1a Global health

Grammar present simple

1 Complete the article about Nathan Wolfe with the present simple form of the verbs.

How one scientist fights for global health

Nathan Wolfe is a scientist and he ________ (work) all over the world. He ________ (specialize) in viruses and diseases and he often ________ (go) to places with health problems. In particular, he ________ (study) viruses and diseases from animals. It’s an important job because he ________ (want) to know how these viruses move from animals to humans and how we can stop them in the future. As a result, Nathan ________ (spend) a lot of time in regions with wildlife.

In the modern world, humans ________ (not / stay) in one place anymore, and so new viruses also ________ (travel) more easily. When humans ________ (visit) different regions (for example, Africa), they ________ (not / realize) how easy it is to bring a new kind of disease back with them.

However, the modern world with its technology also ________ (help) Nathan with his work. He often works in parts of the world where people ________ (not / have) electricity. But a mobile phone allows Nathan to continue his life-saving work.

Glossary

disease (n) ɪˈdɪziːz/ an illness that affects humans and animals
virus (n) ˈvaɪrəs/ a small living thing that enters a human body and makes you ill

2 Look at the spell check box. Then write the present simple third-person form of these verbs.

1 start ________ 5 live ________
2 watch ________ 6 study ________
3 fly ________ 7 finish ________
4 pass ________ 8 relax ________

3 Pronunciation /s/, /z/ or /ɪz/

Listen to the endings of these verbs. Write the verbs in the table. Listen again and repeat.

<table>
<thead>
<tr>
<th>has</th>
<th>helps</th>
<th>is</th>
<th>realizes</th>
<th>specializes</th>
<th>spends</th>
</tr>
</thead>
<tbody>
<tr>
<td>/s/</td>
<td>/z/</td>
<td>/ɪz/</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>________</td>
<td>________</td>
<td>________</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

/ɪz/
4 Write questions about Nathan Wolfe and his work. Use the present simple.
1 (where / Nathan / work )
   All over the world.
2 (where / he / often / go)
   To places with health problems.
3 (what / he / find and study)
   Virus and diseases from animals.
4 (where / he / spend / a lot of time)
   In regions with wildlife.
5 (why / new viruses / travel more easily)
   Because humans travel all over the world.
6 (what / he / need / for his work)
   Modern technology.
7 (people / have electricity / every part of the world)
   No, they don’t.
8 (how / Nathan / communicate)
   With a mobile phone.

Grammar adverbs of frequency
6 Put the words in order to make sentences.
1 do / always / in the evening / I / exercise
2 it / in the winter / always / colder / is
3 take / twice a day / I / this medicine
4 they / don’t / go / often / on holiday
5 at weekends / we / sometimes / busy / are
6 eats out / rarely / she / during the week
7 on time / are / never / for work / you
8 do / check / you / your emails / always / at lunchtime / ?

Listening healthy living quiz
5 2 Look at the quiz. Then listen to a conversation between two people at work. Choose the correct option (a, b or c).

Stress is bad for your health – both physical and mental
Find out how stressed you are with this quick quiz.

1 I worry about money _______.
   a every day   b at least once a week   c once a month
2 I _______ have problems sleeping at night.
   a never   b sometimes   c always
3 I _______ find it difficult to concentrate.
   a rarely   b sometimes   c often
4 Which of these sentences describes your lunchtimes?
   a I often eat lunch at my desk and answer calls or send emails.
   b I often eat lunch at my desk and read the newspaper or relax.
   c I often leave my desk, go for a walk or eat my lunch somewhere else.
1b Mobile medicine

Reading community health

Sarubai Salve goes to work twice a day. She leaves her home once at nine o’clock in the morning, and then again at six o’clock in the evening, to visit people in her village of Jawalke. The village has about 240 families, and with another woman called Babai Sathe, Sarubai is responsible for the health of the village. The women visit pregnant women and give medicine to some of the older people. Today they are visiting their first patient. Rani Kale doesn’t come from Jawalke. She lives about an hour away but her village doesn’t have anyone like Sarubai to help mothers-to-be. Sarubai is checking Rani and she is worried about the position of the baby. Rani might need to go to hospital.

Half an hour later, Sarubai and Babai visit another mother with a three-month-old baby. While they are checking the baby, Sarubai also gives the mother advice on healthy eating and vaccinations. Jawalke is a very different place because of the two women. They regularly deliver babies and continue to help as the child grows up. There is a shortage of doctors in this region, so village health workers are important because they can give medicine and advice.

