Making Progress
to First Certificate

Student’s Book

Leo Jones
Contents

Welcome! 7

1 Personal information 8
   A You and me 8
   B Family and friends 10

2 Learning English 12
   A The English language 12
   B A better memory? 14

3 Money 16
   A Shops and shopping 16
   B Spend or save? 18

4 Education 20
   A Schools and colleges 20
   B Happy days? 22

5 Relationships 24
   A Families 24
   B Love and marriage 26

1–5 Revision 28

6 Travel and holidays 30
   A The best holiday ever! 30
   B Travelling abroad 32

7 Where I live 34
   A Home, sweet home 34
   B My home town 36

8 Entertainment 38
   A At the movies 38
   B That's show business! 40

9 Communication 42
   A What do you mean? 42
   B Put it in writing 44

10 Food and drink 46
    A Different kinds of food 46
    B Enjoy your meal! 48

6–10 Revision 50

11 Science and technology 52
    A Tools and gadgets 52
    B How and why? 54

12 Around the world 56
    A Different countries 56
    B The other side of the world 58

13 Weather and climate 60
    A Lovely weather! 60
    B Terrible weather 62

14 Nature 64
    A Living creatures 64
    B The environment 66

15 Free time 68
    A Hobbies and games 68
    B Sports and activities 70

11–15 Revision 72

16 Good health 74
    A Staying well 74
    B Keeping fit 76

17 Puzzles and problems 78
    A How strange! 78
    B Solving problems 80

18 The future 82
    A Looking ahead 82
    B Hopes and ambitions 84

19 Work 86
    A Earning a living 86
    B The ideal job? 88

20 Transport 90
    A On the road 90
    B By land, sea and air 92

16–20 Revision 94

21 The past 96
    A Do you remember? 96
    B A very long time ago 98

22 The news 100
    A Keep up to date 100
    B What's in the news? 102

23 Books 104
    A Reading for pleasure 104
    B A good read 106

24 People 108
    A Friends 108
    B Men and women, boys and girls 110

25 That's funny! 112
    A A sense of humour 112
    B Ha, ha, ha! 114

21–25 Revision 116

Grammar reference 118
Communication activities 131
Map of the book 144
You and me

What sort of person are you?

1 Work in pairs. What’s wrong with the pictures?

If it’s a London bus, it shouldn’t be yellow, it should be . . .

What are these colours called? Fill the gaps:

m, a, b, m, o, p, t, t

2 Listen to Anna and Max – what are their favourite colours?

ANNA likes 5 colours: .................................................................
and doesn’t like 2 colours: ...........................................................

MAX likes 3 colours: .................................................................
and doesn’t like 4 colours: ...........................................................

3 + Join another pair and look at Communication Activity 1 on page 131. Find out what your choices say about your personalities.

4 Listen to the recording and follow the instructions. You’ll need a clean sheet of paper and a pencil.

5 Look at Activity 21 on page 136. Find out what your drawing says about your personality!

5 Decide which FIVE adjectives best describe your own personality – and your partner’s personality.

active  easy-going  happy  lively  sociable
calm  forgetful  hard-working  open-minded  strict
careful  funny  helpful  relaxed  thoughtful
careless  generous  kind  serious  tolerant
considerate  gentle  lazy  shy  unkind
Present simple and past simple

1 First look at the examples in the Grammar reference section on page 119.

2 Fill the gaps in these sentences:

   1. I usually go to bed around midnight and fall asleep very quickly. Yesterday I  to bed at 11, but I asleep until 12.
   2. Water at 100° Celsius, and at 0°.
      The temperature so low last night that the lake .
      If you ice it melts and water.
   3. Usually he to work by bus, but yesterday he by car.

3 Complete these sentences:

   1. Usually I for breakfast, but today I .
      What you ?
   2. If someone is rude to me . If someone is kind to me . If someone gives me a present I .
   3. The last time someone was rude to me . The last time someone was kind to me . The last time someone gave me a present I .

