



10.1 Laws from around the world Match the beginning of the sentences on the left with the correct endings from the box on the right.

In Saudi Arabia women are
 In Thailand you mustn't
 In Sweden you can only
 In Switzerland you must not
 In England all males over 14
 In the Philippines certain cars
 In Minnesota, it is illegal to
 On the island of Sark you
 In Singapore you
 In the Vatican you cannot
 In Denmark drivers
 In the UAE you cannot

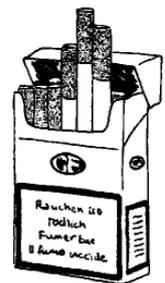
hang male and female underwear on the same washing line.
 cross the road when the sign says 'don't walk'.
 are not allowed on the road on Mondays.
 not allowed to drive or ride bicycles on public roads.
 are not allowed to have a car.
 have to provide ID to buy chewing gum.
 have to have their headlights on at all times.
 must do two hours' longbow practice every day.
 buy alcohol in government-run shops.
 eat in public during the month of Ramadan.
 step on the currency because it has the King's face on it.
 visit St Peter's if you are wearing shorts or a skirt above the knee.

10.2 When are you an adult?



In Britain you can do different things at different ages. For example, when you are 16 you can smoke join the army and even get married with your parents' consent. You can drive a car at 17, but you can't buy cigarettes or buy an alcoholic drink in a pub or vote until you are 18.

Does this make sense? When can you do these things in your country?



10.3 A strict upbringing Complete this paragraph using the words in the box below.

I grew up in the 1960s and my _____ were quite strict. Mealtimes were a good example: my brother and I had to _____ our hands before every meal, and help lay the table. We had to eat everything on our _____, and after dinner we had to help with the washing up. During the week when we had school our friends were not _____ to come to the house, and on Saturdays we had to make sure our rooms were tidy and _____ with the housework before we could go out. On Sundays we weren't allowed out to play; instead we had to _____ our grandmother. During the school holidays it was different – we could stay out and go wherever we wanted, as _____ as we were back for dinner.

plate visit parents long wash help allowed

Today is / / On this day in history: _____

Did you know ...? On average we spend twelve years of our lives watching TV.

Idiom of the day: _____

10.4 School rules Stefania is a teacher in Italy. She's asking 13 year-old Jim about his school.
Complete the dialogue using the answers in the box below.

Stefania: So Jim, tell me what your school's like.

Jim: _____

Stefania: And do you like it?

Jim: _____

Stefania: So you walk to school?

Jim: _____

Stefania: That's a good idea – it's better for the environment as well. Is the school quite strict?

Jim: _____

Stefania: Can you wear jewellery?

Jim: _____

Stefania: Anything else you're not allowed to do?

Jim: _____

Stefania: Well that makes sense – it's very difficult stuff to clean. What about the teachers, what are they like?

Jim: _____

Stefania: What happens then?

Jim: _____

Stefania: And has that ever happened to you?

Jim: _____

Most of them are very nice. They call us by our first names, and they are all very approachable.

Of course, that changes if you don't do your homework ...

Well, we have to wear a school uniform, but that's the same in most schools.

Yes, but it's not encouraged. And you have to take it off for P.E.

Of course not – I'm a model student!

Yeah; I've got lots of friends there, and it's quite close to my home.

Well, it's a pretty normal state school. It's quite big; there are about twelve hundred pupils, and the building is quite new, so it looks nice.

You get a detention, which means you have to stay in school for an extra half an hour at the end of the day.

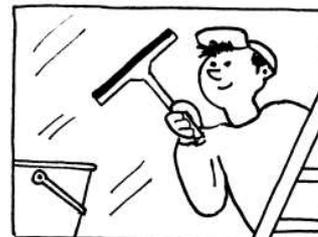
Oh yes, you mustn't chew gum, because of the mess it makes when people don't throw it away sensibly.

That's right. Parents aren't allowed to bring kids by car because of the congestion it causes.

10.5 Your school Now think about the school you go to, or one you attended in the past. What's it like? Is it strict? Are there lots of rules you have to follow? Make some notes about it here.

Match the quotes below with the correct jobs in the column on the right.

