

К.С. Большакова

**СБОРНИК УПРАЖНЕНИЙ
К УМК “UPSTREAM B2”**

УЧЕБНО-ПРАКТИЧЕСКОЕ ПОСОБИЕ



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гуманитарно-педагогический университет»

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Предлагаемое вашему вниманию учебно-практическое пособие является дополнением к учебно-методическому комплексу “Upstream B2”. Пособие ставит своей целью расширить словарный запас студентов лексикой по предложенным темам, а также развить навыки чтения и устной речи в рамках изучаемых тем.

Учебно-практическое пособие предназначено для бакалавров факультета иностранных языков, изучающих английский язык как второй иностранный и обучающихся по направлению 44.03.05 «Педагогическое образование», профили «Немецкий язык. Английский язык» и «Французский язык. Английский язык». Пособие подготовлено в соответствии с требованиями Федерального государственного образовательного стандарта высшего образования и обеспечивает усвоение студентами комплекса компетенций, предусмотренных дисциплинами: «Практический курс английского языка», «Практика устной и письменной речи (английский язык)».

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ВВЕДЕНИЕ

Предлагаемое вашему вниманию учебно-практическое пособие является дополнением к учебно-методическому комплексу “Upstream B2”. Пособие предназначено для студентов 4 курса факультета иностранных языков, изучающих английский язык как второй иностранный. Оно может быть успешно использовано студентами неязыковых факультетов, а также широким кругом лиц, изучающих английский язык самостоятельно. Пособие ставит своей целью расширить словарный запас студентов лексикой по предложенным темам, а также развить навыки чтения и устной речи в рамках изучаемых тем.

Пособие состоит из 7 уроков, каждый из которых включает:

- Активную лексику урока
- Упражнения на закрепление лексического материала
- Упражнения на словообразование и трансформации
- Упражнения на перевод предложений с русского языка на английский
- Текст по теме урока и задания к нему
- Задания на описание картинок
- Вопросы для обсуждения изучаемой темы
- Задания для проектной работы по теме урока
- Вопросы для проведения дебатов в рамках темы урока

После изучения материала, приведенного в учебно-практическом пособии, студенты в достаточной мере овладеют лексикой для обсуждения следующих тем:

- Дом
- Человек
- Путешествия
- Окружающая среда
- Образ жизни, здоровье
- Шоппинг
- Еда

Пособие содержит большое количество упражнений на отработку ключевой лексики, что позволяет значительно обогатить словарный запас студентов. Следующие за ними коммуникативно-ориентированные задания дают возможность вывести в речь изученные лексические единицы и развить навыки и умения спонтанного высказывания. Также пособие включает задания на развитие навыков критического мышления, публичного выступления и ведения дискуссии.

Основные виды лексических упражнений: соотнесение лексических единиц с их определениями, словообразование, заполнение пропусков подходящими лексическими единицами, перефразирование, перевод с русского языка на английский. Основные виды упражнений на развитие устной речи: описание картинки, сравнение картинок, обсуждение вопросов по теме, подготовка и представление проекта, ведение дебатов по спорным вопросам.

Таким образом, основными задачами пособия являются:

- формирование интереса к изучению английского языка;
- расширение словарного запаса;
- развитие монологической и диалогической речи;
- развитие критического мышления;
- формирование и развитие навыка составления проекта и навыка публичного выступления;
- формирование и развитие навыка ведения дебатов.

Пособие подготовлено в соответствии с требованиями Федерального государственного образовательного стандарта высшего образования и развивает требуемые компетенции.

UNIT 1. MY HOME IS MY CASTLE

WORDLIST

Word/phrase	translation	Word/phrase	translation
storey		residential area	
chimney		suburb	
fiberglass		outskirts	
stilts		isolated	
thatched roof		tiny	
pitched roof		well-maintained	
tiled roof		fully-furnished	
spacious		lounge	
cramped		fitted	
impractical		attic	
airy		built-in	
terraced houses		driveway	
hut		fence	
feature		rear patio	
out of the ordinary		double glazing	
from scratch		humidifier	
brand-new		sliding	
keep		cellar	
moat		chore	
drawbridge		mop	
harsh		mow	
convert		active	
cosy		conservative	
draught		adventurous	
surroundings		creative	
fuel bill		confident	
appeal		peaceful	
become short of		depressed	
spruce		withdrawn	
extension		landlord	
convince		evict	
benefit		yard	
set up		basement	

dwelling		powercut	
secure		caterer	
suitable (for)		property	
hay fever		absent from	
setting		accustomed to	
resist		accuse of	
stand out		apologize for	
sculpture		apply for	
spoil		approve of	
landmark		beg for	
appliance		install	
detached		shadow	
centrally located		prevent from	
watch group		safety gate	
occupied		rubber mat	
once in a blue moon		inherit	
black and blue		spare room	
have green fingers		move out	
be green		battlements	
a white lie		fortress	
in black and white		lodging	
be out and about		stable	
clear the air		storehouse	
vanish into thin air		bird-watcher	
not take no for an answer		eloquent	
(not) play ball		rename	
drive a hard bargain		spiral	
badly fitting		winding	
leaking		druid	
choking		outcrop	
scald		sheer cliff	
electrocution		fall into decay	
indigestion		intact	
childproof		barracks	
electrical socket		memorable	
safety cover		smb in authority	
safety catch		rental details	
hard rail			

EXERCISES

1. Match the words to their definitions.

1. fence	a. a floor built below ground level
2. rear patio	b. a piece of hard ground leading from a road to a house
3. basement	c. a place where somebody lives
4. driveway	d. pipe on roof of a building through which smoke escapes
5. chimney	e. a small house made of wood, grass, mud or stones
6. attic	f. a wooden or wire barrier separating two areas of ground
7. porch	g. paved or concrete area at the back of a house
8. hut	h. a covered structure in front of a house
9. extension	i. space or room under the roof
10. dwelling	j. a new room added to an existing building

2. Choose the word that matches the definition.

1. A kind of roof made of straw or reeds...
a) pitched b) tiled c) thatched
2. Joined together by side walls...
a) detached b) terraced c) set up
3. Not big enough for people...
a) airy b) cramped c) cosy
4. The main tower of a castle where people used to live...
a) keep b) moat c) spruce
5. A building or feature that is easily noticed...
a) moat b) landmark c) stilt
6. To make somebody believe that something is true...
a) appeal b) convert c) convince
7. Device or machine used in the home...
a) appliance b) dwelling c) benefit

8. Parts of a town furthest from the center...
 - a) suburb b) residential area c) outskirts
9. Designed to fill a particular space...
 - a) fitted b) well-maintained c) suitable
10. To be very noticeable...
 - a) resist b) stand out c) mow

3. Decide if the following definitions are True or False.

1. A caterer is a person or a company that provides food and drink for an office or for special occasions such as parties.
2. A humidifier is a machine for decreasing moisture in the air.
3. Conservative is a characteristic of someone who is willing to accept changes.
4. If a building is well-maintained it is carefully looked after.
5. A chore is an unpleasant but necessary routine, especially a household one.
6. When something appeals to you, you find it boring and unattractive.
7. To do something from scratch means to do something from the very beginning.
8. Hay fever is sneezing and itching caused by the allergy to pets.
9. A yard is a room underneath the house that is often used for storage.
10. Landlord is a person who rents a house or a room.

4. Odd one out.

1. yard - rear patio - driveway - lounge
2. thatched - tiled - double-glazing - pitched
3. impractical - airy - cosy - brand-new
4. guard rail - safety cover - fuel bill - rubber mat
5. moat - keep - fiberglass - drawbridge
6. dwelling - spruce - lodging - property
7. stable - outcrop - storehouse - battlements
8. spiral - winding - intact - curving
9. active - withdrawn - adventurous - creative
10. mow - mop - fix - beg

5. Choose the correct answer: a, b or c.

1. Dad is outside _____ the lawn, go and see if he needs any help.
 - a) mopping b) mowing c) spoiling d) installing
2. There's something wrong with the central heating, we'd better call our _____ and let him know.
 - a) estate agent b) caterer c) landlord d) landmark

3. John and Chris bought a really _____ flat, it's got four bedrooms, an attic and a guest room.
a) secure b) spacious c) tiny d) cramped
4. Sharon is quite _____. She keeps to herself and dislikes socializing.
a) confident b) conservative c) adventurous d) withdrawn
5. Living in the countryside doesn't really _____ to me.
a) appeal b) approve c) apply d) convince
6. I'd love to live in the _____, but I can't afford it, I'm afraid.
a) stilts b) storehouses c) suburbs d) storeys
7. My kids were really unhappy when we _____ of our old house, but now they have started to like their new life here.
a) moved out b) stood out c) set up d) abandoned
8. Why are you so upset? It was just a _____ lie!
a) white b) pink c) blue d) green
9. She _____ to Jack for breaking his flower pots and promised to replace them.
a) begged b) accused c) apologized d) prevented
10. The lights have gone off in the whole neighbourhood. I suppose it's another _____.
a) electrocution b) draught c) electrical socket d) power cut

6. Complete the sentences with the words from the box.

appliances	feature	occupied	isolated	eloquent	outskirts
decay	authority	intact	resist		

1. Despite the strong winds that blew last night, the hut remained _____.
2. I know I shouldn't have told you about the surprise party, but I couldn't _____ the temptation.
3. John is quite a(an) _____ speaker. I could listen to him speaking for hours!
4. If I could live anywhere I liked, I would choose a cottage on the _____ of a small town.
5. All these hi-tech electrical _____ have made household chores very easy.
6. The house has fallen into _____ since the owners move to the USA.
7. I'd love to go to a(an) _____ village and enjoy its peace and quiet.
8. Although it is a lovely property, it hasn't been _____ for years.
9. The most noticeable _____ in the bedroom is an antique wardrobe.
10. People in _____ tend to be bossy in their personal relationships as well.

7. Complete the sentences with the missing words.

1. My house is t_____. I'm going to move to a bigger house next year.
2. Our honeymoon was the most m_____ trip I've ever made.
3. Neglect has caused many famous monuments in this city fall into d_____.
4. The city was r_____ in its founder's honour only 200 years later.
5. James is a keen b_____ and knows a lot about ornithology.
6. If you eat too much quickly, you may get i_____.
7. No enemy army had ever been able to capture the f_____.
8. Of course, you can stay the night, we have a s_____ room.
9. Sally i_____ a country cottage from her uncle in Scotland.
10. That l _____ tap is driving me crazy! We must get it fixed.

8. Use the appropriate idiom instead of the underlined part of the sentence.

1. Eating out has become so expensive these days that we do it very occasionally.
2. That hockey match left him bruised all over.
3. Like all new recruits, he was inexperienced and didn't know what to do.
4. I found her new hat ridiculous but decided to tell her a lie in order not to hurt her feelings.
5. The man the police were looking for simply disappeared.
6. Tell me what's bothering you so that we can resolve our problem.
7. I've asked Martin to help me with the project but he refused to cooperate.
8. It wasn't long after her operation that Pamela started going out again.
9. It's more than I planned to pay, but you are so determined, so OK, that's a deal.
10. My plants never seem to do well because I'm not that good at gardening.

9. Fill in the correct word derived from the word in bold.

Tina and Toby had been working hard. They were looking forward to their holiday in the Coswolds, a week's break in beautiful 1) _____. They were looking for somewhere to rest and relax, rather than for an exciting 2) _____ holiday. The brochure made the hotel, "Mon Repos", sound idyllic, 3) _____ for busy people who wanted to get away from it all. When Tina and Toby arrived at the hotel, it certainly looked 4) _____. The first thing that caught the couple's eye was an unusual piece of modern 5) _____ on the front lawn. On closer inspection, it turned out to be an old pram. Tina and Toby were disappointed with their room which, although clean, was rather shabby. The food at the hotel left a lot to be desired, too, as they had 6) _____ from eating undercooked vegetables on their first evening. It was a warm night, so they left their window open. It was 7) _____ fitted, anyway, and wouldn't

close properly. They got very little sleep because of all the midges and mosquitoes which had also chosen that tranquil country 8) _____. Determined to make the best of it, however, Tina and Toby gritted their teeth and stayed the week. The hotel, they decided, would be better 9) _____ “No Repos” and the holiday was chiefly 10) _____ for the break they didn’t get.

1. SURROUND
2. ADVENTURE
3. SUIT
4. PEACE
5. SCULPT
6. DIGEST
7. BAD
8. SET
9. NAME
10. MEMORY

10. Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given.

1. Miss Johnson hasn’t come to work for three days.
absent
Miss Johnson _____ for three days.
2. Staying up late will always be a problem to me!
accustomed
I’ll never _____ late!
3. We have limited food supplies.
short
We _____ food supplies.
4. I have to write my article from the beginning without any help now that I’ve lost my notes.
scratch
I have to _____ now that I’ve lost my notes.
5. Even if you refuse, he’ll keep on trying to persuade you; he’s really stubborn.
answer
Even if you refuse, he will not _____; he’s really stubborn.
6. She disappeared before I was able to talk to her.
Air
She _____ before I was able to talk to her.

7. Unlike everybody else, Mary refuses to co-operate.

ball

Mary _____, unlike everybody else.

8. Sue wants to solve our disagreement and make friends.

air

Sue wants _____ and make friends again.

9. After a month in hospital, George is OK again.

about

After a month in hospital, _____ again.

10. I rarely visit my grandparents because they live 500 km away.

blue

I visit my grandparents _____ because they live 500 km away.

11. Match the two parts of the sentences.

1. I went to my landlord to beg	a. to getting his own way.
2. The teacher noted that several students were absent	b. by a young couple.
3. In two months Wendy decided to apply	c. for a second chance.
4. His disability prevents him	d. of being not sensitive enough.
5. He was evicted	e. for talking to him so rudely.
6. Harry is a spoilt child who is accustomed	f. of such careless behavior of his.
7. Beware of the children choking	g. from living on his own.
8. You should apologize to Jack	h. from the exam.
9. As a result, Tom was accused	i. in our bedroom next week.
10. The old house is occupied	j. on those small Lego parts.
11. We are having air-conditioner installed	k. for the position of a manager.
12. I have never approved	l. from the bar for disorderly behaviour.

