

# UNIT 7

## HANDOUT 11

### Exercise 1

Listen again to Jacky talking about her job. Match the questions with the answers.

<p><b>Mark:</b> Did you work in a café or in a restaurant again, Jacky?  <b>Jacky:</b> No, I wanted to do something different this summer. I got a job for a couple of weeks in a busy office.  <b>Mark:</b> Only two weeks?  <b>Jacky:</b> It was three weeks actually.  <b>Mark:</b> And did you like it?  <b>Jacky:</b> Yes, it was OK, but the problem was I was the only person under 30 working there. There weren't any young people, so it wasn't much fun. The manager wasn't very nice either. He shouted all the time. He was so loud and he was never happy.  <b>Mark:</b> Was there anything good about the job?  <b>Jacky:</b> Yes, of course! It wasn't completely negative. There were some good things about the job. It was very well paid. I earned quite a lot of money, and most of the work was quite interesting. I wrote emails and answered the phone, for example. That was OK. Oh, I nearly forgot. I also made drinks for everybody. If they wanted tea or coffee, I made it and brought it to them.</p>	 play.MP3
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He wasn't very nice.	No, she got a job in an office.	She wrote emails, answered the phone and made drinks for people.
	Yes, it was OK.	Yes, she earned quite a lot of money.

1. Did she work in a restaurant? \_\_\_\_\_
2. Did she like her job? \_\_\_\_\_
3. What was the manager like? \_\_\_\_\_
4. Was the job well paid? \_\_\_\_\_
5. What work did she do? \_\_\_\_\_

## Exercise 2

Complete the sentences with the verbs in the box.

Did	did learn	didn't	earned	got	left	liked	stopped	were
-----	-----------	--------	--------	-----	------	-------	---------	------

**Jacky:** What \_\_\_\_\_ you do in the summer? Did you get a job?

**Mark:** Yes, I worked as a waiter for a bit. I \_\_\_\_\_ doing that after a week, though. The pay was so low. I only \_\_\_\_\_ £5 an hour and it was quite hard work.

**Jacky:** And so what did you do after that?

**Mark:** I \_\_\_\_\_ a job at a hairdresser's.

**Jacky:** Oh no, I can't believe that!

**Mark:** What are you thinking? I \_\_\_\_\_ cut people's hair!

**Jacky:** So what did you do, then?

**Mark:** I \_\_\_\_\_ as a cleaner. I had to clean the floor! There was always hair everywhere. It was a bit boring, but the people \_\_\_\_\_ nice.

**Jacky:** Did you earn much?

**Mark:** No, just £4 an hour.

**Jacky:** That's terrible!

**Mark:** Yes. That's why I \_\_\_\_\_ and got another job.

**Jacky:** Another job? That's too much!

**Mark:** I got a job with a builder for the last few weeks of the holiday. The hours were long, but the money was very good.

**Jacky:** Was it hard work?

**Mark:** Yes, I had to carry lots of heavy things around, but I \_\_\_\_\_ to build walls, so it was OK. And I \_\_\_\_\_ being outdoors in the fresh air. It was healthy and I'm quite fit now.

**Jacky:** Yes, I can see.

### Exercise 3

Listen to John talking about what he could do when he was a boy and what he can do now. Complete the paragraphs with the words from the box.

IT	classes	languages	play	races	read	run	speak	won	wrote
----	---------	-----------	------	-------	------	-----	-------	-----	-------

<p>When I was a young child, I wasn't very good at sports. I couldn't _____ football and I couldn't swim, but I could _____ very fast – faster than most of the other children of my age. I remember we had lots of _____ at school and I always _____. I learnt to read early and by the age of six or seven I could read all the books for children in the school library. I also _____ my own stories.</p> <p>I am studying _____ at university now. My main language is English and I can also _____ French and Spanish quite well and I can _____ Italian news online. I still enjoy writing and I write lots of articles for the university magazine. I also work on the magazine, because students can help others to write better. I am also good at speaking and enjoy giving my opinion in _____. I always use my laptop to write presentations which have photos, drawings or video and so I have good _____ skills as well. I am still interested in running and I take part in lots of university races.</p>	 play.MP3
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### Exercise 4

Choose the correct prepositions to complete the sentences.

1. My mother usually starts work at/in/on nine o'clock.
2. I work at/in/on a shop; it's very hard work.
3. We're not working at/in/on Friday, it's our day off.
4. My brother is a doctor; he works at/in/on a big hospital.
5. When my sister finishes her studies she wants to work at/in/on fashion.
6. I'm studying at/in/on university to be a teacher.



