



UNIT 1

- My toe is bleeding
- I was ice skating, and I fell over
- My friends were all watching, so I didn't want to give up
- Most smokers take it up as teenagers
- Take some exercise every day
- Life used to be different
- Let's start with diet
- Using your phone behind the wheel
- Against all odds
- Round up

My toe is bleeding

1 Look at the pictures. What minor health problems do you think each person is suffering from?

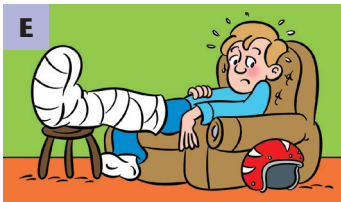
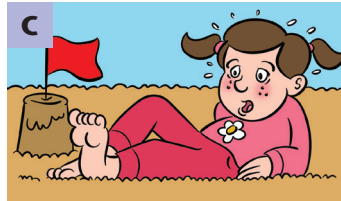
2 **AB** Match what each person is saying with the correct picture.

1 My shoulder hurts. I did it playing tennis.

2 I burnt my finger on the oven.

3 I've got a broken leg. I fractured it in a motorbike accident.

4 I feel dizzy. I need to lie down.



5 I've got a pain in my knee. It's really swollen.

6 I've got a terrible headache. Can I have some painkillers?

7 I've got a sore throat. It hurts so much that I can't swallow.

8 I have a temperature of 39.

9 I have a very bad cold. I can't stop sneezing.

10 I need this bucket because I think I'm going to be sick.

11 I've got a bad wrist. I sprained it lifting weights in the gym.

12 I twisted my ankle playing football.

13 My toe is bleeding. I cut it on a piece of glass on the beach.

14 My lips are really dry and sore.



3 Now do Exercises A to D in the Activity Book.

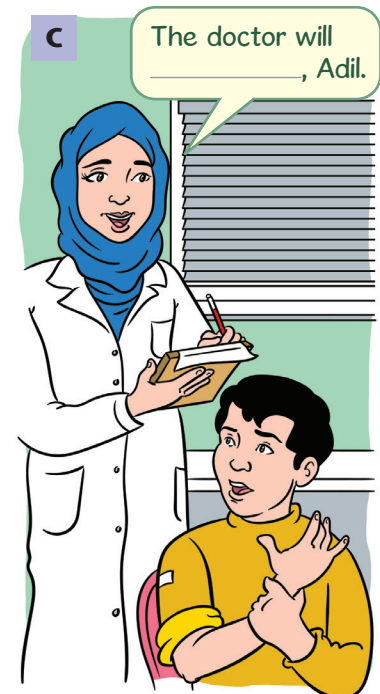
I was ice skating, and I fell over

Unit

1

Lesson 2
AB 6-7

1 Discuss with a partner what is happening in each picture. Then read the text and guess the missing words.



2 Listen and check your answers.

3 Now do Exercises A to C in the Activity Book.

My friends were all watching, so I didn't want to give up

1 Read Ammar's blog post and choose the best title.

- a Be very careful when swimming in rivers
- b How health technology changed my life
- c How I made it into the basketball team
- d New technologies making a difference in medicine



When I was 16, life was great! I was finally part of the school basketball team and had loads of friends. But one day, everything changed. I was swimming in a river with my friends. It was a sunny day, and we were all having lots of fun. I decided to jump off a bridge above us. I climbed up carefully and looked down. It seemed a lot higher than when looking up from the water. It was a bit scary, but my friends were all watching, so I couldn't give up now. I closed my eyes and jumped. That was the last thing I remember.

I woke up in hospital. My parents were sitting next to me. My father told me what happened: the river wasn't deep enough, and I hit the bottom when I dived.

I hurt my back very seriously. Luckily, I was alive, but the doctors said I might not walk again. While my father was talking to me, I was thinking about that moment and how one decision changed my whole life. I decided then to do everything I could to walk again.

