

Lessons 1–2 Health and wellness in the UAE

- 1 Look at the clues and complete the crossword puzzle. Two words are separated by **■**

Across

- 1 exposed to harm or danger (2 words)
 6 a school subject that includes exercise (2 words)

Down

- 1 a series of activities e.g. to help people stop smoking (2 words)
 2 the average period that a person is expected to live (2 words)
 3 the action of stopping something before it happens
 4 the condition of being overweight
 5 A disease or virus, e.g. the flu.
 7 to test for a disease or illness

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- 2 Practise saying these words with your partner.

at risk illness awareness campaign
 obusity life expectancy prevention

With your partner, underline the stressed syllable or word in each word/phrase.

3 Complete the paragraph with a word from the box. There are some extra words.

at risk	illness	awareness campaign	obesity
life expectancy	screen	prevention	physical education

Children today are not exercising as they did in the past; they spend hours watching TV or playing video games. This leads to weight-gain and puts children ¹ **at risk** of ² **obesity**, because they're not burning the calories they take in. We need to change this quickly through ³ **prevention**; we should not wait till the problem starts and then try to fix it. Starting an ⁴ **awareness campaign** is useful, however it's not enough. If a child seems unhealthy, they should undergo a health ⁵ **screen**. If we don't promote healthy habits, the ⁶ **life expectancy** of the population could drop.

4 Add the correct relative pronoun in each sentence.

who	where	which	when
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- I met a woman **who** can speak six languages.
- The hospital near my house, **where** my sister works, is very good.
- Call me after eight, **when** I finish my meeting.
- The room **which** has the medication is usually very cold.
- What's the name of the new teacher **who** teaches 4th grade?
- Have you seen the keys **which** were on the table?
- The first school I ever went to, **where** I met my best friends, is still there.

5 Join the sentences by creating relative clauses using relative pronouns.

- I have a friend. She lives in Oman.
I have a friend who lives in Oman.
- The bus hit a tree. It was going very fast.
The bus which hit a tree was going very fast.
- My mother has a PhD in Computer Science. She started her own company.
My mother, who has a PhD in Computer Science, started her own company.
- This is the hospital. I was born here.
This is the hospital where I was born.
- This is the shop. It is selling things at half price.
This is the shop which is selling things at half price.
- They broke the printer. The printer belonged to our office.
They broke the printer which belonged to our office.

Lessons 3–4 Health comes first

1 Match the words from the article to their definitions.

Nouns			Adjectives	
treatment	sauna	meditation	attractive	affordable
nutritionist	spring		healing	motivated

- 1 **nutritionist** a professional who gives people advice about food.
- 2 **healing** something that can make pain go away or an injury get better.
- 3 **sauna** a room filled with very hot steam where people can sit.
- 4 **attractive** something that seems pleasing and interesting.
- 5 **treatment** the use of medicine or other techniques to make a person feel better.
- 6 **spring** a place where water flows out from the ground.
- 7 **motivated** someone who really wants to do something and doesn't give up.
- 8 **affordable** something that's not expensive.
- 9 **meditation** a relaxing activity in which people focus their attention on one thing.



2 Change these sentences into the active or passive voice.

1 They hired my brother as a nutritionist.

My brother was hired as a nutritionist.

2 The visitors rented bicycles at the resort.

Bicycles were rented at the resort (by the visitors).

3 The spa is visited by hundreds of people every week.

Hundreds of people visit the spa every week.

4 They booked a spa holiday.

A spa holiday was booked.

5 Children are not allowed in this health resort.

They don't allow children in this health resort.

3 Complete the text using the words in the box.

injury sauna spa muscle one-day staff health spring facilities

Last week was my first time visiting a ¹ spa and I was quite nervous. I didn't know what to expect. It was a ² one-day visit and when my mum and I arrived at the reception, we had to complete a ³ health questionnaire. You know, things like whether I had ⁴ muscle or bone problems, if I had recently had an ⁵ injury, that type of thing. After that, we went into the changing rooms where we were given a robe. A member of ⁶ staff then showed us around the spa ⁷ facilities.

The first thing I did was go into the ⁸ sauna. I only stayed a few minutes because it was just too hot for me. After that, I spent some time in the pool. The water came from a natural ⁹ spring and it was lovely and warm. Before we left, we had some tea in the sitting area. I was so relaxed when I got home and didn't feel like doing anything! Hope I can go again soon.




4 Write a description of a relaxing place in the UAE that you discussed with your partner. Write at least three paragraphs.

Think about:

- a strong heading
- a topic sentence for each paragraph
- using the passive voice.

