

12

Are you OK?

12.1 goals

- ⊙ talk about health
- ⊙ buy things in a pharmacy
- ⊙ understand instructions on medicines

I've got a headache

VOCABULARY

The body and health



1 a Do the quiz. Circle your answers.

BODY SENSE: Test your knowledge

- 1 Your **head** weighs about 3.5 / 5.5 / 8.5 kilos.
- 2 The **stomach** can hold four / six / eight litres of food.
- 3 You use 5 / 12 / 20 **muscles** to smile. You use about 50 / 70 / 80 muscles to speak.
- 4 Our **eyes** never grow / stop growing. Our **nose** and **ears** never grow / stop growing.
- 5 The body loses half a kilo / more than half a kilo / a kilo of **skin** every year.
- 6 Over 20% / 40% / 50% of the **bones** in your body are in your **hands** and **feet**.
- 7 The smallest bone is in your ear / nose / little **toe**. It's the size of a grain of rice.
- 8 Your **thumb** is the same length as your nose / big toe / ear.
- 9 Children have 18 / 20 / 22 first **teeth**. Adults have 28 / 30 / 32 teeth.
- 10 Your **heart** beats about 50,000 / 100,000 / 200,000 times every day.

b 3.27 Listen to check.

Vocabulary reference,
The body, p147

2 Look at the **highlighted** words in the quiz. What other body words do you know? Check in Vocabulary reference, *The body*, p147.

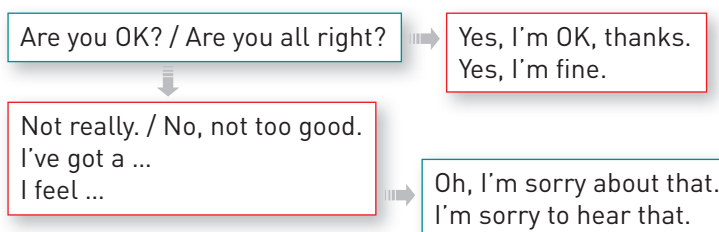
3 a Match problems 1-8 with pictures A-H.

I've got a	¹ headache. ² cold. ³ sore throat. ⁴ temperature. ⁵ pain in my back. ⁶ problem with my knee.
I feel (really / a bit)	⁷ sick. ⁸ tired.



b 3.28 Listen to check. P

4 Make conversations. Talk about different problems from 3a.



What are your symptoms?

LISTENING AND READING



Marc, from Lyons in France, is in the UK on a work trip. He goes to a pharmacy.



HOTLEM
For cold symptoms, including headache, sore throat and high temperature.

How to take: Put one sachet of powder into a cup and fill with hot water (not boiling). You can add sugar or honey.

How much to take: Adults and children over 12 years: 1 sachet every 4 to 6 hours. Do not take more than 4 sachets in 24 hours. Do not give to children under 12.

WARNING CONTAINS PARACETAMOL.
DO NOT TAKE IF YOU ARE ALLERGIC TO PARACETAMOL.

Paracetamol
500 mg tablets

For the relief of aches and pains, including headache and toothache.

KEEP AWAY FROM CHILDREN
Do not take with alcohol.
If symptoms continue, go to your doctor.

DOSE: Adults and children over 12 years: 1 to 2 tablets every 4 to 6 hours. Do not take more than 8 tablets in 24 hours. Children 6 to 12 years: half to one tablet every 4 to 6 hours. Do not take more than 4 tablets in 24 hours. Not for children under 6.

- 1** **3.29** Listen to the first part of Marc's conversation with the pharmacist. What problems does Marc have?
- 2** Match the pharmacist's questions with Marc's answers.

1 What are your symptoms ?	a Just dairy products.
2 Are you allergic to anything?	b No, not at the moment.
3 Are you taking any other medicine ?	c I've got a pain in my back.
- 3 a** Read the medicine packages below. Which medicine is best for Marc? Why?

- b** **3.30** Listen to the second part of Marc's conversation. Does he buy Hotlem or paracetamol?

- 4** Read the packages again. Are these sentences true or false?

- 1 You shouldn't give Hotlem to a ten year-old.
- 2 Hotlem has paracetamol in it.
- 3 An adult can take six sachets of Hotlem in 24 hours.
- 4 You can drink wine with paracetamol.
- 5 An adult shouldn't have more than eight tablets in 24 hours.
- 6 You can give paracetamol to a five year-old.

