Module 5

Look after yourself

Module task: Giving health advice to people

Unit 1 We'd better get you to hospital.

Listening and vocabulary

1 **Look at the picture and answer the questions.**

1 Do you think the person is seriously hurt?
2 What do you think has happened to him?



2 **Listen and answer the questions.**

1 Has Tony's dad ever had an accident?
2 How long did it take for the wound to get better after Tony's dad cut his finger?
3 What parts of his body hurt after Tony's dad fell off his bike?
4 What is Tony reading about for his school trip?

3 **Listen and read.**

Betty: I'm tired, Mr Jackson.
Mr Jackson: Let's wait for the others. They'll catch up in a few minutes.
Betty: Who's missing?
Mr Jackson: Tony and Daming. They're always at the back of the group. I thought we had an agreement to stay together.
Betty: They were walking more slowly than us.
Mr Jackson: I think it's going to rain. I'll go back and look for them.
Tony: *(Moving closer)* Help! It's Daming. He's had an accident. He fell over when he was running down the steps. He's hit his head and his leg hurts. I think he's broken his leg.
Mr Jackson: When did he fall?
Tony: About ten minutes ago.
Mr Jackson: OK, show me where he is... There he is! Hey, Daming, how do you feel?
Daming: My leg hurts, and I can't see very well. Will I go blind?
Mr Jackson: No, you've just hit your head. You've cut your knee too. There's blood on your leg. Can you move your foot?
Daming: Yes. Ouch! But I can't walk.
Mr Jackson: We'd better get you to hospital. I'll call for help on my mobile.
Daming: Is it serious? Will I live?
Mr Jackson: Of course you will! It's nothing serious. Tony, tell everyone we have to call off the walk and go back home.

Everyday English

- Who's missing?
- How do you feel?
- It's nothing serious.

Now complete the accident report.

Accident report

Where: _____ Who: _____
What happened: _____
How the person was hurt: _____

Learning to learn

Timely revision is important in learning. When you review your lessons, try to list the key structures and expressions and more importantly, note any occasions where you had difficulty in learning.

4 Answer the questions.

1 Why did Mr Jackson decide to go and look for Tony and Daming?
2 What happened to Daming?
3 When did the accident happen?

5 Complete the passage with the words and expression in the box.

accident agreement blind catch up hurt

We had a(n) (1) _____ to stay together, but Tony and Daming were too slow. We stopped to wait for them to (2) _____. But Daming had a(n) (3) _____ and (4) _____ himself. He was afraid of going (5) _____ because he could not see very well. It was nothing serious, though. However, we had to call off the walk and go home.

Pronunciation and speaking

6 Listen and mark the pauses.

It's Daming. He's had an accident. He fell over when he was running down the steps. He's hit his head and his leg hurts. I think he's broken his leg.

Now listen again and repeat.

7 Read aloud. Make sure you pause in the right places.

Of course you will! It's nothing serious. Tony, tell everyone we have to call off the walk and go back home.

Now listen and check.

8 Work in pairs. Talk about an accident you have had. Say:

- where it happened
  It happened on my way to school.
- what happened
  A car stopped in front of me. I fell off my bike.
- how you were hurt
  I cut my face, and hurt my arms and knees.
- how long it took to get better
  It was three weeks before I could ride my bike again.

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Unit 2 Get off the sofa!

Reading and vocabulary

1 Look at the pictures on the right and on the next page. What do the pictures tell you?

2 Read the passage and match the rules with the pictures.



Five rules for a healthy life

Thanks to better health care, most people are living healthier and longer lives. Someone who is born today can expect to live about thirty-five years longer than someone who was born in the nineteenth century. It is even thought that in the future more and more people will celebrate their hundredth birthdays. Here are five rules for a healthy life.

1 Get off the sofa!

Sure, it is comfortable to sit on the sofa and watch TV. But doctors say you should get off the sofa. To keep fit, you have to walk at least 10,000 steps every day. In the past, people's jobs required more physical effort. They often had to walk for miles every day. When farmers were working in the fields, they were keeping fit at the same time. Think about it: Do you get the same amount of exercise today as they did in the past?

2 Eat healthy food!

It is important to eat food that is fresh and natural, for example, fruit and vegetables. Fast food is not healthy. You should only have it once in a while. Eating too much of the wrong food will harm your health.

3 Rest while you can!

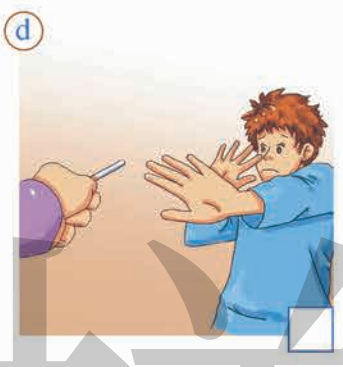
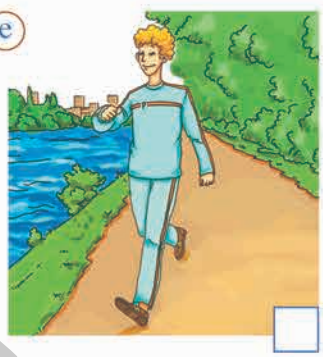
When we were babies, we slept for much of the night. Teenagers do not need as much sleep as babies, but it is important for you to get about eight hours' sleep a night. At weekends, you have got more time, so use it not just for your friends, but for rest too.

