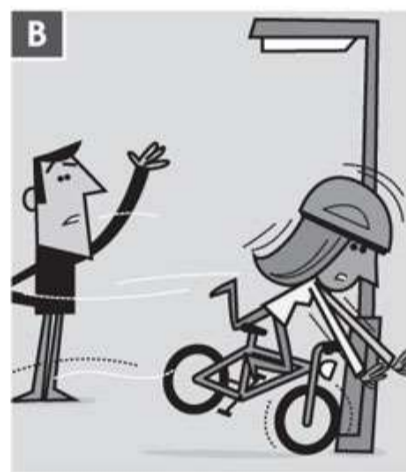
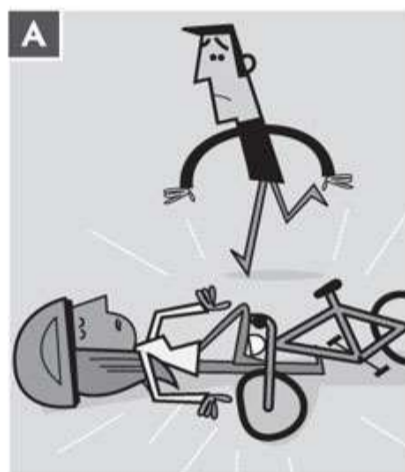


# 10 KEEP HEALTHY

## GRAMMAR

### Past perfect simple SB p.94

#### 1 ★★ Match the pictures with the sentences.



- 0 When he arrived at the platform, the train had left.
- 1 When he arrived at the platform, the train left.
- 2 When I saw her, she fell off her bike.
- 3 When I saw her, she had fallen off her bike.

c

#### 2 ★★ Match the sentence halves.

- 0 I recognised her face,
- 1 They got to the theatre
- 2 As soon as he closed the door,
- 3 My notebook didn't switch on
- 4 I didn't think I'd said anything funny,
- 5 When the exam finished,
- a but he couldn't stop laughing.
- b because I'd forgotten to recharge it.
- c I hadn't answered all the questions.
- d he knew he'd left his key inside.
- e ten minutes after the play had started.
- f but I couldn't remember where I'd met her.

f

#### 3 ★★★ Complete the sentences. Use the past perfect form of the verbs in the list.

see | tidy | do | not tidy | not do | not see | have

- 0 I didn't watch the film because I 'd seen \_\_\_\_\_ it before.
- 1 Amy didn't invite Jack to the party because they \_\_\_\_\_ a fight earlier in the week.
- 2 Daisy's dad was angry with her because she \_\_\_\_\_ her bedroom.
- 3 I didn't have to take the dog for a walk because Joey \_\_\_\_\_ already \_\_\_\_\_ it.
- 4 The house was looking really clean because Mum and Dad \_\_\_\_\_ everything away.
- 5 Kim had to miss her break time because she \_\_\_\_\_ her homework.
- 6 The driver almost caused an accident because he \_\_\_\_\_ the red light.

#### 4 ★★★ Complete the text with either the past simple or the past perfect form of the verbs.

Tina<sup>0</sup> had eaten (eat) three and a half biscuits and was starting on her fourth when she  
 1 \_\_\_\_\_ (start) making strange noises.  
 I<sup>2</sup> \_\_\_\_\_ (look) at her and I<sup>3</sup> \_\_\_\_\_ (know) immediately that a large piece of her biscuit  
 4 \_\_\_\_\_ (get) stuck in her throat. Then I  
 5 \_\_\_\_\_ (remember) that years ago I  
 6 \_\_\_\_\_ (attend) a first aid course and that  
 they<sup>7</sup> \_\_\_\_\_ (teach) us how to help  
 someone in this situation. I<sup>8</sup> \_\_\_\_\_ (run)  
 around Tina,<sup>9</sup> \_\_\_\_\_ (put) my arms around  
 her waist,<sup>10</sup> \_\_\_\_\_ (join) my hand together  
 in front of her and<sup>11</sup> \_\_\_\_\_ (pull) as hard as  
 I could. Then I<sup>12</sup> \_\_\_\_\_ (hear) a little cry  
 from Tina and I<sup>13</sup> \_\_\_\_\_ (knew) that the  
 food<sup>14</sup> \_\_\_\_\_ (come) out. Tina  
<sup>15</sup> \_\_\_\_\_ (give) me a big hug. That first aid  
 lesson<sup>16</sup> \_\_\_\_\_ (probably save) her life.

