?

Reading

1 Read the newspaper heading. What do you think the article is about?
A boy who has been treated for a serious illness and has now recovered.

A new life for Jassim

A young Emirati boy can now lead a normal life thanks to state-of-the-art technology and a great decision made by his parents. Jassim Al Ali was born with Beta Thalassaemia Major (BTM), a genetic blood disorder that can cause slow growth and problems with bones. Without any treatment, the condition leads to death.

Until his stem cell transplant, Jassim needed regular blood transfusions, but since his treatment he's had none and has now returned to school. The donor was his younger brother Salem. Forward-thinking doctors suggested storing Salem's cord blood stem cells when he was born, as they thought he might be a suitable donor. A decision, according to the boys' father, which has made a huge difference to the family's future.

'BTM is also known as the Middle East disease, because it's so common here, especially amongst Emiratis,' said the laboratory director of the Dubai-based clinic which stored Salem's stem cells. Jassim went to the USA for his treatment and his doctor, Dr Henderson, said that 'stem cell storage can change lives,' and added, 'I always encourage families to store their child's cord blood cells, even if there are no health problems.'

Scientists don't fully understand a lot about BTM yet, but they do know that a stem cell transplant is the only known cure and that's

why stem cell storage is so valuable. Fortunately, the number of families storing cord blood in the UAE is increasing, because of the up-to-date facilities in the region.

Cutting-edge medical research is essential in the fight against disease and stem cell therapy offers a hope to patients with other life-threatening conditions, such as leukaemia.

Yet, despite the clear benefits of cell therapy, some experts offer a word of warning. According to Professor John Rasko of the University of Sydney, there are many clinics around the world which offer stem cell treatments for conditions such as hair loss and ageing. In the past, these clinics didn't offer medical treatments, but researchers say this is now changing as more clinics are advertising cell-based therapies for some medical conditions including lung diseases. This idea of travelling abroad for treatment is now known as 'stem cell tourism'.

Stem cell tourism is a growing worry for professionals who argue that the therapies are ineffective and some may even be dangerous. The far-fetched claims the clinics make are not based on medical evidence but offer false hope to people suffering from serious illnesses.



1 Beta Thalassaemia Major (BTM).

2 They suggested that Salem's cord blood stem cells should be stored.

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3 The Middle East disease.

4 Store their child's blood cells.

7 Expensive treatments for lung diseases./Stem cell tourism.

8 It offers hope to people suffering from serious illnesses but without any medical evidence.

2 Read the article and answer the questions.

- 1 What condition was Jassim born with?
- 2 Why were the doctors described as 'forward-thinking'? (line 12)?
- 3 What is another name for BTM?
- 4 What does Dr Henderson believe all families should do?
- 5 What is one possible reason for more people now storing cord blood in the region?
- 6 Who can benefit from stem cell therapy?
- 7 What are some health experts worried about?
- 8 What, according to professionals, is the major problem with stem cell tourism?

Listening 39

3 Listen to two students, Emma and Fatima, talking about stem cell therapy and decide if these statements are true (T) or false (F).

F 1 Fatima knew about the boy's treatment.
F 2 Emma believes there should be more research into cell treatment for cosmetic reasons.
T 3 Stem cell tourism is found worldwide.
T 4 Fatima doesn't think that stem cell tourism is a bad idea.
T 5 Stem cell tourism can be very profitable.
T 6 Emma believes that stem cell therapy doesn't treat lung cancer.
F 7 Emma doesn't understand why people pay clinics for untested treatments.
F 8 Fatima knows how much stem cell treatment costs.

5 The up-to-date facilities in the region.

6 Patients with life-threatening conditions.

Writing

4 Read this essay question and underline the key words.

Medical research is very expensive and not a good way to spend money. Discuss.

5 Now complete the notes below and plan your essay.

Introduction:

Summary of essay content

Your opinion

Point 1:

A Supporting idea

B Supporting idea

Point 2:

A Supporting idea

B Supporting idea

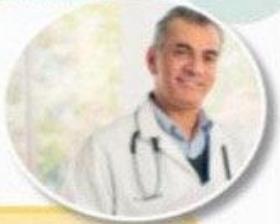
Conclusion:

Summary of main points

Final opinion

Writing tip

When you write an argumentative essay, you need to decide which side you want to support. Then you need to give both sides of the argument and finish by saying that your side is the best conclusion (you must give evidence to support your argument).



