

6 MIND AND BODY UNIT

IN THE PICTURE Create an avatar

»»» Talk about the human body

WORK WITH WORDS

1 **RECALL** In pairs, write the names of the body parts (A–L) in the pictures. You have one minute.

2 **1.67** Listen to the clues and match the words to the body parts M–X in the pictures.

ankle	M	brain	chest	finger	heart
knee		neck	shoulder		stomach
throat		thumb	toe		

3 **1.68** Listen and check your answers. Then listen and repeat.

4 Write the body parts in Exercise 2 in order, from the highest to the lowest when you're standing up.

brain, ...

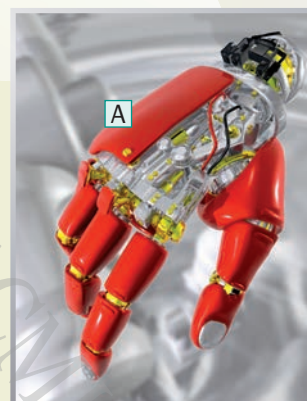
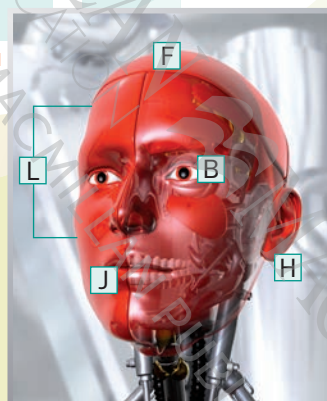
5 **THE MOVING PICTURE** Watch the video. Write the order in which the machine adds the avatar's body parts. What does the avatar do when it's complete?

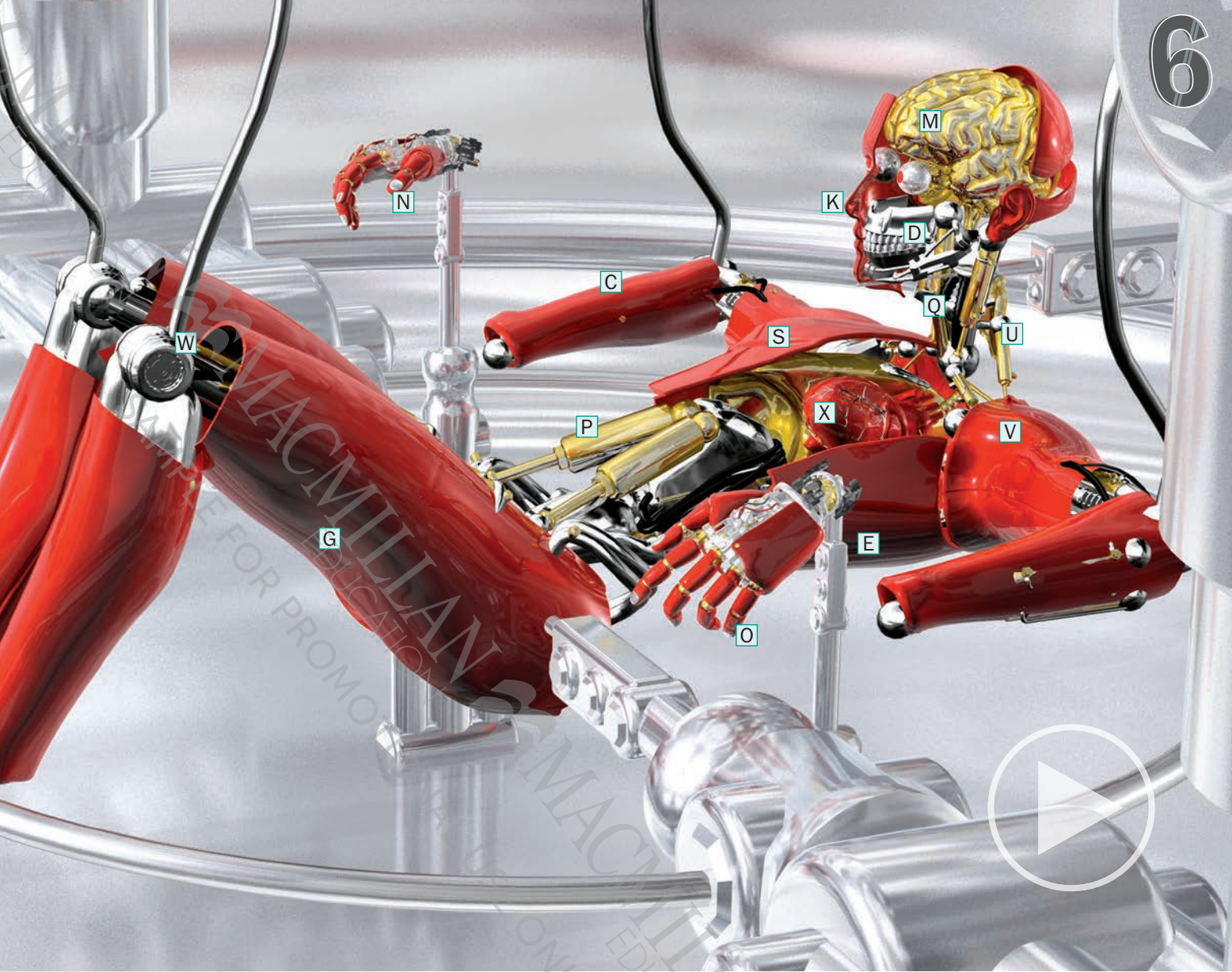
6 Do the quiz. Then compare your answers with a partner.

