

Unit 9

ARE WE OK?



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Americans Anticipate Higher Stress at the Start of 2023 and Grade Their Mental Health Worse

December 21, 2022

Washington, DC — As 2022 draws to a close, nearly two out of five (37%) Americans rated their mental health as only fair or poor, up from 31% a year ago. More than one in four (26%) reported they anticipated experiencing more stress at the start of 2023, up from one in five (20%) last year.



BREAKING NEWS

Students in Vilagarcía reportedly present lower levels of stress and higher levels of happiness due to their EOI English lessons

"I feel more accomplished when I get home and I normally can't wait for the next lesson", says one of them.



Catholic Church
With Robotic F
VATICAN CITY—and exciting again Catholic Church a badass deity with dogmas....



BREAKING NEWS
Royal Family C
King Charles M
LONDON—In a s the royal family t image, Buckingham altering a photog releasing it to the



BREAKING NEWS
Timeline Of K
Mystery continue who has remaine following is a cor disappearance

How are we?

How are we doing?

Have we been stressed lately?

How do we cope with such feelings?

Do we ask for help when we need it?

What kind of advice do we give to other people?



Asking for help

Help sbmd **(with)** smtg

Help sbmd **out**

Give sbmd **a hand (with)**

Lend sbmd **a hand (with)**

Do sbmd **a favor**

Assist sbmd **(with smtg)**



Asking for help

Questions

- **Can** (informal, semi)
 - Can you **help** me **do** this exercise?
 - Can you **give** me **a hand with** these bags?
- **Could** (formal)
 - Could you **help** me **with** laundry?
 - Could you **lend** me **a hand with** this suitcase?
- **Will** (informal, semi)
 - Will you **help** me **out with** deciding my new pet's name?
 - Will you **do** me **a favor**?
- **Would** (formal)
 - **Would** you **mind helping** her when she arrives to the hotel?
 - **Would** you **be willing** to **assist** me if I need help with the task?
- **May** (formal)
 - **May** I ask for your advice?
 - **May** I call you if I don't remember the password?



Asking for help

Questions

- **Is it...?**

- **Do you...?**

- **Are you...?**

- **Is it alright** if I ask you for help with the presentation?

- **Is it ok to** ask for help from you?

- **Do you mind** giving me a hand with this?

- **Do you feel like** doing me a favor?

- **Are you willing to** assist me with this?

- **Are you ready to** help me out with this?

Imperative sentences

- Help me, please.

- Do me a favor, please.

- Please allow me to ask for help this time.



Asking for help

- I'm sorry, can you...?
- Excuse me, could you...?
- Would you mind...?
- May I...?
- I am sorry to bother you, but I could use some help.
- I need a favor from you.
- I have an issue with...
- I need assistance with...
- I am finding it hard to...
- I would appreciate it if you...
- I would be grateful if you...
- I wonder if I could ask you for help with...



Speaking

What kinds of excuses do you give when someone invites you to do something or go somewhere and you don't really feel like it?

What kinds of situations cause you to feel stressed?
What are the best ways to cope with stress?

Is there anything that sometimes prevents you from sleeping at night? What do you do when you can't sleep?

If you have to do something you don't really want to, like homework or housework, do you find 'distractions' that are suddenly way more important just to avoid doing what you should be doing?

If a friend wanted to contact you, would you prefer them to call you or message you? Why?

When you have a problem with something you don't know a lot about (technology, medicine, a vehicle, taxes, etc.), do you ask someone to help you or do you try to sort it out yourself?

Do you have any tricks to motivate yourself to get a task done that you have been dreading and putting off?

When a friend tells you about a problem they have, how do you support them?

Listening and speaking

PART 1. SPEAKING.

1A.- With your partner, think of things that build up stress at work

2A.- With your partner, think of ways of reducing stress at work

My group's opinion	Advice mentioned in the listening

Listening and speaking

PART 2. LISTENING.

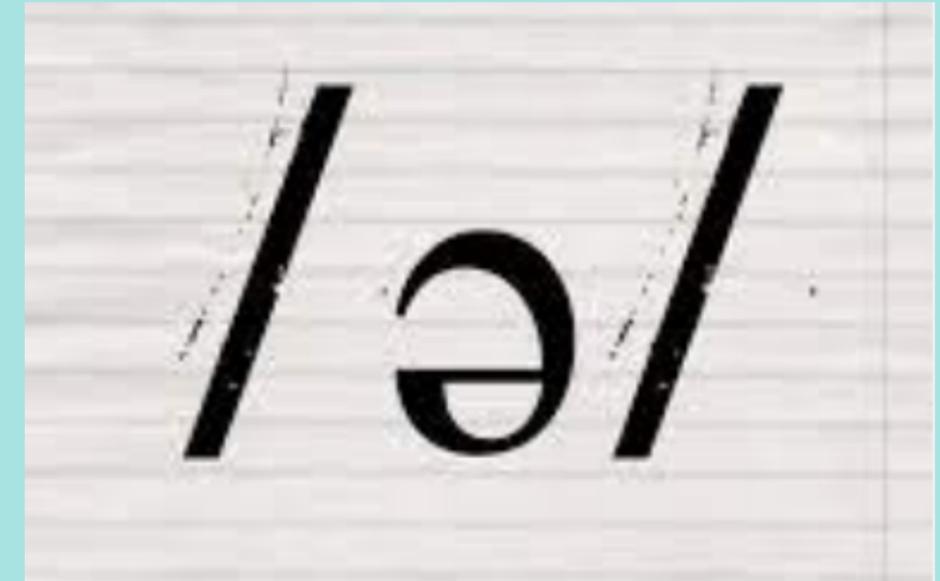
1B.- Listen. Tick the ways of reducing stress that you wrote in the previous exercise that are also mentioned in the listening. Write down any other advice given in the listening.