**HANDOUT 12**

**Exercise 1**

Put the words in the correct order to make sentences. Practise saying the sentences.

Was when I swim young, couldn't I

1. \_\_\_\_\_

Old six when I years I could was read

2. \_\_\_\_\_

I can I can read Italian and French quite well, speake

3. \_\_\_\_\_

Stories on his laptop write he can

4. \_\_\_\_\_

She can run in 11 seconds 100 meters

5. \_\_\_\_\_

A journalist I want university to work as I think

6. \_\_\_\_\_

Would be dream job sports reporter I think my a TV

7. \_\_\_\_\_

I already of the skills for that job have many you need

8. \_\_\_\_\_

I can speak languages different

9. \_\_\_\_\_

To interview people I think I learn how need to

10. \_\_\_\_\_

**Exercise 2**

Talk about your skills. Use these questions to help you. Spend a few minutes thinking about what to say.

Record your answer. Play to hear your answer.

**Questions:**

- What skills did or didn't you have when you were younger?
- What skills do you have or are you learning now?
- What job do you want to do in the future?
- What skills do you need to learn to do the job?

### HANDOUT 13

#### **Exercise 1**

Read the blog posts by people with different jobs. Choose the correct words to complete the blog posts.

**James, 23.** The best part of my job is the children. They say so many busy/clever/easy things and know so much already. I often feel like I can see them learning. It is important to be very boring/difficult/kind to do this job and not to get angry. And, of course, you need to be able to talk in a way that young people can understand. I work very clever/easy/hard and I often have to take work home at the weekends and in the holidays. But it is worth it at the end of the school term, when the children tell me how much they enjoyed being in my class.

**Isabelle, 34.** The part of my job that I enjoy the most is meeting new people and finding out about their health. Speaking to people is very awful/busy/important in my job, because I need to be able to explain things clearly to sick people and their families. This can be a clever/difficult/friendly job. When I first started working in the hospital, I was worried that I wouldn't be able to take care of everyone, especially when the hospital was very busy/interesting/kind , but the other staff were very helpful, and I really enjoy working there now.

**Gary, 28.** The best part of my job is that I can spend so much time doing a sport I enjoy and get paid for it. I also have the chance to travel around the world and it's great that I can get to meet so many easy/favourite/interesting people. I love talking to fans and taking photographs with them. Of course, the job is not always fun. It makes me very tired and it can be very difficult, especially on the days when I don't play well. I have to play the best I can at all times and that isn't always easy/kind/popular .

**Sarah, 19.** My favourite part of the job is talking to people and helping them to decide what to buy. I prefer my job when the shop is busy and there are a lot of people to help. It can be a bit boring/busy/interesting when the shop is really quiet. I like making the clothes look nice so that customers will want to buy them. I also enjoy seeing the new clothes before anyone else and wearing the latest fashions. Of course, there are some difficult people, but most of them are really nice and awful/favourite/friendly .

## Exercise 2

Read the blog posts about different jobs again. Then complete the exercise.

**James, 23.** The best part of my job is the children. They say so many clever things and know so much already. I often feel like I can see them learning. It is important to be very kind to do this job and not to get angry. And, of course, you need to be able to talk in a way that young people can understand. I work very hard and I often have to take work home at the weekends and in the holidays. But it is worth it at the end of the school term, when the children tell me how much they enjoyed being in my class.

**Isabelle, 34.** The part of my job that I enjoy the most is meeting new people and finding out about their health. Speaking to people is very important in my job, because I need to be able to explain things clearly to sick people and their families. This can be a difficult job. When I first started working in the hospital, I was worried that I wouldn't be able to take care of everyone, especially when the hospital was very busy, but the other staff were very helpful and I really enjoy working there now.

**Gary, 28.** The best part of my job is that I can spend so much time doing a sport I enjoy and get paid for it. I also have the chance to travel around the world and it's great that I can get to meet so many interesting people. I love talking to fans and taking photographs with them. Of course, the job is not always fun. It makes me very tired and it can be very difficult, especially on the days when I don't play well. I have to play the best I can at all times and that isn't always easy.

