

**Level 1**

## Unit 14 Part 2



# *Learning Goals*

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Give health-related advice

## **Last class review:**

We learned vocabulary to talk about the parts of the body;

We saw the use of have/has to talk about health problems.

We saw the use of should + verb (base form) to give advice about health.



# Warm-up

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Let's see how much you remember from the last class. Complete this exercise about body parts:

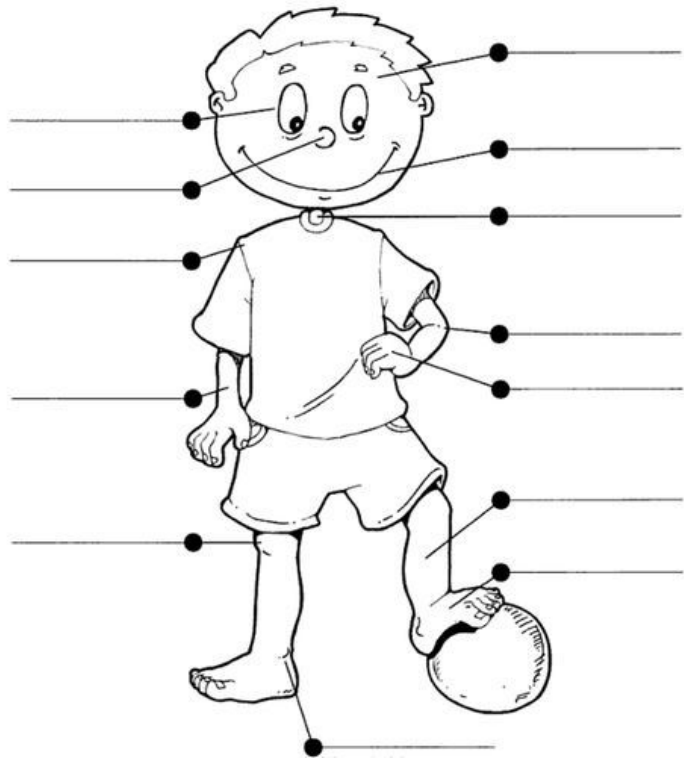




## My Body

Use these labels to name the parts of the body.

|      |          |       |      |       |
|------|----------|-------|------|-------|
| eye  | foot     | nose  | knee | ankle |
| head | shoulder | neck  | hand |       |
| arm  | mouth    | elbow | leg  |       |



# Grammar

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## **Must / Must not**

- *When we use must/must not + verb (base form), we are talking about something that is considered an obligation or a strong recommendation; by a doctor when you're not feeling well or from your teacher to help you learn and study better.*
- *Doctor: - You have a strong headache. You must stay in bed and take this medication. You must not go to work.*
- *Teacher: - You must study more to assimilate the new vocabulary. You must not wait until your next class to study.*



## MUST



→ She **MUST** be in bed because she has the flu.



→ Jack **MUST** brush his teeth before going to bed.

✓ Obligation  
✓ Strong advice

## MUSTN'T



→ Peter **MUSTN'T** sleep during the class.



→ You **MUSTN'T** smoke.

✓ Prohibition

# Let's practice!

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Let's practice!



## GRAMMAR WORKSHEET

### MUST and MUSTN'T (necessity)

| Must  | Mustn't (Must not)   |
|---|--|
| Use <b>must</b> when you mean 'have to' do something – and it is very important to do it.<br>Examples:<br>(1) "I <b>must</b> study for the test."<br>(2) "You <b>must</b> wear a seatbelt." | Use <b>mustn't</b> when you mean that it is important NOT to do something.<br>Examples:<br>(1) "You <b>mustn't</b> forget about the test."<br>(2) "You <b>mustn't</b> drive too fast." |

- What **must** you do, and what **mustn't** you do for a healthy and happy life? Complete the sentences below with "must" or "mustn't".

