

Unit 8: Staying Healthy

Lesson 1: Vocabulary

A Match the pictures with the activities. Write the letters.

- A 1. eat fatty foods 3. drink sugary beverages 5. eat fast food
 2. buy fresh fruits and vegetables 4. have a snack 6. make homemade meals



B Complete the sentences with four activities from Exercise A.

1. When you _____, try a piece of fruit instead of candy or chips.
2. It's OK to _____ once in a while, but don't do it every day!
3. At the grocery store, you should _____.
4. It can take more time to _____, but it's healthier than takeout.

C Nutritionists give patients information and advice about diets. Complete the paragraph. Use the words in the box.

buy fresh fruits and vegetables frozen sugary
fast food homemade meal takeout

It's very easy to have bad eating habits and make poor food choices. Everywhere you look, you see (1) _____ restaurants. Many people work long hours, so at the end of the day, they just get (2) _____ because they don't want to take the time to make a (3) _____.



It's important to remember that our bodies need good food to stay healthy. Go to the produce section of your grocery store and (4) _____. Stay away from (5) _____ beverages and drink water instead. Don't buy (6) _____ dinners because they usually have a lot of sodium. If you make small, consistent changes to your eating habits, you can live a long and healthy life!

D MAKE IT PERSONAL. Do you have healthy or unhealthy eating habits? Write sentences about your eating habits.

I like to cook homemade meals. I think homemade meals are healthier than fast food or takeout.

A Unscramble the sentences. More than one answer is sometimes possible.

1. (once a month / eat / fast food / I)

2. (always / Rodrigo / eggs / has / for breakfast)

3. (never / milk / my sister / drinks)

4. (we / a lot of water / every day / drink)

5. (I / sit-ups and push-ups / do / once in a while)

B Rewrite the sentences. Use the adverbs of frequency in parentheses.

1. In my native country, I ate a big breakfast. (always)

In my native country, I always ate a big breakfast.

2. I have oatmeal with bananas for breakfast. (usually)

3. My children eat cereal for breakfast. (often)

4. When I am running late for work, I skip breakfast. (usually)

5. I eat before bedtime. (never)

C The sentences have errors. Rewrite the sentences.

1. I have often coffee and toast in the morning.

2. My wife likes always to drink orange juice for breakfast.

3. My children eat healthy snacks between meals usually.

4. Sometimes we get takeout for dinner.

5. I have a sandwich and fruit for lunch always.

D Read the paragraph. Find and correct five mistakes with adverbs of frequency.

Asha is from Somalia but now she lives in Minnesota. She and her family usually eat dinner together. In Somalia, lunch always was the biggest meal, but in the United States, families don't have time for a long lunch. Asha fries her food usually. She and her family prefer lamb, but they always don't get it. Sometimes they have beef or chicken. They also often have breads like chapatti or roti. Once in a while, Asha also makes a dish called Malawa that looks like a pancake. They finish the meal always with spicy sweet tea. In the United States, she is able to buy many kinds of vegetables. In Somalia, there weren't as many vegetables available so rarely they had them.

Lesson 4: Life Skills and Study Skills

LIFE SKILLS

Look at the two granola bar labels. Complete the sentences with information from the labels.

Yogurt Granola Bar

Nutrition Facts	
Serving Size 1 bar	
Amount Per Serving	
Calories 140	Calories from Fat 30
	% Daily Value *
Total Fat 3.5g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 2g	4%
<hr/>	
Calcium	20%
Iron	2%
<hr/>	
Est. Percent of Calories from: Fat 22.5% Carbs 74.3% Protein 5.7%	

