



GETTING STARTED

- 1** Look at the headlines of the magazine articles. What do you think the articles are about? Which would you be most interested in reading?
- 2** 🎧 003 Listen to two people talking about health and fitness. Which headline are they discussing?
- 3** 🎧 003 Listen again. Complete the sentences with one or two words from the recording.
 - 1** ... sit down and enjoy our lunch. We've got time.
 - 2** I get a bit of heartburn if I eat too much
 - 3** Well, research suggests there's a link between and eating quickly.
 - 4** Therefore, the quicker you eat, the more you'll
- 4** Work with a group and answer the questions.
 - 1** Is there a problem with unhealthy eating in your country? Why / Why not?
 - 2** Should there be a ban on junk food for people under 14 years old? Why / Why not?
 - 3** Do you think about the calories in your food before you eat? Why / Why not?

HEALTHY LIVING

APPS TO SHAPE UP

THINK YOURSELF FIT

THE RISE OF HEALTH HOLIDAYS

NO PRIZE FOR FINISHING FIRST

NO AGE, NO LIMIT

P WEAK FORMS: THE SCHWA /ə/

One of the most common vowel sounds in English is the schwa /ə/. It is an unstressed (weak) sound that can typically be found in connected speech when pronouncing articles, prepositions, conjunctions and auxiliaries. For example:
*We've got plenty **of** time.*
*I get a bit **of** heartburn.*

5  004 Look at the sentences and underline the schwa sounds. Then listen and check your answers.

- 1 It's time for dinner.
- 2 It's a health and fitness book.
- 3 How long has she worked there?
- 4 I can play tennis on Saturday.
- 5 We've got quite a lot of work to do.

VOCABULARY

HEALTH AND FITNESS

1 Read an extract of Mauro's blog. Does he lead a healthy or unhealthy lifestyle?

I love eating junk food and for years I **overdid** it. I mean, I used to eat junk food every week and was about five kilos **overweight**. Not quite obese, but I was getting there. Anyway, I went hiking with some friends, and I just couldn't **keep up**. My legs were **aching** after the first day and it was a bit embarrassing to be honest! So, when I got back, I decided to start **keeping track** of what I ate by recording it in a food diary. I realised I needed to **cut down** on processed food, like all those burgers I was eating! I monitored the amount of salt I was consuming too – just to make sure I kept it within a reasonable limit. And, I started exercising: walking to work instead of taking the bus, that type of thing, and then, after about 12 months, I decided I'd like to run a marathon. Yeah, I know! It was hard work, all that training, but I was really pleased with my **rate** of progress and, well, I ran my first one last month in under four hours!

2 Match the words in bold in the blog with the definitions (1–7).

- | | | |
|---|--|-------|
| 1 | reduce the amount of something you consume | |
| 2 | stay level or equal with someone | |
| 3 | recording something over a period of time | |
| 4 | too heavy | |
| 5 | did or used too much of something | |
| 6 | the speed at which something happens | |
| 7 | having a continuous pain that is unpleasant but not strong | |

- 4 After a few hours of playing basketball, your muscles can really start to
- 5 After on the amount of coffee I was drinking, I started to sleep much better.
- 6 I use an app to of how many calories I consume each day.
- 7 The at which he recovered from his illness was quite remarkable.

3 Decide what type of word is needed for each gap (1–7). Then complete the sentences using the words in bold in Exercise 2. You may need to change the tense or word form.

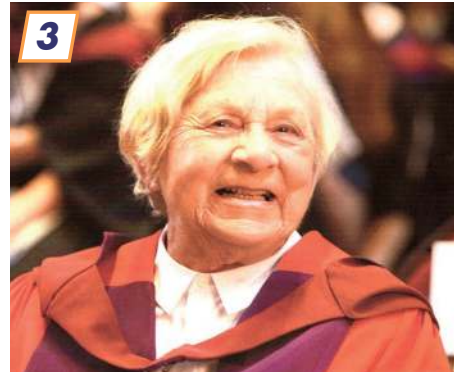
- 1 You're training too hard at the gym. If you keep it, you may get injured.
- 2 He decided to go on a low-fat diet as he was a little
- 3 I went jogging with my brother yesterday. He ran too fast and I couldn't

4 Imagine you are going to interview someone who has recently made a healthy lifestyle change. Using the health and fitness vocabulary to help you, write five questions to find out about this change.

