

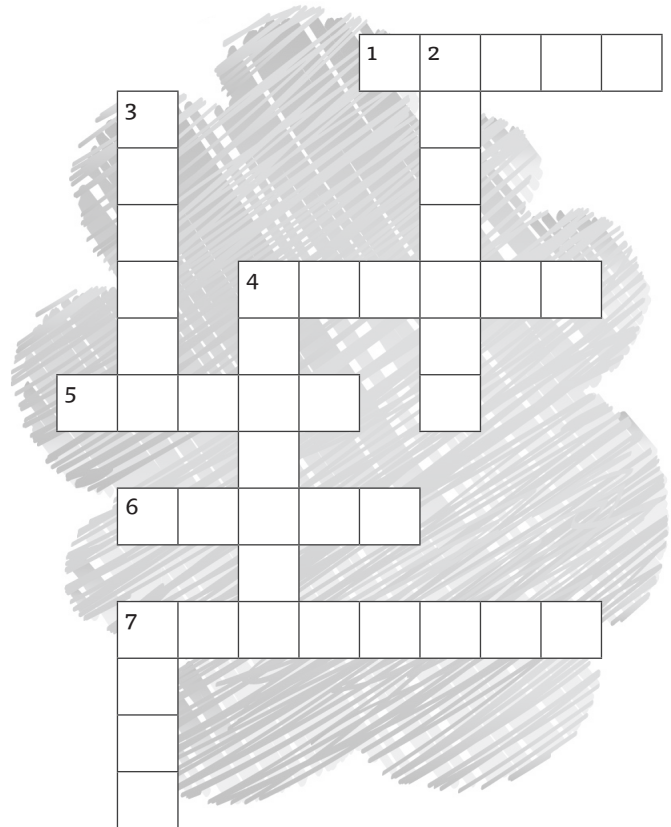
**A** Do the crossword. Read the clues and make noun modifiers.

**ACROSS**

- 1 I flew from London to Japan last week. The nine-hour time difference really messed up my body \_\_\_\_\_.
- 4 The main social \_\_\_\_\_ in our country are poverty, unemployment, and homelessness.
- 5 Dad was in a car \_\_\_\_\_. Another car hit him on the highway but luckily, no one was hurt.
- 6 The adolescent \_\_\_\_\_ is different from the adult one, so teenagers think differently from older people.
- 7 The patient was suffering from stress, which disturbed her sleep \_\_\_\_\_. She kept waking up in the middle of the night.

**DOWN**

- 2 Finding \_\_\_\_\_ activities you like is the best way to deal with stress. I do Zumba, a mix of dance and aerobics from Colombia.
- 3 We always have a big family \_\_\_\_\_ at lunchtime on Sundays, cooked by my oldest sister.
- 4 I find it hard to make an \_\_\_\_\_ decision. I need time to think before I say "yes" or "no".
- 7 \_\_\_\_\_ pressure is one of the biggest problems in high school. You feel like you have to do the same things as your friends.



**B** Complete 1-5 with one word each from box A and box B. Each box has one extra word.

**A** family financial material  
physical romantic scientific

**B** appearance dynamics fact  
possessions problems relationships

- 1 Someone who finds it difficult to talk to people and make friends may have difficulty in forming \_\_\_\_\_.
- 2 \_\_\_\_\_ occur when you spend more than you earn on a regular basis.
- 3 Many philosophers feel that \_\_\_\_\_ such as cars, homes, and expensive clothes are not important for true happiness.
- 4 \_\_\_\_\_ should not be a factor in whether a job applicant gets a job or not. It is your skills that are important, not how you look.
- 5 A \_\_\_\_\_ is something that is clearly true and cannot be disputed by other experts. It isn't an opinion or a theory.

