

1

Feelings

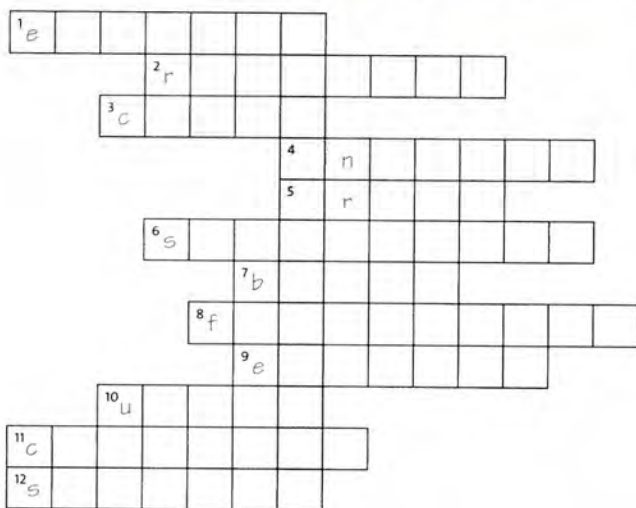
Vocabulary

A

How do you feel?

I can describe how people are feeling.

1 Look at the pictures and complete the puzzle with adjectives to describe feelings.



What is the mystery word? _____

2 Complete the modifying adverbs. Use *a, e, i, o, u* and *y*.



- 1 _xtr_m_l_
- 2 v_r_
- 3 r_th_r
- 4 _b_t
- 5 _l_ttl_b_t

3 Which adjective best describes each person's feelings? Use the adjectives below.

anxious delighted embarrassed frightened proud relieved shocked upset

- 1 The waiter was really rude to me when I asked for a glass of water. I was a bit *shocked*.
- 2 I got a new smartphone for my birthday. I was _____.
- 3 My dad started to sing at my party and all my friends saw him! I was really _____!
- 4 My little brother won a singing competition. I was very _____.
- 5 Our dog is very old and is really ill. I think he might die. We're very _____.
- 6 I've got a difficult, important exam tomorrow. I'm feeling a little bit _____.
- 7 I went on the tallest, fastest ride at the theme park. I was really _____.
- 8 I left my mobile on the bus, but someone found it. I was extremely _____.

4 1.02 Listen. How are the people feeling? Choose from the adjectives below. There are two extra adjectives.

ashamed cross delighted envious relieved suspicious

Speaker 1 _____ Speaker 3 _____
Speaker 2 _____ Speaker 4 _____

5 Complete the sentences with your own words.

- 1 I feel confused when _____.
- 2 I feel bored when _____.
- 3 I feel proud when _____.
- 4 I feel excited when _____.
- 5 I feel disappointed when _____.

Past simple (affirmative)

I can use the past simple affirmative.

1 Complete the sentences with the past simple affirmative form of the regular verbs below.

decide die drop look marry move stop
study talk want

- My dad _____ maths at university.
- We live in Oxford. We _____ here five years ago.
- Jason _____ at me and smiled.
- The train _____ at the station and we got off.
- Jenny _____ on the phone with her friend for over two hours!
- In the end, we _____ to go on holiday to Italy, not to France.
- The goalkeeper had the ball, but then he _____ it.
- My mum _____ my dad in 1988.
- I _____ to go to the shopping mall, but my mum said no.
- Sadly, my grandma _____ last year. She was 98.

2 Complete the sentences. Use the past simple affirmative form of the irregular verbs in brackets.

- Emma tried on a green dress and a blue dress in the clothes shop, and _____ (choose) the blue one.
- I _____ (find) £20 in the street last Saturday.
- We _____ (go) bowling yesterday evening.
- Somebody _____ (steal) my smartphone from my schoolbag.
- The film _____ (begin) at seven and finished at ten.
- It _____ (take) six hours to drive from London to Edinburgh.
- Hannah _____ (feel) relieved when she got her exam results.
- Tom and Matt _____ (be) upset that George didn't invite them to his party.
- We _____ (get) home at eight o'clock on Sunday.
- Millie _____ (spend) all her money on computer games.

3 Complete the texts with the past simple affirmative of the verbs in brackets.

Callie Rogers ¹ _____ (be) just sixteen when she ² _____ (win) the lottery in 2003. She ³ _____ (give) up her job as a shop assistant and ⁴ _____ (start) to spend her money. She ⁵ _____ (take) her family on expensive holidays, ⁶ _____ (invite) all her friends to big parties every weekend and ⁷ _____ (have) cosmetic surgery. Ten years later, she ⁸ _____ (have) just £2,000 left. But she's happy now. 'I ⁹ _____ (be) too young to win the lottery,' she ¹⁰ _____ (say).

