



**ДЕРЖАВНИЙ ВИЩИЙ НАВЧАЛЬНИЙ ЗАКЛАД  
«ЗАПОРІЗЬКИЙ НАЦІОНАЛЬНИЙ УНІВЕРСИТЕТ»  
МІНІСТЕРСТВО ОСВІТИ І НАУКИ, МОЛОДІ ТА СПОРТУ УКРАЇНИ**

**О.А. Каніболоцька  
С.В. Іваненко  
Т.А. Чаплінська**

**ДРУГА ІНОЗЕМНА МОВА (АНГЛІЙСЬКА)  
Навчальний посібник до комунікативного комплексу  
«Cutting Edge (Advanced)» для студентів факультету іноземної  
філології освітньо-кваліфікаційних рівнів «Спеціаліст», «Магістр»**

**CUTTING EDGE**

**ADVANCED**



**ДЕРЖАВНИЙ ВИЩИЙ НАВЧАЛЬНИЙ ЗАКЛАД  
«ЗАПОРІЗЬКИЙ НАЦІОНАЛЬНИЙ УНІВЕРСИТЕТ»  
МІНІСТЕРСТВА ОСВІТИ І НАУКИ, МОЛОДІ ТА СПОРТУ УКРАЇНИ**

**О.А. Каніболоцька  
С.В. Іваненко  
Т.А. Чаплінська**

**ДРУГА ІНОЗЕМНА МОВА (АНГЛІЙСЬКА)  
Навчальний посібник до комунікативного комплексу  
«Cutting Edge (Advanced)» для студентів факультету іноземної філології  
освітньо-кваліфікаційних рівнів «Спеціаліст», «Магістр»**

Затверджено  
Вченою радою ЗНУ  
Протокол № 4 від 20.12.2011

Запоріжжя 2011

УДК: 371.133:81'243(075.8)  
ББК:Ч481.266.36я73

Каніболоцька О.А., Іваненко С.В., Чаплінська Т.А. Друга іноземна мова (англійська): навчальний посібник до комунікативного комплексу «Cutting Edge (Advanced)» для студентів факультету іноземної філології освітньо-кваліфікаційних рівнів «Спеціаліст», «Магістр». – Запоріжжя: ЗНУ, 2012. – 100 с.

Навчальний посібник містить систематизований мовний і мовленнєвий матеріал за лексичним аспектом мови, за принципом їх тематичного групування на базі змісту 10-ти уроків базового автентичного підручника «Cutting Edge (Advanced)», який адресовано студентам професійного рівня вивчення англійської мови. Навчальні завдання включають комплекс вправ, які спрямовані на розвиток навичок розуміння англійського тексту, збагачення словникового запасу студентів, розвиток комунікативної компетенції. Дані завдання можуть бути використані з метою контролю рівня засвоєного лексичного матеріалу студентами до відповідних тем.

Видання призначено для студентів 5 курсу галузі знань «гуманітарні науки» напряму підготовки «філологія» та «переклад» для самостійного використання при виконанні мовних та мовленнєвих завдань.

Рецензент

Л.М. Пінчук

Відповідальний за випуск

О.А.Каніболоцька

## ЗМІСТ

Передмова.....	5
Лексичний мінімум підручника та вправи за змістом курсу .....	6
<i>Module 1. Globalisation.....</i>	6
<i>Module 2. Feelings. ....</i>	11
<i>Module 3. Behaviour. ....</i>	16
<i>Module 4. Health. ....</i>	21
<i>Module 5. Education. ....</i>	26
<i>Module 6. Money. ....</i>	31
<i>Module 7. People &amp;relationship. ....</i>	36
<i>Module 8. Fashion. ....</i>	41
<i>Module 9. Work. ....</i>	46
<i>Module 10. Truth &amp; lies. ....</i>	51
Тематичний лексичний збірник.....	56
<i>Topic 1. Globalisation. English as a global language. ....</i>	56
<i>Topic 2. Choosing a career. ....</i>	58
<i>Topic 3. The profession of a teacher. ....</i>	61
<i>Topic 4. Healthy mode of life. Youth problems. ....</i>	65
<i>Topic 5 . Traditional English and American cuisine. ....</i>	67
<i>Topic 6. Money makes the world go round. ....</i>	73
<i>Topic 7. The family is one of the masterpieces. ....</i>	75
<i>Topic 8. Generation gap: illusion or reality. ....</i>	79
<i>Topic 9. Science and technology. History of computer. ....</i>	84
<i>Topic 10. Ecological problems. ....</i>	90
<i>Topic 11. Mass Media. ....</i>	95
Література .....	96

## ПЕРЕДМОВА

Курс “Друга іноземна мова (англійська)” є необхідною складовою частиною оволодіння студентами професійними практичними іншомовними навичками у сфері іноземної філології. Він дає можливість здобути мовну, мовленнєву, соціокультурну та комунікативну компетенцію для здійснення педагогічної і наукової діяльності.

Даний курс розрахований на студентів 5 курсу факультету іноземної філології спеціальностей “мова та література” і “переклад”. Метою останніх семестрів навчання другої іноземної мови є поглиблення і розвиток навичок мовної діяльності, узагальнення і систематизація одержаних студентами мовних знань на матеріалах підвищеної складності, більш глибока робота зі словом, а також стилями сучасної англійської мови.

Даний посібник орієнтований на розвиток і вдосконалення лексичних навичок, навичок усного і писемного мовлення. Основна мета даного видання – надати студентам інформативний лексичний матеріал і навчальні завдання з певної тематики. У виданні подано конкретний матеріал, як для аудиторних занять під керівництвом викладача, так і для самостійного вивчення англійської мови під час підготовки до підсумкових контрольних робіт чи до іспитів з англійської мови.

Структура видання охоплює понад 20 лексичних тем (English as a global language, Generation gaps, Ecological problems, Money and compensation, Man and woman, Globalisation, Mixed emotions, Truth and lies та інші), які вивчаються студентами 5 курсів денного і заочного відділення факультету іноземної філології на заняттях з другої іноземної мови (англійська мова). Теми за змістом цікаві, доступні, насичені живим мовним матеріалом, спонукають студентів до висловлення власної думки.

Даний посібник включають комплекс вправ, які спрямовані на розвиток навичок розуміння англійського тексту, збагачення словникового запасу студентів, розвиток комунікативної компетенції, навичок самостійної роботи з новими лексичними одиницями. Дані завдання можуть бути використані з метою контролю рівня засвоєного лексичного матеріалу студентами до відповідних тем.

Автор сподівається, що використання даного навчального видання покращить мовну підготовку студентів факультету іноземної філології, сприятиме розширенню їхнього світогляду, полегшить роботу викладачів у підготовці до практичних занять з другої іноземної мови (англійська).

# 1. ЛЕКСИЧНИЙ МІНІМУМ ПІДРУЧНИКА ТА ВПРАВИ ЗА ЗМІСТОМ КУРСУ

## MODULE 1. Globalisation

Globalisation	Ox cart
International brand	Prohibited
To import	Freeway
To export	Toll road
Neighbouring country	Showcase
Domestic sport	Aspiration
Fast food chains	To pursue
Ethnic restaurant	Flock
Lingua franca	Encourage
Non-native speaker	Lure
Multinational corporation	Enticing
International investor	Generation gap
Locally-produced good	Wax euphoric
Multi-ethnic society	Drastically
A traditional way of life	Crew
Emigration	Environ
Immigration	The Forbidden City
Worldwide communication networks	The Summer Palace
Small local business	The Great Wall
Cultural diversity	In the world
A high standard of living	To have all the time on earth
A clash of cultures	To cost the earth
Americanisation	The ocean floor
Mass tourism	To think the world of them
To clutch	The dance floor
Road sign	To be grounded
billboard	Out of the world
Architectural marvel	To get off the ground
A forest of construction cranes	On top of the world
Plush shopping malls	To keep your feet on the ground
Rubble	Worldwide
Dizzy	Floorboards
Disdain socialist sacrifice	Earth-shattering

## EXERCISES

### 1. Match the beginnings and endings of the following phrasal verbs and noun

way of		tourism
mass		behind
run out		chains
hand		about
lag		life
go		of
rough		over
fast food		society
wax (lyrical)		draft
multi-ethnic		in

### 2. Write the correct phrasal verb or noun phrase with the definition below.

- a) give a piece of work to a person in authority \_\_\_\_\_
- b) a piece of writing that is not finished \_\_\_\_\_
- c) the style or way you live your life \_\_\_\_\_
- d) to describe something in a very enthusiastic way \_\_\_\_\_
- e) completely use up something \_\_\_\_\_
- f) a society made up of different ethnic groups \_\_\_\_\_
- g) tourism involving very large numbers of people \_\_\_\_\_
- h) a group of fast-food restaurants which are of similar design and are owned by a single company \_\_\_\_\_
- i) moving or developing more slowly than others \_\_\_\_\_
- j) look at or check something carefully \_\_\_\_\_

### 3. Read the dialogue below. Complete the gaps with an appropriate phrasal verb or noun phrase from Exercise 1. You may need to change the form.

A When do we need to 1) \_\_\_\_\_ that essay on globalisation?

B Tomorrow. I've made a 2) \_\_\_\_\_ of my ideas.

A Yeah, me too. Shall we work on it together?

B OK. Well, I started with examples of people's 3) \_\_\_\_\_, and how globalisation is part of this, like eating at 4) \_\_\_\_\_. I also talked about how most of us live in a 5) \_\_\_\_\_ society, you know loads of people from different backgrounds.

A Good idea! I was thinking of 6) \_\_\_\_\_ the positive side, you know, saying that I love Sushi and now it's gone global and you can buy it in supermarkets everywhere.

B What about the negative side? We need to mention the damaging effects of 7) \_\_\_\_\_ or how some nationalities might feel they are

8) \_\_\_\_\_ other countries.

A Let's get our lesson notes now and 9) \_\_\_\_\_ them thoroughly, otherwise we'll

10) \_\_\_\_\_ time.

### 4. Using these phrasal verbs, idioms, miscellaneous phrases complete the sentences.



## Phrasal verbs

**catch up (+ with)** [T] to come from behind and reach the same level as someone who is ahead of you: *Can't you drive any faster? They're catching up with us.*

**come up** [I] to appear or happen in a way that requires attention: *A lot of important questions came up at the meeting.*

**cut off (be)** [I] to be completely separated from other places or people: *In winter, the village is often cut off by snow.*

**give way to** [T] to have its place taken by something else: *In the last century steam trains gave way to electric trains.*

**go ahead** [I] to take place as planned: *The sale went ahead without problems.*

**go by (of time etc.)** [I] to pass: *As the years went by, Mary and Elizabeth gradually lost touch with each other.*

**go over** [T] to look at or check something very carefully: *The police went over my statement very carefully.* Also **go through**: [T] *I searched my flat and went through all my pockets but I couldn't find the keys anywhere.*

**hand in (+ to)** [T] to give something to a person in authority, e.g. an official or teacher: *Hand your papers in at the end of the exam.*

**head for** [T] move towards: *There was a lot to discuss after the conference so we all headed for the coffee bar to exchange our views.*

**lag behind** [I,T] to move or develop more slowly than others: *Our social reforms are still lagging behind other countries.*

**miss out** [T] to not include something: *This document is extremely important. Make sure you don't miss any details out.*

**pull down** [T] to demolish a building that is no longer used: *The old chapel is dangerous and will have to be pulled down.*

**put out** [T] to extinguish something, e.g. a fire or cigarette: *This is a non-smoking area. Could you put out your cigarette, please?*

**put up** [T] to construct or build a wall, building or statue: *They're putting up several new office blocks in the centre of town.*

**run out (+ of)** [T] to come to an end, so that there is no more; to be completely used up: *Is there any sugar in the cupboard? No, I must go to the supermarket, we've completely run out.*

**sort out** [T] to organise something that is mixed up or untidy: *My room's in a terrible state. I must sort out all my books and records.*

## Exercise

Complete the sentences with a suitable phrasal verb.

- 1 As soon as the sun came out, everyone \_\_\_\_\_ the beach.
- 2 Promise me that you'll have \_\_\_\_\_ this mess by the time we get back.
- 3 If you found a purse on the street, what would you do? Would you \_\_\_\_\_ it \_\_\_\_\_ to the police?
- 4 They got very hungry on the desert island as the food they had brought with them soon \_\_\_\_\_.
- 5 Platform shoes will eventually \_\_\_\_\_ to another crazy fashion.
- 6 People seem to be confused about this point. Would it be possible to \_\_\_\_\_ the explanation once again?
- 7 As the years \_\_\_\_\_, the town gradually lost its once peaceful atmosphere.
- 8 It was several years after his death that someone first suggested \_\_\_\_\_ a statue of the former president in his home town.
- 9 Having missed several lessons due to illness, Lee found it difficult to \_\_\_\_\_ with the other students in the class.
- 10 Despite recent wage increases and greater equality between the sexes, women's salaries still \_\_\_\_\_ what men earn.
- 11 It took firemen several hours to \_\_\_\_\_ the fire, which began as a result of an electrical fault.
- 12 In order to build the new shopping mall, a lot of the old buildings had to be \_\_\_\_\_.
- 13 Despite the rain, the outdoor concert is expected to \_\_\_\_\_ as planned.
- 14 The floods meant that several towns were \_\_\_\_\_ from the outside world for several days.
- 15 When we wrote the final version of the story, we decided to \_\_\_\_\_ some of the descriptions.
- 16 One word that \_\_\_\_\_ in the text was 'standard'. What does it mean in this context?

## Idioms

**all the time in the world** to have a lot of time so you don't need to hurry: *No need to rush – we've got all the time in the world.*

**blockbuster (movie / novel etc.)** a movie or novel that is very well-known and commercially successful: *The latest Hollywood blockbuster is making a lot of money.*

**cost the earth** to cost a very large amount of money: *What a beautiful necklace! It must've cost the earth!*

**earth-shattering** surprising and shocking and very important: *We heard the earth-shattering news about the assassination.*

**get off the ground** (of a plan or business) to start to become real or successful: *It took a while for the business to get off the ground, but now we're making a profit.*

**good number (+ of)** a fairly large quantity of something: *She had a good number of friends in the area.*

**go global** become known or available throughout the world: *Japanese food was hardly known abroad until the 1990s, but now it has truly gone global and you can get it anywhere.*

**ground sbdy** to punish somebody by not allowing them to go out: *My son was late home again, so I grounded him for a week.*

**keep your feet on the ground** to think in a sensible and practical way and not have ideas which are impossible to achieve: *I'm afraid not all Nigel's plans are realistic. He really needs to keep his feet on the ground.*

**on top of the world** extremely happy: *It was a lovely day and I was feeling on top of the world.*

**out of this world** informal so good or enjoyable, it is unlike anything you usually experience: *Tracy showed us her holiday photos last night, the hotel she stayed in was out of this world.*

**pick up** to learn something by chance rather than by studying it: *I picked up a few words of Greek while I was there on holiday.*

**stick to sth** to stay with sth, e.g. an idea or principle even if it is difficult: *I really want to lose some weight, so I'm determined to stick to this diet.*

**think the world of sbdy** to have great love and respect for someone: *I don't speak to my father now, but I always thought the world of him when I was little.*

**wax (euphoric/lyrical/eloquent etc) about** to become very enthusiastic about something: *She waxed euphoric about her new job.*

## Exercise

Complete the sentences with a suitable idiom.

- 1 Although there has been a lot of criticism of his handling of the economy, the Prime Minister is determined to \_\_\_\_\_ his original policy.
- 2 Becoming a millionaire at such a young age might've changed him, but his family have helped him to \_\_\_\_\_.
- 3 I've \_\_\_\_\_ a lot of English slang by watching TV, films and listening to pop songs.
- 4 He \_\_\_\_\_ as he described his plans for the new house.
- 5 After winning the gold medal, Lukic looked \_\_\_\_\_ as he spoke to reporters.
- 6 It needn't \_\_\_\_\_ to travel to Prague, you can get there by bus for only €180.
- 7 We thought about opening a restaurant, but unfortunately the idea never really \_\_\_\_\_.
- 8 Everyone in the office \_\_\_\_\_ of Rosalind, and we are all very sorry to see her leaving.
- 9 Antonia is a real genius in the kitchen: the meal she cooked for us last time was absolutely \_\_\_\_\_.
- 10 Everyone is still shocked and horrified at the \_\_\_\_\_ events that have taken place over the last few weeks.
- 11 There's no need to hurry: we've got \_\_\_\_\_ to get to the airport.
- 12 As a result of his irresponsible behaviour, Kevin's parents \_\_\_\_\_ him for a week so he couldn't go to the party.
- 13 From its origins in a small Los Angeles factory, the Lucky 7 clothing firm has now \_\_\_\_\_ and can be found in shops throughout the world.
- 14 A \_\_\_\_\_ of people said they would support the new proposals.
- 15 He was responsible for the special effects in a number of Hollywood \_\_\_\_\_ such as *Titanic* and *Jurassic Park*.

## Miscellaneous phrases

**attend a meeting** to go to a meeting or class: *Only seven people attended our last meeting.*

**clash (of cultures/opinions etc.)** an example of opposition or disagreement between two parties or cultures: *They're both very determined people so there's rather a clash of personalities.*

**express yourself** to let others know your thoughts and feelings: *Many people find it difficult to express themselves in a foreign language.*

**fast food chain** a group of fast-food restaurants which are of similar design and are owned by a single company: *It was the first American fast food chain to establish itself in China.* (Also **hotel chain**, **restaurant chain**, **coffee shop chain**.)

**(have a) good command of sth** to have a good knowledge of something, especially a language: *You need a good command of French for this job.*

**mass tourism** tourism involving very large numbers of people: *The coastline has seen the effects of mass tourism over the last twenty years.* Also **a mass protest**.

**over and over again** repeatedly: *He made us repeat the phrase over and over again.*

**(take a) pro-active approach (to sth)** an approach where you are able to control and change events rather than having to react to them: *We take a proactive approach to customer service.* (opposite = **a reactive approach**).

**read aloud** to say the words in a book, newspaper etc. so that others can hear them: *The teacher told me to read the sentence aloud.*

**(make / write a) rough draft of sth** a piece of writing, or a plan that is not yet in its finished form: *Let's make a rough draft of the letter before we send it.* Also **a first / final draft**.

**scrap (of cloth, paper etc.)** a small, untidy piece of paper or cloth: *I wrote his address down on a scrap of paper which I promptly lost.*

**set (high) standards** to decide what level is expected: *The government is determined to set high standards in schools.*

**standard of living** the amount of wealth, comfort and things that a particular person, group or country has: *Our standard of living is much higher now than 50 fifty years ago.*

**take part (+ in)** to participate in an activity with other people: *She was invited to take part in a TV debate on globalisation.*

**way of life** how people live in terms of their customs, habits etc: *The way of life in the countryside is very different.*

## Exercise

Complete the sentences with a suitable phrase.

- 1 The discovery of oil in the 1950s led to a dramatic improvement in the \_\_\_\_\_ for people of this region.
- 2 There have been angry \_\_\_\_\_ of opinion in the Senate between supporters and opponents of the President.
- 3 Over the last few years, Mom's Fried Chicken has become one of the most popular \_\_\_\_\_ in the U.S.A., with branches in over thirty states.
- 4 What this company needs to do is take a \_\_\_\_\_ to its financial situation: we've spent too long letting things happen.
- 5 We need someone who has a \_\_\_\_\_ English, as well as excellent communication skills.
- 6 As a teenager, the only way Sandra was able to \_\_\_\_\_ was through her dancing.
- 7 Tracey's parents always \_\_\_\_\_ for her as a child, and expected her to do well in all aspects of her school life.
- 8 Many busy city people would probably prefer a quieter \_\_\_\_\_ in the country.
- 9 It's much better to buy a proper exercise book rather than writing your notes on a \_\_\_\_\_.
- 10 It may help your pronunciation to \_\_\_\_\_ some of the texts in the *Cutting Edge Workbook*.
- 11 Many actors learn their lines by repeating them \_\_\_\_\_.
- 12 It's generally a good idea to make a \_\_\_\_\_ of your composition before you start writing the final version.
- 13 I'm afraid Ms. Schiaffa is not in the office this morning: she's \_\_\_\_\_ in Chicago and won't be back till tomorrow.
- 14 The arrival of \_\_\_\_\_ in the 1970s saw a huge increase in the number of hotels in the country.
- 15 More than 50,000 people are believed to have \_\_\_\_\_ in the anti-globalisation march through the city centre today.

## MODULE 2. FEELINGS

Relieved	A put-down
Apprehensive	A limerick
Proud	An epigram
Delighted	A pun
Cross	A scene from a sitcom
Overjoyed	A shoulder to cry on
Stressed out	To be in floods of tears
Furious	To have the last laugh
Insecure	To cry your eyes out
Determined	To be bored to tears
Flabbergasted	It's no laughing matter
Sorry for yourself/someone else	To burst out laughing
Desperate	To burst into tears
Scared stiff	To laugh your head off
Depressed shattered	To be close to tears
Horrified	A masterful performance
Disillusioned	The opening act
Let down	Deafening applause
Disappointed	Giving the audience 100 %
Pleased	Highly acclaimed
A comic book	A powerful rendition
Cartoon	Refreshingly new and different
A witty column	Its appeal lies in
Slapstick comedian	The atmosphere changed
Stand-up comedian	The encore
Sketch	Poignant final track
Anecdote	Voice is unmistakable
A corny joke	The legendary
A non-politically correct joke	Stands out

### EXERCISES

#### 1. Complete the gaps below with an appropriate word or phrase from Exercise

1. You may need to change the form of the phrases.

Mum So how was the gig last night? You got home very late.

Laura Sorry. It was great! I've felt so 1)\_\_\_\_\_ recently with the exams, it was great to take time off.

Mum Well, they're finished now and I'm sure you'll 2)\_\_\_\_\_. Next week you'll complain you have nothing to do and say you're 3)\_\_\_\_\_. Was it packed?

Laura Yeah, loads of people were queueing outside the stadium, but it

4)\_\_\_\_\_ weeks ago. There was a 5)\_\_\_\_\_ on first, which I thought would be strange but he 6)\_\_\_\_\_ to be really good and was so funny.

Mum I hope he didn't tell any rude jokes?

Laura Not really, but now and again he was 7)\_\_\_\_\_. Everyone thought he was hilarious, we were all 8)\_\_\_\_\_.

Mum So what time did the band come on stage?

Laura About 10.30. They 9)\_\_\_\_\_ my favourite song straight away. It was like karaoke, because everyone was 10)\_\_\_\_\_ them.

Mum Maybe I can come next time?

Laura Mum! No!

## 2. Match the phrase (1-10) with the correct definition (a-j).

- |                             |   |
|-----------------------------|---|
| 1. sell out                 | a) a person who tells jokes or stories in front of a live audience                        |
| 2. stand-up comedian        | b) to get very high marks in an examination   |
| 3. laugh our heads off      | c) to happen in a particular way that you did not expect                                  |
| 4. sing along with          | d) to have no more of something to sell   |
| 5. stressed out             | e) to start something very lively or energetic  |
| 6. bored to tears           | f) to laugh loudly and for a long time  |
| 7. non-P.C.                 | g) to be so worried and tired that you cannot relax                                       |
| 8. launch into              | h) to sing at the same time as somebody else who is singing                               |
| 9. pass with flying colours | i) language or behaviour to avoid because it is offensive to a particular group of people |
| 10. turn out                | j) to be extremely bored  |

## 3. Write true (or false!) sentences about yourself. When was the last time you:

- felt really stressed out?
- were bored to tears?
- passed something with flying colours?
- laughed your head off?
- sang along with someone/some music?

## 4. Using these phrasal verbs, idioms, miscellaneous phrases complete the sentences.

## Phrasal verbs

**belt out** [T] *informal* to sing a song or play an instrument loudly: *She was belting out some of her favourite songs.*

**die down** [I] to become less active, strong or violent: *The sea is a bit calmer now. I think the storm is beginning to die down.*

**go away (for the weekend / for a while etc.)** [I] to spend some time in another place, especially for a rest or holiday: *Are you planning to go away at Easter?*

**go on (+ to do)** [I] to do something after you have finished doing something else: *After passing her exams, she went on to become an extremely successful lawyer.*

**launch into** [T] to start something very lively or energetic: *After lunch the Prime Minister launched into a lengthy speech about immigration, which caused lots of debate.*

**let down** [T] to disappoint somebody who was relying on you: *I'm counting on you to help me – don't let me down!* Also **to be / feel let down**: *I felt really let down when I didn't get my promotion.*

**put off** [T] to delay doing something because you do not want to do it now: *I put off telling him about the bill until he felt better.*

**roll down (your window)** [T] to open the window of a car: *Roll down the window, will you? It's hot in the back.* (opposite = **roll up**: *He rolled his trouser legs up and went for a walk on the beach.*)

**send up** [T] *BrE informal* to show how silly something or somebody is by imitating them in a funny way: *The film sends up all those Hollywood blockbuster movies.*

**sing along (+ with)** [I] to sing at the same time as somebody else who is already singing: *Sing along if you know the words.*

**sell out (+ of)** [I] to have no more of something to sell: *I'm afraid that tonight's performance is completely sold out.*

**stand out** [I] to be clearly better than the rest: *There are some very talented musicians in the orchestra at the moment, but Nigel really stands out.*

**turn into** [T] to change somebody or something into something else: *You'll never turn me into a salesman. I'm not made for it.*

**turn out** [I] to happen in a particular way that you did not expect: *Don't worry, I'm sure things will turn out fine in the end.*

**turn up** [I] *informal* to appear or arrive: *The party was a huge success. We really didn't expect so many people to turn up.*

## Exercise

Complete the sentences with a suitable phrasal verb.

- 1 After he had started the tournament so well, all his fans were extremely \_\_\_\_\_ by Kolinsky's defeat in the semi-finals.
- 2 We had expected an audience of up to fifty- so imagine our disappointment when just seven people \_\_\_\_\_.
- 3 You should've filled in your application form weeks ago: you can't \_\_\_\_\_ it \_\_\_\_\_ any longer or you'll miss the deadline.
- 4 When she saw a passer-by, Jenny \_\_\_\_\_ the car window to ask for some directions to the nearest bank.
- 5 Everyone knew the words to his last song, so most of the audience \_\_\_\_\_.
- 6 What everyone had expected to be a pleasant, relaxing evening \_\_\_\_\_ to be a real nightmare.
- 7 We always \_\_\_\_\_ in August, usually to our holiday home by the sea.
- 8 Even at the age of 65, Billie Lee showed she still has a powerful voice, when she \_\_\_\_\_ all of her old hits from the 1960s.
- 9 It seems that the minister wasn't too pleased about that comedian who \_\_\_\_\_ him \_\_\_\_\_ on TV the other night.
- 10 It took a while for the shouting to \_\_\_\_\_, allowing him to continue his speech about the unpopular immigration laws.
- 11 He was a shy young man at first, but several years in the army \_\_\_\_\_ him \_\_\_\_\_ a completely different person.
- 12 There are a lot of excellent entries for this year's art competition: but for me there is one painting which really \_\_\_\_\_, and fully deserves first prize.
- 13 The whole audience suddenly \_\_\_\_\_ a rousing version of the national anthem which lasted for several minutes.
- 14 After leaving the group in 1999, he \_\_\_\_\_ to record a number of extremely successful solo albums.
- 15 The show was \_\_\_\_\_ weeks ago- you'll never get a ticket now.

## Idioms

**(be) bored to tears** to be extremely bored: *I was sitting next to my girlfriend's mother at the wedding. She appeared to be bored to tears!*

**cry your eyes out** to cry for a very long time: *My niece really enjoyed Bambi, but she cried her eyes out at the end. It was so sad!*

**give one hundred per cent** to do something with maximum effort: *I want the whole team to give one hundred per cent this afternoon and hopefully we'll get into the finals.*

**(be) in floods of tears** to cry a lot: *We all enjoyed the film but it was really sad. I was in floods of tears at the end.*

**(be) in the public eye** to be on television / radio a lot because you are famous: *Since her husband became Prime Minister, Mrs. Shelley has been in the public eye much more.*

**(have the) last laugh** to be successful / be proved right in the end, after people have criticised or defeated you earlier: *You may think you're right, but I'll have the last laugh.*

**laugh your head off** to laugh loudly and for a long time: *Nick was laughing his head off at my joke but my boss didn't find it at all funny.*

**man of few words** a person who speaks very rarely: *Don't expect Robert to say much – he's a man of few words.*

**(with) not a stitch (on)** to wear no clothes at all: *I still have some embarrassing baby photos of myself with not a stitch on.*

**out of the blue** to be completely unexpected: *I hadn't thought about Jane for years. Her phone call came right out of the blue.*

**pass with flying colours** to get very high marks in an examination or test: *Congratulations! You've passed your driving test with flying colours.*

**(be) scared stiff (+ of)** to be extremely frightened: *Sorry, but I can't touch that creature, I'm scared stiff of snakes.*

**shoulder to cry on** to give sympathy to someone when they are unhappy or upset: *My brother is so kind to me. He is always there when I need a shoulder to cry on.*

**stand firm** to not change your actions or opinions: *The church council is standing firm on its attitude to divorce.*

**(take a) short cut** a quicker and more direct route than the usual one: *We arrived on time. However, we would've been late if we hadn't taken a short cut across the fields.*

## Exercise

Complete the sentences with a suitable idiom.

