

Lesson 10 Review of lessons 6–9

	Task:
Skill: Speaking, Listening, Writing	

Activity 1 Speaking

health questionnaire

How healthy are you? Tick one box for each sentence.

	true	false
1 I don't get much exercise.	<input type="checkbox"/>	<input type="checkbox"/>
2 I eat too much chocolate.	<input type="checkbox"/>	<input type="checkbox"/>
3 I smoke.	<input type="checkbox"/>	<input type="checkbox"/>
4 I spend a long time on my computer.	<input type="checkbox"/>	<input type="checkbox"/>
5 I'm overweight.	<input type="checkbox"/>	<input type="checkbox"/>
6 I don't play any sports.	<input type="checkbox"/>	<input type="checkbox"/>
7 I watch a lot of television.	<input type="checkbox"/>	<input type="checkbox"/>
8 I often go to bed late.	<input type="checkbox"/>	<input type="checkbox"/>
9 I drink a lot of coffee.	<input type="checkbox"/>	<input type="checkbox"/>
10 I often eat big meals.	<input type="checkbox"/>	<input type="checkbox"/>
11 I feel ill a lot of the time.	<input type="checkbox"/>	<input type="checkbox"/>
12 I love fast food and eat lots of it.	<input type="checkbox"/>	<input type="checkbox"/>

Now give yourself 1 point for each **true** sentence and write your score here —

12

Work with a partner. Look at each other's scores. Give each other advice ...

You should

You ought to ...

You must ...

Activity 2 Listening

Track 6

Food and exercise quiz

Work with a partner. Discuss the questions below and try to agree on an answer to each. Then listen to CD track 6 and check your answers.

- 1 Which is healthier — brown bread or white bread ?
- 2 Which are better for you — thin french fries or thick chips ?
- 3 Which is healthiest — corn oil , olive oil or vegetable oil ?
- 4 Which has more vitamins — green pepper or red pepper ?
- 5 Which contains most vitamin C — milk , oranges or brussels sprouts ?
- 6 Which is better for you — dark chocolate or milk chocolate ?
- 7 How often should you eat fish — every day , once a week or twice a week ?
- 8 Which is the healthier way to cook fish — bake it or fry it ?
- 9 Which nuts contain the fewest calories — Brazil nuts , hazelnuts or salted peanuts ?
- 10 How many tins of diet coke give you the same number of calories as a tin of normal coke — 3 , 48 or 93 ?
- 11 Which fruit contains most fat — an apple , an avocado or a banana ?
- 12 How much aerobic exercise should teenagers do — two hours every day , an hour once a week or 30 minutes at least three times a week ?
- 13 How long must you walk to burn the calories in a 250g pizza — less than an hour , more than an hour or more than two hours?
- 14 How long must you play tennis to burn the calories in a Big Mac — half an hour , an hour or more than an hour ?
- 15 Which is better for you — dark chicken meat (leg) or white chicken meat (breast) ?
- 16 Which are best for your health — boiled vegetables , fried vegetables or steamed vegetables ?

- 17 How many grams of popcorn have the same number of calories as 100 g of chocolate — 60 , 100 or 130 ?
- 18 It's an hour before you play a big game or run a race and you feel hungry. What is best to eat —
a hamburger and french fries
an apple and a biscuit
or spaghetti and meat sauce ?

Activity 3 Language focus

Work with a partner. All of the sentences below are wrong, or they sound silly. Try to make them better. Change one verb to the **past simple**, the **past continuous**, or add **will** or **(be) going to**. Sometimes more than one form is possible.

- 1 I watched the news on TV when it broke down.
- 2 Is the roast chicken nice? OK, I have that.
- 3 She's wearing a suit because she meet the new boss today.
- 4 I think I go and have some lunch.
- 5 Mike was catching a small fish and had it for breakfast.
- 6 Arnie played football when he broke his leg.
- 7 He's almost at the finishing line! He win the London Marathon!
- 8 Shamira hung the washing out when the rain started.
- 9 She was getting into her car and drove away.
- 10 Can somebody close this window? 'OK, I do it.'
- 11 Alan was hitting his thumb accidentally with a hammer.
- 12 I see the doctor after work today. The appointment's at 5.30.


Activity 4 Vocabulary

1 Write one word on each line from the box below.

chemist dentist doctor nurse surgeon	chemistry extraction filling general practitioner operating theatre patients pharmacist surgery (x 2)
---	--

- _____ There are two types. One works in a hospital. The other, a GP (_____), works in a _____ in the town.
- _____ They can fill your teeth (a _____) or pull them out (an _____). They work in a _____. You don't call them Doctor, but Mr/Mrs/Ms. – or just their first name.
- _____ They work with doctors, surgeons and dentists, and look after the _____.
- _____ This is the normal word for a _____. They work either in a hospital or in a chemist's shop – or just a chemist's. We also use this word for scientists who work in _____.
- _____ They do operations in an _____ in a hospital. Like dentists, you don't call them Doctor.