Why did you decide to make a healthy lifestyle change?

5 Work with a partner. Student A is the interviewer and asks Student B their questions from Exercise 4. Student B, imagine you have recently made a healthy lifestyle change. Answer Student A's questions. Then swap roles.

READING AND USE OF ENGLISH PART 7 TRAINING



1 Work with a partner and answer the questions.

- 1 Look at the photos. In what ways are the photos similar or different? How would you describe the people's lifestyles?
- 2 Do you know anyone who has a similar lifestyle to the people in the photos?

2 Read the short texts quickly. Match the photos (1–3) with the texts (A–D). Which person isn't shown in the photos?

3 Read the texts again. For questions 1–5 on page 17, choose from the texts (A–D). The texts may be chosen more than once.

- 4 In what ways do you admire the people in the texts?
- 5 Choose a person from the texts. Research them online and note down a few interesting facts. Tell your group. As a group, decide who you most admire and why.

NO AGE, NO LIMIT

A Dr Peggy Styles

At 86, Peggy Styles has become the oldest ever person to graduate from Bristol University. To say it was an uphill struggle at times is an understatement. Midway through her program, Peggy needed to take a few years out to rest after suffering severe kidney failure. At one stage, it was **touch and go** whether she'd make it. Although Peggy's physical health suffered and she even had to learn to walk again, it appears her brain continued to function effectively. The title of her dissertation for her doctorate was, "Changing perceptions: higher education amongst elderly populations" and, although it took eight years to complete, Peggy has confessed that she's now hooked on writing and research.

B Dr Allan Stewart

Australian born Allan broke his own age record when he successfully completed his degree at the advanced age of 97. Alan, who has now completed his fourth degree, returned to education in his 80s after retiring from work in order to **keep his brain sharp** and stay mentally active. While he's more famous for his mental rather than physical agility, Allan keeps himself in shape by walking, fishing and swimming. Allan says this will be his last degree as he's getting bored with studying, although he has said that at least once before so who knows – perhaps he's obsessed!

C Doreen Pechey

Doreen, who had to rethink her diet and fitness plan when she took up ballet at 61, became the oldest ballerina in Britain to pass the Royal Academy Grade 6 dance exam just ten years later. The semi-retired electrical engineer, who despite recently having knee replacement surgery, **is now back on her feet** and claims to have more agility than ever. In fact, she believes without ballet she'd have been out of action for some time. Not only that, Doreen has dropped two dress sizes too. Although in her 70s, Doreen has chosen to train with teenagers who don't appear to mind the age difference at all. And, why should they?

D Lou Batori

Although he's never taken an exam, Hungarian born Lou Batori, 106, has been skiing for over 96 years. He puts his good health down to a healthy diet, a love of good food and drink and a healthy marriage. Nevertheless, the risk-taking grandfather, who can be seen speeding down the slopes in the USA, clearly **keeps in shape** by doing tough physical exercise. Although he still skis regularly, Lou has slowed down to **recharge his batteries** and enjoys reading to relax. After all, he doesn't want to get injured, does he?

Who

- takes time out to relax? 1
- tries to keep their brain and body in good health? 2
- is the most senior person to have graduated from university? 3
- has become addicted to what they are doing? 4
- recovered more rapidly because of what they're doing? 5

VOCABULARY

IDIOMS

1 Match the expressions in red in the texts with the correct definitions.

- A** to be well again after an illness
- B** to stay physically healthy
- C** an uncertain situation
- D** to rest for a period of time
- E** to stay mentally active

2 Complete the second sentence with a phrase from Exercise 1 so that it has a similar meaning to the first sentence. Use between two and five words for each sentence, including the word in bold. The first one has been done for you.