- 1 She was so disappointed at missing the party that she just lay on her bed crying \_\_\_\_\_.
- 2 I felt very depressed and lonely, but unfortunately I didn't have a \_\_\_\_\_ and had to deal with everything myself.
- 3 I have to confess that I'm \_\_\_\_\_ of spiders. They just terrify me.
- 4 After preparing so carefully for her driving test, I'm confident that Lorraine will \_\_\_\_\_.
- 5 It's not going to be easy for us to win this match, but if we all \_\_\_\_\_ there's no reason why we can't do well.
- 6 We arrived on time, but only because we took a \_\_\_\_\_ across the park.
- 7 I was sitting next to Mr. Machin at dinner and he hardly said anything all evening: he certainly is a \_\_\_\_\_.
- 8 I had no contact at all with James for over a year, until one day he phoned me \_\_\_\_\_ and invited me for lunch.
- 9 United lost the previous match to City 1-0, but they had the \_\_\_\_\_ by beating them 3-0 in the final.
- 10 The concert was far too long. Everyone was \_\_\_\_\_ by the end.
- 11 If you're a celebrity, you expect to be followed by journalists and photographers, but being \_\_\_\_\_ can have its disadvantages.
- 12 Although he received a lot of criticism for his views, the Prime Minister \_\_\_\_\_ and refused to change the new policy on taxation.
- 13 Imagine my shock and surprise when she got out of the shower and answered the door with \_\_\_\_\_!
- 14 I knew something serious had happened when I came home to find my daughter in \_\_\_\_\_.
- 15 There is no finer feeling for a comedian than when you tell a joke and you see that the audience are \_\_\_\_\_.

## Miscellaneous phrases

**bring influence / charm / power to bear (+ on)** to use all your influence / power / charm to get what you want: *The tobacco companies are bringing all their influence to bear on the government.*

**burst into tears / out laughing** to start crying / laughing suddenly: *I've no idea why she suddenly burst out laughing.*

**close to tears** to be almost crying: *We were all close to tears when the song ended.*

**forget your lines** to forget the words you have to say in a play or TV show: *I was so nervous I nearly forgot my lines.*

**disallow** to declare something illegal because a rule has been broken: *The goal was disallowed by the referee.*

**(have) mixed emotions (+ about)** to be unsure whether you have positive or negative feelings about something: *I had mixed emotions as I watched him leave.* Also **mixed feelings**.

**politically correct (P.C.)** language or behaviour to avoid because it is offensive to black people, women, minority groups etc: *It's not politically correct to talk about 'disabled' people.* (opposite = **non-P.C.**).

**punch line** the last few words of a joke which make it funny or surprising: *Don't laugh till you hear the punchline.*

**no laughing matter** a problem or issue which should be treated seriously: *Losing your job is no laughing matter.*

**put-down** something you say that is intended to insult someone, often in an amusing way: *It was a very cruel put-down, but I couldn't help laughing.*

**situation comedy (= sitcom)** a popular type of television or radio programme with a series of amusing stories about a particular set of characters: *Fawlty Towers is still one of the most popular situation comedies on TV.*

**slapstick comedy / comedian** comedy where the actors fall down, throw things at each other etc: *I love all those slapstick comedies from the 1920s.*

**(suffer from) stage fright** to feel nervous before going to perform in front of a large audience: *I was suffering from stage fright, and could hardly move as I waited to go on.*

**stand-up comedy / comedian** comedy where one person tells jokes, stories etc. to the audience: *Before going into films, Steve Mills had a successful career as a stand-up comedian.*

**(be / feel) stressed out** *informal* to be so worried and tired that you cannot relax: *I'm stressed out by looking after five children all day.*

## Exercise

Complete the sentences with a suitable phrase.

- 1 I always ruin jokes by forgetting the \_\_\_\_\_!
- 2 Bob looks completely \_\_\_\_\_ since he started that new job- I believe he's working over fifty hours a week.
- 3 Isabelle looked so funny with her face painted that we all \_\_\_\_\_.
- 4 I could see that he was \_\_\_\_\_ at the news about his job, so I decided not to say any more.
- 5 As a young musician, José suffered from terrible \_\_\_\_\_ and was unable to walk on stage without shaking.
- 6 The Italian team were furious when the goal \_\_\_\_\_ by the referee, supposedly because one of their players was offside.
- 7 *That's my Family!* is a popular \_\_\_\_\_ about the trouble a middle-aged couple have with their three rebellious children.
- 8 The deputy Prime Minister is \_\_\_\_\_ all his influence \_\_\_\_\_ on his party to vote for Mr. Belling.
- 9 I have to say that I have \_\_\_\_\_ about this proposal: many people will welcome it, but I can't help having my doubts.
- 10 In the days of silent films, many of the old \_\_\_\_\_ involved people throwing pies at each other.
- 11 The actor Eddie Murphy has also had a successful career as a \_\_\_\_\_ appearing in small comedy clubs telling stories and jokes.
- 12 You're right, looking after a sick relative is no \_\_\_\_\_. I'm sorry.
- 13 I find it really surprising that such an experienced actress should \_\_\_\_\_ so often.
- 14 The American TV hostess is famous for her devastating \_\_\_\_\_: guests on her show should beware!
- 15 It is no longer \_\_\_\_\_ to refer to "air stewardesses": they are called "flight attendants" nowadays.



### MODULE 3. BEHAVIOUR

To bang on	Dumbness
Inebriated	Stigma
Good manners	Redundancy
Disrespectful	Commiseration
Acceptable	Confidence-shaking
To create an impression	At a low ebb
Over the top	Formal
To show respect	Tactful
To feel awkward/embarrassed	Blunt
Revolting	Opinionated
Familiar	Old-fashioned
Gentlemanly	Blush
Sexist	Shake
Unhygienic	Giggle
Unprofessional	Slump and look bored
Offensive to	Talk far too much
Misinterpreted	Stumble over your words
Coughing	Get emotional or aggressive
Sneezing	Avoid eye contact
Yawning	Look stiff and uncomfortable
Swearing	Dry up and not be able to think of anything to say
Blaspheming	Talk over
Whistling	Get emotional
Cuddling	Close up
To deplore	Resenting
Aural space	Get defensive
Overdue	Mind their own business
To be sacked	Pull yourself together
Out of the blue	Supportive
Ghastly invitation	Start criticising
Nifty formula	Face facts
To go round	Drop hints
Spinach	Encouraging
Flies	Lose their patience
Tuck in her knickers	Make positive suggestions
Crass	Cooperative
Presumptuous/excessive	Uncooperative
To go into the ins and outs	Fairly polite
Unequivocally	Extremely polite
Dodgy notion	Annoyed/reluctant
The penny drops	Casual
Put someone down	
Make light of it	

## EXERCISES

### 1. Choose the correct word to complete the idiom.

- a) (be) at your wit's *end / final / out*
- b) *fall / run / fly* off the handle
- c) *inside / ins / in* and outs (of something)
- d) *keep / mind / leave* your own business!
- e) *on-off / stop-start / in-out* relationship
- f) *over / above / off* the top
- g) (the) penny *dropped / fell / landed*
- h) *play / pray / pay* for time
- i) *pull / force / hold* yourself together
- j) (be) really *in / into / to* something
- k) (talk about) somebody behind their *face / back / ears*
- l) (look/feel) washed *through / out / in*

### 2. Now match the completed idiom (a-l) to the correct definition below.

i) when someone finally understands something	ii) a relationship where you are always breaking up and getting back together again soon
iii) to be very worried because you have tried everything to solve a particular problem	iv) to delay something because you are not ready or need more time to think about it
v) to become very angry suddenly and unexpectedly, about something that does not seem very important	vi) to feel weak and look unhealthy because you are very tired
vii) to say bad things about somebody without them knowing about it	viii) to force yourself to stop behaving in a nervous, frightened or disorganised way
ix) something that is likely to annoy or offend people because it is so extreme or excessive	x) to like and be very interested in something
xi) to keep something private and not want to tell anyone about it	xii) know all the exact details of a complicated situation, problem, system, etc

### 3. Write true (or false!) sentences about yourself. You also need to complete the idiom using your answers from Exercise 1.

- a) I fly \_\_\_\_\_ the handle when...
- b) I would tell someone to \_\_\_\_\_ their own business if...
- c) I would \_\_\_\_\_ for time if...
- d) I would talk about someone behind their \_\_\_\_\_ if...
- e) I feel washed \_\_\_\_\_ when...
- f) I know the \_\_\_\_\_ and outs of...
- g) What I'm really \_\_\_\_\_ is...

### 4. Using these phrasal verbs, idioms, miscellaneous phrases complete the sentences.

## Phrasal verbs

**bang on (+ about)** [I] BrE informal to talk continuously about something in a boring way: *I'm tired of Jim banging on about politics.*

**calm down** [T] to make somebody quieter when they are very excited or emotional: *A cup of tea helped to calm her down.*

**close up** [I] to deliberately not show your true emotions or thoughts: *Every time I ask John about it he just closes up.*

**come across (+ as)** [I] to give people a particular impression of how you are: *He came across as being rather arrogant during the interview.*

**drop in (+ on)** [I] to visit somebody informally and without arranging a specific time: *We dropped in on my sister on our way back.*

**drop out (+ of)** [I] to leave a school, college or university before your course of study has finished: *It's surprising how many students drop out before their final exams.*

**dry up** [I] to stop talking because you do not know what to say: *I was so embarrassed I dried up completely.*

**end up** [I] informal to come to be in a particular place or situation, especially when you did not plan to do it: *We were going to eat out, but we ended up getting a takeaway.*

**fall out (+ with)** [I] to have a quarrel with somebody so that your relationship is damaged: *Bob has fallen out with his girlfriend again.*

**get across (+ to)** [T] to succeed in communicating ideas, information etc. to other people: *How can we get our message across to the public effectively?*

**go on** [I] continue, proceed or to give people permission to do something, or encourage them to do something: *Go on, have a biscuit!*

**look at** [T] to examine something that is broken and try to find what is wrong with it: *You should get a doctor to look at that cut.*

**put down** [T] to criticize somebody in front of other people: *Don puts his girlfriend down in front of other people all the time.*

**talk over** [T] to discuss a problem or situation with somebody before you decide what to do: *Let's take a few minutes to talk it over before we ring her back.*

**throw out (+ of)** [T] to make somebody leave because they have been behaving badly: *Nick was thrown out of college for not attending lectures.*

**turn / switch off** [T] to make an electrical appliance stop working by pushing a button / switch etc: *Don't forget to turn off the lights when you leave.*

## Exercise

Complete the sentences with a suitable phrasal verb.

- 1 "Do you mind if I see what's on the other channel" " \_\_\_\_\_ , I wasn't really watching this anyway."
- 2 I do wish people would stop \_\_\_\_\_ about the good old days! Let's talk about the present!
- 3 I'll never forgive my boss for the way he \_\_\_\_\_ in front of everyone else.
- 4 Did you remember to \_\_\_\_\_ the computer before you went to bed?
- 5 After he left university Gerry moved from one job to another: I think he \_\_\_\_\_ driving a van for a living.
- 6 We happened to be passing Vera's house, so Joseph suggested that we \_\_\_\_\_ to see how she was.
- 7 The demonstrators were very angry, and their leaders had to appeal for everyone to \_\_\_\_\_ .
- 8 I hope you agree with me that it's very important for a couple to \_\_\_\_\_ their problems together.
- 9 It's frustrating that Chris refuses to discuss the problem and \_\_\_\_\_ when I mention it.
- 10 It wasn't easy to hold a conversation with my ex-head teacher and after a few minutes I \_\_\_\_\_ completely.
- 11 It's only a couple of months before the end of the course - you'd be crazy to \_\_\_\_\_ now!
- 12 Remember that body language is very important. If you sit too far back, you will \_\_\_\_\_ as being unfriendly and superior.
- 13 If anybody causes any trouble in the club, we'll ask the security men to \_\_\_\_\_ .
- 14 I'm sorry, but I'm no expert on car repairs. You need to get a mechanic to \_\_\_\_\_ .
- 15 I don't want to \_\_\_\_\_ over such a small matter, but I wish you'd see my point of view.
- 16 It's not always easy to \_\_\_\_\_ our ideas to the public when we have so little time on TV.

## Idioms

**(be) at your wit's end** to be very worried because you have tried everything to solve a particular problem: *My dog disappeared hours ago. I've looked everywhere, but I can't find him anywhere. I'm at my wits' end now.*

**fly off the handle** to become very angry suddenly and unexpectedly, about something that does not seem very important: *Look, it's not really a problem. Please try to stay calm and don't fly off the handle like last time.*

**ins and outs (of something)** all the exact details of a complicated situation, problem, system etc: *To be honest, I don't really know all the ins and outs of the matter.*

**go down well / badly** to receive a good or bad reaction from other people: *David's joke didn't go down too well.*

**light-hearted (comment / speech / movie etc)** something that is not intended to be taken seriously: *He made a light-hearted speech which everyone enjoyed.*

**mind your own business!** to keep something private and not want to tell anyone about it: *"What are you thinking about?" "Mind your own business!"*

**on-off relationship** a relationship where you are always breaking up and getting back together again: *They've always had an on-off relationship, so it's not surprising they've broken up again.*

**over the top** something that is likely to annoy or offend people because it is so extreme or excessive: *His reaction to my question was really over the top.*

**(the) penny drops / dropped** British slang when someone finally understands something: *It took a while for him to understand, but in the end the penny dropped.*

**play for time** to delay something because you are not ready or need more time to think about it: *I knew I had to play for time until the police arrived.*

**pull yourself together** to force yourself to stop behaving in a nervous, frightened or disorganised way: *Stop behaving like a baby! Pull yourself together!*

**(be) really into sth** informal to like and be very interested in something: *I've really got into Nu-metal recently.*

**(talk about) sbdy behind their back** to say bad things about somebody without them knowing about it: *What have you been saying about me behind my back?*

**(look / feel) washed out** to feel weak and looking unhealthy because you are very tired: *What's the matter with you? You look really washed out.*

## Exercise

Complete the sentences with a suitable idiom.

- 1 I should've known that my comments about feminism wouldn't \_\_\_\_\_ with an all-female audience.
- 2 "So are you and Marie planning to have a baby once you get married?" "How dare you ask me that! \_\_\_\_\_!"
- 3 When he was refused entry to the club, he \_\_\_\_\_ and started shouting: I've never seen him so angry.
- 4 "Come on, answer the question and stop \_\_\_\_\_! We demand to hear the truth!"
- 5 I used to like skateboarding when I was younger, but I'm \_\_\_\_\_ motorbikes nowadays.
- 6 Unlike his earlier, more serious work, Anderson's latest film is a \_\_\_\_\_ comedy.
- 7 I can't pretend that I understand all the \_\_\_\_\_ of the economic situation, but I do have a basic understanding of the problem.
- 8 I understand that you're upset – but you must try to \_\_\_\_\_. Everyone's looking at you.
- 9 After our first date, he sent a huge bunch of flowers round to my house: I think it was supposed to be romantic, but for me it was really \_\_\_\_\_.
- 10 We did everything we could to make them go, such as yawning and looking at our watches: eventually \_\_\_\_\_ and they got up to leave.
- 11 I've tried everything to get rid of my backache, but nothing seems to work. I'm \_\_\_\_\_, to be honest.
- 12 Why is Karen always talking about me \_\_\_\_\_? Why isn't she honest enough to talk to me openly?
- 13 Hollywood star Glenda Scheill has finally ended her \_\_\_\_\_ with actor Marquez after years of rows and reconciliations.
- 14 David looks very tired and \_\_\_\_\_ at the moment: I'm sure he's working too hard.

## Miscellaneous phrases

**bring to a halt** to make something stop moving or progressing: *Roadworks in the city centre have brought traffic to a halt.*

**dodgy idea / character** BrE spoken an idea or person that is unreliable or dishonest: *Don't trust him – he's a really dodgy character.*

**drop a hint / hints (+ about)** to say something indirectly so that other people understand you: *She keeps dropping hints about her birthday.*

**fair enough** BrE spoken used to say that you accept that something is fair and reasonable: *'Would you mind coming in at eight o'clock?' 'Fair enough.'*

**fancy** British slang to be sexually attracted to somebody: *Do you think that Barbara fancies me?* Also **to fancy sth** = to like the idea of sth: *Do you fancy another cup of coffee?*

**get dressed up** to put on clothes for a special occasion: *At carnival time everyone gets dressed up and dances in the street.*

**(have your) flies open** to have the zip or row of buttons at the front of your trousers open: *I was so embarrassed when I realised I had my flies open all afternoon.*

**if you say so** spoken used to mean that you are prepared to accept what the other person says is true, even if you don't really believe them: *'Honestly, I didn't take it'. 'Well, if you say so'.*

**(be) in the middle of sth** to be busy doing something: *Can I call you back? I'm in the middle of a meeting.* Also **to be in the middle of doing sth**: *I can't do that now. I'm in the middle of cooking dinner.*

**leave sth lying around** to not put something away, so it can be seen by others: *I wouldn't leave your wallet lying around if I were you!*

**look somebody in the eye** to look directly and steadily at somebody, because you are not embarrassed or ashamed: *Look me in the eye and tell me you're not lying.*

**make light of** to joke about something or treat it as not very serious, even though it is important: *He makes light of losing his job, but I know he is really angry about it.*

**nifty (idea / plan etc.)** BrE a plan, idea or gadget which is very good, quick and effective: *A nifty little gadget for slicing vegetables is essential.*

**out of place** not suitable for a particular situation or occasion: *That question is out of place at the dinner table.*

**overdo** spoken used to tell someone not to work too hard or do too much of something: *It's good to read, but don't overdo it!*

## Exercise

Complete the sentences with a suitable phrase.

- 1 Although they were both obviously worried about her husband's illness, they tried to \_\_\_\_\_ it and always remained cheerful.
- 2 The new pizza restaurant had a really \_\_\_\_\_ idea: to let customers devise their own pizza toppings.
- 3 Nothing makes a man look more ridiculous than walking around with his \_\_\_\_\_.
- 4 It was really stupid of me to \_\_\_\_\_ my keys \_\_\_\_\_: anyone could've picked them up.
- 5 If you look people \_\_\_\_\_ when you talk to them, you will come across as confident and trustworthy.
- 6 Expecting people to give you money without guaranteeing a profit was a very \_\_\_\_\_ idea.
- 7 I don't think we should tell James directly that he should apply for the job, but we can always \_\_\_\_\_ to let him know we want him to.
- 8 Everyone knows you \_\_\_\_\_ Anne. Why don't you ask her out?
- 9 A strike by council workmen has brought work on the new city ring road \_\_\_\_\_.
- 10 Sometimes I really love looking glamorous: that's when I \_\_\_\_\_ and go dancing in the West End.
- 11 Alex looked very \_\_\_\_\_ at the party wearing a suit and tie while the others were all in jeans.
- 12 I'm very glad you've decided to start going to an exercise class. You must remember that you're not as young as you were, though. Don't \_\_\_\_\_!
- 13 Sorry, I can't talk now – I'm in the \_\_\_\_\_ getting ready for work. I'll call you back when I get home tonight.
- 14 "I'm sure it's not this street. Let's turn round." "OK, \_\_\_\_\_".
- 15 "Could I work late today, and leave early tomorrow?" "OK, that's \_\_\_\_\_".

## MODULE 4. HEALTH

Weight-training	Getting pains in your chest
Body-building	Feeling bad-tempered
To mediate	Doing breathing exercises
To have your palm read	Hypnotherapy
To pray	Colour therapy
A lucky mascot	Thai Yoga massage
Lucky numbers	Acupuncture
To be prone	To flare
Dizzy spells	To feel bad-tempered
Headache	Open-minded
To believe in horoscope	To be induced
To have a massage	Chinwag
Superstition	A piece of dough
A high risk sport	To be kneaded
Hang-gliding	Juggling
Parachuting	Needle
Sought spiritual advice	Pin
To suffer from insomnia	Trigger
To believe in ghosts (in life after death)	A Simian line
To be out of breath	A leaflet
To follow a special diet	Too complex
Relaxation exercises	Sentence
To write poetry	Layout
Complementary therapies	Long blocks of prose
Aromatherapy	Bullet points
Osteopathy	Stand out
A séance	General to the specific
To stress smb out	A shoulder to cry on
To be allergic to smth	Keep a straight face
To affect smb's mood	Hair-raising
To lose smb's appetite	Turn a blind eye to something
Feeling tense	Turn your nose up at something
Getting things into perspective	Mouth-watering
Feeling worked up	Up to your neck in it
Things getting on top of you	Get your head round something
Taking things in your stride	Heart-rending
Chilling out	To have butterflies in your stomach
Being in a trance	Win hands down
Taking a step back	All fingers and thumbs
Finding it difficult to unwind	Pull someone's le
	Put your foot in it

## EXERCISES

### 1. Match the verbs below with the correct preposition/particle and definition.

beat	cheer	chill	clear	count	flare
get	go	put	take (x2)	talk	

- a) ' \_\_\_\_\_ up' means to suddenly have strong feelings or become violent
- b) ' \_\_\_\_\_ over' means to assume control of something.
- c) ' \_\_\_\_\_ out' means to relax completely instead of feeling angry, tired or nervous.
- d) ' \_\_\_\_\_ on with' means to have a friendly relationship with somebody.
- e) ' \_\_\_\_\_ through' means to verbally discuss something very thoroughly so you are sure you understand it or feel more comfortable and happy about something.
- f) ' \_\_\_\_\_ up' means to hurt someone badly by hitting them.
- g) ' \_\_\_\_\_ (something) down to' means to explain the reason for something, especially when you are guessing.
- h) ' \_\_\_\_\_ up' means to make somebody feel less sad and more happy.
- i) ' \_\_\_\_\_ up' means to start something new, like a job or a new hobby.
- j) ' \_\_\_\_\_ on' means to rely on or expect someone to help/something to happen.
- k) ' \_\_\_\_\_ up to' means to approach somebody in order to speak to them.
- l) ' \_\_\_\_\_ out' means to make a place tidy by removing unwanted things.

### 2. Read the following extracts from a college leaflet advertising various classes. Use a phrasal verb from Exercise 1 to complete the gaps. You may need to change the form of the phrasal verbs.

Martial Arts don't mean hitting people or 1) \_\_\_\_\_! It means discipline and fitness. Join our new class and 2) \_\_\_\_\_ a new hobby that will keep you fit and healthy.

Are your studies 3) \_\_\_\_\_ your life? Are you finding it difficult to cope? Call the confidential advice line and 4) \_\_\_\_\_ your problems with experts.

Relaxation-the most important lesson for life. Sometimes our tempers 5) \_\_\_\_\_ for no reason. Learn to 6) \_\_\_\_\_ with Yoga. Your classmates will find it easier to 7) \_\_\_\_\_ you in your new relaxed state.

Feeling tired? Lacking energy? This could be 8) \_\_\_\_\_ your diet-you are what you eat. You can 9) \_\_\_\_\_ our professional nutritionists to help.

Shy? Unhappy? 10) \_\_\_\_\_ the self-help books from your bookcase! At the end of this course you will be able to 11) \_\_\_\_\_ to new people and make friends. We guarantee the course will 12) \_\_\_\_\_ and change your life!

### 3. Using these phrasal verbs, idioms, miscellaneous phrases complete the sentences.

## Phrasal verbs

**beat up** [T] to hurt someone badly by hitting them: *They claimed they had been beaten up by the muggers after leaving the restaurant.*

**break through** [I] to force a way through something: *At dawn, the tanks broke through the enemy lines.* (Also **to make a breakthrough**: *After months of negotiations, we finally made a breakthrough.*)

**cheer up** [T] to make somebody feel less sad and more happy: *A visit from my friends helped to cheer me up.*

**chill out** [I] to relax completely instead of feeling angry, tired or nervous: *Chill out! We didn't mean to insult you.*

**clear out** [T] to make a place tidy by removing unwanted things: *It's time I cleared those drawers out, they're such a mess.*

**come / go up (+ to)** [T] to approach somebody in order to speak to them: *Somebody came up to us and asked me for directions.*

**count on** [T] to plan or expect something: *We didn't count on so many people being off work today but the flu epidemic seems to be getting worse.*

**drive off** [I] to drive away from the place you are: *He got into the car and drove off without saying a word to anyone.*

**find out** [I,T] to learn information, either by looking for it or finding it by chance: *We're trying to find out what the problem is.*

**flare up** [I] to suddenly begin to have strong feelings or become violent or suddenly get worse: *People are very angry about the new laws and violence has again flared up in the centre of the city.*

**get on (+ with)** [T] to have a friendly relationship with somebody: *How does Gina get on with her colleagues?*

**put down (+ to)** [T] to explain the reason for something, especially when you are only guessing: *I put her moodiness down to the stress she was under.*

**take over** [I,T] to take control of something: *Who will take over now Ellis has resigned?*

**take up** [T] to start a new job or responsibility: *She took up her first teaching job in 1950.*

**talk through (a problem etc.)** [T] to discuss something very thoroughly so you are sure you understand it: *I think we really need to talk this problem through so that we can find a satisfactory solution.*

## Exercise

Underline the correct phrasal verb in each sentence.

- 1 We'd better check to *find out / go through / look up / make up* what time the film ends.
- 2 Ms Dawson is no longer in charge of this department. Louise Nilsson has *got on / looked into / put off / taken over* her responsibilities.
- 3 Before the policeman had time to speak to him, the driver of the car *drove off / pulled up / ran into / took over*.
- 4 People are claiming that police officers deliberately *beat up / broke off / struck out / took up* demonstrators who were resisting arrest.
- 5 We thought we had enough food, but we hadn't *counted on / looked forward to / made up for / seen to* Neil bringing all his friends for lunch.
- 6 After such an exhausting day's work, all I want to do is *chill out / cool out / freeze out / hold out* with some quiet music.
- 7 Maria is a very pleasant member of the group, and *comes off / gets on / goes with / takes up* well with all the others.
- 8 Tony was feeling depressed: a call from Carla was just the thing to *bring him round / cheer him up / let him down / put him off*.
- 9 Without a moment's hesitation, I *looked forward to / made up for / put up with / went up to* the girl by the door and asked her for a date.
- 10 It's important that we don't rush our decision. Let's take some time to *speak up / take after / talk through / think up* all the difficulties.
- 11 I'm sure you're looking forward to *getting on / making over / picking up / taking up* your new teaching job in Canada.
- 12 To make space for my new DVD player I had to *clean up / clear out / give off / hand over* a lot of old books from my room.
- 13 It was a real effort to *break through / go through / pull through / put through* people's resistance to the idea of mass vaccination.
- 14 There has been a tense atmosphere in the city all day, so it was no surprise when violence *broke off / flared up / flew up / went off*.
- 15 Trying to explain his poor performance in the semi-final, Santos *got it through / let it down / put it down / took it off* to nerves.



## Idioms

**(be) all fingers and thumbs** BrE to use your hands in an awkward or careless way so that you drop or break things: *Oh, dear, I'm so sorry. I'm all fingers and thumbs today.*

**(have) butterflies in your stomach** informal to feel very nervous before doing something: *I always get butterflies in my stomach before an exam.*

**get your head round sth** BrE informal to understand something complicated or difficult: *I just can't get my head round these instructions.*

**give something a go** to try to do something even though you think it will probably not work: *I don't think I can make him do it, but I'll give it a go.*

**go out of your way to do sth** to do something that you do not have to do and that involves making a special effort: *She went out of her way to be kind to me.*

**(have) green fingers** BrE to be good at making plants grow: *What a lovely garden! You must have green fingers!*

**hair-raising (experience / moment etc.)** frightening in a way that is exciting: *There were some hair-raising rides at the fair.*

**keep a straight face** to look serious even when you want to smile or laugh: *I had problems keeping a straight face.*

**let things get on top of you** to allow work or emotional problems to make you feel unhappy and unable to cope: *Relax, don't let things get on top of you.*

**not believe a word (+ of)** to think that something is false: *I don't believe a word of it!*

**pull sbdy's leg** to try to make somebody believe something that isn't true, as a joke: *Is that true or are you pulling my leg?*

**put your foot in it** BrE to say something without thinking carefully, which embarrasses or upsets another person: *I really put my foot in it!*

**take things in your stride** to not allow something to annoy, embarrass or upset you in any way: *Eva took all the setbacks in her stride.*

**turn a blind eye to sth** to deliberately ignore something that you know should not be happening: *The boss turns a blind eye to smoking.*

**turn your nose up at sth** to refuse something because you do not believe it is good enough for you: *She turned her nose up at the cabbage soup.*

**(be) up to your neck in sth** to be very busy doing something: *I'm up to my neck in paperwork.*

**win hands down** to beat other people very easily: *She won the competition hands down.*

## Exercise

Complete the sentences with one word of the idiom.

- 1 It was a stressful week, I let things get on \_\_\_\_\_ of me at work, so I asked for a couple of days off.
- 2 When I was little, my grandfather enjoyed pulling my \_\_\_\_\_ by telling me he'd once been a pirate.
- 3 I was never keen on science when I was at school: I just couldn't get my \_\_\_\_\_ round all those chemical formulae.
- 4 Holly's made this garden absolutely beautiful. She really does have green \_\_\_\_\_.
- 5 Jim is very self-confident: I'm sure he will be able to take the disappointment in his \_\_\_\_\_.
- 6 There are rumours going round that there's going to be a teachers' strike: personally, I don't believe a \_\_\_\_\_ of it.
- 7 I didn't know that Ian is a former chess champion, he won the game \_\_\_\_\_ down.
- 8 Sorry I'll have to get back to you later – I'm up to my \_\_\_\_\_ in work at the moment.
- 9 I'm not sure whether this diet is going to help me, but I'm prepared to \_\_\_\_\_ it a go.
- 10 The pilot managed to land the plane with only one engine, but it was a \_\_\_\_\_ raising experience for everyone involved.
- 11 Everyone in the village has really gone out of their \_\_\_\_\_ to make us feel welcome and part of the community.
- 12 Frankie always has butterflies in his \_\_\_\_\_ just before he goes on stage.
- 13 Everyone was laughing at Mary, even my father found it difficult to keep a straight \_\_\_\_\_.
- 14 What's the matter with me today? That's the second glass I've dropped. I'm all fingers and \_\_\_\_\_.
- 15 I really put my \_\_\_\_\_ in it when I asked about her husband. I had no idea he'd died.
- 16 The police are turning a blind \_\_\_\_\_ to some minor crimes.
- 17 It was very unkind of you to turn your \_\_\_\_\_ up at the dessert: she spent hours making it.