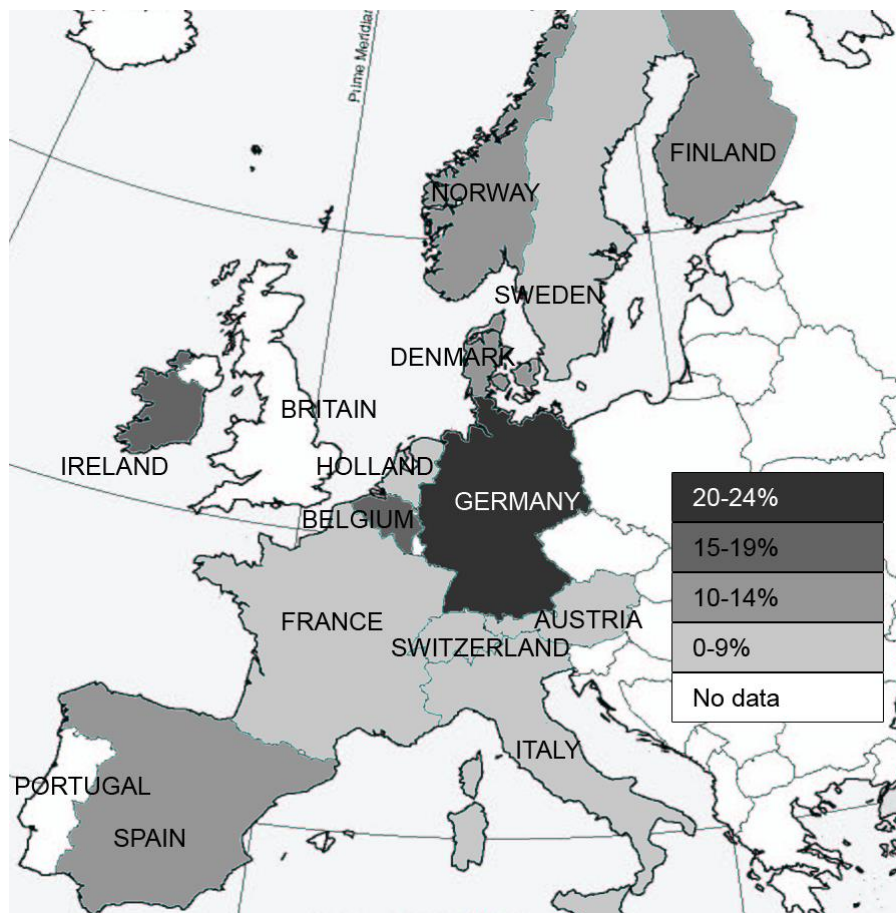
2 What's wrong with Laura? Match the medical problems 1–6 with the treatment a–f.

- | | |
|---|---|
| <p>1 She's got flu.
a She has to stay warm and drink lots of fluids.</p> <p>2 She cut her hand.
b It's in plaster and she's walking on crutches.</p> <p>3 She's got a stiff neck.
c She's using drops and taking antibiotics.</p> <p>4 She's got a broken leg.
d She's seeing the physiotherapist.</p> <p>5 She's got a broken arm.
e She's wearing a bandage.</p> <p>6 She's got an infected eye.
f She's wearing a sling.</p> |  |
|---|---|

courtesy BTL

Activity 5 Writing

This map shows the percentage of people who are very overweight in western European countries. Work with a partner. What percentage do you think are overweight in Britain? Discuss your ideas with a partner.



Your teacher will tell you the percentage for Britain.

Now write a report. Describe the information in the table. Why do you think there are different percentages in different countries? Think of possible reasons like diet, lifestyle, government campaigns etc.

Homework task

In Britain, the government has regular campaigns on issues such as smoking, drinking, healthy eating, etc. Adverts appear on TV and in newspapers and magazines. Use the internet or a library. Find some brochures or adverts and write a report on the campaign.

Lesson 11 **Travel**
Enquiries and bookings

	Task: Make enquiries Make bookings and arrangements for transport and accommodation
Skill: Speaking, Reading, Writing	

Activity 1 Speaking

Work with a partner. You want to have the full details of this tour of the Highlands. Your partner works for *Staga Tours* and will answer your questions. Ask a question about each item in bold. When you finish the questions, book a place on the tour.

Example:

Where does the bus leave from in Glasgow?

From George Square.

When

Staga Tours

Weekend tour of the Highlands

We set off from **George Square**, Glasgow at **10.00**. We drive up the beautiful side of Loch Lomond before stopping for a **three-course lunch** in **Crianlarich**. After lunch we drive north through Bridge of Orchy and Rannoch Moor, arriving at the three-star **Highlander Hotel** near **Fort William** in the late afternoon. This allows time to freshen up before a dinner of **traditional local food** in our award-winning Rob Roy Restaurant. **In the evening there is music and dancing** in the Ben Nevis Bar.



© iStockphoto.com/Ngirish

(C) iStockphoto.com/ Orelliana



Saturday begins with a **choice of cooked or Continental breakfasts** between **8.00 and 9.00**. Then we set off up the Great Glen to Inverness, stopping for **coffee in the attractive village of Fort Augustus**. We have **lunch in the Red Deer restaurant near Inverness**, looking over the Caledonian Canal. After lunch we drive down the A9 to Blair Atholl, where we have **a tour of the historic Castle**. We stop for **dinner in the famous Tayside Restaurant** near Perth before returning to **Glasgow, George Square, at 8.30**.

The cost of the tour is an amazing **£143.00**.