

1 Your world

Reading identifying key information; multiple choice with one text

1 Read the Exam Reminder. Tick the best way to deal with multiple-choice questions.

- a Read all the questions before looking at the text. _____
- b Read each question, locate that information in the text, then read the answer options. _____
- c Read the question and all the options, then find the information in the text. _____

Exam REMINDER

Identifying key information

- With multiple-choice questions, read just the main part of the question first, underlining the key words.
- Then find the part of the text that has the answer.
- Compare that section to the options to find the correct answer.

Bring more colour into your life

1 Colours have an important role in our society. They can create a certain atmosphere or influence decisions. On a personal level, they affect what we purchase, what clothes we wear and how we decorate the spaces we live in. For this reason, some **psychologists** want to understand the relationship between colours, our mood and even our personality.

Although various shades of the same colour can have a wide range of effects, colour psychology puts them into two main categories. Warm colours such as red, orange and yellow are believed to make people more energetic and enthusiastic, even aggressive sometimes. On the other hand, cool colours like blue, purple and green are associated with feeling calm, but also depressed. Although many psychologists are doubtful of colour psychology, some studies show important evidence in its favour. For example, warm-coloured **placebo** pills are more effective than cool-coloured ones and areas with blue-coloured streetlights report less crime.

20 Colours are so connected to our **well-being** that many believe they can be used to treat illnesses. Several ancient cultures, including the Egyptians and the Chinese, practised chromotherapy, or the use of colours, to heal. In this therapy, red is used to improve the flow of blood around the body, while orange is used to heal the lungs and to increase energy levels. Blue is used to treat pain, whereas green provides a calming effect.

30 Most of us have a favourite colour, which tends to be reflected in our choices. According to a study by a famous paint brand, 42% of men and 30% of women prefer blue. The second favourite colours are red and green, followed by orange, brown and purple. In contrast, the least liked colour is yellow, preferred by only 5% of us.



Colour psychology suggests that there is a link between our favourite colour and our personality. If you like red, for instance, you are more likely to be confident and full of energy, but also quite competitive. Yellow is associated with a love of learning and a need for order, whereas people who love green are often loyal, caring and honest. Those who have blue as their favourite colour feel a need for inner peace and truth. They tend to be more sensible and like to live their lives according to their beliefs.

Our taste for colours changes a lot throughout our life. While colour can have a strong influence on how we feel and act, these effects can vary a lot according to personal, cultural and situational factors.

50 Colour psychologists suggest that people shouldn't avoid any particular colour. On the contrary, they claim that, although it's fine to have a favourite colour, we should try to bring at least a small amount of each of the others into our lives, which would favour a better balance.

psychologist (n): someone who studies people's minds and behaviour

placebo (n): a substance with no chemical effects given to a patient instead of a drug

well-being (n): when we are happy or comfortable

2 Now complete the Exam Task.

Exam TASK

You are going to read an article about the relationship between colours and personality. For questions 1–6, choose the answer (A, B, C or D) which you think fits best according to the text.

- According to the text, colours can have an effect on
 - the different roles we have in society.
 - what we decide to buy and wear.
 - how the people around us are feeling.
 - what we do in our houses.
- What does the second paragraph say about colour psychology?
 - It is accepted by the whole medical community.
 - It divides colours into many different groups.
 - It studies how colours affect your mood.
 - Research has proven it doesn't work.
- In chromotherapy, who might blue be used to treat?
 - someone who is feeling tired
 - someone who can't concentrate
 - someone who has got backache
 - someone who is feeling anxious
- What did the paint study find out?
 - Yellow is a very popular colour.
 - Our favourite colour has little influence on our decisions.
 - More people like purple than green.
 - One colour is a lot more popular than others.
- According to the text, if you have a friend who is organised and likes studying, their favourite colour is more likely to be
 - red.
 - yellow.
 - green.
 - blue.
- What is recommended in the last paragraph?
 - that we have a variety of colours in our lives
 - that we should avoid certain colours
 - that you should avoid having a favourite colour
 - that we surround ourselves only with our favourite colour



1 Match the people in the photo with these adjectives.

calm caring confident easy-going
energetic shy

This is one of my favourite photos because all my best friends are in it. On the left is Marcos: he's good to have around in difficult situations because he never loses control or gets nervous. Then there's Camilla. She's so nice and always thinks about others. In the back, you can see Mason: he's quiet around people he doesn't know, but he's really funny too. Jess is next to Mason. What I like about her is that she never doubts herself. And then there's Ella: she never stops! She always wants to do something fun. And that's me, Mia, taking the photo. What would people say about me? I don't take anything too seriously and I'm quite relaxed. And I love my friends! They mean the world to me!

Marcos = _____ Camilla = _____
Mason = _____ Jess = _____
Ella = _____ Mia = _____

2 Replace the words in *italics* with these words. Then tick the sentences you agree with.

close mother-in-law related siblings
sister-in-law

- It's hard when you have older *brothers and sisters*.
- You don't need more than two or three *good friends*.
- You should treat your *brother's wife* just like a sister.
- You should always respect the elderly, especially if you are *in the same family*.
- It's important to get on well with your *husband or wife's mum*.

Grammar 1 present simple and present continuous

1 **1.1** Choose the correct option to complete the sentences. Then listen and check your answers.

- Anne:** What time ¹ *does the game start / is the game starting?*
- Jason:** At seven. But ² *we meet / we're meeting* in the café at six.
- Ben:** So, a man ³ *tells / is telling* his doctor, 'I'm addicted to Twitter!', and the doctor ⁴ *replies / is replying*, 'Sorry, I don't follow you'.
- Emily:** Ha ha! ⁵ *You always get / You're always getting* on my nerves with your silly jokes, but that one's not bad actually.
- Sarah:** True. Good to know your sense of humour ⁶ *improves / is improving*, Ben!
- Ling:** ... and in this photo, ⁷ *I try / I'm trying* to talk to a local. He ⁸ *doesn't even listen / isn't even listening!*
- Josh:** Your brother ⁹ *takes / is taking* fantastic photos. They're so good.
- Isabella:** Wow! The beach ¹⁰ *gets / is getting* much wider now at low tide.
- Mia:** Yeah. It's amazing that the moon ¹¹ *controls / is controlling* the ocean tides, isn't it?

2 Which person from Exercise 1 used ...

- the present simple to mention a scientific fact?
- the present simple to indicate a repeated action?
- the present simple to indicate a scheduled event?
- the present simple to tell a joke?
- the present continuous to express what's happening now?
- the present continuous to say what's happening in a picture?
- the present continuous to talk about an arrangement in the future?
- the present continuous to talk about an annoying habit?
- the present continuous to describe changing and developing situations in the present?

3 Complete the sentences with the correct tense of the verbs *have*, *think* or *see*.

- We _____ a new Maths teacher – he's great!
- I _____ what you mean now.
- We _____ a party on Friday – do you want to come?
- I _____ of getting a new phone.

