

# INGLÉS, GRADO 9, GUÍA 8

## IMPROVING HEALTH



Nombre:		Fecha Inicio:	
Nota:		Fecha Fin:	

### Improving Health

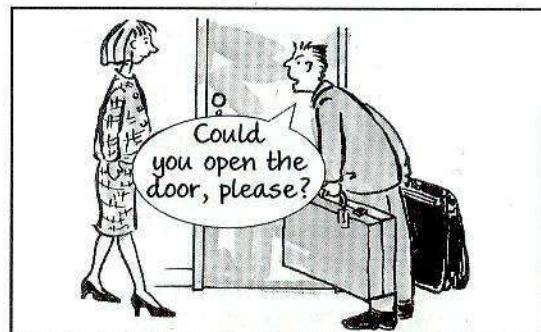
01.	Aclara las siguientes palabras, tradúcelas al español y haz 1 oración con cada una.  <table border="1"> <tr><td>1. improve</td><td>2. high blood pressure</td><td>3. overweight</td><td>4. stroke</td><td>5. lung</td></tr> <tr><td>6. throat</td><td>7. high cholesterol</td><td>8. depression</td><td>9. disease</td><td>10. injury</td></tr> <tr><td>11. smoke</td><td>12. heart disease</td><td>13. cancer</td><td>14. gallbladder</td><td>15. muscle</td></tr> </table>	1. improve	2. high blood pressure	3. overweight	4. stroke	5. lung	6. throat	7. high cholesterol	8. depression	9. disease	10. injury	11. smoke	12. heart disease	13. cancer	14. gallbladder	15. muscle																																																																																																																																																																																																																			
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02.	Haz el ejercicio 1 de la página 2 de tu libro. Escribe las respuestas en tu cuaderno.																																																																																																																																																																																																																																		
03.	Lee en equipo el texto de la página 2, y después escribe 3 ocasiones con las enfermedades que se mencionan en el texto. Escríbelos en tu cuaderno.																																																																																																																																																																																																																																		
04.	Haz la lectura de la página 3 del libro, traduce el texto en equipo con tu gemelo. Leer y traducir un enunciado cada uno alternándose.																																																																																																																																																																																																																																		
05.	Haz el ejercicio 1 de la página 4. Escribe las respuestas en tu cuaderno.																																																																																																																																																																																																																																		
06.	Haz el ejercicio 2 de la página 4. Escribe las respuestas en tu cuaderno.																																																																																																																																																																																																																																		
07.	Estudia la sección de verbos modales de la página 5, y escribe 3 oraciones con cada uno con el uso que se sugiere en el esquema.																																																																																																																																																																																																																																		