## Past perfect continuous SB p.97

### 5 ★★★ Put the words in order to make sentences.

- 0 been / hours / talking / we / for / had  
*We had been talking for hours.*
- 1 been / to / I / them / hadn't / listening  
 \_\_\_\_\_
- 2 waiting / long / you / how / had / been?  
 \_\_\_\_\_
- 3 crying / had / morning / she / been / all  
 \_\_\_\_\_
- 4 well / I / been / hadn't / very / feeling  
 \_\_\_\_\_
- 5 had / been / how / it / raining / long?  
 \_\_\_\_\_

## Past perfect continuous vs. past perfect simple SB p.97

### 6 ★★★ Circle the best options.

- 0 I was disappointed. I *had saved* / *had been saving* all year and I still didn't have enough money.
- 1 Dad *had cooked* / *had been cooking* all morning and the kitchen smelled great.
- 2 They *hadn't eaten* / *hadn't been eating* anything all day and they were really hungry.
- 3 Kevin *had watched* / *had been watching* the film five times and he still didn't really understand it.
- 4 They *had walked* / *had been walking* 50 km before they saw anyone.
- 5 She failed the test because she *hadn't written* / *hadn't been writing* enough.

### 7 ★★★ Complete the text with the words in the list.

~~had been having~~ | hadn't called | hadn't listened  
 had been snowing | had been waiting  
 hadn't been sleeping | had written

I <sup>0</sup> *had been having* \_\_\_\_\_ headaches for a week and I <sup>1</sup> \_\_\_\_\_ well, so my dad made an appointment for me to see the doctor. We took a taxi to the doctor's because it <sup>2</sup> \_\_\_\_\_ all morning.

We arrived at 3 pm and sat down. We <sup>3</sup> \_\_\_\_\_ for an hour and they still <sup>4</sup> \_\_\_\_\_ me when Dad went to talk to the receptionist. My appointment was for 2 pm! Dad <sup>5</sup> \_\_\_\_\_ properly on the phone and he <sup>6</sup> \_\_\_\_\_ down the wrong time!

### 8 ★★★ Complete the sentences with the verbs. Use one past perfect simple form and one past perfect continuous form in each pair.

- 0 (spend)  
 A She didn't have any money left because she *had spent* it all on a new dress.  
 B They *had been spending* too much money for years and now they had none left.
- 1 (play)  
 A He \_\_\_\_\_ only \_\_\_\_\_ football for five minutes when he broke his leg.  
 B They \_\_\_\_\_ all the games in the house and now they were bored.
- 2 (drink)  
 A He \_\_\_\_\_ four glasses of water and now he really needed the toilet.  
 B He \_\_\_\_\_ the cup of coffee for more than an hour and now it was cold.
- 3 (not look)  
 A She \_\_\_\_\_ where she was going and that's why she crashed.  
 B She \_\_\_\_\_ at her diary that day and that's why she missed her appointment.

## GET IT RIGHT!

### Past perfect continuous vs. past continuous

Learners sometimes use the past continuous when the past perfect continuous is required.

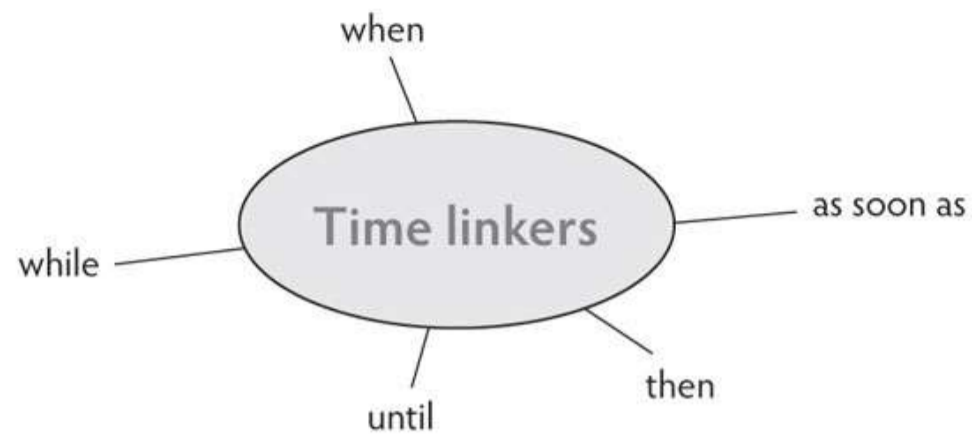
- ✓ *We had been training for weeks, but we lost.*  
 ✗ *We were training for weeks, but we lost.*

