



HEALTH

GIVE IT A TRY

Listen and number. Then write the words in the blanks. MP3 / 37

11 runny nose3 sore throat8 cold4 cough2 headache7 stomachache

WORDS

- flu [flu] *n.*
- cough [kɒf] *v., n.*
- sneeze [sniːz] *v., n.*
- fever [ˈfiːvə] *n.*
- cold [kɒld] *n.*
- headache [ˈhed.ɪk] *n.*
- runny nose [ˈrʌni] [ˈnoʊz] *n.*
- sore throat [ˈsɔːr] [ˈθrɒt] *n.*
- stomachache [ˈstʌmək.ɪk] *n.*
- dizzy [ˈdɪzi] *adj.*
- itchy [ˈɪtʃi] *adj.*



10

fever



1

flu



6

sneeze



5

dizzy



9

itchy



UNIT
5

SPEAK UP

Answer the questions.

1. How do you take care of yourself?
2. How often do you visit the doctor?
3. What happened when you were sick?
4. What can you do when you start feeling sick?
5. What do you eat and drink when you are sick?

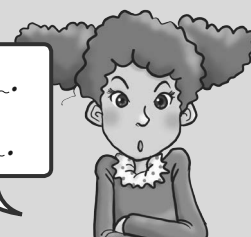
ROLE PLAY



You look sick.
Are you all right?

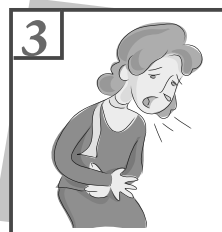
I have a

I feel





A Listen and number the pictures. MP3 / 38



B Listen and complete the conversation. MP3 / 39



Are you all right
what seems to be the problem

Got it

What's wrong with me
Anything else

see a doctor
take a look at

The Best Medicine

Ernie isn't feeling well, so he goes to see his doctor.

Doctor: Oh. You look terrible. Are you all right?

Ernie: No, doctor. That's why I'm here!

Doctor: Of course. So, what seems to be the problem?

Ernie: Lots of things. Firstly, I have a terrible fever.

Doctor: So I see. What else?

Ernie: Secondly, I have a sore throat.

Doctor: Hmm . . . Anything else?

Ernie: Yes. I have nonstop headaches. So I thought I should come see a doctor.

Doctor: I see. Well, let's take a look at you.

(The doctor **examines**¹ Ernie's hands, eyes, face, and mouth.)

Doctor: All right. I want you to take one of these green **tablets**² with a large glass of water every morning before breakfast.

Ernie: Got it, with a large glass of water, before breakfast.

Doctor: And then **swallow**³ one of these red **pills**⁴ with a large glass of water every noontime before lunch.

Ernie: OK. Red pills with a large water before lunch. Anything else?

Doctor: Yes. You need to get one of these yellow **capsules**⁵ down with a large glass of water every evening before dinner.

Ernie: I see. With water, before dinner. That's a lot, Doc. What's wrong with me?

Doctor: Nothing much. You're just not drinking enough water.

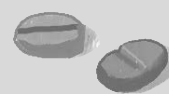




Language Notes

- * 1. **examine** [ɪg`zæmɪn] v.
The doctor examined my foot carefully.
2. **tablet** [ˈtæblɪt] n.
He took a couple of tablets for his stomachache.
- * 3. **swallow** [ˈswalo] v.
If you drink some water, it will make the pills easier to swallow.

4. **pill** [pɪl] n.
She had to take sleeping pills every night.
5. **capsule** [ˈkæpsl̩] n.
I took the capsules daily for a year.

