

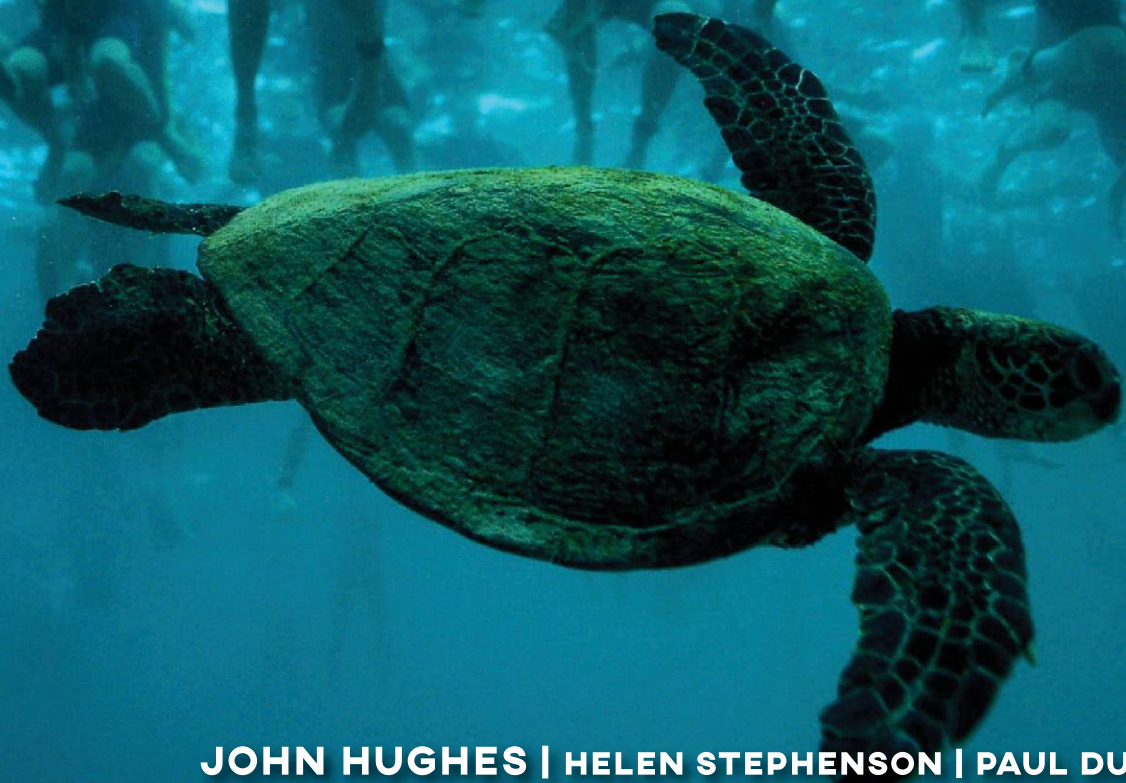


NATIONAL
GEOGRAPHIC
LEARNING

3

Life

SECOND EDITION



JOHN HUGHES | HELEN STEPHENSON | PAUL DUMMETT

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**JOHN HUGHES
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Listening	Reading	Critical thinking	Speaking	Writing
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Unit	Grammar	Vocabulary	Real life (functions)	Pronunciation
7 Work pages 81–92	present perfect and simple past present perfect with <i>for</i> and <i>since</i> prepositions of place and movement	language to describe jobs jobs wordbuilding: suffixes in job words parts of a building word focus: <i>make</i> or <i>do</i> job ads	a job interview	intrusive /w/
VIDEO: My working life page 90 ► REVIEW page 92				
8 Technology pages 93–104	zero and first conditionals defining relative clauses	internet verbs wordbuilding: dependent prepositions instructions	finding out how something works	linking
VIDEO: Ancient languages, modern technology page 102 ► REVIEW page 104				
9 Vacations pages 105–116	past perfect subject questions	vacation collocations wordbuilding: <i>-ed</i> / <i>-ing</i> adjectives word focus: <i>place</i>	requesting and suggesting	'd number of syllables /ðə/
VIDEO: Living in Venice page 114 ► REVIEW page 116				
10 Products pages 117–128	the passive (simple present and simple past) <i>used to</i>	wordbuilding: word forms describing design websites	discussing opinions	stress in different word forms /s/ or /z/
VIDEO: Wind turbines page 126 ► REVIEW page 128				
11 History pages 129–140	reported speech reporting verbs (<i>say</i> and <i>tell</i>)	wordbuilding: verb + preposition communication ancient history word focus: <i>one</i>	giving a short presentation	pausing
VIDEO: The Golden Record page 138 ► REVIEW page 140				
12 Nature pages 141–152	second conditional <i>anywhere, everyone, nobody, something, etc.</i>	extreme weather nature word focus: <i>start</i>	finding a solution	<i>would</i> / <i>wouldn't</i> / 'd
VIDEO: Cambodia animal rescue page 150 ► REVIEW page 152				

COMMUNICATION ACTIVITIES page 153 ► GRAMMAR SUMMARY page 156 ► AUDIOSCRIPT page 181