### Complete the sentences with the correct form of the verb in brackets.

- 0 I found his phone under the chair where he *had been sitting* (sit).
- 1 We met by accident when she \_\_\_\_\_ (walk) her dog.
- 2 When I saw him, he \_\_\_\_\_ (carry) a rucksack.
- 3 I \_\_\_\_\_ (wait) for hours, so I was very happy when he called.
- 4 I \_\_\_\_\_ (work) all day, so I decided to go out.
- 5 He \_\_\_\_\_ (talk) on his phone when the fire alarm went off.

# VOCABULARY

## Word list



## Illness: collocations



take exercise



have an operation



get better



make an appointment



see a doctor



feel sick

## Key words in context

- annually** He has a strange job. He gets paid **annually** and has to live on that money for a year.
- brave** The doctor gave him a lollipop for being really **brave** when he went to hospital.
- cancer** **Cancer** is one of the biggest killers in the world.
- heart attack** You shouldn't play football at your age. You'll have a **heart attack**.
- infection** He cut his knee and then got a nasty **infection** in it.
- lack** Many people in Africa **lack** clean water.
- memory** I've got a terrible **memory**. I can never remember anything.
- nearby** They live **nearby** – about ten minutes away.
- overcome** He had a serious illness, but he fought hard and managed to **overcome** it.
- popular** She's a really **popular** teacher. All the kids like her.
- suffer** He died quickly. He didn't **suffer** a lot.

**Time linkers** SB p.94

1 ★★★ Complete the sentences with the words in the list.

when | then | while | as soon as | until

- 0 When I'm 17, I'm going to go to university.
- 1 \_\_\_\_\_ I'm old enough, I'm going to learn to drive.
- 2 I'm going to meet the right girl and \_\_\_\_\_ I'm going to get married.
- 3 I'm not going to have children \_\_\_\_\_ I'm 30.
- 4 I'm going to work in a restaurant \_\_\_\_\_ I'm at university.

2 ★★★ Complete the sentences so they are true for you.

- 0 When I'm 18, I'm going to get a job.
- 1 As soon as I have enough money, I'm going to \_\_\_\_\_
- 2 I'm going to finish school and then \_\_\_\_\_
- 3 I'll probably live with my parents until \_\_\_\_\_
- 4 I'm going to \_\_\_\_\_ while I \_\_\_\_\_

**Illness: collocations** SB p.97

3 ★★★ Find five more verbs and five nouns or adjectives to make illness collocations.

H	A	V	E	A	S	B	D	D	I	N
P	O	H	I	J	V	I	O	W	E	O
Q	A	E	U	B	M	E	C	X	Y	I
D	B	X	I	M	M	W	T	K	S	T
T	N	E	M	T	N	I	O	P	P	A
A	S	R	T	X	C	S	R	B	F	R
K	G	C	L	T	K	T	H	L	F	E
E	J	I	H	J	E	G	S	E	E	P
C	F	S	L	G	L	R	C	R	E	O
K	L	E	K	A	M	J	C	H	L	R

- 0 FEEL SICK
- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

4 ★★★ Put the letters in order to make collocations.

- 0 leef ciks \_\_\_\_\_ feel sick
- 1 ese a rctood \_\_\_\_\_
- 2 amek na mpitntpoean \_\_\_\_\_
- 3 vaeh na oiranpteo \_\_\_\_\_
- 4 teg teertb \_\_\_\_\_
- 5 etka rome scexiere \_\_\_\_\_

5 ★★★ Complete the text with collocations from Exercise 4. Use the correct form of the verbs.

I was <sup>0</sup> feeling sick one day a few months ago. I didn't think much about it, but the next day I was still feeling ill and I was also feeling very tired. It was the same the next day and the day after that. My wife told me I should <sup>1</sup> \_\_\_\_\_. Now, I don't really like going to the doctor's, but I was starting to get a bit worried. Something just didn't feel right. So I phoned the surgery that afternoon to <sup>2</sup> \_\_\_\_\_ for the next day.

