

Mind and body

4



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The big picture: getting in shape

1 Look at the picture. In pairs, discuss the questions.

- 1 How old do you think the boy is?
- 2 Where is he from?
- 3 What is he doing?
- 4 How would you describe him?
- 5 Why do you think he is doing this?

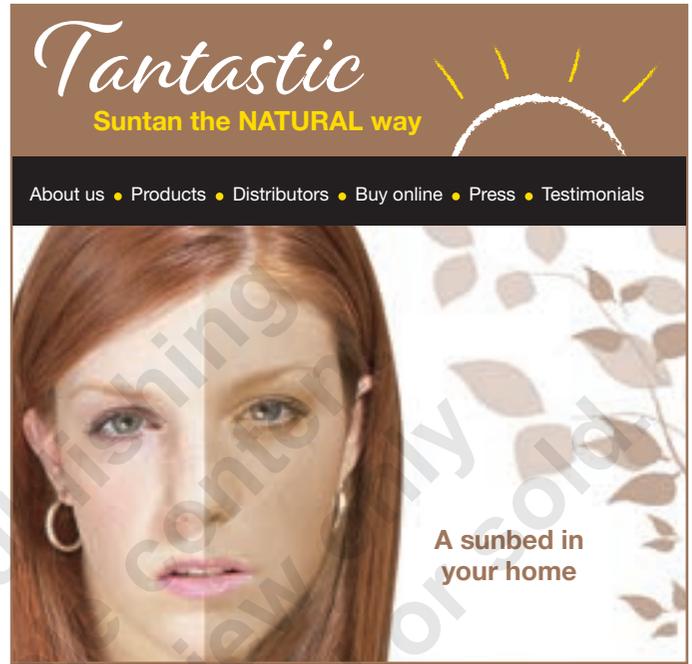
2  4.1 Listen and check your answers.

3 In pairs, discuss the questions.

- 1 What do you think about Yousef's goal to break the world record?
- 2 Why do you think Yousef's brother's support has been important to him?
- 3 What is more important for learning a skill: natural talent or hard work?
- 4 Who has helped you achieve your goals in life?
- 5 Did you have an unusual talent when you were a child?

Listening

- In pairs, look at the two adverts and discuss the questions.
 - What products do you think they are advertising?
 - Why do some people use them?
 - Are there any problems with using these products?



- 4.2 Listen to an interview about skin treatments and check your answers to exercise 1.
- 4.2 In pairs, answer the questions. Listen again and check your answers.

 - What does 'tanorexia' mean?
 - What problems can tanning cause?
 - Where are sales of skin-whitening creams increasing?
 - What do some illegal creams contain?
 - Why did Victorian women want paler skin?
- In pairs, discuss the questions.
 - What similarities are there between people who use tanning products and people who use skin-whitening products?
 - In what other ways does society pressure people to look a certain way?
 - Has our idea of beauty changed over the centuries? How?
 - Why do you think people want to alter their appearance?

- Match sentences a–e with the functions.

1 a recently completed action
2 the duration of a situation that isn't completed
3 an experience in our life
4 the duration of a past action that isn't completed
5 a repeated action which may continue
- Look at the two sentences from the interview and answer the questions.
 - What are some of the trends you've seen?
 - Interestingly, we've been seeing more cases of what is unofficially known as 'tanorexia'.
 - Are the sentences grammatically correct if we change the tense from the present perfect simple to continuous and vice versa?
 - In which sentence is the focus more on the result?
 - In which sentence is the focus more on the action?

Grammar

- 4.3 Choose the present perfect simple or continuous form of the verbs to complete the sentences from the audio. Listen and check.

 - The word has *been* / *been being* around since about 2004.
 - Tanorexia? I've never *heard* / *been hearing* of that.
 - I've just *come* / *been coming* back from my sister's wedding.
 - Hasn't this *happened* / *been happening* for centuries?
 - I've *read* / *been reading* about Victorian times recently.

G present perfect simple and continuous

Present perfect simple

We've **known** about the problem since 2004.
 Nobody **has gone** to prison yet.
 I've never **been** on a sunbed.

Present perfect continuous

She's **been giving** a lot of interviews on the radio.
 He's **been advertising** these products for years.

Present perfect simple or continuous

I've **written** a report on the problem. It's finished.
 (= focus on result)
 I've **been writing** a report on the problem. I'm tired.
 (= focus on action)

→ Grammar reference: page 135

7 4.4 Listen to the sentences. How do the speakers pronounce the present perfect continuous verbs in **bold**. Listen again and repeat.

