

life-and-death



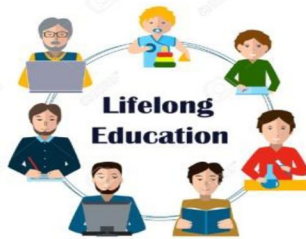
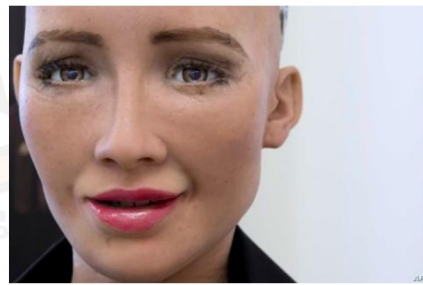
lifeless



lifeblood



lifelike



(*lifework* - *lifeless* - *lifelike* - *life-and-death* - *lifestyle* - *lifelong* - *lifetime* - *lifeblood*)

- a- The way in which a person lives=
- b- Seeming real or alive=
- c- Thing that is very important to the success or existence of something=
- d- Vital, essential, crucial=
- e- Dead or apparently dead=
- f- The period of time someone lives or something exists=
- g- The work that is important to you and to which you give your time and effort=
- h- Lasting a lifetime=



An issue ?



noun

- 1- an important topic or problem for debate or discussion.
"the issue of racism"
- 2- The action of supplying or distributing an item for use, sale, or official purposes.
- 3- a single copy of a newspaper or a magazine

verb

- 1- supply or distribute (something) for use or sale.
- 2- come, go, or flow out from

Study these sentences: **What meaning does the underlined word convey?**

- a- The new bank note will be issued by the end of the year.
- b- The new magazine's issue is available.
- c- We will debate the issue tonight.
- d- The bad smells, issued from the nearby factory, caused a lot of public complaint.

What do these people worry about?

-
-
-
-

HEALTH ISSUE

One of the most serious health problems is **obesity**.

- What do you call those who suffer from obesity? They are
- Whom do they consult? They consult a
- How can a help them?
- Can you give examples of

Dieticians advise us to get 'our five a day'. Can you guess what it may mean? Read and check.



A five a day is the name of a number of programs in countries such as the USA, the United Kingdom and Germany to encourage the **consumption** of at least **five portions** of **fruit** and **vegetables each day**, following requests by the World Health Organization to consume at least 400 g of vegetables daily. (from Wikipedia)

Complete this speech delivered by a dietician to a school health club on what a five a day eating program accounts for and its benefits. Complete the missing letters (one dot = one letter) and put in the right form.





Good morning everyone. I am Mr John Smith and I am honored to be with you today to shed light on an important health matter which is getting your five a day and its benefits . But let me first ask you if you are really getting your five a day, that is if you are taking at least five portions of fruits and vegetables daily?

To begin with, in order to maintain a healthy and balanced body, colorize your diet with a vast range of fruits and vegetables available. In fact, try to include as many plant-based colours on a daily regime as possible. That means, eating colourful skins. So, avoid peeled fruits like apples and peaches, otherwise you will lose a great source of beneficial natural chemicals.

I will move now to the benefits of getting your ' five a day'. Minimum five slices of fruit and vegetables a day , give you a rich intake of vitamins and minerals. Opting for this eating habit improves chances to maintain a healthy lifestyle and a better weight level.

In short, leading a good life is within your reach. So reconsider your daily eating habit and care about your 'five a day' , this restorative and wholesome diet. I hope you take my tips into consideration. Thank you for your time and attention.

A. Fill in the blanks with words from the list below:

Eventually — maintain — balanced — overall — risk — which — as well as — rich — make up — wide

Fruit and vegetables are an important part of our daily diet, providing a range of essential vitamins and minerals ⁽¹⁾..... being important sources of fibre, antioxidants and phytochemicals. They should ⁽²⁾..... about one third of our diet, ⁽³⁾..... is at least five portions each day. The Department of Health recommends eating at least five portions of fruit and vegetables every day as part of a healthy and ⁽⁴⁾..... diet. Increasing the amount of fruit and vegetables you eat each day can make a significant contribution towards your ⁽⁵⁾..... health. Fruit and vegetables provide a ⁽⁶⁾..... range of vitamins, minerals, phytochemicals and fibre that your body needs to stay healthy. They may help you to ⁽⁷⁾..... a healthy weight, and may also help to reduce the ⁽⁸⁾..... of cancer, heart disease and stroke.



