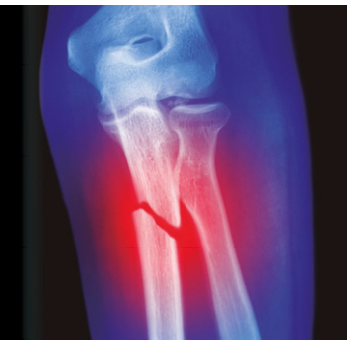



4

Stay well!

1 What health problems can you see? What can the people do to feel better?



mission Make a wellness diary

2  Watch the video. What's wrong with Jim? How does Jenny try to make him feel better?

3 What do you do when you are ill or need help?

1 Listen and choose the correct answer.



Exam Tip!

Read the questions before listening.

- The shark bit the man while he was ...
 - looking for a golf ball.
 - swimming.
 - feeding it.
- The fire started because of ...
 - the monster.
 - someone cooking.
 - a candle falling.
- The man with the sore hand hurt himself when he was ...
 - using scissors.
 - preparing food.
 - playing in the park.

2 Complete the sentences. Use the words in the box. Then listen and check.

accident ankle appointment break
careful heart ~~hospital~~ injured painful

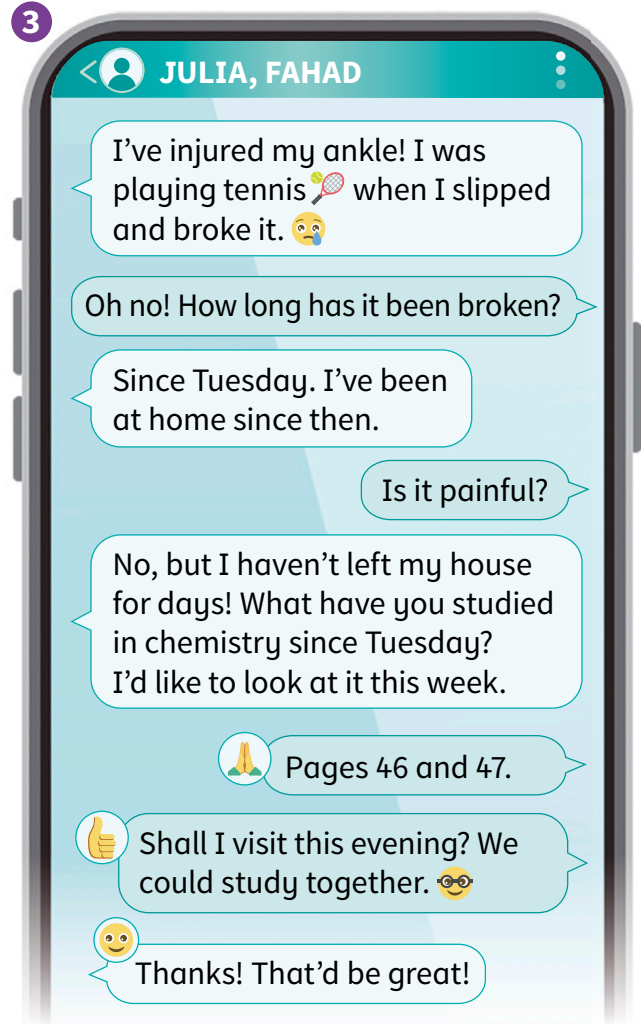
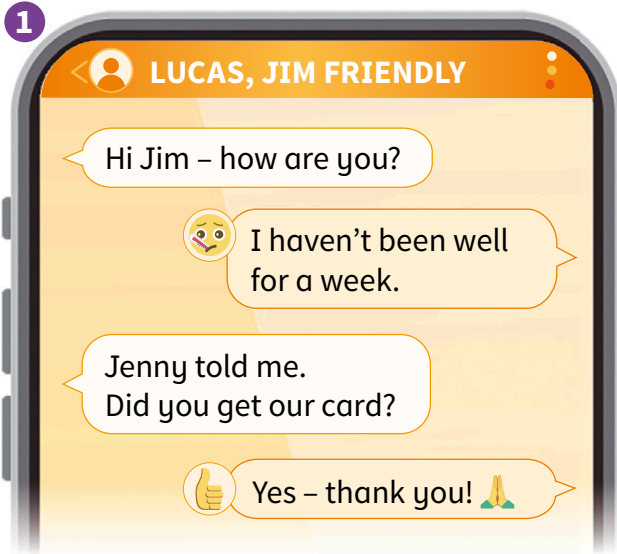
- So, you're in a hospital.
- He _____ his hand when he was feeding a shark.
- I've made an _____ for the man to meet the doctor so that the doctor can remove the shark.
- What's wrong with this patient? The man who's having his _____ checked.
- I think there was an _____ and one of her pet monsters made the fire.
- Did the monster _____ the woman's _____, too?
- It looks very _____. It must hurt a lot.
- You need to be _____ when you're using knives.

