

Unit 4A

Lesson 1: **MAKING CHANGES**

Student's Book page 44



Lesson Objective:

By the end of this lesson:

You will be able to discuss your future lifestyle, using the future perfect and the future continuous.



Lesson Stages

01

Reading

Lifestyle choices: How to live well

03

Grammar

Future perfect
Future continuous

02

Vocabulary

Health and Lifestyle
Illness and Treatment

04

Speaking

Discuss your future
lifestyle

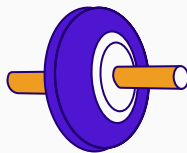
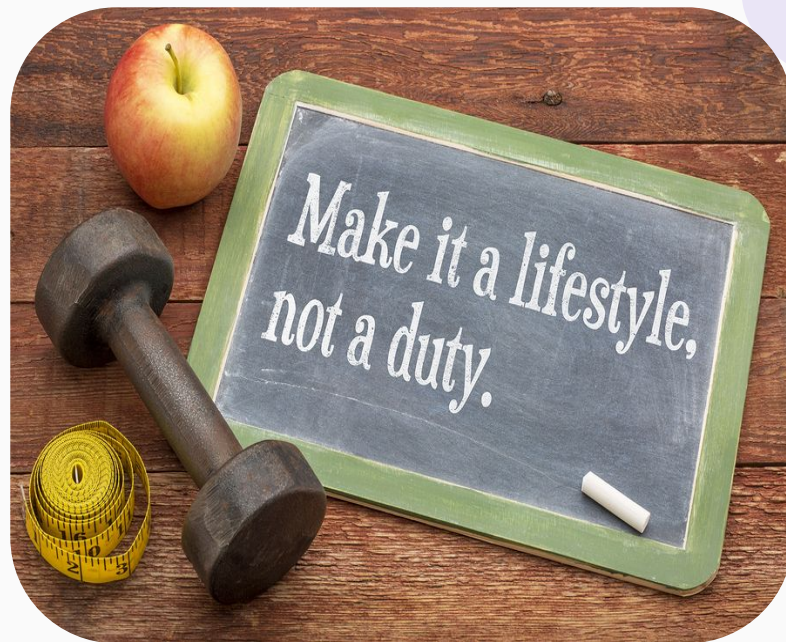




01

Reading

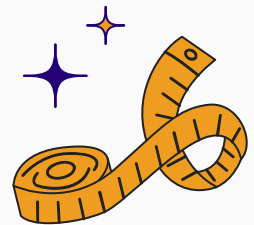
How to live well - Student's Book page 45



Warm-up ✨

1 A Work in groups. Which of the following are important for a healthy lifestyle? In what ways?

exercise food money sleep
stress where you live



How to live well

Life is full of turning points, when either we decide to make a change ourselves, or change is forced upon us. This month, we speak to three people who recently reached a turning point in their lives and decided it was time to **transform their lifestyle**. We ask them: Why did you make a change and where do you see yourself in two years' time?



the thinker

'I worked until the age of seventy in a job that was both interesting and intellectually stimulating. When I retired two years ago, I decided I needed to **keep mentally active**, so I signed up for a university degree in sociology.

I'm the oldest student by a long way, but luckily the others on my course don't see that as a problem. I also started going to French classes because I'd always wanted to learn another language. I'm really enjoying both things, and I've made loads of new friends. Doing this degree has really helped me to **expand my horizons** and think about society and my place in it.

Personally, I think it's really important to **stay in shape** both mentally and physically. I hope it will help me fight off illnesses like Alzheimer's, and it also motivates me and gives me something to aim for. Where do I see myself in two years? Well, I'll have graduated, so I'll have a degree, and hopefully my French will have improved, too. There are lots of volunteer roles related to social issues, so maybe I'll be working as a volunteer two or three days a week. I guess it's also possible I'll be travelling around France and using my new language skills.'

Felipe Ortega



the bather

'For years I **did a sedentary job** and **worked long hours** in a corporate office. It was well paid, but high stress, and it was definitely having a damaging effect on my health. I didn't sleep well and had no time to exercise.

I reached a point where I knew that I needed to change, so I started going to the gym and **doing regular workouts**. Then I saw a TV programme about wild swimming and I decided to give it a go. I loved it from the start, and now I swim 365 days a year in rivers, oceans and the occasional waterfall. It doesn't matter what time of year it is, or how cold the water is – I'll be there. I feel much happier and healthier now. There's a huge wild-swimming community worldwide, so I'm starting to plan a few trips abroad to places like the fjords in Iceland, where the water is beautiful, but apparently extremely cold.

