Page 65 Act. 1. Speaking – Answers vary. Act. 2. Reading - Top - down: 8, 3, 7, 2, 4, 5, 1, 6 Act. 3. Reading – Zigzag: Left to right: 3, 2, 8, 1, 4, 6, 7, 5 Page 66 Act. 4. Reading – Answers vary. Act. 5. Reading – a) immensely b) demanding c) off the cuff d) being sick and tired e) going beyond on the fly Act. 6. Reading - Left to right: bones, look, brain, muscles Page 67 Act. 7. Listening – Left to right. Line 1:5 bend your knees 1 roll your head around in a circle 3 stretching your arms Line 2: 2 move your shoulders up and down 6 stretch out your legs 4 swing your arms in circles Act. 8. Listening $-1 \times 2 \times 3 \vee 4 \times 5 \times 6 \vee$ Act. 9. Listening – 1 basic/5-minute 2 repeat 3 not 4 shoulders 5 head 6 reach 7 feet 8 toe 9 jog(ging) 10 warm-up Page 68 Act. 1. Listening – 1 a) Example 1: strong, stronger, stronger Example 2: great, greater, greater **Example1:** strong, strongest, strongest Example 2: great, greatest, greatest b) Example 1: tidy, tidier, tidier **Example 2:** funny, funnier, funnier **Example 1:** tidy, tidiest, tidiest Example 2: funny, funniest, funniest c) Example 1: famous, famous, more Example 2: beautiful, beautiful, more Example 1: famous, famous, most Example 2: beautiful, beautiful, most d) Set 1: am, is, is, are Set 2: is, is, is, is e) restaurant, food f) delicious restaurant, magazine, centre Act. 2. Reading – Answers vary. Page 69 Act. 1. Reading – Zigzag: a, d, b, c, e Act. 2. Reading – a) Get your work out done b) Get the right food in you c) Get your people d) Recovering from hard exercising e) Get up early Act. 3. Listening – a) 2 b) 4 c) 5 d) 3 e) 1 Act. 4. Reading – a) e drink b) a dress c) c show d) e make e) b feed f) e sit g) a do h) e make i) d get j) e grab k) a get l) e check m) c tell n) e check o) c say / wish p) e get q) c prepare r) a/d do Act. 5. Reading – 1 ed / ing 2 ing / ing 3 ing / ed 4 ing / ing 5 ing / ed Page 70 Act. 1. Listening – 1. a) happy, clean, beautiful, happily, beautifully b) time, place, the way, frequency c) on, at d) sadly, clearly e) beautifully, angrily, miserably, extremely f) in, in g) 1 fast, fast 2. early, early 3 hard, hard 4 late, late 5 daily, daily h) hard, hardly i) 1 hardly 2 hardly 3 hardly j) any, any k) lately l) well m) well n) than, than, most o) than, the p) well, best q) how, where, when r) always s) always t) never Page 71 Act. 1. Reading – Answers vary. Numbering: 2 6 4 8 3 1 5 7



Act. 2. Reading – For verbs: immediately or quickly, the way you think – carefully, use original ideas - imaginative For adjectives: in a cruel way – harsh, unexpectedly, a high level or degree For adverbs: not usual way – irregularly, in a surprising way – not expected, in a safe way – free from risk
Act. 3. Reading – Answers vary.
Numbering: 4, 8, 1, 5, 7, 2, 6, 3
Act. 4. Reading – 1 safely 2 absolutely 3 excess 4 weight 5 attention 6 facilities 7 run 8 helpful

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Act. 1. Reading – 1 skin 2 wrist 3 breast 4 hip 5 waist 6 thigh 7 ankle 8 heel 9 toe 10 lung 11 liver 12 kidney
13 forehead 14 eyebrow 15 cheek 16 chin 17 eyelashes 18 chest 19 buttocks
1 skin means piel 2 wrist means muñeca 3 breast means seno/pecho 4 hip means cadera 5 waist means cintura 6 thigh means muslo 7 ankle means tobillo 8 heel means talón 9 toe means dedo del pie 10 lung means pulmón 11 liver means hígado 12 kidney means riñón 13 forehead means frente 14 eyebrow means ceja
15 cheek means mejilla 16 chin means barbilla 17 eyelashes means pestañas 18 chest means pecho 19 buttocks means gluteos/nalgas

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Act. 2. Reading:	
How often do you get sick?	Acupuncture is a treatment in which thin needles are inserted into the
What are the best ways to avoid getting sick?	skin, do you think it really helps?
Do you take vitamins?	Which is more important to take care of: mental health or physical health?
How often do get a medical / dental check-up?	Have you ever been faced with a medical emergency?
Do you ever wear a face mask in public?	How do you feel when you see blood?
How well do you recover from bumps and bruises?	Do you believe in being vaccinated?
What healthy habits do you have – for example, washing your hands	How do feel about surgery?
before eating?	Would you ever consider having plastic surgery?
Have you ever broken a bone?	What foods/beverages are good for health?
Who is the healthiest person you know?	How important is healthy food to staying healthy?
In your country, what traditional remedies are popular?	How long do you expect your generation will live on average?
People sometimes say that laughter is the best medicine, do you agree?	How do companies treat workers when they get sick?
Do you trust in doctors?	Do employees receive paid sick days to help with recovery from sickness?

Act. 3. Writing – Answers vary.

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Grammar

Adjectives – a) 1 trained 2 patient 3 sensitive 4 disciplined
Comparatives – b) 1 more than 2 less (fewer) than 3 more difficult than 4 is more expensive than

c) Getting enough sleep is the most important thing to stay healthy.
It is best to visit a nutritionist to find out what food we need.
Pizza is the tastiest food for children.
Adults must avoid teaching children that junk food and sweets are the healthiest food.
d) 1 single 2 hot 3 healthier 4 highly
e) 1 big / sweet 2 round 3 exercise / good 4 green
f) 1 boring / tiring 2 worried 3 scared 4 interesting
g) 1 completely 2 always 3 regularly 4 monthly
h) 4, 7, 1, 8, 5, 2, 9, 6, 3

