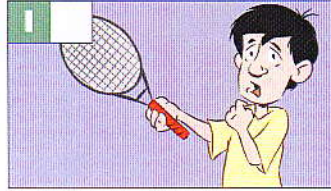
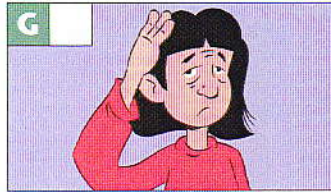
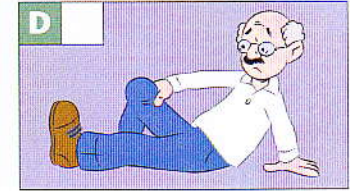


# My toe is bleeding

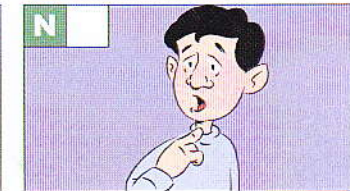
- Look at the pictures. What minor health problem do you think each person is suffering from?
- Match what each person is saying to the correct picture.

- 1 My shoulder hurts. I did it playing tennis.
- 2 I burnt my finger on the oven.
- 3 I've got a broken leg. I fractured it in a motorbike accident.
- 4 I feel dizzy. I need to lie down.



- 5 I've got a pain in my knee. It's really swollen.
- 6 I've got a terrible headache. Can I have some painkillers?
- 7 I've got a sore throat. It hurts so much that I can't swallow.
- 8 I have a temperature of 39.
- 9 I have a very bad cold. I can't stop sneezing.
- 10 I need this bucket because I think I'm going to be sick.

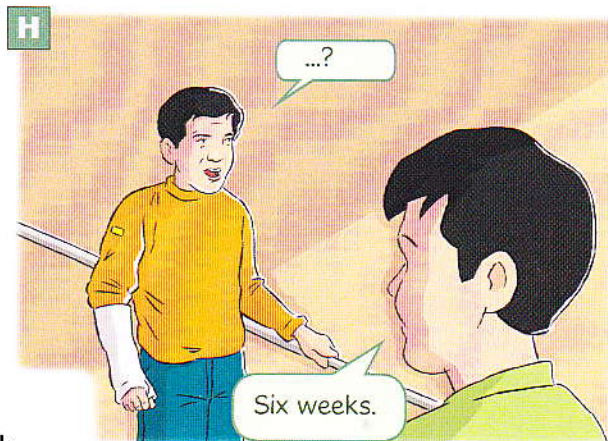
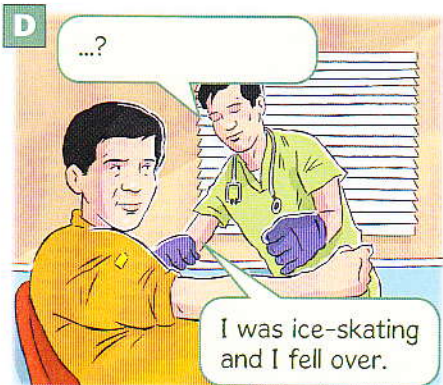
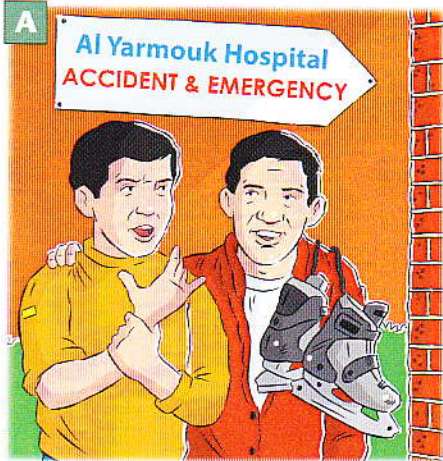
- 11 I've got a bad wrist. I sprained it lifting weights in the gym.
- 12 I twisted my ankle playing football.
- 13 My toe is bleeding. I cut it on a piece of glass on the beach.
- 14 My lips are really dry and sore.



