

9 A Healthy Life



IN THIS UNIT, YOU...

- talk about how to stay healthy.
- read about the secrets of living a long and happy life.
- learn about different forms of preventive medicine.
- watch a TED Talk about how a teenager's invention helped his grandfather.
- write a proposal about making positive connections with the elderly.

People around the world participate in activities to feel healthier and connect with others. These people are doing group yoga in a park in Vilnius, Lithuania.

9A How to Stay Well

VOCABULARY Health and fitness

- 1 Look at the photo and read the caption. What are five ways you stay fit and healthy?
- 2 Work in pairs. Complete the tips for staying healthy with these words and phrases. Which of your ideas from Activity 1 are mentioned?

| | | | |
|----------------|---------------------|---------------|--------------------|
| alert | beneficial effect | carbohydrates | detrimental effect |
| enhance | in moderation | intake | nutrients |
| nutritious | obesity | protein | refined sugar |
| relieve stress | sedentary lifestyle | unprocessed | well-being |

Have a balanced diet. You can get all the essential (1) _____ the body needs if your diet contains foods rich in (2) _____ (e.g., fish, beans, dairy products), (3) _____ (e.g., bread, potatoes, pasta), non-saturated fats, and plenty of fruit and vegetables.

Eat (4) _____. Overeating will make you put on weight and can lead to (5) _____.

Eat naturally. Cut down on processed foods and food containing (6) _____ and choose (7) _____ foods such as whole grain bread and brown rice, which are more (8) _____.

Reduce your salt (9) _____. Too much salt can have a (10) _____ on your health and is associated with high blood pressure and heart disease.

Drink plenty of water. Staying hydrated can have a (11) _____ on your energy level and also keeps your organs and skin healthy.

Stay active and get exercise. Studies suggest that a (12) _____ (e.g., spending long periods sitting in front of the computer or television) is related to a number of illnesses later in life. Staying active is also good for your heart.

Get enough sleep. A good night's sleep can (13) _____ your mood and help you stay (14) _____ throughout the day.

Relax. Activities such as yoga or meditation or taking deep breaths can (15) _____ when you feel under pressure and help you refocus.

Practice the art of appreciation. Not only is "an attitude of gratitude" good for the people around you, but it can also increase your own emotional (16) _____.

- 3 Work in pairs. Write six more tips like the ones in Activity 2. Use these words.

bright colors junk food kindness laugh smile sunscreen

- 4 Complete the sentences. Then work in pairs. Compare and give reasons for your answers.

- 1 I should reduce my intake of _____ and eat / drink more _____.
- 2 If I _____, it will be beneficial for my well-being.
- 3 A nutritious meal I had recently was _____.
- 4 _____ can have a detrimental effect on the health of young children.
- 5 People who have a sedentary lifestyle should _____.
- 6 Foods such as _____ are full of nutrients.

LISTENING

- 5 Work in pairs. Discuss the questions, giving reasons for your opinions.
- _____ Is drinking coffee bad for you? _____
 _____ Is it OK to skip breakfast? _____
 _____ Should you exercise every day? _____
 _____ Is chocolate really a superfood? _____
 _____ Can exercise improve your mood? _____

- 6 Listen to a radio show in which an expert responds to the questions in Activity 5. Number the questions in the order you hear them. Is the answer to each one *yes, no, or it depends*?  58

- 7 Work in pairs. Match the topics with the statements. More than one answer may be possible. Then listen again and check your ideas.  58

- a skipping breakfast
 b drinking coffee
 c getting exercise
 d eating chocolate

- 1 It might prevent an illness that affects the elderly.
 2 It can be done in moderation.
 3 It can make you feel less stressed.
 4 You may end up with a less healthy alternative.
 5 It has both beneficial and detrimental effects.
 6 It could lead to problems at school.
 7 It has a range of benefits for the body.
 8 Variety is recommended.

8 MY PERSPECTIVE

Work in pairs. Say how much you agree with the statements and why.

