

True/False

1 In reading activities with True/False statements, what should you do first?

- Skim the text to get a general idea.
- Read the first statement, then read the text in detail looking for the answer.
- Read all the statements and answer True or False for as many as you can.

2 Complete the sentences with the words in the box.

cough • dizzy • health • remedy • shape • symptom

- I had a so I went to the chemist for some medicine.
- That athlete is the picture of because he trains hard and eats a special diet.
- If you're feeling, you'd better lie down for a few minutes.
- Most people know that having a fever is a of the flu.
- Do you have a for not being able to sleep?
- My parents try to keep in by exercising daily.

☒ Exam tip

In True/False activities, first skim the text to get a general idea. Then read the statements. Find the sections of the text where you think the answers appear and read these in more detail.

3 You are going to read a text about wearable health monitor devices. Are the statements True (T) or False (F)? Justify your answers with words from the text or use your own words.

- People in the past wouldn't have been surprised by wearable health technology. T / F
- The writer suggests that fitness trackers push people to reach their goals sooner. T / F
- Wearers tend to forget about the gadget on their arm and go back to unhealthy routines. T / F
- Sometimes people can feel disappointed with their performance if it hasn't been recorded correctly. T / F
- The writer isn't concerned about other companies being able to view our health information. T / F
- The writer thinks the devices have more advantages than disadvantages. T / F

Wearable health monitor devices

If you'd told anyone 100 years ago that they could learn a vast amount of information about their health from a little gadget on their wrist, they'd probably have raised their eyebrows in disbelief. Fast forward to the present day and wearable health monitor devices have become a multi-million-dollar



business. According to a report by Research and Markets, global sales are expected to be more than \$60 billion by 2025. So, let's take a look at whether it's worth investing in one.

The quick answer is: provided they're used in the right way, yes. There are a number of advantages to the wearer. If you're out of shape and want to get fitter, these devices can track your progress. And with this information, it's human nature to want to try to beat your running time or distance. The result is an increase in motivation. Unless you'd had this gadget, you might not have become the picture of health so rapidly.

Another obvious benefit is that these devices help us to remember how important self-care is. We can monitor our heart rate, sleep routine and daily step counts. If we didn't have this constant reminder, it would be easy to fall into bad habits and neglect our health. Previously, you might have gone to see your GP with little knowledge of these things. Now we can pass on more accurate details about our health and fitness in the event of being asked.

However, there are clearly some disadvantages to these types of gadgets. Imagine you went for a long run and came back dizzy with exhaustion, but at least you ran ten kilometres for the first time. You feel very proud of yourself. Then you check the distance online and discover it isn't as far as your device recorded. How would you feel? Probably, not so happy suddenly. Accuracy is sometimes an issue.

Other people worry about privacy. Wearable health monitor devices were initially used to provide information to the individual wearer. But how long will it be before technology reaches the stage where this data can be accessed by unauthorised companies? Could the time come when the company storing your information sells it to another?

Whether you decide to splash out on one of these devices or not is very much down to personal preference. For me, the pros outweigh the cons. Regardless of this, the focus should always be on keeping in shape, with or without the assistance of a gadget.

4 Find synonyms in the text for these words.

- follow (paragraph 2)
- check (paragraph 3)
- tiredness (paragraph 4)
- information (paragraph 5)
- help (paragraph 6)

B2 First Part 4

1 Read the statements about activities where you have to transform a sentence. Are they True (T) or False (F)?

- | | |
|---|-------|
| 1 Your answer must consist of between two and five words. | T / F |
| 2 In some cases, you can change the key word provided. | T / F |
| 3 Contractions count as two words, even if they are written as one. | T / F |

2 Change the words to form the parts of speech.

- 1 break (v) / (adj)
- 2 dizzy (adj) / (n)
- 3 injury (n) / (v)
- 4 treat (v) / (n)
- 5 stiffness (n) / (adj)
- 6 prescribe (v) / (n)

✓ Exam tip

In activities where you have to transform a sentence using between two and five words, count contracted words as the full form. For example, *didn't* counts as two words: *did not*. The only contraction that counts as one word is *can't* (= *cannot*).

3 For questions 1–6, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words, including the word given. There is an example (0).

Example:

- 0 He caught a cold after going on the plane.

CAME

After going on the plane, he
..... *came down with* a cold.

- 1 I would have been able to play basketball if I hadn't broken my arm.

WISH

I my arm and
could play basketball.

- 2 Jack doesn't want to oversleep, so he'll go to bed early.

CASE

Jack's going to bed early
..... oversleeps.

- 3 Dad's legs weren't stiff after his run because he did stretches.

HADN'T

If, his legs would
have been stiff after his run.

- 4 Drinking coffee at night leads to poor sleep.

WELL

If you drink coffee late,
..... at night.

- 5 We'll go to A and E if your cough doesn't get better this afternoon.

UNLESS

We'll go to A and E
this afternoon.

- 6 I didn't get a prescription as I didn't see the doctor.

WOULD

If I had seen the doctor,
..... a prescription.

