

Theme 1: Culture and civilization – Listening

Exercise A

1./2.

Oo	oO
adult	again
after	become
birthday	event
children	invite
party	involve
people	receive
person	
special	
women	

Exercise B

1./2.

	birthday	cake	card	celebration	invitation	party	present	congratulations
give		✓	✓		✓	✓	✓	
go to				✓		✓		
have	✓	✓	✓	✓	✓	✓	✓	
make		✓	✓		✓		✓	
open			✓		✓		✓	
receive		✓	✓		✓		✓	
send		✓	✓		✓		✓	✓
take place				✓		✓		

Exercise C

- 1./2.
- She gave me a present for my wedding.
 - We had a big celebration for my 18th birthday.
 - I made him a chocolate cake for his birthday.
 - John opened the card and a £20 note fell out.
 - My mother received lots of flowers and cards in hospital.
 - Please send my congratulations to your daughter.
 - The celebrations will take place on March 5th.
 - Did you go to Mandy's 18th birthday party?
 - I didn't go because I didn't receive an invitation.

Exercise D

- 1.-3. a. After lighting 16 candles, the girl sits on a chair.
b. After putting on special dresses, the girls go to the town hall.
c. After opening all his cards, John opened his presents.
d. After leaving school at 18, I went to university.
e. After doing the research for my assignment, I discussed it with my tutor.
f. After completing the application form, I went for an interview.
- 4./5. a. Before sitting on a chair, the girl lights 16 candles.
b. Before organizing some of his files, he tidied his desk.
c. Before starting work for a national paper, he worked on a local newspaper.
d. Before giving the reasons, I will give some examples.
e. Before starting the essay, organize the information into paragraphs.
f. Before changing the fuse, switch off the electricity.

Exercise E

I am going to talk (1) about / for a festival in Malaysia called *Hari Raya Aidilfitri*. It takes place (2) on / in the first of Shawwal every year. It lasts (3) with / for three days. It is called *Hari Raya* (4) because / and it is the 'king of days'. It is the day we give thanks to God for the end of Ramadan.

My family prepares for weeks (5) after / before the festival. My father paints the house and puts money (6) in / in the envelopes for the little children. My mother cooks ketupat (7) in / at home.

There (8) are / is lots of different events to celebrate Hari Raya. First, we go to the mosque early (9) in / on the morning. We say prayers (10) to / to the God. (11) After / next that, we all visit my grandmother's grave. My father always says a prayer. Then, we go to my uncle's house. (12) There / It is money in colourful envelopes for me and my brothers and sisters.



Exercise F

1./2.

I'm going to talk to you today about a festival in (1) Japan. The festival is called *Seijin-no-hi*, which means 'the coming of (2) age'. It is a very old (3) festival. It started at least 800 years (4) ago.

Coming of age is celebrated all around the (5) world. Coming of age means a child becomes an (6) adult. In some countries, it is only for boys or only for (7) girls. But in Japan, the festival is for (8) both. In some countries, children come of age at 18 or 16 or even (9) 14. In Japan, coming of age happens at 20 years (10) old.

Coming of age means different things in different (11) countries. In some countries, it means you can drive a (12) car. In other countries, it means you can get (13) married. In Japan, it means you can vote ... and (14) smoke!

Theme 1: Culture and civilization – Speaking

Exercise A

1./2.

1. luck	8	original
2. birth	7	name
3. special	5	pass
4. sign	6	adult
5. card	9	each
6. candle	4	die
7. occasion	2	Thursday
8. symbol	3	present
9. people	1	culture

Exercise B

1.–3.

nouns	adjectives
a. 'colour	'colourful
b. 'culture	'cultural
c. 'death	'dead
d. e'vent	e'ventful
e. 'luck	'lucky
f. 'marriage	'married
g. 'origin	o'iginal
h. tra'dition	tra'ditional

Exercise C

- Tell me where you live exactly./Tell me exactly where you live.
 - The party went on for nearly six hours.
 - I'm not sure about how many people were there. I think there were about 30.
 - Thanks for inviting me. I really enjoyed myself.
 - The lesson actually starts at 9.00./Actually, the lesson starts at 9.00.
 - The tickets are £10 each.
 - Originally, the building was a hotel but now it's a block of flats./The building was originally a hotel, but now it's a block of flats.
 - I completely agreed/I agreed completely with all the points in the meeting.
 - Susie and I went to the lecture together.
 - I think all the guests/the guests all enjoyed the party very much.
- I think ~~the~~ every guests enjoyed the party very much.

Exercise D

1. This exercise isn't very difficult.
2. We aren't from the same country.
3. You don't need to bring your book to the next lesson.
4. Students can't bring laptops to the classroom.
5. There isn't a bus from the station to the university.
6. I don't send my aunt a birthday card every year.
7. This lecturer doesn't usually give handouts at the end of the lecture.
8. The student accommodation doesn't have Internet access.

Exercise E

1./2.

	echo	comment / question
8	Too big?	Yes, you're right.
4	Next month?	That's quite soon.
5	Your father?	What kind of car has he got?
7	You don't enjoy it?	Why not?
9	Nervous?	Well, go in your mother's car instead.
1	Your 18 th birthday?	What did you get?
2	A car?	I didn't know you could drive.
3	You failed?	Oh, I'm sorry.
6	His new Mercedes?	Wow!

Theme 1: Culture and civilization – Reading

Exercise A

nouns	verbs
a. attraction	attract
b. competition	compete
c. connection	connect
d. decoration	decorate
e. exhibition	exhibit
f. congratulations	congratulate
g. recovery	recover
h. marriage	marry
i. procedure	proceed

Exercise B

1.

	verb	preposition
a. Would you <u>like</u> to come to a party on Saturday?	✓	
b. What's your flat <i>like</i> ?		✓
c. Do you <i>like</i> vegetarian food?	✓	
d. Do you look <i>like</i> your mother or your father?		✓
e. How do you <i>like</i> your coffee?	✓	
f. Who does your favourite singer sound <i>like</i> ?		✓
g. What did your first day at university feel <i>like</i> ?		✓
h. Can you play music as loud as you <i>like</i> in your room?	✓	
i. Is your mobile phone still <i>like</i> new?		✓

2. Answers depend on students.

Exercise C

The town		
name	Siena	Negara
country	Italy	Bali
location	south of Florence	western coast
distance from capital	200 kms	50 kms
population	56,000	34,000
industry	banking/art	agriculture
The festival		
name	the Palio	none
type	horse race	bull race
age	3,000 years	100 years
date	2 nd July 16 th August	every 2 weeks Sept–Oct
equipment	none	a chariot
number of jockeys	–	40
distance	3 times around the piazza	2 kms
speed		50 kph
time	7.30pm/ 90 seconds	–

Exercise D

The traditional events in Siena and Negara are very similar in some ways. They are both races and they both use (1) *animals*. Both events are very colourful and (2) *exciting*. But some people say they are similar in another way. They say these events are (3) *cruel* to the animals.

However, there are also quite a lot of differences. In the Palio, the race is short and (4) *fast* and uses only ten horses and (5) *riders*. In this small space in the centre of the town, the horses sometimes reach (6) *65 kph*. The whole race only takes (7) *90 seconds*. The Negara race is slower and longer. The race takes place on a track in a (8) *rice field*. The bulls often reach (9) *50 kph*. In the Negara bull race, each jockey has two bulls and (10) *a cart*. In Siena, of course, each jockey can only ride one (11) *horse* at a time!