PRONUNCIATION

Linking consonants and vowels 1

- 5 a** **3.31** Listen to sentences from Marc's conversation. Notice how a consonant at the end of a word links to a vowel at the beginning of the next word.

- 1 Do you need any help?
- 2 What are your symptoms?
- 3 I've had the headache for about an hour.
- 4 I've got a pain in my back.
- 5 This is the best thing.

Do you need any help?
consonant vowel

- b** Practise saying the sentences.

SPEAKING

- 6 a** Work in A/B pairs. A, you're the pharmacist. B, you feel ill. Have a conversation and buy some medicine.

Hello. Can I help you?

Yes. I'd like something for ...

- b** Change roles and have another conversation.

12.2

12.2 goals

- ⊙ talk about health
- ⊙ give advice

Home remedies

READING

1 What do you do in situations 1–4? Do you:

- take a day off work?
- see a doctor or dentist?
- take some medicine?
- ask someone for advice?
- go to a pharmacy?
- do nothing?
- do something else?

- 1 You've got toothache.
- 2 You feel tired and you have no energy.
- 3 You've got a temperature.
- 4 You've got a really bad pain in your back and you don't know why.

Maybe onions can help stomach ache.

2 a Pictures A–D show different remedies. Can you match them with these problems?

headache toothache a high temperature stomach ache



A black toast with honey



B an onion



C a wet teabag



D salt water

b Read the web postings to check your ideas.

KNOWLEDGE.COM
 The world's best advice site ... written by you.

Home Remedies

Black toast with honey
 A friend of mine stayed in a hotel in India and the manager gave this to her for stomach ache. It really works. Just take a piece of bread and toast it until it's black. Then put honey on the toast and eat it. You don't really need the honey but it makes it taste better! It doesn't look good, but it can really help. So if you get stomach ache, try this remedy.

A wet teabag
 Here are my tips for toothache. You should put a wet teabag on the sore tooth. I always have a wet teabag in the fridge so it's there when I need it. Another idea: take a garlic clove and put it on the tooth. Both these ideas help me nine times out of ten. But if they don't work for you, you should go to a dentist.

An onion
 If you get a high temperature, use an onion. It sounds strange but it helps. Cut one large onion in half and tie half an onion to the bottom of each of your feet. You shouldn't wear socks of course, just bare feet! I use this on my kids and it works every time. The remedy came from a relative from down south.

Salt water
 When I was a child, I got a lot of headaches and my grandmother always did this for me. Put a few drops of warm salt water in your ears. Don't use really hot water. Do this three or four times for both ears. Then lie down and close your eyes for about ten minutes.

3 What do you think of these home remedies? Would you like to try them? Why? / Why not?

VOCABULARY

Giving advice

4 a You can use the imperative or **should** to give advice. Complete the sentences with *socks, teabag, water, feet, garlic*.

	✓		✗
You should	Take a _____ clove and put it on the tooth.	Don't You shouldn't	use really hot _____.
	put a wet _____ on the sore tooth.		wear _____ of course, just bare _____.

You should take a paracetamol and lie down for half an hour.
 Is that for a headache?

b Read to check. 3.32 Listen to the sentences.

5 a Think of advice for each of these problems:
 a high temperature headache stomach ache backache toothache
 b Talk in groups. Listen to each other's advice and guess the problem.

If you get stomach ache ...

GRAMMAR

Giving advice with *if*

1 a Look at the **if** sentences in the table. Then put the words of this sentence in order and add it to the box.

If / an onion / get / a temperature, / you / use .

If + present simple, imperative

If you **get** stomach ache, **try** this remedy.
 If you **try** the salt water remedy, **don't use** really hot water.

If + present simple, should / shouldn't + infinitive

If they **don't work** for you, you **should go** to a dentist.

You can change the order of **if** sentences:

If you get stomach ache, **try** this remedy. **or Try** this remedy **if** you get stomach ache.

b 3.33 Listen to the sentences.

2 a Match problems 1–6 with advice a–f. There's more than one correct answer.

- | | |
|---------------------------------------|--------------------------------------|
| 1 you've got a very bad cold | a you shouldn't eat a large meal |
| 2 you're allergic to paracetamol | b be careful what medicine you take |
| 3 your feet hurt | c don't go to work |
| 4 you've got stomach ache | d don't go for a run |
| 5 you feel very tired | e put them in hot water with mustard |
| 6 you've got a problem with your knee | f you should go to bed early |

b Now say the six sentences with *if*.