2B.- What is the meaning of these expressions?

Your tray looks barren:	to be empty
Don't avoid the tricky things:	don't avoid difficult, challenging things
Don't <u>flit</u> between them:	don't shift/change/jump from one to another
Don't stew about difficult tasks:	don't be angry/worried/upset about; don't get annoyed by
To be swamped with paperwork:	to be snowed under; to be flooded; to have a lot of
To keep something to yourself:	to bottle up; to hide; not to say
To take a stroll	to go for a walk

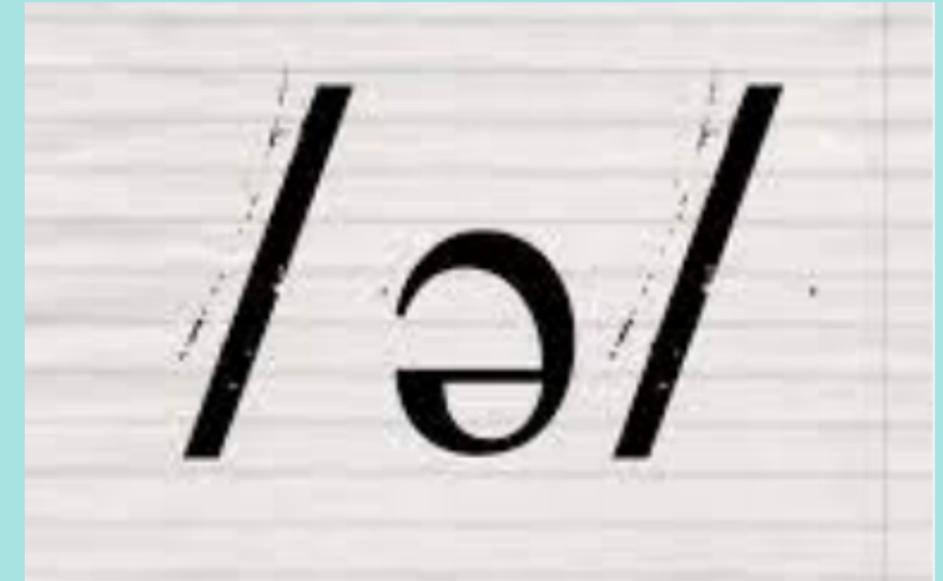
Pronunciation

- It can be spelled by any vowel
- Always in **unstressed** syllables (if there are more than one)
- It is the vowel in unstressed words (articles, prepositions...)



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doctor
/ə/

difficult
/ə/

pupil

the

banana
/ə/ /ə/

summer

measure

was

tomorrow
/ə/

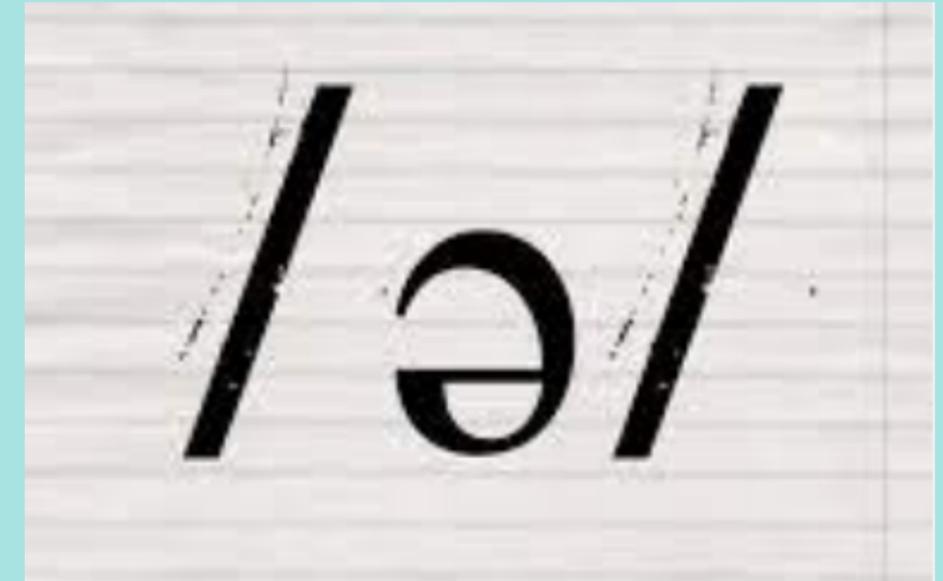
level

wizard

than

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level
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than
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Grammar

6A, page 224

to + infinitive? 🤔

verb + object + ...

infinitive? 🤔

gerund? 🤔

Grammar

verb + **object** + (not) **to** + **infinitive**

I told **María** **to ask** them.