**Sarah, 19.** My favourite part of the job is talking to people and helping them to decide what to buy. I prefer my job when the shop is busy and there are a lot of people to help. It can be a bit boring when the shop is really quiet. I like making the clothes look nice so that customers will want to buy them. I also enjoy seeing the new clothes before anyone else and wearing the latest fashions. Of course, there are some difficult people, but most of them are really nice and friendly.

Choose the correct answers. Read the blog posts on the first screen again to help you.

1. Who is happiest when busy?
  - James
  - Isabelle
  - Gary
  - Sarah
2. Who needs to be kind to do the job?
  - James
  - Isabelle
  - Gary
  - Sarah

3. Who doesn't always do the job well?
  - James
  - Isabelle
  - Gary
  - Sarah
4. Who had help from other people when starting the job?
  - James
  - Isabelle
  - Gary
  - Sarah
5. Who often does work at home?
  - James
  - Isabelle
  - Gary
  - Sarah
6. Who often talks to families?
  - James
  - Isabelle
  - Gary
  - Sarah
7. Who is the person that sees new things?
  - James
  - Isabelle
  - Gary
  - Sarah
8. Who travels to different countries?
  - James
  - Isabelle
  - Gary
  - Sarah



# UNIT 8

## HANDOUT 14

### Exercise 1

Listen to Susan talking about the Park Health Centre. Choose *have to* or *don't have to* to complete the sentences.

Hello, my name's Susan, and I'm the manager of the Park Health Centre. We're open to everyone. Some people think that we're only open to people who are ill or unhealthy, but that's not true. Anyone can visit us if they're a member of the centre; so if you aren't a member, you need to join first. You should go to our website, [www.parkcentre.com](http://www.parkcentre.com). It is important that you live in the local area. If you live in another part of the city, you should go to one of our other centres.

At our centre, we offer advice on many different areas of health and keeping fit; how to lose weight, eating a healthy diet and using exercise to help with problems like aches and pains, for example. But if you're just looking for general advice on health, that's fine. Maybe you would like to share your own ideas with us!

We also have some great classes such as yoga and Pilates, for example, but they're quite advanced, so it's important that you've got some experience if you want to join those classes. We have healthy eating classes as well, where you can learn to make good healthy food for all the family. Don't worry if you're not a great cook, our recipes are very easy to follow!

Remember, we're open to all the family and...



play.MP3

1. you have to/don't have to feel ill or sick to visit the centre.
2. you have to/don't have to be a member to visit the centre.
3. Members have to/don't have to live in the local area.
4. you have to/don't have to be looking for advice for a health problem to join the centre.
5. If you want to join yoga or Pilates classes, you have to/don't have to have some experience.
6. you have to/don't have to be a great cook to do the healthy eating classes.

**Exercise 2**

Put the words in the correct order to complete the sentences.

Isn't long his journey to university very

1. \_\_\_\_\_  
\_\_\_\_\_

Ten minutes to to walk it her takes work for

2. \_\_\_\_\_  
\_\_\_\_\_

Go to university on the always underground they

3. \_\_\_\_\_  
\_\_\_\_\_

Takes bus get there about to the an hour

4. \_\_\_\_\_  
\_\_\_\_\_

Goes to he by college bike

5. \_\_\_\_\_  
\_\_\_\_\_

To work on most she drives days

6. \_\_\_\_\_  
\_\_\_\_\_

Taxi school by to they get

7. \_\_\_\_\_  
\_\_\_\_\_

Usually catches he 8:30 the train at

8. \_\_\_\_\_  
\_\_\_\_\_

### Exercise 3

Match the answers with the questions.

I often walk and sometimes go on my bike.	No, I don't. I haven't got a car.
No, only about 15 minutes.	Only three.
house.	Yes, it's cheap and there's a stop outside my
Yes, the railway station is only five minutes away.	

1. Does it take you long to get to school? \_\_\_\_\_
2. Do you drive to work? \_\_\_\_\_
3. How do you go to university? \_\_\_\_\_
4. Do you go to work by train? \_\_\_\_\_
5. How many stops is it on the underground? \_\_\_\_\_
6. Do you often travel by bus? \_\_\_\_\_

### Exercise 4

Change the underlined verbs to the correct form of the past simple.

1. I always travel by taxi in New York.
2. My journey to work is quite short.
3. I go to school by bike.
4. He drives to the office.
5. We don't arrive early.
6. Their journey by coach takes an hour.
7. We don't fly from Manchester airport.
8. She catches the train at six o'clock.