4 Correct the verbs in sentences 1–5.

- We was at home last night. X _____
- I dropped my phone on the floor. X _____
- I gived my brother a book for his birthday. X _____
- My sister studied maths at university. X _____
- I spended all my pocket money on sweets. X _____

5 Write five true sentences about what you did last weekend. Use past simple forms of the verbs below to help you, or your own ideas.

be get go have phone play study
take talk visit watch

- _____
- _____
- _____
- _____
- _____

Tom Crist ¹¹ _____ (get) a big surprise when he ¹² _____ (answer) his phone on 16 December 2013. He ¹³ _____ (be) a lottery winner, and the prize ¹⁴ _____ (be) enormous - \$40 million! He ¹⁵ _____ (decide) not to tell anyone about the win. He immediately ¹⁶ _____ (give) all the money to charities. 'I don't really need that money,' he ¹⁷ _____ (say). 'My wife ¹⁸ _____ (die) earlier in the year so I ¹⁹ _____ (choose) cancer charities that ²⁰ _____ (help) her.'

Problems, problems!

I can listen for gist.

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1 Choose the correct verb.

- 1 We should **do** / **make** a plan for the weekend.
- 2 Can you **have** / **tell** a word with your sister?
- 3 You should **give** / **make** her a call and apologise.
- 4 Don't **keep** / **take** offence. It was only a joke!
- 5 I **made** / **took** an excuse and left the party early.
- 6 Is it always wrong to **make** / **tell** a lie?
- 7 I'm really tired. Can we **do** / **take** a break now?
- 8 I nearly always **give** / **tell** the truth.

2 Complete the advice with *should* or *shouldn't* and the verbs below.

feel go invite listen look open spend tell

- 1 'It's really hot in here.' 'We *should open* a window.'
- 2 'My ears are hurting.' 'You _____ to loud music so often.'
- 3 'I think we're lost.' 'Yes. We _____ at a map.'
- 4 'I only got 68% in my exam.' 'You _____ disappointed. That's a good mark!'
- 5 'I really like the girl next door.' 'We _____ her to our party.'
- 6 'Do you like Reece's new shirt?' 'No – but I don't think you _____ him that.'
- 7 'My science project isn't very good.' 'Maybe you _____ more time on it.'
- 8 'I don't feel well.' 'You _____ to bed early.'

3 Write advice for these problems. Use *I think* / *I don't think you should ...* and your own ideas.

- 1 My best friend gave me a T-shirt for my birthday, but I hate it.

- 2 I want to go to the cinema this weekend, but I haven't got any money.

- 3 I borrowed a DVD from my friend, but I've lost it.

Listening Strategy

You do not have to understand every word in a listening task. Focus on the general meaning and try not to be distracted by words you do not understand.

4 1.03 Read the Listening Strategy. Then listen to three short dialogues. For each one, choose the best summary of the general meaning (a or b).

- 1 Ellie is upset because
 - a she can't take part in the school show.
 - b she can't go to a family wedding.
- 2 Daisy is excited because
 - a she likes seeing her cousin.
 - b her cousin has got a present for her.
- 3 James is worried because
 - a he isn't ready for his music exam.
 - b he can't finish his homework in time.

5 1.04 Listen to four dialogues (A–D). Match the dialogues with sentences 1–5 below. There is one extra sentence.

The person with the problem:

- 1 agrees that it is not necessary to tell the truth about it.
- 2 agrees to follow the advice, but feels upset.
- 3 asks for advice, but decides not to follow it.
- 4 gets angry when their friend gives advice.
- 5 does not get any advice from their friend.

6 1.04 Listen again. Complete the missing words in these lines from the dialogues.

Dialogue A

- 1 I _____ what to do.
- 2 Oh dear – I _____ problem.

Dialogue B

- 3 You _____ very happy!
- 4 I _____ right, Daniel.

Dialogue C

- 5 Can I _____ something?
- 6 Just talk to him – _____ advice.

Dialogue D

- 7 I've got _____ with my Facebook page.
- 8 No, I _____ you should do that.

Past simple (negative and interrogative)

I can use the past simple to describe events.

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

- We _____ (get) to the hotel in time for dinner.
- Our team _____ (win) the last match of the season.
- It was a long film, but I _____ (feel) bored.
- They _____ (spend) all their money on holiday.
- My aunt _____ (be) at the family wedding last weekend.
- Our teacher _____ (give) us a lot of homework.
- It _____ (rain) at all last month.
- I enjoyed the film, but I _____ (can) understand all of the dialogue.

