

Unit 7: Safe and healthy

1 Reading

The Eatwell Guide

Go to <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>. Explore the interactive *Eatwell Guide* and read through the text. Write your answers in the table below.

- 1 What are the major food groups?
- 2 What nutrients do these contain?
- 3 Give examples for each group.

Food groups	Nutrients	Examples

- 4 Put together the meals and drinks for a day according to the recommendations given by *The Eatwell Guide* on how to achieve a healthy and balanced diet. Write your meal plan in the table below.

Breakfast	Lunch	Dinner	Snacks and drinks

- 5 Do you check labels on packaged foods? Why? / Why not?
- 6 Who provides *The Eatwell Guide*? What does the abbreviation stand for? In which country is it based?

2 Listening

Future Food

Go to <https://www.youtube.com/watch?v=mnoCy0j7DNs>. Watch the video ‘Future Food | The Menu of 2030’ and answer the questions below.

- 1 Why are researchers looking for new food sources?
- 2 What is likely to be on our dinner tables 20–30 years from now?
- 3 Which nutrients do insects contain?
- 4 Why do algae products seem so promising?
- 5 What is the presenter’s view on genetically modified food? Do you agree with the presenter? Why? / Why not?
- 6 Which trend(s) do you think will get stronger in the near future? Which trend(s) do you think will be less successful?

**3 Writing**

**New food trends**

Have a look at exercise 33a, page 95 again. Charlotte’s school has a website where students can swap ideas on eating habits and new food trends. Since you have recently been exploring the topic of food trends and future food, you decided to write a blog entry about a new food trend. In your blog entry you should:

- say why you think this trend is special and worth a try
- describe what ingredients a typical dish contains, how it is prepared and what it tastes like
- state whether you think it will be a long-lasting trend or disappear quickly

Write about 150 words.

**4 Language**

**Accidents and injuries**

Match the sentence beginnings (1–8) with the sentence endings (a–h).

- |   |  |                          |   |   |
|---|--|--------------------------|---|---|
| 1 | I was so surprised that I dropped            | <input type="checkbox"/> | a | on the ice and hurt themselves.           |
| 2 | Yes, you can wash the dishes but don’t break | <input type="checkbox"/> | b | that cushion!                             |
| 3 | Every winter, people slip                    | <input type="checkbox"/> | c | her ankle the first time she went skiing. |
| 4 | This morning, I banged                       | <input type="checkbox"/> | d | my mobile phone.                          |
| 5 | Unfortunately, she broke                     | <input type="checkbox"/> | e | over in the street. I was so embarrassed! |
| 6 | I tripped and fell                           | <input type="checkbox"/> | f | my elbow on the wall. It really hurt!     |
| 7 | Ouch! I’ve just cut                          | <input type="checkbox"/> | g | my finger on a piece of glass.            |
| 8 | Careful you don’t trip over                  | <input type="checkbox"/> | h | any of those plates.                      |

**5 Language**

**Accidents and injuries**

Find and correct one error in each sentence. Either add a missing word or correct a word that’s there.

**Preventing household accidents**

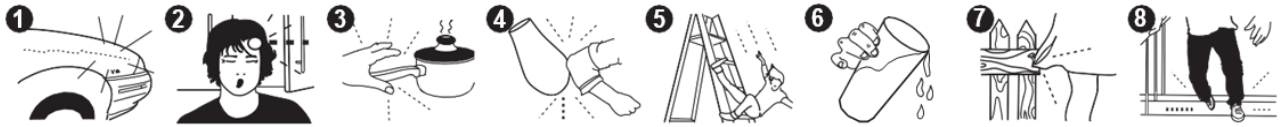
Many accidents happen in the home here is some advice for you.

- |   |  |       |
|---|--|-------|
| 1 | Be careful not to slip newly washed kitchen floors.                                  | _____ |
| 2 | Take care when you clean up broken glass to avoid cut yourself.                      | _____ |
| 3 | Keep cupboard doors closed so you don’t bang the head.                               | _____ |
| 4 | Avoid leaving things on the floor or someone may trip them.                          | _____ |
| 5 | If your child break a toy, throw it away or repair it because it could be dangerous. | _____ |
| 6 | Make sure not to stand up too fast, as you might get dizzy and falling over.         | _____ |
| 7 | Don’t lift heavy things in case you them on your foot or hurt your back.             | _____ |
| 8 | Take care when going downstairs because it’s easy to slip and broke your ankle.      | _____ |

6 Language

Accidents and injuries

a Match the pictures (1–8) with the verbs (a–h).



