

Unit 1

Free time

A Vocabulary

1 Look at the words below from Unit 1 and match them to make suitable phrases. More than one answer may be possible. **Example: free + time**

free	resistance	scheme	game
shopping	creative	story	price
discount	board	training	app
online	loyalty	time	centre
amazing		puzzles	

2 Use the phrases from Exercise A1 to complete the sentences below.

Example: He was told to do his homework in his free time and not during school hours.

- a In the examination you do not have to write a but to respond to emails and advertisements.
 - b At his gym they do a lot of because it improves muscle strength.
 - c In China, and other countries, they play this called 'Go' which uses white and black stones.
 - d are becoming more popular but not as much as the traditional paper ones.
 - e He downloaded this on his phone, so he can always find his car when it's in a car park.
 - f They're going to build another in our town; we've already got one huge one.
 - g If you join the company's then you'll get discounts on certain products all year round.
 - h The for these running shoes is \$10 but you have to show your gym membership card.
- 3 Look at each of these groups of words from Unit 1. Which word in each group does not belong there? Write reasons for your answers.

Example: pencil bag pen sharpener

Bag is the odd one out because the other things you put in a pencil case.

- a cardiovascular resistance training free weights general sports injury

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- b leaflet app newsletter programme

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- c creative funny delightful amaze

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d someone birthday present basketball announced

.....

e football tennis swimming cricket

.....

f children adults couples boys

.....

g shopping mall sports centre entertainment complex stalls

.....

4 Complete the sentences below using one of the words from Exercise A3.

Example: They have built a huge sports centre at the Olympic park for the athletes.

- a** Before people used to shop at different shops but now they go to a
- b** is a great game played all over the world; however, it is known as soccer in the USA.
- c** A clown is supposed to be but they often frighten young children.
- d** In some countries learn to drive when they are 18 years old but in others it's 21.
- e** I love going to the marketplace and seeing all the different selling food and clothing.
- f** Yesterday they their engagement and plan to get married next year.
- g** We went to the cinema and saw a film which the whole family enjoyed.
- h** You can download this for free from the internet and it's really good.

5 Match each abbreviation with the correct unit of measurement. Then complete the sentences using the abbreviation.

millilitres	kilogram	kg	m
metre	kilometres	kph	GB
litres	Celsius	C	km
millimetre	kilometres per hour	cm	mm
centimetre	gigabyte	mt	l

Example: millilitres = ml You should only have put 100 ml of milk in that cake.

- a** You should drink about 3 of water each day.
- b** This USB stick has 19 of space left. Is that enough?
- c** The speed limit on motorways in many countries is 100

- d** A bag of sugar normally weighs 1
- e** Temperatures rise to about 45° in our country in the summer – it's very hot.
- f** A key on a laptop normally measures about 1
- g** My daughter is going to run a marathon, so she runs about 5 every day to prepare.
- h** The shop is only about 100 away, I'm sure you can walk that far!
- i** On a map 1 doesn't look very far, but in reality it can be a very long distance.
- 6** Complete the sentences using *original* or *unique*.
- a** These jeans aren't really but they look the same and were much cheaper.
- b** A painting at the museum was stolen but they later found out that it wasn't the
- c** He has ideas that no one else has thought of but unfortunately none of them are practical, so they can't be used.
- d** You're not allowed to make copies from the so you have to buy a copy.
- e** She had the idea of going on a picnic on our day off – which is wonderful.
- f** Everybody has a(n) signature which sometimes is very difficult to understand.

B Language focus: phrases for preferences and suggestions, adjectives + nouns

- 1** Imagine that you are shopping with your friend. Complete the dialogue with preferences and suggestions.
- Your friend:** Do you like these shoes? I'm not sure about the colour.
- You:** I think the colour is lovely but you don't like them, do you? Try another colour.
 What do you think
- Your friend:** I don't know. I'm not sure about this shop. What do you think about (ing).
- You:** Oohh I don't know. I think I'd rather
- Your friend:** Yes, we could do but how about
- You:** I went there last week, so I'm a bit bored of it. I think we should
- Your friend:** Yes, that's a good idea!!! And we could walk home from there afterwards.
- You:** I suggest we and then we
- Your friend:** Oh, okay then. Whatever you want.

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2 Read the following two blogs by teenagers talking about their free time. Find three adjectives + nouns in each blog and write them in the box.

