

SOLUTIONS UPPER-INTERMEDIATE 3

UNIT 6: HEALTH

6F

PEGAH BAHOJB GHASEMI

6E

Word Skills

Compound adjectives

I can use compound adjectives.

1 Match the sentence halves.

- 1 It was such a far-
- 2 We're taking a much-
- 3 My uncle used to be a highly
- 4 She's so single-
- 5 Your actions could have far-
- 6 The film is a light-
- 7 Being absent-
- 8 She made a half-

- a hearted look at the world of fashion.
- b needed break in the country next weekend.
- c reaching consequences for all of us.
- d minded, I often forget things.
- e fetched story that no one believed him.
- f hearted effort, but wasn't really trying.
- g trained athlete many years ago.
- h minded that you won't change her decision.

2 Complete the sentences with the words below.

breath high mouth old second thought time

- 1 We had a _____taking view from the top of the mountain.
- 2 This phone is considered very _____-fashioned nowadays.
- 3 I'd never eaten such _____-watering dishes before I visited Thailand.
- 4 Last night's TV fashion documentary was informative and _____-provoking.
- 5 If you don't like _____-spirited dogs, I don't recommend this breed.
- 6 Despite all the _____-saving devices I own, I always seem to be busy!
- 7 Most people own _____-hand cars as new ones are so expensive.

3 Complete the sentences with a compound adjective formed from the word in brackets.

- 1 It may be an interesting article, but it's not very _____ (write).
- 2 If Zoe's as _____ (look) as her sister, she must be really beautiful!
- 3 Isn't that man sitting opposite a _____ (know) singer?
- 4 This job's only suitable for people from _____ (speak) countries such as the UK or Australia.
- 5 Japan is a very _____ (populated) country.
- 6 Travelling into space must be a _____ (blow) experience!
- 7 I'm always _____ (eye) until I've had some coffee.



It may be surprising, but scientists still have no

¹___ explanation for why we dream. There are plenty of ²___ facts about dreams, but little agreement about their purpose. Many ³___ scientists think that dreams allow a ⁴___ opportunity for the brain to clear its 'hard disk' while we sleep. Others are more interested in the meaning of dreams, and although it may seem ⁵___, some people are said to have predicted the future while dreaming. There is much that is ⁶___ about dreams, so when you next wake up ⁷___ from a good night's sleep, why not try writing down your dreams as soon as you wake up? Because apparently, 95% of what you dream is forgotten before you get out of bed!

4 Choose the correct options (a–c) to complete the text above.

- | | | | |
|---|-----------------|---------------------|-----------------|
| 1 | a single-minded | b straightforward | c far-reaching |
| 2 | a well-known | b good-looking | c well-written |
| 3 | a mind-blowing | b highly respected | c badly paid |
| 4 | a time-saving | b second-hand | c much-needed |
| 5 | a far-fetched | b half-hearted | c high-spirited |
| 6 | a upcoming | b thought-provoking | c old-fashioned |
| 7 | a light-hearted | b bleary-eyed | c absent-minded |

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VOCAB BOOST!



Not all compound adjectives, especially those formed from adverb + past participle, appear in a dictionary because they are formed from other words. You should be able to work out the meaning of most of them from the words which form them. For example, a *highly paid* person is someone who is paid a lot of money.

5 Read the *Vocab boost!* box. Then complete the second part of each sentence with an explanation. Try not to repeat the words from the compound adjective.

1 A short-sighted person is someone _____

_____.

2 A cold-blooded animal is an animal _____

_____.

3 A last-minute decision is a decision _____

_____.

4 A world-famous tourist attraction is one _____

_____.

5 A well-behaved child is a child _____

_____.

6 A deeply rooted tradition is a tradition _____

_____.

7 An open-minded person is someone _____

_____.



**WHY DO PEOPLE
GET ADDICTED?**



FOOD ADDICTION





**WHAT IS THE MOST
ADDICTIVE FOOD
IN YOUR IDEA?**

1 SPEAKING Work in pairs. Discuss the questions.

- 1 Why is fast food so attractive to some people?
- 2 What can be done to encourage people to eat less of it?

2 Read the three texts about food addiction. What were the consequences of the three people's addictions?

FOOD

addiction

2.24

A Pizza boy



Few people would disagree that one of the world's most popular dishes is pizza. Twenty-two-year-old Zack certainly wouldn't. He would eat any type of pizza that he could find: homemade pizza covered in fresh ingredients, precooked microwave pizza full of additives and preservatives, and even the pizza leftovers from the night before. He ate pizza for breakfast, lunch and dinner and was consuming 800 kg of it a year.

As a child, Zack had eaten a wide variety of food and it wasn't until he started secondary school that he became addicted to pizza. American school meals have often been criticised for the large amount of fast food present on the menu. At Zack's school, pizza was the star dish and he couldn't get enough of it. Furthermore, Zack was receiving pocket money, and there was only one thing he wanted to spend it on: slices of pizza.

Naturally, Zack's family were worried about their son's diet was high in calories and low in vitamins. So was Zack. In a desperate attempt to break his addiction, he agreed to appear on a TV programme. '_____ It wasn't easy, but Zack finally demonstrated that he had given up eating pizza in a dramatic end to the show. He had to eat a fish dish, while his brother sat in front of him enjoying ... a pizza! Zack met the challenge and, according to the programme makers, he has never eaten pizza again.