12. Choose the best response.

1. A: Mary looks a little depressed, doesn't she?
B: a) Yes, she works really hard.
b) Well, I suppose it's because she failed her maths exam.
2. A: Mark hates doing the chores!
B: a) Me too, especially the ironing!
b) How awful! Will he be all right?
3. A: I'd like to do something out of the ordinary this weekend.
B: a) OK, let's stay at home and watch TV.
b) Why don't we visit that Scottish fortress then?
4. A: The chimney needs repairing.
B: a) I'll send someone to look at it right away.
b) I'll go downstairs to check.
5. A: I can't come to the countryside. I suffer from hay fever.
B: a) I think you should start a watch group.
b) That's too bad!
6. A: Sue doesn't seem to have much experience with computers.
B: a) I'll agree to that when I see it in black and white.
b) I guess you're right, she's a bit green.

13. Translate the sentences from Russian into English.

1. На прошлой неделе семью Смит выселили из их таунхауса за то, что они не оплачивали счета за отопление в течение 10 лет.
2. После того, как ураган разрушил нашу черепичную крышу, нам пришлось вызывать строителей, чтобы починить ее.
3. Он всегда мечтал жить в просторном, хотя и непрактичном, бунгало с видом на океан. Его дом должен быть чем-то особенным.
4. Мы решили переделать наш чердак в гостиную. После того, как к нам переехала моя свекровь и заняла единственную свободную комнату, в доме стало очень тесно.
5. Генри только что купил квартиру в новом 40-этажном доме в уютном спальном районе. Его дом выделяется на фоне других высотных домов в этой округе.
6. Меня очень привлекает проживание на окраине города. Оно имеет много преимуществ, главное из которых – это возможность наслаждаться тихим окружением.
7. Джина уже 10 лет живет в частном доме в пригороде Лондона. Ее задний дворик очень ухожен, так как она регулярно постригает хвойные деревья и косит газон каждую неделю.

8. Моя кузина – очень замкнутая и консервативная девушка. Эти качества мешают ей в достижении поставленных целей. Она никогда не может настоять на своем!

9. Нам пришлось переехать из лачуги, которую мы снимали последний год, так как все краны там текли, двери были плохо установлены, а в подвале жили крысы.

10. После того, как родился их первый ребенок, Майкл и Эмми сделали свой дом безопасным для детей: установили ограждения на лестнице и вокруг бассейна, поставили заглушки на все розетки и распашные шкафы.

14. Read and translate the descriptions of two different houses. Which one do you like best?

A. Our house is in a quiet neighbourhood in Oakridge. Every time I walk into it, I feel an immediate sense of warmth and security.

It is the most noticeable house in the street because of its colourful garden. There is a long driveway which leads to the house, and even before you enter through the old oak front door you can hear the sound of the happy voices of the large family that lives within.

The front door opens into a spacious hall. Downstairs there's a bright kitchen with an open fireplace and a large wooden table where we all sit chatting for hours on winter evenings. The air is usually filled with the delicious smell of my mother's cooking. Next to the kitchen is the living room, which is usually untidy as this is the place where we go to relax, watch TV or listen to music. As you go upstairs you can see doors leading to five bedrooms and two bathrooms. My bedroom has an antique four-poster bed and a dressing table next to the window. This is where I wake up every morning to the delightful sound of birds singing and the refreshing smell of coffee from downstairs.

When my friends come to my house they often describe it as a dream house, but to me it's just "home sweet home".

B. – Oh, hello, you must be Mr and Mrs Jenkins. I'm Mr Phillips, the estate agent. As you can see, this is a lovely old Victorian brick house. There are not many of them left in Plymouth nowadays. The ones on the upper floor have small balconies – you could put flowers there in summer, and notice that beautiful flight of marble stairs leading to the covered front porch. Shall we go inside?

This is the living room. Notice the large bay windows overlooking the park. They don't make them like that anymore. Shall we go upstairs?

This is the master bedroom. It's very spacious, and look at these built-in wardrobes. They don't only have hanging space, they also have huge drawers and a full-length mirror. The two children's bedrooms are rather small but cozy. The

bathroom is in here. As you can see, it is completely tiled and the pastel shaded bath, bidet and toilet are brand new.

Let's go downstairs now and see the kitchen. Notice how big and bright it is. You could fit a large table in here with room to spare. This door leads to the back garden. Aren't those rose bushes lovely? And look at that lawn, it's the size of a football pitch! These old houses make me feel nostalgic. They remind me of the happy times I had when I was a boy. My grandparents had a house like this. Oh, you've decided to buy it? I'm sure that you'll be very happy here.

15. Describe the house in the picture. Answer the following questions:

- What kind of house is this?
- Where is it located?
- What are its special features?
- What are the advantages/ disadvantages of living in such a house?
- Would you like to live in a house like this? Why/ why not?



16. Compare and contrast the two photos, commenting on the differences between living in the city center and in the countryside.



17. Discuss the following questions.

1. Do people in Russia prefer to live in houses or flats? Why?
2. How expensive is housing in your country? Is the cost a problem for many people?
3. Would you rather live alone or with other people?
4. Do you like your home? What do/don't you like about it?
5. Are you interested in interior design? How important is the style of a home to you?
6. Which room do you like most in your home? Why?
7. Do you have too many things in your house? Does it feel cluttered? Or is there plenty of space?
8. What do you see when you look out of the windows?
9. When something needs fixing or changing in your house, do you do it yourself or get someone to do it for you? Give examples.
10. Have you ever lived in a dormitory or other accommodation with shared facilities? How was that experience?
11. Have you ever had any problems with your neighbours?
12. Have you ever lived in a foreign country? What kind of housing did you stay in? How was it similar or different from housing in your country?

18. Project. What would your ideal home be like? Prepare a presentation and speak about:

- type of housing
- materials
- location
- number and types of rooms
- interior design/ decoration
- furniture/ lightening
- special features

UNIT 2. WHILE THERE'S LIFE, THERE'S HOPE

WORDLIST

Word/phrase	translation	Word/phrase	translation
engagement		give up	
moving house		vibration	
retirement		iron rod	
graduation		electrical wire	
finances		run out of	
living conditions		survive financially	
responsibility		voice transmitter	
scared		register	
thrilled		patent office	
excited		influence	
worried		speech problem	
disappointed		absorbed in smth	
pleased		goal	
irritated		persistent	
divorce		wrinkle	
injury		freckle	
marriage		spiky	
bring up		dimple	
workshop		centre parting	
inaudible		crooked	
transmit		bushy	
wire		forehead	
field		frizzy	
anatomy		sideburns	
telegraphy		pointed chin	
deaf mute		build	
achieve		broad-shouldered	
white plague		cheek	
spread		arched	
tribe		snub	
Board of Education		toddler	
allow		senior citizen	

resume		crawl	
experiment		delightful	
sound transmitter		cheerful	
lose hearing		ecstatic	
waste of time		furious	
frustrated		motivated	
siren wailing		as silent as a grave	
bark		as sick as a dog	
splash		as tough as old boots	
message		as different as chalk and cheese	
thunder		as good as gold	
crash		as keen as mustard	
eager		on the cards	
emoticon		for a good cause	
chat room		make something clear	
tearful		have one's head in the clouds	
doubtful		get hot under the collar	
pathetic		financial security	
expressive		spoil	
forgive		driving license	
bump into smb		That's a pity!	
break in		Guess what?	
graduate		encourage	
join the army		diary	
have an early night		reflect	
avid		turn of the century	
assignment		experience	
devoted		sparkle	
best seller		first-rate	
pinnacle		good-natured	
fire brigade		path	
significant		folk	
survey		congregate	
majority		repose	
vital		criticise	
capable of		mate	

comment on		solemn	
depend on		spin	
dismiss from		do-or-die expression	
charge with		stick out	
dedicated to		whizz	
concentrate on		lad	
cope with		timid	
worldwide		damsel	
balance with		hug	
generation		mischievous	
increase		nickname	
highly-paid		seem	
executive		cling	
wages		tippet	
banner		unbearable	
chap		eagerness	
slyly		spectator	
shield		sports field	
unanimity		qualify for something	
subside		determined	
scornful		bustling	
curl		crowd	
chilly		wave	
state		shake	
abruptly		brace oneself	
tip-top		cheer	
trembler		sprint	
barrel		finishing line	
molasses		announce	
handsomely		overjoyed	
lick		broad	
feast		grin	
in store for someone		winner's certificate	
declare		set off	
subscription		deafening	
announcement		gloomy	

EXERCISES

1. Match the words to their definitions.

1. graduation	a. agreement that two people make to get married
2. divorce	b. time in life when someone leaves their job and stops working completely
3. engagement	c. an amount of money you have and how you organize it
4. toddler	d. damage to a person's body
5. finances	e. successful completion of a course at school, college or university
6. retirement	f. legal ending of marriage
7. responsibility	g. a young child that has just started to walk
8. injury	h. all the people in a group or country who are of similar age
9. generation	i. a situation when everybody agrees
10. unanimity	j. a duty that one must do and must make decisions about

2. Choose the word that matches the definition.

1. Very excited or happy...
a) frustrated b) thrilled c) irritated
2. Sad because something is not as good as you hoped...
a) disappointed b) worried c) scared
3. To raise or rear children...
a) achieve b) spread c) bring up
4. A group of people of the same race, language and customs...
a) tribe b) splash c) build
5. Enthusiastic about something ...
a) ecstatic b) expressive c) avid
6. A line that forms on someone's face as they grow older...
a) dimple b) wrinkle c) freckle
7. Very tightly curled hair...
a) frizzy b) spiky c) bushy

8. To turn quickly around the central point...
 - a) whizz b) hug c) spin
9. So strong that you feel unable to deal with it...
 - a) unbearable b) doubtful c) persistent
10. To give someone confidence to do something...
 - a) cope b) encourage c) bark

3. Decide if the following definitions are True or False.

1. A mischievous child is very well-behaved
2. A diary is a book in which you plan your future engagements and record what you do on a daily basis
3. Deaf mute is someone who is unable to see
4. A dimple is a small brown spot on someone's face
5. Thunder is the loud sound that is heard before lightning
6. Majority is more than 50% of people or things
7. Unanimity is the situation when someone disagrees with others
8. To subside means to become stronger or louder
9. A bustling child is noisy and lively
10. Subscription is the money you pay regularly for using some services

4. Odd one out

1. cheerful - overjoyed - pathetic - ecstatic
2. engagement - generation - divorce - marriage
3. scornfully - abruptly - slyly - handsomely
4. freckle - chin - forehead - chin
5. deafening - gloomy - first rate - chilly
6. dedicated - devoted - furious - absorbed
7. vital - significant - essential - avid
8. frizzy - snub - spiky - thick
9. eager - irritated - disappointed - frustrated
10. spoil - raise - repose - bring up

5. Choose the correct answer: a, b or c.

1. You really need to _____ on your work if you want to be promoted.
 - a) congregate b) concentrate c) qualify d) declare
2. My little brother is a(n) _____ little devil who never stops playing tricks on me.
 - a) timid b) expressive c) irritated d) mischievous
3. Dad has a deep _____ between his eyebrows.
 - a) wrinkle b) dimple c) freckle d) sideburn

4. I _____ into my primary school teacher the other day.
a) clung b) bumped c) spun d) shook
5. It is _____ that you eat a lot of fruit and vegetables if you want to be healthy and strong.
a) persistent b) pathetic c) vital d) solemn
6. As he's an only child, his parents tend to _____ him.
a) spoil b) splash c) spread d) cheer
7. Our teacher will _____ the results of the short story competition in a few days.
a) allow b) announce c) transmit d) criticize
8. Charles has got the funniest _____ on his mobile phone: a barking dog.
a) electrical wire b) chat room c) message notification d) sound transmitter
9. My best friend is humorous and _____; everybody likes her!
a) good-natured b) delighted c) scornful d) pleased
10. My new colleague is highly _____ and hard-working; I'm lucky to work with her!
a) unbearable b) motivated c) frustrated d) furious

6. Complete the sentences with the words from the box

goal	grin	assignment	field	gloomy	injury	increase
influenced	significant	dismissed				

1. "There has been a slight _____ in sales, but we still need to work hard," the sales director said.
2. The broad _____ on her face told us she had passed her driving test.
3. James was _____ from his job when the management found out he had lied about his qualifications.
4. The young lawyer is said to be one of the best in his _____.
5. I found the film rather boring and _____; the book was much better.
6. Our _____ is to offer our customer first rate services.
7. The _____ to your leg doesn't look serious, but I think you should have it seen to.
8. Most teenagers are _____ by their friends; it's completely natural.
9. My French teacher told my parents I've made _____ progress during the last term.
10. Our team's _____ was the most successful in the class.

7. Complete the sentences with the missing words.

1. The baby c_____ towards the toy on the floor and began playing with it.
2. Dad is busy in the w_____; he's repairing that broken chair.
3. When the ship wrecked, a SOS message was t_____ in Morse code.
4. He tripped over the telephone w_____ and fell.
5. After many years she a_____ her ambition of becoming a concert pianist.
6. They decided to r_____ negotiations after a long break.
7. The professor was conducting an e_____ in his laboratory.
8. Students wishing to sit the exam must r_____ for it in good time.
9. Tony was so a_____ in his book that he didn't hear the telephone ringing.
10. It's difficult to s_____ financially when you don't have a steady job.