If you've got a very bad cold, don't go to work.

Grammar reference and practice, p140

SPEAKING



3 a 3.34 Listen to Amina from Lebanon, Angharad and Nathalie from Switzerland, and Ruth from England talk about their own remedies for a cold. Tick (✓) the remedies they talk about.

- eat oranges • eat chicken soup • drink hot honey and lemon juice
- drink black tea with honey • get on with work • go to the doctor
- take paracetamol • inhale steam from hot water

b Read the script on p157 to check.

4 Talk about these questions in groups.

- 1 What do you think of their remedies?
- 2 What do you do when you've got a cold? What about people you know?
- 3 What's the most popular remedy? What's the most unusual remedy?

“ I put my head over a bowl of hot water and inhale the steam. ”

12.3 Target activity

Give advice

12.3 goals

- ⊙ talk about health
- ⊙ give advice

TASK READING

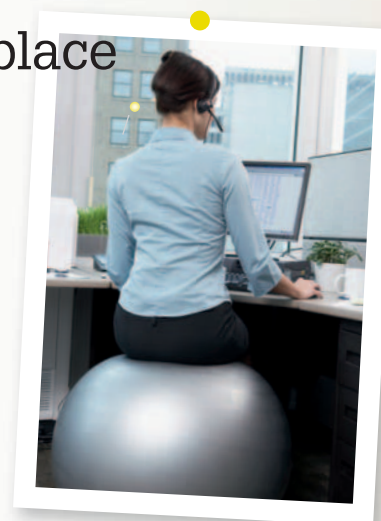
- 1 Read the magazine article.
What's the main topic?
 - a better relationships with colleagues
 - b a better office environment
 - c exercising at work

Tips of the week

Stay healthy in the workplace

Offices are not always healthy environments. Here are some tips for improving your office and your health.

- ✓ Try to sit near a window. Natural light makes you feel happier.
- ✓ Fresh air is good for you, so you should open the window if possible.
- ✓ If you want to improve the appearance of your office, get some plants.
- ✓ Get a good chair and make sure the top of your computer screen is at eye level. A bad sitting position can give you headaches and back pain.
- ✓ Don't sit near an air-conditioner. It dries out your eyes and skin.
- ✓ If you feel bored, change the colour of your office walls. The right colour improves your mood and helps you to be more creative. White, blue or green offices are better than dark or bright-coloured offices.
- ✓ Don't use the lift. You should always use the stairs. This keeps you fit.



- 2 Read the tips again. Find:
 - seven things you should do.
 - two things you shouldn't do.
- 3 Do you do any of the things in the article? Why? / Why not?

TASK VOCABULARY

Giving reasons for advice

- 4 a Cover the article. Complete the sentences with these words.
 Fresh air The right colour Using the stairs Plants Natural light
 - 1 _____ makes you feel happier.
 - 2 _____ is good for you.
 - 3 _____ improve the appearance of your office.
 - 4 _____ helps you to be more creative.
 - 5 _____ keeps you fit.

b Check your ideas in the article.

- 5 a You want some advice. Choose one of these topics or use your own ideas.

How to:

- improve your home cheaply
- give a talk to a large audience
- work at home effectively
- cook a meal for a large group of people
- entertain a group of children
- organise a party for 50 people

b You're going to ask for and give advice. Think about how to:

- ask for advice: *I want to improve my home, but I'm not sure what to do.*
- give advice: *You should / shouldn't ... Don't ... If you ...*
- give reasons for advice: *Fresh air's good for you.*

- 6 Ask other students for advice.
- 7 Did you agree with the advice you got? Why? / Why not?



12 EXPLORE

Keyword *take*

take with nouns

1 a Complete the sentences with these words.

boat trip message medicine
 photos tablets

- 1 OK, and do you prefer **taking** _____ in a drink or tablets? **Unit 12**
- 2 Do not **take** more than four _____ in 24 hours. **Unit 12**
- 3 My mobile phone doesn't **take** _____. **Unit 3**
- 4 Sorry, he isn't here at the moment ... Can I **take** a _____? **Unit 3**
- 5 And would you like to **take** a _____ on the Bosphorus? **Unit 2**

b You can use **take** to talk about travel and medicine. Find examples in 1a. Can you think of more examples?