Adjective	Noun
International	camel racing

- a I'm from Oman and my country is very famous for camel racing. My father's sizeable family have been in the business of international camel racing for many years now and it is becoming increasingly popular. Camels used to be bred for their delicious meat and nutritious milk but nowadays their amazing speed is far more important. It's a very exciting sport and camels can be beautiful to watch from under the shade of the surrounding numerous date trees when they are running around the sandy tracks.
- b I love swimming in my free time and I'm lucky as I've got an Olympic-sized pool near my house. I've been swimming since I was quite a young boy but now I get so much pleasure from it that I go swimming every day after school. I swim lengths up and down the empty pool for about an hour a day as everybody goes straight home, and then I go home, exhausted but ready to do my homework and eat a large dinner.

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3 Now look at this third gapped paragraph. Complete it with information about yourself, and nouns and adjectives of your choice.

In my country,, a game that is very popular and one that is played by all ages is called It is mostly played by people but increasingly there are people who want to play because it is and People often sit, even in the weather, and either play or watch others playing. The game is but also and it has also become quite

4 Complete the sentences with a noun made from the adjective given.

Example: The man showed great generosity when he gave the old man a \$20 note (generous).

- a The audience greeted the musicians with much (warm).
- b Her meant that she could organise her exam schedule well (efficient).
- c He felt like a when he moved to his new school (strange).
- d He looked with at the birthday cake his mother had made for him (delightful).
- e He read the article about migrating birds with (fascinating).
- f His for photography and drawing encouraged him to study art at university (enthusiastic).

- g** The driving instructor spoke to her with when she failed the test (firm).
- h** He made an when he delivered a speech on the environment (impressed).

C Skills

Reading

- 1** Look at the statements below, which will help you to revise about reading. Are they true or false? If 'false' then give the correct answer.
 - a** *Skimming* is used to quickly identify the main ideas of a text.

 - b** *Scanning* is used to find key ideas and words in a text.

 - c** It is usually necessary to understand all words in a text to find answers to questions.

 - d** You are always required to write a full sentence for your answers.

 - e** Numbers must be spelt correctly to gain full marks for a question.

 - f** You need to add a symbol or unit of measurement if you are referring to a quantity.

 - g** It is a good idea to underline key words in a text.

- 2** Remember: before you answer questions from a text, it is important to know what you are looking for. Underline the key words in the following questions.
 - a** What are the six ways that can help a person become successful?
 - b** What is the minimum recommended daily exercise?
 - c** What kind of books will improve your skill of reading?
 - d** Other than at school and college, where are good places to learn?
 - e** What are two examples of how you can help other people?
 - f** Why is it not healthy to only focus on your studies?
 - g** What people should you always give priority to in your life?
 - h** Is it important to include all of the points listed in order to be successful? Why/not?

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3 Write down the type of answer that each of the questions in Exercise C2 requires.

Example: a Six words or phrases.

- b**
- c**
- d**
- e**
- f**
- g**
- h**

4 Now read the text about six different ways of being successful, then answer the questions from Exercise C2.

How people spend their free time can have a big impact on their success as a person. Successful people tend to spend their free time in these six ways (and more, of course), so read below and find out why:

- 1 **They Exercise.** Physical exercise is important for both physical and mental health. Taking at least half an hour's exercise a day can get your blood pumping and revitalise your spirit. Exercising regularly also helps you remain disciplined, which can be valuable in an everyday environment, and can reduce the long-term effects of stress as well – meaning regular exercisers tend to be less stressed about their lives. You'll also look better and feel better, which gives you greater confidence.
- 2 **They Read.** Reading is a lifelong skill, and successful people never stop reading new books. Whether it's fiction or non-fiction, books help give you a greater understanding of the world around you. They introduce you to new characters, new environments, new cultures, new philosophies, and new ideas. Similarly, reading regularly helps to build your vocabulary and your semantic comprehension, giving you greater communication skills.
- 3 **They Take Classes.** Education shouldn't stop at school or college, and shouldn't be restricted to institutions. The most successful people in the world are the ones who make a commitment to never stop learning. They're always incorporating new skills for their CVs and learning new aspects of the world around them. Many local colleges offer courses for free. So don't underestimate the value of free online courses – if you have a free hour and an internet connection, you can start learning a new skill.
- 4 **They Volunteer.** Volunteering, no matter where or how you do it, is beneficial for you and your community. Whether you're helping to clean up a highway, working in a soup kitchen, or providing support to young people, your time goes a long way toward improving the community around you. Volunteering is also a valuable networking experience, introducing you to other people like you.
- 5 **They Have Hobbies.** Focusing exclusively on work or school might seem like a fast track to success. With nothing else distracting you, you can funnel your full effort into this and do in one week what would take most people two. But this approach has a nasty downside; it stresses you out and prevents you from developing skills in any other areas. Finding and pursuing a hobby, on the other hand, helps you relieve stress, put your life in perspective, and builds skills that complement ones you use every day. It's a breath of fresh air that keeps you grounded, and involved with other people.
- 6 **They Spend Time With Friends and Family.** This is the last point, but again your job or school isn't everything. Focusing too much on what you want to achieve is self-sabotage, no matter how counterintuitive that might sound. If you want to be successful in life, you have to prioritise your personal relationships – your bond with your friends and family members. No matter how much you want to be successful and develop, you shouldn't neglect your friends and family to do it.