8. Write the missing words in the collocations.

1. Having enough money to keep one safe and free from worry - financial _____
2. A document somebody is qualified to drive because they have passed a driving test - driving _____
3. The point where a race ends - finishing _____
4. The way people live - living _____
5. Organization in charge of putting out fires - fire _____
6. The long and loud sound of a siren - siren _____
7. The sound or sign that tells you that you have a message - message _____
8. A long thin piece of metal or cable which carries electric current - electrical _____
9. The line running from the front to the back of somebody's head (in the middle) where the hair lies in different directions - centre _____
10. A piece of equipment/ device that broadcasts one's voice - voice _____

9. Use the appropriate idiom instead of the underlined part of the sentence.

1. A few hours after eating seafood dinner she felt very ill.
2. Although his boss shouted at him, Kyle didn't care because he is very strong and can easily bear criticism.
3. She got very annoyed when I suggested she was getting a bit fat.
4. It was highly likely that Garry would leave; he'd been unhappy in his job for some time.
5. The twins' personalities are very different.

6. Our new puppy is very well-behaved.
7. Taking part in the marathon was really worth it as all the money collected went to charity.
8. The dog was very enthusiastic to go for her early morning walk.
9. Delia has always been very unpractical.
10. There was supposed to be a party at the house, but when she arrived there was no any noise at all.

10. Fill in the correct word derived from the word in bold.

What must it be like to live in a world of silence? Helen Keller, the blind, deaf and mute educationist, knew, but it did not stop her from leading life to the full. Born in 1880 in Alabama, USA, Helen Keller suffered the loss of her hearing and eyesight as a consequence of illness in babyhood, becoming mute shortly after. Despite all these 1) _____ her parents did not give up on her. In their 2) _____ to help her, they contacted Alexander Graham Bell, well-known for his interest in the education of deaf-mutes, for advice on her education, and a partially blind teacher, Anne Mansfield Sullivan, was found. She taught Helen the names of objects by pressing the manual alphabet into her hand. Later, Helen learned to speak by placing her fingers on her teacher's larynx to "hear" the 3) _____. After successfully finishing school, Helen was 4) _____ by Anne Sullivan to attend Radcliffe college but, as the lectures were 5) _____ to her, she "spelled" them into her student's hand. After Helen Keller's 6) _____ cum laude from college in 1904, she gave her 7) _____ to promoting education for disabled people. It was a notable 8) _____ and shows how strong human will can be. Helen Keller's admirable 9) _____ to learn, her sense of 10) _____ towards other people with severe disabilities, and her teacher's dedication to her pupil, are lessons for us all.

1. FRUSTRATE
2. DETERMINE
3. VIBRATE
4. COURAGE
5. AUDIBLE
6. GRADUATE
7. DEVOTE
8. ACHIEVE
9. EAGER
10. RESPONSIBLE

11. Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given.

1. I don't think Mary can solve such a difficult problem.
capable
I don't think Mary _____ such a difficult problem.
2. We went to bed quite early as we were all exhausted.
night
We _____ as we were all exhausted.
3. Mark earns a lot of money from his job.
highly
Mark _____ job.
4. We have no sugar left again!
run
We _____ sugar again!
5. Mum says that watching TV is absolutely useless.
waste
"Watching TV _____," mum says.
6. Mr. Johnson hasn't said anything about my report yet.
commented
Mr. Johnson _____ my report yet.
7. It's amazing how Sue manages to work and go to college at the same time.
balances
It's amazing how Sue _____ to college at the same time.
8. I don't think he will come.
doubtful
It _____ he will come.
9. Most people agree that testing cosmetics on animals is wrong.
of
The _____ agree that testing cosmetics on animals is wrong.
10. Sheila is very dependable; she'll never let you down.
depend
You _____; she'll never let you down.

12. Match the two parts of the sentences.

1. We had better set	a. in bookings since the borders were opened.
2. Jane has decided to give	b. on the reasons behind economic crisis.

3. The police are going to charge	c. off soon, otherwise we'll never get there!
4. She was very dedicated	d. on your studies these days.
5. The reporter asked the expert to comment	e. up eating junk food.
6. I don't think Sue is capable	f. for staying fit and healthy
7. It's difficult to cope	g. with both moving house and starting a new job.
8. She had to balance having a career	h. him with the robbery.
9. There has been an increase	i. of lying, she's so honest.
10. I'll have to dismiss Mike	j. to her career and never had a family.
11. You should concentrate	k. with caring for her family.
12. A balanced diet is vital	l. from his job if he's late again.

13. Choose the best response.

1. A: I thought I had made it clear to you that I wanted the report by today!
B: a) Sorry, I'll clean it right away.
b) You're right, but my computer broke down so I couldn't work.
2. A: Dad will get hot under the collar when he finds out!
B: a) You should have done the ironing, not me!
b) Yes, I'm afraid so.
3. A: Guess what! My sister got the job after all.
B: a) That's brilliant! She must be as keen as mustard!
b) Wow! She has her head in the clouds!
4. A: The two brothers are as different as chalk and cheese.
B: a) Right! Isn't that strange?
b) Oh, no! That's a pity!
5. A: Mr. Halls, I would like you to meet my mother.
B: a) Yes, I am, and who's that over there?
b) Of course. How do you do, Mrs. Parker?
6. A: Sue doesn't seem to have much experience with computers.
B: a) I'll agree to that when I see it on black and white.
b) I guess you're right, she's a bit green.

14. Translate the sentences from Russian into English.

1. Марк очень волновался перед гонкой, но затем он смог собраться и достиг финишной черты первым, что позволило ему почувствовать себя на седьмом небе от счастья.

2. Я всегда хотела стать учителем. Но после того, как я закончила университет 2 года назад и проработала два года в школе, я чувствую себя очень разочарованной. У меня проблемы с финансами и условия жизни оставляют желать лучшего.

3. Новость об их разводе распространилась очень быстро. Они не смогли достигнуть единого мнения в вопросе опеки над детьми, но готовы возобновить переговоры через некоторое время.

4. Джеймс является экспертом в области создания аппаратов для глухонемых людей. Он проводит эксперименты в своей лаборатории, где изучает способы улучшить передачу сигнала.

5. Сэм – успешный бизнесмен. Он очень упорный и поглощен своей работой, что позволило ему достигнуть самых высоких целей.

6. Моя жена – настоящая красавица! У нее большие выразительные глаза, изогнутые брови, ямочки на щеках и очаровательные веснушки.

7. Воспитание значительно влияет на личность ребенка. Преданные своим детям родители могут вырастить «золотых» детей, в то время как сомневающиеся родители часто излишне балуют своих детей.

8. На днях я случайно встретил своего школьного друга. В детстве он имел спортивное телосложение, волосы торчком и курносый нос. Он очень любил читать и часто витал в облаках.

9. Наш начальник всегда может рассчитывать на Элли. Она очень мотивированный сотрудник, который всегда с большим энтузиазмом берется за любое задание.

10. Большинство опрошенных людей ответили, что им было очень трудно справиться со стрессом, вызванным выходом на пенсию. Они чувствовали себя жалкими и растерянными.

15. Read and translate the descriptions of two people.

A. I'll never forget the moment when I first met my grandmother. She had been living in Australia, but decided to move back to England. When she arrived, I stood nervously pulling on my father's coat, half hiding behind him. It had never occurred to me that this sweet, plump, elderly lady would be so excited to meet me. She was shorter than I had imagined and had a round face, short, greyish curly hair and friendly green eyes. Her rosy cheeks gave her wrinkled face a childlike

appearance, and when she smiled at me, I couldn't resist giving her a big hug, ignoring her perfectly-ironed dress.

It wasn't long before I realized how generous and understanding she was. She always had something for everyone and was there to listen to us without intruding into our lives.

She was determined to buy a little house of her own so that she could find the peace and quiet that she needed to write her poetry. She had so many hobbies and interests that there was always something to talk about.

That meeting with my grandmother led to a close relationship that lasted until her death two years ago. She was a fantastic lady and I will always be grateful for the comfort, advice and support she gave me whenever I needed it.

B. I have known Julie since my first day at school, when we were only five. I remember her smiling face as the teacher, Mrs Snow, asked me to share the same desk with her.

Julie is quite short and slim. She's got a round face with beautiful almond-shaped eyes and a slightly upturned nose. She often wears her shoulder-length fair hair in a pony-tail. Julie prefers comfortable clothes and can often be seen in wearing a blue jumper, a pair of denim jeans and trainers.

Although Julie is quite reserved, she is a kind person who will listen to your problems and try to help you. She is also quite active and enjoys outdoor activities. One of Julie's favourite hobbies is cycling. She also enjoys reading people's horoscopes and trying to predict what will happen in the future. Julie likes going to the cinema and is especially fond of adventure films.

Over the years I have share many good times with Julie. She has been one of my best and most trusted friends. I feel fortunate to have met her.

16. Discuss the following pictures:

- How important are these times/moments/events in life?
- What is good/ bad about them?
- Have you had a similar experience?
- How did you feel?
- How do you think these people feel?



17. Speak about pros and cons of these stages in life.



18. Discuss the following questions.

1. How would you describe yourself as a child?
2. Do you have any siblings? What were they like growing up?
3. What have been some of the happiest moments in your life? The saddest?
4. What life-changing moments have you had in your life?
5. What is your earliest memory?
6. Who are the important people in your life?
7. Do you regret doing/ not doing something in your life?
8. What are your hopes for the future?
9. Would you like to live your same life over again?
10. What do you feel most people's lives are driven by?
11. What is the purpose of life?
12. What is valuable in life?

19. Project. Who is one of the most important people in your life? Prepare a presentation and speak about:

- the time/place you met/saw him or her
- physical appearance
- personality characteristics
- activities he/she takes part in, hobbies, interests
- your feelings about this person

UNIT 3. TRAVEL BROADENS THE MIND

WORDLIST

Word/phrase	translation	Word/phrase	translation
travel		award-winning	
broaden		archery	
scuba-diving		be situated	
snorkel		scenic	
hike		amazing	
kayaking		waterfront	
white-water rafting		unspoiled	
sandy		fascinating	
cuisine		experience	
spectacular		fan	
falls		open to the public	
leisurely		moor	
stroll		wander	
handmade		self-contained	
adventure		restore	
package holiday		modern conveniences	
room service		aspiring	
activities		alike	
facilities		weather forecast	
break		changeable	
a stone's throw		boiling hot	
stylish		freezing cold	
trendy		rucksack	
extensive		goggles	
fully-equipped		insect repellent	
sample		money belt	
woodland		guidebook	
date back		first-aid kit	
stained glass		credit card	
roar		sunscreen	
roaring fire		laptop computer	

dine		binoculars	
health spa		lifetime	
rugged		bargain	
stopover		aspect	
cruise		enthusiastic	
pastime		familiar	
secluded		nothing short of	
palm-fringed		track	
elegant		steep	
hot spot		tower	
appreciate		outline	
glamorous		site	
upscale		loom	
cobbled		mist	
gourmet		glimpse	
snow-capped		ruins	
hostel		ridge	
caravan		astonishing	
cruise liner		scenery	
overcharge		clue	
flat battery		tour	
flat tyre		volunteer	
insurance		inflate	
embassy		fiesta	
consulate		craft	
destination		live out of a suitcase	
emergency		drop smb a line	
belongings		put one's feet up	
pick-pocket		get a move on	
mugging		under the weather	
lantern		in the nick of time	
dye-filled		lend an ear	
fireworks		it's early days yet	
parade		cost the earth	
outer space		on the edge of one's seat	
science fiction		make ends meet	
decade		mislabel	
orbit		court	

race		relate	
reusable		cancel	
freight		reserve	
guest		deposit	
ultimate		non-refundable	
float		vehicle	
overtime		hatchback	
hire		stunning	
university degree		chalk	
peak		coastline	
rainforest		shipwreck	
wonder		strategic location	
shipping lane		pinon pine	
trip		fir	
slope		elk	
wild game		fossil	
railroad route		establish	
remains		colony	
range		hamper	
wildlife		settler	
pioneer		preliminary	
obstruct		assign	
recommendation		confirm	
continent		ski lift pass	
roam		vacancy	
Due to		discount	
defend		conference	
invade		recipient	
cliff		moss	

EXERCISES

1. Match the words to their definitions.

1. upscale	a. more attractive and exciting than ordinary people or things
2. rugged	b. uneven, covered with rocks and with little vegetation
3. cobbled	c. very impressive

4. secluded	d. high class, luxurious
5. gourmet	e. beautiful because it has not been changed in the recent past
6. unspoilt	f. relaxed, slow
7. extensive	g. covering a wide area or range
8. glamorous	h. with surface made up of small smooth round stones
9. spectacular	i. quiet and private
10. leisurely	j. more unusual and sophisticated than ordinary food

2. Choose the word that matches the definition.

1. To make a very loud noise...
 - a) wander b) hire c) roar
2. The best or most extreme of its kind...
 - a) ultimate b) stunning c) fascinating
3. To appear as a shadowy form, large and possibly threatening...
 - a) glimpse b) inflate c) loom
4. Something that helps you find the answer to a mystery or problem...
 - a) clue b) bargain c) moor
5. Trying to become successful in a particular field...
 - a) alike b) aspiring c) amazing
6. To stop arrangements from happening...
 - a) cancel b) reserve c) relate
7. The style of cooking that is typical of a place...
 - a) cuisine b) gourmet c) dine
8. Hard remains of prehistoric animal or plant found inside rock...
 - a) wildlife b) fossil c) elk
9. To take over another country by force...
 - a) defend b) invade c) assign
10. very small soft green plant that grows on damp soil, wood or stone...
 - a) fir b) cliff c) moss

3. Decide if the following definitions are True or False.

1. Recipient is a person who sends a letter.
2. Preliminary test takes place before the main one as a preparation.
3. To obstruct means to give way to somebody or something.
4. Court is the place where legal matters are decided by judge and/or jury.
5. To stroll means to walk in a hurry.
6. Facilities are buildings, pieces of equipment or services, provided for a specific purpose.
7. If something is a stone's throw, it is very far.
8. Rainforest is a thick forest of tall trees in tropical areas with a lot of rain.
9. Package holiday is a holiday with everything arranged by a tourist.
10. A flat tyre is a tyre that has enough air in it.