- 1 We've **been seeing** more cases of what is unofficially known as 'tanorexia'.
- 2 He's **been advertising** these products for some years.

8 a Complete the sentences with the best option, using the present perfect continuous where possible.

- 1 Have you ever *had / been having* a haircut that you really didn't like?
- 2 How long have you *known / been knowing* your best friend?
- 3 What series have you *watched / been watching* on TV recently?
- 4 Have you *had / been having* any coffee today yet?
- 5 How long have you *learned / been learning* English?
- 6 What have you *done / been doing* this week?

b In pairs, ask and answer the questions. Remember to pronounce the present perfect continuous correctly.

Vocabulary

9 a Look at the pictures. How do you think the people's appearances have changed since they were younger?

b Match the pictures with the descriptions and check your answers.

10 Look at the words in **bold** in the texts. Do they refer to age (A), body shape (B), hair (H) or skin (S)?

V physical appearance

1 athletic	11 middle-aged
2 bald	12 moustache
3 curly	13 overweight
4 dyed	14 pale
5 elderly	15 piercing
6 freckles	16 slim
7 grey	17 tanned
8 highlights	18 tattoo
9 in your early/ mid/late 30s	19 well built
10 in your teens	20 wrinkles

4.5 Listen, check and repeat.

11 In pairs, describe someone you know using the words in the Vocabulary box.

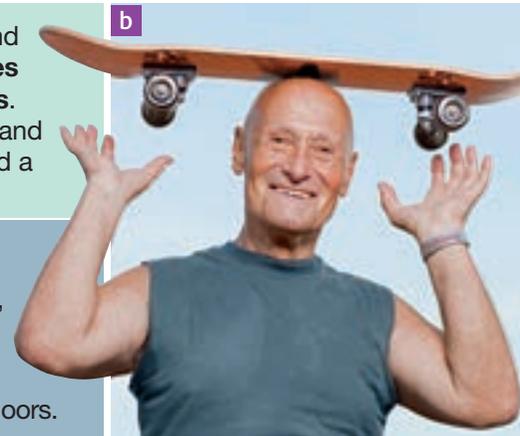
Speaking

12 In groups, what trends have you noticed in society recently? Look at the topics in the box and discuss your ideas.

facial hair	hair styles	make-up
piercings	style icons	tattoos



1 Gabriela makes and sells her own jewellery and she's wearing some of it now. She has **freckles** and has dark **curly** hair with blonde **highlights**. She's had pierced ears since she was a baby and has had a lip **piercing** done, too. 'I just fancied a change!' she says.



2 Bob is in his early 70s, but he doesn't think of himself as '**elderly**'. 'It doesn't seem that long ago that I was **in my teens** with long blond hair,' he says. Now he's **bald**, but you can see from the **wrinkles** that he's someone who smiles a lot. He's **tanned**, **well built** and loves to be outdoors.



3 Kate is **slim** and **athletic** and does a lot of sport. 'I started going **grey in my late 30s** and I had **dyed** hair for years,' she says 'but then my hairdresser suggested I try short hair with my natural colour. I'm so surprised – everyone says I look younger!'



4 Martin has been growing his beard and **moustache** for several years now. He has **pale** skin, but has **tattoos** on his neck and on both arms. He's been doing more exercise in the last few months. 'I'm a bit **overweight**' he says. 'That's what happens when you start to get **middle-aged**!'



Vocabulary

1 a Look at the pictures. In pairs, discuss the questions. Use the words in the Vocabulary box to help you.

- 1 What health problem do the people have?
- 2 What symptoms are they experiencing?
- 3 What treatment have they had?

b 4.6 Listen to the people speaking and check.

2 Complete the phrases with the verbs in the box.

V symptoms and treatment

be break cut give have feel
take put on sprain use

- | | | | |
|----------|----------------------|----------|-------------|
| 1 | hay fever | 11 | a bone |
| 2 | swollen | 12 | crutches |
| 3 | itchy | 13 | my head |
| 4 | a rash | 14 | stitches |
| 5 | dizzy | 15 | a plaster |
| 6 | sick | 16 | a bruise |
| 7 | | 17 | |
| 8 | allergic to ... | 18 | antibiotics |
| 9 | me a prescription | 19 | an X-Ray |
| 10 | a (high) temperature | 20 | my ankle |
| | painkillers | | a bandage |

4.7 Listen, check and repeat.

3 4.8 **[[vowel sounds]]** In pairs, match the words with the same vowel sounds in **bold**. Listen, check and repeat.

