

# 10 Food and health

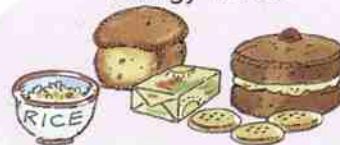
**1 Think about it.**  
Which group do these belong to?



body-building foods



energy foods



other foods you need



**2 Listen and read.**



If you exercise hard, you will need to drink more water.



Eat plenty of fresh food. Then you will get enough vitamins.



You will harm your teeth if you eat too much sugar.



You will be overweight if you eat too much fried food.



Don't drink too much tea and cola. You won't sleep at night.



If you boil your food, you will lose a lot of vitamins.

**3 Look and say.**  
Find these in the pictures above. Then talk about them.



If you boil your food, you will ...



**1** Read and answer.

**Check your health**

**1** How often do you eat fresh fruit?

- a two or three times a week \_\_\_
- b every day \_\_\_
- c never \_\_\_



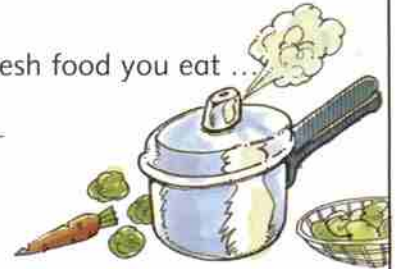
**2** Which of these sports do you do once a week or more?

- a fast walking \_\_\_
- b running \_\_\_
- c cycling \_\_\_
- d swimming \_\_\_
- e skipping \_\_\_
- f other exercise \_\_\_



**4** Is most of the fresh food you eat ...

- a steamed? \_\_\_
- b boiled? \_\_\_
- c fried? \_\_\_



**5** How many chocolate bars or packets of sweets do you eat in a week?

- a one or two \_\_\_
- b more than five \_\_\_
- c three or four \_\_\_



**3** Do you take sugar in hot drinks?

- a always \_\_\_
- b sometimes \_\_\_
- c never \_\_\_



**6** How often do you drink tea or cola?

- a once a day \_\_\_
- b two or more times a day \_\_\_
- c never \_\_\_



**2** Ask and answer.

Talk about your answers.



Do you take sugar in hot drinks?

That's good (... not so good, bad).  
If you eat too much sugar it will harm your teeth.

No, never.



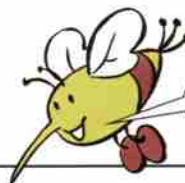
**3** Look and write.



if + present simple, then will + verb

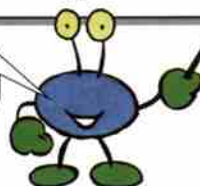
**first conditional**

If you eat too many sweets, you will harm your teeth.  
If you boil your food, you will lose a lot of vitamins.  
You will not get enough vitamins if you do not eat fresh food.



Future tense here.

if can go at the beginning or in the middle of a sentence.





# Uncle Bob's Health Page

Are you ever worried before an exam? How do you feel before an important football match? Are you frightened to go to the dentist?

If you are worried or frightened, your body will react. If this happens again and again, you will feel very tired and tense. This is bad for you.

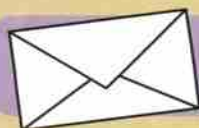
Deep breathing can help. If you are worried, you often breathe in short, sharp pants. Instead, breathe

deeply and slowly several times. If you do this, you will feel better. Do this before an exam or a race, for example.

Relaxing your mind can relieve stress. If you are frightened, you won't be able to relax. Try to think about something nice. Sit comfortably, close your eyes, and breathe normally. Think about a nice, quiet scene, such as a forest or a garden or a lake.

If you are worried or frightened, your muscles get very tense. This can give you headaches. A massage can help. Here is a massage you can do with a friend. Ask your friend to sit down on a chair. Stand behind the chair. Place your hands on your friend's shoulders and gently squeeze the muscles.

All of these things will help you if you are frightened or worried.



## Your letters



I can't sleep. I watch TV until very late and then I go to bed. But that doesn't help. I hate lying awake in bed. And I'm getting very tired. Can you help?