Perhaps the biggest difference is the price of the tickets. In Siena, a ticket for a good seat for the main race costs about (12) *£180*. And in Negara? Well, a ticket there only costs about (13) *5p or £0.05*.

Theme 1: Culture and civilization – Writing

Exercise A

1. The dance is <i>traditional</i> .	A
2. Many people attend the <i>festival</i> each year.	N
3. People make <i>special</i> food for the event.	A
4. An <i>official</i> makes a speech at the end of the evening.	N
5. The dresses are made from colourful <i>material</i> .	N
6. The <i>original</i> celebration lasted for three days.	A
7. Many <i>rituals</i> are linked with this occasion.	N
8. Celebrations have a very strong <i>cultural</i> importance.	A

Exercise B

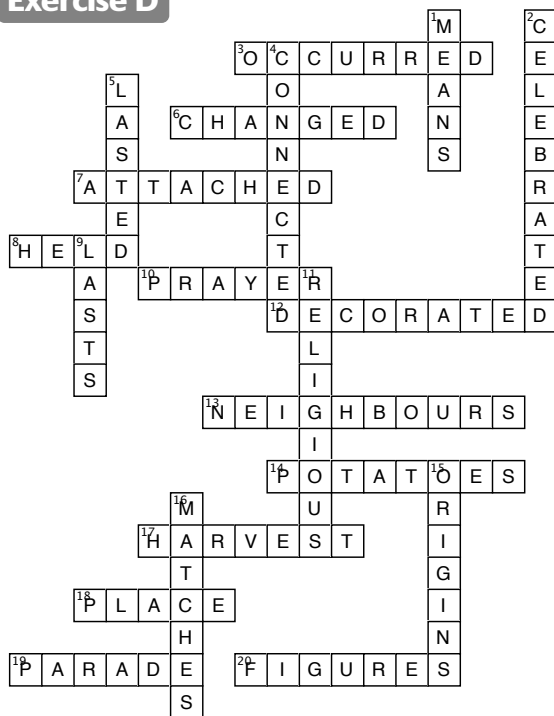
Missing letter is 'u'.

1. around
2. costume
3. during
4. mosque
5. congratulate
6. tourist
7. influence
8. procedure
9. victorious
10. throughout

Exercise C

1. <i>fast</i>	<i>not eat and quickly</i>
2. <i>take</i>	<i>last (a period of time) and remove</i>
3. <i>mount</i>	<i>small mountain and get onto a horse</i>
4. <i>grow</i>	<i>get bigger and raise crops</i>
5. <i>race</i>	<i>large group of people and competition</i>
6. <i>square</i>	<i>area of a town with buildings on four sides and four-sided figure</i>
7. <i>light</i>	<i>not heavy and lamp</i>
8. <i>ring</i>	<i>call on the telephone and circular piece of metal for the finger</i>
9. <i>present</i>	<i>now and gift</i>
10. <i>figure</i>	<i>statue, person from history, number and diagram</i>

Exercise D



Exercise E

- 1.–4. Answers depend on students.
5. Nowadays ...
6. In other countries ...
7. Other people ...
8. In other countries ...
9. Other people ...
10. Nowadays ...

Exercise F

Answers depend on students.

Exercise G

1. *There* is a fantastic kite festival every year in my town.
2. *It* is usually in the summer and *it* takes place near the beach.
3. *There* are usually about 200 kites.
4. *They* are all different colours, shapes and sizes.
5. *There* is a prize for the most beautiful kite.
6. *There* are many rules for the kites, for example *they* must not fly too high.
7. Many families come and watch the display. *It* is an event that lasts for several hours.
8. *There* is a kite festival every weekend of the year somewhere in the world.
9. Kite flying is popular in most countries. *It* is one of the fastest growing sports.
10. *There* is an international kite festival every year. *It* is on the second Sunday of October. Kite flyers in nearly every country of the world fly a kite. *It* is called 'One Sky One World'.

Exercise H

Answers depend on students.

Theme 2: Technology – Listening

Exercise A

1./2.

1. air	2	a <u>ft</u> er
2. cart	6	dro <u>v</u> e
3. first	5	grou <u>n</u> d
4. flight	9	hu <u>m</u> an
5. p <u>o</u> wer	4	mind
6. road	7	space
7. sail	8	walk
8. source	1	wear
9. move	10	petr <u>o</u> l
10. jet	3	world

Exercise B

Answers depend on students.

Exercise C

- 1./2. a. The *invention* of the aeroplane was the most exciting of the 20th century.
b. Who was the first person to *sail* around the world in a boat?
c. In the old days, people *travelled* on foot or on horseback.
d. In some parts of the world, farmers still use a horse and *cart* to take crops and vegetables to the market.
e. Wind is a 'greener' power *source* than petrol.
f. His new motorbike has a very powerful *engine*.
g. Be careful when you go out. The *road* is very icy.
h. What time is your *flight* to Hong Kong?
i. She only *rode* her new bike once then forgot about it.
j. No planes *flew* from Heathrow yesterday because of the bad weather.

Exercise D

1./2. Word 1

- a. The farmer grows carrots in that *field*. (land used for growing crops)
b. She is well known in the *field* of science. (a particular subject or activity that somebody works or is interested in)
c. The sports *field* is down that road on the right. (a space used for the purpose mentioned)
d. The *field* for the user's name is 20 characters. (part of a record that is a separate item of data)

Word 2

- a. They are building 12 new houses on that piece of *land* over there. (an area of ground)
b. What time does the plane *land*? (to come through the air to the ground)
c. I felt a few drops of rain *land* on my head. (to come through the air to settle on another object)
d. Most of the *land* around here belongs to the Queen. (the area of ground that someone owns)

Word 3

- a. I need more *space* for all my books. (a place or area that is empty and available to use)
b. The managing director has a personal parking *space*. (a place that is empty)
c. It's a beautiful town with lots of green open *space*. (a large area of land with no building on it)
d. Who was the first woman in *space*? (the area outside the Earth's atmosphere)

Word 4

- a. Teenage gangs have too much *power* in this area of London. (the ability to control people or things)
- b. Wind *power* is replacing other energy sources in many areas. (the strength or energy contained in something)
- c. We need to find new ways to *power* cars. (to supply a machine or vehicle with the energy that makes it work)
- d. Germany is an important *power* in Europe. (a country with a lot of influence in world affairs)

Word 5

- a. The new high-speed trains will *travel* at over 400 kph. (to move at a particular speed)
- b. I would like to *travel* the world after university. (to go from one place to another)
- c. I didn't take the job because there was too much *travel*. (the act or activity of travelling)
- d. News *travels* fast. (to move at a particular speed)

Word 6

- a. The train driver saw the cow on the *track* and stopped just in time. (rails that a train moves along)
- b. The house is at the end of that *track*. (a rough path or road)
- c. There are only nine *tracks* on this CD. (a piece of music or song on a CD)
- d. I can't *track* the source for this quote. (to find something/somebody by using information, signs or marks)

Exercise E

- 1./2. a. The Wright brothers flew the first plane in 1903.
 b. The propeller plane lasted for nearly 30 years.
 c. In 1970, an American aircraft company invented the jumbo jet.
 d. On 12th April 1981, the first Space Shuttle took off from Florida.
 e. The first carts with wheels appeared around 3500 BCE.
 f. In October 1947, a jet plane flew faster than the speed of sound.
 g. The greatest advance in the history of transport was the landing on the Moon.
 h. More than 40 years ago, man stepped from his spacecraft onto the surface of the Moon.