Listening	Reading	Critical thinking	Speaking	Writing
a woman talks about her job in a steel mill an interview with a scientist two people giving instructions	an article about new jobs in an area an article about modern-day cowboys	analyzing comparisons in a text	describing past experiences giving directions job satisfaction a job interview	text type: a résumé writing skill: leaving out words in résumés
a documentary about the importance of technology a science program about an invention	an explorer's blog an article about biomimetics	the writer's sources	planning a trip important inventions design an invention for everyday life favorite technology	text type: a paragraph writing skill: connecting words
three people talk about their vacations an interview with a tour guide	a vacation story an article about the two sides of Paris	the author's purpose	a story about a vacation planning a group vacation a presentation about a place you know well	text type: an email requesting information writing skill: formal expressions
a description of a producer and his products a radio program about a famous product from the past	an article about some famous logos an article about having less "stuff"	fact or opinion?	some famous products or brands talk about things you used to do in the past a presentation on having less "stuff" planning a new website	text type: a review writing skill: giving your opinion
a historian talking about Robert Falcon Scott's hut in Antarctica a news story about a message in a bottle	a timeline of video gaming an article about stealing historical objects	emotion words	planning a time capsule opinions about games reporting a message a museum in your town or city	a message in a bottle text type: a biography writing skill: punctuation in direct speech
a description of the life of a storm chaser a documentary about a photographer	an article about a science blog an article about chimpanzee expert Jane Goodall	reading closely (part 2)	hopes and dreams questions with <i>any-</i> interview questions	text type: an article writing skill: planning an article

Life around the world—in 12 videos

Unit 10 Wind turbines

Learn about an innovative product and how it can change lives.

Unit 11 The Golden Record



Voyager 1 carries a message for other life forms in the universe.

Unit 1 Laughter yoga

Find out why laughing is good for you.

Unit 6 Steel drums



Steelband music, or pan, is an important part of the culture in these Caribbean islands.

Unit 7 My working life

Some people talk about their working lives.

Unit 9 Living in Venice



Learn what it's like to live in Venice.

Unit 2 Mongolian horse racing

Horse racing at a Mongolian festival.

Unit 8 Ancient languages, modern technology



Find out how technology is being used to record and preserve disappearing languages.

Unit 4 A microadventure

Two friends spend 24 hours in Croatia on a microadventure.

Unit 5 Recycling Cairo

Find out how recycled objects are used in Cairo.

Unit 12 Cambodia animal rescue



Rescuing victims of illegal animal poaching in Cambodia.

