

# Grammar and Vocabulary Refresh your memory P.1 **Basic** ★

## Grammar

### Modals of ability and permission

#### 1 Choose the correct option.

I **couldn't** / **can't** go to school yesterday because I was ill.

- Dad **couldn't** / **won't be able to** collect me from school later.
- You **can't** / **can** drive a car at age 12 in the UK.
- I **can't** / **couldn't** talk when I was a baby.
- My brother only has a part-time job, so he **will** / **won't** be able to buy me a birthday present.
- Can** / **Can't** I open the window, please?

### Modals of advice, obligation and prohibition

#### 2 Match 1–4 to A–E.

- don't have to D
- didn't have to \_\_\_\_\_
  - have to \_\_\_\_\_
  - mustn't \_\_\_\_\_
  - ought to / should \_\_\_\_\_

- A advice  
B no obligation (past)  
C prohibition  
D no obligation (present)  
E obligation

### Present perfect and past simple

#### 3 Read the sentences. What tenses do they use? Write PP (present perfect) or PS (past simple)

Anna bought new glasses yesterday. PS

- Brian has studied English since 2013. \_\_\_\_\_
- Did the writer base this film on a book? \_\_\_\_\_
- Did your parents go out last night? \_\_\_\_\_
- Have you seen the documentary on tigers? \_\_\_\_\_
- We haven't won a match for months! \_\_\_\_\_

### Question tags (not to be done)

#### 4 Complete the questions with the words in the box.

can she	could he	didn't they
does he	<del>don't you</del>	won't she

You like skiing, don't you?

- Jane will wash up, \_\_\_\_\_ ?
- She can't come to the cinema, \_\_\_\_\_ ?
- Mum and Dad phoned you, \_\_\_\_\_ ?
- John couldn't complete the race, \_\_\_\_\_ ?
- Jeff doesn't like books, \_\_\_\_\_ ?

## Vocabulary

### Verbs: technology

#### 5 Complete the sentences with the verbs in the box.

browse	charge	press	stream
<del>switch on</del>	update		

I don't know how to switch on the computer.

- First, \_\_\_\_\_ the power button on the side.
- I need to \_\_\_\_\_ the software on my laptop.
- Sam loves to \_\_\_\_\_ the internet.
- I'm going to \_\_\_\_\_ a film tonight.
- I must \_\_\_\_\_ the battery in my phone.

### Phrasal verbs

#### 6 Choose the correct option.

I think I'd like to try **up** / **out** judo.

- Mia joined **out** / **in** with the dance class and loved it.
- I'm coming with you– I don't want to miss **out** / **in** on anything!
- It's easy to pick **up** / **on** new moves in a dance.
- I have to go to the gym to work **out** / **up**.
- Jack came **out** / **along** to the gym yesterday.

### Charity and campaign actions

#### 7 Are the sentences true (T) or false (F)?

You give a donation, you give something away. T

- When you sponsor a team, you watch them play. \_\_\_\_\_
- When you publicize something, you make information about it available. \_\_\_\_\_
- A charity charges people who need help. \_\_\_\_\_
- When you fundraise, you collect things to sell for charity. \_\_\_\_\_

### Adjectives: opinions

#### 8 Complete the table with the words in the box.

Dull	<del>entertaining</del>	hilarious	original
	realistic	terrifying	

Positive	Negative
<u>entertaining</u>	_____
_____	_____
_____	_____

## Grammar

### Past simple, past continuous and *used to*

#### 1 Are the sentences true (T) or false (F)?

We use *used to* for a past habit or state. T

- 1 We use the past simple for a completed action in the past. \_\_\_
- 2 We use *used to* for an action that interrupted another action. \_\_\_
- 3 We use the past continuous for an action that happened immediately after another action. \_\_\_
- 4 We can use *while* before the past continuous. \_\_\_

#### 2 Choose the correct option.

Sophia ***didn't use to/ didn't used to*** be optimistic about the future, but she is now.

- 1 While my sister was watching TV, Dad **phoned / was phoning** her.
- 2 José **was talking/talked** to me when the school bully pushed him over.
- 3 They finished the exam and **left/were leaving** the classroom.
- 4 Did you **used/ use** to have long hair when you were young?
- 5 Evie **was starting/started** crying when she read the cruel email.
- 6 I **wasn't knowing/ didn't know** that cyber bullying was so common.

## Present perfect

### 3 Complete the sentences with the present perfect form of the verbs in brackets.

Alexis and Victoria ***have worked*** (work) at an old people's home for a long time.