4 Work in groups of three or four. Ask each other these questions:

   What do you usually do on Sundays? . . . on Saturday evenings? . . . on Mondays?
   What did you do last Sunday? . . . last Saturday evening? . . . last Monday?

Numbers

1 What are these numbers? Say each one aloud.

Listen to the recording and fill the gaps. Then take turns to say the sentences aloud.

   1. My telephone number is .
      The moon is kilometres from the Earth.
   2. My passport number is .
      The deepest part of the Pacific Ocean metres deep.
   3. Their car registration number is JG .
      The height of Mount Everest metres.
   4. The price of this CD is £ . 74.95 divided by 5 equals .
   5. 1  multiplied by 3 is . 5 times 0.75 is .

3 Write down these numbers, then dictate them to your partner:

   Two telephone numbers A passport or ID card number
   The prices of the last two things you bought A car registration number
   Another number that is important to you
1B Family and friends

Just relax

Look at the photos and discuss these questions:

- Which person above is more like you?
- Which members of your family are often stressed? Which are usually relaxed?
- How many of your friends suffer from stress?
- What do you do to relax?

Read the advice below before you hear the recording.

Listen to the recording and tick ✓ the advice that the speakers gave:

1 One minute of laughter is as good as 45 minutes of exercise.
2 Ten minutes stroking an animal will reduce blood pressure. If you don't have a pet, borrow one.
3 Make a list. Write down ten things that make you happy and incorporate them into your daily life.
4 Do some exercise. A bit of movement not only relieves stress but can also increase concentration and give you a general feeling of well-being.
5 Eating little and often helps keep blood sugar levels up.
6 Walking is both a relaxing form of exercise and gives you a chance to think.
7 Breathe in. Take twenty deep breaths ten times a day to balance and replenish body and mind.
8 Walk tall. A good posture means your body feels fewer ill effects when it is tense.
9 Put your fingers in your ears and close your eyes. Listen to your inner sounds for a few minutes and relax.
10 Have a haircut – a quick way to feel (and look) better.
11 Don't be afraid to spend time alone. It’s an important way to take stock of the day’s events.
12 Spend time with a friend. Make dinner or just have a good chat.
13 Have a good stretch. Roll your shoulders and wiggle your fingers.

Discuss these questions:

- Which of the advice above do you agree with?
- Which do you disagree with?
- Can you suggest more tips to help each other to relax?
Writing to a friend

1 Read this e-mail from your friend Alex.

Hello!
How are you? It's a long time since I last heard from you.
What is your news?
How are your family?
Are you still studying English? How are you getting on with it?
How was your holiday? Where did you go and what did you do?

Best wishes,
Alex :)

2 Before you write a reply, decide what you will say to Alex.

3 Write your reply to Alex.

4 Show your reply to a partner, and read his or her reply.

Likes and dislikes

1 Practise saying these phrases:

- What is your favourite . . . ?
- Do you like . . . ?
- Why do you like . . . so much?
- What . . . do you dislike most?
- Why don’t you like . . . ?

Well, I do like . . . but I think I like . . . more.
I don’t really have a favourite, but I do like . . . a lot.
Because . . .
That’s hard to say, but I don’t like . . . very much.
I’m not sure really.
What about you? What’s your favourite . . . ?

2 Fill this chart with your partner’s favourites:

<table>
<thead>
<tr>
<th>favourite</th>
<th>least favourite</th>
</tr>
</thead>
<tbody>
<tr>
<td>colour</td>
<td></td>
</tr>
<tr>
<td>car</td>
<td></td>
</tr>
<tr>
<td>band</td>
<td></td>
</tr>
<tr>
<td>game</td>
<td></td>
</tr>
<tr>
<td>fruit</td>
<td></td>
</tr>
<tr>
<td>language</td>
<td></td>
</tr>
<tr>
<td>TV show</td>
<td></td>
</tr>
<tr>
<td>book</td>
<td></td>
</tr>
<tr>
<td>film star</td>
<td></td>
</tr>
</tbody>
</table>

3 Join another pair. Tell them what you found out.

What likes and dislikes do you have in common?