## Miscellaneous phrases

**avert (an accident / disaster / catastrophe)** to prevent something unpleasant from happening: *The tragedy could easily have been averted.*

**feel dizzy** to feel unable to balance especially after spinning around or because you are ill: *She still felt dizzy from time to time.*

**feel at ease** to feel relaxed in a situation in which most people might feel a little nervous: *We always try to make people feel at ease before an operation.*

**get things in perspective** to try to see things as they really are, and not give small problems too much importance. Also **get / keep / put your problems in perspective**: *Talking to other people helped me get things in perspective.*

**laid-back** relaxed and seeming not to be worried about anything: *I don't know how you can be so laid-back about your exams.*

**lucky mascot** an animal, toy etc. that represents a team or organisation, and is thought to bring them good luck. Also **a lucky charm, a lucky mascot**: *The team mascot is a pink teddy bear.*

**(have a) natter** BrE to have a long conversation about unimportant things: *Come round after work and we'll have a natter.* Also **have a chinwag + about**: *We had a good chinwag about the party last weekend.*

**(be) open-minded (+ about) sth** to be willing to consider and accept other people's ideas, opinions etc: *I'm quite open-minded about divorce.*

**(be) overrun (+ by) sth** to have something unpleasant spread in great numbers: *The house is overrun with ants.*

**(be) prone to** to be likely to be affected by something bad or harmful: *Some plants are prone to this particular disease.* Also **strike-prone, accident-prone etc**: *I never saw a girl more accident-prone.*

**role-model** a person whose behaviour is copied because people admire him / her: *Young people need role models to help them develop into mature adults.*

**set a good / bad example** to behave in such a way that people will copy you: *Try to set a good example to your sister.*

**short-list** BrE a list of the most suitable people for a job, chosen from all the people who were first considered: *Walker is believed to be on the short-list for the England manager's job.* Also **draw up a short list**.

**take time out for yourself** to rest or do something different from your usual job or activities: *Make sure you take time out for your hobbies.*

**worked up (+ about)** informal very upset or excited about something: *Don't get worked up about it! It was only a suggestion.*

## Exercise

Complete the sentences with a suitable phrase.

- 1 It's a great opportunity to get together with your friends and have a really good \_\_\_\_\_ about this and that.
- 2 Our team has adopted a \_\_\_\_\_ to bring them luck in the competition: he's a large rabbit called Bugsy.
- 3 The previous teacher was always very strict about getting homework on time: Mr. Donald is a lot more \_\_\_\_\_ about it.
- 4 At your age, there's no excuse for such behaviour. It really sets a \_\_\_\_\_ for the other children.
- 5 In order to \_\_\_\_\_ an accident, I had to brake hard and pull over to the side of the road.
- 6 I don't know why everyone is getting so \_\_\_\_\_ about building the new airport: it doesn't bother me at all, to be honest.
- 7 Even though the problem is now mainly under control, I'm still \_\_\_\_\_ to severe headaches if I spend too long in front of a screen.
- 8 The first step in appointing a new manager is to discover who is available. Then we will draw up a \_\_\_\_\_.
- 9 It's important that, during the weekend, you take a bit of \_\_\_\_\_ for yourself and not spend the whole time thinking about work.
- 10 A year after it had been closed to the public, the garden was now completely \_\_\_\_\_ with weeds.
- 11 One of the side-effects of this particular medication is that you may feel \_\_\_\_\_: if this happens, just sit quietly for a few minutes.
- 12 I've always tried to be \_\_\_\_\_ about alternative therapies, but frankly I find colour therapy hard to believe in.
- 13 A few days relaxation in the countryside always help to me put my problems in \_\_\_\_\_ and decide how to tackle them.
- 14 Seeing I was nervous, the dentist asked me about my studies, which helped me feel at \_\_\_\_\_.
- 15 Although Morrison insists that he doesn't see himself as a \_\_\_\_\_ for young people, he has a huge influence on them.

## MODULE 5. EDUCATION

An academic year	Undergraduate
Break time	PhD
Recess	Master's
A crash course	Workload
A refresh course	Workaholic
A foundation course	Yale
Vocational course	Toddler
To drop out	A head start
Kindergarten	Derive
Elementary school (nursery school, primary school)	To fill in
Infant school	Subject to
Junior school	Nocturnal predators
Secondary school	Hyper-parenting
Faculty	Rife
Final exam	De rigueur
Further education	Anxieties
Graduation day	Beset with
Gown	Peer
Knowledge	To ask the way
Lecture	To find their way
To skip	To know the way
Mark	To go out of their way
Grade	To have their own way
Note-taking	To get in the way
Numeracy	In the way
Online learning	On its way
Professor-lecturer	Under way
Qualification	A bad way
Quizzes	The wrong way up
3Rs-reading, writing, arithmetic	The wrong way round
Scholarship	Way too big for you
Tertiary education	By the way
	No way

### EXERCISES

**1. Match the phrasal verbs in the box to the definitions below.**

hand out	mess around	take down	shout out
work out	chat away	run off	speak out
eat away (at)	slow down	see off	lie around

a) \_\_\_\_\_ :to talk in a friendly way, especially about things that are not

important, for a period of time.

- b) \_\_\_\_\_ :to gradually remove or reduce the amount of something.
- c) \_\_\_\_\_ :to give something by hand to each member of a group of people.
- d) \_\_\_\_\_ :to spend more time lying down and not doing anything
- e) \_\_\_\_\_ :to behave in a silly way when you should be working or paying attention.
- f) \_\_\_\_\_ :to run away from the place you are.
- g) \_\_\_\_\_ :to speak loudly when you are in an audience or class to get attention.
- h) \_\_\_\_\_ :to publicly protest about something, especially when this could be dangerous.
- i) \_\_\_\_\_ :to go to the airport, station, etc to say goodbye to somebody.
- j) \_\_\_\_\_ :to go more slowly, or to make someone go more slowly.
- k) \_\_\_\_\_ :to make a short note of something on paper, so it will be remembered.
- l) \_\_\_\_\_ :to calculate an answer, amount, value or result.

**2. Phrasal verbs often have more than one meaning. Match six of the phrasal verbs above with their *alternative* meanings below.**

- a) \_\_\_\_\_ (with) :to take something without someone's permission, similar to stealing.
- b) \_\_\_\_\_ :when something is making you feel increasingly worried.
- c) \_\_\_\_\_ :to dismantle a large structure or machine.
- d) \_\_\_\_\_ :to leave something in an untidy or inconvenient place.
- e) \_\_\_\_\_ :to try to solve a problem, especially an emotional one between two or more people.
- f) \_\_\_\_\_ :to defeat an opponent in a fight or competition.

**3. Write answers to the following questions.**

- a) What would make you speak out about something? Or have you ever spoken out about something?
- b) At the weekends, do you like to be out doing things or lying around at home?
- c) Do you like chatting away with friends on the telephone?
- d) When was the last time you saw somebody off at the airport?
- e) Have you ever messed about in class? What did your teacher say?
- f) Has anything ever eaten away at you?
- g) Do you think talking through problems is a good way of solving them?

**4. Using these phrasal verbs, idioms, miscellaneous phrases complete the sentences.**

## Phrasal verbs

**carry on** [I,T] to continue doing something: *Don't stop just because I'm here...carry on working.*

**chat away** [I] to talk in a friendly way, especially about things that are not important, for a period of time: *She'll chat away happily for hours on the phone.*

**eat away (+ at)** [T] to gradually remove or reduce the amount of something: *The damp has gradually eaten away the wooden floorboards.*

**fill in** [T] to complete an official document such as an application form or a questionnaire: *Don't forget to fill in your immigration card before we land.*

**hand out** [T] to give something by hand to each member of a group of people: *Could you hand out these books to the other students?*

**lie around** [I] to spend time lying down and not doing anything: *I felt so lazy just lying around on the beach all day.* Also **laze around**, **loungue around** = to spend time doing nothing.

**lock up** [I,T] to make a building safe by locking all the doors, especially at night: *Can the last person to leave the building please remember to lock up?*

**mess around** [I] Br E informal to behave in a silly way when you should be working or paying attention: *Stop messing around and help me move this furniture.*

**miss out (+ on)** [I] to not be aware of or not have the chance to do something: *You're missing out on a great opportunity.*

**run off** [I] to run away from the place you are: *When we tried to speak to him, he just ran off.*

**see off** [T] to go to the airport, station etc. to say goodbye to somebody: *My dad came to see me off at the bus station.*

**shout out** [I] to speak loudly when you are in an audience or class: *Don't all shout out at once! One at a time please!*

**slow down** [I,T] to go more slowly, or to make someone go more slowly: *The train slowed down as it approached the station.*

**speak out (+ against)** [I] to publicly protest about something, especially when this could be dangerous: *Five students were arrested for speaking against the government.*

**take down** [T] to make a note of something on paper, so it will be remembered: *I took down his e-mail address before I forgot.*

**work out** [T] to calculate an answer, amount, value or result: *You can work out the answer by adding these figures together.*

## Exercise

Complete the sentences with a suitable phrasal verb.

- 1 Before we left the house, my father would always check that he had \_\_\_\_\_: he was always worried about burglars.
- 2 Mike was a real nightmare for his teachers: he was always \_\_\_\_\_ in class and he would never concentrate on his work.
- 3 Suzy and I were so busy \_\_\_\_\_ about this and that we completely forgot the time!
- 4 Even after the baby was born, Louise \_\_\_\_\_ working full-time in the shop.
- 5 Although there are positive aspects to being educated at home, I'm worried that our children would \_\_\_\_\_ the social aspect of going to school.
- 6 Police are asking drivers to \_\_\_\_\_ because of fog on the motorway.
- 7 Alan seems to have no energy these days: he just spends every day \_\_\_\_\_ on the sofa.
- 8 When I saw the two sisters for the first time, it took me some time to \_\_\_\_\_ which one was which.
- 9 The money which is being spent on re-decorating the house is \_\_\_\_\_ at our savings.
- 10 The young man on the corner was \_\_\_\_\_ leaflets advertising a new gym.
- 11 I managed to \_\_\_\_\_ the registration number of the car as it drove away from the accident.
- 12 Although we tried to get near the deer to have a better look at them, they \_\_\_\_\_ as soon as they saw us.
- 13 Before you register for chatline.com please \_\_\_\_\_ this online application form with a few personal details.
- 14 Is everyone so afraid that they are unable to \_\_\_\_\_ against such an obvious example of prejudice?
- 15 How many times have I told you not to \_\_\_\_\_ the answer? Please raise your hand, like all the others.
- 16 There were hundreds of people at the airport, who wanted to \_\_\_\_\_ the team \_\_\_\_\_ and wish them good luck.

## Idioms

**do without sth / sbdy** to manage to live without something or somebody: *I can't afford a car, so I just have to do without.*

**get / give sbdy a head start** to get or give somebody an advantage which helps them to be successful: *Give your children a head start by sending them to a good nursery school.*

**give sbdy a say (+ in sth)** to allow somebody to take part in deciding something: *Why doesn't the committee give the students a say in how the new canteen is run?*

**go out of your way to do sth** to do something that you do not have to do in order to help someone: *Our new neighbours have gone out of their way to welcome us.*

**(be a) hangover from** an attitude or habit from a past time which no longer serves any real purpose: *Richard's attitudes are a hangover from the 1980s.*

**in a bad way** Br E to be very ill, injured or distressed: *We heard that Robert was in a very bad way after the accident.*

**near the knuckle** Br E rude or likely to give offence: *Some of Frank's jokes are a bit near the knuckle.*

**not worth the paper it's written on** (of a legal document) completely invalid and therefore useless: *This agreement isn't worth the paper it's written on.*

**(be) on the way** to be arriving soon: *I'm just ringing to let you know we're on our way. We'll be there soon.*

**put your mind to sth** to decide to do or achieve something by thinking and working very hard at it: *I'm sure you can finish this assignment if you just put your mind to it.*

**set foot in (a place etc.)** to go to or enter a place: *She swore she would never set foot in his house again.*

**step-by-step** carefully and in a particular order: *The instruction book explained step-by-step how to assemble the furniture.*

**the early bird catches the worm** Proverb the first person to arrive or to do something has the best chance of success: *Make sure you get up early tomorrow – the early bird catches the worm!*

**tone down (your accent / speech etc.)** to reduce the effect of something so people will not be offended or misunderstand you: *You'd better tone down your accent, or people won't understand you.*

**(be a) workaholic** informal someone who cannot stop working, and does not have time to do anything else: *Being a workaholic is ruining her social life.*

## Exercise

Complete the sentences with the remaining words of the idiom.

- 1 There's absolutely no reason why you can't do really well at school if you just put \_\_\_\_\_ to it.
- 2 I'm afraid this will be clearly a forgery, and therefore not worth the paper \_\_\_\_\_.
- 3 When our guest first arrived in this country, we went \_\_\_\_\_ to help him settle down.
- 4 One of the reasons given for the divorce is that Eddie is a \_\_\_\_\_, who couldn't find time for his family.
- 5 The pizzas are \_\_\_\_\_ way; let's get the plates out.
- 6 Nobody really knows the origin of the tradition: it's just a \_\_\_\_\_ from the old days.
- 7 The doctor has put Kyla on a new diet. From now on she'll have to \_\_\_\_\_ sugar and dairy products.
- 8 When we were young, our parents always gave us \_\_\_\_\_ in where we went holiday.
- 9 Changing the wheel on a car can be tricky the first time you do it, so I'll explain \_\_\_\_\_.
- 10 I'm not sure if she heard you or not, but some of the comments you made about Julie's dress were a bit near \_\_\_\_\_.
- 11 Many parents believe that exposing their children to English as a baby gives them a \_\_\_\_\_ start when it comes to studying the language.
- 12 Poor Tim. He's still \_\_\_\_\_ way after the operation. Let's hope he gets well soon.
- 13 We were the first people in the queue at 4.30 in the morning. As they say, the early bird \_\_\_\_\_.
- 14 Some of the jokes in his speech would've definitely offended, so he's promised to \_\_\_\_\_ down a little.
- 15 It was a truly historic moment: the first time a European had ever \_\_\_\_\_ in Australia.

## Miscellaneous phrases

**(do a) crash course in** a course in which you learn all the most important things about a subject in a very short period: *I'm going to do a crash course in Spanish before my birthday.*

**deal with (a problem / issue etc.)** to take action to solve a particular problem or issue: *The government has promised to deal with the problem as soon as possible.*

**expectant mother** a woman who is going to have a baby: *The waiting-room was full of expectant mothers.*

**folk wisdom** knowledge that is based on simple ideas which do not require a high degree of technical knowledge: *The usual folk wisdom is feed a cold, starve a fever.*

**have a breather** *informal* to stop what you are doing for a short time to have a rest. Also **to take a breather**: *We've been doing this for three hours now. Let's have a breather.*

**have your own way** to do what you want, even if other people want something different: *He's determined to have his own way.*

**make allowances for** to let someone behave in a certain way because you know there are special reasons for it: *Please make allowances for Michael. Remember he's only fifteen years old.*

**make an observation about** to make a spoken or written remark about something you have noticed: *Can I make a few observations?*

**online learning** learning via computers and the internet: *It is predicted that online learning will continue to grow over the next ten years.*

**open up new possibilities / opportunities** [T] to create new possibilities or opportunities: *The course will open up all kinds of possibilities for you.*

**play a (full) part in** to be one of the people or things that make something happen: *Hard work played a very big part in his success.*

**provide the opportunity for** to offer the chance to do something: *Her parents provided her with the opportunity to study abroad.*

**pushy parents** parents who are so determined that their children will succeed that they behave in a way that seems unreasonable: *I had pushy parents as a child. They virtually forced me to learn the violin and I had to practise for an hour every evening.*

**skip (lectures / classes etc.)** to deliberately miss a lecture or class: *I decided to skip maths.*

**(have a) well-rounded education / experience of life** to have an education or experience of life which is very varied and complete: *I didn't enjoy boarding school very much, but I certainly got a very well-rounded education.*

## Exercise

Complete the sentences with a suitable phrase.

- 1 If you \_\_\_\_\_ so many lectures, you'll fall behind and fail your exams.
- 2 "Feed a cold, starve a fever" is a standard piece of \_\_\_\_\_ about illness; but is it actually true?
- 3 Please remember that Jeanie hasn't been well recently, so please \_\_\_\_\_ for her if she seems a bit slow.
- 4 Recent research suggests that it may be unsafe for \_\_\_\_\_ to eat certain types of soft cheese during their pregnancy.
- 5 We hope that increasing investment will help to \_\_\_\_\_ new opportunities in the Central European market.
- 6 I don't think we can ignore the problem any longer: we have to \_\_\_\_\_ the problem of street crime and try to make our streets safer.
- 7 As well as diet, there's no doubt that regular exercise \_\_\_\_\_ in maintaining a healthy lifestyle.
- 8 I have been watching the way you run the office for some time, and I'd like to make some \_\_\_\_\_ your treatment of the staff.
- 9 Oliver is rather a spoilt little boy: I think his parents let him \_\_\_\_\_ too often.
- 10 A week before we travelled out to Russia, we decided to do a \_\_\_\_\_ in Russian in case our hosts didn't speak English.
- 11 It's important to find time to relax when you're revising for an exam: \_\_\_\_\_ for a couple of minutes and phone a friend, or just stare out of the window!
- 12 The 'Week in the Country' scheme aims to \_\_\_\_\_ for children from inner-cities to experience life in the country.
- 13 Although studying in three different countries had some disadvantages, I think in the end it gave me a \_\_\_\_\_ education.
- 14 Many of our students are unable to come to the college, so \_\_\_\_\_ gives them the opportunity to continue their studies.
- 15 If George didn't have such \_\_\_\_\_, the would probably have given up his piano lessons years ago.

## MODULE 6. MONEY

to mint  
 Shattered  
 Broken  
 Bust  
 Broke  
 A fee  
 Pocket money  
 A pension  
 A subsidy  
 Valueless  
 Worthless  
 Priceless  
 Pricey  
 To be in the black  
 To be in the red  
 To go bankrupt  
 To break even  
 A tip  
 A deposit  
 A bribe  
 A ransom  
 Flashy  
 Tight-fisted

Stingy  
 Miserly  
 One-armed bandit  
 Breakthrough  
 Backpacker  
 Scoop  
 Convict  
 Rookie  
 Hemispheric commuter  
 Grasp  
 doggedness  
 Budding  
 Margin  
 Compensation  
 Reviewer  
 Cop show  
 Inaccuracy  
 Damage  
 Terminal  
 Beneficiary  
 Prenuptial agreement  
 Will

### EXERCISES

**1. Match the beginnings and endings of the following idioms.**

break	/	your hand at something
dream your		bust
go		even
be		headlines
be in the		it rich
make		life away
(be) over		red
score		in the hot seat
strike		the moon
try		a hat-trick



**2. Read the article below quickly and put the paragraphs into the correct order.**

a) His love life also 1)\_\_\_\_\_, none more so than when he wed former model Joy Maliek. She encouraged him to 2)\_\_\_\_\_ business and together they launched the fashion chain ‘Footsie’. It was not the success they hoped for and whilst 3)\_\_\_\_\_ in the first year, sales plummeted and the company 4)\_\_\_\_\_ two years later.

b) Webber trained hard, often missing school for extra practice sessions. The hard work paid off and, at eighteen, he was offered a contract with his home team Middlesbrough. “It was the happiest moment of my life; I was 5)\_\_\_\_\_”, remembers Webber. He soon became Captain and 6)\_\_\_\_\_ in the game that won them the Championship.

c) David Webber is now a household name. But in his own home, growing up, becoming a famous footballer was just a dream. His mother wanted him to go to university and stop 7)\_\_\_\_\_. His father wanted him to follow his dreams and believed his son would one day be successful.

d) Not a man to be kept down, however, he spent his last #100 at the casino and 8)\_\_\_\_\_. A millionaire for the second time, “and a much wiser man” he adds, he bought his beloved Middlesbrough and is now nursing them back to the top.

e) The failed venture took its toll on their marriage and bouts of depression finally caused him to retire from the game. Investments made whilst trading as ‘Footsie’ were found to be illegal and Webber was 9)\_\_\_\_\_. He continues to protest his innocence. Guilty or not, his previously healthy bank balance was now 10)\_\_\_\_\_.

**3. Read the article again and use the idioms form Exercise 1 to complete the gaps. You may have to change the form of some of the idioms.**

**4. Using these phrasal verbs, idioms, miscellaneous phrases complete the sentences.**

## Phrasal verbs

**bring out** [T] to make something easier to see, taste or notice: *The herbs really bring out the flavour of the meat.*

**come up with** [T] to think of an idea, plan, reply etc: *Is that the best idea you can come up with?*

**count for** [I] to have a certain importance or value: *I do think that first impressions count for something, don't you?*

**drop off** [T] to take somebody by car to a particular place and leave them there: *She usually drops the children off at school on her way to work.*

**get away with** [T] not to be caught or punished for something you have done wrong: *I don't know how the company manages to get away with paying clerical staff such low wages.*

**go through** [T] to look at or for something carefully: *Dave went through his pockets looking for the keys but he couldn't find them.*

**look into** [T] to try to find out the truth about a problem, crime etc. in order to solve it: *Police are looking into the disappearance of two young girls.*

**move on (+ to):** [I] to start talking about a new subject in a discussion. *I think that's all we can do for the moment. Let's have a break before we move on to the next item on the agenda.*

**move out** [I] to leave the house where you are living in order to go and live somewhere else: *They're not happy sharing a flat, so one of them will have to move out.*

**pop up** [I] to appear suddenly and unexpectedly: *I hadn't seen her for ages but she eventually popped up in Munich. It was really strange seeing her again after all that time.*

**pull in (an event or show etc.)** [T] to attract a lot of people to go and see something: *His TV show was pulling in huge audiences.*

**pull over** [I, T] to stop the vehicle you are driving at the side of the road: *The police signalled him to pull over.*

**sort out** [T] esp BrE to organise something that is mixed up or untidy to deal with problems: *I'm sorry but it's a real mess here. I'll try to sort things out and call you back later.*

**tip over** [I, T] to fall or turn over, to cause something to do this: *Be careful! If you do that again, you'll tip the chair over!*

**walk off with** [T] to take or steal something especially in a relaxed or confident way: *Thieves walked off with two million dollars' worth of jewellery.*

## Exercise

Complete the sentences with a suitable phrasal verb.

- 1 There was a strange noise coming from the car engine, so Jake decided to \_\_\_\_\_ and have a look.
- 2 Manuel isn't what you'd call a well-known singer, but he \_\_\_\_\_ on TV every now and then.
- 3 Try adding just a little crushed garlic: it really \_\_\_\_\_ the true flavour of the mussels.
- 4 His papers really were in a mess: by the time we'd \_\_\_\_\_ them \_\_\_\_\_, it was already late.
- 5 What amazes me is how he managed to \_\_\_\_\_ so many thefts before the police became suspicious.
- 6 In deciding who to employ, the amount of previous experience \_\_\_\_\_ a lot.
- 7 In order to find out what was missing, we had to \_\_\_\_\_ all our drawers carefully.
- 8 This is someone else's umbrella! Someone must've \_\_\_\_\_ with mine!
- 9 He'd been trying to think of a good idea all week – but by Friday he still hadn't \_\_\_\_\_ anything.
- 10 I'm concerned that the bottles are going to \_\_\_\_\_ – and we'll all end up soaking wet!
- 11 I was very happy sharing a flat with my two friends, so it was a real shock when they asked me to \_\_\_\_\_.
- 12 I live down that road on the left- you can \_\_\_\_\_ me \_\_\_\_\_ at the corner and I'll walk the rest of the way.
- 13 The funeral was one of the biggest events in TV history and \_\_\_\_\_ a huge worldwide audience.
- 14 I can only assure you that your complaint will be \_\_\_\_\_ as soon as we have someone available.
- 15 I don't think we'll reach any agreement on this matter: shall we \_\_\_\_\_? The next item should be less controversial.

## Idioms

**break even** [I] to neither make a profit nor lose money: *Things have been so bad we'll be lucky if we break even.* Also **breakeven point**: *The firm should reach breakeven point by the end of the year.*

**dream your life away** to waste your life by thinking about what might happen: *She would just sit in her chair, dreaming her life away.*

**(be in / go into) freefall** to experience a very fast or uncontrolled drop in the value of something: *Since the President resigned, the economy has been in freefall.*

**get in touch with sbdy** to write or telephone somebody who you do not contact very often: *Friendsinc. is a great way to get in touch with old school friends via the internet.*

**go bust** to cease business because a company has no more money: *Dad lost his job when the firm went bust.*

**(be) in the hot seat** to be the centre of attention in a difficult or stressful situation, particularly answering questions: *The minister was in the hot seat at today's news conference.*

**(be) in the red** *informal* to owe more money than you have: *These car payments have put me in the red again = opposite (in the black).*

**make headlines** to receive a lot of coverage in the press and television: *The break-up of their marriage made headlines last year.*

**(be) over the moon** *BrE* to be extremely happy about something: *She's absolutely over the moon about her new job.*

**score a hat-trick** a series of three successes, especially in football when the same player scores three goals in a single game: *Saunders scored a hat-trick in United's last game.*

**shower someone with sth** to generously give someone a lot of something: *Childless herself, she'd shower my kids with toys.*

**strike it rich** to suddenly make a lot of money: *With her last book, she really struck it rich.* Also **strike it lucky**.

**take on board** to listen and accept suggestions and ideas etc: *The authorities refuse to take any of our suggestions on board.*

**tight-fisted** *informal* not generous with money; stingy: *Jim's too tight-fisted to give money to charity.*

**try your hand at sth** to try a new activity in order to see whether it interests you and whether you are good at it: *You ought to try your hand at portrait painting.*

## Exercise

Replace the definition in bold with a suitable idiom.

- 1 When we opened the café, we didn't expect to make a profit right away- we were happy **not make a profit or loss** in the first year.
- 2 It's no good **wasting time imagining things** – it's time you went out and earned some money!!
- 3 For the first time, I've got enough money to live comfortably and my bank account is **in surplus**.
- 4 My sister is so **mean with money** she refuses to travel by bus because she says it's too expensive!
- 5 David wrote and performed songs for several years with no real success: but it wasn't until his album *White Space* that he really **became rich quickly**.
- 6 My ambitions are to become a top-class footballer, earn lots of money and to **score three goals** in a World Cup Final.
- 7 With one crisis following another, the government is **in a very rapid decline**.
- 8 Even after selling many of its assets, the company was still **in debt to the bank**.
- 9 As an only child, her family always **gave** Ellen **a lot of gifts** at Christmas.
- 10 Once he'd been driving for a few years, Joseph decided to **have a try** at rally driving.
- 11 I'm **absolutely delighted** at being offered such a good job. It means that i can now afford to get married and move into the house of my dreams.
- 12 Unless we receive some money soon, there's a real danger that the business will **go out of business**.
- 13 Tonight **in the studio**, the man answering the difficult questions is the Minister for Transport, Mr. Stephen Thorne.
- 14 I'm always keen to hear people's suggestions, which we will do our best to **listen and accept**.
- 15 The revelation that the President is facing charges of corruption is bound to **receive coverage in the media**.

## Miscellaneous phrases

**and so on and so forth** used to say there are other types of the thing you have mentioned, without actually naming them: *She was telling me about her illnesses, her operations and so on and so forth.*

**award damages** to receive money from a court as a result of another person harming you or your property: *He was awarded damages of £15,000.*

**claim back your expenses** to ask for the money you have spent while working on travel, food etc. to be returned: *Don't forget to claim back your expenses when you get back to the office.*

**entitled to** to have the official right to have or do something: *Mothers were entitled to a maternity allowance of £25 a week.*

**go into decline** to decrease in quality or importance: *During the 1920s, the city went into decline.*

**good luck to him / her!** *spoken* used to say that you do not mind if someone succeeds because it does not affect you: *If she wants to enter the competition, good luck to her I'm not interested.*

**have a good grasp of** to have a good understanding of something: *You have a good grasp of English.*

**jostle for position** to push other people in a crowd in order to get a better place: *The photographers were jostling for position as the stars arrived.*

**launch a crackdown (+ on):** to take severe action to deal with a problem: *The police have launched a major crackdown on drunk driving.*

**make a key / major breakthrough** to make an important new discovery or development in something: *Scientists have made a key breakthrough in the treatment of cancer.*

**plead with [I]** to ask for something that you want very much, in a sincere and emotional way: *Rob pleaded with Ann to come home.*

**prenuptial agreement** an agreement made before marriage about what will happen to the property in the case of a divorce: *Many Hollywood actors make prenuptial agreements before they got married.*

**sole beneficiary** the only person who receives money or goods from someone who has died: *He was the sole beneficiary of his father's will.*

**unfair dismissal** being unfairly removed from your job: *He sued his former employers for unfair dismissal.*

**would-be** someone who hopes to have a particular job: *A would-be actor / TV presenter / contestant*

**your take on something** *informal* someone's opinion about a situation or idea: *What's your take on awarding compensation?*

## Exercise

Complete the sentences with a suitable phrase.

