

1. The lymphatic system video: Look at the questions and answer them, then watch the video to see whether your answers were correct.

see the video

Reading

- KEY**
- 1 Hypertension (HT) is commonly called high blood pressure, nowadays (2005 on) defined as above 140/85 mm Hg; or if one is diabetic, over 135/80.
 - 2 Correct treatment of hypertension reduces the risk of a heart attack by about 20% and reduces the risk of stroke by about 40%.
 - 3 Possibly as many as 16 million UK people have high blood pressure ...
 - 4 ... obvious underlying cause such as kidney disease; being obese, too much alcohol, too much salt, stress, lack of exercise, poor diet, too little potassium, and family history of relatives with hypertension.
 - 5 The link between hypertension and coronary heart disease and stroke is very well established.

4. Match the parts of sentences.

You will need to stop -ing	'strong advice'
Have you ever tried to...	suggestion
Have you ever thought of -ing	suggestion
I would strongly advise you to...	'strong advice'
It is better for you if you...	advice
You might want to...	suggestion
You could try and do...	suggestion
You are going to have to...	'strong advice'

5. Wordformation

ABSORPTION, INCOMPLETE, HARDENING, FATTY, LOSS, IMPAIRMENT, DEATH, BLOCKAGE, SHORTNESS, ANXIETY, FAILURE, INFLAMMATORY

Expressing opinion

I think that/ I would say that ...
Why don't we...?
It seems to me that ...
I'd like to point out...
I'm inclined to think that
The way I see it is that ...
I'm convinced that ...
As I see it ...
As far as I am concerned...

I tend to favour the view that
I'm fairly certain that ...
In my opinion/experience...
If you ask me, I would say that ...
To my mind ...

Clarifying your ideas

What I'm talking about is ...
In other words ...
What I said was ...

What I (really) meant was ...
(No) I didn't mean that, what I wanted to say was ...

What I was trying to say was ...

Sorry, let me explain it again.

Sorry, I obviously didn't make myself clear, what I wanted to say was ...

Agreeing

I totally/fully/partly agree

I'd go along with that.

I couldn't agree more.

No doubt about it.

Exactly. You have a very good point here.

I think so too.

Yes, definitely.

You're quite right. I suppose so. I guess so.

So do I. Neither do I.

I think you're right.

You may/could be right but

Disagreeing

I don't think so.

But don't you think that...?

I see what you mean, but...

That's not always the case.

I suppose so, but...

I'm not so sure about that.

I wouldn't say that.

I agree up to a point, but...

You can't be serious! Rubbish!/Nonsense!