

GETTING STARTED

An apple a day

1 Listen and read.

Nam: Hey Scott, have you ever heard the saying, 'An apple a day keeps the doctor away'?

Scott: Of course, why?

Nam: Did you know that it's really true?

Scott: What do you mean? If I eat one apple a day I will never get sick?

Nam: Not exactly, but it can help you lose weight, build healthy bones, and also prevent diseases like cancer.

Scott: Wow! That's incredible. I drink apple juice every day.

Nam: That's good, it will help keep you from getting Alzheimer's disease when you get old.

Scott: Is that the disease that affects your memory?

Nam: Yes. Since drinking apple juice helps boost your brain's memory function, it helps you remember things for a long, long time.

Scott: But Nam!

Nam: Yeah?

Scott: There are a few things I really want to forget.

Nam: Like losing the football match yesterday?

Scott: Exactly!

2 Work in pairs. Read the conversation again and answer the following questions.

1. What does 'An apple a day keeps the doctor away' mean?
2. Name three health benefits of eating apples or drinking apple juice.
3. Which part of the body does Alzheimer's disease affect?
4. How does Scott feel about drinking apple juice?



This unit includes:

LANGUAGE

Vocabulary

- Words and phrases related to
- Illnesses and health
 - Systems of the body

Pronunciation

/pr/, /pl/, /gl/, /gr/

Grammar

- The future simple with *will* vs. *be going to*
- The passive

SKILLS

- Reading for main ideas and specific information about acupuncture
- Talking about ways to get rid of bad habits
- Listening to a talk about how to choose a healthy diet for specific information
- Writing about what to eat and not to eat

COMMUNICATION AND CULTURE

Health beliefs and practices in Indonesia and in Viet Nam

3 Listen and repeat the words. Then answer the questions below.

- a. Which words did you hear in the conversation? Circle them.

prevent nervous disease bones
balance weight skeleton brain
boost system lungs healthy

- b. Put the words into categories as in the table.

Noun	Adjective	Verb

4 WISE WORDS:

'Laughter is the best medicine.'

Read the common saying above. Do you agree? Can you think of a time when laughter was the best medicine for you?

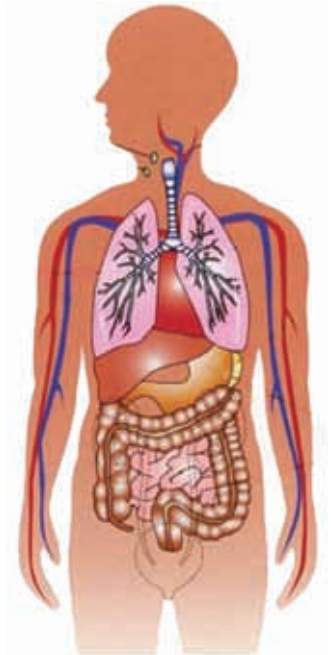
LANGUAGE

Vocabulary

1 Your body

a. Look at the phrases below and match each with its definition.

Circulatory System	a. This system is the controller of the body. Led by the brain and nerves, it allows us to move, talk and feel emotions.
Digestive System	b. This system of the body lets us breathe in oxygen with our lungs and breathe out carbon dioxide.
Respiratory System	c. This system of the body is made up of the heart and blood vessels. The heart pumps blood through the blood vessels to bring oxygen to all parts of the body.
Skeletal System	d. This system of the body lets us break down the food we eat and turn it into energy.
Nervous System	e. This system of the body is made up of our bones. It supports our body and protects our organs.



b. With a partner, practise saying the names of the systems.

2 Which system do the followings belong to? Use a dictionary to look up any words you don't know.

- blood heart breath brain skull lung bone
stomach intestine spine air nerves thinking pump

Pronunciation



1 Listen and repeat.

1. presentation, print, press, proud, preview
2. play, please, place, plum, plough
3. group, gradual, ground, grey, grand
4. glad, glance, glue, glow, glass

2 Read these sentences aloud.

1. The press came to the presentation with a view to collecting information.
2. The play normally takes place in the school playground.
3. The group gradually increased as more people joined in.
4. I am glad that you have glanced through the glass to see the glow.

Grammar

Will and be going to

1 Read the following about *will* and *be going to*.

'will' can be used to express

1. promises
2. offers and requests for help
3. refusal of things
4. and predictions about the future

'be going to' is used for

5. plans, intentions
6. and making some predictions

Note:

Sometimes *will* and *be going to* are interchangeable when expressing predictions.

2 Identify the use of 'will' and 'be going to' in the sentences below. Write the type of use presented in 1 (1-6) next to each sentence.

