

# Social networks

## 1

### Listening

Multiple choice ▶ CB page 7

**1** ▶ 01 You will hear four people talking about some communication problems. For questions 1–4, choose the best answer, A, B or C.

- 1 Why did the girl lose her job?  
A She spent too much time online.  
B She was not honest.  
C She had an illness.
- 2 Why was the girl upset?  
A She lost her mobile phone.  
B Her boyfriend was angry with her on the phone.  
C Strangers listened to a private phone call.
- 3 How did the boy feel about sending the postcard?  
A Surprised that it took so long to arrive.  
B Annoyed because he doesn't enjoy writing.  
C Embarrassed because it never reached his friend.
- 4 What did the girl do wrong?  
A She accidentally deleted a whole email.  
B She sent an email to the wrong people.  
C She wrote some angry things to her friend.

### Vocabulary

Collocations: communication; family members  
▶ CB page 7

**1** Choose the correct alternative to complete the sentences.

- 1 You must *start/get* in touch when you come to my city.
- 2 I've communicated with my French friend by email a lot but we've never met face *by/to* face.
- 3 My friend and I often go online to *chat/discuss* about nothing in particular.
- 4 If you *make/send* an email, make sure you've got the right address!
- 5 I've made some good friends at uni and I hope we don't *forget/lose* touch.
- 6 You must *download/record* Adele's new album – it's amazing!
- 7 When I have a day off, I like to visit Mum to *make/catch* up with news.
- 8 I like to *keep/bring* up-to-date with the latest fashion trends.

#### About the exam:

In the exam, you have to listen to eight short recordings and answer one question about each recording.

#### Strategy:

- Read the context sentence carefully to get an idea of the topic.
- Read the question and options carefully. Remember that you may not hear the exact words that are in the question. For example, *I find it difficult* means the same as *I don't find it easy*.
- Don't worry if you're not sure of the answer at first. You will hear the recordings twice.

## Grammar

present simple and present continuous ▶ CB page 8

### 1 Choose the correct options to complete sentences 1–8.

- 1 I *am not going/don't go* to the school reunion next month.
- 2 Shh! I *speak/m speaking* to your aunt on the phone.
- 3 Tara *has/is having* a hard time trying to get the phone company to replace her mobile.
- 4 I *find/am finding* it easy to misunderstand what people mean in text messages.
- 5 Miguel *is being/is* a real whizz on the computer – he can do anything!
- 6 Jenny's flight *leaves/is leaving* at three o'clock. She's going to visit her cousin in Australia.
- 7 It *is becoming/becomes* harder and harder to keep in touch with old friends.
- 8 I *visit/m visiting* my cousin in hospital tonight.

### 2 Read the email below about a school reunion. Complete the text with the present simple or present continuous form of the verb in brackets.

Hi, Suzana!

I (1) ..... (look forward to) the school reunion next week! (2) ..... you ..... (come)? I hope so. I'm so happy that our old school (3) ..... (organise) such an exciting event. I (4) ..... (remember) so much about our school days! I (5) ..... (be) out of touch with some of our old friends now, so I can't wait to talk to everyone face to face about what they (6) ..... (do) these days.

The party (7) ..... (start) at seven o'clock, so if you like, I can pick you up after I (8) ..... (finish) work at six. Let me know!

Love,  
Zena

### 3 Look at the verbs in brackets in Activity 2. Do they describe states (S) or actions (A)?

### 4 Circle the state verbs in the box.

chat   communicate   depend   do   hear  
like   lose   own   phone   smell

## Use of English

Multiple-choice cloze ▶ CB page 9

### About the exam:

In the exam, you have to read a text with eight gaps and choose from four possible answers to fill each gap.

### Strategy:

- Read the title and the text first for meaning.
- Think about what kind of word might fit in each gap (e.g. a noun, a verb, an adjective, a conjunction, etc.).
- Look at the words immediately before and after each gap to help you.
- Think about words that often go together (collocations), for example: *to catch a bus*.

### 1 Read the text and decide which answer (A, B, C or D) fits each gap.

BLOG ▶

## I LOVE MY MOBILE PHONE

I just love my mobile phone and I (0) *spend* hours every day texting friends and chatting on the internet. My parents think I waste too much time playing around on my phone (1) ..... I should be doing more (2) ..... things like schoolwork! But I (3) ..... online to look things up and it's really helpful talking to my friends about what we're doing at school. My parents don't agree (4) ..... me, though! My favourite app is the music app. I've got all my music (5) ..... on my phone so I can listen to my favourite tracks (6) ..... when I'm in bed before I go to sleep. It helps me relax. I also love taking photos on my phone, which I share with all my friends on Facebook. I've got loads now – I just can't seem to have (7) ..... It's like my own personal photo (8) ..... of my life!

- |   |              |           |               |             |
|---|--------------|-----------|---------------|-------------|
| 0 | A spend      | B use     | C have        | D do        |
| 1 | A although   | B while   | C during      | D despite   |
| 2 | A important  | B busy    | C good        | D popular   |
| 3 | A wait       | B arrive  | C visit       | D go        |
| 4 | A on         | B for     | C with        | D at        |
| 5 | A collected  | B carried | C supplied    | D stored    |
| 6 | A quietly    | B finally | C immediately | D slowly    |
| 7 | A enough     | B plenty  | C several     | D some      |
| 8 | A experience | B diary   | C time        | D adventure |

## Reading

Multiple choice ► CB pages 10–11

### About the exam:

In the exam, you have to read a text and answer six multiple-choice questions. Each question has four options to choose from. Only one option is correct.

### Strategy:

- Read the four possible answers for each question carefully.
- Scan the text quickly to find the information you need and underline the part of the text where you think the answer is.
- Then read the section more carefully in order to find which option is correct.
- Remember that the words in the question and the words in the text may be different. Make sure you identify words in the text which mean the same as the question.
- Make sure you know why the other options are not correct (e.g. it may be true but the text doesn't say it; the text says the opposite; the text says it but it does not answer the question).