- 1** He's now well again after his recent operation.
BACK
 He's now back on his feet after his recent operation.
- 2** I've been doing a lot of puzzles to stay mentally active.
SHARP
 I've been by doing a lot of puzzles.
- 3** She feels much better after resting for two weeks in Italy.
RECHARGE
 After for two weeks in Italy, she feels much better.
- 4** I stayed physically active by running in the local park.
SHAPE
 I ran in the local park

SPEAKING PART 2 TRAINING

1 Work with a partner and answer the questions.

- 1** What's the difference between mental and physical health?
- 2** What are two ways someone might stay mentally active and two ways they might stay physically active?
- 3** Why is it important to stay in good physical and mental shape?



2 005 Listen and decide which question Maria is answering.

- 1** What do you think these people like about these types of food?
- 2** Why have these people chosen to eat these types of food?
- 3** What are the advantages and disadvantages of eating in these different ways?

3 005 Look at the words and phrases in the box. Listen again and tick the words and phrases Maria uses.

both looks as though the same as even though
 looks like though instead of neither
 unlike looks as if rather than while

4 Read the responses from candidates completing Part 2 of the Speaking exam. Correct the mistake in each response.

- 1** At the first photograph, you can see a picture of two people eating in a restaurant.
- 2** The second photo appears to show a woman eat on a bus.
- 3** It looks as two people are enjoying a meal together in the first photo.
- 4** I think the woman eats a burger or a sandwich in the second photo.
- 5** A lot of people tend being quite busy at work, so they don't have much time to eat.

5 Work in pairs.

Student A: Answer the Speaking Part 2 question on page 199.

Student B: Answer the Speaking Part 2 question on page 198.

LISTENING

UNDERSTANDING DISTRACTORS

1 Look at the photos of health and fitness apps and answer the questions.

- 1 What information does each app give you? Which have you tried?
- 2 What do you think are the advantages and disadvantages of these apps?

2 006 Listen to Chloe talking to her friend Ali about health and fitness apps. Which app (A–D) is she trying out?

3 006 Read the information in the box. Then listen again and answer the questions.

When answering questions, listening only for key words may distract you from choosing the correct answer. Notice too that the speakers may correct themselves or each other. Always listen to the whole conversation to understand the whole idea.

- 1 What is Chloe's opinion of smartwatches according to Ali?
- 2 Which app does Ali suggest is unnecessary for Chloe?
- 3 Which app does Chloe think is too difficult to use?
- 4 Which app does Chloe think she'll quickly lose interest in?
- 5 Why is Ali surprised by the app Chloe has chosen to use?

4 007 Look at the phrases in the box below and check you know what they mean. Now listen to a later conversation between Ali and Chloe. Which phrase describes why Chloe has given up?

an injury extremely hungry didn't lose weight
 sore muscles too tired



5 007 Listen again. Make notes about what Ali and Chloe say about the other phrases in the box. Why are they distractors?

6 Work with a partner and answer the questions.

- 1 To what extent can apps like these help with weight loss or to get adequate sleep? How beneficial is an app which measures your heart rate?
- 2 Some people believe that technology has had a negative impact on our health in recent years. Do you agree? Why? / Why not?
- 3 Do you believe it's possible to become too focused on healthy eating? Why / Why not?
- 4 What do you think about smartwatches? Would you ever buy one? Why / Why not?

GRAMMAR

GERUNDS AND INFINITIVES



GRAMMAR ON THE MOVE

Watch the video



1 Look at the sentences from the conversation between Ali and Chloe.

- 1 I've **wanted** to buy a smartwatch for ages.
- 2 My legs didn't **stop** aching for days after that.

What is the form of the words after the verbs in bold?