A mobile team visits Jawalke once a week. The team includes a nurse and a doctor. The mobile team meets with Sarubai and they look at any of her patients with serious medical problems. The health workers are an important connection between the mobile team and the local people. Currently there are 300 village health workers in the region and the number is growing.

1 Read the article. Choose the correct option (a–c) to answer the questions.

1 How often does Sarubai visit people in the village?
   a once a day
   b twice a day
   c twice a week

2 How many doctors are there in the village of Jawalke?
   a one
   b two
   c none

3 Where does Rani Kale come from?
   a Jawalke
   b another village near Jawalke
   c we don’t know

4 Sarubai meets Rani because she is
   a ill
   b pregnant
   c sick

5 Which of these statements is true about the health workers?
   a They only deliver babies.
   b They do the same job as doctors.
   c They have many different responsibilities.

6 What is the purpose of the mobile team?
   a To do the job of the health workers.
   b To provide more medical help.
   c To train the health workers.

7 How do we know from the article that the village health project is successful?
   a Because they are training more health workers.
   b Because patients say they are happy with their health workers.
   c Because the region doesn’t need any more doctors.

**Glossary**

vaccination (n) /ˌvækˈsɪneɪʃ(ə)n/ medicine you put in the body to stop disease
2 Find words in the article for these definitions.

1. looks after (verb phrase)
2. when a woman is going to have a baby (adj)
3. a person with a medical problem who sees a doctor (n)
4. women who are going to have a baby (n)
5. a place for people with medical problems (n)
6. help a woman have a baby (v)
7. not enough of something (n)
8. moving from place to place (adj)
9. important and sometimes dangerous (adj)
10. near or in the same area (adj)

Grammar present continuous

3 Read the article again. Underline the present continuous forms.

4 Choose the correct option to complete the sentences.

1. At the moment I drive / I’m driving towards the city. Is that the right direction?
2. London has / is having a population of about eight million people.
3. Where do you come / are you coming from originally?
4. Sorry, I can’t hear you because a plane flies / is flying overhead.
5. I never cycle / I’m never cycling to work in the winter.
6. Someone stands / is standing at the front door. Can you see who it is?
7. Do you always leave / Are you always leaving for work this early in the morning?
8. It was warm earlier today but now it gets / it’s getting colder and colder.
9. We don’t stay / aren’t staying very long. It’s just a short visit.
10. Do you work / Are you working now or do you take / are you taking a break?

5 Pronunciation contracted forms

3 Listen to the sentences. Write the number of words you hear. Contracted forms (I’m, we’re, aren’t, isn’t etc.) count as one word.

a
b

c

d

e

f

SPELL CHECK present continuous -ing endings

• With verbs ending in -e, delete the -e then add -ing: dance → dancing
• With verbs ending in -ie, delete the -e and change the / to a y: die → dying
• With some verbs ending in one vowel and a consonant, double the final consonant: stop → stopping, run → running

6 Look at the spell check box. Then write the -ing form of these verbs.

1. live
2. drop
3. let
4. swim
5. have
6. lie
7. take
8. travel
9. get
10. jog

7 Dictation my typical day

4 The man in this photo is describing his typical day. Listen and write the words you hear.
1c A happy and healthy lifestyle

Listening an interview with Elizabeth Dunn

Word focus feel

1 Match the sentences (1–6) with the uses of feel (a–f).
   1 I feel like going out for dinner tonight.
   2 I don’t feel this is the right thing to do.
   3 My daughter feels ill.
   4 I feel much happier today.
   5 The sun feels warm. It felt much colder yesterday.
   6 I feel like a coffee.
   a talking about your emotions
   b talking about sickness
   c giving a view or an opinion
   d talking about the weather
   e wanting something
   f wanting to do something

2 Match the questions (1–5) with the answers (a–e).
   1 How are you today?
   2 Do you feel like something to eat?
   3 What do you think about my work in general?
   4 Do you feel like helping me with this?
   5 What’s the weather like?
   a Actually, I feel you need to do more.
   b It feels freezing out there!
   c Sorry, I’m really busy at the moment.
   d Yes, a sandwich, please.
   e I’m feeling much better, thanks.

