

# 6

UNIT

# MIND AND BODY

## IN THE PICTURE Create an avatar

»»» Talk about the human body

### WORK WITH WORDS

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

- 1.68** Listen and check your answers. Then listen and repeat.
- Write the body parts in Exercise 2 in order, from the highest to the lowest when you're standing up.  
*brain, ...*

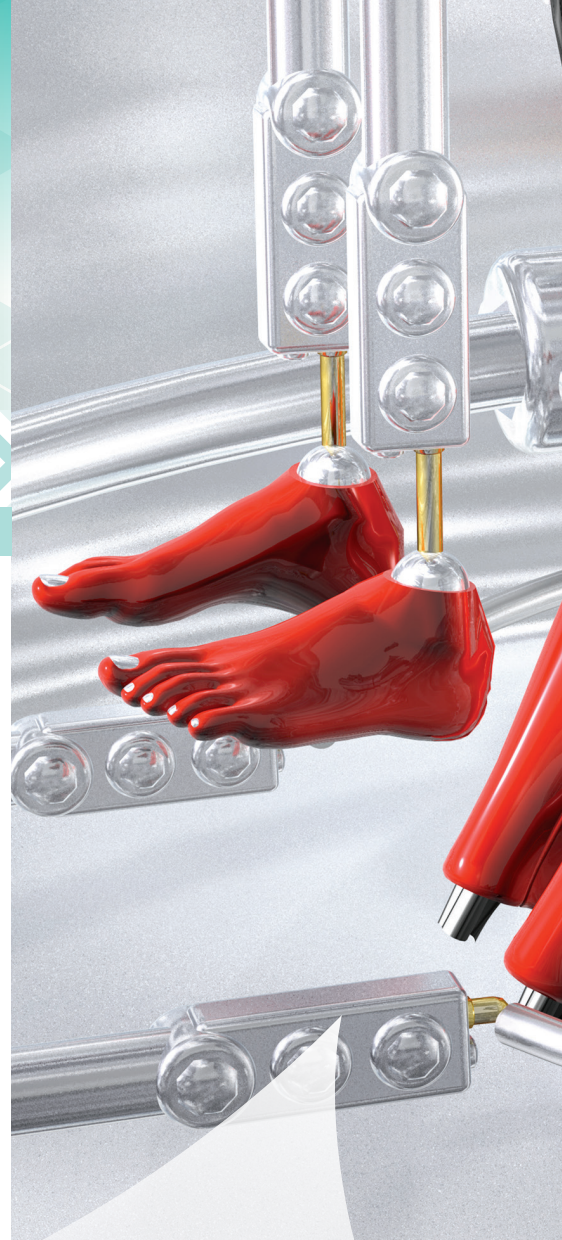
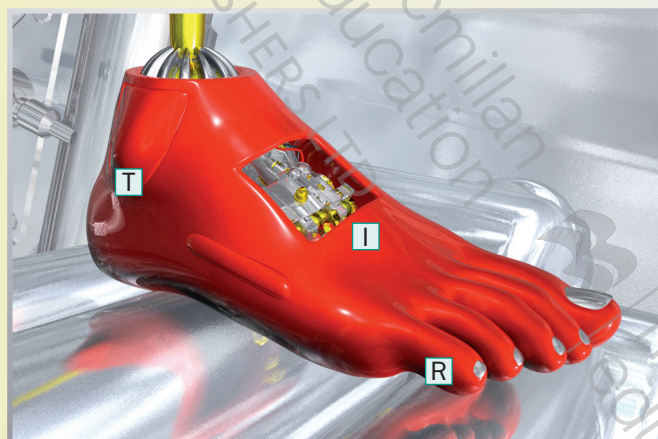
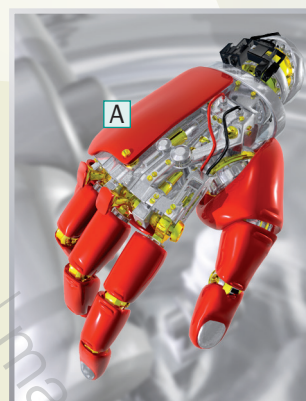
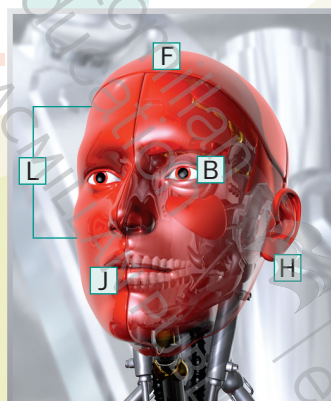
- THE MOVING PICTURE** Watch the video. Write the order in which the machine adds the avatar's body parts. What does the avatar do when it's complete?

