

# ANSWERS

## Unit 9 Take Care

### SPEAKING

#### A.

1. jogging
2. exercising
3. eating vegetables
4. drinking - water

#### B.

1. stressed
2. concentrate
3. health and well-being
4. studies
5. verbal bullying
6. derogatory
7. laughed at
8. reach out
9. trusted adult
10. freak out

### READING

#### A.

1. C
2. E
3. D
4. F
5. A
6. B

### GRAMMAR

#### A.

1. should
2. should
3. Shouldn't
4. shouldn't
5. should
6. shouldn't

#### B.

1. mustn't
2. must
3. must
4. mustn't
5. must
6. mustn't

#### C.

1. You shouldn't ignore. You should inform the sales personnel.
2. You must wear your school uniform to school
3. You mustn't make so much noise
4. I must clean the porch before she gets home
5. You should be attentive when you are driving in heavy traffic

### LISTENING

#### B.

- (a) raw seeds
- (b) Fresh fruits
- (c) vegetables of different colours
- (d) digestion

- (e) Water
- (f) 6-8 glasses
- (g) diet coke
- (h) Avoid sugary
- (i) calories
- (j) salt intake

#### C.

1. snacks
2. nutrients
3. digestion
4. water
5. Calories
6. protein

#### D.

1. (b)
2. (c)
3. (a)

### WRITING

#### A.

Sorry to hear about the dilemma you are in – you don't want to disappoint your parents and a camping trip is definitely not to your taste. However, I feel you should give it a try. A camping trip can be enjoyable. Recently, I joined a group of friends on a camping trip and it was really great to be in the open with nature. You need not stay out under the sun the whole time. I'm sure there are sheds or shacks around. Hiking can be done in the morning and I'm sure your co-campers would also favour doing it in the cool crisp air and not hike under the hot sun. Your parents want you to be healthy and not be so house-bound tied down by computer games. You should go for the camp!

I would cheer you on.

#### B.

Dear Diana,

Your problem does sound serious and I can understand your distress. Do you remember that I went through the same situation last year? Fortunately, a friend recommended some tips. They will help you too. First of all, remind yourself that you are not in the wrong and that the bully is making a bad choice. You have the right to feel safe and secure at all times. Talk to an adult, someone you are comfortable with and whom you can trust. This will help you regain your self-confidence. When the bully sends another message, message back firmly and tell him off that he has no right to cyberbully you. Invite him for a face to face confrontation and watch out for his reply. When you show that you are fearless, the bullying will stop.

I hope this has helped in some way. Contact me when you get another message. I'll help you write out a curt but firm no-nonsense message.