1. She will give me a book when I finish cleaning the floor.
2. The screw is stuck. It won't loosen.
3. I am going to travel around the world.
4. Viet Nam is going to become a new industrialised country in the 21st century.
5. *Nam (seeing an elderly lady with heavy bags):* Don't worry, I will carry it for you.

3 Read the following sentences. Put a tick (✓) if it is appropriate, put a cross (×) if it isn't. Give explanations for your choice.

1. I need to fix the broken window. Are you going to help me?
2. The forecast says it will be raining tomorrow.
3. Can you hear that noise? Someone is going to enter the room.
4. It's been decided that we're going to the seaside tomorrow.
5. We've booked the tickets so we will fly to Bangkok next month.
6. I think men will live on the moon some time in the near future.
7. I am going to translate the email, so my boss can read it.
8. Don't worry, I'll be careful.

4 Complete the following sentences with the right form of 'will' or 'be going to'. Sometimes both are correct.

1. Look at the clouds. I think it _____ rain.
2. I cannot open this bottle. The cap _____ move.
3. What _____ the weather _____ be like in the next century?
4. As planned, we _____ drive from our city to the sea.
5. It's not easy to say what the objectives _____ become next year.
6. _____ you _____ travel anywhere this Tet holiday?
7. Despite the heat, we _____ reach our destination in time.
8. I _____ hang out with you as I've decided to stay in and study for the test next week.

Watch out!
The passive

- We use the passive when we do not know who does the action(s).
- We use the passive when the focus is on the action, not the doer(s).



5 Read the surprising facts about your body and complete the following sentences using the passive.

SURPRISING FACTS ABOUT YOUR BODY	
Nerve signals to and from the brain can travel as fast as 170 miles or 273 kilometres per hour.	A heart pumps about 2,000 gallons, or 7570 litres, of blood through our bodies every day.
The brain consumes the same amount of power as a 10-watt light bulb.	We use 17 muscles to smile and 43 to frown.
A simple, moderately severe sunburn damages the blood vessels extensively.	Scientists estimate about 32 million bacteria live on one square inch (2,5cm ²) of our skin.
About 7,000,000,000,000,000,000,000,000,000 (7 octillion) atoms make up your body.	Only humans produce emotional tears.

0. Example: Nerve signals are _____.

Nerve signals are sent to and from the brain as fast as 170 miles or 273 kilometres per hour.

1. The same amount of power as a 10-watt light bulb _____.
2. The blood vessels _____.
3. Your body _____.
4. 2,000 gallons (around 7570 litres) of blood _____.
5. 17 muscles _____ and 43 _____.
6. 32 million bacteria _____.
7. Emotional tears _____.

SKILLS

Reading

Acupuncture

- 1 Look at the picture, do you know anything about acupuncture?
- 2 Read the passage below. In pairs, or groups, choose the three most interesting things you learnt about acupuncture from the passage and report to the class.



Acupuncture is one of the oldest medical treatments in the world. It originated in China more than 2,500 years ago. The practice of acupuncture is rooted in the idea of promoting harmony between humans and the world around them and a balance between yin and yang. Although there are unanswered questions, acupuncture appears to work. Scientific studies offer evidence that it can ease pain and treat from simple to complicated ailments.

The technique of acupuncture involves placing hair-thin needles in various pressure points (called acupoints) throughout the body. Stimulating these points is believed to promote the body's natural healing capabilities and enhance its functions. Originally, there were 365 acupoints, but this has increased to more than 2000 nowadays.

Acupuncture is considered to be very safe when enough precautions are taken. The most common side effects with acupuncture are soreness, slight bleeding, or discomfort. Some people may feel tired after a session. Care is also needed so that inner body parts are not touched by the needles.

Despite its general safety, acupuncture isn't for everyone. People who have bleeding problems or are taking blood related medicine should not have the treatment. It's also not recommended for people who have electronic medical devices inside their bodies.

Today, a lot of people use acupuncture as a reliable alternative to modern medicine. According to a U.S. 2002 survey (the most reliable survey to date), an estimated 8.2 million American adults had tried acupuncture. This number has been reported to be increasing steadily.

- 3 Read the text quickly and find words which are closest in meaning to the following.

1. diseases (n)	
2. stop (v)	
3. pressure points (n)	
4. care (n)	
5. choice (n)	
6. cure (n)	
7. proof (n)	
8. enhance (v)	

- 4 Read the text again and answer the following questions.

1. What is the basic idea of acupuncture?

2. Why is acupuncture believed to be effective?

3. How many acupoints are there nowadays?

4. What are the most common side effects with acupuncture?

5. Who should not take acupuncture?

6. Why do more and more people turn to acupuncture?

- 5 Do you know any other alternative therapies like yoga, acupressure, head massage or aromatherapy? Work in pairs or groups to share information and then report to the class.