4. Odd one out

1. deer - squirrel - moss - elk
2. stunning - spectacular - enthusiastic - astonishing
3. stroll - roam - wander - loom
4. rainforest - shipwreck - woodland - moor
5. elegant - stylish - trendy - strategic
6. trip - break - lantern - cruise
7. hostel - stopover - caravan - hotel
8. scuba diving - snorkeling - kayaking - hiking
9. fully equipped - boiling - changeable - freezing
10. cliff - slope - peak - mist

5. Choose the correct answer: a, b or c.

1. While we were on holiday, we went for _____ strolls on the beach.
a) sandy b) leisurely c) adventurous d) spectacular
2. This hotel offers everything you need for a winter _____.
a) break b) craft c) bargain d) facility.
3. We came across a beautiful _____ woodland area.
a) fascinating b) amazing c) cobbled d) unspoiled
4. Don't forget to take your _____ with you in case of accidents.
a) first-aid kit b) money belt c) credit card d) health spa
5. Ahead of them they could see the _____ mountains.
a) upscale b) palm-fringed c) rugged d) glamorous
6. It is a problem, when driving, to have a(n) _____ if you are not carrying a spare.
a) guidebook b) flat tyre c) insect repellent d) hot spot

7. Do any of the world's _____ remain unexplored?
a) conveniences b) consulates c) colonies d) continents
8. He's an enthusiastic _____ of his local football team.
a) mugger b) fan c) volunteer d) pioneer
9. The Tudor Hotel offers you the chance to sleep in a _____ bed.
a) self-contained b) four-poster c) fully equipped d) dye-filled
10. The _____ of the pyramid could be seen in the distance.
a) interior b) ridge c) range d) outline

6. Complete the sentences with the words from the box

settlers	race	vacancy	discount	emergency	embassy
guidebook	mist	fossils	fiesta		

1. A fine _____ hung over the old castle, making it look more mysterious than ever.
2. Yes, we do have a(n) _____ for a single room.
3. Early _____ in these parts built huts to live in.
4. Some people are so competitive that they see everything in life as a(n) _____.
5. The little Mexican town was in the middle of a colourful _____ when we arrived.
6. If there's a(n) _____, such as a fire, dial 999.
7. The study of _____ tells us a lot about prehistoric times.
8. "Suntours" is offering a 10% _____ on all its winter tours.
9. I went to the _____ to get a new visa.
10. This _____ is full of helpful travel tips.

7. Complete the sentences with the missing words.

1. Please write to c_____ your reservation.
2. We r_____ about the town for a while before dinner.
3. The neighbouring country has lots of s_____ beauty spots.
4. The finance shortage threatens to h_____ their reform plans.
5. Huge modern hotels have ruined this once unspoiled c_____.
6. The driver lost control on a curve and the v_____ hit a tree.
7. He took a quick g_____ at the map.
8. I_____ your life jacket by pulling sharply on the cord.
9. The plane started descending at a s_____ angle.
10. Rescue teams worked all night to r_____ facilities in the area shattered by the hurricane.

8. Write the activity in the picture.



A



B



C



D



E



F

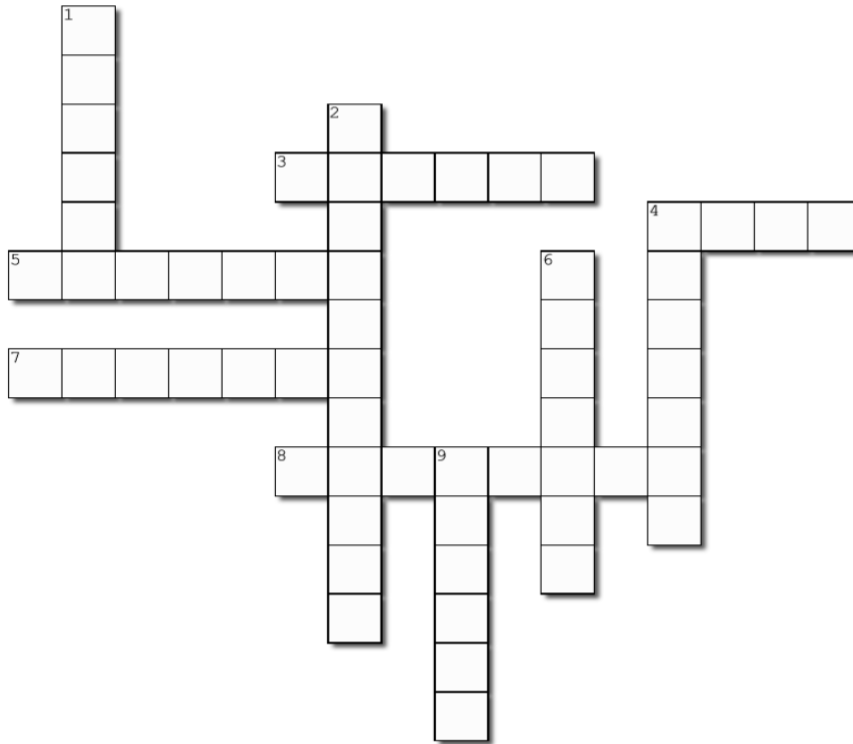
9. Solve the crossword.

Down

1. Somebody who attacks people violently in the street in order to steal money from them.
2. A place to which somebody is going or being sent.
4. Land, water or plants that somebody can see around them.
6. A vehicle where you can spend your holiday.
9. A group of people or vehicles moving through a public place in order to celebrate an important day or event.

Across

3. A period of ten years.
4. A place where buildings stand or where something happened.
5. Goods, transported by a lorry, train, ship or airplane.
7. Something, bought at a special, low price.
8. A short stay in a place in between parts of the journey.



10. Use the appropriate idiom instead of the underlined part of the sentence.

1. She was just feeling slightly ill, not enough to go to the doctor's.
2. The lifeguard arrived to save her just in time.
3. A true friend will always listen attentively to your problems.
4. Diamonds may be a good investment but they are very expensive.
5. The thriller was so exciting that I remained very interested until the very end.
6. I don't know how they survive financially on such a low salary.
7. We need to leave in an hour, so hurry up.
8. The only problem with being a sales rep is that you are constantly travelling.
9. Don't forget to write to me occasionally when you go to college.
10. Clara had been so busy all day that she was glad of a chance to have a rest.

11. Fill in the correct word derived from the word in bold.

So you think you need a holiday? You want to spend some time soaking up the sun or perhaps you would be happier 1) _____ sights and monuments. Think first of what can go wrong. Your luggage may be 2) _____ and, as a consequence of this, sent to a more interesting 3) _____ than the one you go to (Lucky old luggage!). In the event of loss, you may not have enough 4) _____. Upon arriving at your hotel (and bearing in mind that your flight may be delayed), you might find that, despite

5) _____ of your reservation, this has not in fact been made or that your room has been double-booked. The 6) _____ view that you were promised turns out to be of factories and you may be kept awake by neighbours. 7) _____ may present other problems, ranging from poor service to food poisoning. The weather may be so 8) _____ that you need both swimsuit and raincoat. You may be 9) _____ wherever you go (watch out for pickpockets, too) and come home broke and fed up. Perhaps it is better to stay at home, turn on the TV and be an armchair 10) _____!

1. TOUR
2. LABEL
3. DESTINE
4. INSURE
5. CONFIRM
6. STUN
7. DINE
8. CHANGE
9. CHARGE
10. TRAVEL

12. Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given.

1. Going round the world would cost a lot of money.
earth
It would _____ round the world.
2. The hotel is very near the beach.
throw
The hotel _____ the beach.
3. I didn't see the hotel very well because the car was moving too fast.
caught
I just _____ the hotel because the car was moving too fast.
4. I'll write to you when I get to Ibiza.
line
I'll _____ from Ibiza.
5. Our flight was delayed because there was something wrong with one engine.
due
Our flight was delayed _____ trouble.
6. The castle was built in the twelfth century.
back
The castle _____ twelfth century.

7. We got to the airport just in time, you know.
nick
We got to the airport _____, you know.
8. You should try their home-made sweets.
sample
Why not _____ sweets?
9. I'm grateful to you for all your help.
appreciate
I _____ help.
10. You have to go and see the cataract; it's a must.
falls
A trip _____ a must

13. Choose the best response.

1. A: So, we lost the deposit on that holiday, then?
B: a) No, there aren't any vacancies.
b) Yes, they told me it's non-refundable.
2. A: Look at that view!
B: a) That's great! It's the chance of a lifetime.
b) Wow! It's nothing short of marvellous.
3. A: I've got terrible sunburn.
B: a) I told you to wear sunscreen.
b) You should have worn goggles.
4. A: That was a dreadful meal.
B: a) Yes, but they said it was seafood.
b) Yes, and it was supposed to gourmet food.
5. A: How about a cruising holiday this year?
B: a) You are joking! We can hardly make ends meet.
b) We'd better get a move on.
6. A: Look at the beautiful windows in that cathedral.
B: a) I know, they are heated.
b) Yes, I think they are stained glass.

14. Translate the sentences from Russian into English.

1. Отдых по путевке очень популярен у Россиян. Нужно только выбрать, куда поехать, а обо всем остальном позаботится турагент: забронирует номер в отеле, перелет, а также оформит страховку.

2. Мария любит проводить отпуск в модных, суперпопулярных местах с развитой инфраструктурой, а ее муж Марк предпочитает людным местам неиспорченную природу: горы или леса, где можно неспешно гулять часами.

3. Путешествие на круизном лайнере предлагает гостям высококлассное обслуживание, потрясающие виды и высокую кухню. Также во время путешествия можно заняться дайвингом или поплавать с маской.

4. Майк очень любит приключения и имеет самые разнообразные увлечения: от походов и спусков по бурным рекам до участия в волонтерских проектах в Африке.

5. Отелю в городе они предпочли бунгало с выходом к морю, расположенное в живописной, отдаленной деревушке в Таиланде.

6. Согласно прогнозу, погода в Лондоне обещала быть жаркой, но, когда мы приземлились в Хитроу и вышли из аэропорта, было невыносимо холодно. Это неудивительно: погода в Великобритании всегда очень переменчива.

7. Они решили провести выходные в Париже, но столкнулись с целым рядом проблем. Сначала у них спустило шину на арендованном автомобиле. Потом уличные воришки украли их сумку, в результате чего им пришлось провести весь день в консульстве, чтобы восстановить документы.

8. Экотуризм становится все популярнее с каждым годом. Туристам очень нравится взбираться на заснеженные горные вершины, исследовать удивительные тропические леса, открывать изумительные водопады. Это действительно расширяет кругозор.

9. После того, как началась эпидемия, мне удалось отменить бронь в отеле и вернуть депозит за номер, но вот деньги за перелет мы потеряли, так как необдуманно приобрели невозвратные билеты.

10. В XV веке голландцы вторглись на этот остров и основали здесь свою колонию. Сейчас остров заброшен, на нем можно осмотреть лишь руины, крутые склоны холмов и утесы.

15. Read and translate the text.

London often gives the impression of being more comfortable with its past than its present. From the world-famous landmarks of St Paul's Cathedral, Buckingham Palace and the Tower of London to the traditional and well-loved double-decker buses, the theatres and the many grand hotels, England's capital offers visitors a journey through centuries of history. This journey is even better now that the building works, which covered many historic sites, have been taken down. Newly cleaned and restored buildings are revealed, and the city looks as if it has been revitalized.

The city has also rediscovered its river. The area between the South bank Arts Centre, which includes the National Theatre, and Tower Bridge, has been brought back to life and the city has found a new heart along the forgotten riverside. As you walk eastwards along the river from Westminster, you will discover that old warehouses have been transformed into galleries, shops and clubs.

Across the river from London Bridge is "The City of London", the financial district of the capital. The city has its own historic delights such as the 15th century Guildhall and churches designed by Sir Christopher Wren. The best way to explore the City is on foot. For instance, you can "walk through the ages", starting from Fournier Street and ending at the modern Lloyds's building on Lime Street. Remember, however, that in London you are never far way from the past; the old-fashioned red telephone boxes are becoming popular again and many London pubs – where a visitor might ask for a pint of bitter – have been restored to their original Victorian beauty.

But the capital is not a historical theme park. It is a lively and exciting metropolis which is well-known for its popular culture, music, clubs, street fashion, and visual arts. Today many of its wide variety of restaurants claim to be as good as in any other European capitals. For example, Marco Pierre White's highly recommended restaurant at the Hyde Park Hotel is a perfect example of new English cuisine – unusual, sophisticated and extremely expensive. When it comes to shopping, Covent Garden and King's Road in Chelsea offer a mixture of reasonably priced chainstore clothing and unique boutiques selling everything from rave gear to skateboards. Shoppers with full wallets and sophisticated tastes should head for Knightsbridge, where Harrods and Harvey Nichols compete to be the most exclusive department store in London.

Much of London's energy and originality is now centered in Soho, the city's liveliest and most bohemian area, squeezed in between the department stores of Oxford Street and the bookshops of Charing Cross Road. Soho, once considered one of the dirtiest and most dangerous parts of London, was cleaned up in the early 1980's. Today, with its gurgling cappuccino machines and pavement cafes, it has become a meeting place for all kinds of people from all over the world, whatever the hour of day or night.

So, even if you are new to the city, you don't have to try hard in order to experience the real London. Despite its heavy traffic and shaking underground-railway, it is still one of the world's greatest and most cosmopolitan cities.