Lessons 13–14 Doctor, doctor

- In groups of three, try to remember the meanings of these words.

symptoms illness medication obesity treatment

Reporter We all feel ill every once and a while, and **we are bound to get** sick occasionally! Sometimes we get better on our own – we remember what our grandmother told us to do when we had a cold or we just go the pharmacy to buy over the counter medication. So when should we go to the doctor? In our interview, we talk to Dr Hamad, a family doctor, who's going to explain to us the best ways to deal with the common illnesses that we face. Dr Hamad, what are the first steps we should take regarding illnesses?

Dr Hamad Well, the first step is actually before you get ill. It's prevention. Of course different illnesses and diseases can be prevented in different ways, but there are general guidelines that we can follow to avoid some issues. Let's start with hygiene habits: by routinely washing your hands every time you go home **you are less likely to catch** colds. It has become easier to protect yourself, nowadays. Many supermarkets have free wipes and disinfectant soap at the door. Use them to clean your trolley and you've already protected yourself from many germs. People can also prevent health issues by adjusting their lifestyles. Food and exercise habits have a big influence on what chronic diseases we get. You don't need to be an Olympic athlete – if

you exercise 15–20 minutes a day, three days a week, you've already given your heart and body the exercise it needs. Taking the stairs or parking your car a bit further away makes a difference. Adding more vegetables and fruit in your diet also helps, as you'll get full faster with fewer calories. By making these small changes, **you are more likely to avoid** many diseases like diabetes, obesity and high cholesterol levels.

Rep Thank you Doctor, those are great tips. What about when we do get ill? What should we do?

Dr H It really depends on what symptoms you have, but a general recommendation I would give is to try to cure it at home using natural ingredients. Not everything needs medication – sometimes home remedies can be better. If you have a sore throat, the best thing you can do is have a spoon of honey when you wake up and before sleeping. But home remedies aren't only for colds and flu. **We're bound to have** physical injuries at some point in our lives and, in these cases, sometimes a pack of ice on the area, or a very hot bath, is enough.

Rep Does that mean we should always avoid taking medication?

Dr H No, we don't need to avoid medication, but if there are natural ways you can use to cure something, you should try them first because medications have been tried and tested by professionals to help us feel better when we need them. However, you shouldn't let yourself suffer in pain if the remedy isn't working, and of course if you visit the doctor and he/she says that you must take a certain medication, then it's best to go with what he/she says. Although taking medicine helps with symptoms, it can have side effects such as headaches and nausea. It's important to always read the instructions leaflet before you take medication in case you have an allergy to it. Also, if you take medicine for every small ache or pain then your body could get used to it and it won't have the same effect when you really need it.

Rep Thank you Dr Hamad, you've really provided us with some useful information today. Can you give one last piece of advice?

Dr H Take care of your body and your health. If you think about what you eat, and how you live, you can be healthier and happier. Everybody gets ill, but if we listen to our body, it can be much less often.

Reading

1 Read the statements then read the article to decide whether the statements are true (T), false (F) or the information is not given (NG).

F 1 According to Dr Hamad, the first step when you feel ill should be to buy over the counter medication.

F 2 According to Dr Hamad, we should never take medication.

T 3 According to Dr Hamad, by caring for your hygiene you can reduce the chance of catching colds.

F 4 According to Dr Hamad, if you exercise three times a week, you can become an Olympic athlete.

T 5 According to Dr Hamad, making small changes to your diet can reduce the chances of getting chronic disease.

T 6 The final tip Dr Hamad gives for becoming healthier is to consider the food we eat and be aware of our bodies.

Use of English

2 Look at these phrases from the article and answer the questions.

1 we are bound to get sick!
 2 you are less likely to catch colds
 3 you are more likely to avoid many diseases

a Is the writer sure about statement 1? **yes**
 b Does the writer think the chances of catching a cold will increase or decrease?
 c Does the writer think the chances of avoiding diseases will increase or decrease? decrease

Writing

3 In groups of three, write two paragraphs talking about the advantages and disadvantages of taking medication. For example:

Taking medication to cure your illness can have advantages and disadvantages. The advantages can include removing symptoms quickly and giving patients fast solutions to their problems, for example a pain-killer pill can cure a headache faster than ...