Unit 3 Indian Railways

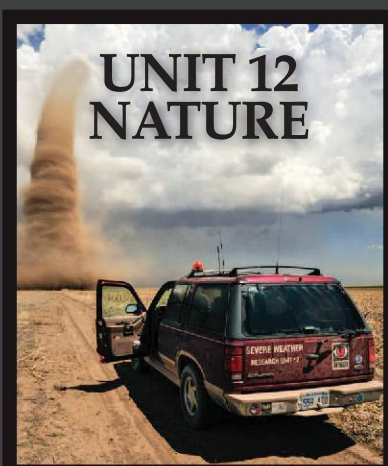
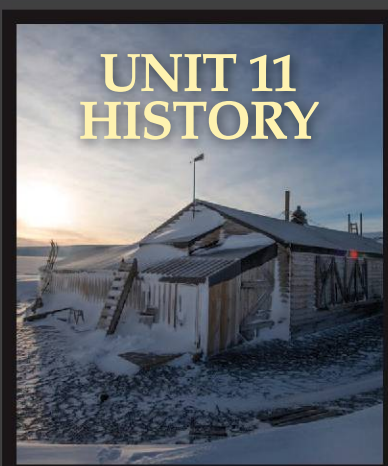
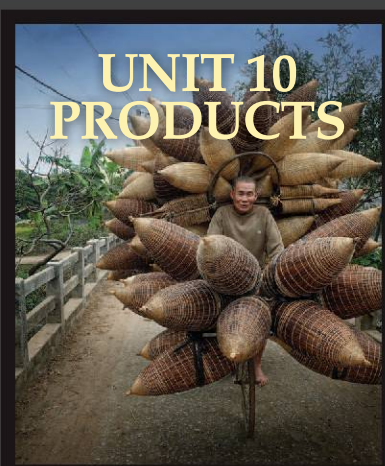
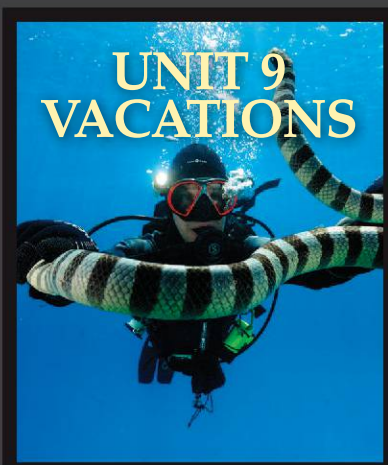
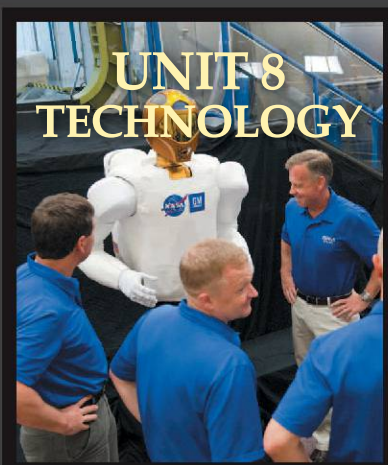
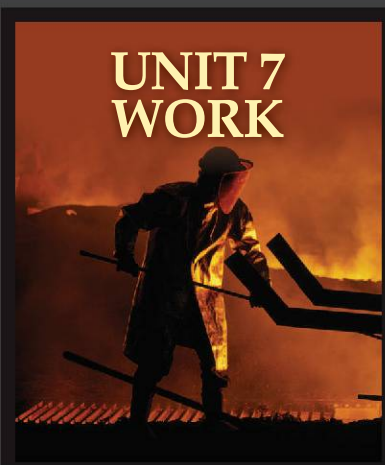
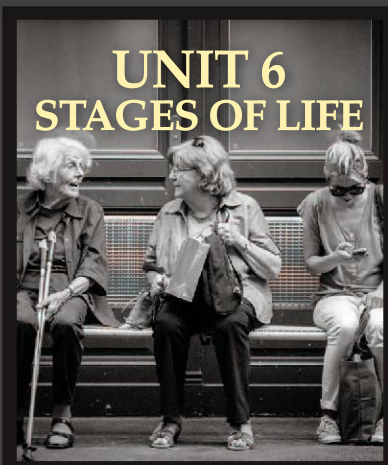
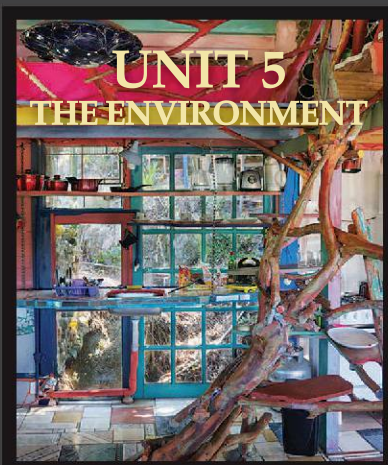
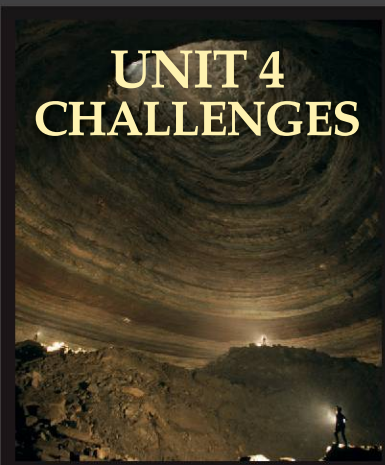
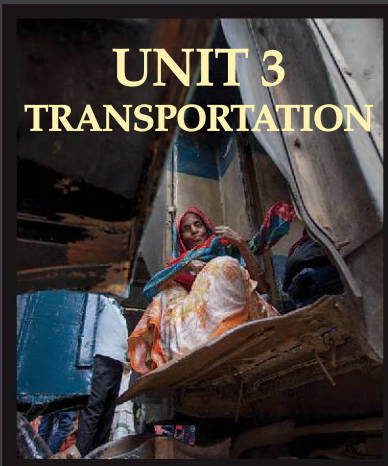
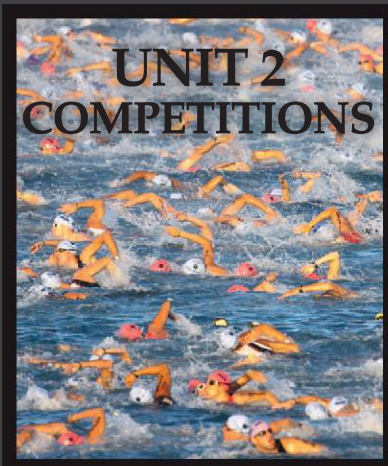
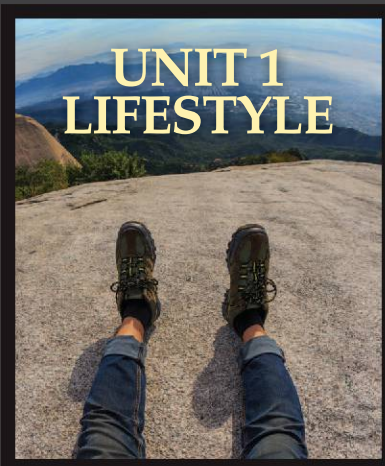


Learn more about the Indian railway system.

India

Cambodia

Australia



Unit 1 Lifestyle



Bukhansan National Park, South Korea

FEATURES

10 How well do you sleep?

Complete a questionnaire about sleep

12 The secrets of a long life


How can you live to be one hundred?