- 1 The first thing I'll do when I get back from my business trip will be to \_\_\_\_\_ back my travel \_\_\_\_\_.
- 2 Police have promised to \_\_\_\_\_ a major \_\_\_\_\_ on begging in the streets and homelessness.
- 3 Conrad would make an excellent Finance Minister: she \_\_\_\_\_ a very good \_\_\_\_\_ of economic affairs.
- 4 Thousands of \_\_\_\_\_ - \_\_\_\_\_ pop stars queued up all night to take part in the audition.
- 5 Now you've been working here for five years, you're \_\_\_\_\_ an extra week's holiday.
- 6 Although his mother \_\_\_\_\_ the policemen, they arrested her husband and marched him away.
- 7 There are hopes that the negotiators are about to \_\_\_\_\_ a major \_\_\_\_\_ in the Peace Talks in Amsterdam.
- 8 Val has decided to get married again- to someone who's just half his age. \_\_\_\_\_, I say!
- 9 The court have \_\_\_\_\_ him £50,000 \_\_\_\_\_ for the physical injuries he received in the accident.
- 10 Sir Patrick McCall and his fiancé Nicole, have denied reports that they have signed a \_\_\_\_\_.
- 11 Sue is furious about being sacked and is threatening to sue the firm for \_\_\_\_\_.
- 12 As the royal couple left the church, people in the crowd were \_\_\_\_\_ position to get a better view.
- 13 For many years, Charles Swann was the country's most successful TV entertainer: but after a series of scandals his career went \_\_\_\_\_.
- 14 We'd all like to know your \_\_\_\_\_ this particular issue: it's causing a lot of controversy.
- 15 He went on tell us all about his holiday in Tunisia, how he rode on a camel and so \_\_\_\_\_.

## MODULE 7. PEOPLE AND RELATIONSHIP

To moan	Being competitive
Chatty	Good social skills
Lively	Intuition
To keep him/herself to him/herself	Being supportive
To respect smb's privacy	A tendency to feel guilty
Grumpy	Exchanging confidences
Irritable	A fear of failure
Laid-back	A desire for approval
Unpredictable	A love of gadgets
For no apparent reason	Showing off
Neat	Nagging
Fussy	Being thick-skinned
To leave smb's stuff all over the place	Gossiping
Do smb's share	A fear of commitment
To like things smb's way	Sucker
To lounge around	Survey
To sulk	Domestic chores
To say what is on the mind	Spouse

### EXERCISES

#### 1. Choose the correct word to complete the idiom.

- a) beat *about / through / under* the bush
- b) bright and *light / breezy / breathy*
- c) get your *hands / claws / fingers* on something
- d) keep *yourself / oneself / yours* to yourself
- e) know *why / how / where* you stand with somebody
- f) not have a *clue / queue / cue* about something
- g) pull somebody's *arm / ear / leg*
- h) *put / leave / throw* something behind you
- i) say what's *on / in / inside* your mind
- j) storm *off / in / away*
- k) (be a ) sucker *to / for / about* something
- l) (go) *window / looking / glass* shopping

**2. Now match the completed idiom to the correct definition below.**

i) to look at the goods in shop windows without intending to buy them	ii) cheerful and confident
iii) to know nothing at all about a question or problem	iv) to tell somebody something that is not true just for a joke
v) to avoid or delay talking about something awkward or embarrassing	vi) to like something so much that you cannot refuse it
vii) to forget about an unpleasant experience and think about the future	viii) to go somewhere in a noisy, fast way to show you are angry
ix) to know what somebody thinks about you	x) to tell someone what you're thinking or worrying about
xi) to live a private life and not involve yourself with others	xii) to obtain something that is quite difficult to find

**3. Write answers to the following questions. You also need to complete the idiom using your answers from Exercise 1.**

- How would your friends describe your character? Are you bright and \_\_\_\_\_? Do you like to keep \_\_\_\_\_ to yourself?
- Is there anything you are a sucker \_\_\_\_\_?
- If something is bothering you, do you say what's \_\_\_\_\_ your mind or do you keep quiet?
- Do men and women both enjoy going \_\_\_\_\_ shopping?
- When you have an unpleasant experience, do you tend to dwell on it or try to \_\_\_\_\_ it behind you?

**4. Using these phrasal verbs, idioms, miscellaneous phrases complete the sentences.**

## Phrasal verbs

**chat up** [T] BrE to talk to someone in a way that shows you are sexually attracted to them: *We found Doug in a bar trying to chat up a waitress.*

**creep round** [T] BrE informal to be falsely nice to someone in authority, in order to gain advantage yourself: *I hate the way Carl is always creeping round the boss.*

**fit in** [I] to be accepted by other people in a group because you have the same attitudes and interests: *At first I felt really awkward but eventually I learned to fit in.*

**grow up** [I] to develop from being a child to being an adult: *Tony grew up on a farm.* (compare **to grow** = to become bigger: *The school is very successful and seems to grow every year.*)

**join in** [I,T] to take part in an activity as one of a group of people: *I'm really worried about my little girl. She's very shy and won't join in any activities.*

**lounge around** [I] BrE to spend time doing nothing: *We did nothing on holiday except lounge around by the swimming pool.*

**make up** [T] to invent a story, explanation etc: *I don't believe him. In my opinion, he made the whole thing up to make himself look good.*

**pick up on** [T] to notice something that other people have not noticed: *It was very clever of you to pick up on the tension between them.*

**push around** [T] to give someone orders in a rude or threatening way: *George seems to think that he can just push people around without them getting upset.*

**put up with** [T] to accept an unpleasant person or situation without complaining: *I'm not prepared to put up with that kind of rudeness.*

**run round after** [T] to spend a lot of time doing small jobs for someone: *I've spent all morning running round after the children. I'm completely exhausted!*

**send away** [T] to send someone to another place: *James was sent away to school at the age of eleven.*

**show off** [T] to try to impress people and make them admire your abilities, achievements or possessions: *Please don't pay any attention to Susan. She always shows off in front of people she doesn't know.*

**shut up** BrE spoken used to tell someone rudely to stop talking: *Oh, shut up! I don't want to hear any more of your complaints.*

**stick with** [T] informal to stay with someone even if there are difficulties: *Listen to this! I've got a fantastic plan! If you stick with me, we'll make a fortune together.*

## Exercise

Underline the correct phrasal verb in each sentence.

- 1 If we are to win, it's essential that the manager *holds up / stays up / shows off / sticks with* the same group of players.
- 2 The other people don't like the way Marlina just *lounges around / sits up / stands down* and never helps with the housework.
- 3 I'm a bit worried about Rosie. She never seems to *get on / join in / make up / show off* with the other children's games.
- 4 Frank lacked confidence. He was always too shy to *chat up / shut up / speak up / talk up* girls.
- 5 As a child, he was *pushed off / put out / sent away / taken up* to study in the capital.
- 6 Like many elder brothers, Robert tried to *lounge around / make me up / push me around / show me off* when I was little.
- 7 It's not surprising that Johnny has never really *got up / grown up / made up / shown off* – he has very little experience of life.
- 8 I'm very fond of Hugo, but he's a non-stop talker. I wish he'd *close down / close up / shut down / shut up* occasionally.
- 9 I wish people wouldn't *crawl round / creep round / lounge around / push around* George just because he's a famous pop star.
- 10 I'm sure you'll have no problems *chatting up / fitting in / going on / growing up* once you get to know your new colleagues.
- 11 Ray was driving a brand-new sports car. Clearly he intended to *make off / show off / show up / turn up* as much as possible!
- 12 After three hours, he still hadn't appeared. I was forced to *do up / make up / put up / turn up* an excuse for him.
- 13 Unfortunately, I failed to *come across / get on with / pick up on / take on* the signs that Mary was about to resign from her job.
- 14 I hate my job. I spend most of my time *getting on with / looking after / messing around / running round* after people who never do any real work.
- 15 If you live in a city as big as this, you just have to *come up with / get away with / miss out on / put up with* huge traffic jams at rush hour.

## Idioms

**beat about / around the bush** to avoid or delay talking about something awkward or embarrassing: *Why don't you stop beating about the bush and tell me why you're here?*

**bright and breezy** cheerful and confident: *Can you tell me why Margaret is always so bright and breezy in the mornings?*

**(be really) down** sad and discouraged: *I'm extremely worried about Alan. He's been really down since he lost his job.*

**get your hands on sth** to obtain something that is quite difficult to find: *I think it's disgusting! Nobody cares about the old woman – they're just trying to get their hands on her money.*

**hen-pecked husband** a man who is always being told what to do by his wife and is afraid to disagree with her: *Alan is really hen-pecked.*

**keep yourself to yourself** BrE to live a very quiet and private life and not involve yourself with other people: *We hardly know our neighbours: they keep themselves to themselves.*

**know where you stand with sbdy** to know how somebody feels about you: *Yvonne may be blunt, but at least you know where you stand with her.*

**not have a clue about sth** informal to know nothing at all about a question or problem: *You'll have to take the car to the garage. I haven't got a clue about fixing engines.*

**pull somebody's leg** to tell somebody something that is not true, as a joke: *Have you really won the lottery, or are you just pulling my leg?*

**put behind you** to forget about an unpleasant experience and think about the future: *We have to put our last match behind us and concentrate on the next game.*

**say what's on your mind** to say what you're thinking or worrying about: *You look worried, Ellen. What's on your mind?*

**storm out / off (of / up to another place)** to go somewhere in a noisy, fast way to show you are angry: *Helen was so furious, she stormed out of the room.*

**(be a) sucker for sth** informal to like something so much that you cannot refuse it: *I'm a real sucker for old movies.*

**(be) thick-skinned** to not be easily offended by other people's criticism or insults: *A successful sales representative needs to be quite thick-skinned.*

**(go) window shopping** to look at the goods in shop windows without intending to buy them: *As none of us had any money, we only went window shopping.*

## Exercise

Complete the sentences with a suitable idiom.

- 1 I was terribly unhappy after we split up, but I'm pleased to say that I've \_\_\_\_\_ all that \_\_\_\_\_ me now.
- 2 "I want to know what happened last night. Will you please stop \_\_\_\_\_ and tell me the truth!"
- 3 It's important that, if you have a problem, you say \_\_\_\_\_ rather than keeping quiet about it.
- 4 If you tell Jonathan how clever he is, he's bound to help you; he's a \_\_\_\_\_ flattery!
- 5 Just because I always do what my wife says, that doesn't mean to say that I'm a \_\_\_\_\_ husband!
- 6 How was I to know Lesley was going to \_\_\_\_\_ of the room as soon as I mentioned her ex-husband?
- 7 Lisa is always very slow in the mornings and finds it hard to wake up: unlike Edward, who is always \_\_\_\_\_.
- 8 My sister and I always spend hours \_\_\_\_\_ - who cares if we don't have any money...you can always look!!
- 9 I don't think Susan is being completely honest with me: I need to \_\_\_\_\_ with her if we're going to be friends.
- 10 To survive in telephone sales, you need to be fairly \_\_\_\_\_ and not be offended when people hang up on you!
- 11 Don't take what Jack tells you too seriously: he's always \_\_\_\_\_ your \_\_\_\_\_.
- 12 "Can you tell me how I can quit this application?" "Sorry, I \_\_\_\_\_ about computers. Why don't you try Debbie? She might know."
- 13 People tend to \_\_\_\_\_ in this neighbourhood, so we haven't made many friends here.
- 14 After many years of looking, I've finally managed to \_\_\_\_\_ an original copy of Elvis's first record.
- 15 Marco has just failed all his exams, so he's a bit \_\_\_\_\_ at the moment.



## Miscellaneous phrases

**abide by the rules (of a place / institution etc.)** to accept and follow the rules of a particular place, even if you don't agree with them: *You have to abide by the rules of the game.*

**(people from) all walks of life** people from all different classes and positions in life: *The club attracts people from all walks of life.*

**all over the place** informal everywhere: *There were policemen all over the place.*

**do your (fair) share of sth** to do your part of a job or duty that you share with other people: *I do my share of the housework.*

**drive someone mad** BrE (US drive someone crazy) to make someone so bored, annoyed or anxious that they feel they are going crazy: *Stop making that noise, will you? It's driving me mad.*

**fancy** BrE to be sexually attracted to someone: *All the girls fancied him like mad.*

**for no apparent reason** without an obvious reason: *Suddenly and for no apparent reason, he stood up angrily and walked out of the room.*

**go mad at sbdy** BrE to become extremely angry with someone: *Joe will go mad when he finds out how much I spent on that dress.*

**have the benefit of sth** to have something that gives you an advantage or helps you in some way: *She has had the benefit of a first-class education.*

**inverted snobbery** BrE the idea that everything that is typical of the upper classes must be bad: *He changed his accent – an example of inverted snobbery.*

**jump to conclusions** to form an opinion about something before you know all the facts: *Don't jump to conclusions – maybe he just wants to be friendly.*

**leave sth lying around** leave something untidy, without putting it in its proper place: *Why do you have to leave all your papers lying around on the floor?*

**let yourself in for** informal to unknowingly do something that will cause you trouble: *I don't think Carol knew what she was letting herself in for when she married Pete.*

**(make a) snap decision** a decision made quickly without any thought or preparation: *There was no time to think: I had to make a snap decision.*

**overbearing attitude / personality** an attitude or personality where you are always trying to control other people without considering their wishes or feeling: *She has a very overbearing attitude.*

**short back and sides** BrE a man's haircut – short at the back and sides of his head, and slightly longer at the top: *I asked the barber for a short back and sides.*

## Exercise

Complete the sentences with an suitable word or phrase.

- 1 It's about time that the boys in the house started \_\_\_\_\_ their \_\_\_\_\_ of the cooking and cleaning.
- 2 As a child, I never \_\_\_\_\_ of a stable home life – my parents were always moving around from one place to another.
- 3 "Is it true that Jason and Paula are going out together?" "Well, I know he \_\_\_\_\_ her, but I don't think he's asked her out yet."
- 4 The organisation has members from \_\_\_\_\_, from plumbers to doctors.
- 5 Until he joined the army, Boris had always worn his hair fairly long – but he came back with a \_\_\_\_\_.
- 6 Will you stop whistling that stupid song! It's \_\_\_\_\_ me \_\_\_\_\_!!
- 7 There was no time to check with Jamie about the flights, I had to \_\_\_\_\_ a \_\_\_\_\_.
- 8 Everything was going fine until, \_\_\_\_\_, the boss decided to change everything.
- 9 What I find particularly annoying about Mark is his \_\_\_\_\_: he's just not prepared to listen to other people's side of things.
- 10 Jane's room is in a terrible state: there are books and clothes \_\_\_\_\_.
- 11 You're taking a big risk \_\_\_\_\_ all that money \_\_\_\_\_: someone might steal it.
- 12 Nigel is in fact a very well-educated young man from a good family – but it seems that, perhaps because of \_\_\_\_\_, he likes to pretend he's a working-class boy.
- 13 I was mad to take on all that work: I just didn't know what I was \_\_\_\_\_.
- 14 When I told him I was late because I'd forgotten to set the alarm, he \_\_\_\_\_ me...I've never seen him so angry.
- 15 As a member of the Medical Association, I am forced to \_\_\_\_\_ the rules of the organisation and I therefore cannot tell you.
- 16 When I saw you and Richard together, I assumed you were on a date: I'm sorry, I shouldn't have \_\_\_\_\_.

## MODULE 8. FASHION

Scruffy  
Sophisticated  
Contemporary  
Traditional  
Unconventional  
Minimalist  
Cluttered  
Dressed up  
A dangling cigarette  
Slouch  
Collide  
Sophistication  
Modesty  
Fragile girl  
Bombshell  
Dignity  
Charity

Wannabe  
Earth mother  
Enhance  
A lookalike  
A lookout  
An onlooker  
Look before your leap  
A dirty look  
Look up to  
A sound bite  
A sound off  
Sound effect  
A feel-good movie  
A soundtrack  
To feel on top of the world  
Mixed feelings  
To feel free

### EXERCISES

1. Complete the phrases below with the correct word form the box.

move	bite	taste (x2)	icon
generation	question	hero	
feelgood	effects	apart	debut

- An ‘acquired \_\_\_\_\_’ is something that people only begin to like after they have tried it a few times.
- To ‘call something into \_\_\_\_\_’ is to make people uncertain about whether something is right or true.
- A ‘career \_\_\_\_\_’ is something that you decide to do in order to develop your career.
- A ‘cult \_\_\_\_\_’ is someone who has become extremely popular among a particular group of people.
- A ‘\_\_\_\_\_ film’ is one whose main purpose is to make you feel happy and cheerful.
- Something that is ‘in bad \_\_\_\_\_’ is unacceptable, especially because it upsets or offends people.

- g) To 'make your \_\_\_\_\_' is to make your first public appearance as an entertainer or sports person.
- h) To 'set \_\_\_\_\_ from' is to show the difference in quality between one thing or person and another.
- i) A 'sound \_\_\_\_\_' is a very short part of speech or statement, especially one made by a politician, that is broadcast on radio or television.
- j) 'Sound \_\_\_\_\_' are sounds produced artificially for a film, television or radio broadcast, etc.
- k) A 'spokesman for a \_\_\_\_\_' is a person who expresses the ideas or opinions of a particular age group.
- l) A 'style \_\_\_\_\_' is a famous person who is admired and imitated by many people because of their fashion sense.

**2. Write answers to the following questions. Remember to complete the idiom using your answers from Exercise 1.**

- a) Who is a major style \_\_\_\_\_ in your country?
- b) Have you made, or are you planning to make, a career \_\_\_\_\_?
- c) Do you have a cult \_\_\_\_\_?
- d) When did your favourite actor/actress make their \_\_\_\_\_?
- e) Can you give an example of food or drink from your country that is an acquired \_\_\_\_\_?
- f) What is your favourite \_\_\_\_\_ film?

**3. Using these phrasal verbs, idioms, miscellaneous phrases complete the sentences.**

## Phrasal verbs

**come over** [I] to approach the place where someone is: *Would you like to come over and have a drink?*

**cover up** [T] to put something over the top of something else in order to hide or protect it: *It's advisable to use a bandage to cover up the wound.*

**dress up** [I,T] to wear clothes that are more unusual or formal than the ones you usually wear, often for a special occasion: *It isn't a formal party – there's no need to dress up.*

**drink to** [T] to wish someone success, good health etc. before having an alcoholic drink: *Let's drink to your success in your new job.*

**get through** 1 [T] to survive a difficult experience or period of time: *Getting through the next few months after the divorce wasn't easy.* 2 (+ **to sbdy**) [T] to succeed in reaching someone by telephone: *I finally managed to get through to the manager after several attempts (= be connected on telephone).*

**give away** [T] to give something to another person because you do not want or need it any more: *I gave my old laptop to my niece.*

**give up (a career, job, profession etc.)** [T] to stop working or having a career, especially something you have been doing for some time: *I gave up my job to go freelance.*

**go off** [I] to explode or make a sudden noise: *My alarm went off at 6.30 as usual.*

**hang around** [I] *informal* to wait or stay somewhere with no real purpose: *We hung around the hotel for a while but we never saw her.*

**look up to** [T] to admire and respect someone: *I've always looked up to my uncle for his honesty and hard-work.*

**point out** [T] to tell someone something that they did not know before or had not thought about: *Our guide pointed out the dangers of walking alone at night.*

**put off** [T] to make somebody dislike something, or make them not want to do something: *Don't let the title put you off – it's a really interesting book.*

**put through** [T] to connect someone to another person by telephone: *One moment, please, I'll just put you through.*

**sound off (about)** [I] *informal* to express strong emotions about something, especially when you are complaining very angrily: *Sean was sounding off about the government again.*

**stand out against** [I] to be very easy to see or notice by looking or sounding very different from other things or people: *I think black letters will stand out better against the yellow background.*

## Exercise

Complete the sentences with a suitable phrasal verb.

- 1 We all thought it would be a great idea to have a party in the garden, until someone \_\_\_\_\_ that the weather forecast today was for rain.
- 2 I'm afraid Mr. Dawson isn't in the office today. I'll \_\_\_\_\_ you \_\_\_\_\_ to Caroline, his personal assistant.
- 3 It was obviously a very difficult time – but with the help of my friends and family I managed to \_\_\_\_\_ it.
- 4 There's no point in having fifty pairs of shoes – perhaps I should \_\_\_\_\_ some of them \_\_\_\_\_.
- 5 We arrived at the airport on time, but the flight was delayed so we had to \_\_\_\_\_ in the departure lounge for ages.
- 6 As is traditional at a wedding, let's \_\_\_\_\_ the bride and groom – may all their troubles be small ones.
- 7 It's important for young people to \_\_\_\_\_ to their teachers – too often there is a lack of respect, however.
- 8 Carnival is the traditional time for people to \_\_\_\_\_ in their most colourful clothes and take to the streets.
- 9 Dave Kay introduces a new phone-in, where members of the public have the chance to \_\_\_\_\_ about the issues of the day.
- 10 After her second child was born, Catherine decided to \_\_\_\_\_ work so that she could look after her.
- 11 We were thinking of going to Iceland, but the thought of all that cold weather \_\_\_\_\_ us \_\_\_\_\_.
- 12 We were waiting for what seemed like hours – eventually the waiter \_\_\_\_\_ and took our order.
- 13 One of the things that makes it hard to sleep around here is the car alarms \_\_\_\_\_ all the time.
- 14 It took me several attempts before I finally \_\_\_\_\_ to the Complaints Department at the town council.
- 15 In some countries, women are expected to \_\_\_\_\_ their arms and legs.

## Idioms

**be in the public eye** to be on the TV and in the newspapers a lot because you are famous: *The Prime Minister is trying to remain in the public eye as much as possible.*

**black humour** a joke or funny story that deals with the unpleasant parts of life: *His black humour is not to everyone's taste.*

**blonde bombshell** *humorous* an extremely attractive woman with light-coloured hair: *Marilyn Monroe was a typical blonde bombshell of the 1950s.*

**eye-catching design / outfit etc.** a design / outfit etc. which is unusual or attractive in a way that makes you notice it: *She was wearing an eye-catching dress made of red latex.*

**get on sbdy's nerves** *informal* to annoy someone, especially by doing something repeatedly: *She's always complaining: it really gets on my nerves.*

**give sbdy a dirty look** to look at someone in a way that shows you disapprove of or dislike them: *Why are you giving me such a dirty look?*

**have a quiet word (with sbdy about sth)** to talk to someone in private about something they are doing wrong: *I think we should have a quiet word about your lateness.*

**in the same breath** two things have been said which seem to contradict each other: *You can't say that you want to save money, and in the same breath say you want to stay in a 5-star hotel.*

**it's a good job** *BrE spoken* used to say that it is lucky that something happened: *It's a good job I brought my umbrella. It hasn't stopped raining all day.*

**live life to the full** to live your life in a very full and intense way, where you are prepared to do anything: *He's nearly 70, he still lives life to the full.*

**look before you leap!** *proverb* used to say that you should always think about the potential dangers before doing something.

**nine times out of ten** almost always: *Nine times out of ten, it's the football supporters who are to blame for the violence.*

**pet hate** something that you strongly dislike because it particularly annoys you: *TV game shows are one of my pet hates.*

**(cause) raised eyebrows** to cause surprise among people, particularly if they disagree with or disapprove of something: *Sharon's bright green hair has caused raised eyebrows among her friends.*

**see the funny side of sth** to appreciate that a difficult situation also has some amusing aspects: *She saw the funny side of the situation.*

## Exercise

Choose the correct word to complete the idiom.

- 1 One thing that really gets on my *brain / head / mind / nerves* is people constantly using their mobile phones in restaurants.
- 2 The agency won several prizes for its *eye-catching / grabbing / stealing / taking* posters.
- 3 In his long and happy life, John always lived life to the *completion / full / most / top*.
- 4 I have to say that text messages are one of my pet *annoyances / dislikes / enemies / hates* – I find them so hard to understand!
- 5 The local mayor's decision to impose new parking charges has caused a number of *raised / risen / rising / upward* eyebrows.
- 6 Although I was furious with my sister, I couldn't say anything – I just gave her a *dirty glance / look / regard / view*.
- 7 Before starting your own business you should know exactly what the risks are. Remember – look before you *jump / leap / run / walk*.
- 8 He looked absolutely ridiculous as he slipped on the ice, but fortunately he saw the funny *aspect / part / piece / side*.
- 9 It seems strange for Matthew to say he's in love with Sarah, and in the same *breath / moment / time / word* say that he'd like to marry Rose.
- 10 I don't think Lucy should actually be punished, but it's time someone had a quiet *lecture / phrase / speech / word* with her about her behaviour.
- 11 Ever since she became the first winner of the TV show *Pop Winners*, Ami has been constantly in the *public eye / sight / view / vision*.
- 12 Stephen always says he knows the answer, but nine times *from / in / on / out* of ten, he's just guessing.
- 13 Although the accident happened at high speed, Carlo wasn't badly hurt. It's a good *case / job / position / work* he was wearing a safety belt.
- 14 The country has something of a reputation for *black / brown / dim / down* humour – suffering is often considered amusing.
- 15 Eva Zemal is typical of the latest blonde *bombs / bombers / bombshells / bombsites* in the world of modelling.

## Miscellaneous phrases

**acquired taste** something that people only begin to like after they have tried it a few times: *I think beer is an acquired taste.*

**bring sth to sbdy's attention** to tell someone in authority about a problem they were unaware of: *The matter was brought to the council's attention.*

**call into question** to make people uncertain about whether something is right or true: *I feel that my place in the team is being called into question.*

**career move** something that you decide in order to develop your career: *Applying for the job at head office would be a very good career move.*

**cult hero** a person who has become extremely popular among a particular group of people: *James Dean has acquired the status of a cult hero.*

**feelgood film / programme / song etc.** a film etc. whose main purpose is to make you feel happy and cheerful: *ET is a feelgood film.*

**in bad taste** unacceptable, especially because they upset or offend people: *I thought your joke about being overweight was in very bad taste.*

**make your debut** to make your first public appearance as a public entertainer or sports player: *Nicole Kidman made her film debut in 1985.*

**(have) mixed feelings (about)** to be unsure of how you feel about something, because you have both a positive and a negative response to it: *I had mixed feelings about Tom leaving home.*

**out of keeping with** not suitable or appropriate for a particular occasion or purpose: *I felt that your remarks were out of keeping with the seriousness of the occasion.* (opposite: **in keeping with**)

**set apart (from)** to show the difference in quality between between one thing or person and the rest: *What sets the film apart is the superb cinematography and locations.*

**sound bite** a very short part of a speech or statement, especially one made by a politician, that is broadcast on radio or television: *There were some memorable sound bites.*

**sound effects** sounds produced artificially for a film, television or radio broadcast, film etc: *I loved the sound effects.*

**spokesman for a generation** a person who expresses the ideas or opinions of a particular age group: *For many, John Lennon was the spokesman of his generation.*

**style icon** a famous person who is admired and imitated by many people because of their fashion sense: *Madonna is a style icon.*

## Exercise

Complete the sentences with a suitable phrase.

- 1 I really think you should apologise for what you said about women footballers: your remarks were in very bad \_\_\_\_\_.
- 2 It was remarkable that the atmosphere of a storm was created simply by lighting and some terrifying sound \_\_\_\_\_.
- 3 In his early years, Brad Lee's songs were highly popular among the young, and he effectively became a spokesman for his \_\_\_\_\_.
- 4 At the age of 28, Felder made a major career \_\_\_\_\_ and went to New York.
- 5 As well as being one of the world's best-known actresses, Gwyneth Paltrow is also widely admired as a style \_\_\_\_\_.
- 6 Not everyone likes oysters. Much as I like them, I do think they're an acquired \_\_\_\_\_.
- 7 Although he is not as widely successful as he was in the 80s, George remains a \_\_\_\_\_ hero for many science-fiction fans.
- 8 We see it as our newspaper's duty to \_\_\_\_\_ the problem of street crime to the government's attention.
- 9 It's impossible to summarise our ideas about the unemployment problem in just a sound \_\_\_\_\_; it's a complex problem, and the solution is not simple.
- 10 *It's a Wonderful Life* – perhaps the greatest \_\_\_\_\_ movie of all time – is guaranteed to cheer you up if you're feeling depressed.
- 11 It was an unfortunate incident, and completely out of \_\_\_\_\_ with the friendly atmosphere that we normally have at the club.
- 12 This is the first time that his reputation as a fair and honest journalist has been \_\_\_\_\_ into question.
- 13 Michael Owen \_\_\_\_\_ his debut for England at the age of just 18.
- 14 I must say I had \_\_\_\_\_ feelings about the news of Helen's resignation: I was sorry to see her go, but it was a great opportunity for me.
- 15 For me, what sets Jo Mallon \_\_\_\_\_ from other politicians is her honesty, and willingness to fight for her beliefs.

## MODULE 9. WORK

The 'intelligent' house

The 'smart' fridge

Barcode

Appliance

Headset

A medieval jousting tournament

To interact

Strain out

Database

Hold-up

Exceed

Bona fide

Irises

Teleworking

Computer conferencing

Short-term contract

Freelance

Highly-skilled

Mundane

Idle poor

Blurred

To get away from it all

Labour-saving devices

Sedentary lifestyle

Epidemic in obesity

Deserted wastelands

Social interaction

Mental health problem

Leisure and fitness industry

Inactivity

Social isolation

Adaptability

Well-balanced

Well-built

Well-dressed

Well-educated

Well-laid-out

Well-fed

Well-look after

Well-known

Well-off

Well-read

Well-behaved

Well-chosen

Well-earned

Well-written

Well-prepared

Well-informed

Well-meaning

Well-mannered

Well-paid

Well-thought-out

## EXERCISES

1. Complete the gaps below with an appropriate idiom from Exercise 2.

Working too hard? Maybe it's time to 1) \_\_\_\_\_ and visit beautiful Scotland. Stay in our comfortable cottages and 2) \_\_\_\_\_ because all meals are provided.

The team had another amazing 3) \_\_\_\_\_ at last weekend's competition and with the Championships 4) \_\_\_\_\_ they look likely to win again.

Williams was incredibly nervous about giving the presentation, hence the night before he did 5) \_\_\_\_\_ and arrived tired as well as nervous. One manager wasn't impressed by Williams' presentation and 6) \_\_\_\_\_, however another thought there was potential and asked to meet Williams again further 7) \_\_\_\_\_.

