

**G** present simple and continuous, action and non-action verbs    **V** food and cooking    **P** short and long vowel sounds

## 1 VOCABULARY food and cooking

a Circle the word that is different. Explain why.

1 peach chicken raspberries pear  
The others are all fruit.

2 pork lamb squid beef  
The others are all \_\_\_\_\_.

3 melon cherries peach cucumber  
The others are all \_\_\_\_\_.

4 green beans beetroot cabbage duck  
The others are all \_\_\_\_\_.

5 lemon salmon grapes cherries  
The others are all \_\_\_\_\_.

6 courgette crab mussels prawns  
The others are all \_\_\_\_\_.

b Match the words from the list to definitions 1–8.

aubergine avocado lobster mango  
melon red pepper squid tuna

1 a large sea fish that we eat  
tuna

2 a vegetable with dark purple skin  
\_\_\_\_\_

3 a tropical fruit with hard, dark green skin, soft, light green flesh, and a large seed inside  
\_\_\_\_\_

4 a sea animal with a soft body, eight arms, and two tentacles  
\_\_\_\_\_

5 a red vegetable that is empty inside  
\_\_\_\_\_

6 a tropical fruit, which has a yellow and red skin and is yellow inside  
\_\_\_\_\_

7 a sea creature with a hard shell and eight legs  
\_\_\_\_\_

8 a large round fruit with a thick yellow or green skin and a lot of seeds  
\_\_\_\_\_

c Label the pictures.



1 grilled salmon



2 \_\_\_\_\_ egg



3 \_\_\_\_\_ potato



4 \_\_\_\_\_ egg



5 \_\_\_\_\_ chicken



6 \_\_\_\_\_ peas

d Complete the sentences with a word from the list.

fresh frozen low-fat raw spicy tinned

1 We don't need tinned tomatoes, we need fresh ones.

2 Are there any \_\_\_\_\_ peas in the freezer?

3 I don't like \_\_\_\_\_ fish, so I never eat sushi.

4 Hannah's on a diet, so she's bought some \_\_\_\_\_ yoghurt to have for dessert.

5 We buy \_\_\_\_\_ bread from the baker's every morning.

6 Mexican food can be very \_\_\_\_\_.

e Match the phrasal verbs in **bold** in questions 1–3 to definitions a–c.

- 1 Are there any food or drinks you'd like to **cut down on**? Which one(s)? c
- 2 Have you ever tried to **cut out** any food or drinks completely? Which one(s)? \_\_\_\_\_
- 3 Where do you usually go when you want to **eat out**? What do you usually have? \_\_\_\_\_

- a to stop eating something completely  
 b to have lunch or dinner in a restaurant  
 c to eat less of something

f Answer the questions in e.

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

## VOCABULARY FROM LISTENING

g Complete the sentences.











- 1 I miss \_\_\_\_\_ drinking English tea when I go abroad.
- 2 My favourite pizza t\_\_\_\_\_ is ham and mushroom.
- 3 I eat chocolate when I'm unhappy to ch\_\_\_\_\_ myself u\_\_\_\_\_.
- 4 We sometimes eat r\_\_\_\_\_ -m\_\_\_\_\_ food for dinner when we get home from work late.
- 5 I'm a \_\_\_\_\_ to peaches, so I never eat them.
- 6 Do you ever get t\_\_\_\_\_ food from the Chinese restaurant on the corner?
- 7 I don't like tuna as a sandwich f\_\_\_\_\_.

## 2 PRONUNCIATION short and long vowel sounds

a Write the words in the chart.

beef carton chicken chocolate cookie  
 crab cucumber jar mango peach pork  
 prawns sausage squid sugar tuna

			
1 fish	2 tree	3 cat	4 car
	beef		

			
5 clock	6 horse	7 bull	8 boot

b 1.1 Listen and check. Then listen again and repeat the words.

c Write the words.