14 Nature is good for you

Nature and health

18 Laughter yoga

A video about why laughing is good for you

- 1 Work in pairs. Describe the place in the photo. How do you think the person feels?
- 2  1 Work in pairs. Listen to a description of the place in the photo. Answer the questions.
 - 1 Where is Bukhansan National Park?
 - 2 How many people visit it every year?
 - 3 Why do they go there?
- 3 Look at the activities in the box. Which activities do you often do? When do you do them? Tell your partner.

take a bike ride
chat on social media
go for long walks
play video games
read books

cook a meal
play sports and exercise
go fishing
play a musical instrument
watch movies

I often go for long walks in the evening.

1a How well do you sleep?

Vocabulary everyday routines

1 Work in pairs. Match the two parts of the expressions for everyday routines. Then describe your typical day using some of the expressions.

- | | | | |
|----------------|-----------------------|----------------------------------|----------------|
| 1 get | <input type="radio"/> | <input type="radio"/> | asleep |
| 2 fall | <input type="radio"/> | <input checked="" type="radio"/> | home late |
| 3 take a | <input type="radio"/> | <input type="radio"/> | TV |
| 4 watch | <input type="radio"/> | <input type="radio"/> | break |
| 5 work long | <input type="radio"/> | <input type="radio"/> | until midnight |
| 6 wake up | <input type="radio"/> | <input type="radio"/> | eight |
| 7 get up about | <input type="radio"/> | <input type="radio"/> | early |
| 8 stay up | <input type="radio"/> | <input type="radio"/> | hours |

I often get home late from work ...

Reading

2 Answer the questionnaire below. Then work in pairs and compare your answers.

▶ 2

How well do you sleep?



3 Turn to page 153 and find out what your answers say about your lifestyle.

Grammar simple present and adverbs of frequency

4 Match the sentences (1–2) with their uses (a–b).

- 1 I work long hours and get home late.
 - 2 The average human needs around eight hours of sleep per night.
- a to talk about things that are always true ____
b to talk about habits and routines ____

▶ SIMPLE PRESENT

<i>I/you/we/they sleep.</i>	<i>He/she/it sleeps.</i>
<i>I/you/we/they don't sleep.</i>	<i>He/she/it doesn't sleep.</i>
<i>Do I/you/we/they sleep?</i>	<i>Does he/she/it sleep?</i>

For more information and practice, see page 156.

1 Do you often feel tired?

- A No, I never feel tired during the day.
B I sometimes feel tired after a long day at work.
C All the time! I'm always ready for bed.

2 How many hours do you usually sleep at night?

- A Between seven and eight hours.
B More than nine. I rarely stay up late.
C Fewer than six.

3 What do you usually do before you go to bed?

- A I watch TV or read a book.
B I exercise.
C I do some work.

4 How long do you usually sleep on the weekends?

- A I usually sleep the same amount as any other day.
B I sometimes sleep for an extra hour or two.
C I always sleep until noon! I never get up early.

5 How often do you wake up in the middle of the night?

- A I never wake up before morning.
B I rarely wake up more than once.
C Two or three times a night.

- 5 Look at the grammar box on page 10. Complete the article about sleep with the simple present form of the verbs in parentheses.

The secrets of sleep

Why ¹ do we sleep (we / sleep)?

From birth, we ² _____ (spend) a third of our lives asleep, but scientists still ³ _____ (not / know) exactly why.

Why ⁴ _____ (we / have) problems sleeping?

In modern society, many adults ⁵ _____ (not / get) the seven or eight hours' sleep they need every night. We ⁶ _____ (work) long hours, and we rarely ⁷ _____ (go) to bed at sunset.

Why ⁸ _____ (we / sleep) differently?

It ⁹ _____ (depend) on the time of year and also our age. Teenagers usually ¹⁰ _____ (need) more sleep than adults. Lots of elderly people ¹¹ _____ (not / sleep) longer than four or five hours at night, but they often ¹² _____ (take) naps during the day.

6 Pronunciation /s/, /z/, or /ɪz/

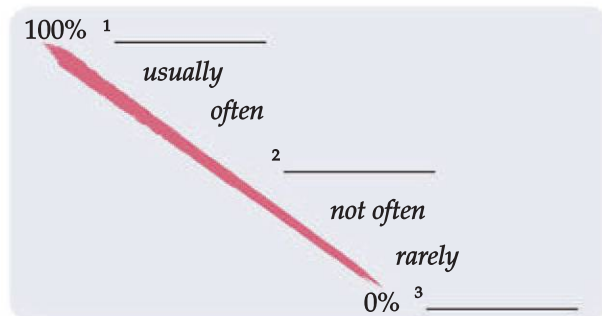
▶ 3 Listen to the endings of these verbs. Is the sound /s/, /z/, or /ɪz/? Circle your answers. Then listen again and repeat.