Joe

You don't exercise! If you exercised before bedtime, it would relax you and you would sleep better. And don't drink too much tea, coffee or cola. They can keep you awake.

I'm very worried about my weight. Often I don't eat anything all day. Sometimes I only eat fruit. But still I don't lose weight. I'm afraid I love chocolate. I eat at least three chocolate bars a day. What should I do?

Linda

You eat too much chocolate! If you didn't eat so much chocolate, you would probably lose weight. But you must also eat other foods. If you ate a good diet, you would lose weight and feel better. Why don't you try to eat just one chocolate bar a day? Then eat fruit instead.

Can you help these readers and win a prize? Email your advice to [unclebob@yourmag.com](mailto:unclebob@yourmag.com)

The best replies will be printed in next month's magazine.

**1 Read and match.**

Uncle Bob talks about three ways to help when you are tired and tense. Find them and write them under the correct picture.



**2 Read and find.**

... four occasions when someone might feel tense ... three quiet places ... a word which means

- at ease
- in the usual way
- carefully and lightly

**3 Match.**

- |                |                  |                 |              |
|----------------|------------------|-----------------|--------------|
| 1 worried ___  | 2 frightened ___ | 3 tense ___     | 4 tired ___  |
| a stressed ___ | b anxious ___    | c exhausted ___ | d scared ___ |

**4 Read and underline.**

Find the advice that Uncle Bob gives to Joe and Linda ('If ...'). Underline it.

**5 Answer the questions.**

- Why would Joe sleep better if he exercised before bedtime?
- Why shouldn't Joe drink too much tea, coffee or cola?
- What would happen if Linda didn't eat so much chocolate?
- What else could she do to lose weight?
- What should Linda eat instead of chocolate?

**6 Read and match.**

Match these readers to their problems. Write the correct number in each box. Complete the advice for each person.



1 If you didn't drink ...

2 If you stood up ...

3 If you ate ...

4 If you wore ...



**1 Choose the correct verb.**

Use these verbs to complete the sentences below.

build up   stand up   sit down   look after   cut down on   come up with

I can't ride my bike.



If you ... your bike, you would be able to ride it.

My back hurts.



If you ... straight, your back would feel better.

We can't see



If you ... everyone would be able to see.

I can't lift this.



You would be able to lift it if you ... your muscles,

I haven't enough paper.



If you ... paper, you would have enough.

I haven't anyone to play with.



Would you play with me if I ... a good idea for a game?

**2 Look and write.**

if + past simple, then would + verb



**second conditional**

If you exercised before bedtime, you would sleep better.  
Your nails wouldn't look so terrible if you didn't bite them.  
Would I lose weight if I ate a sensible diet?

# Write-a-rap rap

*Hey everybody, let's write a rap.  
First there's a rhythm you'll need to clap.  
Keep that rhythm and stay in time,  
'cause a rap needs rhythm and a good strong rhyme.*

*The rhyme keeps coming in the very same place  
so don't fall behind and try not to race.  
The rhythm keeps the tap on a regular beat  
and the rhyme helps to wrap your rap up neat.*

*'But what'll we write?' I hear you shout.  
There ain't no rules for what a rap's about.  
You can rap about a robber, you can rap about a king,  
you can rap about a chewed up piece of string...  
(well, you can rap about almost ... anything!)*

*You can rap about the ceiling, you can rap about the floor,  
you can rap about the window, write a rap on the door.  
You can rap about things that are mean or pleasant  
you can rap about wrapping up a Christmas present.*

*You can rap about a mystery hidden in a box,  
you can rap about a pair of smelly old socks.  
You can rap about something that's over and gone,  
you can rap about something going on and on and on  
and on...*

Tony Mitton

# 11 Endangered animals

## 1 Think about it.

Which animals do these things come from? Match them with the animals.



comb



shoes and bag



fur coat



ivory bracelet



fur hat



crocodile



elephant



Arctic fox



tortoise



leopard

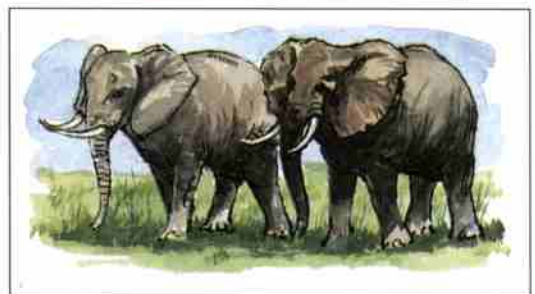
## 2 Listen and read.

