

SOLUTIONS UPPER-INTERMEDIATE 3
UNIT 6: HEALTH
6D

PEGAH BAHOJB GHASEMI

6C

Listening

Keeping fit

I can listen to and understand people talking about exercise.



Revision: Student's Book page 67

1 Complete the sentences with the correct form of the words below.


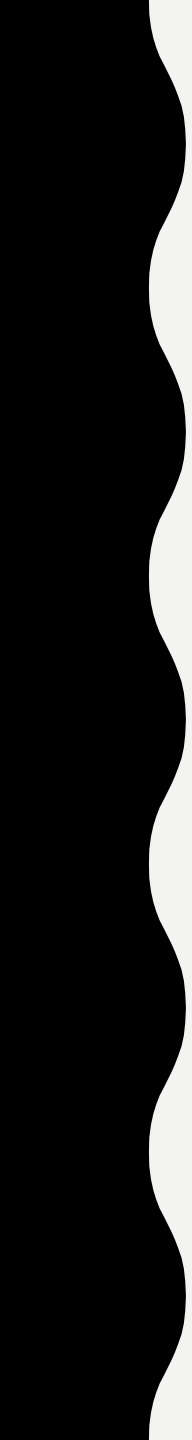
adrenalin burn burst convert energy
high-intensity pump

- 1 When you are exercising, the body _____ fat and sugar into _____ so that you can keep going.
- 2 Running fast releases _____, which helps you to _____ fat.
- 3 The most effective way to get fit is by doing short _____ of _____ exercise.
- 4 If you exercise hard, you can feel your heart _____.

2 Complete the sentences with the correct form of the verbs below.


attend be beat do go keep lift pedal play push

- 1 I play to win – I _____ quite competitive and I'm never happier than when I've _____ an opponent.
- 2 I never _____ running alone after dark.
- 3 I enjoy _____ fit. It makes me feel healthy.
- 4 I train hard and always _____ myself to the limit.
- 5 My dad regularly _____ weights in the gym, but he hurt his back last week.
- 6 My mum _____ a lot of fitness classes at the local gym, but she likes _____ aerobics most of all.
- 7 My brother _____ on an exercise bike in his bedroom. He says it's safer than going outside!
- 8 He doesn't enjoy _____ football. He prefers swimming and running.



Listening Strategy

Remember that the information in the task may be expressed in a different way in the text.

3  2.03 Read the Listening Strategy. Then read the sentences and listen to five speakers. What words did the speakers actually use to express these things?


1 Speaker 1 dislikes exercising.

2 Speaker 2 wonders why his chosen sport is unpopular with his peers.

3 Speaker 3 talks about the body's preferred form of exercise.

4 Speaker 4 describes her family's favourite pastime.

5 Speaker 5 explains how what we eat is converted into fuel for the body.

- 4  2.04 Listen to four texts where people talk about their preferred form of exercising. Choose the correct answers (a–c).

Text 1

- 1 These speakers explain
- a how their favourite activity doesn't involve teamwork.
 - b that they don't like the gym or sports.
 - c what it takes to succeed in their favourite activity.

Text 2


- 2 This speaker's intention is to
- a detail his sport's training regime.
 - b explain why the sport's rules are important.
 - c warn that his sport is very dangerous.

Text 3

- 3 This speaker is explaining
- a the effects of exercise on the various muscle groups.
 - b how exercise also affects the mind.
 - c that exercise must be regular to be beneficial.

Text 4

- 4 This speaker talks about
- a how much he enjoys training with his father.
 - b why his father is paying for his training.
 - c how difficult the training is for a triathlon.



**HAVE YOU EVER
HEARD ANY MYTHS
RELATED TO
HEALTH?
WHAT ARE THEY?**

1 SPEAKING Work in pairs. Read the statements below.
Which do you think are true?

- 1 If you wake a sleepwalker, they will have a heart attack.
- 2 You should drink at least eight glasses of water a day.
- 3 Being slightly fat is good for you.
- 4 Sleeping longer at weekends makes up for lost sleep.

