

# 3

# Happy holidays?

## Grammar

### Past simple, past continuous, past perfect simple and past perfect continuous



1 Complete the story with the past simple or the past continuous form of the verbs in brackets.

I (1) ..... (go) to bed early the night before because I (2) ..... (know) I had a long day ahead of me. When I (3) ..... (wake up), it (4) ..... (rain) outside. I (5) ..... (decide) to go anyway and just (6) ..... (hope) the rain would clear. I (7) ..... (hear) a forecast for better weather while I (8) ..... (listen) to the car radio. The rain (9) ..... (stop) at 6 am, just as I (10) ..... (park) my car at the base of the mountain. While I (11) ..... (get) my backpack out of the car, my friend Matt (12) ..... (arrive). Both of us (13) ..... (look forward to) the day ahead as we (14) ..... (set off) up the mountain.

2 Choose the correct verb form in *italics*.

- 1 I *had driven* / *had been driving* for two hours when I decided to stop for lunch.
- 2 The plane *had already taken off* / *had already been taking off* by the time we got to the gate.
- 3 Before I went on this trip, I *hadn't travelled* / *hadn't been travelling* outside Europe before.
- 4 Our hotel room was too small because I *had forgotten* / *had been forgetting* to say I was bringing my children.
- 5 My dad was exhausted after playing golf because he *hadn't done* / *hadn't been doing* regular exercise.
- 6 We *had already paid* / *had already been paying* for a holiday in Spain when Ashley suddenly told me she wanted to go to the US instead.

3 Complete the text with the correct past form of the verbs in brackets.

My husband and I (1) ..... (decide) to go on a cruise around the Greek islands because we (2) ..... (work) really hard and needed to relax. The only problem was that by the time we (3) ..... (realise) that we (4) ..... (pack) all the wrong things, the ship (5) ..... (sail). Even though the days were warm, the evenings were quite cool and we (6) ..... (not bring) any warm clothes. I (7) ..... (not take) my credit card with me, just a little cash. We (8) ..... (feel) a bit stupid that we (9) ..... (not plan) better. Luckily, I (10) ..... (find) my credit card in my make-up bag while I (11) ..... (get) ready one morning, so we (12) ..... (buy) everything we needed on board.

### at, in or on in time phrases

4 Complete the email with *at, in or on*.

From: Mitchell Baker  
 To: Lost Property Office, Charles de Gaulle Airport  
 Subject: Lost wallet

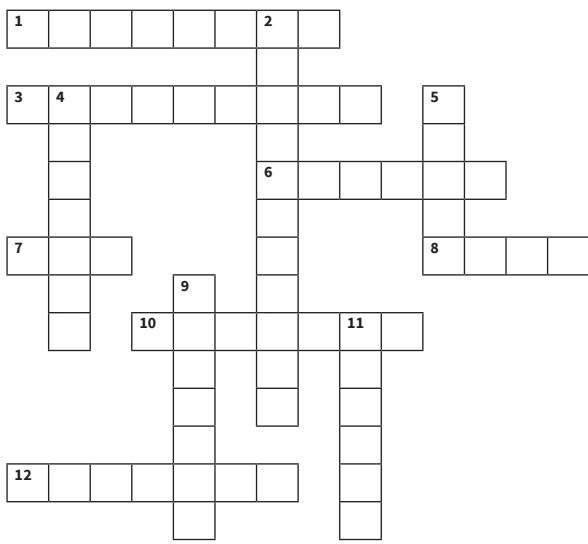
My name is Mitchell Baker and I flew from London to Paris on Flytime Airlines flight FT753 (seat 24C) yesterday. The flight was (1) ..... 7:35 (2) ..... the morning I left my wallet in the pocket of the seat in front of me. I phoned the Flytime desk at Charles de Gaulle Airport and they told me the wallet had been found and was now at their Lost Property Office. I am still in Paris and staying at the Hotel Royale. I will be leaving (3) ..... Friday and I cannot come to the airport to get my wallet until then. The driver for the airport bus at my hotel has offered to pick it up from you (4) ..... the evening (5) ..... Tuesday. His name is Philippe Ledoux and he will come to the office (6) ..... 8 pm.

Yours sincerely  
 Mitchell Baker

**Vocabulary**

**Travel words**

1 Complete the crossword puzzle. Use the clues and the first letters of the words to help you.



**Across**

- 1 Mary often travels for work because she does a lot of b..... in India.
- 3 There are no evening flights, so you'll have to stay o..... in a hotel.
- 6 I really want to t..... to Africa.
- 7 Can you tell me the w..... to the train station?
- 8 Mark is away on a t..... to Scotland.
- 10 The word for h..... in the United States is *vacation*.
- 12 I like to go away for the w..... if I've had a busy week at work.