- 1 It's hard to know what is healthy because experts' advice keeps changing.
 2 It's too hard to make healthy lifestyle choices because of peer pressure.

GRAMMAR Relative clauses with prepositions

- 9 Match the sentences with the extracts from the radio show in the Grammar box. There are some differences between 1–3 and a–c. Why do you think they are different?

- 1 It can also contain sugar and fat, which can both make you put on weight.
 2 Exercise can relax you, wake you up, and give you confidence, which are all really important.
 3 Find an activity you're interested in.

Relative clauses with prepositions

- a *Ideally, young people should find an activity in which they are interested...*
 b *... physical activity can relieve stress... make you feel more alert and confident, all of which are obviously important.*
 c *... it also contains sugar and fat, both of which contribute to weight gain...*

- 10 Work in pairs. Look at the sentences in Activity 9 and in the Grammar box. Answer the questions.

- 1 Which sentences contain defining relative clauses? Which contain non-defining clauses?
 2 In which two positions can we put a preposition in a relative clause? Why?
 3 Some of the relative clauses contain a word expressing quantity. What are these words, and what positions do they appear in?

Check your answers on page 144. Do Activities 1 and 2.

- 11 Read the advice to teenagers. Then rewrite it in a less formal way to email to a friend.

- 1 It is vital to eat breakfast every day. Try to have some cereal, fruit, yogurt, or eggs, all of which contain essential nutrients for your health.
 Make sure you eat breakfast every day. Have some... *cereal, fruit, yogurt, or eggs, which are all nutritious.*
 2 It is essential to do some physical activity each day from which you obtain some enjoyment.
 You need to get some exercise everyday, ...
 3 It is advisable to focus more on school subjects and activities at which you are talented.
 You should focus more on subjects and activities...
 4 It is a sensible idea to develop a wide circle of friends with whom you can relax and be yourself.
 Why don't you make some good friends...

- 12 Complete the article with these relative expressions.

| | | |
|--------------------------|---------------|---------------|
| all of whom | both of which | half of whom |
| in which | many of which | some of which |
| the most common of which | | where |

According to World Health Organization (WHO) estimates, physical inactivity accounts for 3.2 million deaths globally, (1) _____ could be prevented by more active lifestyles. Other studies have shown that inactivity is a major factor in many illnesses, (2) _____ are cancer, diabetes, stroke, and heart disease. Globally, around 31 percent of adults were not active enough in 2008. Furthermore, studies have established a link between activity and dementia. A study at the University of Illinois looked at a number of older adults, (3) _____ engaged in moderate aerobic exercise. Brain scans showed that brain volume increased in this half of the group, unlike in the control half.

The countries (4) _____ people are the least active are higher income countries; inactivity is linked to insufficient exercise in free time and a sedentary lifestyle, (5) _____ are more widespread in the developed world. The WHO makes specific recommendations for children aged between five and seventeen, (6) _____ should do at least 60 minutes of moderate to intense physical activity daily. The organization suggests a number of ways (7) _____ children can get exercise, including games, sports, and household chores, (8) _____ can be easily included in a more active daily routine.

13 MY PERSPECTIVE

Work in pairs. What do you think about the advice given in this lesson? What surprised you the most? Will it make you change your habits at all? Why?

A group of friends practice parkour in Gaza City while bystanders watch.



9B Live Long and Prosper

VOCABULARY BUILDING

Adjective suffixes *-able* and *-ible*

Many adjectives in English contain the suffixes *-able* or *-ible*, which mean “can be done” (e.g., *sustainable*, *affordable*, *accessible*). Adjectives ending with *-able* usually have a corresponding verb (e.g., *enjoy—enjoyable*, *afford—affordable*), but adjectives ending in *-ible* often do not (e.g., *horrible*, *visible*).