- Now do Exercises A to D in the Activity Book.

# I was ice-skating and I fell over

- Discuss with a partner what is happening in each picture. Then read the text and guess the missing words.



- 🎧 ② Listen and check.
- Now do Exercises A to C in the Activity Book.

# He was floating when he felt something push him

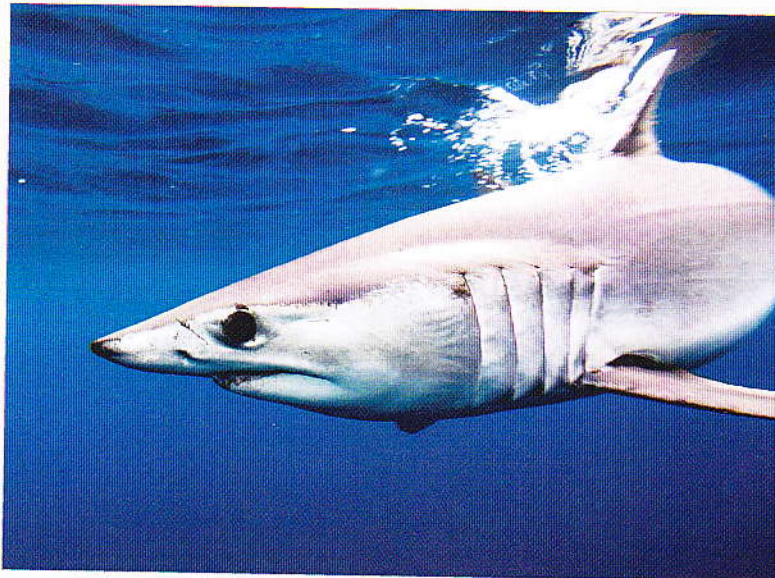
- Read the article and choose the best headline.

**A** AIRBEDS CAN BE DANGEROUS!

**B** WATCH OUT FOR RED SEA SHARKS!

**C** DOLPHINS SAVED HIM FROM A SHARK!

**D** FIRST AID ON THE BEACH!



It was a calm morning in the beautiful seaside town of Sharm El Sheikh, Egypt. Twenty-year-old Zaid Tariq, a tourist from Iraq, was floating peacefully 150 metres from the shore when he felt something push him. 'I didn't know what it was,' he told reporters. 'I thought perhaps my airbed had hit a piece of

wood. Then it pushed even harder and I fell into the water. That's when I saw it was a shark.'

He was trying to swim away when the shark bit his arm. Tariq, who was losing a lot of blood and thought he was about to die, screamed as loud as he could.

'I was praying to God to save me,' he said, 'when

some dolphins swam up and frightened the shark away. There were at least six of them and they made a circle around me. The shark couldn't get near me.'

Coastguard Jameel Elalawi heard Tariq's screams and rescued him by boat. While he was giving Tariq first aid on the boat, his partner, Ahmed Al Misri, called the emergency services.

An ambulance was waiting for Tariq on the shore and he was immediately taken to the hospital at Sharm El Sheikh.

'It was the most frightening day of my life,' Tariq told reporters from his hospital bed. 'That shark wanted to have me for breakfast but the dolphins saved me, thank God.'

