

9.2 Going back to nature

Vocabulary health and fitness

1 Complete the puzzle with words for health and fitness.



- 1 a sport in which people have to be very strong
- 2 small living things that can make you ill
- 3 always busy and doing a lot of things
- 4 a very dangerous illness
- 5 the food that you usually eat
- 6 serious illnesses
- 7 a feeling of worry because of problems in your life

2 Complete the words in the sentences.

- 1 Some people *relax* by reading or watching TV.
- 2 Crisps, burgers and pizzas are kinds of j_____ f_____.
- 3 Bad news can sometimes make you feel d_____.
- 4 Walking and swimming are kinds of g_____ e_____.
- 5 Colds and flu are different kinds of i_____.
- 6 F_____ is about being healthy and strong.
- 7 Meat, vegetables and fruit are kinds of n_____ f_____.
- 8 C_____ is a sport that you do with a bike.

3 Complete the text with the words in the box.

active cancer depressed diet diseases
fitness junk food natural food

Seven-a-day



Many world governments today have realized the importance of eating ¹ *natural food* and so they are recommending that people eat seven pieces of fruit and vegetables a day. They say that this will protect the body from dangerous ² _____, especially of the heart, and it may also stop people from getting illnesses such as ³ _____. Doctors have said that we need to look carefully at our ⁴ _____ if we want to stay healthy. They say that eating too much ⁵ _____ can make people fat, but it can also make them feel ⁶ _____. The wrong food can have a very negative effect on our mental health. People who eat healthily are generally more ⁷ _____ than those who do not, because they have more energy to do sport. The idea is that if we take our health and ⁸ _____ seriously by eating the right food and by doing the right exercise, we will be much happier when we are older and we will live longer.

PRONUNCIATION *eat and bread*

4a Look at the pairs of words. Put a tick (✓) if the pronunciation of *ea* is the same in each pair and put a cross (✗) if it is different.

1	eat	read	✓
2	bread	meat	✗
3	disease	dream	___
4	easy	weather	___
5	health	leather	___
6	already	instead	___
7	breakfast	team	___
8	cleaner	pleased	___

b 9.2))) Listen and check.

c 9.2))) Listen again. Pause the CD and repeat after each word.

Grammar present tenses in future time clauses

5 Choose the correct option to complete the sentences.

- They'll be really pleased *before / if / when* they hear your good news.
- You won't get the job *after / if / when* you don't speak good English.
- He'll look for a new job *after / before / if* he comes back from his holiday.
- She'll stay in bed again *as soon as / if / when* she doesn't feel better tomorrow.
- We won't have time for breakfast *as soon as / before / if* we leave.
- I'll call you *as soon as / before / if* I arrive at my hotel.

6 Use the words to write sentences about the future.

- you / be late / if / you / not hurry up
You'll be late if you don't hurry up.
- I / call you / as soon as / I / get my results
- we / be disappointed / if / our daughter / not go to university
- they / go travelling / after / they / finish their course
- she / talk to her boss / before / she / make a decision
- we / not go to the party / if / we / not be invited
- my son / learn to drive / when / he / be 18
- you / not get better / if / you / not practise

7 Complete the leaflet with the correct form of the verbs in the box.

finish go not have not like see start tell want

Change your life with yoga

Yoga is a great way to relax if you're feeling stressed, so why not try a class near you? Visit some of the studios in your area and choose the one which you like best. The teacher ¹ *will want* to talk to you when you sign up for a class. He or she will ask you some questions about your general health and fitness before you ² _____ for the first time. Find out if the studio has equipment. You might have to take your own if the studio ³ _____ any. On the first day, the instructor ⁴ _____ you where to stand when you enter the studio. Studios have their own rules, but you will probably need to turn off your mobile phone before the class ⁵ _____. Listen to the instructor and watch what the others are doing. The instructor will only come and help you if he or she ⁶ _____ that you are having problems. The first class is usually free and you won't have to go back if you ⁷ _____ it. But most people love yoga. You'll feel very relaxed after the class ⁸ _____. All you need to do then is to go home, have a nice hot shower and change into some comfortable clothes for the rest of the day.



I can ...

talk about health and fitness.

Very well

Quite well

More practice

use present tenses in future time clauses.