1 Choose the correct options to complete the definitions.

- 1 Edible mushrooms can be *cooked* / *eaten*.
- 2 Legible handwriting can be *appreciated* / *read*.
- 3 A feasible project can be *completed* / *explained*.
- 4 An audible comment can be *laughed at* / *heard*.
- 5 An accessible building can be easily *constructed* / *reached*.
- 6 A plausible excuse can be *believed* / *forgiven*.

2 Match the adjectives (1–10) with the nouns (a–j). Use a dictionary if you need to. More than one alternative may be possible.

- | | |
|---------------------------|---------------|
| 1 achievable _____ | a goal |
| 2 curable _____ | b battery |
| 3 disposable _____ | c bottle |
| 4 inflatable _____ | d coat |
| 5 memorable _____ | e disease |
| 6 preventable _____ | f energy |
| 7 rechargeable _____ | g error |
| 8 recyclable _____ | h trip |
| 9 renewable _____ | i life jacket |
| 10 machine-washable _____ | j razor |

READING

3 Work in pairs. Look at the photo. How old do you think these people are? Can you think of any “secrets” to living a long life?

4 Read the article and check your ideas. Which statement best summarizes the article?

- 1 A healthy diet can increase your life expectancy.
- 2 Longevity (a long life) is associated with both lifestyle and diet.
- 3 People living on islands tend to have a healthier lifestyle.

5 Work in pairs. Are the statements *true*, *false*, or *not stated*?

- 1 People live longer than average in Ikaria and Okinawa.
- 2 Most people in Ikaria and Okinawa live to be 100.

- 3 People in Ikaria and Okinawa do not suffer from chronic illnesses.
- 4 The lifestyle of Ikarrians has been influenced by the island’s location.
- 5 Many Ikarrians have a vegetarian diet.
- 6 In Ikaria, all generations work together to fund and organize local festivals.
- 7 Okinawans have the highest life expectancy in the world.
- 8 There is a higher ratio of fast food restaurants in Okinawa than in the rest of Japan.
- 9 Younger Okinawans have a lower life expectancy than their elders.

6 Work in pairs. Find evidence in the article to support these conclusions.

- 1 Be active in your daily life.
- 2 Have a sense of purpose.
- 3 Take time to relax.
- 4 Belong to a community.
- 5 Value family life.
- 6 Eat a plant-based diet.
- 7 Don’t overeat.

7 MY PERSPECTIVE

Work in pairs. Discuss the questions.

- 1 Do you want to live to be a centenarian? Why?
- 2 In what ways is the lifestyle of people in Ikaria and Okinawa similar or different from that of your community?
- 3 Which aspects of life in Ikaria and Okinawa do you think are the most important for good health? Why?

CRITICAL THINKING Checking facts

Some websites and publications contain information that is inaccurate, out of date, or false. Check information carefully from more than one source before accepting it as true. Use this checklist.

- Who is the writer? What experience or qualifications do they have?
- What can you find out about the purpose of the website or publication?
- Does the writer present only one side of the issue or multiple perspectives?
- Does the writer state where they got their information? Can you check it?
- When was the article written? Has the information been updated?

8 Find three claims in the article that you would like to investigate. Then investigate them on two or three websites using the checklist to determine the reliability and credibility of the source.



Vasili and Eleftheria enjoy a long life in Ikaria.

THE HEALTHIEST PLACES IN THE WORLD?

59 We know that our genes determine only about a quarter of our life expectancy. So how do we account for the rest? People have tried to find the secrets to a long and healthy life for thousands of years. In recent years, however, demographers* around the world may have finally found some promising clues. What they discovered were regions around the world where life expectancy is considerably higher than the norm and where there is a high proportion of centenarians*. These places also tend to have a lower rate of preventable chronic illnesses that commonly kill people in the developed world, such as heart disease, cancer, and diabetes.