- | | | | |
|-----------|--------------|----------|--------------|
| 1 feels | /s/ /z/ /ɪz/ | 5 goes | /s/ /z/ /ɪz/ |
| 2 needs | /s/ /z/ /ɪz/ | 6 dances | /s/ /z/ /ɪz/ |
| 3 watches | /s/ /z/ /ɪz/ | 7 does | /s/ /z/ /ɪz/ |
| 4 sleeps | /s/ /z/ /ɪz/ | 8 works | /s/ /z/ /ɪz/ |

7 Work in pairs. Discuss these questions.

- What time do you and your friends usually get up? How late do you stay up?
- Does anyone in your family ever take a nap in the afternoon?
- Do people sleep longer in the summer or in the winter?

8 Look at the list below. Then underline the adverbs of frequency in the questionnaire on page 10 and write the missing adverbs in the list.



▶ ADVERBS and EXPRESSIONS OF FREQUENCY

She's usually late for work.

I often wake up at seven.

Do you often wake up in the middle of the night?

She wakes up two or three times a night.

Every month, I visit my grandparents.

For more information and practice, see page 156.

9 Look at the grammar box above. Circle the correct options to complete the rules (1–2).

- An adverb of frequency usually goes *after* / *before* the main verb, but it goes *after* / *before* the verb *be*.
- An expression of frequency (e.g., *twice a week*) usually goes *at the beginning* / *in the middle* or *at the end* of a sentence.

10 Show the correct place in the sentence for the adverb or expression in parentheses. Sometimes there is more than one correct answer.

- My brother ~~always~~ plays tennis on Saturday mornings. (always)
- We eat at a restaurant. (about once a month)
- I take a bus to school. (every day)
- She is at home during the day. (rarely)
- They go on vacation. (twice a year)
- Are you late for work? (often)

Speaking myLife

11 Work in pairs. Find out about your partner's habits. Take turns asking questions with *How often ...?* and the ideas in the box. Answer using an adverb or expression of frequency.

A: *How often do you eat out?*

B: *About once a month.*

go on vacation	be late for work/school
check your email	check your phone for messages
play board games	take public transportation
eat at a restaurant	feel stressed

12 Work in groups. Prepare a questionnaire about lifestyle for another group. Start each question with *How often ...?*, *Are you often ...?*, or *Do you often ...?*, and offer three choices of answer (A, B, or C). Then ask your questions to the other group. Can you tell them what their answers say about their lifestyle?

1b The secrets of a long life

Reading

1 Work in pairs. Who is the oldest person you know? How old is he or she? How healthy is their lifestyle?

My grandfather is the oldest person I know. He's 83 and still plays golf.

2 Work in pairs. Read the article *The Secrets of a Long Life*. Answer the questions.

- 1 Why is Okinawa famous?
- 2 What kind of food do the people eat there?
- 3 Which of their activities do you do?

I don't go fishing, but I do some gardening.

Wordbuilding collocations with do, play, and go

▶ WORDBUILDING collocations with do, play, and go

We use certain nouns with certain verbs. These are called collocations.

go fishing NOT *do-fishing* or *play-fishing*

For more practice, see Workbook page 11.

3 Look at the wordbuilding box. Complete the chart below with activities from the article.

Do	Go	Play
	fishing	

4 Add these activities to the chart in Exercise 3. Use a dictionary if necessary.

cards	hiking	homework	nothing
running	shopping	tennis	the piano
yoga	soccer	karate	surfing

5 Work in pairs. Tell your partner about people you know using the collocations in the chart.

My brother does karate. He's a black belt.

▶ 4

The Secrets of a Long Life

Okinawa in Japan has some of the oldest people in the world. It's famous for its high number of centenarians—men and women who live beyond one hundred years of age. Some of the reasons for their good health are that they:

- go fishing and eat what they catch.
- do a lot of gardening and grow their own fruit and vegetables.
- go cycling, and rarely drive when they can walk.
- often spend time with friends. They meet at people's houses and play games.
- exercise regularly, go swimming, and lead active lives.

An 89-year-old woman from Okinawa picks seaweed. It's part of her everyday food.

Listening

6 ▶ 5 Listen to a radio interview with photographer David McLain. Check (✓) the topics the speakers talk about.

- | | |
|---|-----------------------------------|
| <input type="checkbox"/> the age of men and women | <input type="checkbox"/> sleep |
| <input type="checkbox"/> family life | <input type="checkbox"/> food |
| | <input type="checkbox"/> exercise |

7 ▶ 5 Listen again. Are the sentences true (T) or false (F)?

- | | | |
|---|---|---|
| 1 David McLain is traveling to different countries. | T | F |
| 2 He's talking to the radio announcer in the studio. | T | F |
| 3 In Sardinia, men live to the same age as women. | T | F |
| 4 Sardinian families rarely eat together. | T | F |
| 5 Younger people are eating more unhealthy food, and they aren't exercising enough. | T | F |

8 Work in pairs. Think about the lifestyle of people in your country. Is it similar to the lifestyle in Sardinia? How traditional is your country?

Grammar simple present and present continuous

9 Look at the grammar box and the sentences below from the interview. Which sentences use the simple present (S)? Which use the present continuous (C)?