**Down**

- 2 If you go s..... in London, make sure you see Buckingham Palace.
- 4 The v..... I stayed in was very small – only about 30 people live there.
- 5 Ask your travel a..... if you have any more questions about the tour.
- 9 The j..... from Alice Springs to Darwin takes over 21 hours by bus.
- 11 He wants to live a..... somewhere so that he can experience another culture.



**Suffixes**

2 Complete the sentences with the adjective form of the noun in brackets.

- 1 Cinque Terre is famous for its coastal villages with very ..... houses. (colour)
- 2 I think you can find more ..... prices if you book your flights online. (reason)
- 3 My business trip was very ..... – I got two new clients. (success)
- 4 You must be feeling very ..... today if you want to go out in this weather. (energy)
- 5 I love the wonderful ..... environment in the north of Canada. (nature)
- 6 My mother is rather ..... and often travels abroad alone. (adventure)
- 7 He is ..... that he will find a hotel room at this time of year. (doubt)
- 8 Going diving on the Great Barrier Reef would be a ..... experience. (thrill)
- 9 It's important for all tourist attractions to be ..... to wheelchairs. (access)
- 10 Don't go to Venice in July – it will be far too ..... (crowd)
- 11 Why are you being so ..... about where you're going on holiday? (mystery)
- 12 I've always found the people in New York very ..... (friend)

**Listening Part 3**

Don't choose your answers too quickly. Make sure you have listened to everything before you make your final decision.

**Exam advice**

4 You will hear five short extracts in which people talk about a surprise they got on holiday. For questions 1–5, choose from the list (A–H) the main reason each person gives for why they were surprised. Use the letters only once. There are three extra letters which you do not need to use.



- A I found what I was looking for.
- B I made an important historical discovery.
- C I recognised myself in something I saw.
- D I had a very uncomfortable journey.
- E I managed to surprise someone else.
- F I was very upset by the situation.
- G I had an unexpected encounter with someone.
- H I was willing to be flexible.

Speaker 1 

	1
--	---

Speaker 2 

	2
--	---

Speaker 3 

	3
--	---

Speaker 4 

	4
--	---

Speaker 5 

	5
--	---

**Writing Part 2**

**A report**

You can use paragraphs, headings and bullet points to make your report clearer.

**Exam advice**

Read the Writing Part 2 task and answer. Then complete the report with the words and phrases in the box.

**Transport report**

Your class is planning a school trip to your capital city. The teacher has asked you to write a report on the advantages and disadvantages of travelling to and from the capital by train, and whether you would recommend it. Include the following information:

- the position of the station
- the cost
- the frequency of the trains

Write your **report** in **140–190** words in an appropriate style.



Although Disadvantages I would highly recommend  
In addition In terms of It is also a benefit The purpose of

Introduction

(1) ..... this report is to provide information on train travel to London for the school trip. (2) ..... advantages, the station is in a convenient position and ticket prices are reasonable. However, the trains are not very frequent.

Advantages

The stations in our city and in London are both in convenient locations: the local station is very close to the school, and the train will arrive in the centre of London. (3) ..... that the cost is reasonable: a return ticket is £30 with a student discount. In comparison, the same return trip by coach would cost £35.

(4) .....

There is only one train to London a day and it leaves at 6 am. If any student misses the train, they cannot catch another one.

(5) ....., to make sure there are enough seats for all students, tickets need to be reserved six weeks in advance.

Conclusion

(6) ..... travelling to London by train for the school trip. (7) ..... the trains are not very frequent, if the school books early enough it can be sure to get seats for all the students at a reasonable price.

**Reading and Use of English Part 7**

Different texts or parts of the text may contain similar ideas, but you have to read carefully to decide which of these say the same thing as the questions.

**Exam advice**

You are going to read an article in which four people describe their experiences on a cruise ship. For questions 1–10, choose from the people (A–D). Each person may be chosen more than once.

**Which person**

liked not having to change accommodation?

1	
---	--

wasn't interested in socialising?

2	
---	--

was anxious about not fitting in?

3	
---	--

regretted a decision?

4	
---	--

had to compromise?

5	
---	--

didn't want to leave the ship during the cruise?

6	
---	--

kept in touch with home?

7	
---	--

was bothered by the weather?

8	
---	--

felt the destination was unimportant?

9	
---	--

used the time to complete a piece of work?