4 Complete the email with the present simple or the present continuous of the verbs in brackets.

From: Anusha
To: Lucas

Hi Lucas

How are you? I hope school (1) _____ (go) well.

This week we (2) _____ (celebrate) one of my favourite festivals: Holi, the festival of colours! It (3) _____ (represent) the victory of good over evil. On the first day, there are lots of bonfires, but the fun really (4) _____ (start) on the second day. Participants traditionally (5) _____ (throw) bright powders at friends (and strangers!), and (6) _____ (cover) each other with water. And the result is the mess you can see in the photo! I (7) _____ (smile), but actually I (8) _____ (feel) really tired!

I usually (9) _____ (enjoy) Holi in my hometown, but this year my friends and I (10) _____ (stay) with my aunt in Delhi. The festival here is much bigger! If you (11) _____ (not do) anything next year, why (12) _____ you and your parents _____ (not come) over and celebrate Holi with us?

All the best
Anusha



Listening

understanding the task;
complete the sentences

1 Read the Exam Reminder. Are these sentences true (T) or false (F)?

- The answers in the recording follow the same order as the questions. ____
- You can write the answers in your own words. ____
- There is no limit to the number of words in each gap. ____

Exam REMINDER

Understanding the task

- With gap-fill tasks, you will listen to the information in the same order as the questions.
- What you read and what you listen to might be a bit different, but you should write exactly what is said.
- Think about what would complete the sentence and write up to three words.

2 1.2 Listen and complete the Exam Task.

Exam TASK

You will hear a student called Annie talking about a debating society. For questions 1–8, complete the sentences with a word or short phrase.

- Annie explains that it is important to know about _____ to debate well.
- She also believes that effective communication is a _____ in any type of work.
- Annie defines a debate as a(n) _____.
- The debaters find out the topic and are then given a _____ to prepare arguments.
- The judges consider how strong an argument is, and also its _____, in order to give points.
- The masterclass in the first part of the session will cover the _____ of how to debate.
- _____ will be given to every participant at the end of the session.
- Annie concludes by saying debating can make you more informed, communicative and _____.

Grammar 2

articles

1 Choose the correct options to complete the sentences.

- An / The Indian teacher called Inderjit Khurana teaches *the* / - poor children at a train station.
- In Nigeria, there is *the* / a school floating on a lake that can stay open even in *the* / - extreme weather conditions.
- Built with sustainable material and powered by a / - solar energy, the Green school in Indonesia is considered *the* / - most environmentally friendly school in the world.
- The* / - students at Carpe Diem school in the USA learn on their own in small individual areas, but there is a / an instructor to help them if necessary.
- At the Steve Jobs school in Amsterdam, students follow *an* / *the* individual plan which takes into consideration *the* / - interests and skills of each student.
- The Sudbury schools in the USA have *the* / a system in which the students decide their timetable and have *the* / - complete control over what they learn.

2 Complete the gaps with *a*, *an*, *the* or - (if no article is needed).

The other day, I was having ¹ _____ face-to-face conversation and ² _____ other person kept looking at their phone. 😡 How about you guys? Is there anything that annoys you in terms of ³ _____ social media?

Yes! People who repost ⁴ _____ article without even doing ⁵ _____ quick search on Google to check it's true. Wake up, guys: ⁶ _____ fake news is all around us!

It's not as bad, but I really don't like it when I'm tagged in ⁷ _____ photo without permission. ⁸ _____ best thing to do is to ask before you tag ⁹ _____ others.

That's ¹⁰ _____ hard one to beat, but I also hate it when people make ¹¹ _____ jokes in ¹² _____ group chat that only some of ¹³ _____ others will understand. 😊

It annoys me when ¹⁴ _____ people don't read other people's comments and you get ¹⁵ _____ same answer loads of different times!

Use your English

idioms and expressions; prepositions; checking the meaning; sentence transformation

1 Find the mistakes and correct the sentences.

- 1 I've got to go now, but keep ~~at~~ touch, OK?

- 2 He's been away for two months now and he's dying ~~for~~ get back home. _____
- 3 Tammy's not exactly a ~~pature~~ at the violin, but she works hard. _____
- 4 I'm sorry: when I couldn't find my jacket, I ~~went~~ red and you were the first person I met.

- 5 Guess what? My parents gave our camping weekend a ~~green~~ light! _____
- 6 Your essay is a bit confusing. I want your opinions to be black ~~or~~ white. _____
- 7 My dog used to be really naughty, but after a few lessons, he's as ~~good~~ as diamond.

2 Complete the sentences with the correct preposition.

- 1 I think one of the most important personal qualities is to have a good sense _____ humour.
- 2 Most of the books I read are just _____ fun – not because I have to.
- 3 _____ my spare time, I like to listen to podcasts.
- 4 I feel a bit nervous _____ meeting new people.
- 5 I think it's better to laugh _____ problems than take them too seriously.
- 6 I never spend money _____ apps – I just use the free versions.

Now tick the sentences that are true for you.

3 Complete the article with one word in each gap.

Friends for life

I hang ¹ _____ with a lot of people, but my best friend is definitely Juan. Actually, we don't have that much in ² _____, but we both love computer games: sometimes it gets on my ³ _____ how good he is!

He's not perfect, of course. From time to time, we ⁴ _____ out, usually because of football.

Whenever his team loses, he ⁵ _____ red! He's got no ⁶ _____ of humour when it comes to that topic, so of course I make a joke about it, just ⁷ _____ fun!

4 Read the Exam Reminder. How many words can you write in each sentence?

Exam REMINDER

Checking the meaning

- Read the first sentence carefully, thinking about its meaning.
- Write between two and five words so that the second sentence is as close as possible to the first.
- Check you have used the word given and that you have used the correct tense.

5 Now complete the Exam Task.

Exam TASK

For questions 1–6, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Write between two and five words.

- 1 Andy and I share a lot of interests and opinions.

HAVE

Andy and I _____.

- 2 I get so annoyed with rude people.

NERVES

Rude people really _____.

- 3 It's in difficult times that some 'friends' show who they really are.

TRUE

It's in difficult times that some 'friends' _____.

- 4 Good friends also have arguments sometimes.

FALL

Good friends also _____.

- 5 You always learn something interesting when you spend time with someone new.

OUT

You always learn something interesting when you _____ someone new.

- 6 Luiza loves football so much that she goes to matches every week.

MAD

Luiza _____ football and she goes to matches every week.

Writing

using idioms and phrasal verbs; writing in an informal style; writing an informal email

Learning REMINDER

Using idioms and phrasal verbs

- Idioms and phrasal verbs will help your writing sound more informal and friendly.
- Make a note of the new idioms and phrasal verbs you learn, including an example sentence and the structure that follows (e.g. noun, infinitive, etc.)