**HANDOUT 15**

**Exercise 1** Read the article giving advice on how to follow a healthy diet. Then complete the exercise.

**A Introduction**

The new year is the most popular time for many people to think about what they eat and to try to be healthier. However, it is not always easy to change what you eat and many people give up their healthy diet after just a few weeks. Only a small number of people manage to lose weight. Here is some advice to help you continue your diet, and to feel healthier and happier.

**B Healthy snacks**

Most of us get hungry in between meals, especially after a busy day at work or college. A lot of people will eat the first thing they can find and this is often something not so healthy, like a bar of chocolate or some biscuits. To avoid eating these unhealthy snacks, cut up some fresh fruit and vegetables and keep them in the fridge for when you are feeling hungry. Dried fruit and nuts are also healthy snacks and will hopefully stop you from eating chocolate or biscuits when you feel like eating something sweet. Many people enjoy drinking tea or coffee with sugar, even in the evenings before they go to bed. Try to drink herbal teas, which are healthier and which will help you to sleep better at night.

**C Eating in restaurants**

Many people think that if they are following a healthy diet, they shouldn't go out for dinner. However, it is possible to eat healthy food in a restaurant. When you get the menu, look for healthy dishes which come with a lot of vegetables. If you are not sure how healthy a dish is, you can always ask the waiter to help you to choose something. You should also try not to order dessert, or choose something healthy, like fruit. Finally, drink water with your meal. Fizzy drinks and juices contain a lot of sugar.

**D Cooking at home**

It is good to cook at home when you are following a healthy diet, because then you will know exactly what you are eating. Avoid buying ready-made meals, because they usually have a lot of salt and sugar. You can make your cooking healthier by using less sugar, oil and salt. Instead, use herbs and spices to give your dishes more flavour. When you cook meat or fish, try to grill or boil it rather than frying. Always include plenty of fresh, steamed or boiled green vegetables as part of your meal. You may find it useful to buy a cookery book of healthy recipes, or to look up healthy recipes online. Finally, remember it's better to avoid having a second serving. If you still have food left, save it for the next day!

1. You should not have more than one serving.
  - A
  - B
  - C
  - D

2. People often want to eat something between breakfast and lunch, or between lunch and dinner.

- A
- B
- C
- D

3. Ask someone for advice about healthy dishes.

- A
- B
- C
- D

4. You can find information on the internet.

- A
- B
- C
- D

5. Many people find it difficult to continue a healthy diet.

- A
- B
- C
- D

6. A popular time for people to change their diet.

- A
- B
- C
- D

7. Choose water rather than other drinks.

- A
- B
- C
- D

8. You should change the type of tea that you drink.

- A
- B
- C
- D

### Exercise 2

Read a leaflet from a sports centre about sports activities. Then complete the exercise.

Would you like to feel fitter, healthier and happier? Come to Mountain View Sports Centre. We have a variety of sports and fitness activities, new facilities and good prices. The Sports Centre is open from 7:00 a.m. until 10:00 p.m. from Monday to Friday, and 8:00 a.m. until 9:00 p.m. on Saturdays and Sundays.

You can exercise in one of our gyms, take a swimming class, do exercises classes and yoga in our new fitness rooms or join our tennis club. You can even book a session with a personal trainer. The centre has very new facilities, including two gyms, one swimming pool for children and one for adults, ten exercise rooms, five tennis courts and a café serving healthy snacks and fresh juices.

If you want to save money, you can buy a monthly pass, which costs £200 a month, or you can pay each time you use the facilities. The gym costs £4.00 for a session, the swimming pool £5.00, and exercise classes are £6.00. Lower prices are available for children and people over 60.

Complete the summary with one word or a number. Read the leaflet on the first screen again to help you.

## Mountain View Sports Centre

### Opening hours

Monday to Friday: 7:00 a.m. until 10:00 p.m.

\_\_\_\_\_ and \_\_\_\_\_ : 8:00 a.m. until 9:00 p.m.

### Facilities

\_\_\_\_\_ gyms

\_\_\_\_\_ swimming pool

Adult's swimming pool

\_\_\_\_\_ exercise rooms

Five \_\_\_\_\_ courts

Café

### Prices

Monthly pass: £200 per month

Gym session: £ \_\_\_\_\_

Swimming pool: £5.00

\_\_\_\_\_ classes: £6.00

**Exercise 3**

Put the words in the correct order to complete the sentences.

Schools to be healthy their students need to teach

1. \_\_\_\_\_  
\_\_\_\_\_ .