The Body Parts Quiz

How much do you know about the **human body**? Answer the questions.

- 1 It's the most complex object in the universe. What's it called?
- 2 It makes sure air and food goes to the correct place. What is it?
- 3 Two parts of our body get bigger and bigger, but we don't cut them. What are they?
- 4 Three bones connect here, including our biggest bone. What is it?
- 5 This part of our body can destroy metal. Which part?





SPEAK

- 7 Draw an avatar but don't let other students see it. Use the avatars below for ideas.



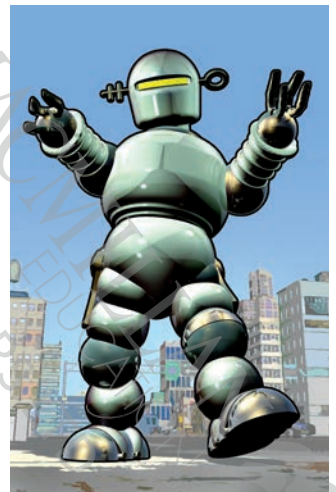
Futuristic



Manga



Monster



Robot

- 8  Work in pairs. Describe your avatar to your partner. Can he/she draw it?

PHRASE BYTES

It's got (a) big/small/long/short/round/square ...
It's got ... next to/above/under/around its ...
It looks like a ...

GO BEYOND

Do the Words & Beyond exercise on page 135.

>>> Read quickly

SPEAK AND READ

- 1 **Work in pairs. Talk about the activities below. Do you like doing them? Why?/Why not?**



crosswords



Sudoku



playing chess



brain training games

- 2 a Read the tips in the **HOW TO** box.

- b 2.01 **Quickly read the website homepage, but don't do the puzzles. Use a timer to see how fast you can read it.**

PHRASE BYTES

I love/hate doing/playing ...
It's/They're really relaxing/boring/
difficult ...

HOW TO

read quickly

- ☐ Read groups of words, not individual words.
- ☐ Don't stop if you don't understand a word or sentence.
- ☐ Move your finger down the page. Read at this speed.

THE BRAIN PUZZLER

Logic puzzles Word puzzles Number puzzles Quizzes Games

Welcome to The Brain Puzzler, the best site on the internet for free brain puzzles! We have over 10,000 puzzles to train your brain and keep it working quickly.

Why should we do brain puzzles?

