

UNIT 1

1 Complete the sentences with the words below.

unfit • protein • nutritious • diet • recover • strength • appetite • exhausted

1. Sweets and chips aren't
2. He eats a lot because he's got a big
3. You're Why don't you start running?
4. When you aren't feeling well, a nutritious diet will help you
5. If you don't go to sleep, you'll be
6. A vegetarian doesn't include meat.
7. Cheese, eggs and meat are good sources of
8. Hercules had the of ten men.

2 Complete the sentences with the correct form of the words in brackets. Use the prefixes *un-*, *dis-*, *im-*, *in-*, *multi-*, *under-*, *over-* or *pre-*.

1. It's (polite) to talk with food in your mouth.
2. Would you like to buy this (purpose) cleaning spray? You can use it on anything in your home.
3. I'm sorry, your answer is (correct). Would you like to try again?
4. My father takes the (ground) train to work every day.
5. I stayed (night) at my friend's house.
6. Could you please (lock) the door for me? I forgot my keys.
7. I (agree) with you. I like the other one better.
8. In order to reserve your tickets, you must (pay).

3 Choose the correct word to form a collocation.

1. lose – **recovery** / weight / health
2. balanced – **diet** / vitamin / strength
3. watch your – **weight** / flavour / appetite
4. light – **iron** / recovery / meal
5. quick – **recovery** / appetite / weight
6. catch – **health** / a diet / a cold
7. poor – **calcium** / health / strength
8. gain – **vitamins** / iron / weight

4 Complete the sentences with the correct form of the collocations from Exercise 3.

1. Leanne because she went swimming in the middle of the winter.
2. My grandmother got so thin that her doctors put her on a high fat diet so she would
3. Susan when she was ill.
4. I don't like eating a lot at night. Let's order a
5. Mr Jones is very old and is in He rarely gets out of bed.
6. A consists of all the food groups.
7. You should if you don't want to get fat.
8. Paul was ill, but he made a

5 Complete the passage with the words below.

caught a cold • recover • exhausted • balanced meals • strength • nutritious • iron • lose your appetite • vitamin

Do you find that no matter how much you sleep, you're often (1) ? Do you frequently miss school because you have (2) and it takes you a long time to (3) from every illness? It could be that your diet isn't (4) enough. In a recent study, it was discovered that more than half the young people in the UK weren't eating (5) They rarely consumed green vegetables or fruit, so they didn't get enough (6) C. In addition, more than 13 per cent of the teenagers in the UK had very low levels of (7) in their blood because they didn't eat enough red meat or meat substitutes. This causes anemia, which makes you (8) so you eat even less nutritious food. The end result is that you won't have the (9) to do everyday activities, like walking up the stairs to your next lesson.

UNIT 2

1 Choose the correct answer.

- Paul is out of work. He's been **unemployed / hired / fired** for a year.
- Sharon is very **challenging / ambitious / workable**. She wants to be the director.
- The manager told me that I would have to get a university degree before I could get **retirement / physical strength / a promotion**.
- She admitted that she had worked before, but that she wasn't very **helpful / experienced / unemployed**.
- I work **overtime / organisations / employees** almost every day. Some days I work 12 hours.
- Sara was **fired / hired / retired** to be the new secretary. I've heard she's very good.
- My mum's **employment / employer / promotion** told her she was doing a good job.
- I'm having a problem with my computer. I need some **experience / assistance / application**.

2 Complete the expressions below with either *job* or *work*. Then complete the sentences with the expressions.

out of • part-time • experience • apply for a • steady • application

- Dan only wants to work four hours a day. He wants a
- If you want the job, you must complete the
- Peter told us that his parents had been for months, but they had both found jobs.
- Jonathan has been working for the company for ten years. He has a very
- This brochure says that anyone over the age of 18 can with the company.
- Edgar claimed that he had ten years' as a sales assistant.

3 Rewrite the sentences with the words in brackets.

- His contract said that he was department head. (job title)
.....
- Susan always does what she is supposed to do. (reliable)
.....
- Anne wanted to stop working. (retire)
.....

