

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 hotdog	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 → haf

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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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 our on his days off.
3. **Gloria**
   a. Unhealthy habit: doesn't sleep enough.
   b. Advice: Gloria should get more sleep.

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Healthy Habits

Everyone wants to live a long and healthy life. Researchers studying longevity, or how long a person lives, look at people's lifestyles, including their habits. They do this because they want to know which habits help people live longer.

In 1970, some scientists asked 7,000 people in the United States about their habits. Then, they checked to see how long the people lived. The scientists learned that the people with the longest lives:

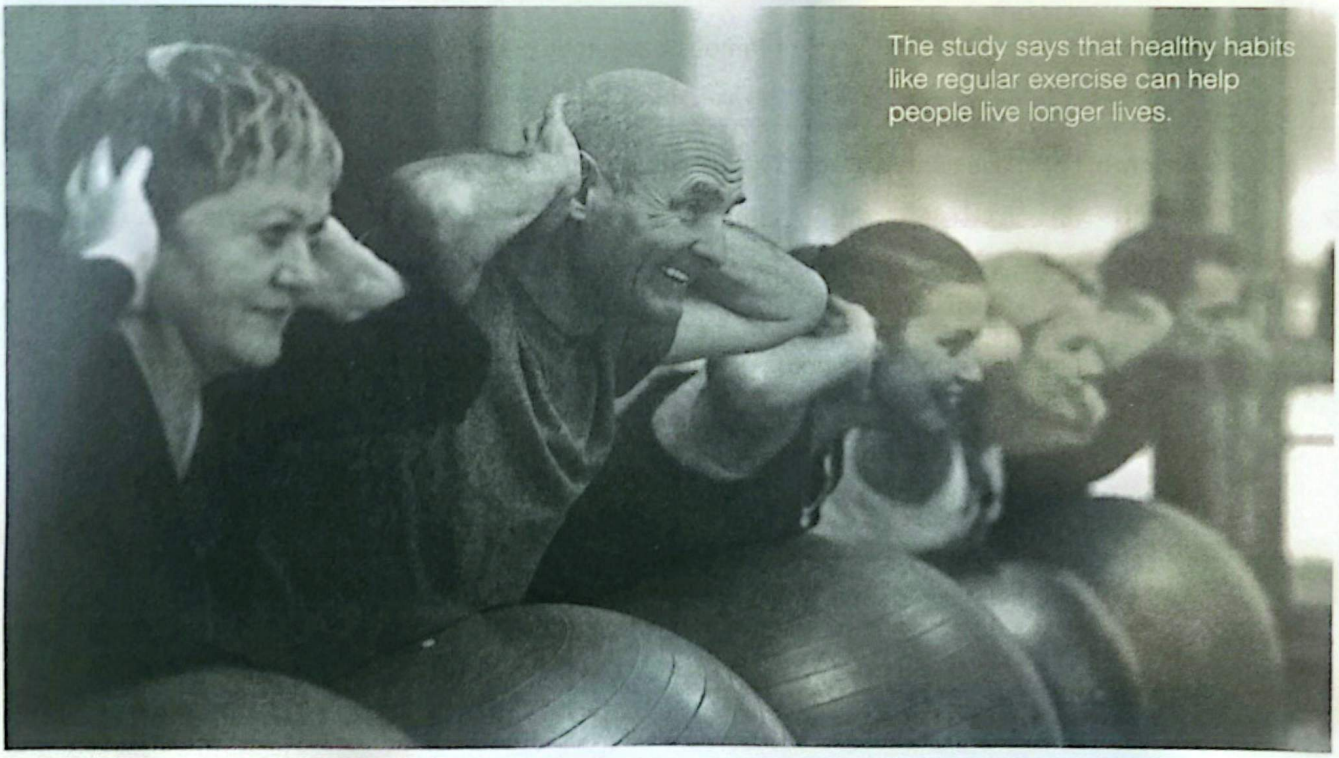
1. ate breakfast every day.
2. didn't eat snacks between meals.
3. weren't too heavy or too thin.
4. exercised regularly.
5. slept seven to eight hours every night—no more, no less.
6. didn't smoke.
7. drank plenty of water every day.

These seven habits made a big difference. People who did all of these things lived 12 years longer than people who did only one, two, or three.