- | | | |
|--|---|---|
| 1 Well, one man is trying to answer these questions—photographer David McLain. | S | C |
| 2 He's speaking to us right now on the phone. | S | C |
| 3 Men live to the same age as women. | S | C |
| 4 Every Sunday, the whole family eats a big meal together. | S | C |
| 5 Also, young people are moving to the city, so they are exercising less because of their lifestyle. | S | C |

10 We use the present continuous to talk about something happening now or around now. Match the three present continuous sentences in Exercise 9 with the uses (a–c).

- a to talk about a changing situation ____
- b to talk about something happening around now, but not necessarily at this exact moment ____
- c to talk about something actually in progress now ____

PRESENT CONTINUOUS

I'm speaking.
You/welthey're speaking.
He/she/it's speaking.
I'm not traveling.
You/welthey aren't traveling.
He/she/it isn't traveling.
Am I working?
Are you/welthey working?
Is he/she/it working?

For more information and practice, see page 156.

11 Complete the sentences with the simple present or present continuous form of these verbs.

reply	go	learn
read	spend	

- We *'re learning* _____ a new language at the moment.
- My friends and I often _____ time at each other's houses.
- Can you wait a minute? I _____ to an email.
- How often _____ you _____ to the gym?
- I _____ a really interesting book at the moment.

Speaking **myLife**

12 Write pairs of questions. Use the simple present in one question and the present continuous in the other. Then work in pairs. Take turns asking and answering the questions.

- a How / usually spend your free time?
How do you usually spend your free time?
 - b / you / play / many sports these days?
Are you playing many sports these days?
- a / often / read novels?

 - b / read / any good books at the moment?

- a Where / usually go on vacation?

 - b Where / plan to go this year?

- a / speak / any other languages?

 - b / learn / any new languages?

1c Nature is good for you

Reading

- 1 Work in pairs. Look at the photo. Where do you think this woman is?
- 2 Read the article. Match the topics (a–c) with the paragraphs in the article (1–3).
 - a how much time we spend outdoors _____
 - b making nature part of city life _____
 - c studies by doctors _____
- 3 Work in pairs. Read the article again. Answer the questions.
 - 1 What is the main change in how people spend their time?
 - 2 What is happening at national parks in Canada?
 - 3 After the math test, where did some people look at pictures of nature?
 - 4 What are they going to build in Dubai?
 - 5 In South Korea, how many people visit the new forests every year?

Word focus *feel*

- 4 Work in pairs. Underline four phrases with *feel* in the first paragraph of the article. Match the phrases to the uses (1–3).
 - 1 to talk about your emotions or health
 - 2 to talk about wanting to do something
 - 3 to talk about an opinion
- 5 Complete the questions with the words in the box.

about better like that

- 1 What do you usually feel _____ doing after a long day at work?
 - 2 Do you feel _____ nature is good for us? Why or why not?
 - 3 After a difficult day, what makes you feel _____ in the evening?
 - 4 How do you feel _____ nature?
- 6 Work in pairs. Take turns asking and answering the questions from Exercise 5.

A: *What do you usually feel like doing after a long day at work?*

B: *Going for a run in my local park and then eating dinner. Sometimes I go out and meet friends.*

Critical thinking giving examples

- 7 When writers give an opinion, they often support the idea with examples. Look at these sentences. Which sentence has the main idea (M)? Which sentences give examples (E)?
 - a For example, the number of visitors to Canada's national parks is going down every year. M E
 - b Humans are spending more time inside and less time outside. M E
 - c And in countries such as the USA, only 10% of teenagers spend time outside every day. M E
- 8 Work in pairs. Read paragraphs 2 and 3 of the article. Find the sentence with the main idea and sentences with examples. Underline the phrases for giving examples.

For example, the number of visitors to Canada's national parks is going down every year.

- 9 Complete these sentences in your own words. Use examples from your own life. Then share your sentences with a partner.
 - 1 I relax in my free time in different ways. For example, ...
 - 2 My hometown has some places with trees and nature, such as ...
 - 3 There are some beautiful national parks in my country. A good example is ...

Speaking **myLife**

- 10 Work in groups of four. Imagine your town has some money to make people's lives healthier. Look at the ideas below and think of one more.
 - plant one hundred new trees in the town
 - build a new park with a children's play area
 - increase the number of bike paths across the town
- 11 Discuss the ideas in your group and choose the best one. Give reasons and examples.

I think increasing the number of bike paths is a good idea because cycling is good for your health and good for the environment.



NATURE

is good for you

▶ 6

- 1** How do you feel about nature? After spending hours indoors, do you often feel like going outside for a walk? Or if you work for hours at your desk, do you feel better when you take a break and visit your local park? Most people think that nature is good for us; it's good for our bodies and good for our brains. However, humans are spending more time inside and less time outside. For example, the number of visitors to Canada's national parks is going down every year. And in countries such as the USA, only 10% of teenagers spend time outside every day. Many doctors feel that this is a problem in the twenty-first century, and that it is making our physical health worse.
- 2** As a result, some doctors are studying the connection between nature and health; one example of this is the work of Dr. Matilda van den Bosch in Sweden. The doctor gave two groups of people a math test. During the test, the heart rate¹ of people in both groups increased. After the test, one group of people sat in a 3D-virtual-reality room with pictures and sounds of nature for fifteen minutes. Later, their heart rates were slower than the heart rates of people in the other group.