Exercise F

1. a. jet plane
 b. jumbo jet
 c. helicopter
 d. rocket
 e. Space Shuttle

2.

1961	A man went into space in a rocket.
1903	The first flight of a plane with an engine.
1910	The invention of the first helicopter.
1926	The invention of the first rocket.
1930	The invention of the jet engine.
1970	The invention of the jumbo jet.
1976	The invention of the Space Shuttle.

Theme 2: Technology – Speaking

Exercise A

1.–3.

~a/ adjective	noun
a. alpha'betical	'alphabet
b. e'lectrical	elec'tricity
c. in'dustrial	'industry
d. me'chanical	me'chanic
e. 'personal	'person
f. 'physical	'physics
g. 'practical	'practice
h. 'punctual	punctu'ality
i. resi'dential	'residence

4. *Material* can be a noun or an adjective.

Exercise B

- 1./2. a. son /sun
 b. break /brake
 c. male / mail
 d. right /write
 e. know / no
 f. wear /where
 g. new / knew
 h. for / four
 i. wood /would
 j. weak / week
 k. wait / weight

Exercise C

1.

a. I was late for the bus so I <i>ran</i> as fast as I could.	e	flow
b. The buses don't <i>run</i> on a Sunday.	f	last
c. My mother <i>runs</i> a restaurant in the town centre.	c	manage
d. My computer is <i>running</i> very slowly this morning.	b	operate a service
e. Save water; don't leave the tap <i>running</i> .	a	use legs
f. My mobile phone contract <i>runs</i> for another month.	d	work

2.
 - a. I ran *after* the bus but it didn't stop.
 - b. He was only 15 when he ran *away* from home.
 - c. The little girl was run *over* by a car.
 - d. I ran *into* my friend in the shopping mall. We were really surprised to see each other.
 - e. I'm afraid I've run *out* of coffee but I've got tea.
 - f. Sorry I'm late. My lecture ran *over*.
3. Answers depend on students.

Exercise D

1.

no.	question
4	Can you give me an example?
1	Could you help me with my project on inventors?
2	Have you got any good ideas?
5	Pardon? When did she invent it?
6	Sorry, but what's a streetcar?
3	Sorry? Did you say women inventors?
7	Why did he do that?

Exercise E

1.
 - a. Did you know that Mary Anderson invented windscreen wipers in 1903?
 - b. Apparently she was on a streetcar in New York.
 - c. It seems it was snowing.
 - d. The driver stopped the streetcar because he could not see the road.
 - e. The driver brushed the snow off the windows.
 - f. According to my research, everyone laughed at the idea at first.
 - g. Did you know the first wipers were mechanical?
 - h. They were rubber blades attached to an arm.
 - i. Apparently, a few years later an automatic wiper was invented.
 - j. Very soon, all cars, buses and streetcars had wipers.

Exercise F

Answers depend on students.

Theme 2: Technology – Reading

Exercise A

1. Answers depend on students.

2.

order	the Solar System
5	Jupiter
4	Mars
1	Mercury
8	Neptune
9	Pluto

order	the Solar System
6	Saturn
3	the Earth
	the Moon
7	Uranus
2	Venus

Note: remember the Moon isn't actually part of the Solar System.

Exercise B

1.	infinitive	past tense	infinitive	past tense	infinitive	past tense
	become	<i>became</i>	fly	<i>flew</i>	light	<i>lit</i>
	blow	<i>blew</i>	go	<i>went</i>	make	<i>made</i>
	build	<i>built</i>	hit	<i>hit</i>	put	<i>put</i>
	come	<i>came</i>	know	<i>knew</i>	send	<i>sent</i>
	drive	<i>drove</i>	lead	<i>led</i>	take	<i>took</i>

- 2.
- The Chinese *made* rockets from gunpowder.
 - Their invention *led* to space travel.
 - Arab traders *took* gunpowder to Europe.
 - The Europeans *put* gunpowder in cannons.
 - A German scientist, Werner von Braun, *built* a long-distance rocket.
 - Von Braun *became* director of the American Missile Programme.
 - The first astronauts *went* up in a rocket.
 - They *came* back in a small capsule.

Exercise C

1. When was gunpowder invented?	800 BCE
2. When did Arab traders introduce gunpowder to Europe?	13 th century
3. When did the Germans invent a rocket?	1934
4. When did the Germans attack London with a rocket?	1944
5. When did von Braun go to America?	1945
6. When did the Russians use a rocket to send a satellite into space?	1957
7. When did a dog go into space?	1957
8. When did the first woman go into space?	1963
9. When did the Americans launch the first Space Shuttle?	1981
10. When did the Space Shuttle accidents happen?	1986 / 2003

Exercise D

- Gunpowder *was invented* by the Chinese about 1,200 years ago.
- The film *Avatar* *was directed* by James Cameron.
- The lost children *were found* near the playground.
- How *was* the car *damaged* in the accident?
- Not many ships *are made/manufactured* in the UK nowadays.
- Greenhouse gases and pollution *are produced* by petrol engines.
- The Internet *is used* regularly by about 35 million people in the UK.
- Your assignment *is written* well. You will get a good mark for it.
- The best spaghetti *is made* in Italy. I always buy Italian spaghetti.
- All the clothes in the fashion show *were designed* by the art students.

Exercise E

Answers depend on students.

Exercise F

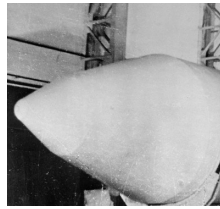
1. The invention of the rocket made ...	8	a reduction in space exploration.
2. The end of the Second World War led to ...	4	an expensive problem for the US.
3. The work of von Braun was ...	1	space travel possible.
4. The loss of the space rocket each flight was ...	5	the cost of space exploration.
5. The use of the Shuttle reduced ...	7	the destruction of the Shuttle.
6. The explosion of the <i>Challenger</i> resulted in ...	6	the suspension of the Shuttle programme.
7. The damage to <i>Columbia's</i> heat shield caused ...	3	very important for US space exploration.
8. The loss of interest in space has led to ...	2	von Braun's move to the USA.

Exercise G

1.



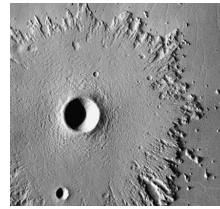
space suit



rocket



parachute



crater



medals

2.-4.

The first woman in space

Valentina Tereshkova was born in Russia on 6th March 1937. In 1963, she became the first woman to fly in space, aboard a rocket called *Vostok 6*.

6

Valentina's father was a tractor driver and her mother worked in a textile factory. After school, Valentina worked in a factory and studied engineering by correspondence course.

4

In 1962, she joined the female cosmonaut programme. Four hundred women wanted to join the programme but only five were successful. Valentina was the only one who later completed a space mission.

2

During the 70.8-hour flight, she orbited the Earth 48 times. It was not until 1982 that a second woman flew into space.