- | | |
|------------------------|----------------------|
| 1 /u:/: bruise | a allergic |
| 2 /ɒ/: cough | b bone |
| 3 /əʊ/: swollen | c antibiotics |
| 4 /ʌ/: blood | d flu |
| 5 /ɜ:/: hurt | e cut |

4 In pairs, think of a medical problem and explain your symptoms. Your partner will give you some advice.

Reading

5 What problems do the people use alternative medicines for? Read the text and check.

6 Read the text again and answer the questions.

- 1 What is the 'placebo effect'?
- 2 How does the writer think alternative medicines may take advantage of people?
- 3 Who has benefited the most from alternative medicine: Sean, Elena or Alexis?
- 4 Do you think the benefits are due to the placebo effect?
- 5 Do you think anyone is being taken advantage of?

7 In pairs, discuss the questions.

- 1 What's your opinion of alternative medicines?
- 2 Has the text changed your opinion at all?
- 3 Do you know anyone who has used alternative medicines?
- 4 Did they find them useful?

Why use alternative medicine?

Acupuncture, herbal cures, chiropractic: the alternative medicine industry is big business. Homeopathy alone is worth \$3.8 billion worldwide, despite the fact that scientists have shown it has no real medical value. So why do people still turn to alternative treatments that aren't approved by traditional doctors?

In some cases, just the idea of having 'medicine' is enough to make someone start feeling better. This is known as the 'placebo effect' and although it's just a question of the power of the mind, there can still be a measurable benefit. However, I regret to say that another reason people turn to these treatments is because the prescribed medicines they're taking don't seem to work and they're desperate for an alternative.

So, if using an alternative medicine helps in some way, could it be argued that it is as valid as traditional medicine? Or do these treatments just take advantage of people in desperate situations? Let's look at the stories of some people who have tried alternative medicine.

Sean For years, I'd go to my doctor to get help for my neck pain and all he ever did was give me painkillers. Then a friend suggested visiting a chiropractor. I try to go twice a month. It's very expensive, but it seems to work. When I come out, I feel great and if I forget to book an appointment, it's not long before I can feel that my neck needs 'twisting'. The only problem is, it's just a temporary fix; I don't think my neck will ever be completely better and I don't know how long I can afford to pay for the sessions.

Elena I'm a migraine sufferer. Every so often I suddenly have a terrible headache and I need to lie down in a dark room. I'll never forget having my first migraine at school. It was so bad I was actually sick. I've had this condition for over 20 years and I was really tired of missing work and important events because of it. However, I've recently found that acupuncture helps to deal with it. Whatever the critics say, I don't regret seeing my acupuncturist and I definitely won't stop visiting her while it's helping. Eventually, I hope to solve this problem once and for all.

Alexis I've suffered from eczema all my life and it's very difficult to treat. I can't tell you how frustrating it is to have an itchy, red rash all the time. I've tried using all sorts of different medicines – even homeopathy – but nothing worked. In the end, I found a cure quite by chance. A few months ago, I stopped to have a chat with my neighbour and she told me that giving up milk had helped her eczema. It sounded too good to be true, but I tried it and my eczema disappeared. It means switching to soya milk in my cappuccino, but that's no hardship! I've been meaning to eat less dairy and now I know it's worth doing for health as well as environmental reasons.

Grammar

- 8 Complete the sentences from the text with the correct form of the verbs. Explain why that form is correct.
- For years, I'd go to my doctor *to get / getting* help for my neck pain.
 - I was really tired of *to miss / missing* work and important events.
 - I've suffered from eczema all my life and it's very difficult *to treat / treating*.
 - She told me that *to give up / giving up* milk had helped her eczema.
- 9 a Underline the verbs in the box in the text. Are the verbs that follow them the *-ing* form, *to + infinitive* or are both possible?

forget	help	hope	need	mean
suggest	regret	stop	try	afford

- b When both forms are possible, how is the meaning of the verb different?

G gerund and infinitive

After adjectives:	<i>It's easy to see why she wants to go.</i>
To express purpose:	<i>I went to the doctors to ask about my neck.</i>
After prepositions:	<i>I'm tired of waiting for the bus.</i>
As subject/object:	<i>Sneezing is a symptom of hay fever.</i>
Verb + <i>-ing</i> form:	<i>The doctor recommends doing exercise.</i>
Verb + <i>to + infinitive</i>:	<i>It helps to reduce the pain.</i>
Verbs + <i>-ing</i> form or <i>to + infinitive</i>:	<i>After forget, mean, need, regret, remember, stop, try</i>

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- 10 Complete the conversations with the correct form of the verbs in brackets.
- A What's Jim doing? He's not here.