She **advised** **him** **to travel** by train.

She **advised** **him** not **to travel** by train.

I am waiting for **my friend** **to arrive**.

I **would hate** **you** **to think** that I don't appreciate your help.

Tips!

verb + **object** + (not) **to** + **infinitive**

1. Often used with certain verbs: advise, allow, ask, beg, cause, enable, encourage, expect, force, help, intend, invite, mean, order, persuade, remind, take (time), teach, tell, warn.

Examples:

I taught my dog to wait for me.

He reminded me to take care of it.

Tips!

Also! some verbs + **object** + **that**

With **advise**, **persuade**, **remind**, **teach**, **tell**, and **warn**, we can also use **object** + **that**. Examples:

*She **advised** **him** **that** he shouldn't travel by train.*

*He **warned** **her** **that** the trip wasn't safe.*

Tips!

Also! some verbs without **object** + **gerund**

With **advise**, **allow**, **encourage**, and **recommend**, we can also drop the **object**, but then we have to use a **gerund**.

Examples:

*She **doesn't allow** **eating** sweets after dinner.*

*He **encourages** **working** out twice a week.*

Tips!

verb + **object** + (not) **to** + **infinitive**

2. With **arrange**, **ask**, **plan**, and **wait**, we must write **for** before the **object** + **to** + **infinitive**. Examples:

I had planned for us to meet in the cafeteria.

They waited for her to make a decision.

Tips!

verb + **object** + (not) **to** + **infinitive**

3. We also follow this structure with **want, would like, would love, would prefer, and would hate**. Examples:

I would like her to say something about it.

We would hate my parents to have to come for nothing.

But!! We cannot use a *that* clause.

Grammar

verb + **object** + **infinitive** (without **to!!**)

Please, **let me explain**.

He **made me feel** really guilty.

My parents **helped me buy** a car.

Tips!

verb + **object** + **infinitive** (without **to**!!)

1. We can drop the **to** with **let**, **make** and **help**.

2. Also! **Help** can be written with or without **to**. Example:

She **helped** **me** **make** the dinner.

She **helped** **me** **to** **make** the dinner.

Grammar

verb + **object** + **gerund** (no **to**!!)

Please, don't keep **me** **waiting**.

I dislike **people** **telling** me what to do.

I don't mind **you** **watching** the TV.

Tips!

verb + **object** + **gerund** (no **to**!!)

1. The gerund is often used with verbs such as **dislike, hate, imagine, involve, keep, mind, prevent, remember, risk, and stop.**

Examples:

Pedro **hates** **his sister** **using** his PC.

The teacher **imagined** **the students** **writing** a wonderful essay.

Grammar exercises

6A, page 224

- 1 You sit down – I'll make the coffee.
You sit down. Let _____ the coffee.
- 2 I felt uncomfortable because of the situation at work.
The situation at work made _____
- 3 You are going to stay with a British family. We have made the arrangements.
We have arranged _____
_____ with a British family.
- 4 I don't have a problem if Sarah comes, but I'd rather her boyfriend didn't.
I don't mind _____, but I'd rather her boyfriend didn't.
- 5 Please don't think that I didn't enjoy myself, because I did!
I would hate _____ that I didn't enjoy myself, because I did!
- 6 You paid for everything, which wasn't what I expected.
I didn't expect _____ for everything.

Grammar exercises

6A, page 224

- 1 You sit down. Let **me make** the coffee.
- 2 The situation at work made **me feel uncomfortable**.
- 3 We have arranged **for you to** stay with a British family.
- 4 I don't mind **Sarah coming**, but I'd rather her boyfriend didn't.
- 5 I would hate **you to think** that I didn't enjoy myself, because I did!
- 6 I didn't expect **you to pay** for everything.

Grammar exercises

6A, page 224

- 7 It would be wonderful if you visited for a few days.
I would love _____ for a few days.
- 8 If you want to live at home again, your younger sisters will have to share a bedroom.
Living at home again will involve _____
_____ to share a bedroom.
- 9 I told Hannah not to forget to do her homework.
I reminded _____ her homework.
- 10 Did you really use to be shy? I can't imagine it!
I can't imagine _____ shy!
- 11 We were able to buy a bigger flat thanks to the money my uncle left me.
The money my uncle left me enabled _____
_____ a bigger flat.
- 12 The guards wouldn't let us cross the border.
The guards prevented _____ the border.

Grammar exercises

6A, page 224

- 7 I would love **you to visit** for a few days.
- 8 Living at home again will involve **your younger sisters having** to share a bedroom.
- 9 I reminded **Hannah to do** her homework.
- 10 I can't imagine **you being** shy!
- 11 The money my uncle left me enabled **us to buy** a bigger flat.
- 12 The guards prevented **us from crossing** the border.

Grammar exercises

6A, page 224

- 13 I could call back later if you're busy now.
Would you prefer _____
_____ later?
- 14 The car might break down on holiday. We don't want to take the risk.
We don't want to risk _____
_____ while we're on holiday.
- 15 I don't like it when people answer their phones in restaurants.
I dislike people _____ in restaurants.
- 16 When I was an intern, the secretaries made me do all the photocopying.
When I was an intern, I _____
_____ all the photocopying.