**C** Correct the mistake in each sentence.

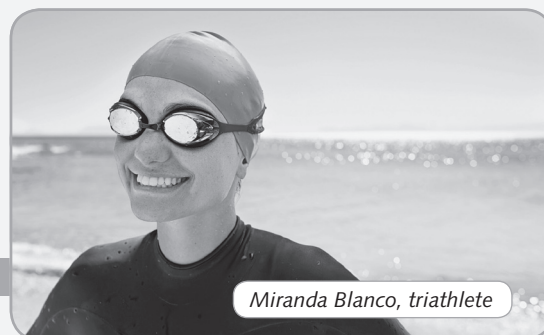
- 1 I keep worry about my flight next week. What if it gets canceled? \_\_\_\_\_
- 2 I think to my grandma night and day. She's been in the hospital for months. \_\_\_\_\_
- 3 I can't seem making any progress with my college project. It's impossible. \_\_\_\_\_
- 4 I can't stop to think about my operation next week. I don't want to have it! \_\_\_\_\_
- 5 I consider leaving my job because I'm so unhappy at my company. \_\_\_\_\_

**D Make it personal** Rewrite two sentences in C so they're true for you.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_

**A** Read the interview. Replace the bold words with these phrases. There are two extras.

a big deal    at a disadvantage    wears off  
keep you going    treat    a waste of time  
wears off    weight gain    in an accident with



Miranda Blanco, triathlete

### Ask the expert

#### What should triathletes eat and drink?

Not sugar! Sugar gives you a big energy boost, but it soon **disappears**. If you eat lots of sugar, it may also explain a **sudden increase in kilos**. If you want chocolate or candy, eat it as a **special favor to yourself**, not a main part of your diet.

Water doesn't give you energy, but if you get dehydrated your performance will suffer. When competing in sports events, remember to drink lots of water or you'll be **in a worse position** to the other athletes.

Getting enough iron is **very important** in maintaining a healthy diet, especially for women. Good sources of iron are cereals and green vegetables like spinach.

Pasta is the super food for any athlete, especially whole wheat pasta. This releases energy slowly, so it will **give you energy** throughout your event.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

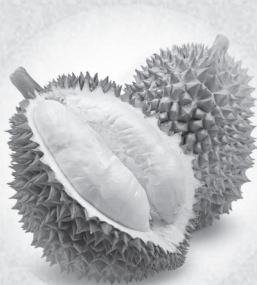
5 \_\_\_\_\_

6 \_\_\_\_\_

**B** 5 Complete Miranda's comments 1–5 with one word in each blank. Listen to check.

- 1 The problem \_\_\_\_\_ going on a diet is that you always feel hungry.
- 2 The best \_\_\_\_\_ about the swimming pool is the sauna. It's the perfect place to relax.
- 3 One disadvantage \_\_\_\_\_ running is that it can damage your knees if you do it over a long period.
- 4 The good thing about \_\_\_\_\_ rice before exercise is that it gives you lots of energy.
- 5 The worst thing about training for the competition \_\_\_\_\_ getting up early in the morning.

**C** Read the article and circle the correct alternatives.



### The pros and cons of eating fruit, fruit, and nothing but fruit!

In the world of weird diets, fruitarianism is the most extreme of all. Fruitarians only eat fruit, no vegetables, and nothing cooked. The best thing about the diet is <sup>1</sup>that / what people discover exotic fruit from around the world, like durian (pictured). The <sup>2</sup>worse / worst thing about the diet is <sup>3</sup>can place / it can place people in the hospital.

The biggest disadvantage of fruitarianism is <sup>4</sup>this / that the diet doesn't include essential food groups like fat or protein. <sup>5</sup>This is / These are necessary for a healthy body. Another disadvantage <sup>6</sup>of / to the diet is that fruitarians don't drink coffee or eat chocolate, which <sup>7</sup>is / are both extremely hard to give up.

Nevertheless, people can and do choose the fruitarian route. The easiest part of <sup>8</sup>be / being a fruitarian is the first few days when the body feels different – but this is only a temporary change.

The hardest part is <sup>9</sup>keep / keeping the diet up. That should come as no surprise. The problem <sup>10</sup>about / with fruitarianism is that our bodies are not designed for a fruit-only diet, which means that there are serious health risks for its followers. It is not a long-term option for good health.