We all know the importance of eating a balanced diet. If we eat well, our whole body works better and we feel better. We all know how important it is to exercise regularly too. To have a healthy heart we should exercise for 30 minutes at least three times a week. But did you know that our brain needs exercise too? We get a lot of our intelligence from our parents, but between 20 and 50% of our intelligence comes from how we use our brains. So if we regularly use our brains to do puzzles, we actually become more intelligent!

But that's not all. Puzzles are also fun!

Try our top five! Click [here](#) to see the answers.

Not convinced? Try our all time top five brain puzzles. Then click on the tabs above to find more puzzles.

- 1 If you are in a race and you overtake the person in second place, what place are you in?
- 2 If 6 is equal to 11, and 8 is equal to 15, what is 11 equal to?
- 3 If you add two letters to this five-letter word it becomes shorter. What word is it?
- 4 In English, four days start with the letter 't'. What days are they?
- 5 If $5 - 2 = 3$, how can FIVE minus two be 4?

- 3 Which tips in the **HOW TO** box did you use for help with Exercise 2b? Tick (✓) them.
- 4 Can you remember the answers to these questions? Read the website again to check.
- 1 How much does it cost to use the website?
 - 2 How many puzzles are there on the website?
 - 3 Why is it good to eat a balanced diet?
 - 4 To have a healthy heart, how often do we need to exercise?
 - 5 What happens if we do puzzles?
 - 6 What other reason does the website give for doing puzzles?
- 5 Do the puzzles. Compare your answers with a partner, then check them on page 141.

REACT

- 6 Work in pairs. What do you think? Tell your partner.

- 1 Which puzzles were easy? Which were difficult? Why?
- 2 Do you think doing puzzles can make you more intelligent? Why?/Why not?

GO BEYOND

Make a list of other activities that are good for your brain. Which ones do you do?

>>> Talk about results and the best thing to do

READ >>> Grammar in context

1 Answer the quiz questions.

Logic puzzles Word puzzles Number puzzles **Quizzes** Games

General Knowledge Quiz 1: Health

- 1 If you break your arm, it normally takes about ... to get better.
A 6–8 weeks B 6–8 months
- 2 If you don't want a cold, what should you do?
A eat oranges B wash your hands often

STUDY

2 Complete the explanations. Use Exercise 1 to help you.

Zero conditional

Use: To describe situations that are always true.

Form:

If + I/you, etc + present simple ... (= the action)

If you break your arm, ...

I/you, etc + ... (= the result)

... it takes six weeks to get better.

3 Complete the explanations. Use Exercise 1 to help you.

should

Use: To say that something is or isn't a good idea.

Form:

Positive and negative

I/you/she, etc + should/shouldn't + verb

Questions

... + I/you/he, etc + verb

See GRAMMAR DATABASE, page 125.

PRACTISE

4 Complete the quiz questions with the correct form of the verbs. Then choose the correct answer.

Logic puzzles Word puzzles Number puzzles **Quizzes** Games

General Knowledge Quiz 2: Science

- 1 Most things get ... if you (1) heat (heat) them.
A bigger B smaller
- 2 If you heat water at the top of Mount Everest, it (2) boils (boil) at ...
A 100°C B 71°C
- 3 You (3) don't need (not need) to wear sun cream if it (4) is (be) cloudy.
A True B False
- 4 If you (5) leave (leave) a fridge door open, (6) it (it / make) the room colder?
A Yes B No

5 a Choose the correct options. Then compare your answers with a partner.

Logic puzzles Word puzzles Number puzzles **Quizzes** Games

General Knowledge Quiz 3: Dangerous situations

- 1 If you're in a storm, you should / shouldn't stand under a tree.



- 2 You should / shouldn't use the lift if there's a fire in a building.

- 3 If you're on holiday in Europe and you need the police, you should / shouldn't phone 112.

- 4 You should / shouldn't go swimming if you see a red flag at the beach.



- 5 If you burn your hand on something very hot, you should / shouldn't put ice on it.



b Check your answers with your teacher. Write and ask questions.

If you're in a storm, should you stand under a tree?

