

About Lying

full text on page 94 (cd track 2)

Introduction ❁

Our parents and teachers tell us that lying is bad, and that we should always tell the truth. They punish us when we lie. Recently, however, some psychologists have done a lot of research on lying, and they have a different view. What do you think?

Vocabulary, Pronunciation ❁

1. **ashamed:** feeling guilty and sad
2. **to protect:** to defend against harm or loss
3. **a resumé:** a written history of your education and work experience
4. **a politician:** a person who runs for a government office, such as a mayor or president

Dictation ❁ Part 1. Write the words you hear in the blank spaces. If you agree with the statement, write (A) next to the number. If you disagree, write (D). Then compare and discuss your answers with a partner and the class.

- ___ 1. Some people lie because _____ ashamed to tell the truth.
- ___ 2. _____ we lie to protect other people.
- ___ 3. Politicians lie _____.
- ___ 4. _____ lie more than _____.

Dictation ❁ Part 2. Listen and write the words you hear.
Decide whether the following lies are serious (S) or not-so-serious (NSS).

- ___ 1. You _____ your homework because you went _____ the night before. To your teacher you say, "_____."
- ___ 2. Bob and his _____, Mary, are going to get married _____, but he went out with another girl last Saturday. When Mary _____ where he was on Saturday, Bob said, "I was _____."
- ___ 3. Your _____ just had a baby boy. When you first see the baby, _____ he's ugly, but you look at your sister and say, "_____ cute!"
- ___ 4. Susan wrote on her resumé that she graduated _____ Harvard University. She took _____ there.

Discussion ❁ *Talk about these situations with a partner. Then share your ideas with the class.*

1. Would you say this to _____? Why or why not?
 - a. your friend: "Those pants make you look fat."
 - b. your five-year-old niece: "No, Virginia, there is no Santa Claus."
 - c. your friend: "I don't like your new haircut."

2. Lying in my culture is _____.
 - a. never acceptable
 - b. acceptable in some situations
 - c. acceptable in adults, not children
 - d. other: _____

3. Here are some quotes about lying. Do you agree or disagree?
 - a. "Telling the truth is not about making you feel better. Sometimes it is as painful to tell the truth as it is to hear it."
 - b. "We don't have to tell the truth if it hurts someone's feelings."
 - c. "If you always tell the truth you never have to remember which lies you told."

4. Your uncle gives you a camera as a gift. You already have a much better camera. Besides, you don't like this kind of camera. What do you say to your uncle?
(Many gifts today come with a gift receipt.)

Follow-up activity ❁

Look at the question below. Find out how two of your friends outside class would respond in this situation. Report their responses to your group or class.

Question: What do you say in this situation?

Your friend prepares a special dinner for your birthday. The food tastes terrible. You can hardly eat it. Your friend says, "I hope you're enjoying your birthday dinner."
You say: "_____."

Friend 1: _____

Friend 2: _____

A Courageous Athlete

full text on page 111 (cd track 19)

Introduction ❁

Over the past 50 years there have been more and more opportunities for athletes with physical disabilities. In 1975 one push-rim wheelchair racer finished the 26-mile Boston Marathon. This changed the way we saw people with disabilities. Now many wheelchair athletes compete in marathons around the world and we admire them for their strength and courage.

Vocabulary, Pronunciation ❁

1. **to compete:** (competition) to try to win, to try to be more successful
2. **courage:** (courageous) brave
3. **a disability:** a physical condition that makes it difficult to do what most people can do
4. **a marathon:** a 26-mile race
5. **paralyzed:** unable to move part or all of your body
6. **the spine:** the column of bones down the center of your back
7. **strength:** (strengthen) strong
8. **a wheelchair:** a chair with wheels used by people who cannot walk. The wheel on a push-rim wheelchair is pushed by hand.

Dictation ❖ *Write the correct word or words in the blank space. With a partner, check your answers.*

In _____ Tatyana McFadden, a talented 24-year-old disabled athlete, became _____ all four major marathons _____. (_____, _____, Chicago, _____). In 2014 she won the Boston marathon again.

She _____ in Russia in 1988 with spina bifida (a hole in her spine), which left her paralyzed _____. For the _____ of her life she had _____ on her hands _____ because she lived in a poor orphanage and didn't have a wheelchair.

In 1994 she was adopted by Debbie McFadden, an American, and began to _____ like swimming and gymnastics to strengthen her muscles. She has competed in many _____, has won many medals, and _____ active in _____ disabled athletes _____ the right to compete.



Dictogloss ❖ *Listen only once. Write what you can remember. With a partner, try to reconstruct the sentence and write it down as accurately as possible.*

- 1.
- 2.
- 3.

