

# HEALTHY LIVING

## LESSON 1

### Can you...?

- talk about what makes a healthy lifestyle
- use indefinite quantifiers

By the end of this lesson, you'll be able to!



### New Words

a. Write the words under the pictures and fill in the blanks. Check with a partner. Listen and repeat.

unhealthy, do exercise, get some sleep, eat fruit, play computer games, eat candy, watch TV, drink soda, healthy



8. My cousin is very \_\_\_\_\_. He's always tired and gets sick a lot.

9. My friend is very \_\_\_\_\_. She has lots of energy and always plays sports.

b. With your partner, put a tick (✓) for healthy activities and a cross (x) for unhealthy activities for each picture. Share with the class.

### Listening

a. Two friends are doing a survey about healthy lifestyles. Listen and write "True" or "False."

- a. Toby does lots of exercise every week. True

b. Lisa doesn't eat any candy. \_\_\_\_\_
- a. Toby gets a lot of sleep every night. \_\_\_\_\_

b. Lisa eats a lot of fruit every day. \_\_\_\_\_



b. Circle the correct words. Listen again and check.

#### The speakers say:

- a. I do lots of / any exercise.

b. I don't eat some / any candy.
- a. I don't get a lot of / some sleep.

b. I don't eat any / some fruit.

### Useful Language Listen then practice.

How much **candy** do you eat **every day**? I eat **lots of candy**. I like it.  
That's very **unhealthy**.

### Note

- (not) any
- a little
- some
- a lot of/lots of



### Grammar

Unscramble the questions. Check with a partner. Practice asking and answering the questions with your own information.

- exercise/week?/do/much/every/you/do/How How much exercise do you do every week?
- candy/you/do/much/How/every/day?/eat \_\_\_\_\_
- soda/day?/drink/do/every/you/much/How \_\_\_\_\_
- TV/How/do/you/night?/much/watch/every \_\_\_\_\_
- day?/fruit/How/every/do/you/much/eat \_\_\_\_\_



### Pronunciation

#### Intonation

a. Intonation for *Wh*-questions goes down.

*How much exercise do you do every week?*

b. Listen to the sentence and notice how the intonation goes down.

*How much exercise do you do every week?*

c. Now, listen again and repeat.



### Practice

Look at the activities in the pictures. Ask and answer, then say if it's healthy or not.

How much exercise do you do every week?



every week



every day



every day

a lot of/lots of  
some  
only (verb) a little  
don't (verb) any

I do a lot of exercise every week.



every night



every day



every night

That's very healthy.



### Speaking

Who Has the Healthiest Lifestyle?

a. You're doing a class survey about features of a healthy lifestyle. Work in threes. Take the survey, talk to two classmates and fill in the table. For each (+) answer, add points. For each (-) answer, subtract points.

<b>TEEN WORLD</b>		exercise/ do/every week?	sleep/get/ every night?	fruit/eat/ every day?	time/spend/ play games/ every night?	candy/eat/ every day?	TV/watch/ every night?	TOTAL
Me		+	+	+	-	-	-	
_____		+	+	+	-	-	-	
_____		+	+	+	-	-	-	

#### KEEPING SCORE:

- I eat/do/get/watch a lot of = 3 points
- I eat/do/get/watch some = 2 points
- I don't eat/do/get/watch a lot = 1 point
- I don't eat/do/get/watch any = 0 points

I do lots of exercise. (+3 pts)  
I eat lots of candy. (-3 pts)  
SCORE = 3 - 3 = 0

b. Who's the healthiest in your group? Share with the class.

...is the healthiest in our group.



Now you can talk about how to have a healthy lifestyle.

# HEALTHY LIVING

## LESSON 2

### Can you...?

- persuade someone to have a healthy lifestyle
  - use "should" and "shouldn't" to give advice
- By the end of this lesson, you'll be able to!