- Take the quiz. Then compare your answers with a partner.

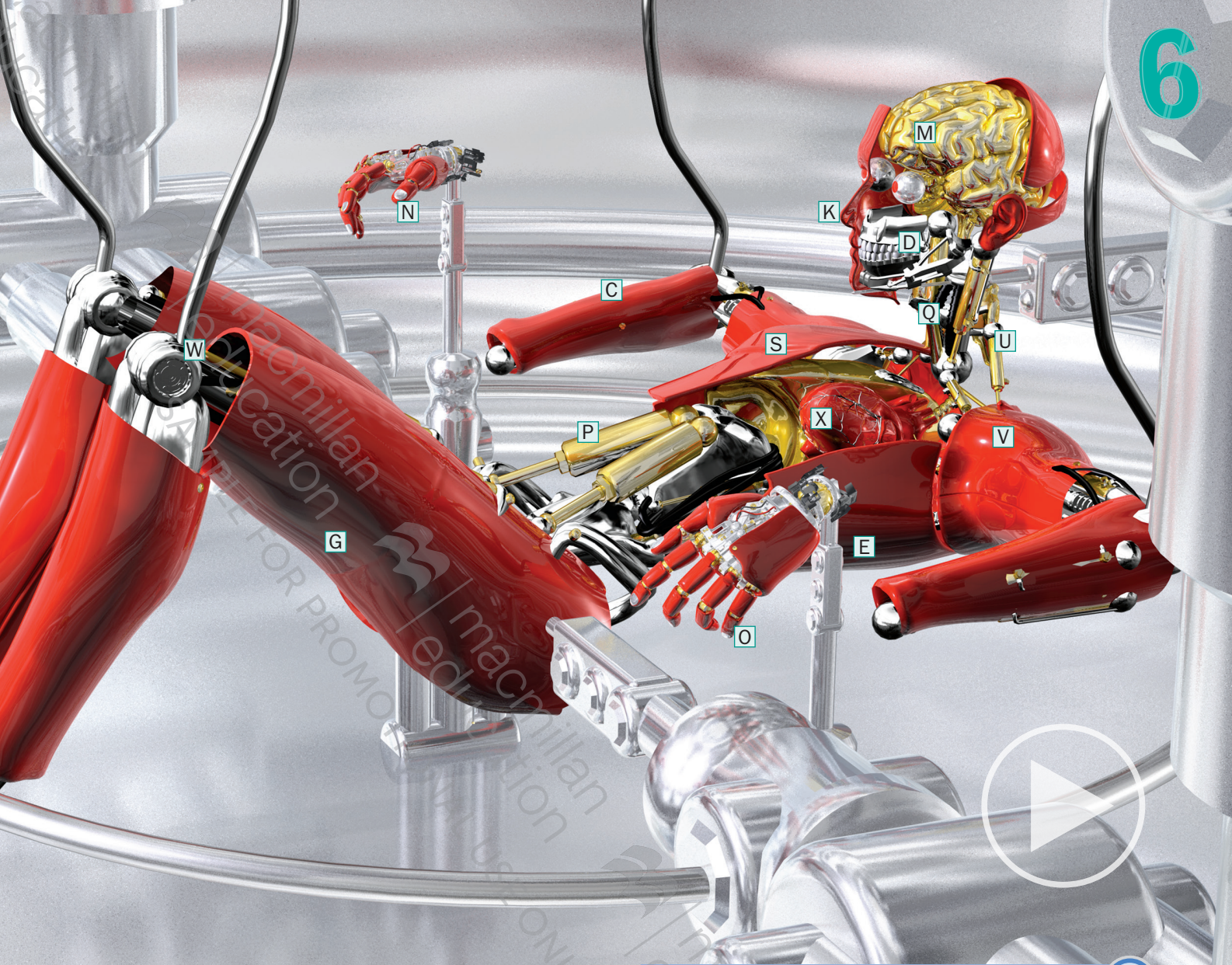
## The Body Parts Quiz

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

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



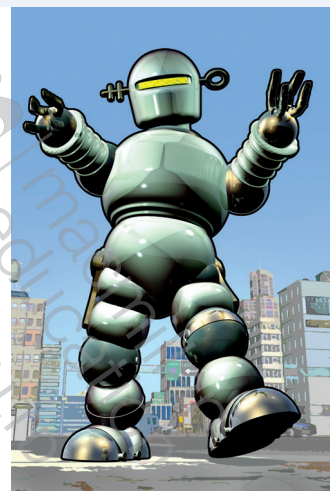
Futuristic



Manga



Monster



Robot

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

## PHRASE BYTES

It has (a) big / small / long / short / round / square ...

It has ... next to / above / under / around its ...

It looks like a ...

## MOVE BEYOND

Do the Words & Beyond exercise on page 135.



### SPEAK AND READ

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



crosswords



Sudoku



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.

## 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 percent 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! Puzzles are a great way to get smart and have fun at the same time!

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 pass 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 FOUR?

- 3 Which tips in the **HOW TO** box did you use for help with Exercise 2b? Check (✓) 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 or why not?

### MOVE 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 example. Use Exercise 1 to help you.

##### Zero conditional

Use the zero conditional to describe situations that are always true.

