

6

Food and Fitness

Lesson 1

1 Write H (Housework), P (Physical leisure activity) or S (Sedentary activity).

- | | | | |
|----------------------|--------------------------|----------------------|--------------------------|
| 1 rope climbing | <input type="checkbox"/> | 5 watching TV | <input type="checkbox"/> |
| 2 washing the dishes | <input type="checkbox"/> | 6 listening to music | <input type="checkbox"/> |
| 3 tidying your room | <input type="checkbox"/> | 7 sweeping the floor | <input type="checkbox"/> |
| 4 playing basketball | <input type="checkbox"/> | 8 aerobics | <input type="checkbox"/> |

2 Complete the sentences with these words.

strength breath fitness physical flexible oxygen ~~aerobic~~ potato

- Aerobic activities are good for your heart and muscles.
- Everyday activities like housework can make a difference to your _____.
- If you get out of _____ easily, you should probably do more exercise.
- He watches TV for hours every day. He's a real couch _____.
- Doing yoga helps us become more _____.
- Aerobic activities help pump _____ round your body.
- Exercising with weights and judo are examples of _____-building activities.
- Reading books for hours doesn't help your _____ fitness.

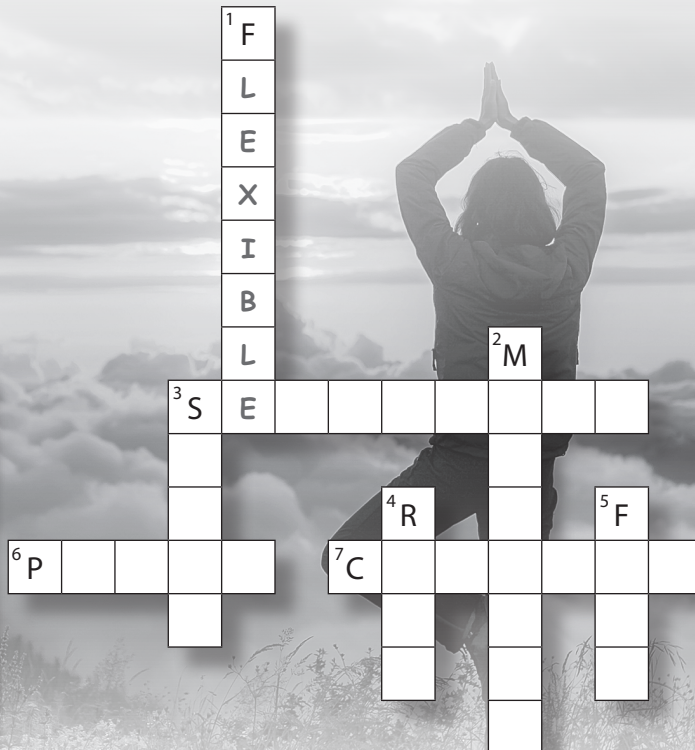
3 Complete the crossword.

Across

- Don't be so _____! Take up a physical activity.
- The heart _____ oxygen round the body.
- I've stopped eating cakes. I want to _____ my weight.

Down

- Ballet dancers are incredibly flexible.
- How do you _____ your physical fitness?
- You're looking in good _____! Have you been training a lot?
- My doctor helped me get to the _____ of the problem.
- What kind of exercise do they do to stay on _____?



4 Look at the pictures and write T (True) or F (False).



- 1 Granddad can still do push-ups.
- 2 Felix and Daniel don't have to improve their diet.
- 3 The children mustn't play football in the park.
- 4 These can't be the dancer's shoes.
- 5 Julia needn't be more active than she is already.
- 6 He has to strengthen his muscles.

5 Circle the correct words.

- 1 You can't / **don't have to** go to the gym until you've finished the housework!
- 2 **Would** / **Must** you help me climb up the rope, please?
- 3 Yesterday they **have to** / **were able to** eat ice cream at four o'clock.
- 4 'Do I **need** / **can** to lose weight?' 'No, you don't need to. You're fine.'
- 5 She will **can** / **be able to** stay in shape by doing yoga.
- 6 **Could** / **Would** we go to the adventure playground please, Dad?

6 Complete the paragraph with these words.

are able can can't don't have to ~~have~~ must

We all (1) have to look after ourselves. Our health depends on how much exercise we do and how healthy the food we eat is. However, some people don't have a problem with their weight, but they never exercise and their diets contain lots of fatty and sugary foods. They sometimes ask, 'Why (2) _____ I go to the gym and eat fruit and vegetables that I don't like when I'm already thin?' But just because you are thin doesn't mean you (3) _____ watch what you eat or take physical exercise. Physical activity and eating properly (4) _____ help us stay fit and healthy and that means we (5) _____ to fight illnesses better. Don't worry, though, if you feel you (6) _____ stop eating your favourite unhealthy snacks. You will make a big difference to your health just by cutting down on them and doing a few extra everyday activities.