3 In pairs, ask and answer about the picture in Activity 1.

What's wrong with this man?

He's injured his hand.

1 Read the messages. What's wrong with Jim, Alex's rabbit and Julia?



Exam Tip!


After you've chosen A, B or C, read the text and the question again to check that your answer is correct.

2 Look at the messages again. Choose the correct answer.

- 1 Why is Lucas writing to Jim?
 - A He's worried about his friend.
 - B He wants to ask about Jenny.
 - C He wants Jim to write a card.
- 2 Why did Nadia write to Alex?
 - A Her rabbit is unwell.
 - B She's going to go to the vet with him.
 - C She wanted to go to the park with him.
- 3 What do Julia and Fahad agree to do together?
 - A play tennis
 - B study chemistry
 - C walk the dog

1 Look at these verbs from page 44. What is the form?

- | | |
|-------------------------------|----------|
| 1 been past participle | 3 has |
| 2 have | 4 broken |

2  Watch the video. Choose the correct words.

Grammar look: the present perfect with *how long*, *for* and *since*

Look!

JENNY: How long **has** your arm **been** sore?

SARA: It's **been** sore for three days .
I've **felt** worried about it since yesterday.


Think and choose!

- 1 Sara's arm **is / isn't** sore now.
- 2 It started to be sore **three days ago / now**.
- 3 She started to feel worried about it **yesterday / now**.



page 122

3  **Pronunciation** Listen and repeat.  page 118

4  Write six sentences. Use these phrases or your own ideas.

(not) have the flu ...

have a broken ankle ...

for a year

have a headache ...

feel worried ...

for three days

be unwell ...

have a sore throat ...

since I was 7

have a temperature ...

(not) have an accident ...

since yesterday

mission 1 Make a wellness diary

Imagine you are unwell, injured or worried. Answer the questions. Then role play with a partner.

What's the matter? What happened? How long ...?



What's the matter?

I have a sore throat.



1 Read the diary. What happened to Dizzy at the lake?

4th August

I'm excited because tomorrow I'm going to the hills with my aunt. I'm taking my dog, Dizzy, for a walk and then we're going swimming in a lake. We're having a picnic, so we will need to take our rubbish home. We're not coming home until after dinner! My aunt's meeting us tomorrow at 9 a.m. to drive us there – so I should go to sleep now.

5th August

Today something awful happened. We were having a lovely day in the hills – Dizzy was happy, and we had a lovely picnic. But when we went to the lake, things started to go wrong.

We were swimming when Dizzy hurt her leg on a rock. She fell over and started crying. We put a bandage round her leg and carried her back to the car.

It looks really painful so we're taking her to the **vet** this evening. 😞

6th August

The vet gave Dizzy some **medicine**, and she said that Dizzy needs to have a small operation.

Also, because of all the **stress**, now I'm not feeling well. My mum's given me some medicine for my headache. She told me to go to bed and rest. But when I **lie down**, I can't sleep because I'm so worried about Dizzy.

7th August

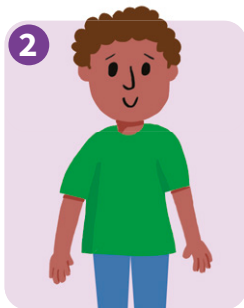
I've got some great **news**. Dizzy's operation was a success! Dizzy's **resting** at the vet's at the moment and the vet says she can come home tomorrow. Hooray!

I'm **feeling better** too. So I'll be able to **look after** Dizzy when she gets home. 😊



2 Match the words in blue in the diary to the pictures below.

Number 1 is a vet.