16. Choose the best answer.

1. According to the first paragraph, what is the most outstanding characteristic of London?
 - A the number of hotels
 - B the number of historic sites
 - C the number of landmarks
 - D the number of theatres

2. What has recently happened alongside the river?
 - A The area has been redeveloped.
 - B A new bridge has been built.
 - C New warehouses have been built.
 - D Old warehouses have been torn down.
3. The City of London
 - A was built by Sir Christopher Wren.
 - B is mainly made up of churches.
 - C is a museum of architecture.
 - D contains different styles of architecture.
4. The new English cuisine is
 - A well represented by White's restaurant.
 - B only available at the Hyde Park Hotel.
 - C available in all London restaurants.
 - D not worth the price the diner is expected to pay.
5. What does the writer think of London's shopping facilities?
 - A They are too expensive for most people.
 - B They provide for a variety of tastes.
 - C They are all quite reasonably priced.
 - D They don't have enough customers.
6. Before the 1980's, Soho was
 - A neat and tidy.
 - B popular among foreigners.
 - C very crowded.
 - D unsafe and unclean.

17. Describe the picture, answer the following questions:

- What kind of holiday is this?
- What do people usually do on this kind of holiday?
- Why might some people like/ not like it?
- What can go wrong during a holiday?
- What kind of holiday do you usually choose?



18. Describe, compare and contrast the two photos, commenting on differences between the two kinds of holiday.



19. Discuss the following questions.

1. Why do people travel?
2. How does travel broaden the mind?
3. What are the good and bad things about tourism?
4. How has tourism changed over the past few decades?
5. What do you think tourism will be like in the future?
6. What are the major tourist destinations in your country?
7. What is eco-tourism? Do you think it's a good idea?
8. Do tourists really get to see the real countries they visit?
9. Is travelling something that only rich people can afford?
10. Which is better, a package holiday or a holiday you organize and book yourself?
11. What is the best kind of holiday for different ages of people i.e. children, teenagers, adults, elderly people?
12. If you could choose one place to go this weekend, where would it be? (could be anywhere in the world)

20. Project. What is the top place you have been to/ would like to go to? Prepare a presentation and speak about:

- where it is
- what it's like
- what it's famous for
- what kind of people go there
- what activities can be done there
- your feelings about this place

UNIT 4. EARTH IS DEARER THAN GOLD

WORDLIST

Word/phrase	translation	Word/phrase	translation
greenhouse gases		shortage	
renewable		off limits	
coal		logger	
solar		overpopulation	
hydropower		lack	
run		resource	
gadget		deforestation	
power		endangered species	
grain mill		wipe out	
sawmill		industrial	
pump		waste	
capture		reduce	
windmill		aerosol	
stream		rubbish dump	
dam		gas mask	
fossil fuel		acid rain	
generate		ozone layer	
nuclear		urban sprawl	
alternative		shower	
wind farm		recycle	
turbine		litter	
rotor blade		conserve	
unoccupied site		insulate	
monitor		fluorescent	
offshore		consumption	
source		mammal	
maintain		lizard	
pole		centipede	
tall order		poisonous	
emit		ultraviolet	
contribute (to)		radiation	
global warming		can't stand	

entire		can't help	
drawback		grateful for	
take advantage of		rely on	
array		deceive	
shut down		treasure	
objection		tundra	
demand		treeless	
circumference		distinct	
diameter		permanent	
percentage		frozen	
push (for smth)		layer	
sanctuary		permafrost	
storm		vary	
face		Inuit	
reindeer		ballad	
fragile		rhyme	
safeguard		rhythm	
delicate		imagery	
vote		skip	
sow		fairy land	
seed		afar	
mahogany		clover	
timber		daisy	
preserve		overhead	
take one's hat off to smb		hum	
on the go		to and fro	
hold still		ant	
have a heart of gold		sorrel	
have a go at smb		ladybird	
lose heart		alight	
take for granted		jointed	
keep one's head		swallow	
have butterflies in one's stomach		heed	
kill two birds with one stone		fly	
take the bull by the horns		drift	

crocodile tears		clad	
the lion's share		armour	
warning		ped	
fit		hue	
filter		crimson	
fine		swift	
activist		knob	
habitat		perch	
quotation		stitch	
ban		tuck	
energy use		mend	
car pool		tear	
land fill		nonsense	
clean-up campaign		address	
rare		rhetorical	
verse		consequence	
inspire		ivory	
lyrics		pedestrian	
epic		reserve	

EXERCISES

1. Match the words to their definitions.

1. hydropower	a. the distance around the surface of a round object
2. circumference	b. cutting down of forests
3. tall order	c. a wall built across the river to stop it from flowing
4. sanctuary	d. too many people living in an area
5. ozone layer	e. rubbish left on the ground
6. dam	f. power created by water
7. urban sprawl	g. uncontrollable growth of a city area
8. deforestation	h. very difficult job or task
9. overpopulation	i. the part of the Earth atmosphere that protects us from the Sun
10. litter	j. a place where animals or birds are protected and live freely

2. Choose the word that matches the definition.

1. To protect something from danger or loss...
a) conserve b) monitor c) push
2. A collection of objects arranged in a certain way...
a) knob b) stream c) array
3. Something written or spoken that you feel is silly or untrue...
a) nonsense b) armour c) verse
4. A small round insect, red with black spots...
a) centipede b) lady bird c) sorrel
5. Natural environment where an animal lives...
a) reserve b) habitat c) landfill
6. Easily broken or damaged...
a) fragile b) distinct c) rare
7. To pay attention to what is happening or what someone says...
a) hum b) fine c) heed
8. Wood used for building houses and making furniture...
a) logger b) timber c) pole
9. Not enough of something...
a) limit b) shortage c) waste
10. To keep something in good condition by checking and repairing it when necessary...
a) preserve b) deceive c) maintain

3. Decide if the following definitions are True or False.

1. To recycle means to collect and process things like cans, glass or paper so that they can be used again
2. When something is off limits, it's easy to get access there
3. Mammals are animals that feed their babies with milk
4. Acid rain is rain polluted by the gases in the atmosphere emitted from factories
5. When there's demand for something, very few people need it
6. Endangered species are plants or animals that are dangerous for people
7. When you rely on somebody you trust them to do something for you
8. When you can't help doing something, you can control they you feel, think or behave
9. To ban means to officially say that something can be done, shown or used
10. When something is delicate it is in need of careful treatment

4. Odd one out.

1. reindeer - lizard - swallow - seed
2. tundra - permafrost - daisy - treeless
3. conserve - treasure - safeguard - deceive
4. mahogany - ballad - rhythm - rhyme
5. acid rain - waste - filter - aerosol
6. sanctuary - sawmill - grain mill - wind farm
7. mend - stitch - fix - tear
8. lack - shortage - array - absence
9. nuclear - entire - whole - full
10. emit - generate - wipe out - release

5. Choose the correct answer: a, b or c.

1. The _____ is the only insect that stores its food.
a) ant b) fly c) centipede d) lady bird
2. There are many things we can do to _____ our environment.
a) maintain b) contribute c) mend d) preserve
3. The fireman had to put on a(n) _____ in order to breathe through the fumes.
a) layer b) gas mask c) armour d) tuck
4. Most _____ cities face the problem of air pollution.
a) nuclear b) industrial c) offshore d) renewable
5. The use of _____ power is a good way to save energy.
a) ultraviolet b) crimson c) solar d) fluorescent
6. The rise in the Earth's temperature, known as _____ might cause the ice at the poles to melt.
a) global warming b) greenhouse gas c) ozone layer d) rubbish dump
7. The Sun _____ a large amount of heat.
a) powers b) demands c) emits d) inspires
8. We have made some terrible mistakes in the past and therefore should prepare ourselves to face the _____ of our actions.
a) drawbacks b) consequences c) resources d) shortages
9. Dad bought another useless kitchen _____: an egg-timer!
a) turbine b) rotor blade c) gadget d) knob
10. _____ is an economical, renewable and clean source of energy.
a) hydropower b) fossil fuel c) coal d) timber

6. Complete the sentences with the words from the box.

logger	diameter	ban	maintain	humming	rare	epic
offshore	still	urban				

- Pollution has become a problem of _____ proportions.
- The forest was off limits, so I was shocked to see a(n) _____ cutting down trees.
- You don't meet many polite people anymore - it's quite_____.
- A small house is more economical to _____ than a larger one.
- Many governments will soon have to _____ cars from entering the city centre.
- We stopped the boat _____ and swam in the deep blue sea.
- It's difficult to concentrate when you hear someone _____ songs.
- Do you think it's impossible to solve the problem of _____ sprawl?
- What's the problem? Can't you find the _____ of that circle?
- The dentist said, "I might take out the wrong tooth if you don't hold _____."

7. Complete the sentences with the missing words.

- The local government took s_____ actions against deforestation.
- The export of i_____ is now strictly controlled as some species of elephants are endangered.
- The lorry driver escaped unhurt but the p_____ was injured.
- A strange figure appeared in the doorway, c_____ in white.
- Add orange paint to get a warmer h_____.
- Rubbish disposal is becoming a major issue as l_____ sites fill up.
- In many countries one can get a huge f_____ for littering in the street.
- He preceded his speech with a w_____ against inattention.
- He was elected by a unanimous v_____.
- We must s_____ forest timber.

8. Match the two parts of the collocations. Make up your own sentences with them.

1. fossil	a. species
2. endangered	b. energy
3. car	c. gases
4. rubbish	d. fuel

5. global	e. pool
6. nuclear	f. dump
7. urban	g. sprawl
8. greenhouse	h. warming

9. Use the appropriate idiom instead of the underlined part of the sentence.

1. My friend has three jobs; she's always busy and active.
2. It's difficult for my sun not to move when I take him to the dentist.
3. She's not a good friend. She's never grateful for what I do for her.
4. I know you have a lot of problems right now, but try to stay calm. Don't panic.
5. I'm going for an interview for a new job and I feel very nervous.
6. After she failed her exam for the second time, she started to feel depressed.
7. I know you don't care; those are not real tears!
8. We all worked on the project but he got the biggest part of the profit.
9. Jenny is very good and kind to others.
10. She criticized me unfairly even though I hadn't lied to her anyway.

10. Fill in the correct word derived from the word in bold.

What will life on Earth be like in twenty, thirty or even fifty years' time? Does anyone really know the answer to this question? Probably not, since nobody can truly tell us what will become of our planet. However, just a look at our world today is enough to give us a rather gloomy idea of the future as well: 1) _____, unemployment and crime. Our life has become difficult and 2) _____. It seems that no matter how hard we try to make it better, it always seems to get worse instead. In order to build more houses, we cut down our forests, which causes lack of oxygen and destroys the natural 3) _____ of many animals and plants. Cities have become very noisy as well and people put 4) _____ in their homes to protect themselves from noise. The use of fossil fuel and aerosols, which emit 5) _____ gases, pollute the air we breathe and cause health problems to a large 6) _____ of people. So are we heading for disaster? Hopefully, not.

Certain environmental organisations seem to have managed to persuade many governments to take positive steps toward the 7) _____ of our planet, such as the use of 8) _____ sources of energy and the introduction of strict laws concerning the protection of 9) _____ species and the control of 10) _____.

There's still hope as long as we realise the significance of this effort and become, in any way we can, part of the solution rather than part of the problem. This way, we can look forward to the future knowing it will be right and promising.

1. POPULATE
2. DEMAND
3. HABIT
4. INSULATE
5. POISON
6. PERCENT
7. CONSERVE
8. ALTERNATE
9. DANGER
10. FOREST

11. Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given.

1. I know it's difficult to stay calm at a time like this, but please try.
head
You should try to _____ at a time like this.
2. We all did our best for the success of this experiment. He shouldn't get all credit.
share
We all did our best for the success of this experiment, but he got _____ of the credit.
3. I simply hate going to films with him - he's always talking and I can't enjoy the film.
stand
I simply _____ to films with him - he's always talking and I can't enjoy the film.
4. Pollution and deforestation have caused the extinction of many rare animals.
out
Pollution and deforestation _____ many rare animals.
5. You should deal with it in a brave way and tell your boss about the problems your colleague has caused you.
horns
You should take _____ tell your boss about the problems your colleague has caused you.

6. She is not a good person. She uses everything and everyone to get what she wants.
of
She is not a good person. To get what she wants she will _____
everything and everyone
7. I'm so nervous about this exam!
butterflies
I have _____ about this exam!
8. I know I shouldn't, but every time I watch sad films, I cry for hours.
help
I _____ for hours every time I watch sad films.
9. For some unknown reason, he just started screaming at me. I was very surprised.
go
I was very surprised. He just _____ me for no reason at all.
10. You did a very good job on this project; I'm very impressed.
hat
I _____ to you for a very good job you did on this project.

12. Choose the best response.

1. A: Parents are the only people we can really rely on.
B: a) Oh, no! Have you talked to them about it yet?
b) Yes, you're right. They will always be there when you need them.
2. A: You shouldn't have taken her for granted.
B: a) She told me not to tell anyone.
b) You are right. I should have shown her my gratitude.
3. A: Poor Jenny lost heart when she failed her maths test.
B: a) Well, why don't we all look for it then?
b) Let's try to make her feel better then.
4. A: Is that letter for me, Susan?
B: a) Let me see. Yes, it's addressed to you, mum.
b) Yes, the post office is round the corner.
5. A: Does anyone have any objections to this idea?
B: a) Yes, as a matter of fact - I do!
b) Oh, how exciting it must be for you!
6. A: What's the largest mammal in the world?
B: a) Have you thought about buying a smaller one?
b) Well, err, the whale I suppose.

13. Match the two parts of the sentences

1. I can't help	a. for a ban on illegal hunting.
2. The world will face a lack	b. down because it was losing money.
3. The car plant shut	c. of their parents being away.
4. People often make objections	d. feeling sad about losing my job.
5. I'm grateful	e. out the whole forest.
6. We need to meet the growing demand	f. of drinking water in the future.
7. The WWF is pushing	g. to you for all your help.
8. I can't stand	h. to tax rises.
9. They took advantage	i. seeing homeless people in the street.
10. The fire wiped	j. for electricity.

