

VOCABULARY

LIFESTYLE

1 Complete the article with the words in the box.

nomadic active early alternative long sedentary

The wind in my hair

I wasn't one of those children who had always dreamt of being a pilot. I thought I would be more like my parents. They live in an isolated cottage in the countryside, they grow their own vegetables and they don't have a car or a TV. I guess you could say that they have a(n)



1 _____ lifestyle.

So I think they (and I) were quite surprised when I was drawn to the idea of flying. So here I am, leading a somewhat 2 _____ existence as a long-haul pilot as I move from place to place, never sleeping in the same bed for more than a couple of days while I'm working. It's strange though; my job is really a 3 _____ occupation and I need to do the same as the passengers and get out of my seat occasionally to wander up and down the aircraft and stretch my legs. Once I arrive, I do take care to be more 4 _____ and get to the hotel gym or go for a swim in the sea if I'm near the coast, but it's sometimes difficult as the 5 _____ hours we fly mean that I really just want to get to bed. On my days off, I'm definitely a(n) 6 _____ bird and get out on my bike as the sun rises to feel the wind in my hair – something that never happens on the plane!



2 A Underline the stressed syllables in the words in bold.

- 1 They led a **nomadic** life.
- 2 Computer programming is a **sedentary** profession.
- 3 My working day is very **active**.
- 4 I like to stick to a **routine**.
- 5 She's got an **alternative** lifestyle.
- 6 He was always an **early** bird.

B 1.1 Listen and check. Then listen again and repeat.

LISTENING

3 A 1.2 Listen to four people talking about events that brought about important changes in their lives. Match speakers 1–4 with events a)–d).

- | | |
|----------|----------------|
| 1 Martha | a) an accident |
| 2 Daniel | b) retirement |
| 3 Jenny | c) a holiday |
| 4 Jack | d) a meeting |

B Listen again and answer the questions.

- 1 What was Martha's previous job?

- 2 What does Martha do now?

- 3 Who made Daniel cry?

- 4 What two things has Daniel done to improve his lifestyle?

- 5 What two things does Jenny do to deal with her problems?

- 6 What two things does Jenny do to occupy her time?

- 7 What was Jack's previous job?

- 8 What two activities has Jack done recently?

C Read extracts 1–8 from the recording. Match the words/phrases in bold with definitions a)–h).

- 1 What was a luxury tour in Africa turned into an **eye-opener**.
- 2 disease caused by **lack** of clean water
- 3 I just **broke down**.
- 4 I still **crave** cigarettes.
- 5 It's been **tough** getting used to the change.
- 6 **be aware** of the moment
- 7 I never had a moment to **spare**.
- 8 I'm able to live life **to the full**.

- a) hard
- b) free
- c) absence
- d) notice
- e) a surprising discovery
- f) completely
- g) collapsed emotionally
- h) have a strong desire for

GRAMMAR

THE PASSIVE; CAUSATIVE HAVE

4 Rewrite the sentences in the passive.

- 1 Someone showed her the way to the station.

She was shown the way to the station.

- 2 Something bit him on his leg.

- 3 People are doing a lot of work.

- 4 Scientists have discovered the cure.

- 5 People make the blankets by hand.

- 6 They don't allow dogs in the hotel.

5 Complete the blog with the correct form of the verbs in the box and the words in brackets. Use the causative *have*.

cut install make remove paint replace

sign out
search

A big project!

The new house was a disaster when my sister and her husband first moved in. There was a lot of renovation needed and they couldn't do it by themselves, so they got some experts in to help them. First, they ¹_____ (the windows) with PVC models because the wooden ones were broken. Afterwards, they ²_____ (the walls) in pastel colours to make the rooms lighter. They threw away the old curtains and ³_____ (new ones) in the little shop on the corner. They are lovely! As for the bathroom, they ⁴_____ (the years of dirt) by a special cleaning company and discovered that the tiles were pale green. Then they ⁵_____ (a new walk-in shower), which is great. Finally, they called a gardener and ⁶_____ (the grass). It looks much better now.