The blue whale, which is the largest animal in the world, weighs more than 200 tons. Even so, it is in danger.

The humpback whale, which 'sings' in the water, is also in danger. People kill whales for food and for their oil.



Dolphins, which are related to whales, are found all over the world. Both whales and dolphins have very large brains. Dolphins sometimes swim into tuna fishing nets, which often trap and kill them.



The Arctic fox, which lives in northern countries, has two coats. Its warm-weather coat is grey-brown. Its winter fur, which is very thick, is white. People kill Arctic foxes for their fur.



Elephants, which are the largest land animals, have very large brains. Their tusks, which are really very large teeth, are made of ivory. Because men hunt and kill elephants for their tusks, elephants are in danger.

## 3 Read and find.

How many facts can you find about:

- whales? ● dolphins? ● elephants? ● Arctic foxes? ● fishing nets? ● tusks?

Find ...

... two animals which are very large.

... an animal with fur.

... three animals with large brains.

... an animal which 'sings'.

## 4 Think about it.

Why are these animals in danger?



# 1 Read, write and listen.

Read about crocodiles and pandas. Where do these words go? Listen and find out.

- which are eaten in some parts of the world \_\_\_\_\_
- which are made into beautiful belts, shoes and bags \_\_\_\_\_
- which only live in China \_\_\_\_\_
- which is the largest reptile \_\_\_\_\_
- which looks like a bear \_\_\_\_\_



The crocodile, 1, is very fierce. Crocodiles lay eggs, 2. People also hunt them for their skins, 3. The Nile and American crocodiles are disappearing.

The giant panda, 4, has white fur with black circles around its eyes. Pandas, 5, eat bamboo. People cut down the bamboo forests for wood. They also kill pandas for their fur. So the giant panda is in danger.



# 2 Look, say and write.







In pairs, make sentences from the table, like this. Then write about each animal.



Hunting endangers tigers, ...

... which live in India.



hunting		flamingos		India
holiday makers		dolphins		Greek island of Crete
pollution		tigers		Mediterranean Sea
hunting		rhinos		Lake Victoria
fishing		monk seals		all oceans
holiday makers		sea turtles		Africa

# 3 Look and write.

noun + *who* or *which* + verb



## non-defining relative clauses



Don't forget the commas!

Indian elephants live in Asia. Indian elephants have small ears.

Indian elephants, which live in Asia, have small ears.

People endanger animals all over the world. People kill whales for their oil.

People, who endanger animals all over the world, kill whales for their oil.

Hunters kill elephants for their tusks. The tusks are used for jewellery.

Hunters kill elephants for their tusks, which are used for jewellery.

Clauses can also come at the end.





# The ink monkey

Until recently, people thought that the ink monkey, which lived in China, was extinct. The tiny monkey, which weighs just 200 grams, was the pet of Chinese scholars.