Discussion ❖ *Work with a partner and share your answers with the class.*

1. Have you ever run in or watched a marathon? Why do people run marathons?
2. What new technologies are there that allow people with disabilities to do many things they couldn't do before?
3. There are other disabilities, like blindness (not being able to see). What other disabilities are there?

Follow-up activity ❖

1. Tatyana McFadden has had an interesting life. Find out more about her and present your information to the class.
2. There are many talented disabled athletes. Find out about one of them. Present your information to the class.
3. There are many special games for disabled athletes to compete in. Find out about these and present your information to the class.

Overweight

full text on page 114 (cd track 24)

Introduction ❁

Sixty-four percent (64%) of Americans are overweight and twenty-six point six percent (26.6%) are obese. What can the U.S. government do? In Japan the government did something about people who are overweight. The government calls this “metabo.”

Vocabulary, Pronunciation ❁

1. **an inch:** 2.54 centimeters
2. **to measure:** to find the size, length, or amount of something
3. **obese:** very fat in a way that is not healthy
4. **overweight:** too heavy or too fat
5. **a pound:** 16 ounces or 0.454 kilograms
6. **a waist:** the part of your body just above your hips
7. **a waistline:** the area around your waist where you may wear a belt

Pair Dictation ❁ Student A

Work in pairs and dictate to each other. Student A has half of the dictation and reads their lines to Student B, who has the other half. A dictates and B writes; then Student B dictates and A writes, until the dictation is complete. With your partner, correct the dictation.

In 2008 _____ made _____. It said
 _____ and _____ would measure _____
 of all people _____ of 40 and 74. _____
 _____ must be _____ or under. _____
 _____ must be _____ or under. _____
 _____ is too big, _____ to lose weight _____
 _____ about nutrition and diet.



Japanese doctors take being overweight very seriously.

Pair Dictation ❁ Student B

Work in pairs and dictate to each other. Student A has half of the dictation and reads their lines to Student B, who has the other half. A dictates and B writes; then Student B dictates and A writes, until the dictation is complete. With your partner, correct the dictation.

_____ the Japanese government _____ a law. _____
 _____ that doctors _____ nurses _____ the waistlines
 _____ between the ages _____.
 A man's waistline _____ 33.4 inches _____. A woman's
 waistline _____ 35.4 inches _____. If someone's
 waistline _____, they must try _____
 _____ or take classes _____.

Listening ❁

Listen to the conversation between Tom and George, two good friends. Then write "T" for "True" and "F" for "False" next to the following statements.

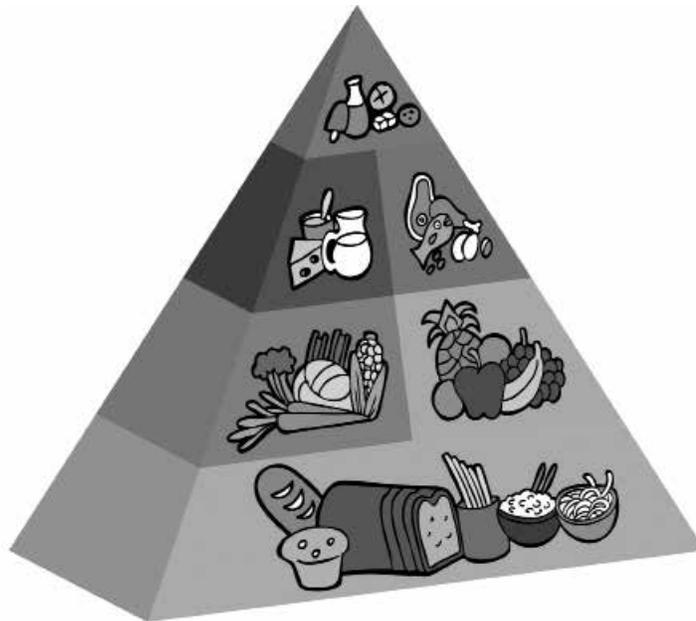
- ___ 1. The doctor is a woman.
- ___ 2. His blood pressure is a little low.
- ___ 3. He has gained 15 pounds.
- ___ 4. He needs to lose 10 pounds.
- ___ 5. He needs to exercise more.
- ___ 6. He should exercise three times a week.
- ___ 7. He likes chocolate cookies.
- ___ 8. He doesn't like salty foods.

Discussion ❁

With a partner, discuss the following questions.

1. The government is worried that that overweight people will have health problems. In Japan the government pays everyone's hospital bills, doctor bills, and medicines. The government is worried about older people's health and the higher medical costs for older people who are overweight. Who pays for hospitals, doctors, and medicine in your country?
2. Do you think you have good, average, or bad medical care in your country?
3. Should governments try to help people lose weight? What are some of the things governments can do?
4. What are some of the reasons people are getting fatter? (in the U.S., Europe, Japan)





Follow-up activity *

The U.S. Department of Agriculture has established a website called *Mypyramid.gov* to give people advice on healthy eating. The pyramid has six food groups with suggestions on what to eat. Their suggestions are below. Give yourself a test on your eating habits. Then write a “report card.”