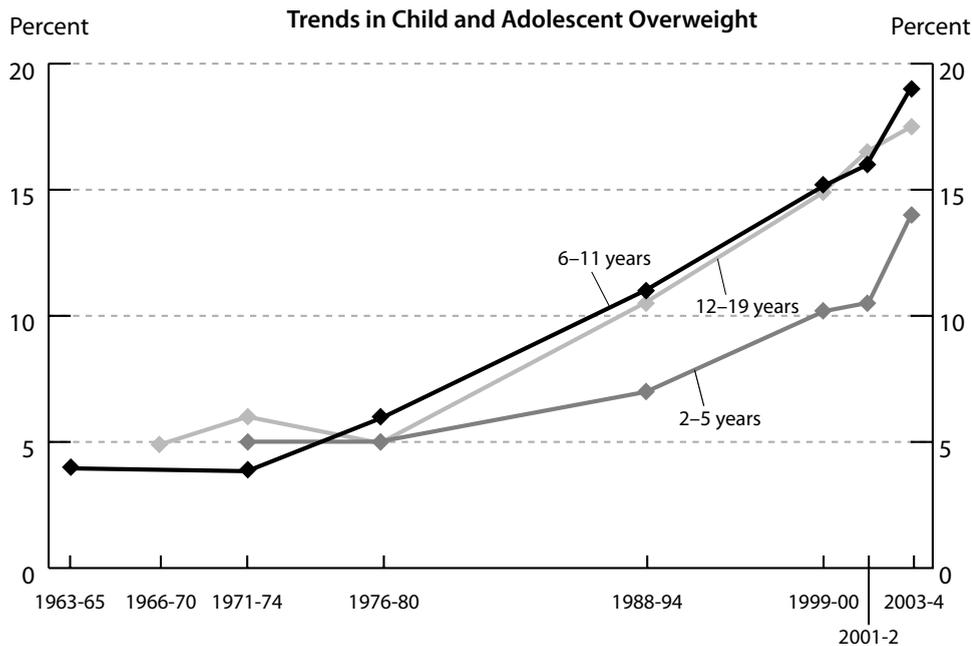
Spring Valley Granola Bar

Nutrition Facts	
Serving Size 1 bar	
Amount Per Serving	
Calories 180	Calories from Fat 50
	% Daily Value *
Total Fat 6g	9%
Saturated Fat 0.5g	2%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 4g	8%
<hr/>	
Calcium	20%
Iron	2%
<hr/>	
Est. Percent of Calories from: Fat 30.0% Carbs 64.4% Protein 8.9%	

1. There are _____ grams of saturated fat in the Yogurt Granola Bar and _____ grams of saturated fat in Spring Valley Granola Bar.
2. There are more calories from fat in the _____ Granola Bar.
3. The _____ Granola Bar has less sodium than the _____ Granola Bar.
4. There are _____ grams of sugar in the Yogurt Granola Bar and _____ grams of sugar in the Spring Valley Granola Bar.
5. The Spring Valley Granola Bar has _____ more grams of protein than the Yogurt Granola Bar.

STUDY SKILL: Read a line graph

Read the line graph. Then write *T* (true) or *F* (false) for each statement.



Note: Overweight is defined as BMI \geq gender- and weight-specific 95th percentile from the 2000 CDC Growth Charts.
Source: National Health Examination Surveys II (ages 6-11) and III (ages 12-17), National Health and Nutrition Examination Surveys I, II, III and 1999-2004, NCHS, CDC.

Source: <http://www.cdc.gov/nchs/products/pubs/pubd/hestats/overweight/HealthEstat1206.gif>

- ___ 1. In 2003–2004, almost 20 percent of children ages 6–11 were overweight.
- ___ 2. In 2000, about 10 percent of children who were 2–5 years old were overweight.
- ___ 3. The number of overweight children ages 6–11 increased between 1965 and 1971.
- ___ 4. In 2004, there were more overweight children ages 12–19 than ages 2–5 years.
- ___ 5. In 2004, the percentage of overweight children went up fastest for children ages 2–5 years.
- ___ 6. Children ages 2–5 gained weight between the years 1971–1980.
- ___ 7. In 2004, children ages 6–11 had the highest percentage of obesity of all children.

A Unscramble the sentences. Put the words in the correct order. More than one answer is sometimes possible.

1. (like / at the movies / eating / candy bars / they)

2. (juice / in the morning / drinking / he / enjoys)

3. (doesn't mind / she / early / waking up)

4. (after work / like / basketball / playing / we)

5. (on the weekends / enjoy / we / takeout / eating)

B Complete the sentences. Use the gerund form of the verbs in the box.

do diet drink eat take vacuum

1. Jeffrey enjoys _____ doing _____ Tai Chi because he likes to exercise.

2. Try _____ water instead of soda.

3. Stop _____ junk food if you want to lose weight.

4. These days, doctors do not recommend _____. Instead they tell patients to have good eating habits, exercise, and control portions.

5. Try _____ at least 20 minutes a day to exercise.

6. Consider _____ or doing other housework for exercise.

C Complete the paragraph. Use gerunds and the verbs in parentheses.

Luis Ricardo is forty-three years old and lives in Los Angeles. He has type 2 diabetes. His doctor told him he has to stop eating junk food and change his lifestyle. He also told Luis that he needs to _____ every day. He suggested running, swimming, walking or playing soccer. Luis _____, and he _____. But he _____ for walks. His wife goes out with him and they walk around the park three times a week. Luis has also changed his eating habits. Now he shops with his wife, and they buy more fruits and vegetables. They cook more homemade meals and buy less takeout food. They also _____ healthier meals for the family.

D Read the situations. Write tips for a healthy lifestyle. Use the words in parentheses and gerunds. Start the sentences with *Consider*, *Think about*, or *Try*.

1. My husband eats too much.

(make / smaller meals) Think about making him smaller meals.

2. My children love eating chips and drinking soda.

(give / them / fruits and vegetables) _____

3. I have a bad habit of getting takeout all the time.

(cook / homemade meals) _____

4. My children like watching TV for hours every day.

(increase / their physical activity) _____

READ

Read the article. Why is smoking still popular?

