

Overview

Watch the video podcast. Do you do similar things to be healthy?

1 Read the questions and answers about Finn. Then watch the video podcast from 0:12-0:33 and match 1-6 to a-f.



- | | | |
|----------------------------------|---------------------------------------|------------------------------|
| 1 What does Finn try to do? | <input checked="" type="checkbox"/> d | a Not always. |
| 2 Is it easy for him? | <input type="checkbox"/> | b No, coffee. |
| 3 What does he eat and drink? | <input type="checkbox"/> | c He goes to bed and sleeps. |
| 4 Does he like drinking tea? | <input type="checkbox"/> | d Eat well and keep healthy. |
| 5 How often does he get ill? | <input type="checkbox"/> | e Not very often. |
| 6 What does he do when he's ill? | <input type="checkbox"/> | f A lot of fruit and water. |

2 Look at the people below and read the things they say. Check new words in a bilingual dictionary. Then watch the video podcast from 0:35-2:55 and write A or B next to each sentence, 1-6.



- | | |
|---|-------------------|
| 1 I know I should eat better. | <u> A </u> |
| 2 ...if it continues, go to the doctor. | <u> </u> |
| 3 I work outside. | <u> </u> |
| 4 I'm not very good when I'm ill. | <u> </u> |
| 5 I'm a musician. I play the flute. | <u> </u> |
| 6 I always try to eat with my housemates. | <u> </u> |

3 Do they have a healthy lifestyle? Read sentences 1-6 about each person in the video podcast. Then watch it from 0:32-1:25 and write true (T) or false (F) next to each sentence. Watch again to check your answers.

- | | |
|--|-------------------|
| 1 He thinks he has a healthy lifestyle. | <u> T </u> |
| 2 He does a lot of physical activity. | <u> </u> |
| 3 He gets organic food from the supermarket. | <u> </u> |
| 4 She eats a lot of chocolate. | <u> </u> |
| 5 She doesn't do any exercise. | <u> </u> |
| 6 She doesn't get enough sleep. | <u> </u> |

4 What do they do to stay healthy? Read the sentences about the people in pictures A-C. Then watch the video podcast from 1:26-2:14 and underline the correct answer to each question: a or b.



1 He tries not to eat too much ____.
a) meat b) chocolate

2 He eats fish ____ a week.
a) once b) two or three times



1 She likes to ____ and go to the gym.
a) run b) walk

2 She thinks exercise is good at the ____ of the day.
a) start b) end



1 She does ____ and modern dance.
a) ballet b) exercise

2 She also _____.
a) eats yoghurt b) does yoga

5 What do they do if they're ill? Look at the people below and read their answers. Then watch the video podcast from 2:15-2:55 and complete the sentences. Watch again to check your answers if necessary.



I'm not very ¹good when I'm ill. I go ² _____ bed, I stay ³ _____ bed and I moan an awful lot.



It's very rare, I'm almost ⁴ _____ unwell. If I am, I just usually – I have two strategies: one is relaxation and rest, and the other is ⁵ _____.



I stay in bed, ⁶ _____ some extra rest and if it continues go to the ⁷ _____, get a prescription and take some ⁸ _____ to speed up the recovery.

Glossary: *moan* = complain; *an awful lot* = more than usual; *strategies* = ways to achieve sth; *speed up* = do more quickly; *recovery* = get better after being ill

6 Match words 1-7 to a-e to make phrases from the video podcast. Then watch the podcast again and check your answers. Practise saying the phrases aloud.

- | | | | | | |
|------------|----------------------------|------------|-------------|--------------------------|-------------|
| 1 keep a | <input type="checkbox"/> d | a day | 5 stressful | <input type="checkbox"/> | e routine |
| 2 organic | <input type="checkbox"/> | b exercise | 6 do | <input type="checkbox"/> | f the flute |
| 3 diet and | <input type="checkbox"/> | c food | 7 eating | <input type="checkbox"/> | g yoga |
| 4 play | <input type="checkbox"/> | d balance | | | |

7 Look at the people in pictures 1-5 and read their sentences. Which adverbs do they use? Watch the video podcast and write the correct adverbs.



I eat almost ¹entirely healthy food.

If I am, I just ²_____ – I have two strategies: one is relaxation and rest and the other is walking.



Exercise is more important to me than eating ³_____.



I do yoga ⁴_____ and meditation.

I try to heal ⁵_____.



We cook together and try to eat ⁶_____.

8 Do you have a healthy lifestyle? Write your answers to the questions.

- 1 Do you have a healthy lifestyle?
_____.
- 2 What do you eat and drink?
_____.
- 3 How much sleep do you have?
_____.
- 4 What physical activities do you do?
_____.
- 5 What do you do to relax?
_____.
- 6 What do you do when you're ill?
_____.

FUN FACTS



Nine out of ten people in the UK will be obese by 2050. To find out more, go to the BBC link below:

<http://news.bbc.co.uk/1/hi/health/7837209.stm>

BBC