



APEX ENGLISH

Your voice. Global.

B1 · GENERAL ENGLISH

UNIT 4 · B1·4B

Body & mind

Theme · Food & health

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Body & mind

Theme: Food & health

B1 · General English



Learning objectives

- Give friendly, useful advice about health and wellbeing.
- Use should / must / have to correctly and know when NOT to use 'must'.
- Explain a small habit change and how you're going to try it.

Ask the teacher — notes to bring to class



Class Book

Warm-up · Your energy today

On a scale of 1 (exhausted) to 10 (unstoppable), rate your energy right now. Then say what 3 things brought your number UP or DOWN in the last 24 hours.

One thing that pushed the number UP.

One thing that pushed the number DOWN.

One thing you'll change tomorrow.

Lead-in · Agony aunt mailbox

Read each short letter. Before revealing the model answer, write ONE piece of advice in your notebook. Then compare.

1. "I'm 32. I can't get to sleep before 2 a.m. and I'm exhausted every day. My phone is next to my bed. Help." — Tired in Lisbon

2. "I sit at a desk for 9 hours a day. My back hurts. I don't have time for the gym." — Aching in Aveiro

3. "I drink 4 cups of coffee a day. I get headaches at 4 p.m." — Wired in Warsaw

4. "I want to eat healthier, but I hate salad." — Reluctant in Rio

followUp: Which of these letters could YOU have written? What would YOU add to the advice?

Reading · The tiny-habit trick

Most people who want to change their health make the same mistake. They decide to do too much. Monday morning: gym at 6, salad for lunch, no sugar, meditation, 8 hours of sleep, a completely new person by Friday. By Wednesday, they're eating chocolate at 11 p.m. and hating themselves.

The tiny-habit trick works better. Instead of one big change, you pick ONE new habit so small it feels almost silly. Two push-ups a day. One glass of water when you wake up. One walk around the block after lunch. Nothing more. You have to do it every day, but it has to be small enough to succeed on your worst day.

The magic is that small habits grow on their own. Two push-ups become ten. One glass of water becomes three. But the day you tell yourself 'I have to do fifty push-ups' is the day the habit dies. You mustn't be ambitious. You should be consistent.

1. What mistake do most people make when trying to change?

(A) They do too little

(B) They do too much at once

(C) They wait too long

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2. What is the tiny-habit trick?
 - (A) Do one tiny new habit every day
 - (B) Change everything at once
 - (C) Follow an app
3. What kills a habit, according to the writer?
 - (A) Doing it in the morning
 - (B) Being too ambitious
 - (C) Doing it with friends

Vocabulary in context

Match the phrase to its meaning.

tiny — very small

silly — so simple it seems ridiculous

consistent — doing something regularly, every day or week

ambitious — wanting big, difficult goals

True / False / Not Given

Based only on the text.

1. The writer recommends doing a lot of things at once.
 - (A) True
 - (B) False
 - (C) Not Given
2. A tiny habit should be small enough to succeed on your worst day.
 - (A) True
 - (B) False
 - (C) Not Given
3. The writer thinks apps are essential.
 - (A) True
 - (B) False
 - (C) Not Given
4. 'Being consistent' is more important than 'being ambitious'.
 - (A) True
 - (B) False
 - (C) Not Given

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React to the text

Answer in 2–3 sentences.

1. Have you ever tried a tiny habit? What was it, and did it work?

2. What ONE tiny habit would you start THIS week if you could keep it forever?

Scan for meaning

Find the word or phrase from the text.

1. very small — almost too small to matter

2. doing something regularly

3. wanting big, difficult goals

Vocabulary · Body & wellbeing

drained — extremely tired

overwhelmed — very stressed

in shape — in good physical condition

out of shape — not physically fit

burnt out — physically and mentally worn down by long stress

well-rested — feeling refreshed after enough sleep

work out — do physical exercise

go for a walk — take a walk

cut down on — reduce (sugar, coffee, alcohol...)

get some fresh air — go outside briefly

take up (a hobby) — start a new activity

give up (a habit) — stop doing something

practice

Complete each sentence with ONE word or phrase from the lists.

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1. I'm ____ — I need a proper holiday.

2. You should ____ sugar — you'll feel much better in two weeks.

3. I'm going to ____ yoga in the new year.

4. I ____ three times a week — usually a run and one gym session.

5. I'm ____ — I need 20 minutes of silence.

6. Let's ____ after lunch.

Collocations · verbs + health nouns

Match each verb with the noun it usually goes with.

have — a headache / a cold / an early night

take — a break / a nap / a deep breath

get — some rest / sick / into shape

lose / put on — weight

go on — a diet / a run / a hike

Odd one out

Choose the word that does NOT belong.