Grammar exercises

6A, page 224

- 13 Would you prefer **me to call back** later?
- 14 We don't want to risk **the car breaking down** while we're on holiday.
- 15 I dislike people **answering their phones** in restaurants.
- 16 When I was an intern, I **was made to do** all the photocopying.

Grammar

8A

Page 228

1. Actions that are done to the subject

- passive gerund (being done) → She **hates being told** she should exercise more.
I **am tired of being lied to**. I want the truth.
- passive infinitive (to be done) → It **is not easy to be liked** when you're the boss.
These pills **need to be taken** after meals.

Grammar

8A

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2. Actions that are completed or in the past

- perfect gerund (having done) → He **thanked** them **for having helped** him.
Having studied one language before makes it easier to learn another.
- perfect infinitive (to have done) → By the time I'm 30, I hope **to have started** a family.
How wonderful **to have finished** all our exams!

Grammar

8A

Page 228

3. After would like, would love, would hate, would prefer, would rather
to talk about an earlier action

- perfect infinitive (to have done) → I **would like** **to have seen** your face when they told you you'd won the competition!

We **would rather** **have stayed** in a more central hotel, but they were all full.

Grammar

8A

Page 228

4. When an action or event is in progress around the time we are talking about

- continuous infinitive (to be + verb + -ing) -> I **would like** **to be lying** on the beach right now.
She **seems** **to be coughing** a lot – do you think she's OK?

Other uses

8A

Page 228

1. We use the **gerund** after certain expressions with **it** or **there**, such as

- It's no use **It's no use worrying.** There is nothing you can do.
- There's no point **Is there any point (in) asking** Mark? He never has anything to say.
- It's no good **It's no good talking** to my sister, because she doesn't listen to me.

Other uses

8A

Page 228

2. We use the infinitive with to:

- After nouns formed from verbs which take the infinitive (*agree, plan, hope...*)
We had an agreement to share the costs.
- After expressions with quantifiers (*enough, too much, a lot, plenty of...*)
There wasn't enough snow for us to ski.
- After *something, anywhere...*
There's nowhere to go at night.
- After *question words (except why)*
I don't know where to go or what to do.
- After *superlatives and first, second, last...*
He's the youngest player ever to play for England.

Grammar exercises

- 1 I was really stupid my friend's advice. She was totally wrong. (follow)
- 2 I'd love there when you told him you were leaving. (be)
- 3 If I had a serious illness, I would prefer the truth by my doctor. (tell)
- 4 It's no use . We're already late. (run)
- 5 I'm not sure who for help. (ask)
- 6 By the time I'm 55, I expect enough to be able to just work part-time. (save)
- 7 The burglar denied the jewellery. (take)
- 8 There will be plenty of time to have something at the airport. (eat)
- 9 It's no good him because he's bound to have switched his phone off. (call)
- 10 Who was the first woman a Nobel Prize? (win)

Grammar exercises

- 1 I was really stupid my friend's advice. She was totally wrong. (follow)
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also "to follow"

also "having taken"

also "to have won"

8A

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Grammar exercises

8A

Page 228

1 We haven't got much time so we can't do any more shopping. **enough**

We _____ do any more shopping.

2 I hate it when someone wakes me up suddenly. **woken**

I _____ suddenly.

3 Are you sorry you didn't study harder at school? **regret**

_____ harder at school?

4 I love it when people help me in the kitchen even when I don't ask them. **without**

I love it when people help me in the kitchen

_____.

5 I really wish I'd been able to go to your birthday party. **love**

I _____ your birthday party.

6 The children look as if they're having a good time, don't you think? **seem**

_____, don't you think?

7 I'm hoping to have the operation as soon as possible. **hope**

Grammar exercises

- 1 We **don't have / haven't got enough time to** do any more shopping.
- 2 I **hate being woken up** suddenly.
- 3 **Do you regret not studying / not having studied** harder at school?
- 4 I love it when people help me in the kitchen **without (even) being asked / having been asked**.
- 5 **I'd loved to have been able to go to / 'd love to have gone to** your birthday party.
- 6 **The children seem to be having a good time**, don't you think?
- 7 My **hope is to have the operation** as soon as possible.

Compound adjectives

- An adjective made of parts
- The second part usually is a past participle or an -ing form
- Usually written with a hyphen, with exceptions

well-known

small-scale

extra-curricular

life-changing

Compound adjectives

- Main stress
- Secondary stress

synonym noun

'si-nə-,nim 

SYnonym

Compound adjectives

- Main stress
- Secondary stress

disobedient

disoBEdient

tin opener

TIN opener

air-conditioned

AIR condit**ion**ed

eco-friendly

eco **FRIEND**ly

Vocabulary

- a Combine words from each list to make ten compound adjectives and use them to complete questions 1–10.

air

narrow

fashioned

made

high

second

hand

conditioned

home

self

minute

behaved

last

well

risk

minded

old

worn

out

conscious

- 1 Have you ever bought a - car or motorbike? Did you have any problems with it?
- 2 What boys' or girls' names are considered - in your country?
- 3 Do you usually do a lot of - revision the night before a test?
- 4 Do you normally feel - when you're having your photo taken? What do you do to try to be more natural?
- 5 Do you have any old clothes that you still like wearing even though they're a bit -?
- 6 Do you prefer - food to restaurant meals?
- 7 In the summer, do you spend much time in - buildings or cars? Do you consider it a necessity or a luxury?
- 8 Do you do any - sports, e.g. white-water rafting? What attracts you to them?
- 9 Do you think as people get older, they tend to get more - and intolerant?
- 10 Do you think children should be asked to leave restaurants if they aren't reasonably -?