14. Translate the sentences from Russian into English.

1. Чтобы остановить глобальное потепление, нужно развивать альтернативные источники энергии, такие как энергия солнца, воды и ветра.

2. В этой деревне целый ряд проблем. Во-первых, местная лесопилка сильно загрязняет озеро, которое является основным источником питьевой воды. Во-вторых, дамба находится в плачевном состоянии, так как ее нормально не обслуживают уже много лет.

3. Многие заводы, перерабатывающие мусор, закрылись. Оставшиеся три завода не могут удовлетворить спрос. Таким образом, переработка превратилась в невыполнимую задачу.

4. Выбросы заводов и фабрик способствуют росту озоновых дыр в атмосфере. Из-за этого мы все чаще сталкиваемся с кислотными дождями.

5. Вырубка лесов представляет угрозу для многих видов животных. Их естественная среда обитания разрушается, популяция сокращается, и вид становится вымирающим.

6. Перенаселение приводит к разрастанию городов и ухудшению экологической ситуации: возникает нехватка ресурсов, увеличивается концентрация парниковых газов в атмосфере, растет число свалок на окраинах.

7. Глобальное потепление влияет на вечную мерзлоту: лед на северном и южном полюсах постепенно тает, что приводит к росту уровня моря и учащению природных катаклизмов.

8. Люди принимают все сокровища природы как данность. Это в корне неверно. Мы должны быть благодарны за все полезные ископаемые, беречь их и не тратить впустую.

9. Различные фонды защиты дикой природы создают заповедники и заказники, в которых заботятся об исчезающих видах млекопитающих, птиц и насекомых.

10. Правительство должно принять срочные меры для защиты окружающей среды, например, ввести штрафы для промышленных предприятий за загрязнение воздуха и для простых граждан за выброс мусора в лесу.

15. Read and translate the two texts.

A. There are many problems that threaten our natural environment. Acid rain, global warming and air and water pollution are among the most serious ones. There are several ways to help improve the situation. Firstly, we should encourage recycling because it is the production of new materials which causes the most damage. We must learn to reuse things like plastic bags and glass jars. Secondly, driving an environmentally-friendly car is also helpful. Furthermore, joining an organisation which plants trees or cleans up beaches would prove that you are really concerned about the environment. Lastly, supporting groups such as Greenpeace, which try to prevent many ecological disasters, would help to ensure that our planet will be clean and safe for future generations.

B. Gases pollute the atmosphere because they are produced too quickly to be cleared away naturally by rain, winds or plant life. These poisonous gases come from several sources such as oil producers, industries that burn fuel and motor vehicles. When the gases are released, they have two harmful effects. Firstly, some of the gases are caught by rain clouds and fall as acid rain, which damages the environment. Secondly, increasing amount of carbon dioxide forms a cover over the Earth, keeping the heat of the Sun close to the Earth's surface just as a greenhouse keeps heat in. The increase in carbon dioxide is even worse by the cutting down forests. Trees use carbon dioxide, and the fewer trees there are, the more of this gas remains in the air. The USA is now leading an international effort to limit deforestation. The goals for industry have been set and several international agreements have already been effective in reducing the production of harmful gases. Only international cooperation can solve this problem which, if not controlled, may threaten all life on Earth.

16. Describe the pictures, answer the following questions:

- What environmental problem is shown?
- What are the causes of this problem?
- How does the problem affect people's life?
- How can the problem be solved?
- What can you do to contribute to the solution of this problem?



17. Describe, compare and contrast the two pictures, commenting on the damage that mankind has caused to our planet.



18. Discuss the following questions.

1. What are the most pressing environmental issues these days?
2. How has the environmental situation in the world changed since you were a child?
3. Do you think recycling is important? Why should we recycle?
4. Should the development of renewable sources of energy be a priority?
5. Do you think nuclear power is safe?
6. What can large cities do to improve their air quality?
7. What can be done to prevent rare species of animals from extinction?
8. Do you think overpopulation is a serious environmental issue? Why/ why not?
9. Do you think global warming is real?
10. Whose responsibility do you think it is to protect the environment: individuals' or governments'?
11. Are you environmentally friendly?
12. What can you do to make the world a better place?

19. Debate the following issues.

- The world would be a better place without humans.
- Renewable energy sources should replace fossil fuels.
- Private cars should be forbidden in large cities.
- Global overpopulation is a myth.
- No one should feel obliged to change their lifestyle to combat global warming.

UNIT 5. EARLY TO BED...

WORDLIST

Word/phrase	translation	Word/phrase	translation
daily routine		harmony	
clumsy		predictable	
suffer from		motivate	
muscular pain		precise	
sleep pattern		slow-paced	
lifestyle		determine	
nine-to-fiver		bloated	
groceries		fever	
crack of dawn		aching	
revolution		nausea	
round-the-clock		dizziness	
brain		muscle contraction	
hypothalamus		wheeze	
physical		yawn	
psychological		runny nose	
well-being		sore eye	
what makes smb tick		sneeze	
hormone		spot	
alertness		lump	
synchronise		asthma	
conductor		insomnia	
regulate		flu	
tempo		cramp	
instrument		acne	
random		heat stroke	
ignore		virus	
deprive smb of smth		bacteria	
run the risk		pollen	
anxious		sling	
accident-prone		cast	
heart disease		fluid	
fatigue		prescribe	

ulcer		throat lozenge	
viral infection		sprained wrist	
outsmart		travel sickness	
alter		pulled muscle	
immune system		food poisoning	
repair mechanism		streaming cold	
circulate		nose bleed	
digestive system		traffic jam	
glucose		queue	
bloodstream		drill	
evolution		be keen on smth	
wakefulness		be fond of smth	
be in tune with		squash	
cue		embarrassed	
frightened of smth		have a strong stomach	
annoyed		feel smth in one's bones	
fascinated		put words into smb's mouth	
relieved		break the ice	
sociable		have itchy feet	
sentimental		hit the jackpot	
perfectionist		rat race	
arrogant		allergic to smth	
moody		weightlifting	
reliable		stethoscope	
practical		pneumonia	
impatient		diarrhoea	
sensible		antacid tablet	
annual check-up		limestone	
essential		mineral	
shift work		humid	
treatment		cave	
patient		steam	
heart attack		bubbling	
identical		geyser	
early bird		volcano	
owl		mud	

night owl		hot spring	
nocturnal		relieving	
bliss		arthritis	
feathered		rheumatism	
indicate		neuralgia	
gene		spa	
survival tool		miner	
awaken		resort	
existence		native	
average		found	
be aware of smth		prospector	
awake		decline	
enquiry		surface	
construct		healing properties	
erect		priest	
ward off		cure	
stroke		acidic	
carbohydrate rich		alkaline	
cereal		crater	
serotonin		endorphin	
dose		obesity	
ward		pill	
have a sweet tooth		side effect	
get smth off one's chest		scar	
put one's finger on smth		blemish	

EXERCISES

1. Match the words to their definitions.

1. queue	a. to open one's mouth very wide, showing tiredness or boredom
2. insomnia	b. full attention to what is going on around you
3. yawn	c. a mark left on the skin after a wound has healed
4. nausea	d. a long line of people wanting to do or buy something

5. alertness	e. exact and accurate
6. random	f. extreme physical or mental tiredness
7. fatigue	g. become less in quantity
8. precise	h. difficulty in sleeping
9. scar	i. a feeling of sickness and vomiting
10. decline	j. not following a particular pattern or plan

2. Choose the word that matches the definition.

1. Soil and water mixture...
 - a) mud b) hot spring c) geyser
2. A way of life where people compete aggressively with each other to be successful...
 - a) bubbling b) rat race c) shift work
3. Unwilling to wait too long for something...
 - a) impatient b) relieved c) sentimental
4. The feeling of happiness and health...
 - a) wakefulness b) lifestyle c) well-being
5. To move within a closed space...
 - a) circulate b) deprive c) wheeze
6. A cover made of plaster used to protect a broken bone by keeping it stiff...
 - a) sling b) cast c) cramp
7. Behaving in an unpleasant way towards others because of a feeling of being better than them...
 - a) arrogant b) sensible c) moody
8. Normal or usual...
 - a) identical b) average c) essential
9. Being extremely overweight...
 - a) weightlifting b) obesity c) stroke
10. To make somebody well again after a sickness...
 - a) cure b) erect c) sneeze

3. Decide if the following definitions are True or False.

1. Traffic jam is a long line of vehicles that cannot move forward because of some obstruction.

2. When a doctor prescribes a medicine, he recommends to take it for a particular illness.
3. Travel sickness is a feeling of nausea caused by fear of flight.
4. Digestive system is a system of breathing organs in your body.
5. If you outsmart somebody, you take an advantage over them in a fair way.
6. Evolution is a process whereby the characteristic of species gradually change over a long period of time.
7. To be in tune to be means in disagreement with somebody.
8. Lump is a small red mark on the skin.
9. Annual check-up is a series of routine health tests carried out once every year.
10. Pneumonia is a serious disease affecting the heart.

4. Odd one out

1. pollen - cramp - food poisoning - virus
2. lump - spot - acne - gene
3. essential - practical - reliable - sensible
4. hot spring - geyser - cave - stream
5. physical - hormonal - psychological - nocturnal
6. stroke - stethoscope - heart attack - pneumonia
7. sneeze - wheeze - cough - cure
8. nausea - brain - dizziness - fever
9. predictable - relieved - annoyed - fascinated
10. early bird - night owl - side effect - sleep pattern

5. Choose the correct answer: a, b or c.

1. Oh, no! You've broken my favourite dish. I wish you were not so _____.
a) random b) moody c) clumsy d) confused
2. Why are you waking me at the _____ of dawn?
a) aspect b) crack c) evolution d) owl
3. The doctor _____ some medicine and a lot of rest.
a) relieved b) yawned c) prescribed d) wrote
4. Don't be so _____; I'm sure you have passed your driving test.
a) sociable b) anxious c) predictable d) sentimental
5. He was left with a long _____ on his face after the cut had healed.
a) ulcer b) cramp c) blemish d) scar
6. He couldn't stop _____ after a long day's work.
a) yawning b) sneezing c) wheezing d) aching

7. Because of the _____ on her broken leg, she found it difficult to go out.
a) virus b) pollen c) cast d) acne
8. If you don't do your homework, your teacher will be very _____.
a) embarrassed b) bloated c) annoyed d) fascinated
9. She suffers _____ a rare disease.
a) in b) from c) of d) about
10. The tortoise _____ the hare and won the race in the end.
a) outsmarted b) motivated c) ignored d) indicated

6. Complete the sentences with the words from the box.

treatment	constructed	fatigue	harmony	spot	steam	crater
miner	arrogant	sensible				

1. You have a big red _____ on the tip of your nose.
2. The impact of the meteorite made a large _____ on the ground.
3. She fainted on the street because of extreme _____.
4. If you have a blocked nose, boil some water with eucalyptus and breathe in the _____.
5. Bob always talks about his school marks in a very _____ way.
6. The people of the village lived in peace and _____.
7. Come on now, be _____. You have to go to the doctor's if you're feeling sick.
8. After the accident, he was taken to hospital for _____.
9. The job of a _____ is very difficult.
10. A new block of flats is going to be _____ near the park.

7. Complete the sentences with the missing words.

1. The doctor prescribed the patient antacid medicine for his u_____.
2. When I heard him speaking that broken English, I realised he was not a n_____ American.
3. The hospital was f_____ on an endowment fund.
4. Swimming on a hot day is sheer b_____.
5. Please, quote your reference number when making an e_____.
6. Don't fly till your wings are f_____.
7. C_____ -rich foods provide the body with energy.
8. Everybody should be made a_____ of the risks involved.
9. She gave me clear and p_____ instructions.
10. Hot springs are said to have h_____ properties.

8. Match the two parts of the collocations. Make up your own sentences with them.

1. heart	i. infection
2. side	j. system
3. viral	k. wrist
4. physical	l. bleed
5. accident	m. attack
6. nose	n. condition
7. sprained	o. effect
8. heat	p. stroke
9. immune	q. poisoning
10. food	r. prone

9. Use the appropriate idiom instead of the underlined part of the sentence.

1. She eats a bar of chocolate a day, she really likes sugary foods.
2. Dealing with terrible accidents, rescuers must be able to tolerate many unpleasant things.
3. At the beginning of the first class the teacher made students feel relaxed by playing a game with them.
4. When he reached the age of 21, John wanted to travel and left home to see the world.
5. We have had great success with that new business deal.
6. She quit a fiercely competing way of life and went to live on a desert island.
7. I had to talk about my problem with somebody, or I could get deeply depressed.
8. I am instinctively certain that something bad will happen tomorrow.
9. I know there's something wrong with her but I can't precisely identify the problem.
10. I never said you should leave - don't twist my words!

10. Fill in the correct word derived from the word in bold.

Flu is a viral 1) _____ that can leave you feeling as if you had been run over by a truck. The main symptoms are a 2) _____ nose, streaming eyes and feeling 3) _____. The best thing to do is to visit your doctor, who will give you a 4) _____ for the necessary medicines. It may take a few days for the 5) _____ to work so don't

get too 6) _____. It is absolutely essential to act 7) _____. Don't overdo it or your physical condition will only get worse. Drink plenty of fluids, get lots of rest and, above all, eat well. For the 8) _____ of a sore throat you can take lozenges. Sometimes flu can cause 9) _____ so be careful not to fall over. If you follow this 10) _____ advice, you will be back on your feet again in no time.

1. INFECT
2. RUN
3. FEVER
4. PRESCRIBE
5. TREAT
6. PATIENT
7. SENSE
8. RELIEVE
9. DIZZY
10. PRACTICE

11. Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given.

