



Unit 01 Part D

OPEN WORLD

Objectives of The Lesson

By the end of this lesson, students will be able to;

1. practice note taking in listening and understand how to rule out distractors.
2. explore forms and uses of linkers by completing coursebook tasks.
3. revise on gerunds and infinitives by discussing answers for previously set additional tasks.
4. complete a set of workbook tasks.

Health / Fitness Apps

In pairs, discuss your ideas for the questions below in the breakout room.

1. Which information does each app give you?
2. Would you like to try these apps?
Why / Why not?
3. What are the advantages & disadvantages of using health or fitness apps?



Listening

Understanding distractors

When answering questions, listening only for key words may distract you from choosing the correct answer. Notice too that the speakers may correct themselves or each other. Always listen to the whole conversation to understand the whole idea.

Listening Task

Listen to Chloe and Ali.

Decide which health / fitness app is she trying out?

	What Chloe said	What Ali said
(D) Smart watch	wanted to buy	Ali reminded Chloe how she found it expensive & decided not to get one. He further highlighted how such an app or watch be useless as Chloe wakes up in the mid morning

Listening Key

	What Chloe said	What Ali said
(A) App for cyclists	Chloe mentioned the versatility of the app in other physical activities.	Ali reminded Chloe how she hates cycling

Extension:

Read the sent audio tape script and highlight the sections where other apps eliminated.

Listening Extension

Chloe: True. I was thinking about a cheaper option. I know they have lots of free apps you can download, like the ones some people use to measure whether they're getting a good night's sleep.

Ali: Yes. That's a great idea, though you never get up until mid-morning, so I don't think you really need that one.

Chloe: I agree. You can also get one that checks your pulse. You know, measures your heart rate. I thought about downloading it but I don't think I have any problems with my blood pressure and anyway, it isn't very user-friendly.

Ali: I see.

Chloe: There's even one where you type in what you're eating and it tells you how much fat, protein and carbohydrates you've consumed. Brilliant if you're trying to cut down on calories.

Ali: So, you're getting that one then?

Chloe: Err no, it's far too time-consuming entering all that data. I'd be bored after a few days.

Listening Key

Comprehension Task

1. According to Ali, Chloe found smart watches to be very expensive.
2. App that measures sleep.
3. App that measures one's heart rate [it isn't user friendly]
4. App that measures one's food intake.
5. Ali thought Chloe hated cycling

Listening Task 2

Key

Chloe found App that measures steps didn't help her with losing weight

- didn't lose weight

In pairs, ask & answer questions in task 6 in the breakout room.

sore muscles – Chloe says that her legs aching wasn't really an issue.

an injury – Chloe says she never hurt herself, but her friend Sunita hurt her ankle.

extremely hungry – Chloe says that she could deal with being hungry.

too tired – Chloe says that she could put up with being out of breath from time to time.

Tick the correct sentences. Correct the sentences with mistakes.

- 1** He decided make a high offer to be sure he could buy the second-hand car.
- 2** I intend to continue to improve my level of spoken English.
- 3** They persuaded me applying for the position of assistant manager.
- 4** It's recommended to book a table in advance.
- 5** Can I remind you not driving without having your licence on you.
- 6** The lawyers advised him say he was guilty of the crime.

- 1. to make**
- 2. to improve**
- 3. persuaded me to apply**
- 4. correct**
- 5. not to drive**
- 6. advised him to say**

2 Choose the correct option in *italics*.

- 1** I can't stop to speak/speaking. I'm in a hurry.
- 2** He's completed the design on time by closely follow/following the brief he was given.
- 3** I'm looking forward to joining/join the expedition to the North Pole.
- 4** I admit to foolishly celebrate/celebrating victory before the game was over.
- 5** I regret not taking up/take up the place I was offered at university.
- 6** I can't bear watching/watch politicians being dishonest.
- 7** If you forget to do/doing the homework, you will have problems with the teacher.

3 Match the beginnings and endings of these sentences.

- | | | | |
|----------|---------------------------|----------|--|
| 1 | <u>It's not</u> | a | not taking driving lessons. |
| 2 | <u>It's a waste of</u> | b | people talking about money all the time. |
| 3 | <u>It's no use</u> | | |
| 4 | <u>I can't stand</u> | c | time learning foreign languages. |
| 5 | <u>She prefers to</u> | | |
| 6 | <u>I very much regret</u> | d | worth complaining to the manager. |
| | | e | eat fish rather than seafood. |
| | | f | buying property. It's better to rent. |

- 1 I meant **buying** (buy) my grandfather a birthday present, but I forgot.
- 2 I remember **to carry** (carry) the painting I bought you all round Mexico!
- 3 She's stopped **taking** (take) sandwiches to work. She eats in the canteen now.
- 4 Camping isn't for me. I prefer **staying** (stay) in a comfortable hotel.
- 5 **analysing** (analyse) the problem is not enough – what we need is a solution.
- 6 Tom doesn't believe in **paying** (pay) for anything if he can get it for free.