B He's stopped a break. (have)
 - A Didn't you have a doctor's appointment today?

B Oh no! I forgot! (go)
 - A Why is Danny at the gym every evening?

B He's trying weight. (lose)
 - A Why don't you want to have the operation now?

B It would mean the whole term. (miss)
 - A Why are you going to the hospital?

B My stitches need (remove)

Speaking

- 11 Complete the sentences with the best form of *do*. Then in pairs, discuss the questions.

Is there anything ...

- you can't stop
- you often forget
- you are hoping in the near future?
- you regret not in your life?



Listening

1 Look at the pictures. In pairs, discuss the questions.

- Do you recognize any of the athletes?
- Which sports are they doing?
- How important is mental strength in these sports?

2 🎧 4.9 Listen to an interview about sports psychology. Match the ways sports psychology can help the athletes from exercise 1.

- | | | |
|---------------------------------|-------|-------------------------------|
| 1 US wheelchair basketball team | | a overcome a bad performance |
| 2 Simone Biles | | b perform well under pressure |
| 3 Danny Welbeck | | c recover from injury |

🔧 listen for cause and effect

Cause and effect are sometimes included in the same sentence, but their position can be changed depending on the emphasis the speaker wants to give.

- Focus on cause: *Athletes' whole lives are about sport, so they find it hard when they are injured.*
- Focus on effect: *Athletes find it hard when they are injured because their whole lives are about sport.*

Cause and effect can also be referred to in separate sentences, so it's important to pay attention to phrases that are used to introduce them.

- phrases that introduce causes: *because (of), since, as (a result of), thanks to, caused by, due to, etc.*
- phrases that introduce effects: *therefore, so (that), which leads to, that's why, as a consequence, this means, etc.*

3 🎧 4.9 Read the Skill box. Listen again and choose the correct options to answer the questions.

- Psychological support wasn't offered to athletes in the past because ...
 - people used to think only training could improve performance.
 - psychological support didn't improve sports results.
 - athletes didn't want to use the power of their minds.
 - Why did Simone Biles work with Robert Andrews?
 - Because she had sprained her ankle.
 - Because she had lost confidence in her performance.
 - Because she wanted to become the national champion.
 - What can cause athletes to feel angry and depressed?
 - Not leaving the house except for training.
 - The physical rehabilitation after an injury.
 - Not performing for a long period of time.
 - How did reading about other athletes help Danny Welbeck?
 - It helped him to recover psychologically.
 - It helped him to recover to full fitness.
 - It helped him to stay at home when he needed to rest.
 - In what ways can a sports psychologist stop an athlete feeling lonely?
 - By forming a relationship with the athlete.
 - By helping them to focus on sports.
 - By encouraging the athlete to meet other people.
- 4 In pairs, discuss the questions.
- Can a psychologist help an athlete as much as a physical trainer?
 - Do you know an athlete who has been helped by psychology?
 - Are athletes mentally tougher naturally or can it be learned?



Vocabulary

- 5 Look at the phrases in **bold** in the sentences from the audio. In pairs, discuss what you think they mean.
- If you have a **negative mindset**, it can affect your performance as well.
 - It was a **mind-blowing** transformation.
 - You have to **bear in mind** that since their whole lives centre around sport, they can feel very down and alone.
 - We need to **keep an open mind** about how our brains can affect our bodies.
- 6 Read the sentences and match the phrases in **bold** with the meanings in the box.

expressions with *mind*

be open to new ideas crazy decide
forgetful is very worried not sure
make a different decision really amazing
remember what are you considering

- Jennifer isn't normally so quiet, but she **has a lot on her mind** at the moment.
- Jerry is **absent-minded**. He's always losing his keys.
- I can't **make up my mind** whether to go or not.
- The concert was a **mind-blowing** experience!
- If you **change your mind** about playing tennis tonight, let me know.
- You've been saying we should get fit. **What do you have in mind?**
- I'm **in two minds** about going for a run today. I'm tired, but I know it will do me good.
- You must be **out of your mind** to go swimming outdoors in December.
- Let's **keep an open mind** about the new training programme and see if it works.
- You need to **bear in mind** that it can take years to fully recover from a broken ankle.