**New Words** a. Write the words in the table. Check with a partner. Listen and repeat.

1. headache 2. dizzy 3. medicine 4. stomachache 5. sick 6. weak 7. rest	
HEALTH PROBLEMS	ADVICE
have a... headache _____ _____	get some... rest _____ _____
feel... _____ _____	take some... _____ _____

b. With your partner, think of more health problems and advice. Add them to the table. Share with the class.

I have a cold.

Get some sleep.

### Listening

a. Two people are talking to a doctor about health problems. Listen and tick (✓) the boxes.

**Patient: Mark**

1. Health problems:  
sick  dizzy  headache  stomachache

Advice:  
shouldn't.....drink too much soda   
eat candy   
should.....take some medicine   
eat breakfast  drink water



**Patient: Liz**

2. Health problems:  
cold  dizzy  headache  stomachache

Advice:  
should.....sleep eight hours a night   
drink a lot of water  wash hands   
get some rest  take some medicine

b. Circle the correct answers. Listen again and check.

The speakers say:

- a. I feel/have really sick today.  
b. You should *take*/eat breakfast.
- a. Do you *have*/feel a headache?  
b. You should sleep eight hours *a*/the night.

**Useful Language** Listen then practice.

How do you feel today? I feel **sick**.  
Do you have a **stomachache**? Yes, I do.  
Do you **eat a lot of fast food**? Yes, I do.  
You shouldn't **eat too much fast food**.

### Note

We use "**too many**" before plural countable nouns.  
e.g. You shouldn't eat **too many** cheeseburgers.  
We use "**too much**" before uncountable nouns.  
e.g. You shouldn't drink **too much** soda.

**Grammar**

Complete the sentences with words from the box. Check with a partner. Practice saying the sentences.

- I \_\_\_\_\_ have \_\_\_\_\_ a stomachache.
- You shouldn't eat \_\_\_\_\_ candy.
- You should \_\_\_\_\_ some medicine.
- I \_\_\_\_\_ dizzy.
- You shouldn't eat \_\_\_\_\_ chocolate bars.

too many  
have  
take  
feel  
too much

**Pronunciation**

**Sound Changes**

a. "...a lot of..." often sounds like /ə'lɑ:dəv/.

c. Now, listen again and repeat.

b. Listen to the sentences and notice how the underlined sounds change.

Do you eat a lot of fast food?  
Do you do a lot of exercise?

**Practice**

Practice the conversation. Swap roles and repeat.

**Doctor:** How do you feel today?  
**Patient:** I have a headache.  
**Doctor:** Do you play computer games a lot?  
**Patient:** Yes, I do.  
**Doctor:** You shouldn't play computer games too much.  
**Patient:** OK.  
**Doctor:** And get some rest.

headache



dizzy



stomachache



sick



stomachache



weak



**Speaking**

Giving Advice on How to Be Healthy

a. You're a doctor giving advice to people who feel sick. Work in pairs. Student B, turn to page 105, File 5. Student A, you're a doctor. Ask your patient questions, complete the questionnaire, and give advice.

For the patient:

You feel sick today.  
You have a stomachache and feel dizzy.

**Doctor's advice**

You should... \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
You shouldn't... \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

For the doctor:

**HEALTH QUESTIONNAIRE**

Patient's name:

Date:

**Health problems**

- How do you feel today?
- Do you have a headache?
- Do you feel weak?

Yes  No

Yes  No

**Causes**

- Do you sleep 8 hours a night?
- Do you drink at least 2 liters of water a day?
- Do you eat a lot of candy?
- Do you watch a lot of TV?
- Do you play computer games a lot?

Yes  No

Yes  No

Yes  No

Yes  No

Yes  No

b. Swap roles. Now, Student A, you're a patient. Answer the doctor's questions and write down the doctor's advice.

Now you can give advice on how to be healthy.

# HEALTHY LIVING

## LESSON 3

### Can you...?

- compare healthy and unhealthy habits
- use comparative adjectives

By the end of this lesson, you'll be able to!



