

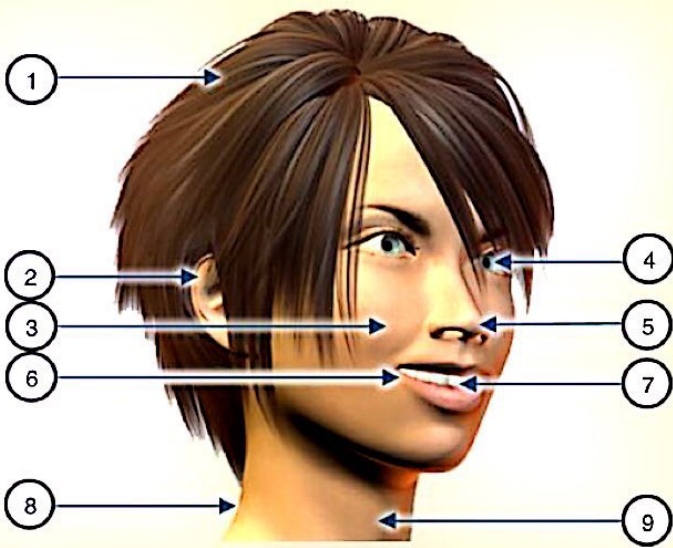
12.1 The body and health

Available points: 9

Hide Correct Answers

Score: 0 out of 9

Use these words to label the picture.



1 ✓ head

2 ✓ ear

3 ✓ face

4 ✓ eye

5 ✓ nose

6 ✓ mouth

7 ✓ teeth

8 ✓ neck

9 ✓ throat

Clear all answers



You have completed this page.

12.3 The body and health

Available points: 5

Hide correct answers

Score: 0 out of 5

Put the words in the correct order.



✓ No , not too good .

✓ Oh dear . What's the problem ?

✓ I'm sorry to hear that .

✓ Are you OK ?

✓ I've got a pain in my back .

Clear all answers



You have completed this page.

12.4 The body and health

Available points: 1

Hide correct answers

Score: 0 out of 1

Put the sentences in the correct order to make a conversation. Listen to check your answer.



✓ Are you OK?

No, not too good.

Oh dear. What's the problem?

I've got a pain in my back.

I'm sorry to hear that.

Clear all answers

12.5 The body and health

Available points: 7

Hide Correct Answers

Score: 0 out of 7

Use these words and expressions to complete the medicine instructions.

For the relief of ① _____ of the common cold and flu, including:

✓ aches and pains

✓ headache

✓

② _____
✓ fever

Directions for use: Swallow whole with water. Do not chew.

Dosage:

Adults and children over 12 years:

two tablets ③ _____

Do not take more than eight tablets in 24 hours.

Do not give to ④ _____.

⑤ _____

Do not take more than the dose shown.

If symptoms continue, go to your doctor.

CONTAINS PARACETAMOL

Do not take if you are

⑥ _____ paracetamol.

⑦ _____ children!



1 ✓ symptoms

2 ✓ sore throat

3 ✓ every 4 to 6 hours

4 ✓ children under 12

5 ✓ WARNING!

6 ✓ allergic to

7 ✓ Keep away from

Clear all answers



You have completed this page.

12.6 Giving advice

Available points: 16

Hide correct answers

Score: 0 out of 16

Look at Gabor and Lydia's problems. Choose the correct words in the advice below.

Then mark each piece of advice Gabor or Lydia.



- 1 Don't sit near the air-conditioner. It's bad for your eyes and skin. Lydia
- 2 You should see a doctor – it might be something serious. Gabor
- 3 You should go out for a walk – it's not good to be inside all day. Lydia
- 4 Get some plants – they'll make your desk look nicer. Lydia
- 5 You should put salt water in your ears. It can help the pain stop. But don't use really hot water! Gabor
- 6 Take a paracetamol and lie down for half an hour. Gabor
- 7 You shouldn't keep the window closed – you need fresh air! Lydia
- 8 Don't listen to loud music! Gabor

Clear all answers

12.7–12.8 Giving advice

Available points: 1

Hide correct answers

Score: 0 out of 1

Look at the picture. Choose the correct answer.



What is Alice's problem?

- She can't sleep. She's got a headache. She's got stomach ache.

Clear all answers

Available points: 10

Listen to people giving advice to Alice. Do you hear *should* or *shouldn't*?

- 1
 shouldn't should
- 2
 shouldn't should
- 3
 shouldn't should
- 4
 shouldn't should

Listen to people giving advice to Alice. Do you hear *should* or *shouldn't*?

1

shouldn't should

2

shouldn't should

3

shouldn't should

4

shouldn't should

5

shouldn't should

6

shouldn't should

7

shouldn't should

8

shouldn't should

9

shouldn't should

10

shouldn't should

Clear all answers



You have completed this page.