WRITE AND SPEAK

6 a Work in pairs. Prepare an extra question for Quiz 1, Quiz 2 and Quiz 3.

b Swap your questions with another pair and answer their questions.

VOCABULARY AND LISTENING Stretch!

Understand spoken instructions

WORK WITH WORDS

1 Work in pairs. Answer the questions.

- How often do you do exercise?
- What exercise do you do? Where do you do it?

2 Match the exercise verbs in the box to the pictures.

hold	look down	look up	point
pull	sit down	stand up	stretch
touch	turn		

3 2.02 Listen and check your answers. Then listen and repeat.

LISTEN

4 a Read the tips in the **HOW TO** box.

b 2.03 Listen to the podcast and do the exercises.



Welcome to Exercise at your desk! #8

Click to download the podcast.

5 Which tips in the **HOW TO** box did you use for help with Exercise 4b? Tick (✓) them.

6 2.03 Listen again and fill in the missing information.

Exercise at your desk

- The benefits: You'll feel better and (1) study better.
- Be careful: It's important to do the exercises (2) carefully.
- Exercise 1: You're (3) stretching when you start this exercise.
- Exercise 2: This exercise relaxes your (4) neck.
- Exercise 4: This exercise stretches your (5) back.

PHRASE BYTES

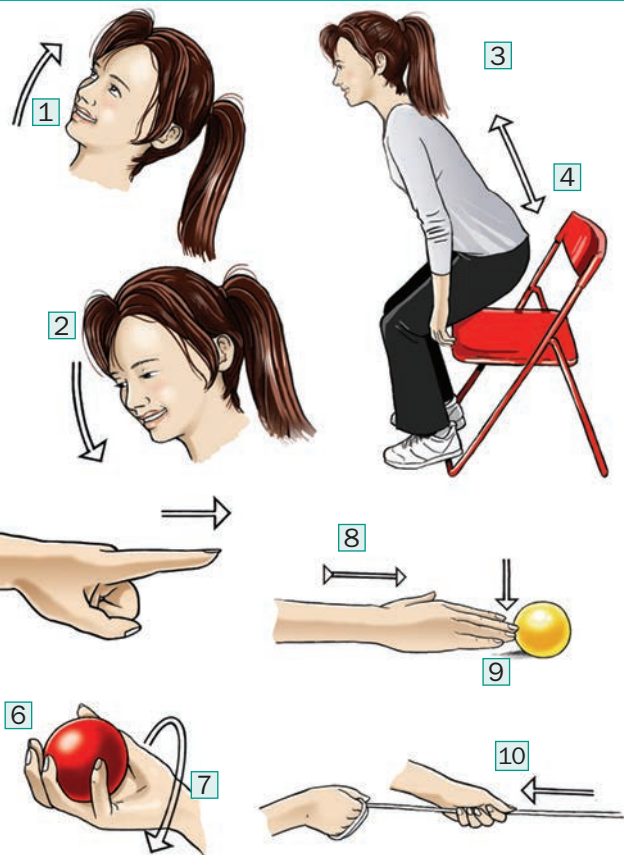
- I feel OK, but my ... hurts.
- I feel really good.
- I don't think it's a good idea. We come here to study.
- We don't have much space, but ...

7 Work in pairs. Invent a short exercise routine with a maximum of three different exercises. Use the verbs in Exercise 2 and the parts of the body on page 64.

REACT

8 Work in pairs. What do you think? Tell your partner.

- Do you feel better after doing the exercises? Why?/Why not?
- Do you think it's a good idea to exercise in class? Why?/Why not?



HOW TO

understand spoken instructions

- ☐ Listen for imperatives (*listen, don't talk*). They give instructions.
- ☒ Listen for sequencers (*first, next, then, now*). They tell you when a new instruction starts.
- ☒ Listen for adverbs (*slowly, carefully*). They tell you how to do something.

GO BEYOND

Do the Words & Beyond exercise on page 135.