- 1 Kyle \_\_\_\_\_ (live) in Bristol for five years.
- 2 We \_\_\_\_\_ (not see) any wild animals yet. Hopefully we will see some soon!
- 3 I \_\_\_\_\_ (study) for the English exam, so I'm ready to do it.
- 4 Chloe \_\_\_\_\_ (not buy) a birthday present for her mum yet.
- 5 I \_\_\_\_\_ (be) ill, so I haven't been to work in a while.

## Vocabulary

### Adjectives: personality

#### 4 Choose the correct option.

Don't hit the dog, Jim! It's very ***cruel / modest!***

- 1 You need to be **optimistic / responsible** when you are babysitting.
- 2 Many teenagers are **optimistic / supportive** about the future; they think things will be better.
- 3 Matt loves having fun at the weekend. He's a(n) **outgoing / selfless** person.
- 4 When I need help, I see my friend Rajesh – he's very **modest / supportive**.

### Collocations: *get* and *make*

#### 5 Complete the collocations with *get* or *make*.

- |                        |                       |
|------------------------|-----------------------|
| <u>get</u> the feeling | 5 _____ an effort     |
| 1 _____ a promise      | 6 _____ an impression |
| 2 _____ better         | 7 _____ permission    |
| 3 _____ the most of    | 8 _____ used to       |
| 4 _____ involved       | 9 _____ things done   |

#### 6 Choose the correct option.

I want to get ***involved/ things done*** with your organization.

- 1 Logan wants to get **better / the feeling** at football, so he practises every night.
- 2 I've just moved to Greece, but I can't get **permission / used to** the hot summer.
- 3 I want to make **a promise/ a good impression**, so I'll always do my homework.
- 4 It's a rainy day, but let's make **the most of it / an impression** and watch a good film.

## Show interest and disappointment

### 7 Are the people showing interest (I) or disappointment (D)?

It'll be great when they make phones with stronger screens. I

- 1 The trip to Mexico was money well-spent! \_\_\_\_\_
- 2 I thought the film was a waste of time. \_\_\_\_\_
- 3 Working with animals really appeals to me. \_\_\_\_\_
- 4 Learning to repair things fascinates me. \_\_\_\_\_
- 5 I was a bit unhappy with my results. \_\_\_\_\_

## Grammar

### Past simple and past perfect

#### 1 Choose the correct answer, A or B.

We use the past simple and the past perfect to show the relationship between \_\_\_\_.

**A** two past actions

**B** a past action and a present action

- 1 The past perfect is used for an action which happened \_\_\_\_.

**A** first **B** second

- 2 We use the \_\_\_\_ to describe a more recent action.

**A** past simple **B** past perfect

- 3 We form the past perfect with \_\_\_\_.

**A** was **B** had

- 4 We use the \_\_\_\_ participle to form the past perfect.

**A** present **B** past

#### 2 Underline the action which happened first.

After Anna had had breakfast, she left for school.

- Hunter had got his pocket money from his mum before he went to the shops.
- My cousins realized that they had spent too much money on the computer game.
- Nicole knew what the problem was because she had heard them arguing.
- I hadn't wanted new trainers until I saw an advert for them in a magazine.
- By the time we got to the supermarket, it had closed.

### **enough, (a) few, (a) little, lots of, plenty of, too many, too much**

#### 3 Are the sentences true (T) or false (F)?

We use *enough* after countable and uncountable nouns. F

- We use *too much* before countable nouns. \_\_\_\_
- We use *too many* before uncountable nouns. \_\_\_\_
- We generally use *few* and *little* with a negative meaning. \_\_\_\_
- We use *a few* and *a little* to talk about small amounts. \_\_\_\_
- We use *lots of* and *plenty of* to talk about small amounts. \_\_\_\_

#### 4 Choose the correct option.

There isn't enough / **many** bread to lunch.

- I can't buy that bike. It costs too **much/many**.
- We saved very **little** / **few** money last year, so we can't go on holiday.
- I've got **a few** / **a little** time. Let's go out for lunch.
- I'm outgoing and have **lots of** / **few** friends.
- Do teenagers buy **too many** / **plenty** clothes?

## Vocabulary

### Verbs: advertising

#### 5 Complete the sentences and questions with the words in the box.

advertise	appeal	broadcast	exaggerate
promote	recommend		

Why don't you advertise your charity online?

- I don't think this book will \_\_\_\_\_ to Ben.
- They will \_\_\_\_\_ the programme on local TV.
- You haven't got £5,000! Don't \_\_\_\_\_!
- We're making a poster to \_\_\_\_\_ our band.
- Can you \_\_\_\_\_ a good hotel?