1. drained · burnt out · well-rested · shattered

(A) drained

(B) burnt out

(C) well-rested

(D) shattered

2. cut down on · give up · take up · pillow

(A) cut down on

(B) give up

(C) take up

(D) pillow

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3. work out · train · exercise · read

(A) work out

(B) train

(C) exercise

(D) read

Word building · noun ↔ adjective

Complete each pair.

1. health → adjective: ____

2. stress → adjective: ____

3. energy → adjective: ____

4. tiredness → adjective: ____



Grammar · Should / must / have to

1. Should / shouldn't — advice — The speaker is giving an opinion, not a rule. • You should drink more water. • You shouldn't check your phone before bed.

2. Must / mustn't — strong personal necessity, or a rule — MUST = the speaker feels it's very important. MUSTN'T = a prohibition (do NOT do this). • I must call my mother tonight. (I feel it's important.) • You mustn't smoke in this building. (rule / prohibition)

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3. Have to / don't have to — external obligation — HAVE TO = someone/something else says it's necessary. DON'T HAVE TO = it's not necessary (BUT you can if you want). • I have to wear a uniform at work. • You don't have to join a gym to be fit.

4. Common trap: mustn't ≠ don't have to — MUSTN'T = it's forbidden. DON'T HAVE TO = it's optional. • You mustn't tell her. (Do NOT tell.) • You don't have to tell her. (It's your choice.)

Exercise A — should or shouldn't?

Give a piece of advice for each situation.

1. 'I have a big meeting at 8 tomorrow morning.' →

2. 'I've had a headache all day.' →

3. 'I'm eating too much sugar.' →

4. 'I'm exhausted every day at 3 p.m.' →

Exercise B — must, mustn't, or don't have to?

Complete each gap.

1. You ____ smoke in the hospital — it's the law.

2. You ____ wear a tie to this meeting. It's very informal.

3. I ____ call my grandmother tonight. She's been waiting all week.

4. You ____ eat before an MRI scan — it's a rule.

5. You ____ come to the birthday party. It's just an open invitation.

6. I ____ finish this report by 5. My boss is waiting for it.

Exercise C — have to or don't have to?

Complete each gap.

1. In my job, I ____ ____ wear a uniform.

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2. You ____ ____ ____ pay for the museum on Sundays — it's free.

3. She ____ ____ get up at 5 every day for her shift.

4. We ____ ____ ____ book the restaurant — they always have space.

Exercise D — Find and fix the mistake

Each sentence has ONE mistake.

1. You mustn't wear a tie. It's optional.

2. You don't have to drink and drive — it's illegal.

3. You should to drink more water.

4. I must to call the doctor.

Exercise E — About you

Answer with a full sentence.

1. What is one thing you have to do this week that you're not looking forward to?

2. What is one thing you don't have to do but that you want to do?

3. What is one piece of advice you should probably follow but never do?

Exercise F — Complete the doctor's advice

Complete each gap with should / must / mustn't / have to / don't have to.

1. You ____ drink at least 2 litres of water a day. You ____ take these tablets on an empty stomach — that's a rule. You ____ start a diet, but a few small changes ____ help a lot.

2. You ____ come back in two weeks — the results will be ready. You ____ do any hard exercise before then.

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Listening · A visit to the pharmacy

A customer walks into a pharmacy with a bad cough and a lot of questions. The pharmacist gives advice — and one firm warning.

pre

When was the last time you asked a pharmacist for advice instead of a doctor?

How much do you trust pharmacy recommendations?

gist

1. What is wrong with Voice A?

2. What does the pharmacist recommend?

3. What is the pharmacist's firm warning?

detail

1. For how many days has Voice A had the cough?

2. What does Voice A NOT have to do?

3. When should she come back?

Third listen — read between the lines

Answer from what is IMPLIED.

1. Is the pharmacist rushing Voice A?

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2. Will Voice A follow all the advice?

Useful language from the audio

Match each phrase to what it does.

"How long have you had it?" — asks for the duration of a symptom

"You should try this one first." — gentle recommendation

"You mustn't mix it with alcohol." — strong prohibition — safety rule

"You don't have to see a doctor yet." — removes an unnecessary step

"Come back if..." — gives a clear follow-up rule

Voice A: Hi — I've had a cough for four days. It was dry at first, now it's a bit chesty. I can't sleep at night.

Voice B: Any fever?

Voice A: No fever.

Voice B: OK. You don't have to see a doctor yet — a cough of less than a week without fever usually clears on its own. But we can help you sleep. Two things — one for the day, one for the night.

Voice A: Perfect.

Voice B: You should try this one first — honey and thyme, one spoonful every 4 hours. It's gentle.

Voice A: And for the night?

Voice B: This one is stronger. Only if you really can't sleep. But — very important — you mustn't mix it with alcohol, and you mustn't drive within 8 hours.

Voice A: So no wine tonight?

Voice B: No wine tonight.