Habits are unlike other longevity **factors**—such as **genes** or environment—because people can change their habits. It's not always easy, but it's possible to learn good habits and break bad ones.

So, how can people change their habits? Scientists say to make changes slowly. It's important to have clear goals. A goal like "live a healthier lifestyle" sounds good, but isn't clear. How will you do this exactly? A clearer goal is, for example, to take a walk every evening, or to stop eating snacks between meals. And to break a bad habit, some experts suggest replacing it. For example, if a person is trying to quit smoking, they should drink a glass of water or go for a short walk when they feel like they want a cigarette. Experts also say you should be patient. Changing habits takes time, and nobody does it perfectly the first time.

factor one thing that influences a situation
genes cells in your body with information passed down from your parents that decides how you will develop (for example, to have blue eyes or to be tall)



The study says that healthy habits like regular exercise can help people live longer lives.

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A Read the article. What does it say about each habit? Circle *good*, *bad*, or *no information*.

1. Eating eggs and fruit for breakfast every day	good	bad	no information
2. Not getting enough sleep	good	bad	no information
3. Going to the doctor often	good	bad	no information
4. Going for a walk every night	good	bad	no information
5. Being too thin	good	bad	no information
6. Drinking plenty of water every day	good	bad	no information
7. Exercising every day	good	bad	no information
8. Smoking	good	bad	no information

B Circle the correct word to complete each sentence.

1. A study of longevity looks at how *long* / *well* a person lives.
2. The scientists in the article wanted information about people's *diets* / *habits*.
3. Drinking coffee every day *is* / *isn't* one of the seven healthy habits.
4. Not getting enough sleep is a(n) *healthy* / *unhealthy* habit.
5. When you stop a bad habit, you *break it* / *pick it up*.
6. An example of a *clear* / *unclear* goal is to eat at least five vegetables a day.
7. Experts say people *could* / *should* make changes slowly.

C Read the advice about changing habits. Check (✓) the sentences that agree with the article.

- [x] **1.** People should make changes slowly.
- [ ] **2.** It's not necessary to have goals.
- [x] **3.** People should replace a bad habit with something.
- [ ] **4.** It doesn't take much time to learn good habits.
- [x] **5.** It's important to have clear goals.
- [x] **6.** People have to understand that it takes time to change their habits.
- [ ] **7.** Drinking a glass of water with every meal is a clear goal.

D Answer the questions.

1. How many of the seven habits do you have? Which ones? eat healthy breakfast everyday exercise regularly - drink plenty of water every day.
2. Which of the habits do you think is the easiest to keep? Why? drink plenty of water every day because it's the easiest habit
3. Which of the habits do you think is the hardest to keep? Why? exercise regularly because being consistent is the hardest part.

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Review

A Complete the conversations with words from the box.

bad exercise healthy junk food lifestyle shape sleep work out

1. **A:** I'm in bad shape.
   B: You could exercise at the gym after class.
2. **A:** Does he eat a lot of junk food?
   B: No, he has a very healthy diet.
3. **A:** Is drinking a lot of water part of a healthy lifestyle?
   B: Yes, of course! And you should drink water after you work out.
4. **A:** Mario and Yuna are in very good shape.
   B: Yes, they are. They ride their bikes to work every day.
5. **A:** Andrei stays up late watching TV most nights.
   B: He should get more sleep.

B Complete the sentences with modals.

1. **Doctor to patient:** You have to stop smoking right now!
2. **Friend to friend:** You could drink water instead of soda.
3. **Mother to son:** You should eat all of your vegetables if you want dessert!
4. **Teacher to student:** You must study the new vocabulary. It's on the test!
5. **Friend to friend:** You should try to lose weight.
6. **Parent to child:** You have to wear a helmet when you ride your bike.
7. **Grandchild to grandparent:** You could turn off your phone when you don't want to answer it.
8. **Personal trainer to client:** You could listen to music when you exercise.

C Circle the best word to complete each sentence.

1. The movie tells the *heartwarming* / *lifelong* story of a child's love for his pet dog.
2. Yasmin and Felipe go hiking *about* / *almost* twice a month.
3. *Homegrown* / *Homemade* bread tastes better than bread from the store.
4. They go to the movies *not much* / *around* once a month.
5. *Overworked* / *Stress-free* employees are usually unhappy with their jobs.
6. Miguel is my *homegrown* / *lifelong* friend.

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