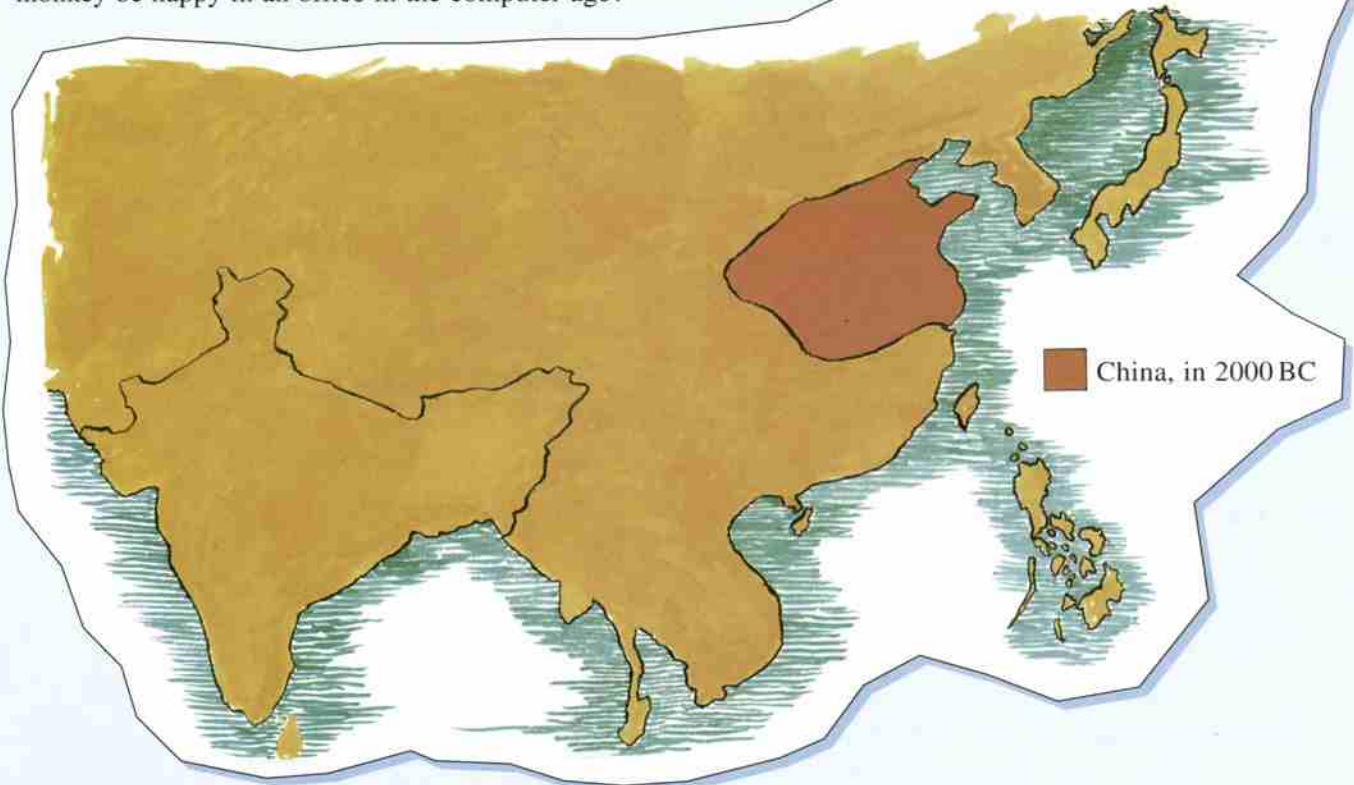
These scholars, who were very wise men, were known for collecting things. As well as brushes and ink and paper, which they needed for their work, their desks were covered with interesting things. They often kept pieces of jade and bone and wood, which they liked to touch. They also loved unusual trees and plants.

Ink, which has been known in China since at least 2000 B.C., was one of four important things for the scholar. The others were his paper, his brush and his bowl. Ink was made from many things, including gold, pearls, herbs and tree bark. The ink was made in sticks, which were often in the shape of a flower or fish. These sticks were decorated with gold trees, cranes, dragons and landscapes.

The ink monkey, which scholars used as a helper as well as a pet, usually lived on the desk. At night it slept in a drawer or brush pot. During the day it helped the scholar.

The monkey held the stick of ink and ground it in the bowl with water. As well as preparing the ink, the monkey passed brushes to the scholar. It also turned pages. It must have been very entertaining!

Now the tiny creature, which no one had seen for a very long time, has been rediscovered in south-east China. Would a Chinese ink monkey be happy in an office in the computer age?



**1 Read and think.**

Read quickly about the ink monkey. How did it get its name?  
Can you think of a different title?

**2 Read and match.**

Find descriptions of these actions in the text.