### Shopping

#### 6 Are the underlined words nouns or verbs? Write **N** or **V**.

I paid £5 for this cap. It was a real bargain! N

- Let's go to the shops and browse! \_\_\_\_
- That man has just bid £200 for that painting. \_\_\_\_
- There's a small charge of £4 to use the pool. \_\_\_\_
- After she'd made her purchase, she left. \_\_\_\_
- I can't refund your money without a receipt. \_\_\_\_

### Describe personal skills and qualities

#### 7 Put the words in the correct order to make sentences.

passionate / working / with children / about  
I'm passionate about working with children.

- think / I'm / to / sensible / like  
I \_\_\_\_\_
- eye / detail / got / for / a good  
I've \_\_\_\_\_
- responsible / to be / myself / consider  
I \_\_\_\_\_
- picked up / experience / volunteering / valuable  
I've \_\_\_\_\_

## Grammar

### The passive – past and present

- Are these passive sentences in the present simple (Pr) or past simple (P)?  
They were heard coming in very late. P
  - The dog is fed every morning. \_\_\_\_
  - The exams were marked by our teacher. \_\_\_\_
  - Are all of your clothes washed by your mum? \_\_\_\_
  - Preservatives weren't added to the list of ingredients. \_\_\_\_
  - Was the fridge repaired yesterday? \_\_\_\_
- Correct the underlined mistakes in the sentences.  
Are the pizzas make in the school canteen?  
made
  - Concert tickets were sell at the door. \_\_\_\_\_
  - The company were bought two years ago. \_\_\_\_\_
  - What kind of food are serve in the school canteen? \_\_\_\_\_
  - The new gym is open last week. \_\_\_\_\_
  - Are these bikes use often? \_\_\_\_\_

### Reflexive pronouns, ~~each other~~ and ~~one another~~ (not to be done)

- Choose the correct option.  
Be careful! You're going to hurt **yourself / themselves**.
  - They're best friends, so they always help one **other / another**.
  - Do you think Ariana sent **herself / ourselves** the photo?
  - I will give **itself / myself** two weeks to do research for the design project.
  - The dog cleans **themselves / itself** by licking its paws.
  - My younger brother can dress **yourself / himself** now.
  - For some reason, my sisters aren't talking to each **another / other**.

## Vocabulary

### Nouns: nutrition

- Complete the sentences with a nutrition noun.  
We get carbohydrates from pasta, rice and vegetables.
  - We should eat p\_\_\_\_\_ like eggs and cheese every day in a healthy diet.
  - Each s\_\_\_\_\_ of food should contain some fibre.
  - I don't eat chocolate very often because it has too many c\_\_\_\_\_.
  - We should get most of our f\_\_\_\_\_ from vegetable oils, but we shouldn't eat too much.
  - A\_\_\_\_\_ like food colouring are added to fast food to make it taste and look better.
  - Processed food often contains p\_\_\_\_\_ to stop it going bad.
  - The problem with fast food is that it doesn't contain many n\_\_\_\_\_.

### Verbs: how things function

- Complete the sentences with verbs in the box.

absorb boost crash ~~process~~ repair transport

- Our brains process thoughts and feelings.
- Drinks with sugar \_\_\_\_\_ our levels of energy.
  - Anyone's computer can \_\_\_\_\_.
  - Our brains \_\_\_\_\_ glucose.
  - How does the body \_\_\_\_\_ blood to the brain?
  - Our bodies \_\_\_\_\_ themselves while we are sleeping.

### Ask for and give information

- Are the sentences asking for information (A) or giving information (G)?  
Could you explain how the brain works? AI
  - Have a look at the website to see more details. \_\_\_\_
  - Let me explain how our organization works. \_\_\_\_
  - Can you tell me a bit more about what you do in the meetings? \_\_\_\_
  - Is it possible to pick up a leaflet here? \_\_\_\_
  - I'd like to explain that we meet every Tuesday at 7.00. \_\_\_\_

## Grammar

### First and second conditional

#### 1 Complete the rules with the words in the box.

imaginary negative ~~present simple~~ possible  
would

The first conditional is formed by: *If / Unless + present simple, will / won't + infinitive.*

- The first conditional talks about the result of a(n) \_\_\_\_\_ future situation.
- The second conditional talks about the result of a(n) \_\_\_\_\_ situation.
- The second conditional is formed by: *If + past simple, \_\_\_\_\_ + infinitive.*
- Unless* is the same as *if + a \_\_\_\_\_ verb.*

#### 2 Put the words in the correct order.

wet./ your umbrella, / Unless / you'll / open / you / get

Unless you open your umbrella, you'll get wet.

- pay / Jo / if she / for lunch / were / here./ would  
\_\_\_\_\_
- about colours / ask him, / us some advice./ If we / the painter / will give  
\_\_\_\_\_
- If I / I / the hat./ would buy / could choose,  
\_\_\_\_\_
- Chloe / unless / the number./ won't answer/ the phone/ she recognizes  
\_\_\_\_\_

### Third conditional

#### 3 Read the sentences. Underline the action clause and circle the result clause.

If they had known about the match, they would have come.