### New Words

a. Match the words with the descriptions. Check with a partner. Listen and repeat.



- |              |       |  |
|--------------|-------|--|
| 1. fit       | _____ | A. strong and able to do lots of exercise and sports |
| 2. early     |       | B. the way in which people live their lives          |
| 3. late      |       | C. before the usual or planned time                  |
| 4. lifestyle |       | D. food that is made quickly and can be taken away   |
| 5. fast food |       | E. after the usual or planned time                   |

b. With your partner, choose two of the words above to talk about yourself and what you usually do. Share with the class.

I eat a lot of fast food.

### Listening

a. Two friends are doing a quiz to compare their lifestyles. Listen and circle the correct words.



- a. Toby goes to bed earlier / later than Lisa.

b. Lisa likes *fast food* / *fruit*.
- a. Toby likes *fruit juice* / *soda*.

b. Lisa should do more *exercise* / *housework*.



b. Fill in the blanks. Listen again and check.



The speakers say:

- a. It's a quiz to see who has the healthier \_\_\_\_\_ lifestyle \_\_\_\_\_.

b. I eat \_\_\_\_\_ food than you because my favorite food is fruit.
- a. I'm \_\_\_\_\_ than you because I play lots of sports.

b. I need to go to bed \_\_\_\_\_.

fitter  
earlier  
lifestyle  
healthier

### Useful Language

Listen then practice.



What time does **Bill** go to bed?  
 What time does **Julie** go to bed?  
 Who do you think is **healthier**?

He goes to bed at 10 p.m.  
 She goes to bed at 11 p.m.  
 I think **Bill** is healthier because he goes to bed earlier.



## Grammar

Match the phrases to complete the sentences. Check with a partner.  
Practice saying the sentences.

- |   |                                  |
|---|----------------------------------|
| 1. You're healthier than me               | because I'm not very healthy.    |
| 2. I'm fitter than you                    | because you drink lots of water. |
| 3. May has a healthier lifestyle than Jim | because I play lots of sports.   |
| 4. Sue eats healthier food than Lucy      | because she goes to bed earlier. |
| 5. I should change my lifestyle           | because she eats a lot of fruit. |



## Pronunciation

### Sound Changes

a. "...do you think...?" often sounds like /djəθɪŋk/.

c. Now, listen again and repeat.

b. Listen to the sentences and notice how the underlined sounds change.

Who do you think is healthier?

Who do you think is fitter?



## Practice

Practice asking and answering using the words and pictures.

Who do you think is fitter?

I think Tracy is fitter because she likes playing tennis.

fitter   healthier   earlier   later   more/less fast food   more/less healthy food



**Jim Thomas**

13

**Favorite food:** fish, potatoes

**Favorite drink:** soda

**Free time activities:** computer games, TV

**Goes to bed:** 10 p.m.



**Tracy Jones**

13

**Favorite food:** carrots, apples

**Favorite drink:** fruit juice, milk

**Free time activities:** yoga, swimming, tennis

**Goes to bed:** 1 a.m.



## Speaking

### Comparing Healthy Habits

a. You and your friend are comparing your healthy and unhealthy habits. Work in pairs. Take turns asking and answering to complete the quiz. Who has the healthier lifestyle and why?

	Me	My friend	Who...
1 What time do you go to bed ?	.....	.....	sleeps earlier? ..... sleeps later? .....
2 What do you eat most?	.....	.....	eats healthier food? .....
3 What do you drink most?	.....	.....	drinks healthier drinks? .....
4 What do you do in your free time?	.....	.....	is fitter? .....
Who has a healthier lifestyle? .....			
What changes are you going to make? .....			

b. What changes do you and your friend need to make to have healthier lifestyles? Share with the class.



Now you can compare healthy and unhealthy habits.

Can you...?

- talk about what different parts of plants do
- use the Present Simple tense to talk about things that are always true

By the end of this lesson, you'll be able to!

