

Topic 4

Objective Proficiency – Unit 14 – Get fit, live longer! - parts to go through and learn

1. Look at the Speaking slot on p. 118 and prepare your reactions to the statement a –g.
2. Do the reading task – p. 118 – 119 and prepare your answer to the question in ex. 3 on page 119.
3. Look at ex. 4 on page 119; look up any of the words unknown and do the exercise.
4. Go on to do the Phrase spot – p. 119.
5. Grammar – Articles review; the whole of page 120 is most valuable for the revision. Try to do all the three exercises.
6. Vocabulary; do the Corpus spot. Suggest the questions in ex. 4. Then go on to do exercises 6 and 7 on the same page.
7. Look at page 122 and prepare your answers to the warm-up questions. Then do the listening exercise.
8. On page 123, prepare your comments on the ideas suggested in ex. 5.

Additional task – practising word stress on page 123.