Things had taken a turn for the worse and James thought there was some 8) \_\_\_\_\_ going on. Sally said that she 9) \_\_\_\_\_ agreed with him.

The perfect husband, according to my mother, has to be intelligent (educated and 10) \_\_\_\_\_,) as well as attractive (handsome and 11) \_\_\_\_\_). My father also thinks he should be 12) \_\_\_\_\_, but also says love is more important than money.

2. Choose the correct definition for each idiom below.

- clean sweep a) a victory in all parts of a game or competition  
b) a thorough clean of your house, normally during Spring
- dodgy business a) a business that involves animals  
b) a situation which is very risky or uncertain
- down the line a) at some point in the future  
b) to ignore the queue and go to the front of it
- get away from it all a) to hide in your house and not leave until you feel happier  
b) to escape from your daily problems and have a peaceful and relaxing holiday
- give something the thumbs down a) to reject a plan, suggestion, etc  
b) to hold an object with your hands
- not get a wink of sleep a) to not be able to get any sleep at all  
b) to get a good, restful night of sleep
- on the horizon a) unlikely to happen in the near future  
b) likely to happen in the near future
- put your feet up a) to accidentally say something which causes offence  
b) to sit down and relax, especially with your feet supported
- well-built a) an impressive new building in the latest design  
b) someone who is physically large and strong, in an impressive way
- well-off a) to have more money than many other people  
b) to leave a place very quickly in an angry way
- well-read a) to have read a lot of books and know about a lot of different subjects  
b) to have studied for a very long time and feel unwell because of this
- well and truly a) completely and totally  
b) honestly

3. Using these phrasal verbs, idioms, miscellaneous phrases complete the sentences.



## Phrasal verbs

**buzz around** [I] to move quickly and busily round a place: *The thing I love most is buzzing round town on my scooter.*

**catch on** [I] to become popular and fashionable: *It was a popular style in Britain, but it never really caught on in the USA.*

**catch up with** [T] to finally meet a friend you have not seen for a while, and to hear their news: *It would be nice to catch up with you. When can we meet?*

**clean up** [T] to improve a place or person by improving its moral standards: *The new President intends to make lots of reforms. For a start, he has promised to clean up the civil service.*

**come along** [I] to follow someone somewhere: *I'm not doing anything tonight. Do you mind if I come along to the show with you?*

**draw up** [T] to prepare a list, or a written document: *We drew up a list of the best candidates for the new position.*

**get on with** [I] to continue something you were doing before: *OK then, I'll go away now and let you get on with your work.*

**get up to** [T] to do something, especially something other people might disapprove of: *What did you two get up to after I'd gone to bed?*

**go for** [T] to try to get or win something: *Why don't you go for that job that's being advertised?*

**lay out** [T] usually passive (of a town, garden etc.) to be arranged or planned in a particular way: *The palace gardens were laid out in the French style.*

**muck in** [I] BrE informal to work together with other people in order to get a job done: *You're expected to muck in with the farm work.*

**pass on** [T] to tell someone a piece of information that someone else has told you: *I'll pass your message on to Ms. Eckland.*

**print out** [T] to produce a printed copy of a computer document: *Just wait a moment while I print out the details.*

**queue up** [I] BrE to join a line of people or vehicles waiting to go somewhere or do something: *I always buy cinema tickets in advance so I don't have to queue up.*

**start up** [T] to switch on your computer so that it is ready to use: *Oh dear! I'm having trouble starting up my computer. (opposite = shut down).*

**traipse round** [I] informal to walk around somewhere slowly and unwillingly because you are tired or uninterested: *I hated having to traipse around the shops with my mother.*

## Exercise

Underline the correct phrasal verb in each sentence.

- 1 I'd been looking forward to my date with Nell: but I didn't expect her sister to *come along / come up / go off / turn out* as well.
- 2 I haven't seen Anna for years, so it'll be great to *catch up with / come up with / get on with / put up with* her again.
- 3 It was clear that the plan for re-designing had not been sufficiently *made out / made up / put through / thought out*.
- 4 Would you mind *moving on / passing on / putting through / taking down* the message?
- 5 The fashion didn't really *catch on / catch up / take on / turn up*.
- 6 Our lawyers are *drawing up / making up / popping up / turning up* a new contract.
- 7 I've been *banging on / buzzing round / moving on / running off town* on my bike, visiting people.
- 8 Henry decided to *get through / go for / take over / turn up* the top prize.
- 9 Nowadays, you can get a street map of any city in the world via the internet and *print it away / print it on / print it out / print it down*.
- 10 We spent the whole morning *dropping in / going through / lying around / traipsing round* museums.
- 11 The police chief said he was determined to *clean up / dry up / take off / wash up* corruption within the force.
- 12 Who knows what the children have been *getting away with / getting through to / getting up to / putting up with* while we were out?
- 13 There was no question of anyone avoiding their fair share of work: everyone was expected to *count for / fit in / muck in / put up with*.
- 14 Once you *start up / switch in / take up / wake up* your computer, you'll see the new screen saver I've installed for you.
- 15 Would you believe it? We had to *hand in / pop up / stand up / queue up* for three hours to get tickets for the concert.
- 16 You've spent enough time playing on your computer: it's time to *get away with / get on with / get up to / put up with* your work.

## Idioms

**clean sweep** a victory in all parts of a game or competition, where you win every possible prize: *The 200m race was a clean sweep for the Swedes.*

**dodgy business** a situation which is very risky or uncertain: *Betting on the result of a sporting event is a very dodgy business.*

**down the line** at some point in the future: *A few years down the line, you'll see I was right.*

**flying saucer** a round-shaped spacecraft, supposedly carrying creatures from space. (Also U.F.O. = Unidentified Flying Object): *Many people are now claiming to have seen flying saucers over the desert.*

**get away from it all** to escape from your daily problems and have a peaceful and relaxing holiday: *Why don't you get away from it all with a holiday in Crete?*

**give sth the thumbs down** informal to reject a plan, suggestion etc: *The project was given the thumbs down.* (opposite= **the thumbs up**).

**not get a wink of sleep** to not be able to get any sleep at all: *It was so noisy in my room, I didn't get a wink of sleep.*

**it's my bet (that)** informal to say that you expect something to happen in the future: *It's my bet that Alex will be late for the meeting again. He's just impossible!*

**on the horizon** likely to happen in the near future: *So what's new with you? Are there any big changes on the horizon?*

**put your feet up** informal to sit down and relax, especially with your feet supported by something: *You've worked really hard. Why don't you go home and put your feet up?*

**well-built** physically large and strong, in an attractive way: *I think David should model the new sports collection. He's an extremely well-built young man.*

**well-off** to have more money than many other people, or enough money to have a good standard of living: *This is the part of town where the well-off people tend to live.*

**well-read** to have read a lot of books and know about a lot of different subjects: *Katie is a very well-read young lady.*

**well and truly** completely and totally: *We were well and truly lost.*

**(to be) your own worst enemy** to behave in a way that causes problems for yourself: *Lee could do so much better at school, but I'm afraid he's his own worst enemy.*

## Exercise

Complete the sentences with two words of the idiom.

- 1 I was so worried about you. I went to bed hours ago, but I haven't been able to get \_\_\_\_\_ of sleep.
- 2 I've been on my feet all day moving furniture. All I want to do now is \_\_\_\_\_ my \_\_\_\_\_ up.
- 3 Alfred's parents were not terribly \_\_\_\_\_, \_\_\_\_\_, and it was a struggle for them to buy him new clothes.
- 4 Everyone was \_\_\_\_\_ and \_\_\_\_\_ delighted when our local team won the competition.
- 5 If you ask me, it's \_\_\_\_\_ that they'll call an election towards the end of next year.
- 6 I always said that investing all your money in works of art was a \_\_\_\_\_ and now I've been proved right.
- 7 We're looking for people who are reasonably \_\_\_\_\_, \_\_\_\_\_, as the work is very physically demanding.
- 8 It's too early to say whether the campaign has been a success or not. A few months \_\_\_\_\_ the \_\_\_\_\_, we'll have a better idea.
- 9 American acts are expected to make a \_\_\_\_\_ of the major awards at this year's Whammie awards.
- 10 I love all those old-fashioned sci-fi films where the aliens fly to earth in their \_\_\_\_\_.
- 11 Paul had most of the qualities needed to be a successful musician: unfortunately, he was his own \_\_\_\_\_ and he never got the success he deserved.
- 12 The bus drivers are believed to have given the employer's pay offer the \_\_\_\_\_.
- 13 Things are looking good at the moment, but there are some serious financial problems on \_\_\_\_\_.
- 14 I found it very difficult to follow their conversation: they were all so \_\_\_\_\_, \_\_\_\_\_, and I had virtually no education at all.
- 15 This summer, we're planning to get \_\_\_\_\_ from it \_\_\_\_\_: we've rented a villa by the sea for three weeks in July.

## Miscellaneous phrases

**give / get an insight into** to give or get a clear understanding of something, especially something unfamiliar or complicated: *Her new book gives you a real insight into the life and culture of the South American people.*

**have a lie-in** BrE to stay in bed longer than usual in the morning: *Sunday's the day when I like to have a lie-in.*

**hold-up** a delay, where traffic stops or can only move very slowly: *We should get there by 8, as long as there are no hold-ups.*

**holding pattern** the line of travel that an aircraft follows as it flies over a landing place while it waits for permission to land: *We'll be stuck in a holding pattern for a few more minutes.*

**(be) jet-lagged** to be very tired and disorientated because you have been flying for a long time through different time zones: *John is bound to be jet-lagged when he arrives from Australia.*

**let's face it** used to say you should admit that a difficult situation exists, even though you would prefer to ignore it: *Let's face it. We're lost.*

**on hand** close by and ready when needed: *There is always a nurse on hand if you need help.*

**out of the way** a long way from places where people normally go: *We're going to stay in an out of the way little village.*

**quite a bit (+ of)** informal a large quantity of something: *Unfortunately, I've got quite a bit of work to do this weekend.*

**rough it** informal to live for a short time in conditions that are very uncomfortable: *I don't mind roughing it tonight if we can stay somewhere a bit more comfortable tomorrow.*

**safe and sound** unharmed, especially after being in danger: *The drama was over quite quickly and the hostages were returned safe and sound.*

**standard issue** included in normal military equipment. Also a piece of equipment that is normal, and in no way special: *It's just a standard issue computer.*

**thing of the past** a situation or problem which does not exist any more: *Scientists say that smallpox will soon be a thing of the past.*

**(well / badly etc.) thought out** thought about carefully, considering all the possible problems: *It was a badly thought out scheme which should never have been considered in the first place.*

**top of the range** the best of a particular set of products that you can buy: *A top of the range mountain bike.*

## Exercise

Complete the sentences with a suitable phrase.

- 1 Working as a cleaner really \_\_\_\_\_ me an \_\_\_\_\_ into how hard it can be to do tough physical work day after day.
- 2 They've all finally arrived \_\_\_\_\_ after a very long and difficult coach journey.
- 3 The new automatic ticketing system should make queues a \_\_\_\_\_ at the London Eye.
- 4 It was a 12-hour flight to Miami, so we were all extremely \_\_\_\_\_ when we got off the plane.
- 5 The hotel really does offer top class facilities, and there are plenty of staff \_\_\_\_\_ if you require help.
- 6 You've been messing around with that computer for three hours now. Let's \_\_\_\_\_, we'd better get someone to help.
- 7 Many young people who haven't got enough money to stay in a hotel are happy to \_\_\_\_\_ rather than miss their annual holiday.
- 8 There's a world of difference between the latest CX 939 model, and the normal, \_\_\_\_\_ CD Walkman.
- 9 There's \_\_\_\_\_ of milk left in the fridge. Shall we make some chocolate milk shakes?
- 10 Due to fog at Heathrow Airport, several planes are in a \_\_\_\_\_, circling the airport until they can land.
- 11 We had hoped to have a \_\_\_\_\_ this morning, but the dog next door woke us up at 6.30 with its endless barking.
- 12 I've always thought that the city is \_\_\_\_\_ in a very logical way – it's certainly easy to find your way round.
- 13 You may well have admired other sports car, but the new Ferranti SZ-999 really is the \_\_\_\_\_ – as its price would indicate!
- 14 There are warnings of \_\_\_\_\_ on the M65 motorway, where there has been a serious accident blocking the road heading west.
- 15 We're hoping to find some peace and quiet, so we're going to a really \_\_\_\_\_ little mountain village for our holidays.

## MODULE 10. TRUTH AND LIES

To testify under oath	To make an excuse
To get away with	To tell a white lie
Rumour	To commit forgery
Bogus	To carry out a hoax
Bluntly	Home truth
To take in	Interrogators
To spread gossip	Response
To exaggerate	Blushing
To tell tales	Instantaneous
To commit perjury	Under duress
To con people out of money	High-profile
To tell a fib	To pick up
To cheat on	Premise

### EXERCISES

#### 1. Choose the correct word to complete the phrase.

- a) never count your *chickens / kitchens / chicks* until they're hatched
- b) get caught *out / up / in*
- c) *family / house / home* truths
- d) lead a *second / double / shadow* life
- e) *lonely / sad / loving* hearts column
- f) love- *dog / rat / snake*
- g) take somebody's *words / word / speech* for it
- h) *say / speak / tell* tales
- i) *right / white / light* lie
- j) your other *part / side / half*
- k) you must be *laughing / joking / smiling!*
- l) (not) understand a *letter / meaning / word* of something

**2. Now match the completed phrase (a-l) to the correct definition below.**

i) to accept what someone says without wanting to check that it is true	ii) to pretend to be somebody else and live that life as well as your 'real' life
iii) to be completely unable to understand something	iv) to be shown to have made a mistake or to have been lying
v) to say something about somebody (to a person in authority) because you want to get them into trouble	vi) used to say that an offer or suggestion is so strange or silly that you cannot believe it is serious
vii) facts said to someone that are unpleasant to hear because they are true	viii) someone who is unfaithful to their husband/wife or boyfriend/girlfriend
ix) used to say that you should not make plans prematurely based on a current situation	x) a humorous way of describing your husband/wife or boyfriend/girlfriend
xi) a lie that is told to avoid upsetting someone	xii) a section of a newspaper or magazine for people who want to make friends or find a boyfriend/girlfriend

**3. Write answers to the following questions. You also need to complete the phrase using your answers from Exercise 1.**

- Have you ever told someone some \_\_\_\_\_ truths?
- Do you think \_\_\_\_\_ hearts columns are a good idea?
- When have you told someone "you must be \_\_\_\_\_!"?
- Have you ever \_\_\_\_\_ tales on someone?
- Is it acceptable to tell a \_\_\_\_\_ lie?
- What are the most important qualities in your other \_\_\_\_\_?

**4. Using these phrasal verbs, idioms, miscellaneous phrases complete the sentences.**

## Phrasal verbs

**bump into** [T] to meet someone you know by accident: *You'll never believe it! I bumped into Bill in town this morning.*

**carry out** [T] to do something that needs to be organised and planned: *Urgent repairs are being carried out at the moment.*

**cheat on** [I] to be unfaithful to your husband, wife or partner by secretly having sex with someone else: *I can't believe that he's been cheating on his wife for all this time.*

**fall for** [T] to start being in love with somebody: *It was love at first sight! As soon as I met Virginia, I fell for her.*

**find out** [T] to discover somebody has done something illegal or immoral: *After years of cheating, he was eventually found out.*

**go round doing** [I] to go from one place to another doing a particular thing, or behaving in a particular way: *He's been going round telling people how stupid I am.*

**hang on** [I] BrE spoken used to ask or tell someone to wait: *Hang on! I'll be with you in a minute.*

**map out** [T] to plan a route, itinerary or schedule: *I'm mapping out your route for you right now.*

**pick up** [T] **1** to collect somebody or something waiting for you in a car: *My husband will come to pick you up at the airport.* **2** to be able to detect or receive electronic signals: *I managed to pick up an American news broadcast.*

**read on** [I] to continue: *If what I say seems hard to believe, read on...you may be surprised.*

**set out** [I] (+ **from** / **for**) to start a long journey, especially by land or sea: *The cruise will last for ten days. We'll set out from Cairo and finish in Luxor.*

**set up** [I,T] to prepare the equipment for something so that it is ready to be used: *Don't worry. The technician will be here in a moment to set up the equipment for you.*

**shut up** [T] to keep someone in a place away from other people where they cannot escape: *They finally shut him up in prison and he was never heard of again.*

**(be) taken in** [I] to believe something or somebody which is untrue: *Don't be taken in by people telling you they're honest.*

**turn over** [I,T] BrE to turn a page in a book or a sheet of paper to the opposite side: *When I turned over the sheet, there was a picture on the other side.*

## Exercise

Complete the sentences with a suitable phrasal verb.

- 1 The first few pages of the novel are a little bit slow, but if you \_\_\_\_\_ for a few more pages, you'll find it gets more interesting.
- 2 The hostage was \_\_\_\_\_ in a tiny room, with no contact with the outside world for nearly six months.
- 3 Personally, I never believed she was a real princess, but plenty of other people were \_\_\_\_\_.
- 4 A huge fleet of ships \_\_\_\_\_ from the Spanish port, heading for the New World.
- 5 It's hard to believe that such a small organisation were capable of \_\_\_\_\_ such an effective plan.
- 6 When she found out he had been \_\_\_\_\_ her, it was only a matter of time before they got divorced.
- 7 Somebody has been \_\_\_\_\_ claiming to be a plain-clothes police officer in order to get into people's homes.
- 8 The prisoners had been \_\_\_\_\_ their escape route for several months.
- 9 You'll never guess who I \_\_\_\_\_ in the supermarket queue...your mother!
- 10 It'll take the camera crew a few minutes to \_\_\_\_\_ their equipment: then we'll be ready to start.
- 11 I was working next to a pretty young Irish girl, who I \_\_\_\_\_ almost immediately. We were married a month later.
- 12 All the time I was stealing money from the company, I was terrified that I would be \_\_\_\_\_.
- 13 Henry promised to \_\_\_\_\_ us \_\_\_\_\_ at the station: I'd better phone him to say we're going to be late.
- 14 If you \_\_\_\_\_ a minute, I'll tell you...why are you in such a hurry?
- 15 I didn't \_\_\_\_\_ my test paper, so I didn't see the rest of the questions. How could I be so stupid?

## Idioms

**never count your chickens until they're hatched** used to say that you should not make plans because you hope something good will happen: *Are you sure it'll work? Never count your chickens until they're hatched.*

**get caught out** to be shown to have made a mistake, or to have been lying: *If you keep on lying, you'll get caught out in the end.*

**here we go again!** *informal* used when something unpleasant or annoying is about to happen again: *'Can you give me a hand?' 'Oh, no! Here we go again.'*

**home truths** facts about someone that are unpleasant for them to know but that are true: *It's time she was told a few home truths.*

**lead a double life** to pretend to be one person when you are really another person: *You wouldn't believe it! He's been leading a double life for years, with two wives and two houses.*

**lonely hearts advertisement / column / page etc.** an advertisement etc. used by people who want to make friends or find someone to love: *If you're lonely, try answering a lonely hearts ad on the internet.*

**love-rat** *humorous* someone who is unfaithful to their husband, wife or partner: *The headlines read: My rock star lover was a love-rat.*

**pull yourself together** to force yourself to stop behaving in a nervous, frightened or disorganised way: *Pull yourself together, will you? People are staring!*

**take sbdy's word for it** to accept what someone says without checking that it is true: *'I've got the biggest muscles of anyone here' 'I'll take your word for it!'*

**tell tales** *BrE* to tell someone in authority information about somebody because you want them to get into trouble: *Sally's been telling tales to the teacher.*

**(not) understand a word of sth** to be completely unable to understand something: *Have you read that poem? I couldn't understand a word of it.*

**white lie** a lie that is told to avoid upsetting someone: *Do you really like it, or are you telling white lies?*

**your other half** *humorous* your husband, wife or partner: *Would it be possible to speak to your other half for a moment?*

**you must be joking!** used to say that an offer or suggestion is so strange or silly that you cannot believe they are serious: *Buy a new car on my salary? You must be joking!*

## Exercise

Complete the sentences with a suitable idiom.

- 1 'There's someone on the phone complaining about our advert,' Mary said. '\_\_\_\_\_', I thought to myself.
- 2 'My home-made yogurt is absolutely delicious. Do you want some?' 'No, thanks...I'll \_\_\_\_\_ . I'm sure it is too'.
- 3 'Hello, it's Ricky here. Actually it was \_\_\_\_\_ I wanted to speak to. Is he in?'
- 4 We should make a good profit on the deal, but you know what they say: \_\_\_\_\_ .
- 5 I told Annie that I really liked the cheap-looking sweater she'd bought me: it was a \_\_\_\_\_ , but she looked delighted.
- 6 'Have you invited Dan to your party on Saturday?' ' \_\_\_\_\_ '! Not after the way he behaved last time.'
- 7 Although he successfully deceived the public for several years, it was inevitable that he would \_\_\_\_\_ in the end.
- 8 Janice had been looking for someone special for years: in the end, she found love by answering an advertisement in the \_\_\_\_\_ column of *Time's Up!* magazine.
- 9 During our discussion, I told Steve a few \_\_\_\_\_ about the way he behaves at work. I don't think he was too happy about it.
- 10 I was so devastated I burst into tears: it took me a while to \_\_\_\_\_ and continue the conversation.
- 11 Lola was shattered to learn that the man she thought was her husband was in fact already married and had been \_\_\_\_\_ for years.
- 12 I'm worried that Hannah has been \_\_\_\_\_ to the teacher about Kirsty as a way of getting her revenge.
- 13 Unfortunately for us, the film was in German and there were no sub-titles – so we did \_\_\_\_\_ a word.
- 14 Actress and TV presenter Erika Johnson has accused her former lover Ronnie Steed of being a \_\_\_\_\_ and having a secret affair with pop star Genie G.

## Miscellaneous phrases

**assert yourself** to behave in a determined way so that people do not force you to do things you do not want to: *I'm not surprised you haven't been promoted. You need to assert yourself a bit more.*

**commit perjury** to tell a lie after promising to tell the truth in a court of law: *It's very serious to be accused of committing perjury.* Also **commit forgery** = to make an illegal copy of something so people think it's real.

**con sbdy out of sth** [I] to obtain money by making someone believe something that is not true: *That guy just conned me out of £10.*

**give way (+ to)** to be replaced by something newer, better or different: *Steam trains finally gave way to electric ones.*

**hoax photos / phone calls etc.** photos / phone calls that are not genuine and are meant to deceive people, or as a joke: *There have been a number of hoax photos of the Prime Minister on the internet.*

**make an excuse** to give a reason for behaviour which annoys or upsets people: *Are you going to make an excuse for forgetting our meeting?*

**no wonder** spoken used to say that you are not surprised by something: *'I'm very tired.'* *'No wonder... it's nearly 2 a.m.'*

**put on weight** to get fatter: *Mary seems to have put on a lot of weight recently.* (opposite= **to lose weight**).

**put up a struggle / fight etc.** to show great determination in resisting something: *Jill put up a real fight when she was arrested.*

**spread gossip / rumours etc.** to tell a lot of people information which is private or possibly untrue: *That woman's been spreading rumours about me again.*

**strait-jacket** a special piece of clothing that is used to control the movements of someone who is mentally ill and violent: *They had to restrain the prisoner by putting a strait-jacket on him.*

**tell a fib** to tell a small unimportant lie: *I told a few fibs during the interview. Fortunately, nobody noticed and I got the job.*

**testify under oath** to give evidence in court having made an official promise to tell the truth: *Are you prepared to testify under oath that you were with him that evening?*

**you could've fooled me!** used to say that you do not believe what someone has told you: *'I'm doing my best, honestly.'* *'You could've fooled me!'*

**you're kidding!** used to say that you do not completely believe someone, or are very surprised by what they have said: *'I'm going to get married.'* *'You're kidding!'*

## Exercise

Complete the sentences with a suitable phrase.

- 'These flowers are absolutely fresh, madam: they were picked this morning.'  
\_\_\_\_\_! They look at least three days old to me.'
- 'Martha has finally left her husband.' '\_\_\_\_\_  
\_\_\_\_\_, he always treated her badly.'
- The police have several witnesses who are prepared to \_\_\_\_\_ under \_\_\_\_\_ that they saw Marshall on the night of the murder.
- You're bound to \_\_\_\_\_ if you keep on eating so many fatty foods.
- The least you could do is \_\_\_\_\_ some sort of \_\_\_\_\_ for being so late.
- I'll admit I \_\_\_\_\_ you a \_\_\_\_\_ when I said I drove a sports car: it's only a Mini.
- Many people actually believed that it really was the England football manager ringing up to complain: but it was only a \_\_\_\_\_.
- Though everyone believed him at the time, it later became clear that Carter had \_\_\_\_\_ during the trial in order to protect himself.
- Fishing – once the village's main industry – has gradually \_\_\_\_\_ to tourism as the main economic activity.
- You need to \_\_\_\_\_ when you start working here, or people will try to give all the horrible jobs.
- It was clear that Bozo didn't want to go to the vet's: he \_\_\_\_\_ a terrific \_\_\_\_\_ before we got him in the animal carrier.
- Dickinson was one of a gang of criminals who had \_\_\_\_\_ people \_\_\_\_\_ thousands of dollars by pretending to be antique dealers.
- 'I've been offered a part in a Hollywood film. Isn't it great?' '\_\_\_\_\_! That's unbelievable!'
- I don't know who told you that, but someone has been \_\_\_\_\_ about me- and it's all totally untrue.
- He has such a record of violence person that the prison officers make him wear a \_\_\_\_\_ - \_\_\_\_\_ before he can leave his cell.



# ТЕМАТИЧНИЙ ЛЕКСИЧНИЙ ЗБІРНИК

## TOPIC 1: GLOBALISATION. ENGLISH AS A GLOBAL LANGUAGE.

Globalization is a process of interaction (взаимодействие) and integration among the people, companies, and governments of different nations, a process driven by international trade and investment and aided by information technology. This process has effects on the environment, on culture, on political systems, on economic development and prosperity, and on human physical well-being in societies around the world.

Globalization is not new, though. For thousands of years, people—and, later, corporations—have been buying from and selling to each other in lands at great distances, such as through the famed Silk Road across Central Asia that connected China and Europe during the Middle Ages. Likewise, for centuries, people and corporations have invested in enterprises in other countries. In fact, many of the features of the current wave of globalization are similar to those prevailing before the outbreak of the First World War in 1914.

But policy and technological developments of the past few decades (десятилетия) have increased cross-border trade, investment, and migration so large that many observers believe the world has entered a qualitatively new phase in its economic development.

In the years since the Second World War many governments have adopted free-market economic systems, vastly increasing their own productive potential and creating new opportunities for international trade and investment. Governments also have negotiated dramatic reductions in barriers to commerce and have established international agreements to promote trade in goods, services, and investment. Taking advantage of new opportunities in foreign markets, corporations have built foreign factories and established production and marketing arrangements with foreign partners. A defining feature of globalization, therefore, is an international industrial and financial business structure.

Technology has been the other principal driver of globalization. Advances in information technology, in particular, have dramatically transformed economic life.

Globalization is deeply controversial (спорный, противоречивый, дискуссионный), however. Proponents (защитники, сторонники) of globalization argue that it allows poor countries and their citizens to develop economically and raise their standards of living, while opponents of globalization claim that the creation of an unfettered international free market has benefited multinational corporations in the Western world at the expense of local enterprises, local cultures, and common people. Resistance to globalization has therefore taken shape both at a popular and at a governmental level as people and governments try to manage the flow of capital, labor, goods, and ideas that constitute the current wave of globalization.

To find the right balance between benefits and costs (доходы и издержки) associated with globalization, citizens of all nations need to understand how globalization works and the policy choices facing them and their societies.

## ***English as a Global Language***

---

Because English is so widely spoken, it has been referred to as a «global language». While English is not an official language in many countries, it is the language most often taught as a second language around the world. It is also, by international treaty, the official language for aircraft/airport communication. Its widespread acceptance as a first or second language is the main indication of its worldwide status.

There are numerous arguments for and against English as a global language. On one hand, having a global language aids in communication and in pooling information (for example, in the scientific community). On the other hand, it leaves out those who, for one reason or another, are not fluent in the global language. It can also lead to a cultural hegemony of the populations speaking the global language as a first language.

A secondary concern with respect to the spread of global languages (including major languages other than English such as Spanish, Chinese, Arabic, etc.) is the resulting disappearance of minority languages, often along with the cultures and religions that are primarily transmitted in those languages. Language death caused by English has been particularly pronounced in areas such as Australia and North America where speakers of indigenous languages have been displaced or absorbed by speakers of English in the process of colonization. The expansiveness of the British and the Americans has spread English throughout the globe.

The major varieties of English in most cases contain several sub varieties, such as Cockney slang within British English, Newfoundland English, and the English spoken by Anglo-Quebecers within Canadian English, and African American English within American English. English is considered a language with no variety being clearly considered the only standard. Because of English's wide use as a second language, English speakers can have many different accents, which may identify the speaker's native dialect or language.

Just as English itself has borrowed words from many different languages over its history, English words now appear in a great many languages around the world, indicative of the technological and cultural influence of English speakers. Several languages have formed on an English base – Tok Pisin was originally one such example. There are a number of words in English coined to describe forms of particular non-English languages that contain a very high proportion of English words – Franglais, for example, is used to describe French with a very high English content (spoken mostly in the border bilingual regions of Quebec).

---

---

Read and answer the following questions:

1. What other global languages do you know?
2. Which of the global languages is the most popular one on the Internet?
3. In what countries is English the official language?

## TOPIC 2: CHOOSING A CAREER

Many students don't have much time to spend in career planning during their degree course.

