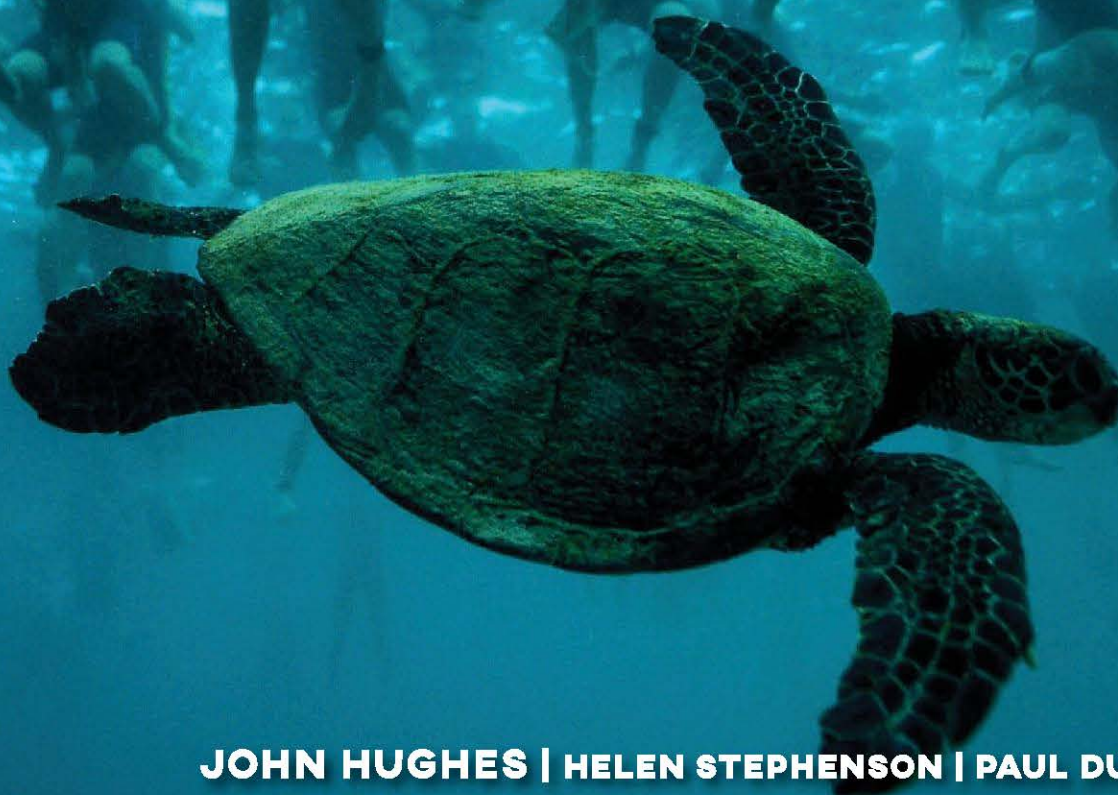


Life

SECOND EDITION

WORKBOOK



JOHN HUGHES | HELEN STEPHENSON | PAUL DUMMETT

3

Life

SECOND EDITION

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Unit 1 Lifestyle

1a Global health

Grammar simple present

- 1 Complete the article about Nathan Wolfe with the simple present form of the verbs in parentheses.

How one scientist fights for global health



Nathan Wolfe is a scientist and he ¹ _____ (work) all over the world. He ² _____ (specialize) in viruses and diseases, and he often ³ _____ (go) to places with health problems. In particular, he ⁴ _____ (study) viruses and diseases from animals. It's an important job because he ⁵ _____ (want) to know how these viruses spread from animals to humans. As a result, Nathan ⁶ _____ (spend) a lot of time in regions with wildlife.

In the modern world, humans ⁷ _____ (not / stay) in one place anymore, so new viruses also ⁸ _____ (travel) more easily. When humans ⁹ _____ (visit) different regions, they ¹⁰ _____ (not / realize) how easy it is to bring a new kind of disease back with them.