Speaking

1 Which of the following habits are good and which are bad for you?

- staying up late
- leaving things until the last minute
- being thankful
- keeping a routine
- watching TV all day
- doing regular exercise
- never giving up
- saving money
- littering
- reading regularly
- arriving just in time
- eating what you like



2 Work in pairs or groups and discuss why some of the habits above are good for you and why some are bad for you.

Use the followings as model:

'I think staying up late is not good since it makes me feel tired the next morning.'

'I think never giving up is good because it gives you determination and courage.'

3 Look at the following text and read the advice. Do you think you could follow it? Why or why not?

The good thing about bad habits is you can kick them!

Here are five tricks to get rid of bad habits and replace them with healthy ones.

- 1.** Make a list.
Write down all your bad habits. Next, write another list of good habits that you could swap for those naughty habits.
- 2.** Shake up your routine.
Habits are often routine-based, so changing your daily routine slightly can sometimes be enough to rid yourself of bad habits.
- 3.** Pretend the habit belongs to someone else!
We're great at giving advice but not so at taking it.
- 4.** Surround yourself with people who've kicked similar habits.
Hang out with people who have already given up their bad habits. They will inspire good habits in you.
- 5.** Think about how you'll feel when you kick the habits.
Imagine the benefits you will have when you get rid of the habits.
Good luck!

Watch out!

'To kick a habit' is an idiom.
Do you know what it means?



4 Work in pairs or groups to choose one bad habit. Make a list of Dos and Don'ts in order to kick that habit. Share the list with others and report to the class.

Example:

How to kick 'Staying up late'

Dos	Don'ts
Plan things carefully;	Watch horror films or frightening TV programmes;
Finish work early;	Drink coffee or strong tea;
Eat just enough at dinner;	Take naps during the day;
Wake up early;	Get up late;
Do exercise;	...
...	

Listening

The food pyramid

1 What do you usually have for lunch or dinner? Do you care about the nutritional value of the things you eat?

2 Look at the picture below. What do you think the listening is about?



3 Listen to the recording and decide if the following statements are true (T) or false (F).

	T	F
1. The Healthy Eating Pyramid is a complex guide to choosing your diet.		
2. Daily exercise and weight control are key to staying healthy according to the Pyramid.		
3. You are advised to eat more things on the top of the Pyramid.		
4. It's suggested that half of your plate consists of vegetables and fruit.		
5. Fish, poultry, beans, or nuts make up the other half of the dinner plate.		



4 Listen again, divide the plate into sections and label which food should be in each section.

5 Write some sentences to describe the plate you have just made in **4**.

Writing

'The Food Column' is a consultation section in the local newspaper in which people write in to ask for advice on what to eat and what not to eat.

1 Build a list of foods from your own experience that may give you

- allergies
- bad breath
- stress
- sleeplessness
- sleepiness

then share and compare your list with your friends'.

2 Now, read the facts below. Do you have some of these foods on your list? Which ones?

Allergies

The foods most commonly causing allergies are milk, wheat, eggs, soya, fish, peanuts, shellfish (including mussels, crab and shrimp).

Bad Breath

The foods which may spoil your breath for days after a meal are onion, garlic, cabbage, curry, alcohol.

Stress

Foods and drinks which strongly stimulate the body can cause stress. These foods are coffee, tea, cola, chocolate, alcohol, refined sugar, white flour, salt, and processed foods such as junk foods and fast foods.

Sleeplessness

There are foods that can help you fall asleep or keep you awake. Foods that stop your sleep are: caffeine containing drinks, alcohol, sugar, fatty or spicy food, food additives (seasonings, artificial colours, flavourings).

Sleepiness

To feel sleepy, eat high-carbohydrate, low protein foods, such as cheese, milk, soya milk, tofu, nuts, honey, almonds, bananas, whole grains, beans, rice, avocados, sesame seeds, sunflower seeds, or papayas.

- 3** Some people have written in for advice on their diets as they are going to do important things. Work in pairs or groups and write at least one similar inquiry.

Dear Expert,
I am sitting an important exam next week and I don't know what to eat and what not to eat in order to feel at my best during the test. I would be very grateful if you all could give me some advice on this. Many thanks.

Scott

Dear Expert,
I have a job interview in the next few days and I have been quite conscious of my breath. Could you give me some ideas about what to eat and what to avoid eating?
Thank you.