→ **GRAMMAR REFERENCE** / Gerunds and infinitives: Page 206

2 Complete the sentences with the correct form of the verb in brackets.

- 1 Having a high protein diet is supposed good for you, but I'm not convinced. (be)
- 2 I tend breakfast during the week but I know that isn't good for me. (skip)
- 3 A lot of people use apps to keep track of their food intake, but I can't stand them. (use)
- 4 If you don't have a balanced diet, you may risk yourself in the future. (harm)
- 5 Many people, myself included, refuse energy drinks because of their high sugar level. (drink)
- 6 If you want to train to run a marathon, you should avoid foods that are high in fat. (eat)
- 7 I would never give up a sport I love just to concentrate more on my studies. (play)

3 Work with a partner and discuss the sentences in Exercise 2. Do you agree with the speaker?

4 008 Listen to an extract of a conversation between two friends, Matilde and Franco. Complete the gaps with words you hear.

Matilde: Well, when I saw the poster at the food market, I ¹ a look. I wanted to get more information. You'd said more and more people have ² meat these days.

Franco: Yes, I ³ you about the benefits of vegetarianism when we met in the café last week. Although, I didn't ⁴ you the address of the food market, so I'm glad you found it.

Matilde: No problem. It was really interesting and I loved the variety of fruit and vegetables on offer. A friend of mine also told me that I should ⁵ meat and fish from my diet. I wanted to speak to a professional, so I ⁶ a meeting with a nutritionist but sadly no-one was available.

Franco: That's a shame.

5 Read the extract in Exercise 4 again and look at your answers. What is the difference in meaning between each pair of verb forms?

6 Circle the correct option.

- 1 I've stopped to consume/consuming foods which are high in fat as I want to lose weight.
- 2 I'm trying to cut out/cutting out sugar from my diet, but I'm finding it really difficult.
- 3 I was starving, so I stopped to grab/grabbing a quick bite to eat on my way to class.
- 4 When I'm really busy, I find it hard to remember to eat/eating regular meals.
- 5 I lived in Thailand for a while and remember to try/trying some of the local dishes. They were delicious!
- 6 A friend of mine told me that I should try putting/to put honey and lemon in my tea to help with my sore throat.

7 Write one sentence for each of the points below. Then work in groups and compare your answers.

Think of something that you ...

- can't stand doing
- refuse to eat
- have given up doing recently
- stopped to do before coming to class today
- tend to do before going to sleep
- remember doing when you were very young

DID YOU KNOW?

We can use the expression *high in* to say that certain foods contain a large amount of something. For example: *I avoid eating food which is high in sugar.*



WRITING PART 1 TRAINING

1 Complete the questionnaire.

IS YOUR LIFESTYLE HELPING OR HINDERING YOUR HEALTH?

- 1 How many hours do you typically sleep at night?
 - a 6 or less
 - b 7 to 9
 - c 10 or more
- 2 How much water do you drink each day?
 - a 0 to 2 glasses
 - b 3 to 5 glasses
 - c 6 to 8 glasses
- 3 How much physical exercise do you do?
 - a Once a week or less
 - b 2 to 3 times per week on average
 - c On a daily basis
- 4 What is your preferred after-dinner activity?
 - a Eating dessert
 - b Lying on the sofa and watching TV
 - c A walk and chat with a friend
- 5 What do you consider first when choosing meals?
 - a The taste
 - b The calorie count
 - c Whether it's balanced
- 6 You're really tired at school or work. Do you ...
 - a take a nap in your lunch break?
 - b grab a coffee or an energy drink?
 - c go for a quick walk in the fresh air?
- 7 You wake up an hour before the alarm goes off in the morning. Do you ...
 - a close your eyes and go back to sleep?
 - b stay in bed and check social media?
 - c get up and get active?

2 Work with a partner. Who has the healthiest lifestyle? Why? Turn to page 198 and see how healthy your lifestyle is.

3 Work with a partner. How have people's lifestyles changed in recent years? Think about:

Diet Exercise Work

4 Read the essay question and model answer. Which, if any, of your ideas in Exercise 3 have been included?

In your English class you have been talking about health and fitness. Now, your English teacher has asked you to write an essay. Some people say modern lifestyles are ruining our health. Do you agree?

