

27 A healthy lifestyle

1 Healthy or unhealthy

Put the following phrases into the correct box below:

- | | |
|---------------------|-------------------------|
| fresh fruit | a lot of stress at work |
| smoking | regular exercise |
| plenty of fresh air | too much alcohol |
| lots of sugar | salad |
| fish | too much salt |

..... is good for you.	
..... is bad for you.	

Now use the correct form of the following verbs. Use each one twice.

- avoid keep stay give up cut down

1. Playing tennis twice a week is what me fit.
2. Lots of fresh fruit and vegetables will help you to healthy.
3. My doctor keeps telling me I should smoking completely.
4. You don't have to stop drinking completely. Just try to a little.
5. If you can, try to stressful situations.
6. It's easy to start a diet. It's much harder to to it!
7. You'll see a big difference if you the amount of sugar you take in tea or coffee.
8. It's not essential to alcohol completely. Some doctors think a little a day is actually good for you.
9. Eat small meals regularly. This means you should do your best to eating big meals – especially late at night.
10. My weight has the same for the last ten years.

2 Watching your weight

Which two nouns go with each of these verbs?

- | | |
|------------|-------------------|
| 1. join | a. weight |
| 2. lose | b. a gym |
| 3. put on | c. a diet |
| 4. go on | d. a few kilos |
| 5. resist | e. chocolates |
| 6. cut out | f. a health club |
| | g. a crash diet |
| | h. anything sweet |

Now use four of the verbs above to fill the gaps in the following dialogue:

- A: I don't know what to do. I seem to weight so easily. Every time I weigh myself, I'm a kilo heavier!
- B: Well, you do eat a lot of fatty food – perhaps you should it of your diet.
- A: Oh, I don't know. I find it very difficult to stick to a diet. I just can't chocolates.
- B: At least you should try to cut down on all those burgers you eat. Perhaps you could a gym or a health club.

3 She's in really good shape

Look at the following text and put the phrases in colour into the correct list below:

My Mum's in really good shape. She goes to the gym twice a week and plays tennis on Sunday. My Dad, on the other hand, is really unfit. He spends all day in front of the TV – he gets out of breath if he has to get up to answer the phone! My sister's a swimming instructor. As you can imagine, she's as fit as a fiddle, but my brother, who used to play rugby every weekend, has let himself get really out of condition – he must have put on twenty kilos in the last two years. Finally, there's my grand-dad. He's nearly eighty but he's got loads of energy. He plays golf three times a week and jogs round the park on the other days!

- | | |
|-----------------|---------|
| fit and healthy | not fit |
| | |
| | |
| | |

4 Personal questionnaire

Tick the statements which are true for you. Then look at the key to see how healthy you really are!

1. a. I walk to work.
b. I drive to work.
2. a. I have muesli for breakfast.
b. I never eat muesli.
3. a. I never eat between meals.
b. I eat sweets between meals.
4. a. I play sport at least once a week.
b. I gave up sport years ago.
5. a. My waist size is the same as 5 years ago.
b. My waist is bigger than 5 years ago.
6. a. I do the housework in the evening.
b. I sit and watch TV in the evening.
7. a. I drink in moderation.
b. I drink a lot at weekends.
8. a. I occasionally eat a few chocolates.
b. I eat sweets on a regular basis.
9. a. I don't eat chips.
b. I have chips more than once a week.
10. a. In shops I always walk upstairs.
b. In shops I always take the lift.
11. a. I eat fish at least once a week.
b. I never eat fish.
12. a. I go dancing when I get the chance.
b. You'd never catch me dancing!
13. a. I always refuse puddings.
b. I never refuse puddings.
14. a. I go out into the country a lot.
b. The countryside is for animals!
15. a. I like to relax by reading a book.
b. I relax by going to the pub.

6 Collocations

Complete these collocations from the two exercises above:

- | | |
|-----------------------|---------------------------------------|
| 1. eat meals | 5. get of spots |
| 2. my waist | 6. look carefully at your |
| 3. drink in | 7. eat more |
| 4. on a regular | 8. try out all sugar and butter |

5 Problems

Match these lifestyle problems with the pieces of advice below:

The problems:

1. My hair always feels lifeless and oily. If I wash it in the morning, I need to wash it again when I come home from work. And I can't seem to get rid of the spots on my face.
2. If I buy a new pair of trousers, they don't fit me after a couple of months. So now I buy all my trousers one size too big. That way they last twice as long.
3. I get really breathless if I have to go upstairs nowadays. I used to be able to run up stairs. Now I have to stop halfway up and have a rest.
4. When I come home from work, the first thing I do every evening is pour myself a large gin and tonic. It's the only way I can relax.

The advice:

- a. Look carefully at your diet. Are you eating too many oily foods, like chips or potato crisps?
- b. You'd be far better playing squash or tennis after work. That would help you relax far better. You need less stress in your life.
- c. You're smoking too much. At the moment you are breathless. What will you do when the doctor tells you it's cancer?
- d. You are simply eating too much. If you are putting weight on so quickly, you must simply eat less and eat more healthily. Try cutting out all sugar and butter immediately, then start cutting out other things, like cream. Change to semi-skimmed milk.