1 Complete the phrases with one word.

- 1 Keep in _____ !
- 2 I like skiing. I'm also _____ ice skating, ...
- 3 I guess that's it _____ now.
- 4 In my _____ time, ...
- 5 I'm mad _____ cats, ...
- 6 I'm not _____ natural at ...

2 Read the writing task below. Are the statements (T) or false (F)?

Your English teacher has arranged for you to write to English-speaking friends. Write a letter to your new friend introducing yourself and your family and talking about your favourite pastimes.

- 1 You have written to this person before. ____
- 2 Your email will be friendly in tone. ____
- 3 You have to write about different topics. ____
- 4 You don't expect a reply. ____

3 Read the notes and the model email. Replace the words in *italics* with the phrases from Exercise 1.

From: Maria
To: Kira

Hi Kira

How are you? My name's Maria. I'm really excited about having a friend from Australia!

I've got one sister. She's two years older than me and she's usually quite easy-going.

My parents own a restaurant. They're really busy during the summer, so my sister and I help them out. What do your parents do?

¹ When I'm not studying or helping in the restaurant, I like doing art. ² I'm not very talented at drawing, but I'm getting better. ³ I love cats, so that's what I mainly draw! ⁴ I also love going ice skating. What about you? Well, ⁵ I haven't got any more news. ⁶ Please write back soon.

Maria

4 Read the Exam Reminder and choose the correct option in the sentences below.

- 1 Informal emails should have a *serious* / *friendly* tone.
- 2 *Direct* / *Indirect* questions and contractions are common in informal emails.

Exam REMINDER

Writing in an informal style

- Emails to friends should have a friendly and warm tone.
- You should use informal language, such as contractions and direct questions.

5 Now complete the Exam Task. Write your email in 140–190 words. Use the Useful Language on page 15 of your Student's Book.

Exam TASK

Writing an informal email

You have received this email from your English-speaking friend, Ben.

From: Ben
Subject: Feeling blue

Hi!

Thanks for your email. I'm feeling a bit lonely because I've fallen out with my best friend. What's your best friend like? Do you argue sometimes too?

Oh, and I'm doing a project at college about teenagers around the world. Can you tell me where teenagers usually hang out in your town, and what they do in their spare time? Keep in touch

Ben

Write your email.

Notes

- Ask about the reader and introduce yourself briefly.
- Comment on the reader's family and describe someone from yours.
- Talk about the other members of the family.
- Mention your hobbies.
- End the email and sign off.

2 Mysterious world

Reading identifying paragraph topics; matching sentences to gaps

1 Read the Exam Reminder and number the sentences below in order.

- 1 Read the sentences, underlining keywords. ____
- 2 Read the whole text quickly. ____
- 3 Read each paragraph carefully. ____
- 4 Fit the sentences in the text. ____

Exam REMINDER

Identifying paragraph topics

- Read the whole text quickly to get a good idea of what it is about, then read each paragraph more carefully. Write down the main points.
- Read the sentences that have been removed, underlining any key words.
- Fit the sentences in the article, paying special attention to the sentences before and after each gap.

Buried treasure

1 Many people dream of discovering buried **treasure**, but a few actually spend their free time looking for it. They head to fields and beaches holding a device called a metal detector which makes a noise when it locates metal under the ground. It's a hobby which has become increasingly popular over the years.

Most of the things these metal detectors find aren't valuable. In July 2009, however, a man called Terry Herbert found the UK's largest ever **hoard** of abandoned Anglo-Saxon treasure in a field in Staffordshire. Initially, the landowner, Fred Johnson, had tried to discourage Herbert from detecting there as the field had already been searched by someone else. (1) ____ He managed to persuade Mr Johnson to give him permission. Imagine the farmer's surprise, then, when Herbert returned to report that he had found an Anglo-Saxon hoard!

Soon after the find was made, a security guard was put in place and archaeologists were called in. (2) ____ Such a huge hoard had never been found before. In total, they dug up 1,500 objects, almost all of which were made of gold or other precious metals. To find just one of these abandoned objects would be exciting, so to find this number was absolutely unbelievable.

Unlike many other Anglo-Saxon finds, this treasure is mostly connected with war. There are **weapons** and parts of helmets, but surprisingly, all that remains is the precious metalwork; the parts made of wood or **horn** appear to have been removed. (3) ____ But why did they bury so much treasure? One theory is that it was buried as an offering to a god. Another theory is that it was a **treasure chest** that was buried, but the owners never returned to dig it up. A third theory focuses on the fact that these beautiful pieces are associated with war. (4) ____ So, after a battle,

the **victors** may have taken these pieces from their enemies, buried them to collect later but then never returned for them. Which (if any) of these theories is correct, however, may never be known.

The objects date from the seventh century, but we have very few written records to tell us about life at this time. (5) ____ With this important discovery, historians and archaeologists are hoping that they will learn a great deal more about this period, allowing them to throw light on what is often called the Dark Ages.

One thing we have already learned from the treasure is that some people living in Anglo-Saxon times must have been very wealthy, and some were very skilled craftsmen. (6) ____ Unfortunately, we know little else about these people. Maybe one day we'll discover more objects or written records that will throw more light on how they lived. Until then, all we can do is gaze in wonder at the most important discovery of its kind for many years.

treasure (n): a collection of valuable items

hoard (n): a collection of something that has been hidden or saved

weapon (n): an object that can be used to hurt people

horn (adj): the material made from the two hard parts that grow on the top of some animals' heads

treasure chest (n): a box used to store treasure

victor (n): the winner of a battle or competition



Vocabulary

mysteries; looking at words around a gap; multiple-choice cloze

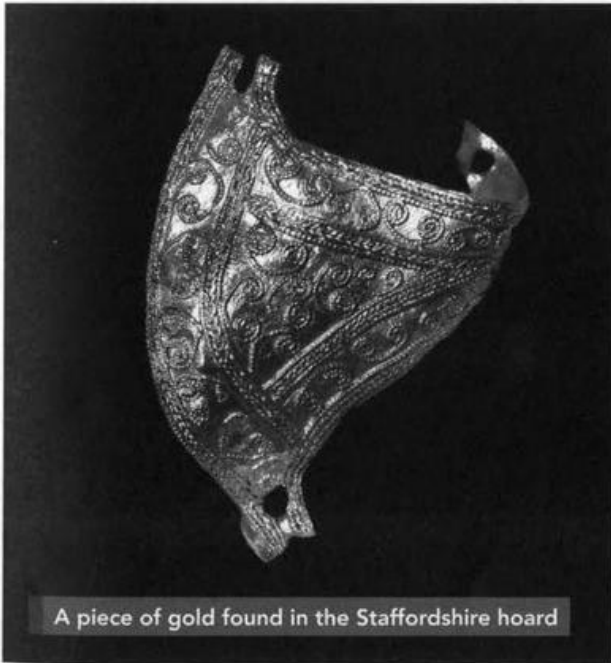
Now complete the Exam Task.

