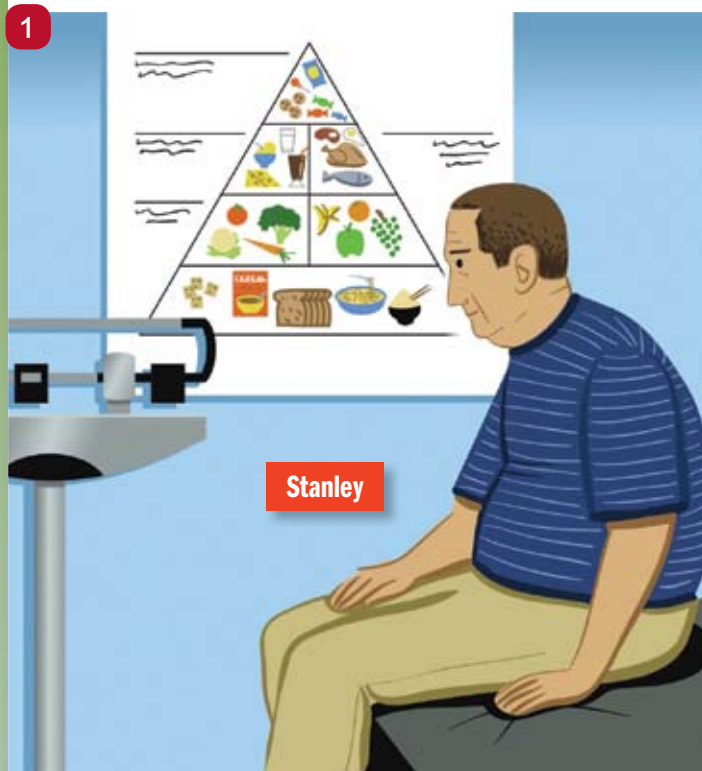


Lesson **A** **Get ready**

1 Talk about the pictures

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



2 Listening

SELF-STUDY AUDIO CD **A** Listen and answer the questions.

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

SELF-STUDY AUDIO CD **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 fish |
| 3. <input type="checkbox"/> ride a bicycle | 7. <input type="checkbox"/> eat breakfast |
| 4. <input type="checkbox"/> take the elevator at work | 8. <input type="checkbox"/> take medication |

Listen again. Check your answers.

SELF-STUDY AUDIO CD **C** Read. Complete the story. Listen and check your answers.

- | | | | |
|--------|----------|------------|--------|
| advice | exercise | medication | tired |
| diet | health | pressure | weight |

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 healthy, so he is going to try to follow the doctor's ₈.

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

What are three things you do to stay healthy?

Lesson B Present perfect

1 Grammar focus: questions and statements with *recently* and *lately*

Questions

Have you **gained** weight **recently**?
Has Sheila **gone** to the gym **lately**?

Statements

I **have gained** weight **recently**.
Sheila **hasn't gone** to the gym **lately**.

Past participles

Regular verbs

check → checked
exercise → exercised
gain → gained
start → started
visit → visited
weigh → weighed

Irregular verbs

eat → eaten
lose → lost
give → given
see → seen
go → gone
sleep → slept

For a complete grammar chart and explanation, turn to page 148.
For a list of irregular verbs, turn to page 151.

2 Practice

A Write. Complete the sentences. Use the present perfect.



Lola

Lola has been^{1. be} unhappy recently.

She hasn't gone^{2. not / go} to the gym lately. And she hasn't watched^{3. not / watch} her weight. She hasn't eaten^{4. not / eat} healthy food, either. She has gained^{5. gain} a lot of weight, and her blood pressure has gone^{6. go} up, too.



William

William has started^{7. start} to get in shape lately. He has lost^{8. lose} weight recently. His blood pressure has gone^{9. go} down, too. He has given up^{10. give up} hamburgers, French fries, and soft drinks. But he hasn't given up^{11. not / give up} ice cream!

Listen and check your answers.

B Talk with a partner. Ask and answer questions. Use the present perfect with *recently* and *lately*.

A Has Elisa lost weight recently?
B Yes, she has.

A Has Roberto given up desserts lately?
B No, he hasn't.



1

Elisa / lose weight



2

Roberto / give up desserts



3

Joy / start taking vitamins



4

Ahmet / gain weight



5

Martin and Julie / start exercising a lot



6

Lee / sleep much

Write a sentence about each picture. Use *recently* and *lately*.

Elisa has lost weight recently.

3 Communicate

A Work with a partner. Ask and answer questions. Complete the chart.

A Have you eaten a lot of fish lately?
B Yes, I have. How about you?

A Have you had a cold lately?
B No, I haven't. What about you?

Partner's name: _____	Yes	No
1. eat a lot of fish		
2. have a cold		
3. check your blood pressure		
4. see a doctor		
5. go to the gym		
6. visit a dentist		

B Share information about your partner.

