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
- 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.

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.

Workbook, page 68
READING  Train your brain

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  Quickly read the website homepage, but don’t do the puzzles. Use a timer to see how fast you can read it.

PHRASEBYTES
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

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!

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?
**Grammar** Zero conditional, *should*

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

**Read** Grammar in context

1. Answer the quiz questions.

**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.

**Practice**

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

**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

**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) boil at …
   - A 100ºC
   - B 71ºC

3. You (3) not need to wear sun cream if it (4) be cloudy.
   - A True
   - B False

4. If you (5) leave a fridge door open, (6) make the room colder?
   - A Yes
   - B No

**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.

6. If you’re in a storm, should you stand under a tree?
   - A Yes
   - B No

**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.

**Workbook, pages 70–71**
VOCABULARY AND LISTENING  Stretch!

WORK WITH WORDS

1 Work in pairs. Answer the questions.
   1. How often do you do exercise?
   2. What exercise do you do? Where do you do it?

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

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

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

LISTEN

4 a Read the tips in the HOW TO box.
   b Listen to the podcast and do the exercises.

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

6 Listen again and fill in the missing information.

   Exercise at your desk
   The benefits: You’ll feel better and (1) study (2) better.
   Be careful: It’s important to do the exercises (3) ________.
   Exercise 1: You’re (4) ________ when you start this exercise.
   Exercise 2: This exercise relaxes your (5) ________.
   Exercise 4: This exercise stretches your (6) ________.

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.
   1. Do you feel better after doing the exercises? Why? Why not?
   2. Do you think it’s a good idea to exercise in class? Why? Why not?

GO BEYOND

Do the Words & Beyond exercise on page 135.
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 …
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.

1 If you don’t/ won’t wear running shoes, you’ll hurt your feet.

2 The charity will make money if your friends do / will do the run.

3 You hurt / might hurt yourself if you don’t / won’t stretch before the race.

4 If it’s / it will be a hot day, you / you’ll need to drink lots of water.

PRACTISE

4 a PRONUNCE 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?

1 Pronouns, articles, prepositions and verbs like will, can, might.

2 Nouns, adjectives, verbs and negative verbs like don’t, can’t.

Listen and repeat the sentences, paying attention to stress.

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

1 ‘If you eat a balanced diet, you might / not live longer.’

2 ‘You do / will better at school if you exercise regularly.’

3 ‘Your brain works / do faster if you do / work lots of puzzles.’

4 ‘If you don’t / not go to university, you probably / don’t 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.

1 this weekend / will / rains / you / What / if / do / it / ?

What will you do if it rains this weekend?

2 which website / go online / If / this evening, / you / visit first / you / will / ?

3 will / What / your English teacher / don’t / your homework / do / you / do / if / ?

4 you / If / to the cinema this weekend, / you / will / see / go / what film / ?

5 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.
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. **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.

**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.

**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.**
SPEAKING 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.
   1. When was the last time you were ill?
   2. Did you visit a doctor or a nurse? What did he or she say?

WATCH OR LISTEN

4. Ben visits a doctor. 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.

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.

Workbook, page 75
WRITING What’s your advice?

READ AND SPEAK

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

Forum Login/Register

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

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

2. 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


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.

Exercise verbs
2. Complete the instructions with the verbs in the box.

hold 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!’

First conditional
4. Choose the correct options.

(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.

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.

Skills check
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.

Workbook, pages 78–79