2 Read the text and check your answers to exercise 1.

MYTH BUSTING

Never wake a sleepwalker

Waking a sleepwalker was once widely believed to be dangerous because it was thought something terrible would happen to them. While nobody likes being woken up, the worst thing they will experience is confusion because they are not in bed!

Drink eight glasses of water a day

This myth is thought to have been started by the bottled water industry. In fact, some of us need as little as a litre of liquid a day, which doesn't have to be consumed as water. Food, soft drinks, milk, tea and coffee all count.

Being a bit overweight is unhealthy

It is often reported that serious health problems can be caused by obesity. However, people carrying an extra couple of kilos in weight might actually live longer.

You can catch up on lost sleep

During the week, your sleep might be disturbed by late-night study, noisy neighbours, or a night out. But forget about sleeping longer at the weekend – staying in bed too long is thought to make you feel more tired!

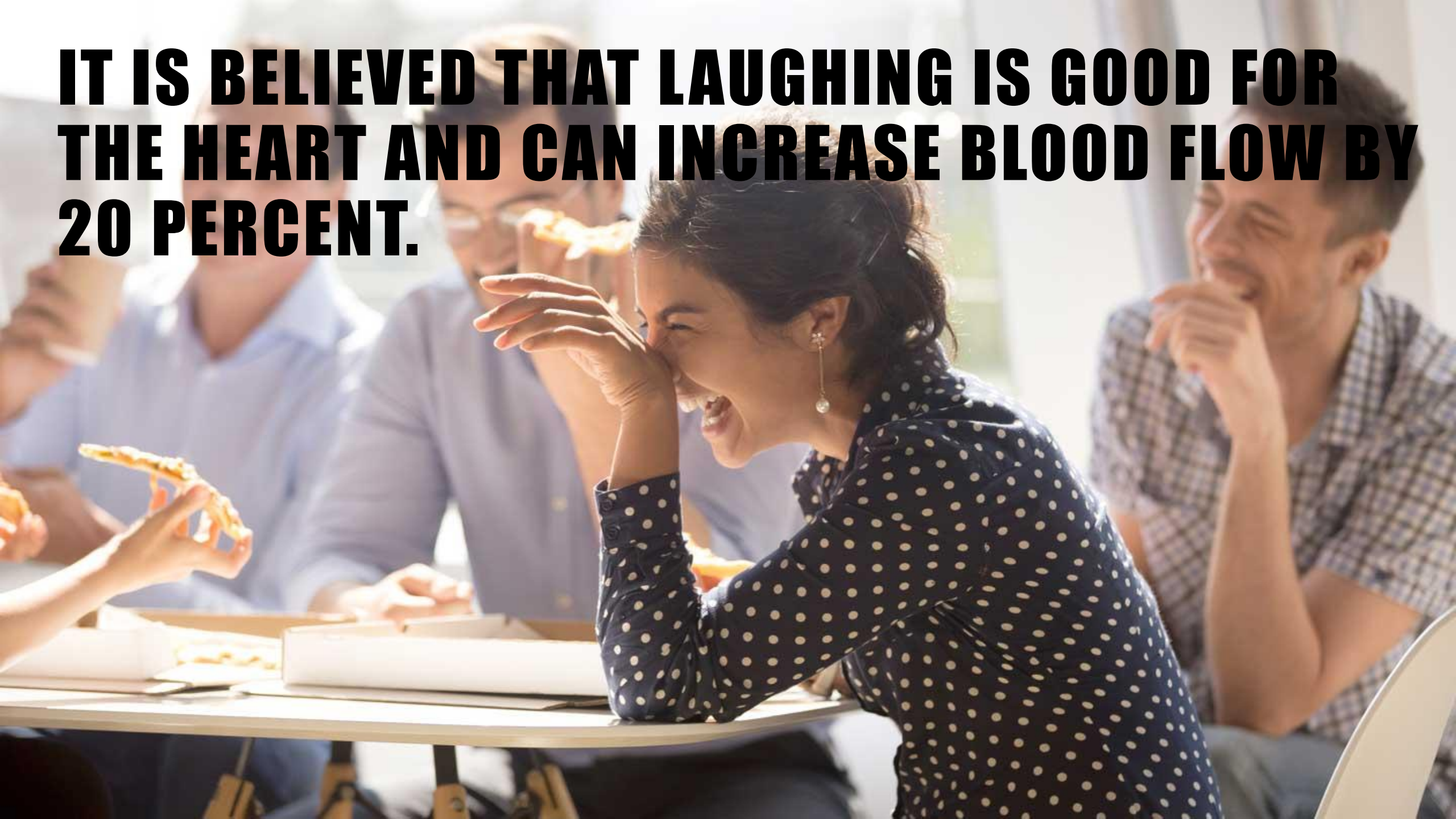


**YOUR CHOLESTEROL MIGHT BE AFFECTED BY
EGG YOLKS.**





IT IS BELIEVED THAT LAUGHING IS GOOD FOR THE HEART AND CAN INCREASE BLOOD FLOW BY 20 PERCENT.





CIGARETTE IS KNOWN TO HAVE CAUSED MORE THAN 480,000 DEATHS IN THE UNITED STATES IN 2021.



LEARN THIS! The passive: advanced structures



- 1 We can use passive structures with present and past forms of modal verbs.

Everyone should be encouraged to eat healthily.

My computer must have been hacked.

- 2 Verbs that are followed by an infinitive or gerund can also be followed by a passive infinitive or gerund.

She hopes to be accepted into medical school.

I hate being told what to eat.

- 3 We can introduce ideas and opinions by using *think*, *believe*, *say*, *know*, *report*, etc. and passive structures.

- a *it* + passive + *that*:

It is estimated that we need eight hours' sleep each night.

In the past, it was thought that bathing was bad for you.

- b subject + passive + present or perfect infinitive:

