# 9.2 Going back to nature

## Vocabulary health and fitness

1 Complete the puzzle with words for health and fitness.

<sup>1</sup> W	E	I	G	Н	T	L	I	F	T	Ι	N	G	
							2	1					
						3		Т					
						4		N					
						5		Е				I	
						6		s					
				7				S					

- 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 i

	<u>f</u> .	
3	Bad news can sometimes make you feel d	

3 Bad news can sometimes make you feel d\_\_\_\_\_

4	walking and swimming are kinds of g					
	e					
_	Caldaand	fl., 1:ff				

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  $C_{\underline{\phantom{a}}}$  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 <del>natural food</del>

Seven-a-c	day =	
Many world governr	nents todav have	realized the
importance of eating		
recommending that		
and vegetables a day	- 000	
the body from dange		
the heart, and it may	y also stop people	from getting
illnesses such as 3	Docto	rs have said that
we need to look care	fully at our 4	if we
want to stay healthy	. They say that e	ating too much
5 can ma	ake people fat, bu	t it can also make
them feel 6	The wrong fo	od can have a
very negative effect of	on our mental he	ealth. People who
eat healthily are gen	erally more 7	than
those who do not, be	cause they have	more energy to
do sport. The idea is	that if we take ou	ar health and
8 serious	ly by eating the r	right food and

#### **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.

when we are older and we will live longer.

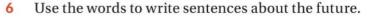
by doing the right exercise, we will be much happier

1	eat	read	1
2	bread	meat	X
3	disease	dream	10 <del></del> 01
4	easy	weather	
5	health	leather	DN
6	already	instead	10 <u></u>
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

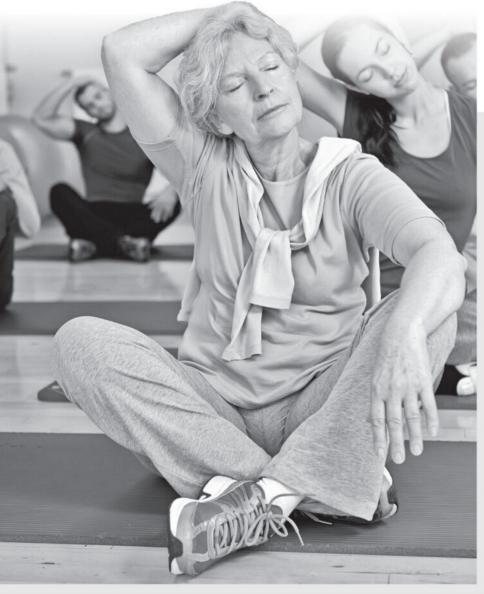
- Choose the correct option to complete the sentences.
  - 1 They'll be really pleased before / if / when they hear your good news.
  - 2 You won't get the job after / if / when you don't speak good English.
  - 3 He'll look for a new job after / before / if he comes back from his holiday.
  - She'll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



1 you / be late / if / you / not hurry up You'll be late if you don't hurry up.

- 2 I / call you / as soon as / I / get my results
- 3 we / be disappointed / if / our daughter / not go to university
- 4 they / go travelling / after / they / finish their course
- 5 she / talk to her boss / before / she / make a decision
- 6 we / not go to the party / if / we / not be invited
- 7 my son / learn to drive / when / he / be 18
- 8 you / not get better / if / you / not practise
- 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

oga is a great way	ay to relax if you're feeling stress ass near you? Visit some of the st	ed, so audios in
your area and choos	se the one which you like best. Tl	he teacher
1 will want to talk	k to you when you sign up for a c	lass. He
or she will ask you s	some questions about your genera	al health
and fitness before yo	ou 2 for the first time.	. Find out
	ipment. You might have to take y	
if the studio 3	any. On the first day, the in	structor
4 you wh	here to stand when you enter the	studio.
Studios have their o	wn rules, but you will probably n	eed to turn
off your mobile phor	ne before the class 5	Listen
to the instructor and	d watch what the others are doing	g. The
instructor will only o	come and help you if he or she 6_	
that you are having	problems. The first class is usual	lly free
and you won't have	to go back if you 7 it.	But
most people love yo	ga. You'll feel very relaxed after	the class
8 All yo	u need to do then is to go home,	have a
nice hot shower and	l change into some comfortable c	clothes for
the rest of the day.		

I can	Very well	Quite well	More practice
talk about health and fitness.	0	0	
use present tenses in future time clauses.	0	0	0