* Represents GEPT elementary vocabulary



 Listen and check the correct answer.  MP3 / 40

- | | |
|--|---|
| 1. <input type="checkbox"/> a. Headaches, a stomachache, and a fever | <input type="checkbox"/> b. A fever, headaches, and a cough |
| <input checked="" type="checkbox"/> c. A sore throat, a fever, and headaches | |
| 2. <input checked="" type="checkbox"/> a. They do not seem to stop. | <input type="checkbox"/> b. They get worse and worse. |
| <input type="checkbox"/> c. They keep coming and going. | |
| 3. <input type="checkbox"/> a. He looks at Ernie's file. | <input checked="" type="checkbox"/> b. He examines Ernie. |
| <input type="checkbox"/> c. He looks at Ernie's eyes. | |
| 4. <input type="checkbox"/> a. In the morning | <input checked="" type="checkbox"/> b. At noontime |
| <input type="checkbox"/> c. In the evening | |
| 5. <input checked="" type="checkbox"/> a. Yellow | <input type="checkbox"/> b. Red |
| <input type="checkbox"/> c. Green | |
| 6. <input type="checkbox"/> a. A pill | <input checked="" type="checkbox"/> b. A tablet |
| <input type="checkbox"/> c. A capsule | |
| 7. <input type="checkbox"/> a. One | <input type="checkbox"/> b. Two |
| <input checked="" type="checkbox"/> c. Three | |
| 8. <input type="checkbox"/> a. Have some shots | <input type="checkbox"/> b. Eat lots of food |
| <input checked="" type="checkbox"/> c. Drink more water | |



INFINITIVES (to V.) / GERUNDS (V-ing)

Infinitives and gerunds are used as "nouns".

Infinitives (to V.)

Used as a "subject"—comes with a singular verb

To live in a big city is expensive.

Used as an "object"

I don't like to live in a big city.

Gerunds (V-ing)

Used as a "subject"—comes with a singular verb

Singing is great.

Going shopping is my favorite leisure activity.

Used as an "object"

I like singing.

She enjoys going shopping.

It is . . . Sentences

To V. + be V. + adj./n. = It + be V. + adj./n. + to V.

To win the lottery is exciting.

= It is exciting to win the lottery.

V-ing + be V. + adj./n. = It + be V. + adj./n. + to V.

Exercising regularly is good for your health.

= It is good for your health to exercise regularly.



Rewrite the sentences.

- ① To visit you is a pleasure. (It is...)

It is a pleasure to visit you.

- ② To study English well is not hard. (V-ing)

Studying English well is not hard.

- ③ Watching TV is fun. (To V.)

To watch TV is fun.

- ④ It is boring to stay at home all day. (V-ing)

Staying at home all day is boring.

Verb + to V. vs. Verb + V-ing**Begin / Start / Like / Love / Hate / Continue + to V. / V-ing**

Certain verbs may be followed by either a gerund or an infinitive and have the same meaning.

She **began to study** English in 1990. = She **began studying** English in 1990.

We **continued to play** basketball. = We **continued playing** basketball.

Ben **started to work** at 9 o'clock. = Ben **started working** at 9 o'clock.

My sister **hates to see** a doctor. = My sister **hates seeing** a doctor.

I **like to go** to the movies. = I **like going** to the movies.

I **love to swim**. = I **love swimming**.

Rewrite the sentences using "to V." or "V-ing".

- ① I started to get a cold last week. → I started getting a cold last week.
- ② Kids hate going to the hospital. → Kids hate to go to the hospital.
- ③ Sean loves to play pool. → Sean loves playing pool.
- ④ His little brother began feeling hot and dizzy.
→ His little brother began to feel hot and dizzy.
- ⑤ She had a fever, but she still continued working.
→ She had a fever, but she still continued to work.

Stop / Forget / Remember + to V. / V-ing

Sometimes the following gerunds or infinitives can change the meaning of the verb.

Please stop to talk . → Stop what you are doing and talk to me.	Please stop talking . → Don't talk anymore.
I forgot to take medicine today. → I didn't take medicine today.	I forgot taking medicine today. → I did take medicine, but I forgot I did.
You should remember to shut the door when you leave. → You shouldn't forget that you need to shut the door when you leave.	I remember shutting the door when I left. → I did shut the door when I left. I remember I did it.

Fill in the blanks with "to V." or "V-ing".

- ① You left the lights on all night. Don't forget to turn (turn) them off when you go to bed.
- ② I'll always remember flying (fly) for the first time.
- ③ I strongly advised my father to stop smoking (smoke).
- ④ Tony, remember to give (give) John the keys before you leave.
- ⑤ Ken was lost, so he stopped to ask (ask) someone for help.