The doctor did a few tests and he seemed really quite worried. In fact, he was so worried that he phoned immediately for an ambulance. I was rushed to hospital, where they did more tests. Finally, after about five hours, a doctor came and saw me. He said I could have a heart attack at any moment and that I needed to <sup>3</sup> \_\_\_\_\_ immediately.

It was a real shock, but what could I say? So I followed the doctor's orders and spent the next few months <sup>4</sup> \_\_\_\_\_. I went for a check-up the other day and the doctor says I'm fine. I just need to eat a little less and <sup>5</sup> \_\_\_\_\_.

6 ★★★ Complete the conversations.

- 1 A My dad's got to have \_\_\_\_\_ an operation \_\_\_\_\_ on Monday.  
B Oh. I hope it goes well and he g\_\_\_\_\_ b\_\_\_\_\_ soon.
- 2 A Did you s\_\_\_\_\_ the d\_\_\_\_\_ yesterday?  
B Yes, I did. He told me to t\_\_\_\_\_ more e\_\_\_\_\_.
- 3 A I'm f\_\_\_\_\_ really s\_\_\_\_\_.  
B You'd better m\_\_\_\_\_ an a\_\_\_\_\_ with the doctor.

## READING

- 1** **REMEMBER AND CHECK** Put the events from Phoebe Snetsinger's life in order. Then check your answers in the article on page 93 of the Student's Book.

- She sees a Rufous-necked Wood Rail.
- Her book is published.
- She becomes interested in birds.
- She is in a fatal accident.
- She is given a year to live.
- Her disease returns.
- She sets a new world record.
- She takes her total to over 8,400 species.

## Belle the spider-dog

When Belle was only a few months old, she was left at a home for unwanted dogs. It was immediately clear that she had a serious problem. Her legs were completely bent out of shape. They looked like the legs of a spider. Belle had great difficulty walking or moving about and preferred to lie in the corner and watch as all the other dogs of her age played around her.

The owner of the home felt really sorry for the poor dog. Belle was a really sweet loveable dog, but it was obvious how serious the problem was. Belle needed medical attention urgently and the owner was afraid that the vet might suggest that the dog should be put to sleep.

She called a vet in to take a look at Belle. The vet carefully examined the dog. The good news was that he could do an operation on the legs. The bad news was that it was an expensive operation costing around £3,000. The owner of the home knew she didn't have the money to help. The vet also had some very annoying information. This operation was very easy on a young puppy a few days old, but at Belle's age it was a lot more difficult.



Then the owner had an idea. She posted photos of Belle and her legs online, along with her story, and asked for money to help with the costs of the operation. The response was incredible and they soon had the money for the vet. Belle went through two operations, which involved breaking her legs and resetting them. Now, after several weeks of getting better, Belle has recovered and can jump around and play with all the other dogs. She will need special care and attention for the rest of her life, but at least she won't need any more operations.

Thanks to the kindness of dog lovers all over the country and the talents of a vet, Belle is enjoying the kind of exercise that all dogs love.

- 2** Read the article quickly and answer the questions.

- 1 How many operations did Belle have?  
\_\_\_\_\_
- 2 How many operations does she still need?  
\_\_\_\_\_

- 3** Read the text again. Mark the sentences T (true), F (false) or DS (the text doesn't say).

- 0 Belle's legs were bent because of a problem at birth.
- 1 Belle walked like a spider.
- 2 Belle has a good personality.
- 3 The owner called a vet in to put Belle down.
- 4 Belle's problem had become very expensive.
- 5 People online didn't really care about Belle's situation.
- 6 Belle isn't a very sociable dog.
- 7 Belle still lives at the dogs' home.