4 Write a sentence about ...

1. your positive personality characteristics.
.....
2. what would give you job satisfaction.
.....
3. what kind of professional training you would like to get.
.....

5 Complete the passage with the words below.

salary • challenging • go back to work • companies • responsible • employment • knowledgeable employees • appearance • productive

Many (1) who work for various (2) travel thousands of kilometres a year to and from their jobs. Commuting is tiring and expensive, so some employers have decided to let their workers earn a (3) while working at home. This form of (4) is called telecommuting. Working from home can be quite (5), and it isn't suitable for everyone. Telecommuters must be (6) about computers, since they usually connect with their company through the Internet. People who work at home are often very (7) because they don't have as many interruptions as office workers, but they must be very well-organised and (8) Employers can't see the way that telecommuters are dressed, and many employees have said that they enjoy not having to worry about their (9) But many employees quickly ask their employers to let them (10) in the office.

6 Match the words in A to the suffixes in B.

A	B
1. notice a. -al
2. danger b. -ance
3. experiment c. -ive
4. hope d. -able
5. attract e. -ous
6. disturb f. -ful

UNIT 3

1 Choose the correct answer.

1. If you want a shop owner to lower the cost of an item, you often have to **bargain over the price / pick it up late / find designer brands**.
2. I pay less money at the shop than John does because I **take it back / pay for it / get a discount**.
3. The television isn't new. I bought it **imitation / brand-new / second-hand**.
4. You don't have to pay for it all at once. You can **pay in instalments / return purchases / shop around**.
5. Have you got any shoes that are less expensive? I can't **afford / check out / try on** 100 euros.
6. Mr Smith has just bought a **rip-off / brand-new / special offer** car. His previous car was quite old.

2 Write a sentence that follows the first sentence. Use the words below.

pick out • live on a budget • get a refund • shop around

1. I never go to just one shop when I am making a big purchase.
.....
2. I can't believe they sold me a television that doesn't work!
.....
3. I need help choosing a gift.
.....
4. I need to spend my money more carefully.
.....

3 Choose the correct answer.

1. If you don't like the book, ... to the library.
a. take it back b. pick out c. try on
2. This month's ... is a 30 per cent discount on all English books.
a. brand-name b. special offer c. rip-off
3. You aren't a clever ... if you spend more than you earn.
a. discount b. imitation c. consumer
4. I owe John 200 euros, but that isn't my only
a. debt b. purchase c. refund
5. When you've got a small budget, it's good to look for
a. rip-offs b. bargains c. designer brands

4 Complete the sentences with the prepositions below.

around • out • for • back • up

1. I didn't like the clothes in that shop, so I decided to shop
2. If the MP4 doesn't work, you can take it to the shop.
3. You can pick the books tomorrow.
4. We paid the car in 60 instalments.
5. There's a new clothes shop on Main Street. Let's go and check the clothes there.

5 When do people do the following things? Write a sentence for each.

1. buy second-hand items
.....
2. use a credit card
.....
3. return purchases
.....
4. take back what they said to someone
.....

6 Complete the passage with the words below. Make any necessary changes.

consumer • afford • debt • budget • brand-names • try on • purchase

Most teenagers enjoy going shopping. Who doesn't love spending a day at the shopping centre, looking for (1) like Mango or Zara and (2) clothes to see how you look in them? Shopping has become one of the most popular free-time activities in the western world. Teenage (3) are an especially powerful spending force. Many banks even offer credit cards for teenagers. The banks say that using a credit card with a limit on it will teach teenagers about living within a (4) and not spending more than they can (5) to spend. Critics, however, disagree. They say that people waste money when they have credit cards because they can make (6) whenever they like. Credit-card owners frequently buy things that they don't need, and they can accumulate huge (7) that they can't pay back. Many people think that giving a credit card to teenagers is like giving them a head start on a life of bad finances.