Grammar: Linkers

Think about how these words help you in writing in general. Do you use them often?

and	however	because	first
for example	in order to	also	nevertheless
since	for instance	such as	so that
moreover	on the contrary	in particular	furthermore

Grammar: Linkers

How would you categorize these words that shows relations to linkers.

and	however	because	first
for example	in order to	also	nevertheless
since	for instance	such as	so that
moreover	on the contrary	in particular	furthermore

Comparing & Contrasting ideas with linkers



- 1 _____ the rates of obesity have increased, many people still lead healthy lifestyles.
- 2 People should be encouraged to do more physical exercise _____ taking the car or bus to work.
- 3 _____ being cheap, processed foods do not generally make up a healthy and nutritious diet.
- 4 Eating a balanced diet which includes plenty of fruit and vegetables, _____ consuming foods high in sugar and fats, helps maintain healthy blood pressure.
- 5 Many people are aware of the benefits of doing physical exercise. _____, it's important not to overdo it.
- 6 With the amount of processed food found in supermarkets these days, people should consider nutritional content more _____.

Control Practice 1

1. Even though
2. Instead of / rather than
3. Despite
4. Instead of / rather than
5. However
6. Than ever before

Error Correction

- 1 Despite hate carrots, he tried to eat one or two portions with his dinner each week.
- 2 The government is encouraging kids to walk to school, however it might take them half an hour or more.
- 3 It's important to eat organic food on a daily basis. However, this can be quite expensive.
- 4 Tatiana prefers to run in her local park, rather pay money to go to the gym.
- 5 Despite writing down her weekly food intake on paper, Martina used an app.

1. **Despite**
hating
2. **..even though**
it might take
3. **correct**
4. **rather than**
paying money
5. **Instead of**
writing down

Workbook Tasks Completion

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3 Choose the correct option in these sentences.

- 1 Everyone knows that fruit juice contains a lot of sugar. *Although / Nevertheless*, many people let their children drink it every day.
- 2 *Instead of / While* snacking on biscuits and cake, eat a handful of nuts and seeds. It's much healthier.
- 3 *Despite / Even though* the bad weather, they went ahead with the race.
- 4 *In spite of / Although* he was in pain, Fabio finished the marathon.
- 5 It can be challenging to follow a healthy diet. *However / Whereas*, it is worth it in the long run.
- 6 You should go for a walk after dinner *despite / rather than* sitting on the sofa and watching TV.

4 Read this extract from an email a woman has written to her local government representative. Fill in the gaps with the linking words and phrases from the box. Add capital letters to the words if necessary.

whereas despite however instead of
although unlike in the past

VOCABULARY

Complete the second sentence with a phrase from Unit 1 of the Student's book so that it has a similar meaning to the first sentence. Use between two and five words for each sentence, including the word in bold.

- 1 It is important to monitor how you're doing.
KEEP
Always try to _____ your progress.
- 2 Unfortunately, I just couldn't run as fast as them.
KEEP
Unfortunately, I just couldn't _____ them.
- 3 You should try to reduce the amount of sugar in your diet.
DOWN
It is a good idea to _____ on sugar.
- 4 We weren't sure whether our team would win.
TOUCH
It was _____ whether our team would win.
- 5 I stay fit by running three times a week.
SHAPE
I _____ by running three times a week.

I am a local resident concerned about the health of our children. I don't think local government is doing enough to protect the younger generation. (1) _____ the fact that the government recommends children eat healthy food, there are eight or nine fast food restaurants in our town! (2) _____, there are still no restaurants which focus on home-cooked, healthy meals at affordable prices. Another problem is the lack of exercise facilities. (3) _____ there are several gyms, they are not open to children under the age of 16. (4) _____ making these facilities available to adults only, gyms could be encouraged to welcome children at certain times. Our local parks used to be a great place for children to play sports with their friends. (5) _____, they are not being maintained properly so it is not a good environment for them. There used to be a team of gardeners and maintenance staff, (6) _____ now there is only one person looking after all the parks. I suggest we make improvements to our town to give our children a healthier future.

PUSH YOURSELF C1

Read the sentences and use the context to match the underlined words to their meanings.

- 1 I am interested in taking a course in nutrition as I think we all need to watch what we eat.
 - 2 If you are going to run a marathon, you need to improve your stamina.
 - 3 It is important to eat plenty of fruit and vegetables to help your digestion.
 - 4 If you have bad posture, you can suffer from back problems.
 - 5 I think it is important to find a form of exercise that combines both physical and mental well-being.
- A** Health and happiness
B Food and the effect it has on health
C The process in which the body breaks down food
D The ability to keep going for a long time
E The way someone sits, stands or holds themselves