LISTENING TEST



聽力測驗：看圖辨義 MP3 / 41

請聽題目及三個選項，選出與圖案最相符的答案。

1. ☐ A

☒ B

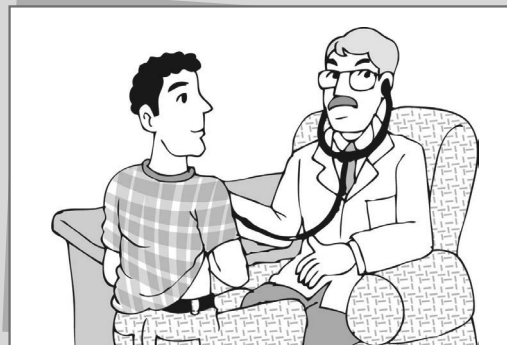
☐ C



3. ☐ A

☒ B

☐ C



2. ☒ A

☐ B

☐ C



4. ☐ A

☐ B

☒ C



聽力測驗：問答 MP3 / 42

請聽問題，再從三個選項中選出一個最適合的答案。

1. A **A** Drink lots of water and get some rest.

B Remember that you need to warm it up.

C Could you please keep it down, John?

2. A **A** It started last night.

C It started early.

B It starts at nine thirty.

3. C **A** Really? Where did you fly to?

C Then you should stay in bed.

B Can I have it after you've finished?

4. B **A** Then you should study harder.

C What did the dentist say?

B What's the matter with them?

5. A **A** Maybe she should take sleeping pills. **B** She has to get up pretty early, huh?

C She put the capsules next to her bed.

6. C **A** It's very dizzy right now.

C I guess it's runny today.

B It has a headache today.

MP3 / 43

1. B Ⓐ A cold
 Ⓑ A fever
 Ⓒ A headache

2. A Ⓐ In a hospital
 Ⓑ At a movie theater
 Ⓒ At a train station

3. C Ⓐ Her stomach feels uncomfortable.
 Ⓑ Her legs feel uncomfortable.
 Ⓒ Her head feels uncomfortable.

4. B Ⓐ Someone is irritating him.
 Ⓑ They're sensitive to dust.
 Ⓒ He is a little tired out now.

5. C Ⓐ Some fruit
 Ⓑ Some candy
 Ⓒ Some medicine

6. A Ⓐ She is not at the office.
 Ⓑ She has to stay in the office.
 Ⓒ She is really sick of Rick.

MP3 / 44

1. A





READING COMPREHENSION

- A** Do you remember the last time you went to the hospital? What were your symptoms? Write your answers. Then talk to your classmates, and write down their answers, too.

Name	When	Symptoms
Joe	last week	had a sore throat and headache
		(Answers will vary.)

- B** Read the article. How many tips to improve allergies does it contain? Number them.  MP3 / 45

Goodbye, Allergies!

Taiwan is a great place to live, but the **humid**¹ weather isn't so great for people with **allergies**². Some of the symptoms made worse by humidity are sneezing, a
5 runny nose, and itchy red eyes. But the good news is that there are some simple things you can do to improve your allergies.

¹ The first thing is to keep your
10 environment as dry as possible. **Dust mites**³, which cause many allergies, love humid places. ² Using a dehumidifier can make your home less comfortable for the dust mites and more comfortable for you.

³ A well-balanced diet will help, as it will make your **immune system**⁴ stronger.

⁴ So will exercise. ⁵ Smoking is a big no-no, as

the smoke will **irritate**⁵ your eyes and nose. Thanks to the new smoking laws in Taiwan,
20 you are now far less likely to **be exposed to**⁶ secondhand smoke.

So, if you suffer from allergies, make some simple, healthy changes to your home and lifestyle. Your eyes and nose
25 will thank you for it!



Language Notes

- * 1. humid [ˈhjuːmɪd] *adj.*
Summers in Taiwan are hot and humid.
2. allergy [ˈælədʒi] *n.*
I have an allergy to cats.
3. dust mite [dʌst] [maɪt] *n.*
Dust mites may cause allergies.
4. immune system [ɪˈmjun] [ˈsɪstəm] *n.*
My immune system is not as strong as it ought to be.
5. irritate [ˈɪrəˌteɪt] *v.*
This cream may irritate sensitive skin.
6. be exposed to . . . *phr.*
Children shouldn't be exposed to the sex and violence on TV.

* Represents GEPT elementary vocabulary

C Check the correct answer.