## DEVELOPING WRITING

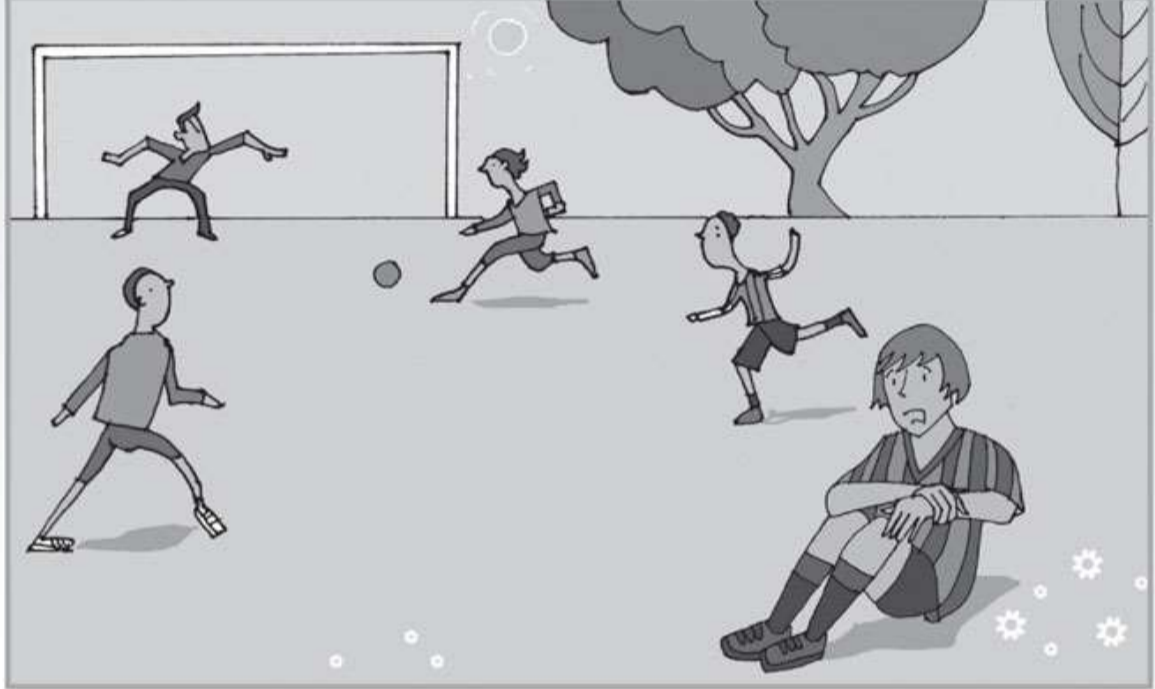
## Stories

## 1 Read the first part of the story and find two mistakes in the picture.

POSTED: TODAY

I knew something was wrong when I felt the pain. It was a wet and windy day. It was raining hard. I'd been playing football with some friends in our local park. They were still playing, but I was sitting on the floor, holding my ankle in pain. I looked down at it. It was already twice as big as usual and it was turning purple. I'd been running towards the goal when someone had kicked me from behind. I'd fallen down badly and not moved since.

One boy told me to get up. Nobody else seemed to notice me. They carried on playing around me. After about another ten minutes, they decided to stop playing and they all walked off the pitch. I couldn't believe it. I called out and finally two of them came back to talk to me. When I showed them my ankle, they were shocked. They helped carry me to a café in the park and they called an



ambulance. I was taken to hospital. As soon as the doctor saw my leg, he knew it was broken. I needed a small operation. While I was in hospital, my friends all came to visit me and say sorry. They also bought me a huge box of chocolates. I have forgiven them.

## Writing tip: finding ideas

One of the most difficult parts of writing a story can be coming up with a good idea. However, don't worry too much if an idea doesn't come immediately. A simple idea, well written, is all that's needed. A lot of good stories follow the very basic pattern of setting up a problem and then showing how it gets solved (or not). Try and use this pattern to help you.

When you're given a first line, you need to use it to start your story. You should also use it to get ideas. Ask yourself questions like 'why?', 'who?' and 'what happened next?'. The answers can help you plan your narrative.

Think carefully about how you use past tenses. It's always good to try and use a selection of these.

## Remember:

- Use the past simple for most of the main action.
- Use the past continuous to set up a background to the events and create an atmosphere.
- Also use the past continuous when one action interrupts another.
- Use the past perfect tenses for 'flashbacks' to take the reader back to events that happened earlier on.
- Don't forget to use time linkers like *when*, *as soon as*, *then*, *until* and *while* to help your story flow.
- Remember also to use good descriptive language, especially adjectives and adverbs, to bring your story 'alive'.

## 2 Choose one of the opening lines and write a story (about 150 words).

- I looked at the clock. I was ten minutes late for my appointment.
- I woke up after the operation and looked in the mirror.