Exam TASK

Matching sentences to gaps

You are going to read an article about buried treasure. Six sentences have been removed from the article. Choose from the sentences A–G the one which fits each gap (1–6). There is one extra sentence which you do not need to use.

- A In the past, the winning side would often take the treasure of the defeated army.
- B They used complex methods to make beautiful objects.
- C But Herbert was not going to give up that easily.
- D The first thing that struck them was how much treasure Herbert had found.
- E None of the pieces found are from women's clothing or jewellery.
- F This is why we must rely on objects to understand the history of the period.
- G So, whoever owned these things did not try to keep the objects whole; they were only interested in the valuable parts.



A piece of gold found in the Staffordshire hoard

1 Read the Exam Reminder. Are these sentences true (T) or false (F).

- 1 You should read the whole text first. ____
- 2 Only the words after the gap are important. ____
- 3 You should try to fit all the options in the gap. ____

Exam REMINDER

Looking at words around a gap

- Read the whole text quickly.
- Look at the words before and after the gap to find out what type of word is missing.
- Try each option in the gap and cross out those that do not fit.

2 Now complete the Exam Task.

Exam TASK

Multiple-choice cloze

For questions 1–8, read the text below and decide which answer (A, B, C or D) best fits each gap.

The Japanese Atlantis?

An underwater (1) _____ in the shape of a pyramid, located off the coast of Japan, has created controversy. Some researchers believe that it is a (2) _____ result of earthquakes, common in the area.

Masaaki Kimura, a Japanese marine geologist, has a different (3) _____. He believes that the pyramid is (4) _____, ruins of an ancient city which sank about 2,000 years ago. According to Kimura, there are many (5) _____ that confirm his ideas, including (6) _____ marks on the rock, which are (7) _____ to have formed naturally.

While more dives are needed to investigate further, the origin of the pyramid remains a (8) _____.

- | | |
|------------------|----------------|
| 1 A organisation | C structure |
| B plan | D system |
| 2 A natural | C daily |
| B plain | D regular |
| 3 A report | C story |
| B solution | D theory |
| 4 A false | C unnatural |
| B man-made | D human |
| 5 A signals | C clues |
| B tips | D guides |
| 6 A unwanted | C unacceptable |
| B unseen | D unexplained |
| 7 A rare | C unlikely |
| B unsure | D absurd |
| 8 A mystery | C quiz |
| B surprise | D theory |

Grammar 1

past simple and past continuous

Listening

making notes; multiple choice: seven questions

1 Choose the correct verb tenses.

- 1 When I was / *was being* a child, I *lived* / *was living* near an abandoned house.
- 2 One day, while my sister and I *walked* / *were walking* past the house, we *heard* / *were hearing* a noise inside.
- 3 I *decided* / *was deciding* to go in and investigate, while my sister *stayed* / *was staying* outside.
- 4 I *went* / *was going* up the stairs when a large dog *ran* / *was running* past me and out of the door.
- 5 I was so scared I *fell* / *was falling* backwards, but then I *started* / *was starting* laughing.
- 6 When I *left* / *was leaving* the house, my sister *still waited* / *was still waiting* by the door.
- 7 The strange thing *was* / *was being* that she *didn't see* / *wasn't seeing* any dog coming out of the house ...

2 Find and correct the mistakes.

- 1 The poor man wasn't understanding a thing I was saying. _____
- 2 He opened the door and stoped to listen for any noises. _____
- 3 She was still holding the diamond necklace while the police arrived. _____
- 4 It was looking like someone broke in through the window. _____
- 5 The whole story didn't seemed very likely to the detective. _____
- 6 Two of the boys were playing football when the others were chatting. _____

3 Complete the sentences with the correct form of the verb in brackets.

- 1 The TV _____ (turn) on mysteriously while they _____ (have) dinner.
- 2 My friend _____ (show) me a star in his telescope when a bright light _____ (move) across the sky.
- 3 A little girl _____ (see) something in the water while she _____ (visit) Loch Ness with her family.
- 4 My father _____ (look) for something in the attic when a mouse _____ (scare) him.
- 5 My dog _____ (find) an old object while we _____ (play) at the beach.
- 6 My friend and I _____ (cycle) in the woods when we _____ (hear) a strange noise.

1 Read the Exam Reminder and tick what you should do.

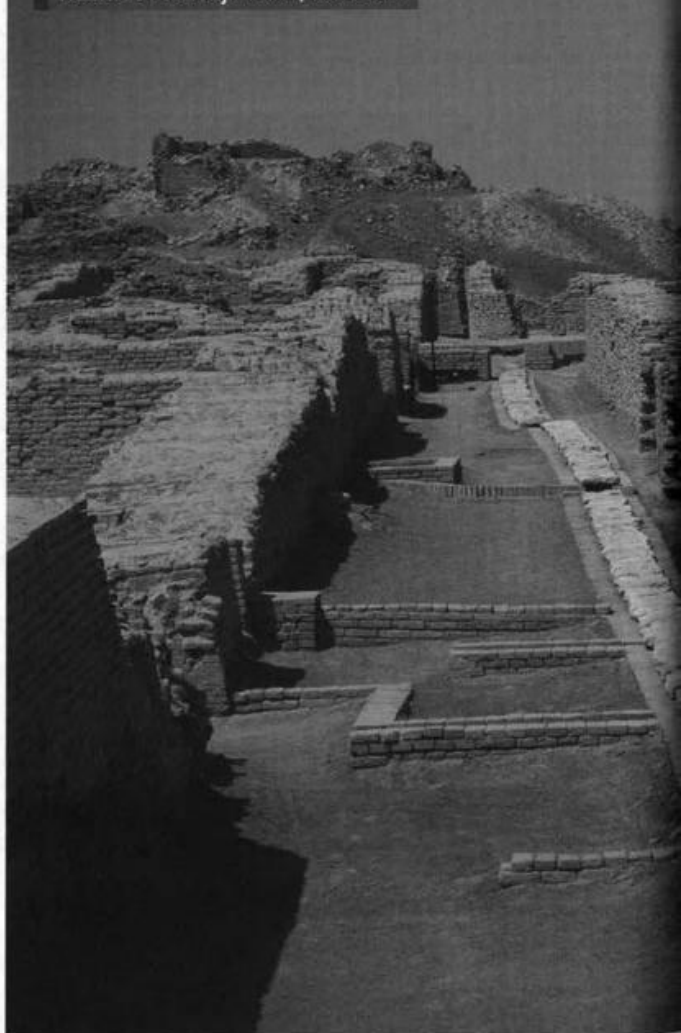
- 1 Only read the questions after listening to avoid confusion. ____
- 2 Don't stop if you can't answer a question. ____
- 3 Only mark an answer if you're absolutely sure. ____

Exam REMINDER

Making notes

- Read the questions before listening to the interview to have an idea of what it's about. While you're reading, identify what type of information you're listening for.
- Listen and make notes. If you miss anything, keep going.
- After you finish listening, go back to the answers you didn't get and choose the most logical option.