B Chicken nugget girl



C chip girl

When seventeen-year-old Stacy Irvine's friends visit her, they know that they are going to have a struggle to find a place to sit in her bedroom. Why? Because Stacy shares her room with the thousands of free toys that she has received as a reward for her loyalty as a regular customer of fast food restaurants.

If Stacy's mother could travel back in time and change one thing, it would be the moment that she decided to take two-year-old Stacy to a McDonald's restaurant and give her a portion of chicken nuggets. Since then, Stacy has refused to eat anything else except for pieces of fried chicken, and as a result, her diet has created serious health problems. In fact, so serious are her problems that she has been warned that if she doesn't soon change her diet, she will die.

Stacy's body had so few vitamins and nutrients that she recently collapsed and had to be admitted to hospital. She insisted that Stacy adopt a healthier lifestyle. Stacy's mother was obviously worried, but said that while Stacy was beginning to understand the seriousness of her situation, she couldn't eat anything else but chicken nuggets.

Twenty-year-old Hanna Little was keen on 60 chips. In fact, she loved them. With the exception of a little toast for breakfast, the only thing that Hanna consumed for fifteen years was one plate of chips after another. And it did, because not only did Hanna 65 develop health problems, but she also had to leave her job after collapsing at work.

Hanna's love of chips had turned into an addiction at the age of five, and although her mother tried to encourage her to eat fruit and 70 vegetables, she refused. Hanna says that she was terrified of tasting the flavour of different types of food and she would feel anxious just at the idea of doing it. Furthermore, Hanna was soon seen as 'odd' by her friends' 75 parents.

It wasn't until she reached the age of sixteen that Hanna discovered that she had been suffering for years from a psychological disorder called SED, Selective Eating Disorder. Hanna 80 discovered that SED was usually caused by a bad experience with food as a baby that the sufferer had no memory of. However, this new knowledge failed to produce a solution and it wasn't until she lost her job before she 85 took the action that would convert her into a normal eater. Hanna decided to seek help and went to see psychologist Felix Economakis, who administered a treatment that none of the doctors that she had seen before had 90 mentioned: hypnosis. It worked. After just one one-hour session, Hanna was ready to try fruit, and since then she has been willing to eat anything ... including chips!



4 Are the sentences true or false? Write T or F. Correct the false sentences.

- 1 Josh ate well until he was a teenager. ____
- 2 Josh ate his last pizza on *Freaky Eaters*. ____
- 3 Stacy became addicted after a member of her family introduced her to a certain type of food. ____
- 4 Stacy has recovered from her health problems. ____
- 5 Hanna's condition affected her work and social life. ____
- 6 Hanna was cured by an unusual treatment. ____

5 **VOCABULARY** Complete the sentences with highlighted words from the texts in the correct form.

Food

- 1 What _____ of ice cream would you like?
Strawberry or vanilla?
- 2 It's a simple _____ to prepare, consisting mainly of rice and vegetables.
- 3 I'm trying to reduce the _____ of food I eat. I want to eat the same food, but in smaller quantities.
- 4 I'll just have one _____ of bread, please.
- 5 Most Japanese people eat a _____ of rice, fish and vegetables.
- 6 We can eat the _____ from tonight's dinner for tomorrow's lunch.
- 7 The restaurant serves smaller _____ for children.
- 8 We can't order yet because we haven't seen the _____.



A large, dense pile of various convenience food products. The image shows a wide variety of items including snack bags like 'Thins', 'SMITH'S', and 'Continental', canned soups, instant noodle packets, and other packaged goods. The products are stacked and piled together, creating a colorful and textured background. A white rectangular box with a black border is superimposed over the center of the image, containing the text.

CONVENIENCE FOOD, ALSO CALLED TERTIARY PROCESSED FOOD, IS FOOD THAT IS COMMERCIALY PREPARED (OFTEN THROUGH PROCESSING) TO OPTIMISE EASE OF CONSUMPTION.

A close-up photograph showing a person's hand holding a small white rectangular card. The card has the words "I can't" on the top line and "do it" on the bottom line, both written in a black, casual, handwritten-style font. A pair of blue-handled scissors is positioned to cut through the card, with the blades already partially through the paper. The background is a soft, out-of-focus light color.

I can't
do it

**WILLPOWER IS DEFINED AS DISCIPLINE
AND SELF-RESTRAINT.**



I can't
do it

- 6 **SPEAKING** Work in pairs. Read the statement and decide together whether you agree or disagree with it.

It is the fault of fast food restaurants if people are addicted to their food.

Discuss your ideas and make notes to support your opinion. Use the words below to help you.

Adjectives addictive cheap convenient expensive
fresh high-calorie low-calorie processed tasty
value for money

Nouns fat fibre free choice ingredients
salt sugar will power

Present your opinions to the class. Use the phrases below to help you.

Presenting opinions

There's no doubt in my mind that ...

As far as I'm concerned, ...

I believe very strongly that ...

I'm absolutely convinced that ...

Nobody can deny that ...

It's perfectly clear that ...

**ASSIGNMENT:
WORKBOOK 6F
SUMMARY**

DEADLINE: TUESDAY