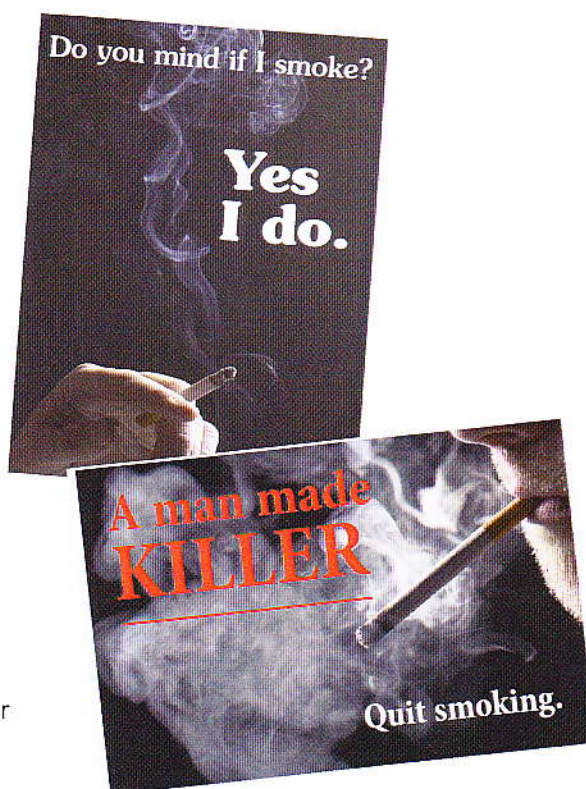
- Now do Exercises A to E in the Activity Book.

# Most smokers take it up as teenagers

- Read the texts below and choose the correct figures to complete each one. Then listen and check your answers.

7 15 18 24 £41 80% 300

- Every year, around 114,000 smokers in the United Kingdom die from their habit. That's about ① \_\_\_\_\_ people every day.
  - Smoking in Britain is highest in the 20-② \_\_\_\_\_ age group.
  - It is illegal to sell cigarettes to children under the age of 16. Yet 20% of Britain's ③ \_\_\_\_\_-year-olds are regular smokers.
  - More than ④ \_\_\_\_\_ of smokers take up the habit when they are teenagers.
  - People who smoke a packet of cigarettes a day die on average ⑤ \_\_\_\_\_ years earlier than people who have never smoked.
  - Every day in the United Kingdom, approximately 450 young people under the age of ⑥ \_\_\_\_\_ start smoking.
  - The British Government currently spends around £30 million a year on anti-smoking education campaigns. A further ⑦ \_\_\_\_\_ million is spent on measures to help people give up smoking.
  - More people in Britain die from smoking than from road accidents, poisoning and AIDS.
- Now do Exercise A in the Activity Book.
  - Study the language box then find another example of a phrasal verb in the texts above.



## Phrasal verbs

- Phrasal verbs are formed when a preposition (e.g., *up/down/off*) is added to a verb and creates a new verb. Sometimes the new verb has a similar meaning, but sometimes it is very different.
  - I'll *pick you up* at half past seven. (= fairly similar to the verb *pick*)
  - He *gave up smoking* when he got ill. (= very different meaning from the verb *give*)
- Now do Exercise B in the Activity Book.

# Take some exercise every day

- Complete the health tips with the phrases in the box.

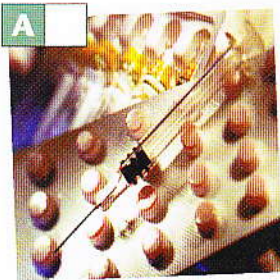
Be safe when you travel    Don't drink too much coffee    Don't smoke  
 Drink plenty of water    Eat a balanced diet    Get enough sleep  
 Look after your eyes    Never miss breakfast  
 See the dentist for regular checkups    Take some exercise every day

## TOP TIPS

### ... FOR KEEPING HEALTHY

- \_\_\_\_\_ . An average of eight hours a night is about right.
- \_\_\_\_\_ . Make sure you eat plenty of fresh fruit and vegetables. Avoid excessive amounts of salt, sugar and animal fat.
- \_\_\_\_\_ . It's the most important meal of the day.
- \_\_\_\_\_ . Ideally, do sport three times a week for an hour. If you hate sport, go for a 20-minute walk every day.
- \_\_\_\_\_ - at least a litre and a half every day. Tea, coffee and soft drinks are NOT water.
- \_\_\_\_\_ . And brush your teeth three times a day.
- \_\_\_\_\_ . Tea is better for your heart and can even lower your blood pressure.
- \_\_\_\_\_ . If you do, ask a doctor for help with giving it up.
- \_\_\_\_\_ . Get them tested once a year.
- \_\_\_\_\_ . Make sure you are up to date with vaccinations and take malaria medication if necessary.