2 Complete the first part of each sentence with the correct past simple negative form.



- I *didn't go* skiing last winter, I went snowboarding.
- Einstein _____ in 1965, he died in 1955.
- The holidays _____ yesterday, they began last week.
- My grandparents _____ born in Russia, they were born in Germany.
- I _____ 'thirteen', I said 'thirty'.
- We _____ the first half of the match, but we saw the second half.
- At the age of five, I _____ ride a bike, but I could ski.
- It _____ warm yesterday, but it was sunny.

3 Make these sentences true for you. Use the past simple affirmative or negative form of the verbs in brackets.

- I _____ (can) swim when I was five.
- Last weekend, I _____ (do) a lot of homework.
- Five years ago, I _____ (be) a student at this school.
- Ten years ago, I _____ (live) in a different town.
- I _____ (make) my own breakfast this morning.
- I _____ (choose) the clothes I'm wearing now.
- Last night, I _____ (go) out with my friends.
- When I was six, I _____ (study) English.

4 Complete the dialogue with the question words below.

how often what when where which who why

- Mia** Hi, Henry. ¹ _____ did you do at the weekend?
Henry I went to the beach on Saturday.
Mia That's nice! ² _____ did you go with?
Henry Matt and Alex.
Mia Alex West? ³ _____ do you see him?
Henry Only two or three times a year. He doesn't live near here any more.
Mia ⁴ _____ does he live now?
Henry In London.
Mia Does he? ⁵ _____ part of London?
Henry I'm not sure. North London, I think.
Mia ⁶ _____ did he move?
Henry I think his mum got a new job. Anyway, ⁷ _____ did you last see him?
Mia Oh, about two years ago.

5 Put the words in order to make questions. Then write answers that are true for you.

- 1 homework / how much / last / did / you / night / do / ?

- 2 with / travel / did / to / school / you / who / today / ?

- 3 best / meet / where / you / did / friend / your / ?

- 4 first / teacher / who / your / was / English / ?

6 Read the sentences. Then write questions for the given answers.

- 1 Jack gave his old bike to his sister.
 Q: What did Jack give his sister?
 A: His old bike.
- 2 Sam had dinner early because he was hungry.
 Q: _____ ?
 A: He was hungry.
- 3 Mason and Tyler went to London together.
 Q: _____ ?
 A: He went with Tyler.
- 4 Grace listened to three Lady Gaga CDs.
 Q: _____ ?
 A: Three.

Adjective endings

I can use different adjective endings.

1 Circle the correct adjective.

- 1 Playing volleyball is fun, but it's **tired** / **tiring**.
- 2 This new computer game is **amazed** / **amazing**!
- 3 I was **astonished** / **astonishing** that we won the performance competition.
- 4 'I fell off my chair in the middle of a lesson.' 'How **embarrassed** / **embarrassing**!'
- 5 My grandma's stories are always **interested** / **interesting**.
- 6 I read a **shocked** / **shocking** report about smoking.
- 7 I wasn't **surprised** / **surprising** that he was late.
- 8 I was so **annoyed** / **annoying** about your comment!

2 Complete the text with the correct *-ed* or *-ing* adjective formed from the verbs in brackets.

A LONG WAY HOME

Saroo was born in Madhya Pradesh in India. His family were very poor, so when Saroo was just five, he and his brother Guddu found work on trains as cleaners. One day the boys went to work at a station 70 km from home. The job was very ¹ _____ (tire) for Saroo and he fell asleep at the station. He was so ² _____ (exhaust) that he slept for hours. When he woke up, Guddu was not there. Saroo was ³ _____ (shock) and ⁴ _____ (worry). He looked for his brother, but couldn't find him. It was a very ⁵ _____ (frighten) situation for a young child.

After two weeks, the police found Saroo, but he could not tell them where his home was - he was too ⁶ _____ (confuse) and he didn't know its name. In the end, the police decided he was officially lost and placed him with an adoption agency. An Australian family called Brierley took him to their home in Tasmania and he grew up with them.

As an adult, Saroo Brierley stayed in Australia, but he looked for his home town in India using the photos on Google Earth on his computer. It took months, but Saroo never got ⁷ _____ (bore) with looking. In the end, he found the town. He was ⁸ _____ (delight) and travelled there at once. When he saw his mother again for the first time in 25 years, it was a very ⁹ _____ (move) experience for both of them. Newspapers and TV stations became ¹⁰ _____ (interest) in Saroo's ¹¹ _____ (astonish) story and Saroo himself wrote a book about it in 2012.