6 Find and correct the mistakes in the sentences. Two sentences are correct.

- 1 A letter has being sent to the head teacher.
- 2 My sister had her hair cut really short.
- 3 The photos had been take from an old album.
- 4 Has been he told about the crime yet?
- 5 Harvey was vote the best employee of the year.
- 6 Did you have your nails done in the new shop?
- 7 The neighbours had a large wall putting up around the garden.
- 8 The children are been helped by a special tutor this week.

VOCABULARY PLUS

MULTI-WORD VERBS

7 A Underline the correct alternatives to complete the sentences.

- 1 I need to lose weight, so I'm trying very hard to keep myself *from/to* eating sweet things.
- 2 The head teacher is retiring next week. She's handing *up/over* to her deputy.
- 3 Do you think we can put *on/off* the meeting till Tuesday? I'm away till then.
- 4 We'll have to look *forward to/into* the type of course you could study in the future.
- 5 I don't want to take *after/on* any more work. I'm overloaded already.
- 6 Her earrings were handed *over/down* to the eldest daughter in the family.
- 7 His son takes *after/on* him in looks and temperament.
- 8 She had put *off/up* with his bad behaviour for years, but finally she left him.
- 9 This year's been hard. I'm so looking forward *at/to* the holidays.
- 10 What do you do to keep *on/up* with the news: watch TV or use the internet?

B Complete the sentences with the correct form of multi-word verbs from Exercise 7A.

- 1 If you live in a student residence, you'll have to _____ a lot of noise.
- 2 Fashion changes so quickly it's difficult to _____ the latest trends.
- 3 My niece starts work in the family business next year, so I'll _____ the office administration to her.
- 4 Do you think your daughter will _____ her grandfather and become a doctor as well?
- 5 My new puppy loves shoes! I can't _____ him _____ chewing any he finds.
- 6 I had to _____ my dentist's appointment three times because of urgent meetings at work.
- 7 Thank you very much for your help and I _____ receiving the order next week.
- 8 Do you realise you'll have to _____ a lot more responsibility if you become head of department?

VOCABULARY

VERB + PREPOSITION

1 Complete the sentences with the words in the box.

by on out over with (x2) for around up

- You've been working too hard lately. You should take some time _____ to spend with your family.
- It's hard having four kids. I spend all day racing _____ with them from one activity to another.
- He needs to make more time _____ his girlfriend. She feels he doesn't want to be with her.
- I've let my work pile _____ so much that I can't possibly meet the deadline.
- The government has got no control _____ the crisis, so the situation is getting worse.
- My son is struggling _____ maths this year. He just doesn't understand algebra.
- She's overwhelmed _____ the responsibility of her new job and feels stressed.
- I don't think I can take _____ any more work this month. I'm too busy.
- I can't keep up _____ technology. It changes so fast.

2 Replace the words in bold in the sentences with the phrases in the box.

struggle with make time for be overwhelmed by
have no control over pile up take on
take time out keep up with race around

- I've been so busy recently. I need to **have a break** and go on a yoga retreat.
- I work full time and I also help at my son's school. I really can't **say yes to** any more responsibilities at the moment.
- Don't give your email to that website. You'll **find it hard to deal with** the advertising they send you!
- You'll really have to **go quickly from one place to another** this morning to get all you need for the holiday.
- He can always **find a moment for** me when I need help.
- I can't **go at the same speed as** my classmates. They all finish the exercises before me.
- I haven't had time for housework this week, so I've let the ironing **accumulate**. It'll take me hours to do it!
- We **can't manage** the situation because no one has given us the authority to act.
- They **have difficulties** understanding his accent.

3 A Mark the two places in each sentence where the words are linked together.

- I race around doing the shopping.
- The work is piling up.
- He took time out to play tennis.
- Joe's struggling with the course.
- He had no control over his son.
- She took on new responsibilities.

B  1.3 Listen and check. Then listen again and repeat.

GRAMMAR

PRESENT TENSES: SIMPLE VS CONTINUOUS, STATIVE VERBS

4 Underline the correct alternatives to complete the sentences.

- This project *is taking/takes* me longer to do than usual.
- You can't borrow my car because I *am needing/need* it this afternoon.
- Who *is coming/comes* to your party on Saturday?
- So, what *do you do/are you doing?* Are you a teacher?
- The local council *is thinking/thinks* that environmental issues are important.
- How often *are they visiting/do they visit* you?