## LISTENING

1 38 Listen to the conversations and **circle** the correct option: A, B or C.

- What exercise is Paul going to start doing?  
A running B cycling C swimming
- What time is Chloë going to leave for her appointment?  
A 4.30 B 4.00 C 3.00
- How is Lucy going to get to the football match?  
A by car B by bus C on foot
- What is Julia going to wear?  
A hat and gloves B coat C coat, hat and gloves

## DIALOGUE

1 Put the conversations in the correct order.

- PAUL Yes, but I don't really like water.

PAUL I can't. My knees aren't very strong.

PAUL That's right, so I think it's going to be cycling.

PAUL My doctor says I need to do some more exercise.

SALLY What about swimming? That's really good for the whole body.

SALLY Oh. So you need do something that's easier on your legs?

SALLY Really? Why don't you take up running?
- CHLOE Of course. Just make sure you're here by about three.

CHLOE It's at 4.30.

CHLOE No, I'm leaving before that because I want to do some shopping.

MARTIN So you need to leave the house at about four?

MARTIN What time's your doctor's appointment tomorrow?

MARTIN Can I get a lift with you?
- JIM I'm going to take the bus. I'll see you there.

JIM Are you going to the match tomorrow?

JIM The car? Are you mad? There'll be nowhere to park.

LUCY Yes, I thought I'd take the car.

LUCY So I'll walk then. It's always good to take a bit of exercise.

### Pronunciation

/tʃ/ and /ʃ/ consonant sounds

Go to page 121.



## TRAIN TO THINK

### Drawing conclusions

1 Read the statements and tick (✓) the correct conclusion.

- I like all fruits.  
Apples are a fruit.  
So ...  
I like apples.   
Apples are my favourite fruit.
- Maths is the most popular subject at school.  
I'm in a Maths lesson.  
So ...  
I'm doing my favourite lesson.   
Most people in my classroom are doing their favourite lesson.
- I only wear glasses to read.  
I'm wearing my glasses.  
So ...  
I'm reading a book.   
My eyes are tired.
- I need to go to bed at 8 pm.  
It's 10 pm and we're still out.  
So ...  
I've forgotten what time it is.   
I'm tired.

2 Write conclusions for these statements.

- I always dance when I hear music.  
I'm listening to a song on the radio.  
So \_\_\_\_\_  
\_\_\_\_\_
- Bob says yes to everything.  
I asked Bob if he wants a sandwich.  
So \_\_\_\_\_  
\_\_\_\_\_
- His third book was his best.  
His first book was better than his second book.  
So \_\_\_\_\_  
\_\_\_\_\_
- My birthday is one day after Bernie's.  
Yesterday was Bernie's birthday.  
So \_\_\_\_\_  
\_\_\_\_\_

## Reading part 4

1 Read the text. **Circle** the correct option: A, B, C or D.

- 1 What is Dan's reason for writing the text?
  - A to encourage young people to take up a sport
  - B to show how you're never too old to start a new sport
  - C to talk about how his running has changed over the years
  - D to explain his love of the sport
- 2 How does Dan compare his running these days with when he first started?
  - A He's slower and his body suffers more, but he still enjoys it as much.
  - B He finds it more difficult to train.
  - C He's only about ten minutes slower.
  - D He isn't enjoying it as much.
- 3 What does he enjoy most about the half marathon races?
  - A trying to go quicker each time he races
  - B being cheered on by people
  - C meeting up with old friends
  - D beating younger people
- 4 Why does Dan visit schools?
  - A to race the children
  - B to pick up his grandchildren
  - C to encourage children to do sport
  - D to show that old people can still do things
- 5 What might Dan write in his autobiography?
  - A 'In my later years, running became a really important part of my life. It kept my body and mind younger and helped me fight against getting older.'
  - B 'When I was younger, I was a really competitive runner, but as I got older, I was just happy to run and I didn't really care how fast I went.'
  - C 'I've always loved running. I've loved the way it's kept me healthy and I've loved the way it's brought me into contact with so many people.'
  - D 'As I got older, running became more difficult. I thought about giving it up, but my doctor told me to keep going. I'm happy he did and these days I love inspiring young people to start running.'