3 Match the sentences (1–6) with the uses of feel (a–c).
   1 Elizabeth is interested in what makes us feel ________
   2 She does research on happiness and how ________ affects this.
   3 As part of her research she did an experiment with a group of ________.
   4 She thinks that experiences like visiting a new ________ are good for you.
   5 Listen again. Read these sentences and choose the correct option (a–c).
   6 I feel like a coffee.
   a Elizabeth agrees.
   b Elizabeth disagrees.
   c Elizabeth doesn’t say.
   1 Coffee with friends is better than having lots of money ________
   2 Money is the most important thing, ________
   3 Money doesn’t make you feel happier ________
   4 Giving money to other people makes you happy ________
   5 Spending money on other people makes you happier ________
   6 Spending money on experiences makes you feel happy ________

5 Write seven different questions with the word feel. Use these words. You can use words more than once.

a coffee  cold  doing something
like  how do you  OK  ‘s  what

1 ____________________________ ?
2 ____________________________ ?
3 ____________________________ ?
4 ____________________________ ?
5 ____________________________ ?
6 ____________________________ ?
7 ____________________________ ?
1d At the doctor’s

**Vocabulary medical problems**

1 Complete the conversations with these words.

<table>
<thead>
<tr>
<th>back</th>
<th>ear</th>
<th>head</th>
<th>mouth</th>
<th>nose</th>
<th>stomach</th>
</tr>
</thead>
</table>

1 A: Sorry, I've got a really runny ______ today.
   B: It's OK. Here's a tissue if you need one.

2 A: I've got really bad ______ ache.
   B: Is the problem in the left or the right?
   A: Both!

3 A: It's too painful to eat.
   B: It sounds like you have ______ ache. You should go to the dentist.

4 A: What's that noise?
   B: They're digging up the road outside.
   A: It's giving me a terrible ______ ache.

5 A: I can hardly talk today.
   B: Why? Have you got a sore ______?

6 A: Can you pick this up for me? I've got a bad ______ at the moment.
   B: Sure. But maybe you should lie down for a while.

7 A: My throat is very red, doctor.
   B: Well, let's have a look. Open your ______, please.

8 A: What's the problem?
   B: It's my ______. I feel a bit sick.

**2 Pronunciation one or two syllables?**

6 Listen to these sentences. Find the two-syllable words and underline the stressed syllable.

1 How does your stomach feel?
2 Is your throat sore or is it better?
3 Drink this hot water.
4 My headache is worse today.
5 Can I see the doctor about my ear?
6 This is good for a runny nose.

**Real life talking about illness**

3 Listen to a conversation at the doctor’s. Complete the form.

<table>
<thead>
<tr>
<th>Patient’s medical problems</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Medical problem: sore throat ______ headache ______ stomach ache ______ earache ______ cough ______ other ______</td>
</tr>
<tr>
<td>2 Temperature: low ______ normal ______ high ______</td>
</tr>
<tr>
<td>3 Details of prescription: medicine ______ pills ______</td>
</tr>
<tr>
<td>4 Advice: ___________________________________________________________________________________</td>
</tr>
</tbody>
</table>

**4 Complete the conversation with these phrases. Then listen again and check.**

<table>
<thead>
<tr>
<th>They are good</th>
<th>Have you got</th>
</tr>
</thead>
<tbody>
<tr>
<td>How do you feel</td>
<td>If you still feel ill</td>
</tr>
<tr>
<td>Do you feel</td>
<td>take this prescription</td>
</tr>
<tr>
<td>Let me have a</td>
<td>You need to</td>
</tr>
<tr>
<td>try drinking</td>
<td>Let me check</td>
</tr>
</tbody>
</table>

**Doctor: 1 ______ today?**

**Patient:** Not very well. I've got a terrible sore throat.

**Doctor:** I see. 2 ______ look. Open wide. Yes, it's very red in there.

**Patient:** I've also got a bad cough.

**Doctor:** 3 ______ sick at all?

**Patient:** No, not really.

**Doctor:** 4 ______ a temperature?

**Patient:** I don’t think so. I don’t feel hot.

**Doctor:** 5 ______ it ... Yes, it’s a bit high. Do you have anything for it?

**Patient:** I bought some pills at the pharmacy, but they didn’t do any good.

**Doctor:** Well, 6 ______ to the pharmacy. 7 ______ take some different pills. 8 ______ for your throat. Take one every four hours.

**Patient:** OK. Thanks.

**Doctor:** 9 ______ in a few days, come back and see me, but I think it’s flu. Everyone has it at the moment.

**Glossary**

| flu (n) /ˈfluː/ | a common illness which makes patient feel hot or cold with a temperature. |
| prescription (n) /ˈpriːskriptʃən/ | a piece of paper from the doctor with medicine on. You give it to the pharmacist. |

**5 Listen and respond giving advice**

8 Listen to five friends with different medical problems. Respond with some advice. Then compare your advice with the model answer that follows.

I've got a headache.