Ruins at Mohenjo Daro, Pakistan



2 2.1 ▶ Now listen and complete the Exam Task.

Exam TASK

Multiple choice: seven questions

You will hear an interview about a mysterious city in Asia called Mohenjo Daro. For questions 1–7, choose the best answer (A, B or C).

- In terms of size, Mohenjo Daro was
 - much bigger than Vatican City today.
 - about the same size as the Egyptian pyramids.
 - smaller than most cities of the time.
- Professor Atkinson suggests that the Indus at Mohenjo Daro
 - copied the idea of baths from the Romans.
 - used a lot more water than other civilisations.
 - had a similar sewage system to other cities at the time.
- Why does Professor Atkinson believe Mohenjo Daro had a system similar to a democracy?
 - There weren't any large buildings.
 - There is evidence of elections taking place there.
 - Its structure is very different from modern cities.
- A possible explanation for the end of Mohenjo Daro is
 - an illness that killed the residents.
 - a geographical change.
 - a conflict with another city.
- Mohenjo Daro was discovered _____ years after its end.
 - 100
 - 600
 - 4,000
- Why might they never discover the truth about Mohenjo Daro?
 - Their research hasn't explained anything.
 - The structures are being destroyed by nature.
 - Researchers are not taking enough care with the city.
- What does the Professor suggest in order to protect Mohenjo Daro?
 - build some walls again
 - reduce the number of visitors
 - bury it again

1 Complete the sentences with the correct form of the verbs in brackets.

- The detective was used to _____ (solve) this type of case.
- The Ancient Egyptians used to _____ (love) playing board games.
- When I was a child, I would _____ (read) lots of crime thrillers.
- My grandmother still hasn't got used to _____ (talk) to the digital assistant on her phone.
- When we were young, my brother and I used to _____ (speak) in our own secret language.

2 Complete the conversation with one word in each gap.

- A: Do you remember those woods where we
1 _____ to play as children?
- B: Yes! You 2 _____ always get lost and cry. I had to find you! What about them?
- A: I didn't 3 _____ to cry! Anyway, I read in the news that a group of students on a trip found a bag full of money there.
- B: It must be from a bank robbery. I'm sure the police are used 4 _____ dealing with this kind of thing.
- A: Not in that area. There are loads of journalists there now.
- B: The people in the village must be excited. They 5 _____ not used to getting that kind of attention.
- A: True. I can't remember ... 6 _____ we use to find stuff in those woods?
- B: Just rubbish. No bags of money, that's for sure!

3 Find and correct the mistakes.

- I ~~would~~ believe in these stories, but I don't anymore. _____
- He didn't ~~used~~ to be so adventurous when he was younger. _____
- Grandpa ~~would~~ told us all about the mysterious forest. _____
- After so many years, the detective got used to people ~~tell~~ him lies. _____
- The children are exhausted: they ~~don't~~ used to staying up so late. _____
- ~~Weren't~~ you use to read a lot of mystery novels when you were younger? _____

Use your English phrasal verbs; word building; changing words; word formation

1 Complete the sentences with the correct form of these verbs.

be come find look rely work

- 1 They never _____ out who stole the priceless bracelet.
- 2 Lots of strange things have been happening here lately, so I need you to _____ into it.
- 3 I love trying to _____ out who did it before I get to the end of a crime novel.
- 4 In this series, she _____ on technology to solve crimes.
- 5 In 25 years as a detective, he had never _____ across such a complicated case.
- 6 My sister _____ really into board games.

2 For questions 1–6, read the article and decide which answer (a, b, c or d) best fits each gap.

The Tunguska Meteor

On June 30, 1908, the residents of a small village in Siberia were having a normal day when suddenly they saw a big ball of fire cross the sky and crash into the forest.

When, years later, scientists finally reached the remote area to look (1) _____ the event, they saw the amazing result of the impact: 80 million trees were lying on the ground, over an area of 2,000 km². While they were searching the area, the researchers didn't (2) _____ across any pieces of the object. They weren't able to work (3) _____ what happened at the time, leading to many crazy theories.

Scientists only (4) _____ the mystery over a hundred years later, in 2013, when they finally managed to (5) _____ one of the existing theories: it was in fact an ice meteor that melted before anyone got there.

They also were able to (6) _____ to the conclusion that the meteor was travelling at a speed of 54,000 km/h when it hit Earth.

- | | | | |
|------------|---------|-----------|------------|
| 1 a on | b for | c after | d into |
| 2 a come | b find | c get | d put |
| 3 a over | b on | c with | d out |
| 4 a solved | b broke | c figured | d answered |
| 5 a show | b prove | c test | d hold |
| 6 a have | b make | c draw | d come |

3 Read the Exam Reminder. Are these sentences true (T) or false (F)?

- 1 The words *mystery* and *mysteriously* are part of the same word family. _____
- 2 There are only three possible types of words in this task. _____
- 3 You can only add one letter to the end of the word. _____

Exam REMINDER

Changing words

- You can prepare for word formation tasks by learning more about word families. Make a note of the word family of new words you see.
- When doing the task, it helps to think about what type of word fits in each gap (verb, noun, adjective or adverb).
- You may (also) have to add a prefix or suffix to the word, depending on its meaning in the text.

4 Now complete the Exam Task.

Exam TASK

Word formation

Read the text below. For questions 1–8, use the word in CAPITALS at the end of some of the lines to form a word that fits in the gap in the same line.

Where is Cleopatra?

The simple answer is everywhere: in films and documentaries as well as in an (1) _____ list of books. There is even an asteroid orbiting the sun (2) _____ after her. But if you're asking where Cleopatra is buried, that's a much more complicated question.

Decades of underwater explorations at the site of ancient Alexandria have not provided reliable (3) _____ of what happened to Cleopatra after her defeat in 30 BCE. After so much time, it is (4) _____ that we will ever know for sure where her final resting place is.

The exact (5) _____ of her tomb is just one of the many (6) _____ questions surrounding the last pharaoh of Egypt. Even her (7) _____ is unknown, despite her winning the hearts of two of the most (8) _____ men in Rome, Julius Caesar and Mark Antony.

END

NAME

PROVE

LIKE

LOCATE
MYSTERY

APPEAR

POWER

Learning REMINDER

Using adjectives and adverbs

- To make your story more interesting, use descriptive adjectives and adverbs to add drama and suspense. This will help your reader create a mental image of the events you're describing.
- Make sure you use adjectives and adverbs correctly, especially when it comes to word order.
- Remember that *-ed* adjectives describe how someone is affected by something and *-ing* adjectives describe how someone or something affects others.