Ikaria is a small Greek island whose inhabitants live eight years longer than the world average and have considerably lower dementia rates. Its relative geographical and cultural isolation and low numbers of tourists mean that, so far at least, Ikaria has remained largely unaffected by a Western way of life. Islanders live on a variant of the Mediterranean diet—rich in olive oil and vegetables and low in meat and dairy products (apart from goat’s milk). Researchers at the University of Athens, in Greece, also point out the health benefits of the local greens and herbs that are a part of the Ikarian diet. Their vegetables are picked wild or home-grown, and they also drink green herbal tea sweetened with locally produced honey rather than a lot of coffee.

Sociability and a slow pace of life are key factors in the health of the community. Ikarrians tend to wake up naturally, work in the garden, have a late lunch, take a nap, and visit neighbors after sunset. At local festivals in which everyone—teenagers, parents, the elderly, young children—takes part, they combine their money to buy food and drink and give what is left over to the poor. The one old people’s home on the island is only used by those who have lost all their family. “It would shame us to put an old person in a home,” said one resident. And as another put it, “Ikaria isn’t a *me* place. It’s an *us* place.”

Okinawa, Japan, consists of 161 small islands some 1,300 km (808 miles) south of Tokyo. Researchers, like the ones at the Okinawa Centenarian Study, have found that elderly people here have the longest life expectancy in Japan, which is the world’s longest-lived country. Okinawans use small plates to reduce meal portions. Their diet is low in meat, fish, and dairy products but rich in other forms of protein such as beans and tofu* and also includes a high proportion of plants such as seaweed and sweet potatoes. In terms of social life, each resident is assigned at birth to a *moai*—a small social network whose members are responsible for one another throughout their lives. There is no word for retirement in the Okinawan language. Instead, Okinawans’ lives are governed by another principle called *ikigai*, which roughly translates as “the reason why you wake up in the morning.” Demographers who have visited the island have encountered an 85-year-old whose lifelong passion was his work as a fisherman, an 84-year-old training for a decathlon, a 102-year-old karate grand master, and a 102-year-old woman whose greatest joy was her great-great-granddaughter.

However, the famed longevity of Okinawans is now under threat as a generation that grew up eating a Western diet is now reaching middle age. Japan’s first fast-food restaurant opened in Okinawa in 1963, and it now has more fast food restaurants per person than anywhere else in the country. Today, almost 30 percent of Okinawan men die before reaching 65, and nearly half of men in their forties are obese. In the 1995 census, Okinawa had the highest longevity of all 47 prefectures in Japan. By 2000, it was 26th. Could it be that the secret to longevity is to be found with an earlier generation and in a traditional lifestyle?

demographer a scientist who studies human populations
centenarians people one hundred years old or older
tofu a form of solid protein made from soy milk



Healthy food is a key ingredient in preventing illnesses.

Caption to come in this area roughly about here.

9C Prevention as Cure

GRAMMAR Articles

- 1 Work in pairs. Read the sayings from around the world in the Grammar box. What does each one mean? Do you agree with the idea in each one? Do you have similar sayings in your language?

Articles

- a *Prevention is better than cure.*
- b *When the heart is at ease, the body is healthy.*
- c *From the bitterness of disease man learns the sweetness of health.*
- d *The greatest wealth is health.*
- e *Laughter is the best medicine.*
- f *Diseases of the soul are more dangerous and more numerous than those of the body.*
- g *A man too busy to take care of his health is like a mechanic too busy to take care of his tools.*
- h *Time, not medicine, cures the sick.*

- 2 Read these rules about the use of articles. Then find examples of each use in the sayings in the Grammar box.

- 1 Use a plural noun without an article to refer to a group in general.
- 2 Use an uncountable noun without an article to refer to the concept in general.
- 3 Use *the* with an uncountable noun to make it specific, often with a phrase that specifies it.
- 4 Use *the* with a singular noun in more formal contexts to refer to all examples of the noun.
- 5 Use *a/an* to refer to a single example of a group.
- 6 Use *the* with certain adjectives to refer to a group of people.

Check your answers on page 144. Do Activities 3 and 4.