Voice A: OK. And if it doesn't get better?

Voice B: Come back if it's still there after 7 days, or if you get a fever. Then you should see a doctor.

Voice A: Thanks. Really, thanks — I would have panicked and gone to A&E.

Voice B: You didn't have to. That's what we're here for.

Fourth listen — fill the gaps

Listen again and complete the exact phrases.

1. You ____ see a doctor yet.

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2. You ____ try this one first.

3. You ____ mix it with alcohol.

4. You ____ see a doctor if you get a fever.

Speaking · You be the coach

In pairs, take turns. Student A: describe a real problem in your life (sleep, energy, food, work). Student B: give at least TWO pieces of advice — one with 'should', one with 'don't have to'. Then swap.

Scene: I've been drinking 5 coffees a day

A: You: give tiny-habit advice.

B: You: the coffee-drinker; push back honestly.

Scene: I hate exercise and I have a bad back

A: You: no gym allowed in the advice.

B: You: the person; ask 'how long?' and 'why?' for each tip.

Scene: I can't stop scrolling on my phone at night

A: You: give ONE tiny rule, not ten.

B: You: the person; agree only if it's realistic.

Discussion · body & mind

Choose 2 questions.

What is the BEST piece of health advice you've ever received?

Is there a health trend that annoys you? Why?

Do you think you sleep enough? Honest answer.

What tiny habit are you proud of building?

Role-play · Personal trainer, first session

Read your role, prepare, then run the conversation for 2 minutes.

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Scene: First meeting with a personal trainer

A: You: the trainer. Ask 3 questions, then propose ONE tiny weekly habit for the next 2 weeks. Use should, must, and 'you don't have to'.

B: You: the new client. Be honest about your time (2 hours a week max) and your dislikes (no running, no early mornings).

Mini-presentation · 60-second 'my next tiny habit'

Prepare and deliver a 60-second plan for a tiny new habit you'll start next week.

Beat 1 (10s) — The habit (one sentence, very specific).

Beat 2 (15s) — When and where you'll do it (tie it to an existing routine).

Beat 3 (20s) — What you must and mustn't do to protect the habit.

Beat 4 (15s) — How you'll know it's working.

sample: My tiny habit for next week is one glass of water before my first coffee — just one, every morning. I'll leave the glass next to the kettle so I see it before I even open my eyes properly. I must not make coffee first. I mustn't check my phone until the glass is empty. I'll know it's working when I stop getting that 4 p.m. headache — usually within a week. If I miss a day, I don't punish myself; I just start again the next morning.

Writing · An 'agony aunt' reply

Choose ONE of the letters from the Lead-in and write a 70–90 word reply. Use at least ONE 'should', ONE 'must' (or mustn't) and ONE 'don't have to'.

bonus: Bonus — Rewrite your best piece of advice as a single sentence (max 20 words).

Wrap-up · What did we cover?

SHOULD = advice (the speaker's opinion).

MUST = strong personal necessity. MUSTN'T = prohibition (don't do this).

HAVE TO = external obligation. DON'T HAVE TO = optional, not necessary.

Tiny habits win. Being consistent beats being ambitious every time.

Quiz

1. "You ___ drink and drive."

(A) mustn't

(B) don't have to

(C) shouldn't

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2. "You ____ wear a tie — it's totally optional."
(A) mustn't
(B) don't have to
(C) shouldn't
3. "You ____ drink more water. It's just my advice."
(A) must
(B) have to
(C) should
4. 'Burnt out' means...
(A) hungry
(B) physically and mentally worn down
(C) very fit
5. "I ____ finish this report by 5 — my boss is waiting."
(A) should
(B) have to
(C) don't have to

Ask the teacher — notes to bring to class

Workbook — home practice



1. Vocabulary recall

Complete each sentence with the best word.

1. Write ONE new word from the lesson and its meaning in your own words.

2. Write ONE collocation from the lesson and use it in a sentence about your life.

3. Write ONE phrase you'd use in real conversation this week.

2. Grammar practice · Modals of advice: should / must / have to

Rewrite each sentence using the target grammar of this lesson.

1. Sentence 1 → rewrite it correctly with the target grammar.

2. Sentence 2 → rewrite it correctly with the target grammar.

Ask the teacher — notes to bring to class



3. Sentence 3 → find and fix ONE mistake.

4. Sentence 4 → complete the gap with the correct form.

5. Sentence 5 → write your own example, true about you.

3. Reading recall

Look back at the class-book reading. Answer briefly in your own words.

1. What was the main idea in ONE sentence?

2. What is ONE opinion of the writer you agree with?

3. What is ONE opinion you disagree with, and why?

4. Listening · a follow-up dialogue

Two voices talk about food & health for about a minute. Notice the target grammar in use.