1

In 1977, she received a doctorate in engineering. She never flew again, but she did become an important spokesperson for the Soviet Union. She is now head of the Russian Government's Centre for International Scientific and Cultural Co-operation.

3

Their first child, a daughter called Elena, was born in 1964 . Scientists in the USSR were very interested in her because she was the first child born to astronauts. Elena later went on to become a doctor.

5

She has received the United Nations Gold Medal of Peace . In 2000, she won the Greatest Woman Achiever of the Century award in London. In addition, she also has one very special award that she has never seen; a crater on the far side of the Moon is named 'Tereshkova'.

Theme 2: Technology – Writing

Exercise A

1.

vehicle	noun	start	move	end	person in charge	other people
a. plane	flying	take off	fly	land	pilot	passenger
b. car	driving	get in	drive	get out	driver	passenger
c. ship	sailing	embark	sail	dock	captain	sailors
d. shuttle	flying	launch	fly	land	commander	crew
e. bicycle	riding	get on	ride	get off	cyclist	
f. horse	riding	get on	ride	get off	rider	

2. Answers depend on students.

Exercise B

1./2. Answers depend on students.

Exercise C

Development of the invention

In 1952, at Union Carbide, Edith began a 42-year career in research. (1) *She* joined the silicone chemistry department. In 1956, (2) *she* invented a method of changing petroleum into gasoline. Petroleum is found in the earth as crude oil but (3) *it* cannot be used because (4) *it* is too heavy. First, chemists must divide (5) *it* into separate parts. (6) *They* use a kind of molecule to do (7) *it*, called a zeolite.

Uses of the invention

Zeolites are now an essential part of everyday life. (8) *They* produce every litre of petrol in (9) *your* car. (10) *They* clean and dry domestic gas for heating and cooking. (11) *They* stop the liquids in (12) *your* fridge and air conditioning from freezing. (13) *They* are in (14) *your* washing-up liquid and cleaning materials. Edith's invention has made gasoline production cleaner, safer and more efficient. (15) *It* is also used to help purify, or clean, water and the environment.

Exercise D

Later life and achievements

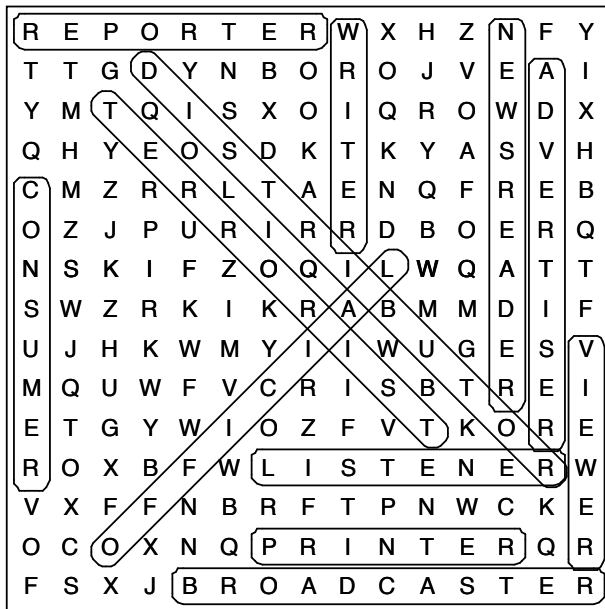
(1) *In* the 1960s, Edith was also involved (2) *in* the early research (3) *of* laser technology. (4) *For* this work, scientists needed a large supply (5) *of* perfect, big crystals. Real crystals, (6) *for* example, diamonds and emeralds, were too expensive. Using zeolites once again, Edith helped develop a process (7) *for* making synthetic emeralds. These emeralds were so good that many jewellery shops started (8) *to* sell them.

(9) *In* 1985, Flanigen and her team had won more than 30 patents. (10) *In* 1992, Edith won the highest award (11) *for* work (12) *in* the field (13) *of* chemistry – the Perkin Medal. She was the first woman (14) *to* win this.

Theme 3: Arts and media – Listening

Exercise A

1.



Exercise B

1./2.

break	the news	✓
	your leg	✓
	for lunch	✓
	a window	✓
	the law	✓
	your phone	✓
	your car	
	a promise	✓
	your heart	✓
	your brain	

reach	a place	✓
	a person	✓
	a level	✓
	a decision	✓
	a suggestion	
	an audience	✓
	the first floor	✓
	home	✓
	the chair	
	a height	✓

Exercise C

- 1./2. a. In general, women live longer than men. verb
 b. There's a live football match from Barcelona later this evening. adjective
 c. I don't live with my parents any more. verb
 d. I live in a studio flat in the centre. verb
 e. This is a live broadcast from Iceland, near the area of the volcano. adjective
 f. We are against experiments on live animals. adjective
 g. Careful – that wire is live. adjective
 h. In the winter, the animals live in that small building over there. verb
 i. There will be live music at the party. adjective
 j. Most students live in halls of residence near the university. verb

Exercise D

1. A: Have you heard about ~~the~~ Icelandic volcano?
B: Yes, I watched it on *the* news this morning.
A: It's sending a cloud of ash 7,000 metres up into *the* sky!
B: I know. It's amazing. In Iceland, they can't see *the* sun in some places.
A: It's a really good story for *the* media. They are saying *the* government might cancel ___ flights in and out of *the* UK.
B: Oh no, I hope not. I've got a flight booked for this weekend. I'm going ___ home for my sister's wedding.
A: Perhaps you should go by ___ train instead!

Exercise E

1./2.

formal verbs		informal verbs
a. communicate	f	get to
b. distribute	d	happen
c. inform	j	go to
d. occur	b	give out
e. produce	h	take part
f. reach	g	send
g. transmit	a	speak
h. participate	e	make
i. select	c	tell
j. attend	i	choose

Exercise F

- 1./2. a. breaking news
b. news report
c. live event
d. government secret
e. mass media
f. general public
g. large audience
h. strong influence
i. printing press
j. crime scene

Exercise G

- 1./2. In the past, it took a long time for the news to reach an (1) *audience*. The beginning of the (2) *mass media* was in the fifteenth century. At this time, the (3) *printing* press was invented and the (4) *literacy* of the general public improved.

Nowadays, the mass media has three main advantages. The first is the (5) *speed* that news can reach the general public. And reporters can get to the (6) *scene* of a crime, disaster or other event very quickly. Another is that news is cheap for (7) *consumers*. The third advantage is openness. This means that governments and people in public life cannot keep (8) *secrets* any more.

There are also disadvantages. Perhaps there is too much (9) *quantity*. Also advertisers can (10) *influence* the news on TV and other media. In other words, there is (11) *bias* in the news so we cannot always believe it. Openness in the media can mean that people do not have any (12) *privacy*.

Theme 3: Arts and media – Speaking

Exercise A

- 1.–3. a. advert
 b. critic
 c. review
 d. design
 e. image
 f. reporter
 g. issue
 h. article
 i. feature
 j. editor

Exercise B

- 1./2. a. ~~I'm thinking~~ *I think* smoking is very bad for you.
 b. I don't feel that qualifications ~~is~~ *are* very important.
 c. I'm sorry, I ~~am not~~ *don't* agree with you.
 d. Where ~~is~~ that student ~~is~~ from?
 e. What do you think ~~is~~ this advert ~~is~~ about?
 f. The advert persuades ~~to~~ us to buy the product.
 g. What was your impression ~~in~~ *of* the TV political debate last night?
 h. Magazines should avoid ~~to have~~ *having* stereotypes in their articles.
 i. Television is a bad influence ~~for~~ *on* children.
 j. I'm sure ~~an advertising agency~~ designed the image ~~an advertising agency~~.