1. If I eat strawberries, large red lumps break out all over my body.
allergic
I _____ strawberries.
2. At the beginning of the lecture, the speaker told a joke to make everyone feel relaxed.
broke
At the beginning of the lecture, _____ by telling a joke.
3. I really have to talk to someone about it or I will go crazy.
chest
I really have to get _____ or I will go crazy.
4. You are in danger of being stopped by the police if you drive through a red traffic light.
run
You _____ by the police if you drive through a red traffic light.
5. Due to his injury he didn't get a chance to play in the match.
deprived
He _____ because of his injury.

6. It took me three hours to get home yesterday because there was a long line of cars in front of me.
stuck
It took me three hours to get home yesterday because I was _____ jam.
7. Jason loves sweets. Let's buy him a cake.
tooth
Jason _____. Let's buy him a cake.
8. I think I will buy the red dress because I don't really like the blue one.
keen
I think I will buy the red dress because I _____ the blue one.
9. I really like the way people on this island live.
of
I really like _____ people on this island.
10. We won the first prize in the lottery last Saturday.
hit
We _____ in the lottery last Saturday.

12. Choose the best response.

1. A: He works round the clock to earn enough money for his family.
B: a) Yes, he's always tired.
b) It must be time for lunch then.
2. A: The local lead such a slow-paced lifestyle, don't they?
B: a) Yes, they will be late for work.
b) Yes, wouldn't it be great to live here?
3. A: I always feel nausea when I travel by car.
B: a) Why don't you take some pills?
b) You had better have it repaired.
4. A: Shouldn't you see the doctor about your insomnia?
B: a) I won't sleep tonight.
b) I don't have time to make an appointment at the moment.
5. A: He is a real early bird.
B: a) Yes, he prefers getting up at 5 am.
b) Yes, and he has lovely blue feathers too.
6. A: He's the most accident-prone person I've ever met!
B: a) I know; he's always dropping things.
b) You ought to call a doctor.

13. Translate the sentences from Russian into English.

1. Эти таблетки помогут вам быстро вылечиться от артрита, но у них много побочных эффектов: тошнота, головокружение или бессонница.

2. Мой коллега подхватил грипп, и ему пришлось провести две недели в больнице. Он подружился с другими пациентами в своей палате, что облегчило его симптомы.

3. Я работаю с утра до ночи, и мой режим сна оставляет желать лучшего. Я встаю на рассвете и ложусь после полуночи. Что заставляет меня держаться на плаву, так это желание получить повышение на работе.

4. Когда вы тренируетесь в тренажерном зале, важно регулировать темп, иначе вы рискуете заработать мышечную боль.

5. Гормоны определяют наше физическое и психологическое благосостояние. Нехватка гормонов вызывает сильнейшую усталость и чувство тревоги.

6. Частые вирусные инфекции могут изменить работу иммунной системы. Чтобы предотвратить развитие осложнений, необходимо проходить ежегодный медицинский осмотр.

7. С ним постоянно что-то случается! На прошлой неделе он растянул запястье и потянул мышцу спины, когда играл в волейбол, а вчера у него вскочила какая-то шишка на руке.

8. Мой брат очень нетерпеливый, его ужасно раздражает необходимость стоять в пробке или очереди. К тому же он очень переменчивый, и иногда его поведение заставляет меня чувствовать себя неловко.

9. Что-то не так с моим организмом, но я не могу понять суть проблемы. Я постоянно чихаю, у меня болят глаза и течет из носа. Возможно, это аллергия на пыльцу какого-то растения.

10. Средняя продолжительность жизни в России уменьшается, так как растет количество инфарктов и инсультов.

14. Read and translate the text.

For the last twenty years, people all over the world have been working harder and for longer hours than they used to in any other period of human history. The pressure is on to make more money and consume more. However, the more complicated people's life becomes, the more they crave simplicity. That's why more and more people are choosing a simpler, less materialistic lifestyle. This new trend is called downshifting or voluntary simplicity. For some, this means switching to a less stressful job, for others - reducing working hours. For the most adventurous, it's leaving a career, house and city behind to start again in a new place, usually in the countryside.

A recent research shows that 20 percent of people aged between thirty and fifty-five have downshifted in the last ten years. These people come from all walks of life but share the feeling that something important is missing from their lives: something that money cannot provide. All downshifter have been through a period when they question the purpose of their lives, they feel something is missing.

When asked why they decided to make these changes, the most common answer was that they want to spend more time with their family. Also people want to have more control over their lives and so lead fuller lives. Other popular reasons for downshifting include the wish to have a healthier lifestyle and to achieve work-life balance.

There are different ways how one can downshift. Most downshifter quit their jobs, others reduce working hours or take a less stressful post. In all the cases that brings the significant reduction in income which has a dramatic impact on the lifestyle to a much simpler way of living. Downshifter often have to move houses, change their shopping habits and learn how to restrict the expenses.

Although downshifting is becoming more normal, it is still a radical decision to take and people need to plan the change carefully. If they don't, the dream they had could turn into a nightmare. The most common difficulties people have are financial ones, a lack of mental stimulation and a feeling that they are no longer valued in society. The research shows, however, that the majority of downshifter are content with their decision. A massive 94 percent of downshifter are happy with their choice.

15. Work in pairs. Answer the following questions.

1. Why are more and more people choosing to live in a simpler way?
2. What does downshifting imply?
3. What kind of people become downshifter?
4. What are the most popular reasons for downshifting?
5. How can a person downshift?
6. What do downshifter often have to do?
7. What are the negative aspects of downshifting?
8. How do most downshifter feel about their choice?

16. Describe the pictures, answer the following questions:

- Where are the people? What are they doing?
- What health problems do they seem to have?
- What are the typical symptoms of these conditions?
- How can these health problems be treated?
- What can one do to prevent these kinds of health problems?

6. Do you think diets are useful or not?
7. What are the risks of a sedentary lifestyle?
8. What is your attitude to smoking and drinking alcohol?
9. How important is the right sleep pattern for your health?
10. Is there a connection between a person's lifestyle and their lifespan?
11. What are the best ways to avoid getting sick?
12. Is the healthcare in Russia getting better or worse?

19. Project. Prepare a presentation about a serious medical condition. Include the following information:

- definition and types (if any)
- causes of the disease
- symptoms
- treatment.

UNIT 7. PENNY WISE, POUND FOOLISH

WORDLIST

Word/phrase	translation	Word/phrase	translation
cheque		frame	
boss		genuinely	
ornament		bear in mind	
bunch		guarantee	
well-mannered		enhance	
job-oriented		shopping spree	
outing		obsessed	
unwrap		wacky	
passion		taste	
rule		memento	
utensil		pamper	
tableware		faithful	
tight budget		open-minded	
optimistic		award	
import		pave	
polish		project	
mango		brand	
lamb chop		fit smb like a glove	
leggings		keep smth under one's hat	
bar		wear the trousers	
liquid		be in smb's shoes	
tights		lose one's shirt	
tinned		lose one's nerve	
thermometer		the name of the game	
hammer		neither here nor there	
envelope		nearest and dearest	
washing powder		have a nose for trouble	
deodorant		day and night	

bleach		nose to tail	
screwdriver		temptation	
nail		purchase	
furnishings		balance	
stationery		interest	
toiletries		superstore	
hardware		receipt	
striped		glassware	
polka-dot		pasta	
denim		specialty	
loose		handicraft(s)	
checked		trader	
flowery		hustle and bustle	
plaid		food court	
pinstriped		my mouth waters	
suede		empty-handed	
nylon		stall	
zip		collectible	
button		rolled into one	
torn		hawk	
lining		diverse	
stained		house	
sleeve		delicatessen (deli)	
scratched		fabric	
barber		line	
launderette		canal	
refund		merchant	
object to doing smth		bank	
be prone to smth		feast	
rash		bump	
hand in		chatter	
be exposed to smth		freshly ground	
trend		spice	
ambient		fragrance	
commonplace		delicacy	
counter		hype	

EXERCISES

1. Match the words to their definitions.

1. cheque	a. a piece of paper given to somebody as proof of receiving goods or money
2. utensil	b. a written order directing a bank to pay money to somebody
3. pamper	c. very noticeable or sensational advertising
4. purchase	d. accidentally hit while moving
5. interest	e. spoil somebody by doing things for them
6. receipt	f. material used for making clothes
7. fabric	g. a tool or object that you use to cook or do other tasks in your home
8. hype	h. the thing bought
9. bump	i. a long narrow table at which customers are served
10. counter	j. a sum of money that is added to an amount of money that is invested or borrowed

2. Choose the word that matches the definition.

1. A rare or expensive food...
a) fragrance b) delicacy c) spice
2. Plentiful supply of something enjoyable...
a) feast b) chatter c) merchant
3. Relating to the immediate environment...
a) commonplace b) diverse c) ambient
4. To make better or more attractive...
a) import b) enhance c) guarantee
5. Believing in something and showing affection or loyalty...
a) obsessed b) faithful c) optimistic
6. Patterned with alternating squares of colour...
a) polka-dot b) striped c) checked
7. A journey taken for pleasure...
a) outing b) frame c) memento

8. Paper, envelopes and other materials used for writing...
 - a) toiletries b) stationery c) hardware
9. Not fitting closely, baggy...
 - a) scratched b) tight c) loose
10. To be against or oppose something...
 - a) object b) project c) hand in

3. Decide if the following definitions are True or False.

1. If one is prone to something they have a tendency to do this or be affected by this
2. Plaid is leather with a soft, slightly rough surface
3. Bleach is a product that makes things coloured
4. If something is wacky, it is unusual or silly
5. A launderette is a place where you can use washing machines to clean your clothes
6. If something is scratched it has small shallow cuts on the surface
7. Hustle and bustle is a calm and relaxing activity
8. Your mouth waters when you think of delicious food
9. To rule means to control or influence somebody
10. Tight budget allows you to buy a lot of things

4. Odd one out

1. lining - denim - suede - nylon
2. genuine - dedicated - faithful - wacky
3. rash - scratch - stain - liquid
4. balance - interest - cheque - clue
5. utensil - hardware - tableware - glassware
6. plaid - pinstriped - flowery - torn
7. nail - washing powder - hammer - screwdriver
8. zip - button - hook - bar
9. refund - receipt - ornament - counter
10. tights - sleeves - pants - leggings

5. Choose the correct answer: a, b or c.

1. Oh, no! I've come out without any money! Would you let me pay by _____?
 - a) cash b) cheque c) refund d) receipt
2. My little brother spilt tomato ketchup all over my white shirt. I'll have to use _____ to remove the stain.

- a) liquid b) deodorant c) bleach d) polish
3. Sharon makes most of the decisions. She wears the _____ in her family.
a) tights b) trousers c) zips d) buttons
4. The doctor put the _____ into the patient's mouth to check if he had a fever.
a) thermometer b) nail c) hammer d) screwdriver
5. John always wears a conservative _____ suit to work.
a) plaid b) striped c) pinstriped d) polka-dot
6. After driving through a red traffic light I feel quite _____ about passing my driving test.
a) optimistic b) passionate c) obsessed d) pessimistic
7. Sometimes, parents tend to _____ their children by buying them everything they ask for.
a) pamper b) object c) rule d) enhance
8. The courtyard of the building was _____ with large flat stones.
a) housed b) paved c) lined d) projected
9. The street market was full of colourful _____ each competing for my attention.
a) superstores b) stalls c) delicatessens d) food courts
10. I have run out of paper and pens; I'd better pay a visit to a _____ shop.
a) utensil b) tableware c) handicraft d) stationery

6. Complete the sentences with the words from the box

boss	passion	shopping spree	ornaments	clue	laundrette
ambient	advertising	guaranteed	narrow-minded	well-mannered	

1. She thought the best way to decorate her new apartment would be to place some carefully chosen _____ around the place.
2. Modern cities are just filled with _____; everywhere you look there's a sign telling you about something you should buy.
3. Tony is usually so _____; I can't believe he forgot to thank aunt Vera for the present.
4. I can't offer you a position, only the _____ can actually hire new staff.
5. The broken watch was the _____ that helped the detective solve the mystery.
6. For such a young person Jason is quite _____. He won't listen to new ideas.
7. Andrea has a _____ for reading books; she spends hours every day with her nose in one.
8. Wow! That's a lot of money. Let's go on a _____.

9. I take my clothes to the _____ because I can't afford to buy a washing machine.
10. Her success at the audition was _____ as she had prepared thoroughly.

7. Complete the sentences with the missing words.

1. Her constant c_____ was starting to annoy me.
2. I bought a small b_____ of bananas.
3. Don't u_____ your present until your birthday.
4. The wooden f_____ should be screwed onto the wall.
5. He sounded g_____ interested.
6. She has a sophisticated t_____ in fashion.
7. He won the best actor a_____.
8. The sun brought her out in an itchy r_____.
9. We i_____ a large number of cars from Japan.
10. She was careful enough not to e_____ her skin to the sun.

8. Use the appropriate idiom instead of the underlined part of the sentence.

1. I think I'll buy this skirt - it's perfect size for me.
2. What I'm going to tell you is for your ears only - keep it secret.
3. He is very domineering. He definitely makes decisions in their family.
4. If I were in your position, I would go and see a doctor.
5. I was all set to do the bungee jump, but at the last minute I lost my courage to do so.
6. On my birthday, I prefer spending the day with my close relatives and friends.
7. If you invest in that company, you risk losing all your money.
8. Coming back from the concert, the cars were lined up one behind the other.
9. There was much busy activity before the performance began.
10. John is always getting into fights. He seems to have a natural ability to get into trouble.

