

3 **SPEAKING** Discuss the questions.

- 1 How many apps do you have on your phone?
- 2 What are the apps for and which ones do you use most?
- 3 What apps do you know of that help you keep fit and stay healthy?

4 **Read the article. Match headings A–E with paragraphs 1–5.**

- A Feel calmer
- B Get the right music
- C Stay well
- D Keep fit
- E Eat and drink the right things

5 **SPEAKING** Which apps would you like to use and why? Discuss with a partner.**WORD STORE 8A** Symptoms

6 **3.29** Complete WORD STORE 8A with the words in red in the text. Then listen, check and repeat.

7 **SPEAKING** Choose the correct option. Then ask and answer the questions.

- 1 When was the last time you felt *ill* / *runny*?
- 2 Does your *back* / *hair* hurt sometimes?
- 3 Does anything make you feel *allergic* / *dizzy*?
- 4 Have you ever had a pain in your *chest* / *cough*?
- 5 What do you do if you have a *sore throat* / *chest*?
- 6 Did you have a *weight* / *headache* yesterday?

WORD STORE 8B Health

8 **3.30** Complete WORD STORE 8B with the base form of the verb in the underlined collocations in the text. Add a translation. Then listen and repeat.

9 **SPEAKING** Match the sentence halves. Discuss whether you agree with the statements.

- | | |
|---------------------------------------|--------------------------|
| 1 The only way to lose | ☐ |
| 2 Children don't know how to make | ☐ |
| 3 It's important to keep | ☐ |
| 4 People usually come out in | ☐ |
| 5 If you are allergic | ☐ |
| 6 Most people don't know how to check | ☐ |
- a healthy food choices.
b to nuts, you should tell everybody.
c weight is to eat less and exercise more!
d a rash because of something they've eaten.
e their pulse.
f track of the calories you eat in a day.

WORD STORE 8C Phrasal verbs

10 **3.31** Complete WORD STORE 8C with the base form of the verb in the highlighted phrasal verbs in the text. Then listen, check and repeat.

11 Replace the underlined verb phrases with the phrasal verbs in WORD STORE 8C.

- 1 I like doing physical exercise to music.
- 2 I've decided to start jogging.
- 3 I don't think I've ever fainted.
- 4 Fortunately, nobody in my family has asthma.
- 5 It always takes me a while to recover from a cold.
- 6 I don't really like meat so I'm going to stop eating it.
- 7 Exams always make me feel nervous.

12 **SPEAKING** Read the sentences in Exercise 11 to each other. Are they true for you or your partner?