Exercise C

1./2.

a. Did you enjoy the poetry reading?	b	No, I don't.
b. Do you think the TV news is biased?	g	No, I'm not.
c. Is there too much politics in the news at the moment?	e	No, it hasn't.
d. Are there too many stereotypes in women's magazines?	h	Yes, I have.
e. Has that documentary started yet?	f	Yes, it does.
f. Does that comedy programme start at 8?	a	No, I didn't.
g. Are you going to the literature festival?	d	Yes, there are.
h. Have you seen the photos of the earthquake in today's paper?	c	Yes, there is.

Exercise D

1./2.

	short vowel	long vowel	diphthong
com <u>e</u> dy	✓		
dr <u>a</u> ma		✓	
cr <u>i</u> me			✓
co <u>o</u> kery	✓		
det <u>e</u> ctive	✓		
doc <u>u</u> mentary	✓		
gar <u>d</u> ening		✓	
ge <u>o</u> graphy	✓		
hol <u>i</u> day	✓		
l <u>e</u> gal		✓	
nat <u>u</u> re			✓
new <u>s</u>		✓	
pol <u>i</u> tics	✓		
prop <u>e</u> rty	✓		
qu <u>i</u> z	✓		
rom <u>a</u> ntic	✓		
ser <u>i</u> al			✓
so <u>a</u> p			✓
sport <u>s</u>		✓	
tal <u>e</u> nt	✓		
wildl <u>i</u> fe			✓

3. Answers depend on students.

Exercise E

Answers depend on students.

Theme 3: Arts and media – Reading

Exercise A

Answers depend on students.

Exercise B

See table opposite.

	verbs	nouns
1.	appeal	appeal
2.	attract	<i>attraction</i>
3.	believe	<i>belief</i>
4.	<i>decline</i>	decline
5.	<i>affect</i>	effect
6.	feature	<i>feature</i>
7.	persuade	<i>persuasion</i>
8.	<i>promote</i>	promotion
9.	publish	<i>publication</i>
10.	<i>target</i>	target

Exercise C

1. reach	a market	3	a name
2. attract	a reader	10	for advertisements
3. give	a magazine	4	from selling a magazine
4. make	money	6	in a clear way
5. appeal	to people	7	to companies
6. reflect	the readers' interests	2	to a magazine
7. sell	advertising space	5	in particular jobs
8. persuade	readers	9	to sell products
9. help	advertisers	8	to have attitudes
10. charge	a lot of money	1	with a magazine

Exercise D

1.

make	a decision	✓
	a good impression	✓
	a lie	
	a meal	✓
	a mistake	✓
	an assignment	
	coffee	✓
	friends	✓
	housework	
	a mess	✓
	money	✓
	music	✓
	the shopping	
	a noise	✓
	a suggestion	✓
	an effort	✓
	a plan	✓
	people laugh	✓
time	✓	

2. Answers depend on students.

Exercise E

1./2. Answers depend on students.

3.
 - a. True
 - b. True
 - c. False
 - d. True
 - e. False
4.
 - a. teenagers
 - b. people
 - c. teenagers
 - d. their parents
 - e. teenagers
 - f. newspapers/magazines and television programmes
 - g. teenagers
 - h. foreign holidays
 - i. teenagers
5. Answers depend on students.

Theme 3: Arts and media – Writing

Exercise A

1. Yesterday's lecture *ended* 15 minutes early because there was a fire alarm.
2. What's the best way *to display* the results?
3. There's no *record* of this student on the computer.
4. All of the student *reports* go to the head of the department first for signatures.
5. The cloud of volcanic ash *resulted* in the cancellation of hundreds of flights.
6. I don't know how *to answer* this question.
7. The police *questioned* the man for several hours and then released him.
8. There is no *access* to the university from that road – it's closed.
9. Medicine needs more *research* into the causes of cancer.
10. Could I *sample* a piece of that cheese before I buy it?

Exercise B

1.
 - a. conversion
 - b. selection
 - c. choice
 - d. research
 - e. findings
2.
 - a. use
 - b. participate
 - c. respond
 - d. survey
3.
 - a. minor
 - b. ineffective
 - c. unclear
 - d. uncommon
 - e. useless
 - f. careless
 - g. powerless
4. a, b, c and e are adverbs; d (adjective) and f (noun) are not adverbs

Exercise C

1. How do I convert / **to convert** raw data into percentages?
2. We chose / **chosen** the participants for the survey very carefully.
3. Internet usage / **used** is growing fast worldwide.
4. Only about 70 per cent of the participants responded / **response** to our questionnaire.
5. I will definitely / **definite** finish my assignment this evening.
6. Which treatment for a headache is the most effective / **effectively**?
7. The majority / **major** of students have very little money.
8. Heart disease is one of the most common / **commonest** causes of death.
9. How were the participants for the survey select / **selected**?
10. The advertisement showed women in a stereotypical / **stereotype** way.

Exercise D

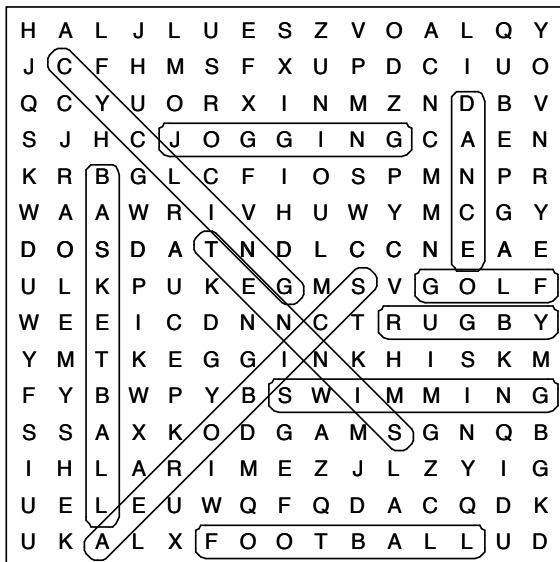
	meaning 1	meaning 2	word 1	word 2
1.	pay money for	near, beside	<i>buy</i>	<i>by</i>
2.	use your ears	in this place	hear	here
3.	space in something	all, everything	hole	whole
4.	a number	past of <i>win</i>	one	won
5.	belonging to us	60 minutes	our	hour
6.	not left	put letters on paper	right	write
7.	area of water	use your eyes	sea	see
8.	edge of the sea	certain	shore	sure
9.	not all	add together	some	sum
10.	male child	the centre of the Solar System	son	sun
11.	belonging to them	in that place	their	there
12.	a number	also, as well	two	too
13.	route, method	measure	way	weigh
14.	not strong	seven days	weak	week
15.	put on clothes	in which place?	wear	where

Exercise E

Answers depend on students.

Theme 4: Sports and leisure – Listening

Exercise A



- a. ae'robics
- b. 'football
- c. 'dance
- d. 'rugby
- e. 'swimming
- f. 'basketball
- g. 'cycling
- h. 'tennis
- i. 'golf
- j. 'jogging

Exercise B

1./2. A: Hi there!