»»» Talk about possible situations in the future

READ »»» Grammar in context

1 Read the conversation. What do Rosa and Aiden decide to do?

Rosa: Look at this. There's a fun run in the town next month. It says that if you finish the run, they'll give £20 to charity.

Aiden: I'm really unfit. What will happen if I don't finish?

Rosa: It's only 5km. If it's too far, just walk.

Aiden: OK. I'll do it if you do.

Rosa: Great. Who knows, we might win if we train!



STUDY

2 Complete the explanations with examples from Exercise 1.

First conditional

Use: To talk about possible situations in the future and their results.

Form:

If + I/you, etc + present simple ... (= the action)

If the run, ...

I/you, etc + will/won't + verb (= the result)

... £20 to charity.

Note: You can also use *may/might* (50% sure) and *will probably* (75% sure) in the result.

See GRAMMAR DATABASE, page 125.

PRACTISE

3 Choose the correct options.

- If you (don't) / won't wear running shoes, you'll hurt your feet.
- The charity will make money if your friends do / will do the run.
- You hurt / might hurt yourself if you don't / won't stretch before the race.
- If it's / it will be a hot day, you / you'll need to drink lots of water.

4 a 2.04 PRONOUNCE Listen to the sentences. The underlined words are stressed.

If you finish the run, they'll give money to charity.
If you don't train, your legs will hurt the next day.

b Look again at the sentences. Which group of words do we stress?

- Pronouns, articles, prepositions and verbs like *will, can, might*.
- Nouns, adjectives, verbs and negative verbs like *don't, can't*.

c 2.05 Listen and repeat the sentences, paying attention to stress.

5 a Complete the opinions about the future with the correct form of the verbs.

- 'If you eat a balanced diet, you (not live) longer.'
- 'You (do) better at school if you (exercise) regularly.'
- 'Your brain (work) faster if you (do) lots of puzzles.'
- 'If you (not go) to university, you (not get) a good job.'

b Do you think the opinions are true? If not, change them. Use *will probably, might or probably won't*.

If you eat a balanced diet, you might live longer.

6 Put the words in order to make questions.

- this weekend / will / rains / you / What / if / do / it / ?
What will you do if it rains this weekend?
- which website / go online / If / this evening, / you / visit first / you / will / ?
- will / What / your English teacher / don't / your homework / do / you / do / if / ?
- you / If / to the cinema this weekend, / you / will / see / go / what film / ?
- if / all your next exams / your mum or dad / What / pass / will / say / you / ?

SPEAK

7 Work in pairs. Answer the questions in Exercise 6.

PHRASE BYTES

I'll / I'll probably / I might ...

I'm not sure, but he/she/they won't ...

I really don't know.

LANGUAGE & BEYOND



>>> Communicate your message when you give a talk

READ AND LISTEN

- 1 Look at the photo of a student giving a talk and read the start of the talk. Do you think the talk went well? Why?/Why not?
- 2 2.06 Listen to Ruben's talk. What's it about?
- 3 Work in pairs. Answer the questions about the talk.
 - 1 In general, do you think it was a good talk? Why?/Why not?
 - 2 What could Ruben do to make his talk better? Think of two or three suggestions.

Er, hi. Shall I start now? Right. Erm. Where shall I start ... er ... Yes, well, you all know my hobby. Well, most of you.

DO

- 4 Work in pairs. Look at the tips for giving a talk. Give each tip a mark 1–5, where 5 = very important and 1 = not important.

- Make eye contact with the audience.
- Don't read the talk. Use notes, or cards with a few words on.
- Introduce the talk. Say what you're going to talk about.
- Speak slowly and clearly.
- Introduce all the sections in the talk.
- Practise your talk. Give it to friends or family members.

PHRASE BYTES

I don't think it's important to ...
 I think it's more important to ...
 than to ...
 Do you think you should ... ?
 I think it depends on the talk/
 audience/topic. If ...

REFLECT

- 5 Discuss the questions with your class. Do you agree with the **REFLECTION POINT** ?
 - 1 Which tips did you give 5 marks to? Why are those tips important?
 - 2 How do you think the other students felt during Ruben's talk? Why?
 - 3 When was the last time you gave a talk in class? Did it go well? Why?/Why not?