The Risk of Smoking

In recent years, many smokers have quit smoking, but smoking is still common.

In 2007, a study showed that about 20.8 percent of American adults (45.3 million people) smoke cigarettes. Smoking is especially popular among young people. In 2006, 24 percent of white and Latino high school students smoked. Why do so many young people smoke when they know it can cause fatal diseases?

One answer is advertising. Millions of dollars go into cigarette promotions. Smoking is in magazine ads, on billboards, and in the movies. In one movie smoking was shown over 20 times. In the movies smoking looks cool especially to young people who are the largest movie audience. When young people see these images in movies, they think smoking will make them attractive and happy. They may know that smoking is dangerous, but they are thinking about their life now, not about their future. It's important for young people to understand how deadly smoking is.

Here are some facts about smokers and the dangers of smoking:

- 80 percent of smokers start smoking before they turn 21 years old.



Actress Scarlett Johansson smoking in the movie *Lost in Translation*

- Every year, nearly 440,000 Americans die from smoking-related illness or disease.
- Smoking can lead to many diseases such as cardiovascular disease. This disease affects the heart or blood vessels (arteries or veins).
- Smoking also causes high blood pressure and can increase the risk of stroke. Smoking can also lead to lung diseases like emphysema as well as cancers, especially lung cancer.

Smoking is very addictive, but it is possible to stop. If you do smoke, talk to your doctor about ways to quit. Smokers who quit will have healthier lungs and hearts almost immediately. In a few years, their risk of stroke or heart disease is the same as nonsmokers.

In recent years, a lot of adult smokers have quit, but many young people are still starting to smoke. Young people need to know the facts. Then maybe they will not start the habit.

CHECK YOUR UNDERSTANDING

A Read the article again. What is the main idea? Circle the best answer.

- a. There are many advertisements for smoking in the movies.
- b. Smoking is deadly, but advertisements cause many young people to smoke anyway.
- c. Cigarette smoking greatly increases the risk of disease and death.

B Read the statements. Write *T* (true) or *F* (false).

- ___ 1. One third of Americans smoked in 2007.
- ___ 2. Approximately 4.53 million people are smokers in the United States.
- ___ 3. Smoking can cause stroke or heart disease.
- ___ 4. Cigarette smoking is addictive.
- ___ 5. Quitting smoking is easy.

C Read the statements. Write *F* (fact) or *O* (opinion).

- ___ 1. There were 45.3 million smokers in the United States in 2007.
- ___ 2. Smoking can make you happy.
- ___ 3. Smoking increases the risk of heart disease.
- ___ 4. It is wrong for actors to star in films for young people where the characters smoke.

Reading Skill:

Understanding facts and opinions

When you read, look carefully at the information. Is it a fact (something you can prove) or an opinion (a person's idea or belief)? Identifying facts and opinions when you read helps you make better judgments about what you are reading.

D MAKE IT PERSONAL. What can you tell someone who wants to stop smoking? Write sentences in your notebook.

Try talking to your doctor.

A Unscramble the sentences. Put the words in the correct order.

1. (to the dentist / going / for young children / can be scary)

2. (your teeth / regularly / is good / flossing / for your dental health)

3. (is / important / after / brushing / every meal)

4. (your / grinding / teeth / not / is / good)

5. (milk / strong / can / keep / drinking / your teeth / help)

B Complete the conversations. Use gerunds.

1. **A:** _____ a lot of sugary foods is bad for your teeth.

(Eat)

B: I know. I'll try _____ my eating habits.

(change)

2. **A:** _____ milk is good for your teeth.

(Drink)

B: OK. What about chocolate milk?

3. **A:** _____ your teeth every night is good for your teeth and gums.

(Floss)

B: I'll start tonight!

4. **A:** I don't like brushing my teeth. It hurts.

B: _____ with a soft toothbrush might help.

(Brush)

5. **A:** I had a terrible toothache. The dentist took X-rays, but I'm not sure why.

B: _____ X-rays can help the dentist see if the problem is serious.

(Take)

C Rewrite the sentences. Start each sentence with a gerund.

1. It's a good idea to see the dentist at least twice a year.

Seeing your dentist at least twice a year is a good idea.

2. It's important to floss every night before bed.

3. It's hard to remember to floss every day.

4. It's bad for your teeth to drink a lot of sugary beverages.

5. It's a good idea to go to the dentist if you feel any pain in your teeth or gums.

D Read the problems. Give advice. Use gerunds and the words in parentheses. More than one answer is possible.

1. My son drinks a lot of soda.

(drink) Drinking soda is bad for your teeth.

2. Sometimes I forget to brush my teeth at night.

(brush) _____

3. I never floss. Why should I?

(floss) _____

4. I have bad breath. What can I do?

(rinse with mouthwash) _____

5. My son always makes a mess when he brushes his teeth.

(show him how to brush) _____