

UNIT 4 HEALTH

Lesson A Listening

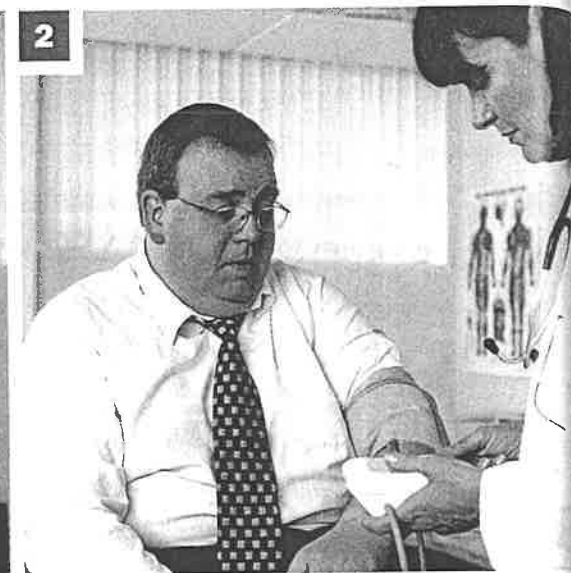
1 Before you listen

- A What do you see?
- B What is happening?
- C What's the story?

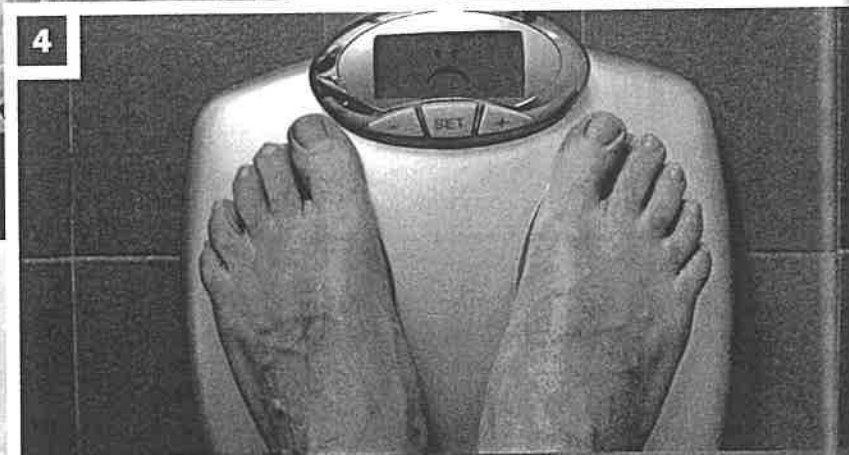
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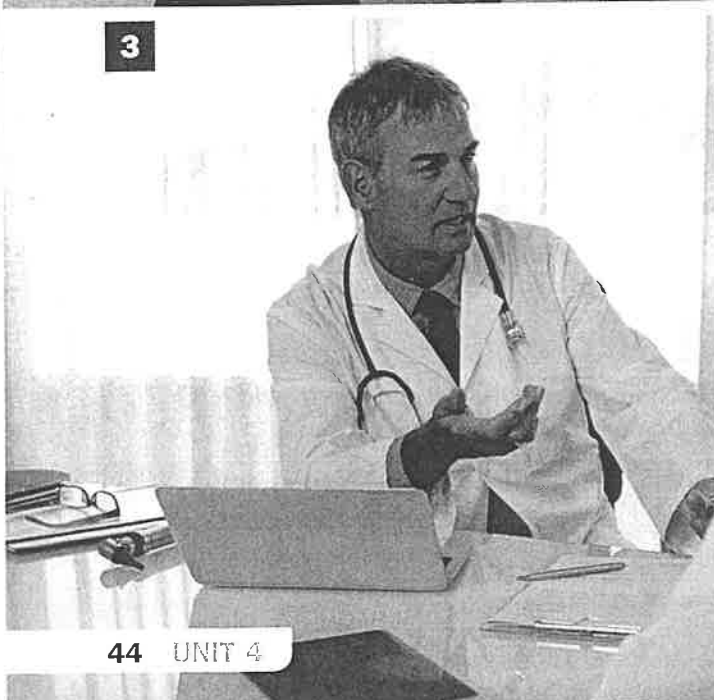
2



4



3



UNIT GOALS

Recognize good health habits Describe beneficial plants
Complete a medical history form

2 Listen

A Listen and answer the questions.

1. Who are the speakers?
2. What are they talking about?

B Listen again. Put a check (✓) next to the doctor's advice.

- | | |
|--|---|
| 1. <input type="checkbox"/> sleep more | 5. <input type="checkbox"/> eat hamburgers |
| 2. <input checked="" type="checkbox"/> take a walk every day | 6. <input type="checkbox"/> eat breakfast |
| 3. <input type="checkbox"/> ride a bicycle | 7. <input type="checkbox"/> eat fish |
| 4. <input type="checkbox"/> take the elevator at work | 8. <input type="checkbox"/> take medication |



CD1, Track 25



CD1, Track 25

3 After you listen

A Complete the story.

advice exercise healthy pressure weight
diet health medication tired

Stanley is at the doctor's office. His health¹ has always been good, but he has been really _____² lately. The doctor looks at Stanley's chart. He sees a couple of problems. One problem is Stanley's _____³. He has gained 20 pounds. Another problem is his blood _____⁴. The doctor tells him he needs regular _____⁵ – for example, walking or riding a bike. He also tells Stanley to change his _____⁶ – to eat more fish and vegetables. If Stanley doesn't do these things, he will need to take pills and other _____⁷. Stanley wants to be _____⁸, so he is going to try to follow the doctor's _____⁹.

Listen and check your answers.

B Talk with a partner. Ask and answer the question.

What are three things you do to stay healthy?



CD1, Track 26