

# 3

## Keeping fit

### Diet, health and exercise

#### Diet



#### 1.1 Answer these questions.

- How healthy are you?    A very healthy    B moderately healthy    C unhealthy?
- Tick the appropriate column below to show how often you eat the different foods.

I eat ...	at least once a day	a few times a week	once a week	rarely / never
cakes or chocolate				
fried fast foods				
fish				
fruit				
meat				
vegetables				

#### 1.2 Complete the gaps in the text below using words from the box.

factors    ingredients    maintain    nutrients    overeating    overweight    servings    variety

##### How to improve your diet

- Make sure that you eat a (1)..... of foods. It is important to eat from all five food groups.
- Eat plenty of fruit and vegetables. These contain vital (2)..... and leading dietitians recommend eating at least two (3)..... of fruit and three of vegetables every day.
- Try to (4)..... a healthy weight. Being too thin can cause as many health problems as being (5)..... Remember, the correct weight for you depends on many different (6)....., including your age, height and sex.
- Eat moderate portions and don't be tempted to order a larger size when eating out. Skipping meals can lead to (7)..... as you will be much hungrier later, so be sure to eat regularly if you want to curb your appetite.
- You don't need to eliminate all of your favourite foods but do check the (8)..... on food labels and make sure that you reduce your intake of foods that are high in fats, sugar and salt.
- If you have a food allergy, make sure you avoid any of the ingredients that can trigger an attack.

#### 1.3 Match these words and phrases with words from the advice in 1.2.

- |                                 |  |
|---------------------------------|--|
| 1 very important .....          | 6 limit .....  |
| 2 food scientists .....         | 7 desire to eat .....  |
| 3 neither small nor large ..... | 8 totally remove .....   |
| 4 servings .....                | 9 a condition that causes illness if you eat certain foods ..... |
| 5 missing out on .....          | 10 activate .....  |

## Health and exercise

- 2.1** **3a** You will hear part of a health talk. Listen and complete the summary below. Write **NO MORE THAN TWO WORDS**.

The heart is a (1)..... A diet high in (2)..... can slow down the (3)..... and lead to heart problems.

A heart attack is caused when an artery that

(4)..... to the heart becomes (5)..... Patients must be given (6)..... immediately.

A stroke is caused when there is a blockage in an artery that leads to the (7)..... A stroke can have a major effect on your body and as yet there is no (8)..... A healthy diet will keep your arteries (9)..... and can lower the (10)..... of a stroke or heart attack.



### Vocabulary note

The following words are often used with the word *health*.

Nouns: *health* **benefits**, *health* **risks**, *health* **problems**, *health* **care**, *health* **education**, *health* **system**

Adjectives: **in good** *health*, **in poor** *health*, **in excellent** *health*

We can use *healthy* to describe things other than your body: a *healthy* **appetite**, a *healthy* **diet**, a *healthy* **economy**, a *healthy* **disrespect for authority**

- 2.2** **3b** Now listen to part 2 of the talk and answer the questions.

1 Write down three types of aerobic exercise that are mentioned: .....

2 Listen again and find words that mean the same as the following:

- A in a fixed pattern ..... *regular*  
 B quickly .....  
 C little by little .....  
 D a strong suggestion .....  
 E speed .....  
 F doing something to excess .....  
 G get better .....  
 H do one thing then another thing and then the first thing again, etc .....

### Error warning

Note that *health* is a noun and *healthy* is the adjective. We write or talk about *education* and **health** or *mental health*. NOT *education and healthy* or *mental healthy*. We say someone is *strong* and **healthy** NOT *strong and health*.



### Vocabulary note

-*tion* at the end of a word usually indicates that the word is a noun: *action*, *repetition*.

-*tious* indicates an adjective: *repetitious*.

- 3** **WORD BUILDING** Complete the table below. You do not need to write anything in the shaded areas. Write the opposites too, where indicated (*opp.*).