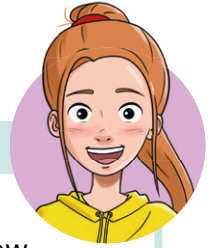


3 Add one sentence (A, B, C or D) to the end of each day's diary entry.

- A I wonder what she'll say.
- B I can't wait to see her again!
- C I hope her operation is OK.
- D I'm so excited about the trip.

1 Look at the diary entry from 4th August on page 46. What verb forms can you see?

2 Watch the video. Choose the correct words.



Grammar look: the present continuous with future meaning

Look!

JIM: What **are** you **doing** after school?

SARA: I'm **seeing** the doctor again.
I have an appointment at 5 p.m.
She's **taking** my bandage off today!

Think and choose!

- 1 Sara is **at school / at the doctor's** now.
- 2 Sara can see the doctor **now / in the future**.
- 3 This is definite because she **has / doesn't have** an appointment.

page 122

3 Look at Jenny's wellness diary. Complete the sentences using the present continuous.

today

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17	18	19	20	21	22	23
5 p.m. – Do homework with Karl	Lunchtime – Go to athletics club	Lunchtime – Go to yoga	6:30 p.m. – Get a hair cut	4 p.m. – Meet Priya at the swimming pool	10 a.m. – Help pick up rubbish in the park	10 a.m. – play football with my team

- 1 At 5 p.m. today, Jenny's doing ...
- 2 ... at lunchtime tomorrow.
- 3 On Wednesday, ...
- 4 ... on Thursday evening.
- 5 On Friday after school, ...
- 6 At the weekend, ...

mission 2 Make a wellness diary

Think of three healthy things you want to do next week. Put them in your diary.

Now tell your partner what you're doing next week. Can they go with you?

I'm doing yoga at lunchtime on Tuesday. Would you like to come?

I'd love to, but I can't. I'm playing football at lunchtime on Tuesday.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 a.m.							
10 a.m.							Help clean up park
11 a.m.							
12 p.m.							
LUNCH			Do yoga				
2 p.m.							
3 p.m.							
4 p.m.					Go to running club		
5 p.m.							
6 p.m.							

1 Look at the pictures. What do you think the story is about?

2  Listen and read. What happens to Joshua at the end?

The £20,000 Adventure

Joshua's bored. He has the flu, and he's had a fever for several days. But today he's feeling a bit better. He and his sister, Chloe, are watching a programme about crocodiles.

Eddie, their cousin, has come to see if Joshua's feeling better. 'How long have you been ill?' he asks. 'For four days,' says Joshua. 'I haven't been to school since last Monday!' 'Lucky you!' says Eddie.

The crocodile programme's finished. The local news programme's starting. 'There was a **robbery** at Whitton's bank last night. Thieves stole about £20,000 in cash and **escaped** in a fast car,' the newsreader says. 'The thieves are dangerous criminals.'



'I know that bank,' Chloe says excitedly. Joshua's feeling sleepy. His eyes are closing! 'Come on, Joshua,' says Eddie. 'Let's climb some trees.'

Outside in the garden the children have climbed a tree. 'Look at those men!' says Chloe, pointing at two men by the river. 'What are they doing?' 'Shhhhhh!' whispers Joshua. 'They'll hear you and they look dangerous!'

One of the men is taking a huge pile of papers from a brown bag. 'It's the £20,000!' whispers Chloe. 'Look! They're hiding it in the hole.'

The two men look up as if they've heard something. The children **freeze** – they are terrified.

The three children watch in complete silence while the men finish hiding the cash and walk away. 'Let's get it!' says Chloe, climbing down the tree fast. 'Come on, Joshua,' shouts Eddie. 'What are you waiting for? They might come back.' But Joshua isn't feeling well. As he's climbing down the tree he cuts his knee and cries out in pain.



Chloe and Eddie get the bag. They don't see the men coming back! Suddenly, the men are standing right behind them and they look **furious**. 'Hey! Drop that!' they shout. 'Run!' shouts Eddie.

Eddie and Chloe grab the money and run to the bridge as fast as they can. They cross over the river. But Joshua can't run to the bridge. His knee's **bleeding**. It's too painful to run. 'Hurry up, Joshua, they're going to catch you,' shouts Eddie from the other side of the river.