**1** Look at the picture. What is a holiday rep?

**2** Read the title of the article. What kind of information do you think will be included?

**3** Read the whole article quickly and answer the questions.

- 1 What sort of people is the job of holiday rep **not** suitable for?  
.....
- 2 How old do you need to be to **have** a job like this?  
.....
- 3 Apart from English, which other languages are mentioned in the article?  
.....
- 4 Where can you find advertisements for jobs as a holiday rep?  
.....
- 5 What do holiday companies give their reps free?  
.....
- 6 What hotel facilities are mentioned in the article?  
.....

**4** Read the whole article. For questions 1–6, choose the answer (A or B) which you think fits best according to the text.

- 1 According to Angela, what is the most important quality for a holiday rep?
    - A having a confident personality
    - B enjoying responsibility
  - 2 Angela uses the examples of France and South America to show us that holiday reps
    - A have to be flexible.
    - B have to work long hours.
  - 3 Angela was surprised to get her job as a holiday rep because she
    - A only had a basic travel qualification.
    - B could only speak one language.
  - 4 In the second paragraph, Angela says that she
    - A hadn't travelled a lot in her free time.
    - B didn't know much about other countries.
  - 5 Angela says that in an interview you should
    - A make yourself sound better than you are.
    - B be honest about what you know.
  - 6 What does Angela like most about being a holiday rep?
    - A meeting people from different places
    - B getting free access to facilities
- 5** Look at the phrasal verbs underlined in the article and decide which meaning (A or B) is closest to the meaning in the article.
- 1 believe in
    - A be certain that something exists
    - B be certain about an ability
  - 2 deal with
    - A solve a problem
    - B be concerned about
  - 3 send out
    - A put in the post
    - B advertise
  - 4 stand out
    - A be easy to see
    - B be better than others
  - 5 find out
    - A discover
    - B recover
  - 6 get on with
    - A continue doing
    - B have a good relationship



# So you want to be a holiday rep? Read on ...

**M**y name's Angela and I'm a holiday rep. I love my job and it's the best way to make friends with people from all over the world. Holiday reps are responsible for making sure that the customer has a fantastic holiday. As a rep, you represent the holiday company you're working for, so above everything else, you have to be friendly, sociable and believe in yourself. You also have to be able to deal with all kinds of situations and if you're impatient or like regular working hours then this isn't the job for you! In addition, you have to be ready to go anywhere in the world – you don't get to choose where you work. For example, one month you might be in the south of France and the next in South America!

You need to be at least eighteen to become a rep and although formal qualifications aren't necessary, getting a basic certificate in travel and tourism (like I did) will always be useful because there's a lot of competition for jobs. It's not as easy as you might think to get a job in the travel industry. It's helpful if you can speak other languages, especially French or Spanish. I only speak English, so I didn't really expect to get a job – but I did! It helps if you travel a lot yourself too. I didn't have much chance to do that before I became a rep, though I do have a good knowledge of where places are in the world.

There are a few ways you can find work as a holiday rep. Newspapers and travel magazines often advertise positions. And don't forget the internet, which is probably the most useful source of information! Travel companies send out application forms to people who are interested in working for them – read the form carefully and make sure your application stands out. If you do get an interview, remember, you must answer questions truthfully – you'll quickly get found out if you pretend you can speak Greek or are familiar with a country you've never even heard of! One thing you should avoid is saying you want the job to get free holidays! It sounds silly but you'd be surprised by how many people actually say that.

There are lots of cool things about being a holiday rep. The pay isn't the best in the world but in my opinion the benefits of the job are worth far more than the pay packet. You get to see some amazing places and the people are fantastic – I keep in touch with a lot of the customers I look after. The nightlife with the other reps and customers can be fun too, if you get on with them! You get free accommodation as a rep. Don't be too excited about this – I'm staying in a tent in my current job, which isn't the most comfortable place to stay! You also get a uniform but the greatest thing of all for me is that you get to use the facilities in the resort you're working at – brilliant if there's a swimming pool or tennis courts because you don't have to pay to use them.

## Grammar

verb patterns ▶ CB page 12

- 1** Complete the postcard with the correct form of the words in the box. Use *-ing* or the infinitive with or without *to*.

do eat fish go see (x2) spend swim



Hi, Andrei!  
I'm here on holiday in Hungary with my family – my grandparents are Hungarian, so it's great to be with people who know the country really well. We're staying in a cottage in the countryside and there's a lake nearby where we enjoy (1) ..... every morning. I'd love (2) ..... this at home too, but there's nowhere fun to go.

I'm also learning (3) ..... ! I'm not usually keen on fishing but my granddad makes it great fun. (4) ..... all day in the sun is pretty tiring, so before we have dinner we take a short nap. I like (5) ..... outdoors – the food definitely tastes better!

I'm looking forward to (6) ..... you. Let's (7) ..... that new action film when I get back. I'd better (8) ..... now. See you soon!  
Pete

- 2** Find and correct the mistakes with infinitives in the sentences. There is one mistake in each sentence.

- We'd better not to be late home from school – we're visiting Grandma this evening.
- I'd love go to Kenya on holiday. I've never been to Africa.
- I can't wait get my new phone – it's got some fantastic apps!
- Let's to buy a present for Dad's birthday. What do you think he would like?
- Stephanie's hoping pass her Travel and Tourism exam. She worked really hard.
- Jo's learning be a tour guide. He wants to work in Spain.
- I've arranged have a new website built for my work.
- You should to check your passport is valid before you travel.

## Speaking

Interview: Giving personal information

▶ CB page 13

### About the exam:

In the exam, the examiner asks you some general questions about yourself: where you live and your hobbies, plans or experiences.

### Strategy:

- Try to give an answer that is not too short but also that is not long and complicated.
- Try to make a good impression and avoid making basic grammar mistakes.
- Do not learn and practise a speech about yourself. It is better to listen and answer the questions directly.

- 1** Match questions 1–10 with answers A–H. There are two questions with no answers.

- Where are you from? .....
- What do you like about living there? .....
- Do you watch much television? Why/Why not? .....
- How do you like to keep fit? .....
- What did you do on your last birthday? .....
- What is your main ambition? .....
- Are you very interested in fashion? .....
- Tell us something about your best friend. ....
- Where do you like to spend your holidays? Why? .....
- Do you have a favourite hobby? What is it? .....