5 points: I do this a lot.
 4 points: I do this often.
 3 points: I do this sometimes.
 2 points: I don't do this very much.
 1 point: I rarely do this.

- **GRAINS** – *“Make half your grains whole.”*
 - _____ Eat at least three ounces of whole grain bread, cereal, crackers, rice, or pasta every day.
- **VEGETABLES** – *“Vary your veggies.”*
 - _____ Eat dark green veggies.
 - _____ Eat orange veggies.
 - _____ Eat dry beans and peas.
- **FRUITS** – *“Focus on fruits.”*
 - _____ Eat a lot of fruits.
 - _____ Eat a variety of fruits.
 - _____ Go easy on fruit juice.
- **MILK** – *“Get your calcium-rich foods.”*
 - _____ Go low-fat or fat-free.
- **MEAT AND BEANS** – *“Go lean on protein.”*
 - _____ Choose low-fat or lean meat and poultry.
 - _____ Bake, broil, or grill; don't fry.
 - _____ Vary your choices with more fish, beans, peas, nuts, and seeds.
- **OILS** – *“Know your fats.”*
 - _____ Make most of your fat sources from fish, nuts, and vegetable oils.
 - _____ Limit solid fats like butter, stick margarine, shortening, and lard.

My Score _____

Adapted from “Inside the Pyramid” in www.Mypyramid.gov

Fact or Opinion?

full text on page 123 (cd track 34)

Introduction ❖

A fact is a generally accepted statement of truth that can be checked in a dictionary, encyclopedia, or other reference source. An opinion, on the other hand, expresses a personal feeling, idea, or point of view. Here are some statements. Some are facts and some are opinions. Try them!

Vocabulary, Pronunciation ❖

1. **a disease:** an illness
2. **cancer:** a dangerous disease
3. **elected:** chosen by the people
4. **Haiti:** a country in the Caribbean Sea
5. **Morocco:** a country in northwestern Africa

Prediction ❖ *In this dictation you are not going to listen first. Work by yourself or with a partner and fill in each blank with a word you think is correct. When you are finished, listen and do the dictation on the next page. Then compare your answers. Remember to add the F for Fact and O for Opinion. The first one is done for you.*

- F 1. The Pacific Ocean is the largest of the four oceans.
2. The oldest university in the world in Morocco.
3. Chinese more difficult to learn than Arabic.
4. Paris is the most beautiful in Europe.
5. A Honda Civic is less expensive a Honda Accord.
6. Democracy is the best form government.
7. Haiti is the poorest in the Western Hemisphere.
8. History is more than science.
9. Cancer is the worst that a person can have.
10. John F. Kennedy the youngest man ever elected President
 United States.

Dictation ❖ *Listen and fill in the blanks with the words you hear. Then, with a partner, compare your prediction to the listening.*

- F 1. The Pacific Ocean is the largest of the four oceans.
 ___ 2. The oldest university in the world _____ in Morocco.
 ___ 3. Chinese _____ more difficult to learn than Arabic.
 ___ 4. Paris is the most beautiful _____ in Europe.



- ___ 5. A Honda Civic is less expensive _____ a Honda Accord.
 ___ 6. Democracy is the best form _____ government.
 ___ 7. Haiti is the poorest _____ in the Western Hemisphere.
 ___ 8. History is more _____ than science.
 ___ 9. Cancer is the worst _____ that a person can have.
 ___ 10. John F. Kennedy _____ the youngest man ever elected President _____
 _____ United States.

Discussion ❖

With a partner, discuss the following questions. Then share your answers with the class.

1. Look at the "opinion" statements above. Do you agree or disagree with them? If you disagree, give your opinion, if you have one.
2. Give two statements about your home city and/or country. One must be a fact and one must be an opinion. See if your partner can guess which is which.

Follow-up activity ❖

Find out more information about a U.S. president. Write eight statements. Six of them must be factual and two of them opinion. Share your statements with the class.

Script for **About Lying** *Dictation on page 3 (cd track 2)*

Dictation, Part 1

- ___ 1. Some people lie because **they are** ashamed to tell the truth.
- ___ 2. **Sometimes** we lie to protect other people.
- ___ 3. Politicians lie **a lot**.
- ___ 4. **Men** lie more than **women**.

Dictation, Part 2

Decide if the following lies are serious (S) or not-so-serious (NSS). Explain why.