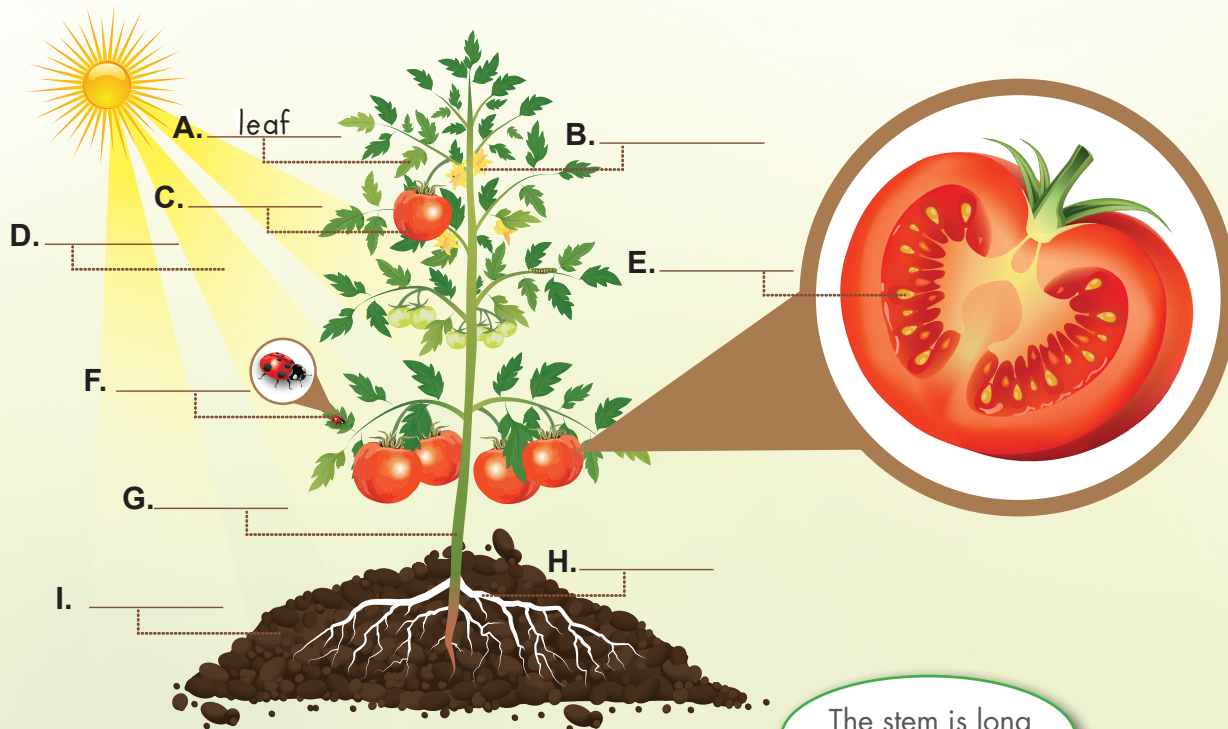


**A** New Words

a. Write the words on the picture. Check with a partner. Listen and repeat.



1. leaf
2. flower
3. fruit
4. seed
5. insect
6. stem
7. roots
8. sunlight
9. soil



b. With your partner, describe the picture. Share with the class.

The stem is long and green.

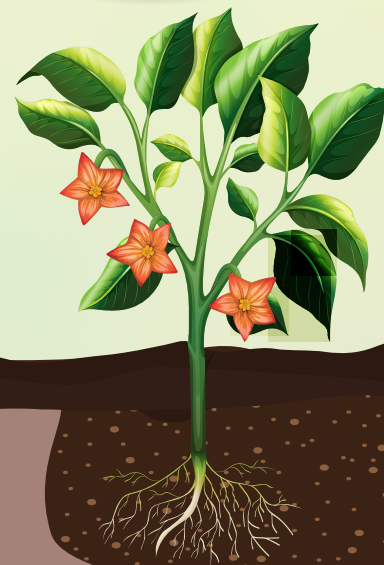
**Listening**

a. You will hear a talk about biology and plants.

