

1 FIGHTING FIT

GRAMMAR

1 Tick the correct sentences. Correct those which contain an error.

- 1 I refuse joining a gym – it's too expensive!
- 2 Serge dislikes playing any kind of team game.
- 3 Olympic athletes start training at a very early age.
- 4 I've given up horse riding. I can't risk to fall off at my age!
- 5 Stop to play on the ice! It might break.
- 6 Have you managed to lose any weight yet?
- 7 Many people avoid to eat a lot of red meat.

2 Match the parts of the sentences.

- | | |
|-----------------------------|---|
| 1 Is this exercise supposed | A going to the cinema or the gym? |
| 2 Saira regrets | B eating meals after 8pm. |
| 3 The food in Japan tends | C to eat five portions of fruit or vegetables a day. |
| 4 Are you still able | D not to eat any more sweets! |
| 5 Do you prefer | E to be healthier than in other countries. |
| 6 Everyone should aim | F to touch your toes? |
| 7 You should stop | G to hurt this much? |
| 8 Yes, doctor, I promise | H eating junk food when she was young. |



3 Choose the correct option in these sentences.

- 1 Everyone knows that fruit juice contains a lot of sugar. *Although / Nevertheless*, many people let their children drink it every day.
- 2 *Instead of / While* snacking on biscuits and cake, eat a handful of nuts and seeds. It's much healthier.
- 3 *Despite / Even though* the bad weather, they went ahead with the race.
- 4 *In spite of / Although* he was in pain, Fabio finished the marathon.
- 5 It can be challenging to follow a healthy diet. *However / Whereas*, it is worth it in the long run.
- 6 You should go for a walk after dinner *despite / rather than* sitting on the sofa and watching TV.

4 Read this extract from an email a woman has written to her local government representative. Fill in the gaps with the linking words and phrases from the box. Add capital letters to the words if necessary.

whereas despite however instead of
 although unlike in the past

I am a local resident concerned about the health of our children. I don't think local government is doing enough to protect the younger generation. (1) the fact that the government recommends children eat healthy food, there are eight or nine fast food restaurants in our town! (2), there are still no restaurants which focus on home-cooked, healthy meals at affordable prices. Another problem is the lack of exercise facilities. (3) there are several gyms, they are not open to children under the age of 16. (4) making these facilities available to adults only, gyms could be encouraged to welcome children at certain times. Our local parks used to be a great place for children to play sports with their friends. (5), they are not being maintained properly so it is not a good environment for them. There used to be a team of gardeners and maintenance staff, (6) now there is only one person looking after all the parks. I suggest we make improvements to our town to give our children a healthier future.

VOCABULARY

Complete the second sentence with a phrase from Unit 1 of the Student's book so that it has a similar meaning to the first sentence. Use between two and five words for each sentence, including the word in bold.

- 1 It is important to monitor how you're doing.
KEEP
 Always try to your progress.
- 2 Unfortunately, I just couldn't run as fast as them.
KEEP
 Unfortunately, I just couldn't them.
- 3 You should try to reduce the amount of sugar in your diet.
DOWN
 It is a good idea to on sugar.
- 4 We weren't sure whether our team would win.
TOUCH
 It was whether our team would win.
- 5 I stay fit by running three times a week.
SHAPE
 I by running three times a week.

PUSH YOURSELF C1

Read the sentences and use the context to match the underlined words to their meanings.

- 1 I am interested in taking a course in nutrition as I think we all need to watch what we eat.
 - 2 If you are going to run a marathon, you need to improve your stamina.
 - 3 It is important to eat plenty of fruit and vegetables to help your digestion.
 - 4 If you have bad posture, you can suffer from back problems.
 - 5 I think it is important to find a form of exercise that combines both physical and mental well-being.
- A** Health and happiness
B Food and the effect it has on health
C The process in which the body breaks down food
D The ability to keep going for a long time
E The way someone sits, stands or holds themselves

READING AND USE OF ENGLISH PART 7

Read this article about fitness activities and match questions 1–10 on page 11 with letters A–D.