2 Can you remember the last time you:

- took a train?
- took a taxi?
- took a message?
- took a really good photo?
- took a trip to somewhere new?
- took a tablet for a headache?

Talk together.

take with time

3 a Underline an activity and circle a time in these sentences.

- 1 Travelling home **takes** (a whole day). **Unit 7**
- 2 It **takes** about twenty minutes to walk to the centre of Lucknow. **Unit 9**
- 3 It **takes** 50 minutes to travel the nine-mile journey across London by unicycle. **Unit 9**

b Complete these sentences so that they're true for you. Then compare with a partner.

- 1 It takes _____ to do my food shopping.
- 2 It usually takes about _____ to get home from work.
- 3 Starting up my computer takes _____.
- 4 It usually takes _____ to cook my dinner.
- 5 Cleaning my home takes _____.
- 6 It takes _____ to read the newspaper.
- 7 It takes _____ to answer my emails.
- 8 Flying to Australia takes about _____.

Independent learning Learning collocations

1 3.35 Listen to Yukio. What is a **collocation**?

- a It's a kind of word.
- b It's two words that go together.
- c It's a kind of sentence.

2 3.35 Listen again. What two mistakes did he make when he first started learning English? Why did he make them?

3 a When you try to learn new words and expressions, do you write them down?

b Do you write:

- a single words? *watch*
- b collocations? *watch TV, watch films*
- c sentences? *I usually watch TV on Friday evenings.*

4 When you read in English, try to notice and learn new collocations. Read A–C and find collocations with **take**, **spend**, and **have**.

A

Too busy?

British actress, Tanya Hoxton, said in an interview last week that she needs to take a break. Speaking to *Hello* magazine, she said she wants to spend more time with her friends and family. The first thing she wants to do is have a party for her

B

Stress busting tips for working parents

- Take a break from work. Spend time with your kids in the open air – go for a walk every day.
- Every few months, let the kids stay with their grandparents and have a party for your adult friends.

watch TV have lunch
 spend money
 take a message go for a walk
 see you soon

C

HARRY'S BLOG

We had a great party last weekend to celebrate the end of the academic year. I spent a lot of time preparing for it – more than I did preparing for exams ... Anyway, now it's time to take a break from university and think about doing some real work and getting some money for next term. This summer, I'm working at

12 EXPLORE Writing

Goal

write an email or note apologising



A

Hi Marc,
I'm writing to say I'm really sorry for not meeting you yesterday. I had a very bad headache and sore throat. I wanted to call you but I haven't got your home or mobile numbers.
I'm really sorry and hope you're not angry with me. Could we meet another time? I promise to be there! And please give me your number!
Write when you have a moment,
Abby

B

Hello Joseph,
Thanks very much for the invitation. I'm very sorry but I don't think I can come. I've got an exam on Sunday (!) so I really should stay at home on Saturday and do some studying.
Thanks again and sorry to be so boring! Hope you have a great time. Let's meet up for coffee some time soon.
All the best,
Abby

C

Hi Mum & Dad,
Hope you had a great holiday, and thanks for letting us stay. Mum, I'm afraid Sammy broke your mug, the one with cats on it. I'm really sorry. I know it was your favourite. Can we buy you another one? or take you (and dad, of course) out to dinner some time? I'll give you a call at the weekend.
Love, A. xxxxx

1 a What are the names of the people in photos 1–3?
Read A–C to find out.

b What do you find out about Abby?
Read A–C again and make a list.

She's studying something.

2 How did Abby say sorry? Cover the emails and notes and match 1–5 with a–e. Then read again to check.

- 1 I'm writing to say **I'm really sorry for**
- 2 **I'm really sorry**
- 3 **I'm afraid** Sammy broke your mug.
- 4 **I'm very sorry, but**
- 5 **Sorry to**

- a I'm really sorry.
- b be so boring.
- c and hope you're not angry with me.
- d not meeting you yesterday.
- e I don't think I can come.

3 When we say sorry, we usually say why. Look at A and B and find out:

- 1 why Abby didn't meet Marc.
- 2 why Abby didn't phone Marc.
- 3 why Abby can't go to Joseph's.

4 Complete the sentences with these words.

- Could Hope (x2) Can Thanks (x2) Let's
- 1 _____ we meet another time?
 - 2 _____ we buy you another one?
 - 3 _____ meet up for coffee some time soon.
 - 4 _____ you have a great time.
 - 5 _____ you had a great holiday.
 - 6 _____ very much for the invitation.
 - 7 _____ again.