08.	Haz la actividad 3 de la página 5. Escribe las respuestas en tu cuaderno.																																																																																																																																																																																																																																		
09.	Haz la siguiente sopa de letras.  <table border="1"> <tr><td>S</td><td>E</td><td>O</td><td>S</td><td>R</td><td>V</td><td>Q</td><td>D</td><td>J</td><td>Z</td><td>S</td><td>Y</td><td>S</td><td>H</td><td>B</td></tr> <tr><td>Z</td><td>H</td><td>S</td><td>I</td><td>G</td><td>Y</td><td>O</td><td>I</td><td>A</td><td>T</td><td>C</td><td>H</td><td>T</td><td>V</td><td>L</td></tr> <tr><td>Y</td><td>S</td><td>S</td><td>I</td><td>C</td><td>M</td><td>W</td><td>E</td><td>O</td><td>B</td><td>R</td><td>T</td><td>R</td><td>P</td><td>N</td></tr> <tr><td>O</td><td>K</td><td>J</td><td>Q</td><td>C</td><td>Q</td><td>M</td><td>P</td><td>X</td><td>E</td><td>O</td><td>L</td><td>O</td><td>W</td><td>G</td></tr> <tr><td>O</td><td>Z</td><td>M</td><td>B</td><td>M</td><td>R</td><td>S</td><td>I</td><td>T</td><td>N</td><td>U</td><td>A</td><td>N</td><td>Z</td><td>Z</td></tr> <tr><td>H</td><td>P</td><td>K</td><td>P</td><td>Z</td><td>M</td><td>E</td><td>A</td><td>B</td><td>Q</td><td>B</td><td>E</td><td>G</td><td>K</td><td>R</td></tr> <tr><td>G</td><td>D</td><td>K</td><td>D</td><td>O</td><td>U</td><td>W</td><td>X</td><td>Z</td><td>Y</td><td>M</td><td>H</td><td>M</td><td>C</td><td>J</td></tr> <tr><td>A</td><td>W</td><td>J</td><td>K</td><td>M</td><td>K</td><td>I</td><td>E</td><td>E</td><td>W</td><td>T</td><td>U</td><td>P</td><td>J</td><td></td></tr> <tr><td>M</td><td>C</td><td>I</td><td>Q</td><td>N</td><td>W</td><td>M</td><td>A</td><td>V</td><td>O</td><td>B</td><td>A</td><td>S</td><td>O</td><td>A</td></tr> <tr><td>I</td><td>N</td><td>A</td><td>I</td><td>S</td><td>T</td><td>R</td><td>O</td><td>K</td><td>E</td><td>D</td><td>E</td><td>C</td><td>W</td><td>C</td></tr> <tr><td>G</td><td>B</td><td>R</td><td>N</td><td>X</td><td>Q</td><td>U</td><td>N</td><td>A</td><td>A</td><td>L</td><td>E</td><td>L</td><td>A</td><td>K</td></tr> <tr><td>F</td><td>D</td><td>J</td><td>G</td><td>C</td><td>G</td><td>X</td><td>S</td><td>B</td><td>G</td><td>U</td><td>V</td><td>E</td><td>L</td><td>W</td></tr> <tr><td>Q</td><td>Q</td><td>M</td><td>L</td><td>S</td><td>E</td><td>A</td><td>L</td><td>I</td><td>U</td><td>T</td><td>Q</td><td>S</td><td>K</td><td>C</td></tr> <tr><td>A</td><td>Y</td><td>Y</td><td>W</td><td>R</td><td>E</td><td>R</td><td>X</td><td>H</td><td>U</td><td>A</td><td>D</td><td>L</td><td>U</td><td>R</td></tr> <tr><td>R</td><td>O</td><td>T</td><td>C</td><td>O</td><td>D</td><td>T</td><td>I</td><td>S</td><td>I</td><td>V</td><td>J</td><td>J</td><td>P</td><td>Y</td></tr> </table>	S	E	O	S	R	V	Q	D	J	Z	S	Y	S	H	B	Z	H	S	I	G	Y	O	I	A	T	C	H	T	V	L	Y	S	S	I	C	M	W	E	O	B	R	T	R	P	N	O	K	J	Q	C	Q	M	P	X	E	O	L	O	W	G	O	Z	M	B	M	R	S	I	T	N	U	A	N	Z	Z	H	P	K	P	Z	M	E	A	B	Q	B	E	G	K	R	G	D	K	D	O	U	W	X	Z	Y	M	H	M	C	J	A	W	J	K	M	K	I	E	E	W	T	U	P	J		M	C	I	Q	N	W	M	A	V	O	B	A	S	O	A	I	N	A	I	S	T	R	O	K	E	D	E	C	W	C	G	B	R	N	X	Q	U	N	A	A	L	E	L	A	K	F	D	J	G	C	G	X	S	B	G	U	V	E	L	W	Q	Q	M	L	S	E	A	L	I	U	T	Q	S	K	C	A	Y	Y	W	R	E	R	X	H	U	A	D	L	U	R	R	O	T	C	O	D	T	I	S	I	V	J	J	P	Y	cancer do-exercise drink-water eat-healthy risk stop-smoking stroke strong-muscles visit-doctor walk
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Continúa en la siguiente página.

