

UNIT 4 HEALTH

Lesson A Listening

1 Read and complete the paragraph. Then listen.

advice diet exercise pressure tired weight

Dear Alice,

My husband Alex is an office assistant. He drives to work every day. He works on the tenth floor, and he always takes the elevator. His diet¹ is not very healthy. For example, for lunch, he usually eats pizza or a hamburger and fries. On the weekend, he often eats a lot of ice cream and cookies. He doesn't _____² very much. In fact, he usually takes a walk only once a week on Saturday. He never rides his bike. He is worried because his blood _____³ is high, and he has gained 15 pounds. He knows he has to lose some _____⁴. He has also been very _____⁵ lately. What should he do?

Worried in Seattle

Dear Worried in Seattle,

Your husband needs to make an appointment to see his doctor so that he can ask the doctor for some _____⁶.

Alice



2 Circle the correct answers. Use the information in Exercise 1.

- Alex always _____.
a. takes the elevator
b. walks up the stairs
- Alex does not _____.
a. take walks
b. exercise enough
- Alex is worried because _____.
a. he never rides his bike
b. he has gained weight
- Alice says Alex needs to _____.
a. change his job
b. talk to his doctor

3 Complete the chart.

check your weight eat breakfast go to bed late
 drink a lot of soda eat fish ride a bicycle
 eat a lot of hamburgers gain 20 pounds

Healthy activities

check your weight

Unhealthy activities

4 Complete the sentences.

diet exercise healthy medication weight

- A** Pat eats too many hamburgers. He needs to change his diet.

B I know.
- A** Alex has high blood pressure. He needs to take _____.

B That's too bad.
- A** I've gained 20 pounds. I need to lose _____.

B You should try going to the gym three times a week.
- A** Ali sits at work all day.

B He needs to _____ regularly.
- A** I really want to stay _____.

B Then you need to follow your doctor's advice.

5 Listen. Then write *P* for the things Stan did in the past and *N* for the things he does now.



- | | |
|-------------------------------|---------------------------|
| <u>N</u> walk up the stairs | _____ eat breakfast |
| _____ eat fast food for lunch | _____ go to the gym |
| _____ take the elevator | _____ work 12 hours a day |
| _____ have soup for lunch | _____ leave work at 5:30 |

Lesson B Present perfect

Study the chart and explanation on page 128. For a list of irregular verbs, turn to page 131.

1 Complete the paragraph. Use the present perfect.

be eat exercise gain give go start

I have gained¹ weight recently, so I have decided to change my diet and get in shape. I ² up potato chips, and I ³ (not) any pizza recently. I ⁴ to eat more salad and fruit. I ⁵ at the gym three times this week already. I can see that I am losing weight, and I'm sure my blood pressure ⁶ down. I feel healthier, and I ⁷ (not) tired in a long time.

2 Write sentences. Use the present perfect.

1. You / not / exercise / this week

You haven't exercised this week.

2. Paul / gain weight / recently

3. Ray and Louisa / lose weight / recently

4. Alicia / be unhappy / lately

5. My blood pressure / go up / recently

6. Greg / not / visit a dentist / recently

7. Sarah / give up / desserts / lately

3 Write sentences about Annette. Use the present perfect with *recently*.

- Annette's Goals for November*
- 1. Check blood pressure.
 - 2. Go to the gym. ✓
 - 3. Eat more fruits and vegetables. ✓
 - 4. Sleep eight hours a day. ✓
 - 5. Take vitamins.

1. *Annette hasn't checked her blood pressure recently.*
2. _____
3. _____
4. _____
5. _____

4 Write questions and answers. Use the present perfect.

1. Bill / lose weight / recently
A *Has Bill lost weight recently* _____ ?
B No, _____.
2. Tina and Mario / give up desserts / recently
A _____ ?
B Yes, _____.
3. you / check your blood pressure / lately
A _____ ?
B No, _____.
4. Barbara / sleep much / lately
A _____ ?
B Yes, _____.
5. Lisa / start taking vitamins / recently
A _____ ?
B No, _____.