**3 Look and find ...**



... three interesting things on a scholar's desk.



... two places where an ink monkey slept.



... three things that ink was made from.



... three things that ink monkeys did to help scholars.



... three things that the ink stick was decorated with.

**4 Can you remember?**

- How long have people been using ink?
- Where did the ink monkey usually live?
- What did the scholars use for writing?
- Where has the ink monkey been rediscovered?

**5 How many sentences can you make using which and who?**

Ink monkeys, which ...  
Chinese scholars, who ...

**6 Think about it.**

How tall do you think the ink monkey was?  
Think of something which weighs 200 grams.  
Would you like to have an ink monkey for a pet?  
What could it do in a modern office?

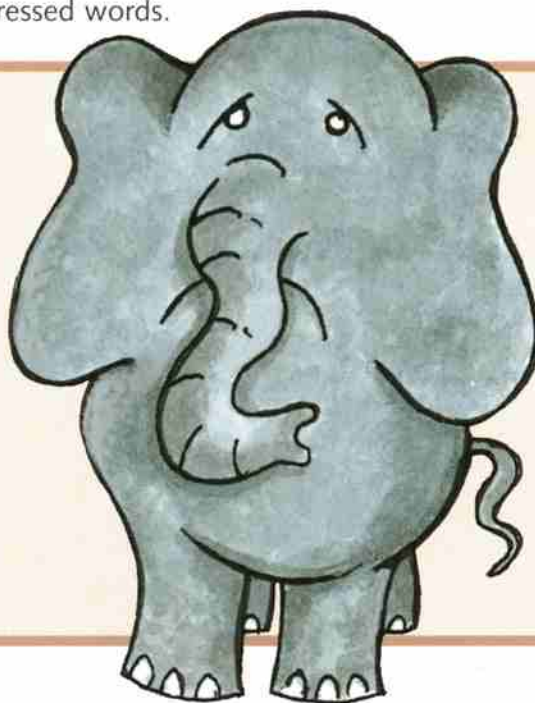
**1 Listen and say.**

Listen to the poem and underline the important, stressed words.

Tell me, said the elephant,  
Tell me, brothers, if you can,  
Why all the world is full of creatures  
Yet we go in fear of Man.

Tell me, said the elephant,  
Tell me why this has to be.  
We have to run from Man the Hunter  
Never safe and never free.

People kill without regret  
Although they fly by jumbo jet.  
Let the world of Man remember,  
Let the children not forget ...



Now read the poem out loud.

**2 Think about it.**

Who is the elephant talking to?  
Who is he afraid of and why?  
What should children remember?

**3 Listen and say.**

Listen to the children and complete what they say.



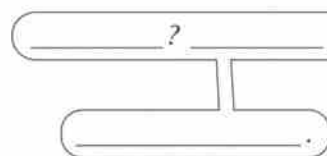
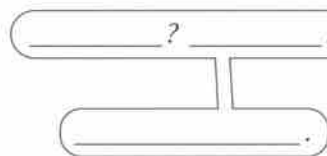
*I think hunting animals is bad.*

*Well, many animals, like elephants,  
are endangered. \_\_\_\_\_?*



*I think cutting down rainforests is bad.*

*Because it destroys animal habitats.  
\_\_\_\_\_?*



**4 Now you.**

Ask and answer like Amy and Alex.



# Cats



Burmese



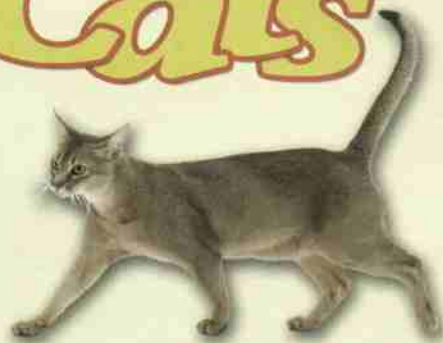
Angora



Sphinx



Siamese



Abyssinian



Egyptian mau

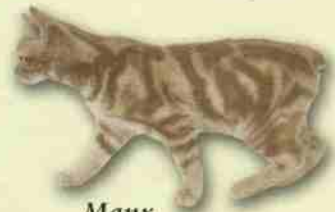


Korat

People all over the world love cats because they are beautiful and gentle. They are not expensive to keep, and they are very clean.