UNIT 4

1 Choose the correct answer.

1. You need to have a **sense of humour / loyalty / generosity** to understand jokes.
2. Daniel's face turned red because he was very **broken-hearted / delighted / embarrassed** by what had happened.
3. Jason and Louise both grew up in the same neighbourhood and played with the same friends. They have got **a similar background / the same age / a couple**.
4. James and Peter are cousins. They aren't **relatives / siblings / dates**.

2 Choose the correct answer. Pay attention to the adjectives in italics.

1. My dad was very *upset* **about / with / for** me for taking his car.
2. Lisa is *terrified* **for / with / of** mice.
3. I'm very *pleased* **for / with / about** my new computer.
4. We are all *excited* **about / for / of** our summer holiday.
5. My sister is *in love* **of / for / with** Brad Pitt.
6. My parents are very *proud* **for / of / about** me.
7. Tom was very *annoyed* **about / with / for** missing the bus.
8. I feel *sorry* **for / with / about** him. He's been ill all week.
9. His mother was *worried* **for / about / of** him when he didn't come home.
10. I was quite *satisfied* **for / with / of** the service in that restaurant.

3 Complete the sentences with expressions from Exercise 2. There may be more than one possible answer.

1. Dan wishes he hadn't missed your party. He's really it and he'd like to apologise to you.
2. Have you heard about Peter's accident? I really feel him.
3. I'm very Jason. He just doesn't seem happy lately.
4. Stephan isn't Linda, but he's very fond of her.
5. My parents will be so me when they see I got 100 in my exam.
6. I'm very my birthday party.

4 Complete the passage with the words below.

share common interests with • date • get along with • broken-hearted • making friends • spouse • breaks up • couple • treat

Meeting an interesting boy or girl and going on a (1) to the cinema or café can be fun but it can also be scary. Relationships don't always work out and when a couple (2), at least one of them is often left (3), alone and miserable.

Maybe that's why teenagers in China have found an interesting alternative. Chinese teenagers spend hours on the web every day, playing games and (4) with other teenagers. Now many of them are getting married in cyberspace, too. Special Internet sites allow people to find someone who they (5) like music or films and ask them to become their Internet (6) They can then have a marriage ceremony. It's all done in virtual reality, and the cyber (7) never need to meet each other in real life. Some 17 year olds have already been married ten times. If a couple doesn't (8) each other any more, they just click their computer mice and "get divorced". Many people criticise cyber relationships for that exact reason. They say that cyber couples (9) marriage like a game, and not like a serious relationship that requires patience and trust. What do you think?

5 When do you feel each of the emotions below? Write a sentence about yourself for each emotion.

1. grateful:
2. confused:
3. relieved:
4. terrified:
5. miserable:
6. disappointed:
7. proud:

UNIT 5

1 Complete the sentences with the words below.

departure time • journey • baggage • guidebook • traveller's cheques • make reservations

1. It's better to take than cash, because if you lose them, you can have them replaced.
2. You can't take large on the plane with you.
3. I bought a good to help us plan our trip.
4. That hotel is very popular so you must five months in advance.
5. The airlines recommend being at the airport several hours before the
6. Jim wants to be an astronaut. He dreams of taking a into space.

2 Rewrite the sentences using the word in brackets and the infinitive form.

1. I was happy when I heard about Erin's new job. (pleased)
.....
2. Planning a long holiday isn't easy. (difficult)
.....
3. I enjoy helping you. (happy)
.....
4. Daniel was sad when he heard the news. (sorry)
.....

5. Eating in good restaurants costs a lot of money. (expensive)

.....

3 Write a sentence about ...

1. a personal challenge you would like to take on.

.....

2. some historical places you'd like to see.

.....

3. what you would take with you on a camping trip.

.....

4. something that's not easy for you to do.

.....