Joshua decides to swim to the other side. He sees crocodiles. He's very frightened now. 'Oh no, crocodiles - how strange!' thinks Joshua for a moment. 'Crocodiles don't live here!'

Joshua's trapped with the thieves behind him and crocodiles in front of him! What can he do? Then he sees a rope hanging from a tree. Can he swing across?

'Joshua, wake up! You're dreaming,' says his mother, coming into the room.

'Oh, Mum. Yes, it was a strange dream!' says Joshua.

'Come on. Switch off the television. It's dinner time,' says his mum.

1  Read the story again and choose *true* or *false*. Correct the false sentences in your notebook.

- 1 Joshua has been ill for a week.
true / false
- 2 Joshua and Eddie are cousins.
true / false
- 3 There was a robbery at Whitton's Bank last night.
true / false
- 4 Eddie cuts his knee while he's climbing down a tree.
true / false
- 5 Joshua's going to have dinner with his mother at the end of the story.
true / false



2 In pairs, discuss the meaning of the words in blue.

3 Read the story again. Who feels these emotions and why?

bored excited furious
terrified frightened

Who feels bored?

I think Joshua feels bored because he's been ill for four days.

4   Choose one of the emotions in Activity 3. Write a story about when you felt that emotion.

It was a cold, rainy day, and I was walking home from school with my sister. We were ...

Making lives better

1 Look at the pictures. Describe what you see.

2  Listen and read the text. Check your ideas.

PROSTHETICS

When a person loses a limb, like a hand or foot, it becomes difficult to do everyday things like walk or pick something up. Prosthetic limbs help lots of people around the world. So, when did we start using prosthetics?

The oldest prosthetic we know about is an Egyptian prosthetic toe. This means people have used prosthetics for more than 2,000 years! The toe was made of wood and leather, and researchers think the owner used it to look good, but they couldn't move it.

Prosthetics have changed a lot since then. Now, they are made of lightweight materials like plastic, aluminum, and titanium. People can walk, work or study, run and do sports.

Now scientists are working on prosthetics that can respond to the brain, so who knows what amazing things prosthetic limbs will do in the future!



PENICILLIN

When you get an infection, what do you do? You can go to the doctors and get antibiotics. But before the 1940s, things were very different. People often died from infections.

In 1928, a Scottish scientist called Sir Alexander Fleming discovered penicillin, which kills the bacteria that causes a lot of infections. This helped to develop a group of medicines called antibiotics. Since then, antibiotics have saved millions of lives!

GLASSES

About 4 billion people around the world wear glasses. But where did this amazing idea come from? Because we can see people wearing glasses in very old paintings, we know that people have used glasses since the 1200s! These old glasses didn't have temples to keep them on people's faces, so they had to hold them up to their eyes or rest them on their nose.

In the 1730s, people started using glasses with temples, which looked a lot like the glasses we use today. Before the 1980s, the lenses in glasses were always made of glass. These were heavy and broke easily. Since then, more lenses are made of light-weight plastic, so glasses are more comfortable. Glasses help millions of people see clearly every day!

3 Read again and complete the sentences.

- 1 People have used prosthetics for more than _____.
- 2 Old prosthetics were made of _____, but now they are made of _____.
- 3 Sir Alexander Fleming discovered penicillin in _____.
- 4 Antibiotics have saved _____ of lives since the 1940s.
- 5 People have used glasses since _____.
- 6 In the past, lenses were made of _____, but now they are usually made of _____.

1   Watch and listen. What's wrong with Jim?

- A He's hurt his ankle.
- B He's got the flu.
- C He's got a stomach ache.



2 Read Jenny's video diary. What's it about?

Jenny's video diary

Jenny's ¹ _____ about Jim because he's been ill for three days. Jim's lying down, and he's ² _____. Jenny wants to help him feel better, so she uses her laptop to find some ³ _____. Firstly, Jenny gives Jim some flowers. When she gives him the flowers, he starts coughing! Next, Jenny gives Jim a glass of water, but he's sleeping. Jenny wakes him up, ⁴ _____ Jim feels a little annoyed. Jim was ⁵ _____, so it has helped a little. Lastly, Jenny gives Jim a card. Their friends from their class have signed it. Jim hasn't ⁶ _____ his friends for days, so he really likes the card.



