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Good health

Teacher's notes

Summary

This DVD programme could be used as support to materials in Unit 4 of the Student's Book, either as an introduction or follow-up to the Listening and Vocabulary section on page 41, or the Reading section on page 42. In the programme we see six people responding to questions about their health and diet and their attitudes towards smoking.

Language focus

Phrasal verbs
Giving advice

Background information

There have been a number of campaigns in recent years in the UK to promote a healthy lifestyle. The National Health Service's '5 a day' campaign, for example, was introduced to encourage the public to eat at least five portions of fruit and vegetables every day, and in 2005 the TV chef Jamie Oliver set up a campaign to improve the quality of food in schools.

To try to combat the high number of smoking related deaths in the UK, the government is encouraging smokers to quit. On 1st July 2007 a new law was introduced prohibiting smoking in many public places and working places in England. In addition, the National Health Service offers free help and support for those trying to give up the habit.

Procedure

Before you watch

- 1 Ask the students to write questions to match the answers given on the worksheet. Stress that there are a number of possible alternatives. Answers 4 and 6 don't give many clues about their questions, so encourage the students to guess from the theme of the programme.

While you watch

- 2 Explain that the students will hear a number of answers to each question. They will not hear the six questions on the programme but the answers to each question are grouped together (see the DVD script). Ask them to watch the programme and do the following:
 - a) note who gave the answers in Exercise 1.

- b) check whether the questions they wrote matched all the answers to that question.

Play the programme. After viewing, allow some time to discuss alternative question forms. Write the questions on the board.

(The answers from Exercise 1 and the person who said them are shown in brackets.)

- 1 **Do you do any sport?**
(Kevin: No, none at all – it's too much like hard work.)
- 2 **What advice would you give to someone who wants to get fit?**
(John: The best thing to do would be to do gentle exercise for a while and to gradually increase.)
- 3 **What kind of food do you eat?**
(James: It tends to be takeaways, fast food, microwave dishes – not very good stuff, really.)
- 4 **Have you ever dieted?**
(Sarah: Oh yes ... and it worked beautifully for a while.)
- 5 **How do you feel about smoking?**
(Amanda: It's just a very anti-social habit and I don't want to have anything to do with it.)
- 6 **What advice would you give to someone who wants to give up smoking?**
(Becky: Imagine how you taste when someone kisses you.)

PART 1-2 (00:00–02:15)

- 3 Ask the students to look at the statements and decide whether they are true or false. Play Part 1 of the programme and ask the students to check their answers.

- | | | | |
|----------|---------|----------|----------|
| a) False | b) True | c) True | d) True |
| e) False | f) True | g) True | h) False |
| i) False | j) True | k) False | |

PART 3-4 (02:16–04:53)

- 4 Ask the students to work in pairs. Ask them to check their understanding of the underlined expressions, then ask and answer the questions.

A sweet tooth is a liking for food which contains a lot of sugar.

A balanced diet is a diet that has the quantity and variety of food necessary for good health.

Junk food is food that is easy to prepare but lacks nutritional value.

- 5 Play the programme and ask the students to note how many people can answer 'Yes' to each question.

- a) 3 (Becky, Kevin and John)
- b) 2 (Becky and John)
- c) 1 (John)
- d) 1 (James)
- e) 1 (James)
- f) 2 (Becky and Sarah)
- g) 1 (Amanda)
- h) 1 (Kevin)
- i) 1 (John)
- j) 1 (Amanda)

PART 5-6 (04:54–07:17)

- 6 Ask the students to tick (✓) the answer they think each speaker gave.
- 7 Play the programme for students to check their answers.

- a) 2 b) 2 c) 2 d) 1 e) 2 f) 1
- g) 2 h) 1 i) 1 j) 1

After you watch

- 8 Ask the students to replace the underlined words in the sentences with one of the phrases in the box.

- a) give up d) cut down on
- b) take up e) keep it up
- c) stick to / put on weight

- 9 Put the students in pairs and ask them to discuss whether the sentences are true for them.

- 10 Divide the class into groups of three or four.

Write the six questions on the board and ask the students to discuss them. Encourage them to give their opinion or advice as often as they can, using the language from the Language toolbox.

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DVD script (07:17)

(B = Becky; K = Kevin; JS = James; S = Sarah;
J = John; A = Amanda)

PART 1 (00:00–02:15)

1 *Do you do any sport?*

B: Yes I do lots of sport, I do yoga and swimming and aerobics to keep fit, erm, at weekends and on holidays I like to go walking or cycling and sometimes surfing.

K: No, none at all – it's far too much like hard work.

JS: Yes, I play football every Monday, er, five-a-side, er, but I go in goal because I'm not very fit and I don't like running around so much.

S: Oh as little as possible, because I find it really hard to fit it into my daily life, I'm very busy and I just can't find the time.

J: Erm, actually I don't no, erm, I should do some sport but the thing is I've never been very good at it, erm, particularly team sports so I realise that I'm not in very good shape at the moment and I need to find some way of doing exercise.