B: Hi! Sorry, can't stop. I'm going to aerobics.

A: Where do you do that?

B: In the sports hall. They have several classes a week.

A: Oh, right. I do a dance class there on Tuesdays.

B: Well, I really must go. I'll be late.

C: Did you go swimming this morning?

D: Well, I went to the pool. But I couldn't have a swim.

C: Oh no! Why was that?

D: There was a mother and baby class. So I went to the gym instead.

C: I think going to the gym is really boring.

D: Me, too. I much prefer swimming or playing tennis.

Exercise C

1. consist	<u>of</u>	<i>in</i>	<i>for</i>
2. rely	<i>to</i>	<u>on</u>	<i>of</i>
3. sum	<i>down</i>	<i>to</i>	<u>up</u>
4. listen	<i>of</i>	<u>to</u>	<i>about</i>
5. look	<i>of</i>	<u>at</u>	<i>off</i>
6. die	<u>out</u>	<i>in</i>	<i>to</i>
7. hear	<u>about</u>	<i>to</i>	<i>for</i>
8. put	<i>of</i>	<i>at</i>	<u>in</u>
9. reach	<u>for</u>	<i>down</i>	<i>of</i>
10. take	<u>off</u>	<i>of</i>	<i>at</i>

Exercise D

study	8
complete	6/7
spend (time)	3
cook	4
manage	10
brush	1
need	9
travel	5
succeed	2

Exercise E

lose	a finger	✓
	a friend	✓
	an idea	
	weight	✓
	your balance	✓
	your father	✓
	your head	✓
	your home	✓
	the answer	
	your interest	✓
	your keys	✓
	your life	✓
	your memory	✓
	your mind	✓
	your temper	✓
your way	✓	

Exercise F

1. The actor enjoys playing the role of James Bond. = acting
2. She is not playing for England in this match. = to take part in a team game
3. I would like to be able to play the piano. = to perform
4. My daughter loves playing on her computer. = to spend time doing something
5. She's never on time for work. She's playing with fire. = to take part in risky behaviour
6. The children played a joke on their teacher. = to trick somebody

Exercise G

- 1./2. a. The university is doing research into the physical *de'velopment* of children.
b. The world of finance is much too *com'petitive* for me.
c. I think golf is a good example of an *a'chievement* sport.
d. He's very shy and never *par'ticipates* in the tutorials.
e. I'm going to '*classify* sports in three main ways.
f. For the group presentation, we need your *coope'ration*.
g. The examination officer *co-'ordinates* the students and the exam rooms.
h. What was the top speed of your *o'pponent* in the cycling race?
i. Does the '*winning* team get a silver cup?
j. What was her *re'action* when she lost the match?

Exercise H

1. racing, opponent, achievement
2./3. Answers depend on students.

Theme 4: Sports and leisure – Speaking

Exercise A

- 1./2.
- | | | | |
|---------------------|---|------------------|---|
| a. the afternoon | 2 | the morning | 1 |
| b. the defender | 1 | the attacker | 2 |
| c. the ball | 1 | the net | 1 |
| d. the north | 1 | the east | 2 |
| e. the question | 1 | the answer | 2 |
| f. the USA | 1 | the UK | 1 |
| g. the alphabet | 2 | the phone number | 1 |
| h. the engine | 2 | the machine | 1 |
| i. the Solar System | 1 | the universe | 1 |
| j. the audience | 2 | the actors | 2 |
3. a vowel sound

Exercise B

- 1./2.
- | <i>sport</i> | <i>out</i> | <i>go</i> |
|---------------|------------|-----------|
| ball | about | bowling |
| co-ordination | allow | goal |
| court | down | hole |
| important | found | know |
| indoors | noun | opponent |
| score | round | role |
| | | show |

3.
 - a. In tennis, one player serves the *ball* across the court.
 - b. The way that you *score* in tennis is very different from other sports.
 - c. In winter, many sports people prefer to play tennis *indoors*.
 - d. Do you prefer to play tennis on a grass or a hard *court*?
 - e. In every sport you should study your *opponent*. Then you will know the best way to win.
 - f. Is the word *role* a *noun* or an adjective?
 - g. Don't *show* your cards to your opponent.
 - h. Young children must learn hand-to-eye *co-ordination*.
 - i. There was a last-minute *goal* at the end of the game.
4.
 - a. In tennis, one player serves the ball across the court.
 - b. The way that you score in tennis is very different from other sports.
 - c. In winter, many sports people prefer to play tennis indoors.
 - d. Do you prefer to play tennis on a grass or a hard court?
 - e. In every sport you should study your opponent. Then you will know the best way to win.
 - f. Is the word role a noun or an adjective?
 - g. Don't show your cards to your opponent.
 - h. Young children must learn hand-to-eye co-ordination.
 - i. There was a last-minute goal at the end of the game.

Exercise C

Answers depend on students.

Exercise D

1. Answers depend on students.
- 2./3.
 - a. You must switch off your mobile phone. OR You mustn't use your mobile phone.
 - b. You mustn't cycle here.
 - c. You mustn't park here.
 - d. You must wear smart clothes. OR You mustn't wear jeans and t-shirts.
 - e. You mustn't smoke here. OR You must put out your cigarette.
 - f. You must show your passport.
 - g. You mustn't walk your dog here. OR Dogs must not come in here.
 - h. You mustn't go in that room.
 - i. You mustn't drive down here.
 - j. You mustn't drink here.

Exercise E

- 1./2.

A: Is tenpin bowling a *team game*?

B: Yes, you can have as many players as you like.

A: Do *you go bowling outdoors*?

B: No, you play indoors because of the automatic system.

A: Do *you play it in a special place*?

B: Yes, you play in a bowling alley.

A: Do *you need any special equipment*?

B: Yes, you need a hard heavy ball with three holes for your thumb and two fingers. And you should wear bowling shoes.

A: Are *they expensive*?

B: I don't know. The bowling centre usually lends you a pair.

A: Do *you score goals*?

B: No, you get a point for every pin you knock down.

A: Is *there a place for bowling near here*?

B: No, there isn't. The nearest one is in the city centre.

Exercise F

1.

	table tennis
type of game?	short, fast (30 mins)
indoors?	and outdoors
court?	no
equipment?	table and bat
team?	no, 2 or 4 people
score?	points – 21 points to win
history?	200 years old

2.–4. Answers depend on students.

Theme 4: Sports and leisure – Reading

Exercise A

- 1.
- a. land
 - b. play
 - c. plan
 - d. move
 - e. trap
 - f. turn
 - g. ruin
 - h. spread
 - i. advance
 - j. capture
 - k. mention
 - l. estimate
- 2.
- a. Unfortunately, the plane *landed* two hours late.
 - b. Ivan made some bad *moves* in the chess game, so he lost.
 - c. Did you see that awful *play* on TV last night?
 - d. The terrible weather *ruined* our holiday.
 - e. A woman was *trapped* in the hotel lift for nearly two hours.
 - f. There have been many recent *advances* in the field of communications.
 - g. Did I *mention* I've booked a squash court for us this evening?
 - h. It's difficult to *estimate* the cost of the financial crisis.
 - i. The police have *captured* the terrorists and they will appear in court tomorrow.
 - j. If you wash your hands you will stop the disease from *spreading*.