- Match four of the health tips with the pictures.



- Now do Exercises A to F in the Activity Book.

# Teachers used to be stricter

- Look at the photos and read the captions. Where and when do you think the photos were taken?



People used to travel by donkey cart.



Girls didn't use to go to school.



Farmers didn't use to have tractors.

- Which opinions are true for Iraq? Write A (agree) or D (disagree) in the boxes. Then discuss your views with your partner.

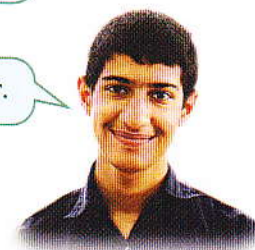


I agree. Families definitely used to be bigger.

That's right. My mother has eight brothers and sisters.

And my grandfather had ten.

But I've only got two brothers and one sister.



- Families used to be bigger.
- Young people used to have less freedom.
- The health service used to be better.
- There used to be more poverty.
- People used to die younger.
- People used to get a better education.
- There didn't use to be so much pollution in cities.
- Children didn't use to be so rude.

- Talk about how life has changed in the past 100 years. Make sentences with *used to/didn't use to*. Use these ideas: children, cities, villages, entertainment, medicine, houses, schools, men, women, young people.

- Now do Exercises A and B in the Activity Book.

### *used to* Grammar and Functions Reference p.79

- used to + verb* is for things which were true in the past but are not true now. Films used to be black and white. Now they are usually in colour.
- The negative is *didn't use to*. People didn't use to have computers and mobile phones, but now everyone has them.

# Let's start with diet

- Read the article and choose the correct linking phrase for each gap.

As a result of this    Finally, let's talk about    Furthermore    In my opinion  
 In the past    ~~Let's start with~~    Next, we need to look at    Now  
 The main reason is    Yet

## People should take responsibility for their own health

by Dr Samir Ramzi

Every year, the government spends millions of pounds in health care on people who have brought their illnesses on themselves through bad diet, lack of exercise or smoking. ① *Let's start with* diet. In Britain, the number of diabetics goes up every year. ② \_\_\_\_\_ that people are eating food that contains too much fat, sugar and salt. ③ \_\_\_\_\_ unhealthy diet, 60 per cent of British people are overweight and therefore at risk of becoming diabetic. ④ \_\_\_\_\_ exercise. ⑤ \_\_\_\_\_,

people used to walk more, or use a bicycle to get around.

⑥ \_\_\_\_\_ everyone gets in their car instead of walking, even if the distance is just a kilometre or two.

⑦ \_\_\_\_\_, children spend hours playing TV and computer games instead of running about outside.

⑧ \_\_\_\_\_ we all know that regular exercise helps us to control our weight and keep our heart healthy.

⑨ \_\_\_\_\_ smoking. There's almost nothing that's worse for your health

than this habit. Smoking damages the lungs and heart, and smokers generally need more medical attention than non-smokers.

⑩ \_\_\_\_\_, the government should not give free health care to people who don't take care of themselves. People who lead unhealthy lives should pay for their own health care. And if they bring up their children in an unhealthy way, they should pay for their children's health care too.

- Study these useful linking phrases.

### Useful linking phrases and functions

- Giving opinions:** In my opinion, ... / I feel that ... / Personally, I think ... / Generally speaking, ...
- Listing points:** Firstly, ... / Let's start with ... / In the first place, ... / Secondly, ... / Next, ... / In addition, ... / Furthermore, ... / On top of that, ... / Thirdly, ... / Finally, ... / Lastly, ... / Last but not least, ...
- Talking about causes:** One reason is that ... / Because of ... / This is caused by ...
- Talking about results:** As a result, ... / Consequently, ... / Therefore, ...

- Now do Exercises A and B in the Activity Book.

