

UNIT 9 LANGUAGE SUMMARY

Nouns

Discussing health issues

blood pressure
cardiovascular disease
cholesterol levels
chronic pain
circulation
digestion
immune system
internal organs
joints
posture
sedentary lifestyle
side effects

Verbs

Discussing (lack of) sleep

add up
build up
cut back on
cut out
drift off
drive somebody to
fit something into
keep somebody up
pack something into
rack up
slip away
wind down

Insider English

knock-on effect

Glossary

flip side

Discussing the effects of a sedentary lifestyle

This *[the knowledge of side effects of a sedentary lifestyle]* doesn't make for a big news story, but the fact that the sitting disease now affects all ages does *[make this a big news story]*. It's worrying to think that even young children are not getting enough exercise.

Stand-up meetings give similar results *[to those of standing desks]*.

By installing pedal desks, schools make it easy for students to stay active. Adopting treadmill desks allows companies to do the same for their employees. *[make it easy to stay active]*

The action of pedaling or walking not only gets them *[users]* moving, it also means they *[users]* stay physically and mentally engaged with their *[the users']* work.

Suggesting ways to establish good sleep habits

We're going to be looking at the flip side.

We seem to be packing way too much into our days.

We know we need to be racking up at least seven hours of sleep a night.

You're watching cat videos when you should be sleeping!

Asking and deflecting probing questions

Asking probing questions

Surely you can't be suggesting that ... ?

Isn't it fair to say that ... ?

Wouldn't you agree that ... ?

How do you explain the fact that ... ?

Buying time to think / deflecting questions

I'm glad you brought that up ...

Well, that's an interesting point ...

Writing about solutions to specific problems

Explaining distinctions

Water.org does not provide people with clean water, per se / as such.

It does something that is, at its heart / intrinsically, much more important.

The problem is, fundamentally / essentially, a financial one.

More often than not / By definition, people who spend hours every day in search of water do not have time to work ...

... money, in and of itself / by its very nature, won't break the cycle.

Water.org is, fundamentally / as a matter of course, investing in communities ...

Useful phrases

What will ... miss most about ... ?

... loves ... , but he could use ... as a substitute.

If we let her take ... , they could both use it.

... appears to be studying ... in her free time, so ...

... will be taking ... because he'll miss ... more than anything else.

People need to be doing something, or they go crazy.

Maybe think about ...

UNIT 10 LANGUAGE SUMMARY

Adjectives

Discussing global food issues

nutritious
wholesome

Discussing global energy issues

carbon-neutral
low-carbon
low-emission
off-grid
renewable
self-sustainable

Nouns

Discussing global food issues

appetite
cattle
cereals
consumption
fiber
foodstuffs
grains
livestock
shortage
superfood
supply

Discussing global energy issues

biofuel
carbon footprint
fossil fuel
solar panels

Verbs

Discussing global energy issues

energize
power

Insider English

It's doable.

Talking about future food options and how likely they are

Imagine if we could reduce our appetite for beef?

Some people would rather we gave up meat altogether.

It's (high) time we started exploring alternatives.

What if we created a cool new food product?

Discussing new ways to use natural energy sources

It would appear that these initiatives are leading the way.

It is believed that this technology could be adaptable for use almost anywhere.

It would seem this company has found an affordable energy source.

It is reported that kites like these require 90 percent less construction material.

Discussing the advantages of rethinking daily habits

Defending an opinion and concluding a turn

The speaker said that it all comes down to being mindful of your daily routine.

You might think so, but actually ... they're coated in plastic.

We can just recycle straws, too. I mean, it's not *that* difficult.

No, listen, it's not as simple as that. I'm talking about ...

It's too much all at once. That's all I'm saying.

Anything that reduces plastic trash is worth doing. That's the point I'm trying to make.

Recycling is only skimming the surface. There's so much more that can be done.

I hear you, I just don't see why anything so radical is necessary. I think ...

Well, I guess we're going to have to agree to disagree on this.

Writing a summary of a discussion

Using appropriate register

The topic is not at all / by no means a simple one, but two clear arguments emerge.

Gig and shared economy practices liberate people ... so / in this respect it is beneficial to society

In terms of / With respect to customers, they can have whatever they want ...

And for / Regarding workers, they are their own bosses,

In a nutshell / In brief, the freedom and flexibility offered by these new ways of working make it beneficial to everyone.

Though probably true / it would seem that the gig economy is here to stay, even if / regardless of whether we don't like it, the freedom and flexibility it offers has won it many champions.

Useful phrases

It's a kind and clever way to ...

It's not as straightforward as that. ...

The supply of animals in shelters ... , but the supply of pet owners ...

... That's all I'm saying.

We want to rethink the assumptions about pet ownership. First, ...

Most people would rather ... than ...

But just think: What if we could ... ?

From our perspective, it all comes down to ...