1 Choose the correct option to complete the sentences.

- 1 She started looking for Milo on the ground floor, calling his name *nervous* / *nervously*.
- 2 The dusty furniture was still in place, as if the *previous* / *previously* owners were coming back.
- 3 The old wooden stairs made a *loud* / *loudly* noise every time she went up a step.
- 4 She *sudden* / *suddenly* saw something that made her blood freeze.
- 5 She screamed *loud* / *loudly*, but then her eyes got used to the darkness, and ...
- 6 She grabbed her cat and left that scary house as *fast* / *fastly* as she could.

2 Read the writing task and choose the correct words.

Write a story which begins with this sentence:
Marvin couldn't believe his eyes. (140–190 words)

- 1 Marvin was *shy* / *shocked*.
- 2 You *can* / *cannot* change the first sentence.
- 3 Your story will be about something *unusual* / *normal*.

3 Read the notes and the model story. Circle the correct words.

Marvin couldn't believe his eyes. The (1) *glass small* / *small glass* jar in front of him was slowly disappearing! Marvin was a scientist in a laboratory, and he had (2) *finally* / *carefully* discovered how to make things invisible!

It was late at night and Marvin was in the laboratory (3) *on his own* / *lonely*. This experiment was his personal secret, and he didn't want anyone else to find out. (4) *Suddenly* / *Lately* Marvin heard footsteps on the stairs outside. Someone was coming! He panicked. How could he explain why he was in the lab at this late hour? And how could he hide his experiment?

Then, he remembered that he had discovered how to make things invisible. He (5) *quickly put* / *put quickly* a little of the magic liquid onto his science equipment and everything disappeared. 'I left my bag here,' he said to the science student as she entered the lab. Marvin (6) *wondered* / *imagined* why the student was in the lab at that time of night too. But he didn't mind. Nobody knew about the incredible secret that he (7) *used to discover* / *had discovered*!

4 Read the Exam Reminder. Which of these should you do?

- 1 Begin writing your story immediately to save time. —
- 2 Plan every detail of your story. —
- 3 Describe the people and other elements of your story. —

Exam REMINDER

Planning a story

- Make sure you spend some time planning your story before you begin writing it.
- Think about the main events in your story and plan your paragraphs.
- Don't forget to use a lot of adjectives and other descriptive language.

5 Now read and complete the Exam Task. Use the Useful Language on page 27 of your Student's Book. You can also use the expressions and ideas from Exercise 1.

Exam TASK

Writing a story

Write a story which begins with this sentence:

Julie opened the door slowly and went in without making a noise. (140–190 words)

Notes

- Begin with the sentence given and introduce the main character.
- Describe the background to the story.
- Introduce an event that adds suspense to the story.
- Describe the unusual event.
- End the story.

3 Fit as a fiddle

Reading identifying key information; matching prompts to text

1 Read the Exam Reminder. Are these sentences true (T) or false (F)?

- 1 You should read the text first. ____
- 2 You need to match only one question to each section of the text. ____
- 3 The words in the text and in the questions will not be exactly the same. ____

Exam REMINDER

Identifying key information

- In multiple matching tasks, you have to match the different sections of a text with a number of questions.
- When doing a multiple matching task, it helps to read the questions before reading the text and underline the key words.
- When reading the text, look for synonyms of the key words you underlined in the questions.

2 Now complete the Exam Task.

Exam TASK

Matching prompts to text

You are going to read an article about tips for a healthy lifestyle. For questions 1–10, choose from the sections (A–D). The sections may be chosen more than once.

Which section mentions ...

- 1 a suggestion to throw away unnecessary items? ____
- 2 starting from your final objectives? ____
- 3 the need to use less technology? ____
- 4 the importance of resting well? ____
- 5 doing exercise to concentrate better? ____
- 6 a person who doesn't stand up much? ____
- 7 avoiding comparisons? ____
- 8 the importance of not missing appointments? ____
- 9 taking your time to look around you in the morning? ____
- 10 a choice when buying something? ____

Wellness tips

1 We spoke to four healthy lifestyle gurus about what they do to keep body and mind fit.

A Dr Justine Grusso, Psychologist

Dr Grusso teaches and practises self-care when getting up. 'It is so easy to be "on autopilot" and jump out of bed in the morning and rush into the day', she says. Instead, she spends a few moments outside to observe nature around the house and to feel the ground under her feet. Having this type of morning routine prepares us for the day and sends a positive message to our body and mind:

10 that we are in control and worth taking care of.

At work, Dr Grusso spends most of the day sitting, so she does short exercises like dancing and shaking her arms and legs to keep her body active.

B Glen John Jones, Personal trainer

Glen believes in something called 'reverse engineering'. This is when you picture yourself achieving a goal and work back through each stage to understand how you'll achieve that goal. 'Connect the dots from where you want to be, to where you are now and break it down into stages.' This approach helps you to see each workout as

20 part of an end goal, which is much more motivating.

He also uses the phrase 'You don't have to be perfect, you just have to be consistent' when teaching his clients the benefits of attending every class that they've scheduled, even if they're not feeling like it.

As a vegan, Glen knows the importance of a balanced diet to get enough protein for his workouts, but also reminds his clients that other factors such as having good quality sleep and recovering between sessions are just as important for your fitness.

C Matthew Mileo, Yoga instructor

30 Matthew always goes out for a walk with his dog in the morning and then exercises in the gym. His fitness routine usually includes yoga, boxing or swimming. 'I find that these three activities work best for me, as they clear my mind and improve my concentration', he says.

When teaching yoga, he always tells his students to avoid looking around the room and to focus on themselves instead. That way, you're not comparing yourself to others or waiting for their approval.

1 3.1 ▶ Listen to six situations. Match the speakers (A–F) with the sentences (1–6). Who ...

- 1 has cut something out of their diet? ____
- 2 is trying to lose weight? ____
- 3 is doing yoga? ____
- 4 is recovering from an injury? ____
- 5 is about to have an operation? ____
- 6 is in pain? ____

2 Complete the conversation with the correct word. The first letter has been given.

A: I really need to change my lifestyle before I end up in the ¹e _____ department at hospital! You know all about ²f _____ and health: what do you do?

B: Well, I go ³r _____ every morning for at least ten kilometres and I have an exercise ⁴b _____ at home, but nothing can replace going to the ⁵g _____ every day to work out.

A: Wow, that's a lot!

B: Yeah. But make sure you have a balanced ⁶d _____ so your body has the energy for all this, otherwise you might feel ill or experience other ⁷s _____ of over exercising.

A: Got it, thanks!

At home, he recommends turning cleaning into an enjoyable activity: prepare the atmosphere with some music and candles, then as you clean, decide what things you don't need any longer and get rid of them.