10	
----	--



## A Mary Jones

My husband, Bernie, and I are the same age, but I'm a lot less active than he is. We both like going sightseeing on holiday, but because of my arthritis I'm unable to walk very far these days. Cruises are a great way for us to spend time together – but do different things. We end up having completely different holidays even though we're travelling on the same ship. On the days we get into port, Bernie goes on shore for a change of scene, while I sunbathe on deck, chat to other passengers or find a comfortable spot to work on the novel I'm writing. When he shows me the photos of what he's seen and done that day, I try not to let it get me down. I'd love to go with him but there's only so much I can manage.

## C Chelsea Ryan




I was completely unprepared for the heat when I was planning my cruise. I knew it would be hot in August, though when we were at sea it was much cooler because of the sea breezes, but I never imagined that temperatures would be over 35 degrees when we were in port. As a result, I didn't leave the ship much when we got in to the various cities, but I got so fed up with staying behind that at one stop I decided to go on a group walk in the hills. There was a bus to take us up there, but once we arrived it was like an oven. Luckily, I wore a lot of sunscreen so I didn't get sunburnt, but it just wasn't worth getting off the ship for. I could have spent the day in the pool instead.

## B Paul Fletcher



I'd never been on a cruise before, and I was a bit concerned that I'd be much younger than the other travellers. Well, I don't know whether it was the particular cruise I chose, but I needn't have worried. There were families with children, couples having a romantic break and groups of people around my own age, and there were plenty of activities for people to get to know each other and have a good time. When I needed to, I was able to find some quieter places to drop a line to friends to let them know how I was getting on. The ship even had a cinema! I enjoyed getting off at a different port every day. I'd been to some of the cities before, but never by sea. It was great not having to drive anywhere or constantly pack my suitcase up to go somewhere different.



## D Andy Simpson

I usually go on a ten-day cruise every year. I don't really care where I go, as long as it's somewhere hot. It may seem strange as there are so many other people on board, but I stay on the ship and use it as a kind of chance to get away from the world. I do so much volunteer work that I need an escape from everything when I'm on holiday. For me, going on a cruise is an opportunity to switch off for a while. I have yoga classes each day and I do a lot of walking around the deck listening to classical music. It's wonderful being on board, and I'm so comfortable it's preferable to stay there rather than go wandering about. I get a surprising amount of exercise – the fitness tracker I wear on my wrist told me I was doing 7,000 steps a day last time. I leave my phone at home and enjoy having time to myself.

# 4

# Food, glorious food

## Grammar

### so and such, too and enough

- Choose the correct option in *italics*.
  - Your children don't eat *so much / few / enough* healthy food.
  - There isn't *too many / enough / so few* flour to bake a cake.
  - The YouTube recipe was *too / so / such* fast to follow.
  - Your grandfather grows *such / few / so* delicious tomatoes.
  - This recipe has *too few / so little / too much* garlic that you can't taste it.
  - We both have *so much / so little / so few* opportunities to do any cooking.
  - That is *such a / so / such* good way of cooking eggs.
  - This lemonade isn't *much sweet / enough sweet / sweet enough* yet – let's add more sugar.
  - This steak is *too / enough / so much* tough to cut.
  - I saw *so much / so many / so little* cheap offers in the supermarket today.

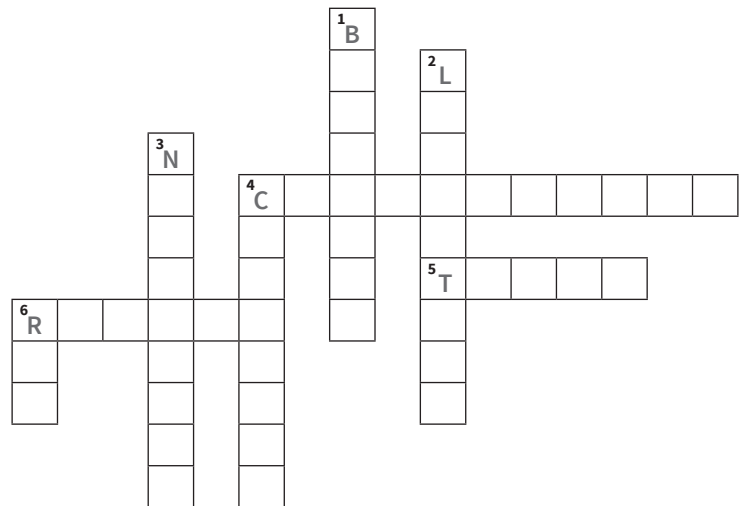
- Some of the sentences contain mistakes made by exam candidates. Underline the mistakes and correct them.