3 Complete the sentences with *-ed* or *-ing* adjectives formed from the verbs below.

confuse disgust excite frighten move

- 1 'This milk has got black bits in it.' 'How _____!'
- 2 We all cried at the end of the film - it was so _____!
- 3 I enjoyed the book, but I was _____ about the ending. It didn't make sense.
- 4 I love watching football, it's so _____!
- 5 I felt _____ because it was dark in the house and I was alone.

VOCAB BOOST!

When you learn a new word, make a note of other related words at the same time. This will help you expand your vocabulary more quickly.

New word: *disappoint* (verb)

Related words: *disappointed* / *disappointing* (adjectives), *disappointment* (noun)

Try to add examples. These will help you to remember the meanings.

- I always try not to disappoint my parents.
- I was disappointed with my exam results.
- The film was very disappointing.
- I didn't like the present, but I tried to hide my disappointment.

4 Read the *Vocab boost!* box. Choose ONE of the verbs below. Write down the related adjectives and noun, using a dictionary to help you. Then write example sentences.

amuse depress entertain relax satisfy

1 verb: _____
Example: _____

2 *-ed* adjective: _____
Example: _____

3 *-ing* adjective: _____
Example: _____

4 noun: _____
Example: _____

A painless operation

I can understand a text about a medical operation.

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1 Complete the table.

Accidents and injuries	
Noun / Phrase	Verb
1 blood	_____
2 a _____	burn yourself
3 a cut	_____ your finger
4 a _____	sprain your ankle
5 an injury	_____ yourself
6 a _____ arm	break your arm

2 Complete the sentences with the words below.

bruise fell over hurt hurts pain slipped

- I've got a big black _____ where I banged my arm.
- I've got a _____ in my shoulder.
- My finger _____.
- Joe _____ himself when he was playing football.
- My mum _____ on the ice and _____.

3 Read the text. Are the sentences true (T) or false (F)?

- Lenkei took about half an hour to hypnotise himself.
- Lenkei didn't speak during the operation.
- All the operations were successful.

It didn't hurt!

- 1 In 2008, Alex Lenkei had a problem with the bone in his arm and he needed a serious operation. Normally, with an operation like that, the doctor gives the patient an anaesthetic so that he or she doesn't feel any pain. But Lenkei refused the anaesthetic. Instead, he hypnotised himself and simply told himself that he could not feel any pain. That took about thirty seconds. Then the operation started. According to Mr Lenkei, pain signals do not reach his brain when he is hypnotised.

- 2 The doctor, David Llewellyn-Clerk, was a bit worried. He had to take some bone from Lenkei's arm. He watched Lenkei carefully during the operation, as he wasn't sure that Lenkei could feel no pain. 'I didn't think Mr Lenkei could hear us,' said Dr Llewellyn-Clerk, 'but half way through the operation, he said "How's it going?"' That's when the doctor realised that Lenkei was not in pain. The operation lasted 83 minutes.

- 3 Mr Lenkei started hypnotising people when he was sixteen and is now an expert. It wasn't his first operation without anaesthetic. In 1996, a friend hypnotised him before a thirty-minute operation on his stomach. Both operations were successful, so Lenkei had a third operation without anaesthetic in 2013, this time on his ankle, which also went well.

Reading Strategy

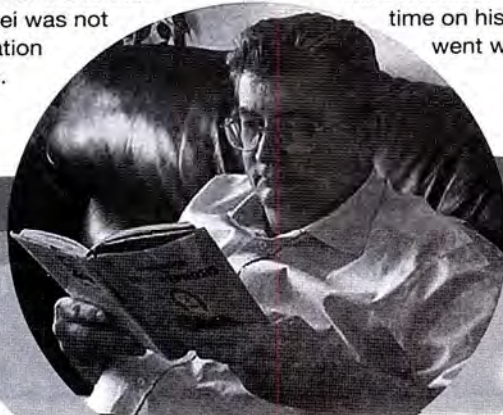
When you do a matching task, follow these steps:

- 1 Read the text to get a general idea of the meaning. Do not worry if you do not understand every word.
- 2 Read the task and all the options carefully.
- 3 Read the paragraphs of the text carefully one by one and match them to the correct option.
- 4 Check that the extra options do not match any of the paragraphs.

4 Read the Reading Strategy. Then match the questions below with paragraphs 1–3 of the text. There is one extra question.

In which paragraph does the writer tell us ...