4 Do not worry. Be happy!

Many people believe that happiness is important for our general health. Sometimes it is not easy to be a teenager because of the difficulties of school, exams or friendships. If you are worried about something, talk to your parents or your teacher.

5 Say no to smoking!

Yes, you knew I was going to say this! It is so important. Smoking is not cool. It is dangerous. It harms nearly every part of your body. Think about how your family and friends will feel, and think about what it will do to your health.

3 Answer the questions.

1 What are the five rules for a healthy life according to the writer?
2 Are people today getting the same amount of exercise as they did in the past? Why?
3 Why is it sometimes difficult to be a teenager?
4 Who do you think the passage is written for?

4 Complete the passage with the words in the box.

effort expect harm health sofa

Exercise is very important. If you make a(n) (1) _____ to do exercise for thirty minutes a day, you can (2) _____ to be in good (3) _____. However, if you are always sitting on the (4) _____ and do no exercise at all, you will put on weight and (5) _____ your health.

Writing

5 Read the passage in Activity 2 again. Think of one more example of what you should or should not do for each rule.

Doctors say you should exercise for at least half an hour each day.

6 Think of more rules and examples of your own.

7 Write a passage called *My rules for a healthy life*. Include the rules and examples you have written in Activities 5 and 6.

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Unit 3 Language in use

Language practice

I think it**'s going to rain**.
He **fell** over when he **was running** down the steps.
He**'s hit** his head and his leg **hurts**. I think he**'s broken** his leg.
Who**'s missing**?
Will I **live**?

1 Complete the conversation with the correct form of the words and expression in brackets.

Lingling: Are you (1) _____ (plan) to join a summer camp, Daming? My friend (2) _____ (go) to one of those last year. He said he (3) _____ (get up) at 6 am every day!

Daming: Yes, I'm not very happy about getting up early, but I (4) _____ (love) sports and often (5) _____ (do) exercise, so it'll be worth it.

Lingling: There's a lot of football. You'll like that.

Daming: Yes, I've (6) _____ (play) football for many years. I (7) _____ (have) good football skills, but I hope I can learn even more at the camp!

2 Complete the passage with the correct form of the words in brackets.

A woman (1) _____ (come) home to find her husband in the kitchen. He (2) _____ (shake) wildly from side to side. Then the woman (3) _____ (notice) that he (4) _____ (stand) with one hand on the cooker! Naturally she thought her husband (5) _____ (touch) the electricity. To pull him away from the cooker, she (6) _____ (hit) his arm with a piece of wood. "What did you do that for?" he cried in pain. "I was (7) _____ (make) some tea, and (8) _____ (dance) to rock music on my MP3 player!"



3 Work in pairs and describe the pictures. Use the words in the box to help you.

blood cut fever finger hurt knee stomach wound

a 

b 

c 

d 

4 Complete the conversation with the correct form of the words in the box.

bad exercise health smoke step

A: What's that you're wearing around your stomach?
B: It's a new piece of technology that records how many (1) _____ you walk each day.
A: Why do you want to know?
B: Because to keep fit, you need to walk at least 10,000 steps a day! It's important, both for a (2) _____ heart and for you to feel good.
A: You're taking a sudden interest in exercise!
B: Yes. For the past couple of months, I have put on a lot of weight. I should spend some time (3) _____.
A: But at least you've never taken up (4) _____.
B: Yes, I'm really glad about that! Smoking is the (5) _____ thing you can do for your health.

5 Complete the sentences with the expressions in the box.

at least in the future keep fit once in a while thanks to

1 The website introduces some good ways to _____.
2 It takes me _____ one hour to walk 10,000 steps.
3 My grandfather is having a happy life _____ many years of healthy food and exercise.
4 I'm sure we'll have even better health care _____.
5 Staying up late _____ is all right, as long as you usually get about eight hours' sleep a night.

6 Listen and answer the questions.

1 Where does the conversation take place?
2 Who is talking?
3 What is the problem?

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7 Listen again and complete the notes.

Patient: *Mr Maxwell*
Problem:
He started smoking _____ years ago.
Has he tried to stop smoking before?
Yes / No

General health: Fit / Not fit
Has a(n) _____ and often gets _____.
Advice: _____
_____

8 Read the email and match the ideas with the paragraphs.

a) Kate asks her father to stop smoking. ☐
b) Kate tells her father why smoking is also bad for non-smokers. ☐
c) Kate explains why she is writing the email. ☐
d) Kate tells her father why smoking is bad for him. ☐

FROM: Kate
TO: Dad
SUBJECT: Please stop smoking

Dear Dad,

1 I'm writing this email because I want to ask you to stop smoking, and it's too difficult to talk about it face to face. I've looked up a lot of information about smoking and I've found out about its dangers.