- It's very peaceful and the people are very friendly. Everyone knows each other. It's really pretty too.
- France. My home is in Beaulieu, a small village just outside Bordeaux. It's close to a lovely forest.
- I think I'd like to be a teacher of primary school children. I'd like to teach them English.
- Not a lot. I prefer to spend my time with my friends, playing games and chatting.
- I prefer to go somewhere nice and hot where I can relax. Like Spain or Italy.
- I do a lot of painting and drawing – especially cartoons. I draw cartoons of famous people and give them to my friends. It's fun!
- I'm not very worried about what I wear. I like trendy things but I don't spend a lot of time thinking about clothes.
- I went to a big hotel with my family and we had a lovely meal there. It was good.

# Writing

Essay (Part 1) ▶ CB page 14

### About the exam:

In the exam, you have to write an essay in Part 1. There will be a question for you to answer and then two points that you must include in your essay. You also need to add one more point of your own.

### Strategy:

Make sure you use all the notes in your essay. You must also give reasons for your opinions.



## 1 Read the exam task and use the words in the box to complete the essay.

In your English class, you have been talking about what makes a good friend. Now your English teacher has asked you to write an essay. Write an essay using all the notes and give reasons for your point of view.

### Essay question:

*Are old friends always the best friends?*

### Notes:

Things to write about:

- 1 shared experiences
- 2 different personalities
- 3 your own idea

Because For However matter mean  
 reason so think true

As we get older, we go to different schools, begin new jobs and even start families. We meet a lot of different people and make new friends all the time. (1) ..... usually our social network includes people we have met at many different times in our lives. But are the oldest friends really the best?

For some people, I (2) ..... this is true. The (3) ..... I say this is because these friends know you better than anyone else. They have shared important experiences with you and sometimes they know you better than you know yourself! (4) ..... of that, they can give really good advice.

(5) ....., this is not always the case. Someone may have known you very well in the past but that does not (6) ..... that they know you very well now. Perhaps you have both changed. This is especially (7) ..... if you have been out of touch for a while. (8) ..... me, the best friends are the ones you can rely on to give you support and to tell you the truth. It doesn't (9) ..... whether you've known them for ten months or ten years.

## 2 Underline phrases in the essay that show the writer has done everything the exam task asks.

## 3 Match the following phrases with their functions.

- 1 Many people feel that ... ..
- 2 That is why ... ..
- 3 I strongly believe that ... ..
- 4 Alternatively, ... ..
- 5 In addition to this, ... ..
- 6 For instance, ... ..

- A introducing a contrasting opinion or example
- B giving an example
- C adding to something you've said
- D giving a general point of view
- E giving a reason
- F giving your opinion

## 4 Read the exam task and think of a point of your own to include. Then make notes and write your essay. Write 140–190 words.

In your English class, you have been talking about who it is best to ask for advice. Now your teacher has asked you to write an essay. Write an essay using all the notes and give reasons for your point of view.

### Essay question:

*Is it better to ask family or friends for advice?*

### Notes:

Things to write about:

- 1 type of problem
- 2 relationships
- 3 your own idea

# The consumer society

## 5

### Vocabulary

shops and shopping ► CB pages 48–49

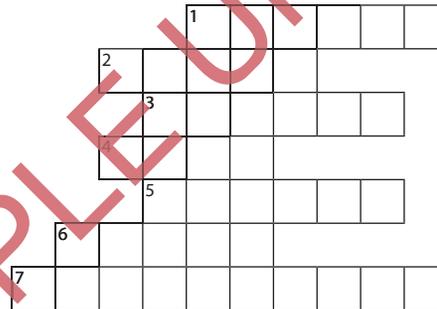
#### 1 Read the clues and complete the crossword.

##### Across

- 1 People usually do this in shops when they don't particularly want to buy something.
- 2 Name of a product or group of products made by a company.
- 3 People use this when they don't want to pay for something immediately.
- 4 A small image that represents a company.
- 5 You can buy and sell things at these places, usually outside.
- 6 A store which is part of a bigger group of shops run by the same company.
- 7 An area where lots of shops are together.

##### Down

- 1 Something you buy cheaply.



#### 2 Complete the blog extract with the correct form of the words from Activity 1. One word is used twice.

### BLOG

I must admit, I'm a bit of a shopaholic! I love all sorts of shopping, whether it's in a shopping (1) ..... or an outside street (2) ..... and I especially like looking for (3) .....! Whenever there's a sale advertised, I'm there! Sometimes I just (4) ..... but other times I spend way too much. But I try not to buy things on (5) ..... because I don't like being in debt and often if I haven't got much money I check out the (6) ..... things in charity shops. You can often get good (7) ..... when you buy designer items there. Mind you, I'm not that worried about having a famous (8) ..... on everything I buy. Just one Ralph Lauren T-shirt or pair of Jimmy Choo shoes is fine with me!



## Listening

Multiple choice ► CB page 49

**1** **▶ 09 Listen to people talking in different situations. Match recordings 1–5 with situations A–E.**

- A** You hear a customer making a complaint. ....
- B** You hear two friends talking about a shirt one of them has bought. ....
- C** You hear part of a news report about the way people shop. ....
- D** You hear two people talking about designer clothes. ....
- E** You hear a girl talking to her friend about saving money. ....

**2** **▶ 09 Listen again and answer the questions by choosing A, B or C.**

- 1** What is the boy doing?
- A** asking for help  
**B** admitting a mistake  
**C** accepting advice
- 2** What do they agree about designer clothes?
- A** They are good quality.  
**B** They are not worth the money.  
**C** They are expensive because of the name.
- 3** What does she want the sales assistant to do?
- A** give her a refund for the shoes  
**B** exchange the shoes  
**C** give her a discount on another pair of shoes
- 4** What does the man say about consumers?
- A** They are refusing to give up luxury items.  
**B** They are finding new places to shop.  
**C** They are avoiding buying food on the internet.
- 5** Why does the boy think the girl's plans are unrealistic?
- A** She will not be able to stop going out.  
**B** She will never afford to buy a car.  
**C** She will become bored with her clothes.