- 3 Work in pairs. Which of these health nouns can be both countable and uncountable? For those that can be both, is there a difference in meaning?

| | | | |
|----------|---------|------------|-------|
| activity | checkup | cure | diet |
| exercise | health | illness | life |
| medicine | scan | well-being | youth |

- 4 Work in pairs, A and B. Student A completes Text A, and Student B completes Text B. Use with *the*, *a/an*, or — (no article).

A Preventive medicine

(1) _____ preventive medicine, or (2) _____ preventive healthcare, is not about giving patients (3) _____ cure; it is about enabling (4) _____ people to stay healthy. Many traditional forms of (5) _____ medicine, such as Chinese acupuncture, are based on preventing (6) _____ illness and strengthening (7) _____ immune system. Nowadays it takes the form of giving (8) _____ information on how to live (9) _____ healthy life or (10) _____ advice on exercise and diet. (11) _____ doctors also attempt to detect (12) _____ illness before symptoms emerge, with regular checkups, for example.

B Wearable technology

More and more people are wearing technology to monitor and regulate their own health. (1) _____ wearable fitness trackers, which are worn on (2) _____ wrist like (3) _____ watch, record (4) _____ data on (5) _____ person's activities (e.g., calories burned, steps taken, hours of sleep). This is then transmitted to (6) _____ app on their smartphone. (7) _____ studies have found that in some cases, using (8) _____ wearable technology can lead to (9) _____ increase in (10) _____ physical activity of up to 25 percent and (11) _____ reduction in (12) _____ blood pressure.

- 5 Tell your partner about what you learned. Which way of preventing illness described in each text do you think is better? Why?
- 6 Now look at each other's texts. Do you agree with the articles your partner used?
- 7 Work in pairs. Read about other types of preventive health technology. Add *a/an* or *the* where appropriate. What conditions could these devices help with?
 - 1 This is free, online tool which can help you create daily personalized diet. Just type in information about your age, weight, and health goals.
 - 2 This is wearable electronic device that measures air pollution and gives warning on your smartphone when you should go inside.
 - 3 Research is being conducted in order to develop smart contact lenses that monitor user's blood-sugar level. Lenses then send data to person's smartphone and their doctor.
 - 4 This is small recorder that is inserted under skin to record patient's heart rhythm.

- 8 Work in groups. Discuss the questions.

- 1 What are the advantages and disadvantages of the preventive devices described in Activity 7? Which would you be interested in using? Why?
- 2 What other wearable technology would you like to see? Why? How would it be useful?
- 3 Do you wear a fitness tracker, or do you know someone who does? If so, how helpful is it? If not, would you like to wear one? Why?

- 9 CHOOSE

Choose one of the following activities.

- Find reliable information from two or three sources about a type of food or drink that is good or bad for you. Summarize your findings in a short report and read it to the class. Pay attention to article use.
- Work in pairs. Create either a health brochure or a poster for a campaign to promote healthy living for teenagers. Show your brochure or poster to another pair. Pay attention to article use.
- Look at some ingredients that are often promoted as essential for a happy life. Choose the three that you think are the most important, thinking of examples from your own life or the lives of people you know. Work in groups and discuss your ideas.

| | |
|--|------------------------|
| ability to deal with life's difficulties | awareness |
| being part of something bigger | exercise |
| focusing on positive emotions | giving to other people |
| having a clear purpose | learning new things |
| self-acceptance | strong relationships |

Young runners check their fitness trackers before a run.



9D My Simple Invention, Designed to Keep My Grandfather Safe

“ I was really struck by the power of technology to change lives for the better. ”

KENNETH SHINOZUKA

Read about Kenneth Shinozuka and get ready to watch his TED Talk. ▶ 9.0



AUTHENTIC LISTENING SKILLS

Understanding fast speech

When you listen to fast speech, listen for key words that can help you understand the gist (main idea). If you are listening to or watching a recording (e.g., online videos or streamed TV or movies), play a short part several times. See if you can understand more each time. Remember that weak forms of common words (e.g., *the, a, an, of, at, to*) are often said very quickly.