Speaking

4 Read the language tip below. Use the expressions to talk about the following topics with a partner.

Example: *We're bound to find a cure for some common illnesses.*

- medical advances in the next ten years
- attitudes to sport and exercise
- access to medications and doctors

Language tip

We use **bound to** to describe future predictions that we're sure of.

We use **less/more likely to** to describe future predictions that we're not sure of with increasing (*more*) and decreasing (*less*) chances.

Lesson 15 Review

Listening 40

1 Complete the notes below with NO MORE THAN THREE WORDS for each answer.

Notes on sports club

Name of club:	Kingswell
Facilities available:	Golf
	1 keep-fit studio
	2 swimming pool
Classes available:	Aerobics
	3 yoga
Additional facility:	4 salad bar (restaurant opening soon)

Vocabulary

2 Which word is the odd one out?

- 1 hospital, ward, clinic, **doctor**
- 2 **campaign**, training, coach, competition
- 3 calories, **prescription**, nutrition, diet
- 4 muscles, bones, skeleton, **screen**
- 5 illness, ache, **treatment**, sore

Use of English

3 Choose the correct answer.

- 1 You must stop to skip / **skipping** lunch.
It's very unhealthy.
- 2 I don't remember to take / **taking** my medicine this morning.
- 3 The runner went on to **win** / winning even though he started last.
- 4 Try to avoid to eat / **eating** too much fatty food.
- 5 I meant to **visit** / visiting the doctor this week but I couldn't get an appointment.

Speaking

4 Complete the sentences about you.

Discuss them with a partner.

- 1 I must stop ...
- 2 I need to try to avoid ...
- 3 I have been meaning ...
- 4 I don't remember ...
- 5 Even though ... I went on ...

Language tip

When you learn a new word, also try to learn words from the same set.

Lessons 16–17 Project: Common health problems

- Look at the newspaper headlines.
Which of these problems do you think is the most serious in our country?

Job-related stress on the rise

Cancer levels look set to rise

FOOD ALLERGIES: A GROWING PROBLEM

Doctors warn teens of obesity

Speaking

- 1 Look at the examples of anti-smoking initiatives around the world.
Which of these do we have in the UAE?

Prohibiting tobacco sponsorship of major sports events (European Union countries)	Anti-smoking education campaigns in schools (United Kingdom)	Banning smoking in all public places both indoors and outdoors (Ireland)
Banning the sale of cigarettes in vending machines (Australia)	Fining people who smoke in cars with children or near pregnant women (Italy)	Banning scenes of people smoking in films and on TV (China)
Using graphic images on cigarette packaging (Brazil)	Increasing tax on cigarettes (Australia) ✓	Banning tobacco products completely (Bhutan)

Which do you think are the most effective? Why?

Project

- 2 Conduct research into a common health problem in the UAE.
 - You must find credible, reliable information using a library or online resources.
 - Prepare a survey to ask other learners about their opinions and habits.
 - Present your findings in class in a coherent manner (five-minute presentation).
 - Use some form of statistical information to support your argument (provide visual input such as pie charts, graphs or tables).
 - Offer a conclusion and recommendations for action in society.

Create a chart like the one below in your notebooks. Add questions to ask your classmates about common health problems in the UAE.

Question	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
1					
2					
3					
4					
5					
6					

Speaking

3 Find the different words for describing trends in the word cloud. Then match them to a definition below.

TOTAL trend
steady rise
slide drop jump figure

- trend** : a general pattern in the data
- figure** : another word for a number
- total** : a sum of all numbers
- jump** : a sharp increase
- steady rise** : a gradual increase
- drop** : a sharp decline
- slide** : a gradual decrease

Look at the graph and notice how key information is described.



Now give your presentation to the class.

Generally speaking, the majority of people ...

In comparison to this ...

As you can see, most people think that ...

More specifically, ...

Listening

4 While another group is giving their presentation, evaluate the effectiveness of their argument by completing the chart opposite.