1. I have to wear a uniform and give safety demonstrations.
2. I have to wear a headset and deal with complaints.
3. I have to write stories quickly because we have strict deadlines at the newspaper.
4. I have to be friendly to the public, and I'm on my feet all day because we're not allowed to sit down.
5. We can't wear jewellery at work and we have to wash our hands frequently.
6. I have to be a strong swimmer and know first aid.
7. I'm a frequent flyer because I have to pay regular visits to our clients in Asia and South America.
8. I can smoke at work because I'm always outside.
9. In my job I have to be able to type sixty words per minute.
10. You can't be afraid of heights in my job – I have to spend a lot of time up a ladder!
11. I can only take holiday at certain times of the year.
12. I have to wear gloves when I'm working to reduce the chance of infection.
13. I don't have to work at night but I prefer to because there is less traffic on the roads.
14. I have to wear sunglasses and sun protection on my face when I'm at work.
15. I have to wear a hard hat and protective shoes when I'm at work.
16. I start work very early in the morning, and I'm quite fit because of all the walking I have to do.



- a. gardener
- b. secretary
- c. sales executive
- d. life guard
- e. teacher
- f. construction worker
- g. dentist
- h. flight attendant
- i. call centre operator
- j. postman
- k. ski instructor
- l. taxi driver
- m. shop assistant
- n. journalist
- o. nurse
- p. window cleaner

GRAMMAR: Modals for expressing obligation, necessity, certainty & uncertainty

FORM: must, need to, might, don't have to + INFINITIVE

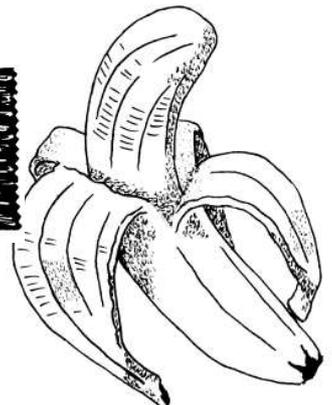
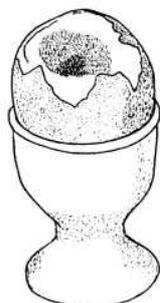
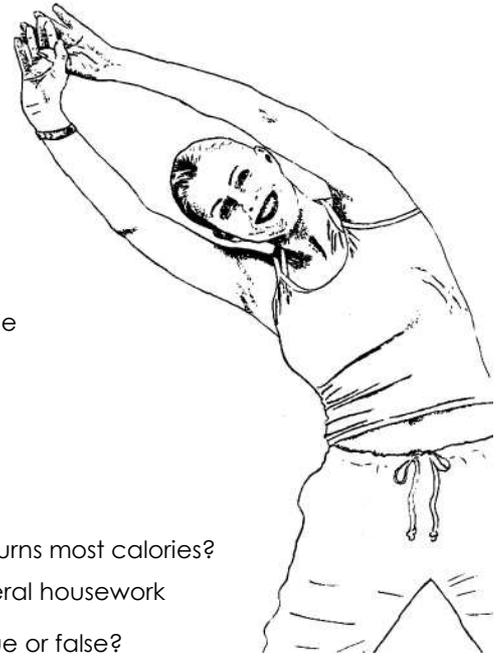
EXAMPLE: You must wear a seat belt. You don't have to decide now – you can tell me later.
Do we need to bring our own towels? We might stay longer if the weather is good.

Complete the sentences with one of these modals: *must, need to, might, don't have to*

1. You _____ wait for me; I can get a taxi later.
2. We _____ go camping at the weekend if the weather is fine.
3. You _____ be there to meet them when they arrive – we want to make a good impression.
4. If you want to be a good piano player you really _____ practise every day.
5. 'You _____ change your attitude if you want to play for the team again,' said the coach.
6. She _____ be quite wealthy – she wears lots of jewellery and drives an expensive car.
7. Business meetings in Sweden are very informal – you _____ wear a suit or a tie.
8. You _____ call me before eight thirty if you are going to be late.
9. Why don't you have a word with her? She _____ tell you what the problem is.
10. He _____ be at least thirty, because his son is twelve.
11. I'll get a takeaway on the way home so you _____ worry about cooking dinner.
12. I _____ go to Germany in the summer, because I have some friends in Berlin I can stay with.
13. 'I just _____ take a few details and then you're free to go,' said the policeman.
14. I can stay out late tonight because I _____ get up early for work tomorrow.
15. It's freezing outside – it _____ be at least minus ten!
16. We _____ go to Australia next Christmas; it depends if I can get the time off work.

