

SOLUTIONS UPPER-INTERMEDIATE 3
UNIT 6: HEALTH
MOVIE

PEGAH BAHOJB GHASEMI

6

Review Unit 6

Vocabulary

1 Complete the sentences with the words below.

calories carbohydrates dairy products
minerals preservatives pulses

- 1 People burn _____ when they do exercise.
- 2 Nuts, eggs and _____ are good sources of protein.
- 3 _____ can be found in bread, rice, pasta and potatoes.
- 4 _____ contain calcium, which makes teeth and bones stronger.
- 5 Processed food contains _____ so that it doesn't go off.
- 6 Salt is one of the most common _____ found in food, but there are many others.

2 Match the verbs in A with the words in B to make collocations. Then complete the sentences.

A be beat convert keep lift pedal play push

B an opponent a team sport competitive fit
food into energy on a bike weights yourself to the limit

- 1 If you want to _____ that isn't football, why not try rugby?
- 2 My mum tries to _____ by going running every morning.
- 3 The eight B vitamins help the body _____ so that we are always ready for action.
- 4 When exercising, I think you should train as intensively as you can. It's only when you _____ that you get results.
- 5 You should use the right technique to _____ so as not to injure yourself.
- 6 I'm always over the moon when I _____ at tennis, because I usually lose.
- 7 Playing sports at school encourages children to _____ which helps them to have higher expectations and achieve better results.
- 8 In my opinion, you should cycle outdoors as much as possible. It's just not the same when you _____ in the gym.

Word Skills

3 Complete the sentences with compound adjectives formed from the words in brackets.

- 1 The film was more than a little _____. It was completely unbelievable! (fetch)
- 2 I've just read a rather _____ article. I'll send it to you, if you like. (provoke)
- 3 Max is still a bit _____ because he's only just got up. (eye)
- 4 The size of the new stadium is _____. It's absolutely huge! (blow)
- 5 Once again, Usain Bolt has given another _____ performance in the 100 metres. (break)
- 6 There are so many _____ desserts on the menu. I don't know which one to choose! (water)

4 Match the words below with the definitions (1–6).

diet dish flavour leftovers portion slice

1 Food that remains at the end of a meal. _____

2 How food or drink tastes. _____

3 A thin piece of food that is cut off a larger portion.

4 Food served as part of a meal. _____

5 The food that you eat and drink regularly. _____

6 An amount of food that is given to one person.

5 Choose the correct answers (a–c).

- 1 The doctor says I've got a throat infection, so he's prescribing ____.
a antibiotics **b** antihistamines
c antiseptic creams
- 2 Why don't you take ____ if you've got heartburn?
a a painkiller **b** an antacid
c an anti-inflammatory
- 3 The best thing for itchy insect stings is ____.
a antibiotics **b** painkillers **c** antihistamines
- 4 My sprained ankle is rather swollen, so I'm taking ____.
a antacids **b** anti-inflammatories **c** antibiotics
- 5 Alex is taking ____ to stop his fractured leg from hurting so much.
a painkillers **b** antihistamines **c** antacids

6 Complete the sentences asking for clarification.

- 1 Would you _____ saying that again?
- 2 Is that something _____ lasagne?
- 3 What do you _____ by 'far-reaching'?
- 4 I'm afraid I didn't quite _____ that.
- 5 Is that the same _____ wholegrain?
- 6 Sorry, do you think you could _____ that, please?

Grammar

7 Rewrite the sentences in the passive. Do not include the agent.

1 Someone has stolen my mountain bike.

2 They are building a new sports centre.

3 They'll postpone the race if it rains.

4 They had cancelled our flight.

5 They're going to close the swimming pool.

6 They cut the grass every week.

8 Rewrite the sentences in two different ways using passive structures. Begin with the words given.

1 People think the new coach is a woman.

It _____
_____.

The new coach _____
_____.

2 We believe the manager resigned last night.

It _____
_____.

The manager _____
_____.

3 They say the rules are straightforward.

It _____
_____.

The rules _____
_____.

4 The press reports that some athletes have made a complaint.

It _____
_____.

Some athletes _____
_____.

Use of English

- 9 Complete the text with the correct form of the words in brackets.

Should I exercise when I'm sick?

It's a question that occurs to many athletes faced with a major competition. You've worked your training programme up to the ¹ _____ (intense) required and then you suddenly wake up ² _____ (feel) ill. If it's a simple cold, it's fine to train for a short period at a much slower pace. However, if you're more ³ _____ (congest) than that, even the most ⁴ _____ (mind) athlete should not contemplate doing exercise. Training while sick can have ⁵ _____ (reach) consequences and there's a logical explanation for this. During an ⁶ _____ (infect), the body modifies its behaviour. Your body makes substances to fight the attack. Muscle protein, instead of fat, is ⁷ _____ (break) down for energy. At this point, there's a greater risk of ⁸ _____ (injure) if you try to continue your training regime. It may take a few weeks to recover your ⁹ _____ (fit), but this is a small price to pay compared to suffering a serious injury.