1. What is the main topic of the conversation?

2. Who sounds more confident and why?

3. Which target-grammar phrase appears TWICE in the audio?

Voice A: So — tell me about your food & health this week. Anything different?

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Voice B: Honestly, yes. I've been trying something new — and it's changed how I feel completely.

Voice A: Give me one specific example — I want the small detail, not the big story.

Voice B: OK: I stopped checking my phone before bed. Just that. And I already sleep better.

5. Writing · a short reflection

Write 70–100 words about the theme of this lesson. Use at least 2 examples of the target grammar and 3 words from the vocabulary list.

6. Reflection

Look back at your notes from class. Answer briefly.

1. What is ONE thing from this lesson you already use naturally?

2. What is ONE thing you'd like to practise more this week? How exactly?

Ask the teacher — notes to bring to class



Answer key — Class Book

Lead-in · Agony aunt mailbox

1. You should charge your phone in another room and use a normal alarm clock. You must not check emails after 10 p.m. Try 20 minutes of reading instead — most people fall asleep within a week.
2. You don't have to join a gym. You should stand up every 45 minutes and walk for 3. Try a short 10-minute stretch when you wake up, and swap the lift for the stairs. Small daily habits fix backs faster than one big workout a week.
3. You must not stop suddenly — cut it back slowly (4 → 3 → 2 over two weeks). You should have your last coffee before noon and drink a big glass of water with each cup. Headaches usually improve within 10 days.
4. You don't have to eat salad. You should focus on cooked vegetables — roasted, grilled, in soups. Add ONE portion of vegetables to a meal you already love. Change ONE thing, not ten.

Reading · The tiny-habit trick

1. (B) They do too much at once
2. (A) Do one tiny new habit every day
3. (B) Being too ambitious
1. (B) False
2. (A) True
3. (C) Not Given
4. (A) True
1. Model: yes — I started drinking one glass of water first thing in the morning. Six months later I drink about six glasses a day, and I don't even think about it.
2. Model: a 10-minute walk after dinner, no phone. Free, quick, and I already know I sleep better after one.
1. tiny
2. consistent
3. ambitious

Vocabulary · Body & wellbeing

1. burnt out
2. cut down on
3. take up
4. work out
5. drained / overwhelmed
6. get some fresh air
1. (C) well-rested
2. (D) pillow
3. (D) read
1. healthy
2. stressed / stressful
3. energetic
4. tired / tiring

Grammar · Should / must / have to

1. You should get an early night.
2. You should drink some water and take a break from the screen.
3. You should cut down slowly, not stop suddenly.
4. You shouldn't drink coffee after lunch — try a 15-minute walk instead.
1. mustn't
2. don't have to
3. must
4. mustn't
5. don't have to
6. must / have to
1. have to
2. don't have to

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3. has to
4. don't have to
1. You don't have to wear a tie. It's optional.
2. You mustn't drink and drive — it's illegal.
3. You should drink more water.
4. I must call the doctor.
1. Model: I have to finish a long report by Friday — and I've barely started it.
2. Model: I don't have to go to the gym on Sundays, but I usually do — it makes my Monday easier.
3. Model: I should probably leave my phone in the other room at night — I know, I know.
1. should / mustn't / don't have to / should
2. have to / mustn't

Listening · A visit to the pharmacy

1. A bad cough for four days, and now she can't sleep at night.
2. A honey-and-thyme syrup during the day, and a stronger night-time syrup if she really can't sleep.
3. She mustn't take the night syrup with alcohol AND mustn't drive after taking it.
1. Four days — it started dry, and now it's 'a bit chesty'.
2. See a doctor yet — the pharmacist says a cough of less than a week without fever usually doesn't need one.
3. If it's still there after 7 days, or if she gets a fever.
1. No — she asks follow-up questions and explains WHY she recommends each thing. That's why Voice A trusts her.
2. Probably yes for the day syrup, but she jokes about the 'no wine tonight' rule, so we're not 100% sure about the night one.
1. don't have to
2. should
3. mustn't
4. should

Quiz

1. (A) mustn't
2. (B) don't have to
3. (C) should
4. (B) physically and mentally worn down
5. (B) have to

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Answer key — Workbook

1. Vocabulary recall

1. Open answer — check with your teacher.
2. Open answer.
3. Open answer.

2. Grammar practice · Modals of advice: should / must / have to

1. Model answer — see class notes.
2. Model answer — see class notes.
3. Model answer — see class notes.
4. Model answer — see class notes.
5. Open answer.

3. Reading recall

1. Open answer — around 15 words.
2. Open answer.
3. Open answer — 2 sentences.

4. Listening · a follow-up dialogue

1. Model: both speakers compare their own experience of food & health.
2. Open answer — look for specific detail and full sentences.
3. Open answer — see transcript.

6. Reflection

1. Open answer.
2. Open answer — be specific: what, when, how often.

Ask the teacher — notes to bring to class