- 1 /bɔɪld/ boiled
- 2 /'kæbɪdʒ/ \_\_\_\_\_
- 3 /'spɑːsi/ \_\_\_\_\_
- 4 /rəʊst/ \_\_\_\_\_
- 5 /greɪps/ \_\_\_\_\_
- 6 /fru:t/ \_\_\_\_\_
- 7 /beɪkt/ \_\_\_\_\_
- 8 /'melən/ \_\_\_\_\_
- 9 /'əʊbæʒi:n/ \_\_\_\_\_

d 1.2 Listen and check. Then listen again and repeat the words.

### 3 GRAMMAR present simple and continuous, action and non-action verbs

#### a Complete the sentences with the present simple or continuous form of the verbs in brackets.

- I sometimes feel tired after lunch. (feel)
- We \_\_\_\_\_ usually \_\_\_\_\_ late at the weekend. (not get up)
- \_\_\_\_\_ you \_\_\_\_\_ the TV or can I turn it off? (watch)
- My boss \_\_\_\_\_ to work every morning. (cycle)
- Can you call back later – I can't hear you. We \_\_\_\_\_ a party, and the music is very loud. (have)
- There's a man in our neighbours' garden. What \_\_\_\_\_ he \_\_\_\_\_? (do)
- How often \_\_\_\_\_ your teacher \_\_\_\_\_ you homework? (give)
- I \_\_\_\_\_ chocolate this month. I need to cut down on sweet things. (not eat)
- My mother \_\_\_\_\_ often \_\_\_\_\_ exercise. (not do)
- My girlfriend has stopped eating snacks. She \_\_\_\_\_ to be healthier. (try)

#### b Correct any mistakes in the highlighted phrases. Tick (✓) the correct sentences.

- I like your jacket. Is it new?
- Something is smelling good. What are you making?   
Something smells good.
- That cake is looking delicious. Did you make it?
- I don't know what to cook for dinner.
- Are you thinking the fish is cooked now?
- Can I call you back? I'm having lunch right now.
- This soup tastes quite spicy. What's in it?
- I'm loving all kinds of vegetables. There aren't any I don't eat.

#### c Complete the sentences using the correct form of a verb from the list.

believe not belong drive play not recognize  
not sleep sound not use

- I can't talk now, I'm driving. I'll call you when I get to the office.
- I think your boyfriend is telling the truth – I \_\_\_\_\_ him.
- Can you turn off your computer if you \_\_\_\_\_ it?
- This bag \_\_\_\_\_ to me. Is it yours?
- Sarah isn't at home. She \_\_\_\_\_ tennis.
- I'm tired because I \_\_\_\_\_ well at the moment.
- I \_\_\_\_\_ that woman. Do you know who she is?
- That music \_\_\_\_\_ awful. Would you mind turning it down?

#### d Write questions.

- what / you / do right now  
What are you doing right now \_\_\_\_\_?
- where / you / usually do your homework  
\_\_\_\_\_?
- why / you / study English  
\_\_\_\_\_?
- you / think English is easy  
\_\_\_\_\_?
- you / enjoy the classes at the moment  
\_\_\_\_\_?
- what / you / usually do after the class  
\_\_\_\_\_?

#### e Write an email to your teacher. Use the questions in d to help you.

Hi \_\_\_\_\_,

Right now, I'm doing my English homework.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Hope you're well.

Best wishes

\_\_\_\_\_

**G** future forms: present continuous, *be going to*, *will / won't*

**V** family, adjectives of personality

**P** sentence stress, word stress

## 1 VOCABULARY family, adjectives of personality

a Complete the sentences with a family word.