- What kind of places do dust mites like?
 - ☒ a. Humid places
 - ☐ b. Dry places
 - ☐ c. Dehumidified places
 - ☐ d. Clean places
- What do dehumidifiers do?
 - ☐ a. Increase the humidity in a room
 - ☒ b. Make the environment drier
 - ☐ c. Make places less comfortable
 - ☐ d. Make places dustier
- How will exercise help you if you have allergies?
 - ☐ a. It will irritate your eyes and nose.
 - ☒ b. It will make you smoke less.
 - ☒ c. It will make your immune system stronger.
 - ☐ d. It will make you feel itchy.
- Which one does NOT help people with allergies?
 - ☐ a. New laws in Taiwan
 - ☒ b. Cleanliness
 - ☐ c. A well-balanced diet
 - ☒ d. Smoking
- How can you get rid of dust mites?
 - ☐ a. By keeping the windows closed
 - ☒ b. By keeping your home dry
 - ☐ c. By not smoking around other people
 - ☐ d. By continuing to exercise

D Use the words below to fill in the blanks.

humid allergy humidity dust mites symptoms

- I have a bad allergy to cats; I sneeze and my eyes itch when I'm near them.
- Apart from a runny nose, do you have any other symptoms ?
- It's very humid outside; that's why my clothes feel wet.
- I use fans in my bedroom to keep the humidity down and make the room drier.
- There are tiny animals called dust mites that can live on your skin and in your bed.

March 8th**Patient Information Form**Name: *Ben Beason*Age: *27*

Problems: *Mr. Beason says he's feeling dizzy today, and he's also feeling very hot. Yesterday, he coughed all night.*

Symptoms: *Fever, cough*How long: *Two days*

Allergic to medication:

☒ Yes, *aspirin* ☐ No*Check the correct answer.*

1. What can Ben not take?

☐ a. Sleep☐ b. Rest☒ c. Aspirin☐ d. A day off

2. How does Ben feel today?

☐ a. He feels better.☐ b. He can't eat.☒ c. He feels like the room is going around and around.☐ d. His throat is sore, and he is very tired.

3. When did Ben first start feeling sick?

☐ a. On March 7th☒ b. Two days ago☐ c. Yesterday☐ d. Today

4. Who is the patient?

☒ a. Ben Beason☐ b. Ben's doctor☐ c. A nurse☐ d. We don't know.

5. What did Ben do last night?

☐ a. He slept well.☐ b. He went to the hospital.☐ c. He took aspirin.☒ d. He coughed.



I 閱讀能力測驗：詞彙與結構

請依照題意選出最適合的答案。

B 1. Jack has been _____ bed with the flu all week.

- Ⓐ around Ⓑ in
Ⓒ on Ⓓ at

A 2. Do you have a tissue? I'm going to _____.

- Ⓐ sneeze Ⓑ sleep
Ⓒ examine Ⓓ drink

D 3. My body is so itchy. I must have a(n) _____ to this kind of food.

- Ⓐ sore Ⓑ headache
Ⓒ cough Ⓓ allergy

A 4. Keep these _____ away from children.

- Ⓐ pills Ⓑ allergies
Ⓒ colds Ⓓ fevers

A 5. Please stop _____ around in the library.

- Ⓐ running Ⓑ to running
Ⓒ run Ⓓ ran

C 6. Sue's having trouble talking. She has a(n) _____.

- Ⓐ headache Ⓑ flu
Ⓒ sore throat Ⓓ itch

D 7. The _____ include a cough and runny nose.

- Ⓐ shows Ⓑ capsules
Ⓒ colors Ⓓ symptoms

C 8. Cigarette smoke _____ her eyes.

- Ⓐ sickens Ⓑ upsets
Ⓒ irritates Ⓓ coughs

II 閱讀能力測驗：克漏字填空

請從四個選項中選出一個最適合的字詞填入空格中。

Finally, after a week of ① sick, Stephen decided to go to the hospital. He had a fever and ② throat, so when the doctor asked him about the symptoms, he found it hard to answer. The doctor, understanding how uncomfortable Stephen felt, told him not to speak. The doctor spent a long time ③ Stephen's eyes and ears. After about 30 minutes, the doctor told Stephen he was going to give him a pack of ④ to take twice a day. He also told Stephen that he needed to rest more. He ⑤ Stephen to take a week off work and also quit ⑥.