## Improving Health

10.	Haz la actividad de la página 7 con tu gemelo. Escribe el proyecto en tu cuaderno.	
11.	<p>Ve los siguientes videos.</p> <ol style="list-style-type: none"> <li>1. <a href="https://www.youtube.com/watch?v=dhpCdqOtuj0">https://www.youtube.com/watch?v=dhpCdqOtuj0</a> (Escribe los hábitos saludables que aparecen en el video y su traducción en español)</li> <li>2. <a href="https://www.youtube.com/watch?v=IA-UZ4Q7zs8">https://www.youtube.com/watch?v=IA-UZ4Q7zs8</a> (Escribe los hábitos saludables que aparecen en el video y su traducción en español)</li> <li>3. <a href="https://www.youtube.com/watch?v=y6PdJbHUNaQ">https://www.youtube.com/watch?v=y6PdJbHUNaQ</a></li> <li>4. <a href="https://www.youtube.com/watch?v=-N9te6dUqjw">https://www.youtube.com/watch?v=-N9te6dUqjw</a></li> </ol>	
12.	<p>Completa los espacios con should, shouldn't, can o can't. Tradúcelas en tu cuaderno.</p> <ol style="list-style-type: none"> <li>1. You have a great job; you _____ (change) it.</li> <li>2. _____ ask you a question?</li> <li>3. The government _____ (help) people in need.</li> <li>4. ' _____ you play the piano?' 'No, I _____.'</li> <li>5. Children _____ (drink) sugary drinks. It's not very healthy.</li> <li>6. It's an incredible film. You _____ (watch) it.</li> <li>7. _____ I have a ham and cheese pizza, please?</li> <li>8. He _____ (use) my car if he needs it. - Thank you!</li> <li>9. You _____ (go) to that restaurant. The food is terrible.</li> <li>10. We _____ use our phones in class.</li> <li>11. _____ I smoke here?' 'No, you _____.'</li> <li>12. You _____ (drink) so much coffee; it's bad for your blood pressure.</li> <li>13. He _____ four languages, English, Spanish, German and Tai.</li> <li>14. He _____ (study) more if he wants to pass his exam.</li> <li>15. It's a very dangerous area. Tourists _____ (go) there.</li> </ol>	
13.	<p>Escribe el hábito saludable en la imagen.</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>play games</p> <p>eat well</p> <p>wash your hands</p> <p>drink water</p> <p>do exercise</p> <p>sleep well</p> </div>	
14.	Estudia la teoría y haz los ejercicios de las lecciones adjuntas. (Lecciones 31 y 33).	
15.	Haz el examen de la lección.	

# can and could

**A**

He **can** play the piano.

**can + infinitive** (**can do / can play / can come etc.**):

I/we/you/they he/she/it	<b>can</b> <b>cannot (can't)</b>	<b>do</b> <b>play</b> <b>see</b> <b>come etc.</b>	<b>can</b>	I/we/you/they he/she/it	<b>do?</b> <b>play?</b> <b>see?</b> <b>come? etc.</b>
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**B**

**I can** do something = I *know how* to do it or *it is possible* for me to do it:

- I **can play** the piano. My brother **can play** the piano too.
- Sarah **can speak** Italian but she **can't speak** Spanish.
- 'Can you **swim**?' 'Yes, but I'm not a very good swimmer.'
- 'Can you **change** twenty pounds?' 'I'm sorry, I **can't**'
- I'm having a party next week but Paul and Jenny **can't come**.

**C**

For the past (**yesterday / last week** etc.), we use **could/couldn't**:

- When I was young, I **could run** very fast.
- Before Anna came to Britain, she **couldn't understand** much English. Now she **can understand** everything.
- I was tired last night but I **couldn't sleep**.
- I had a party last week but Paul and Jenny **couldn't come**.

**D**

**Can you ... ? Could you ... ? Can I ... ? Could I ... ?**

We use **Can you ... ?** or **Could you ... ?** when we ask people to do things:

- **Can you open the door, please?** or **Could you open the door, please?**
- **Can you wait a moment, please?** or **Could you wait ... ?**

We use **Can I have ... ?** or **Could I have ... ?** to ask for something:

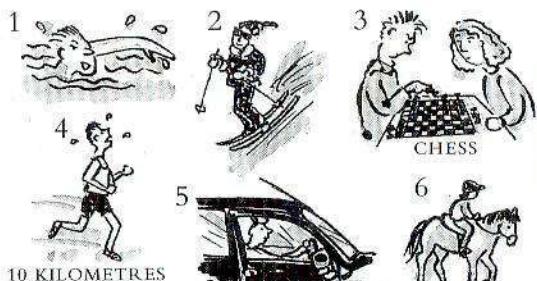
- (*in a shop*) **Can I have** these postcards, please? or **Could I have ... ?**

**Can I ... ?** or **Could I ... ?** = is it OK to do something?:

- Tom, **can I borrow** your umbrella? or Tom, **could I borrow** your umbrella?
- (*on the phone*) Hello, **can I speak to** Gerry, please? or ... **could I speak ... ?**

**EXERCISES****31.1**

Ask Steve if he can do these things:



1 Can you swim?

2 .....