Listen and write "Yes" or "No."



1. Plants that grow in dry places have large leaves. No
2. Roots have to be very long when plants grow in dry places.
3. Birds can help new plants to grow.
4. Stems make food for the rest of the plant.



b. Draw lines to complete the sentences. Listen again and check.



The speaker says:

- |             |  |
|-------------|--|
| 1. Leaves   | take water and food from the soil.                     |
| 2. Roots    | helps carry food and water to every part of the plant. |
| 3. Flowers  | make food for the plant using sunlight.                |
| 4. The stem | make seeds with help from insects.                     |

**Useful Language**

Listen then practice.



What do the roots do?  
They take water and food from the soil.



the USA

**Reading**

a. Read about a plant from the USA. Underline the parts of a plant.



**The Venus Flytrap**

Ken Johnson, October 20<sup>th</sup>

The Venus flytrap is a small plant that feeds on insects.

It comes from North and South Carolina, the USA. It can grow in soil where many plants cannot, because it feeds on insects rather than just what is in the soil. It has four to seven leaves on a short stem. The leaves look like flowers which attract and catch insects. It also produces flowers which are far away from the leaves so some

insects can help make seeds and not get eaten. When an insect touches two hairs on a leaf, it closes very quickly so the insect cannot escape. After five to twelve days, the leaf reopens and the plant is ready to eat again. Insects are food for this flowering plant.

b. Read the article again and circle "True" or "False."

1. The Venus flytrap is big.
2. Its leaves look like flowers.
3. The leaves catch the insects.
4. Insects help it make seeds.
5. Insects only need to touch one hair to make the leaf close.

- True/False  
 True/False  
 True/False  
 True/False  
 True/False



**Speaking**

**Guess the Plant Parts**

a. You've learned about plants in science class and now you're going to play a guessing game. Work in fours and make two teams. Take turns describing different parts of a plant to the other team and have them guess. You get points for each correct answer.

They're green and use sunlight to make food.

Yes, you're right.

Leaves?

<b>10 points</b>	<b>20 points</b>	<b>30 points</b>	<b>40 points</b>

**Team A**  
 Total points: \_\_\_\_\_

**Team B**  
 Total points: \_\_\_\_\_

b. Count your points. Which team is the winner? Share with the class.

**Writing**

a. Read the paragraph and choose the best topic sentence.

\_\_\_\_\_. They have big green leaves and long stems. Their roots take food and water from the soil. The stem carries the food and water to the leaves. Insects help the flowers make seeds. People eat the fruit. You can see bitter melon plants in many gardens around the world.

- A. Bitter melon plants grow in many places such as Asia, South America, or Africa
- B. There are many kinds of fruit in Vietnam

b. Now, in your notebook, write a similar paragraph about a plant from your country. Use the paragraph model on page 120 to help you.



In this lesson, you'll review...

- features of a healthy lifestyle
- how to give health advice
- how to compare healthy and unhealthy habits
- how to talk about what different parts of plants do

**Review**

You have five minutes to review the Useful Language and New Words from the theme, then play "Letter Race." Turn to page 119 to read the game rules.

**Listening**

Listen to Sam talking to Alice about healthy living.

For questions 1–5, tick (✓) A, B, or C. You will hear the conversation twice. 

Example:

0. Alice feels
- A. great.
  - B. sick.
  - C. OK.

1. Alice has a
- A. stomachache.
  - B. headache.
  - C. healthy lifestyle.

2. Alice doesn't eat
- A. fast food.
  - B. candy.
  - C. fruit.

3. Sam goes swimming
- A. once a week.
  - B. with his sister.
  - C. every day.

4. Sam's brother goes to
- A. swimming club.
  - B. school.
  - C. the gym.

5. Alice's sister plays
- A. soccer.
  - B. guitar.
  - C. computer games.

**Reading**

Complete the five conversations. For questions 1–5, mark A, B, or C.

