

SOLUTIONS UPPER-INTERMEDIATE 3

UNIT 6: HEALTH

6B

PEGAH BAHOJB GHASEMI

6

Health

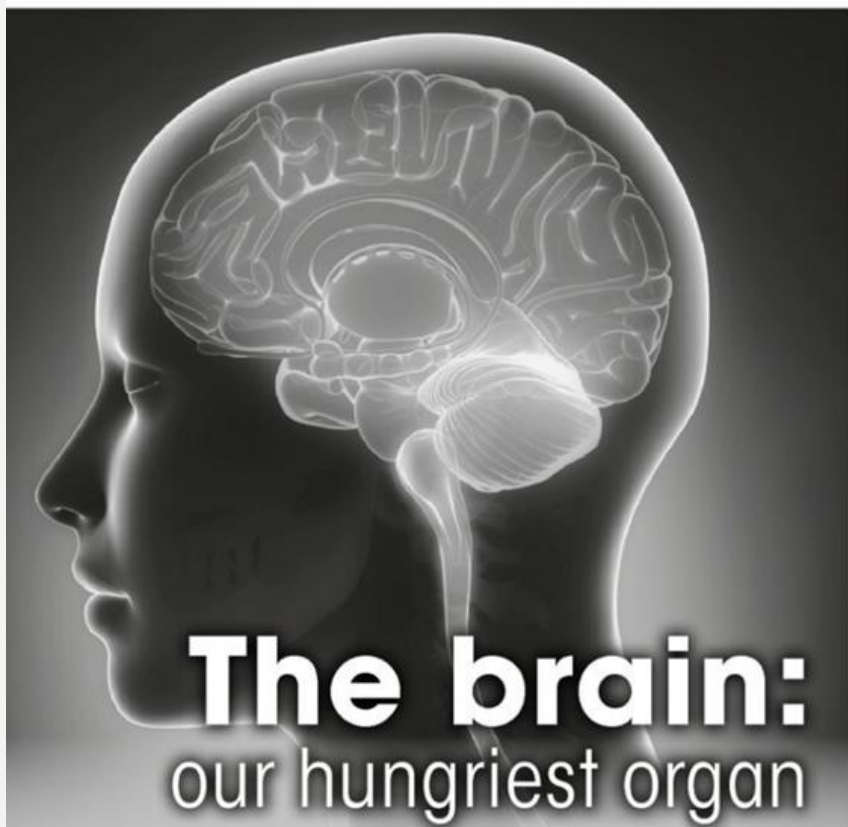
Vocabulary

A

Food science

I can talk about nutrition and health.

1 Choose the correct words to complete the text.



Our brains account for 2% of our weight, but ¹**reduce** / **consume** 20% of the energy that our bodies ²**produce** / **digest** after eating. When we sleep, our brains continue to ³**burn** / **produce** energy because they are still working. They ⁴**process** / **burn** all the day's activities and create memories. The brain also repairs itself, but if we don't sleep enough, it ⁵**reduces** / **burns** the time that our brains have for this work. Having fewer hours of sleep also affects our diets, as it is more difficult for our brains to ⁶**control** / **process** our weight if we don't sleep enough. If we want to ⁷**consume** / **boost** our brains' energy levels, we should do exercise. Exercise pumps blood full of oxygen to our brains.

2 Match the verbs below with the definitions. There is one extra verb.

ache boost consume control digest process
produce reduce

- 1 to use fuel, energy, or time, especially in large amounts


- 2 to make something smaller in size, importance, amount, etc. _____
- 3 to make something _____
- 4 to improve or increase something _____
- 5 to change food in your stomach into substances that your body can use _____
- 6 the feeling you get in your muscles when you've done a lot of exercise _____
- 7 to order, limit, or rule something _____

3 Complete the words in the sentences.

- 1 Sausages, sliced ham and bacon can be tasty, but p_____ m_____ is not very good for you.
- 2 You should avoid all types of p_____ f_____ such as pre-cooked meals.
- 3 D_____ p_____ like milk and cheese are important for growing children because they strengthen their bones.
- 4 It's much better to eat brown bread made from w_____ g_____ flour rather than processed white bread.
- 5 Some p_____ farmers keep turkeys and ducks as well as chickens.


