

A 8



B 10



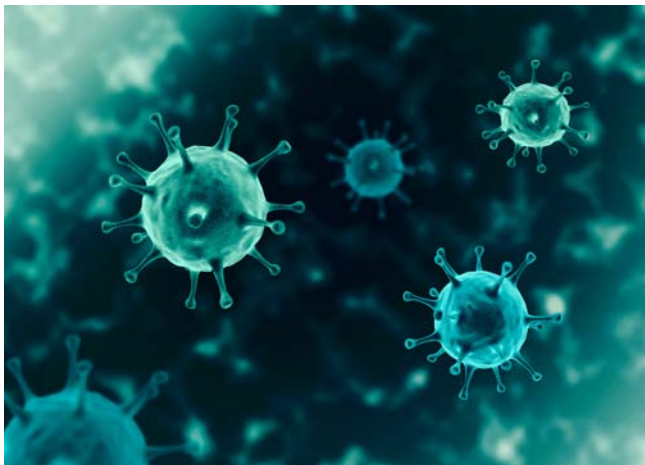
C 6



D 1



E 11



F 2



Activity 1

Detailed answers can be found in the Teacher's book.



1.1 Listen and number the photographs A-L.

Example:

D-1: He's suffering from depression so he has gone to see a therapist.

G 4



H 12



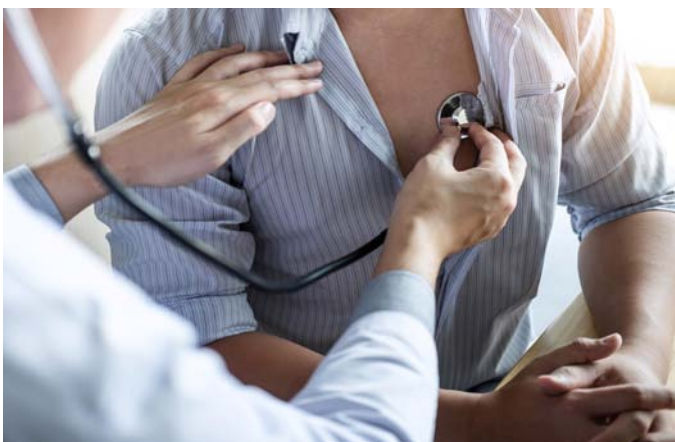
I 5



J 9



K 3



L 7



Activity 2



Work in pairs. Describe each photograph **A-L**.
Give as much detail as possible about objects, actions and reasons.

Example:

In the top photograph on the left, on the opposite page, the woman is holding her neck because her throat is sore. She has just taken her temperature. She has got some medicine and a hot drink.

My week in hospital

1. Read the conversation below.
a. Complete the conversation with words from the box below.

Although and because cause
Despite or so spite why

Jenny: I haven't told you about my week in hospital during the summer holidays, have I? It was horrible!

Mark: No! What happened? Did you have an accident _____ or _____ burn yourself?

Jenny: No. I thought I had an infection _____ so _____ I got some medicine from the doctor.

Mark: But you didn't feel better?

Jenny: No. _____ Despite _____ taking the tablets for three days, I still felt terrible.

Mark: Did you go back to the doctor?

Jenny: Yes. _____ Although _____ she didn't recognise the symptoms, she thought it might be food poisoning.

Mark: That can be really serious.

Jenny: I know! That's _____ why _____ she sent me straight to the hospital. They examined me _____ and _____ took me in immediately.

Mark: What was the _____ cause _____ of the symptoms?

Jenny: I had something wrong with my stomach. They operated straight away.


Mark: Gosh!

Jenny: They wouldn't let me go home for a week _____ because _____ they wanted to check that the operation had been a success.


Mark: It could have been worse, I suppose.

Jenny: Yes. I was lucky in _____ spite _____ of everything.

Mark: That's good.

- b.  1.2 Listen and check your answers.

2.  Work in pairs. Role-play the conversation in Exercise 1.

3.  Continue in pairs. Cover the conversation.

Student A: You are Mark. Ask Jenny questions about her experience.

Student B: You are Jenny. Answer Mark's questions.

Did you have a nice summer holiday?

No, I didn't.

Why not?

I was in hospital for a week.



an accident



a burn



tablets



an operation

I love this sport but I hate it, too!



1. Look at the table below. What connects each group of words? Complete each word.

1. S <u>ports</u>	A. golf	B. basketball	C. baseball	D. football
2. A <u>ctivities</u>	E. athletics	F. windsurfing	G. gymnastics	H. weightlifting
3. E <u>vents</u>	I. competition	J. race	K. tournament	L. championship
4. P <u>layers</u>	M. teammate	N. attacker	O. defender	P. goalkeeper
5. T <u>eachers</u>	Q. trainer	R. coach	S. instructor	T. tutor

2. 1.3 Listen. Say the words from each group. A. golf, B, basketball ...

3. 1.4 Listen. What is each person talking about from each group in Exercise 1? Write the letter.