1 Look at the Authentic Listening Skills box. Then predict which words complete the extract from the TED Talk.

My family (1) _____ experienced firsthand (2) _____ struggles (3) _____ caring (4) _____ Alzheimer's patient. Growing up (5) _____ family (6) _____ three generations, I've always been very close (7) _____ my grandfather.

2 Listen and check your ideas. How are the missing words pronounced? ▶ 60

3 Listen to three more extracts from the TED Talk. You will hear each section several times. Complete what Kenneth says. Try to guess the words you can't hear. ▶ 61

- 1 As the number of Alzheimer's patients _____ overwhelming societal challenge.
- 2 When I was _____ suddenly got lost.
- 3 My aunt _____ the bed.

WATCH

4 Work in pairs. Discuss the questions.

- 1 What do you know about Alzheimer's disease?
- 2 What challenges might people who care for those with Alzheimer's face?

5 Watch Part 1 of the talk. Are the sentences *true, false, or not stated*? ▶ 9.1

- 1 Alzheimer's disease is currently the biggest health problem among old people in America.
- 2 By the middle of this century, there will be twice as many Alzheimer's patients as now.
- 3 Kenneth's family did not know his grandfather had Alzheimer's until he got lost.
- 4 His grandfather's illness has gotten worse in the last two years.
- 5 Kenneth was worried about both his grandfather and his aunt.
- 6 Kenneth's invention involves sending a signal from a sock to a smartphone.
- 7 Kenneth wanted his grandfather to be able to sleep better.

6 Watch Part 2 of the talk. Number the statements in the order that Kenneth mentions them. ▶ 9.2

- _____ Kenneth was too young to implement his plan.
_____ An elderly friend was badly hurt in a fall.
_____ Kenneth was inspired to use sensors to help the elderly.
_____ Kenneth designed a system to detect falls.

7 Watch Part 3 of the talk. Match the stage in the invention process with things that Kenneth used. There may be more than one for each stage. ▶ 9.3

- 1 He created a sensor to put on patients' feet. _____
- 2 He designed an electric circuit. _____
- 3 He coded a smartphone app. _____

- a YouTube
- b a small battery
- c ink particles that conduct electricity
- d a thin material
- e textbooks
- f Bluetooth technology

8 Watch Part 4 of the talk. Complete the summary. Then watch again to check your answers. ▶ 9.4

Kenneth designed two different (1) _____ for his device. One was designed to fit inside a (2) _____, and the other was designed to be worn on the patient's (3) _____. Since his grandfather started using the device, it has had a 100 percent (4) _____. Kenneth has tested his invention at residential homes and now hopes to make it into a (5) _____. He has discovered that not everybody is willing to (6) _____ at night. He is now conducting research into how often patients (7) _____ at night, and how this relates to their (8) _____ during the day. He still remembers how his invention helped him know when his grandfather (9) _____ out of bed, and this has inspired him to use (10) _____ to change people's lives and help them to be healthier.

9 VOCABULARY IN CONTEXT

- a Watch the clips from the TED Talk. Choose the correct meaning of the words and phrases. ▶ 9.5

b Think of an example of the following things. Then compare your ideas with a partner.

- 1 something you have *experienced firsthand* that has taught you a useful lesson about life
- 2 people who used to *keep an eye on* you
- 3 an interest that *stems from* shared family activities
- 4 a skill you have learned from an online *tutorial*

10 MY PERSPECTIVE

Work in pairs. Discuss the questions.

- 1 In what ways have your grandparents or older relatives helped you and your family throughout your life?
- 2 What do you do, or what could you do, to improve their quality of life?

CHALLENGE

Work in groups. Read the situation. Discuss the pros and cons of each option. What would you advise your family to do? Why?

