

Health and sport



1

Complete the sentences with the correct form of the verbs from the box. Use each word only once.

beat earn gain hurt injure reach win wound

- The police officer in the shooting has been released from hospital.
- Our team was by two goals in the semi-finals of the tournament.
- The new star will far more money than any of the other players on the team.
- Thankfully, the supporters were a little shaken, but nobody got in the crash.
- Fundraisers are halfway to the figure they need to save the club.
- The friendly games allow the younger players to the experience they need.
- He his wrist a year ago, but it's still sore and stiff some days.
- We need to back fans who've stopped buying season tickets.

2

Correct the common mistakes in the linking words in bold in the text.

In today's society, with the wealth of health information and knowledge at their fingertips, individuals really have no excuse for not making healthy lifestyle choices. For instance, they can ensure that their diet includes all the necessary nutrients, (1) **althought** not everyone heeds medical guidelines.

(2) **Never the less**, not everyone in the world has access to the full range of foods which doctors recommend should appear on our dining table. The sad truth is that every day, millions of people on earth go to bed on an empty stomach. For this second group, choosing to eat well is not an option. (3) **Either** does this sector of our world population have full access to health care, and they usually lack the supply of medicines that is available in the western world.

Medical intervention is not always the answer. (4) **Dispite** the fact that advances in medicine mean that there are drug treatments for a large number of illnesses, these health problems have still not disappeared from our planet. (5) **Eventhough** drugs or vaccines might be administered, they do not always work, (6) **like**, in certain cases, bugs have evolved to become immune or resistant to the drugs prescribed. As a consequence, medical scientists are faced with the challenge of developing new cures for old illnesses.

In the final analysis, it is said that prevention is better (7) **then** cure. If we feed our body with a variety of healthy foods, it will receive everything it needs to do its job properly, and hopefully, we will not need to resort to dosing ourselves with pills.

3

The essay in exercise 2 answered the question below. Read the essay again and the notes in the box, then complete the table.

Your class has attended a panel discussion about how people can look after their health.

How we can look after our health?

- eating well
- taking medicine
- keeping fit

Which two points did the writer write about?	1	2
Which words and expressions in the essay talk about each point?	3	4
Which point did the writer feel has the greatest impact on people's health?	5	

Exam task

4

Your class has listened to a radio programme discussing the ways that sport can benefit people. You have made the notes below:

How can sport benefit people?

- building community spirit
- providing role models
- releasing emotions

Some opinions expressed in the discussion:

"Being able to cooperate in a team is essential in life."
 "Not all sports stars are good examples to follow."
 "Wanting to win can cause people to behave badly."

Write an essay discussing two of the ways that sport can benefit people. You should explain which way you think is the most effective, giving reasons to support your opinion. Write your answer in 220–260 words.

You may, if you wish, make use of the opinions expressed in the discussion, but you should use your own words as far as possible.

Exam facts

- In this part, you write an essay based on two points.
- You have to identify what you think the more important point is, and give your opinion on it explaining your reasons.

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