After a few days, I started doing physical therapy. The days turned into weeks, the weeks into months, and I was feeling very upset because I wasn't making enough progress. I could have a regular life with my wheelchair: go to school, hang out with friends, that kind of thing. But I wanted to stand up, walk and, more than anything, go back to playing basketball.

That was when the doctors told me they were trying a new technology for patients like me: an exoskeleton. It is a machine that needs to be worn and would help me to not only stand up but also to walk. I couldn't believe it! The week after, we tried it out. The feeling was absolutely amazing: after nearly six months, I was walking again!

I continued my treatment, even more motivated than before. Now I'm completely recovered thanks to the amazing technology and medical professionals. They believe one day exoskeletons will replace wheelchairs completely. And yes, I'm back to playing basketball.

2 Now do Exercises A to F in the Activity Book.

Most smokers take it up as teenagers

Unit

1

Lesson 4
AB 10-11

1 **AB** Read the texts below and choose the correct figures to complete each one.

3 Then listen and check your answers.

3% 7 9 25 50% 80% 200

- Every year, around 74,000 smokers in the United Kingdom die from their habit. That's about _____¹ people every day.
- Smoking in the UK is highest in the _____² -34 age group.
- While the number of young people in the UK has been falling, the use of e-cigarettes (vaping) has increased by _____³ year by year.
- E-cigarettes were made to help people stop smoking, but one in _____⁴ British children have tried them. Many of these young people never smoked cigarettes. Vaping can cause serious health problems.
- It is illegal to sell cigarettes or e-cigarettes to children under the age of 18. Yet, around _____⁵ of British 15 year olds are regular smokers.
- More than _____⁶ of smokers take up the habit when they are teenagers.
- People who smoke a packet of cigarettes a day die on average _____⁷ years earlier than people who have never smoked.
- In 2020, as many people in the UK died from smoking as from Covid-19.



2 Now do Exercise A in the Activity Book.

3 Study the language box then find another example of a phrasal verb in the texts above.

Phrasal verbs

- Phrasal verbs are formed when a preposition (e.g., *up/down/off*) is added to a verb and creates a new verb. Sometimes the new verb has a similar meaning, but sometimes it is very different.

*I'll **pick you up** at half past seven. (= fairly similar to the verb *pick*)*

*He **gave up smoking** when he got ill. (= very different meaning from the verb *give*)*

4 Now do Exercise B in the Activity Book.

Take some exercise every day

1  Complete the health tips with the phrases in the box.

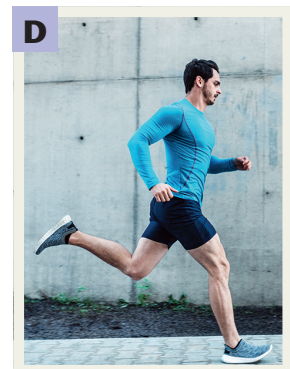
- a Be safe when you travel b Don't drink too much coffee c Don't smoke
 d Drink plenty of water e Eat a balanced diet f Get enough sleep
 g Look after your eyes h Never miss breakfast
 i See the dentist for regular check-ups j Take some exercise every day

TOP TIPS

... FOR KEEPING HEALTHY

- 1 _____ . An average of eight hours a night is about right.
- 2 _____ . Make sure you eat plenty of fresh fruit and vegetables.
Avoid excessive amounts of salt, sugar and animal fat.
- 3 _____ . It's the most important meal of the day.
- 4 _____ . Ideally, do sport three times a week for an hour. If you hate sport, go for a 20-minute walk every day.
- 5 _____ – at least a litre and a half every day. Tea, coffee and soft drinks are NOT water.
- 6 _____ . And brush your teeth three times a day.
- 7 _____ . Tea is better for your heart and can even lower your blood pressure.
- 8 _____ . If you do, ask a doctor for help with giving it up.
- 9 _____ . Get them tested once a year.
- 10 _____ . Make sure you are up to date with vaccinations and take malaria medication if necessary.