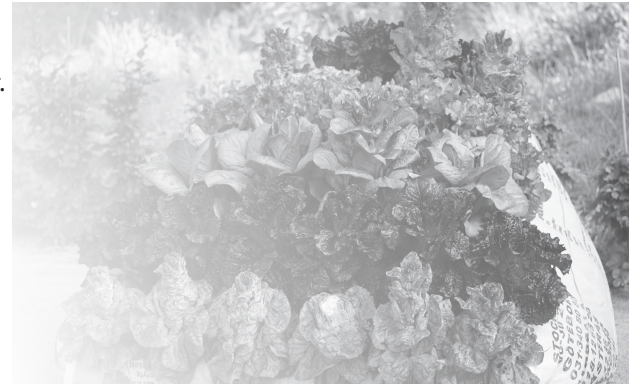
Lesson 2

1 Match.

- | | |
|----------------|---------------|
| 1 dairy | a information |
| 2 packets of | b meal |
| 3 ready | c minerals |
| 4 food | d miles |
| 5 nutritional | e product |
| 6 vitamins and | f food |

2 Circle the correct words.

- 1 We grew a good **crop** / **product** of salad leaves in that container last year.
- 2 I love **harvesting** / **controlling** my own vegetables from the garden.
- 3 What kind of **nutrition** / **fertiliser** did you use on your tomato plants?
- 4 I prefer not to use any **varieties** / **pesticides** in my vegetable garden.
- 5 A dietician is an expert in **gardening** / **nutrition**.
- 6 Do you take any **supplements** / **substances**?



3 Complete the sentences with these words.

nuts supplements ~~nutrition~~ pesticides ready dairy

- 1 Information on **nutrition** is shown on the label.
- 2 _____ products such as milk and butter are good for your bones and teeth.
- 3 If you want a healthy snack, eat some _____ and fruit.
- 4 Don't eat another _____ meal! Cook something yourself.
- 5 Some people take _____ everyday, but I prefer just to eat healthy food.
- 6 _____ stop bugs eating crops, but they can end up in the food we eat.



4 Match.

- | | |
|---|-------------------------|
| 1 Julio might go on a diet next week. | a Giving advice |
| 2 You ought to try making your own meals. | b Asking for permission |
| 3 The new labelling system should be ready by next month. | c Giving permission |
| 4 May I try one of your plums? | d Refusing permission |
| 5 They may not have another cake. | e Possibility |
| 6 He may consume as much fruit as he likes. | f Prediction |

5 Write questions and short answers using the words given.

- 1 I / should / cut down on salt ✓
Should I cut down on salt?
Yes, you should.
- 2 Martin / should / do a first aid course ✓

- 3 they / may / come for dinner ✗

- 4 we / should / look after our physical fitness ✓

- 5 she / may / consume dairy products ✗

- 6 the manufacturers / should / stop labelling food ✗

6 Circle the sentence, a or b, that means the same as the first sentence.

- 1 He might take a job in a health food store.
 a It's possible that he'll begin working in a health food store.
 b We will allow him to go to work in a health food store.
- 2 They ought not to take those supplements.
 a It's a bad idea for them to take those supplements.
 b I refuse to give them permission to take those supplements.
- 3 May I eat this apple?
 a Is it a good idea for me to eat this apple?
 b Will you let me eat this apple?
- 4 The ready meal should be warm soon.
 a My advice is to warm the ready meal soon.
 b I predict the ready meal will be warm soon.
- 5 You may not have more nuts.
 a I refuse to let you eat more nuts.
 b It's impossible for you to eat more nuts.
- 6 Should we call the doctor?
 a Do you advise us to call the doctor?
 b Is it likely we'll call the doctor?



Lesson 3

Vocabulary

1 Write the correct words.

nutritional information ~~supplement~~ dairy products nibble yoga nuts



1

supplement



3



5



2



4



6

2 Circle the odd one out.

- | | | |
|---------------|---------------|-------------------------|
| 1 <u>diet</u> | vitamin pills | supplements |
| 2 nuts | ready meal | nutrition |
| 3 yoga | martial arts | nutritional information |
| 4 nibble | eat | burn |
| 5 consume | digest | supplement |

3 Complete the dialogue with these words.

vitamin pills weight minerals harvest ~~healthy~~ dieticians nourishing idea

Matilda: OK, Lucy, I need your advice. I want to look really good for my sister's wedding in two month's time. I don't feel very fit or (1) healthy at the moment. What can I do?

Lucy: Well, you certainly don't need to lose any (2) weight. If you get any thinner, you'll disappear! You look rather pale sometimes. Perhaps you should take some (3) vitamin pills.