Notes

Write about:

- 1 diet
- 2 exercise
- 3 (your own idea)

Although not impossible, it is arguably more challenging to stay in shape these days because of the changes in our diet, a lack of physical activity and increased levels of stress.

Even though foods high in vitamins and minerals are available in most shops, people tend to be busier now and often prefer eating junk food **rather than** a balanced meal.

Despite its convenience, junk food is very unhealthy and consuming too much can lead to serious health issues.

Nowadays, people tend to use their cars **instead of** walking, even for short journeys. As a result of this change, people are getting less and less exercise. Therefore, they have less opportunity to build their muscles and burn calories.

Finally, due to our fast-paced lifestyles, people are under more pressure to work longer hours **than ever before**. Working parents, for example, have little time to relax, which means they risk suffering from illnesses such as stress.

To sum up, I agree that it is more difficult to be fit and healthy in modern society.

However, with the right attitude to eating, exercise and work, it is possible to protect our physical and mental well-being.

Focus on structure

- 1 Does the writer cover the two compulsory points in the notes?
- 2 What is the writer's own idea?
- 3 In which paragraph does the writer give his/her own opinion?
- 4 What phrase does the writer use to conclude the essay?

GRAMMAR

COMPARING AND CONTRASTING IDEAS WITH LINKERS



GRAMMAR ON THE MOVE

Watch the video



1 Study how the writer uses the highlighted linkers in the model essay. Complete the sentences below with these linkers. There may be more than one correct option.

- 1 the rates of obesity have increased, many people still lead healthy lifestyles.
- 2 People should be encouraged to do more physical exercise taking the car or bus to work.
- 3 being cheap, processed foods do not generally make up a healthy and nutritious diet.
- 4 Eating a balanced diet which includes plenty of fruit and vegetables, consuming foods high in sugar and fats, helps maintain healthy blood pressure.
- 5 Many people are aware of the benefits of doing physical exercise., it's important not to overdo it.
- 6 With the amount of processed food found in supermarkets these days, people should consider nutritional content more

2 Correct the mistake in each of the sentences. One sentence is correct.

- 1 Despite hate carrots, he tried to eat one or two portions with his dinner each week.
- 2 The government is encouraging kids to walk to school, however it might take them half an hour or more.
- 3 It's important to eat organic food on a daily basis. However, this can be quite expensive.
- 4 Tatiana prefers to run in her local park, rather pay money to go to the gym.
- 5 Despite writing down her weekly food intake on paper, Martina used an app.

3 Write your answer for the essay question below.

In your English class, you have been talking about health and fitness. Now your English teacher has asked you to write an essay. Young people these days tend to be less interested in their health. Do you agree?

Notes

Write about:

- 1 Technology
- 2 Food
- 3 (your own idea)

PUSH YOURSELF C1

UNDERSTANDING HEALTH

1 Look at the pictures below. What do you think happens at a fitness boot camp?



2 Listen to Gavin, a boot camp instructor, welcoming the new students to the boot camp. Complete the itinerary with the words in the box.



digestion nutrition posture stamina well-being

FIRST FIT BOOT CAMP

Date: 20th August–25th August

Instructor: Gavin

Location: Green Meadows

List of activities

- Day 1:
- Day 2:
- Day 3:
- Day 4:
- Day 5:

3 Listen again. Make notes about the types of activities they will do each day.

4 Which day would you most and least prefer and why? Go online and research other activities that are provided by boot camps. What should someone consider when choosing a boot camp?

EXAM FOCUS

READING AND USE OF ENGLISH PART 7

✓ EXAM FACTS

- You will read one long text divided into sections or four to five shorter texts.
- You must answer ten questions.

! EXAM TIPS

- Read the questions carefully and underline the key words.
- The information in the questions may not be written in exactly the same words as the information in the texts so look for synonyms and paraphrases.

You are going to read an article in which four people discuss health and fitness. For questions 1–10, choose from the people, (A–D). The people may be chosen more than once.

