

Unit 10: Are you OK?

Reading 01 How to stay healthy at school

Read this posting from the web page of an American hospital and choose the correct answer (A, B, C or D) for questions 1–5. Put a ☒ in the correct box. The first one (0) has been done for you.

Staying healthy at school: child-friendly tips

Does it seem as if your child is ill all the time?

In the early school years, your child's immune system is put to the test. After all, young children in large groups are breeding grounds for the organisms that cause illness. Here's why infectious illnesses are so common – and what your child can do to stay healthy at school.

Many childhood illnesses are caused by viruses. All it takes is a single child to bring a virus to school for the spread to begin – a child who has a cold coughs or sneezes in the classroom. The children sitting nearby breathe in the infected droplets, and the cold spreads. Germs can spread from anything a sick child touches to other children who touch the same object and then put their fingers in their mouths.

Frequent hand-washing is one of the simplest – and most effective – ways to stay healthy at school. Remind your child to wash hands before eating and after using the toilet, after blowing his or her nose or playing outside. Tell your child to soap up for as long as it takes to sing the "Happy Birthday" song twice.

More school health tips:

- Use hand sanitizer. Give your child alcohol-based hand sanitizer to keep in his or her desk. Remind your child to use the sanitizer before eating snacks or lunch and after using a shared computer mouse, pencil sharpener, water fountain or other communal objects.
- Cover your mouth and nose when you cough or sneeze. Give your child a package of tissues to keep in his or her desk. Encourage your child to cough or sneeze into a tissue – then put the tissue in the trash, and wash his or her hands or use hand sanitizer. If it isn't possible to reach a tissue in time, remind your child to cough or sneeze into the crook of his or her elbow.
- Keep your hands away from your eyes and out of your mouth. Remind your child that hands are often covered in germs.
- Don't share water bottles, food or other personal items. Tell this simple rule to your child – if you put it in your mouth, keep it to yourself.

0 Who is the article meant for?

- A teachers ☐
- B doctors ☐
- C parents ☒
- D children ☐

1 Illnesses can spread in a classroom if children

- A buy some books. ☐
- B see if they have a particular book. ☐
- C show it to his friend. ☐
- D see what it's like. ☐

2 When you wash hands, you should soap up

- A for about 20 seconds. ☐
- B while you sing your favourite pop song. ☐
- C for about five minutes. ☐
- D until your friends tell you to stop. ☐

3 Which is the biggest germ spreader?

- A your cap ☐
- B your lunch box ☐
- C the top of your desk ☐
- D a shared computer mouse ☐

4 If you have germs on your hands, you should

- A keep your hands in your pockets. ☐
- B use deodorant. ☐
- C use soap when washing hands. ☐
- D disinfect your hands in a machine. ☐

5 When you have to cough, you should

- A open the window. ☐
- B use a tissue. ☐
- C cough into a wastepaper basket. ☐
- D stand in a corner of the classroom. ☐

Listening 02 Staying healthy

Listen to the recording from exercise 33, page 129 again. While listening, match the beginnings of the sentences (1–6) with the sentence endings (A–I). There are two sentence endings that you should not use. The first one (0) has been done for you.

0	The announcer introduces Lona,	B
1	A healthy lifestyle	
2	If she sleeps fewer than eight hours a day, Lona	
3	Going to the gym	
4	Dance classes and going out dancing	
5	Organic food is best for a healthy diet but it	
6	Ginger in hot milk helps Lona	

A	does not feel so good.
B	who describes her own way of staying healthy.
C	makes her tired.
D	consists of a number of elements.
E	can be rather expensive.
F	to get rid of a cold.
G	are more fun than going to the gym for exercise.
H	to follow Ayurvedic medicine at home.
I	does not excite her.

Reading 03 Staying healthy abroad: Jonathan's experiences

Guess which country Jonathan is talking about and complete the text with the countries from the box. There are two extra countries that you should not use.

Japan ■ England ■ Spain ■ Russia ■ Peru ■ Greece

It was quite easy to stay healthy in (1) _____. The weather's always good there, and I like running so I could always go running in the open air. There are lots of beautiful areas along the river or along the beach, so it was relatively easy to go for a run. They grow a lot of vegetables and fruit there on the Mediterranean coast. I lived in Granada. The place is a little hot in summer, but when you don't overdo things it's easy to stay healthy.

Eating healthily in (2) _____ was kind of difficult because I thought fruit and vegetables were very expensive, and so I didn't buy lots of either fruit or vegetables, only bananas. I love tomatoes, but I didn't want to afford them. And it rains a lot there so that made it more difficult to go running in the area where I lived, which was close to Osaka.

Well, actually fruit and vegetables are extremely cheap, and fruit drinks are very popular in (3) _____. Everybody has a blender at home to make fruit drinks so in terms of food you can stay healthy really easily. And there are also lots of gyms in Lima. Going to the gym is very popular there.