11.1 Health quiz

1. How many litres of water should an adult drink in a day?
a) one b) two c) four
2. What percentage of the brain is made up of water?
a) 25% b) 50% c) 75%
3. One or two alcoholic drinks a day for older people can reduce the chance of death from a heart attack. True or false?
4. How many people in the world die each year from smoking?
a) 2 million b) 3 million c) 4 million
5. Queen Elizabeth used cannabis as a painkiller. True or false?
6. Which of these activities (done for the same period of time) burns most calories?
a) disco dancing b) walking up and down stairs c) general housework
7. Alcohol is absorbed into the bloodstream through the liver. True or false?
8. Drinking water *before* any activity will help keep your heart rate low and keep you cooler. True or false?
9. The main cause of bad breath is lack of water. True or false?
10. A thousand years ago in Britain weak beer was drunk by women and children as an alternative to water. True or false?
11. Which country is the world's biggest producer of tobacco?
a) China b) India c) USA
12. Drinking too much coffee can result in caffeine poisoning. True or false?
13. Which of the following accounts for 15 – 20% of all deaths in Britain?
a) heroin b) tobacco c) cocaine
14. A cup of tea can contain almost as much caffeine as a cup of coffee. True or false?
15. Exercise changes fat into muscle. True or false?
16. Breathing deeply will increase your energy and mental alertness. True or false?
17. In 2000 in America the number of deaths caused by obesity was more than double the number of deaths caused by alcohol abuse and drugs. True or false?
18. Which of these contains about 68 calories and 5.5g of protein – a banana or a boiled egg?
19. Teenagers need more sleep than adults. True or False?
20. Which contains more sugar - a 49g bar of chocolate or a standard 330 ml can of coke?



Today is / / On this day in history: _____

Did you know ...? Mosquitoes are responsible more deaths worldwide than any other creature.

Idiom of the day: _____

11.2 Good Advice

Match these problems with the best doctor's advice from the box below.

1. I've got a sore throat.
2. I've sprained my ankle.
3. I've just had my wisdom teeth removed and it hurts!
4. I've got an upset stomach and I've been vomiting.
5. I think I've got flu.
6. My toes are really itchy – I think I've got athlete's foot.
7. I've got swelling on my knee and it's quite painful.
8. I feel tired all the time; I just don't seem to have any energy.
9. I just can't seem to sleep very well at night.
10. I feel short of breath and I've been having chest pains.



- a** She just told me not to eat anything for 48 hours.
- b** He told me to exercise regularly and avoid caffeine and alcohol.
- c** She said I should stay in bed, keep warm and get plenty of rest.
- d** He gave me an anti-fungal cream to put on it.
- e** She told me keep the weight off it, and keep my foot up as much as possible.
- f** He told me to mix up some honey and lemon juice and drink a little throughout the day.
- g** He said I'd probably need a minor operation to put it right.

- h** He told me to stop smoking, take regular exercise and lose some weight.
- i** She gave me some painkillers for it.
- j** She just told me to drink plenty of water and eat more fruit and green vegetables.

11.3 Living to 100?

Start with a score of 72 ...	Yes	No	Score
Are you female?	Add 3		
Do you smoke, or are you around a lot of second-hand smoke?		Add 2	
Do you often take prescription, non-prescription or illegal drugs?		Add 1	
Do you eat a lot of processed food?		Add 1	
Do you eat a lot of butter, cream, cheese or fried food?		Add 1	
Do you eat a lot of meat?		Add 1	
Do you live in an area with good air quality?	Add 1		
Do you brush and floss your teeth twice a day?		Add 1	
Do you ever sunbathe without adequate protection?		Add 1	
Is your Body Mass Index* less than 27?	Add 2		
Do you get stressed easily?		Add 1	
Have any members of your immediate family suffered cardiovascular problems before the age of 55?		Add 2	
Do you get between 6 and 9 hours' sleep per night?	Add 1		
Do you drink more than two alcoholic drinks per day?		Add 1	
Do you eat fruit or raw vegetables at least once a day?	Add 1		
Do you exercise for at least 20 minutes three or four times a week?	Add 1		
Do you drink more than three cups of coffee a day?		Add 1	
Do you drive carefully and always wear a seatbelt?	Add 1		
Do you have grandparents who lived to 80 or more?	Add 1 for each one		
Is your blood pressure normal?	Add 1		

*To calculate your BMI divide your weight (kg) by your height (m) squared. e.g. 77 kg = $\frac{77}{1.79 \times 1.79}$ = 24.06