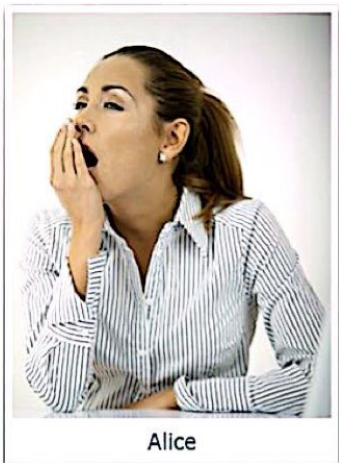
12.9 Giving advice

Available points: 10

Hide correct answers

Score: 0 out of 10

Listen and write the missing words.



- 1 You look tired. You some sleep.
- 2 My grandmother says you cheese at bedtime!
- 3 You a big meal before you go to bed.
- 4 You more exercise. Then you'll feel tired.
- 5 You TV in bed.
- 6 I think you a good book until you feel sleepy.
- 7 You to bed earlier.
- 8 You to too bed early.
- 9 Really, I think you a doctor and ask for help.
- 10 You about it all the time – it'll make it worse.

Clear all answers

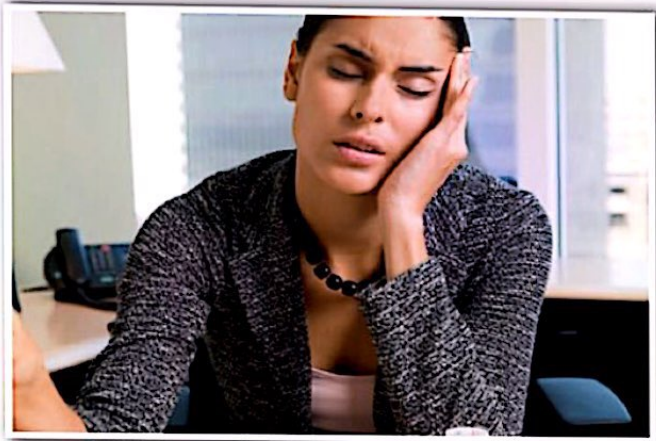
12.10 Giving advice

Available points: 6

Hide correct answers

Score: 0 out of 6

Read the advice on how to stay healthy at work. Match the beginnings with the endings.



Click the shaded bars to select matching items. Undo a match by clicking again.

You should sit near a window if ...

✓

... you can.

If you want to improve the appearance of your office, ...

✓

... get some plants.

You should change the colour of your office walls if ...

✓

... you feel bored.

You should open a window in your office ...

✓

... if possible.

If you want to keep fit, ...

✓

... use the stairs, not the lift.

If you don't want to get back pain, ...

✓

... make sure you have the right chair.

Clear all answers



You have completed this page.

12.11– 12.12 Collocations

Available points: 8

Hide correct answers

Score: 0 out of 8

Put the words into the correct box.

have

✓ fun

✓ lunch

✓ a meeting

✓ a party

spend

✓ money

✓ time

take

✓ tablets

✓ a train

Clear all answers

Available points: 6

Hide correct answers

Score: 0 out of 6

Complete the sentences with collocations from the last activity.

- 1 Do you want to next week? There's a new café on the high street.
- 2 It'll be quicker to – the traffic is always bad at this time of day.
- 3 Did you at Isabel's party?
- 4 We should in the office next week. We need to discuss this face to face.
- 5 I know I should more with my family, but I'm too busy at work!

Clear all answers



You have completed this page.

12.13 Collocations

Available points: 8

Hide correct answers

Score: 0 out of 8

Choose the correct word.

- 1 Take a break if you feel tired.
- 2 You should take tablets, three times a day.
- 3 I spend a lot of time on the Internet when I should be working!
- 4 On Wednesday, I'm having lunch with Rachel in town.
- 5 For my birthday, I want to have a party.
- 6 It was a great holiday, but we spent a lot of money.
- 7 OK. See you in two weeks! Enjoy it! Have fun!
- 8 Can I take a message?

Clear all answers



You have completed this page.

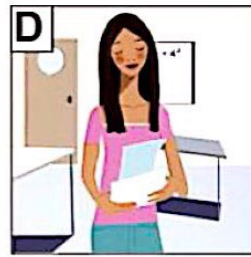
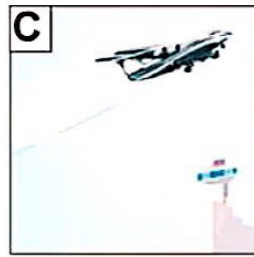
12.14 'take'

Available points: 8

Hide correct answers

Score: 0 out of 8

Look at the pictures and listen. Write the letter of the picture that matches the audio.