- Emily wouldn't have been ill if she hadn't eaten bad food.
- The cat wouldn't be angry if Ray hadn't kicked it!
- If you had heard the news, would you have told me?
- If we had bought tickets for the concert, we would have gone.
- What would your trainer have done if you had won the match?

## Vocabulary

### Phrasal verbs: well-being

#### 4 Choose the correct option.

Tyler! **Calm/Set** down –tell me what's wrong.

- Slow /Cheer** up! It's Saturday tomorrow!
- I need to **cut/chill out** about exams, but I can't!
- You should **cut / calm** down on fast food.
- I want to **take / get** up zumba. I looks fun!
- My best friend is having problems, but I can't get her to **slow / open** up and tell me about it.

### Aches and pains

#### 5 Complete the sentences with the words in the box.

~~aching~~ allergic bruised itchy  
sprained still

My muscles are aching after a long run.

- Tom's got a \_\_\_\_\_ knee. It's black!
- I spent hours in front of the computer, and now I've got a \_\_\_\_\_ neck.
- My brother had an \_\_\_\_\_ reaction to nuts.
- Ann spent so much time in the sun she's got \_\_\_\_\_, red skin.
- Jake has got a \_\_\_\_\_ wrist from playing a lot of tennis.

### Ask for and give advice

#### 6 Complete the sentences with the words in the box.

~~I should~~ stop eating suggest getting  
sure you thought will cheer would you

What do you think I should do about my bad exam results?

- I'm in trouble. What \_\_\_\_\_ do if you were me?
- Have you \_\_\_\_\_ about asking your parents for their help?
- Make \_\_\_\_\_ arrive on time, or you'll miss the train.
- Would you \_\_\_\_\_ a part-time job?
- If you paint your room a different colour, it \_\_\_\_\_ you up!
- My advice would be to \_\_\_\_\_ so much fast food.

## About friendship



The Greek philosopher Aristotle said that a friend is someone who 'holds a mirror up to us' and tells us how things really are. He believed that there are three kinds of friendship.

The first kind are 'friendships of utility'. In this friendship, a person is useful to us in some way. For example, perhaps you want to join a group of trendy people in school. First, you make friends with one of the group, and then the rest of the group will make friends with you, too.

Aristotle calls the second kind 'friendships of pleasure'. These relationships are easy to understand. They begin because two people enjoy each other's company. Perhaps they both play the same sport or have another activity in common.

The first two kinds of friendships can break easily, but the third kind is different. Aristotle calls this 'the friendship of the good'. This is when we admire a person or when they make an impression on us. The friendship takes time to grow, but it is strong and lasts longer than other two kinds. In this relationship, people realize that they have a similar point of view. The friendship can start when they are children, perhaps at school, and last all their lives. We all need this third kind of friendship to have happy lives.

### 1 Read the text and complete the sentence.

According to Aristotle, the \_\_\_\_\_ is the most important kind of friendship in our lives.

### 2 Match the definitions 1–6 to the underlined words or expressions in the text.

- 1 fashionable, cool: \_\_\_\_\_
- 2 the way people behave towards each other: \_\_\_\_\_
- 3 a special kind of glass you can see yourself in: \_\_\_\_\_
- 4 start a friendship: \_\_\_\_\_
- 5 personal opinion or idea about something: \_\_\_\_\_
- 6 respect someone for what they have done or because of their character: \_\_\_\_\_

### 3 Read the text again. Choose the correct answer.

- 1 How many kinds of friendship are there, according to Aristotle?  
a) two b) three
- 2 Which kinds of friendships do we make when we want something from someone?  
a) friendships of utility b) friendships of pleasure
- 3 Which kind of friendship do we make when we share a common interest with someone?  
a) friendships of pleasure b) friendships of the good
- 4 When do people often begin their 'friendships of the good'?  
a) in their 20s b) when they are children
- 5 Which kind of friendships can we break easily?  
a) the last two b) the first two

### 4 Are the sentences true (T) or false (F)?

- 1 A friend is someone who hides the truth from us. \_\_\_\_
- 2 'Friendships of utility' can happen in school. \_\_\_\_
- 3 'Friendships of pleasure' are easy for us to understand. \_\_\_\_
- 4 We form 'friendships of the good' quickly. \_\_\_\_
- 5 'Friendships of the good' usually begin once we've left school. \_\_\_\_

## Shopping habits

### 1 Read the text. Choose the correct title.

- a) Shopping laws
- b) Shopping habits
- c) Shopping online



If British teenagers want to buy something on a Sunday, they can go into a shop and purchase it. But maybe they don't know that we have only been able to do that since July 1994. That's when the law in the UK changed. Before that, it was illegal to open shops on Sundays.