Use the simple present for the situation and the result.

If you break your arm, it takes six weeks to get better.

See GRAMMAR DATABASE, page 125.

#### 3 Complete the examples. Use Exercise 1 to help you.

##### Should

Use *should* to say that something is or isn't a good idea.

**Affirmative and negative**

*should / shouldn't + verb*

If you want to exercise your brain, you should do puzzles.

If he doesn't feel well, he shouldn't go to school.

**Questions**

*should / shouldn't + subject + verb*

What should you do?

See GRAMMAR DATABASE, page 125.

### PRACTICE

#### 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 sunscreen if it (4) is (be) cloudy.  
A True B False
- 4 If you (5) leave (leave) a refrigerator 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 shouldn't (should) stand under a tree.



- 2 You shouldn't (should) use the elevator if there's a fire in a building.



- 3 If you're on vacation in the USA and you need the police, you should (shouldn't) call 911.

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



- 5 If you burn your hand on something very hot, you shouldn't (should) 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 Exchange your questions with another pair and answer their questions.



# LISTENING AND VOCABULARY 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.

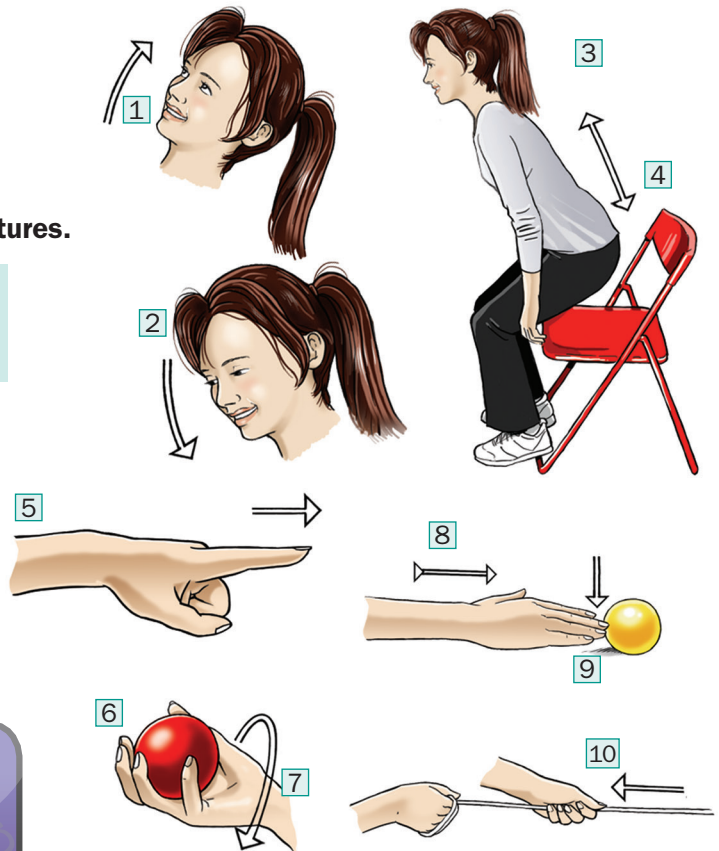
hold	look down	look up	point
pull	sit down	stand up	stretch
touch	turn		