Vocabulary

- 1 Have you ever bought a - car or motorbike? Did you have any problems with it?
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- 9 Do you think as people get older, they tend to get more - and intolerant?
- 10 Do you think children should be asked to leave restaurants if they aren't reasonably -?

Exercise 6A

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Vocabulary

d Use these compound adjectives to complete some high-frequency collocations.

dead-end eco-friendly extra-curricular
feel-good groundbreaking high-heeled
high-pitched labour-saving life-changing low-cost

- | | | | | | |
|---|----------------------|----------|----|----------------------|------------|
| 1 | <input type="text"/> | airline | 6 | <input type="text"/> | voice |
| 2 | <input type="text"/> | activity | 7 | <input type="text"/> | device |
| 3 | <input type="text"/> | job | 8 | <input type="text"/> | shoes |
| 4 | <input type="text"/> | movie | 9 | <input type="text"/> | detergent |
| 5 | <input type="text"/> | research | 10 | <input type="text"/> | experience |

Vocabulary

Exercise 6D

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dead-end eco-friendly extra-curricular
feel-good groundbreaking high-heeled
high-pitched labour-saving life-changing low-cost

- | | | | | | |
|---|---|----------|----|--|------------|
| 1 | <input type="text" value="low-cost"/> | airline | 6 | <input type="text" value="high-pitched"/> | voice |
| 2 | <input type="text" value="extra-curricular"/> | activity | 7 | <input type="text" value="labour-saving"/> | device |
| 3 | <input type="text" value="dead-end"/> | job | 8 | <input type="text" value="high-heeled"/> | shoes |
| 4 | <input type="text" value="feel-good"/> | movie | 9 | <input type="text" value="eco-friendly"/> | detergent |
| 5 | <input type="text" value="groundbreaking"/> | research | 10 | <input type="text" value="life-changing"/> | experience |

How are we today?

How are we taking care of ourselves?

What do we do when we are not feeling good?



TRADITIONAL AND ALTERNATIVE MEDICINE

WHAT IS THE DIFFERENCE?



Traditional medicine

1. Read the following texts. What is traditional medicine? Discuss any words or expressions you do not know.

Can you define Medicine?

Medicine is the science and practice of caring for a patient, managing the diagnosis, prognosis, prevention, treatment, palliation of their injury or disease, and promoting their health.

MEDICINE?

Medicine is the field of study and practice related to healthcare and disease treatment.

It focuses on the prevention, diagnosis, and treatment of various medical conditions.

Physicians and healthcare professionals apply scientific knowledge and techniques to assess, treat, and prevent illnesses in patients.

Medicine encompasses various specialties such as internal medicine, pediatrics, gynecology, surgery, among others. The main goal of medicine is to improve quality of life, promote health, and provide effective and safe medical care to individuals.

2. Check the following vocabulary and expressions. Make sure you know what they mean.

1. bruise

2. GP

3. physician

4. cold

5. flu

6. stroke

7. surgeon

8. health check

9. rash

10. over the counter drug

Alternative medicine

1. Listen to the video for the first time. Focus on understanding as much as possible.
2. Listen to the video again. Take notes about the most important points.

3. Summarize the content of the video in your own words.



If the person you're caring for is struggling with symptoms from a chronic condition like diabetes or arthritis, using alternative medicine may help. In this video we'll explain what this type of medicine is, and explore how it may or may not help you in your caregiving situation.

Alternative medicine is a medical treatment that some doctors may consider non-traditional care. It can work well to **help manage** a chronic condition or its symptoms when used **alongside more traditional or conventional western medicine.**

Some **examples** of alternative therapies could include **massage therapy, yoga, homeopathy, or acupuncture.**

Using alternative medicine can have several **advantages.** **In some cases, alternative medicine works just as well as conventional medicine.** For example, if the person you're caring for struggles with back pain, getting massage therapy from a registered massage therapist may be just as effective as taking painkillers for relief.

Since alternative medicine generally focuses on healing the whole body, the person you're caring for **may feel more overall wellness** than with treatments designed to heal one specific part of the body.

Some alternative therapies like yoga and meditation **have little to no side effects, and may also help to lower the side effects** that can sometimes come with conventional treatment.

Unfortunately, there are also some **disadvantages** to using alternative medicine as well. Alternative medicines **often take time to work,** and may not be effective against conditions or symptoms that need to be relieved right away.

Make sure that any natural health products the person you're caring for uses are approved by the Natural and Non-prescription Health Products Directorate or NNHPD for short. If a product is approved, there will be a special number on the bottle starting with NPN or DIN-HM.