Unit 4: Life issues Lesson 1: Life concerns (part 2)

Another health issue that threatens = endangers = puts people's life at risk are the **addictive habits**

Advise others to avoid these bad habits:



Expressions of advice you may use: **You ought to /not to...** - **If I were you, I would(n't)....** - **It's better to / not to...** - **You'd better do / not do ...** - **I recommend you** / **It's advisable that you ...**



Chain smoker

Be addicted to ... / an addict / an addiction (n) / addictive behavior



smoke like a chimney





Cigarette Facts

- There are over 4,000 chemicals in cigarettes
- Nicotine is what makes them addictive.
- Each cigarette smoked shortens the users lifespan by 11 minutes.
- About half of cigarette smokers die of tobacco-related disease and lose on average 14 years of life.

What do the facts above tell us about smoking ? Smoking is

Consider the underlined parts: What do you notice?

The more you smoke, the shorter you live.

Let's complete: To express parallel change we use:

The + + subject + verb + the + + subject + verb

Practice: Use these prompts to produce these comparatives:

Learn – earn / share – care / soon – good

-
-
-

What are the impacts of tobacco on the smoker's health?

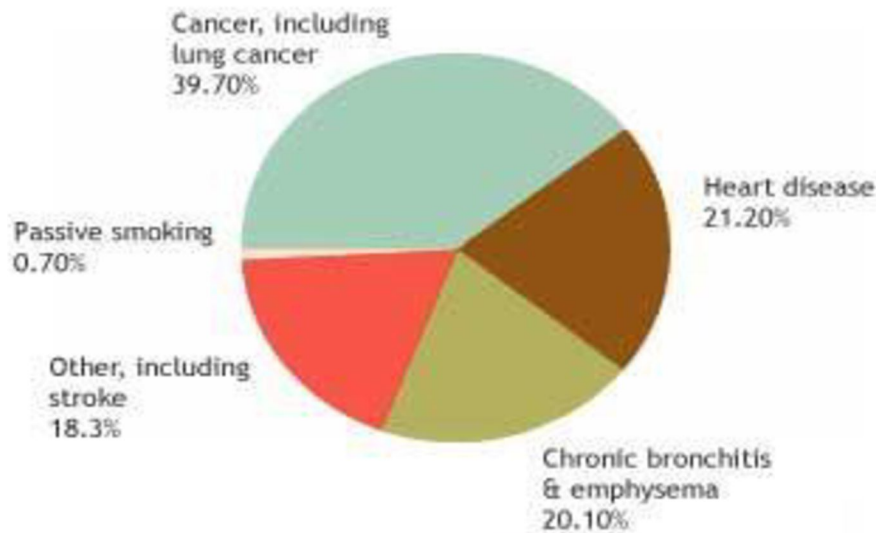
Complete with words from the following list:

{ teeth /likely /breath /breathing /affects/ lung /attack /diseases /weakened / risk / loss/ gum/ harms }

Smoking causes **sickness** and **disabilities** and it **kills** . There are more than 4,000 chemicals in tobacco smoke , sixty of which are known to cause cancer. Smoking **nearly every organ in the body**, reduces your health and causes many Let's see how it affects the smoker. It causes **oral and****cancer** and increases the risk of many other cancers . It also causes **problems** and increases the of dangerous **infections like pneumonia**. Smokers have more of a greater chance of having a **heart** and are twice as to have a **stroke**. Smoking can even accelerate hair in men . Smoking also **the eyes** and smokers are more likely to develop cataracts as they age and it raises the risk of developing **bones** or osteoporosis. Smokers tend to have **yellow** and develop **diseases**, persistent **bad** and other oral hygiene problems.