Water should I drink think people more young

2. \_\_\_\_\_  
\_\_\_\_\_ .

To cook it's to teach important people young

3. \_\_\_\_\_ .

Bus walk taking school the students should instead of to

4. \_\_\_\_\_  
\_\_\_\_\_ .

Should twice a students exercise in my opinion, week

5. \_\_\_\_\_  
\_\_\_\_\_ .

Young spend people outside need to more time that many  
people think

6. \_\_\_\_\_  
\_\_\_\_\_ .

Time for preparing tests a lot spend of these days, students

7. \_\_\_\_\_  
\_\_\_\_\_ .

For regularly to important it's young exercise people

8. \_\_\_\_\_  
\_\_\_\_\_ .

**Exercise 4**

Write an essay on the following topic: What should schools do to make their students healthier? Use the notes to help you.

**Notes**

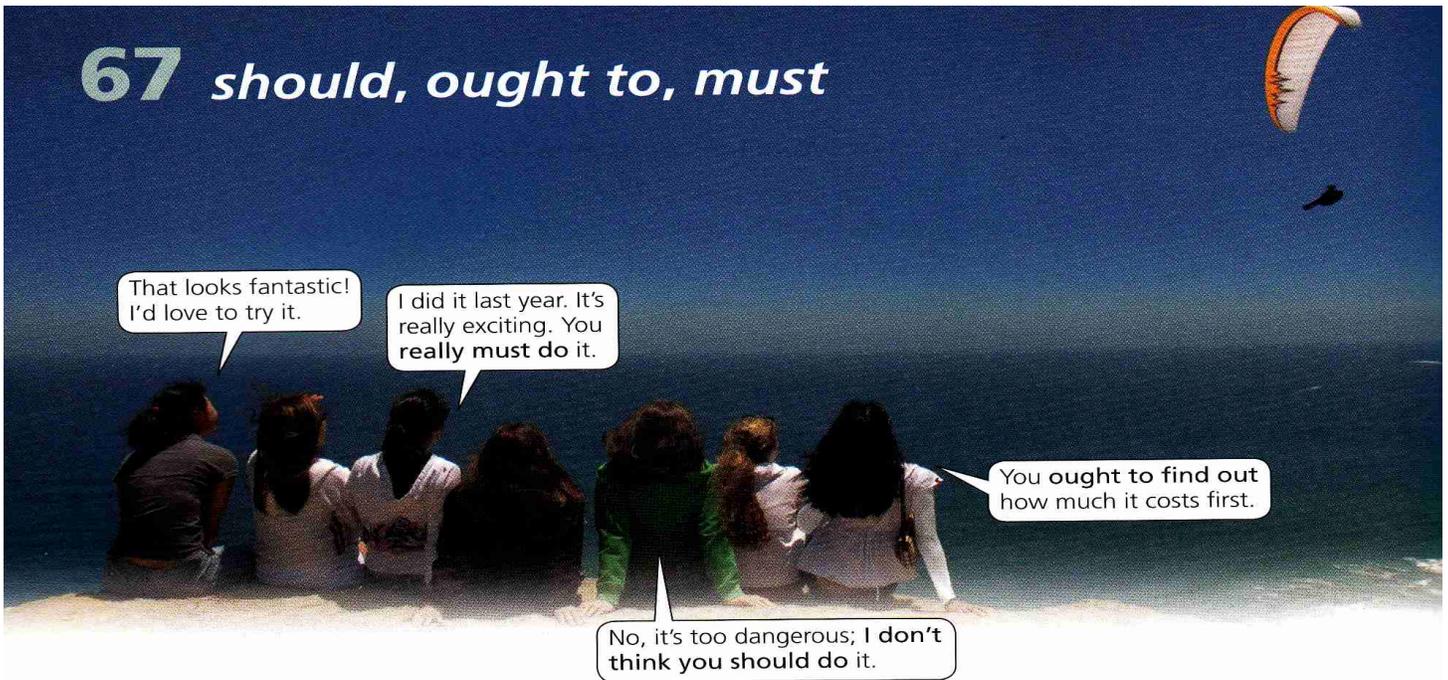
In your paragraph, remember to include:

- 1 an introduction to say what the essay is about.
- 2 a paragraph that describes children's health in schools now.
- 3 a paragraph that describes things schools should do to make children healthier.
- 4 a conclusion and your own opinion.