D Carissa Galloway, Dietician

Carissa believes in eating the best you can when you can, depending on your routine. She also suggests choosing plant-based products as an alternative to too much meat in our diet. 'The first question to ask yourself is if you're looking for an alternative that's as healthy as possible or if you want something that is as close to tasting like meat as possible', Carissa says. Then start with recipes that you used to prepare with meat so that you keep to flavours you already love.

Carissa also recommends giving yourself at least two one-hour breaks from social media a day and using this time to connect with your family.

3 Complete the text with these words.

health	illnesses	medicine	pain
patients	recover	stress	treat

Unusual healing methods

Would you try one of these alternative therapies?

Float tanks are where you lie in a closed pod in body-temperature water, without any light or sound. This treatment can help patients ¹ _____ from injuries and reduce stress, anxiety and other mental ² _____.

If you suffer from ³ _____ or anxiety, you might try **progressive muscle relaxation**. It is thought to help people in ⁴ _____ and those who find it difficult to sleep.

People who practise **nutritional healing** believe that food is ⁵ _____ and that eating the right foods such as plenty of fruit and vegetables can improve people's ⁶ _____.

Some doctors are now recommending **cryotherapy** to their ⁷ _____. It basically consists of exposing parts of your body (or all of it!) to freezing temperatures (-120°C) for a few seconds to ⁸ _____ sore muscles and even improve sleep quality.



Grammar 1 present perfect simple and present perfect continuous; for, since, lately, already, yet and still

1 Choose the correct option to complete the sentences.

- 1 I've *already done / been doing* 12,000 steps today.
- 2 I've *thought / been thinking* about joining a gym. Do you want to come with me?
- 3 You haven't *drunk / been drinking* enough water lately. Would you like some now?
- 4 I've *had / been having* this exercise bike for ages, but never used it. Do you want it?
- 5 A: 'How long have we *run / been running*?
An hour?'
B: 'Um, no, just 10 minutes ...'
- 6 Have you *felt / been feeling* pain or any other symptoms recently?

2 Complete the sentences with the present perfect simple or the present perfect continuous form of the verbs in brackets.

- 1 I _____ all morning, and I _____ over one hundred pages so far! (read)
- 2 Pedro _____ nearly twenty kilometres because he _____ for hours. (walk)
- 3 Francis _____ TV since nine o'clock this morning; he _____ four films. (watch)
- 4 Maria _____ to the gym for a few months; in fact, she _____ there now. (go)
- 5 Erik _____ his new cooking show for weeks; he _____ five episodes already. (film)
- 6 Ian _____ since he was six and he _____ in three Olympic Games. (swim)

3 Complete the conversations with these words.

already for lately since still yet

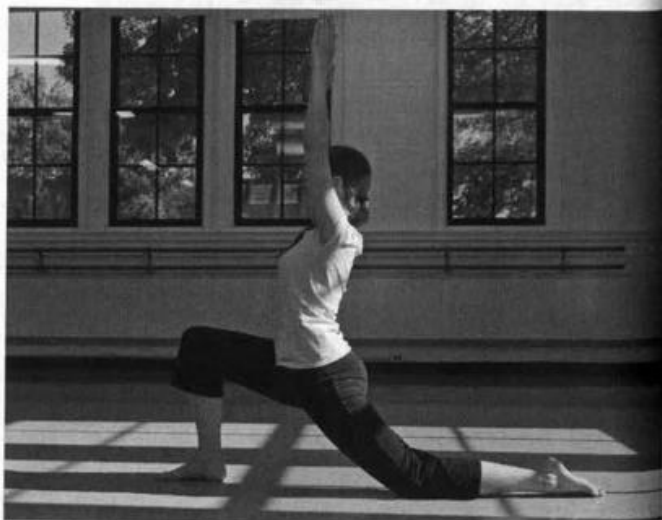
- A: Have you been going to the gym ¹ _____ ?
 B: To be honest, I haven't been there ² _____ two months.
 A: I've been feeling a lot of pain in my knee
³ _____ we played volleyball the other day.
 B: Oh, dear. Have you been to the doctor
⁴ _____ ?
 A: I ⁵ _____ haven't reached my ideal fitness level.
 B: We've ⁶ _____ talked about this. It takes time.

4 Complete the article. Use one word in each gap.

At sixteen, Tom has been running ¹ _____ as long as he can remember. He ² _____ always been sporty, but now he finds that running is his main exercise. 'There are no excuses – you just put on your tracksuit, warm up and off you go. You can go running whenever it suits you. I ³ _____ even run in the dark, with some reflective clothing so that people can see me. Some people don't like bad weather, but I don't mind it. I have ⁴ _____ run in snow, wearing special shoes with spikes.' Tom has ⁵ _____ pushing himself harder and has started trail running recently. 'I haven't been up a mountain ⁶ _____, but I've ⁷ _____ part in some hill running races and I'm really pleased with my progress.' What's next for Tom? 'I ⁸ _____ haven't done a half-marathon – that's my next goal'.

5 Complete the second sentence using the present perfect simple or continuous of the verb in brackets. Add for or since where necessary.

- 1 That gym opened two months ago.
That gym _____ two months. (be)
- 2 I started yoga last year.
I _____ a year. (do)
- 3 Rowena learned to swim when she was three.
Rowena _____ she was three. (swim)
- 4 When did Anders start tennis lessons?
How long _____ tennis lessons? (have)
- 5 The acupuncturist started the treatment on my back two weeks ago.
The acupuncturist _____ two weeks. (treat)



Listening thinking about the missing words; complete the sentences

1 Read the Exam Reminder. Are these sentences true (T) or false (F)?

- 1 You should try to predict what the answers will be. ____
- 2 You can only write one word per gap. ____
- 3 You should write numbers as words. ____

Exam REMINDER

Thinking about the missing words

- Read the questions to find out about what you will listen to.
- Think of possible answers or even just what type of word fits (e.g. verb, noun, etc.).
- You only have to write up to three words, and you can write numbers or dates in figures.

2 **3.2** Now listen and complete the Exam Task.

Exam TASK

Complete the sentences

You will hear someone talking about online fitness platforms. For questions 1–10, complete the sentences with a short word or phrase.

- 1 Viktor says that doing exercise is increasingly turning into a ____.
- 2 The digital fitness business in the United States made \$ _____ billion in 2019.
- 3 There will be twice as many people using wearable fitness devices in only _____.
- 4 People are finding it harder and harder to _____ to look after themselves.
- 5 You can get advice and support by joining _____ formed by athletes.
- 6 The more _____ members like comparing how well they perform with others.
- 7 In live sessions, you can check the total number of _____ burned or track your heart rate.
- 8 Doing exercise became a lot more _____ by using Artificial Intelligence.
- 9 A unique fitness journey is planned based on a combination of how often members work out and what their _____ are.
- 10 Viktor considers _____ to be the most important benefit of online fitness.