UNUSUAL FITNESS ACTIVITIES

A Hot yoga

Yoga has long been considered one of the best exercises around, and one that can be practised virtually anywhere, including at home. Hot yoga, as the name suggests, takes it a stage further by turning up the heat, requiring a temperature of around 40° C and humidity of 60 per cent. Clearly, such a change is going to make you sweat more, and this is the whole point as it is supposed to eliminate harmful chemicals and toxins from your body. In a nutshell, hot yoga retains the mental focus of the more traditional version of the discipline but is designed to push your body much harder. The heat increases your heart rate and helps thin the blood, stimulate your metabolism and burn calories at a faster rate. As well as increased strength, stamina and flexibility, practitioners point to a number of other health benefits, such as curing back pain and improving the skin, with many even claiming it has boosted their performance in other sports.

C Underwater cycling

Underwater cycling or aqua-cycling combines the concept of a spinning class with the benefits of exercising in water. For those new to the concept, it does literally mean that exercise bicycles are placed in a swimming pool! While spinning, which often involves standing up and bouncing, can create strain on your knees, cycling underwater prevents stress on the joints, because the water provides extra support for the body. Unlike spinning too, it is suitable for people of any age, size or shape, even pregnant women and those recovering from injuries, making it perfect for those who find the idea of group exercise a little intimidating.

B Aerial fitness

If you ever went to the circus as a child, you probably marvelled at the power and fitness of aerial performers. So if you have ever thought of having a go at such activities yourself, aerial fitness, which is based on similar techniques, may be just what you are looking for. Learners usually start off with the silks – two lengths of fabric attached to the ceiling. Once you have mastered some climbs, you then practise various ways of manoeuvring the body around them, including learning to hang upside down – not something you do every day! More expert practitioners can later progress to more complex devices, such as hoops, trapezes and slings, and there is even an aerial form of yoga that you can try. Aerial fitness techniques do require you to support your own body weight so clearly the benefits include improved general strength and also increased shoulder mobility. Furthermore, think of the respect you will get from friends and family when you tell them all about it!

D Obstacle races

If these were a favourite from your primary school sports day, you can now recreate the fun on a much grander scale. Obstacle races have become fashionable again and you are guaranteed to have a great time with your friends and family while keeping fit. These are usually large-scale, organised events, which can be in urban or rural settings and can involve all kinds of natural and man-made obstacles. You could be jumping over fires, climbing walls or crossing rivers. You might bounce on trampolines, slide down huge water chutes or crawl through tunnels. One thing you can be sure of is that there will be mud – lots of mud! The race might involve dressing up in silly costumes and will probably end with a giant party. Check the internet for events coming up near you.

Which activity

- is mentioned as being good for impressing others? **1**
- is described as a bigger version of a competitive event from childhood? **2**
- is claimed to help remove damaging substances from your body? **3**
- uses a change of environment to make it less stressful on the body? **4**
- sees beginners learn to adopt an uncommon body position? **5**
- is an intentionally more challenging version of a well-known activity? **6**
- would be fun for anyone who participates, in the writer's opinion? **7**
- allows users to move on to different equipment as they improve? **8**
- is claimed to help athletes do better in other sporting disciplines? **9**
- is appropriate for those who don't necessarily have good levels of fitness? **10**

SPEAKING PART 2




- 1** Look at the photos and decide which photo (A or B) each comment corresponds to.
- 1** It looks a lot riskier and more exciting than the other picture.
 - 2** They can do whatever they want rather than doing what they're told to do.
 - 3** It looks very controlled – everyone looks the same as everyone else.
 - 4** Even though it looks a little boring, it's probably very good exercise.
 - 5** One key difference is that they're out in the fresh air instead of being stuck inside a gym.
 - 6** It looks as though they are at school or in a club.
 - 7** I'd say the risk of injury is much greater.

- 2** Choose the correct preposition in these sentences describing the photos.
- 1** There are buildings *on / in* either side of the photo.
 - 2** I can see some kind of gym equipment *in / at* the back of the photo.
 - 3** The girls are standing *in / on* the tips of their toes.
 - 4** Both boys are right *in / at* the middle of the photo.
 - 5** There are some ropes hanging down *to / from* the ceiling.
 - 6** I can see blue sky *on / in* the background.
 - 7** *In / On* the top left corner of the photo there are some ladders.
 - 8** *On / In* the foreground there is a brick wall.

