

WRITING Keeping healthy

- 1 Work with a partner. Discuss the questions.
 - 1 How often should you see a doctor?
 - 2 How do you keep healthy?
 - 3 What is meant by a balanced diet?
- 2 **Read Study Skill** Read paragraph A and look at the underlined topic sentence. Read paragraphs B and C and write a topic sentence for each paragraph. Compare your sentences with a partner.

STUDY SKILL Developing a paragraph

A well-developed paragraph usually has:

- a topic sentence which gives the subject of the paragraph
- several body sentences, which develop that subject
- a final sentence, which concludes or summarizes, or leads on to the next paragraph

Focus on Health

A Exercise

There are a few things to remember when you take exercise. Warm up properly before starting, choose comfortable loose-fitting clothing, and stop if you don't feel well. Take some rest if you need it, and remember that exercise should be fun!

B Dehydration

..... Not drinking enough water causes dryness of the mouth, headaches, and dizziness as well as feelings of confusion. You should drink at least one litre of water a day, and more if you are exercising, or in hot weather. Dehydration is common in very young children, people who over-exercise, older people if the weather is very hot, and those suffering from diabetes.

C Diet

..... The body requires all of the important food groups: fats, carbohydrates, proteins, fibre, and vitamins and minerals. You should not omit any of these groups from your diet completely, but maintain a sensible balance of all five. Choose a diet which is high in fruit and vegetables and low in fats and sugar.

- 3 Read the topic sentences in the box. Use sentences a–f to develop the topic sentences into a paragraph. Write out each paragraph in full.

- 1 We should all eat five portions of fruit and vegetables a day, according to nutritionists.
- 2 Obesity is a growing problem all over the world.

- a It has been proved that eating regular amounts of fresh fruit and vegetables reduces the risk of developing serious diseases.
- b In some developed countries, over 50% of the population is overweight.
- c This is in part due to an unhealthy diet, but also to lack of exercise.
- d It is easy to follow these guidelines by having fruit juice for breakfast and vegetables with your main course at lunch, followed by a piece of fruit for dessert.
- e There is also growing concern over the number of young people who suffer from weight problems.
- f If you then include salad or more vegetables with your evening meal, you will soon reach the target five portions.

fats
carbohydrates
proteins fibre
vitamins and
minerals

- 5 Match final sentences 1–3 with paragraphs A–C.

- 1 Their findings are published in the journal *Nature*.
- 2 These cells then heal the damage at the cut.
- 3 As a result, the healing process is accelerated.

The healing power of electricity

Focus on Science

- A Scientists have discovered how the body uses electricity to heal cuts. When a person's skin is cut, an electrical signal forms at the edge of the wound and it remains there until the wound heals. This electrical signal stimulates special skin cells to move to the wound.
- B The effects of the electrical charge are very slow. The skin cells move at a speed of fifty micrometres an hour, which is approximately one millimetre a day. However, experiments have shown that the mechanism can be speeded up by fifty per cent.
- C In fact, this is a rediscovery of an old medical observation. In the mid-1880s, a German scientist measured the electrical charge across a wound in his arm. At that time it was not considered to be an important discovery. The researchers in Scotland have now confirmed his observations and explained the process behind it.

6 Write a final sentence for these two paragraphs.

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Antibiotics

One of the greatest scientific advances of the last century was the discovery of antibiotics. Antibiotics are drugs which kill or stop the growth of bacteria. The first modern antibiotic was penicillin. Since its discovery, many more antibiotics have been discovered or manufactured, and have proved essential in the fight against some diseases. However, if they are overused or used wrongly, they become ineffective.

Back pain

Many people suffer from back pain. It is said that four out of five adults will suffer from back pain at some time in their lives. There are many causes and types of back pain, and there are various treatments. Previously the treatment for back pain was bed rest, but these days many doctors recommend light exercise.