#### 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.



### 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.

#### 5 Which tips in the **HOW TO** box did you use for help with Exercise 4b? Check (✓) 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) relaxed when you start this exercise.

Exercise 2: This exercise relaxes your (4) head.

Exercise 4: This exercise stretches your (5) arm.

### 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 or why not?
- Do you think it's a good idea to exercise in class? Why or why not?

### MOVE 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 downtown next month. It says that if you finish the run, they'll give \$20 to charity.

**Aiden:** I'm really out of shape. What will happen if I don't finish?

**Rosa:** It's only 5 km. 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 the correct tense.

##### First conditional

Use the first conditional to talk about possible situations and their future results.

##### Simple present or future tense

Use the \_\_\_\_\_ tense after *if* to indicate the possible situation.

Use the \_\_\_\_\_ tense to indicate the result.

*If you finish the race, they will give \$20 to charity.*

You can use *may* or *might* (50 percent sure) and *will probably* (75 percent sure) in the result.

*We might win if we train!*

*If we train, we will probably do well.*

See GRAMMAR DATABASE, page 125.

### PRACTICE

#### 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'll be a hot day, you / you'll need to drink a lot of water.

#### 4 a 2.04 PRONOUNCE Listen to the sentences. Underlined the stressed words.

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

#### b 2.05 Listen and repeat the sentences. Pay attention to the stress on the nouns, verbs, and adjectives.

#### 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 college, 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 / tonight, / you / visit first / you / will / ?
- will / What / your English teacher / don't / your homework / do / you / do / if / ?
- you / If / to the movie theater this weekend, / you / will / see / go / what movie / ?
- if / all your tests / your mom 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 speech

### READ AND LISTEN

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

Uh, hi. Should I start now?  
OK. Um. Where should I start ... uh ... Yes, well, you all know my hobby. Well, most of you.

### DO

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

- ..... Make eye contact with the audience.
- ..... Don't read the speech. Use notes, or cards with a few words on them.
- ..... Introduce the speech. Say what you're going to talk about.
- ..... Speak slowly and clearly.
- ..... Introduce all the sections in the speech.
- ..... Practice your speech. 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 speech / 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 points to? Why are those tips important?
  - 2 How do you think the other students felt during Ruben's speech? Why?
  - 3 When was the last time you gave a speech in class? Did it go well? Why or why not?

### EXTEND

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

### REFLECTION POINT

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



# SPEAKING At the doctor's office

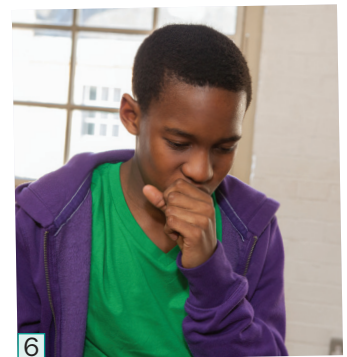
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## Ask for and understand advice at the doctor's office

### SPEAK

#### 1 Match the expressions to the photos.

a temperature    a sore throat    a headache  
a cough    a runny nose    a stomachache



#### 2 Listen and check your answers.

Then listen and repeat.