4.10 Listen, check and repeat.

- 7 In pairs, discuss the questions.

- Do you know anyone who is very absent-minded?
- When was the last time you had a lot on your mind?
- Are you in two minds about anything at the moment?
- Do you change your mind a lot or do you make up your mind quite easily?

Writing

- 8 In pairs, read the article. Choose the best title.

- A mind-blowing coincidence
- A true story of mind over matter
- The importance of keeping an open mind
- How changing your mind can change your life
- The benefits of being absent-minded

When adventure sports athlete Danielle Ballengee went for a training run with her dog, spending two nights on a rock with a broken pelvis and internal bleeding was not what she had in mind. When she didn't return after two days, the rescue team feared the worst, because although Ballengee is known to have overcome extraordinary challenges in the past, the landscape in Moab, Utah is harsh. She got into serious trouble when she slipped and fell down a 60-foot cliff. At first, she tried crawling slowly with one broken leg, but after five hours, she couldn't go on. The doctors later said that people with her injuries don't usually survive for more than 24 hours, but she didn't give up. She coped alone, for two days, in the cold and survived by being determined and taking a few precautions. Fortunately she is very experienced in these conditions and had energy bars and water to prevent her from dying of hunger or thirst.

It was thanks to her dog, Taz, that she was finally found. Clearly anxious that if he stayed by her side, she would die, Taz went for help and found John Marshall, who followed the dog back to Danielle and rescued her.

Just 150 days after her accident, 90 of which were in a wheelchair, she finished fifth in a 60-mile race that included mountain biking, running, orienteering, kayaking and a ropes course.



- 9 In pairs, think of an article that could be described by one of the titles in exercise 8. Write a short article about what happened. Think about these things:

- What was the situation?
- Where were the people?
- What happened and how did they feel?
- Why do you think this happened?
- What happened in the end?

- 10 Read your article to another pair. Can they guess the title?

The big picture: self-hugging jacket

1 a Look at the picture of a man offering 'free hugs'. In pairs, discuss the questions.

- 1 What are hugs?
- 2 How do they make you feel?
- 3 Why do you think he is offering free hugs?
- 4 How do you think people react to his offer?

b  4.1 Watch the video and check your answers.

2  4.1 In pairs, answer the questions. Watch the video again and check.

- 1 How many hugs do scientists say we need each day?
- 2 How does our sense of touch affect our emotions?
- 3 How does the self-hugging T-jacket work?
- 4 Which people can the jacket help?
- 5 How did it help Julie's son?

3 In pairs, discuss the questions.

- 1 What's your opinion of Dr Teh's invention? Why?
- 2 How much do you know about autism?
- 3 Can you think of any other uses for the T-jacket?
- 4 How many hugs a day do you need?

4  4.2 Watch Will and Laura discussing the video. Are the sentences true (T) or false (F)?

- 1 Laura thinks the T-jacket is too complicated.
- 2 Will knows a little about autism.
- 3 10% of people are on the autistic spectrum.
- 4 Laura hugs more than twenty people every day.
- 5 Will wants a hug from Laura.

5  4.2 Complete the sentences with the words in the box. Watch again and check. How do the words change the meaning of the sentences?

around generally speaking
 more often than not roughly tend to

- 1, these scientific inventions are really complicated to use.
- 2, I think people with autism have problems socializing.
- 3 They have difficulty processing all the sights and sounds and noises around us.
- 4 I think 1% of the population have it.
- 5 We need four hugs a day for survival.



Functional language

6 a  4.11 In pairs, guess the answers to the questions. Listen and check.

b How many answers did you get right? Did any of the facts surprise you?



Laughter

- 1 Is laughing good for you?
- 2 How often do adults laugh?
- 3 How often do children laugh?



Sleep

- 4 How many hours of sleep do people need?
- 5 How many hours a day do athletes sleep?
- 6 How many hours a day do babies sleep?



Left-handedness

- 7 How many left-handed people are there?
- 8 What percentage of the population is this?
- 9 How are left-handed people different?

7  4.11 Look at the Functional language box. Listen again. Which phrases are used to generalize about the facts in exercise 6?

FL generalizing

Generalizing about behaviour

More often than not ...

Generally/Broadly speaking, ...

By and large ...

In many/a few/some cases, ...

... tend to/usually/have a tendency to ...

Most people ...

The (vast) majority of people ...

Generalizing with numbers or data

around/about ...

approximately/roughly ...

A rough/An approximate figure is ...

... more or less.