Question	Evidence provided
How big is this problem in the UAE?	
Is this a growing trend?	
What are the causes?	
What opinions do the presenters have on this topic?	
What are the implications for wider society?	

workbook unit 9 lesson 9 - 10

activity 2

Audioscript

here, Dean End and South Hay, so you're lucky. We're registered at Dean End, but they're both good. There are about six doctors in our practice and four in the other. Our building and the facilities are a bit more modern. South Hay is a bit old-fashioned but the doctors are OK. Their only problem is that they don't have a good appointment system. Sometimes you have to wait hours there to see someone. Our family doctor is called Dr Jones and he's very good with elderly people, but he does get a bit impatient with children. Listen, the one who's really good with small children is Dr Shaw. She's young and she's got small children of her own. So you could try registering with her. Or, a friend told me that there's a really nice young doctor at South Hay, a Dr Williams. He holds special clinics for people with back trouble.

Mrs Sutton: OK, I understand. Now how can I actually see a doctor?

Mrs Smith: Now, if you want a doctor to visit you at home, you have to ask for a home visit. Otherwise you make an appointment to see your doctor at the health centre. They work between 9 and 6.30 on weekdays. Saturdays are only for emergencies.

When the doctor sees you, he might give you a prescription. He writes what medication you need on it and you take it to a chemist's. If it's for a child under 16, you don't have to pay. So if it's for your daughter, there's no problem. The same thing goes if you're unemployed or retired, or if you're pregnant. You pay the same price for each item the doctor has prescribed. At the moment I think it's £8 per item. So you pay for the medication but the consultation with the doctor doesn't cost you anything ... Look, Mrs Sutton. If you want, I'll sit with your daughter for half an hour if you want to go down to the health centre to register. It's no trouble really, don't worry.

Mrs Sutton: Are you sure you wouldn't mind? That would really help me a lot. I'll ask them if they can send someone round later to see Anna. I think I'll try the Dean End Centre.

Mrs Smith: Good idea. Don't worry about Anna.

Mrs Sutton: Thank you so much, Mrs Smith!

TRACK 38

Journalist: You might feel like you're getting a little bit stronger and fitter every time you go for a run or you leave the gym, but wouldn't it be nice to know how much exactly? The business of getting fit has become so big that there are many gadgets to help you keep track of your body's performance. We spoke about

this new trend with Professor Bill Morris who's a sports medicine doctor. Professor, I suppose the first question is what kind of gadgets are there on the market?

Professor Morris: Well, there's so much fitness gear out there that it's frankly quite hard to make a choice. I remember myself back when I was young. The only gadget I had was a stopwatch. Its features were few and simple. Basically, I used to record how fast I was on the track. These days, people use smart watches, special apps, headphones that give you feedback on the spot, and even leggings that count the steps as you jog or run. Personally, there are three gadgets that have caught my attention. The first one is the heart monitor. It's a lot like a watch in that you strap it on your wrist and it records your heart rate over time. It even calculates the number of calories you burn. In other words, you can see how hard you're working out. Some monitors even give you points if your performance improves. I like it because it isn't bulky and it's easy to use. Also, its energy comes from your body movement.

Journalist: That's interesting. And what about the second one?

Professor Morris: One of the many applications that you can download on your phone if you're into running or cycling. The app works with GPS and it records your routes and the time it took you to cover them. Its software also calculates how many calories you've burned and your average speed. Another of its interesting features is that you can compare your performance with other users who have taken the same routes. If your friends are using the app too, you can turn this into a competition. Lastly, you can take photos along the route and share them online.

Journalist: How clever! Now, what about the third one?

Professor Morris: This is probably my favourite. Imagine some ordinary scales we all have in the bathroom or bedroom that we use to weigh ourselves every morning. It's similar, only a lot smarter. Not only does your weight appear on its screen, it also monitors your BMI. That's your Body Mass Index. In other words, it's able to tell you how much fat there is in your body and compare it to your total weight. Its software can recognise and record data for up to eight users. The funny thing is that it keeps this data private, so you don't have to worry about other people in the house seeing your figures.

Journalist: That's good to know. Professor Morris, I'd like to ask you now about how often we should exercise and what type of exercise you recommend...

Audioscript