There are about forty breeds, or kinds, of cats. They come in many different colours, and can have short hair or long hair.

Siamese cats come from Thailand, where the weather is very hot. They have creamy white fur where their bodies get hot. However, the tips of their ears, tails, paws and noses are darker.



Manx

The Korat cat also comes from Thailand. This short-haired cat has large eyes and deep blue-grey fur. Because it looks like a rain cloud, people carry it in rain ceremonies, when farmers sing and dance to bring rain.

Normal Thai cats have kinked tails. There is a legend which explains this. A Thai cat was sitting beside a bathing pond when a beautiful princess came along. First the princess took off her rings and looked around. 'Where shall I put these?' she asked. The cat heard her. It wanted to help the princess, so it held out its tail. The princess put her rings on the cat's tail and went to bathe. The cat kinked its tail so that the rings could not fall off. And that is why Thai cats have kinked tails.



There are cats everywhere. There are cats in Egyptian tomb paintings and on coins from ancient Greece. There are cats in stories and poems. Can you think of any cartoon cats or cat stories?



# 12 Clothing and houses

- 1 Think about it.**  
Can you name these items? Do people wear them in hot or cold countries?



- 2 Listen and read.**  
Mark is talking to his key pal, Petti, in Lapland.

Mark: Hello, Petti! This is Mark.

Petti: Hello!

Mark: I'm arriving on Friday. What clothes should I bring?

Petti: Oh! Hi, Mark! When are you coming to Lapland?

Mark: What about shoes?

Petti: Well, it's very, very cold here. Bring a warm coat and lots of jumpers. And don't forget your hat and gloves.

Mark: That's good, because I don't have any skis ...

Petti: Don't bring trainers. You must have a pair of snow boots. And don't worry about your skis. I have lots of skis.

- 3 Look and say.**  
What did Petti say about these items?

He told me to bring ...

He told me not to bring ...

He told me not to forget ...

- 4 Listen and say.**  
Choose one of these countries to visit, then ask a friend for advice and write it down.

I'm going to go to ... What should I wear?

Greenland

Greece

Great Britain

My friend told me it was very cold in ...

She told me to wear ...

What did your friend tell you?



**1 Look and speak.**

Samia and Sally are also key pals. Read Samia's email to Sally. What did Samia tell Sally to pack for a holiday in Jordan? What did she tell her not to pack?

**New Send Retrieve Addresses Attach file**

Dear Sally,  
 You are coming to Jordan this summer. I am so happy!  
 In the summer it's very hot here and we always go to the Dead Sea. We also go camping. Sometimes I go to visit my uncle in the mountains.  
 He has a horse, so we can go riding.  
 These are the things you should pack ...



**2 Listen and check.**

**3 Look, match and say.**

Last month Buzz was on holiday in the desert. What do you think he said? What advice did his friend give?

*I don't have any money!*      *I'm very thirsty. I want a drink.*      *Don't sit in the sun! Sit under the tree.*      *Now I feel better!*

*I'm hot!*      *I can see my wallet!*      *Stop!*

**4 Look and write.**

**reported commands**      *told ... to + verb*

Bring a warm coat!  
 He told me to bring a warm coat.

Do not worry about skis.  
 He told me not to worry about skis.

*Present becomes past*

**reported information**

I am arriving on Friday!  
 He told me that he was arriving on Friday.

I do not have any boots.  
 She said that she did not have any boots.

*told ... that or said that*



**1 Read and say.**

Make statements about the pictures using 'because' and 'so that'.

*In Switzerland houses have steep roofs because there is a lot of snow. Houses have steep roofs so that snow can slide off them.*



In Switzerland there is a lot of snow. Houses have long steep roofs. Snow can slide off them in winter.



Around the Mediterranean Sea it is very hot in summer. Houses are painted white. They reflect the sun and are cool inside.



