

Lesson 03 - Talking about regrets

Objetivos

- Desenvolver a proficiência nas habilidades de *reading* e *listening*, respondendo as questões propostas.
- Conhecer o vocabulário referente a hábitos saudáveis, compreendendo a relação entre nomenclatura e descrição.
- Expressar constatações sobre fatos passados, utilizando o *Third Conditional*.
- Expressar certeza ou possibilidade, utilizando *would* e *could* junto aos verbos.
- Reconhecer a pronúncia dos modais *would* e *could* contraídos com o auxiliar *have*, distinguindo a contração da forma extensa.
- Conhecer a pronúncia adequada de *would* e *could* acompanhados de *have*, reproduzindo estes sons adequadamente.
- Reconhecer as diferentes possibilidades lexicais de expressar uma ação, substituindo o verbo por outro de mesmo sentido.
- Produzir um texto com conteúdo relacionado à saúde, utilizando léxico adequado e *Third Conditional*.

Here we go!

1. A storm is coming

In this class episode, you are going to watch Rachael looking after Dave, who is recovering from the accident. She is worried because he doesn't remember her, but Dr. Lupov explains it is part of the process. This situation is the starting point for your study of vocabulary related to health and the *Third Conditional*, which is used to talk about events in the past and their probable results or consequences also in the past. In order to improve your speaking skills, in the Out loud section you are going to study the pronunciation of *would've* and *could've*. In the Smart point section you are going to study that some verbs have more than one meaning and that they can replace other verbs depending on the context.

Warming up

2. He's alive!

In this class episode, Dave is accidentally hit by an electric discharge from the upcoming storm and opens his eyes. Rachael is happy, but not for long. Dave doesn't recognize her and Dr. Lupov explains what's happening. Watch their conversation:



Integrated media

Acesse o conteúdo *Post-traumatic amnesia* para acompanhar a conversa entre Rachael, Dave e Dr. Lupov.

Rachael: Thank God you're back, babe!

Dave: Huh? What happened? Who are you?

Rachael: It's me, babe.

Dr. Lupov: He's alive! He's alive!

Rachael: I guess there's something wrong with him. He doesn't remember me.

Dr. Lupov: Oh! That's expected... His brain is still... I mean, he's experiencing a post-traumatic amnesia. It's normal to lose part of the memory.

In order to exercise your comprehension, do the activity *There's nothing to worry about*. Dr. Lupov uses the term *post-traumatic amnesia* to explain why Dave doesn't recognize Rachael. This kind of memory loss usually occurs after tragic accidents, but people might keep their memory active or try to prevent illnesses if they acquired healthy habits as they grow older. In the following topic you are going to study what we can do to live healthier and longer.



Learning activity

There's nothing to worry about

3. Getting the hang of it

3.1 Pills to live healthier and longer

Na conversa entre Rachael e Dr. Lupov, o médico explica à namorada do músico porque ele não a reconhece quando abre os olhos. É muito comum, após acidentes trágicos, a perda de memória, que pode ser temporária ou permanente. Entretanto, também existe a amnésia provocada por doenças neurológicas degenerativas ou problemas relacionados às partes do cérebro responsáveis pelo armazenamento de informações e vivências. É possível prevenir algumas destas doenças mantendo uma rotina saudável de hábitos alimentares e de exercícios. A seguir, acompanhe algumas dicas sobre como manter uma vida saudável:



Audio

Eat fruit and veggies every day.

It's a good idea to eat at least five servings of fruit and vegetables every day.

Avoid canned and salted meat.

Canned and salted meat may cause allergies, high blood pressure and several illnesses.

Join the "Slow food" movement to prevent stomach problems.

Slow food helps people rediscover how good and healthy it is to eat calmly and be aware where the food comes from.

Cut down on sugar.

Try to decrease the ingestion of caloric food, in order to avoid overweight and diabetes.



Mind the gap

Veggies = vegetables.



Audio

Don't be a workaholic.

Be aware of your physical and mental limits and respect your free time.

Choose walking or cycling over driving.

Instead of wasting precious hours stuck in traffic, walk or cycle your way to work or school.

Spend time with friends.