A Oleg

I'd never been one to worry about what I ate or how active I was, and in my 20s and 30s it didn't seem to matter. I was slim, and I looked fit, even if I drank too much coffee and never actually exercised. Then suddenly, my clothes were tight, and I got out of breath walking up the shortest of hills – it was only when I turned 40 the reality of my poor physical condition started to hit home. I'm trying to do something about it now but it's a struggle to get motivated. I've joined a gym, but I've only been once over the past few months as I've got such a busy schedule. It's regrettable that I didn't do more when I had the chance, but I think I've left it too late now.

B Bruno

Everyone assumed I could do it, although I was a little uncertain, and it wasn't easy changing my diet and how active I was. At first, I underestimated how critical it is to get into a routine and how easy it would be to make excuses. I'd started to slip into old unhealthy habits when someone I'm close to suggested I sleep in my running gear, so I didn't have any excuses when I woke up in the morning and as crazy as it sounds, it worked. Anyway, my hard work paid off in the end and I'm in better condition now than I was thirty years ago. Who says retired people like me can't get in shape!

C Anthony

I've always loved food and even as a child I was never a fussy eater, so I think it's definitely possible to eat what you want and be a professional athlete. Of course, I don't eat all the junk food I used to have as a kid, but I'm not going to stop myself having a treat if I really want it. I just don't get the obsession athletes have these days with protein shakes and energy drinks as I think our bodies are designed to get everything they need from real food. I tend to watch what I eat in the lead up to a big competition but other than that I listen to my body. I train for six hours a day and on my days off when I need to rest, you'll find me baking in the kitchen, which, unsurprisingly, my family really appreciate.

D Marcus

Friends and acquaintances say that as a personal trainer and cyclist I must be on a strict diet but that's just not the case. I try to avoid processed food and cook everything from fresh. In fact, I do most of the cooking when I'm at home, although I don't always have a lot of time these days. At school, I avoided anything which involved any sort of physical activity and was quite overweight. But I really got into cycling when I was watching the Olympic Games one year, and thought I'd give it a go. The training was almost impossible initially, as I was so out of shape, but I was determined to make positive changes and I'm glad I stuck with it.

Which person

- 1 believes it's possible to be unhealthy without being overweight?
- 2 says that people are unaware of what he eats?
- 3 was surprised by how unfit he had become?
- 4 is healthier now than when he was a child?
- 5 does not agree with the changes to the diets of sportspeople?
- 6 did not allow challenges to stop him from improving his health?
- 7 believes a friend helped him succeed?
- 8 wishes he had taken more care of his health when he was younger?
- 9 had not realised the importance of planning when he trained?
- 10 uses cooking to help them relax?

WRITING PART 1

✓ EXAM FACTS

- You need to write between 140–190 words.
- You must write about the two points in the notes as well as your own idea.

! EXAM TIPS

- Read the essay question and notes carefully in order to understand what you need to write about.
- Make sure that your ideas are relevant to the essay question.
- Allow time at the start to plan your essay.
- Make sure that you include your own personal opinion to the question.

In your English class you have been talking about health and fitness. Now your English teacher has asked you to write an essay.

Write an essay using **all** the notes and giving reasons for your point of view.

There are lots of ways that technology can help us to maintain a healthy lifestyle. Do you agree?

Notes

Write about:

- 1 diet
- 2 exercise
- 3 ... (your own idea)

Write your **essay**. You must use grammatically correct sentences with accurate spelling and punctuation in a style appropriate for the situation.

➔ **WRITING BANK** / Pages 234–235



EXAM FOCUS

SPEAKING PART 2

✓ EXAM FACTS

- In this part of the exam, you have to compare two photographs and answer a question about them.
- You also have to answer a question about your partner's photo.

! EXAM TIPS

- Candidates often describe the photographs instead of comparing them. Remember that you are comparing and contrasting two photographs not describing one.
- Candidates sometimes run out of things to say and stop before the time is up. Practise comparing two photos of a similar theme for one minute. You can easily find photos online.