2 You already know that smoking is bad for you. I've found out that it causes many illnesses. Did you know that thousands of people die from smoking every year in Britain? I don't want you to be one of them.

3 When Mum asks you to smoke outside, you think she's just being difficult. Well, I don't think she is. Not many people like the smell of smoke in their house or on their clothes, and Mum doesn't like it either. What's more, doctors have found that more and more people who don't smoke are falling ill. It's caused by secondary smoking, which could make Mum and me ill too.

4 I know that it is very difficult to stop smoking, but you must try. Please see the doctor and ask him for help. We will do anything we can to help you. Please don't smoke!

Your loving daughter,

Kate

9 **Choose the correct answer.**

1 Kate is writing to her father because ____.
a) he has stopped smoking
b) she misses her father
c) she wants him to stop smoking
d) her mum asked her to

2 Kate has found out that smoking ____.
a) is not so bad
b) causes many illnesses
c) makes people think slowly
d) outside is dangerous

3 Kate's mother does not like ____.
a) smoking outside
b) the smell of Kate
c) the smell in the house
d) the smell of smoke in the house

4 Kate is afraid that ____.
a) she and her mother will fall ill
b) her clothes will smell of smoke
c) she will start to smoke
d) she cannot help her father

Around the world

Laughter for health

There is an old saying, "Laughter is the best medicine." Now people are using laughter to improve their health in countries all around the world. In some countries special centres for treating illnesses with laughter were set up and became popular. In 2003, a study in Austria showed that laughing helped patients get better faster. It made them relax, and this improved their general health.

Laughing helps us feel happier. And it gives the body exercise too. Doctors say five minutes of laughing is as good for you as fifteen minutes in the gym!



Module task: Giving health advice to people

10 **Work in groups. Give advice for the following problems.**

- I've just moved to a new area. I'm unhappy because I don't know anyone. It's making me feel sad.
- I can't get my friend to give up smoking.
- I have difficulty sleeping. I worry so much about my schoolwork.

11 **Have a class discussion about the problems.**

12 **Write some advice for each problem.**

full-time /ˈfʊlˌtaɪm/ *adj.* 专职的；全日制的 (20)

role /rəʊl/ *n.* 作用；职责；角色 (20)

education /ˌedjʊˈkeɪʃn/ *n.* (个人的)教育；学业 (20)

transport /ˈtrænspɔːt/ *n.* 运输业；交通 (20)

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set off 动身；出发 (26)

sock /sɒk/ *n.* 短袜 (26)

whenever /wenˈevə/ *conj.* 每当；无论什么时候 (26)

proper /ˈprɒpə/ *adj.* 合适的；恰当的 (26)

edge /edʒ/ *n.* 边；边缘 (26)

yourself /jəˈself/ *pron.* (*pl.* yourselves) 你自己 (26)

go off 离开 (26)

starve /stɑːv/ *v.* 挨饿；饿死 (26)

go /gəʊ/ *n.* 尝试；努力 (26)

in one go 一口气；一下子 (26)

rock /rɒk/ *n.* 岩；岩石 (26)

rock climbing 攀岩 (26)

stone /stəʊn/ *n.* 石头 (26)

fairly /ˈfeəli/ *adv.* 相当；还算 (26)

smooth /smuːð/ *adj.* 无困难的；顺利的；光滑的；平坦的 (26)

straight /streɪt/ *adj.* 直的；笔直的 (26)

tent /tent/ *n.* 帐篷 (28)

fall /fɔːl/ *v.* 变成，进入（某种状态） (28)

fall asleep 入睡；睡着 (28)

hang /hæŋ/ *v.* (hung /hʌŋ/, hung) 悬挂；吊 (28)

sudden /ˈsʌdn/ *adj.* 突然的；急剧的 (28)

gun /gʌn/ *n.* 枪 (28)

soft /sɒft/ *adj.* 软的；柔软的 (28)

still /stɪl/ *adj.* 静止的；不动的 (28)

wood /wʊd/ *n.* (小) 树林；林地 (28)

blood /blʌd/ *n.* 血；血液 (28)

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catch up 赶上 (40)

agreement /əˈgriːmənt/ *n.* 协议；协定 (40)

blind /blaɪnd/ *adj.* 失明的 (40)

ouch /aʊtʃ/ *int.* 哎哟（用于表示突然的疼痛） (40)

call off 取消；决定终止 (40)

thanks to 多亏；归功于 (42)

health care 医疗保健（服务） (42)

expect /ɪkˈspekt/ *v.* 预料；预计 (42)

require /rɪˈkwaɪə/ *v.* 需要 (42)

physical /ˈfɪzɪkl/ *adj.* 身体的；体力的 (42)

effort /ˈefət/ *n.* 力气；精力 (42)

once in a while 偶尔；有时；间或 (42)

harm /hɑːm/ *v.* 损害；伤害 (42)

样书