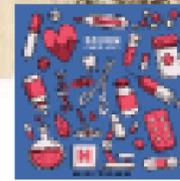
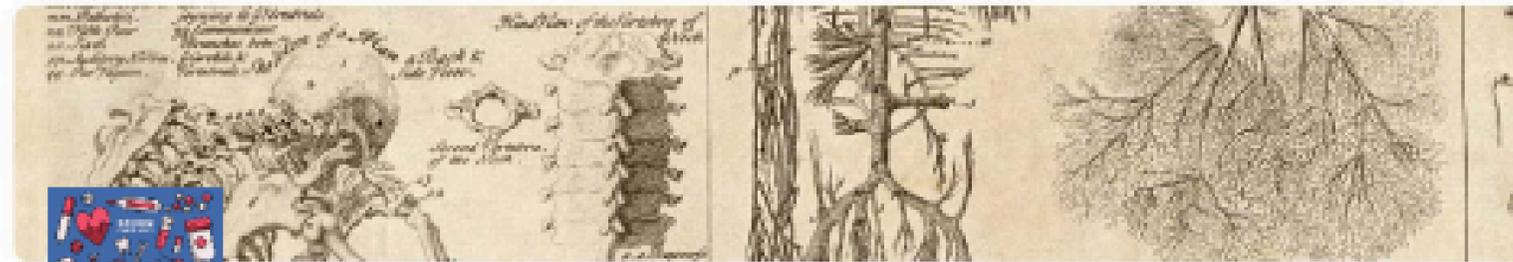
Certain over the counter natural supplements may not be safe when mixed with other medications, so **it's important that you and the person you're caring for consult a doctor or pharmacist before starting** on any new supplements or herbal remedies.

Alternative options **can sometimes be more expensive** than conventional treatment, and some provinces do not offer coverage for them, so it's a good idea to **make sure that the person you're caring for is covered under their health plan.**

Although it may not work for everyone, finding the right alternative complementary treatment for the person you're caring for could make a big difference in their life.

Does my partner...

1. define what alternative medicine is?	
2. give an example of alternative medicine practices or conditions that can be treated with them?	
3. point out advantages of alternative medicine?	
4. point out disadvantages of alternative medicine?	
5. point out that they should be used after consulting a health professional?	
6. state that they could be a good complementary treatment to traditional medicine?	
7. avoid giving their own opinion on the matter?	
8. convey the same information and meaning as the video overall?	



traditional and alternative medicine

1. You are browsing a blog, and you find several posts regarding traditional and alternative medicine. Choose a thread and give your opinion on the matter. Make sure to contrast ideas.

t/What is the placebo effect? Is it actually real?

t/More people are refusing to take their treatments because alternative medicine works better. Is this true? Should I do the same?

t/My GP has recommended me yoga and meditation only and refuses to prescribe me pain killers. Is he right? Should I be concerned?



Username:

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Homework revision

- 1. Did I meet the criteria?**
 - i. Write 10 sentences with 6A and 8A grammar**
 - ii. They must have 4 compound adjectives**
 - iii. They must deal with the unit's topic**
- 2. Have I used the grammar correctly?**
- 3. Have I used or written the comp. adj. correctly?**
- 4. Do I have any other errors?**
- 5. What should I revise, pay more attention to or work on more next time?**

Writing revision

- 1. One paragraph = one main idea**
- 2. We must state the main idea at the beginning of the paragraph**
- 3. Avoid adding new information or new opinions in the conclusion**
- 4. Think about what tenses you are going to use**
- 5. Revise the use of singular/plural**
- 6. We can't write adjectives in plural**
- 7. Always check the prepositions when learning expressions!**

Listening

Page 129, 3D

d  **8.2** Listen and complete some expressions the speakers used.

1 ...although I was very sceptical about it,
I really do think it
...

2 You only ever hear
that it's worked for individual people...

3 ...so I thought, 'Why not
 ?'

4 Sadly, it
on me whatsoever.

Listening

Page 129, 3D

d  **8.2** Listen and complete some expressions the speakers used.

1 ...although I was very sceptical about it, I really do think it ...

2 You only ever hear that it's worked for individual people...

3 ...so I thought, 'Why not ?'

4 Sadly, it on me whatsoever.

Listening

Page 131, 5E

e  **8.5 Language in context** Listen to some extracts from the interview and complete the **highlighted** phrases. With a partner, say what they mean.

1 ...to **reduce**
prescription drugs...

2 ...patients who
social activities...

3 ...that an **important**
 memory and learning.

4 ...can **blood pressure**
 as much as 10%.

5 ...help to **offset the**
getting diabetes...

6 ...less likely to
depression.

7 ...are less
developing allergies...

8 ...has a **beneficial**
your health.

Listening

Page 131, 5E

e  **8.5 Language in context** Listen to some extracts from the interview and complete the **highlighted** phrases. With a partner, say what they mean.

1 ...to **reduce**
prescription drugs...

2 ...patients who
social activities...

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 memory and learning.

4 ...can **blood pressure**
 as much as 10%.

5 ...help to **offset the**
getting diabetes...

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depression.

7 ...are less
developing allergies...

8 ...has a **beneficial**
your health.

The New York Times Magazine

The Anti-Vaccine Movement's New Frontier

A wave of parents has been radicalized by Covid-era misinformation to reject ordinary childhood immunizations — with potentially lethal consequences.