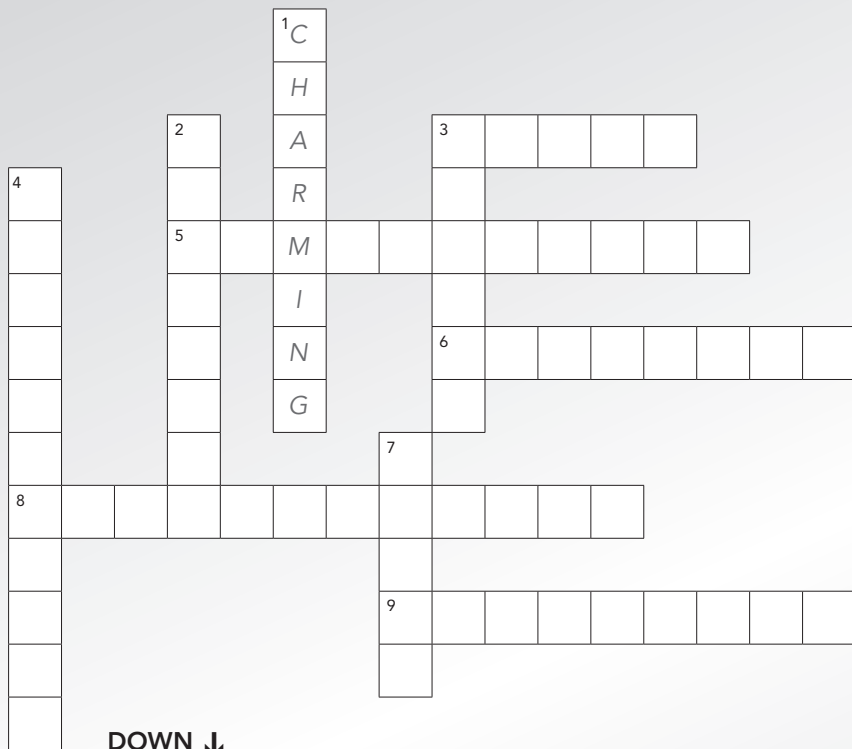
- 1 Your mother and father are your parents.
- 2 Your grandfather's father is your gr\_\_\_\_\_ -gr\_\_\_\_\_.
- 3 A child who has no brothers or sisters is an o\_\_\_\_\_ ch\_\_\_\_\_.
- 4 Your brother's or sister's daughter is your n\_\_\_\_\_.
- 5 A child who parents take into their family and treat as their own is an a\_\_\_\_\_ ch\_\_\_\_\_.
- 6 Your partner, children, parents, and brothers and sisters are your i\_\_\_\_\_ family.
- 7 Your father's new wife is your st\_\_\_\_\_.
- 8 Your wife or husband's brother is your br\_\_\_\_\_ -i\_\_\_\_\_ -l\_\_\_\_\_.
- 9 A sister who shares one parent with you is your h\_\_\_\_\_ -s\_\_\_\_\_.
- 10 Your brothers and sisters are your s\_\_\_\_\_.
- 11 Your grandparents, aunts, uncles and cousins are your e\_\_\_\_\_ family.
- 12 Your brother's or sister's son is your n\_\_\_\_\_.
- 13 Your stepmother's or stepfather's daughter from an earlier relationship is your st\_\_\_\_\_.

b Match the comments to the personality adjectives from the list.

ambitious anxious honest independent  
 insecure patient rebellious self-confident  
 selfish sensible spoilt stubborn

- 1 'When I want something, my parents always give it to me.'  
spoilt
- 2 'I find it very hard to relax. Sometimes I lie awake at night for hours worrying about things.'  
 \_\_\_\_\_
- 3 'There aren't any prawns left for you. I was hungry, so I ate them all.'  
 \_\_\_\_\_
- 4 'I'm going to go to bed early so I can sleep well before my exam tomorrow.'  
 \_\_\_\_\_
- 5 'I feel very comfortable when I'm speaking in public.'  
 \_\_\_\_\_
- 6 'I'd like to be the manager of a big multinational company.'  
 \_\_\_\_\_
- 7 'That's what I think, and I'm not going to change my mind.'  
 \_\_\_\_\_
- 8 'I'd prefer to do this on my own, thanks.'  
 \_\_\_\_\_
- 9 'I was a really difficult teenager. I didn't obey any rules at school or home.'  
 \_\_\_\_\_
- 10 'Take your time, I can wait. I'm not in a hurry.'  
 \_\_\_\_\_
- 11 'Excuse me. You dropped some money. Here it is.'  
 \_\_\_\_\_
- 12 'I'm not sure if Jess is my friend or not. She says she is, but I don't really know.'  
 \_\_\_\_\_

c Read the sentences and complete the crossword with the missing adjectives.