Add your own words and expressions

A Diet

Some types of food are considered to be good for our health. Others can cause long-term¹ health problems if they are consumed² in large quantities. Here are some examples.

healthy ...	not so healthy ...
oily fish (e.g. salmon)	sugary foods (e.g. fizzy ³ drinks)
fruit and nuts ⁴	food with a high fat or high salt content ⁵
wholemeal ⁶ bread	processed ⁷ food

¹ lasting a long time into the future ² eaten (*fml*) ³ with a lot of bubbles ⁴ dry fruits of some trees with a hard shell ⁵ amount that is in the food ⁶ containing all the grain, with nothing taken out ⁷ treated with chemicals to preserve the food or to add taste or colour

A website recently listed a range of superfoods – foods that may prevent diseases and improve mental¹ as well as physical² health. The list included:

- Blueberries: may improve short-term³ memory and slow⁴ the ageing process⁵.
- Apples: a good source⁶ of vitamin C; they can also lower⁷ cholesterol.
- Spinach: high in vitamin A; it can boost⁸ the immune system.
- Vegetable juice (especially tomato): can reduce the risk⁹ of heart disease.



¹ of the mind ² of the body ³ lasting a short time ⁴ make it happen more slowly ⁵ the changes to our body and mind by which we grow old ⁶ the place it comes from ⁷ reduce/take the level down ⁸ improve or increase ⁹ make less likely that it will happen

B Lifestyle

Read the magazine extracts about lifestyle issues. Note the use of the adjective and noun forms of the same word.

There has been a **sharp rise**¹ in the number of children who are **obese**². Child **obesity** is now a **major**³ problem. Children often take too little exercise.

Keeping **fit** need not be difficult. You can **maintain**⁵ a good **level** of **fitness** with a simple routine of daily **exercise**. Start **exercising** now!

People often do not realise how **stressful** their jobs are. **Stress** can cause high blood pressure, increased risk of heart attacks and **depression**⁴.

Bad habits can cause serious **harm**⁶ to the body. Alcohol and tobacco are particularly **harmful** if consumed in large quantities over a long period.

¹ an increase that is sudden and quick ² extremely fat ³ very big and serious ⁴ a mental illness when someone is extremely unhappy and anxious for a long period ⁵ keep (*fml*) ⁶ injury or damage

Language help

The nouns *food* and *fruit* can be both uncountable and countable. When we refer to food and fruit in general we use the uncountable form (e.g. *That restaurant serves good food / I love fruit*). The plural forms, *foods/fruits*, are used to refer to individual types or examples of food (e.g. *fatty foods, citrus fruits*). We always use *fish* in the singular.

Exercises

29.1 Rewrite the words in bold using words from A opposite.

- 1 If people eat these foods in **big amounts** *large quantities*, it may be dangerous.
- 2 Certain foods are **thought** by scientists to have a positive effect on our bodies.
- 3 Foods with a lot of **fat in them** may cause health problems.
- 4 Some foods may cause health problems that last long into the future.

29.2 Match the adjectives and nouns to make five collocations to fill the gaps in the sentences below.

adjectives	nouns
oily processed wholemeal mental fizzy	drinks bread fish health foods

- 1 ~~Wholemeal bread~~ is usually considered to be healthy because it contains the complete grain, with nothing taken out.
- 2 may taste good when you're very thirsty, but they often have a high sugar content.
- 3 Types of include salmon.
- 4 often contain artificial colours to make them look more attractive.
- 5 Some foods can be good for our as well as our bodies.

29.3 Verb–noun collocations. Match the sentence beginnings on the left with the endings on the right.

- | | | |
|--------------------------|-------------------------------------|------------------------------|
| 1 Certain foods can slow | <input checked="" type="checkbox"/> | a cholesterol. |
| 2 Some foods can boost | <input type="checkbox"/> | b the risk of heart disease. |
| 3 Some foods can lower | <input type="checkbox"/> | c the immune system. |
| 4 Other foods can reduce | <input type="checkbox"/> | d the ageing process. |

29.4 Can you remember which positive effect each of these foods may have? Choose your answers from 29.3 (a–d).

- 1 spinach 2 vegetable juice 3 apples 4 blueberries

29.5 Correct the mistakes in these sentences. There may be more than one.

- 1 Blueberries can improve short-~~time~~ memory. ~~term~~
- 2 Many fruits are a good sauce of vitamin C and provide mayor health benefits.
- 3 Oily fishes should form part of a healthy diet.
- 4 Which do you prefer to eat as a snack if you're hungry, fruits or nuts?
- 5 A: There's a new Chinese restaurant in town. B: Good! I love Chinese foods.
- 6 There has been a sharp raise in the number of people suffering from depression.

29.6 Complete the two versions of each sentence. Use related word forms, as in the example.

- 1 Tobacco and alcohol can cause a lot of **harm** / can be **harmful** to our health.
- 2 Children who are / who suffer from need to exercise more.
- 3 Her job is very / causes her a lot of and is very tiring.
- 4 How can we keep / maintain a good level of? The answer is to get regular / to regularly.

Over to you

List the foods that you eat most regularly. How many are (a) healthy (b) not so healthy? Do you consume any superfoods? Why? Why not?