Your grandparent lives alone, is getting less mobile and more frail, and finds it hard to do everyday tasks. Your parents work full-time, and there is no spare room in your house. Your grandparent has two more children; one, who is single, lives in a distant city where your grandparent knows no one, and the other, who does not work, is in poor health and has little contact with the family. Your grandparent could:

- a come and live with your family.
- b live with another relative.
- c share living arrangements among the relatives.
- d move into a residential care home.
- e continue to live at home with specialist help.

9E Stronger Together

WRITING A proposal

Useful language

Introducing the proposal

This proposal is based on a discussion about... / a survey in which...

It outlines / suggests ways in which...

It puts forward suggestions / proposals for...

It concludes by recommending... / making recommendations about...

Making recommendations

There are several steps / measures that could be taken.

It is suggested / recommended that... should...

The school could / might consider doing...

Explaining the reasons for recommendations

If these recommendations are implemented, ...

By doing this, ... / In this way, ...

This would enable people to...

1 How much involvement do elderly people have in your school? How could this be increased? What could the benefits be?

2 Work in pairs. Read the proposal on page 153. Answer the questions.

- 1 What concerns did the elderly people express?
- 2 What opportunities did they identify?
- 3 How do the proposal's suggestions benefit both the elderly and the young?
- 4 Is the situation that the writer describes similar in your country?

3 **WRITING SKILL** Impersonal style

In reports, proposals, and academic writing, it is common to use impersonal structures instead of personal pronouns such as *I*, *we*, or *you*. These include: passive verbs, a gerund (*-ing* form) as subject, *there is / are*, and *it is / would be* + adjective.

a Find examples of impersonal structures in the proposal on page 153.

b Rewrite these sentences in a more impersonal style using the words in parentheses.

- 1 Perhaps we could schedule regular movie nights. (possible)
- 2 We don't have enough volunteers. (a lack)
- 3 We should speak clearly and loudly in case they are hard of hearing. (helpful)
- 4 If we organized events, they could meet more people. (organizing)
- 5 We could devote one day a month to visiting people. (devoted)

4 Choose one of these topics to write a proposal about. Discuss problems with the current situation and make suggestions for improving it. Use phrases from the Useful language box.

- Providing healthier food at your school cafeteria
- Creating a buddy system between older and younger students
- Making the school or local community feel more like an *us* place

SPEAKING Talking about proposals

5 Work in pairs. Look again at the proposal on page 153. Can you think of any potential problems or issues with it?

6 Listen to someone describing and answering questions about the proposal. What three issues or potential problems are mentioned? What solutions are proposed? 62

7 Listen again. Which expressions from the Useful language box do you hear? How did the speakers respond enthusiastically to suggestions? 62

8 **PRONUNCIATION** Intonation in responses

a Listen to someone responding to proposals. Which word or words are stressed? Does the speaker's voice fall or rise at the end? Why? 63

- 1 That's a great idea!
- 2 What a fantastic idea!
- 3 I really like the idea of taking them on trips.
- 4 That sounds like an excellent way of helping!
- 5 It's a good idea in principle, ...
- 6 Yes, but the problem is...
- 7 You'd need to keep in mind that...
- 8 It's worth remembering that...

b Listen to the sentences again. Repeat the intonation. 63

9 Work in pairs. Use phrases from the Useful language box to respond to these comments on the proposal on page 153.

- 1 Some older people may have difficulty hearing.
- 2 Some students don't know what to say to older people.
- 3 How could students visit older people in their homes?
- 4 We'd need to organize a schedule.
- 5 Some older people may have difficulty getting up or around.

10 Work in groups. Take turns describing the proposals you wrote in Activity 4. You should respond to each other's ideas and ask questions. Use phrases from the Useful language box. Decide which proposal you like best and why.

Useful language

Summarizing proposals

Basically / In essence what we're aiming to do is...

Our goal is to...

What we're proposing to do, specifically, is...

Our first / second recommendation is...

Responding to proposals

It's a good idea in principle, provided that...

Yes, but the problem is...

You'd need to keep in mind that...

It's worth remembering that...

I wonder how feasible it would be to...



Elderly people being introduced to video games by students.