## Grammar

future forms ► CB page 50

**1** **Cross out the option that is NOT possible in each sentence.**

- 1** *I'm taking/I'm going to take/I take* that new phone back to the shop this morning – it isn't working properly.
- 2** *I'll meet/I'm meeting/I'm going to meet* Tina at the leather market at 3 p.m. She wants to buy a new bag.
- 3** Where do you think *I'm getting/I might get/I'll get* the best deal on a second-hand car?
- 4** Oh no! The website's crashed on the payments page. *I'll have to/I'm having to/I'm going to have to* start again!
- 5** I think *I'll look at/I look at/I might look at* some of those price comparison websites for travel insurance later. It depends how tired I am after work.
- 6** The bank *might close/closes/will close* at 4 p.m., so I'd better go and pay the money in now.

**2** **Complete the text with *might, will, going to* or the present continuous. Use the verb in brackets. Sometimes more than one future form is possible.**

Hi, Charlie!

What **(1)** ..... (*do*) this evening? I'm **(2)** ..... (*go*) shopping. It's my twin brother and sister's birthday on Sunday. I've got lots to buy, so I'm going into town after my classes.

I **(3)** ..... (*buy*) my sister a voucher and for my brother, an alarm clock – he loves his gadgets! I think they'll be really pleased with those.

After shopping, I **(4)** ..... (*meet*) my friends and we **(5)** ..... (*have*) dinner at our favourite pizza restaurant. One of my friends, Steph, hasn't been before but I'm sure she **(6)** ..... (*like*) it. Then we **(7)** ..... (*go*) to see a late-night film at the cinema which starts at 11 p.m., but it depends how tired we are!

I **(8)** ..... (*write*) again soon.

Love,

Elena

## Speaking

### Collaborative task ▶ CB page 51

#### 1 Complete the comments about organising an event to raise money for charity with the words in the box.

about agree could don't Let's might  
sure work

- ..... have a big sale of second-hand items for charity.
- We ..... always ask the teachers to donate some things for the sale.
- What do you think ..... asking a local celebrity to come too?
- It ..... be better to have it in summer when the weather's sunny.
- Why ..... we sell sandwiches and soft drinks too?
- That might ..... but we need to organise it carefully.
- I'm not too ..... There are a lot of sales like this these days.
- But don't you ..... that everyone loves a bargain? We'll make a lot of money.

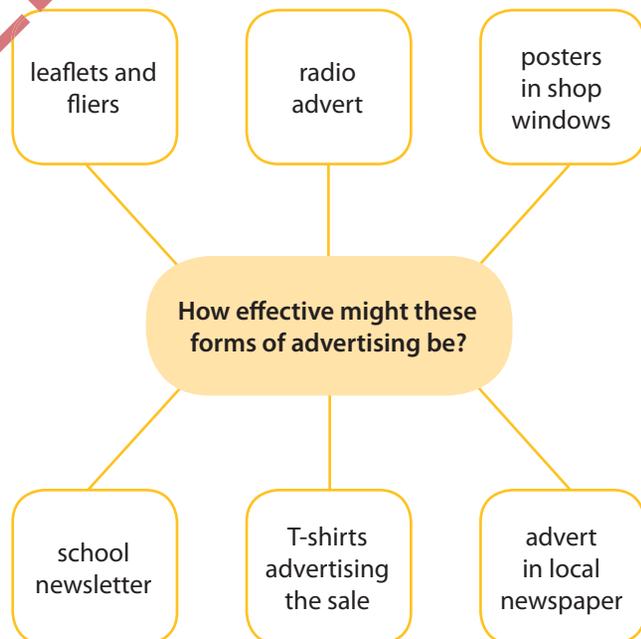
#### 2 Which two phrases underlined in Activity 1 are responses to suggestions?

#### 3 ▶ 10 Read the exam task and choose the correct words to complete the phrases. Then listen and check.

I'd like you to imagine that your school is having a big sale of second-hand items to raise money for charity. Here are some ways they could advertise the sale.

- A:** So, let's think about leaflets first. Is that a good way of advertising? What do you think?
- B:** Mmm. They're quite quick and easy to do – and they won't cost too much. But don't you think that a lot of people will just throw them away?
- A:** I know what you (1) *say/mean*. If you get a leaflet, you often don't even look at it! Especially if it comes through the door.
- B:** How about a radio commercial? Loads of people listen to the radio.
- A:** You're (2) *OK/right*. Dad always has it on in his car. But it might be a bit expensive.

- B:** It (3) *depends/can*. We could always record it ourselves – we wouldn't have to pay actors!
- A:** And that (4) *shall/would* be great fun! OK – that's a possibility. Then, of course, there are posters. I'm sure the school could produce those.
- B:** And we (5) *might/could* go round sticking them up in shop windows. People usually look at posters – particularly if they're bright and clever. The art students could design some good ones.
- A:** Cool! And the newsletter advert would be good. It won't cost anything.
- B:** Yeah. But it only goes to school students and families, doesn't it? We need to get to a wider audience.
- A:** So, (6) *could/maybe* the advert in the local paper is a good idea. People often browse through the 'What's on?' section when it gets near the weekend.
- B:** Good (7) *thought/idea*. How about the T-shirts? I really like the idea – but it would cost a lot.
- A:** But (8) *while/then* if all the organisers wear a T-shirt advertising the sale for a few weeks before, people will notice, won't they?
- B:** I'm not too sure (9) *on/about* that. It will only really be their friends and family and they'll know anyway! I think you just want a free T-shirt!
- A:** (laughs) Why (10) *not/so*!?



**Examiner:** Now you have a minute to decide which form of advertising should not be used.

## Reading

Gapped text ► CB pages 52–53

### 1 Read the title of the article. What does *swapped* mean?

- 1 bought   
2 exchanged

### 2 Read the article and choose from sentences A–G the one which fits each gap. There is one extra sentence which you do not need to use.

- A From the start, MacDonald insisted on meeting each person with whom he was dealing.  
B I don't see it as any more strange than offering your time in return for a salary like most people in full-time jobs do.

- C 'I was doing trades all over the place without spending any of my own money on petrol or plane fares,' he said.  
D However, no one seems more surprised by his success than Kyle himself.  
E This was even more remarkable as MacDonald had intended the whole thing to be 'just a bit of fun'.  
F 'I only dealt with people I liked the sound of, or who seemed to genuinely support the idea of the website.'  
G Why not see what people would give him in exchange for it?

### 3 Match the underlined words in the article with the meanings 1–6.

- 1 very strange .....  
2 with no value .....  
3 useful .....  
4 looked quickly .....  
5 simple and different work .....  
6 not important .....