2 KEEPING IN TOUCH

GRAMMAR

1  04 Listen to the conversation between Katie and Patrick, who have just started their first jobs after leaving university. Are the statements True or False?



- 1 Patrick has fully adjusted to working life.
- 2 Katie is happy with her salary.
- 3 Patrick and Katie were short of money when they were students.
- 4 They waited a long time to get cheap theatre tickets.
- 5 Katie used to get up early for her university lectures.
- 6 Patrick finds it easier to get up for work than Katie does.
- 7 As students, Patrick and Katie had to dress smartly.
- 8 Patrick has always worn a tie.

2 For each sentence, choose the correct form of the verb.

- 1 In the past, people didn't *used* / *use* to lock their front doors when they went out.
- 2 When my parents arrived in Europe from Jamaica, they found it hard to get *use* / *used* to the cold.
- 3 I'm from a large family. I'm *used* to *share* / *sharing* a room.
- 4 In my town, people *used* to *putting* / *put* their babies out in the garden all morning. I'm glad they don't do that anymore!
- 5 Families *used* / *use* to be much larger – having seven or eight children was quite normal.
- 6 Society is gradually *being* / *getting* used to the idea of men staying at home to bring up children while their wives go out to work.
- 7 *Were* / *Did* you *use* to cycle to school?
- 8 I *do* / *am* not *used* to walking so much. I usually drive everywhere.

3 Why do you think each speaker decided to use the passive? Choose the correct options. For some sentences, both may be possible.

- 1 My parents' house was broken into a couple of years ago.
 - A The speaker doesn't know who did the action.
 - B It's not important who did the action.
- 2 Flour is sieved and added to the mixture.
 - A To show that it is a formal situation.
 - B To describe a process.
- 3 Manchester United were knocked out in the first round by Liverpool.
 - A The speaker doesn't know who did the action.
 - B The speaker is mainly focused on Manchester United.
- 4 Milk used to be delivered to almost every house in England.
 - A Because we already know that milkmen deliver milk.
 - B Because this is no longer true.
- 5 *A Christmas Carol* was written by Charles Dickens. It's the story of an unhappy man called Ebenezer Scrooge.
 - A The speaker is focused on *A Christmas Carol*.
 - B The speaker is focused on Charles Dickens.
- 6 I would like to inform you that your loan repayments have not been made for the last two months.
 - A It's a formal situation.
 - B The speaker wants to be indirect.





- 4** Can these sentences be changed to the passive voice? Write in the passive those that can be changed. Put a cross (X) next to those that cannot. There are two examples (A and B) to help you.

Examples

- A** My mum grew these tomatoes – *These tomatoes were grown by my mum.*
B The plane arrived at 15.35. **X**
1 Amesh cooked this delicious curry.
2 I think all the students will understand the lesson.
3 I belong to the local tennis club.
4 The teacher has told me off three times now.
5 Joachim first came to the United Kingdom in 2009.
6 When did they discover those ruins?
7 I slept through my alarm this morning.
8 They are going to make a new version of the film *Titanic*.

PUSH YOURSELF C1

Rewrite the sentences using hedging language. The first one has been done for you.

People have said that social media has had a negative impact on our lives.

It has been said that social media has had a negative impact on our lives.

- 1** People have suggested that online friends aren't real friends.

2 People argue that friendship is less sincere nowadays.

3 People have said that families are growing further apart.

4 People believe that social media will become less popular in the future.

VOCABULARY

- 1** Complete each gap with a word for a family relationship.

- 1** My brother has a son. He is my
2 Tim married Rosie, who already had a daughter called Chloe from a previous marriage. Chloe is Tim's
3 Ana is married to Claudio. Claudio's father is Santiago. Santiago is Ana's
4 My aunt Emilia has two children, a boy and a girl. They are my
5 My husband has a sister called Julia. Julia is my
6 My uncle Tobias died last year. He was married to Surekha, who is now his
7 I've got two, one brother and one sister.
8 Alberto's daughter has a daughter called Sofia. Sofia is Alberto's

- 2** Match the questions to the answers.