Take some time off with your friends, laugh and forget about the hectic routine.

Exercise regularly.

Exercising is a great way to de-stress and keep your mind and body healthy.



Learning activity
Healthy tips

Este vocabulário possibilita que você possa falar sobre hábitos saudáveis para uma vida mais agradável. Para consolidar este conteúdo, realize a atividade *Healthy tips*. No tópico seguinte você irá estudar como expressar situações hipotéticas no passado utilizando o *Third Conditional*.

3.2 Third Conditional

Dr. Lupov e Rachael chegam à recepção da gravadora e encontram Powell. O empresário pergunta a Dr. Lupov sobre o estado de Dave, e recebe boas notícias do médico. Rachael fala sobre a atuação do Dr. Lupov, em tom de agradecimento e alívio. Assista a conversa entre eles:



Powell: So, how's he doing?

Dr. Lupov: He looks fine. His vital signs are strong. That electrical discharge seems to have sped up his recovery.

Rachael: If Dr. Lupov hadn't acted fast, we would've lost him.

Na frase *If Dr. Lupov hadn't acted fast, we would've lost him*, Rachael está utilizando o *Third Conditional*, que expressa constatações sobre fatos passados com resultados também no passado. Veja, em português, como o *Third Conditional* expressa essas situações:

Se nós não tivéssemos trabalhado juntos, não teríamos aprendido tanto sobre o projeto.

Ele não teria dito aquilo se seus amigos tivessem sido honestos.

Como você deve ter percebido, podemos nos referir a fatos passados com alegria ou arrependimento, dependendo do resultado final. O *Third Conditional*, assim como os outros condicionais que você estudou nas *Lessons 01 e 02* deste módulo, é composto por duas orações: a primeira, com *if + Past Perfect*, e a segunda, com *would(n't) have + verb (past participle)*. Observe esta estrutura nas falas de Rachael e Powell:

| IF + PAST PERFECT | WOULD(N'T) HAVE + VERB (PAST PARTICIPLE) |
|---------------------------------|--|
| If Dr. Isaac hadn't acted fast, | we would've lost him. |



Integrated media

Acesse a mídia *Thanks to Dr. Lupov* para ver Rachael falando sobre o estado de Dave.



Getting on

Acesse a mídia *Past Participle* para uma lista de verbos irregulares.



Mind the gap

Would've (contração de *would + have*) é bastante comum em situações informais.

Remember that if we hadn't called Isaac,

Dave wouldn't have come back.



Audio |

Acompanhe outros exemplos com o *Third Conditional*:

Third Conditional - would

If I hadn't cut down on sugar, I would've gotten sick much sooner.

If we had driven to work, we wouldn't have made new friends.

She would've felt much better if she hadn't eaten canned food.

They wouldn't have lost weight if they hadn't exercised.

If you'd chosen cycling over driving, you wouldn't have experienced stress in the traffic.

Da mesma forma que o *Second Conditional*, as frases com o *Third Conditional* também aceitam *could* na segunda oração. A diferença é que o uso de *would* expressa certeza, enquanto *could* refere-se a uma possibilidade. O uso de *would* ou *could* depende sempre da intenção de quem fala e do contexto onde a frase será inserida. Observe a tabela:

THIRD CONDITIONAL – SECOND CLAUSE

Would

If I hadn't been a workaholic, I **would've spent** more time with my friends.

Nesta frase, se eu não tivesse sido viciado em trabalho, (é certo que) eu **teria passado** mais tempo com meus amigos.

Could

If I hadn't been a workaholic, I **could've spent** more time with my friends.

Neste exemplo, se eu não tivesse sido viciado em trabalho, eu **poderia ter passado** mais tempo com meus amigos - mas também poderia ter feito qualquer outra coisa.

Acompanhe outros exemplos de *Third Conditional* com *could* na segunda oração:

Third Conditional - could

I could have exercised regularly if they had remodeled the gym.

Our affiliates could've supported our project if we had sent them a memo.

If the doctor had told me before, I could've cut down on sugar and salt.

If my mother had been to the farmers' market, I could've eaten more fruit and veggies.

I could've been better if I'd joined the "slow food" movement.