- There are too much chemicals in processed food.
- Many of the recipes in this book are traditional.
- These strawberries have too much cream on them that I can't see them.
- I don't think there is enough layers in the lasagne.
- This recipe takes such a long time to make, but it's worth it.
- My dentist says that I eat far too much sugar.
- I didn't think the food in New York would be such expensive.
- The service in this café is so slow – they don't make the coffee fast enough.

## Vocabulary

### Food and diet

- Choose the correct option in *italics*.
  - You have a well-balanced *diet / food* – you always eat lots of fruit and vegetables.
  - The recipe for this *food / dish* is just too complicated.
  - You must come to my house for a *dish / meal* very soon.
  - The *dish / food* of the day on the menu is roast chicken.
  - I try to buy *organic / biological* food because I think it's better for my health.
  - My favourite type of *food / diet* is Italian – I love pizza!
  - If you eat *filling / strong* foods for breakfast, you can eat a smaller lunch.
  - I only buy fish when I can be sure it's *raw / fresh*.
  - I don't really like going out to restaurants for expensive *dishes / meals*.
  - He only cooks *fresh / simple* food, but it's always delicious.
- Complete the crossword puzzle. Use the clues to help you.



#### Across

- Another word for fast food.
- A word to describe food that is delicious.
- Written instructions for how to cook a meal.

#### Down

- The type of diet that has a wide variety of foods.
- The way in which a person lives.
- Food necessary for health and growth.
- Providing food and drink at a social gathering.
- A word to describe food that has not been cooked.

### Reading and Use of English Part 1

For questions 1–8, read the text below and decide which answer (A, B, C or D) best fits each gap. There is an example at the beginning (0).

Try to guess what the answer is before you look at the options. You might know the answer already!

**Exam advice**

**Example:**

- 0 A learned    **B** taught    C said    D asked

### What is umami?

We are (0) ..... that there are four different tastes: sweet, sour, salty and bitter. However, Auguste Escoffier, the famous 19th-century French chef, talked about a fifth taste in his (1) ....., which he said was the (2) ..... of his success. In 1909, the chemical basis of this taste was discovered by a Japanese chemist called Kikunae Ikeda. He was eating a bowl of seaweed soup and noticed that its delicious taste could not be (3) ..... as any of the four accepted taste (4) ..... He called this umami, which means ‘delicious’ in Japanese, and took his idea into the laboratory to find out (5) ..... what it was. He discovered that the taste was caused by glutamate, which is a natural acid found in meat, fish, vegetables and dairy (6) ..... When you cook meat, cheese ages or onions are fried, the glutamate breaks down and makes things taste (7) ..... good. In 2002, this new taste was officially named umami in Ikeda’s (8) .....

- |             |                |            |              |
|-------------|----------------|------------|--------------|
| 1 A cooks   | B plates       | C sauces   | D kitchen    |
| 2 A secret  | B idea         | C reason   | D mystery    |
| 3 A defined | B detailed     | C decided  | D designed   |
| 4 A boxes   | B styles       | C sections | D categories |
| 5 A finally | B surely       | C exactly  | D mostly     |
| 6 A types   | B objects      | C products | D supplies   |
| 7 A widely  | B particularly | C suitably | D virtually  |
| 8 A respect | B thanks       | C approval | D honour     |



## Reading and Use of English Part 6

You are going to read a magazine article about relaxing while cooking. Six sentences have been removed from the article. Choose from the sentences A–G the one which fits each gap (1–6). There is one extra sentence which you do not need to use.

Read the whole text first so that you have a good idea of what it is about before you try to insert the missing sentences.

Exam  
advice

# Cooking is therapy

Cooking can be a great way to relax after a tough day. Watching cookery programmes on TV is hugely popular nowadays, and according to psychologists, doing the cooking yourself with friends or family can ease anxiety and tension. But be careful: the kitchen can easily become a stressful place, so it's good to follow a few simple culinary rules.

First, enjoy the company of the people you are in the kitchen with. Use the time for conversation with your fellow cooks.

**1**  This kind of discussion makes cooking fun. It's essential not to rush, so ensure you dedicate enough time to get the cooking done. Have the ingredients, equipment and recipe ready before you begin. This way you have less chance of forgetting an important stage, or running the risk of something burning while you are searching for the right wooden spoon to stir it. **2**

If you follow these carefully, you can relax in the knowledge you're doing it right. Clean up as you go, or you may end up getting stressed over the big mess there is to clean up at the end. If you keep everything in order, you'll be more relaxed.