EXTEND

- 6 Prepare a one-minute talk about one of your hobbies or interests. Use the tips in Exercise 4 to help you.
- 7 Work in groups. Practise your talks. Give other students suggestions for making their talk better.

REFLECTION POINT

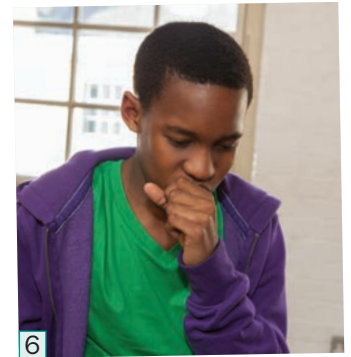
To communicate your message well during a talk, it's important to prepare well, to speak clearly and to look at your audience.

Ask for and understand advice at the doctor's

SPEAK

1 Match the expressions to the photos.

a temperature a sore throat a headache
a cough a runny nose a stomach ache



2 Listen and check your answers. Then listen and repeat.

3 Work in pairs. Answer the questions.

- When was the last time you were ill?
- Did you visit a doctor or a nurse? What did he or she say?

WATCH OR LISTEN

4 Watch or listen to the first part of the scene. What are his symptoms?

5 Watch or listen to the rest of the scene. What has Ben got? What does he need to do?

Doctor: I'm afraid you've got the flu.

Ben: The flu? So what should I do?

Doctor: Well, you shouldn't go to school. You should rest a lot.

Ben: Should I take some medicine?

Doctor: I'm not sure that will help, but perhaps you could take an aspirin for your headache.

Ben: I've got a basketball match on Friday.

Doctor: I think you should probably stay at home.

Ben: But I'm the captain!

Doctor: You won't be better on Friday, so maybe it'll be best for your team if you don't play.

HOW TO

be sensitive

- Use *I'm afraid* for bad news.
- Use *Perhaps, Maybe* and *I think ... probably* for difficult advice.

PHRASEBOOK

Say what's wrong

I've got a cough/temperature/runny nose.

I've got a headache/a stomach ache/backache.

My head/stomach/back hurts.

I've got a sore throat.

Ask for and give advice

Should I go/see ... ?

What should I do/take?

Perhaps/Maybe you should ...

Shouldn't you go/play ... ?

I think you should probably stay/take ...

6 a Read the tips in the HOW TO box.

b Underline examples of being sensitive in the conversation.

7 Listen and repeat the sentences from the conversation.

ACT

8 Work in pairs. Prepare a conversation at the doctor's. Include expressions from Exercise 1 and ways of expressing advice in a sensitive way.

9 Practise and memorise your conversation. Then present it to other students.

WRITING What's your advice?

>>> Give examples

READ AND SPEAK

- 1 Read the problem and the replies on a forum. Which reply do you think gives the best advice? Why? Compare your answer with a partner.

YOU.ME.US

Real problems. Good advice.

Forum

Login/Register

I recently moved to a new town. At first I missed lots of things like my friends and my old room. I've got lots of new friends now, but school isn't going well. One girl in my class does really horrible things like telling lies about me. And she's horrible during lessons too. For example, if I talk in class, she laughs. What should I do?

Paula

[View comments](#) • [Like](#) • [Reply](#)

Added 3 days ago

I think you should speak to your teacher. The school can do a lot of things, such as talking to her, or contacting her parents.

James

[Like](#) • [Reply](#)

Added 1 day ago

Perhaps you should talk to her. If you talk to her when she's not with her friends, maybe she'll tell you why she's being so horrible.

Lidia

[Like](#) • [Reply](#)

Added 4 hours ago

- 2 a Read the tips in the **HOW TO** box.

HOW TO

give examples

- Use *like* and *such as* before a noun (*friends*) or *-ing* form (*telling lies*).
- Use *For example*, at the start of a sentence.

- b Underline examples in the forum messages.