The virtual contact with nature helped these people feel more relaxed. Another good example of how nature is good for health comes from Canada. In Toronto, researchers studied 31,000 people living in cities. Overall, they found that people who lived near parks were healthier.

Because of studies like these, some countries and cities want nature to be part of people's everyday life. In Dubai, for example, there are plans for a new shopping mall with a large garden, so shoppers can relax outside with trees, plants, and water. In some countries—such as Switzerland—"forest schools" are popular; schoolchildren study their subjects in the forest and do lots of exercise outside. And South Korea is another good example: It has new forests near its cities, and around 13 million people visit these forests every year. So after building cities for so long, perhaps it's now time to start rebuilding nature.

¹ heart rate (n) /hart reit/ the speed at which the heart beats (number of heartbeats per minute)

1d At the doctor's

Vocabulary medical problems

1 Look at the pictures. Match the people (1–8) with the medical problems (a–h).



- a I have a headache. e I have a stomachache.
 b I have a backache. f I have a temperature.
 c I have a runny nose. g I have a sore throat.
 d I have an earache. h I have a bad cough.

2 What do you do when you have the problems in Exercise 1? Discuss with a partner. Choose the best option (1–3) for each problem.

- 1 I go to bed.
 2 I take medicine.
 3 I go to the pharmacy or see my doctor.

3 Pronunciation one or two syllables?

▶ 7 Listen to these words. Which words have one syllable? Which words have two? Underline the stressed syllable in the two-syllable words. Then listen again and repeat.

ache	headache	ear	earache
stomach	throat	cough	backache

Real life talking about illness

4 ▶ 8 Work in pairs. Listen to two conversations, one at a pharmacy and one at a doctor's office. What medical problems does each person have?

5 ▶ 8 Listen again and write the number of the conversation (1 or 2) next to each piece of medical advice (a–e).

- a Take this medicine three times a day. 1
 b Get some rest. ____
 c Drink hot water with honey and lemon. ____
 d Take one tablet twice a day. ____
 e Buy cough drops. ____

6 Match the beginnings of the sentences (1–6) with their endings. Use the expressions for talking about illness to help you.

- 1 Do you have this medicine.
 2 You should take see a doctor?
 3 It's good for a sore throat.
 4 Why don't you a headache?
 5 I don't feel well.
 6 You need to take these tablets.

▶ TALKING ABOUT ILLNESS

Asking and talking about illness

I don't feel very well.

I feel sick/ill.

Do you feel sick/ill?

Do you have a temperature?

How do you feel?

Giving advice

You need to / You should take this medicine.

Why don't you buy some cough drops?

It's good for a stomachache.

Try drinking hot tea.

If you still feel sick, then come back and see me again.

7 Work in pairs.

Student A: You have a medical problem. Choose one of the problems from Exercise 1 and tell Student B what your problem is.

Student B: You are a pharmacist. Ask how Student A feels and give advice.

Then change roles and have a new conversation.

1e Personal information

Writing filling out a form

- 1 Work in pairs. Discuss these questions.
 - What kinds of forms do you sometimes fill out?
 - Think of a form you filled out recently. What information did you write?
- 2 Work in pairs. Look at these forms. What is each form for?

A

Title		Current occupation
First name		
Middle initial		
Last name		
Address		Do you smoke?
Zip code		Yes <input type="checkbox"/> No <input type="checkbox"/>
Gender		Current medications
DOB		
No. of dependents		
Country of origin		
First language		
Details of past surgery or operations		

B

PLEASE USE CAPITAL LETTERS

PASSPORT NO. _____	PLACE OF BIRTH _____
NATIONALITY _____	MARITAL STATUS _____
EDUCATION (DEGREE, ETC.) _____	
Have you visited this country before? (If yes, give details)	

Contact details of person in case of emergency (e.g., spouse, next of kin)	

3 Writing skill information on forms

- a Work in pairs. Match the questions (1–6) with the headings on the forms in Exercise 2 where you write the information.
 - 1 Are you married, single, or divorced? *marital status*
 - 2 Do you take any medicine?
 - 3 How many children do you have?
 - 4 What country were you born in?
 - 5 Who can we call in your family if you need help?
 - 6 What is the first letter of your middle name?
- b Look at the forms again. Discuss these questions with your partner. Then check your answers on page 155.
 - 1 How many abbreviations can you find in the forms? What do they mean?
DOB = Date of birth
 - 2 Under the heading *Title* on forms, we use the abbreviations *Mr., Mrs., Ms.,* and *Dr.* What do they mean?
 - 3 Which form doesn't want you to write in lowercase letters?
- 4 Work in pairs. Design a form for new students at a language school.
 - List all the information you need about the students.
 - Then prepare the form.
- 5 Exchange your form with another pair. Use these questions to check their form.
 - Is their form easy to fill out?
 - Do you know what to write in each part?
 - Would you change anything on the form?

1f Laughter yoga



Members of a laughter club meet by the seaside in Laguna Beach, California.