1 F

2 H

3 B

4 D

5 G

6 A

7 E

8 C

Clear all answers



You have completed this page.

12.15 'take'

Available points: 8

Hide correct answers

Score: 0 out of 8

Listen again and write the missing words.



- 1 Please don't in the museum.
- 2 It to get home on the train.
- 3 I'm sorry, she's not here. Can I ?
- 4 It to get your exam results.
- 5 You have to three times a day.
- 6 Let's go. We can . It's quicker.
- 7 Come on, let's walk. It only .
- 8 Flying from London to Barcelona .

Clear all answers



12.16 Explore speaking

Available points: 2

Hide correct answers

Score: 0 out of 2

Listen to the two conversations.

In which conversation does the person give a reason for his advice? Choose the correct answer.



- 1 Conversation one
- He gives a reason for his advice.
- He doesn't give a reason for his advice.
- 2 Conversation two
- He gives a reason for his advice.
- He doesn't give a reason for his advice.

Clear all answers



You have completed this page.

12.17 Explore speaking

Available points: 4

Hide correct answers

Score: 0 out of 4

Listen to four conversations.

What reason do you think the speaker gives for their advice? Choose the correct answers.

1

- Children love games. Then you won't feel nervous. They have some really good teachers at the local college.
- Do something easy and do it very well.

2

- Children love games. Then you won't feel nervous. They have some really good teachers at the local college.
- Do something easy and do it very well.

3

- Children love games. Then you won't feel nervous. They have some really good teachers at the local college.
- Do something easy and do it very well.

4

- Children love games. Then you won't feel nervous. They have some really good teachers at the local college.
- Do something easy and do it very well.

Clear all answers

Score: 0 out of 1

Watch Lona talking about a healthy lifestyle. Put the words in the order she talks about them.

English Unlimited



GLOSSARY

Ayurvedic medicine (noun): traditional Indian medicine

components (plural noun): the different parts of something

side effect (noun): A **side effect** of a medicine is an extra, negative effect.

turmeric (noun): a yellow spice

wholemeal (adjective): **Wholemeal** bread is made from brown flour, not white, so it's more natural.



✓

sleep

exercise

food and diet

medicine

Clear all answers



You have completed this page.

12.19 Video: Staying healthy

Available points: 7

Hide correct answers

Score: 0 out of 7

Watch the video again and select the correct answers.

English Unlimited



- 1 Lona likes to sleep eight hours a day.
- 2 She thinks going to the gym is boring .
- 3 She goes to dance classes a couple of times a week.
- 4 She prefers to eat brown rice and wholemeal bread.
- 5 She buys organic food when she has some money.
- 6 Her family uses Ayurvedic medicine at home.

Clear all answers

12.20–12.21 Video: Staying healthy

Available points: 6

Hide correct answers

Score: 0 out of 6

Select the phrases to make sentences. Watch again to check.

English Unlimited



- 1 She sleeps for eight hours to feel good .
- 2 She drinks turmeric in warm milk when she isn't feeling well .
- 3 She takes honey because it gives energy .

Clear all answers

Match the beginnings and endings of the sentences. Watch again to check.

Click the shaded bars to select matching items. Undo a match by clicking again.

It's really important to ...

✓

... respect one's pattern of sleeping.

Another thing that's really important is ...

✓

... exercise.

I hate activities like ...

✓

... going to the gym.

I tend to eat

✓

... things like brown rice.

There are some other things that ...

✓

... I like to take.

Clear all answers



You have completed this page.

Available points: 1

Score: 1 out of 1

12.22 Video: Staying healthy

Describe your lifestyle. Is it like Lona's?

Clear all answers



2.23 Explore Reading

Write the answers in the box below, or print the worksheet. Your teacher will check your answers.

12

EXPLORE Reading

- 9 Read the advice about flying. Put these headings (1–3) in the correct places (A–C).
- 1 Before you fly
 - 2 Flying with children
 - 3 In the plane



STAY HEALTHY WHEN YOU FLY

A

- 1 Take lots of water to the airport with you. Drink it regularly.
- 2 Make sure you have lots of time to get to the airport. Check that the roads are clear or the trains are on time.
- 3 Before you get on your flight, go for a quick walk in the airport to get some exercise.
- 4 _____

B

- 5 Don't drink coffee or alcohol.
- 6 Get up and have a walk for five or ten minutes every hour. Don't just sit in your seat.
- 7 Keep any medicine you need in your hand luggage.
- 8 _____

C

- 9 Call the airline before you travel. Ask if they do anything special for children.
- 10 Give yourself lots and lots of time to do anything! Children don't always move quickly.
- 11 Bring something for children to do in the airport and on the plane.
- 12 _____

- 10 Write the three extra pieces of advice in the correct sections of the leaflet.

