

UNIT **3** Read and Write



En esta unidad vas a:

- leer un artículo sobre cómo vivir una vida larga y saludable
- aprender a escribir en inglés utilizando *however*, *on the other hand* y *although*.

The secret of a long life!

It's official; if you want to live a long healthy life, follow the Mediterranean diet. A diet with lots of vegetables, pulses, fruit and some fish reduces the risk of death from disease by 40 per cent! And the good news is you can also drink wine! One or two glasses of red wine a day are good for your health. The study says that people in Greece, Spain and Italy who follow this diet live to an old age.



The study also says there are other things that help people to have a long life. The oldest people in the world live in Japan and their diet is very healthy too. It's very similar to the Mediterranean diet. However, Japanese people also do a lot of exercise. Although Japan is a very modern country, a lot of people don't drive their cars when they go to the shops or to pick up their children from school. They walk or ride their bicycles. They also walk up the stairs in buildings and don't take the lift.

Of course, it's not necessary to live in a Mediterranean country or Japan to live longer. The study says that people in Sweden, Australia and Great Britain also live longer when they eat a diet similar to the Mediterranean and Japanese diets and do some exercise.



The conclusion? To have a long healthy life, eat lots of vegetables, fruit, pulses and fish. Have a glass of wine and don't take your car. Walk and be fit! ■

1 Elige la respuesta correcta.

- 1 The Mediterranean diet is **bad** / **good** for your health.
- 2 **Some** / **A lot of** red wine is good for your health.
- 3 People in **Japan** / **Greece** do a lot of exercise.
- 4 The article says Japan is **a modern** / **an old-fashioned** country.
- 5 People eat the Mediterranean diet **in various** / **only in Mediterranean** countries.
- 6 You can have a long healthy life if you do **one thing** / **a number of things**.

2 Responde a las preguntas.


- 1 What reduces the risk of death by 40%?

- 2 How much wine can you drink while staying healthy?

- 3 Where do the oldest people in the world live?

- 4 How much exercise do the Japanese do?

- 5 How do a lot of Japanese people travel to collect their children from school?

- 6 Which people in Sweden, Australia and Great Britain live longer?

Words to remember
3 Relaciona los verbos (1–8) y los sustantivos (a–h). Recurre al texto para ayudarte.


- | | |
|-----------|----------------------------|
| 1 do | a to the shops |
| 2 drive | b a bicycle |
| 3 go | c your car |
| 4 pick up | d the lift |
| 5 ride | e exercise |
| 6 take | f a glass of wine |
| 7 have | g the children from school |

1 e 2 ____ 3 ____ 4 ____ 5 ____ 6 ____ 7 ____

4 Coloca las palabras del recuadro en la columna adecuada.

apples	peas	tomatoes	sardines
oranges	onions	salmon	bananas
beans	potatoes		

fish	fruit	pulses	vegetables

however, on the other hand and although

However (sin embargo) y *on the other hand* (por otro lado) se utilizan para contrastar dos ideas que aparecen en dos frases distintas de un texto. Estos conectores se sitúan al principio de la segunda frase, y siempre van seguidos de una coma.

People in Italy who eat this diet live to an old age. However, there are other things that help people have a long life.

Los italianos que siguen esta alimentación llegan a una edad avanzada. Sin embargo, hay otros factores que nos ayudan a vivir más.

People have three meals a day. On the other hand, people don't have time to cook good food so they eat a lot of fast food.

La gente hace tres comidas al día. Por otro lado, no tiene tiempo para preparar comida sana y consume mucha comida rápida.

Although (aunque) se utiliza para contrastar dos ideas distintas que aparecen en la misma frase. Puede ir situado al principio de la oración, introduciendo la primera idea, o en medio, introduciendo la segunda. Estas dos ideas que se contrastan en la misma frase van separadas por una coma.

Although Japan is a very modern country, a lot of Japanese people don't drive their cars when they go to the shops.

Aunque Japón es un país muy moderno, muchos japoneses no cogen el coche para ir a comprar.

Japan is a very modern country, although a lot of Japanese people don't drive their cars when they go to the shops.

Japón es un país muy moderno, aunque muchos japoneses no cogen el coche para ir a comprar.

1 Completa las frases utilizando *although* y *however*.



Although we work a lot, we like our jobs.

- 1 He eats a lot of fast food. _____, he's very fit.
- 2 I cook a lot. _____, I don't eat much.
- 3 She's never tired, _____ she only sleeps five hours a night.
- 4 I eat a lot of fruit. _____, I never eat vegetables.
- 5 He goes to the gym every day. _____, he always drives his car to work.
- 6 He works in London, _____ he lives in Birmingham.
- 7 They always go to bed at 10 p.m. _____, they always get up late.

2 Completa el texto utilizando *although*, *however* y *on the other hand*.

The British government says children eat too much fast food. **However**, some people say fast food isn't the problem. One study says there is no connection between lots of fast food restaurants and unhealthy children. **1** _____ fast food isn't good for you, most children don't eat a lot of hamburgers and chips. The problem is that they don't do enough exercise.

There are some children that play in school sports teams. **2** _____, a lot of children don't do any physical exercise. Children say they like sport. **3** _____, often they only play it on computer games or watch it on TV. And **4** _____ there are parks in our cities, parents don't always think they are safe.

5 _____, parents themselves should set a good example. Busy lives mean that adults don't do enough exercise. The whole family should try to exercise together, as well as eating healthy food.