Example:

0.



How do you feel today?

B. I don't eat candy.



A. Yes, please.

C. I feel sick.

0	A	B	C
	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

1. Do you have a headache?
- A. No, thank you.
  - B. I'm tired.
  - C. Yes, I do.

2. Who do you think is healthier?
- A. He eats candy every day.
  - B. I think Lucy is healthier than Bill.
  - C. I go swimming every weekend.

3. How much exercise do you do?
- A. I love swimming.
  - B. I play soccer twice a week.
  - C. I don't like P.E.

4. Do you eat a lot of fast food?
- A. I'm hungry.
  - B. He doesn't like it.
  - C. Yes, I do.

5. Who do you think is fitter?
- A. I think James is fitter than Sam.
  - B. I always play basketball.
  - C. James goes to the gym.

1	A	B	C
2	A	B	C
3	A	B	C
4	A	B	C
5	A	B	C



## Speaking Play the "Block Buster" game.

Play the game to win the Health Champions Cup

### Block Buster

vs. - Pairs take turns.

- Winning pair goes first.

- Choose a block.
- Look at the shapes. ● ■ ◆ ▲
- Use the useful language from the theme to ask and answer correctly.
- Mark the block as yours.

### Win the game

The first pair to mark enough blocks to connect their sides wins the game.

**Tip:** Use a pencil and an eraser and play again.

**Pair 1** (top)

**Pair 2** (left)

Questions on blocks include: "A: What time...?", "A: How much do you...?", "A: Who do you think...?", "A: I feel...", "A: Do you have...?", "A: I have...", "A: What...do?", "A: How much do you...?", "A: Do you have...?", "A: I feel...", "A: How much do you...?", "A: Who do you think...?", "A: What...do?", "A: How much do you...?", "A: Do you have...?", "A: I have...", "A: What...do?", "A: How much do you...?"

Images on blocks include: tree roots, Lisa and Katy, Mia and Matt, a sunflower.

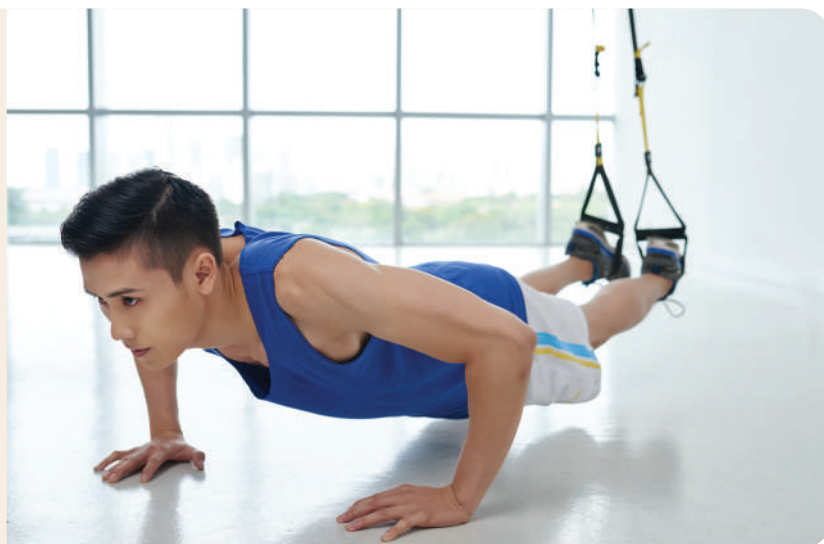


★ : Use your own ideas/imagination.



## Writing a. Read the paragraph about Sam and Lila's lifestyles.

Sam has a much healthier lifestyle than Lila does. He does exercise twice a week and eats healthy food. He goes to bed early and does not eat fast food. Lila eats lots of fast food and does not do any exercise. Lila is not as healthy as Sam.



b. Now, in your notebook, use your own ideas to write a similar paragraph. Use the paragraph model on page 120 to help you.