**DOWN ↓**

- 1 Eddie's attractive, friendly and   – everybody loves him!
- 2 Cathy's really  . She loves going out, and she's got a lot of friends.
- 3 My niece is very   for her age – you'd never guess she was only 12.
- 4 Laura's very   – she writes some wonderful stories.
- 7 Emma's so  . She's always telling other people what to do.

**ACROSS →**

- 3 My boss is really  . Sometimes he's fine, but other times he gets angry about the smallest thing.
- 5 It isn't fun playing tennis with my brother because he's so  . He hates losing.
- 6 I'm lucky to have a friend like Paul because he's very  . He's always there when I need his help.
- 8 My grandma's very  . She loves us all very much, and she gives us lots of hugs and kisses.
- 9 It's very easy to make Daisy cry because she's very  .

d Write the opposite adjectives. Use a negative prefix.

- |               |               |               |       |
|---------------|---------------|---------------|-------|
| 1 tidy        | <u>untidy</u> | 8 organized   | _____ |
| 2 honest      | _____         | 9 responsible | _____ |
| 3 mature      | _____         | 10 sociable   | _____ |
| 4 reliable    | _____         | 11 friendly   | _____ |
| 5 sensitive   | _____         | 12 kind       | _____ |
| 6 ambitious   | _____         | 13 patient    | _____ |
| 7 imaginative | _____         | 14 selfish    | _____ |

e Complete the sentences with *sensible*, *sensitive* or *sympathetic*.

- 1 Don't be so \_\_\_\_\_! I didn't mean to make you cry.
- 2 Be \_\_\_\_\_! There are only three places in our car. We can't take the whole football team home!
- 3 Be \_\_\_\_\_! Her hamster has died, and she's very upset!

**2 GRAMMAR future forms**

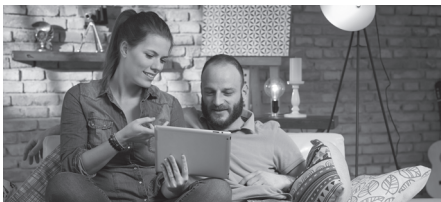
a Complete the sentences with the correct form of the verbs or phrases in **bold**.

- 1 **he / look for** (an intention)  
My brother hates his job.  
He's going to look for a new one.
- 2 **I / pay** (an offer)  
Don't worry about the drinks.  
\_\_\_\_\_ for them.
- 3 **I / make** (an offer)  
\_\_\_\_\_ some more coffee?
- 4 **you / get married** (a prediction)  
Do you think \_\_\_\_\_ before you're 30?
- 5 **we / go** (an arrangement)  
\_\_\_\_\_ on holiday tomorrow.  
I can't wait!
- 6 **I / have** (an instant decision)  
**A** Are you ready to order?  
**B** Yes, \_\_\_\_\_ the steak.
- 7 **I / be** (a fact)  
\_\_\_\_\_ 21 on my next birthday.
- 8 **we / invite** (a suggestion)  
\_\_\_\_\_ your parents for a meal this weekend?
- 9 **I / not be** (a promise)  
I'm going to Jacky's house for dinner.  
I \_\_\_\_\_ late home.
- 10 **it / break** (a prediction)  
There's too much shopping in this bag.  
I think \_\_\_\_\_.

**b Complete the conversations with the correct future form of the verbs in brackets.**



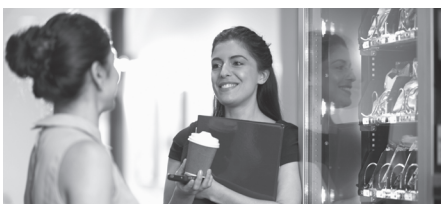
- 1 A Are \_\_\_\_\_ you going away \_\_\_\_\_ this weekend? (go away)  
 B No, we \_\_\_\_\_ here. Why? (stay)  
 A We \_\_\_\_\_ a barbecue. Would you like to come? (have)