- when the first operation happened?
- why Lenkei needed an operation on his arm?
- what Lenkei did just before the operation on his arm?
- on what part of his body the third operation was?
- when Doctor Llewellyn-Clerk realised that Lenkei was not in pain?
- when Lenkei first hypnotised someone?
- what happens to pain signals in his body while he is hypnotised?
- when Lenkei had his second operation?
- how long the operation on his arm took?
- what the doctor did to Lenkei's arm during the operation?



Narrating events

I can relate and react to past events.

1 Put the words and punctuation marks in the correct order to make phrases for reacting and showing interest.

1 envious / I'm / so / really / ? / !

Really? I'm so envious!

2 sounds / that / terrifying / !

3 to / cool / a / what / do / thing / !

4 what / really / relief / a / ? / !

5 amazing / that's / !

6 like / sounds / nightmare / a / that / !

7 what / oh / shame / no / a / ! / !

8 kidding / you're / !

9 that / like / sounds / fun / !

10 upsetting / how / !

2 React to these sentences. Use phrases from exercise 1. More than one answer is possible for each sentence.

1 I lost my mobile phone!

2 I went scuba diving when I was on holiday.

3 I'm going to be on TV tonight!

4 I got a new moped for my birthday!

5 I left my wallet in a shop, but they returned it to me.

6 I got 95% in my French exam.

3 Read the forum post about an event and complete the notes.

littlehelen It was the last day of the summer holidays and I was at my friend Alice's house. She said, 'Everyone is wearing fancy dress to school tomorrow to raise money for charity.'

So the next day, I went to school in fancy dress. But it was a joke! No one was wearing fancy dress! I had to go home and change, and I missed the first two lessons.

I was very embarrassed, but Alice thought it was really funny and couldn't stop laughing. The teacher was a bit cross with me and Alice!

1 Set the scene.

Who? Helen, ...

Where? _____

When? _____

2 What happened?

Alice - said tomorrow - fancy dress

3 How did people feel?

Alice - amused - laughed _____

Helen - _____

Teacher - _____

Speaking Strategy

Follow a simple structure for narrating events. For example:

1 Set the scene (Where? When? Who?).

2 Say what happened.

3 Say how you (and / or others) felt about it.

4 Read the Speaking Strategy and the task. Then write notes.

Tell the story of an event that happened in the school holidays.

1 Set the scene.

Who? _____

Where? _____

When? _____

2 What happened?

3 How did you (and / or other people) feel? Think of at least three adjectives.



5 Now do the task using your notes from exercise 4.

A description of an event

I can describe an event.

Preparation

1 Rewrite the sentences. Replace the underlined verbs with the phrasal verbs below. Use the correct tense.

ask for find out get over look at own up
put back talk about

1 She often borrows my clothes, but she never confesses to it.

2 I requested a seat by the window.

3 The police officer examined my passport carefully.

4 Are you discussing the World Cup?

5 I discovered where my brother hides his diary.

6 Please return my pen when you borrow it!

7 After his exams, he spent a day in bed just to recover from them.

Writing Strategy

When you write a description of an event, remember to say how you and other people felt at the time, and how you all reacted to the events. This will make your anecdote come to life and engage the reader's interest.

2 Read the Writing Strategy. Then complete the description using the adjectives below to describe the people's feelings.

guilty proud scared upset

Writing Guide

3 Read the task. Then make brief notes in the table below. Use one of the suggestions in the ideas box or your own idea.

You did something you feel bad about. Write a description of an event with the title 'Confession!'

- Give a short description of what you did.
- Say how you felt at the time.
- Describe how other people reacted.
- Explain why you feel bad about it now.

Notes

What did you do?

How did you feel at the time? Why?

How did other people feel? How did they react?

How do you feel about it now? Why?

Ideas

You feel bad because you:

- borrowed something without asking and broke it.
- told somebody a secret your friend told you.
- copied some homework from the internet.
- told somebody about a surprise party and spoiled the surprise.

4 Write your description. Use your notes from exercise 3.

Confession!

Joanne

I once bought a big plastic insect at a joke shop and put it inside my brother's lunch box in the morning. It looked disgusting! I told my friends about the prank – I was ¹ _____ of it! My brother didn't say anything about it after school. In fact, he didn't mention it for ages. Then one morning I found the same insect in my bowl of cereal at breakfast. I wasn't ² _____ at all – it was funny. But when I asked him how he felt when he found it in his lunch box, he didn't smile. In fact he looked a bit ³ _____. 'It was horrible,' he said. 'I screamed. Then everybody laughed at me.' When I heard that, I felt really ⁴ _____. I don't play tricks on my brother now!

CHECK YOUR WORK

Have you ...