Choosing a career involves 4 stages:

- Self awareness
- Opportunity awareness
- Decision making
- Talking action

The first stage of Career Choice is self awareness. This involves looking at your **SKILLS, VALUES, INTERESTS** and **PERSONALITY** and analysing where your strengths and weaknesses lie. This is important both in choosing the right career and also for success in applications and interviews where you will find many questions which test whether you have been through this process. Once you have done some preliminary self analysis, the next stage is to gather information on the opportunities open to you. While making a decision, talk to graduates already working in your chosen career area. Of course, the other important part in making decisions is discussing it with other people. Friends, family and tutors can all play an important part here.

Many people think they know the right way to go about picking an occupation, but they often wind up choosing a career that is unsatisfying. Choosing a career is an involved process and you should give it the time it deserves. Career planning is a multi-step process that involves learning enough about yourself and the occupations which you are considering in order to make an informed decision. When choosing a career, it makes perfect sense to choose one that is related to what you enjoy doing in your spare time, if you so desire. In addition people tend to become very skilled in their hobbies, even though most of the skill is gained informally.

Every year, especially during milestone years, i.e. the beginning of a new decade, there are numerous articles and books that list what 'the experts' predict will be 'hot jobs'. It can't hurt to look at those lists to see if any of the careers on it appeal to you, but you shouldn't use the list to dictate your choice. While the predictions are often based on valid data, sometimes things change. Way too often what is hot this year won't be hot a few years from now. In addition, you need to take into account your interests, values, and skills when choosing a career. Just because the outlook for an occupation is good, it doesn't mean that occupation is right for you.

While salary is important, it isn't the only factor you should look at when choosing a career. Countless surveys have shown that money doesn't necessarily lead to job satisfaction. For many people enjoying what they do at work is much more important. However, you should consider earnings, among other things, when evaluating an occupation.

Some people suppose that having once chosen a career you'll be stuck in it forever. Not true. If you are unsatisfied in your career for any reason, you can always change it. You'll be in good company. Many people change careers several times over the course of their lifetimes. Even if you change your career your skills will not go to

waste. Your skills are yours to keep. You can take them from one job to another. You may not use them in the exact same way, but they won't go to waste.

There is a point that if my best friend (or sister, uncle, or neighbor) is happy in a particular field, I will be too. Everyone is different and what works for one person won't necessarily work for another, even if that other person is someone with whom you have a lot in common. If someone you know has a career that interests you, look into it, but be aware of the fact that it may not necessarily be a good fit for you.

Choosing a career is a great start, but there's a lot more to do after that. A Career Action Plan is a road map that takes you from choosing a career to becoming employed in that occupation to reaching your long-term career goals.

Of course there is little one can do to learn about an occupation without actually working in it. While first hand experience is great, there are other ways to explore an occupation. You can read about it either in print resources or online. You can also interview those working in that field.

Throughout our careers, we encounter many situations when we could benefit from unbiased advice. We may be in the process of choosing a career, deciding whether or not we should change careers or jobs, re-entering the workforce, job hunting, or recovering from a job loss. We come to the realization that this is an overwhelming process and we want and need some help.

### **1. Give the definitions to the following words from the text:**

awareness, application, interview, preliminary, occupation, milestone, overwhelming

### **2. Answer the following questions.**

1. What stages are involved while choosing a career?
2. Why is it important to analyse where your strengths and weaknesses lie?
3. What is career planning?
4. Where from can you get the information about 'hot jobs'?
5. Does money necessarily lead to job satisfaction?
6. Is it possible to change the career if a person is not satisfied?
7. What is a Career Action Plan?
8. Is it possible to explore an occupation?

### **3. Points for discussion.**

- The most important factors that influence choosing a career.
- What is the starting point in the future career?
- Do we always have equal chances to choose a career?

## ***Where to Find a Good Job?***

The job search may take a while, but with the simple steps you will find that job that suits you. Getting a job is one of the most stressful situations a man or a woman can go through. The main thing to remember about finding a job is to not let it stress you out. When looking for a job, make sure that you are confident. If you show that you can do the job, you most likely will. Do not limit yourself to only one field of jobs, but try out

for many jobs, and fill out as many applications as you can. Again, do not limit yourself. Finding the job is the most important part, and we will all come to face this fact eventually. A few things to help you find a job is this: Go through the local newspapers, go through all of the ads, circle the ones that interest you and then fax in your resume, or give them a call as soon as possible. Do not delay this, for if you do, you may miss out on the chance of a lifetime. A few places to find a job are on the Internet, also known as the world wide web. Go on the world wide web and type in jobs in any major search engine, or the specific job that you are looking for, and you will come up with many results.

Some jobs are also not right in front of your face either. You will have to do some searching. Also, keep in mind that if you know of a friend who works in a field that you are interested in, talk to him. He can usually help you out in your search, and possibly get you a job, or a career that you will love and enjoy.

Remember to try and choose a job that you will enjoy. If you enjoy the area of work that you work in, you will actually never work a day in your life.

Check out mystery shopping, or other fields like that if you are having trouble finding work, seek unemployment for the times that you can. Check out the money online programs.

When you are applying for a job in the paper, or the sign in the window, there are a few simple guidelines to remember.

Keep your resume short and neat a one page resume is more than enough. If they look too long and gaudy [цветистый, витиеватый] looking, the employers will not give it their full attention. Again, be confident, be confident that you can and will do the job.

List as many references that you have, attach them as well to your resume.

Dress for Success. Yes, I know you have heard that before, but it is the truth. Dress nicely and appropriately for the job. Always smile. At the end of an interview, shake hands firmly.

When seeking for a job remember to follow your interests and do not limit yourself. The job search may take a while, sometimes a few months, if not more, but never stop until you find that career that suits you. Always be in control of your life.

How to apply for a job.

Before applying for a job it might be a good idea to think about some points. The perfect job application very much depends on where you want to apply. Take a few minutes and try to answer the following questions:

1. What do you expect of your future job? (Responsibilities, salary, team work, ...)
2. Does the firm or the job posting give the impression that it answers your expectations?
3. What are your strengths, what are your weaknesses regarding your profession?
4. Medium of application: Will you send your application via regular mail or via Email?

### **TOPIC 3: THE PROFESSION OF A TEACHER**

Difficult, wonderful, exhausting, fun, stressful, enlightening, rewarding beyond compare: That's what you hear when you ask veteran teachers what their job is like. Then, when you ask veteran teachers if they would choose the same career if they could live their lives over, the answer is usually yes.

Teaching requires enormous patience, and there is no ready-made formula for good teaching. Studies on effective teaching demonstrate that there are nearly as many successful styles as there are successful teachers.

But there are some qualities in good teachers on which nearly everyone agrees: Candidates for teaching should be: Among the highest academic performers; Well versed in the subjects they teach; Knowledgeable about how to teach; Able to use different strategies; Interested in ideas; Committed to teaching and learning; Eager to make a difference in students' lives

Every teacher must develop the characteristics of a professional and model professionalism every day. Speaking about the main elements of professionalism the main three categories should be indicated: attitude, behavior and communication. Addressing these areas can help any teacher to develop a stronger sense of professionalism.

Attitude is everything! A positive attitude is an essential component of professionalism. Beginning at the dimplest level, teachers cannot let their personal lives interfere with there professional attitude. Even when having a bad day, a teacher still needs to maintain a positive attitude and not a bad mood on the students. A professional needs to push away outside concerns or distractions and focus on the task at hand.

One of the best things a teacher can do is to love his or her students. It is so important for students to know that their teachers care for them. A professional doesn't view his or her profession as just a job, but rather sees it as a calling that is all about caring for children. The ability to make personal connections with students is an identifiable trait of a successful teacher. It's easy to fall into the trap of focusing on the negative. Every job and profession has its ups and downs, and a true professional focuses his or her energy in a positive way. This calls for the attitude of assertiveness. When a teacher sees that something is not working well, he or she needs to take action and seek solution.

Risk taking is another element of a professional attitude. There can be no accomplishment without taking some risk. A professional should be willing to take risks and try new things, and thus avoid falling into a rut and becoming stagnant.

An attitude of confidence is another key component of professionalism. Lack of confidence can lead to social errors and unprofessional behavior. Teachers must know and trust themselves and their abilities.

An attitude of initiative is also important element. Professionals set goals for themselves and their students. They know what they want to achieve. One of the first signs that prove that teachers are becoming more professional is that they begin to take initiative, rather than wait to be told what to do.

Lastly, effective teachers need to commit themselves to being lifelong learners, because real professional has a continuing growth plan to achieve competence and strives continuously to raise the level of each new group of students.

One more category is behavior. A professional is defined not by the business a person is in but by the way that person does his or her business. Preparedness, one behavior associated with professionalism, is an important focus in the current standards movement that require that the teacher should know the subject matter and can teach it effectively so students can learn, teachers should know the content and methodology of what they teach. Teachers need to be prepared to teach the content of their lessons, as well as be prepared with the proper materials and resources. Many beginning teacher underestimate how much time proper planning and preparation entail. The sooner they understand this, the better.

Punctuality is another critical behavior associated with professionalism. It is critical that the teachers arrive on time, whether it is for the start of the school day or for picking up the students from a special class.

Professionals, metaphorically, live in the glass houses; they are under constant scrutiny and are held to the highest moral and ethical standards. Teachers, expected to be role models for their students, must carefully examine how their behavior, both in and out of the classroom, might make an impression on others. A teacher's actions and influence as a role model can either help or harm others. Just a hint of any impropriety can both ruin a teacher's reputation and leave students disappointed and confused.

Like it or not, people are often judged by their appearance. A professional is expected to dress in a respectable manner. While the level of formality has declined in many professions, many types of clothing still are considered inappropriate in professional settings. Clothes that are too provocative, casual or sloppy are inappropriate. Body piercing, tattoos and other bold fashions are often looked upon unfavorably. Teachers are encouraged to err on the side of formality, rather than to dress in casual or contemporary fashion. A teacher should look like a teacher, not one of the students. University or school is not the place to make wild fashion statements or to dress in provocative ways.

Being able to discern the types of topics that are appropriate for conversation is an important quality of professional behavior. It is recommended for teacher to avoid responding to inappropriate questions and ones that are too personal. In conversations, they also should avoid interrupting others and should think before they speak.

Respect – the act of displaying a high regard for students. A professional respects all others, even when that respect is not returned. As a role model for

appropriate behavior, a teacher always must show respect to colleagues, parents and students. A professional treats everyone with dignity.

Numerous facets of communication impact professionalism. Among these are collaboration, cooperation, support and encouragement, and participation in learning communities, as well as basic modeling of proper language usage. Collaboration is one of the core propositions of accomplished teaching. Building good, strong relationships is part of being a professional. Teachers no longer can go into their classroom, shut the door and do their own things. The changing nature of schools calls for teachers to collaborate with others and work effectively as a team toward common goals. Collaboration is essential for meeting the needs of all the students.

Teaching is hard work, and a little encouragement goes a long way. It is important for teachers to edify and support one another, to have opportunities to share their triumphs and tragedies. As professionals, teachers must focus on cooperation rather than competition. Real professionals consult and help one another.

A professional should sound like an educated person, always using proper speech and grammar. Here again, teachers need to be appropriate role models for students.

Becoming truly professional is a lifelong challenge. Professionalism is a process more than an outcome – a way of encountering new students and new classroom problems and of finding meaning and solution to them as you grow. Educators play a significant role in enhancing the professionalism of the teaching field by demonstrating these characteristics in their own professional lives.

### **1. Give the definitions to the following words from the text.**

professionalism, distraction, trait, assertiveness, accomplishment, scrutiny, impropriety, sloppy, to err, appropriate, collaboration, to edify, encountering.

### **2. Answer the following questions.**

1. What standards should the real teacher respond to?
2. What are the main elements of professionalism?
3. How does real professional view his profession?
4. Why positive energy is so important for teachers?
5. What is risk taking in the teaching profession?
6. Why the lack of confidence can lead to social errors and unprofessional behavior?
7. Why preparedness is so important for teachers?
8. What is the role of respect in profession of a teacher?
9. Why is collaboration one of the core propositions of accomplished teaching?
10. What is professionalism?

### **3. Points for discussion.**

- The biggest challenges that teachers and the teaching profession face.
- Why do teachers have so little voice in policy matters where we might assume they have a lot of expertise?
- Appropriate behavior of a teacher. The future of the teaching profession.



## **TOPIC 4: HEALTHY MODE OF LIFE. EACH MAN IS A CREATOR OF A TEMPLE CALLED THE HUMAN BODY**

To begin with I'd like to comment on the metaphor that compares our body to a magnificent temple. In fact, it is a hundred percent true. A human body is a perfectly organized creation with millions of blood vessels. It has an extremely powerful engine that pumps gallons of blood every day. A human brain is a fantastic mind machine. It contains around 100 billion cells, equal to the number of stars in the Milky Way.

Nowadays people are getting more and more concerned about the food they eat, about the air they breathe and the way they look and feel. They begin to comprehend that staying active as you get older gives you more energy and helps to stave off illness. Nowadays we are offered a wide range of sport facilities to achieve general fitness.

From my own experience I can say that some of my friends are simply hooked on aerobics, shaping, bodybuilding. I must admit that professional sportsman is always a pleasure to look at: he doesn't smoke or drink alcohol, he keeps to a healthy avoiding junk food and always takes regular hours.

Absolute beginners should start with some basic mobility exercises to get them moving. All sports should be made a part of a weekly routine. Regularity and moderation are two basic rules. However, we shouldn't forget that it might be appropriate to get the doctor's approval before. In fact everybody chooses an activity that appeals more to him." From my point of view, swimming is an excellent exercise. It doesn't strain the muscles as the water supports the body weight. It also helps flexibility, stamina, and heart and lung capability. Cycling is wonderful for balance. In fact you can practice it both indoors and outdoors on a stationary bike.

Yoga is also an ideal option. It's mostly due to the fact that both your body and your mind benefit from yoga classes, as it tones the muscles and relieves tension. I would also like to draw your attention to the fact that recent research shows that just an hour's brisk walk every day maintains perfect fitness and wards off such diseases as asthma, arthritis, back aches and insomnia.

As a youth I'd say that the greatest way to combine pleasure and fitness is dancing. Pretty much like jogging or hiking it is one of the best ways to boost heart, muscles and lungs. It improves self-control and coordination. Doctors say that, a twenty minutes session will give the heart a safe level of protection.

So all these exercises combined with healthy food will inevitably provide a person with a healthy body and a peace of mind.

### **DISCUSSION:**

#### **Alcohol and Youth Facts**

- Alcohol is a leading cause of death among youth, particularly teenagers. It contributes substantially to adolescent motor vehicle crashes, other traumatic injuries, suicide, date rape, and family and school problems.

- Every day, on average, 11,318 American youth (12 to 20 years of age) try alcohol for the first time, compared with 6,488 for marijuana; 2,786 for cocaine; and 386 for heroin.

- Alcohol is by far the most used and abused drug among America's teenagers. According to a national survey, nearly one third (31.5%) of all high school students

reported hazardous drinking (5+ drinks in one setting) during the 30 days preceding the survey.

- Children who are drinking alcohol by 7<sup>th</sup> grade are more likely to report academic problems, substance use, and delinquent behavior in both middle school and high school. By young adulthood, early alcohol use was associated with employment problems, other substance abuse, and criminal and other violent behavior.

- Young people who begin drinking before age 15 are four times more likely to develop alcoholism than those who begin drinking at 21. More than 1,700 college students in the U.S. are killed each year—about 4.65 a day—as a result of alcohol-related injuries.

## **Teen Smoking Statistics**

Many kids first try tobacco by age 11. This article talks about how gender and race affect teen smoking statistics and takes a look at what some of the alternative forms of smoking devices teens are using and how they affect teenage health.

Teen smoking is a very real issue today. Even though the teen smoking statistics from the Centers for Disease Control (CDC) report that teen smoking is down from the 1990s, the rate of smoking amongst teens has remained fairly steady since 2002. Indeed, with smoking coming back into vogue in the movies, and with alternative types of teen smoking, it is unlikely that teen smoking statistics will drop off dramatically anytime soon.

### **Teen smoking statistics - Gender and race**

When it comes to cigarettes, gender does not play a significant role in teen smoking. About 28 percent of high school students report using some kind of tobacco (including smokeless tobacco). 23 percent of all high school students reported smoking cigarettes - the number roughly equivalent between boys and girls.

When it comes to teen smoking statistics and teen cigar use, though, the numbers change to reflect gender differences. 19 percent of male students report using cigars, while only 9 percent of female students do. Smokeless tobacco (spit) also shows some gender differences. Spit is more popular amongst teen boys (14 percent) than it is amongst teen girls (2 percent).

Interestingly, teen smoking stats indicate that, white students (25 percent) are more likely to smoke than black students (11 percent). Hispanic/Latino students were the second most likely group to smoke (22 percent), and Asians had the same rate as black high school students.

### **Teen Smoking Statistics - Alternatives**

There are different alternatives to teen smoking with cigarettes. These different forms are much less popular than cigarettes, but they are gaining in use. One of the reasons that they are gaining in popularity is because there is misinformation that kreteks, bidis and hookahs are less dangerous to one's health than cigarettes. This just isn't true. But the persistent rumors are having an effect:

- 2 percent of high school students smoke kreteks (also known as clove cigarettes).
- 3 percent of high school students smoke bidis (flavored cigarettes).

- 3 percent of high schools students use a hookah, or some other pipe in teen smoking.

It is important to note that many of these “alternatives” to regular cigarettes actually have higher amounts of some toxins, and can be more dangerous to ones health. Some information about the health effects of alternative teen smoking methods:

- Kreteks can result in 20 times the risk of abnormal lung function when compared with non-smokers.

- Bidis require three times as many puffs as regular cigarettes because of how thin they are. They also increase the chance of some cancers, chronic bronchitis and heart attack as compared to non-smokers.

- Hookah teen smoking can increase the chance of aspergillus (a lung disease), tuberculosis and helicobacter (which is a cause of ulcers in the stomach) due to the fact that the hookah is shared around.

According to teen smoking statistics, many teenagers start using tobacco by the age of 14. It is important to start talking with your kids about smoking well before the age of 10, since many have their first experience with tobacco by age 11. Experts recommend that you start warning your kids about the dangers of tobacco by the age of five or six.

### **Teen Smoking Statistics**

#### **SOURCES: National Institutes of Health, National Institute on Drug Abuse**

- Between 2000 and 2001, the rate of daily teen smoking in the past month decreased from 14 percent to 12 percent among 10th-graders and from 7 percent to 6 percent among 8th-graders. Recent peaks in daily teenage smoking occurred in 1996 for 8th- and 10th-graders and in 1997 for 12th-graders. Rates have declined in all three grades since that time. The percentage of 8th- and 10th-graders reporting daily cigarette smoking in 2001 was the lowest in the 11 years data have been collected from students in those grades. For 12th-graders, the 2001 rate was the lowest since 1993.

- Teen Smoking - Long-term trends for high school seniors show that daily smoking declined from 21 percent in 1980 to 17 percent in 1992, increased to 25 percent in 1997, and declined to 19 percent in 2001.

- Males and females are similar in their rates of daily teen smoking. Among males, 6 percent of 8th-graders, 12 percent of 10th-graders, and 18 percent of 12th-graders reported daily smoking in the past 30 days in 2001; among females, the corresponding rates were 5 percent for 8th-graders, 12 percent for 10th-graders, and 19 percent for 12th-graders.

- Rates of teen smoking differ substantially between racial and ethnic groups. White students have the highest rate of smoking, followed by Hispanics and then blacks. Among high school seniors in 2001, 24 percent of whites reported daily smoking, compared to 12 percent of Hispanics and 8 percent of blacks.

If you have a teen smoker or a teen who is addicted to nicotine (ie chewing tobacco) - don't wait to seek help from your local health care professional or therapist. Teen smoking often leads to long term usage. For more teen smoking statistics - contact your local health dept. KidsHealth may also have teen smoking statistics.

## TOPIC 5: TRADITIONAL ENGLISH AND AMERICAN CUISINE

**English cuisine** is shaped by the country's temperate climate, its island geography and its history. The latter includes interactions with other European countries, and the importing of ingredients and ideas from places such as North America, China and India during the time of the British Empire and as a result of post-war immigration.

English cuisine still suffers from a relatively poor international reputation, being typically represented by dishes consisting of simply cooked meats and vegetables (so called "meat and two veg") that need to be accompanied by bottled sauces or other condiments after cooking to make them more palatable.

In the Victorian era, during the British Raj, Britain first started borrowing Indian dishes, creating Anglo-Indian cuisine, some of which is still eaten today although many once-popular Anglo-Indian dishes such as kedgeree have largely faded from the scene.

During the Middle Ages, English cuisine enjoyed an excellent reputation; its decline can be firmly traced back to the late 18th century when the majority of the English population began to move away from the land, and was compounded by the effects of rationing during two World Wars (rationing finally ended in 1954), followed by the increasing trend toward industrialised mass production of food. However, in Britain today there is more interest in food than there has ever been before, with celebrity chefs leading the drive toward raising the standard of food in the UK.

As a result, traditional foods with ancient origins, such as bread and cheese, roasted and stewed meats, meat and game pies, and freshwater and saltwater fish, are now matched in popularity by potatoes, tomatoes and chillies from the Americas, spices and curries from India and Bangladesh, and stir-fries based on Chinese and Thai cooking. French cuisine and Italian cuisine, once considered alien, are also now admired and copied. Britain was also quick to adopt the innovation of fast food from the United States, and continues to absorb culinary ideas from all over the world.

These trends are exemplified by the ubiquitous spaghetti bolognese which has been a common family meal in Britain since at least the 1960s. More recently there has been a huge growth in the popularity of dishes influenced by the Indian Sub-Continent (a throwback to the times of British influence in the region), though modified to suit British tastes. The British curry, essentially a holdover from the days of the British Raj (and subsequently embellished by immigrants), may be hotter and spicier than the traditional North Indian variety, though Bangladeshis and Southern Indians find it insipid. The post-war introduction of refrigeration, in parallel with the rise of the supermarket, has led to the packaging of such foods into oven-ready meals which, often cooked by microwave oven, have now replaced "meat and two veg" in many homes.

The Sunday roast is perhaps the most common feature of British cooking. The Sunday dinner traditionally includes roast potatoes accompanying a roasted joint of meat such as roast beef, lamb or pork, or a roast chicken and assorted vegetables, themselves generally roasted or boiled and served with a thick gravy. Yorkshire pudding and gravy is often served as an accompaniment to the main course. Since its wide-spread availability after World War II the most popular Christmas roast is turkey.

The full English breakfast (also known as "cooked breakfast" or "fried breakfast") also remains a culinary classic. Its contents vary, but it normally consists of a combination of bacon, grilled tomatoes, fried bread, black pudding, baked beans, fried mushrooms, sausages, eggs (fried, scrambled or boiled) and other variations on these ingredients and others. Hash browns are sometimes added, though this is not considered traditional.

Bacon Sandwiches, often referred to as "bacon sarnies" or "bacon butties" are commonplace as well, sometimes eaten as an informal outdoor breakfast or in midmorning as a workplace snack. A unique sandwich filling is Marmite, a dark brown savoury spread made from yeast extract, with a tar-like texture and a strong, salty taste. There are also butterfly cakes, simple small sponge cakes which can be iced or eaten plain.

Tea, usually served with milk, is consumed throughout the day and is sometimes drunk with meals. Coffee is perhaps a little less common than in continental Europe, but is still drunk by many, typically with milk. Italian coffee preparations such as espresso and cappuccino are popular, especially in more urban areas, while tea, though still an essential part of British life, is less ubiquitous than it was. In recent years herbal teas and specialty teas have become popular. In more formal contexts wine can be served with meals, though for semi-formal and informal meals bitter (beer) or cider may also be drunk.

Another formal British culinary tradition rarely observed today is the consumption of a savoury course, such as Welsh rarebit, toward the conclusion of a meal. Most main meals today end with a sweet dessert, although cheese and biscuits may be consumed as an alternative or as an addition. In Yorkshire, fruit cake is often served with Wensleydale cheese. For formal meals, coffee is a usual culminatory drink.

At home, the British have many original home-made desserts such as rhubarb crumble, bread and butter pudding, trifle and spotted dick. The traditional accompaniment is custard, known as *crème anglaise* (English sauce or English Cream) to the French. The dishes are simple and traditional, with recipes passed on from generation to generation. There is also Christmas pudding.

The increasing popularity of celebrity chefs on television has fuelled a renewed awareness of good food and New British cuisine has shaken off much of the stodgy "fish and chips" image. The best London restaurants rival those anywhere in the world, in both quality and price, and this influence is starting to be felt in the rest of the country. There has been a massive boom in restaurant numbers driven by a renewed interest in quality food, possibly due to the availability of cheap foreign travel.

In 2005 British cuisine reached new heights when 600 food critics writing for Restaurant magazine named 14 British restaurants among the 50 best restaurants in the world. However, many of the restaurants, while located in the UK, do not serve traditional British cuisine - for example, Le Gavroche which serves French food - or are headed by non-British chefs.

Despite the availability of better quality fare, pre-packaged "ready meals" that require little preparation time have become more popular over the last 30 years - but they have themselves advanced considerably from their very basic beginnings.

**American cuisine.** Because America has long attracted immigrants from a wide variety of nations and cultures, it is no surprise that the cuisine of the United States

is extremely diverse and difficult to define. One way of describing American cuisine is a synthesis of cuisines from around the world, a style of cooking that takes something from each immigrant community. On the other hand, American cooks have exported a great variety of dishes around the world, and in many ways American cuisine is just as recognisable and as popular as French, Chinese, or Indian. The cuisine of the Native Americans was of course the first American cooking style, and it lent a great deal not only to subsequent American cooking but also to culinary styles around the world. Turkey, corn (maize), beans, sunflowers, potatoes, peppers, and various forms of squash (including pumpkins) are among the Native American foods now widely consumed elsewhere. Superimposed on this original native diet is the massive contribution of the various immigrant groups; many dishes considered quintessentially American are in fact based upon the cooking traditions of other countries. For example, apple pies, pizza, runzas, chowder, and hamburgers are all either identical to, or derived from, European dishes. Burritos and tacos similarly have their origins in Mexico.

Another factor that makes defining American cuisine difficult is that much of it is rustic rather than elaborate, some aspects of American food culture are not immediately recognised as cuisine. Salt water taffy, clam chowder, baked beans, barbecue, candy bars, and most fast-food items are some of the better known examples.

Speaking about the origins of American cuisine it should be mentioned that some describe American cuisine as the result of each immigrant community simply making use of whatever they could grow in their new home, or incorporating America's native plants and game animals in traditional recipes. As a result, one important characteristic of American cooking is the fusion of multiple ethnic or regional approaches into completely new cooking styles. The cuisine of the South, for example, has been heavily influenced by immigrants from Africa, France, and Mexico, among others. Asian cooking has played a particularly large role in American fusion cuisine.

Similarly, while some dishes considered typically American may have their origins in other countries, American cooks and chefs have substantially altered them over the years, to the degree that the dish as now enjoyed the world over may even be considered archetypically American. Hot dogs and hamburgers are both based on traditional German dishes, brought over to America by German immigrants to the United States, but in their modern, popular form they are so altered that they can be reasonably considered American dishes.

Given the United States' large size it is not surprising that its cuisine is typified by distinct regional variations. The cuisine of the East Coast, for example, makes use of fish and seafood to much greater degree than that of the Midwest, where corn and beef were long more readily available. To some degree, easy transportation of perishable foodstuffs has diminished these regional differences in recent years, but many Americans still associate certain foods with specific places, such as steak with Omaha and lobster with Maine.

Many of the dishes that were imported from elsewhere have been elaborated extensively once adopted by Americans. Pizza, hamburgers, and ice cream are dishes imported from Europe but have achieved a diversity within the United States far exceeding anything found in their home countries. Furthermore, American cooking has been widely exported beyond its borders. Tex-Mex, Creole, and barbecue restaurants

can be found in cities all around the world, while fast-food burger bars and pizzerias are even more popular.

### 1. Give the definitions to the following words from the text.

palatable, kedgeree, ubiquitous, embellished, gravy, savoury, ubiquitous, stodgy, superimposed, quintessentially, substantially, archetypically, perishable, to diminish, barbecue.

### 2. Answer the following questions.

1. What has mainly influenced English cuisine?
2. What kind of reputation did English cuisine have? Has the situation changed with time?
3. What is the “The Sunday roast”?
4. What is “bacon sarnies” or “bacon butties”?
5. Tea is still an essential part of British life, isn't it?
6. What kind of home-made desserts do the British have?
7. Is traditional British cuisine still served in the best restaurants of London?
8. What was the first American cooking style?
9. Why is American cuisine identified as the result of each immigrant community?
10. Why is American cuisine so popular today?

### 3. Points for discussion.

- The reputation of English cuisine
- Typical English breakfast
- British dessert
- Restaurants in England
- Problems with defining American cuisine
- Native American food
- American cooking: the fusion of multiple ethnic and regional approaches into completely new cooking styles
- American cuisine: import or export

## DISCUSSION

The World Isn't Perfect. In a PERFECT world with PERFECT human beings, there would be NO NEED for the RH Bill.

- In a PERFECT world with PERFECT human beings, only married couples would engage in sexual intercourse and the PERFECT Catholic married couples would practice abstinence or natural family planning to avoid pregnancy. Unmarried PERFECT people would not "fornicate."

- In a PERFECT world with PERFECT human beings, there would be no ultra-poor people, so all PERFECT married couples who need access to contraception would be able to buy it themselves.

- In a PERFECT world with PERFECT human beings, there would be no maternal deaths that result from illegal induced-abortions which happen when ultra-poor women get pregnant because they do not have access to contraception, because in a PERFECT

world, all PERFECT people can either afford contraception or are PERFECTLY capable of abstinence.