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4  2.02 Listen to a nutritionist giving advice about the best food for people who do sport. Tick the things he mentions.

- 1 calcium
- 2 calories
- 3 carbohydrates
- 4 cholesterol
- 5 fat
- 6 fibre

- 7 minerals
- 8 nutrients
- 9 preservatives
- 10 protein
- 11 vitamins

5  2.02 Listen again and complete the advice with the words you ticked in exercise 4.

- * You don't have to eat broccoli, which is full of ¹ _____, with oil and salt, but it might help to make it tastier!
- * Sweet potatoes and tomatoes contain a lot of ² _____.
- * You should try and avoid red meat because although it has ³ _____, it also has a lot of ⁴ _____.
- * You must eat fruit – bananas are a good option because they have a lot of ⁵ _____.
- * You mustn't eat too many nuts because although they provide you with ⁶ _____, they also contain a lot of ⁷ _____.
- * If you have to exercise in the evening, milk will help you relax and provide your bones with ⁸ _____.



**HOW CAN YOU
CALL SOMEONE
HEALTHY?**



**HAVING A HEALTHY
BALANCED DIET**





**DRINKING LOTS
OF WATER**





EXERCISING REGULARLY





CREATING A PERSONAL HYGIENE ROUTINE



1 **SPEAKING** Work in pairs. In what ways do you think these things were different in the past?

diseases hospitals hygiene





2 Read the text. Does it mention your ideas from exercise 1?



A history of hygiene

Ancient ideas of hygiene

The ancient Greeks and Egyptians enjoyed relatively high standards of personal hygiene – they had been taught about the importance of cleanliness by their religious leaders. But it was the Romans who developed the first public toilets and enormous public baths.

19th century developments

Louis Pasteur and Joseph Lister's revolutionary ideas about using sterile instruments in clean hospitals were adopted in the 19th century. Before then, up to half of Lister's patients who had survived surgery were being killed by infections spread by germs. Infection and disease haven't been eliminated entirely in our hospitals yet, but they have been significantly reduced.

Today and tomorrow

Although hygiene in developing countries is being improved all the time, 36% of the world's population is still affected by poor hygiene. Furthermore, medical organisations will be challenged in the future by new infections and diseases; the world's population is so closely connected that potentially catastrophic epidemics will be transmitted around the globe in days.