## Exam guide: multiple-choice questions

- In this question you will read a text that focuses more on someone's opinion than on facts and figures. To choose the right answer you need to understand the writer's attitudes, opinions and reason for writing the text. The first question usually focuses on the reasons why the writer has written the text and the final question usually looks at the meaning of the text as a whole. The other three questions usually pick up on information in the order that it is given in the passage.
- Read through the text quickly to understand what it is about. After this reading, think about why you feel the writer wrote this text.
- Read the text for a second time. This time, read it a lot more carefully. It's often a good idea to look at questions 1 and 5 first since they need an understanding of the whole passage.
- For questions 2, 3 and 4, find and concentrate on the parts of the text that each question is asking about and study them carefully. Remember: these questions might be asking you about the writer's opinions and not just about facts.



### Dan Collins: Half marathon enthusiast

I started running half marathons in the 1960s. I'm 78 now, I've been doing them for nearly fifty years and I still get the same excitement at the beginning of each race as I always have. I don't do as many as I did. I used to run around 30 every year and in my thirties I got quite good at them. I think my personal best was around 1 hour 17 minutes, which was only ten minutes over the world record back then. These days I do about ten a year and my time is quite a bit slower. At my age you need a lot more preparation and your body doesn't recover as quickly, but it's well worth all the extra work.

There are two main reasons why I still run half marathons. Firstly, it means I'm keeping myself fit. My doctor told me that I'm healthier than most 50-year-olds. But I think the real reason why I love the sport so much is the other people it brings you into contact with. You meet other athletes and I've made many good friends over the years, but the most amazing thing is all the people who line up along the sides of the streets to cheer you on. I get more and more support the older I get.

I also spend quite a lot of time visiting schools to get children interested in doing sport. I think it's really important to get involved at an early age. It makes it so much easier to keep doing it the older you get. The kids are always really enthusiastic and they ask me loads of questions. Many of them can't believe that I'm the same age as their grandfathers. Sometimes I challenge them to a five-kilometre race. There aren't many of them that can beat me!



# CONSOLIDATION

## LISTENING

1 42 Listen to the conversation. Tick (✓) A, B or C.

- 1 What has Tracy's mother had problems with?
  - A her elbow
  - B her wrist
  - C her shoulder
- 2 Tracy's mother has the problem because of ...
  - A computers and tennis.
  - B tennis and the guitar.
  - C a new job indoors.
- 3 What does Tracy's mother want to do?
  - A be a waitress in a restaurant
  - B teach people how to cook
  - C learn how to cook

2 42 Listen again. Mark the sentences T (true) or F (false).

- 0 Tracy knows that her mother's operation was successful.  F
- 1 Tracy's mother is not a good typist.
- 2 Tracy's mother still plays in tennis competitions.
- 3 Tracy's mother has told her employers that she's going to leave.
- 4 Andy thinks that being a cook is quite easy.
- 5 Tracy's mother will not earn as much money in her new job.

## VOCABULARY

3 Match the sentence halves.

- 0 I think you should make  c
  - 1 I'm sure you'll feel better if you take
  - 2 The test was easy. I finished it in
  - 3 I kept working at the problem
  - 4 I left the exam room as soon as
  - 5 It was a difficult question, but in
  - 6 You're sick? Oh, I really hope you get
- a until I got the right answer.  
 b I'd finished the test.  
 c an appointment to see a doctor.  
 d the end I got the answer.  
 e better soon.  
 f some exercise.  
 g under an hour.

4 Complete the words.

- 0 The work's hard but the p~~ay~~\_\_\_\_\_ is really good, so I don't mind.
- 1 She works very hard but she doesn't e\_\_\_\_\_ a lot, so it's difficult for her.
- 2 He did really well in the job and after three months he was p\_\_\_\_\_.
- 3 I love travel, so I want to have a c\_\_\_\_\_ as a travel agent.
- 4 I didn't enjoy the work very much, so after a year I gave in my n\_\_\_\_\_.
- 5 She left the job because the work wasn't c\_\_\_\_\_ enough for her.