Exercise B

- 1./2.
- a. If you eat too much, you feel sick.
 - b. Plants don't grow if you don't water them.
 - c. My parents get worried if I come home late.
 - d. When you heat ice, it melts.
 - e. When I am late for work, my boss gets angry.
 - f. When you mix red and blue, you get purple.

Exercise C

1. Chess and draughts.
2. chess
3. draughts
4. the Arabs
5. a chessboard/a board with 64 black and white squares
6. chess
7. draughts
8. draughts
9. chess
10. draughts

Exercise D

1./2.

Introduction

What do Mel Gibson, Keanu Reeves and Queen Elizabeth II have in common? They all play a game that is sold in 21 countries around the world. Over 100 million sets of the game have been sold in 29 different languages. **It / They / There** is easily the world's best-selling game. What is its name? It's Scrabble, of course.

Origins

1. e It began in 1931 in New York. It was a terrible time **there / first / then** in the USA. Many people had no work. A young architect called Arthur Butts lost **him / his / her** job. He loved board games and word puzzles, especially crosswords. He decided to invent a new game to make money. He thought that chess was too difficult for many people, and many other games were just luck. **But / And / So** he had an idea for a game that was half luck and half skill.

2. a Players had to make words from letters. Each word had to 'cross' another, just like in a crossword. Butts **studied / studies / has studied** the front page of the New York Times and analysed the frequency of each of the 26 letters of the alphabet. This helped him to decide the quantity of each letter in the game. It also helped him to decide the number of points **you / he / they** could win for using each letter.

3. c But, for a long time, the games manufacturers were not interested. **Then / after / however** he got a business partner. Together, they made the rules of the game a little easier, and changed the name to *Scrabble*. In the early years, Scrabble slowly became more popular but it did not make a lot of money. **After / Next / Finally** in the early 1950s, the director of a big department store in New York played the game when he was on holiday. When he went back to work, he told the games department to start selling Scrabble. **So / Next / After that** Scrabble became a huge success.

The playing pieces

4. f Some of the squares are in different colours. You can win extra points on those squares. **It is / There are / They are** also letter tiles. The most common letters have one point each. Less frequent letters, like B, F and H, have more points. The letters J, K, Q, X, Z have the highest points.

How to play

5. b Each player takes seven letter tiles from a bag. That is the 'luck' part of the game. You must not show **another player / the other player / the other players** your letters. Then you must try to make a word from your letters. But you can only put your word on the board if you can join it to another word. **It is / That is / They are** part of the skill of the game.

How to win

6. d For example, you cannot use names or abbreviations. You should learn some words with uncommon letters. **There are / There is / They are** very good Scrabble websites to help with this, and you can also buy Scrabble books and dictionaries. The objective is to get the highest score.

3.

para	meaning	word
1	groups of things	sets
2	games where you must solve a problem	word puzzles
3	how often something happens	frequency
4	someone who you own a company with	business partner
5	small squares, e.g., of plastic	tiles
6	small, soft container	bag
7	short versions of words	abbreviations

Exercise E

1. You can use *turn* with all of the words.
- 2.

a. I liked him before but now I've turned against him.	j	arrive
b. It started raining on our walk so we turned back .	i	ask for help or advice
c. It's really hot in here, shall I turn down the heating?	g	happens
d. The company offered me a good job but I turned it down .	f	make something start operating
e. Can you turn off the TV if you're not watching it?	c	produce less heat, noise, etc.
f. It's getting dark; I'll turn the lights on .	d	refuse an offer, request or invitation
g. It turns out that he's my friend's brother.	e	stop something operating by pushing a button, etc.
h. I turned over the ideas for a week before I started writing.	h	think or consider something carefully
i. If I have a problem, I always turn to my sister for advice.	a	to decide that you don't like someone
j. There you are! You've turned up late as usual.	b	to go in the opposite direction

Theme 4: Sports and leisure – Writing

Exercise A

1. raise	7	a button
2. learn	9	a problem
3. concentrate on	3	a task
4. cooperate with	5	an experiment
5. conduct	8	an idea
6. spend	2	new skills
7. press	4	people
8. support	10	the world
9. deal with	6	your leisure time
10. learn about	1	your self-esteem

Exercise B

1./2.	a. My parents allowed me ^{to} have a lot of freedom.	A
	b. You aren't allowed ^{to} smoke in that area.	A
	c. My teachers encouraged me ^{to} do my best.	A
	d. I am want to do an MA after my degree.	A
	e. Some teachers make pupils to do too much homework.	B
	f. Parents shouldn't let to young children watch violent TV programmes.	B
	g. My tutor told to me give in the assignment next week.	A

3. Answers depend on students.

Exercise C

1. Chess is a much older game than Scrabble.
2. You usually play badminton indoors on a special court.
3. In Scrabble, each player chooses seven letters from a bag.
4. My youngest daughter plays football for her school team.
5. Goalkeepers can touch the ball with their hands inside the goal area.
6. People first played tennis in England over one hundred years ago.
7. All the players in American football must wear special equipment.
8. Table tennis is classified as a bat sport and a ball sport too.
9. In netball, players must only hold the ball for three seconds.
10. The objective of the game is to take all your opponent's pieces.

Exercise D

Scrabble is a board game that (1) *everyone* can play. (2) *Each* player takes seven letter tiles from a bag. The players must not show the (3) *other* players their letters. First, the players try to make a word using some or (4) *all* of the letters. The (5) *first* player puts a word on the board. Then (6) *each* player in turn adds a word to the board. But they must join (7) *each* word to one of the (8) *other* words on the board. (9) *Each* time you put (10) *some* letter tiles on the board, you can take an equal number of new (11) *ones* from the bag. So if you add four letter tiles to the board, you can replace (12) *them* with four new ones.

Exercise E

Answers depend on students.

Theme 5: Nutrition and health – Listening

Exercise A

1./2.

Ooo	oOo
calcium	<i>explorer</i>
chemical	correctly
energy	nutrition
exercise	unhealthy
mineral	
normally	
nutrients	
oranges	

Exercise B

1./2.

verb		phrase
a. store	b	a diet
b. go on	e	a meal
c. damage	f	a restaurant
d. take	a	energy
e. have	d	exercise
f. recommend	h	fat
g. feel	g	hungry
h. be	c	your health

Exercise C

1. Answers depend on students.

- 2./3.
- a. 'calcium
 - b. carbo'hydrate
 - c. 'chemical
 - d. 'elements
 - e. 'fibre
 - f. 'hormone
 - g. mag'nesium
 - h. 'mineral
 - i. 'molecule
 - j. 'nutrient
 - k. 'protein
 - l. 'vitamin

Exercise D

1.

a. celebrate	✓	celebration	
b. ceremony	✓	celebration	
c. event		evening	✓
d. invention	✓	invent	
e. transport	✓	travel	
f. medium		media	✓
g. growth	✓	grows	
h. plays		players	✓
i. time	✓	team	
j. chemical		calcium	✓

Exercise E

We feel hungry because the body needs energy. The whole body needs energy to move. We get energy from food. However, we have to be careful. If we don't use all the energy from food, the body keeps it as fat. We must eat the right amount of food and we must take exercise to use the extra energy. Of course, we must eat the right kind of food as well. The food we normally eat is called our diet.