Nowadays, shops can open for six hours, from 9.30 a.m. to 3.30 p.m. on Sundays. Many of the larger stores open 30 minutes earlier to allow us to browse. As we do so, we can select the things we want to buy and put them into our trolley, but we can't actually purchase anything until 10 a.m.

Shopping habits are constantly changing. However, one thing that never changes: people all want to buy something for a lower price than normal and get a bargain. Shops that charge less for their goods are always very popular!

However, recently things have changed. Consumers are now spending more time shopping online. People will have to find new ways to attract us to traditional high street stores and the mall.

### 2 Match the definitions 1–6 to the underlined words in the text.

- 1 people who buy things \_\_\_\_\_
- 2 ask for money for something \_\_\_\_\_
- 3 a good price for a thing you buy \_\_\_\_\_
- 4 to buy something \_\_\_\_\_
- 5 to choose something carefully \_\_\_\_\_
- 6 to look at things in a relaxed way \_\_\_\_\_

### 3 Complete the sentences with the words in the box.

bargain browse charge consumers purchase select

- 1 They \_\_\_\_\_ £50 for a ticket to the concert. I can't go. It's too expensive.
- 2 Supermarkets have offers like BOGOF – Buy One Get One Free – to make \_\_\_\_\_ buy more.
- 3 **A** Can I help you, sir?  
**B** No, thanks. I'm just \_\_\_\_\_.
- 4 Take your time. \_\_\_\_\_ the one you think will be more useful.
- 5 **A** I only paid £5 for it.  
**B** That's a real \_\_\_\_\_! Did they have any more at that price?
- 6 When you want to \_\_\_\_\_ something expensive, like a car, do research first. You need to find the one that's right for you.

### 4 Choose the correct answer.

- 1 What changed in 1994?  
a) the law b) the ability to shop online
- 2 How long can you shop for on Sundays?  
a) 6.5 hours b) 6 hours
- 3 How do some shops make shopping hours longer?  
a) They open 30 minutes earlier.  
b) They close 30 minutes later.
- 4 What makes some shops very popular?  
a) They let people browse for longer.  
b) They charge less.
- 5 How has shopping changed recently?  
a) People shop less.  
b) People shop online.

## The world's favourite meal?



Almost everyone has been to a McDonald's restaurant at some time in their lives. They can be found in more than 120 countries in the

world. The Golden Arches – the McDonald's logo – is easily recognized. The restaurants are bright and cheerful. They are usually full of young people enjoying a cheap and tasty meal.

How did it all start? The first McDonald's was opened in 1940 in California by two brothers, Richard and Maurice McDonald. They sold hamburgers for 15cents each, which was half the price their rivals charged. Soon they were selling fries and soft drinks with the burgers. In 1948, they introduced a new way of serving food. There were no waiters or waitresses, and customers queued to give their order. They were served very quickly because the food was cooked and then wrapped in paper and kept warm under heated lights. Customers were served as soon as they ordered. This was the start of 'fast food'.

The company was bought by Ray Kroc in 1955, and he reorganized the business. It expanded rapidly, and by 2018, McDonald's had become the world's largest restaurant chain. Over 69 million people eat at a McDonald's every day in countries as diverse as the UK, Saudi Arabia, China and Brazil. McDonald's is successful because it gives its customers what they ask for. Recently, it has changed its menu because today people are aware that fast food is not very healthy. Healthy food – for instance, salads and fruit – was added to the menu. Recently artificial additives and preservatives were removed from their burgers. In Asia, some restaurants serve soup, in New Zealand they serve pies. McDonald's is always ready to give the customers what they want.

### 1 Read the text. Tick (✓) the reasons McDonald's is popular.

- A It's cheap. \_\_\_
- B It makes people feel good. \_\_\_
- C The Golden Arches are easy to recognize. \_\_\_
- D It gives customers what they want. \_\_\_
- E It has some healthy food. \_\_\_

### 2 Match the definitions 1–7 to the underlined words in the text.

- 1 stood in a line to buy something: \_\_\_\_\_
- 2 symbol a company uses as its special sign: \_\_\_\_\_
- 3 competitors: \_\_\_\_\_
- 4 different from each other: \_\_\_\_\_
- 5 grew bigger: \_\_\_\_\_
- 6 taken out: \_\_\_\_\_
- 7 covered in paper: \_\_\_\_\_