**A** Which do you think is more important in life: being intelligent or looking intelligent? Read the article to check if the author shares your opinion.

**How to look more intelligent in 6 easy steps**

Jervis Jameson

There is lots of advice out there on how to be more intelligent, but the truth of the matter is that appearance is more important than reality. It's better just to look more intelligent ... and anyone's capable <sup>1</sup> \_\_\_\_\_ looking like Einstein, without making any special effort.



- 1 Dress the part. When shown a photo of a woman in smart clothes and the same woman in casual wear, most people thought the first woman was more intelligent than the second one. It's amazing, but if you wear a suit to work like me, people assume you are good <sup>2</sup> \_\_\_\_\_ your job.
- 2 A double negative makes a positive, e.g. "I don't dislike your work." People find it difficult <sup>3</sup> \_\_\_\_\_ follow double negatives, and they think people who use them are more clever than others.
- 3 According to psychologists, people think that if someone looks them in the eye during conversation, they assume the person is highly intelligent.
- 4 Researchers at the University of Melbourne believe they have found a link between intelligence and people who wear glasses. It seems that eyeglass wearers really are more adept <sup>4</sup> \_\_\_\_\_ doing complicated tasks. Now if I could just find mine in the mornings ...
- 5 It's all in the voice. If you're skilled <sup>5</sup> \_\_\_\_\_ speaking slowly and clearly, people will believe you know what you are talking about. Talking loudly is a big no-no.
- 6 Never tell people you're intelligent. If you have a gift <sup>6</sup> \_\_\_\_\_ something like math or programming, keep it under your hat. Really smart people tend to be modest in their everyday lives.

**B** Complete the phrases 1–6 in the article.

**C** Re-read and check (✓) the statements we can infer about the author.

- |   |   |
|---|---|
| 1 Jervis Jameson believes that people can train themselves to be more intelligent. <input type="checkbox"/> | 4 He's extremely serious. <input type="checkbox"/>                    |
| 2 He's a very lazy person. <input type="checkbox"/>   | 5 He's quite forgetful. <input type="checkbox"/>                      |
| 3 He often wears very formal clothes. <input type="checkbox"/>  | 6 He talks very loudly in his everyday life. <input type="checkbox"/> |

**D** Complete 1–6 with a reference word.

- 1 I asked two people in the store to help me. The first ignored me, and the \_\_\_\_\_ refused to help me because she was on her break!
- 2 You can tell what kind of photo you have by \_\_\_\_\_ filename: .gif or .jpeg, for example.
- 3 In college, I discovered the theory of multiple intelligences, \_\_\_\_\_ completely changed how I judge the success of my students.
- 4 Not one student had brought a pen with \_\_\_\_\_. They were so unprepared for my lessons!
- 5 There are so many people that I follow on Twitter®, but there's only \_\_\_\_\_ that always makes me laugh.
- 6 Harry was the person \_\_\_\_\_ intelligence test put him in the top 2% of people in the country.



**A** 6 Listen to a discussion about the *chupacabra* ('the goat-sucker'). Who thinks it might exist (✓)? Who doesn't believe it exists (✗)?

Frank Mortimer  Rachel Schultz  Alba Lopez

**B** 6 Listen again. Correct the wrong information in 1–4.

- |   |   |
|---|---|
| <p>1 It all began in March 1995 in Puerto Rico. A farmer discovered eight goats with all their blood missing. _____</p> <p>2 Eyewitnesses say that the chupacabra is gray with brown eyes. It moves like a kangaroo, and it has spines on its back. _____</p> | <p>3 There have been reports of chupacabras in Puerto Rico, the continental United States, Argentina, and Chile. _____</p> <p>4 The coyote might have been ill. When they're ill, coyotes can become tired and gray, like descriptions of the chupacabra. _____</p> |
|---|---|