1.	A
2.	G
3.	J
4.	M
5.	R

1. I love this sport but I hate it, too! You should choose the right club and then hit the ball exactly the same way each time. I can't do that. But, in spite of that, I still get round in a reasonable number of strokes.

4. Work in pairs. Define one word from each group. Can your partner guess the word?

Hear it! Say it!

1. Look at the table on the right.

1.5 Listen and repeat the example words.

2. 1.6 Listen and repeat 10 more words.

3. Look at the words on the right.

a. Say the words. What is the sound of 'a' in each word?

Tick (✓) in the correct column.

b. 1.7 Listen and check.

4. Say the sentences.

a. The man had a bad accident.

b. A ball caused his fall from the wall.

c. They raced to operate but it was too late.

d. Pam asked for tablets for her heart.

e. She stayed in the ward from March to April.

		/æ/	/ɒ/	/ɑ:/	/ɔ:/	/e/
		cat	hot	car	door	day
1.	accident	✓				
2.	activity	✓				
3.	although				✓	
4.	because		✓			
5.	cause				✓	
6.	heart			✓		
7.	operate					✓
8.	race					✓
9.	tablet	✓				
10.	ward				✓	

Do you like your exercise with or without oxygen?



1. Look at a conversation between Mark and Jenny on the right.
- a. Find Jenny's answers below. Write the letters A–G on the lines.
- Because it burns fat. It also strengthens muscles and bones.
 - Join mine, then I get a 10% discount on my membership next year.
 - Not particularly, but that kind of exercise is really good for you.
 - They improve your lung function and general fitness.
 - Well, team sports are good aerobic exercise.
 - Yes, I do. You should go to the gym sometimes.
 - Yes. Anaerobic. It doesn't use extra oxygen.

b. 1.8 Listen and check.

2. Work in pairs.

Which of these sports and activities are aerobic and which are anaerobic, according to the conversation?

	aerobic	anaerobic
circuit training		✓
football	✓	
jogging	✓	
skipping		✓
sprinting, e.g., 100-metre race		✓
swimming	✓	
tennis	✓	
walking	✓	
weightlifting		✓

Mark: You spend a lot of time at the gym, don't you?
Jenny: F

Mark: But do you actually like running on machines and lifting weights?
Jenny: C

Mark: I do a lot of team sports instead. That's good exercise, isn't it?
Jenny: E

Mark: What does that mean?
Jenny: D

Mark: Is there another kind of exercise?
Jenny: G

Mark: Why is that important?
Jenny: A

Mark: Gosh, I had no idea. Maybe I will join a gym after all.
Jenny: B

circuit training

The circuit training routine consists of four minutes of exercises, each with a 20-second work period and a 10-second rest period:

- Minute 1:**
 - High knees (Exercise 1)
 - Triceps chop (Exercise 2)
- Minute 2:**
 - Slow climbers (Exercise 3)
 - Lunge (Exercise 4)
- Minute 3:**
 - Leg raises (Exercise 5)
 - Push-ups (Exercise 6)
- Minute 4:**
 - Flutter kicks (Exercise 7)
 - Plank (Exercise 8)

Grammar



1. Jenny → doctor	ill
2. Dr not recognise symptom	think 'infection'
3. Dr tablets → J.	not sure of illness
4. J. tablets 3 days	no better → back → Dr
5. Dr = 'serious!'	J. → hospital
6. Emergency Room Dr examine J.	found cause
7. Dr 'operation!'	J. die
8. J. 'lucky'	horrible experience

1. What happened to Jenny during the summer holidays?

Work in pairs. Make sentences from each group of words above.
Example: 1. Jenny went to the doctor because she felt ill.

2. Study Table A below. 1.9 Listen and repeat.

3. Study Table B below. 1.10 Listen and repeat.

4. Work in pairs. Tell the story of Jenny's experience again with words from Exercise 1 and the patterns in the tables.

5. 1.11 Listen to the story with the linking words from the table.

6. Continue in pairs.
Make one sentence with each of the linkers in the tables.


A. Linking words: *and, but, or, because, so*

Clause 1		linker	Clause 2		
Jenny	felt	ill	and	went to the doctor.	linked actions
	took	some tablets	but	didn't get any better.	opposite actions
	needed	an operation	or	might die.	alternative actions
	went	to the doctor	because	felt ill.	reason for action
	needed	an operation	so	went to hospital.	result of action


B. Linking words: *although, despite, in spite of*


linker	Clause 1				Clause 2			
Although	Jenny	took	some tablets	,	she	didn't get	any better.	adverb + verb
Despite		taking						adverb + gerund
In spite of	the tablets	-	-		Jenny			adverb + noun




1.  **1.12** Listen. You are going to hear part of a radio interview with a young doctor. Choose the correct answers to the questions.

