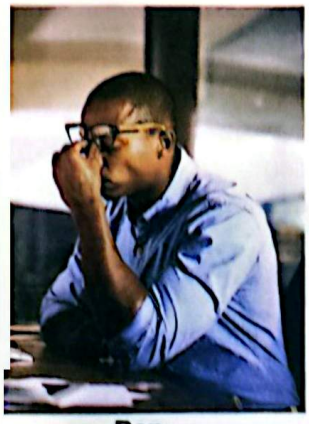
B GOAL Compare Lifestyles



Ben



Beata



Kim

Listening

A 53 Look at the photos. Guess who is healthy or unhealthy. Rank the people's lifestyles from healthy to unhealthy. Compare your answers in small groups. Then listen and check.

Beata — Kim — Ben

Healthy lifestyle → **Unhealthy lifestyle**

B 53 Listen again and complete the table.

	Ben	Beata	Kim
Exercise	Sometimes he goes to the gym on Sundays.	she goes swimming	She works in her garden.
Food and diet	He often has a hamburger or hot dog	She eats a big breakfast of healthy foods.	A lot of food and vegetables from the garden-fish and seafood
Unhealthy habit	Smoking	she eats at least one chocolate bar every day. she watches too much TV	Drink a lot of coffee during the day

PRONUNCIATION: *Have to*

When talking about obligation, people often reduce and connect the words *have to*. *Have to* sounds like *hafta* when this happens: /hæv tu/ → /hæftə/.

have to — hafta

C 54 Listen to each sentence two times. Notice the pronunciation of *have to* and repeat the sentences.

I have to meet clients.
I often have to grab a hamburger.
I have to stop smoking.

D 55 Listen to the sentences and check (✓) *Full Form* or *Reduced Form*.

	Full Form	Reduced Form
1. I have to drink less coffee.		✓
2. They have to go to the gym.	✓	
3. We have to eat more healthy food.	✓	
4. You have to lose weight.		✓
5. Meg and Yuki have to work late.		✓

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D GOAL Discuss the Importance of Sleep

Reading

A Do you often look at a screen (e.g., a phone or laptop) before you go to sleep? Do you think it's bad for your health? Why?

B Read the article. Match the title to each paragraph.

a. A twenty-first century problem 2

b. The problem of light and screens 3

c. Why do we need to sleep? 1

C Read again. Answer each question. Circle *Yes*, *No*, or *Doesn't say*.

1. Is sleep good for our health?	(Yes)	No	Doesn't say
2. Do we study and work better with eight hours of sleep?	(Yes)	No	Doesn't say
3. Does regular sleep help students' grades in school?	Yes	No	(Doesn't say)
4. Do Americans sleep less than people of other nationalities?	Yes	No	(Doesn't say)
5. Does the movement of the sun affect our natural clock?	(Yes)	No	Doesn't say
6. Does blue light affect our sleep?	(Yes)	No	Doesn't say
7. Should we check our phones before we sleep?	Yes	(No)	Doesn't say
8. Does the writer think we will take the advice of medical experts?	Yes	No	(Doesn't say)

D Complete this summary using words from the article.

Sleep is good for physical and (1) mental health. It helps stop (2) sickness and keeps us healthy. We also study and work (3) better when we sleep for (4) eight hours. But in the twenty-first century, we aren't getting enough sleep. One reason is that we stay up (5) late or (6) work all night. Another reason is that (7) blue light from screens keeps us awake. As a result, medical experts advise us to stop looking at screens (8) one hour before bed.



This man is sleeping on a subway platform in Japan. The Japanese term *inemuri* means "sleeping while present." As people work more and get less sleep at night, this is more common.

GOAL CHECK

In groups, prepare a presentation called "Why sleep is good for you."

1. List all the reasons why sleep is good for you. Use ideas from the article and add two of your own ideas.
2. Join another group and take turns giving your presentation. Did you give similar reasons? What was different?

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Lifestyles

UNIT 10

Lesson A Vocabulary and Grammar

A Match the words and meanings.

f	1. lifestyle	a. have an unhealthy body
a	2. be in bad shape	b. exercise in a gym
b	3. work out	c. eat different kinds of healthy food
d	4. be in good shape	d. have a healthy body
g	5. junk food	e. sitting or lying in the sun
e	6. sunbathing	f. how you live
c	7. eat a balanced diet	g. unhealthy food like candy, chips, and cookies

B Complete the sentences with the words from **A**.

Anton and Petrul are brothers. Anton has a good job, but he doesn't have a healthy (1) lifestyle. He works long hours in front of a computer. He doesn't take breaks, or (2) workout regularly. He belongs to a gym, but he never (3) workout there. He says he doesn't have time. As a result, he (4) is in bad shape.

On the other hand, Petrul has a (5) healthy lifestyle. Petrul also works hard, but he (6) workout. He rides his bike to work. He belongs to the same gym as his brother, but unlike Anton, he (7) workout three times a week. Petrul tries not to eat (8) junck Food. He's learning to cook healthy food. He cooks for Anton sometimes, because he wants Anton to eat (9) a balanced diet meals, too.

C How strong is the advice in each sentence? Circle the correct answer.

1. You should go to bed earlier.	gentle	(strong)	very strong
2. You have to quit smoking.	gentle	strong	(very strong)
3. You could eat salad for lunch.	(gentle)	strong	very strong
4. You could go to the gym after work.	(gentle)	strong	very strong
5. You must stop eating so much sugar.	gentle	strong	(very strong)
6. You shouldn't drink so much coffee.	gentle	(strong)	very strong
7. You could go to bed an hour earlier.	(gentle)	strong	very strong
8. You have to change your lifestyle.	gentle	strong	(very strong)

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Lesson B Listening

A 28 Listen. Circle **T** for *true* or **F** for *false*.

1. Hiroto travels for work. T (F)
2. Ivan cooks and eats fresh food. (T) F
3. Gloria drinks a lot of energy drinks. T (F)
4. Gloria gets a lot of sleep. T (F)
5. Ivan gets exercise as a part of his job. (T) F
6. Hiroto doesn't like to cook. (T) F
7. Hiroto gets the most exercise. (T) F
8. Gloria thinks that drinking coffee is a bad habit. T (F)
9. Ivan doesn't like seafood. T (F)
10. Hiroto often eats protein bars. (T) F

B 28 Listen again. Check (✓) the correct name(s).

	Hiroto	Ivan	Gloria
1. Who exercises?	✓		✓
2. Who has a stressful job?			✓
3. Who eats unhealthy food?	✓		
4. Who doesn't have time to exercise?		✓	
5. Who drinks a lot of coffee?			✓
6. Who doesn't get enough sleep?			✓
7. Who exercises as part of their job?		✓	
8. Who spends their time off with family?		✓	

C 28 Listen again. Write an unhealthy habit of each person. Then, write a sentence giving advice to that person using a modal (*could*, *should*, *must*, or *have to*).

1. **Hiroto**
   a. Unhealthy habit: eats protein bars and drinks energy drinks
   b. Advice: He should eat more meat and fish for protein.
2. **Ivan**
   a. Unhealthy habit: doesn't get any exercise.
   b. Advice: Ivan should exercise for one hour on his days off.
3. **Gloria**
   a. Unhealthy habit: doesn't sleep enough.
   b. Advice: Gloria should get more sleep.

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