3 Find passive examples of tenses a–g in the text.

a present simple

b present perfect

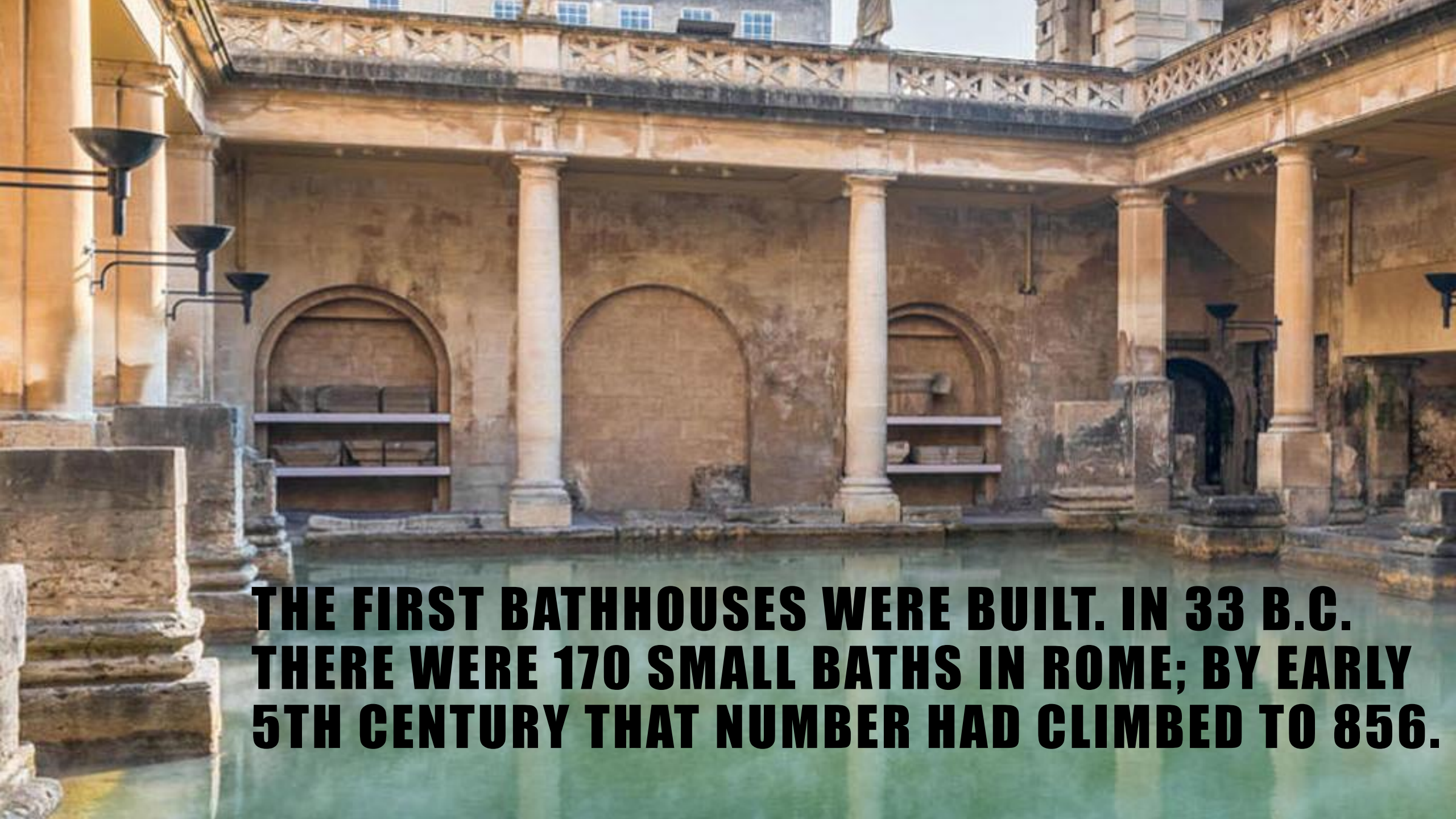
c past continuous

d *will* future

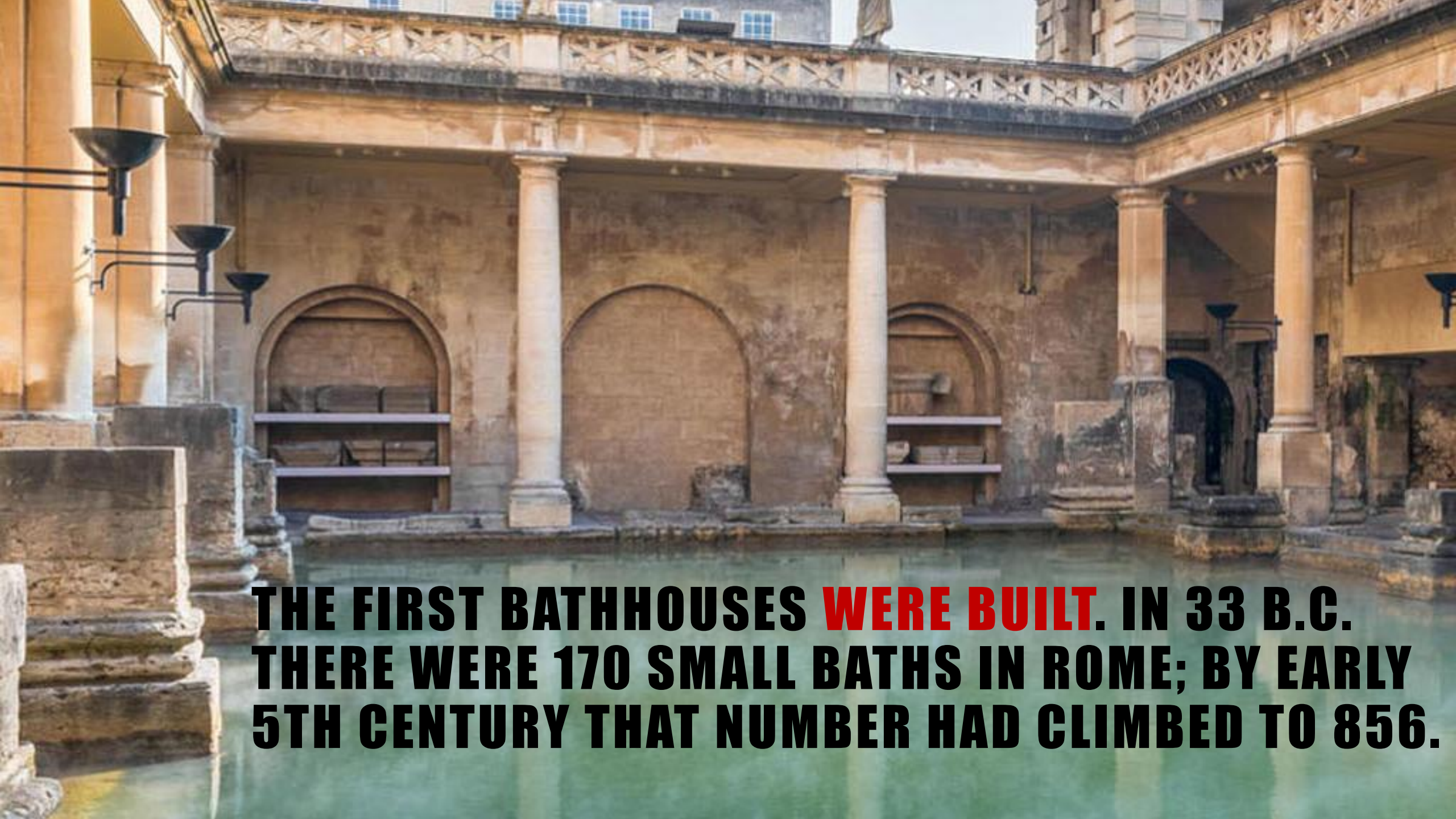
e present continuous

f past simple


g past perfect




THE FIRST BATHHOUSES WERE BUILT. IN 33 B.C. THERE WERE 170 SMALL BATHS IN ROME; BY EARLY 5TH CENTURY THAT NUMBER HAD CLIMBED TO 856.



THE FIRST BATHHOUSES WERE BUILT. IN 33 B.C. THERE WERE 170 SMALL BATHS IN ROME; BY EARLY 5TH CENTURY THAT NUMBER HAD CLIMBED TO 856.



**TEACHER TOLD US,
“YOU HAVE BEEN
BEING WATCHED
WHILE YOU WERE
CHEATING.”**



**TEACHER TOLD US,
“YOU HAVE BEEN
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4 Read the **Learn this!** box. Complete the rules.

LEARN THIS! The passive



1 We form the passive with the verb ¹ _____ and the ² _____ of the main verb. The object of an active verb can become the ³ _____ of a passive verb.

They haven't found a cure for colds yet. (a cure = object)

A cure for colds hasn't been found yet. (a cure = subject)

2 If we need to mention the agent, we use ⁴ _____.

Enormous public baths were built by the Romans.

3 We use the passive:

a when we do not know (or do not want or need to say) who does something.

b for more formal language, e.g. for processes.