Before you watch

1 Work in pairs and answer these questions.

- 1 Think of someone you know who laughs a lot. Describe that person.
- 2 Do you laugh often? What makes you laugh?
- 3 Look at the photo and the caption. Why do you think people join this laughter club?

2 Key vocabulary

Read the sentences (1–6). The words and phrases in **bold** are used in the video. Write these words and phrases next to their definitions (a–f).

- 1 I heard a funny **joke** yesterday.
- 2 Exercise is a good **way** to relieve stress.
- 3 The doctors performed an operation to clear a blockage in the **blood vessels** that supply his heart.
- 4 One of the **benefits** of yoga is increased muscle strength and tone.
- 5 There are about 50 **calories** in an apple.
- 6 If you take in 2,500 calories a day, and **burn** 2,500 calories a day, you'll stay at about the same weight.

- a good or helpful results or effects

- b a method, style, or manner of doing something

- c units used to measure the amount of energy that food provides

- d the narrow tubes through which your blood flows

- e use up

- f something said to cause laughter

3 You are going to watch members of a laughter club doing laughter yoga. What do you think the members do during their laughter yoga session? Check (✓) the items you think are true.

- They walk around and greet one another.
- They watch a funny movie.
- They make eye contact with other members.
- They chant and clap their hands.
- They take funny photos on their cell phones.
- They all do the same body movements while laughing.

While you watch

4 1.1 Watch the video. Were your predictions in Exercise 3 correct?

5 1.1 Watch the video again. Are these sentences true (T) or false (F)?


- | | | |
|---|---|---|
| 1 The people in the video are laughing because someone told a joke. | T | F |
| 2 Laughter yoga helps people feel happier through laughing. | T | F |
| 3 When you laugh, changes happen in your body. | T | F |
| 4 Laughing can help you lose weight. | T | F |

6 1.1 Watch the video again. Choose the correct option (a or b) to complete each sentence.

- 1 Laughing can make your blood vessels _____ .
a cleaner b wider
- 2 Laughing can reduce the risk of _____ .
a heart disease b certain cancers
- 3 You can burn _____ calories when you laugh for five to ten minutes.
a 40 b 400
- 4 We start laughing when we are around _____ .
a one month old b three months old

After you watch

7 Vocabulary in context

 1.2 Watch the clips from the video. Choose the correct meaning of the words and phrases.

8 Work in pairs and answer these questions.

- 1 Would you join a laughter club? Why or why not?
- 2 Do you think laughter is better than other forms of exercise? Give examples to support your answer.

UNIT 1 REVIEW AND MEMORY BOOSTER

Grammar

- 1 Circle the correct options to complete the text about a man named Nazroo.



Every day, Nazroo ¹ works / is working with elephants. In this photo, ² he takes / he's taking his favorite elephant, Rajan, for a swim. ³ They swim / They're swimming in the ocean around the Andaman Islands. Sometimes they ⁴ like / are liking to relax this way after a hard day. Rajan ⁵ doesn't seem / isn't seeming worried about being underwater. I suppose ⁶ it feels / it is feeling good after a long, hot day at work.

- 2 Show the correct place in the sentence for the expression in parentheses. In three sentences, there is more than one correct answer.

- 1 I play video games. (rarely)
- 2 We're studying Spanish. (at the moment)
- 3 My family plays sports. (every weekend)
- 4 All my friends are working. (these days)

- 3 >> MB Rewrite the sentences in Exercise 2 so they are true for you.

I CAN

talk about everyday routines

use adverbs and expressions of frequency

Vocabulary

- 4 Match the verbs in A with the words in B. Then complete the sentences with the expressions.

A fall take work

B long hours asleep a break

- 1 I can't _____ because of all the noise outside my bedroom.
- 2 At work, we always _____ at 11 and have coffee.
- 3 We all _____ these days because there is a lot to do.

- 5 Which words can follow the verb in bold? Cross out the incorrect word.

- 1 **do** homework, housework, ~~relaxing~~, yoga
- 2 **go** asleep, surfing, jogging, home
- 3 **play** golf, swimming, games, tennis
- 4 **feel** tired, happy, ache, sick

- 6 >> MB Work in pairs. Write four sentences using verbs from Exercises 4 and 5, but leave out the verb.

We often _____ yoga when we wake up.

Then work with another pair. Take turns reading your sentences and guessing the missing word.

I CAN

describe daily routines

talk about free-time activities

Real life

- 7 Circle the correct options to complete the conversation between two friends.

A: ¹ How do / Do you feel?

B: Not very ² well / ill. I have a ³ pain / sore throat.

A: ⁴ Do you feel / Do you have a temperature?

B: I don't know. I feel a little hot.

A: ⁵ Try / You need drinking some honey and lemon in hot water.

B: Good idea.

A: But you ⁶ should / it's a good idea also see your doctor.

- 8 >> MB Work in pairs. Look at the pictures and answer the questions.

1



2



3



- 1 What medical problems do these people have?
- 2 What advice can you give them?
You should go to bed.

I CAN

talk about medical problems and illness

give advice