#### 3 Work in pairs. Answer the questions.

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

### LISTEN

#### 4 Listen to the first part of the conversation. What are his symptoms?

#### 5 Listen to the rest of the conversation. What does Kevin have? What does he need to do?

**Doctor:** I'm afraid you have the flu.  
**Kevin:** The flu? So what should I do?  
**Doctor:** Well, you shouldn't go to school. You should rest a lot.  
**Kevin:** Should I take some medicine?  
**Doctor:** I'm not sure that will help, but maybe you could take a pain reliever for your headache.  
**Kevin:** I have a basketball game on Friday.  
**Doctor:** I think you should probably stay at home.  
**Kevin:** 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 have a cough / temperature / runny nose.  
I have a headache / a stomachache / backache.  
My head / stomach / back hurts.  
I have 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 / stay ... ?  
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 office. Include expressions from Exercise 1 and ways of expressing advice in a sensitive way.

#### 9 Practice and memorize your conversation. Then present it to other students.



## WRITING What's your advice?

### >>> Give examples

#### SPEAK AND READ

- 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 a lot of things like my friends and my old room. I have a lot of new friends now, but school isn't going well. One girl in my class does really terrible things like telling lies about me. And she's mean during class 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 mean.

**Lidia**

Like • Reply

Added 4 hours ago

#### DISCUSS

- 5 Discuss a situation that you want to change. Use one of these problems or think of a problem that's important to you.

*My parents don't understand me.*

*I feel really tired all day.*

*I can't stop worrying about things.*

#### WRITE

- 6 Write about a problem and ask for advice.

- 1 Explain the problem in six sentences. Describe where you are, who you're with, and what you're doing. Write about ways you try to solve the problem.
- 2 Use the zero and first conditionals to talk about the results of different actions. Give one or two examples of the problem situation. *If I ask a question, everyone laughs.*
- 3 Give examples of the problem with *like*, *such as*, and *for example*. See the **HOW TO** box.

- 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.

#### PRACTICE

- 3 Write ONE word in each blank to complete another message on the forum.

My problem is schoolwork. I just can't do it all. For (1) \_\_\_\_\_, I have three tests next week, but I also have a lot of homework for hard subjects (2) \_\_\_\_\_ math and physics. I have other things to do too, such (3) \_\_\_\_\_ preparing to give a speech in class. I don't stop studying until 10 at night and then I can't sleep. What should I do?  
Stefan

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

#### SHARE

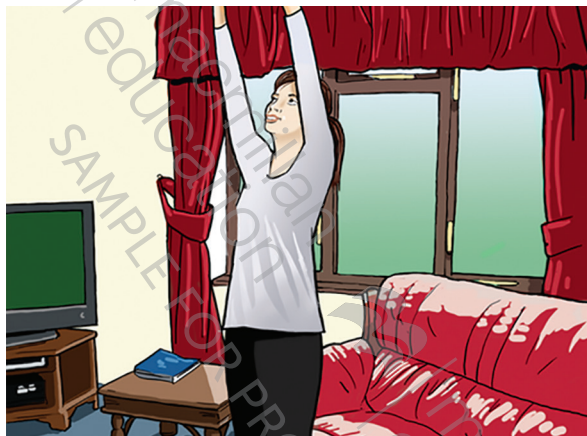
- 7 Exchange your problems with other classmates. Read other problems and reply to them with your advice. What's the best advice for your problem?



## 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 \_\_\_\_ 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 commercials 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 backs of your legs. Are you there? If you can, (8) \_\_\_\_ your toes between your thumb and your fingers. Now (9) \_\_\_\_ your head down toward your toes. That's it! You can (10) \_\_\_\_ down again now and take a break!"

\_\_\_\_/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 little 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 speech. \_\_\_\_\_
- I can ask for and understand advice at the doctor's office. \_\_\_\_\_
- I can give examples when I write. \_\_\_\_\_