

# The Ice Man, pp 4, 5

Jump, April 2020

## 1. Match the synonyms.

- |                                     |                    |
|-------------------------------------|--------------------|
| a. send air in and out of your body | 1. barefoot        |
| b. pills, drugs                     | 2. shorts          |
| c. Holland                          | 3. medicine        |
| d. short trousers                   | 4. breathe         |
| e. without shoes                    | 5. ice             |
| f. frozen water                     | 6. the Netherlands |

## 2. Listen and fill in the gaps.

Wim Hof, aka The Ice Man, shows that a lot of health problems can be cured without \_\_\_\_\_ . He teaches people that good \_\_\_\_\_ and cold water can help them to be healthier. Doctors in the \_\_\_\_\_ did some tests and they say he is right!

Wim Hof has 21 Guinness world records. He climbs mountains in \_\_\_\_\_, runs half marathons above the Arctic Circle and swims \_\_\_\_\_ ice. He walks \_\_\_\_\_, even in snow. He can also stand in water with ice for 112 minutes. He only eats one meal a day, after 6pm. It's usually \_\_\_\_\_ or pasta. He drinks green tea and water.

## 3. Complete the table.

_____	better	strong	_____
little	_____	_____	warmer
many	_____	_____	longer
_____	healthier	deep	_____

## 4. A2 level - Complete the text with these verbs in past simple: *make, cannot, try, be, have, die*

Wim Hof \_\_\_\_\_ married and \_\_\_\_\_ four children. But his wife \_\_\_\_\_ young. He was very unhappy, but he \_\_\_\_\_ cry. He \_\_\_\_\_ to fight his sadness by running, breathing, exercising and swimming in cold water. This is how he \_\_\_\_\_ his method.

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## SOLUTIONS

### 1. Match the synonyms.

- a. send air in and out of your body → 4. breathe  
b. pills, drugs → 3. medicine  
c. Holland → 6. the Netherlands  
d. short trousers → 2. shorts  
e. without shoes → 1. barefoot  
f. frozen water → 5. ice

### 2. Listen and fill in the gaps.

Wim Hof, aka The Ice Man, shows that a lot of health problems can be cured without **medicine**.

He teaches people that good **breathing** and cold water can help them to be healthier. Doctors in the **Netherlands** did some tests and they say he is right!

Wim Hof has 21 Guinness world records. He climbs mountains in **shorts**, runs half marathons above the Arctic Circle and swims **under** ice. He walks **barefoot**, even in snow. He can also stand in water with ice for 112 minutes. He only eats one meal a day, after 6pm. It's usually **soup** or pasta. He drinks green tea and water.

### 3. Complete the table.

good	better	strong	stronger
little	less	warm	warmer
many	more	long	longer
healthy	healthier	deep	deeper

### 4. A2 level - Complete the text with these verbs in past simple: *make, cannot, try, be, have, die*

Wim Hof **was** married and **had** four children. But his wife **died** young. He was very unhappy, but he **couldn't** cry. He **tried** to fight his sadness by running, breathing, exercising and swimming in cold water. This is how he **made** his method.