

6.6 Speaking

Advice

I can ask for and give advice about a healthy lifestyle.

1 In pairs, look at the photo and answer the questions.

- Who are the two people?
- Where are they?
- What do you think is happening?

2 Who says each phrase, the doctor or the patient?

How are you feeling today?

I feel terrible.

I have a headache every morning.

I feel dizzy.

Everything seems fine.

Tell me a bit about your lifestyle.



3 **CD3.17 MP3-114** Read and listen to the conversation. Check your answers to Exercises 1 and 2. Then find the advice the doctor gives Tony.

Tony: Good morning, Doctor.

Doctor: Good morning, Tony. How are you feeling today?

Tony: I feel terrible, Doctor. I'm always tired, I have a headache every morning, I feel dizzy.

Doctor: OK. Let me examine you ... Well, everything seems fine. Tell me a bit about your lifestyle. Are you getting enough sleep?

Tony: Well, I have exams in two weeks' time, so I'm working hard. I stay up late to study and get up early to go to university. At the weekend, I sleep late, but sometimes I stay up all night – there are a lot of parties at the moment.

Doctor: Well, it's important to get eight hours of sleep every night. Tell me, what sports do you do?

Tony: I play Ping-Pong sometimes. And I watch a lot of football on TV!

Doctor: That's not doing sports, Tony! You must do some kind of sport regularly. Exercise is very important.

Tony: So should I start jogging in the park?

Doctor: Good idea. It's important to spend some time outdoors. And you should also eat a lot of fresh fruit and vegetables.

Tony: I do, Doctor. I like fruit.

Doctor: OK, that's good. Make sure you eat well ... and Tony, you really shouldn't stay up all night. You need your sleep!

Tony: OK, Doctor. Thanks. Goodbye.

4 Complete the SPEAKING FOCUS with the underlined phrases in the conversation.

SPEAKING FOCUS

Asking for advice

What should I do/eat/wear?

Should I start jogging in the park?

Giving advice

- + You (really) ² _____ do some kind of sport regularly.
 It's ³ _____ to spend some time outdoors.
 Make ⁴ _____ you always do some stretching exercises.
 You ⁵ _____ also eat fresh fruit and vegetables.
- You (really) ⁶ _____ stay up all night.

5 Complete the advice with one or two words in each gap. Tick (✓) the things you should do. Cross (x) the things you shouldn't do.

- Make sure you do an hour of exercise every day.
- You eat five kinds of fruit and vegetables a day.
- You really train too hard at the beginning.
- It's important to have a healthy diet.
- You eat so much sugar. It's bad for your teeth.
- It's important to get enough sleep every day.

6 In pairs, role play a conversation. Use the SPEAKING FOCUS to help you.

Student A: You want to prepare for a sporting event.

Ask your coach for advice on these points:

• diet • training • rest • equipment

Student B: You are the coach. Give Student A advice on the four points he/she asks about.