Please add text into the Student post.

Student post:

## HANDOUT 16

67 *should, ought to, must*1 *should, ought to*

*Should* and *ought to* are modal verbs.

Modal verb form ► Unit 61.1

We use *should* and *ought to* to say we think it is a good idea to do something:

*The sun is very strong – you **should wear** a hat.*

*You **ought to find out** how much it costs.*

We can ask for advice with *should*:

***Should I buy** the red dress or the blue one?*

We use *shouldn't* to say we think it is a bad or dangerous idea to do something:

*You **shouldn't eat** a lot of cakes; they make you fat.*

*You **shouldn't sit** outside in the sun at midday.*

! Don't use *to* after *should* or *shouldn't*:

✗ *Everyone ~~should to~~ learn another language.*

✓ *Everyone **should learn** another language.*

When we are speaking, we often say *I (don't) think + should/ought to* and *do you think + should/ought to*:

***We think you should study** maths at university.*

*It's too dangerous. **I don't think you should do** it.*

***Do you think we ought to get** a digital TV?*

**NATURAL ENGLISH** *Should* is more common than *ought to*. We usually say *you shouldn't* and *should I ... ?* (not *you oughn't to* or *ought I ... ?*).

2 *must*

We can use (*really*) *must* to give strong advice or to recommend something.

It is stronger than *should* or *ought to*:

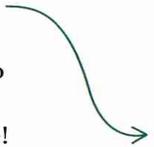
*You **really must try** snowboarding. It's great fun!*

*We **must see** the new Harry Potter film. Everyone says it's great.*

*must/mustn't* ► Unit 65

## Practice

**1 Match the problems 1–5 with the advice A–F .**  
**Then complete the advice with *should* or *shouldn't*.**  **3.53 Listen and check.**

- |  |   |  |
|--|---|--|
| <p>0 I always have a headache when I wake up.</p> <p>1 I want to speak more Spanish to improve my conversation.</p> <p>2 My mobile phone bills are huge!</p> <p>3 I often have a stomachache when I go to bed.</p> <p>4 My job is really boring and I don't like my boss.</p> <p>5 My apartment's very untidy because I'm not often there.</p> |  | <p>A You ..... look for something more interesting.</p> <p>B You ..... talk so much. Send text messages to your friends.</p> <p>C You <i>should</i> ..... have the window open in your bedroom.</p> <p>D You ..... have private lessons with a teacher.</p> <p>E You ..... eat large meals late at night.</p> <p>F You ..... go out so often. Spend some time at home.</p> |
|--|---|--|

**2 Look at the pictures. Then complete the advice with the words from the box.**  
 **3.54 Listen and check.**

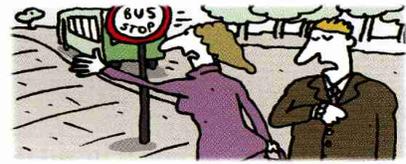
~~must~~ must should (x3) shouldn't



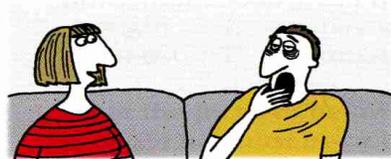
0 You ..... *must* ..... call the police!



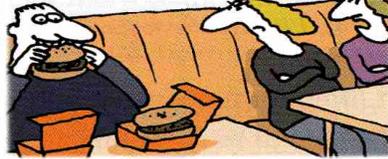
1 I don't think you ..... buy that jacket.



2 I think we ..... call a taxi.



3 You ..... go to bed early!



4 He ..... eat so much.



5 I got this in Proxima. You really ..... go there. It's so cheap!

**3 Write answers to these questions. Use *should*, *shouldn't* or *must* and your own ideas.**

- Can you recommend a good book?  
 Yes, you should read .....  
 but you shouldn't read ..... – it's awful!
- I haven't been to the cinema for a long time. Are there any good films on at the moment?  
 Yes, I think you .....  
 but you shouldn't .....
- I'd like to try some interesting new food. Do you have any ideas?  
 Yes, you really .....
- I'm feeling a bit bored at the moment. What should I do?  
 .....

**HANDOUT 17****Exercise 1**

Complete the sentences with the verbs in the box.