- |   |              |                          |   |               |                          |
|---|--------------|--------------------------|---|---------------|--------------------------|
| a | tear         | <input type="checkbox"/> | e | scratch       | <input type="checkbox"/> |
| b | spill ... on | <input type="checkbox"/> | f | fall down     | <input type="checkbox"/> |
| c | fall off     | <input type="checkbox"/> | g | burn          | <input type="checkbox"/> |
| d | hit ... on   | <input type="checkbox"/> | h | knock ... off | <input type="checkbox"/> |

b What's the past simple form of each verb?

- |   |                       |   |                      |
|---|-----------------------|---|----------------------|
| 1 | tear: _____           | 5 | scratch: _____       |
| 2 | spill: _____ or _____ | 6 | burn: _____ or _____ |
| 3 | fall: _____           | 7 | knock: _____         |
| 4 | hit: _____            |   |                      |

c Complete the sentences with verbs from exercise 3a in the correct form.

- My mobile phone rang and when I tried to get it out of my pocket, I \_\_\_\_\_ the ladder.
- Rosie, careful! Don't \_\_\_\_\_ your milk \_\_\_\_\_ the carpet!
- I didn't know the pot handle was so hot. When I picked it up, I \_\_\_\_\_ my hand.
- Close that cupboard door, Carl, or you'll \_\_\_\_\_ your head \_\_\_\_\_ it.
- I \_\_\_\_\_ the side of my car this morning. It's going to cost \$500 to repair!
- Did you know Tom \_\_\_\_\_ the stairs yesterday? Luckily, he wasn't hurt.
- The vase, Sammy! You're going to \_\_\_\_\_ it \_\_\_\_\_ the table.
- I \_\_\_\_\_ my favourite coat this morning and I'm really annoyed.

7 Language

Accidents and injuries

a Which words and expressions in B can you use with the verbs in A?

<b>A</b> drop ■ slip ■ cut ■ bang break ■ trip ■ fall	<b>B</b> over ■ your head ■ your finger something ■ on something
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b Which accidents and injuries in 4a are most likely when you're doing these things?

- |           |                       |                        |            |
|-----------|-----------------------|------------------------|------------|
| ■ cycling | ■ running for the bus | ■ cooking              | ■ swimming |
| ■ jogging | ■ going down stairs   | ■ doing the washing up | ■ skiing   |

c Compare your ideas in groups. Do you agree? Give examples.

8 Language

Past progressive

Complete the sentences with the past progressive form of the verbs in brackets.

- 1 \_\_\_\_\_ as a waitress when she met her boyfriend. (Jill / work)
- 2 What \_\_\_\_\_ when I phoned? (you / do)
- 3 \_\_\_\_\_ in Seattle when you went there? (Neil / live)
- 4 \_\_\_\_\_ down to see our friends when the accident happened. (we / drive)
- 5 Sorry I didn't answer the door. \_\_\_\_\_ a shower. (I / have)
- 6 You made a mistake because \_\_\_\_\_ when I told you what to do. (you / not / listen)

9 Language

Past simple or past progressive

Complete the sentences with the past simple or past progressive form of the verbs in brackets.

- 1 Why did you both go quiet when I came in? \_\_\_\_\_ (talk) about me?
- 2 I was playing on my computer when I suddenly \_\_\_\_\_. (crash)
- 3 I \_\_\_\_\_ (get up) at five o'clock every morning last week!
- 4 When I saw the thief, he \_\_\_\_\_ (wear) a black jacket and blue jeans.
- 5 You \_\_\_\_\_ (not live) in Milan when I first met you. You were still in London.
- 6 When Mandy was running through the park yesterday, she \_\_\_\_\_ (fall) over and broke her arm.
- 7 Gustavo \_\_\_\_\_ (start) his degree five years ago, but a year later he gave up and went travelling.

10 Language

Past progressive

**a** Choose three different times from yesterday (6 o'clock, noon, ...).

**b** In pairs, find out what the other person was doing at the times you chose. Make notes

Example: A: *What were you doing at 6.30 in the evening yesterday?*

B: *Hm ... I think I was having a shower.*

**c** In groups, tell each other what your person did yesterday. Who had the most interesting day?

Example: *In the morning, Jakob took the bus to school. He gave a presentation in geography and ...*

11

Language

Starting a story

Circle the correct option for starting a story.

- 1 I was looking for somewhere to stay/a job/with some friends.
- 2 I was waiting some friends/to the station/for a bus.
- 3 I was on my way to the airport / for a few days / a bar.
- 4 I was working to a bank/in a factory/shopping.
- 5 I was visiting the summer / my cousins / in the city centre.
- 6 It was the middle of winter / away for the weekend / for somewhere to stay.

