

Module 10. Healthy body, healthy mind

10a Stress free

1. Translate the words and make up 5 sentences with them about yourself.

to fall out/ argue with	
sibling	
	переезжать в другой дом
	потерять что-то ценное
to throw a party	
	не соглашаться с родителями
to sit exams	

2. Fill in the gaps using the words in ex. 2, p. 96 SB.

- I always feel nervous when I _____ with my friends.
- Helen cannot go for a walk today as she has _____ .
- When I am 25 I will _____ a cool birthday _____.
- Have you ever _____ anything _____? – Yes, I have. It was my i-phone.
- I find _____ the most stressful for a teenager when you have to make new friends and be on the same page with new teachers.

3. Use the words to make up sentences.

- Nick/ time/ has/ no/ enough/ sit/ to/ around.
- always/ are/ my/ and/ brother/ I/ fighting/ silly/ about/ things.
- spreading/ they/ all/ are/ kinds/ about/ of/ rumours/ her.

- like/ people/ gossip/ to.
- is/ management/ time/ answer/ the.

4. Translate the sentence from Russian into English using the words in bold at p. 96, ex. 3, SB.

- Иногда полезно отдохнуть и ничего не делать.
- Когда люди ссорятся – кто-то всегда остается виноватым.
- Важно планировать время и отделять необходимое от желаемого.
- Многие люди любят сплетничать.
- Учись взаимодействовать.

5. Work in pairs. Make a list of things that you should/ shouldn't do at school. Share your ideas with your classmates and then make a memo for students at your school.

6. Rewrite the sentences and use *unless*.

- Listen carefully to the teacher or you will not know the rule. – You won't know the rule _____
- Peter must apologise to Mary or she will ignore him. – Mary will _____
- You should manage your time or you will not be able to do everything on time. – You will _____

7. Complete the sentences using *fall apart/ behind/ out with*.

- Tom and Sarah have _____ because Tom broke Sarah's favourite doll.
- Sorry, but this jar has _____. I can try and glue the pieces.

- If you don't complete the tasks on time you can start _____
_____ the group.

8. Choose the problem or offer a problem of your own and discuss it in groups of four. Give pieces of advice and share your suggestions with your classmates.

- You have been ill for a long time and fall behind the group.
- You would like to start several clubs but have no time.
- You have fallen out with your best friend.

10b Accident prone

1. Make up sentences using words from ex. 1, p. 98 SB in Russian and then read them out for your partner to translate into English.

2. Play snowball – use the words below and make up a story. One sentence from each student.

cut a finger, break a leg, chip a tooth, sprain a wrist, bang one's head, hurt one's back, twist one's ankle.

3. Study the cartoon strip at p. 98, SB and find English equivalents.

смотреть на кого-л.	
вызвать скорую помощь	
фонарный столб	
берегись!	
перевязать	

4. Answer the questions to the cartoon strip.

- What are the names of the main characters?
- What was Mat doing when he hit the lamp-post?
- How did Bill help Tom?
- What did the doctor say about the injure?
- Who is more optimistic?

5. Retell the story in the person of Bill/ Tom/ a doctor.

6. Complete each sentence with myself/ yourself, etc.

- Tom cut _____ while he was cooking.
- Nick and Kate had a great time. They really enjoyed _____.
- Watch out! This frying pan is very hot! Don't hurt _____.
- I think I should pay more attention to _____.

7. Answer the questions and use reflexive pronouns.

- Who translated the text for you? – Nobody. I translated it _____.
- Who told you that Sarah was getting married? – Linda told me _____.
- Can you do the washing-up for me? – Why can't you do it _____.
- Did Tom's father buy him an i-phone? – No, Tom did it _____.

8. You are a journalist. You have to write a short article about accidents. Add pictures to your article.

10c Doctor, Doctor!

1. Match the names of the disease with the advice.

Disease	Advice
headache	take a painkiller
stomachache	have a hot cup of tea
earache	lie down and get some rest
feel exhausted	put drops in it
sore throat	eat a light meal

2. Role play. You are at home and you've got a headache. Call your friend and ask for an advice.

Culture Corner

1. Read the text at p. 101, SB and make up 5 questions to the text and ask them to your partner.

- _____
- _____
- _____
- _____
- _____

English in use

1. Read the dialogue at p. 102, SB and imagine that you are Ann. Tell your mum about your visit to Mrs Thompson.

KEYS

Module 10.

10a

1.

to fall out/ argue with	Ссориться / спорить с
sibling	Брат или сестра
Move house	переезжать в другой дом
Lose sth valuable	потерять что-то ценное
to throw a party	Устроить вечеринку
Disagree with parents	не соглашаться с родителями
to sit exams	Сдавать экзамены

2.

- I always feel nervous when I **fall out/ argue** with my friends.

- Helen cannot go for a walk today as she has **too much homework**.
- When I am 25 I will **throw** a cool birthday **party**.
- Have you ever **lost** anything **valuable**? – Yes, I have. It was my i-phone.
- I find **changing schools** the most stressful for a teenager when you have to make new friends and be on the same page with new teachers.

3.

- Nick has no enough time to sit around.
- My brother and I are always fighting about silly things.
- They are spreading all kinds of rumours about her.
- People like to gossip.
- Time management is the answer.

4.

- Sometimes it is useful to relax and sit around.
- When people fall out there's somebody who gets the blame.
- It is important to manage the time and separate the have-tos from the want-tos.
- Many people like to gossip.
- Learn to cooperate.

6.

- Listen carefully to the teacher or you will not know the rule. – You won't know the rule until you listen to the teacher carefully.
- Peter must apologise to Mary or she will ignore him. – Mary will ignore Peter until he apologises to her.
- You should manage your time or you will not be able to do everything on time. – You will not be able to do everything on time until you manage you time.

7.

- Tom and Sarah have fallen out because Tom broke Sarah's favourite doll.
- Sorry, but this jar has fallen apart. I can try and glue the pieces.
- If you don't complete the tasks on time you can start falling behind the group.

10b

3.

смотреть на кого-л.	Look at
вызвать скорую помощь	Call for an ambulance
фонарный столб	Lamp-post
берегись!	Look out for...
перевязать	To wrap

4.

- Bill and Mat
- He was skateboarding
- He wrapped his ankle.
- It might be broken
- Bill is.

6.

- Tom cut himself while he was cooking.
- Nick and Kate had a great time. They really enjoyed themselves.
- Watch out! This frying pan is very hot! Don't hurt yourself.
- I think I should pay more attention to myself.

7.

- Who translated the text for you? – Nobody. I translated it myself.

- Who told you that Sarah was getting married? – Linda told me herself.
- Can you do the washing-up for me? – Why can't you do it yourself?
- Did Tom's father buy him an i-phone? – No, Tom did it himself.

10c

1.

Disease	Advice
headache	take a painkiller
stomachache	eat a light meal
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feel exhausted	lie down and get some rest
sore throat	have a hot cup of tea