- covered all four points in the task?
- included adjectives to describe feelings?
- checked your spelling and grammar?

Review Unit 1

Vocabulary

1 Complete the sentences with the words below.

anxious cross disappointed embarrassed
envious relieved

- Ted was very _____ before his exams, but in the end he got excellent marks.
- I'm so _____ to know that you're OK and that you didn't get hurt in the accident.
- I work all summer, so I'm _____ of people who can take the summer off.
- Sam was _____ that he didn't win the race, but he was happy that he took part in it.
- She was extremely _____ when she forgot the words to the song in front of hundreds of people.
- I'm sorry I was _____ with you. I had a very bad day.

Mark: / 6

2 Replace the underlined words in the sentences with the words below.

bored confused delighted excited
frightened suspicious

- She was scared when her car broke down on a lonely country road at night. _____
- I am really unsure about his instructions. Now I have no idea what to do! _____
- The film made us so uninterested that we went home before it finished. _____
- I'm very enthusiastic about studying abroad next year. _____
- Alice was very happy that so many of her friends called her on her birthday. _____
- I don't want to be unwilling to believe, but do you think Alan is telling the truth? _____

Mark: / 6

3 Complete the sentences with the correct form of the verbs below.

give have make take (x2) tell

- You look really tired! You should stop revising and _____ a break.
- To _____ the truth, I'm a bit bored with this TV programme.
- Do you think we could _____ a word with the teacher about our homework? I don't really understand it.
- Don't _____ offence at everything people say. It's better to ignore negative comments.
- We need to _____ a plan for the party next week, otherwise we won't be prepared.
- Can you _____ me a call tomorrow? I'll have more time to talk then.

Mark: / 6

4 Complete the sentences. Choose the correct verb and use the past simple.

- 'What happened to your hand? It's very red.'
'I _____ (bleed / burn) it while I was cooking.'
- 'Why is your ankle in a bandage?' 'I _____ (trip / sprain) it while I was playing football.'
- 'Why is your arm in a cast?' 'I _____ (fall over / injure) and _____ (break / burn) it while I was hiking.'
- 'What are you doing on the floor?' 'I _____ (slip / trip) over on some spilled water.'
- 'Why is there blood on your coat?' 'I _____ (cut / sprain) my hand this morning!'
- 'Your hand is all blue.' 'I know. I _____ (burn / hurt) it doing karate.'

Mark: / 6

5 Choose the correct answers.

- If you don't _____ help, how can people know you need it?
a ask for b find out c get over
- I know you're upset now, but I'm sure you'll _____ it in time.
a get on b get over c get back
- Did you _____ when the test is? I still don't know the date.
a talk about b ask for c find out
- I know he's embarrassed by what he did, but he needs to _____ his mistakes.
a see to b own up to c look at
- When you finish using my tablet, please could you _____ on my desk?
a put it back b take it back c get it over

Mark: / 5

Word Skills

6 Complete the email with the -ed or -ing form of the verbs in brackets.

✉ Hey Lisa!

How are things with you? We're having a great time in Greece. The islands are ¹ _____ (fascinate) and the weather is hot and sunny every day. To be honest, we were a little ² _____ (bore) at first because we weren't sure what to do, and it's ³ _____ (annoy) not to be able to talk to people in their own language or understand what they're saying. But then we met a group of people from Sweden who have lots of ideas for ⁴ _____ (excite) things to do every day. We went snorkelling today. We were ⁵ _____ (amaze) by the number of fish we saw, but then it was a bit ⁶ _____ (disgust) when we ate some of the same fish for lunch afterwards!

We're looking forward to seeing you in September.

Love
Anna

Mark: / 6

Grammar

7 Complete the dialogues with the past simple form of the verbs in brackets.

Jane Tim¹ _____ (tell) me about your holiday. Is it true you² _____ (go) to Spain?

Chris Yes! We³ _____ (have) a fantastic time. We⁴ _____ (visit) some amazing museums, and we⁵ _____ (have) some truly amazing food!

Mike I⁶ _____ (buy) a new tablet yesterday. Someone⁷ _____ (steal) my old one out of my bag.

Laura That's a shame! You⁸ _____ (report) the theft to the police, didn't you?

Mike No. I⁹ _____ (want) a new tablet anyway, and I actually¹⁰ _____ (spend) less on the new one than the old one.

Mark: /10

8 Complete the dialogues with the correct negative or interrogative past simple form of the verbs in brackets.

1 A¹ _____ (you / go) to the cinema last night?
B No, I² _____ (go) in the end. I got home from work so late that there³ _____ (be) enough time.