However, the modern world with its technology also ¹¹ _____ (help) Nathan with his work. He often works in parts of the world where people ¹² _____ (not / have) electricity. A cell phone allows Nathan to continue his life-saving work.

virus (n) /vai'rəs/ a small living thing that enters a human body and makes you sick
disease (n) /diziz/ an illness that affects humans and animals

► SPELL CHECK simple present third person (he / she / it) verb endings

We add -s to most verbs to form the simple present third person. However, note these exceptions:

- Add -es to verbs ending in -ch, -o, -s, -ss, -sh, and -x: *watch* → *watches*
- For verbs ending in -y after a consonant, change the -y to -i and add -es: *study* → *studies*
- *have* and *be* have irregular forms.

- 2 Look at the spell check box. Then write the simple present third-person form of these verbs.

- | | |
|---------------|----------------|
| 1 start _____ | 5 live _____ |
| 2 match _____ | 6 try _____ |
| 3 fly _____ | 7 finish _____ |
| 4 pass _____ | 8 relax _____ |

3 Pronunciation /s/, /z/, or /ɪz/

► 01 Listen to the endings of these verbs. Write the verbs in the chart. Listen again and repeat.

goes helps realizes specializes spends stays
studies travels visits wants works

/s/	/z/	/ɪz/
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

- 4** Write questions about Nathan Wolfe and his work. Use the simple present.

- 1 (where / Nathan / work)
_____?
All over the world.
- 2 (where / he / often / go)
_____?
To places with health problems.
- 3 (what / he / study)
_____?
Viruses and diseases from animals.
- 4 (where / he / spend / a lot of time)
_____?
In regions with wildlife.
- 5 (why / new viruses / travel more easily)
_____?
Because humans travel all over the world.
- 6 (people / have electricity / in every part of the world)

No, they don't.
- 7 (how / Nathan / communicate)

With a cell phone.

Grammar adverbs of frequency

- 6** Put the words in the correct order to make sentences.

- 1 always / in the evening. / I / exercise

- 2 it / in the winter. / always / colder / is

- 3 take / twice a day. / I / this medicine

- 4 they / don't / go / often / on vacation.

- 5 on weekends. / we / sometimes / busy / are

- 6 eats out / rarely / she / during the week.

- 7 on time / are / never / for work. / you

Listening healthy living quiz

- 5**  **02** Look at the quiz. Then listen to a conversation between two people at work. Circle the speaker's answers (a–c).

Stress is bad for your health (both physical and mental)

Find out how stressed you are with this quick quiz.

- 1 I worry about money _____.
a every day b at least once a week c once a month
- 2 I _____ have problems sleeping at night.
a never b sometimes c always
- 3 I _____ find it difficult to concentrate.
a rarely b sometimes c often
- 4 Which of these sentences describes your lunchtimes?
a I always eat lunch at my desk and reply to my emails.
b I always eat lunch at my desk and read the newspaper or relax.
c I always leave my desk, go for a walk, and eat my lunch somewhere else.

1b Mobile medicine

Reading community health



Mobile medicine

Sarubai Salve goes to work twice a day. She leaves her home once at 9:00 a.m. and then again at 6:00 p.m. to visit people in her village of Jawalke. The village has about 240 families and, with another woman named Babai Sathe, Sarubai is responsible for the villagers' health. The women visit pregnant women and give medicine to some of the older people. Today they are visiting their first patient. Rani Kale doesn't come from Jawalke. She lives about an hour away, but her village doesn't have anyone like Sarubai to help mothers-to-be. Sarubai is checking Rani and she is worried about the position of the baby. Rani might need to go to the hospital.

Half an hour later, Sarubai and Babai visit another mother with a three-month-old baby. While they are checking the baby, Sarubai gives the mother advice on healthy eating and vaccinations. Jawalke is a very different place because of the two women. They regularly deliver babies and continue to help as the child grows up. There is a shortage of doctors in this region, so village health workers are important because they can give medicine and advice.

A mobile team visits Jawalke once a week. The team includes a nurse and a doctor. The mobile team meets with Sarubai, and they look at any of her patients with serious medical problems. The health workers are an important connection between the mobile team and the local people. Currently there are 300 village health workers in the region, and the number is growing.