12

Language

Adverbs

Complete the sentences using adverbs formed from the adjectives in the box.

thankful ■ dramatic ■ hard ■ unfortunate ■ good ■ fast ■ incredible ■ heavy

- 1 \_\_\_\_\_ I didn't get the job.
- 2 The country's \_\_\_\_\_ dependent on foreign oil.
- 3 Our business isn't doing very \_\_\_\_\_ at the moment.
- 4 I tried \_\_\_\_\_ to remember my PIN number, but I just couldn't.
- 5 When he handed her the purse, she smiled at him \_\_\_\_\_.
- 6 He learned to read \_\_\_\_\_ quickly.
- 7 Don't walk so \_\_\_\_\_! Megan can't keep up with you.
- 8 Wages have fallen \_\_\_\_\_ since the recession.

13

Language

Adverbs

Complete the sentences with the correct adverbs. The first letters of the adverbs are given.

- 1 Now Messi is running qui\_\_\_\_\_ towards the goal – and yes – he scores!
- 2 There is usua\_\_\_\_\_ a good film on TV on Saturday evenings.
- 3 Sam can't go out ton\_\_\_\_\_ as he has to study for his maths exam.
- 4 Mum was busi\_\_\_\_\_ preparing for my uncle's arrival.
- 5 Prevent financial problems by respon\_\_\_\_\_ using your credit card.
- 6 Luck\_\_\_\_\_, she didn't miss her connecting flight to Atlanta.
- 7 What are the rules for using humour skilfu\_\_\_\_\_ in speeches and presentations?
- 8 Nowh\_\_\_\_\_ does the report mention the names of the people involved.
- 9 Work ha\_\_\_\_\_ and play ha\_\_\_\_\_ – that's his motto.
- 10 People can live fanta\_\_\_\_\_ long and happy lives if they eat health\_\_\_\_\_.
- 11 I'm alw\_\_\_\_\_ here to answer any questions you may have.
- 12 The train we took to Leeds travelled very fa\_\_\_\_\_.

Key

1 Reading

The Eatwell Guide

Food groups	Nutrients	Examples
Fruit and vegetables	vitamins, minerals, fibre	apples, bananas, carrots, cauliflower, tomatoes
Starchy carbohydrates	starch, fibre, calcium, iron, B vitamins	potatoes, bread, rice, pasta
Beans, pulses, fish, eggs, meat, etc.	protein, vitamins, minerals	beans, pulses, fish, eggs, meat
Dairy and alternatives	protein, calcium	milk, cheese, yoghurt, soya drink
Oils and spreads	fatty acids, helps to absorb vitamins	vegetable oil, fat spread (butter, margarine, ...)

6 *The Eatwell Guide* is provided by the NHS (National Health Service) which is the umbrella term for the publicly-funded healthcare systems of the United Kingdom (UK).

2 Listening

Future Food

- 1 The world's population is growing faster than food production. Researchers try to counteract food shortage.
- 2 critters, lab meat, algae, farmed fish, GMO chow, 3D-printed dishes
- 3 proteins, minerals and fibre
- 4 Algae can feed humans and animals. It is the fastest growing plant on earth. It can be grown in oceans and in fresh water.
- 5 The presenter shows a positive view towards genetic modification of food.

4 Language

Accidents and injuries

- |  |   |
|--|---|
| 1 I was so surprised that I dropped            | d my mobile phone.                          |
| 2 Yes, you can wash the dishes but don't break | h any of those plates.                      |
| 3 Every winter, people slip                    | a on the ice and hurt themselves.           |
| 4 This morning, I banged                       | f my elbow on the wall. It really hurt!     |
| 5 Unfortunately, she broke                     | c her ankle the first time she went skiing. |
| 6 I tripped and fell                           | e over in the street. I was so embarrassed! |
| 7 Ouch! I've just cut                          | g my finger on a piece of glass.            |
| 8 Careful you don't trip over                  | b that cushion!                             |

5 Language

Accidents and injuries

- 1 Be careful not to slip **on** newly washed kitchen floors.
- 2 Take care when you clean up broken glass to avoid **cutting** yourself.
- 3 Keep cupboard doors closed so you don't bang **your** head.
- 4 Avoid leaving things on the floor or someone may trip **over** them.
- 5 If your child **breaks** a toy, throw it away or repair it because it could be dangerous.
- 6 Make sure not to stand up too fast, as you might get dizzy and **fall** over.
- 7 Don't lift heavy things in case you **drop** them on your foot or hurt your back.
- 8 Take care when going downstairs because it's easy to slip and **break** your ankle.

