

4 Health

LESSON A **1** Before you listen

Listening

A What do you see?

B What is happening?



2 Listen



A Listen and answer the questions.

STUDENT TK 16
CLASS CD1 TK 25

1. Who are the speakers? 2. What are they talking about?



B Listen again. Complete the chart.

STUDENT TK 16
CLASS CD1 TK 25

Sara's symptoms	Mike's advice
1. <i>can't sleep</i>	4. _____
2. _____	5. _____
3. _____	6. _____

3 After you listen

A Read. Complete the story.

anxiety

calm down

cope with

stressed out

breathing

concentrate

meditation

tense

Mike is driving Sara to the Department of Motor Vehicles (DMV) to take her driving test. He notices that she's very _____¹. Sara says she's _____² because she was late to work again. She's worried that her boss will fire her if she's late one more time. She's so afraid of losing her job that she can't eat, she can't sleep, and she can't _____. Mike says that she has to _____³ if she wants to pass her driving test. He suggests three techniques to help her _____⁴ her _____. One is deep _____⁷. The second one is thinking positive thoughts, and the third one is _____⁸.



Listen and check your answers.

STUDENT TK 17
CLASS CD1 TK 26

B Discuss. Talk with your classmates.

1. Do you ever feel stressed out? What makes you feel stressed out?
2. What helps you when you feel stressed out?

LESSON **B** Modals

1 Grammar focus: *should, shouldn't, have to, don't have to*

Advisable = good idea

Sara **should learn** how to meditate.

Not advisable = bad idea

She **shouldn't get** stressed out.

Necessary

Sara **has to take** public transportation because she doesn't have a car.

Not necessary

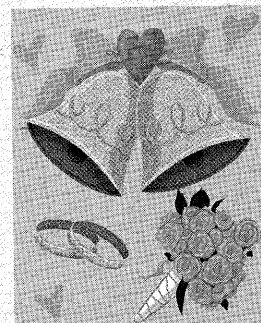
She **doesn't have to take** her driving test today. She can take it next week.

Turn to page 143 for a complete grammar chart and explanation.

2 Practice

A Write. Complete the story. Use *should, shouldn't, have to, and don't have to*.

Ana and Bill just got engaged, and they are planning to get married in four weeks. Because the wedding is so soon, they are feeling a lot of pressure. Ana's mother wants a big wedding, but Ana and Bill don't. Because they are paying for the wedding themselves, they believe they should ¹ do what they want. Another pressure is all the things Ana and Bill



 ² do before the wedding. For example, Ana ³ buy a dress, choose her bridesmaids, and send out the invitations. Bill ⁴ plan the reception and order the food. Most importantly, they ⁵ decide where the wedding will be. Ana wants to get married outdoors, but Bill thinks they ⁶ plan an outdoor wedding because it might rain. Now Bill has a different idea. He realizes that they ⁷ get married so soon. Maybe they ⁸ postpone the wedding by a few months. That way, they ⁹ feel so much pressure.



CLASS CD1 TK 27

Listen and check your answers.

B Talk with a partner. Make sentences about the people in the pictures. Use *should*, *shouldn't*, *ought to*, *have to*, and *don't have to*. Use the items from the box in your sentences.

USEFUL LANGUAGE

ought to = should

Carmela and Hugo ought to try to meet new people.

Chul and Sun-mi have to find a new place to live.



Carmela and Hugo

- just got married
- just moved to a new town



Chul and Sun-mi

- just had a baby
- live in a studio apartment



Kevin

- just started his first job
- still lives with his parents

try to meet new people
call parents about every problem
learn how to manage money
try to do everything perfectly
buy baby furniture
meet the neighbors

ask lots of questions
find a new place to live
follow their (his) parents' advice
make decisions by themselves (himself)
be responsible
volunteer at a local organization

Write sentences about the people in the pictures.

Carmela and Hugo ought to try to meet new people.

3 Communicate

A Work in a small group. Discuss the following situations, and give advice. Use *should*, *shouldn't*, *ought to*, *have to*, and *don't have to*.

They have to buy furniture.

They should check the newspaper for furniture sales.

1. The Wong family just bought a house. The house has no furniture at all. Also, it is far from Mr. Wong's job, and the family doesn't have a car.
2. Etsuko and Hiro immigrated to the United States. They are anxious because there are so many things to do. They don't have a big enough place to live, they aren't enrolled in English classes, and their children aren't registered for school.
3. Boris is very nervous about his new job. He doesn't know anyone at the company yet, and he doesn't know his duties yet, either. His boss is a woman. He has never worked for a woman before.

B Share your group's advice with your classmates.