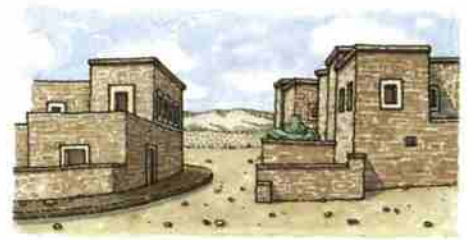
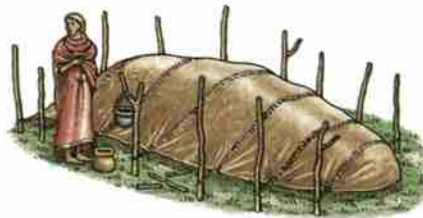
In big cities land is scarce and expensive. Buildings are built high into the air. Lots of families can live in them.



In Asia there is a lot of rain. People build houses on stilts. They are above the water and don't flood.

**2 Read and find.**

What are houses called in these places? What are they made of? Why?



**Arctic**

In the Arctic it is very cold and the snow is very deep. The Inuit people build houses, which are called igloos, from blocks of snow. These houses are very warm!

**Sahara Desert**

In the Sahara Desert nomads keep goats. Because of this, people live in tents made from woven goat hair. The sides can be rolled up to let cool breezes in.

**South America**

In South America, some Indians live in adobe huts made of mud bricks. The roofs are made of grass and the huts are very cool.

**3 Think about it.**

Make notes about the Sahara Desert and South America. How many statements can you make about each place? Write about one of them.

Place:	Arctic
Weather:	cold, snow
People:	Inuit
Houses, made of:	igloos, snow
Comments:	houses are warm!

**1** Listen and circle the correct word.



This is a fifteenth sixteenth century house in England.

It belonged to a butcher merchant who probably sold wool.

It was made of wood mud and plaster.

It probably had an enormous bed desk in it because this was a very important piece of furniture at that time.

The largest room was the grand great parlour.

It was at the front top of the house, on the first floor.

**2** Listen and speak.

Listen to the children talking about the weather. What did they say?



*I'd like ...*

*I ...  
Some countries ...*



*I ...  
You can never ...*



**3** Think about it.

Read these amazing facts about where people live. Would you like to live in these places? Give your reasons. You can use the words in the box to help you.

views	garden	play
lonely	neighbours	
noisy	quiet	



In Brunei, the Sultan lives in the world's largest palace. It has 1788 rooms.

In crowded Hong Kong, some people live in wooden houseboats in the harbour.



The world's tallest block of flats is Lake Point Tower in Chicago. There are 70 floors, with 879 apartments.





# The mystery box (1)

The house was old and needed to be rebuilt. Tom's father had bought it because of the view across the river. It was also very close to town. But no one had lived in it for years. Although the walls were still standing and were strong, some of the roof had fallen in. Many of the windows were also damaged.

There was something else. Once, they had gone there and found all the doors open. And another time Tom thought he had heard footsteps on the floor above him.

'There's something strange about that house,' Tom whispered to Peter. Peter had been his best friend ever since they first met at school. At twelve years old, Peter was now taller than Tom, and famous for playing football. 'Manchester United,' Peter would say to Tom. 'That's who I'm going to play for.'

The two friends had come by bike to look at the house Tom's father had bought. It was early evening, and the sky was dark and full of clouds. A wind was blowing from the hills across the river and the boys felt the cold air on their faces.

'Let's go in,' Tom said, as they walked round to the front door. 'Come on. It's empty. There's no one here. Anyway, it's my house now, so we can go in.'

The boys pushed the front door and it swung open.

'Let's look around. I'm going upstairs,' Tom said.

As he climbed the stairs, one of the steps started to move. Within seconds Tom's foot had gone through it. However, he was not hurt and was able to remove his foot without any problem.

'Wait,' Peter told him quickly. 'Look! Look at that!'



Under the broken stair they saw a small metal box.

'Quick. Get it out!' Peter said. 'Let's look inside.'