Conforme você estudou, a escolha do uso entre *would* e *could* depende da ideia que se pretende expressar: certeza ou possibilidade. Agora que você já estudou a estrutura e uso do *Third Conditional*, pratique este conteúdo com a atividade *Ordering 3rd Conditional* e *Filling and feeling*. No tópico a seguir você estudará a pronúncia de *would've* e *could've*.



Learning activity

Ordering 3rd Conditional
Filling and feeling

Out loud

3.3 Would've and Could've

Na *Lesson 02* do Módulo 02, você estudou como se pronuncia a contração dos modais *would* e *could* com a partícula de negação *not*. Agora, você estudará a pronúncia dos modais *would* e *could* com o auxiliar *have*, que compõem a segunda oração do *Third Conditional*. Escute a fala de Rachael e perceba como a contração *would+have* pode soar como se formasse apenas uma palavra:



Getting on

Para rever a contração dos modais com a partícula *not*, acesse a mídia *Modals+not*.

If Dr. Lupov hadn't acted fast, we would've lost him.



Audio

Ao pronunciarmos *would* e *have* de forma contraída, as letras "ha" do auxiliar são suprimidas, e a letra "d" de *would* pode adquirir o som de "r", como você escutou no exemplo anterior. Além disso, podemos imaginar que existe um som de "ã" (semelhante ao português) entre as letras "d" e "v". Escute novamente apenas a contração do verbo modal com o auxiliar:

would've

Podemos aplicar o mesmo raciocínio para a contração do modal *could* com o auxiliar *have*. Escute:

could've

Escute a frase completa de Rachael, caso ela tivesse utilizado *could've*:

If Dr. Lupov hadn't acted fast, we could've lost him.



Learning activity
Which one do you listen?



Interactive activity
Say it as it is asked

Vale lembrar que as formas contraídas são mais comuns em situações informais. Com este conteúdo, você provavelmente poderá aprimorar suas habilidades de *listening* e *speaking*. Depois de estudar a pronúncia de *would've* e *could've*, pratique este conteúdo com as atividades *Which one do you listen?* After reading this text, do the activity *Say it as it is asked* to check your written and speaking production using the content studied in this class. No tópico a seguir você estudará como alguns verbos podem assumir novos significados, dependendo do contexto.

Smart Point

3.4 Replacing verbs

Tanto no português como na língua inglesa, alguns verbos podem substituir outros verbos, adquirindo novos significados a partir do contexto onde estão inseridos.



Audio

No episódio desta aula, Donavan, a proprietária da gravadora, pergunta a Powell, o empresário de Dave, se Rachael poderá causar algum tipo de problema. Ele responde dizendo:

Don't worry about her. Everything is under control and according to plan. She bought the amnesia story.

Quando Powell diz *She bought the amnesia story*, ele está dizendo que Rachael **comprou** a história, no sentido de **acreditar** no que lhe foi dito. Sendo assim, ele poderia ter dito a frase utilizando-se o verbo *To believe* no *Past Simple*. Escute:

She believed the amnesia story.

O verbo *To buy* tem como primeiro significado **comprar**, no sentido de adquirir algo por meio de pagamento. Entretanto, podemos **comprar o silêncio de alguém** em troca de algum favorecimento. Observe:

What will I have to do to buy his silence?

Outro sentido do verbo *To buy* pode ser o de **persuadir alguém a fazer algo**. Acompanhe o exemplo:



Audio

A I'm sorry... Are you trying to buy me?

B No, honey. I'm just trying to convince you to help me with the dishes.

Nesta aula trouxemos apenas um exemplo de verbo que pode substituir outros verbos, mas existem vários casos semelhantes. Para exercitar este conteúdo, realize a atividade *Verbs multiple meanings* no AVA.