2 A They announced the winners of the art competition yesterday. ⁴ _____ (you / win) a prize?
B No, I⁵ _____ (win) anything, but I⁶ _____ (expect) to. I'm not very good at art.

3 A⁷ _____ (David / tell) you his news when you spoke to him yesterday?
B No, he⁸ _____ (say) much – just hello and goodbye.
A Well, he⁹ _____ (pass) his exams. Maybe he¹⁰ _____ (want) you to know.

Mark: /10

Use of English

9 Choose the correct answers.

Pain is not easy to control, and people with conditions that cause constant pain often have¹ _____ hard time – like Denise, for example. She worked as a nurse² _____ many years, and she also took part in sports³ _____ running, hiking and skiing. An old skiing injury annoyed her occasionally, but she⁴ _____ it. Then she began to have terrible headaches and she became unable to work⁵ _____ of the constant pain. She talked⁶ _____ her problem with several doctors, but she didn't⁷ _____ out exactly what the problem was. One of the most⁸ _____ things about this kind of problem is that people tell her it's 'all in her head' and that she should just⁹ _____ over it. Denise sometimes feels very¹⁰ _____, but she tries to stay optimistic and every day she finds new ways to cope with a problem that may never have a cure.

- | | | |
|-------------------|---------------|--------------|
| 1 a an extremely | b an extreme | c extremely |
| 2 a from | b since | c for |
| 3 a such | b like | c as |
| 4 a ignores | b is ignoring | c ignored |
| 5 a because | b due | c reason |
| 6 a to | b that | c about |
| 7 a look | b find | c search |
| 8 a annoying | b annoyed | c annoy |
| 9 a go | b come | c get |
| 10 a discouraging | b discouraged | c discourage |

Mark: /10

Total: /65

I can ...

Read the statements. Think about your progress and tick one of the boxes.

★ = I need more practice.

★★ = I sometimes find this difficult.

★★★ = No problem!

	★	★★	★★★
I can describe how people are feeling.			
I can use the past simple affirmative, negative and interrogative.			
I can listen for gist.			
I can use the past simple to describe events.			
I can use different adjective endings.			
I can understand a text about an unusual medical condition.			
I can relate and react to past events.			
I can write a description of an event.			

Reading

Strategy

Read the text all the way through first so that you get a good general understanding before you try to answer the questions.

1 Read the Strategy. Then read the text in exercise 2. Choose the best summary (a–c).

- a The text describes what teenagers believe makes them happy.
- b The text gives tips for teenagers about different ways to be happy.
- c The text gives some information about how young people feel.

2 Read the text again. Circle the correct answer: *True (T)*, *False (F)* or *Doesn't say (DS)*.

Happiness is ... ? Your survey says ...

So you're between the ages of thirteen and eighteen. What makes you happy? There have been lots of surveys about teenagers and happiness and they all come to different conclusions. Some surveys say that most young people are happiest when they spend time with their family. Others say it's when they're with friends. Some teenagers think that getting good marks at school and passing exams makes them happy and others feel that it's having a boyfriend or girlfriend that improves their lives. The problem is that there isn't just one thing that makes everyone happy. Happiness is something different for each of us, and what made us happy last week might not make us happy next week!

However, there are some things that can help improve our mood when we're feeling unhappy. Experts believe that exercise can make you a happier person – but how? Exercise releases chemicals in your brain that are related to a feeling of pleasure. Many people who exercise say that the more exercise they do, the more they want to do. Now we know why! In addition to this, exercise is also good for our physical health. So, if we know that we're doing something healthy, that should make us even happier!

There's another surprising idea to help make us happier. Although you might think that eating chocolate is bad for you, it seems that it is good to eat chocolate when we're feeling sad. According to some research, experts say that eating chocolate can make us feel happy. Of course it isn't healthy to eat too much, but chocolate releases chemicals in the same way that exercise does – and for some people it's easier and quicker than running several kilometres or working out in the gym!

It's also important to remember that we can't all be happy all the time. There are times in our lives when things are going well and we feel good. But we can also be happy for brief moments and we should value these as well. For example, perhaps you're sitting on a beach watching the sun on the water, with friends around you, and you feel happy. Remember that moment! Or maybe your dog does something silly that makes you laugh. Remember it! And when you feel sad, go for a run or eat some chocolate – you'll soon cheer up!