1 Read the article. Circle the correct option (a–c) to answer the questions.

- How often does Sarubai visit people in the village?
a once a day
b twice a day
c twice a week
- How many doctors are there in the village of Jawalke?
a one
b two
c none
- Where does Rani Kale come from?
a Jawalke
b a village near Jawalke
c we don't know
- Sarubai meets Rani because she is _____.
a a new mother
b pregnant
c sick
- Which of these statements is true about the health workers?
a They only deliver babies.
b They do the same job as doctors.
c They have many different responsibilities.
- What is the purpose of the mobile team?
a to do the job of the health workers
b to provide more medical help
c to train the health workers
- How do we know from the article that the village health project is successful?
a because they are training more health workers
b because patients say they are happy with their health workers
c because the region doesn't need any more doctors

vaccination (n) /ˌvæksɪˈneɪʃ(ə)n/ medicine you put in the body to stop disease

2 Find words in the article for these definitions.

- 1 looks after (verb phrase) _____
- 2 when a woman is going to have a baby (adj) _____
- 3 a person with a medical problem who sees a doctor (n) _____
- 4 women who are going to have a baby (n) _____
- 5 a place for people with medical problems (n) _____
- 6 help a woman have a baby (v) _____
- 7 not enough of something (n) _____
- 8 can move from place to place (adj) _____
- 9 important and sometimes dangerous (adj) _____
- 10 near or in the same area (adj) _____

Grammar present continuous

3 Read the article again. Underline the four present continuous forms.

4 Circle the correct options to complete the sentences.

- 1 At the moment, *I drive* / *I'm driving* toward the city. Is this the right direction?
- 2 Where *do you come* / *are you coming* from originally?
- 3 Sorry, I can't hear you because a plane *flies* / *is flying* overhead.
- 4 *I never cycle* / *I'm never cycling* to work in the winter.
- 5 Someone *stands* / *is standing* at the front door. Can you see who it is?
- 6 *Do you always leave* / *Are you always leaving* for work this early in the morning?
- 7 It was warm earlier today, but now *it gets* / *it's getting* colder and colder.
- 8 *Do you work* / *Are you working* now, or *do you take* / *are you taking* a break?

5 Pronunciation contracted forms

▶ 03 Listen to the sentences. Write the number of words you hear in each sentence. Contracted forms (*I'm*, *we're*, *aren't*, *isn't*, etc.) count as one word.

- | | |
|------------|---------|
| a <u>5</u> | d _____ |
| b _____ | e _____ |
| c _____ | f _____ |

▶ SPELL CHECK present continuous -ing endings

- With verbs ending in -e, delete the -e and add -ing: *dance* → *dancing*
- With verbs ending in -ie, delete the -e and change the i to a y: *die* → *dying*
- With some verbs ending in one vowel and a consonant, double the final consonant: *stop* → *stopping*

6 Look at the spell check box. Then write the -ing form of these verbs.

- | | |
|--------------|--------------|
| 1 live _____ | 5 lie _____ |
| 2 drop _____ | 6 take _____ |
| 3 swim _____ | 7 get _____ |
| 4 have _____ | 8 jog _____ |

7 Dictation my typical day

▶ 04 The man in the photo below is describing his typical day. Listen and write the words you hear.



1c A happy and healthy lifestyle

Listening an interview with Elizabeth Dunn



1 ▶ 05 Listen to an interview with Elizabeth Dunn. Complete the sentences.

- 1 Elizabeth is interested in what makes us feel _____.
- 2 She does research on happiness and how _____ affects this.
- 3 As part of her research, she did an experiment with a group of _____.
- 4 She thinks that experiences like visiting a new _____ are good for you.

2 ▶ 05 Listen again. Read these sentences and choose the correct option (a or b).