'No. Not here,' Tom said. 'There's something strange about this. Let's go back to my house and show it to my father.'

Peter reached his hand inside the stair and pulled out the box. 'It's heavy,' he said. 'Let's open it now.'

And then they heard footsteps outside the house. Through the window they saw an old man. He was standing on the grass and looking at the building. He was wearing a long, black coat and heavy boots.

'Quiet,' Tom said. 'He'll hear us.'

'And if we go, he'll see us.'

They waited on the stairs until they heard a sudden crack of thunder. Lightning flashed and it grew very dark. It started to rain. Fifteen minutes later the rain stopped and they looked out of the window again.

'He's gone,' Peter said. 'Come on. Let's go.'

They ran down the stairs and out of the house. As the door shut behind them, a shadow in the corner of one of the rooms moved, and there was the sound of feet on the stairs.

'Give me the box,' Tom said, as they got on their bikes.

But Peter was already riding off, and did not turn round.

'Give me the box! It's mine! I'll tell my dad!' Tom rode quickly after his friend, but Peter was faster and stronger and Tom could not catch him.

*(Continued ...)*



# 13 Looking for buried treasures

## 1 Think about it.

Treasures have been found all over the world. Some were buried hundreds of years ago. Since then many have been found and dug up. There are also many treasures in nature. Look at these treasures. Where were they found?

● In rocks? ● Underground? ● Under the sea? ● In tombs? ● In treasure chests?



ancient vase



coral



turquoise



gold and silver coins



oil



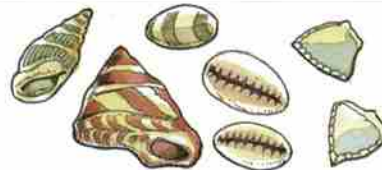
emerald



pearl

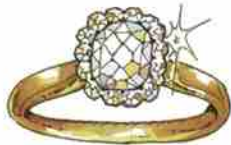
## 2 Listen and read.

For thousands of years, gold and silver have been highly valued. Both have been used to make money in the form of coins.



Money doesn't have to be gold or silver. Teeth, stones and shells have all been used as money.

This rock is shiny and looks like gold, but it isn't. Iron pyrites is often called 'fool's gold'.



Diamonds are the hardest minerals. Most of them are mined in South Africa. For a long time diamonds have been used in rings.

Emeralds and turquoise have been mined since ancient times. They are used for jewellery such as bracelets and rings.



Coral and pearls are underwater treasures. Oil has been found under the sea as well as under the ground. It is often called 'black gold'.

## 3 Read and find.

What have iron pyrites and oil been called?

What have turquoise, stones, silver, teeth and emeralds been used for?

What treasures have been found ● in rock? ● in the sea? ● mined in South Africa?

## 4 Think about it.

Are there any special treasures in your country? What are they? Where have they been found?



**1 Look and say.**

Gold has been used for:  
Gold hasn't been used for:

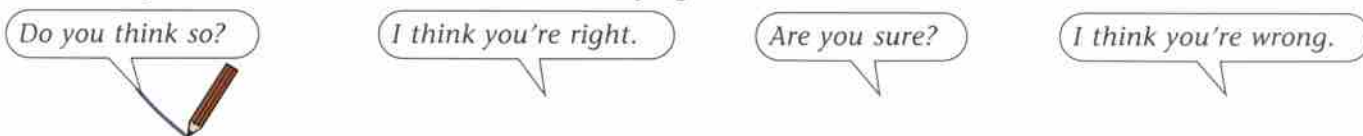
Shells have been used for:  
Shells haven't been used for:

Iron has been used for:  
Iron hasn't been used for:



**2 Listen, match and speak.**

Who is speaking? Draw lines from the bubbles to the people.  
Can you remember what the others are saying?



What do you think these are? Which do you think are the most beautiful?



**3 Look and write.**

*has or have + been + past participle*

**present perfect passive**

Treasure has been found in the sea by divers.  
Shells have been used for money since ancient times.  
Oil has never been found on the moon.  
Have you ever been given a diamond?

Look at these words.