Former Anti-Vaxxers Lead Wary Parents on Path Back to Shots for Kids

Vaccine hesitancy spread during the pandemic — some parents moved in the opposite direction



Be careful!

Abortion, miscarriage, stillbirth

Dismay

Illness, disease

Probe, prove

Affect, effect

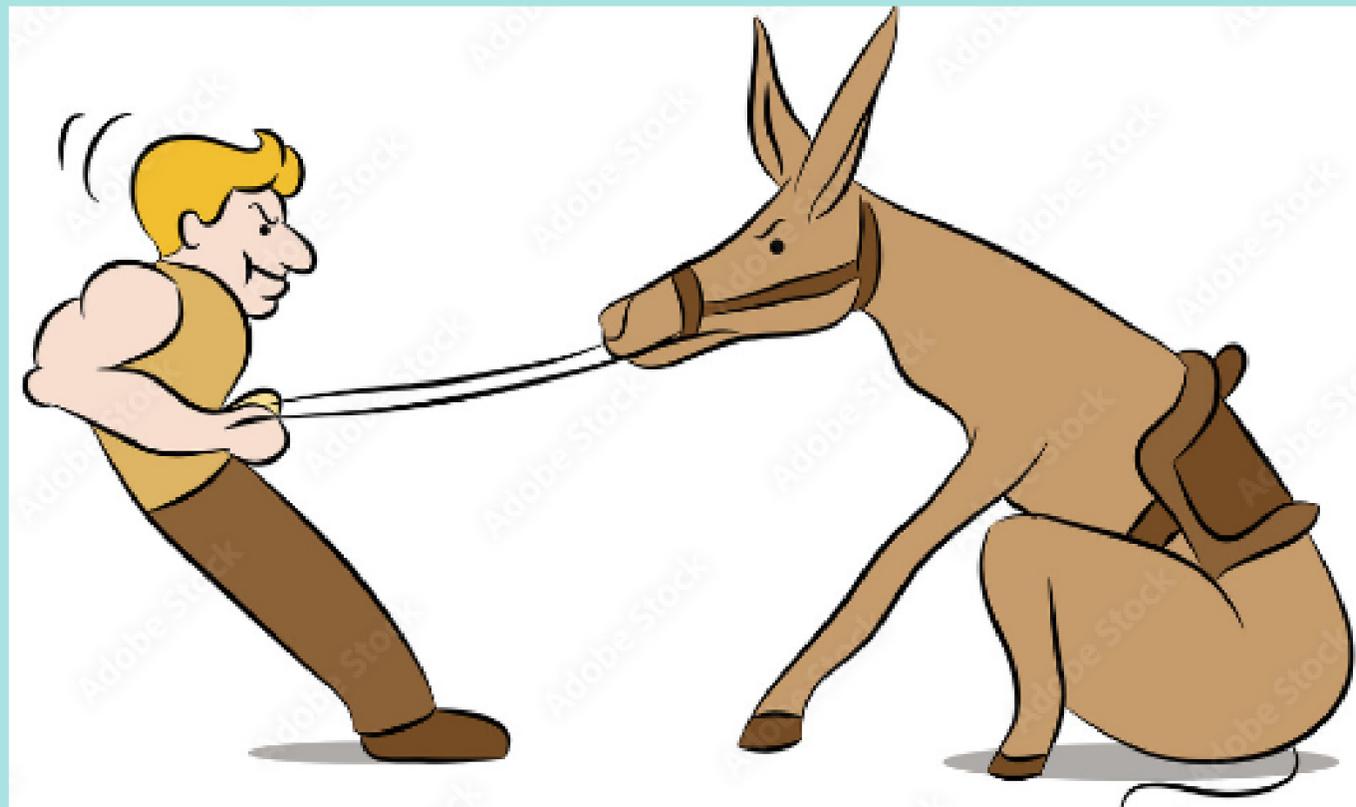
Vase, vessel

Drug

Sane, healthy

Constipated







Vocabulary

Exercise 6B
Page 131

blind deaf drinks eats fit good sleep
stubborn thin tough

- 1 He's as as a mule.
- 2 She's as as a post.
- 3 He's as as a bat.
- 4 She's as as a fiddle.
- 5 He's as as a rake.
- 6 He like a horse.
- 7 She's as as gold.
- 8 She's as as old boots.
- 9 He like a log.
- 10 She like a fish.



Vocabulary

Exercise 6B

Page 131

blind deaf drinks eats fit good sleeps
stubborn thin tough

- 1 He's as **stubborn** as a mule.
- 2 She's as **deaf** as a post.
- 3 He's as **blind** as a bat.
- 4 She's as **fit** as a fiddle.
- 5 He's as **thin** as a rake.
- 6 He **eats** like a horse.
- 7 She's as **good** as gold.
- 8 She's as **tough** as old boots.
- 9 He **sleeps** like a log.
- 10 She **drinks** like a fish.