4 Choose the word that doesn't belong.

- 1. isolated • peaceful • relaxing • dangerous
- 2. noisy • lively • historical • crowded
- 3. landmark • scenery • location • service charge
- 4. airfare • seatbelt • camping trip • boarding card

5 Complete the passage with the words below. Make any necessary changes.

get away from it all • scenery • make reservations • look for an adventure • go abroad • guided tour
package holiday • location • landmark • trek • fulfil the dream of a lifetime

Best Tours offers unusual holidays around the world. Whether you like excitement and are

(1) among the wild animals of Africa, or would prefer to (2)
and relax on a quiet beach in Mexico, we offer the best package holidays. Have a look!

For a really different kind of holiday, come to the Ulusaba Game Reserve in Africa. You couldn't find a better (3) to build a hotel. This hotel is 243 metres high and was built into a mountain. The area has got the most gorgeous (4) Everywhere you look, you see African bush.

Most people don't (5) for a spa holiday, but nothing compares with the spa at Rio Caliente in Mexico. This amazing resort offers ancient Indian health treatments, gourmet food and yoga, all in one (6)

Come to Greece for a special combination of history and nature. If you would like, we will be glad to arrange a (7) for you. We suggest starting with visits to the famous historical (8) of Greece. Then go for a (9) around Santorini, the Greek vampire island. According to legend, people who were suspected of being vampires were buried on Santorini.

Call us and (10) for your next holiday now! If you still haven't found a holiday to (11), our representatives will be glad to make some more suggestions.

UNIT 6

1 Match the words in A to the definitions in B.

A	B
1. costume a. tell someone not to forget
2. custom b. someone who watches a parade or game
3. spectator c. the relationship between a husband and wife
4. viewer d. special clothing
5. cancel e. ceremony that begins a marriage
6. postpone f. put off until a later time or date
7. wedding g. still have knowledge of something
8. marriage h. something that is done either as a habit or tradition
9. remind i. decide not to do
10. remember j. someone who watches television

2 Complete the sentences with the phrases below. Make any necessary changes.

say prayers • look forward to • turn up • give gifts • have a family get-together

- I didn't think she would come, but Linda at the party.
- Every Sunday, my grandparents, aunts, uncles and cousins come to my house and we
- We can't wait to see you next week. We're really seeing you again.
- In my family, we to each other on Christmas Eve, but we don't open them until the next day.
- People often before they eat and before they go to sleep.

3 Choose the correct answer.

- A celebration that everyone in the country takes part in is a **leaflet** / **national celebration** / **local celebration**.
- Unfortunately, many thefts **occur** / **remember** / **remind** every year during the festival.
- I always cry at weddings because I **turn up** / **join in the celebrations** / **feel emotional**.
- Policemen often **take part in** / **disguise** / **commemorate** themselves in order to catch criminals.
- We take flags to football matches so that we can **offer congratulations** / **wave them and cheer** / **dress up**.

4 Rewrite the sentences with the words in brackets. Do not change the original meaning of the sentences. Make any necessary changes.

- The parade took place in New York City. (venue)
.....
- Fifty thousand people watched the game. (spectator)
.....
- The Thanksgiving holiday helps Americans remember the first settlers. (commemorate)
.....
- They advertised the opening of the new shopping centre. (leaflet)
.....

5 Complete the sentences with the correct adjective or adverb form of the words in brackets.

- The little boy whistled (happy).
- The baby slept (quiet).
- Donna looks (beautiful).

- 4. Pierre speaks English (good).
- 5. Be (gentle) with the puppy.

6 Complete the passage with the words below.

custom • dress up • look forward to • viewers • religious ceremony • take part • joyful • join in the celebrations

Eid-al-Fitr is a special day in Egypt. Most Egyptians (1) in this festival. Eid-al-Fitr is a (2) holiday in which people eat whatever they want after a month of eating only at night. During the national holiday, people from all over the country come together to (3) After a small meal, people meet to say prayers at a (4) Afterwards, it's the (5) for people to have family get-togethers. Children are usually given gifts of money and clothes by their family members. It's a tradition for them to (6) in their new clothes and spend their money on fun things during the holiday. Television (7) also enjoy special programmes during Eid-al-Fitr. But the part of the holiday that many people (8) the most is eating the special nut-filled biscuits called "kahk".