- 2 A I'm too tired to cook. \_\_\_\_\_ we \_\_\_\_\_ a Chinese takeaway? (order)  
 B Good idea. I \_\_\_\_\_ the restaurant. What do you want for your starter? (call)  
 A I \_\_\_\_\_ spring rolls, please. (have)



- 3 A What time \_\_\_\_\_ you \_\_\_\_\_ in the morning? (leave)  
 B I \_\_\_\_\_ the six o'clock train. (get)  
 A I \_\_\_\_\_ you a lift to the station, then. (give)



- 4 A What \_\_\_\_\_ you \_\_\_\_\_ tonight? (do)  
 B I \_\_\_\_\_ to the cinema with some friends. (go)  
 A What film \_\_\_\_\_ you \_\_\_\_\_? (see)  
 B The new *Star Wars* film.  
 A Oh, I've seen it. You \_\_\_\_\_ it! (love)



- 5 A \_\_\_\_\_ I \_\_\_\_\_ you do the washing-up? (help)  
 B OK. I \_\_\_\_\_ and you can dry. But please be careful with the glasses. (wash)  
 A Don't worry. I \_\_\_\_\_ anything! (not break)

**c Answer the questions. Use the correct future forms.**

- 1 What are you going to do after the class?  
*First, I'm going to go shopping. \_\_\_\_\_*  
*Then, I'm going to go home and make dinner. \_\_\_\_\_*
- 2 What do you think the weather will be like tomorrow?  
 In the morning, it \_\_\_\_\_.  
 In the afternoon, I think it \_\_\_\_\_.
- 3 What are you doing this weekend?  
 I \_\_\_\_\_.
- 4 What are your plans for next summer?  
 I \_\_\_\_\_.

**3 PRONUNCIATION sentence stress**

**a 1.3 Listen and complete the sentences.**

- 1 When \_\_\_\_\_ are you going to book \_\_\_\_\_ your holiday \_\_\_\_\_?  
 2 I'm \_\_\_\_\_ going to \_\_\_\_\_ the \_\_\_\_\_.  
 3 I'm going to \_\_\_\_\_.  
 4 \_\_\_\_\_ are you \_\_\_\_\_?  
 5 I'm \_\_\_\_\_ some \_\_\_\_\_.  
 6 I'm \_\_\_\_\_ my \_\_\_\_\_.  
 7 She's \_\_\_\_\_ her \_\_\_\_\_.  
 8 \_\_\_\_\_ will you \_\_\_\_\_ your \_\_\_\_\_?  
 9 I \_\_\_\_\_ them \_\_\_\_\_.  
 10 I'll \_\_\_\_\_ them on \_\_\_\_\_.

**b 1.3 Listen again and repeat. Copy the rhythm.**

## 1 REACTING TO WHAT PEOPLE SAY

a Circle the correct answers. ONE or TWO answers may be correct.

- 1 A Kate's going travelling for a year!  
B What a great idea! / Oh no! / What a pity.
- 2 A I've left my wallet at home again!  
B How fantastic! / I don't believe it. / You're kidding.
- 3 A I didn't get the job.  
B That's great news! / What a pity. / Never mind.
- 4 A We're getting married!  
B How fantastic! / That's great news! / Oh no!
- 5 A Dave's got a new car.  
B Never mind. / Really? / What a pity.
- 6 A I've lost my phone.  
B Oh no! / How fantastic! / That's great news!

b Complete the chart with the correct phrases from a.

- 1 Reacting to something surprising  
I don't believe it!
- 2 Reacting to something interesting  
\_\_\_\_\_
- 3 Reacting to some good news  
\_\_\_\_\_  
\_\_\_\_\_
- 4 Reacting to some bad news  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 2 HOW + ADJECTIVE, WHAT + NOUN

Complete the phrases with *How* or *What*.

- 1 How \_\_\_\_\_ interesting!
- 2 \_\_\_\_\_ a good idea!
- 3 \_\_\_\_\_ terrible news!
- 4 \_\_\_\_\_ awful!
- 5 \_\_\_\_\_ amazing!
- 6 \_\_\_\_\_ a pity!