- In a PERFECT world with PERFECT human beings, there would be no need for sex education in school because PERFECT parents would properly instruct their PERFECT children about PERFECT behavior, PERFECT decorum, and the consequences of "improper behavior", etc and the PERFECT children will follow their PERFECT parents.

- It would be PERFECT to live in a PERFECT world with PERFECT human beings, don't you agree?

Alas...

We do not live in a PERFECT world with PERFECT human beings.

- In our IMPERFECT world with IMPERFECT human beings, IMPERFECT children do not always obey their IMPERFECT parents.

- In our IMPERFECT world with IMPERFECT human beings, many IMPERFECT unmarried people are unable to abstain from sexual intercourse and thus IMPERFECTLY engage in "fornication."

- In our IMPERFECT world with IMPERFECT human beings, many IMPERFECT Catholic married couples cannot stand abstinence and thus IMPERFECTLY resort to the use of contraceptives.

- In our IMPERFECT world with IMPERFECT human beings, there are many IMPERFECT people who cannot earn enough money and as such end up as poor IMPERFECT paupers.

-In our IMPERFECT world with IMPERFECT human beings, there are many IMPERFECT husbands among the poor IMPERFECT paupers who force their IMPERFECT wives or partners to have intercourse with them even when the IMPERFECT wives or partners refuse to do so because they wish to abstain in order to avoid pregnancy.

- In our IMPERFECT world with IMPERFECT human beings, many poor IMPERFECT women who are wives or partners of poor IMPERFECT paupers who get pregnant even if they did not wish to get pregnant nor have intercourse with their IMPERFECT husbands/partners in the first place.

- In our IMPERFECT world with IMPERFECT human beings, many poor IMPERFECT women who are wives or partners of poor IMPERFECT paupers want to have access to artificial contraception in order to avoid getting pregnant as they know their IMPERFECT financial situation will not afford them another IMPERFECT mouth to feed, but are unable to afford contraception.

- In our IMPERFECT world with IMPERFECT human beings, many poor IMPERFECT women who do get pregnant but did not want to get pregnant in the first place end up going for IMPERFECT illegal abortions.

- In our IMPERFECT world with IMPERFECT human beings, these poor IMPERFECT pregnant women who go for illegal IMPERFECT abortions because they know they cannot afford to have another child end up dying due to the IMPERFECT procedures they went to which they wouldn't have gone through had they not gotten pregnant in the first place.



- In our IMPERFECT world with IMPERFECT human beings, many IMPERFECT ultra-poor women experience pregnancy complications because their IMPERFECT nutrition and IMPERFECT health makes them unfit for pregnancy.
- In our IMPERFECT world with IMPERFECT human beings, many of these IMPERFECT ultra-poor women who experience pregnancy complications die because of their IMPERFECT health and nutritional conditions.
- In our IMPERFECT world with IMPERFECT human beings, these IMPERFECT women who die from complications due to unfit and IMPERFECT pregnancies or IMPERFECT illegal and induced abortions would not die had they had access to contraception, thus reducing their chances at pregnancy in the first place.
- In our IMPERFECT world with IMPERFECT human beings, the IMPERFECT State already has to spend millions of pesos caring for IMPERFECT women who come into government hospitals or clinics due to such complications due to unfit pregnancy or illegal abortions.
- In our IMPERFECT world with IMPERFECT human beings, the IMPERFECT State already has to spend billions of pesos in combined social-services costs for both healthcare and public school education spending for so many IMPERFECT children whose IMPERFECT parents were not prepared to have IMPERFECT children or had an IMPERFECT financial situation, giving these IMPERFECT children their IMPERFECT lives.
- In our IMPERFECT world with IMPERFECT human beings, all these IMPERFECT scenarios could be avoided or at least mitigated by an IMPERFECT but OPTIMAL solution.
- In our IMPERFECT world with IMPERFECT human beings, 11 IMPERFECT Filipina women dying every single day could be avoided by the adoption of an IMPERFECT but at least OPTIMAL solution.
- In our IMPERFECT world with IMPERFECT human beings, that IMPERFECT but at least OPTIMAL solution is the RH Bill.

## TOPIC 6: MONEY MAKES THE WORLD GO ROUND

It is common knowledge that money rules the world. Why does it and why do people need money - these are the questions everyone would like to answer.

What is money? Money is anything that is generally accepted by people in exchange for the things they sell or the work they do. Gold and silver were once the most common forms of money. For example, before paper and coins were introduced as permanent forms of paying, people used a variety of other objects to serve as money for selling goods. Examples of early forms of money are the following: rice (China), dogs' teeth (Papua New Guinea), small tools (China), quartz pebbles (Ghana), gambling counters (Hong Kong), shells (India), metal disks (first forms of money, Tibet), and quite a number of others. However, today money consists mainly of paper bills, coins made of various metals, and checking account deposits.

Each country has its own basic unit of money. In the United States, for example, the basic unit is the J. S. dollar. Canada uses the Canadian dollar. France the franc, Great Britain the pound sterling, and Russia the ruble. The money in-use in a country is called currency.

Money, in general, has three main uses. The first, and most important is a medium of exchange — that is, something people will accept for their goods or services. Without a medium of exchange people would have to trade their goods or services directly for other goods or services. If you wanted, for instance, a car, you would have to find a car owner willing to trade. Suppose the car owner wanted a scooter in exchange for the car and you didn't own the scooter. You would then have to find something a scooter owner wanted and trade it for the scooter to give the car owner. This is what is called barter, and it can take much time. A modern, industrialized country could never function without a medium of exchange. The second use of money is that it serves as a unit of account. People state the price of goods and services in terms of money. In the United States, people use dollars to specify price, just as they use hours to express time and miles or kilometers to measure distance.

The third use of money is as a store of wealth. People can save money and then use it to make purchases in the future. Other stores of wealth include gold, jewels, paintings, real estate, stocks and bonds.

To be convenient, however, money should have several qualities. It should come in pieces of standard value so that it does not have to be weighed or measured every time it is used. It should be easy to carry so that people can carry enough money to buy what they need. Finally, it should divide into units so that people can make small purchases and receive change.

In the past people used beads, cocoa beans, salt, shells stones, tobacco, and other things as money. But above all, they used such metals as copper, gold and silver. These metals made convenient, durable money.

Today, most money are paper money. The paper itself is of little value, but it is accepted in exchange. People accept pieces of metal or paper in exchange for work or goods for only one reason: they know that others will take the same metal or paper for the things they want. The value of money therefore results from the fact that everyone will accept it as payment.

As far as I am concerned, money is nearly the main option for people to communicate: they work for money, they go out to spend money, they sometimes make friends for money, they love, live and die for money.

Isn't that the fact, why we fantasize becoming millionaires? Just imagine: you have won a million dollars... What would your life have become? In two days your son comes home in a limousine, bringing his friends with him and they start going nuts in his room, your, minor 17-year-old daughter books a holiday to the exotic Jamasucro with her boyfriend and your wife buys a Buick... All the problems seem to have been taken away. You forget about the leaking roof and the broken sink — the only things that have been making your life miserable. " Honey, have you thought about our life, — you say to your wife, — what about the leaking roof? What about the broken sink? What about me?" "I haven't forgotten about you, — is the answer, — I have bought you a Rolls-Royce..."

And in a month you finish penniless, begging and borrowing every single, moment. Isn't it better to wake up with a customary headache, smile to yourself in the mirror, to the sun in the' sky. remember about the leaking roof, forget about global problems and live your life:\*. So does the money rule, the world? No question about it, it does. However, when you think of becoming a millionaire, stop for a moment and ask yourself why you are doing it. Do you actually want' to realize how you could use a pile of money, or are you doing it for the excitement of thinking of being enormously rich?

## TOPIC 7: THE FAMILY IS ONE OF THE MASTERPIECES

A vocabulary defines a family as "people who are closely related." Psychologists usually refer to a family consisting of mother, father and their children, who are either twins or siblings, as a nuclear family. Some of them are one-parent or single parent families. They, usually call all the family including aunts, uncles, nephews, cousins, nieces, grandparents, daughters- and sons-in law as an extended family. George Orwell (1903-1950) wrote that he came from a "stuffy Victorian family, with not many black sheep in it but with all its cupboards bursting with skeletons (family secrets). It has rich relations who have to be kow-towed to and poor relations who are horribly sat upon, and there is a deep conspiracy about the source of income. It is a family in which the young are generally thwarted and most of the power is in hands of irresponsible uncles and bedridden aunts. Still it is a family".

To my mind there is no exact definition, what a family is. It is definitely a fabulous phenomenon, cemented by blood, which is thicker than water. It is really a masterpiece and as every genius creation of I humanity it is immortal. Its roots date back to prehistoric times, and it has made a long way from polygamy to monogamy. Like a real masterpiece it constantly changes preserving its essence. Prehistoric mothers used to be as caring, over-protective and ambitious about their adorable offsprings as all today's mothers are.

Most of families start with marriages,' which -are said tp be made in .heaven.'Ancient philosopher Dio-.genes (the Cynic) said, "Marriage is the greatest earthly happiness when founded on complete sympathyra." Like every masterpiece this highly personal matter is strictly controlled and supported by law. Young people now-adays are to understand that it is not enough to promise to love and cherish each other, it is ^important to realize that they have taken a big step both legally and financially by deciding to get married. A husband is entitled to a married -man's allowance, and both husband and wife can claim tax relief. They start sharing common property and if they decide to split up they will both have to start a divorce proceeding. If they have children and decide to separate they will have to agree who gets the custody over their children and set the proposed arrangements for children to meet both parents. In fact, it is such a fragile social organization that a slight error can cause unpredictable consequences. Crime statistics shows that 70% of .the murderers, maniacs, muggers and misfits are products of the broken families.

As it often happens to a masterpiece too much perfection can spoil it. Sometimes the parents believe that their critical comments would encourage their children to greater efforts. Sadly they have exactly the opposite effect. After a number- of criticisms the child loses not only his interest in creating, but a great deal of his confidence. So being an ideal parent is a very delicate task demanding tact, patience and diligence. A wise parent remembers that it is all too easy to be destructive while attempting to be constructive. Of course, parents must point out mistakes for progress to be made. Yet acid comments designed to improve performance can unintentionally increase anxiety and undermine achievement.

Every masterpiece is born in pain, so it would be a mistake to think that a happy family doesn't face any problems. However, clever and understanding parents are always ready to experiment, and find the way out. For example, the teenagers are very

radical in their opinions. Anything less than fulsome praise is likely to provoke hostility and alienation. A clever parent will show how excited he is by his child's originality and search for ways to take it further. In this connection, a humorous story by Emma Bombeck called "Convenient Hearing" inevitably comes to my mind. Her son used to ignore all the comments and she tried to communicate with him through homemade posters J and stickers refusing to hear his questions as well.

The fantastic thing about family ties is that it always stirs the best feelings in people. Everybody craves for a happy family dinner for Christmas. Crestfallen orphans dream about generous loving mothers. Prodigal sons return to support their helpless parents, bound; to bed. Most flirtatious wives turn out to be the best nurses, when their husbands get seriously ill. For example, Pierce Brosnan, who plays passionate womanizers in most of his films turned out to be a most loving and daring husband giving all possible care and comfort to his wife Cassy Harris, ill with cancer and his three children. Another American, celebrity Arnold Schwarzenegger has changed his image of Conan, the Destroyer and Terminator and now stars in such films as "Last Action Hero" (1998), "Jingle Bells", "Kindergarten Cop (1990), and "Junior" (1994). The man who made millions of dollars and delighted, his huge army of fans by brutally slaughtering an estimated 275 people on screen in the 80s was rather relishing the prospect of happy family life in-his palatial estate overlooking the ocean in Pacific Palisades! He announced in public that he doesn't want to expose his children to violence and gore. He wants to make movies that he can take his kids to see.

To finish with, I'd like to say that there are times in our lives, when everything seems to be going badly. We all have problems we can't cope with. We feel depressed and dispirited and suffer from acute anxiety and despair. We moan and groan and think we are losers and failures. A fatherly manly hug or a mother's loving embrace can really restore you from the ashes. Then I hear my Mom's favourite words: "You are a Fallible Human Being "and understand that even if |the whole world turns its cold shoulder on me, there'll still be a family to turn to for love, compassion and understanding. And as every great masterpiece the family will remain in your soul forever.

## DISCUSSION

### **Fewer marriages, more divorces**

The number of marriages that took place in the EU-27 in 2007 was 2.4 million, while around 1.2 million divorces were recorded in the same year. The crude marriage rate, in other words the number of marriages per 1 000 inhabitants, was 4.9, and the crude divorce rate was 2.1.

The crude marriage rate in the EU-27 declined from 7.9 per 1 000 inhabitants in 1970 to 4.9 in 2007, an overall reduction of 38 %. Over the same period, marriages became less stable, as reflected by the increase in the crude divorce rate from 0.9 per 1 000 inhabitants in 1970 to 2.1 in 2007. When considering the increase in the divorce rate it should be noted that national laws did not allow divorce in several countries until recent decades; thus, the increased number of divorces in the EU-27 may be, in part, due to divorces occurring in Member States where divorce was not previously possible.

Table 1 shows that in 2009 the crude marriage rate was highest in Cyprus (7.7 per 1 000 inhabitants) and Poland (6.6); the lowest crude marriage rates were reported by Slovenia (3.2) and Bulgaria (3.4).

The lowest crude divorce rates were recorded in Ireland (0.8 per 1 000 inhabitants in 2007) and Italy (0.9 in 2008). A number of other southern Member States also recorded relatively low crude divorce rates, including Slovenia (1.1) and Greece (1.2). The highest crude divorce rates were recorded in Belgium (3.0 per 1 000 inhabitants in 2009), ahead of Lithuania and the Czech Republic (both with 2.8) - see Table 2.

### **A rise in births outside marriage**

The proportion of live births outside marriage continued to increase across the EU-27, reflecting a change in the pattern of traditional family formation, where parenthood followed marriage. Children born outside of marriage may be born to a couple in a non-marital relationship (for example, cohabiting couples) or to a single mother.

In the EU-27 some 37.4 % of children were born outside marriage in 2009, while the corresponding figure for 1990 was 17.4 %. The share of extramarital births has been on the rise in recent years in almost every Member State. Indeed, extramarital births accounted for the majority of live births in 2009 in Estonia, Sweden, Bulgaria, France and Slovenia. Greece (6.6 %) and Cyprus (11.7 %) were less affected by this trend (see Table 3).

### *Data sources and availability*

Eurostat compiles information on a wide range of demographic data, including data on the number of marriages by gender and previous marital status and the number of divorces. Data on the number of live births according to the mother's marital status are used for the calculation of the share of births outside marriage.

### *Context*

Family is a shifting concept: what it means to be a member of a family and the expectations people have of family relationships vary with time and space, making it difficult to find a universally agreed and applied definition. Legal alternatives to marriage, like registered partnership, have become more widespread and national legislation has evolved to confer more rights to unmarried couples. Alongside these new legal forms, other forms of non-marital relationships have appeared, making it more difficult for statisticians to collect data that can be compared across countries.

Due to differences in the timing and formal recognition of changing patterns of family formation and dissolution, these concepts have become more difficult to operationalise. Analysts of demographic statistics therefore have access to relatively few complete and reliable datasets with which to make comparisons over time and between and within countries.

ONE in six girls in Britain now enters puberty by eight years of age, according to recent research. This compares with one in 100 a generation ago. "Girls are now having sex before their great-great-grandmothers had their first period. Half of all girls in Britain will have entered puberty by the age of 10," announced Professor Jane Golding, director of the study at Bristol University's Institute of Child Health last June after tracking the development of 14,000 children from birth. In North America, one in seven Caucasian girls and half of African-American girls enter puberty (develop breasts or pubic hair) by the age of eight. The parade of suggested triggers has included obesity, pollution and food additives (see this magazine, Nov. 16, 1998). New research, however,

suggests a radical new theory--that the father-daughter relationship is also a very important factor in when girls mature.

One of the leaders in this research, American Bruce Ellis, is a psychology professor at the University of Canterbury in Christchurch, New Zealand. ...

According to Prof. Ellis' research, "The clearest finding to emerge from this research was that it was the absence of warm, positive family relationships, rather than the presence of negative, coercive family relationships, that forecast earlier pubertal development in girls." But, while warm relations with both parents predicted later puberty, the more relevant was "father-daughter affectionate-positivity"; in fact, the more time spent by the father in childcare when the daughters were four to five years old, the less pubertal development by Grade 7. ...

Prof. Ellis does not think that pheromone exposure within the home is the only factor at work. He continues, "It is also likely that girls who have high-investing fathers in the home tend to begin sex and dating at a later age and thus have less pheromonal exposure to male dating partners in early adolescence." He concludes his article (to be published in a book [whose title is] *Just living together: Implications of cohabitation for children, families, and social policy*) with the statement that the inherent instability of cohabiting unions--an average duration of about two years--means any children will be **three times as likely to live with a biologically unrelated parent** which could result in **earlier onset of puberty**. In girls, **this is associated with negative health** and psychosocial outcomes: **greater risk of breast cancer in later life, unhealthy weight gain, higher rates of teenage pregnancy, low birthweight babies, emotional problems such as depression and anxiety, and problem behaviours such as alcohol consumption and sexual promiscuity**. [My emphasis —WHS]

The **Report** article recommends to parents that to be successful in,

#### **Preserving childhood**

- Stay married
- Keep stress levels down; do not overbook children's activities
- Prevent obesity
- Provide a high-fibre diet with plenty of fruits and vegetables
- Cut out fast food
- Keep your daughter active; get her interested in a sport or out playing with other

kids

- Throw out the TV

Send early-developing girls to same-sex or age-segregated schools to reduce exposure to older boys

## TOPIC 8: GENERATION GAP: ILLUSION OR REALITY

A **generation gap** is a popular term used to describe wide differences in cultural norms between members of a younger generation and their elders. This can be defined as occurring when older and younger people do not understand each other because of their different experiences, opinions, habits and behaviour.

The term first came into prominence in Western countries during the 1960s, and described the cultural differences between the Baby Boomers and their parents. Although some generational differences have existed throughout history, during this era differences between the two generations grew significantly in comparison to previous times, particularly with respect to such matters as musical tastes, fashion, drug use, and politics. The disparity may have been magnified by the unprecedented size of the young Baby Boomer generation, which gave it unprecedented power, influence, and willingness to rebel against societal norms.

1920s. During what was known as the 'Roaring Twenties' a large generation gap occurred due to the older generation having just fought in the war finding it inappropriate that the younger were out at dancehalls and listening to jazz music.

The 1960s saw several examples of generational differences. For example, Rock music and soul music, popular among youth, were mostly detested by their elders. Parents frequently viewed long hair on young males as a shocking act of rebellion against societal norms. Traditional sexual mores were crumbling under the weight of the sexual revolution. Drug use increased among young people, and many youths "dropped out" into the hippie counterculture. Although these examples do not apply to all young people, the differences were pervasive enough to cause significant friction in society.

Baby Boomers had a strong sense of generational identity during this period. A common catchphrase was "don't trust anyone over 30." This sentiment was also expressed by The Who, in their anthem "My Generation," in which the narrator sang, "Hope I die before I get old."

In the 1980s, and even more so the 1990s, many have made note of a widening rift between Baby Boomers and Generation X, with the latter often accusing the former of having "sold out" their 1960s-era ideals and the former advocating a moral crackdown on the latter's allegedly wild, undisciplined behavior. This theme became an important element in what some commentators have labeled the Culture Wars.

In both instances, another generation is often seen as standing in between the two engaged in argument, either identifying with both sides' assertions or neither. In the 1960s, the Silent Generation was frequently described as the group filling this role, with the Baby Busters occupying a similarly intermediate position in the more recent Baby Boomer-Generation X feud.

The MTV Generation, known also as a cusp generation could also be considered a generation gap, being the bridge between the fall of Generation X from the late 70s up until the mid 90s, the early stage of Generation Y. Young adults who are now entering their prime from their 20s to 30s are noted for their disillusionment in regards to their place in a Generation Y-dominated society and a post-Generation X authoritative media.

Fantastic opportunities are sure to be part of the Futuristic Generations future but deciding which one to pursue and which once to bypass will be a difficult choice.



Generational differences fuel much of current social and political tension in Western Europe and the United States over globalization, nationalism and immigration. Older Americans and Western Europeans are more likely than their grandchildren to have reservations about growing global interconnectedness, to worry that their way of life is threatened, to feel that their culture is superior to others and to support restrictions on immigration. This generation gap is less pronounced in Eastern Europe and is virtually nonexistent in Asia, Africa and the Middle East. Nevertheless, Americans and Western Europeans of all ages are less likely than people in other parts of the world to tout their own cultural superiority and are less wary of foreign influence. Throughout the world, there is a tension in opinion brought on by the push and pull of globalization. Strong majorities in all regions believe that increased global interconnectedness is a good thing. But globalization is more popular among the youth of the world. Everywhere but Latin America, young people are more likely than their elders to see advantages in increased global trade and communication, and they are more likely to embrace "globalization".

While most citizens of the world long to preserve their own national identities and to protect their cultures from foreign influence, majorities everywhere agree on the importance of children learning English or, in the case of the U.S. and Britain, on the necessity for children to learn a foreign language.

Generational differences on language training suggest that, while older Americans and Western Europeans are quite worried about foreign threats to their way of life, they still place great value on developing the language skills necessary to cope with the broader world. Fully 42% of US senior citizens completely agree that children need to learn a foreign language. Only 29% of those under the age of 30 feel that strongly about language training. In France, 68% of those ages 65 and older completely agree that kids need to learn English to succeed in the world today. Only 44% of those ages 18-29 feel that strongly. The age gap is equally wide in Britain and less pronounced in Germany and Italy.

In Eastern Europe, the generational difference on this issue runs in the opposite direction. Young people are much more strongly committed to the idea of learning English than the older generation. Overall, 53% of Eastern Europeans under the age of 30 completely agree that children need to learn English to succeed in the world today. Only 29% of those ages 65 and older feel the same way.

In Latin America, overwhelming majorities of all ages agree about the importance of learning English. Only in Mexico do young people place much greater value on language training than do their elders. In Asia, there is similarly widespread agreement among all age groups about the need to learn English. The lone exception is Japan, where 75% of those ages 65 and older completely agree that it is important for kids to learn English, while only 45% of those ages 18-29 completely agree.

As the result we can say that the concept of the generation gap became the most prevalent in the 1960s during the cultural revolution when the values and beliefs of the younger generation were considered drastically different from those of their parents. While the generation gap was said to have diminished slightly during the 1970s and 1980s, the generation gap began to broaden once again starting in the 1990s when adolescents were seen to be more disconnected from society; more cynical or negative about people and institutions than previous generations; and, adolescents had moved in

a more liberal direction in regards to civil liberties, modern gender roles, racial equality and secularism. While most research has reported that today's youth feel that they are isolated with little guidance, some research also reports that adolescents value guidance when it is received except in regards to cultural factors such as music and fashion. This also adds to some theories which advocate that generation gaps are not so much the result of age differences but are actual cultural gaps because of environmental differences in regards to economic conditions, government, styles, fads, media, technology and changing values.

### **1. Give the definitions to the following words from the text.**

disparity, rebellion, counterculture, pervasive, allegedly, disillusionment, to pursue, to bypass, globalization, interconnectedness, to embrace, overwhelming, drastically, diminished, adolescents, secularism.

### **2. Answer the following questions.**

1. What is 'generation gap'?
2. When and where from did the term 'generation gap' come?
3. What are the main generational differences of 1960s?
4. How do you understand the term 'MTV Generation'?
5. How do globalization, nationalism and immigration influence generation gap?
6. What is the difference between 'generation gap' in the United States, Western Europe, Eastern Europe, Asia, Africa and the Middle East?
7. What is the 'generational attitude' to English language training nowadays?
8. Is generation gap only the result of age differences?

### **3. Points for discussion.**

- What accounts for generational differences in your family?
- Why do parents and children argue about clothes, hairstyles, drug use, or lifestyle?
- How do your parents feel about music you listen to?
- In retrospect, is there anything your parents have realized about their own parents that they didn't understand when they were growing up?

## **3. Discussion**

### **Youth Crime Statistics**

America's Children: Key National Indicators of Well-being-1999 Americas Children -- Key National Indicators of Well Being is prepared by the Federal Interagency Forum on Child and Family Statistics.

Indicators of School Crime and Safety -- 1999 data on crime at school from the perspectives of students, teachers, principals, and the general population from the National Crime Victimization Survey, the School Crime Supplement to the National Crime Victimization Survey, the Youth Risk Behavior Survey, the National Household Education Survey, and the School and Staffing Survey. A joint effort by the Bureau of Justice Statistics and National Center for Education Statistics, the report examines crime occurring in school as well as on the way to and from school. Data for crime away from

school are also presented to place school crime in the context of crime in the larger society. The report provides the most current detailed statistical information to inform the Nation on the nature of crime in schools.

From 1970 to 1991, the death rate from homicide for teenagers between 15 and 19 years of age increased 220% (Bureau of Justice Statistics, 1993). Homicide has become 1 of the top 2 leading causes of death for that age group. Homicide direct effects only on a small but increasing portion of the population (approximately 10 teenagers per 100,000 residents). Other less extreme forms of violence, however, have been found to affect a much larger group of adolescents. *Journal of the American Academy of Child and Adolescent Psychiatry*

Relationship between hunger and psycho-social functioning in low-income American children who are classified as hungry are more likely to have mood and attention problems and more likely to be absent from school than poor children who are classified as not hungry. *Journal of the American Academy of Child and Adolescent Psychiatry*

Bullies Are Also Victims -- In a survey of 558 students in a Midwestern middle school, 80% of the students had engaged in bullying behaviors during the previous 30 days. "These findings indicated that the bullying behaviors measured (teasing, name calling, threatening, physical aggression and social ridiculing of peers) are very common," according to psychologist Dorothy Espelage, Ph.D., of the University of Illinois at Urbana-Champaign and co-researchers. *American Psychological Association*

Analysis of psychiatric emergencies in children and adolescents suggests suicidal youngsters are likely to be older girls, while those with aggressive or defiant disorders are more likely to be younger boys. *The American Academy of Child and Adolescent Psychiatry*

Student Perspectives on Causes of Youth Violence -- National Association of Attorneys General and the National School Boards Association have joined together to address the escalating problem of youth violence occurring across our country. Our Youth Violence and School Safety Initiative is dedicated to promoting a mutual response to violent instances occurring in our communities and schools. We are committed to working together to find solutions to these problems. *National Association of Attorneys General and the National School Boards Association*

Juvenile Crime--Outlook for California -- The public's fear of crime, including juvenile crime, is a major concern for policymakers. In California, and throughout the nation, nightly news programs often begin their broadcasts with accounts of violent crime committed by juveniles. The Legislature and the Governor have enacted numerous laws to address the public's concerns about juvenile crime. Despite these efforts, polls show that the public continues to see crime as one of the most pressing problems in society. *California's Juvenile Justice System*

## **Teenagers (Teen) Depression and Suicide**

### ***Teenagers Depression and Suicide in Teenagers***

The most common disorders that predispose to **suicide** are some form of mood disorder, with or without alcoholism or other substance abuse problem, and/or certain forms of

anxiety disorder. Sometimes teens feel so depressed that they consider ending their lives.

### ***Some facts on suicide amongst teenagers:***

Each year, almost 5,000 young people, ages 15 to 24, kill themselves.

- Suicide amongst teenagers & young adults has increased 3 fold since 1970.
- 90% of suicide amongst teenagers had a diagnosable mental illness, depression being the most common.
- In 1996 suicide was the 4th biggest killer of 10 to 14 year olds, and the 3rd biggest killer of 15 to 24 year olds.

**Among girls**, the most significant risk factor is the presence of major depression, which, in some studies, increases the risk of suicide 12-fold. The next most important risk factor is a previous suicide attempt, which increases the risk approximately 3 fold.

**Among boys**, a previous suicide attempt is the most potent predictor, increasing the rate over 30-fold. It is followed by depression, disruptive behavior, and substance abuse.

Studies show that suicide attempts among young people may be based on long-standing problems triggered by a specific event. Suicidal adolescents may view a temporary situation as a permanent condition. Feelings of anger and resentment combined with exaggerated guilt can lead to impulsive, self-destructive acts.

People usually kill themselves to escape what they see to be an intolerable and otherwise inescapable situation, not necessarily because they want to die.

### ***How to help Depressed Suicidal Teenagers?***

It is extremely important that depressed teenagers who are feeling suicidal should receive prompt, professional treatment. This is very serious and, if left untreated, can worsen to the point of becoming life-threatening. If depressed teens refuse treatment, it may be necessary for family members or other concerned adults to seek professional advice. Some of the important points to keep in mind are as follows:

- Offer help and listen. Encourage depressed teens to talk about their feelings. Listen, don't lecture.
- Trust your instincts. If it seems that the situation may be serious, seek prompt help. Break a confidence if necessary, in order to save a life.
- Pay attention to talk about suicide. Ask direct questions and don't be afraid of frank discussions. Silence is deadly!
- Seek professional help. It is essential to seek expert advice from a mental health professional who has experience helping depressed teens. Also, alert key adults in the teen's life - family, friends and teachers. talk to someone about depression.

## TOPIC 9: SCIENCE AND TECHNOLOGY

Modern technology is rapidly spreading all over the earth. Scientists, researchers, engineers and designers are eager to emulate the material achievements and living standards of the industrially advanced countries. One can hardly imagine our present day life without such trivial gadgets as can-openers, food processors, air conditioners or vacuum cleaners. Every office is equipped with a PC, an answer-phone, a fax machine and a photocopier. Every teenager is able to use a remote control unit, a video recorder, a camera or a Walkman. I'm absolutely sure that all these things make our life more exciting, save a lot of time and help to avoid health problems. For example, most of my friends have a microwave in the kitchen. We use it almost every day without realizing how considerably it revolutionized the way food is cooked both at home and within food industry. Although it met with the disapproval of many top chefs, when invented, it is becoming an increasingly common sight in many restaurant kitchens. Its greatest advantage is a huge reduction of time needed to prepare a dish. Secondly, it's easy to clean and high temperatures/minimize the risk of infection. It's also a great time-saver for those who don't wish to waste their time sweating over a hot cooker or use cancer causing fats when frying.