## GRAMMAR

5 Rewrite the sentences. Use the words in brackets.

- 0 They don't pay us a lot. (aren't)  
*We aren't paid a lot.*
- 1 They built a new school. (was)  
 \_\_\_\_\_
- 2 They have promoted my sister. (been)  
 \_\_\_\_\_
- 3 They are making another film about the *Titanic*. (made)  
 \_\_\_\_\_
- 4 They show football on TV every day! (shown)  
 \_\_\_\_\_
- 5 They have knocked down that building. (been)  
 \_\_\_\_\_

6 Complete the text. Use the past simple, past perfect simple or past perfect continuous of the verbs.

One day my uncle <sup>0</sup> left (leave) work very late – about 7.30 pm. He <sup>1</sup> \_\_\_\_\_ (be) very tired because he <sup>2</sup> \_\_\_\_\_ (spend) the whole afternoon writing emails. When he left, he <sup>3</sup> \_\_\_\_\_ (write) emails for more than three hours! He <sup>4</sup> \_\_\_\_\_ (start) to drive home but he got stuck in a lot of traffic because there <sup>5</sup> \_\_\_\_\_ (be) a very bad accident at seven o'clock. When he finally <sup>6</sup> \_\_\_\_\_ (get) home, it was 9.40 – he <sup>7</sup> \_\_\_\_\_ (drive) for almost two hours. Then he <sup>8</sup> \_\_\_\_\_ (realise) that he couldn't get into his house because he <sup>9</sup> \_\_\_\_\_ (leave) his keys on his desk in the office!

## DIALOGUE

7 Complete the conversation. Use the phrases in the list.

Sounds great | as long as | as soon as  
 have an operation | in a few weeks' time  
 By the way | for a while | hadn't been

- JAKE So, how was your weekend?  
 MARTHA Really nice, thanks. On Sunday I went for a picnic with my family.  
 JAKE <sup>0</sup> *Sounds great*. I love picnics.  
<sup>1</sup> \_\_\_\_\_, how is your little brother? Someone told me that he  
<sup>2</sup> \_\_\_\_\_ very well.  
 MARTHA Well, that's right. He was pretty ill  
<sup>3</sup> \_\_\_\_\_. The doctor said that he might need to  
<sup>4</sup> \_\_\_\_\_. But that didn't happen, I'm happy to say. And he's OK now, thanks. He has to go back to the doctor <sup>5</sup> \_\_\_\_\_, but <sup>6</sup> \_\_\_\_\_ he looks after himself, things should be OK.  
 JAKE Has he gone back to school yet?  
 MARTHA Not yet. But he'll go back  
<sup>7</sup> \_\_\_\_\_ he feels well enough, maybe next week. He really misses it.  
 JAKE Really? Wow, I'd love a few weeks off school!

## READING

8 Read the article. Write the paragraph titles in the correct places. There are two titles you don't need.

Get close to nature | Surf the Internet  
 Think about food | Go running  
 Walk to work | Watch how you sit  
 Keep moving | Use your work area as a gym

## WRITING

9 Write a paragraph (about 120 words) about how you can keep healthy at school. Use the ideas to help you:

- getting to school
- food
- exercise
- the way you sit / stand / walk

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HOME
NEWS
SPORT
HEALTH

### How can people stay healthy at work?

Spending about 40 hours a week at work can be very tiring, but the workplace can be unhealthy in other ways, too. Sitting or standing for a long time can cause pain and other negative effects, and there can also be problems related to food. But some simple things can be done to make the workplace a healthier place. Here are some tips.

**0** *Get close to nature*  
 It has been shown that a 30- to 50-minute walk in a park or in a wood can improve people's work performance by about 20 per cent.

**1** \_\_\_\_\_  
 Yes, really! In an experiment with 96 students, the ones who were allowed to use the Internet during a ten-minute break were found to work better afterwards.

**2** \_\_\_\_\_  
 It's possible to find exercises you can do in your chair or using your desk that will help you stay in better condition.

**3** \_\_\_\_\_  
 It isn't very healthy to stay sitting down all day. It can cause back pains, for example. It's always good to get up sometimes and go somewhere else in the office. Try not to stay still for too long.

**4** \_\_\_\_\_  
 It's easy to just get a sandwich from the machine, but it's much better to bring something that has been made at home. Oh, and water, too – that's really important. Drink lots.

**5** \_\_\_\_\_  
 A lot of people now spend hours sitting in front of a computer. Back pain and wrist problems are easily caused that way. It's important to pay attention to your posture (for example, the position of your back and shoulders) when you're sitting down. Keep any screen at eye level while you're working so that you don't have to put your head down to look at it!