**C** Circle the correct alternatives in the comments on the *Science Fiction or Science Fact?* website.

**Science Fiction or Science Fact?**

<p> 1 The farmer <i>must</i> / <i>can't</i> have seen something strange on that night in 1995.</p>	<p> 3 It can't <i>be</i> / <i>have been</i> a monster that killed those eight animals on that night. It's science fiction!</p>
<p> 2 People invent stories like this all the time because they <i>might just want</i> / <i>just have wanted</i> to get their photo in the paper.</p>	<p> 4 An animal like the chupacabra <i>may exist</i> / <i>have existed</i> somewhere in Puerto Rico. They're discovering new species all the time.</p>

**D** 7 Complete 1–5 with the correct form of the verbs. Listen to check.

- 1 A: Pete didn't reply to my email yesterday.  
B: He might not \_\_\_\_\_ (see) it.
- 2 A: I saw Kim over the weekend, but I didn't have time to speak to her.  
B: What? It can't \_\_\_\_\_ (be) Kim. She was in Chicago!
- 3 A: Jim's lost his coat. He can't find it anywhere.  
B: He may \_\_\_\_\_ (leave) it in the cafeteria. He had it when we ate lunch.
- 4 A: Look at this. The bank says I have \$2,000 in my account, but I didn't put it there.  
B: Someone at the bank must \_\_\_\_\_ (make) a mistake.
- 5 A: Did it rain last night? The laundry isn't dry.  
B: It couldn't \_\_\_\_\_ (rain). Look, the ground isn't wet.



**A for-and-against essay**

**A** Complete the essay with these connectors.

a further advantage    a number of drawbacks    one advantage of  
 on the one hand    on the other hand    to sum up    while

**Modern students are being tested to death. Discuss.**

Teachers and parents are worried that students are taking too many tests. Some students take a test after every unit of their coursebook <sup>1</sup> \_\_\_\_\_ *while* \_\_\_\_\_ others have frequent exams throughout the year.

<sup>2</sup> \_\_\_\_\_ frequent tests is that they show what students really know. Today all the knowledge in the world is one click away. In a test, students must show clear understanding of their subject. <sup>3</sup> \_\_\_\_\_ is that tests motivate students to study.

However, there are <sup>4</sup> \_\_\_\_\_ to frequent testing. Tests take up a lot of class time that could normally be better spent teaching. Tests are also demotivating for weaker students. Furthermore, the purpose of these tests is not always clear, for example, just to give teachers a quiet class. <sup>5</sup> \_\_\_\_\_, tests are an opportunity to spot which students are struggling and to see where review is necessary.

<sup>6</sup> \_\_\_\_\_, these tests might actually be simply to prove that schools are teaching the approved syllabus set by the government. In other words, the tests may not actually be for the benefit of the individual students at all.

<sup>7</sup> \_\_\_\_\_, students are taking too many tests, and these are occupying class time that could be better used in other ways. Tests should only be given when there is a clear need for them, for example, as a final exam. Other forms of evaluation can be much fairer and more productive.



**B** Decide if 1–4 are F (for) or A (against) the title "Modern students are being tested to death."

- |   |  |
|---|--|
| <p>1 Tests for ten-year-olds may only be a simple test of their ability, whereas many ten-year-olds feel under enormous pressure to pass them.</p> <p>2 One further drawback is that the more tests there are, the less time there is for fluency practice in language classes, as it is not practical to give speaking tests to 40 or more students each week.</p> | <p>3 Although it can be argued that students take too many tests today, schools in my country actually tested students more in the past than they do today.</p> <p>4 One further advantage of testing is that it prevents cheating. Students cannot simply cut and paste an answer that they have "Googled".</p> |
|---|--|

**C** Write your own conclusion to the for-and-against essay question in A.

To sum up, \_\_\_\_\_  
 \_\_\_\_\_

**D** Look back at lessons 2.1–2.5 in the Student's Book. Find the connection between the song lines and the content of each lesson.

**E** Listen to the five question titles from the unit, and record your answers to them. If possible, compare recordings with a classmate.