Deaths From Tobacco Related Diseases



Webdoctor.ie

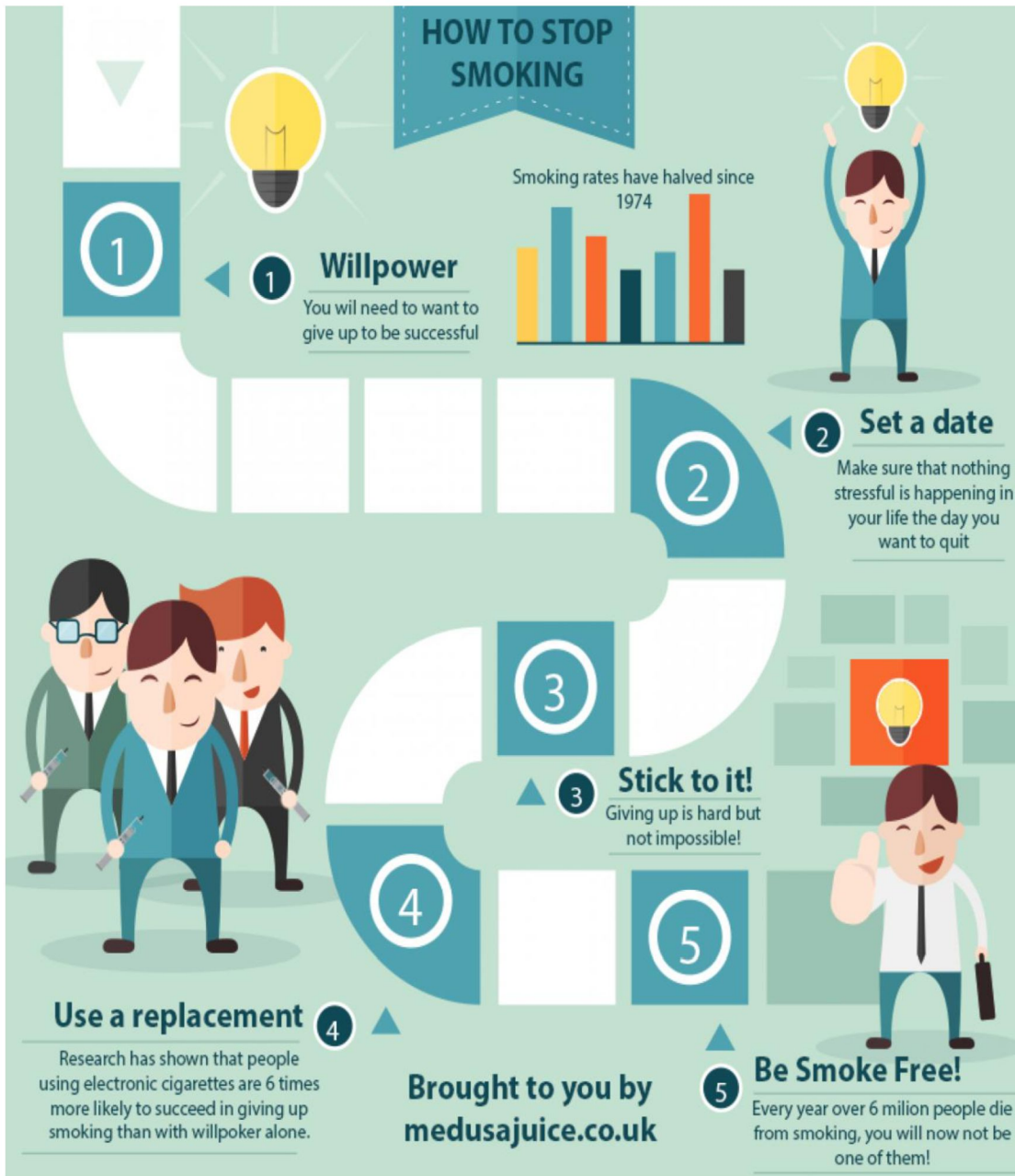
This pie chart, which is taken from-----, illustrates-----
 ----- . Apparently, it is crystal clear that the highest percentages of
 deaths are attributable to -----and----- while the lowest one is
 caused by -----.

To begin with, It is worth mentioning that smoking causes death out of cancer, including lung cancer
 and out of heart disease , which account for ----- % and -----% respectively.

What is more, smoking-related mortality is due to chronic bronchitis and emphysema as well as other
 diseases, including stroke , which make -----% and -----% respectively of the
 overall percentage. **The last point to mention** is that passive smoking is harmful as it leads to -----
 % of the total death cases .

To sum up, after considering all the data mentioned above, we can conclude that smoking is -----.
 So, -----





Quitting smoking makes a difference:

- You can taste and smell food better
- Your breath smells better
- Your cough goes away
- It cuts the risk of lung cancer, heart disease, stroke and other respiratory illnesses.
- It saves money, too.