# I swapped my paper clip for a house ...

Do you, like me, have a drawer somewhere at home full of different bits of rubbish which you think might come in handy some day? If so, the story of Canadian internet entrepreneur Kyle MacDonald may inspire you to take a closer look at what is hiding among the old pieces of paper and bits of string.

A few years ago, Kyle set out on what seemed at the time a ridiculous and impossible project – to trade a single red paper clip for a house. He advertised this almost worthless item on the internet and succeeded in swapping it for bigger and better things. Twelve months and thirteen swaps later, he announced that his final deal had got him a property, a two-storey farmhouse in Kipling, Saskatchewan.  1 It certainly turned out to be more than that!

Kyle graduated with a degree in geography before travelling the world. He did odd jobs – from delivering pizzas to working on oil rigs. One day, he received an email from an old friend reminding him of a game called *Bigger and Better* which they had played as

children. In this game, you started with small objects and competed to see what you could trade them for. MacDonald finished reading the email, glanced down at his desk and saw a red paper clip.  2 And so a strange and brilliant idea was born.

He wrote down this ambition. 'I'm going to keep trading up until I get a house,' he wrote. His first offer was a pen in the shape of a fish. This was soon exchanged for a doorknob with a smiley face and the doorknob, in turn, for an outdoor stove.  3 It was, he says, 'just a great way to meet new people'.

In this, he did have some help. His father, an enthusiastic inventor, had come up with a new idea for restaurant tables. MacDonald travelled across America and Canada to advertise his

father's product. On the way, he would stop off to meet the people who'd contacted him on his website and who he wanted to do business with on his paper clip project.  4

As news of the website spread, MacDonald had to choose between hundreds of offers for each item he advertised but he says their financial value was irrelevant.  5 Kyle continued to trade up. His trades included an appearance on TV, some time in a recording studio, an afternoon with the rock star Alice Cooper and a small role in a film. Finally he got his house.

Kyle tries to explain his success. 'People might think this is an odd way to spend your time but remember that before money was invented people swapped things for centuries.  6

What's that blue plastic object on my desk? It is the top of an old pen. Once I might have thrown it in the bin but now I pick it up and turn it thoughtfully in my fingers. Today, it's just a plastic pen top ... tomorrow it could be a villa in Tuscany.

## Grammar

be used to/get used to ► CB page 54

- 1** Complete the text with the positive or negative forms of *be used to* and *get used to*.

WEB POST

I'm from Spain and I came to live in the UK a few months ago. I'm a shopaholic and I love shopping! But it's taken me a while to (1) ..... shopping here. I live in a village and the shops close at 5.30 p.m. I (2) ..... that because in Spain they're open much later and I (3) ..... being able to go shopping after work. I can't do that now, so I have to either shop online or wait until the weekend. One thing I (4) ..... is the prices because they're much higher in the UK. It's taken me ages to (5) ..... shopping without comparing how much I'd spend on a similar item back home. The sizes are different too, so I can't just walk into a shop and pick something up without trying it like I (6) .....

- 2** Find and correct the mistakes in the sentences 1–6. There is one mistake in each sentence.

- I still haven't got used to get up so early for my new job.
- Sue didn't think she'd like living on her own but she used to it now.
- I got used to do all my shopping online when I moved to a small village.
- Antonio said it is too difficult to be used to the British weather so he's going back to Portugal.
- Jen is used to getting so much attention from the media. It's all new to her and she hates it.
- It took me ages to be used to living in a big city but I love it now.

## Use of English

Multiple-choice cloze ► CB page 55

- 1** Match words 1–6 with the parts of speech A–F.

1 customer	A adjective
2 therefore	B adverb
3 quickly	C linking word
4 down	D preposition
5 expensive	E verb
6 spend	F noun

- 2** Read the article and decide which answer (A, B, C or D) best fits each gap.



### Supermarket scams

Supermarkets are very (0) *good* at deceiving their poor customers, it seems. Customers, (1) ..... think they are getting good value for money, are (2) ..... getting less of a bargain than they imagine. (3) ..... are a couple of the most common tricks used by supermarkets to keep their customers spending.

You might think that buying a bigger packet would cost you quite a lot less, right? Wrong. At Superco, for example, a 100g jar of coffee costs £3.00. (4) ....., a 200g jar costs £5.99 – a saving of (5) ..... one penny!

Special offers. You've seen them on the shelves – 'buy one, get one free'. The best offers are usually on fruit and vegetables – but can you *really* eat (6) ..... those potatoes before they go bad and you have to throw them (7) .....

So, (8) ..... to think about what you're buying before you fill up your shopping trolley!

- 0 A good B well C fine D right
- 1 A what B who C when D where
- 2 A absolutely B exactly C actually D correctly
- 3 A Here B There C This D Now
- 4 A Although B Whereas C Because D However
- 5 A only B almost C around D about
- 6 A every B all C most D some
- 7 A up B around C off D away
- 8 A forget B avoid C remind D remember

## Writing

Essay ► CB page 56

### 1 When you are writing an essay, are statements 1–5 true (T) or false (F)?

- 1 You should agree with the statement in the exam task.  
.....
- 2 It is better to write a lot of short sentences than longer, more complex ones.  
.....
- 3 It is a good idea to give examples for both points of view.  
.....
- 4 In your conclusion, you should repeat what you say in the introduction.  
.....
- 5 It's a good idea to have one long paragraph.  
.....

### 2 Read the exam task and the answer. Complete the essay with the correct words.

In class you have been discussing money and happiness. Your teacher has now asked you to write an essay. Write an essay using all the notes and give reasons for your point of view.

**Essay question:**

*Does buying lots of things make you happy?*

**Notes:**

Things to write about:

- 1 health
- 2 security
- 3 your own idea.

Write your essay in **140–190** words.

all balance course However view well

In the past, people usually bought things because they needed them. Now, we spend money on things that we want, not on things that we need. We buy things because we think they will make us happy. But do they?

First of (1) ....., I must say that money can make us happy in many ways. Of (2) ....., it can stop us worrying about a lot of the important things in life, such as having somewhere to live and keeping warm. As (3) ..... as this, it can help us enjoy our free time by buying concert or theatre tickets or gym membership.