What will I be doing in two years' time? Well, I definitely want to **keep up my progress** and if I'm lucky, I'll be swimming in the Okavango Delta in Botswana – one of my dreams! I hope there won't be any crocodiles, but I doubt it will stop me even if there are! I've also started posting blogs about my experiences, and I'm getting quite a few followers, so who knows, maybe I'll have given up my job and I'll be earning a living as a wild-swimming influencer.'

Fiona Karlsson



the eater

'I was never particularly interested in healthy eating when I was younger – I would always choose a burger and chips over a salad! Then a few years ago, I started noticing that I didn't have much energy, and I was having a few health issues.

I came across an article online about the effects of junk food on the body, and I suddenly realised how unhealthy my diet was – full of sugar and salt. So, I made the decision to **vary my diet** more and **cut down on** processed foods. And it worked. I started to feel better almost immediately, so I've since made more changes to the way I eat. I've started buying a lot of my food directly from local producers – butter and cheese from farmers and seafood from local fishermen. I've also started growing a few vegetables in my garden. When I look back, it seems really strange that it took me so long to work out what my diet was doing to me. The difference in my energy levels now is incredible.

So, in two years' time? I'll have given up meat completely, and I'll have transformed my whole garden into a mini farm! Hopefully, I'll be growing most of my own fruit and vegetables, and I'll be eating fresh, seasonal produce all year round.'

Derek Mankham

1 How does Felipe feel about the other students on his course?

- a** astonished that they are so young
b pleased that they have accepted him
- 2** How does Fiona feel about swimming in the Okavango Delta?
a excited that it might happen
b concerned that it might be dangerous
- 3** How does Derek feel when he thinks about his diet in the past?
a ashamed at how unhealthy it was
b surprised that he didn't realise it was harming him

D Work in groups. Discuss the questions.

- 1 What do you think of the changes the people in the text are making?
- 2 What other positive changes could they make?
- 3 Do you know anyone who has made similar lifestyle changes?



[illegible]

Vocabulary (Part 1)

1. **To cut down on something:** to reduce the consumption of something, commonly used regarding diet.
2. **To do a regular workout:** to exercise regularly.
3. **To do a sedentary job:** sitting for the majority of the workday, with occasional lifting of light items, and minimal walking.
4. **To expand my horizons:** to increase the range of things I know about.
5. **To keep mentally active:** to regularly engage in stimulating intellectual activities to challenge the brain.
6. **To keep up my progress:** to maintain your current pace of advancement.
7. **To stay in shape:** to maintain a good physical fitness, health, and strength through regular exercise.
8. **To transform my lifestyle:** to make long-term changes in daily habits to improve overall physical, mental, and emotional wellbeing.
9. **To vary my diet:** to change the food I eat.
10. **To work long hours**



ACTIVITY 1

2A. Complete the sentences with the correct form of the phrases below. Use the phrases in bold in the article to help you.

cut down on

do a regular workout

do a sedentary job

expand your horizons

keep mentally active

keep up my progress

stay in shape

transform my lifestyle

vary my diet

work long hours

1. I **do a regular workout** in the gym once or twice a week.
2. I'd hate to where I have to sit in an office all day.
3. I try to and eat lots of different foods, to get a balance of all the things my body needs.
4. I think travelling is a great way to and help you understand other people's lives.
5. I exercise because I enjoy it, not because I want to .
6. I'd like to my screen time; I spend too long in front of a computer.
7. I don't need to . I'm already very healthy and happy.
8. In my job I have to , sometimes up to ten hours a day!
9. I like doing puzzles as a way to .
10. Starting an exercise programme is easy. I'm fine for a few weeks, but I find it hard to .