5 Complete the conversations with the present simple or present continuous form of the verbs in brackets.

- A: Why _____ (you/close) the windows?
B: Because it's going to rain and I _____ (not want) the floor to get wet!
- A: I _____ (realise) now that you're not happy with the situation and I'm sorry.
B: Too right! You _____ (forever/complain) but now it's my turn.
- A: The government says that prices _____ (fall) but everything _____ (seem) to be more expensive.
B: That's true. Petrol _____ (cost) five cents more than last year.
- A: What _____ (you/do) in the mornings now that you have retired?
B: Well, it _____ (depend) on the weather. Sometimes I _____ (go) for a walk in the park and other days I _____ (prefer) to stay in.
- A: Sally _____ (stay) the night at our house this Friday.
B: Oh no! I won't be here. I _____ (go) away for the weekend. I _____ (suppose) I could cancel.
- A: My son _____ (grow) so quickly. I _____ (constantly/buy) new clothes for him.
B: I _____ (have) the same problem. Lenny _____ (need) new shoes every couple of months.
- A: She just _____ (not understand) my problem.
B: Well, maybe she _____ (not realise) how important it is for you.
- A: I _____ (need) to get my hair cut.
B: What _____ (you/wait) for? Make an appointment now!

READING

6 A Read the title of the article. What do you think it means? Choose the best summary. Read and check.

- How we eat is a way of life.
- It's better for us to eat slowly.
- Modern lifestyles give us more eating choices.

B Match headings a)–d) with paragraphs 1–4.

- What the real supporters do
- It's more than just eating to live
- The origins of Slow Food
- Recommendations for everyone

We are what we eat

It could only be in a country such as Italy, where good food and conversation at the table are such a tradition, that a movement like Slow Food started. What better way to spend your time than eating well in the company of good friends?

1 _____

The Slow Food movement was started in 1989 with the aim of encouraging an interest in food – in both eating itself and in food production. At that time it seemed that fast food was taking over Europe. Restaurant chains were opening in many countries and many people felt that these new trends in eating were changing our lifestyles in a negative way. For example, workers no longer needed long lunch breaks and everyone had to work harder and faster. People became more interested in low prices than quality.

2 _____

Slow Food recommends a lifestyle that thinks of food not only in terms of giving us energy and keeping healthy but also considers where our food comes from. It advises us to support organic agriculture and food producers who try to provide us with quality products. They promote the idea of 'good, clean and fair food' as a philosophy that goes further than eating and is reflected in the way we treat other people and appreciate the world we live in as well.

3 _____

The ways they suggest we can immediately change our lives for the better are relatively easy to act on. Buy locally grown produce, reduce your consumption of fast food and processed food and make eating a social event that you share with other people, not only your direct family. Check where your food has come from and find out if it has been produced by farmers who are treated fairly.

4 _____

It takes a lot of time to be a true Slow Food follower. They grow their own fruit and vegetables and rear their own animals to eat. They eat dishes made from basic ingredients. They also help others to develop community gardens or spend time teaching children about the value of good food and the importance of maintaining eating and cooking traditions. Would you be prepared to change your lifestyle to slow down your relationship with food?

WRITING

AN ARTICLE; LEARN TO USE PERSUASIVE LANGUAGE

7 A Match the tips for using persuasive language 1–3 with the extracts from an article a)–f).

- Use rhetorical questions to make the reader think.
- Use personal pronouns to appeal directly to the reader.
- Convince the reader with facts and figures.

- You become more aware of ...
- Experts say ...
- What do these apps do?
- Recent studies have shown that ...
- Who doesn't want to be ... ?
- You'll make new friends.

B Complete the article with phrases a)–f) in Exercise 7A.

Fit but not fanatic

1 _____ fitter and healthier? One of the latest trends that has hit the markets is to use technology to help you. Yes, I'm talking about fitness applications.

2 _____ Well, they record statistics about the walking, running or cycling you do and help you set realistic targets. You can also compare the calories you consume with the calories you burn to help you lose those extra kilos. That way 3 _____ how you need to change your habits.