I think the diet is not so healthy in (4) _____. The climate is moderate but rather wet. People there like fatty puddings and fatty foods but there are lots of places to exercise, and they're quite cheap or even free. There are many swimming pools and also many gyms. If you really want to, it's relatively easy to stay healthy there. Yes, and people like to go hiking a lot. If you do that, you can get some great outdoors experiences, for example in the Lake District or on the coastal path around Cornwall.

Writing 04 Staying healthy in Austria

Your tandem partner from America will come to Austria for an exchange year at your school. He or she wants to know if it's easy to stay healthy in Austria. Write an email to him/her in which you describe things like

- food
- climate/weather
- popular sports activities

Write 100–120 words.

Language 05 Your brain

Complete the text with the words from the box. There are two extra words you should not use.

brain ■ easy ■ exercises ■ exciting ■ least ■ few ■ rarely ■ member ■ older part ■ plenty
remember ■ try ■ doing ■ best ■ writing ■ wholemeal

Train your brain

If you want to stay healthy, you should not only do (1) _____ for your body but also for your brain. People who use their minds very (2) _____ become very dull. Here are some ideas on how to keep your brain fit.

Having a good breakfast gives you a good start for the day. A few pieces of (3) _____ toast with butter, jam or cheese are ideal. Eggs, nuts, milk and fresh fruit are also great ways to feed your (4) _____. Many people say that learning to speak a new language is the (5) _____ way to expand your brain, which usually shrinks the (6) _____ you get. Of course, learning a foreign language is never easy but it can be fun, and it's great exercise. Give it a (7) _____!

Get (8) _____ of sleep! If you don't get enough sleep your brain cannot work well. So if you study all night long, you will find it difficult to (9) _____ what you have studied. Your brain needs rest. So relax and take it (10) _____.

Reading a book stimulates your imagination. It takes your mind off problems and helps you to relax. You should become a (11) _____ of a library so you don't have to buy all the books you want to read, and you can try many different ones.

Start (12) _____ old activities in a new way. Take a new way to school. Try (13) _____ with your other hand. Mix things up a little. Breaking your routines stimulates your brain because it has to think more, and it will probably come up with new (14) _____ ideas. Last but not (15) _____, think positively. Do whatever makes you feel good, and your brain will appreciate it.

Language 06 Illness and pain

Circle two correct options to complete each sentence.

- 1 I've got a _____ my leg.
a back b pain in c ache on d problem with
- 2 My mother suffers from bad _____ ache.
a back b nose c ear d throat
- 3 Joe's not good today. He's feeling a bit _____.
a temperature b sick c tired d pain in his back
- 4 How are you feeling today? How's your _____?
a sore throat b allergic c cold d sick

Language 07 Health and advice

a Make sentences from the words in the table.

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

b Make sentences giving advice with these words.

You should / shouldn't ...	
go to	a day off school
take	a doctor
eat	school
try	hot lemon juice with water
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?

Example: A: *I've got a cold.* B: *You should take some tablets.*

Language 08 Giving advice with *if*

Make sentences giving advice with *if*.

1 bed / very tired / feel / early / you / go to .

If you feel very tired, (you should) go to bed early.

2 headache / go for / you / a walk / have / a / in the park .

3 hurt / in hot water / them / your feet / put .

4 you've / a bad cold / off school / got / you should / take a day .

5 paracetamol / you're / what medicine / be careful / allergic to / you take .

6 you don't / should / feel better / in a few days / a doctor / see / you .

Language 09 Giving advice with *if*

Complete the *if* sentences with the correct form of the verb in brackets.

If James(1) _____(arrive) late again, just start hockey training without him.

Pete should revise all these exercises if he (2) _____(mean) to pass the exam.

(3) _____(wait) until the rain stops if you don't have an umbrella.

(4) _____(finish) your homework now if you're planning to go out this evening.

Alice (5) _____(not eat out) quite so often if she's trying to save money.

If you want people to be friendly, (6) _____(smile) at them.

If they really want to improve their game at tennis, they (7) _____(practise) a lot

more. You should go to bed soon if you (8) _____(not want) to be tired all day tomorrow.

Language 10 Giving advice with *if*

a Complete the sentences with your own advice.

- 1 If you like chocolate, _____.
- 2 If you want to buy a new computer, _____.
- 3 If you're looking for a good bargain, _____.
- 4 If you're interested in films, _____.
- 5 If you need information on sports clubs, _____.
- 6 If you want to read a good book, _____.
- 7 If you can't sleep well at night, _____.

b Compare your sentences. Who has the best ideas?

Language 11 Medicine instructions

Use the words and expressions in the box to complete the medicine instructions.

allergic to ■ children under 12 ■ every four to six hours ■ doctor ■ sore throat ■ symptoms ■ WARNING!

For the relief of cold and flu, including:

- ✓ aches and pains
- ✓ (1) _____
- ✓ headache
- ✓ fever

Directions for use: Swallow whole with water. Do not chew.

Dosage: Adults and children over 12 years: two tablets (2) _____.

Do not take more than eight tablets in 24 hours.

Do not give to (3) _____.

(4) _____

Do not take more than the dose shown. If (5) _____ continue, go to your (6)

_____.

CONTAINS PARACETAMOL

Do not take if you are (7) _____ paracetamol.