### 3 Choose the correct option.

- 1 According to the text, what are McDonald's restaurants like?
  - a) full of light
  - b) busy with families
  - c) very noisy and crowded
- 2 When and where was the first McDonald's opened?
  - a) in 1940 in California
  - b) in 1948 in Brazil
  - c) in 1955 in the UK
- 3 How did 'fast food' start?
  - a) Waiters and waitresses ran with the food.
  - b) Customers queued to give their order and were served quickly.
  - c) The food was cooked quickly after the order was taken.
- 4 How many customers does McDonald's serve every day?
  - a) 120 million
  - b) 15 million
  - c) 69 million
- 5 How has McDonald's changed recently?
  - a) It has removed hamburgers from the menu.
  - b) It has added soup and pies to all menus.
  - c) It has added healthy food to the menu.

### 4 Complete the sentences with two or three words.

- 1 McDonald's can be found in more \_\_\_\_\_ countries.
- 2 The brothers charged less \_\_\_\_\_ for a hamburger.
- 3 The food is warm because it's kept \_\_\_\_\_.
- 4 Over 69 million people eat at McDonald's \_\_\_\_\_.
- 5 It has changed its menu because people know fast food \_\_\_\_\_.



## Don't worry; be happy!



Small, simple changes can make you happier and healthier. So, if you want to feel more cheerful, we recommend starting with these.

### A

A recent study suggests that if you get one more hour of sleep every night, your feeling of well-being will increase. You will be able to chill out more.

### B

If you exercise for 20 minutes every morning, it will wake you up. Exercise keeps people healthy, stops aching muscles and helps sore backs get better.

### C

Eat a healthy breakfast with some carbohydrates. They are a great way to start the day. They can boost a chemical in the brain which can put you in a better mood.

### D

Try new hobbies and experiences. This can have a positive effect on your well-being. If you try a new activity, you will feel more positive emotions and fewer negative ones.

### E

If you had the choice between looking at old photos or eating a bar of chocolate, what would you choose? Believe it or not, if you chose the photos, you'd feel happier for longer.

So, how often do you do these things? If you make some small changes today, you'll see a big difference tomorrow!

### 1 Read the text. Match headings 1–5 to paragraphs A–E.

- 1 Work out more \_\_\_\_\_
- 2 New experiences \_\_\_\_\_
- 3 Check photos \_\_\_\_\_
- 4 Sleep longer \_\_\_\_\_
- 5 Eat better \_\_\_\_\_

### 2 Match the definitions 1–5 to the underlined words or expressions in the text.

- 1 foods such as bread, cereal, pasta and rice:  
\_\_\_\_\_
- 2 general health and happiness: \_\_\_\_\_
- 3 feel relaxed: \_\_\_\_\_
- 4 how you feel emotionally at a particular time:  
\_\_\_\_\_
- 5 having a dull, continuous pain: \_\_\_\_\_

### 3 Read the text again. Are the sentences true (T) or false (F)?

- 1 If you sleep for an extra hour every night, you will feel happier and healthier. \_\_\_\_
- 2 Regular exercise is not good for a sore back. \_\_\_\_
- 3 Carbohydrates can improve your mood. \_\_\_\_
- 4 Taking up a new hobby can be good for you. \_\_\_\_
- 5 Eating chocolate makes you happier for longer than looking at old photos. \_\_\_\_

## Writing an informal email

### Focus on writing: Linking expressions

#### 1 Complete the sentences with the words in the box.

actually all the same anyway  
basically honestly on top of this

- Mia didn't want to watch a film. \_\_\_\_\_, it was an action film – she hates them.
- I'm not very good at tennis. \_\_\_\_\_, I was amazed when I beat the school champion.
- My sister can't really cook. \_\_\_\_\_, the pizza she made yesterday was delicious.
- A** Do you understand the science homework?  
**B** Yes. \_\_\_\_\_, we just have to write about the experiment we did this morning.
- We had fun at the party. \_\_\_\_\_, I have to go now. My mum's calling me.
- A** Are your parents English?  
**B** No. \_\_\_\_\_, they're Scottish.

### Writing task

Hi Lisa,

#### A

How are you? What have you done since I last saw you? I've been very busy. I'm working as a children's football coach.

#### B

I was playing football one evening when my coach asked me to get involved with a team. Basically, the team didn't have a coach, so the kids couldn't train or play matches. I've only been a coach for a couple of weeks, but I'm really enjoying it. The kids are enthusiastic, and they really want to get better at football.

#### C

I used to think working with young kids was hard work, but I've realized it's great fun. I hope I've made a good impression on them. ☺

#### D

Anyway, I've got to go now. It's time for training!  
Harvey

#### 2 Read the email. Answer the questions.

Which paragraph ...