Noun	Verb	Adjective
<i>allergy</i>		
<i>benefit</i>		
<i>harm</i>		<i>opp.</i> =
<i>health</i>		<i>opp.</i> =
<i>infection</i>	<i>opp.</i> =	

Noun	Verb	Adjective
<i>nutrition</i>		
		<i>obese</i>
	<i>prevent</i>	
		<i>recommended</i>
<i>variety</i>		

## 4.1 PRONUNCIATION 3c Put the words into the correct box according to their sound, then practise saying the words. Listen and check your answers.

*bath, bathe, birth, breath, breathe, death, growth, health, mouth (v), mouth (n), teeth, teeche, writhe*

θ (an unvoiced sound as in <i>think</i> )	ð (a voiced sound as in <i>this</i> )
<i>bath</i>	<i>bathe</i>

## 4.2 3d Complete the sentences with words from 4.1. Then listen to the recording to check your answers. Practise saying the sentences.

- I took a deep ..... before diving into the water.
- The baby is crying because he's ..... He got two new ..... only yesterday.
- Old people should take care of their .....
- He's been so happy since the ..... of his son.
- The pain was so bad she was ..... in agony.
- He can't ..... You need to get him to hospital.

## 5 Improve this essay by replacing the words in *italics* with ONE OR TWO words from this unit.

**In the future we won't have to worry about what we eat. We'll just take a tablet to give us all that our body needs and cooking will become a thing of the past.**

In our modern world we often look for quick solutions to our problems. We expect to be able to achieve a great deal with little effort. But I don't believe we can apply this notion to our diet and still remain healthy. Preparing a healthy meal can take a lot of time. First you need to have fresh ingredients. Pre-packaged foods can contain a lot of unhealthy additives and so they are not as <sup>1</sup> *good for your body* as fresh food. You also need to make sure to include a <sup>2</sup> *lot of different* foods to make sure that you receive all of the vitamins and minerals that are <sup>3</sup> *very, very important* to a healthy diet. It is not surprising, then, that some people want to find a simple solution to this in the form of a pill.

Fast foods are very high in fat, sugar and salt and so we should eat them in small amounts. For some people, however, these foods have become their staple diet and as a result they are <sup>4</sup> *fat*. If we want to <sup>5</sup> *stop* this from becoming an even bigger problem in the future then we need to address this situation now. While vitamin tablets may be of some benefit, they are unlikely to be effective in the fight against <sup>6</sup> *people getting too fat*.

Health authorities need to increase public awareness of these issues, but we also need to be realistic. Fast food is popular not only because it is convenient but also because it is tasty. Perhaps we should <sup>7</sup> *strongly advise* that people who eat fast food every day should at least <sup>8</sup> *swap* fast food with fresh food *on every second day*. Finally, we eat for pleasure as well as nutrition and for this reason I believe that pills will never replace freshly-cooked food.

- |                                 |         |         |         |
|---------------------------------|---------|---------|---------|
| 1 ..... <i>nutritious</i> ..... | 3 ..... | 5 ..... | 7 ..... |
| 2 .....                         | 4 ..... | 6 ..... | 8 ..... |

## 6 Answer the questions. Write one or two sentences.

- Do you think young people are more or less fit than 50 years ago? (Why? / Why not?)  
.....
- In what way is your diet different from when you were a young child?  
.....
- What changes do you think will occur in our diet in the future?  
.....

# Test practice

## General Training Reading Section 1

### Questions 1–9

The text below has five sections, A–E.

For which home exercise equipment are the following true?

Write the correct letter, A–E, next to questions 1–9.

**NB** You may use any letter more than once.

### Test tip



In a matching headings task, carefully read each paragraph (or section), then find the heading that accurately represents the *main idea* of the whole paragraph or section.

### Home exercise equipment

If you like the idea of working out in the comfort of your own home, our latest review looks at what's new in home exercise equipment.