# I'll always be proud of him

● Read the article and choose the best title.

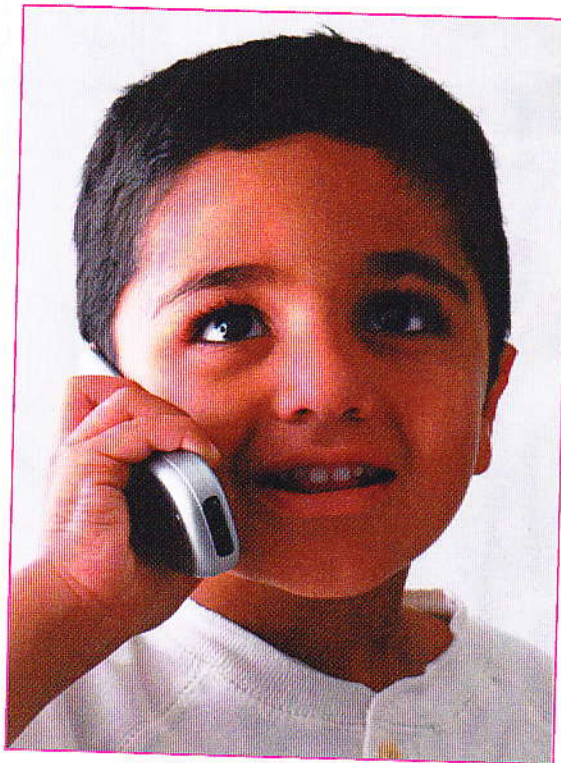
- a) DIABETES, A DEADLY DISEASE
- b) MODERN MEDICINE
- c) SAVED BY HER 4-YEAR-OLD SON
- d) HOW TELEPHONES SAVE LIVES

**W**hen four-year-old Mustafa Ahmad woke up, he got straight out of bed and went to look for his mother. He was a little puzzled because she normally came into his room first thing in the morning, woke him up and helped him to get dressed. He had no idea why she wasn't there that sunny morning in April.

He went to look for her in the kitchen first. There was no sign of her there. And the bathroom was empty, too. Then he opened her bedroom door and saw that she was still asleep. He tried to wake her up by shaking her and calling, but to no avail. For some reason, he couldn't wake her up.

Latifa, Mustafa's mother, suffers from diabetes. This means she has to control her blood sugar with injections of insulin. But sometimes, the levels of sugar in her blood drop too low, and then she can lose consciousness. That is what had happened. During the night, Latifa's blood sugar had dropped very low and she had lost consciousness. Without help, she could have died in a few hours.

Mustafa's father was away on a business trip, so Mustafa was the only one who could help her. Mustafa knew that when his mother needed sugar quickly, she usually drank something sweet. So he went back to the kitchen and took a can of cola out of the fridge. He brought it back to his unconscious mother and tried to make her drink it. He couldn't, of course, so after spilling quite a lot of the cola on the bed, he decided on another plan – to call the emergency services. Luckily, his grandmother had taught him how to do that just the previous week.



'I can't remember a thing about all this,' Latifa says, 'but Mustafa called the emergency services all on his own.'

Emergency operator Safia Khoury took the call. 'The little boy was very calm. He just said, "My mummy is sick. She needs a doctor." I asked him for his address, and he told me.'

An ambulance arrived at the house fifteen minutes later. Mustafa had to stand on a chair to open the front door for the paramedics. They rushed upstairs, found Latifa unconscious and spotted her insulin user's identity card. They knew at once that she was diabetic, and gave her an injection to raise her blood sugar level. Latifa regained consciousness very quickly. 'I'll always be proud of Mustafa,' Latifa says. 'He was calm and intelligent when he needed to be. And that's how he saved my life.'

● Now do Exercises A to D in the Activity Book.



# UNIT 2

- Law and order
- A police officer's duties
- Airport security
- Applying for a job
- Military jobs
- A robbery
- A safety brochure
- Security technology