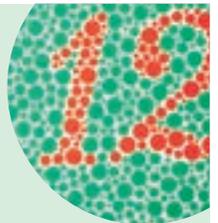
in the region of ...

8  4.12  **word stress** Listen to the words and underline the stressed syllable in each one. Listen again, check and repeat.

- | | |
|-------------|-----------------|
| 1 generally | 5 around |
| 2 majority | 6 region |
| 3 tendency | 7 about |
| 4 usually | 8 approximately |

9 Read the facts about colour-blindness. In pairs, make generalizations about them. Remember to stress the correct syllables.

- People with colour-blindness can't distinguish between certain colours.
- 300 million people in the world are colour-blind.
- 8% of men are colour-blind.
- 0.5% of women are colour-blind.
- Some people are only colour-blind in one eye.
- All babies are born colour-blind, but distinguish colour after six months.
- Colour-blind people can only see two or three colours in a rainbow.
- Colour-blind people aren't allowed to do certain jobs, such as electricians.



Speaking

10 In pairs, take turns to generalize about people in your country. Talk about the following topics.



Food



Shopping



Work



Transport



Houses



Families

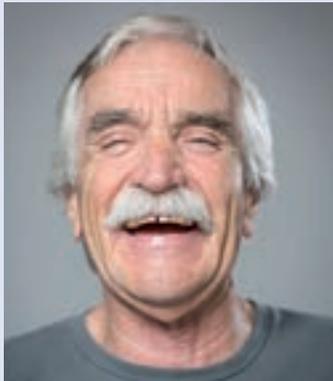
Vocabulary

Physical appearance

1 a Cross out the words that don't belong in the groups.

- | | | | |
|----------|-------------|----------|------|
| 1 curly | highlights | tanned | grey |
| 2 tattoo | wrinkle | freckles | bald |
| 3 pale | well built | athletic | slim |
| 4 teens | middle-aged | elderly | dyed |

b In pairs, describe the people in the pictures.



Symptoms and treatment

2 In pairs, take turns to make conversations. You are a patient – describe the symptoms for the problems in the box. Your partner is a doctor – he/she will suggest a treatment.

- | | | |
|----------|------------------|----------|
| a cough | a cut finger | earache |
| the flu | hay fever | insomnia |
| migraine | a sprained ankle | |

Expressions with mind

3 a Complete the sentences with the correct form of the verbs in the box.

- be bear change have keep make

- Whenever I'm ordering food, I always take ages to up my mind.
- I used to think that social media was a bad thing, but now I've my mind.
- If I'm making a decision, I try to my friends' advice in mind.
- I a lot on my mind last month – life was really busy.
- I love swimming in the sea in winter – I must out of my mind!
- I'm not sure if electric cars are a good idea, but I'm trying to an open mind.

b Are the sentences in exercise 3a true for you? If not, change them so they are true. In pairs, compare your answers.

Grammar

Present perfect simple and continuous

4 a Choose the correct words to complete the blog post.

My new life in the UK

Over the last six months, I've ⁽¹⁾ *done / been doing* an intensive English course. My speaking has ⁽²⁾ *improved / been improving* the most since I started, but I still find it difficult to speak on the phone! This week, I've ⁽³⁾ *moved / been moving* house and my phone has ⁽⁴⁾ *rung / been ringing* all the time. I've ⁽⁵⁾ *spoken / been speaking* to a woman at the rental office three times, but it was really hard to understand her.

b In pairs, talk about something you have been learning recently. How long have you been doing it for? What have you improved the most?

Gerund and infinitive

5 a Complete the sentences with the gerund or infinitive form of the verbs in brackets.

- Why don't you try some different painkillers your headaches? (control)
- and a sore throat are common signs of a cold. (cough)
- I'm really fed up of so unwell! (feel)
- The drugs weren't working so they decided alternative medicines. (try)

b Complete the sentences so they are true for you. In pairs, compare your answers.

- I find it difficult
- I sometimes get fed up of
- I need to remember

Functional language

Generalizing

6 a Choose the correct option to complete the sentences.

- Broadly / Usually* speaking, there are three main ways of getting the news.
- By and *more / large*, national newspapers are available both in print and online.
- In the UK, in the *region / figure* of 12 million people buy a newspaper every day.
- More often *the case / than not*, I read the news online.

b How do people in your country get the news? Write four sentences making generalizations.

Looking back

- Think of ten words to describe someone's appearance.
- Have you been doing an activity this year that you've never done before? What is it? Tell a partner.