- 1 The surveys show that teenagers and parents have different ideas about happiness. T F DS
- 2 The things that make us happy never change. T F DS
- 3 The surveys show that teenagers who do exercise are happier. T F DS
- 4 When we feel depressed it's good to do something active. T F DS
- 5 Exercise and eating chocolate can produce similar results. T F DS
- 6 It's important to value even short moments of happiness. T F DS

Listening

Strategy

Read through the options in the task carefully before listening. Try to predict what kind of text you think you will hear: a conversation, an announcement, part of a talk, part of a radio show, an advert, a telephone message, etc. This will help you to better understand what the text is about.

3 Read the Strategy. Then read the questions and answers in exercise 4 and try to predict what types of text you are going to hear.

4 **1.05** You will hear six texts twice. Choose the correct answer (A–D).

- 1 What is the speaker giving advice about?
 - A making life decisions
 - B studying for tests
 - C improving your work
 - D planning your time
- 2 What is true about Amy?
 - A She's leaving her family.
 - B She's starting work.
 - C She's leaving her home town.
 - D She's going on holiday.
- 3 The presenter is asking for opinions about
 - A a news story.
 - B a holiday.
 - C a charity.
 - D a new lottery.
- 4 What does Lucy do?
 - A give advice
 - B ask about an event
 - C recommend a style of music
 - D remind someone about an event
- 5 What is the speaker advertising?
 - A the best bands to see in August
 - B the range of food to buy at music events
 - C different places to make money in the summer
 - D the chance to work at a music festival

- 6 Who is the speaker?
- A a student discussing schoolwork
 - B a teacher giving advice on a trip
 - C a tour guide welcoming visitors
 - D a weather presenter on television

Use of English

Strategy

Always read the text all the way through first, ignoring the gaps, to understand the general meaning.

- 5 Read the Strategy. Then quickly read through the text in exercise 6. What is the disadvantage of using electronic devices?
- 6 Read the text again and complete it with the correct words. Use only one word for each gap.

I'm sure that, like most people today, you have and regularly use a wide range of electronic devices – smartphones, tablets, laptops and so on. We rely on these ¹ _____ talk to our friends, get information, send pictures and videos and ² _____ lot more. But ³ _____ you ever think ⁴ _____ the dangers to your health of using these devices? It seems that more ⁵ _____ 60% of us listen to music that is too loud, and this can damage our ears. Some people text and message all ⁶ _____ time, which can cause problems with their fingers and thumbs. Also, because we regularly look ⁷ _____ small screens, we can sometimes get bad headaches and sore eyes. And people who use desktop computers every day at work can get very bad backs. Finally, there ⁸ _____ a horrible problem that experts call 'Text neck'. When we text, we look down at our phone, bending our necks. When we do this ⁹ _____ much, it can cause neck pain and even damage to the spine. Will this information stop us using electronic devices? Probably not. But it might make us think ¹⁰ _____ a moment before we pick up our phone or go online.

Speaking

Strategy

When you are doing a role-play task, remember to ask questions, make suggestions, and agree or disagree with your partner. Include all the information in the task.

- 7 Decide who is Student A and who is Student B. Read your own role in the exam task. Make a list of ideas and think about ways of suggesting them to your partner. Then do the role-play.

Student A

You and a friend want to go to see a new film together. Discuss what your friends have told you about the new films they've seen recently and decide which one to see with your friend. Tell your partner about a friend who saw a comedy.

Student B

You and a friend want to go to see a new film together. Discuss what your friends have told you about the new films they've seen recently and decide which one to see with your friend. Tell your partner about a friend who saw an action film.

Writing

Strategy

Read the question carefully and make sure you understand what type of text you need to write. Think carefully about how formal or informal your writing needs to be.

- 8 Read the Strategy. Then read the exam task and a student's answer. Underline words and phrases that show you that the email was written to a friend.

You have recently been on holiday with your family. Write an email about it to a friend in Britain. Include the following points:

- where you went
- how you got there
- something interesting you did
- how you felt when you got home
- an invitation to your friend to stay with you for the next school holiday.

Hi David,

How are things? I'm depressed! I went on holiday to the south of France with my family last week and I didn't want to come home! We had a brilliant time.

We travelled by plane to Marseille and then by coach to a seaside town. We stayed in a lovely hotel. It was right on the beach.

One day we went to a small restaurant and we had an amazing meal. We had loads of seafood – delicious! The restaurant was on a hill with a lovely view of the sea. It was really cool.

When we got home yesterday I started to get anxious about my school exams next week. I need to think about another holiday! So, why don't you come and stay with us in the summer? We can have a great time!

Write soon,

Katy

- 9 You have recently been to a music event with some friends. Write an email about it to a friend in Britain. Include the points below.

- type of event and its location
- the atmosphere at the event
- what you enjoyed most
- someone interesting you met
- a request to send you some new music he / she likes.