First, the coffee beans are dried. Then they are roasted.

c when we want to focus on the person to whom the action is done, not the person doing the action.

4 We use the ⁵ _____ and past continuous forms of the passive, but we do not use other continuous forms.

Hygiene is being improved. ✓

~~*Hygiene has been being improved.*~~ ✗

They have been improving hygiene. ✓

5 Rewrite the sentences (1–5) in the passive. Match them with rules 2–4 in the **Learn this!** box. The sentences may match with more than one rule.

- 1 A doctor has examined me and told me to rest at home.
- 2 It was in the 19th century that they invented anaesthetics.
- 3 Scientists are making more advances in medicine every year.
- 4 They'll stitch the wound now and remove the stitches next week.
- 5 Kazimierz Funk, a Polish scientist, discovered the fact that vitamins could cure many diseases.



**WE LENT BOB
SOME MONEY.**



**WE LENT BOB
SOME MONEY.**



**WE LENT BOB
SOME MONEY.**

1. BOB **WAS LENT
SOME MONEY.**

**2. SOME MONEY
WAS LENT TO BOB.**

LOOK OUT!



If an active verb has two objects, either can become the subject in the passive form. However, it is more common for the indirect object (in this case, the scientist) to become the subject.

They awarded a Nobel Prize to the scientist.

The scientist was awarded a Nobel Prize.

A Nobel Prize was awarded to the scientist.

6 Read the **Look out!** box and the text below. Then rewrite the underlined text (1–12) in the passive. Decide whether you need to include the agent. Which sentence can be written in two different ways?

It was called 'The Great Mortality', but today ¹we know it as the Black Death. In 1348, ²rats brought the plague from Asia to Europe. ³The disease killed millions of people. ⁴Bad weather had ruined crops for years and ⁵this had left thousands hungry. ⁶Frightened people were filling the cities and, living so close together, ⁷coughs and sneezes quickly infected them. ⁸This terrible event still fascinates us. ⁹Journalists warn us about deadly diseases and ¹⁰ever-increasing air travel isn't helping the situation. For now, ¹¹antibiotics give us some protection, but ¹²can they save us from a future plague?

7 SPEAKING Work in pairs. Talk about these things.

- 1 the funniest joke you've been told
- 2 a job you'd like to be offered
- 3 the most interesting photo you've been shown
- 4 the most useful advice you've been given

6A

Food science

1 Match food items a–f with descriptions 1–6.

1 dairy products

2 nuts

3 poultry

4 processed food

5 processed meat

6 wholegrain

a sausages

b cheese

c brown rice

d chicken

e biscuits

f almonds

2 Complete the sentences with the words below.

additives calcium calories carbohydrate cholesterol
fibre mineral preservatives protein vitamin

- 1 We put _____ in our food to make it last for a longer period of time.
- 2 We use _____ to express how much energy is in our food.
- 3 Foods like fruit and whole grains have a lot of _____, which helps with digestion.
- 4 You can get _____ from eggs, meat and nuts.
- 5 Iron is an example of a _____ in our food.
- 6 Pasta, bread and rice are all high in _____.
- 7 Tomatoes and strawberries are a good source of _____ C.
- 8 Manufacturers often put _____ in our food to make the flavours stronger or the colours brighter.
- 9 Too much _____ from unhealthy fats can be very bad for you.
- 10 _____ helps us to make our bones stronger.

- 3 **SPEAKING** Work in pairs. Complete the healthy eating plan for one day. Then compare your plan with another pair's ideas. Make suggestions about how they could make their plan healthier.

Your plan looks really delicious, but I don't think the afternoon snack is very healthy. Crisps are high in fat, additives and salt. How about an apple?

Today's Healthy Eating Plan

Breakfast _____	Afternoon snack _____
Mid-morning snack _____	Supper _____
Lunch _____	Drinks _____

**ASSIGNMENT:
WORKBOOK 6B
GRAMMAR BUILDER**

DEADLINE: SUNDAY