If you don't spend your free time like this, it doesn't mean you have no chance of being successful. However, picking up some of these strategies can improve your abilities, improve your mindset, and expand your network to levels that will increase your chances for success in life. Start incorporating a few of them into your free-time routines and you might just be surprised at the results.

Unit 2

Television

A Vocabulary

1 Match each type of TV programme to its description.

Programme	Description
a Soap	i Often longer than TV programmes and normally made for cinema
b Documentary	ii Where games are played by the general public, often for prizes
c News	iii Documents everyday people in real-life situations with unscripted dialogue
d Quiz show	iv Where a presenter talks to famous people about their lives
e Chat show	v Follows the lives of people where the story is often dramatic and unrealistic
f Reality show	vi Looks in detail at events of the week, typically politics
g Series	vii A daily report of the day's events, both nationally and internationally
h Film	viii Has factual information about life, whether animals, people, space, etc.
i Current affairs	ix Same situations and people with different or continuing story week to week

Example: (a) Soap (v) Follows the lives of people where the story is often dramatic and unrealistic.

- a f
- b g
- c h
- d i
- e

2 Choose four of the most popular programmes in your country. Say what type of programme it is and its name. Then write if you watch it and why/why not.

Example: Soap – Friends. I don't watch it as I don't find the humour funny.

- a
- b
- c
- d

3 Make compound nouns with the following words, then complete the sentences. Some gaps may have more than one correct answer and there is one compound noun that you don't need to use.

mobile	information	leaflet	media
voluntary	sound	phones	money
social	smart	programme	system
television	pocket	standards	work
living		phones	

- a My children receive every month for doing jobs around the house.
 - b It's always difficult to know which are best as there are so many different types out there.
 - c She does every week because she finds working every day in an office unrewarding.
 - d have changed so rapidly over the years and now we can't imagine living without them.
 - e They had to buy an additional as the one on the television was not very good quality.
 - f Overall have risen throughout the world but still there are many discrepancies.
 - g Advertising on is not the same as putting adverts in shop windows and in the newspaper like it was about ten years ago.
 - h are a good way to get across a summary to people but they can't go into detail.
- 4 Complete the sentences using *obviously* or *apparently*.
- a They need to plan it in advance as they have the children to think about.
 - b The concert went very well last night, but I wasn't there to hear it.
 - c Well we'll have dinner before the cinema, as otherwise it'll be too late to eat.
 - d, they're having lots of money problems according to my friend at the bank!

B Language focus: adverbs

1 Unscramble the letters to make adverbs. The first letter is given.

Example: zaagmyinl = amazingly

- a ylefbautiul = b
- b mceployetl = c
- c foulbdytul = d
- d ueaenytlv = e
- e nfbayhisoal = f
- f nsgeeryoul = g
- g nhyguril = h
- h ccorryniel = i

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- 2 Use the words from Exercise B1 to complete the sentences.
- a The teacher marked the tests, so they got lower grades.
 - b They finished the race after a lot of effort.
 - c The dog ate the food
 - d They were surprised by his reaction to the comment.
 - e She listened to his excuses as he always lied.
 - f He was very dressed and looked professional.
 - g Everyone was asked to give to the charity.
 - h She finished off the letter with her signature.

- 3 Now write sentences using each of the adverbs below.

Example: astonishingly – Astonishingly he finished the race first despite his health issues.

- a fabulously
- b interestingly
- c horrendously
- d supposedly
- e greatly
- f extremely
- g carelessly
- h presumably