3 .....

4 .....

5 .....

6 .....

Can you do these things? Write sentences about yourself. Use **I can** or **I can't**.

7 I ..... 9 ..... 11 .....

8 ..... 10 ..... 12 .....

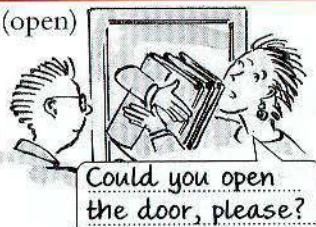
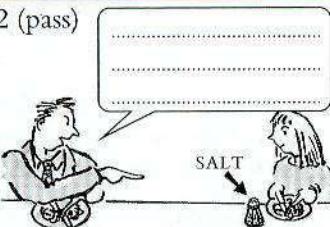
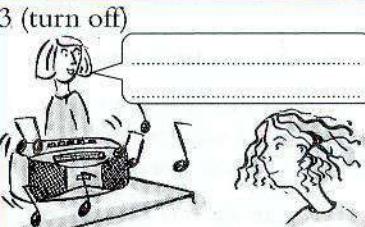
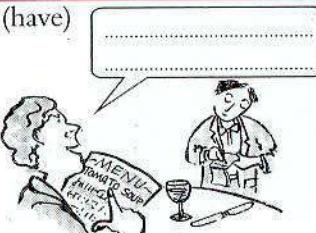
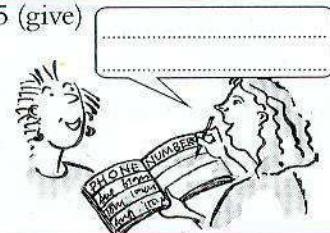
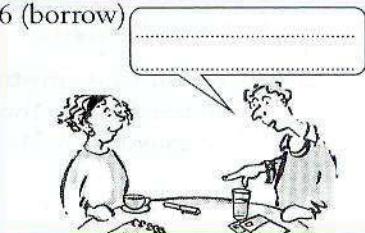
**31.2** Complete these sentences. Use **can** or **can't** + one of these verbs:**come find hear see speak**

- I'm sorry but we **can't come** to your party next Saturday.
- I like this hotel room. You ..... the mountains from the window.
- You are speaking very quietly. I ..... you.
- Have you seen my bag? I ..... it.
- Catherine got the job because she ..... five languages.

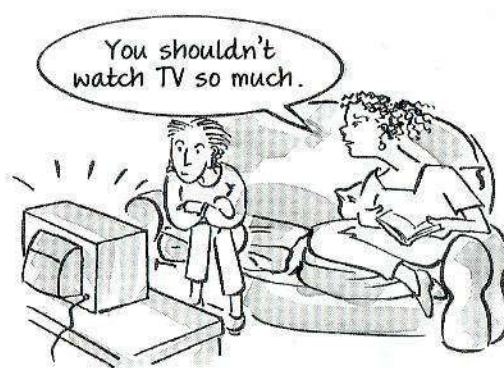
**31.3** Complete these sentences. Use **can't** or **couldn't** + one of these verbs:**eat decide find go go sleep**

- I was tired but I **couldn't sleep**.
- I wasn't hungry yesterday. I ..... my dinner.
- Ann doesn't know what to do. She .....
- I wanted to speak to Martin yesterday but I ..... him.
- Jim ..... to the concert next Saturday. He has to work.
- Paula ..... to the meeting last week. She was ill.

**31.4** What do you say in these situations? Use **can** or **could**. Use the words in brackets (...).

1 (open) 	2 (pass) 	3 (turn off) 
4 (have) 	5 (give) 	6 (borrow) 

# should

**A**

**should + infinitive (should do / should watch etc.):**

I/we/you/they he/she/it }	should shouldn't	do stop go <b>watch etc.</b>
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**B**

(You) **should** do something = it is a good thing to do, it is the right thing to do:

- Tom **should go** to bed earlier. He goes to bed very late and he's always tired.
- It's a good film. You **should go** and see it.
- When you play tennis, you **should** always **watch** the ball.