PRACTISE

- 3 Write ONE word in each gap to complete another message at the forum.

My problem is schoolwork. I just can't do it all. For (1) _____, I've got three exams next week, but I've also got lots of homework for difficult subjects (2) _____ maths and physics. And I've got other things to do too, such (3) _____ preparing to give a talk in class. I don't stop studying till ten at night and then I can't sleep. What should I do?
Stefan

- 4 Work in pairs. Decide on the best advice for Stefan.

PLAN

- 5 You're going to write a real or invented problem to post on the forum in Exercise 1. Use the *Writing plan* to help you prepare.

WRITING PLAN

- 1 Think of a problem to post on the forum.

Is there a problem you want advice for?
If not, choose one of these problems:
'My parents don't understand me.'
'I need more pocket money!'
'I feel really tired all day.'
'I can't stop worrying about things.'

- 2 Describe the problem.

Use the zero and first conditionals to talk about the results of different actions.

- 3 Include examples.

Look at the tips in the *How to* box.

- 4 Ask for advice.

Use a question with *should*.

WRITE AND CHECK

- 6 Write your post about a problem. Then check it. Tick (✓) the things in the plan.

SHARE

- 7 Swap your problem with other students. Read other problems and reply to them with your advice. Who gives the best advice for your problem?

VOCABULARY Parts of the body

1 Complete the parts of the body.

The Whole Body Workout!



The Whole Body Workout will benefit every part of your body, from your (1) ne ____, (2) th ____, (3) sh ____, (4) ch ____, (5) he ____, and (6) st ____ in the top half of your body, to the (7) f ____ s and (8) th ____ s on your hands and the (9) t ____ s on your feet. Strong, flexible (10) k ____ s and (11) an ____ s will help you walk faster, and the exercises will help your (12) b ____ to think faster too. ____/12

Exercise verbs

2 Complete the instructions with the verbs in the box.

hold look look point pull
sit stand stretch touch turn

'OK, you're sitting on the sofa watching TV. The ads come on. Put on your DVD and move your body! First, (1) ____ up. Now you're on your feet, (2) ____ up. Can you see the ceiling? With your arms above your head, (3) ____ your fingers at the ceiling. Next, slowly (4) ____ your chest to the right. Then to the left. Now (5) ____ down. Can you see your toes? You're going to (6) ____ your toes next. Slowly move your chest forward. This will (7) ____ your back and the muscles in the back of your legs. Are you there? If you can, (8) ____ your toes between your thumb and your fingers. Now (9) ____ your head down towards your toes. That's it! You can (10) ____ down again now and have a rest!'

____/10

GRAMMAR Zero conditional, should

3 Complete the advice with the zero conditional and should form of the verbs.

Work out – but take it easy!

We all know that we (1) ____ (exercise) regularly. If you (2) ____ (exercise) three or four times a week, your body (3) ____ (have) more energy. But you (4) ____ (not start) your workout without warming up first. If you (5) ____ (do) some stretching and light exercises first, it (6) ____ (prepare) your body for action. And listen to your body when you're exercising. It (7) ____ (be) time to stop if an exercise (8) ____ (not feel) comfortable. ____/16

First conditional

4 Choose the correct options.

Sign up now!

(1) **You** / **You'll** get 50 more fantastic exercises if (2) **you** / **you'll** buy 'The Whole Body Workout 2'. And if (3) **you** / **you'll** sign up for our internet service, (4) **you** / **you'll** have your own personal trainer. For just £5 a month, you'll be able to ask for all the help you need. And if (5) **you aren't** / **you won't be** completely happy after 30 days, (6) **we** / **we'll** return your money. ____/12

Your score: ____/50

SKILLS CHECK

- ✓✓✓ Yes, I can. No problem!
- ✓✓ Yes, I can. But I need a bit of help.
- ✓ Yes, I can. But I need a lot of help.

- I can read quickly. _____
- I can understand spoken instructions. _____
- I can communicate my message when I give a talk. _____
- I can ask for and understand advice at the doctor's. _____
- I can give examples when I write. _____