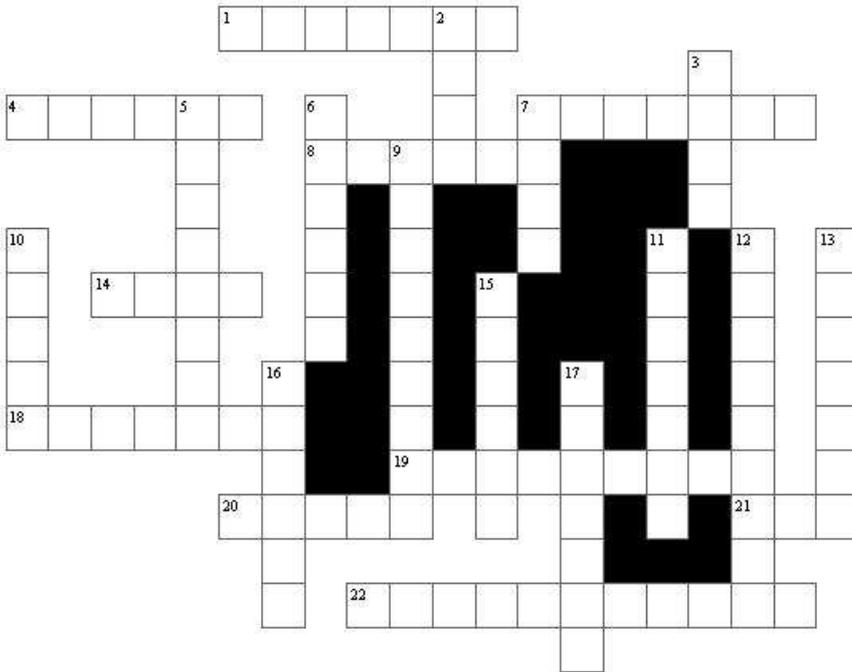
Across

1. Physically strong and well and not often ill. (7)
4. To feel pain in your body or your mind. (6)
7. An illness that is caused by infection. (7)
8. The person you go to see when you are ill. (6)
14. The American way to say 'not healthy, because of a medical condition or an injury'. (4)
18. A doctor who does medical operations. (7)
19. The process of providing medical care. (9)
20. Someone who looks after ill people, usually in a hospital. (5)
21. The British English expression for the American word 'sick'. (3)
22. A fixed time when you can see a doctor. (11)



Down

2. To cause physical pain or injury. (4)
3. A feeling that you have in a part of your body when you are hurt or ill. (4)
5. Physical activity done in order to stay healthy and make your body stronger. (8)
6. An opinion that someone gives you about the best thing to do in a particular situation. (6)
7. A chemical that can be used as a medicine. (4)
9. A narrow paper tube of tobacco that people smoke. (9)
10. Something too small to be seen without a microscope which causes disease. (5)
11. To become fit and healthy again after an illness or injury. (7)
12. The process of cutting into someone's body for medical reasons. (9)
13. Relating to medicine and the treatment of injuries and diseases. (7)
15. A serious illness caused by abnormal cells in the body increasing. (6)
16. Physical damage done to a person or a part of their body. (6)
17. Someone who is receiving medical treatment. (7)



ENGLISH IN SITUATIONS

Match the sentences on the left with the most suitable response on the right.

1. How shall I contact you?
2. A pint of lager and a gin and tonic please.
3. Have you seen my keys?
4. Can I try these jeans on?
5. Did you see the photos I sent you?
6. Would you like coffee?
7. I need to call the office but I can't get a signal.
8. Are we going the right way?
9. Can I change this jumper? It's too small.
10. This tastes lovely!
11. How long will you be?
12. Nice tan!
13. When's the next train to Bristol?
14. Can I see your boarding card sir?
15. Why don't we go for a walk?
16. Did you have a good weekend?
17. What was the film like?
18. The boss wants to see you.

- a. Sure. The fitting room's down there on the left.
- b. No thanks, just the bill please.
- c. Very disappointing - I fell asleep actually!
- d. It shouldn't take long - about half an hour I think.
- e. Here you are. Do you need my passport too?
- f. Have you got the receipt?
- g. Just send me a text when you arrive.
- h. Three minutes past seven, platform four.
- i. No. Have you looked in your jacket?
- j. Good idea. I'll get my coat.
- k. Excellent! We went to Paris.
- l. Oh no! Is it because I was late?
- m. Ice and lemon?
- n. No; I haven't had chance to check my email yet.
- o. I'm not sure. Let's ask someone.
- p. Thanks. We've just come back from Florida.
- q. It's easy to make - I'll give you the recipe.
- r. Here, use mine, it seems to be OK.