5 a Choose one situation for an email.

It's Sunday afternoon. You have a very bad cold. Tomorrow you have a meeting with a colleague at work, but you think you should stay in bed.

You're on holiday and you're using your friend's car. Yesterday you had a small accident. You broke one of the lights at the back of the car. Your friend loves his car.

You visited a friend in another city at the weekend. On Monday morning, you remember that another friend had her birthday party on Saturday.

b Discuss ideas for your emails in pairs.

- 1 Who are you writing to?
- 2 How can you say sorry?
- 3 What reasons can you give?
- 4 Can you use any expressions from 2 and 4?

6 a Work alone and write your email.

b Look at another student's email. Can you improve your emails together?

7 Read other students' emails. What do you think of their reasons?

12 Look again

Review

VOCABULARY Health and advice

- 1 a Make sentences from the words in the table.

I've got	toothache	a cold
I feel	a sore throat	tired
	a high temperature	stomach ache
	a problem with my knee	sick

- b Make sentences giving advice from these words.

You should/shouldn't ...	
go to	a day off work
take	a doctor
eat	work
try	hot lemon juice with honey
drink	black toast and honey
	coffee
	some tablets

- c In pairs, take turns to say a problem and give advice. Do you agree with the advice?

I've got a cold. You should take some tablets.

GRAMMAR Giving advice with *if*

- 2 a Complete the sentences with your own advice.


- If you like chocolate, ...
- If you want to buy a new computer, ...
- If you're looking for a good restaurant, ...
- If you're interested in films, ...
- If you need travel information, ...
- If you'd like to go to a relaxing place, ...
- If you want to read a good book, ...
- If you can't sleep well at night, ...

- b Compare your sentences. Who has the best ideas?

CAN YOU REMEMBER? Unit 11 – Articles


- 3 a Add *a*, *the* or no article to Holly's story.

“ Well, I was in my car in the Rocky Mountains in Canada and I was on ¹ _____ highway with lots of beautiful mountains and trees nearby. It was ² _____ sunny day and everything was perfect. Suddenly I saw ³ _____ family of bears – ⁴ _____ mother bear and two cubs – near the side of ⁵ _____ road. I love ⁶ _____ bears! So I stopped ⁷ _____ car, got out and started taking ⁸ _____ photos. I wasn't very close to ⁹ _____ bears, but ¹⁰ _____ cubs got frightened and ¹¹ _____ mother looked angry ... ”

- b Check your answers in  3.20 on p156.


Extension

SPELLING AND SOUNDS *ay, ai*

- 4 a  3.36 We usually say **ay** and **ai** in the same way: /eɪ/. Listen and repeat.

day stay way
 pain main grain

- Which spelling is usually at the *end* of a word?
- Which spelling is usually in the *middle* of a word?

- b  3.37 Spellcheck. Close your book. Listen to eight words from this unit and write them down.


- c Check your spelling on p157.

NOTICE *it, they*

- 5 a In the first sentence, **it** means 'a piece of bread'. Look at 1–4. Does **it** mean 'honey', or 'black toast with honey'?

Just take **a piece of bread** and toast **it** until it's black. Put honey on the toast and eat ¹**it**. You don't really need the honey but ²**it** makes the toast taste better. ³**It** doesn't look good, but ⁴**it** can really help.

- b Read the advice about toothache. What do **it** and **they** mean in 5–8?

 I always have a wet teabag in the fridge so ⁵**it's** there when I need ⁶**it**. Another idea: take a garlic clove and put ⁷**it** on the tooth. Both these ideas help me nine times out of ten. But if ⁸**they** don't work for you, you should go to a dentist.

Self-assessment

Can you do these things in English? **Circle** a number on each line. 1 = I can't do this, 5 = I can do this well.

<input type="radio"/> talk about health	1	2	3	4	5
<input type="radio"/> buy things in a pharmacy	1	2	3	4	5
<input type="radio"/> understand instructions on medicines	1	2	3	4	5
<input type="radio"/> give advice	1	2	3	4	5
<input type="radio"/> write an email or note apologising	1	2	3	4	5

- For Wordcards, reference and saving your work → e-Portfolio
- For more practice → Self-study Pack, Unit 12