**C**

(You) **shouldn't** do something = it is *not* a good thing to do. **Shouldn't** = should not:

- Tom **shouldn't go** to bed so late.
- You watch TV all the time. You **shouldn't watch** TV so much.

**D**

We often use **think** with **should**:

**I think ... should ... :**

- I think Carol **should buy** some new clothes.  
(= I think it is a good idea.)
- It's late. I think I **should go** home now.
- A: Shall I buy this coat?  
B: Yes, I **think you should**.



**I don't think ... should ... :**

- I don't think you **should work** so hard.  
(= I don't think it is a good idea.)
- I don't think we **should go** yet. It's too early.

**Do you think ... should ... ?:**

- Do you think I **should buy** this hat?
- What time do you think we **should go** home?

**E**

**Must** is stronger than **should**:

- It's a **good** film. You **should** go and see it.
- It's a **fantastic** film. You **must** go and see it.

**F**

Another way to say **should** ... is **ought to** ... :

- It's a good film. You **ought to go** and see it. (= you should go)
- I think Carol **ought to buy** some new clothes. (= Carol should buy)

**EXERCISES****33.1**

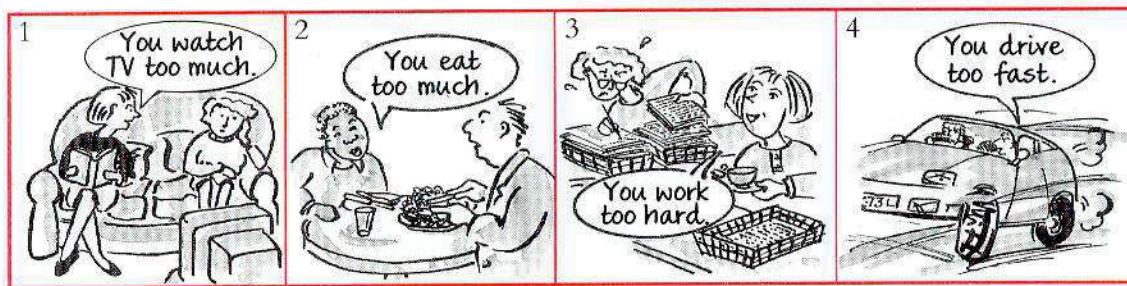
Complete the sentences. Use **you should** + one of these verbs:

**clean    go    take    visit    watch    wear**

- 1 When you play tennis, **you should watch** the ball.
- 2 It's late and you're very tired. ..... to bed.
- 3 ..... your teeth twice a day.
- 4 If you have time, ..... the Science Museum. It's very interesting.
- 5 When you're driving, ..... a seat belt.
- 6 It's too far to walk from here to the station. ..... a taxi.

**33.2**

Write about the people in the pictures. Use **He/She shouldn't ... so ...**



- 1 She **shouldn't watch TV so much**.
- 2 He ..... hard.
- 3 ..... hard.
- 4 .....

**33.3**

You ask a friend for advice. Write questions with **Do you think I should ... ?**

- 1 You are in a shop. You are trying on a jacket. (buy?)  
You ask your friend: **Do you think I should buy this jacket?**
- 2 You can't drive. (learn?)  
You ask your friend: Do you think .....
- 3 You don't like your job. (get another job?)  
You ask your friend: .....
- 4 You are going to have a party. (invite Gary?)  
You ask your friend: .....

**33.4**

Write sentences with **I think ... should ... or I don't think ... should ...**

- 1 It's late. (go home now) **I think we should go home now.**
- 2 That coat is too big for you. (buy it) **I don't think you should buy it.**
- 3 You don't need your car. (sell it) .....
- 4 Diane needs a rest. (have a holiday) .....
- 5 Sally and Colin are too young. (get married) .....
- 6 You're not well this morning. (go to work) .....
- 7 James isn't well today. (go to the doctor) .....
- 8 The hotel is too expensive for us. (stay there) .....

**33.5**

What do you think? Write sentences with **should**.

- 1 I think **everybody should learn another language.**
- 2 I think everybody .....
- 3 I think .....
- 4 I don't think .....
- 5 I think I should .....