Anna

Dear Expert,
I just met this pretty girl and I like her very much. I have invited her out for dinner and I do not know what to avoid ordering for such an occasion. I would be thankful if you could give me some insight.

Mike

Dear Expert,
I have had trouble with my sleep for the past few months. I have also heard that what I eat may have some effect on my body. I was wondering if you could advise me what to eat and not to eat in order to improve my situation.

Jane

- 4** You are the food specialist and you are working on the newsletter's next edition. Read the reply to Scott's enquiry. Then write your own by responding to one of the other texts from **3** or from your friends!

Dear Scott,

Taking an important exam is like running a marathon so it is advisable to take good care of things you eat.

On the day before the exam, have high-carbonate foods like pasta as the slow breaking down of the carbonates will provide necessary energy for the next day's event.

Eat a breakfast of mainly proteins (beef, eggs, poultry...) on the day of the exam as the proteins are another quick source of energy.

Drink a lot of water and fruit juice. Avoid caffeine drinks as they may help you feel good at first but there is a side effect that leaves you feel tired and stressful later, dangerously while you are still taking the exam.

Hope you will do your best.

Regards,

COMMUNICATION AND CULTURE

Communication

Discussion

- 1 Look at the pictures.
Which parts / systems of the body does each activity possibly benefit?



- 2 In pairs or groups, discuss the activities in the pictures and say why they are healthy.
- 3 Work in pairs or groups, choose a system of the body and make a list of all the possible activities that are good for it.

Culture

1 Read about some traditional health beliefs and practices in Viet Nam and Indonesia.

VIET NAM	INDONESIA
<ul style="list-style-type: none"> • Ailments are caused by an imbalance of yin and yang • Herbal medicines and indigenous folk practices used to treat the sick • Goals to restore the yin / yang balance • Previously thought ineffective but recent evidence shows positive health outcomes 	<ul style="list-style-type: none"> • Illnesses are caused either naturally or personally • Traditional treatments, herbs and therapies used to treat the sick • Goals to restore normal, proper and comfortable condition • Efficient, safe, cost-effective, affordable and accessible, especially for the poor

2 With a partner, discuss the similarities and differences in health beliefs and practices between the two countries.

3 Do you know any traditional therapy (treatment without medicine)? If yes, please share the basic idea of that therapy.



LOOKING BACK

Pronunciation

1 Listen and repeat the following sentences.

1. The prince plays a prime role in producing the special food.
2. Alice glances through the window and prays for magic.
3. The Grimm brothers' fairy tales have their grounding in the fairy world.
4. The growth of the grass in the ground is carefully monitored.

3. Food is broken down and converted into energy in the _____ system.
4. The bones in the _____ system help support our body and protect the organs.
5. The system that takes in oxygen and releases carbon dioxide is called _____.
6. The place that food is first stored in the body is the _____.
7. The system which works as the control panel of the body is the _____ system.

Vocabulary

Complete the following sentences with a word or phrase about the body.

1. The part that leads the controlling of the body is the _____.
2. Blood is pumped through the _____ to bring oxygen to all parts of the body.



Grammar

Underline the word in italics that best completes the sentence.

1. I *will become* / *am going to become* an engineer one day if I can.
2. Foods *are broken down and converted* / *break and convert* into energy in the digestive system.
3. Jane *is going* / *will go* to the dentist's tomorrow as planned.
4. The acupoints *are stimulated* / *stimulate* to enhance the healing capability of the body itself.
5. Besides acupuncture, acupressure *is used* / *uses* to help treat ailments without any medicine.
6. Although I have taken some aspirin, the headache *doesn't go* / *won't go* away.
7. All the body organs *are supported by* / *support* the bones in the skeletal system.
8. Look at the dark clouds. I'm sure it *will rain* / *is going to rain* soon.

PROJECT

1 Your doctor would like some information about your usual food habits to help plan the best possible health care for you and your friends. Conduct the survey, using the questions below and compile the findings into a report.

1. Who shops for food at your home? _____
2. Who prepares your meals? _____
3. What do you drink during the day? _____
4. What kind of meat do you usually eat? ___ steaks, ___ pork, ___ beef, ___ chicken, ___ fish, ___ others, please specify: _____
5. Do you have a lot of vegetables with your meals? ___ Yes ___ No
6. Do you add salt to your food when you eat? ___ Yes ___ No
7. How many times a day do you eat? _____.



2 Present your findings to the class.

NOW YOU CAN

- ▶ Use words and phrases about body systems and healthy living
- ▶ Use *will* and *be going to* to talk about intentions, plans, predictions and willingness
- ▶ Speak about how to get rid of bad habits
- ▶ Write about what to eat and not to eat for special occasions