2   In pairs, match four of the health tips with the photos.



3 Now do Exercises A to F in the Activity Book.

Life used to be different

Unit

1

Lesson 6
AB 14-15

- 1 Look at the photos and read the captions. Where and when do you think the photos were taken?



People used to travel by donkey cart.



Students didn't use to have desks.



Farmers didn't use to have tractors.

- 2  Which opinions are true for Iraq? Say 'I agree.' or 'I disagree.' Then discuss your views with your partner.



I agree. Families definitely used to be bigger.

That's right. My mother has eight brothers and sisters.

And my grandfather had ten.

But I've only got two brothers and one sister.



- a Families used to be bigger.
- b Young people used to have less freedom.
- c The health service used to be better.
- d There used to be more poverty.
- e People used to die younger.
- f People used to get a better education.
- g There didn't use to be so much pollution in cities.
- h Children didn't use to be so rude.

- 3 Talk about how life has changed in the past 100 years. Make sentences with *used to/didn't use to*. Use these ideas: children, cities, villages, entertainment, medicine, houses, schools, men, women, young people.

- 4 Now do Exercises A to C in the Activity Book.

used to Grammar and Functions Reference p.88

- **used to + verb** is for things which were true in the past but are not true now.
*Films **used to be** black and white. Now they are usually in colour.*
- The negative is **didn't use to**.
*People **didn't use to have** computers and mobile phones, but now everyone has them.*

Let's start with diet

1  Read the article and choose the correct linking word or phrase for each gap.

- a As a result of this b Finally, let's talk about c Furthermore
d In my opinion e In the past f ~~Let's start with~~
g Next, we need to look at h Now i The main reason is j Yet

People should take responsibility for their own health

by Dr Samir Ramzi

Every year, the government spends millions of pounds in healthcare on people who have brought their illnesses on themselves through bad diet, lack of exercise or smoking. Let's start with ¹ diet. In Britain, the number of diabetics goes up every year.

_____ ² that people are eating food that contains too much fat, sugar and salt.

_____ ³ unhealthy diet, 60% of British people are overweight and, therefore, at risk of becoming diabetic.

_____ ⁴ exercise.

_____ ⁵,

people used to walk more or use a bicycle to get around.

_____ ⁶ everyone gets in their car instead of walking, even if the distance is just a kilometre or two.

_____ ⁷, children spend hours playing TV and computer games instead of running about outside.

_____ ⁸ we all know that regular exercise helps us to control our weight and keep our heart healthy.

_____ ⁹ smoking. There's almost nothing that's

worse for your health than this habit.

Smoking damages the lungs and heart, and smokers generally need more medical attention than non-smokers.

_____ ¹⁰,

the government should not give free healthcare to people who don't take care of themselves. People who lead unhealthy lives should pay for their own healthcare. And if they bring up their children in an unhealthy way, they should pay for their children's healthcare, too.

Useful linking words and phrases and functions

- **Giving opinions:** *In my opinion, .../I feel that .../Personally, I think .../Generally speaking, ...*
- **Listing points:** *Firstly, .../Let's start with .../In the first place, .../Secondly, .../Next, .../In addition, .../Furthermore, .../On top of that, .../Thirdly, .../Finally, .../Lastly, .../Last but not least, ...*
- **Talking about causes:** *One reason is that .../Because of .../This is caused by ...*
- **Talking about results:** *As a result, .../Consequently, .../Therefore, ...*

2 Now do Exercises A to E in the Activity Book.

Using your phone behind the wheel

Unit

1

Lesson 8
AB 18-19

1 Read two essays about phones and driving. Which sentences below are correct?

- 1 They agree on using hands-free phones while driving.
- 2 They both think that talking on the phone can be distracting.
- 3 They both believe navigation apps can help prevent accidents.
- 4 They agree on the penalty for using your phone while driving.



