



Student's Book
Intro Level

Sample pages

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What's the matter?

1 WORD POWER *Parts of the body*

A  Listen and practice.



B Pair work Close your books.
Point out the parts of the body
named in the picture.

A: Point to your neck.

B: This is my neck.

Point to your feet.

A: These are my feet.

2 CONVERSATION

 Listen and practice.

Brian: Hey, Ken. How are you?
 Ken: Oh, I'm not so good, actually.
 Brian: Why? What's the matter?
 Ken: Well, I have a headache. And a backache.
 Brian: Maybe you have the flu.
 Ken: No, I think I just miss Japan – I feel a little homesick.
 Brian: That's too bad. . . . But I think I can help.
 Let's have lunch at that new Japanese restaurant.
 Ken: That's a great idea. Thanks, Brian.
 I feel better already!



3 GRAMMAR FOCUS

Have + noun; feel + adjective 

What's the matter?

What's wrong?

I have a headache.

I have a sore throat.

I have the flu.

How do you feel?

I feel sick.

I feel sad.

I feel better.

I don't feel well.

Adjectives

–

sick

sad

bad

awful

terrible

+

fine (well)

happy

good (better)

great

terrific

A  Listen and practice. “*He has a backache.*”



a backache



an earache



a headache



a stomachache



a toothache



a cold



a cough



a fever



the flu



sore eyes



a sore throat

B Pair work Take turns acting out a health problem. Your partner guesses the problem and gives sympathy.

A: What's wrong? Do you have a headache?

B: Yes, I have an earache.

B: No, I don't.

A: That's too bad.

A: Do you have an earache?

C Group work Find out how your classmates feel today.

A: How do you feel today?

B: I feel fine, thanks. What about you?

A: I feel really terrible. I have a headache.

B: I'm sorry to hear that. How do you feel today, Sun-hee?

C: ...

expressions

That's too bad.

I'm sorry to hear that.

I hope you feel better soon.

4 LISTENING Health problems

Listen to people talk about health problems. Where do they hurt?
Write down the parts of the body. Then ask and answer questions.



1. Ben
head, throat



2. Alison



3. Jeffrey



4. Marta

A: What's wrong with Ben?

B: He has a headache and a sore throat.

5 SNAPSHOT

Listen and practice.



What can you use these medications for?

What medications do you have at home? Which do you use often?

Sources: Adapted from *Almanac of the American People*
and interviews with adults between 25 and 50

6 CONVERSATION

 Listen and practice.

Dr. Young: Hello, Ms. West. How are you today?
 Ms. West: I feel terrible.
 Dr. Young: So, what's wrong, exactly?
 Ms. West: I'm exhausted.
 Dr. Young: Hmm. Why are you so tired?
 Ms. West: I just can't sleep at night.
 Dr. Young: OK. Let's take a look at you.

Dr. Young: I'm going to give you some pills.
 Take one pill every night after dinner.
 Ms. West: OK.
 Dr. Young: And don't drink coffee, tea, or soda.
 Ms. West: No soda?
 Dr. Young: No. And don't work too hard.
 Ms. West: All right. Thanks, Dr. Young.



7 LISTENING

 Listen to Dr. Young talk to four other patients. What does she give them? Check (✓) the correct medication.

	Antacid	Aspirin	Cold pills	Eyedrops	Muscle cream
1. Ben	☐	☐	☐	☐	☐
2. Alison	☐	☐	☐	☐	☐
3. Jeffrey	☐	☐	☐	☐	☐
4. Marta	☐	☐	☐	☐	☐

8 PRONUNCIATION *Sentence stress*

A  Listen and practice. Notice the main stress in these sentences.

Take some **á**spirin. Don't drink **có**ffee.
 Go to **béd**. Don't go to **wór**k.
 Use some **mú**scle cream. Don't **é**xercise this week.

B  Listen and mark the main stress in these sentences.

Take a hot bath. Stay in bed. Don't lift heavy things.
 Don't drink soda. Eat a lot of vegetables. Don't go to bed late.

9 GRAMMAR FOCUS

Imperatives

Take a pill every four hours.
Drink lots of juice.

Don't work too hard.
Don't stay up late.

A What are these people saying? Choose from the sentences in the box. Then compare with a partner.

I can't sleep at night.
I have the flu.
I can't lose weight.
✓ I have a stomachache.
I'm homesick.
My job is very stressful.
There's no food in the house.



1. I have a stomachache. 2. 3.



4. 5. 6. 7.

B Pair work Act out the problems in part A and give advice.
Use these or your own ideas.

Go to bed and sleep.

Go out to a restaurant.

Eat some toast and drink some tea.

Don't go to school this week.

Don't go outside.

Don't eat desserts.

Don't eat any heavy food today.

Take two aspirin.

Close your eyes for ten minutes.

Go home and relax.

Do something fun every evening.

Call your family on the phone.

Get some exercise every day.

Go to a store and buy some food.

A: I have a stomachache.

B: Don't eat any heavy food today.

10 READING



10 SIMPLE WAYS TO IMPROVE YOUR HEALTH

Cover the reading. Can you think of some ways to improve your health?

Believe it or not, you **can** greatly improve your health in these ten simple ways:

1

Eat breakfast.

Breakfast gives you energy for the morning.

2

Go for a walk.

Walking is good exercise, and exercise is necessary for good health.

3

Floss your teeth.

Don't just brush them. Flossing keeps your gums healthy.



4

Drink eight cups of water every day.

Water helps your body in many ways.

5

Stretch for five minutes.

Stretching is important for your muscles.



6

Wear a seat belt.

Every year, seat belts save thousands of lives.



7

Do something to challenge your brain.

For example, do a crossword puzzle or read a new book.



8

Moisturize your skin and use sunscreen.



9

Get enough calcium.

Your bones need it. Yogurt and milk have calcium. Or drink orange juice with calcium added.



10

Take a "time-out" – a break of about 20 minutes.

Do something different. For example, get up and walk. Or sit down and listen to music.

Source: Cooking Light® Magazine

A Read the article. Then complete the advice.

- To get exercise,
- To help your bones,
- To help your muscles,
- To keep your gums healthy,
- To have enough energy for the morning,
- To challenge your brain,

B Group work Talk about these questions.

- Which of these ten things do you do regularly?
- What else do you do for your health?

interchange 12

Helpful advice

Give advice for some common problems.
Turn to page IC-15.