Lessons 5–6 A healthy eating journey

1 Match the words with their meanings or pictures.

f	1 syrup	a	the parts of the body that fight diseases and illness
h	2 pastry	b	the parts of the body that take the useful parts of the food we eat and get rid of the parts that aren't needed
g	3 chickpeas	c	
i	4 cardamom	d	the parts of food that help muscles grow
c	5 ginger	e	a deep dish used to eat soup
e	6 bowl	f	a thick and usually sweet liquid
d	7 protein	g	
b	8 digestive system	h	a mix of flour, water and oil used for making pies, pastries and desserts
a	9 immune system	i	

2 Practise saying the words in the box with your partner.

immune digestive cardamom ginger
protein chickpeas pastry syrup

Now underline the stressed syllables with your partner.

3 Complete the sentences using the words from the box.

immune system	digestive system	cardamom	ginger
protein	chickpeas	pastries	bowl

- Chinese and Japanese dishes usually contain a lot of **ginger**.
- Hummus is made from **chickpeas**.
- You can have soup or cereal in a **bowl**.
- Rgag is usually covered with date **syrup**.
- Arabic coffee has a mix of spices including **cardamom**.
- Beans and meat have a lot of **protein** in them.
- You need to have a strong **immune system** or else you'll get ill very often.
- Eating a lot of fruit and vegetables helps improve your **digestive system** because of the liquids and fibres in them.
- I love having **pastries** for breakfast, filled with jam.

4 Put the verbs in brackets in the correct form depending on the meaning of the sentences.

For example: Forgot to *deliver* OR Forgot *delivering*

- She forgot (read) **reading** the book when she was a child, although she had read it so many times.
- I forgot (close) **to close** the door before leaving my house – I came back and found a cat inside.
- I stopped (smoke) **smoking** after I found out how unhealthy it was.
- I was very thirsty during the basketball match, so I stopped (drink) **to drink** some water.
- I tried (eat) **eating** raw fish for the first time last week and I loved it!
- Do you even remember (buy) **buying** this bag?
- Does she remember (walk) **walking** in her sleep?
- I'm very proud of myself. I actually remembered (buy) **to buy** all the items on the shopping list! Something I can never do!

Lessons 7–8 Practise and prepare

1 Put the steps below in the correct order. The first step has been done for you.

The health care system in the UK

- a Find a doctor's practice (health centre) near you. 1
- b Otherwise you make an appointment to see your doctor at the health centre. 4
- c Take the prescription to a chemist's shop to get the medication you need. c
- d Choose a family doctor and register with him or her. 2
- e When the doctor sees you, he or she gives you a prescription. 5
- f If you want a doctor to visit you at home, you have to ask for a home visit. 3

2 Now write similar steps to describe the health care system in your country.

The health care system in the UAE

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____



3 Complete the sentences below with one suitable word or expression. There is ONE extra option.

family doctor	go private	an operation	make an appointment
runny nose	check-up	prescription charges	speedy recovery

- 1 Once a year, I always go to the doctor's for a complete check-up by my doctor.
- 2 Sometimes a patient pays prescription charges for medicine ordered by a doctor.
- 3 We've been registered with the same family doctor for years.
- 4 He got better very quickly from his illness and was back at school thanks to his speedy recovery.
- 5 If you don't want to use the public healthcare offered by the state, you can go private, but of course you have to pay for this service.
- 6 I have a terrible cold and a runny nose. I've already finished one box of tissues!
- 7 You must make an appointment if you want to see the doctor.

4 Complete the table below.

VERB	NOUN	ADJECTIVE
a prescribe	prescription	prescribed
b medicate	medicine/medication	medical / medicated / medicinal
c register	registration	registered
d consult	consultation	consultative

5 Join the words that go together.

1 health centre _____	a shop
2 family doctor _____	b prescription
3 home visit _____	c centre
4 chemist's shop _____	d visit
5 doctor's prescription _____	e doctor

6 Complete the sentences with suitable words from Activities 1 and 2 above.

- After seeing the doctor, he gave me a **prescription** _____ to take to the chemist's shop.
- Groups of doctors work in places called 'practices' or **health centres** _____.
- If you're unemployed, medication is free, and you don't have to pay to see the doctor, so the **consultation** is free too.
- I went to the health centre but I don't know which doctor to **register** _____ with. Who is your family doctor?
- My brother can't move from the bed so my mother asked our doctor for a **home** _____ **visit** _____ since he can't go to the doctor's practice.

3 Choose the correct option between *its* and *it's* in each sentence.

- 1 The dog picked up its / it's bone and ran away.
- 2 How beautiful, its / it's a full moon tonight.
- 3 OK, finish the report and email it to me when its / it's ready.
- 4 I dropped my smartphone and broke its / it's screen.
- 5 The company awarded its / it's senior manager a big bonus.
- 6 My smart watch seems slow today – I'm not sure why its / it's not working very well.
- 7 The university is very proud of its / it's reputation for excellence in research.
- 8 The UAE is increasingly popular with tourists and its / it's investing heavily in the eco-tourism market.