Vocabulary (Part 2)- Illnesses and Treatment



ASTHMA

Vocabulary (Part 2)- Illnesses and Treatment



ALLERGIES

Vocabulary (Part 2)- Illnesses and Treatment



FOOD POISONING

Vocabulary (Part 2)- Illnesses and Treatment



RUN-DOWN (to be in bad health)

Vocabulary (Part 2)- Illnesses and Treatment



ANTIBIOTICS



Vocabulary (Part 2)- Illnesses and Treatment



MEDICATION

Vocabulary (Part 2)- Illnesses and Treatment



VACCINE

ACTIVITY 1

1A. Work in groups. Complete the sentences (1–8) with the words below.

illness

allergies

asthma

food poisoning

run-down

1. If you have **asthma**, you find it difficult to breathe in some conditions.
2. You can get by eating something that has gone bad.
3. If you're , you feel tired and ill.
4. If you have , certain things make you sneeze or make your eyes water.

treatment

antibiotics

first aid

medication

vaccine

5. You take **antibiotics** if you have an infection that is caused by bacteria.
6. You can get a to protect you from the flu.
7. You need to treat things like small cuts and bruises.
8. You might take regular if you have a long-term health problem.

ACTIVITY 2 (WB - VOCAB 1 & 2)

1. Complete the sentences with the correct form of the verbs below.

do (x2)

cut

expand

keep (x2)

stay

transform

vary

work



1. It's very important, especially as you get older, to mentally active. Doing puzzles is great for your brain.
2. I've down on the amount of fat and sugar I consume and feel much healthier now.
3. You really need to your horizons and get out and about more.
4. It's hard to find time to in shape when you've got a full-time job and a family to look after.
5. Research shows that regular workouts is good for you both mentally and physically.
6. I a sedentary job for years and was very unfit. Then I retrained as a yoga teacher and now I'm healthier than ever!
7. I've always long hours and I'm often too tired to make a proper meal when I get home.
8. Last year, my sister totally her lifestyle. She became a vegan and started doing more exercise.
9. It's important to your diet as much as you can and include all food groups in your meals.
10. I took up running last year and hopefully, if I up my progress, I'll do a marathon soon!

2A. Complete the table with the words below.

allergies

antibiotics

asthma

first aid

food poisoning

medication

run-down

vaccine

illness

treatment

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2B. Complete the sentences with words to describe illness and treatment.

allergies

antibiotics

asthma

first aid

food poisoning

medication

run-down

vaccines

1. The whole group got from the restaurant and were very sick.
2. I suffer from all year round and often have itchy eyes and sneeze a lot.
3. I did a course so that I could help anyone who suddenly became ill or injured.
4. If you want to find out whether your can be taken with other medicines, please consult your doctor.
5. Patients are given to help fight against diseases.
6. Sophie's feeling a bit , so won't be coming to school today.



03

Grammar

Future perfect - Future continuous



THE FUTURE PERFECT

We use the future perfect for an action or event that will be FINISHED before a specific time in the future.



Structure: **Subject** + **will** + **have** + **Verb (past participle)** + Complement

Phrases: by then // by this time tomorrow/next week // by next week // by (time)... // etc.

I will have arrived in Japan by next week.

My friends will have finished their exams by 5pm tomorrow.

THE FUTURE CONTINUOUS

We use the future continuous for an action or event that will be IN PROGRESS at a specific time in the future.



Structure: **Subject** + **will** + **be** + **Verb (continuous form [ing])** + Complement

Phrases: this time next week, month, year, etc. // at (specific future time) // while // etc.

I will be working while you cook.

This time next year, I will be living in Santiago.

FUTURE TENSES

Two ways to talk about the future in English



THE FUTURE PERFECT

We use the future perfect for an action or event that will be **FINISHED** before a specific time in the future.

STRUCTURE

Subject + will + have + Verb (past participle) + Complement

PHRASES

by then // by this time tomorrow // next week //
by next week // by (time)... // etc.

EXAMPLES

- I will have arrived in Japan by next week.
- My friends will have finished their exams by 5pm tomorrow.



THE FUTURE CONTINUOUS

We use the future continuous for an action or event that will be **IN PROGRESS** at a specific time in the future.

STRUCTURE	Subject + will + be + Verb (continuous form [ing]) + Complement
PHRASES	this time next week, month, year, etc. // at (specific future time) // while // etc.
EXAMPLES	• I will be working while you cook. • This time next year, I will be living in Santiago.

QUICK COMPARISON



FUTURE PERFECT

Action will be **FINISHED**
before a future time.



Focus: Completion

FUTURE CONTINUOUS

Action will be **IN PROGRESS**
at a future time.



Focus: Ongoing action



Tip: Look for the time clue! It helps you choose the right future tense.

Complete the sentences using the future perfect / continuous



In December...

By next month ...

At 8pm today...

ACTIVITY 1 – WB pg 24

future continuous and future perfect

3A  The sentences below have a mistake. Choose the best option to correct the mistake.