Grammar 2 countable and uncountable nouns; quantifiers

1 Complete the table with the nouns in bold.

How much **thought** do you put into your **diet**? Here are a few simple **tips** for a healthy diet.

- Carbohydrates should make up about a third of your plate of food. Carbohydrates are found in potatoes, **bread**, rice and **pasta**.
- **Fish** is good for you, especially white fish like cod and sea bass.
- If you eat **meat**, cut off the fat you can see.
- Try to include as many **portions** of **fruit** and vegetables a day as you can.
- Make sure you drink at least six glasses of **water** every day.

Countable	Uncountable	Both

2 Choose the correct option to complete the article.

(1) *Many / Much* people enjoy pancakes for breakfast. They are very filling and give you (2) *lots of / many* energy.

My favourite pancake recipe is a bit unusual because you have to add a (3) *lot / few* of yoghurt to the mixture, but that's what gives it a deliciously creamy texture. It's easy to make too. You only need yoghurt, (4) *- / a few* eggs, some milk, a bit of oil, a (5) *few / little* flour and just a teaspoon of vanilla. Mix everything up in a blender and then pour a (6) *piece / little* of the mixture at a time into a pan and cook. You can serve the pancakes with a (7) *few / little* fresh strawberries or raspberries and some honey. Because of the eggs and the yoghurt, these pancakes are high in protein. They're certainly better than a boring (8) *slice / bar* of toast for breakfast!



Use your English

prepositions; idioms; checking your sentences make sense;
sentence transformation

1 Complete the article with these prepositions.

against of on over to with

How to be a centenarian

Do you want to live to ¹ _____ one hundred and stay healthy? If you do, here are some things you might want to start doing now!

- Become a member ² _____ various social groups. Living longer depends a lot ³ _____ your connections.
- Work ⁴ _____ your mental fitness by doing sudoku and other puzzles. That will help protect your mind ⁵ _____ dementia and other mental illnesses.
- Focus ⁶ _____ trying not to worry too much about everything. Stress contributes significantly ⁷ _____ an early death.
- Friendship is very important. Spend time ⁸ _____ your friends. Go shopping, watch a match and enjoy each other's company.



2 **3.3** Listen. Tick the sentence that matches what the speaker says.

- 1 Jason is still feeling ill. _____
Jason is feeling much better. _____
- 2 The woman's grandad does some exercise every day. _____
The woman's grandad is not very healthy for his age. _____
- 3 The man hopes to feel better next week. _____
The man is leaving his job. _____
- 4 The woman can't use her car at all. _____
The woman can use her car for short journeys. _____
- 5 The man thinks the car could be fixed. _____
The man suggests buying a new car. _____

3 Read the Exam Reminder. What should you do with the key word?

Exam REMINDER

Checking your sentences make sense

- When doing sentence-transformation tasks, read your sentence to see if it makes sense and check it has a similar meaning to the original sentence.
- Make sure you have used the key word without changing it.

4 Now complete the Exam Task.

Exam TASK

Sentence transformation

For questions 1–6, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words, including the word given.

- 1 My grandmother's level of fitness is great, even though she's nearly eighty!
FIDDLE
My grandmother's _____, even though she's nearly eighty.
- 2 After a long period of illness, Jake is finally recovering.
MEND
After a long period of illness, Jake _____.
- 3 I haven't been feeling very well lately.
WEATHER
I've been feeling _____ lately.
- 4 Becoming a grandfather made Adam more energetic and active.
LEASE
Becoming a grandfather _____ of life.
- 5 By the time we got back to the hotel, I was absolutely exhausted.
LAST
By the time we got back to the hotel, I _____.
- 6 I always find that doing yoga makes me feel energetic again.
BATTERIES
I always find that doing yoga _____.

Writing

giving advice; giving effective advice, writing an article

Learning REMINDER

Giving advice

- When giving advice in your writing, don't be too critical. Use a light-hearted tone that makes the reader trust you.
- Use a variety of phrases to give advice.

4 Read the Exam Reminder. Tick the things you should include when giving advice.

- a serious tone _____
- reasons for advice _____
- risks if they don't do what you say _____
- positive results _____

Exam REMINDER

Giving effective advice

- When giving advice, make sure you write in a friendly and positive tone.
- Don't forget to give reasons for your advice, focusing on the positive results.

1 Write the words in order to complete the sentences.

- 1 _____ a teenager and are feeling a bit stressed out. (worry / you're / if / Don't)
- 2 _____ spend some time on your self-care every single day. (you / to / sure / Try / make)
- 3 _____ too much though. (try / Don't / plan / to)
- 4 _____ ten to fifteen minutes a day? (you / start / don't / Why / with)
- 5 _____ for your mental health too. (something / about / doing / Think)
- 6 _____ some meditation or mindfulness exercises. (always / You / do / could)

5 Now read and complete the Exam Task below in 140–190 words. Use the Useful Language on page 39 of your Student's Book. You can also use the expressions and ideas from Exercise 1 and the notes below.

Exam TASK

Writing an article

You read this announcement on a health and fitness blog:

Nowadays, many teenagers are feeling constantly stressed because of academic pressures and can't find the time to exercise properly. What would you suggest they do for better self-care, both physically and mentally?

We'll publish the best articles on our blog.

2 Read the writing task below and then answer the questions.

These days, teenagers are busier than ever and say that they often feel very tired. Do you have any good advice to help other students have more energy? Write an article. We will publish the best ones next month. (140–190 words)

- 1 Who will read your article? _____
- 2 Why are teenagers tired? _____
- 3 What will you advise them on? _____

3 Read the notes and the model article. Choose the correct options.

Give yourself an energy boost!

Are you so busy with school and friends that you feel tired all the time? (1) *Here are some great tips / This is what you must do* to help you beat that tired feeling and give you loads of energy!

(2) *You always try to do too much! / Make sure you get enough rest.* Try to get at least eight hours of sleep a night. Also, during the day, make sure that you find time for relaxation, by listening to music for example.

Give your body time to recharge its batteries. (3) *A balanced diet is great for your energy levels. / Obviously, you'll feel bad if you eat unhealthy food all the time.* We all know that junk food is bad for you; it doesn't contain much nutrition or give you enough energy. Fresh, healthy food, on the other hand, gives you an energy boost.

Finally, don't forget to exercise! It will get your heart going and make you feel great!

(4) *You could ride your bike to school / Everyone should ride their bike to school or take up a sport.* As long as you do it regularly, you'll feel much better.

Build up your energy levels again by following these three easy tips.

Notes

- Include a headline.
- Introduce the theme of the article.
- Discuss the first tip and its benefits.
- Discuss the second tip and its benefits.
- Discuss the third tip and its benefits.
- Conclude with a general statement and briefly refer back to the tips.