(4) ....., many people think material things are too important. In my (5) ....., money cannot buy us friends or good health. What is more, I really believe that it is immoral to spend our money on luxury items when many people in the world are so poor they cannot afford basic medicine.

On (6) ....., I think material things can help us to be happy but there are many more things in life that we should think about rather than just buying things all the time.

### 3 Match the underlined phrases in the essay with words and phrases 1–6.

- 1 On the whole .....
- 2 Obviously .....
- 3 As far as I'm concerned .....
- 4 To begin with .....
- 5 Nevertheless .....
- 6 In addition to this .....

### 4 Read the exam task and write your answer.

You have recently had a discussion in your class about money. Your teacher has now asked you to write an essay.

Write an essay using all the notes.

**Essay question:**

*Is it better to save money or spend it?*

**Notes:**

Things to write about:

- 1 enjoyment
- 2 security
- 3 your own idea

Write your essay in **140–190** words.

# Well-being

## 7

### Speaking

Long turn ▶ CB page 70

- 1** Read the task and look at the photos below. Which of the comments 1–6 are relevant for Student A? Which comment is relevant for Student B?

**Student A:** Your pictures show people who are happy for different reasons. Compare the pictures and say why you think the people are happy.

**Student B:** What sort of music do you enjoy listening to most? Why?

- 1 He's probably listening to his favourite music. ....
- 2 I would like to spend a holiday in this place. ....
- 3 My favourite place to listen to music is in my bedroom. ....
- 4 People are often happy when the weather is good. ....
- 5 I really like rock music, especially Bryan Adams. ....
- 6 The girl has probably said something funny. ....

- 2** ▶ 13 Complete a candidate's answer with words from the box. Then listen and check.

Both definitely imagine look might must other  
probably seem sure

I like these pictures! It's good to see people who are enjoying life. (1) ..... the young guy with the iPod and the family (2) ..... very happy. The guy has a contented smile on his face and the family are laughing. But the reasons they are happy are (3) ..... quite different. I mean, the young guy is listening to music, he's alone but his eyes are closed so you can (4) ..... that he's lost in his world of music. He (5) ..... be in a park or relaxing in his back garden, but he's (6) ..... away from all the stresses of life! The family, on the (7) ..... hand, are in a busier place. They are probably on holiday and they (8) ..... to be enjoying a meal outside together. For them and the boy, the weather looks good. I'm (9) ..... the family are happy because they're together and relaxing and maybe someone has told a joke! It (10) ..... be very enjoyable and exciting to eat a meal in a lovely place like that!

## Use of English

Word formation ► CB page 71

### 1 Add a prefix to make the opposites of adjectives 1–6.

- |                 |                    |
|-----------------|--------------------|
| 1 .....friendly | 4 .....responsible |
| 2 .....patient  | 5 .....lucky       |
| 3 .....loyal    | 6 .....complete    |

### 2 Choose the correct alternative to complete the sentences.

- The pharmacist was very *helpful/helpless* and gave me some drops for my eyes.
- That was a very *thoughtful/thoughtless* thing to say. I feel upset now.
- Laughter is one of the most *powerless/powerful* medicines. It makes you feel better.
- Don't worry about the dog! He's completely *harmful/harmless*.
- The information the nurse gave me about asthma was very *useless/useful*. I know what to do now.
- What a *colourful/colourless* room. I love orange!

### 3 Read the article about what makes people happy. Use the word given in capitals at the end of the lines to form a word that fits in the gap in the same line.

#### What really makes people happy?

According to (0) *psychologists*, what really makes people happy might, at first, seem rather

(1) ..... Experts say that individual happiness levels are genetic, which is why some people manage to remain (2) ..... even when things are going wrong, whereas others find it (3) ..... to lift themselves out of a bad mood. But it's not all in the mind: actions count too. A certain amount of life (4) ..... comes from spending time doing things we love. (5) ..... which give us 'flow' – in other words, which keep us interested and focused, are (6) ..... in helping us to forget our problems. Whether it's playing a (7) ..... instrument or piloting a plane, the result is the same: doing things you're good at makes you feel better. Another thing that makes us feel happier is the (8) ..... to forgive others, as well as doing things for people less fortunate than ourselves. So, let's get busy!

PSYCHOLOGY

EXPECT

HOPE

POSSIBLE

SATISFY

ACTIVE

EFFECT

MUSIC

ABLE

## Vocabulary

health and fitness ► CB page 72

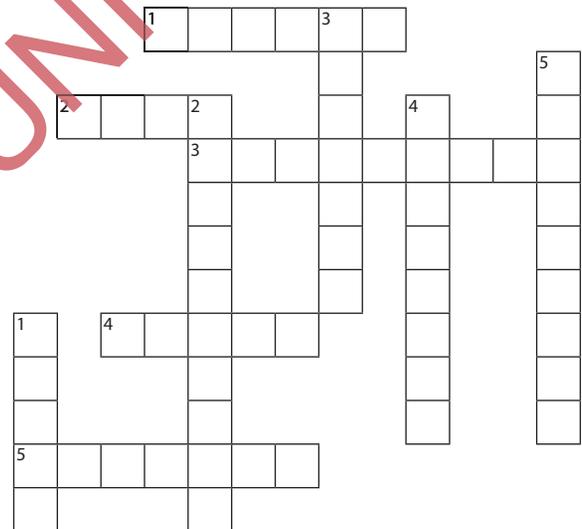
### 1 Read the clues and complete the crossword.

#### Across

- You get this if you have an accident.
- It's important to ... fit if you want to stay healthy.
- People are taken to hospital in this.
- A way of hurting your ankle.
- You can get a lot of this in red meat – like steak.

#### Down

- If your body is in good ... you won't have so many health problems.
- This can help when you have a bad headache.
- ... exercise helps the heart stay strong.
- This is the best type of diet to have.
- A doctor will give you the right ... for an illness.



### 2 Complete the sentences with the correct form of words from the crossword.

- People who do a lot of exercise need a lot of ..... in their diet.
- I fell over during a football game and ..... my ankle.
- My aunt is over sixty but she's in good ..... because she's always done a lot of exercise.
- It isn't easy to ..... fit if you're ill and in hospital.
- My brother had a knee ..... after a car accident and it took ages to get better.
- For a ..... diet you should eat a little bit of everything!