## 3 SOCIAL ENGLISH

Complete the conversations with the phrases from the list.

\_\_\_\_\_

a really nice guy    Go ahead    How do you see  
How incredible    I mean    Not really    That's because  
things like that

\_\_\_\_\_

- 1 A What do you think of Isabel's new boyfriend?  
B He's a really nice guy.
- 2 A \_\_\_\_\_ your life in ten years' time?  
B I think I'll be married and have my own company.
- 3 A I hear you're an excellent swimmer. Would you like to be a professional?  
B \_\_\_\_\_. I don't have enough time to train.
- 4 A I'm sorry. I'm not feeling hungry.  
B \_\_\_\_\_ you ate too much for lunch!
- 5 A You know, I think we went to the same school.  
B \_\_\_\_\_! What a coincidence!
- 6 A Can I have another piece of chicken, please?  
B \_\_\_\_\_. There's more in the kitchen.
- 7 A What sort of books do you read?  
B Biographies, historical fiction, \_\_\_\_\_.
- 8 A Would you like to come to the concert with us?  
B No, sorry. \_\_\_\_\_, I'd love to, but I'm busy.

# Can you remember...? 1

## 1 GRAMMAR

Complete the sentences.

- Excuse me. The ticket office is closed. What time \_\_\_\_\_ it \_\_\_\_\_?
- Tony's in his room. He \_\_\_\_\_ his homework.
- Sorry, I \_\_\_\_\_ with you. I think you're wrong.
- \_\_\_\_\_ you \_\_\_\_\_ a suit to the wedding next Saturday?
- We \_\_\_\_\_ a barbecue on Friday. Would you like to come?
- Don't worry. I promise I \_\_\_\_\_ late home tonight.

## 2 VOCABULARY

Circle the word that is different.

- crab duck lobster squid
- beef chicken lamb salmon
- stepsister niece nephew half-sister
- aunt uncle cousin mother
- affectionate bossy honest patient
- charming moody selfish stubborn

## 3 PRONUNCIATION

Circle the word with a different sound.

 fish	1 grilled siblings reliable tinned
 tree	2 beef great niece steamed
 cat	3 anxious family imaginative mature
 car	4 charming father half-sister parent
 horse	5 organized raw spoilt talkative

## 4 GRAMMAR & VOCABULARY

Read the article. Circle a, b, or c.

### CHANGING EATING HABITS

Eating habits in the UK <sup>1</sup> \_\_\_\_\_ healthier, according to the results of a government survey. The study <sup>2</sup> \_\_\_\_\_ the food bought by the average family over the last 40 years. One of the greatest differences is the type of milk that people are drinking. Today, many <sup>3</sup> \_\_\_\_\_ buy skimmed milk rather than full-fat milk for their families. This is probably because of campaigns to help people <sup>4</sup> \_\_\_\_\_ the amount of fat they eat. Another type of food that contains less fat and is very popular today is oven chips. These are chips that are <sup>5</sup> \_\_\_\_\_ in the oven without adding fat. It <sup>6</sup> \_\_\_\_\_ that British people today are also more adventurous in what they eat. Instead of fish and chips, they're now buying more seafood, such as prawns and <sup>7</sup> \_\_\_\_\_. As for meat, people are eating less <sup>8</sup> \_\_\_\_\_ and lamb, and more chicken and minced beef. Italian food is extremely popular today and <sup>9</sup> \_\_\_\_\_ pasta is available in the shops, as well as the cheaper dried version. In general, nutritionists are pleased with the results of the survey and hope that people <sup>10</sup> \_\_\_\_\_ eating healthily in the future.



- a are becoming    b become    c is becoming
- a compare    b is comparing    c compares
- a nephews    b parents    c siblings
- a cut down on    b cut down    c eat out
- a baked    b boiled    c steamed
- a is seeming    b seem    c seems
- a cherries    b grapes    c mussels
- a lobster    b peach    c pork
- a fresh    b frozen    c raw
- a continues    b is continuing    c will continue