When Charles Babbage (1792-1871), a professor of mathematics at Cambridge University invented the first calculating machine in 1812 he could hardly have imagined the situation we find ourselves today. In fact, the PCs are being used in almost every field today for the simple reason that they are more efficient than human beings, doing 500,000 sums in a fraction of a second. They can payasages; reserve seats on planes, control sputniks in space, work out tomorrow's weather, play chess and compose music. They even help police fight crime, saving the detective from checking the information, identifying the fingerprints or making a photorobot. It's needless to say that speed there is very essential.

Moreover, scientists, predict that virtual reality will soon be a part and parcel of life. This amazing thing allows us to experience another dimensions. It is not quite as immediate as the real world, but it is startling and experts say that in a few years every, home will be using a VR set. I must say that it is already used in Japan to sell kitchens. Instead of renting huge displays, companies can do with one small office. VR goggles and gloves allow the customers to build their own kitchen from thousands of options. In fact there are\*countless applications for VR. Say, children will be taken to visit castles of the past and medical students will be able to practice without using real people.

However, as the technologies advance people inevitably face various problems. This certainly causes a good deal of disenchantment among the specialists and consumers. For example, when nuclear power, was discovered everybody thought it to be a clean and cheap alternative to burning coal, fuel and natural gas. This seemed to be solving the problem of air pollution, wasted lands and health hazards. The future looked rosy. But when the first nuclear reactor in Sellafield caught fire it released a radioactive waste in the air. Animals died, people developed skin complaints, and abnormal babies were born. These endless calamities were caused due to the fact that uranium, a radioactive element that causes cancer, is used in the nuclear reactor. It's needless to remind that 35 lb. of plutonium, the byproduct of nuclear reaction, reduced the Japanese city of Nagasaki to rubble during the last war.

George Bernard Shaw used to say that maximum of opportunities is always combined with maximum of temptation. This saying can be fully applied to technical progress. It was really very tempting to grow enough food and save crops with the help of pesticides and fertilizers. But years later humanity had to recognize such horrifying consequences as damaged ground and water supplies, dead soil and even genetic changes. Nowadays people tend to grow ecologically clean food and use natural fertilizers.

Chemical industry undoubtedly brought new medicine, sprays, pills and medications, but alongside with these caused acid rain, that is gradually killing forests and lakes. Over 50% of Germany trees have died and a quarter of Sweden's lakes is acidified.

But it is my sincere belief that; people will be able to cope with all the ecological problems; It's not accidental that we are called HOMO SAPIENS. Nowadays people are: getting more land more concerned about the future of our beautiful planet. Chemical plants install filters on the industrial stacks. Strict fines are introduced to control pollution. Research is going into renewable sources of energy: wind, water and sun. Medicine turns to healing blooms and herbs as many of them have anti-cancer properties and help against leukemia. Many countries have adopted the laws for the new cars to run on unleaded petrol. Scientists are intelligent enough to recognize the risks of computer- or VR-addiction, genetic manipulations and ozone layer damage, waste and the necessity of recycling.

I'm absolutely positive that by the power of positive action the humanity will be able to use technology only in peaceful purposes and to turn our planet into an oasis of life in the solar system. As D.H. Lawrence said: "Humanity seems to have an infinite capacity for remaining the same — that is, human".

### **Answer the questions**

1. What are scientists and researchers eager to do?
2. What things make our life more exciting?
3. What are the advantages of the microwave?
4. Why are the PCs being widely used on nearly all spheres of everyday life?
5. What is a VR?
6. What problems do people face as the technologies advance?
7. How can G. B. Shaw's saying be applied to technical progress?
8. Why are people getting more and more concerned about the future of our planet?

### **HISTORY OF COMPUTERING**

Some people find it difficult to exist without computers of one kind or another. They may even believe they always existed. Others tell you they have only been in use for the last two or three decades. Neither is right.

Computers and computing have been used for centuries, though not in their present form. An abacus is a manual computer, punch card machines used a form of computing at the beginning of the 1800s, Babbage built a type of computerised machine in the early 1800s and ENIAC was created in 1945.

Many people contributed to the development of present day computers and there are links to information on a number of these, with connections to information about others.

There is also information about the development of computing ideas, computers and operating systems.

A final section looks at a range of early computers used in Australia, especially in schools and homes. They were certainly not as capable as those at present, but they were fun to use!

### **First Computers**

The first substantial computer was the giant ENIAC machine by John W. Mauchly and J. Presper Eckert at the University of Pennsylvania. ENIAC (Electrical Numerical Integrator and Calculator) used a word of 10 decimal digits instead of binary ones like previous automated calculators/computers. ENIAC was also the first machine to use more than 2,000 vacuum tubes, using nearly 18,000 vacuum tubes. Storage of all those vacuum tubes and the machinery required to keep the cool took up over 167 square meters (1800 square feet) of floor space. Nonetheless, it had punched-card input and output and arithmetically had 1 multiplier, 1 divider-Square rooter, and 20 adders employing decimal "ring counters," which served as adders and also as quick-access (0.0002 seconds) read-write register storage.

The executable instructions composing a program were embodied in the separate units of ENIAC, which were plugged together to form a route through the machine for the flow of computations. These connections had to be redone for each different problem, together with presetting function tables and switches. This "wire-your-own" instruction technique was inconvenient, and only with some license could ENIAC be considered programmable; it was, however, efficient in handling the particular programs for which it had been designed. ENIAC is generally acknowledged to be the first successful highspeed electronic digital computer (EDC) and was productively used from 1946 to 1955. A controversy developed in 1971, however, over the patentability of ENIAC's basic digital concepts, the claim being made that another U.S. physicist, John V. Atanasoff, had already used the same ideas in a simpler vacuum-tube device he built in the 1930s while at Iowa State College. In 1973, the court found in favor of the company using Atanasoff claim and Atanasoff received the acclaim he rightly deserved.

### **History of Computers**

Computers, one of the most brilliant human inventions has a vibrant and remarkable history. This website aims at looking into historical aspects of computer related to its discovery and evolution that eventually leads to present-day advanced computers capable of processing complicated information and with high computing capabilities. Earliest reference of a computing device occurs in 1801. Joseph Marie Jacquard, a French scientist invented a loom that weaved punched holes that were stored on tiny hardwood sheets. The plates were inserted into the loom, which read a pattern and processed it in form of a weave.

(Conrad Zuse from Germany is credited with the invention of first freely programmable mechanical computer Z1. The binary machine led to revolutionary developments in calculator like a high aptitude memory, floating point arithmetic and modules or relay operating based upon  $\square$ Yes/NoD operation. His ideas were implemented more rigorously with every Z prototype. In 1939, Zuse, popularly known

as the **CI** inventor of modern computerD developed the first fully functional electro-mechanical computer.

A significant development happened in 1942 in the Iowa State University. Professor John Atanasoff and a graduate student Clifford Berry invented world's first electronic-digital computer. It resulted in many advanced developments like a binary system of arithmetic, restorable memory; parallel processing, and a severance of memory and other computing functions.

In 1944, a team of scientists Grace Hopper and Howard Aiken from Harvard University were the first to invent MARK series of computers. The computing device was a 55 feet long, 8-feet high machine and weighed 5 ton! It was assembled using almost 760,000 individual units. The computing device was largely used by US Navy and was operational till 1959.

The invention of Electrical Numerical Integrator and Calculator (ENIAC) in 1946 by John Mauchly & J Eckert led to many developments. It was devised for the US military who needed a calculating device for writing artillery firing tables, designing hydrogen bomb, weather predictions, cosmic-ray studies, thermal ignition and wind-tunnel design. The bulky device weighed a sheer 30-ton and contained 17,468 vacuum tubes, 70,000 resistors, 10,000 capacitors, 1,500 relays, 6,000 manual switches and 5 million soldered joints. It covered 1800 square feet (167 square meters) of floor space and used 160 kilowatts of electrical power. In 1948, Dr. John Von Neumann made many modifications to the ENIAC.

Sir Frederick Williams and Tom Kilburn co-invented the Williams-Kilburn Tube, a form of altered cathode-ray tube. The Williams Tube was the first random access memory (RAM) capable of storing large amount of data and it was a more fitting method of data-storage.

Dr. Presper Eckert and John Mauchly later invented the Universal Automatic Computer (UNIVAC) that led to development of systematic computer. The UNIVAC had add-on time of 120 microseconds; multiply time of 1,800 microseconds and a divide time of 3,600 microseconds. The original UNIVAC is still on display in the Smithsonian Institution.

IBM, International Business Machines, the popular computer company built a series of calculators (the 600s) in 1930s based on their card processing equipment. In 1944, IBM co-sponsored the MARK 1 computer along with Harvard University, the first machine to compute long calculations automatically. The year 1953 saw the development of IBM's 701 EDPM. IBM claims that it was the first commercially successful general-utility computer.

Starting 1955 onwards, the history of computers grew more and more advanced with contributions from Stanford Research Institute, MIT, Intel, Apple and Microsoft and many other individual contribution's from the scientific world.

**The Internet** has completely altered the way the world communicates with each other. The invention of the telegraph, telephone, radio and the computer all seem like they were leading to this stage - the Internet. The Internet has indeed minimized the importance of geographical distance like no other means of communication preceding it. The discovery or evolution of the Internet began with the early vision of J.C.R. Licklider of MIT in August 1962 when he spoke of a globally interconnected set of



computers. He envisioned these computers being able to exchange information and data from any site in the world. Much like what the Internet is today!

Licklider moved to DAJSPA or the Defense Advanced Research Projects Agency in late 1962 to give shape to his vision. The real breakthrough occurred when Kleinrock -once again from MIT (and later UCLA) - developed the theory of packet switching. He proposed that for computers to exchange data effectively it was necessary to communicate using packets of data rather than circuits. The circuit switched telephone system was totally inadequate according to him. Packet switching basically meant that data was split into small packets when being transmitted and then reassembled at the destination. Packets could also be compressed for better speed and encrypted for security. In addition, it would be possible to send the same packet to multiple recipients.

In 1965, this theory was confirmed when Lawrence Roberts (MIT again!) connected a computer in Massachusetts to a computer in California and made the computers 'talk'. He used a dial up telephone line to do so. This experiment confirmed the feasibility of wide area computer networks and also that this was possible only using packet switching.

Roberts joined DARPA in 1966 and put together the plan for the ARPANET. When Roberts presented his plan for ARPANET he also discovered similar research on packet switching by RAND and NLP. The ARPANET moved forward quickly and by 1969 four computers had been connected together in what is today known as the first incidence of the existing Internet. Computers were soon added to this nascent network and the ARPANET began to grow. It used a standardized NCP or Network Control Protocol as its transmission protocol from 1962 to 1982 when NCP was replaced by TCP/IP.

It was in October 1972 that the ARPANET went public. Kahn demonstrated the ARPANET at the ICCC or International Computer Communication Conference. It was also around the same time when the hot concept of email was introduced.

Now that the Internet or ARPANET had come into existence, the questions as to its usability arose. Email and discussion boards spurred the growth of the Internet as did USENET. Several military computers connected together formed the first use of the Internet for defense purposes. Also, all major schools and universities across the United States found this a convenient method for sharing information and research data and were connected to each other. The University College Of London, England joined this network in 1973 and became the first-ever intercontinental connection to do so.

As email, discussion boards and chat rooms found more and more popularity, it was Tim Berners-Lee that took the Internet to a new level with the WWW or World Wide Web and the development of the browser.

## **DISCUSSION**

### **Internet Safety Statistics**

**How are online issues affecting children?**

**Take a glance at these statistics to find out.**

#### **Access**

- 93% of teens (12-17) go online.
- Of the children (0-5) who use the Internet, 80% use it at least once a week.

## **Cell Phones**

- 75% of teens (12-17) have cell phones.
- On average, texting teens (12-17) send and receive 1500 text messages a month.

## **Cyberbullying**

- 1 in 3 teens (12-17) have experienced online harassment.
- Girls are more likely to be victims of cyberbullying (38% girls vs. 26% boys).

## **Online Gaming**

- 97% of teens (12-17) play computer, web, portable, or console games.
- 27% of teens (12-17) play games with people they don't know online.

## **Predators**

- Predators seek youths vulnerable to seduction, including those with histories of sexual or physical abuse, those who post sexually provocative photos/video, and those who talk about sex with unknown people online.
- Boys who are gay or questioning their sexuality are particularly at risk. 25% of victims are boys and almost all of their offenders are male.
- 1 in 25 youths received an online sexual solicitation where the solicitor tried to make offline contact.
- In more than one-quarter (27%) of incidents, solicitors asked youths for sexual photographs of themselves.

## **Sexting**

- 4% of cell-owning teens (12-17) say that they have sent sexually suggestive nude/semi-nude messages to others via text message.
- 15% of cell-owning teens (12-17) say they have received sexually suggestive nude/semi-nude images of someone they know via text.

## **Social Networking**

- 73% of teens (12-17) have profiles on social networking sites.
  - 47% of teens (12-17) have uploaded photos; 14 % have posted videos.

## **TOPIC 10: ECOLOGICAL PROBLEMS. GLOBAL WARMING. ENVIRONMENTAL PROTECTION**

Ecosystems undergo changes in their structure and function as time passes. Some of these changes are minor and only affect a small area, others are the cause of major changes in the species present and affect the ecosystem as a whole.

The human sense of being separate from nature has a tendency to reproduce itself in insidious and sometimes paradoxical ways. A case in point is in environmental education, where efforts to encourage “nature appreciation” and “environmental protection” often reinforce the chasm between the human economy and non-human nature.

Environmental protection is certainly an important concern, and it is the overwhelming preoccupation of the mainstream environmental movement. But it can also become a mindset that distracts us from seeing fundamental problems and relationships. This mindset assumes a basic conflict between humanity and nature. It presumes an intrinsically destructive human economy from which nature must always be shielded.

For many centuries the people who inhabited our planet before us had been trying to make their life easier and more comfortable. They supposed that the natural resources were endless, using them without thinking of future generation.

In 19<sup>th</sup> century the word ‘ecology’ was born, but the idea of environmental protection was not clear yet. In the 20<sup>th</sup> century, the rapid growth of science and technology resulted in an increasing negative effect on the biosphere of the Earth.

Huge industrial enterprises pollute the air we breathe, the water we drink. Their discharge of dust and gas into the atmosphere returns to the Earth in the forms of acid rains, ‘green house effect’ and global warming.

Acid rain is a major cause for damage done to forests and vegetation in many parts of the world. People are becoming more aware of the daunting effects of this phenomenon in nature. Some environmental areas that this effects are plants, animals and human activity.

It is important to understand what is meant by the term acid rain. ‘Acid rain’ is a broad term used to describe several ways that acids fall out of the atmosphere. A more precise term is acid deposition, which has two parts: wet and dry. The part that is more familiar to most people is the wet deposition, which refers to acidic rain, snow and even fog. Pollutants are usually found in acid rainfall. After being carried by the wind the pollutants are then deposited back into the environment through what we refer to as ‘acid rain’.

Global warming is an increase in the earth's temperature due to fossil fuels, industry, and agricultural processes caused by human, natural, and other gas emissions. This results in an increased emission of greenhouse gases. Short-wave solar radiation sinks into the Earth's atmosphere and warms its surface; while long wave infrared radiation emitted by earth's surface is absorbed, and then re-emitted by trace gases.

Climate changes occur in our earth's atmosphere due to a buildup of greenhouse gases.

Global warming can affect our future ability to obtain food. As climates change, plants and animals will change, leading to a change in the eating patterns of humans. An

increase in precipitation is one result of global warming that could have devastating effects. First, the quality of crops would be affected by an increase in precipitation. Second, increasing rain could lead to an increase in soil erosion.

There are ways that you can help prevent global warming. Car pooling, auditing the energy in your home, buying fuel-efficient cars, and reducing the electricity in your home are ways to help prevent global warming.

The future of emissions damage depends on several factors, demographics, economics, technology, policies and institutional developments. Future predictions do not look good for this planet if nothing is done. Without the help of emissions control policies, CO<sub>2</sub> levels are projected to be 30 -150% higher in 2100. Our renewable resources will be very limited. With cooperation from citizens and government officials, we can slow the effect of global warming by reducing greenhouse gas emissions.

Nowadays people of Ukraine, like most people in developed countries, realize that without solving environmental problems, the life of the future generation will be a real danger. Public attention to the problems of pollution has now become part of American life. Britain supports international cooperation of environmental protection.

### **1. Give the definitions to the following words from the text.**

ecosystem, insidious, preoccupation, destructive, daunting, precipitation, devastating, emission, renewable.

### **2. Answer the following questions.**

1. What is 'acid rain'?
2. What is acid deposition?
3. When did the word 'ecology' appear?
4. What can global warming affect?
5. How can we can slow the effect of global warming?

### **3. Points for discussion.**

- Global warming.
- Acid rains
- Greenhouse effect
- Environmental protection

## **DISCUSSION**

### **Fifty Things You Can Do**

#### **Tired of breathing dirty air? Well, you can help reduce air pollution.**

Every time you drive to work or school, use your heater or air conditioner, clean your windows or even style your hair, you make choices that can reduce or increase air pollution.

This pamphlet shows you how to reduce air pollution. When more people make clean air their business, we'll all breathe easier.

## Drive Less

---

In California, about half the air pollution comes from cars and trucks. Two big ways to reduce air pollution are to drive less, even a little less, and to drive smart. Fewer trips in your car or truck will help cut air pollution. And how you drive can reduce your car's air pollution contribution.

Driving less doesn't mean you have to stay home. Try combining driving with other ways of getting where you want to go:

1. Carpool.
2. Walk or ride a bike.
3. Shop by phone or mail.
4. Ride public transit.
5. Telecommute.



---

## Drive Smart

---

Driving smart keeps pollution at a minimum:

6. Accelerate gradually.
7. Use cruise control on the highway.
8. Obey the speed limit.
9. Combine your errands into one trip.
10. Keep your car tuned and support the Smog Check Program.
11. Don't top off at the gas pump.
12. Replace your car's air filter.
13. Keep your tires properly inflated.
14. Report smoking vehicles.
  - Call #SMOG on your cellular phone.
  - Call your local air pollution control district or 1 (800) END-SMOG

That's not all. When shopping for your next car...

15. Look for the most efficient, lowest polluting model or even a zero-polluting electric car.

And if you must drive on days with unhealthy air...

16. Drive your newest car. Newer cars generally pollute less than older models.

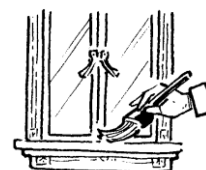
---

## Choose Air-Friendly Products

---

Many products you use in your home, in the yard, or at the office are made with smog-forming chemicals that escape into the air when you use them. Here's a few ways to put a lid on products that pollute:

17. Select products that are water-based or have low amounts of volatile organic compounds (VOCs).
18. Use water-based paints. Look for paints labeled zero-VOC.
19. Paint with a brush, not a sprayer.
20. Store solvents in air-tight containers.
21. Use a push or electric lawn mower.
22. Start your barbecue briquettes with an electric probe. Or use a



propane or natural gas barbecue.

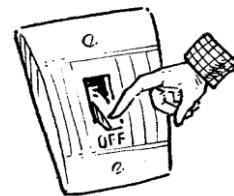
---

## Save Energy

---

Saving energy helps reduce air pollution. Whenever you burn a fossil fuel, you pollute the air. Use less gasoline, natural gas, and electricity (power plants burn fossil fuels to generate electricity):

23. Turn off the lights when you leave a room.
24. Replace energy-hungry incandescent lights with fluorescent lighting.
25. Check with your utility company for energy conservation tips.
26. Use a programmable thermostat that automatically turns off the air conditioner or heater when you don't need them.
27. Add insulation to your home.
28. Use a fan instead of air conditioning.
29. Use an EPA-approved wood burning stove or fireplace insert.
30. Microwave small meals.
31. Insulate your water heater.
32. Install low-flow shower heads.



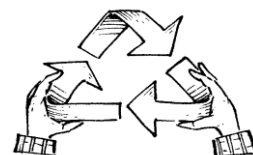
---

## Waste Not

---

It takes energy to make and sell the products we use. Here are ways to cut energy use, reduce air pollution, and save money.

33. Choose recycled products.
34. Choose products with recyclable packaging.
35. Reuse paper bags.
36. Recycle paper, plastics, and metals.
37. Print and photocopy on both sides of paper.



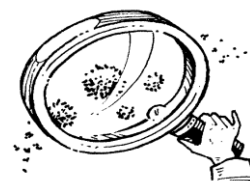
---

## Watch Out for the Small Stuff

---

When you breathe, very small particles such as dust, soot, and acid droplets can slip past your lung's natural defense system. These particles get stuck deep in your lungs and may cause problems increased asthma attacks, more bronchitis and other lung diseases, less resistance to infections, and even premature death for the elderly or people who are already ill. Here are a few things you can do to reduce PM10 pollution and protect yourself:

38. Don't use your wood stove or fireplace on days with unhealthy air.
39. Avoid using leaf blowers and other types of equipment that raise a lot of dust. Try using a rake or broom.
40. Drive slowly on unpaved roads.
41. Drive less, particularly on days with unhealthy air.
42. Avoid vigorous physical activity on days with unhealthy air.



---

## Know the Inside Story

---

Air pollution is a problem indoors and out. Most people spend at least 80 percent of their lives indoors. Here are some ways you can reduce pollution in your home, office, or school:

- 43.** Don't smoke. If someone must smoke, send them outdoors.
- 44.** Some products such as cleaning agents, paints, and glues contain dangerous chemicals. Use them outdoors or with plenty of ventilation indoors.
- 45.** Use safer products, such as baking soda instead of harsher cleaners.
- 46.** Don't heat your home with a gas cooking stove.
- 47.** Have your gas appliances and heater regularly inspected and maintained.
- 48.** Clean frequently to remove dust and molds.



---

### **Speak Up for Clean Air**

---

Now that you have read this pamphlet, you know more about reducing air pollution than most people. Try some of the ways described above. It will make a difference. Then, let other people know what you've found out.:

- 49.** Write to your local paper. Support action for healthy air.
- 50.** Let your elected representatives know you support action for cleaner air.

## TOPIC 11: MASS MEDIA

It goes without saying that mass media has become part and parcel of any contemporary-society. The press, the radio and television play a very important part in the life of the society. They inform, educate and entertain people. They also influence the way people look at the world and make them change their views. As sociologists say, news is not what happens, it is what you see or read about in mass media. In other words, mass media plays a very important role in moulding public opinion. Millions of people watch TV and read newspapers in their spare time. The daily paper dominates family life at breakfast. Most of people can't do without a newspaper in the underground or during the lunch break. Say, my family subscribes to Izvestiya and Komsomolka, because they are informative, interesting and objective. Pretty often I buy ... at the newsstands, as I'm interested in ...

TV also dominates the life of the family most of the time. It's needless to say that the TV set is not just a piece of furniture. It is someone who is "one of the family". It is also a habit-forming drug impossible to resist. The radio is turned on most of the time, creating a permanent background noise. In fact it does not interfere with your activities. I can easily listen to the radio while doing Maths, peeling potatoes or doing the washing up. Generally I'm not very keen on politics, but I do watch news and various commentary and discussions called forums. At a forum several authorities exchange views on social, economic and political problems, as well as on books of common interest. A number of sides is represented so that the listeners or the viewers could hear various opinions. In fact such broadcasts are very popular with the Russian audience, as people are able to see their leaders, deputies and presidents.

Various radio and TV games, such as a panel game or a quiz programme also attract a large audience. During a radio panel-game people send questions to the studio to be answered by the members of the panel, who compete for the best results. I personally adore watching "Brain Ring", because I do believe that quick-minded intellectuals should be able to earn proper money. Besides, it's both exciting and educative.

It's no secret that some of the TV and radio stations are owned by big corporations, thus the owners can advertise whatever they choose. Very often the firms and joint ventures sponsor shows and programmes, thus giving common people a good chance to make a fortune or to win a valuable prize. I dare say that mass media stimulates science and progress. To advertise their goods commercial firms buy TV and radio time. So most of the up-to-date goods, new inventions and technologies become popular and well known with the help of mass media. So mass media promotes quality and progress into our every day life. Of course advertising promotes business and benefits businessmen. However it annoys the general public. The play you are watching on TV may be interrupted several times by an appeal to use a new perfume or detergent, or drink a certain beer. And though we are used to everything being advertised, watching such programmes gives one a headache instead of providing relaxation. I would say that it's a great pity that such immense cultural possibilities of Russian mass media are used mainly for the purpose of selling more things... Some critics declare that advertising allows great commercial firms to pull the rest of the people down to their own intellectual level.



However it wouldn't be fair to say that our mass media do not try to raise the cultural level of the people or to develop their artistic taste. I'm generally too short of time to attend an exhibition or to go to the theatre, but I watch a play or a ballet on TV with great pleasure. Thus mass media can save us a lot of time, money and efforts, keeping people aware of what is happening in the world around us.

## **Mass Media**

No doubt, is an important part of our life. People from different walks of life have become nowadays listeners, readers, viewers. Or in other words, reading newspapers and magazines, watching TV, listening to the news on the radio are our main means of getting information in all its variety. Newspapers with their enormous circulation report different kinds of news. They carry articles which cover the latest international and national events. Now people buy newspapers also for the radio and TV programmes which they publish.

There are special newspapers which gave a full coverage of commercial, financial and publish affairs. There are newspapers and magazines for young people. They give a wide coverage of news, events and reports on education, sports, cultural life, entertainment, fashion. There are a lot of advertising programmes now, sensation material, too. They represent the views of today's youth.

Radio broadcasts are valued mainly for their music programmes (Europa plus).

TV, radio, press reflect the present day life. Their information may vary from social and economic crises, conflicts, wars, disasters, earthquakes, to diplomatic visits, negotiations, from terrorism, corruption, to pollution problems, strikes, social movements. Much information is published concerning official governmental decisions.

TV is the most popular kind of mass media now. Viewers are fond of watching variety show, films, sports, plays, games, educational and cultural programmes. We have many different channels, including commercial channels. There are many interesting and exciting programmes, but at the same time too often very primitive films are televised. I mean horror films, thrillers, detective films with all their cool-blooded atmosphere of violence and endless crimes and murders.

Our family is also a mass media consumer. I have a TV set in my room. The culture programmes like "Kultura" are my mother's favourite, my father is a hockey fan, he likes to see sport programmes. I'm not keen on special programmes. I like to see a bit here and a bit there. Also, I can say I like programmes about travelling and traditions of another countries. Those programmes are educating and relaxing at the same time.

## ЛІТЕРАТУРА

1. Cutting Edge. Advanced. - Oxford University Press, 2009.
2. Fiedler E., Jansen R. America in Close –up. – Longman Group Ltd., 1990.
3. Jones L. Cambridge Advanced English. – Cambridge University Press, 1996.
4. Murphy R. English Grammar in Use. – Cambridge University Press, 1988.
5. Quirk R. A Comprehensive Grammar of the English Language. – Longman Group Ltd., 2000.
6. Soars J.L. Headway Advanced. – Oxford University Press, 1996.
7. Swan M., Walter C. How English Works. – Oxford University Press, 1997.
8. [http://www.marininstitute.org/Youth/alcohol\\_youth.htm](http://www.marininstitute.org/Youth/alcohol_youth.htm)
9. [www.cdc.gov/mmwr/preview/mmwrhtml/ss4905a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/ss4905a1.htm)
10. <http://www.troubledteen101.com/articles16.html>
11. <http://www.teensmoking.us/content/teen-smoking-statistics.html>
12. <http://karisabla.com/crsstat.htm>
13. [http://findarticles.com/p/articles/mi\\_m2248/is\\_146\\_37/ai\\_89942832/](http://findarticles.com/p/articles/mi_m2248/is_146_37/ai_89942832/)
14. <http://www.depression-guide.com/teen-depression.htm>
15. <http://www.depression-guide.com/depression-teen-suicide.htm>
16. <http://www.netsmartz.org/Safety/Statistics>
17. <http://fathersforlife.org/divorce/chldrndiv.htm>
18. <http://www.arb.ca.gov/html/brochure/50things.htm>
19. [http://epp.eurostat.ec.europa.eu/statistics\\_explained/index.php/Air\\_pollution\\_statistics](http://epp.eurostat.ec.europa.eu/statistics_explained/index.php/Air_pollution_statistics)
20. <https://www.cia.gov/library/publications/the-world-factbook/geos/as.html>
21. <https://www.cia.gov/library/publications/the-world-factbook/geos/uk.html>
22. <https://www.cia.gov/library/publications/the-world-factbook/geos/ca.html>
23. <https://www.cia.gov/library/publications/the-world-factbook/geos/nz.html>

**Навчальне видання**

**Каніболоцька Ольга анатодіївна  
Іваненко Станіслав Валентинович  
Чаплінська Тетяна Анатоліївна**

**ДРУГА ІНОЗЕМНА МОВА (АНГЛІЙСЬКА)  
Навчальний посібник до комунікативного комплексу  
«Cutting Edge (Advanced)» для студентів факультету іноземної філології  
освітньо-кваліфікаційних рівнів «Спеціаліст», «Магістр»**

Рецензент  
Відповідальний за випуск  
Коректор

Л.М. Пінчук  
О.А. Каніболоцька  
О.О. Рандзинська

***FOR NOTES***