2 *What advice would you give to someone who wants to get fit?*

B: I'd say that you need to choose something that you'll enjoy doing because there's no point trying to do something if you don't enjoy it – you'll give up very soon, erm, and it has to be something that's convenient for your lifestyle so, for example, choose a gym close to your office or something like that.

JS: Er ... you would have to do something you enjoy, erm, personally I would do swimming or cycling – something that I could do with a friend. Preferably cycling, you know, go on long rides in the country – that's nice.

J: Well I'm not exactly an expert on the subject but I have been thinking about how, erm, I could get fitter myself and I think probably the best thing to do, er, would be to do gentle exercise and to ... to gradually increase that ... erm, from what I understand of what doctors say these days it's best to do prolonged periods of gentle exercise

rather than short spurts of really strenuous exercise.

A: Find something that you enjoy doing – that you're going to keep at because if you ... if you don't enjoy doing it, or you get bored with it, you're not going to keep it up, so you're not going to get fit.

PART 2 (02:16–04:53)

3 *What kind of food do you eat?*

B: I try to eat healthily, I eat a lot of fruit and vegetables, erm, but I do have a sweet tooth so I have to eat chocolate occasionally.

K: Er ... I don't make any special effort to eat healthily, er, I eat what I like, erm, I don't eat a lot of red meat but because it's expensive, er, and I like vegetables and ... and fruit but I don't think I eat particularly healthily, no.

J: I would say I do eat healthily, yes, I try and eat a balanced diet, erm, not too much meat, er, lots of fresh fruit and vegetables. Erm ... I probably eat a little bit too much, particularly between meals, I've got quite a sweet tooth and er ... and that's not good; I can see the signs of er ... an expanding waistband now so er ...

JS: Er ... during the week, er, at lunchtime I have a very good lunch at work erm ... but in the evenings, because I live away from home, er, it tends to be takeaways, fast food, microwave dishes – not very good stuff, really.

4 *Have you ever dieted?*

B: I've dieted several times erm ... the only diet that worked was one where it's an organised diet and you go along to a meeting every week and get weighed and there's a list of foods you can eat and foods you can't eat. Erm ... I think the best way to diet is following a flexible diet like that that you can fit to your lifestyle because there are lots of stupid diets around like Cabbage Soup Diet and things where you eat strange foods all the time and it's not something that you can do, erm ... on a long-term basis.

- K: Erm ... no my problem is putting on weight, I'm the same weight now as I was when I was eighteen and I have to eat a lot of potatoes and things like this to try and put on weight but it just doesn't work.
- S: Oh yes, yes I've dieted and it worked beautifully ... for a while.
- J: Erm ... no I haven't ever been on a diet no, erm, I think it's important to think about the way you eat in general erm ... I don't believe in ... in dieting or crash dieting particularly, er, it's bad for the metabolism and ... and doesn't actually work, I don't think, so, er, the most effective way of ... of losing weight is to change your eating habits in general; think long-term rather than I mustn't eat much for the next few weeks.
- A: All the time. I'm prone to putting on weight, so I'm always very careful about what I eat and I try to stick to a low-fat diet.

PART 3 (04:54–07:17)

- 5 *How do you feel about smoking?*
- B: I hate smoking, I hate the smell of it and I hate when you walk into a room and you leave the room smelling of smoke, erm ... er I think it's a disgusting habit.
- K: Erm ... I don't like the smell, er, smoking makes you smelly, I don't like that really erm ... I do quite like the idea of sneaking out from work and having a quiet ten minutes by myself while everybody else is still working; I like that about it.
- A: I'm very anti. Er ... I used to smoke, a long time ago. I'm one of those horrible er ... reformed smokers. I'm now very anti it. I ... I won't allow people to smoke in my house, and, erm, I think it's just a ... a very anti-social habit and ... don't want to have anything to do with it.
- J: I find it quite unpleasant ... erm ... if I'm in a room where there are a lot of smokers it affects my eyes quite a lot and my chest too, erm ... I'm an asthmatic so I ... I find it very unpleasant.
- JS: Er ... I am a smoker actually, er ... I smoke about twenty a day. Er ... it's not really something that I enjoy, to be honest, er, it's just a habit and, er, an addiction, really.

- 6 *What advice would you give to someone who wants to give up smoking?*
- B: It's very difficult for me to give advice to someone who wants to give up smoking because I've never smoked so I don't know how difficult it would be but I would just say, 'Imagine how you taste when someone kisses you.'
- S: You've got to really want to give up for your own reasons not because they tell you, somebody tells you, but you should find a good reason for yourself.
- J: It's hard to say, not having been a smoker myself, erm, but perhaps something for a smoker to bear in mind would be the effect it has on other people who don't smoke.
- JS: You would need a tremendous amount of willpower, er, a tremendous incentive. Er ... my personal incentive would be the amount of money it costs me. Forty pounds a week just going up in smoke.
- A: Just keep trying – try anything that ... that will, erm, bring success, basically. Er ... any ... any of the ... hypnosis, acupuncture, whatever it takes to ... to do it, but ... do it!