4 Correct the mistakes with the possessive determiner.

- a 1 The body repairs ~~x~~ its cells during sleep.
- b 2 When you stand on the scales, ~~x~~ weight appears on the screen. ^{your}
- c 3 Professor Morris joined Harvard Medical School at 26, becoming ~~x~~ youngest professor. ^{its}
- d 4 Every fitness fan has got ~~x~~ opinion about which is the best fitness gadget. ^{his/her/their}
- b 5 We all have gadgets in ~~x~~ home that we no longer use. ^{our}
- c 6 As you move wearing the heart monitor, ~~x~~ batteries get charged. ^{its}

Choose the best option in each sentence to make the rules about *its* as a possessive determiner.

- a Possessive determiners are used/not used with other determiners.
- b *Its* is used to refer to inanimate objects/people.
- c *Its* and *It's* are the same/different in meaning.
- d We can/can't use *its* to refer to people.

Lessons 11–12 Science and medicine

- 1 Complete the sentences with a word from the box. There are two words you do not need.

treatment	cells	genetic-	disease	laboratory
stem	cure	hereditary	life-threatening	
	transfusion	donor	experiment	

- Some people suffer from a genetic illness they get from their parents or grandparents.
- The human body is made of billions of tiny cells.
- I'm a blood donor. Every three months I give blood at our local hospital.
- Nadia is a scientist. She works in a laboratory every day.
- My grandmother says that the best cure for the flu is to drink hot lemon and honey.
- Another word for an illness is a disease.
- Eye colour is hereditary. My grandparents both have blue eyes, their children all had blue eyes and I have blue eyes too.
- My aunt broke her leg and had to go to hospital for treatment.
- There aren't as many life-threatening illnesses nowadays. Modern medicine is so good that fewer people die.
- He had a bad accident and had to have a blood transfusion.

- 2 Match the compound adjectives in the centre with the appropriate nouns. You can use the adjectives more than once.

1 technology
2 medicine
3 plan
4 organisation
5 illness
6 drugs
7 design
8 equipment

1,8 state-of-the-art b
3,4 forward-thinking d
1,2,4,8 up-to-date b,c,h
1,7 cutting-edge c
5 life-threatening e,g
cell-based f,h
3 far-fetched a

idea a
laboratory b
research c
scientist d
disease e
therapy f
situation g
treatment h

- 3 Put the linking words in the box under each heading. Then add more words of your own.

to conclude for example next in comparison such as
 then nevertheless besides for this reason also

Contrast	Add extra information	Give an example	Conclusion	To show the next step
<i>however</i> in comparison nevertheless	<i>in addition</i> besides also	<i>for instance</i> for example such as	<i>to sum up</i> to conclude for this reason	<i>firstly</i> then next

- 4 Read the essay question again and write your essay.

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

Lessons 13–14 **Doctor, doctor**

1 Match the words with the meanings below.



- a available to buy from the pharmacy without a doctor's advice over-the-counter
- b painful or aching sore
- c medication in the form of small solid shapes pills
- d a homemade solution for an illness remedy
- e a disease that lasts longer than three months chronic disease
- f tell a patient to use a medication prescribe
- g small living things that cause diseases germs
- h a liquid used to kill germs disinfectant
- i the amount of energy you can get from food calories

- 2 Find these words in the text on page 107 of the Coursebook. Then tick the correct column in the table.

	noun	adjective	verb	adverb
calories	✓			
disinfectant	✓			
germs	✓			
pills	✓			
sore		✓		
remedy	✓			
prescribe			✓	

- 3 Complete the sentences using the words in the box. (There is one extra word that you don't need to use.)

calories sore chronic disease remedy germs prescribe pills over-the-counter

- It's better to eat an apple than a chocolate bar – it is healthier and has fewer **calories**.
- I know the best home **remedy** for a bad cough: drink ginger tea!
- She hurt herself while running at the gym last week. Her body is still **sore**.
- It's dangerous to leave **pills** near children. They might think they're sweets.
- Some countries don't allow the sale of **over-the counter** medication for children.
- Doctors shouldn't **prescribe** too much medication for children younger than two years.
- You need to cover your mouth when you sneeze, or else all the **germs** will spread.

- 4 Complete the sentences using *bound to*, *more likely to* or *less likely to*.

- If you keep eating fried foods and lots of dessert every day, you are **bound to** gain weight.
- If you exercise regularly for a short period of time, you are **less likely to** get tired from regular daily activities.
- I can't believe she jumped into the swimming pool in the middle of winter! She's **bound to** get sick!
- If you take medication every time you feel ill, you will be **more likely to** have a weak immune system.
- Children are very good at learning on their own. If they are around people speaking another language for some time, they are **more likely to** learn it.

more likely to/bound to