- A The Ellipsis 45** works with an up-and-down motion which feels a bit like skiing or climbing stairs. The machine provides a great workout that the joints. You can alter the resistance manually, however, the highest setting doesn't require a lot of effort, so you'll need to use it longer to get a good workout if you are used to something more demanding.
- B The Rower 2000** works the muscles in the back, arms, and legs simultaneously, this is as close to a complete workout as possible from one machine. Unless you're an avid rower, the motions of rowing can feel strange, and some people may find it hard on the back. However, if you love rowing, you'll love using this machine because the pulley system offers a very realistic rowing experience.
- C The Stepper 360.** These machines offer a lower-impact workout that's a little like climbing stairs, but beginners may struggle and find this stepper machine exhausting. Also, if you suffer from painful joints, you should probably avoid this one as the motion can put stress on the knees. The best versions are equipped with handrails and wide pedals for your feet, but sadly this one doesn't and feels a little unstable and flimsy.
- D The Rayley Pro** is a nice looking exercise bike. The great benefit of these is that there's no special training needed to operate it, just be warned that it's not ideal for longer training sessions. While riding isn't as effective in preventing bone weakening diseases like osteoporosis as weight-bearing exercise, it's a great example of excellent cardio workout. This model has a fairly hard seat, but if you prefer, there's a softer cushioned version you can buy separately.
- E The Roadstar** is a traditional treadmill that enables you to walk or run in the comfort of your own home. The basic models don't seem to run very smoothly, so, although it's quite a lot more expensive, it's best to go for the motorized version. All models have an emergency stop device so there are no worries there, and the speed and grade are adjustable, so you can set it to a more suitable pace for you.

- 1 It is best to use it for a short period of time.
- 2 Some people may think it is not challenging enough.
- 3 It is not good for those with certain joint problems.
- 4 You can exercise all parts of the body at the same time.
- 5 The electric model is best.
- 6 It can be hard work if you are not used to exercise.
- 7 You can buy an extra part to make it more comfortable.
- 8 At first, the movement may feel unusual for some people.
- 9 This machine does not feel very safe.

#### **A Guide to Using the Medical Services in the District of Hightown**

##### **When to go to the hospital emergency department (A&E)**

Many hospitals have an Accident and Emergency Department, also known as A&E. These departments deal with genuine emergencies only. Less severe injuries can be treated in an Urgent Care Centre. It's important to remember that A&E departments are not an alternative to visiting your doctor's surgery. If your local surgery is closed, you can phone 100 for medical advice. Alternatively, you can visit one of our Walk-in Centres, which can treat minor illnesses, be aware that there can be a wait during busy periods. Visit our website to find the nearest centre to you.

##### **What happens at A&E?**

If you arrive at hospital by ambulance, the ambulance crew will provide the relevant details to reception and hand you over to the clinical staff. If you're seriously ill, the staff will already know because the ambulance crew will have alerted them on the way in. If you're not in a serious condition, you'll be prioritised by the A&E hospital team along with other patients waiting to be seen. It is important to note that arriving by ambulance does not necessarily mean you'll be seen sooner than patients who take themselves to A&E.

If you go to A&E by yourself, you'll need to register at the reception first, then you'll be asked to wait until you're called for assessment by a nurse or doctor. This process is called triage and ensures people with the most serious conditions are seen first. What happens next depends on the results of your assessment. If the nurse or doctor feels your situation is not a serious accident or emergency, you may be sent to an Urgent Care centre, sent home and advised to see your usual doctor, or you may be given a prescription and sent home. In all cases, the hospital will inform your doctor that you have been to A&E.

**Test tip**

*True / False / Not Given questions* – *False* means that the information in the question is factually wrong. *Not Given* means that the information in the statement is impossible to check because it is not mentioned in the text. Use the questions to help guide you through the reading passage. Look for clues in the questions to find the correct part of the passage then read this section carefully.

**Questions 10–14**

Do the following statements agree with the information given in the text?

Next to question 10 – 14, write

**TRUE** if the statement agrees with the information

**FALSE** is the statement contradicts the information

**NOT GIVEN** if there is no information on this

- 10 An Urgent Care Centre handles the most serious accidents.
- 11 It is best to phone ahead to check if the Walk-in Centre is busy.
- 12 Patients arriving at A&E by ambulance are always treated first.
- 13 Some patients at A&E may be transferred to another location for treatment.
- 14 You need to tell your doctor if you are seen by medical staff in a hospital.