B 1. Ⓐ feel Ⓑ feeling
Ⓒ to feel Ⓓ felt

D 2. Ⓐ strange Ⓑ healthy
Ⓒ runny Ⓓ sore

A 3. Ⓐ examining Ⓑ looking
Ⓒ learning Ⓓ researching

D 4. Ⓐ fevers Ⓑ dust mites
Ⓒ forms Ⓓ capsules

C 5. Ⓐ lived Ⓑ said
Ⓒ advised Ⓓ irritated

C 6. Ⓐ smoked Ⓑ smoke
Ⓒ smoking Ⓓ to smoke



閱讀能力測驗：閱讀理解
請依照文意選出最適合的答案。

The hot, humid weather makes Taiwan an uncomfortable place to live for people with allergies. In the summer, these people spend a lot of time sneezing, blowing their runny noses, and rubbing their itchy red eyes. If you are someone who suffers from allergies, there are some basic steps you can take. First, keep your home as dry and clean as possible. Dust mites and cockroaches, two insects that cause allergies, love *damp* and dirty places. Make sure you eat healthy foods, such as fruit and vegetables, and dairy products. That way, your immune system will stay strong, ready for taking on allergies. And finally, do not smoke. This last point is common sense. Unfortunately, some people cannot help themselves.

- B 1. Which of the following can we infer from the passage?
- Ⓐ Hot, wet weather is good for people with allergies.
 - Ⓑ Cool, dry weather is better for people with allergies.
 - Ⓒ Taiwan has grown even more uncomfortable than ever.
 - Ⓓ People with allergies who live in Taiwan can do nothing.
- C 2. Which summertime symptom is NOT mentioned?
- Ⓐ Sneezing Ⓑ Sensitive eyes Ⓒ Coughing Ⓓ Watery noses
- B 3. Based on the passage, what does *damp* mean?
- Ⓐ Dry Ⓑ Wet Ⓒ Clean Ⓓ Windy
- C 4. Why should people with allergies try to eat well?
- Ⓐ To remain strong for playing sports
 - Ⓑ To get rid of dust mites and cockroaches
 - Ⓒ To strengthen their immune systems
 - Ⓓ To help them avoid other bad habits
- C 5. How does the author feel about smoking?
- Ⓐ He still cannot help smoking.
 - Ⓑ Most people with allergies are smokers.
 - Ⓒ Everyone should know it's unhealthy.
 - Ⓓ It makes his eyes feel a little itchy.



寫作能力測驗：單句寫作

A 句子改寫

請依題目之提示，將原句改寫成指定型式，並將改寫的句子完整地寫出。

1. Living in a big city is very convenient.

It is very convenient to live in a big city.

2. It is a lot of fun to play basketball with friends.

To play basketball with friends is a lot of fun.

3. Gary likes to have snacks after school. (用動名詞改寫)

Gary likes having snacks after school.

4. It might be possible to live on Mars in the future.

Living on Mars might be possible in the future.

B 句子合併

請依照題目指示，將兩句合併成一句，並將合併的句子完整地寫出。

1. Oliver is practicing the violin.

He started it at five o'clock.

Oliver started to practice/practicing the violin at five o'clock.

2. Ella had to call her parents when she got home.

She remembers it.

Ella remembers calling her parents when she got home.

3. Quinn should have turned off the computer before she went to bed.

She forgot it.

Quinn forgot to turn off the computer before she went to bed.

C 重組

請將題目中所有提示字詞整合成一句有意義的句子，並將重組的句子完整地寫出。

1. It is not scary for Ted to ride on a roller coaster.

Ted / roller / It / coaster / not / a / scary / for / to / ride / is / on

2. The delicious steak makes the restaurant a popular place.

steak / place / restaurant / The / the / a / popular / delicious / makes

3. My mother forgot watching that sad movie with me.

watching / with / forgot / My / me / movie / mother / sad / that

4. Sam remembered to take the medicine three times a day.

to / a / times / medicine / Sam / day / remembered / take / the / three

5. Tammy continued to cry because she hates seeing a doctor.

because / continued to / she / doctor / Tammy / a / seeing / cry / hates