- 1 In two years' time I'll be completing my degree and hopefully found a job.
a I'll have completed **b** I'm completing
c I completed
- 2 This time next week, you'll have swum in the sea and thinking of me back at home!
a you'll be swimming **b** you'll swim
c you're swimming
- 3 If I'm lucky, I'll have got a visa and work in Australia by next summer.
a I'll work **b** working **c** be working
- 4 I'll be finishing lunch by 1 p.m., so we could go for a walk then.
a I've finished **b** I'll have finished **c** I finished

3B. Complete the blog post with the future continuous or future perfect form of the verbs in brackets.

Going Vegan

Going vegan has been a gradual process for me. By this time next month, I'll (1) have been (be) vegan for a whole year.

I became vegetarian first: I'll (2) be celebrating (celebrate) three years without meat or fish next week. It was hard to give up my favourites, but now I barely think about what I no longer eat – only what I'll (3) be having (have) for my next meal! I've become very inventive – you have to be when you're vegan – and I might (4) be setting up (set up) my own vegan meal business soon.

Personally, I did it because I developed a mild allergy to milk and dairy products, so I had to cut down on them. I'll (5) be going (go) to the doctor's soon and we'll see whether things have improved – I think my allergy will (6) have improved (improve) because my symptoms are much better.

There are lots of benefits to going vegan, for both personal benefit and the planet's. If I can convince my parents to go vegan, I'll (7) have done (do) a pretty good job of getting my message across. However, it's important to remember that you may not always get everything you need from a vegan diet – I'll (8) be writing (write) a blog soon about the vitamin supplements that can be helpful for staying on top form. Watch this space!

ACTIVITY 2



1. Choose the correct verb forms to complete the sentences.

1. Don't call me at 5 a.m. I'll ! SLEEP
2. No, I can't do 2 p.m. I won't by then. FINISH
3. The driver will for you at the airport. WAIT
4. Good luck tomorrow. I'll of you. THINK
5. Call me on Friday. I'll to Amy by then, so I'll know her plans. SPEAK
6. He can't meet at 7 p.m. because he'll still . TRAVEL

ACTIVITY 3. Grammar Bank SB pg. 119

2. Complete the second sentence so it has the same meaning as the first. Use the future perfect or continuous form of the verb in brackets.

1. The meeting ends at 3.30.

The meeting by 3.45. (**end**)

2. This time next year we'll be in Germany permanently.

This time next year we in Germany. (**live**)

3. Come over on Saturday, as I'll be free.

Come over on Saturday as I anything. (**do**)

4. Do you need the car later or can I borrow it?

the car later, or can I borrow it? (**use**)

5. We can't go to the gym at 5 a.m. It will still be shut.

The gym by 5 a.m. (**open**)

6. Their football match starts at 2 and finishes at around 4.

The girls football at 3.30. (**play**)



ACTIVITY 3

3. Look at the information and complete the sentences (1–6) with the future perfect or future continuous form of the verb in brackets.

4 p.m. – Jack's train arrives. Get there a few minutes before to meet him on the platform. Drive back.

4.10 p.m. – Home!

1. At 3.55, we on the platform. (**wait**)
2. By 4.30, we back at the house. (**arrive**)

10 p.m. bed time!

(the next day) 6 a.m. early start! 6.45 leave for airport.

3. At 11 p.m., I . (**sleep**)
4. By 6.45 a.m. the next day, I breakfast. (**had**)

This afternoon – meet Jack and his new girlfriend!

Tomorrow morning – go to British Museum.

5. By tonight, I Jack's new girlfriend for the first time. (**meet**)
6. Tomorrow at 10, I the British Museum. (**visit**)

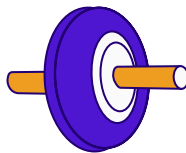




04

Speaking

Discuss about future lifestyle



SPEAKING ACTIVITY



5A Think about your lifestyle in five years' time. Do you have any goals? How might your life be different? Choose two topics from the box and make notes on your goals and predictions.

achievements activities/experiences
English health and lifestyle home
studies and/or work travel

C Work in pairs. Discuss what you will be doing in five years' time, and how your life will have changed. Ask your partner questions to learn more details.

A: In five years' time, I'll have graduated from university and hopefully have found a good job!

B: What kind of job would you like to do?





SEE YOU NEXT CLASS!!