Key

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- C use soap when washing hands. ☒
- D disinfect your hands in a machine. ☐

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1	A healthy lifestyle	D
2	If she sleeps fewer than eight hours a day, Lona	A
3	Going to the gym	I
4	Dance classes and going out dancing	G
5	Organic food is best for a healthy diet but it	E
6	Ginger in hot milk helps Lona	F

A	does not feel so good.
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Eating healthily in **(2) Japan** was kind of difficult because I thought fruit and vegetables were very expensive, and so I didn't buy lots of either fruit or vegetables, only bananas. I love tomatoes, but I didn't want to afford them. And it rains a lot there so that made it more difficult to go running in the area where I lived, which was close to Osaka.

Well, actually fruit and vegetables are extremely cheap, and fruit drinks are very popular in **(3) Peru**. Everybody has a blender at home to make fruit drinks so in terms of food you can stay healthy really easily. And there are also lots of gyms in Lima. Going to the gym is very popular there.

I think the diet is not so healthy in **(4) England**. The climate is moderate but rather wet. People there like fatty puddings and fatty foods but there are lots of places to exercise, and they're quite cheap or even free. There are many swimming pools and also many gyms. If you really want to, it's relatively easy to stay healthy there. Yes, and people like to go hiking a lot. If you do that, you can get some great outdoors experiences, for example in the Lake District or on the coastal path around Cornwall.

Language 05 Your brain

Train your brain

If you want to stay healthy, you should not only do **(1) exercises** for your body but also for your brain. People who use their minds very **(2) rarely** become very dull. Here are some ideas on how to keep your brain fit. Having a good breakfast gives you a good start for the day. A few pieces of **(3) wholemeal** toast with butter, jam or cheese are ideal. Eggs, nuts, milk and fresh fruit are also great ways to feed your **(4) brain**. Many people say that learning to speak a new language is the **(5) best** way to expand your brain, which usually shrinks the **(6) older** you get. Of course, learning a foreign language is never easy but it can be fun, and it's great exercise. Give it a **(7) try**!

Get **(8) plenty** of sleep! If you don't get enough sleep your brain cannot work well. So if you study all night long, you will find it difficult to **(9) remember** what you have studied. Your brain needs rest. So relax and take it **(10) easy**. Reading a book stimulates your imagination. It takes your mind off problems and helps you to relax. You should become a **(11) member** of a library so you don't have to buy all the books you want to read, and you can try many different ones.

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Try **(13) writing** with your other hand. Mix things up a little. Breaking your routines stimulates your brain because it has to think more, and it will probably come up with new **(14) exciting** ideas. Last but not **(15) least**, think positively. Do whatever makes you feel good, and your brain will appreciate it.

Language 06 Illness and pain

- 1 I've got a _____ my leg.
a back **b pain in** c ache on **d problem with**
- 2 My mother suffers from bad _____ ache.
a back b nose **c ear** d throat
- 3 Joe's not good today. He's feeling a bit _____.
a temperature **b sick** **c tired** d pain in his back
- 4 How are you feeling today? How's your _____?
a sore throat b allergic **c cold** d sick

Language 07 Health and advice

a Possible answers

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

b Possible answers

You should go to a doctor / take a day off school / drink / try hot lemon juice with honey / eat / try black toast and honey / drink coffee.

You shouldn't go to school / drink coffee.

Language 08 Giving advice with if

If James(1) arrives (arrive) late again, just start hockey training without him. Pete should revise all these exercises if he (2) means (mean) to pass the exam.

(3) Wait / You should wait (wait) until the rain stops if you don't have an umbrella.

(4) Finish / You should finish (finish) your homework now if you're planning to go out this evening.

Alice (5) shouldn't eat out (not eat out) quite so often if she's trying to save money.

If you want people to be friendly, (6) smile / you should smile (smile) at them.

If they really want to improve their game at tennis, they (7) should practise (practise) a lot more. You should go to bed soon if you (8) don't want (not want) to be tired all day tomorrow.

Language 09 Giving advice with if

- 1 bed / very tired / feel / early / you / go to . If you feel very tired, (you should) go to bed early.
- 2 If you have a headache, (you should) go for a walk in the park.
- 3 If your feet hurt, you should put them in hot water.
- 4 If you've a bad cold, you should take a day off school.
- 5 If you're allergic to paracetamol, (you should) be careful what medicine you take.
- 6 If you don't feel better in a few days, you should see a doctor.

Language 11 Medicine instructions

For the relief of cold and flu, including:

- ✓ aches and pains
- ✓ (1) sore throat
- ✓ headache
- ✓ fever

Directions for use: Swallow whole with water. Do not chew.

Dosage: Adults and children over 12 years: two tablets (2) every four to six hours.

Do not take more than eight tablets in 24 hours.

Do not give to (3) children under 12.

(4) **WARNING!**

Do not take more than the dose shown. If (5) symptoms continue, go to your (6) doctor.

CONTAINS PARACETAMOL

Do not take if you are (7) allergic to paracetamol.