A

It could be argued that we shouldn't be allowed to use our phones under any circumstance when driving, but, in my opinion, when used correctly, they can be extremely useful and even prevent accidents from happening. Of course, we should never take our eyes off the road to text or check our emails, and people who break the law and do that should be punished, even by losing their licence. However, hands-free phones can be safely used to talk to people without them having to look at the phone. Naturally, you may get a little distracted, but surely the same can be said of someone talking to the driver in the car. In addition, map apps on mobile phones can help people drive in areas they don't know well if their cars don't have a satnav. Consequently, they are less likely to cause an accident as a result of not knowing where they are going.

B

In my point of view, mobile phones and cars don't go together at all. Some people claim that hands-free phones are a good solution, but many accidents are caused by lack of attention, and even if you're not holding your phone, you're still distracted and more prone to causing an accident. Even navigation apps are risky because looking at the map could be enough to cause an accident. For many people, it is also true that, if the phone is at their reach, they might find it too difficult not to check it from time to time, and most people don't realize the risk in taking their eyes off the road even for a couple of seconds. Consequently, to my mind, drivers should definitely put their phones away before they go behind the wheel. Those who are caught texting while driving should be permanently banned from driving.

2 Now do Exercise A in the Activity Book.

Against all odds

1 Read the article below. What would be the best title for it?

- a How to win a gold medal at the Paralympics
- b An incredible story of Paralympic determination
- c Following dreams at all costs

Najla Imad Lafta was a happy little Iraqi girl who waited patiently at her doorstep for her father, Mr Imad Lafta, to come home from work. One day, however, when Najla was only three years old, disaster struck: a bomb attached to her father's car went off when Najla Imad Lafta was nearby. She was rushed to hospital and survived the shameless attack, but she lost much of her right arm and both legs.

With the love of her parents and siblings and the support of the Iraqi healthcare system, which provided the necessary treatments and medication to help her, Najla Imad Lafta grew up and adjusted to life in a wheelchair. She went to school and did most things other girls her age did but still longed to run around like the other children.

At the age of ten, her life would change a second time: she discovered table tennis. Even though she had to train to use her left hand to hold the racket (she was born right-handed), she practised tirelessly and soon became very skilled at the sport.

Najla started taking part in competitions, and with hard daily practice, she continued improving her game. She earned a place in the Iraqi Paralympic team aged only 12, when she started receiving support like a small salary and equipment, including prostheses. These




proved useful for her because she was able to play standing, which made a big difference to her game. At the age of 16, Najla became the youngest table tennis player to qualify for the Tokyo 2020 Paralympics and won gold at the 2022 Asian Para Games.

In 2024, at just 19 years old, she faced her biggest sporting moment: the Paris 2024 Paralympics. She played skillfully, defeating the main names in the sport and reaching the final against Tokyo 2020 champion Maryna Lytovchenko from Ukraine. In an exciting match, Najla successfully beat her opponent by three sets to one, winning the gold medal she wanted so much and writing her name in history books.

In an interview before setting off to Paris, Najla said 'Never stop, nothing is impossible. With our determination and resolve, we can achieve what we want and make our dreams a reality.'

2 Now do Exercises A to D in the Activity Book.

 Here are some of the things you practised in Unit 1. Discuss each item with a partner. Take it in turns to give another example.

Talking about minor health problems

- I've got a really bad **sore throat**.
- Hamzah **twisted his ankle** playing volleyball.

Telling a story using past simple and past continuous

- I **was cycling** to school when a car nearly **hit** me.
- Samira **got** hurt because she **wasn't wearing** a seat belt.

Using phrasal verbs

- Most smokers **take up** the habit when they are young.
- You should really **give up** vaping. It's a terrible habit!

Talking about past habits using *used to*

- Do you remember Huda? She **used to live** down the road from us.
- I **didn't use to like** this band very much, but now it's my favourite one.

Organizing ideas using linking phrases and functions

- **In my opinion**, parents should teach their children a healthy lifestyle.
- **Last but not least**, there's the matter of safety.



Now do Exercises A to G in the Activity Book.