- a Elizabeth agrees.
 - b Elizabeth disagrees.
- 1 Money is the most important thing. _____
 - 2 Money doesn't make you feel happier. _____
 - 3 Spending money on other people makes you happier. _____
 - 4 Spending money on experiences makes you feel happy. _____

Word focus *feel*

3 Match the sentences (1–4) with the uses of *feel* (a–d).

- 1 I feel like going out for dinner tonight. _____
 - 2 I don't feel this is the right thing to do. _____
 - 3 I feel much happier today. _____
 - 4 The sun feels warm. It felt a lot colder yesterday. _____
- a talking about your emotions or health
 - b talking about an opinion
 - c talking about the weather
 - d talking about wanting to do something

4 Match the questions (1–4) with the answers (a–d).

- 1 How are you today? _____
 - 2 What do you think about my work in general? _____
 - 3 Do you feel like helping me with this? _____
 - 4 What's the weather like? _____
- a Actually, I feel you need to do more.
 - b It feels so cold outside!
 - c Sorry, I'm really busy at the moment.
 - d I'm feeling much better, thanks.

5 Write six different questions with the word *feel*. Use these words. You can use words more than once.

what
like
OK
cold

how do you
playing a game
doing something

- 1 _____ ?
- 2 _____ ?
- 3 _____ ?
- 4 _____ ?
- 5 _____ ?
- 6 _____ ?

1d At the doctor's

Vocabulary medical problems

1 Complete the conversations with these words.

back	ear	head	mouth
nose	stomach	throat	tooth

- A: Sorry, I have a really runny _____ today.
B: It's OK. Here's a tissue if you need one.
- A: I have a really bad _____ ache.
B: Is the problem in the left or the right one?
- A: It's too painful to eat.
B: It sounds like you have a _____ ache. You should go to the dentist.
- A: What's that noise?
B: They're digging up the road outside.
A: It's giving me a terrible _____ ache.
- A: I can hardly talk today.
B: Why? Do you have a sore _____ ?
- A: Can you pick this up for me? I have a bad _____ .
B: Sure. But maybe you should lie down for a while.
- A: My throat hurts, doctor.
B: Well, let's have a look. Open your _____ , please.
- A: What's the problem?
B: I think I ate too much. I have a _____ ache.

2 Pronunciation one or two syllables?

▶ 06 Listen to these sentences. Find the two-syllable words and underline the stressed syllable.

- How does your stomach feel?
- Is your throat sore or is it better?
- Drink this hot water.
- Can I see the doctor about my ear?

Real life talking about illness

3 ▶ 07 Listen to a conversation at the doctor's. Check (✓) the correct options in the form and write the doctor's advice.

Patient's medical problems

- Medical problem:** sore throat ☐ headache ☐
stomachache ☐ earache ☐ cough ☐
- Temperature:** low ☐ normal ☐ high ☐
- Details of prescription:** medicine ☐ pills ☐
- Advice:** _____

4 ▶ 07 Complete the conversation with these phrases. Then listen again and check.

They are good	Do you have
How do you feel	If you still feel sick
not really	take this prescription
Let me have a	You need to
try drinking	Let me check

- Doctor: ¹ How do you feel today?
Patient: Not very well. I have a terrible sore throat.
Doctor: I see. ² _____ look. Open wide. Yes, it's very red in there.
Patient: I also have a bad cough.
Doctor: Do you have a stomachache?
Patient: No, ³ _____ .
Doctor: ⁴ _____ a temperature?
Patient: I don't think so. I don't feel hot.
Doctor: ⁵ _____ it ... Yes, it's a little high. Do you have anything for it?
Patient: I bought some pills at the pharmacy, but they didn't do any good.
Doctor: Well, ⁶ _____ to the pharmacy. ⁷ _____ take some different pills.
⁸ _____ for your throat. Take one every four hours. You need to rest for a couple of days, and ⁹ _____ lots of water.
Patient: OK. Thank you.
Doctor: ¹⁰ _____ after a few days, come back and see me, but I think it's the flu.

prescription (n) /prɪ'skrɪpʃən/ a piece of paper from the doctor with suggested medicine written on it. You give it to the pharmacist.
flu (n) /flu/ The flu gives people a fever and makes them feel sick.

5 Listen and respond giving advice

▶ 08 Listen to five friends with different medical problems. Respond with some advice. Then compare your advice with the model answer that follows.

I have a headache.

You need to take some pills.