They are also easily personalised so you won't overdo the exercise when you start. They can calculate your level of fitness and create a programme for you to follow, which 4 _____ will improve your health effectively. Even if you have a sedentary job and little time to do exercise, they will give you a realistic plan you can follow.

What's more, if you are competitive person, there are apps that can be connected to other users, friends, family or even strangers in your area so that you can compare results, set each other challenges and find that extra motivation to improve. Maybe 5 _____ this way too!

Using these apps is not just about short-term changes – they really can be life-changing. 6 _____ users of these apps have quickly become used to a more active lifestyle. I have had mine for two months now, so you must excuse me – I have to run up the stairs now!

C Look at these philosophies and technologies that can help you change your lifestyle. Choose one, research information if necessary and write an article (200–250 words).

- mindfulness
- digital detox
- feng shui
- time management apps

VOCABULARY

EVERYDAY OBJECTS

- 1 Write the words in the box in the correct group.

watch bank card coffee pot doll laptop
necklace bottle opener ring skateboard
ukulele key wallet charger hard drive

- two objects you can find in a kitchen cupboard or drawer: _____
- three objects you can wear: _____
- three objects you can play or play with: _____
- three objects related to technology: _____
- three objects men may have in their pocket: _____

- 2 Underline the correct alternatives to complete the sentences.

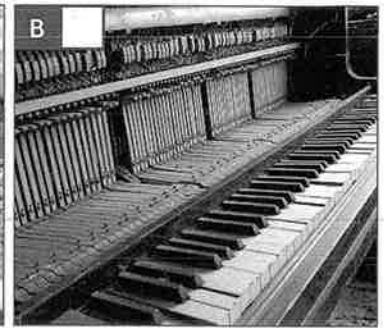
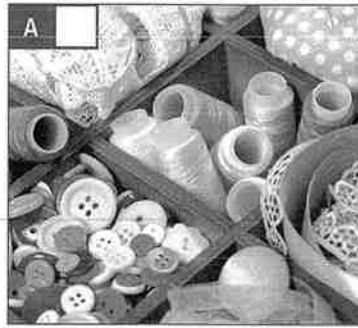
- A *charger/watch/wallet* is indispensable if you want to know the time.
- A *wallet/key/laptop* is practical if you want to work on the train.
- A *hard drive/necklace/bottle opener* is useful if you want a drink.
- A *bank card/ukulele/wallet* can be made of wood.
- A skateboard without wheels is *essential/necessary/pointless*.
- A *football/necklace/doll* made of glass is impractical.
- A *letter/diary/packet* is good for writing in.
- A *sculpture/charger/lead* is necessary to train a dog.
- A gold ring can be *healthy/valuable/practical*.
- A *notebook/cap/clock* can protect your head.

FUNCTION

DESCRIBING EVERYDAY OBJECTS

- 3 A Complete the sentences and questions. Use one word in each gap.

- What is it made _____?
- What is it useful _____?
- It's _____ bit expensive.
- It _____ sentimental value.
- You can _____ it to make cakes.
- You need it _____ cut the grass.



- B 1.4 Listen and match descriptions 1–4 with photos A–D.

- C Listen again and complete the sentences.

- It's not very _____ because it _____ wheels.
 - It's made of _____.
- It's actually made of some _____.
 - It has _____ because I got it after a lot of effort.
- It looks _____.
 - I only use it _____.
- I'm not sure _____ to do with it.
 - No one _____ it any more.

LEARN TO

RESPOND TO SUGGESTIONS

- 4 Complete the conversations with the words in the box.

sure like that must definitely kidding
let's really say think choice same

- A: Well, Mrs Dale, I _____ you should have few days resting at home.
B: Thank you, doctor. I was thinking the _____ thing.
- A: Michael, your father and I would _____ you to study law.
B: Sorry, Mum, but I don't think that would be my first _____.
- A: We _____ organise the finance before we can plan in detail.
B: _____, I agree.
- A: _____ walk up to the next hill.
B: You're _____! I'm exhausted!
- A: I'd _____ a book would be a good present.
B: Does he like reading? I'm not sure about _____.
- A: Do you _____ think he'll pass his driving test?
B: I'm not _____. He hasn't had much practice.