### 3 Choose the correct alternative to complete the sentences.

- 1 Apparently there are a lot of health *profits/benefits* to drinking tea.
- 2 I went *down/out* with flu after staying with my cousin last week.
- 3 I've got a new cream to rub onto *hurt/aching* muscles. It's great after football.
- 4 My mum makes sure that we all have a *balanced/fair* diet.
- 5 They say you can't *catch/take* a cold just from being in a low temperature.
- 6 How often do you work *up/out* in the gym?
- 7 Life *prediction/expectancy* is now something like 85 years for men.
- 8 I've got a *blocked/closed* nose and people can't understand what I'm saying!
- 9 I've *taken/picked* up a stomach bug and I really feel awful.
- 10 The doctor suggested taking cough *tablets/medicine* every four hours.

## Grammar

### zero, first and second conditionals

#### ► CB page 73

### 1 Look at the internet forum about a new way of exercising. Complete the text with the correct form of the verbs in brackets.

### 2 Put the words in the correct order to make sentences or questions.

- 1 hungry, / eggs / fill me up / because, / if / I'm / eat / I / they  
.....
- 2 would / twisted / you / ankle / do / if / your / What / you ?  
.....
- 3 take / I / painkiller / if / had / a / would / headache / a / I  
.....
- 4 you / information / I'll / you / that / give / it / want / if / diet  
.....
- 5 If / were / I / would / go / bed / earlier / you, / to / I  
.....
- 6 you / milk / muscles / exercise / after / ache / Do / if / drink / your ?  
.....

Tina123, 1/08/12, 8.14 a.m.

I watched this fascinating programme last night about exercise. It said that if you did just three minutes of intense exercise a week, you **(1)** ..... (get) huge health benefits! Experts reckon that natural, everyday movement could be better for us than doing regular workout sessions at the gym. Apparently, doing quick bursts of exercise, where you run or cycle as hard as you can for less than a minute each time, keeps you fit. They said that if you exercise like this, it **(2)** ..... (keep) you in shape, but it also makes you want to eat less - whereas exercising for longer periods makes you hungrier! Cool!

BusyBea, 01/08/12, 9.41 a.m.

I **(3)** ..... (be) really annoyed if they find out this is true because I'm a personal trainer and my job depends on people employing me to help them do training workouts. I wouldn't get paid much if I only **(4)** ..... (work) for three minutes with each customer!

Gino, 01/08/12, 2.03 p.m.

Well, I guess if you **(5)** ..... (be) a lazy person, this way of exercising sounds like a great idea. But just three minutes of exercise a week?! That's ridiculous.

ZigZagZoo, 02/08/12, 1.31 a.m.

I work really long hours and don't have time to go to the gym. So, if this worked, I **(6)** ..... (find) time to try it.

DanDan, 03/08/12, 6.15 p.m.

If you **(7)** ..... (not exercise) you get fat and that's a fact. But only doing three minutes a week? Doesn't sound enough to me.

FunnyMouse, 03/08/12, 10.42 p.m.

Think of all the time you **(8)** ..... (save) if this was true! Instead of being bored at the gym or jogging round the streets when it's dark in winter, you could be doing something much more interesting, like seeing friends or going to the cinema. Great idea!

# Listening

Multiple matching ▶ CB page 74

**1** ▶ **14** Listen to four people talking about alternatives to seeing the doctor about health problems. Match speakers 1–4 with pictures A–D.



A .....

B .....



C .....

D .....

**2** ▶ **14** Listen again and choose from the list A–E what each speaker does. There is one extra letter which you do not need to use.

- A** uses information to decide whether to get professional help
- B** learns from strangers' experiences
- C** refers to advice given by a member of the family
- D** keeps up to date with modern advances in treatment
- E** enjoys learning about unfamiliar medical problems

Speaker 1

Speaker 2

Speaker 3

Speaker 4

# Grammar

*unless, otherwise, provided that*

▶ CB page 75

**1** Find and correct the mistakes in the sentences. There is one mistake in each sentence.

- 1 Provided that this cough clears up soon, I'll go to the doctor's for a prescription.
- 2 I must stop eating so much, provided that I'll get fat.
- 3 You'll have health problems otherwise you eat healthily and take regular exercise.
- 4 Steve wants to be a nurse unless he passes his final exams.
- 5 If you want, I'll give you a lift to the hospital. Unless I'll see you later instead.
- 6 Jenny said she would help me with my exercise plan this week unless she has the time.

**2** Complete the article with *unless, otherwise* or *provided that*.

## Vitamins and minerals

### Toni Sherry asks whether we really need to take supplements

Open any health magazine and you'll see hundreds of adverts for vitamins and minerals. I've tried many of them, but I haven't noticed any real differences in my health. In fact, I think that (1) ..... you have a particularly poor diet, you should get everything you need from what you eat. But am I right about this? I asked health expert Brian Peacock for advice.

'Yes, you're right,' he tells me. '(2) ..... you stick to a healthy eating plan, you shouldn't need to take additional vitamins or minerals. (3) ..... your body is suffering from a lack of a particular vitamin and your doctor gives you a prescription for something, you should be fine – (4) ..... you could be taking more vitamins than your body actually needs.'

He goes on to tell me that beliefs have changed in the medical profession over the benefits of taking extra vitamins and minerals. '(5) ..... you're pregnant, when taking folic acid is recommended, don't bother wasting your money. Buying vitamins from health food shops is expensive, so (6) ..... you've been specifically advised to take them, leave them on the shelf.'

SAMPLE UNIT 5

## Reading

Multiple choice ► CB pages 76–77

- 1 Read the title of the magazine article. What kind of information do you think might be included in the text?
- 2 Now read the whole article. For questions 1–6, choose the answer (A, B or C) which you think fits best according to the text.

# The world's craziest diets

Almost all of us want to lose a kilo or two or decide to at some time during our lives. But eating less and doing more exercise seem very sensible compared with some of the weird diets of the past few centuries. Here are some of the craziest.