## 6 Language

### Accidents and injuries

#### a

a	tear	7	e	scratch	1
b	spill ... on	6	f	fall down	8
c	fall off	5	g	burn	3
d	hit ... on	2	h	knock ... off	4

#### b

1	tear: <b>tore</b>	5	scratch: <b>scratched</b>
2	spill: <b>spilled</b> or <b>spilt</b>	6	burn: <b>burned</b> or <b>burnt</b>
3	fall: <b>fell</b>	7	knock: <b>knocked</b>
4	hit: <b>hit</b>		

#### c

- 1 My mobile phone rang and when I tried to get it out of my pocket, I **fell off** the ladder.
- 2 Rosie, careful! Don't spill **your** milk **on** the carpet!
- 3 I didn't know the pot handle was so hot. When I picked it up, I **burned / burnt** my hand.
- 4 Close that cupboard door, Carl, or you'll **hit** your head **on** it.
- 5 I **scratched** the side of my car this morning. It's going to cost \$500 to repair!
- 6 Did you know Tom **fell down** the stairs yesterday? Luckily, he wasn't hurt.
- 7 The vase, Sammy! You're going to **knock** it **off** the table.
- 8 I **tore** my favourite coat this morning and I'm really annoyed.

## 7 Language

### Accidents and injuries

#### a

- |             |                  |                     |                   |                     |
|-------------|------------------|---------------------|-------------------|---------------------|
| ■ slip over | ■ cut your head  | ■ cut your finger   | ■ drop something  | ■ slip on something |
| ■ trip over | ■ bang your head | ■ break your finger | ■ break something | ■ trip on something |
| ■ fall over |                  |                     |                   |                     |

## 8 Language

### Past progressive

- 1 Jill **was working** as a waitress when she met her boyfriend.
- 2 What **were you doing** when I phoned?
- 3 **Was Neil living** in Seattle when you went there?
- 4 **We were driving** down to see our friends when the accident happened.
- 5 Sorry I didn't answer the door. I **was having** a shower.
- 6 You made a mistake because **you weren't listening** when I told you what to do.

## 9 Language

### Past simple or past progressive

- 1 Why did you both go quiet when I came in? **Were you talking** about me?
- 2 I was playing on my computer when I suddenly **crashed**.
- 3 I **got up** at five o'clock every morning last week!
- 4 When I saw the thief, he **was wearing** a black jacket and blue jeans.
- 5 You **weren't living** in Milan when I first met you. You were still in London.
- 6 When Mandy was running through the park yesterday, she **fell** over and broke her arm.
- 7 Gustavo **started** his degree five years ago, but a year later he gave up and went travelling.

11

### Language

#### Starting a story

- 1 I was looking for somewhere to stay / a job / with some friends.
- 2 I was waiting some friends / to the station / for a bus.
- 3 I was on my way to the airport / for a few days / a bar.
- 4 I was working to a bank / in a factory / shopping.
- 5 I was visiting the summer / my cousins / in the city centre.
- 6 It was the middle of winter / away for the weekend / for somewhere to stay.

12

### Language

#### Adverbs

- 1 **Unfortunately**, I didn't get the job.
- 2 The country's **heavily** dependent on foreign oil.
- 3 Our business isn't doing very **well** at the moment.
- 4 I tried **hard** to remember my PIN number, but I just couldn't.
- 5 When he handed her the purse, she smiled at him **thankfully**.
- 6 He learned to read **incredibly** quickly.
- 7 Don't walk so **fast**! Megan can't keep up with you.
- 8 Wages have fallen **dramatically** since the recession.

13

### Language

#### Adverbs

- 1 Now Messi is running **quickly** towards the goal – and yes – he scores!
- 2 There is **usually** a good film on TV on Saturday evenings.
- 3 Sam can't go out **tonight** as he has to study for his maths exam.
- 4 Mum was **busily** preparing for my uncle's arrival.
- 5 Prevent financial problems by **responsibly** using your credit card.
- 6 **Luckily**, she didn't miss her connecting flight to Atlanta.
- 7 What are the rules for using humour **skilfully** in speeches and presentations?
- 8 **Nowhere** does the report mention the names of the people involved.
- 9 Work **hard** and play **hard** – that's his motto.
- 10 People can live **fantastically** long and happy lives if they eat **healthily**.
- 11 I'm **always** here to answer any questions you may have.
- 12 The train we took to Leeds travelled very **fast**.