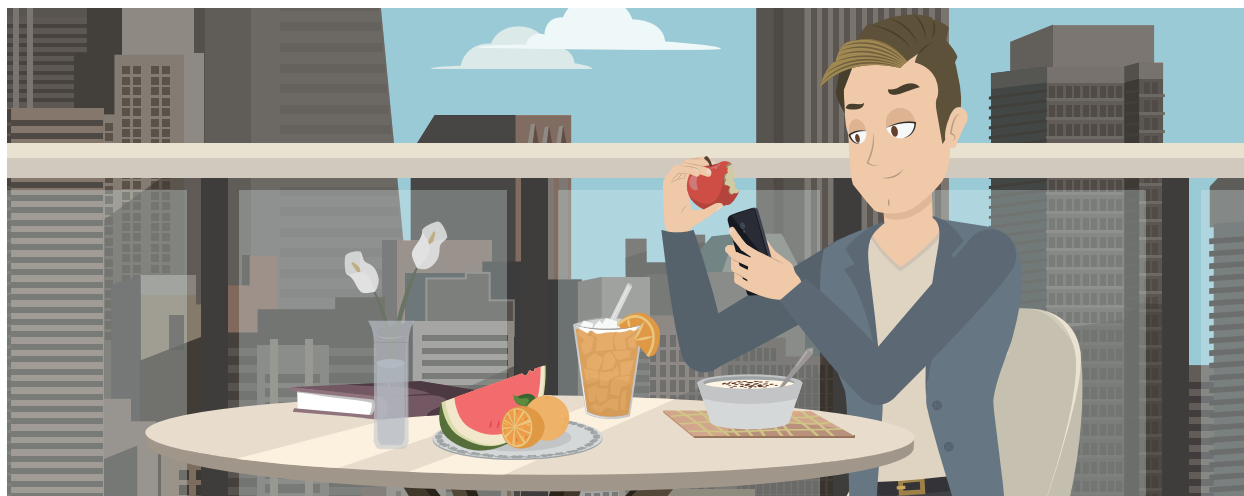


Interactive activity

Verbs multiple meanings

Catching a Glimpse

4. Who wants to live forever?



It is believed that humans are still evolving. Along the centuries some clues, such as the slow disappearance of the wisdom teeth, disease resistance and shrinking brains show the continuous evolution of humankind.

Moreover, technology allied to science has been working to make people live longer, from decreasing infant mortality rates to creating effective vaccines and reducing deaths related to heart problems.

On the other hand, improving the life expectancy from 80 to over 100 years requires research about cellular mechanisms that make people become old. Science has been studying what gene determines gray hair, wrinkles, bone cracking and the most challenging one, how to stop the human brain to get weak.



Integrated media

Acesse o conteúdo *Who wants to live forever?* Para acompanhar o texto.

People surely want to live longer and healthier, but some of them tend to lose themselves in what is rational about doing it. A great deal of people believe that taking over a hundred pills a day, each one to a specific health problem, will make them live beyond expectations. However, people can have an overdose because matching drugs deliberately can start a chemical reaction in their bodies. Some people go even further, they put themselves under dubious treatments which promise miracle results and some of them end up dying.

Furthermore, people forget about having a healthy diet, such as *eating fruit and veggies every day, avoiding canned and salted meat, cutting down on sugar, as well as joining the "Slow food" movement* to prevent stomach problems.

Another very welcome option is to *exercise regularly*, which actually could make them quit taking a good amount of pills. *Choose walking or cycling over driving* is an alternative that not only helps people exercise but is environment-friendly.

There are some behavioral changes people can adopt that would surely make them live longer and less stressed: *don't be a workaholic*, that is, find some time to relax and do activities you enjoy, and *spend time with friends*, which is proved to be a very nice option.

Living longer and healthier might be a blessing, especially when you are able to achieve your life goals and have your dreams come true. However, be careful because trying to reach it deliberately can make your life much shorter!



Interactive activity
New life!

After reading this text, do the activity *New life!* to check your written production using the content studied in this class.

5. That's a wrap

This class episode, in which Dave doesn't remember Rachael and Powell reassures Donovan that the musician's girlfriend won't cause any trouble, was the starting point for the study of vocabulary and grammar topic. You studied vocabulary related to health and the *Third Conditional*, which deals with the events and results of a hypothetical situation in the past. The Out loud section presented the pronunciation of *would've* and *could've*, and in the Smart point you studied how a verb can be replaced by another one with a different meaning. We hope you study this lesson carefully and do all the activities proposed. Move on to *lesson 04*!