Most importantly, keep your cool. **3**  These are inevitable. Good food takes time: think of how delicious the results will be in the end. Enjoy every moment of the preparation – cutting vegetables, mixing spices, stirring a

pot. The cooking process needs to be joyful. **4**  And this will create even more stress. Take advantage of time in the kitchen to get rid of any worries or anxieties you have.

Be sure to make food you love eating, things you remember from your childhood that will warm your heart as well as your stomach. Alternatively, you can make healthy food to help you stay in shape. Whatever you cook, make sure you use fresh, high-quality ingredients. Start with basic foods, not products with lots of chemicals listed on the packet. **5**  Not only will they be tastier, but they will be better for you, too. Try to think about where the ingredients

have come from, how they are grown and when. Knowing the story behind what you are cooking with gives you respect for the producers of your food – where those apples were grown, who made your cheese and how. If you can, use local ingredients. **6**  This is because it hasn't caused carbon emissions due to transportation. Try to avoid waste and buy foods that have the least packaging. Make it your goal to throw away as little as possible.

Finally, turn off the TV and put on some of your favourite music. When your meal is ready, set the table, sit down with your friends or family, and really enjoy what you've prepared.



- A** Then you can be sure that your dishes will be pure and natural.
- B** Don't panic if you experience setbacks or complications.
- C** Try watching a YouTube video that shows you all the steps.
- D** Share the tasks, explain what you are going to do next and chat about the different types of food you love.

- E** Even if you're not familiar with all the ingredients, don't let this put you off.
- F** If you cook when you're in a bad mood, you can't expect the results to be any good.
- G** The nearer the food is to its source, the less impact it has on the environment.

## Listening Part 4

You have one minute before the recording begins. Use the time to read the questions and underline any key words.

Exam advice



**5** You will hear a radio interview with a man called Mike Jones, who has recently been a contestant on a TV cooking show. For questions 1–7, choose the best answer (A, B or C).

- How did Mike feel about getting chosen for the show?
  - He was surprised because he hadn't applied.
  - He was sure that he would enjoy it.
  - He was worried that he would be too shy.
- Mike has imagined working as a professional chef
  - because he spends so much time eating out.
  - as people have always enjoyed his food.
  - even though he has only recently started cooking.
- Why did Mike make a cake on the first day of the show?
  - He knew the judges would love it.
  - He thought he had to cook something simple.
  - He was able to remember how to make it.
- What did Mike find stressful about being on the show?
  - He couldn't concentrate because of the loud music.
  - He had to work in unfamiliar surroundings.
  - He didn't have enough time to cook.
- How does Mike feel about being approached in the street?
  - He can't believe that anyone knows who he is.
  - He prefers it when it is children.
  - He likes the attention.
- What does Mike think was the best thing about the whole experience?
  - His cooking skills have improved.
  - He has met a lot of people.
  - He has become even more interested in food.
- Mike can't say whether he won the competition because
  - the final episodes haven't been filmed yet.
  - he wants it to be a surprise.
  - he isn't allowed to.

## Writing Part 2

### A review

Use adjectives and adverbs to make your review more descriptive. You will get higher marks if you use a range of vocabulary.

Exam advice

Read the Writing Part 2 task and then complete the review with the words in the box.

### Reviews wanted!

Have you been on a holiday that people who love food would really enjoy? Write a review of your holiday for our popular website. Describe where you stayed and what you did, and say why you think food lovers would enjoy it. The best reviews will go on our website for travellers and tourists.

Write your **review** in **140–190** words in an appropriate style.

meals such recipes dish too so enough food

Last April, three friends and I flew from London to Pisa for a four-day foodie holiday in Italy. A 'foodie' is someone who loves good food. We stayed in a private villa in the Tuscan countryside with **(1)** ..... beautiful views of the hills. My private room was warm and cosy, and decorated with antique furniture. I had to share the bathroom, but it was very clean and there was **(2)** ..... hot water.

Every evening, we ate memorable **(3)** ..... in the different restaurants in the village – all the ingredients were **(4)** ..... fresh. During the day, our group of six people learned how to cook classic Italian **(5)** ..... at the villa with the delightful Signora Elisa, and lunch was our own cooking creations. I couldn't believe I was eating a delicious pasta **(6)** ..... each day that I had made with my own hands!

It was the perfect Italian cooking holiday for any foodie and I thoroughly recommend it. All the cooking lessons were included in the price, which made it a very good value trip. However, one word of warning. There's a lot of **(7)** ..... to eat over the four days – possibly **(8)** ..... much for some people!