I can ...


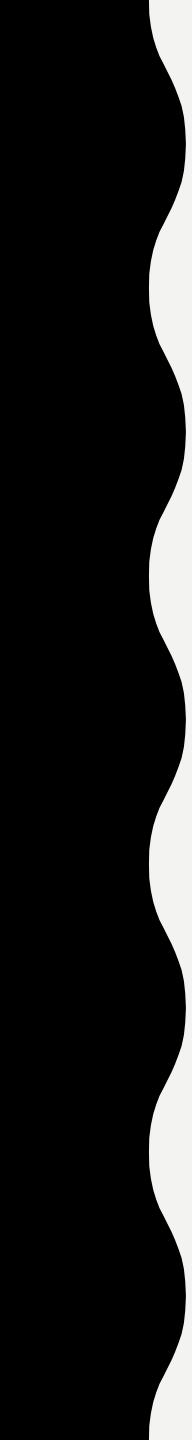
Read the statements. Think about your progress and tick one of the boxes.

★ = I need more practice.

★★★ = No problem!

★★ = I sometimes find this difficult.

	★	★★	★★★
I can talk about nutrition and health.			
I can identify and use different forms of the passive.			
I can listen to and understand people talking about exercise.			
I can use advanced passive structures.			
I can use compound adjectives.			
I can react to an article about food addictions.			
I can role-play a conversation at the doctor's.			
I can write an article for a school website.			



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<p>... myself to the limit.</p>	<p>What is HIT?</p>	<p>We can't use passive with past forms of modal verbs. T or F?</p>	<p>Cigarettes are ... to be dangerous for human health.</p>	<p> Compound adjective?</p>	<p>How can you ask for clarification?</p>



**HOW DO YOU
DESCRIBE YOUR
IDEAL CITY?**





6

Healthy cities

Before you watch

- 1** **SPEAKING** Work in pairs. Answer the questions.
 - 1 What are the best and worst things about living in a big city?
 - 2 In the future, would you prefer to live in a big city or a small town? Why?
 - 3 What do you like and dislike about the capital city in your country?



SEUL






SONGDO



Comprehension check

2  Watch the DVD clip. Choose the correct answers.

1 What is the population of the city of Seoul?

a 10 million **b** 15 million **c** 70 million

2 Where is Songdo?

a under the sea **b** in Seoul **c** near Seoul

3 How many people already live in Songdo?

a 50,000 **b** 65,000 **c** 90,000

3  Watch again. Tick the things that you see.

a skyscrapers

b a city by a river

c an underground station

d a street market

e lots of traffic

f public transport

g a sports stadium


h an old church

i a large bridge

j a dog walker

k a tree-lined road

l a computer room

4  **Watch again. Complete the sentences with the words below.**

businesses crowded empty energy tallest technology temperature spaces

- 1 Seoul is more _____ than London and New York.
- 2 Songdo uses _____ to keep the city clean and healthy.
- 3 There are lots of open _____ in the new city.
- 4 Korea's _____ building is in the centre of Songdo.
- 5 Sensors in the city monitor _____ and traffic in the city.
- 6 People's rubbish will generate _____ in the future.
- 7 At the moment, there aren't many _____ in the city.
- 8 Many of the apartments are _____.

Round up

5 **SPEAKING** Work in groups. Answer the question.

Would you like to live in a place like Songdo? Why? / Why not?

Vocabulary

- 6 **RECYCLE** Choose the correct word to complete the compound adjectives in the sentences. There are two extra words.

crowded blowing based populated respected known needed breaking

- 1 Samsung is one of the best-_____ technology companies in the world.
- 2 The city centre gets really over-_____ on a Saturday night.
- 3 They have made some much-_____ improvements to the city library recently.
- 4 Seoul has record-_____ internet speeds.
- 5 Manila in the Philippines is the most densely _____ city in the world.
- 6 The Songdo project is a mind-_____ development.

7 Complete the text with the words below.

congestion outskirts planners pollution traffic

The cleanest city in the world

In 2015, Calgary, in Canada, was named as the world's cleanest city. But how do they measure what is clean and what isn't? There are five important factors, including the levels of air ¹ _____ and the amount of traffic ² _____ in the city centre.

Calgary has an excellent public transport system that connects the ³ _____ with the city, which means there is less ⁴ _____ driving through its centre.

⁵ _____ in the city have also designed a huge network of over 600 km of paths for walking and cycling, helping people to stay fit and healthy.

Extension

8 Work in groups. Make a presentation about what you could do to make your city cleaner, greener and a healthier place to live. Include the following:

- reducing traffic congestion
- reducing air pollution
- encouraging people to use their cars less
- ways to make the city centre cleaner

9 Give your presentation to the class. Use the key phrases to check other groups' ideas.

Asking for clarification

Sorry, do you think you could repeat that?

What do you mean by ... ?

Is that something like ... ?

Is that the same as ... ?

**DON'T FORGET
YOUR FINAL
EXAM!**