A. Fill in the blanks with the right words from the box below:

smoking — damage — change — for — climate — quitted — attitudes — smoker

In many countries smoking is the major cause of death. In Great Britain, it is responsible ⁽¹⁾..... 100.000 deaths every year. Now less people smoke. In the U.S. half the adult smokers have ⁽²⁾..... it. Anti-smoking organizations are concerned about young people, who start ⁽³⁾..... between the ages of eight and ten years old. Girls now smoke more than boys. They don't realize all the ⁽⁴⁾..... it can cause to their beauty, health, fertility, and above all their femininity. If we compare the hand of a non-⁽⁵⁾..... and the same hand, after seven minutes of smoking, there is an evident dramatic ⁽⁶⁾..... in body temperature. Normal body temperature only returns after one hour of not smoking.

B. Circle the right alternative.

There are a lot of ways to quit smoking and many resources to help you. Family members, friends and coworkers may be **(supportive / supporting / supported)** and encouraging but the desire and **(commitment / treatment / advice)** to quit must be your own. Most people who have been able to successfully quit smoking **(have made / made / make)** at least one unsuccessful attempt in the past. Like any addiction, quitting tobacco is difficult, **(rarely / simply / particularly)** if you are acting alone. If you join smoking cessation programs, you have a much **(better / best / well)** chance of success.

C. Circle the right alternative:

Help may be just around the corner for smokers wishing to kick the habit. A Swiss company has tested an experimental anti-nicotine vaccine and **(came up/ come up/ comes up)** with impressive success rates. Cytos Biotechnology believes it has the best answer to date to fight nicotine **(addiction/ addict/ addicted)**. Clinical trials on 341 heavy smokers revealed that 40 percent of those who received the vaccine stopped smoking. All **(non-smokers/ smokers/ smoker)** who took the vaccine developed antibodies that helped reject the desire **(to/ of/ for)** a cigarette. The vaccine works by inducing the production of nicotine antibodies to block **(it's / it is/ its)** entry to the brain. This reduces the dependence on nicotine and **(curbs/ curbed/ curbing)** any pleasurable effects it has for smokers, thus helping people to break their addiction. The drug may be particularly useful **(preventing/ to prevent / preventable)** relapses after quitting. This is good news for the world's 1.3 billion smokers, five million of whom die each year from smoking



Essay:



Your school is organizing an anti-smoking campaign . You have decided to post a 12-line article on your facebook page **to warn your school mates against the hazardous effects of smoking and give them some tips to stop this nasty habit , highlighting the benefits of quitting.**

Sample correction:

Smoking: the slow suicide

Smoking is a terrible addiction that is on the rise among the young generation especially at schools. In fact, a large number of my schoolmates smoke despite the harmful impacts of this habit. Let me say to them “ Be aware my friends. Quit this nasty behaviour before it is too late”

It goes without saying that smoking has hazardous effects on the smokers’ health as well as on passive smokers’ health due to their exposure to tobacco smoke. **First,** Smoking **harms** nearly every organ in the body, reduces your health and causes many **diseases**. **In fact,** it causes **oral and lung cancer** and increases the risk of many other cancers . It **also** results in **breathing problems** and increases the risk of dangerous **infections** like pneumonia. **Furthermore,** smokers tend to have **yellow teeth** and develop **gum diseases**, persistent **bad breath** and other hygiene problems.

Therefore, you have to stop this addiction to improve your life style and live longer. You may find it hard at first but if you follow these tips, you will certainly beat this monster, smoking. **The first step towards success is** your self- confidence and willpower. You **should** also set a date to quit and avoid postponing the matter. **What is more,** you **ought to** try to keep busy and think about ways to solve the problem. **For instance,** you can practice sport or your favourite hobby.

Always remember that quitting smoking makes a difference. It will not only improve your quality of life but also increases your life span. Research says that every year over six million people die from smoking, you will now not be one of them! Don’t ignore the problem and step by step you will win the battle.





GUIDED WRITING

Use the information in the table to write a 5-line paragraph about obesity among children in England in 2016

| | |
|-----------|--|
| Facts | First year/ school/ 9.6 % children / obese End / primary school / 32.4 % children/ overweight |
| Impact | Cost / £27 billion/ treat/ illnesses/ related / obesity |
| Solutions | - Healthy food / - Exercise |

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