- finishes the email and says goodbye? \_\_\_\_\_
- asks a friend about their life? \_\_\_\_\_
- gives more details about an experience? \_\_\_\_\_
- says how the writer's opinion has changed? \_\_\_\_\_

#### 3 Read the email again. Choose the correct option.

- What did Harvey's coach ask him to do?  
a) train harder b) coach a football team
- How long has he been in his job?  
a) a week b) two weeks
- How has his opinion about working with young kids changed?  
a) It's fun. b) It's hard work.

#### 4 Write an email to a friend about an activity that you have recently started to do.

### Think and plan

**Make some notes. Use the questions to help you:**

- What is the activity? When did you start?
- Who do you do it with?
- Why do you like it?
- Are you good at it?

### Write

**Paragraph 1** Say hello and ask your friend a question.

**Paragraph 2** Introduce the activity and give details. Use your notes to talk about the activity.

**Paragraph 3** Explain how you felt about the activity. Explain what conclusions you have come to.

**Paragraph 4** Say why you have to stop writing. Say goodbye.

**Check tenses, spelling and punctuation. Use vocabulary and linking words from the unit.**

## Writing a customer review

### Focus on writing: Generalizing, exemplifying and restating

#### 1 Complete the sentences with the words in the box.

for instance on the whole that is to say

- I do a lot of things to stay fit. \_\_\_\_\_, I eat healthy food, go to the gym and run every day.
- I always keep up to date with new technology. \_\_\_\_\_, I watch the latest vlogs and read magazines to find out what's happening.
- Vloggers influence consumers about fashion and make-up. \_\_\_\_\_, teenagers believe vloggers more easily than traditional advertisers.

#### Writing task

##### Tiger Bright bicycle light €25

You can get cheaper bicycle lights, but you get what you pay for with this bright and long-lasting light. I



have bought lots of lights in the past. Some broke immediately. Some weren't bright enough to use at night, and some didn't last long. In other words, I have a lot of experience with bicycle lights!

This light is very strong and it has many other good points, notably that it's waterproof. On top of that, you can drop it and it won't break. It is easy to attach and remove from your bike. That is to say, you don't spend 20 minutes trying to put it on and take it off each time you use it.

It is useful in other situations, too. For instance, when my brother and I used it when we went camping. You can increase the brightness because there are three settings: low, medium and high. The battery lasts for ages, but unfortunately they are expensive.

If you are not happy with it, the company will give you your money back. All in all, I recommend the light. It is expensive, but it is great quality.

#### 2 Read the product review. Are the sentences true (T) or false (F)?

- Tiger Bright is a torch. \_\_\_\_\_
- The reviewer has used some low-quality lights previously. \_\_\_\_\_
- You can't get the light wet. \_\_\_\_\_
- The battery doesn't last long, but it's cheap to replace. \_\_\_\_\_

#### 3 Write a customer review. Research a product and make notes.

#### Think and plan

##### Use the questions to help you:

- What is the product, and what does it do?
- How does it work?
- What happened when you first used it?
- What is your opinion of it? Would you recommend it? Why / Why not?

#### Write

**Paragraph 1** Name the product and say what it does.

**Paragraph 2** Describe the product and say how easy it is to use.

**Paragraph 3** Explain what happened when you first used it.

**Paragraph 4** Give your opinion of the product and your recommendation.

#### Check tenses, spelling and punctuation.

Use vocabulary and linking words from the unit.

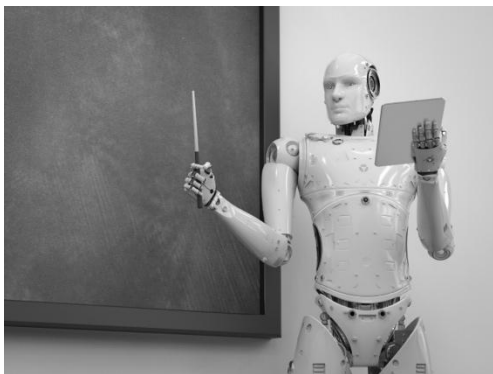
## Writing an opinion essay

### Focus on writing: Two-part conjunctions

#### 1 Choose the correct options.

- 1 My grandmother was **so / such** tired **or / that** she fell asleep in front of the TV.
- 2 He is **such / not only** a good writer **also / that** he won a prize.
- 3 We should go to London on **either / not only** Saturday **and / or** Sunday. Which day do you prefer?
- 4 **Not only / Such** is Robert good at languages, buthe's **or / also** good at maths. I'm jealous!

#### The teachers of tomorrow?



Most people believe that we need real teachers to teach us. However, in some schools in the USA and South Korea, high-tech robot teachers are used. The robots (1) \_\_\_\_\_ by battery, and they teach lessons and answer questions. They are new, so many people are frightened of the idea that they can be used in the classroom.