- a Read a book or do a puzzle before you get on the flight. It will help you stop feeling nervous.
- b Bring some snacks – children might not like the food on the plane.
- c Don't sit with your legs crossed. Move your legs to get some exercise in your seat.

- 11 Match the pictures (a–f) with the correct piece of advice in the leaflet.



- 12 Look at the pictures in Exercise 11 and decide if they are things you *should* or *shouldn't* do according to the leaflet. Put a tick (✓) beside the things you *should* do and put a cross (X) beside the things you *shouldn't* do.

62

Available points: 1

Score: 1 out of 1

Clear all answers

1 Your _____ is the shortest finger on your hand.

- thumb arm toe

2 I think she's sleeping now. Her _____ are closed.

- ears eyes arms

3 My _____ is very sore. It really hurts when I walk upstairs.

- shoulder nose knee

4 I broke my _____ and now I can't move my foot.

- ankle skin finger

5 Your _____ beats about 70 times a minute.

- heart eye stomach

6 There are 206 _____ in the human body.

- teeth bones toes

7 I like this watch, but it's too small for my _____ .

- wrist hand elbow

8 Anna has got _____. She's going to the dentist this afternoon.

- earache stomach ache toothache

9 I've got a pain _____ my arm.

- in on at

10 I don't want anything to eat. I'm feeling a bit _____ .

- sorry sick pain

11 Take these paracetamol _____ for your headache.

- tablets medicines drinks

12 Stefan has got a problem _____ his leg.

- about with on

13 A: How are you _____ ?

B: I'm fine today, thanks.

looking feeling sounding

14 I've got a _____ so I'm not coming to work today.

sore throat throat throat ache

15 A: Are you all _____ ?

B: Not really. I've got a bad headache.

good fine right

16 Richard can't eat cheese. He's allergic _____ dairy products.

to of at

17 I'm not feeling too _____. I need to sit down for a minute.

good OK bad

18 The baby's got a _____. I think we should call the doctor.

medicine remedy temperature

19 I hurt my arm at the gym yesterday, it's really _____.

tired sore allergic

20 A: I've got a problem with my eyes.

B: Oh, I'm sorry to _____ that.

know hear find

21 Monica has got _____ at the moment.

cold the cold a cold

22 A: What are your _____ ?

B: I've got a pain in my ear and I can't hear very well.

symptoms pains remedies

23 Take two tablets _____ four hours.

every for at

24 _____ help you?

Do I Can I Am I

25 You should _____ this remedy. It's really good for stomach problems.

try to try trying

26 Selina looks tired. _____ to bed early.

- Go She goes She should go

27 _____ a break, Danny! Don't spend all your time at the computer.

- Don't take You shouldn't take Take

28 _____ to work today. I think you should stay in bed.

- Don't go You go You don't go

29 I don't think Karen _____ tennis this afternoon. She's got a problem with her knee.

- doesn't play should play shouldn't play

30 You _____ those bags. They're really heavy.

- shouldn't carry don't carry should carry

31 A: My feet are sore.

B: _____ better shoes.

- Don't wear You should wear You're wearing

32 Swimming _____ you fit and healthy.

- gives keeps brings

33 Fruit and vegetables are very good _____ you.

- to with for

34 I always play music when I drive home from work. It _____ me to relax.

- helps makes gives

35 An uncomfortable chair can _____ you headaches.

- give get bring

36 I can't eat eggs. They _____ me feel sick.

- have get make

37 If you think you're getting a cold, eat lots of oranges. That sometimes _____.

- takes works improves

38 We _____ lots of photographs when we were on holiday.

- took made did

39 It takes _____ to walk into town.

- two kilometres three times a week an hour

40 I've worked really hard this week. I need to take a _____ !

- break stop free time

41 My grandmother takes _____ twice a day for her heart problem.

- help medicine advice

42 Last year they took _____ to Venice.

- a visit a trip a hotel

43 If your son _____ a headache again tomorrow, take him to the doctor.

- is having has will have

44 _____ down for a few hours if you're tired.

- You're lying Don't lie Lie

45 If it's very hot this afternoon, you _____ a hat.

- should wear wear will wear

46 You shouldn't play football if your leg _____ .

- will hurt doesn't hurt hurts

47 If you _____ better in the next few days, come back and see me again.

- don't feel feeling shouldn't feel

48 Open the window if _____ hot.

- you you should be you're

49 If your health _____ soon, you should see your doctor.

- doesn't improve didn't improve can't improve

50 If you've got a bad cold, _____ to college this evening.

- go you should go you shouldn't go

Clear all answers