1. How did Marta become interested in medicine?
 - A. Her parents are in the medical profession.
 - B. She spent a lot of time in hospital as a child.
 - C. Her pet dog was ill when she was young.**
2. What's Marta's job now?
 - A. She works in an Emergency Room.
 - B. She works in a ward for child patients.**
 - C. She works in a private surgery.
3. What does Marta like about her job?
 - A. It's different every day.
 - B. She's always learning something new.**
 - C. The money is good.
4. What does Marta want to do next in her professional life?
 - A. Work abroad.**
 - B. Move into medical administration.
 - C. Set up her own surgery.

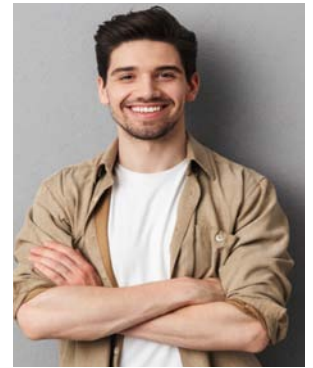
2.  **1.13** Listen again and check.

3.  Work in pairs. How did Marta finish these sentences?
- a. Well, my parents run a corner shop, so ...
 - b. I was ill for quite a long time, and ...
 - c. It made me realise what wonderful places hospitals are, but ...
 - d. She became ill and ...
 - e. Although they couldn't work out what was wrong with her at first, ...
 - f. I'd done work experience at a surgery and I loved it, but despite ...
 - g. The good thing is – modern medicine is wonderful. Although ...
 - h. Well, I don't want to sit behind a desk and manage files, in spite of ...

4.  **1.14** Listen and check.



5. Mark and Jenny are doing a survey about exercise. Look at the survey below.
- Work in pairs. Complete each statement.
 - 1.15 Listen and check.
 - 1.16 Listen to Mark asking Jenny. Make notes of Jenny's answers. Write ✓(yes) or ✗(no) for her.
 - 1.17 Listen to the conversation again and check.



Exercise: What do you think about it?

	Jenny		
Which of these statements are true for you?			
1. I exercise outside all year round, <u>despite</u> the weather.	✓		
2. I don't exercise outside much in winter <u>because</u> it's too cold.	✗		
3. It's too hot to exercise outside in summer, <u>so</u> I don't do as much.	✓		
4. <u>Although</u> I don't like exercise, I do it regularly.	✗		
5. I love exercise <u>because</u> it makes me feel good.	✓		
6. I like exercise <u>but</u> I don't do it often enough.	✓		
7. <u>Despite</u> hating exercise, I think I get enough to stay fit.	✗		
8. I hate team sports, <u>but</u> I love working out at the gym.	✓		

6. Do the Exercise survey.
- Talk to three people in your class. Write their names and make a note of their answers. Write ✓(yes), ✗(no) or ?(maybe).
 - Work in pairs. Give the ideas of the people you talked to.
Example: **Pablo exercises all year round, despite the weather.**

1. Match each word connected with health to its definition. Write the letters.

1. drug
2. cure
3. ward
4. operation
5. infection
6. treatment
7. poison
8. examination
9. herbal remedy
10. symptom

E
I
B
H
D
G
F
A
J
C

- A. checking to find out what's wrong, medically
- B. part of a hospital where patients sleep
- C. sign of a particular illness or disease
- D. illness which you can catch from other people
- E. chemical to treat an illness
- F. chemical which makes someone ill or kills them
- G. medicine or an operation to make someone better
- H. opening a person's body to treat a problem
- I. make someone completely better
- J. treatment based on plants

2. Rewrite each phrase to follow the adverb *Despite...*


Although ...

- a. he was ill
- b. she had a high temperature
- c. they were infected with a virus
- d. he broke his leg
- e. she suffered a heart attack
- f. she took the tablets
- g. he had an operation

Despite ...

- his illness*
- her high temperature*
- their infection with a virus*
- his broken leg*
- her heart attack*
- (her) taking the tablets*
- (him) having an operation*

3. Look at the Problems on the mind map.

 Work in pairs. Which problems are sometimes ...


- a. caused by an accident? *injuries*
- b. caught? *infections*
- c. due to lifestyle? *stroke, heart attack, cancer*

4. Look at the Solutions on the mind map.

 Continue in pairs. Match some of the problems to solutions.

Example: *wound and bandage*

5. Cover the mind map.


- a. Draw the mind map again from memory.
- b.  Work in pairs. Compare with a partner.
- c. Uncover the mind map. How much did you remember?





Listening

1.18 You will hear people talking in different situations. For each question, circle (O) the best answer.

1.  You overhear a boy talking on the phone about his mother.

The boy thinks his mother should

- A. try a herbal remedy.
- B. use alternative medicine.

C. go to see a doctor.

2. You hear two friends talking about medicine.

Why does the girl want to be a medical scientist?

A. To find a cure for cancer.

B. To work on treatments for tropical diseases.

C. To discover the cause of ageing.

Speaking

Look at the two photographs. Why have the people chosen each form of exercise?