In this part of the test, you are given two photographs.

Student A

Talk about your two photographs for one minute. The photographs show people eating food in different situations. Compare the photographs and say what you think these people like about eating food in these situations.



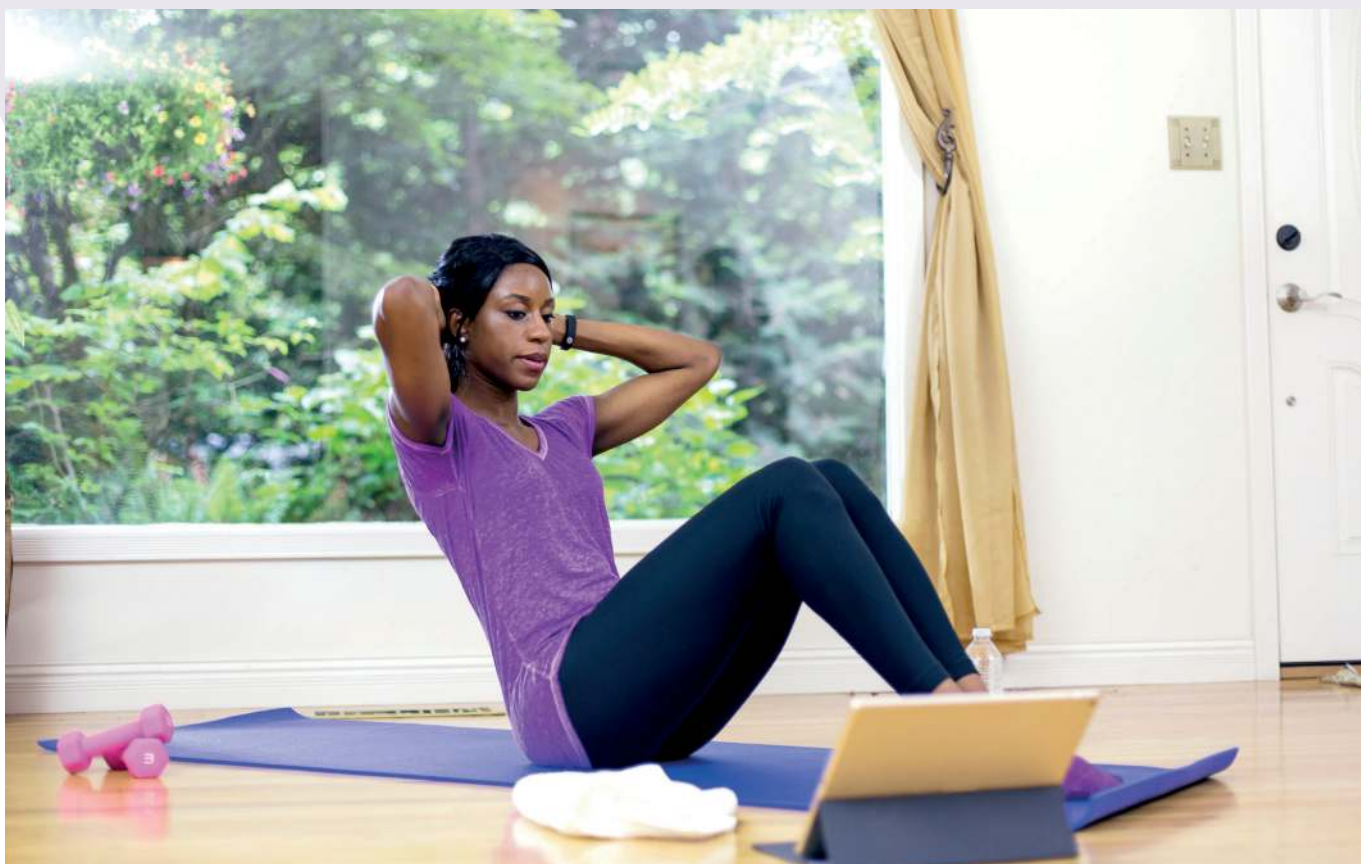
Student B

Do you prefer eating at home or at a restaurant?