Lesson C Used to

1 Grammar focus: statements and questions

Statements

I **used to** eat a lot of fatty foods.
She **used to** go to bed late.

Yes / No questions

Did you **use to** exercise a lot?
Did he **use to** eat a lot?

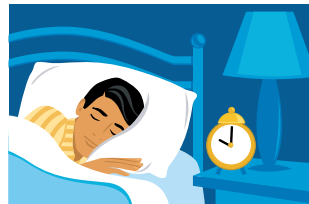
Short answers

Yes, I did.
No, he didn't.

For a complete grammar chart and explanation, turn to page 149.

2 Practice

A Write. Complete the sentences. Use *use to* or *used to*.



1. **A** Did he use to stay up all night?
B Yes, he did, but he goes to bed early now.



2. **A** How often do you eat meat?
B I _____ eat meat every night, but now I usually have fish.



3. **A** Did you _____ drive to work?
B Yes, I did, but now I ride my bike.



4. **A** What do you usually do after work?
B We _____ go straight home, but now we take dance classes twice a week.



5. **A** Do you exercise every day?
B I _____ exercise every day, but now I exercise only on weekends.

Listen and check your answers. Then practice with a partner.

B Work with a partner. Talk about Michael as a young man and Michael today.

Michael used to play sports, but now he watches sports on TV.



When Michael was young	Michael now
play sports	watch sports on TV
skip breakfast	eat three meals a day
take vitamins	not take vitamins
drink coffee	drink tea
sleep late	get up early
eat fruit between meals	eat sweets and chips between meals
work out every afternoon	take a nap every afternoon

Write sentences about Michael.

When Michael was young, he used to play sports. Now he watches sports on TV.

3 Communicate

A Work in a small group. Complete the sentences. Talk about your health habits.

- When I was a child, I used to . . . , but now I . . .
- In my country, I used to . . . , but now I . . .
- When I was a teenager, I used to . . . , but now I . . .
- When I first came to this country, I used to . . . , but now I . . .

B Share information about your classmates.

Lesson D Reading

1 Before you read

Look at the reading tip. Then read the first and last paragraphs. Answer the questions.

1. Which plants is the reading about?
2. How long have people used them?

2 Read



Read the magazine article. Listen and read again.



The first paragraph of a reading is the introduction. It tells you the topic.
The last paragraph is the conclusion. It often repeats the topic with different words.

Two Healthful Plants

Since the beginning of history, people in every culture have used plants to stay healthy and to prevent sickness. Garlic and chamomile are two healthful plants.

Garlic is a plant in the onion family.

The green stem and the leaves of the garlic plant grow above the ground. The root – the part under the ground – is a bulb with sections called cloves. They look



like the pieces of an orange. The bulb is the part that people have traditionally used for medicine. They have used it for insect bites, cuts, earaches, and coughs. Today, some people also use it to treat high blood pressure and high cholesterol.

Chamomile is a small, pretty plant with flowers that bloom from late summer to early fall. The flowers have white petals and a yellow center. Many people use dried chamomile flowers to make tea.



Some people give the tea to babies with upset stomachs. They also drink chamomile tea to feel better when they have a cold or the flu, poor digestion, or trouble falling asleep.

For thousands of years, people everywhere have grown garlic, chamomile, and other herbal medicines in their gardens. Today, you can buy them in health-food stores. You can get them in dried, powdered, or pill form.

3 After you read

A Check your understanding.

1. What is the reading about?
2. What is the word for the sections of the garlic bulb?
3. How do people use garlic?
4. What does the chamomile plant look like?
5. What can you make from chamomile?
6. How do people use chamomile?
7. Which plant could you use for high blood pressure?

B Build your vocabulary.

1. Read the dictionary entry for *digestion*. What part of speech is it? What does it mean? What is the opposite word? What is the verb? What is the adjective?

digestion /n/ the ability of the body to change food so the body can use it; *antonym* indigestion; /v/ digest; /adj/ digestive

2. Use a dictionary. Fill in the chart with the missing forms.

Noun	Verb	Adjective
<i>digestion</i>	<i>digest</i>	digestive
	prevent	
sickness		
	treat	
herbs		

3. Complete the sentences. Write the correct form of the word from Exercise B2.

- a. You shouldn't swim right after you eat. You should wait to digest your food.
- b. Chamomile, basil, oregano, and thyme are examples of _____.
- c. Some people can't drink milk. It makes them _____.
- d. Some people drink orange juice to _____ a cold or the flu. They don't want to get sick.
- e. A hot bath is a good _____ for sore muscles.

C Talk with a partner. Ask and answer the questions.

1. How can you prevent a sore throat? a cold? weight gain?
2. What is the best treatment for a headache? a stomachache? an earache?
3. What herbs do you like to cook with? What's your favorite herb?