Exercise F

- 1.
- Today, I'm going to talk *about* food.
 - The body takes energy *from* food.
 - Nutrients help the parts *of* the body work correctly.
 - There are several different types *of* nutrient.
 - If you have too much *of* a particular type *of* food, you can get fat.
 - Some examples *of* chemicals are magnesium and calcium.
 - You can find carbohydrates *in* bread and pasta.
 - In today's talk, we have looked *at* nutrients.
 - I would like you to look *at* some more information.
 - Please make some notes *on* different ideas.
 - I would like you to do research *on* food groups.
 - You will need to look *up* the information and note it *down*.

Exercise G

4.

8	Finally, the last colours of the rainbow include blue and purple.
3	However, eating five portions of fruit and vegetables a day does not mean eating five apples, or five carrots.
7	It is easy to think of lots of vegetables for the green section of the rainbow.
1	Many nutrition and health experts recommend we eat at least five portions of fruit and vegetables a day.
6	Orange is our next colour.
5	The first colour of the rainbow is red.
2	Why are fruit and vegetables so important?
4	You can use the idea of a rainbow to help you.

Theme 5: Nutrition and health – Speaking

Exercise A

1.–3.

	countable	uncountable
food	biscuit	butter
	vegetable	bread
	lemon	rice
	pea	chocolate
	meal	fruit
	burger	cheese
	chip	meat
	nut	fish
	snack	food
	cake	cake
	sweets	cereal
	yoghurt	pasta
	sauce	sauce
		yoghurt
others	university	education
	advertisement	advertising
	brain	behaviour
	mind	biology
	danger	danger
		equipment
		happiness
		music
		psychology

Exercise B

- 1./2. a. The bread **are / is** on the table.
- b. The food in that restaurant **isn't / aren't** very good.
- c. There isn't **any / some** milk in the fridge.
- d. Many children eat **less / fewer** fruit than in the past.
- e. Do you like **this / these** juice? **It's / They're** a new flavour.
- f. Would you like **a / some** meat for dinner?
- g. Be careful using **that / those** equipment. **It is / they are** dangerous.
- h. I really like **this / these** vegetables. What **is it / are they** called?

3.
 - a. The bread is on the table.
 - b. The food in that restaurant isn't very good.
 - c. There isn't any milk in the fridge.
 - d. Many children eat less fruit than in the past.
 - e. Do you like this juice? It's a new flavour.
 - f. Would you like some meat for dinner?
 - g. Be careful using that equipment. It is dangerous.
 - h. I really like these vegetables. What are they called?

Exercise C

Answers depend on students.

Exercise D

1./2. a. What would you like?	e	<i>Three or four cups a day.</i>
b. Are you ready to order?	a	<i>A cappuccino, please.</i>
c. Would you like ice?	d	<i>Certainly.</i>
d. Could I have tomato ketchup, please?	b	<i>Could you give us another few minutes?</i>
e. How much coffee do you drink?	f	<i>No, not very often.</i>
f. Do you eat a lot of vegetables?	g	<i>No, sorry, I'm afraid we haven't.</i>
g. Have you got fresh orange juice?	c	<i>No, thanks.</i>
h. Where do I pay?	h	<i>Over there, at the cash desk.</i>
i. Is the Thai red curry very hot?	i	<i>Yes, it's quite spicy.</i>

Exercise E

- 1./2.
 - a. My name is Bani and I come from – India.
 - b. I work in a pickle factory.
 - c. I get up at about 8.00 a.m. and have – breakfast.
 - d. *The* meal is always – tea and a piece of bread.
 - e. I do *the* cleaning and then I go to – work at *the* factory.
 - f. I mix – spices into the fruit and vegetable mixture.
 - g. We mainly use – lemons, mangoes or green chillies.
 - h. I get – lunch at – work.
 - i. There is a break at half past twelve.
 - j. – lunch is usually – bread, vegetables, rice and curry with a glass of water.
 - k. I finish – work at 5.00 p.m.
 - l. I do – more cleaning and other housework.
 - m. We have – dinner at 9.00 p.m.
 - n. It is usually *the* same as lunch.

Exercise F

Answers depend on students.

Theme 5: Nutrition and health – Reading

Exercise A

1.

verbs	nouns
a. recommend	re ^{co} mme nd ation
b. balance	balance
c. damage	damage
d. die	death
e. preserve	preservation
f. reduce	re ^{du} ction
g. solve	solu ^{ti} on
h. starve	starvation
i. store	store
j. vary	variety

Exercise B

- put on: clothes, potatoes, weight, a watch, glasses, the TV, music, a concert, make-up
- Answers depend on students.
- I'll just put these files *back/away* before I go home.
 - You can make the salad and I'll put the pasta *on*.
 - That lecturer puts *across* her points very clearly.
 - Our tutorial has been put *off* until next week.
 - Finally, he said 'see you later' and put the phone *down*.
 - It started to rain. The office workers put *out* their cigarettes and went back inside.
 - Don't put *off* your assignment. You should start it tonight.
 - They're putting *up* a new accommodation block near the town centre.
 - Don't forget to put the rubbish bins *out* today.
 - They've put *on* a bus for the visit to the museum.

Exercise C

- Answers depend on students.
- | | | | |
|----------------------------|--------------------------|----------------------------|--|
| <input type="checkbox"/> j | meals. | <input type="checkbox"/> g | you do not eat anything for several hours. |
| <input type="checkbox"/> i | not go back for seconds. | <input type="checkbox"/> b | you eat something. |
| <input type="checkbox"/> f | some junk food. | <input type="checkbox"/> e | you go shopping. |
| <input type="checkbox"/> c | you are eating. | <input type="checkbox"/> d | you will enjoy your food more. |
| <input type="checkbox"/> a | you are not hungry. | <input type="checkbox"/> h | your meal. |

Exercise D

1./2. Answers depend on students.

3. tomatoes – vitamin C
onions and garlic – help to prevent heart disease
olive oil – vitamin E, helps to reduce heart disease
beans – help with digestion, high in protein
nuts and seeds – minerals, calcium and vitamin E
wholemeal bread and pasta – carbohydrate, vitamin B, minerals, helps with digestion and prevention of heart disease

Theme 5: Nutrition and health – Writing

Exercise A

1./2. Answers depend on students.

Exercise B

1.

verbs	nouns
a. consume	consumption
b. deliver	delivery
c. examine	examination
d. reduce	reduction
e. receive	receipt
f. solve	solution
g. die	death
h. measure	measurement

2.

nouns	adjectives
a. obesity	obese
b. sugar	sweet
c. health	healthy
d. hunger	hungry
e. energy	energetic
f. globe	global
g. diabetes	diabetic
h. medicine	medicinal

3.

a. significant	g	condition
b. obesity	e	disease
c. supermarket	d	exercise
d. regular	a	factor
e. heart	c	food
f. hunter	f	gatherer
g. medical	h	pressure
h. blood	b	rate

4. Answers depend on students.

Exercise C

- 1.–3. a. The rate of obesity in Britain is 24.2 per cent (OECD statistics 2005), and it is rising.
b. The attitude in a society is a factor.
c. The type of food and drink in a society affects obesity.
d. The changes in food habits in Britain are worrying.
e. In conclusion, people in Britain must make some changes if they want to reduce obesity.

Exercise D

Answers depend on students.