- ___ 1. You **didn't do** your homework because you went **to a party** the night before. To your teacher you say, "**I was sick**."
- ___ 2. Bob and his **girlfriend**, Mary, are going to get married **next year**, but he went out with another girl last Saturday. When Mary **asked him** where he was on Saturday, Bob said, "I was **at the library**."
- ___ 3. Your **sister** just had a baby boy. When you first see the baby, **you think** he's ugly, but you look at your sister and say, "**He's** cute!"
- ___ 4. Susan wrote on her resumé that she graduated **from** Harvard University. She took **one course** there.

Here are some comments by Rita Kai from a Forbes article online:

Most of us want to be "nice," but we lie most often for selfish reasons even if at first glance it might look like "being nice." We want to be liked. That's not altruistic. We want to avoid unpleasant confrontations. That's not altruistic. We want to get on a good side of people, so they'll do favors for us. That's not altruistic either.



Script for **A Courageous Athlete** *Dictation on page 38 (cd track 19)*

Dictation

In 2013 Tatyana McFadden, a talented 24-year-old disabled athlete, became the first person to win all four major marathons in a year (Boston, London, Chicago, and New York). In 2014 she won the Boston marathon again.

She was born in Russia in 1988 with spina bifida (a hole in her spine), which left her paralyzed below the waist. For the first six years of her life she had to walk on her hands and her feet because she lived in a poor orphanage and didn't have a wheelchair.

In 1994 she was adopted by Debbie McFadden, an American, and began to do many sports like swimming and gymnastics to strengthen her muscles. She has competed in many sports, has won many medals, and has also been active in helping disabled athletes get the right to compete.

Dictogloss

1. She started marathon racing in 2009.
2. In the 2014 Olympics, she won a silver medal for skiing.
3. She moved from Russia to the United States when she was six.

Note: You might want to do this dictation in conjunction with *International Adoptions*.

Script for **Overweight** *Dictation on page 50 (cd track 24)*

Dictation

In 2008 the Japanese government made a law. It said that doctors and nurses would measure the waistlines of all people between the ages of 40 and 74. A man's waistline must be 33.4 inches or under. A woman's waistline must be 35.4 inches or under. If someone's waistline is too big, they must try to lose weight or take classes about nutrition and diet.

Note: *The ideal score on the "report card" would be 65.*

Listening Script

Tom: Hi, George. How are you?

George: I think I'm OK. I saw my doctor yesterday.

T: What did he say?

G: "She," not "he." My doctor's a woman. She said I was OK but I was overweight. I've gained 10 pounds since I last saw her. She thinks I should try to lose five pounds before I see her in three months.

T: Five pounds! That's nothing!

G: She says I should exercise more and eat less and also eat less salt because my blood pressure is a little high.

T: So do it.

G: I'll try, but it's hard. I love things that are sweet or salty. So no more chocolate cookies with my lunch and no more potato chips when I'm watching TV.

T: And for exercise?

G: The doctor said I should try to exercise 30 minutes every day – so more walking and less TV and iPad.

Answers to Listening True and False Check

- T 1. The doctor is a woman.
- F 2. His blood pressure is a little low.
- F 3. He has gained 15 pounds.
- F 4. He needs to lose 10 pounds.
- T 5. He needs to exercise more.
- F 6. He should exercise three times a week.
- T 7. He likes chocolate cookies.
- F 8. He doesn't like salty foods.

Script for **Asking for Advice** *Dictation on page 76 (cd track 33)*

Note to teachers:

Accept any logical or grammatical response.

Dictation

Dear Sandy,

I have a problem. I want to be a rock musician when I finish high school, but my father says, "No!" I play the guitar with a group of friends after school, and we are going to play for a big party in our town next week. I can sing pretty well, too. My father says, "Go to college and study business so you can help us with our family's furniture business." Sometimes I work in the store on weekends, but it's boring. I don't want to go to college. My father is not a college graduate, so this is important to him. All I want to do is play the guitar and sing with my friends. What can I do?

Johnny Jagger

Script for **Fact or Opinion** *Dictation on page 78 (cd track 34)*

Dictation

- F 1. The Pacific Ocean is the largest of the four oceans.
- F 2. The oldest university in the world is in Morocco.
- O 3. Chinese is more difficult to learn than Arabic.
- O 4. Paris is the most beautiful city in Europe.
- F 5. A Honda Civic is less expensive than a Honda Accord.
- O 6. Democracy is the best form of government.
- F 7. Haiti is the poorest country in the Western Hemisphere.
- O 8. History is more interesting than science.
- O 9. Cancer is the worst disease that a person can have.
- F 10. John F. Kennedy was the youngest man ever elected President of the United States.

Note to teachers:

Theodore Roosevelt was younger than Kennedy when he took office, but he was elected Vice-President and became President when William McKinley was assassinated in 1901.