You need to take some pills.
## 1e Personal information

### Writing filling in a form

1. Look at the medical form. Find words and expressions in the form for these definitions (1–10).
   1. What you put before your name: **title**
   2. The first letter of your middle name
   3. When you were born: **D.O.B.**
   4. Where to call you between 9 and 5
   5. How you feel overall
   6. Times when you were very sick in the past
   7. How much sport you do
   8. A person to call when there is a problem
   9. Numbers and letters at the end of your address
   10. Your family name

### Listening filling in a form

2. Listen to a conversation at the doctor’s. The receptionist is asking a new patient for information. Fill in the form with the information you hear.

### Writing skill personal information

Complete the information from different forms with your own details.

<table>
<thead>
<tr>
<th> </th>
<th> </th>
<th> </th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Title</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Surname</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Occupation</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Tel. no.</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Middle initial(s)</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Place of birth</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>D.O.B.</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Marital status</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Gender</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Country of origin</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>No. of dependants</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Name of next of kin</td>
<td></td>
</tr>
</tbody>
</table>

### Medical Details

<table>
<thead>
<tr>
<th> </th>
<th> </th>
<th> </th>
</tr>
</thead>
<tbody>
<tr>
<td>Title</td>
<td>First Initial</td>
<td>Middle Initial</td>
</tr>
<tr>
<td>Surname</td>
<td>D.O.B</td>
<td></td>
</tr>
<tr>
<td>Address</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Postcode</td>
<td>Contact no (daytime)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th> </th>
<th> </th>
<th> </th>
</tr>
</thead>
<tbody>
<tr>
<td>General health</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Number of hours of exercise per week</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th> </th>
<th> </th>
<th> </th>
</tr>
</thead>
<tbody>
<tr>
<td>Type of exercise/sports</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Last visit to doctor</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Previous serious illnesses</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Contact person/number (in case of emergency)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Wordbuilding verb + noun collocations

1 Match the verbs in A with the nouns in B to make collocations. Then complete the sentences with the collocations.

A  check  do  go  have  play
read  run  take

B  a book  a coffee  emails  exercise  hiking  a marathon  the piano  public transport

1 I’m training to ______________ next year. So far I can do about twenty kilometres.
2 I often ______________ in the mountains at weekends. It’s very relaxing.
3 I ______________ when I have time. Mozart is my favourite composer.
4 Before I sleep at night, I usually ______________. Fantasy or science fiction are my favourites.
5 I ______________ about twice a week at the local gym.
6 I ______________ to work instead of driving a car.
7 I never ______________ my personal ______________ at work. My boss doesn’t want me to.
8 Can I ______________ with milk, please?

2 Write other verb + noun collocations for the verbs in Exercise 1.

Example: take time, take a break, take a taxi

Learning skills recording new vocabulary

3 When you learn a new English word, how do you record it? Tick the information you record.

a  the meaning
b  the translation into your language
c  the pronunciation (the sounds and the stress)
d  the type of word (verb, adjective, noun, preposition, etc.)
e  collocations
f  any common phrases or expressions using this word

4 Which of these techniques do you use in your notebook?

a  Word groups

b  Drawings

\[\text{Word groups:}
\begin{array}{c}
\text{sore}
\text{throat}
\
\text{stomach}
\text{ache}
\
\text{runny}
\text{nose}
\
\text{medical}
\text{problems}
\
\text{earache}
\
\text{headache}
\
\text{bad}
\text{cough}
\end{array}\]

\[\text{Drawings:}
\begin{array}{c}
\text{always}
\text{often}
\text{sometimes}
\text{rarely}
\text{never}
\end{array}\]

5 Look at some of the new words from Unit 1.

1 Try recording some new information about the words. Use a dictionary to help you.
2 Try different techniques for learning the new words. Decide which techniques work well for you.

Check!

6 Complete the crossword. You can find the answers in Unit 1 of the Student’s Book.

Across

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>You can give this to a friend if they have a problem</td>
<td>Something a pharmacist or doctor gives you for an illness</td>
<td>The speed of the heart</td>
<td>A Japanese island with some of the oldest people in the world</td>
<td>A short sleep</td>
</tr>
</tbody>
</table>

Down

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>You can give this to a friend if they have a problem</td>
<td>Something a pharmacist or doctor gives you for an illness</td>
<td>The speed of the heart</td>
<td>A Japanese island with some of the oldest people in the world</td>
<td>A short sleep</td>
<td>A large Italian island</td>
<td>You do this with plants and flowers</td>
<td>Measurement of how hot your body is</td>
<td>A person who lives to 100 years or more</td>
<td>Feeling tired</td>
</tr>
</tbody>
</table>