Cigarettes are known to cause lung cancer. (to express a belief about the present)

In the past, smoking wasn't thought to be bad for you. (to express a past belief)

Heart disease is known to have caused over 80,000 deaths in the UK last year. (to express a present belief about a past event)

3 Read the **Learn this!** box. Then find examples of each rule in the text in exercise 2.

4 Write the sentences with the words in brackets and the correct passive form. Then match each sentence with a rule from the **Learn this!** box.

- 1 It (just / report) that too much exercise is bad for you.
- 2 I (not / remember / tell) about this diet before.
- 3 Mia (should / give) better advice by the doctor.
- 4 Nobody (want / criticise) for their appearance.
- 5 The actress (rumour / lose) more than five kilos last year.
- 6 Some medicines (must / only / take) with food.

5 USE OF ENGLISH Complete the second sentence so that it has a similar meaning to the first.

- 1 People have known for years that too much salt is unhealthy.
It _____.
- 2 Did they really expect anyone to believe those health myths?
Did they really expect those _____?
- 3 Someone ought to have checked the facts carefully.
The facts _____.
- 4 I don't like anyone telling me how much exercise to do.
I don't like _____.
- 5 Should we blame parents for overweight children?
Should parents _____?
- 6 It is said that Einstein slept for ten hours every night.
Einstein is said _____.

6 SPEAKING Work in pairs. Discuss the food myths and think of reasons why they are untrue. Try to use some of the passive structures from this lesson.

- Frozen vegetables are never as good for you as fresh ones.
- Any type of brown bread is better for you than white bread.
- In a fast food restaurant, a burger contains more calories than a milkshake.

It's often thought that vegetables ... However, ...

It's sometimes said that any type ...

A burger is believed to ...

Listen and transcribe. (Track 2.23)

.....

.....

.....

.....

.....

.....

.....

.....

**ASSIGNMENT:
WORKBOOK 6D
GRAMMAR BUILDER**

DEADLINE: SUNDAY