Robot teachers have one big (2) \_\_\_\_\_. They are available 24 hours a day if students need help with work.

However, robot teachers have some (3) \_\_\_\_\_. Not only are they expensive, (4) \_\_\_\_\_ they also not environmentally friendly. They need a lot of electricity, and producing electricity causes pollution.

In conclusion, (5) \_\_\_\_\_ robot teachers are a good idea. Not only is the idea of a robot teacher exciting for children, but the robots make the teacher's job easier. They can do some of the boring jobs and give teachers more time to teach. In my opinion, schools should use both robot teachers and real teachers.

## Writing task

### 2 Read the essay and complete it with the words in the box.

advantage are powered but disadvantages  
I think

### 3 What is the writer's opinion?

- 1 Schools shouldn't use robot teachers. They are not a good idea.
- 2 Robot teachers are expensive, but they are a good idea.

### 4 Read the essay again and complete the sentences.

- 1 There are robot teachers in \_\_\_\_\_ and \_\_\_\_\_.
- 2 The robot teachers use \_\_\_\_\_ power.
- 3 Students can contact robot teachers \_\_\_\_\_ a day.
- 4 Robot teachers aren't \_\_\_\_\_ because they use a lot of electricity.

### 5 Write an opinion essay. Choose one of the topics below or use your own idea.

- Should we all stop using plastic?
- Is it a good idea to provide free Wi-Fi all over the world?

## Think and plan

### Do some research and make notes. Use the questions to help you:

- What is your opinion on the subject?
- What evidence have you got to support your opinion?
- What examples have you got to support your opinion?
- What is your conclusion?

## Write

**Paragraph 1** Introduce the topic and ask a question.

**Paragraph 2** Give some facts and state the problem.

**Paragraph 3** Add some more information and another example to support your argument.

**Paragraph 4** Give your opinion and suggest what should be done about the current situation.

**Check tenses, spelling and punctuation. Use two-part conjunctions and vocabulary from the unit.**

## Writing a blog post

### Focus on writing: Punctuation

#### 1 Add the correct punctuation to the sentences.

1 Paula asked Do you want to come to the tennis match with me

\_\_\_\_\_

\_\_\_\_\_

2 Why didnt you want to come to Joes house

\_\_\_\_\_

\_\_\_\_\_

3 Shell arrive at three o'clock if she doesnt miss the bus

\_\_\_\_\_

\_\_\_\_\_

4 I got into trouble with my dad Id forgotten to tell him that Id be home late

\_\_\_\_\_

\_\_\_\_\_

5 Dont forget all the ingredients onions peppers garlic tomatoes and basil

\_\_\_\_\_

\_\_\_\_\_

### Writing task



#### Week 1: 10 July

I've started an art class! There are twelve people of all ages in the class. I was nervous before I got there. ☺ I spent the whole time talking to an older woman called Heidi. When I sat down, she smiled and asked, 'Is this your first class?' I said yes, and we started chatting. She was so funny! I didn't do any painting – we just talked about our favourite artists. If I'd talked less, I'd have had enough time to paint. Never mind! If I come back next week, I'll paint a picture.

#### Week 2: 17 July

I've had a bad week, but drawing helps me calm down. I sat next to Heidi again, and she really helped me to cheer up. ☺ If I hadn't started the class, I wouldn't have met her, and I wouldn't have painted this picture! I'm pleased with it, but Heidi's picture is better than mine. I know we'll have fun next week. I can't wait!

#### 2 Read Adam's blog. Choose the correct option.

##### Week 1:

- 1 Adam has started **a cookery / an art** class.
- 2 Before he arrived, he felt **nervous / happy**.
- 3 In his first class, he talked to **an older / a younger** woman.

##### Week 2:

- 4 Adam went back to the class because he'd had a **good / bad** week.
- 5 Heidi **woke / cheered** up Adam.
- 6 Adam **is / isn't** looking forward to the next class.

#### 3 Write a blog post about a place you visited for the first time while you were on holiday.

### Think and plan

**Make some notes. Use the questions to help you:**

- Where were you on holiday?
- Why did you decide to visit it?
- How did you get there?
- Who did you go with?
- How long did you spend there?
- What did you do there?
- Who did you meet there?
- How did you feel after visiting it?

### Write

**Paragraph 1** Describe the place and why you wanted to visit it.

**Paragraph 2** Give details about how you got there, who you went with and how long you were there.

**Paragraph 3** Describe what you did while you were there and who you met.

**Paragraph 4** Talk about how you felt after the visit.

**Check tenses, spelling and punctuation. Use vocabulary from the unit.**