The 'chewing diet' was invented by a man called Horace Fletcher and was popular during the early twentieth century. Fletcher believed that chewing allowed food to be properly absorbed into the body. To implement the chewing diet, a person must chew each bite over 32 times – which takes approximately 30 seconds per bite. It's a fascinating theory and there may appear to be some reason to this diet. I'm almost tempted to have a go – but surely it only works because it's so boring that you eat less!

If your food looks horrible, you're less likely to eat it. That's what people who believe in the 'vision diet' say, anyway. The idea is to wear blue glasses while you're eating so that your food looks disgusting. Why blue? Blue food doesn't occur often in the wild and plants that are blue are often poisonous – therefore food that's blue in colour doesn't look very inviting. Unsurprisingly, this diet doesn't really work and while some might enjoy the attention they receive while sitting in a restaurant wearing blue glasses, to do so for long periods could actually have a negative impact on your vision.

If you're showering every day, you might as well lose weight while doing it, right? Well, that's the theory behind Aqili diet soaps. These special soaps contain seaweed that will get through your skin and break down fat. Does it work? While there may be evidence that seaweed breaks down fat when you eat it, there's no evidence for it working when washing and some people who've tried it have been allergic to the soaps, which made their skin

itch. Isn't it their own fault for believing such a silly idea in the first place?

The 'cotton ball diet'. I'd say that this has to be one of the most dangerous diets for your body and it's difficult to understand how it ever became even slightly popular. The theory is that eating cotton balls – similar to the ones you clean your face with – prevents you wanting to eat anything fattening. This diet might be low in calories (which would usually keep the weight off) but it's not only dry and disgusting – it can also cause major damage to your body – which makes it very irresponsible to promote such a diet.

The theory behind the 'blood type diet' is that every blood type has a set of foods that are suited to it. Therefore, say supporters of this diet, if you eat according to your blood type, you'll lose weight. So, a person with type A blood should be vegetarian and a person with type O should avoid eating cereal or wheat, while type B can fill up on cream and yoghurts. This diet may seem harmless, but be careful – if you have an allergy to dairy foods, for example, doctors say you might be eating food that could cause your body serious problems.

Last but not least, we come to the 'caveman diet', which perhaps makes more sense than any of the other weird ideas. This diet is based on what cavemen ate 10,000 years ago, which means only eating food that could be hunted or picked locally – including meat, fish, vegetables, fruit and nuts. But, while I could probably manage without them, for some it must be difficult to avoid tasty things like bread, dairy products, salt, sugar or oils. The conclusion? This diet isn't dangerous and you can still eat out at restaurants on steak and salad, but you do need to make sure you're getting enough calcium – a mineral found in milk and cheese.

- 1 What does the writer say about the chewing diet?
  - A It seems to be a sensible diet to follow.
  - B She would like to try the diet.
  - C The diet doesn't take up much time to do.
- 2 The writer says that the vision diet
  - A attracts unwelcome looks from other diners.
  - B recreates something that is seen in nature.
  - C can cause sight problems for people who do it.
- 3 What suggestion does the writer make about the Aqili soap diet?
  - A The diet requires considerable effort to do.
  - B The idea behind the diet is based on proof.
  - C The people who do it deserve the consequences.
- 4 What opinion does the writer express about the cotton ball diet?
  - A It is the least helpful for keeping weight down.
  - B It is wrong of people to suggest it is worth doing.
  - C It is a diet that stops you from feeling hungry.
- 5 When talking about the blood type diet, the writer uses the example of allergies to show that
  - A people should be cautious about trying the diet.
  - B doctors advise using this method of losing weight.
  - C people with type B blood suffer the most from the diet.
- 6 How does the writer feel about the caveman diet?
  - A She would not like to have to avoid all her favourite foods.
  - B She thinks it is a diet she would be able to stick to.
  - C She is glad that restaurants provide options for caveman dieters.

**3 Complete the sentences with the prepositions in the box.**

from in on to (x4) with

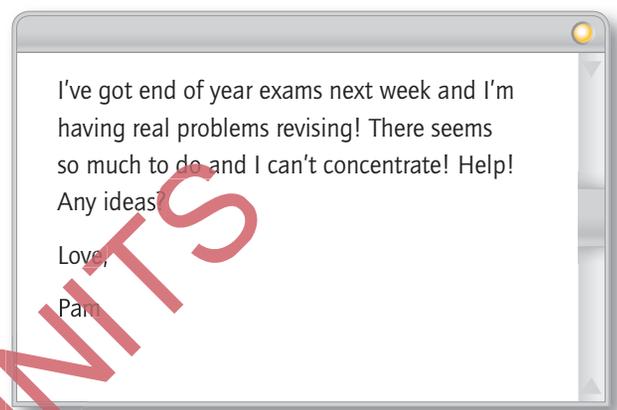
- 1 I'm tempted ..... eat some of that chocolate cake but I know I shouldn't.
- 2 Jed doesn't eat prawns because he's allergic ..... them.
- 3 You should eat a healthy diet based ..... fresh vegetables, white meat and fruit.
- 4 Eating plenty of green, leafy vegetables can prevent you ..... getting cancer.
- 5 Vitamins occur ..... fresh, unprocessed foods.
- 6 Too much fat in your diet can cause damage ..... your heart.
- 7 Compared ..... some other food types, there is a lot of iron in red meat.
- 8 According ..... my doctor, I should cut down on the number of eggs I eat.

**Writing**

Informal email ► CB page 79

**1 Read the exam task. Underline the phrases in the email extract that show it is written in an informal style.**

You have received an email from your Canadian friend, Pam. Read this part of the email and then write your **email** to Pam.



**2 Here are some sentences from the reply. Which sentences are NOT relevant?**

- 1 I'm not good at revising, either.
- 2 How did the exams go?
- 3 Make sure you take lots of breaks.
- 4 It's a good idea to plan a revision schedule.
- 5 Forget about it. Enjoy yourself!
- 6 It sometimes helps to work with a friend.
- 7 If you want me to check your work, that's not a problem.
- 8 I find that I concentrate best in the evenings.

**3 Complete phrases 1–6 with the words in the box. Then write your email, including all the phrases. Write 140–190 words.**

about don't hear idea sorry well

- 1 It's good to ..... that ...
- 2 I'm ..... to hear that.
- 3 Hope all goes .....!
- 4 That sounds a great .....
- 5 Why ..... you ... ?
- 6 Or how ..... ?