- You must get lots of exercise.
- You mustn't smoke cigarettes.
- You \_\_\_\_\_ have some good friends.
- You \_\_\_\_\_ relax sometimes.
- You \_\_\_\_\_ sleep all day.
- You \_\_\_\_\_ eat lots of vegetables.
- You \_\_\_\_\_ get angry easily.
- You \_\_\_\_\_ watch too many hours of TV.
- You \_\_\_\_\_ stay up very late at night.
- You \_\_\_\_\_ get enough sleep.
- You \_\_\_\_\_ read some good books.
- You \_\_\_\_\_ eat lots of cheeseburgers and fries.
- You \_\_\_\_\_ drink lots of water.
- You \_\_\_\_\_ forget to smile and say 'hello' to people.
- You \_\_\_\_\_ always think about problems.



- Think of two more things you **must** do. Think of two more things you **mustn't** do.



# *Listening and Pronunciation*

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Practice the pronunciation of these medical specialists and match the professional to what he/she does.





## Medical Vocabulary Matching Exercise



- |                    |                     |                        |
|--------------------|---------------------|------------------------|
| A. Allergist       | B. Anesthesiologist | C. Cardiologist        |
| D. Dentist         | E. Dermatologist    | F. Gynecologist        |
| G. Midwife         | H. Neurologist      | I. Oncologist          |
| J. Ophthalmologist | K. Pediatrician     | L. Physical Therapists |
| M. Psychiatrist    | N. Radiologist      |                        |

- |  |   |
|--|---|
| 1. heart specialist                          | 8. tumor specialist                         |
| 2. specializes in imaging tests (x-ray, etc) | 9. helps women deliver babies               |
| 3. treats babies and children                | 10. treats skin diseases                    |
| 4. deals with eye diseases                   | 11. specializes in women's needs            |
| 5. brain specialists                         | 12. tooth specialist                        |
| 6. helps restore body's movement             | 13. treats food and environmental allergies |
| 7. mental health specialist                  | 14. provides pain prevention during surgery |

# Reading and Writing

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## But / And

- **Writing Note**
- Always use a comma before but.
- *Example: I like coffee, but I don't like tea.*
- Use a comma before and when the subject is repeated.
- *Example: He likes coffee, and he likes tea.*



# Let's practice!

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Complete the following sentences with but or and:

1. Ann likes to dance... Bill likes to dance, too.
2. The TV is on,... we're not watching it.
3. She buys a new dress,... he buys a new suit.
4. They asked for coffee,... they didn't get any.
5. I eat chicken for lunch,... have it for dinner, too.
6. It is cloudy and cold,... it doesn't snow.
7. Lee can speak Spanish ... her sister can speak French.
8. Jan got a letter from a friend,... so did her sister.
9. Tom likes music, ... he can't dance.
10. Dan wrote a check,... he didn't sign it.





# Video

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An illness is a disease or period of sickness affecting the body or mind. Some examples of illnesses are the flu, a cold, a headache, a migraine, depression... Remember to see part 1 of this unit to review all the illnesses the unit talks about.

Here is how physical exercise benefits mental health:



## Mental Health Benefits of Exercise

Natural  
mood boost

Improved  
confidence

Positive  
distractions

Increased  
social activity



# Recap

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Do you remember the goals for this lesson?

Let's check them again.

Let's quickly recap what we have studied today:

- We saw how to use must/must not + verb (base form) for things you have or don't have the obligation to do;
- We saw how to use commas before but.
- We saw the meaning of illness.





# My Time English platform

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Now you've finished this lesson you're able to do the following activities on the My Time English platform – Level 1, Unit 14:

- Lesson 5: Grammar D
- Lesson 6: Listening;
- Lesson 7: Reading & Writing;
- Lesson 8: Video;

These exercises are essential for your progress, so try to do them on time!

Remember to practice and write down any questions you might have;

Use IPA's channels to get the necessary help;





# References

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Keeping your progress in mind we have selected some activities and extras materials;

As extras we have the following videos:

- <https://www.youtube.com/watch?v=eitalAgQohA> (Must or Must not)
- <https://www.youtube.com/watch?v=BLlyKiRuSwo> (15 types of doctors)

Remember to practice your English as much as possible! If you need any further help, please let us know!

**Keep up the good work!!**



# Preview for next class

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Our next class is unit 15, part 1.  
We'll see and practice the following points:

- Daily routines
- Celebrations
- Chores
- Sports and physical activities
- Future with be going to: Affirmative (+) and Negative (-) statements