- 1** Have you ever fallen out with a friend?
2 Do you get on well with the other students in your class?
3 Who do you take after in your family?
4 Who do you look up to in your family?
5 What do you get up to at weekends?
6 Have you ever met up with someone you met online?
A No, I'm not sure that would be a good idea.
B My dad, definitely. We're both tall with dark, curly hair.
C I usually hang out with my friends.
D Yes, I once stopped talking to Derek for a month!
E Yes, we often go out for a coffee together after the lesson.
F My older sister. She's a really brilliant student.

LISTENING PART 4



05 You will hear an interview with psychologist Antonia Russo, who is talking about the influence of birth order on personality. For questions 1–7, choose the best answer (A, B or C).

- 1 What led Dr Russo to become interested in birth order and personality?
 - A her own two children
 - B her childhood experiences
 - C her role as a psychologist
- 2 One possible reason for the success of firstborn children is that
 - A they get more attention from their parents.
 - B they are naturally more gifted.
 - C they tend to be more interested in creative activities.
- 3 According to Dr Russo, the youngest child may
 - A have problems with their identity.
 - B be lacking in self-confidence.
 - C be good at getting their own way.
- 4 How did being the middle child affect Dr Russo?
 - A She became very close to her sisters.
 - B She didn't get noticed by her family.
 - C She sometimes went against her parents.
- 5 What does Dr Russo say about only children?
 - A They are generally the most spoiled.
 - B They share similar characteristics to firstborns.
 - C They are usually the best leaders.
- 6 What does Dr Russo think about the role that gender plays in influencing children's personalities?
 - A She feels that not enough research has been done in this area.
 - B She believes that parents need to consider this when raising their children.
 - C She doubts whether it affects the way that children develop.
- 7 Dr Russo sums up by saying that
 - A birth order strongly influences personality.
 - B the development of personality is complex.
 - C further studies on birth order are needed.



WRITING PART 1

1 Look at the Writing Part 1 question.

In your English class you have watched a documentary about families with lots of children. Your teacher has asked you to write an essay giving your opinion on large families.

What are the advantages and disadvantages of being a member of a large family?

Notes

Write about:

- 1 having a ready-made social network
- 2 the problem of lacking space and privacy
- 3 ... (your own idea)

Which opening paragraph (A, B or C) is the best as the start of an answer to the question?

- A** If you are part of a large family, you will have a ready-made social network. You are sure to get on well with at least some of your siblings. The problem would be if you didn't have a big enough house because you wouldn't get enough space to keep your things. You might be interrupted by your little brothers and sisters when you were trying to do your homework.
- B** In the past, it was common for families to have many children. Nowadays, though, the average in developed countries is between one and two children per family. However, there are some couples who choose not to follow this trend and have large numbers of children. What would it be like to be a child with many siblings?
- C** My opinion is that when it comes to families, it's a case of 'the bigger, the better'. I am from a family of six children myself and we do have lots of fun together. It teaches you to be less selfish and to be satisfied with less. It can be quite chaotic but I wouldn't have it any other way.

2 Read the rest of the essay. Complete the gaps with words or phrases from the box. Add capital letters to the words if necessary.

for me	it doesn't matter whether	finally
one of the main drawbacks	there is no doubt that	

- (1) children with many siblings are never lonely. They do not need to arrange to meet up with friends or join clubs because there is a ready-made social circle at home. Furthermore, small children will be cared for by older brothers and sisters as well as by their parents.
- (2) of life in a big family would be the lack of space and privacy. It might be difficult to find a quiet spot to do your homework and it would not really be possible to invite friends round to such a crowded home. (3), sharing a room with one or more siblings would be the worst part and I believe this would cancel out the positive aspects.
- (4), growing up in a large family develops positive characteristics. Children will not be spoiled by being given everything they want. They have to share and help others from an early age.
- In my opinion, (5) your family is big or small. What matters is that it's a happy family.