Lesson E Writing

1 Before you write

A Work in a small group. Look at the pictures. Match each plant with its use.



Aloe vera



Ginger



Echinacea

- a. good for a cold _____
- b. good for burns _____
- c. good for a stomachache _____

B Complete the chart. Then add another healthful plant you know.

Plant	Description	Uses
Garlic	<i>bulb under the ground; green stem and leaves above the ground</i>	<i>insect bites, high blood pressure, cuts, earaches, cough, high cholesterol</i>
Chamomile		
Aloe vera		
Ginger		
Echinacea		

C Read the paragraph.



Licorice

Licorice is a popular herb in my native country, Greece. The plant has feathery leaves and purple flowers. It tastes sweet. My mother used to use licorice to make a medicine for my grandmother's arthritis. Mother grew the licorice plant in our backyard. She used to cut the licorice roots into pieces and put them inside a warm, wet cloth. Then she put the cloth on my grandmother's shoulder and knees. The licorice helped with the pain. Today, I use licorice when I have sore muscles.

Work with a partner. Put the information from the paragraph in order.

- _____ how the writer's mother used the plant
- _____ 1 where the plant grows
- _____ how the plant helped
- _____ how the plant tastes
- _____ how the plant looks
- _____ how the writer uses the plant today



The first sentence of a paragraph is called the topic sentence. It names the topic and gives basic information about it.
Licorice (topic) is a popular herb in my native country, Greece (basic information).

2 Write

Write a paragraph about a plant that people use as medicine. Use Exercises 1B and 1C to help you.

3 After you write

A Check your writing.

	Yes	No
1. In my topic sentence, I named the herb and gave basic information about it.	<input type="checkbox"/>	<input type="checkbox"/>
2. I described the plant.	<input type="checkbox"/>	<input type="checkbox"/>
3. I explained how people use the plant.	<input type="checkbox"/>	<input type="checkbox"/>

B Share your writing with a partner.

- 1. Take turns. Read your paragraph to a partner.
- 2. Comment on your partner's paragraph. Ask your partner a question about the paragraph. Tell your partner one thing you learned.

Lesson F Another view

1 Life-skills reading

Medical History Form

1. Chief complaint: Describe the problem and approximately when it began.

Problem	Date problem began

2. Have you ever had any of the following?

<input type="checkbox"/> allergies	<input type="checkbox"/> back pain	<input type="checkbox"/> frequent headaches	<input type="checkbox"/> high blood pressure
<input type="checkbox"/> arthritis	<input type="checkbox"/> chest pains	<input type="checkbox"/> heart attack	<input type="checkbox"/> high cholesterol
<input type="checkbox"/> asthma	<input type="checkbox"/> diabetes	<input type="checkbox"/> heart disease	<input type="checkbox"/> tuberculosis

3. Are you pregnant? Yes No

4. Are you currently taking medications? Yes No

5. If yes, list all medications, including vitamins and herbal supplements.

6. List any major illness, injury, or surgery that you have had in the past year.

The above information is correct to the best of my knowledge.

7. Signature: _____ 8. Date: _____

A Read the questions. Look at the form. Circle the answers.

- | | |
|----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| <p>1. Where do you write the reason for this doctor visit?</p> <p>a. number 1 c. number 4
b. number 3 d. number 5</p> | <p>3. Where do you write that you had back surgery last year?</p> <p>a. number 1 c. number 5
b. number 2 d. number 6</p> |
| <p>2. Where do you write the names of the medicines you take?</p> <p>a. number 2 c. number 5
b. number 4 d. number 7</p> | <p>4. Where do you write when the problem began?</p> <p>a. number 1 c. number 5
b. number 3 d. number 7</p> |

B Work with a partner. First, complete the form about yourself or someone you know. Then ask questions about your partner's form. Are the medical histories similar?

2 Fun with language

A Talk with your classmates. Complete the chart.

Ellen, did you use to eat desserts?

No, I didn't, but I do now.

Find someone who:	Name
didn't use to eat desserts	Ellen
used to exercise regularly	
used to be overweight	
has changed his or her diet recently	
always buys organic vegetables	
used to smoke	
has given up a food recently	
didn't use to eat a lot of fish	
has used herbal medicines	
rides a bicycle to school or work	

Share information about your classmates.

Ellen didn't use to eat desserts, but she eats them now.

B Read the sentences. Unscramble the words and complete the sentences.

- Sometimes people use licorice to *treat* arthritis.
(teart)
- Salt isn't healthy if you have high .
(bolod usrpeser)
- I don't drink black tea, but I love teas.
(hrblae)
- It's important to follow your doctor's .
(avcdie)
- Peppermint tea is good for the .
(dgoitiesn)
- Stay healthy, so you don't have to take .
(mdeacitino)
- I feel happier when I every day.
(eesixcr)

3 Wrap up

Complete the **Self-assessment** on page 142.