Do	drink	drink	eat	get	get	go	join	play
----	-------	-------	-----	-----	-----	----	------	------

1. It can be expensive to \_\_\_\_\_ a gym, but they often have a lot of modern equipment.
2. It is very important to \_\_\_\_\_ plenty of water whenever you \_\_\_\_\_ exercise.
3. I \_\_\_\_\_ lots of fruit and vegetables and do yoga twice a week.
4. It is a good idea to have a personal trainer to \_\_\_\_\_ advice about living healthily.
5. I play tennis three times a week and \_\_\_\_\_ for walks in the park.
6. It is important to \_\_\_\_\_ lots of sleep every night.
7. When you \_\_\_\_\_ green tea, it can help you relax.
8. Many young people \_\_\_\_\_ a sport or do exercise at school.

**Exercise 4**

Complete the sentences using *should* or *shouldn't / should not* and one verb from the box.

Drink	eat	get	play	ride	watch
-------	-----	-----	------	------	-------

**A:** Did you see that programme last night about how to stay healthy? I learnt so much.

**B:** Really? I didn't see it. Did you think it was interesting?

**A:** Yes, it had lots of useful suggestions. Do you know we \_\_\_\_\_ five glasses of water a day? I never normally have that much but I'll try from now on.

**B:** That's a good idea. I always think I \_\_\_\_\_ more sleep. Did it mention anything about sleep?

**A:** Yes, it said we should sleep for at least eight hours, however, it's not always possible.

**B:** I only sleep for about seven hours, so I think I should go to bed earlier.

**A:** Yes, it will give you more energy. The other thing it warned against was watching too much TV. It said we \_\_\_\_\_ more than two to three hours a day.

**B:** Did it mention what activities are good for you?

A: Well, any exercise is good. You \_\_\_\_\_ sport at school if you like it. If not, you \_\_\_\_\_ a bicycle or walk to school instead of going by bus or car.

B: What about food? Did it give any advice about healthy eating?

A: Yes, and I think this was the most important piece of advice. We \_\_\_\_\_ fast food more than once a week and make sure we eat at least five pieces of fruit and vegetables a day.

### Exercise 3

Read the sentences. Choose the correct answers.

1. We have to/don't have to wear sports clothes during sport lessons otherwise we can't take part.
2. You have to/don't have to pass a swimming test to be a lifeguard at the swimming pool.
3. You have to/don't have to be fit to do yoga because anyone can try it.
4. You have to/don't have to spend a lot of money to stay healthy. You can go running in the park for free.
5. We have to/don't have to wear special shoes when we play football. Otherwise, it is difficult to run.
6. You have to/don't have to join the gym to take exercise classes, but they cost less for members.
7. Professional sports players have to/don't have to practise for at least three hours a day.
8. You have to/don't have to be good at sports to stay fit, but regular physical activity is good for you.

### Exercise 4

Complete the sentences with *should* or *shouldn't* and a verb from the box to give good advice. Two verbs in the box are used twice.

Drink  
 eat  
 get  
 spend

1. You \_\_\_\_\_ a lot of water when you do exercise.
2. Young people \_\_\_\_\_ too much time playing computer games.
3. If you want to \_\_\_\_\_ fit, you \_\_\_\_\_ go to the gym.
4. You \_\_\_\_\_ lots of fruit and vegetables if you want to be healthy.
5. If you want to be fit, you \_\_\_\_\_ fast food.
6. When you're young, you \_\_\_\_\_ a lot of sleep every night.

**Exercise 5**

Look at the picture and complete the description. Use the phrases in the box.



I think	because	is drinking	is
eating	is playing	is sitting	it
looks	the picture shows	there are	

\_\_\_\_\_ a boy in a living room. \_\_\_\_\_ some chairs, a sofa, a table, a lamp, a television and a computer. The boy \_\_\_\_\_ fast food, such as burger and chips, and he \_\_\_\_\_ cola. I think the boy should eat more fruit and vegetables and drink more water \_\_\_\_\_ he doesn't look very healthy. He shouldn't eat fast food and drink cola. He should play some sport as well. \_\_\_\_\_ the boy \_\_\_\_\_ video games because he \_\_\_\_\_ in front of his computer. \_\_\_\_\_ like he's a little bit too heavy so he should do some exercise.

**Exercise 6**

Look at the picture and read the instructions. Spend a few minutes thinking about what to say.

Record your answer. Play to hear your answer.



**In your talk, you should:**

- talk generally about what you can see
- give specific details about the picture
- give your opinion and reasons
- use words and language related to health
- give advice using *should* and *shouldn't*
- talk for 1–2 minutes.