Informal language

1. to pass water
2. to pass gas
3. the big M
4. the big C
5. that time of the month, those days of the month, moon time
6. not to have been in X days
7. to kick the bucket
8. to lose a baby
9. to be blue
10. to pass away
11. to take a leak
12. to be worn-out

- menopause
- to die
- to pee
- to have no energy
- to be constipated
- to die
- to fart
- to be sad
- to pee
- to have a miscarriage
- the period; menstruation
- cancer

Speaking

1.

Burnt food is way better and it's healthier

2.

Everyone should be their kids' own pediatricians

3.

You should contact at least three doctors before you choose which treatment to follow

4.

Soaps are a hoax - you should wash yourself with sodas instead

5.

Plastic sanitary pads are actually reusable if you do it right

6.

Pharmaceutical waste bins are a good source of medicine

7.

When you're overwhelmed, going for a walk is detrimental to your health

8.

You should hide things from your therapist from time to time

9.

There's no need to work out if you eat less than 50 grams of sugar a day

PRESENTATION TIPS

- 1 Organize your presentation logically, so you can remember what you're going to say.
- 2 Don't read your notes – use your own words.
- 3 Speak slowly and pause between important points.
- 4 Make eye contact with the people you're talking to.
- 5 If the audience ask you questions, answer them clearly and concisely.

Time to prove who knows more!



Who knows best?

We say old clothes are **worn-out**

The use of needles for healing treatments is essential in **acupuncture**

When someone is intolerant, we can also say they are **narrow-minded**

When we do not see how what we do will lead us to better opportunities, we say it is a **dead-end** job

I don't know how to solve this exercise. Can you **give/lend** me a hand?

Who knows best?

Where is the Schwa in "banana" and "measure"?

I've been shouting at Tom for five minutes, but he hasn't realized yet. He's deaf as a post.

She really wanted the baby, but after some early complications, she had a miscarriage.

Mary divorced Lee because he was an anti-vaxxer and refused to take their kids to get their shots.

I know you don't believe in chiropractic practices, but I still think you should give them a go.

Unit 9. Unit assessment

How many sessions did I attend? One or two A few (3-4) Almost all (5) All (6)

1. Please, mark with an X according to your opinion.

Skills. During this unit, did we...?	YES	NO	MORE OR LESS	ABSENT/ UNSURE
1. Learn how to understand written texts and identify their main ideas and views...?				
2. Learn how to understand oral presentations, debates etc., and identify their main ideas and views...?				
3. Learn how to produce well-organized and well-written texts in which we express our ideas...?				
4. Learn to give well-organized and well-conveyed oral presentations in which we express our ideas...?				
5. Learn how to have face-to-face conversations and discussions...?				
6. Learn about the most prominent views about mental health, medicine, and treatments...?				
... about the unit's topic?				

2. Please, mark with an X according to your opinion.

Content. During this unit, did we...?	YES	NO	MORE OR LESS	ABSENT/ UNSURE
1. Learn sufficient and appropriate vocabulary...?				
2. Learn how to ask for help and give advice...?				
3. Learn how to use gerunds and infinitives...?				
4. Learn what compound adjectives are and how to use them...?				
5. Learn formal and informal vocabulary and expressions...?				
6. Learn to differentiate tricky or challenging vocabulary...?				
7. Learn about the Schwa and stress patterns...?				
8. Learn how to assess our own work...?				
9. Learn how to assess other's works...?				
... about the unit's topic?				

3. Please, answer the following questions freely according to your opinion.

Was the Unit interesting? Why/why not?

Did you understand the explanations the teacher gave? Why/why not?

Did you enjoy the exercises? Why/why not?

Did the feedback the teacher gave make sense to you? Why/why not?

What did you like the most about the lessons?

What did you like the least about the lessons?

Overall, did you enjoy the lessons? Why/why not?

Do you think Laura should become a teacher? Why/why not?

What advice would you give Laura to be a better teacher?

Unit 9. Self-assessment

1. Please, mark with an X according to your opinion.

Skills. After this unit, can I...	OF COURSE!	YES	MAYBE	NOT REALLY	ABSENT/ UNSURE
1. Understand written texts and their main ideas...?					
2. Understand oral presentations, debates etc., and identify the main ideas...?					
3. Write well-organized and well-written texts in which I express my ideas...?					
4. Give well-organized and well-conveyed presentations in which I express my ideas...?					
5. Have face-to-face conversations and discussions...?					
6. Talk about the most prominent views about mental health, medicine, and treatments...?					
... about the unit's topic?					

2. Please, mark with an X according to your opinion.

Content. After this unit, do I...	OF COURSE!	YES	MAYBE	NOT REALLY	ABSENT/ UNSURE
1. Know sufficient and appropriate vocabulary...					
2. Know how to ask for help and give advice...					
3. Know how to use gerunds and infinitives...					
4. Know what compound adjectives are and how to use them...					
5. Know formal and informal vocabulary and expressions...					
6. Can differentiate tricky or challenging vocabulary...					
7. Know about the Schwa and stress patterns...					
9. Know how to assess my own work...					
10. Know how to assess other's works...					
... about the unit's topic?					

3. Please, answer the following questions freely according to your opinion.

What did I find the most challenging in the Unit? Is there anything I need to improve?

What did I understand best in the Unit? What will be my biggest take-away?

Do I know more about what we covered in the unit than at the beginning?

Will I be able to understand and talk about this topic after the unit?