3 Look at the options A, B and C in Activity 4. Discuss the differences between the words.

4  For each question, choose the correct answer.

- | | | | |
|---|-----------|-----------|-----------|
| 1 | A worried | B tired | C bored |
| 2 | A rest | B resting | C rested |
| 3 | A plans | B ideas | C uses |
| 4 | A because | B so | C why |
| 5 | A angry | B hungry | C thirsty |
| 6 | A watched | B seen | C looked |

Exam Tip!

Read the text once to understand what it's about. Read it again to choose the best answer. Then, read it again to check your answers.

5   Watch again and check your answers.

1  **Listen to six recordings. Who's talking?**

- 1 _____ *two friends* _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____



2  **Read the instructions and the options A, B and C. Choose the correct answer. Listen and check.**

You hear a student talking about a film she watched on TV. What was the film about?

- A a broken ankle
- B a king
- C a queen



3 **Read the questions. What are the key words?**

- 1 Who did the girl watch the film with?
 - A her mum
 - B her mum and her cousin
- 2 The film about a magic queen was ...
 - A a history film.
 - B a cartoon.
- 3 Which film did the girl want to see?
 - A a film about a broken ankle
 - B a film about a king
- 4 Which film did they watch?
 - A the cartoon
 - B the history film

4  **Look again at the questions in Activity 3. Listen and choose the correct answer.**

5   **Listen and choose the correct answer.**

You will hear a woman talking to a shop assistant. What does the woman buy for her grandson?

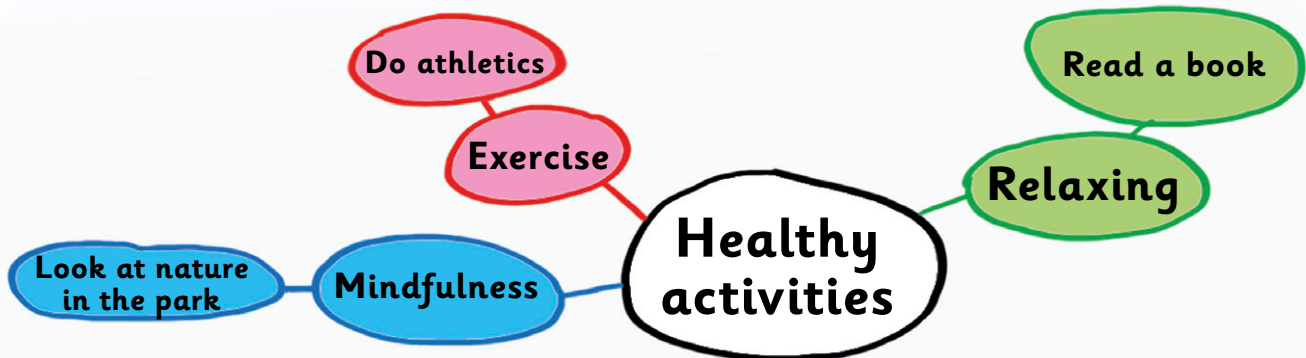
- A a wallet
- B a football
- C a scooter

Exam Tip!

Read the question and options carefully before you listen. Think about the situation the person is in and circle any key words. Then think about similar words you might hear.

mission in action!

- 1 Make a wellness diary.
- 1 Make a mind map of healthy activities.



- 2 On your mind map, tick the healthy activities you want to do next week. Think about when you want to do them.
- 3 Work with a partner to make a wellness diary.
- 4 Present your wellness diary to your class.

This is our wellness diary. At lunchtime on Monday, we're doing breathing exercises in the school gym.

Then we're playing football at 4 p.m.

- 2 Imagine you have done some of the activities on your wellness diary for a few weeks. Review some of the activities. How do you feel?

Nature in the park



I've been to the park every Saturday morning since November. Sometimes I go with my family, and sometimes I meet a friend. When I look at the bugs, the birds and the plants, I feel relaxed, calm and interested in learning more about nature. I think it's important to understand the natural world around us.



Go to page 122
Remember the grammar from Unit 4