SPEAKING PART 2

Student B

Talk about your two photographs for one minute. The photographs show people using technology while exercising. Compare the photographs and say how these things might help these people while exercising.



Student A

Which sports do you enjoy doing?

➔ **SPEAKING BANK** / Pages 246–249

REAL WORLD

**BEING ACTIVE IN ...
 ZURICH**



FACT FILE: Zurich

- + Zurich isn't actually the capital of Switzerland, despite the fact that a lot of people think it is. The capital of Switzerland is Bern.
- + Zurich is Switzerland's largest city. It has a population of just over 400,000.
- + There are over 1,200 drinking fountains in Zurich.
- + Lake Zurich, which is approximately 40 km long, has frozen over twice in the last one hundred years. The most recent was in 1962/63 and the residents organised a festival on the ice.
- + Zurich is home to a large number of banks and financial centres. It is considered to be one of the world's biggest financial capitals.

1 Read the travel advice about how to prepare for a trip abroad. Complete the advice with the correct verbs in the box.

find make sure need pack read refer to subscribe take out

- 1 health insurance before you travel to avoid high medical costs.
- 2 your policy if you need to make a claim against the insurance.
- 3 the label carefully if you are prescribed medication by a local doctor.
- 4 that your passport and visa are up to date.
- 5 to news alerts in case of any flight cancellations or delays.
- 6 Check if you any vaccinations for the country before travelling.
- 7 out how much you'll be charged for using your phone abroad to avoid high roaming charges.
- 8 an extra set of clothes in your carry-on luggage in case your checked luggage gets lost.

2 Find the words and phrases in the sentences in Exercise 1 which mean the following.

- 1 a treatment, usually an injection, to prevent a disease
- 2 a document showing an agreement you have made with an insurance company
- 3 the amount of money you pay for using your phone in another country
- 4 luggage that you are allowed to take on an aeroplane
- 5 a document or card that allows you to enter or leave a country
- 6 notifications or warnings often sent to your phone or email

3 010 Listen to two university friends, Gina and Pierre, discussing their trip to Zurich. Which pieces of advice in Exercise 1 do they talk about?

4 011 While they're away, Gina starts to feel ill. Listen and replace the phrases in italics with the phrases they use in the recording.

PHRASES YOU MIGHT HEAR / USE

- 1 I've eaten something which *made me feel unwell*. (Gina)
.....
- 2 Well, I've got a bit of *pain in my stomach*. (Gina)
.....
- 3 Oh dear. You do look a little *ill*. Do you have any other symptoms? (Pierre)
.....
- 4 I've got a slight temperature and I'm feeling *dizzy and slightly faint* when I stand up. (Gina)
.....
- 5 I'm sure it's nothing serious but maybe you're *beginning to suffer from an illness*. (Pierre)
.....
- 6 It's probably just a cold but it might *be helpful* if you got some sleep. (Pierre)
.....

5 If you are prescribed medication, it's important that you can understand the label. Read the label on the bottle and match the phrases with the correct meanings.

- 1 It might make you feel sleepy.
.....
- 2 Take two tablets a day.
.....
- 3 Speak to a doctor if you don't feel better.
.....
- 4 Don't take more or less than you are told to.
.....
- 5 You may feel sick as a result of taking the medicine.
.....

6 Work in groups and answer the questions.

- 1 Have you ever eaten something which didn't agree with you? What?
- 2 When was the last time you felt under the weather? What were your symptoms?
- 3 What advice would you give someone who is coming down with a cold?

7 Watch the video about Zurich. What do you learn about these things? Make notes.

- The city of Zurich
- Things to see and do
- The fondue tram
- Sports and recreation in and around Zurich



LIFE COMPETENCIES

CREATING NEW CONTENT, SYNTHESISING INFORMATION

- 8 Work in groups and choose a city. Go online and research health and fitness information for travellers. Make notes and share what you've learnt with the class.**