Matilda: I'm not sure that's a good (4) idea. Some (5) dieticians say they don't help at all.

Lucy: I think you're right. Maybe it's more important just to eat (6) nourishing food. You should eat lots of fresh fruit and vegetables. That way you'll get all the vitamins and (7) minerals that you need.

Matilda: I totally agree with you. But it's not always easy to find really fresh vegetables, is it?

Lucy: Well, why don't you come over to my house this afternoon? You can help my mum and me in our vegetable garden. We can (8) harvest some vegetables and make soup.

Matilda: That's a great idea. That way I can get some exercise, too.

Speaking

4 Complete the dialogues with words from the *Remember!* box.

- 1 'Jan should see a doctor.'
'I couldn't agree more.'
- 2 'I've started taking vitamin pills.'
'I'm not sure _____.'
- 3 'She needs to eat more healthily.'
'_____ you mean.'
- 4 'They should label their packaging better.'
'_____ I think.'
- 5 'The children must go on a diet.'
'_____ I don't agree.'
- 6 'Let's join the aerobics class.'
'_____ if we joined the yoga class.'

Remember!

When we are agreeing we use expressions like these:
Yes, I totally /completely / entirely agree with you.
I think you're right. / You're absolutely right about ...
That's exactly what I think.

I see what you mean.
I couldn't agree more.

When we are disagreeing we use expressions like these:

I'm not sure that's a good idea.
I don't think that's the best option.
I'm afraid I don't agree.
I think it'd be better if / to ...

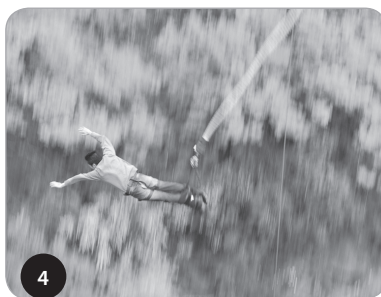
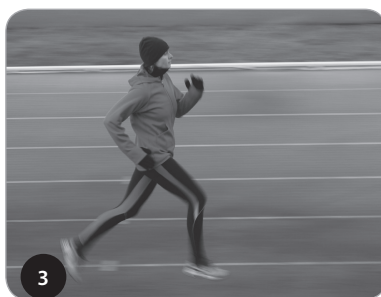
When we are conceding a point we use expressions like these:

You've got a point, but ...
I see what you're saying, but ...
I agree to a certain extent, but ...

5 Look at the pictures in Activity 6 and note one advantage and one disadvantage of each activity.

	1	2	3	4	5
Advantages	It teaches you discipline.				
Disadvantages					

6 A friend of yours wants to improve his fitness and lose some weight. Look at the pictures of activities he's considering and talk to your partner about which ones you recommend he should take up and which ones you think he shouldn't take up.



Discussion

'Everyone should take food supplements'.
Discuss.

Lesson 4

Vocabulary

1 Circle the correct words.

- 1 What **What** / **Why** don't you try watching less TV?
- 2 One **belief** / **idea** would be to cut down on snacks.
- 3 Think about the long-term **benefits** / **goods** of regular physical exercise.
- 4 You could **always** / **ever** take up tennis if you don't like team sports.
- 5 Exercise is extremely good **for** / **to** you.



Remember!

In order to capture and keep readers' interest when writing articles, you should include special language features like directly addressing the reader, asking rhetorical questions for effect and using imperatives. These features make your writing more interesting.

Model writing task

2 Read the writing task and the model article and decide which language features (direct address, rhetorical questions or imperatives) appear in the highlighted sentences.

Write an article for your school magazine explaining why young people must look after their personal appearance.

model composition

Who is the fairest of them all?

direct address

rhetorical question

Are you one of those people who just can't be bothered to look after your physical appearance? Does your personal appearance not concern you very much? Then read on.

So, you're a young adult. You've got lots of demands on you. There just don't seem to be enough hours in the day sometimes for schoolwork and looking after yourself. Do you often say 'I should have worn my other T-shirt today' or 'Why couldn't I have taken time to wash my hair this morning?' Then take action. It's very important to look after your appearance. Young people often feel embarrassed if their hair isn't looking good or if the clothes that they only bought a month ago are suddenly too small for them.

The good news is it can be easy to get back confidence in the way you look. One idea would be to talk about how you feel with your friends. Being honest about your feelings is very beneficial because it can help you see that most people are experiencing the same thing.

Why don't you give it a try? The next time you're not happy with your appearance, call up your closest friends and ask them for advice.

Grammar

3 Choose the correct answers.

- 1 You might have _____ us you were at the gym.
a tell
b to tell
c told
- 2 I should _____ a kilo of ice cream.
a not have eaten
b have not eaten
c not eaten
- 3 It _____ have been Milo who scored the goal.
He can't play football.
a must
b can't
c may not
- 4 Sarah could have joined the yoga class, but she _____.
a did
b didn't
c couldn't
- 5 Those new tennis rackets _____ been very expensive.
a ought to have
b must have
c should have
- 6 The baby _____ have had an ear infection because
he was pulling his ears.
a should
b can't
c may



Your writing task

4 Read the writing task and complete the plan with ideas for your article.

Write an article for your school magazine giving advice to young people who pay too much attention to their appearance.

Title: _____

Paragraph 1: Introduce issue to be discussed and make some general comments on it.

Paragraph 2: Analyse nature of the problem.

(problem _____ ,
cause _____ ,
result _____)

Paragraph 3: Provide specific advice on how to deal with the problem.

(advice: _____ and
_____)

Paragraph 4: Sum up and give general advice about the issue.

5 Now write your article.

1 Read the text about yoga.**Try this at home!**

Are you looking for a new pastime that will create a balance between physical activity and relaxation? Then yoga may be the perfect choice for you. Yoga can be practised by people of all ages and levels of fitness. (1) e It's a great way to strengthen your muscles and become more flexible.

In the 1930s, Indians Sri Tirumalai Krishnamacharya and K Pattabhi Jois developed one of the most popular forms of yoga practised worldwide today. They worked together using an ancient Sanskrit text called Yoga Korunta to create a set routine of yoga movements and breathing exercises. (2) _____

Ashtanga is different from other forms of yoga. It is a very powerful form of aerobic exercise which creates deep heat in the body. (3) _____ In other forms of yoga, however, the routine can change each time and the stretching exercises aren't aerobic.

(4) _____ As well as making you stronger and more flexible, it can also help you to stay calm. By focusing on your breathing while doing physical exercise, you are able to get a balance between mind and body. In addition, yoga helps to make us healthier so we are less likely to get common illnesses like colds.

Furthermore, yoga encourages you to think about what you're doing. Often you will close your eyes while doing certain movements. (5) _____ After a few lessons you'll stop looking at what the others around you are doing. You will stop comparing yourself and start focusing on yourself.

If you're interested in yoga, but can't find a class near you, then it might be an excuse to travel. (6) _____ This could prove to be an ingenious way of getting to know new people, discovering beautiful new locations and staying in shape.

**2 Complete the text with these sentences.**

- a The result of their co-operation was ashtanga yoga.
- b This allows you to concentrate better and it makes you less competitive.
- c Whatever kind of yoga you choose, there are many long-term benefits.
- d Recently, it has become extremely common for beginners as well as advanced yoga students to go on yoga holidays.
- e It can also be done anywhere at any time.
- f Every time someone practises ashtanga, he or she does exactly the same movements.

Vocabulary

3 Choose the correct answers.

- Milk and cheese are _____.
a supplements
b dairy products
c foundations
- This book on nutrition will _____ you?
a enlighten
b nourish
c strengthen
- Marco is always _____ himself to the limits.
a setting
b testing
c leading
- What's being transported in that _____?
a board
b cruise
c container
- She's cruising to the Bahamas and back again; it's a _____ trip.
a square
b round
c straight
- I'm worried that he _____ such a sedentary life.
a leads
b sets
c keeps
- We must set up _____ before it gets dark.
a trip
b cabin
c camp
- I hate sailing, so I don't want to go in a _____.
a helicopter
b rocket
c dinghy
- They _____ very high temperatures in the desert.
a skipped
b endured
c pumped
- Let's sit down to _____ our food.
a enforce
b digest
c shorten
- Always read the _____ information on food labels.
a supporting
b flexible
c nutritional
- Her amazing talent sets her _____ from the other young musicians.
a apart
b back
c about

Grammar

4 Choose the correct answers.

- _____ I go on holiday with Sami this summer, Mum?
a Would
b Ought
c Could
- The rocket _____ through space this time tomorrow.
a will be flying
b is going to fly
c flies
- You _____ to have bought a ready meal.
a mustn't
b ought not
c shouldn't
- We _____ to take tents with us as the campsite has them.
a can't
b aren't able
c don't have
- The bus _____ be here any minute.
a should
b should have
c must
- Oh no, they _____ shorten our trip by three days.
a will have
b will be
c are going to
- We _____ late for the gym if we run there.
a won't have been
b won't be
c aren't
- ' _____ I bring a packed lunch?' 'No, you don't.'
a Need
b Should
c Might
- She _____ from the illness in time for the wedding.
a will have been recovering
b is recovering
c will have recovered
- Jamie _____ go to the match yesterday.
a could
b might have
c was able to
- You _____ have told us you were going skiing on your own!
a must
b should
c may
- Don't forget! Training _____ at 6.30.
a begins
b is beginning
c will have begun