9. Fill in the correct word derived from the word in bold.

One of the things Roberta liked best about her holiday to Japan was her 1) _____ to the food court of Takishimaya, a large department store chain. The food court was located in the basement of the emporium and was full o more 2) _____ than she could imagine. 3) _____ was everywhere around her. The local 4) _____ were so well-mannered and helpful; they kept offering her wonderful things to taste. Roberta eagerly tried most things she was presented with. Then, she decided to go to the first floor to look for some gifts.

This section was a collector's dream. It was full of 5) _____, from costly ceramic ornaments to artfully scratched wooden cedar boxes. She discovered a beautiful 6) _____ dressing gown that would match the perfect gift for her sister. Her parents, she decided, would appreciate an 7) _____ clock decorated with flowers. For herself she bought some 8) _____ silk pyjamas. Although she was on somewhat tight budget, she didn't forget her 9) _____ friend Simona. The two friends shared the same kind of 10) _____ with hand-made objects, so she decided to buy her a beautiful, porcelain doll.

Her shopping spree completed, she made her way back to the food court to try some more delicious samples.

1. OUT
2. DELICATE
3. TEMPT
4. TRADE
5. COLLECT
6. FLOWER
7. ORNAMENT
8. FAITH
9. BAG
10. OBSESS

10. Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given.

1. If I were you, I would definitely buy this house.
shoes
If _____ I would definitely buy this house.
2. When my dog is left alone, she is likely to chew up the furniture.
prone
My dog _____ the furniture when she's left alone.
3. Our teacher asked us to give him the assignment in three days.
hand
Our teacher _____ the assignment in three days.
4. I don't have much money these days.
tight
I'm _____ these days.
5. This dress fits perfectly, I'll take it.
glove
This dress _____ I'll take it.

6. Thank you very much for your help; I'll never forget it.
for
I'm _____; I'll never forget it.
7. My sister studies all the time, I'm sure she'll pass the exam.
night
My sister studies _____, I'm sure she'll pass the exam.
8. Paul's children have very good manners and never cause any trouble.
are
Paul's children _____ and never cause any trouble.
9. I don't really like all this noise and movement of street markets.
bustle
I don't really like _____ of street markets.
10. The salad will taste better if you add spices.
enhance
Add spices _____ the salad.

11. Choose the best response.

1. A: I'd like to get a refund; the stitching on this dress is coming apart.
B: a) Do you have a receipt?
b) That should be all right. I'll just get the shirt.
2. A: Did you like the pasta dish?
B: a) No, I hate doing the dishes.
b) Well, to tell you the truth, it wasn't very tasty.
3. A: This is a well-known brand, you know.
B: a) That doesn't convince me that I really need it.
b) Well, I don't really like mangoes.
4. A: Oh, look at all those tempting boutiques lining that street up ahead.
B: a) I hope you've got plenty of cash.
b) Where's the line?
5. A: I'd like to get a memento to remind me of my trip.
B: a) Have you seen the framed photograph of my grandmother?
b) Why don't you buy some traditional handicrafts?

12. Match the two parts of the sentences.

1. The project is run on a tight budget	a. that the time of the meeting has changed.
2. It was a job-oriented course	b. for a professional shave.
3. He became more and more obsessed	c. in clothes and accessories.

4. Please bear in mind	d. so we can't spend much money.
5. Lucy seems to be very optimistic	e. to having to wait for their pay increase.
6. She has very good taste	f. with solving the puzzle.
7. Sam bought screwdriver	g. for his research into cancer.
8. Sometimes Tim went to the barber's	h. for his carpentry course.
9. The office staff objected	i. designed to give students practical skills.
10. He was the top award	j. about her being enrolled on the course.

13. Translate the sentences from Russian into English.

1. Я не склонна копить деньги. Как только у меня появляется большая сумма, я отправляюсь на шоппинг и спускаю все деньги на новую одежду.

2. Маленьких детей нельзя долго держать на солнце, у них может случиться тепловой удар или появиться сыпь.

3. Клэр никогда не приходит к друзьям с пустыми руками. Она всегда приносит что-то для украшения дома или какие-нибудь деликатесы, например, икру или свежемолотый кофе.

4. На ярмарках торговцы раскладывают свои разнообразные товары на лотках так, что покупатели не могут противостоять искушению купить все и сразу. Часто поход на ярмарку превращается в настоящий пир.

5. Если вы хотите сделать возврат купленного товара, нужно подать заявление и приложить чек.

6. Я не люблю ходить в гипермаркеты, там всегда так много суеты! Но, с другой стороны, там огромный выбор товаров на любой вкус.

7. Советую тебе сходить в этот ресторан, от их фирменного блюда – отбивной из ягненка – у тебя непременно потекут слюнки.

8. У моей кузины очень странный вкус в одежде. Она может сочетать рубашку в горошек с полосатыми лосинами или надеть короткие нейлоновые шорты на колготки.

9. Несмотря на свой ограниченный бюджет, Салли смогла купить много нужных вещей для дома: стиральный порошок, отбеливатель, два куска мыла, молоток и гвозди.

10. Тебе следует иметь в виду, что платья в полоску или клетку больше не в моде. На твоём месте я бы купила куртку из замши и вот эту плиссированную юбку. Мне кажется, она идеально на тебя сядет!

14. Read and translate the text.

Tiny shopping habits that will save you loads of money in the long run.

We all know the reality of shopping: You head to the store to pick up one thing, and somehow you end up at the cash register with a cartful of items you absolutely did not need. Here are some smart shopping habits that your future self will thank you for.

Use shopping lists

Don't go to any store without a shopping list in hand. Impulse purchases are hard to resist, but it's a little bit easier to stay within your budget and avoid excess spending when you have a specific guide to keep you on track.

Leave your credit cards at home

If you're worried that you aren't going to be able to control yourself around a sale section, then leave your credit cards at home. Instead, calculate how much money you want to spend – or more realistically, can afford to spend – and take that amount in cash with you on your shopping trip. That way, spending beyond your means won't be an option.

Invest in a few expensive staples

Buying cheap, poorly-made clothing and handbags can result in the need to replace items again and again when they fall apart. Instead, save money by investing in more expensive pieces, ones that you can use or wear a lot without worrying about their longevity.

Buy everyday essentials before you run out

Don't wait until you're completely out of toilet paper and laundry detergent to buy more. If you do, you'll likely end up buying a full price product at the store closest to you, purely because of convenience. But, if you strategize and stock up on all the necessities before things get dire, you allow yourself ample time to compare prices, stock up on coupons, and save as much money as possible.

Stop spending money on books

Read all you want – but save money doing it by going to the library. There's really no reason to spend some 500 roubles on a hardcover book that you're going to use for a few weeks and never look at again. Many libraries are free, and they will almost certainly have any book you can possibly imagine.

15. Describe the pictures, answer the following questions:

- What kind of place is this?
- What can you buy in such a place?
- What are the advantages/ disadvantages of shopping there?
- How often do you go there to buy something?



A



B



C



D

16. Compare and contrast the two pictures, commenting on the differences between traditional shopping in a store and on-line shopping.



17. Discuss the following questions.

1. Do you enjoy shopping? Why/why not?
2. How often do you go shopping?
3. Where do you usually buy clothes? And food?
4. What kind of clothes do you prefer?
5. Do you like looking for bargains?
6. When you have some money, how long is it before you spend it?
7. Do you like window shopping?

8. Have you ever got a refund?
9. What is the last thing you bought?
10. Are you saving up to buy something expensive?

18. Express your opinion on the following statements.

1. It's better to save up money for something worthy than spend it on small stuff.
2. People addicted to shopping lose more important things in life.
3. Window shopping is very exciting.
4. People should only buy the things they can afford.
5. Shopping malls are a lot of fun.
6. Shopping is very stressful.

UNIT 8. YOU ARE WHAT YOU EAT

WORDLIST

Word/phrase	translation	Word/phrase	translation
skip		accompanied by	
junk food		peak	
raw		flexible	
kiwi fruit		nervous system	
dried fruit		absorb	
rye bread		nod off	
tuna		skimmed milk	
yogurt		stock up	
chili		unprocessed	
ginger		be on the rise	
reflex		hectic	
elevate		upbeat	
alert		metabolism	
schedule		appetite	
boost		beef	
interval		poultry	
protein		veal	
lamb		gradually	
salmon		constantly	
cod		mixture	
trout		layer	
oyster		tender	
mussel		fatty	
shrimp		sparkling	
squid		tough	
octopus		mild	
olive		bitter	
pear		sour	
melon		still	
grapes		lean	
pineapple		continental	

		breakfast	
avocado		stuffed	
peach		tablecloth	
cauliflower		napkin	
aubergine		cutlery	
pees		tray	
mushroom		takeaway	
leek		chipped	
lentils		overcooked	
snail		starve	
boiled		pint	
steamed		lobster	
fried		sauce	
grilled		gravy	
baked		bolognaise	
roasted		portion	
pickled		warn	
beat		remind	
peel		boast	
stir		threaten	
sieve		forbid	
grate		postpone	
roll		compensate for	
chop		extinguish	
parsley		fat-free	
whisk		equivalent	
rolling pin		packaging	
ingredient		nap	
prawn		piece of cake	
plain		be full of beans	
slice		in a nutshell	
drain		not one's cup of tea	
poach		a hot potato	
flake		in the soup	
melt		a drop in the ocean	
pan		the good old days	
paste		a place in the sun	
be in/ bring into the public eye		poverty	

donate		taskmaster	
meat grinder		gang	
jelly		pity	
cracker		reunite	
eggplant		pale	
zucchini		pot	
ground meat		master	
grain		seize	
clove		hang	
pinch		gate	
fibre		stick	
spirits		coffin	
doughnut		notice	
croissant		bow	
soft drink		evaluate	
smoked		judgement	
coleslaw		factual	
dip		decor	
quiche		pricey	
nugget		courteous	
immense		shabby	
underworld		pudding	

EXERCISES

1. Match the words to their definitions.

1. skip	a. busy, with a lot of rushed activity
2. alert	b. decide not to do something, omit
3. elevate	c. rather expensive
4. hectic	d. not very strong or severe
5. upbeat	e. arrange to do something at a later time than originally planned
6. tough	f. paying full attention to the things around you
7. mild	g. difficult to cut or chew
8. boast	h. increase in amount or raise something
9. postpone	i. speak proudly of doing something in a way that annoys others
10. pricey	j. cheerful and optimistic

2. Choose the word that matches the definition.

1. To take hold of something quickly and firmly...
a) seize b) bow c) evaluate
2. Polite, respectful and considerate...
a) shabby b) immense c) courteous
3. An emotional state, a way of feeling...
a) spirits b) notice c) judgement
4. A salad of shredded raw cabbage and other vegetables mixed with mayonnaise...
a) quiche b) coleslaw c) dip
5. An amount of powder that can be held between the thumb and the forefinger...
a) grain b) pinch c) clove
6. Knives, spoons and forks used for eating...
a) tablecloth b) napkin c) cutlery
7. A source made from juices that come from meat when it cooks...
a) gravy b) pint c) jelly
8. A flat piece of wood, plastic or metal used to carry food and drinks...
a) tray b) paste c) whisk
9. To rub food such as cheese or carrots over a special metal tool...
a) roll b) grate c) stir
10. A substance you need in order to grow found in meat, eggs and milk...
a) poultry b) protein c) cod

3. Decide if the following definitions are True or False.

1. Metabolism is a chemical problem which causes food to be used by the body.
2. Peak is the lowest point of something
3. A schedule is a plan that lists events or tasks and when they should be done
4. Skimmed milk is milk with a large amount of cream in it
5. To stir means to process a material by the use of a fine wire net
6. To drain means to allow the liquid to flow from something
7. Lean meat contains little fat
8. Napkin is a small piece of cloth or paper used to protect your clothes and wipe your mouth while eating
9. A shabby house is modern and in good condition
10. Continental breakfast is a type of breakfast with no cooked food

4. Odd one out

1. meat grinder - peeler - grater - tray
2. coleslaw - leek - aubergine - zucchini
3. squid - shrimp - oyster - mushroom
4. sieve - pinch - pan - whisk
5. sauce - yoghurt - gravy - flake
6. alert - forbid - absorb - threaten
7. poach - beat - slice - tender
8. sour - bitter - dip - mild
9. steamed - boiled - roasted - stuffed
10. lamb - trout - veal - beef

5. Choose the correct answer: a, b or c.

1. Chickens, ducks and other kinds of _____ all have feathers.
a) poultry b) beef c) calf d) lamb
2. You shouldn't eat so much ice-cream. It contains a lot of _____.
a) protein b) carbohydrate c) fat d) fibre
3. The apple pie must be _____ to perfection or she won't eat it.
a) boiled b) smoked c) fried d) baked
4. There's plenty of _____ in this river. Get your fishing rod.
a) octopus b) cod c) lobster d) mussels
5. You have to _____ the egg for three minutes according to this recipe.
a) grate b) beat c) chop d) peel
6. _____ are my favorite vegetable.
a) Peaches b) Pears c) Peas d) Avocados
7. Lemons are _____.
a) bitter b) spicy c) sour d) tough
8. They were _____ children who always said "please" and "thank you".
a) flexible b) immense c) factual d) courteous
9. First, _____ the chicken in milk and then roll it in flour.
a) dip b) stir c) grill d) roast
10. The _____ of thieves made off with the gold.
a) gang b) underworld c) master d) taskmaster

6. Complete the sentences with the words from the box.

tablecloth	chipped	postponed	diet	intervals	pricey	nap
gate	slices	portions				

1. She's not been eating much lately. She must be on a _____.
2. The whole class was upset because the school trip had been _____.

3. They want to eat at a restaurant that is too _____ for our budget.
4. Jack was tired so he took a _____.
5. It looks as if the _____ is closed but there's another entrance at the rear.
6. You must turn the meat over at regular _____ in order to cook it properly.
7. The new _____ really brightens the dining room.
8. We each had two _____ of apple pie.
9. That restaurant is well-known for its generous _____ and reasonable prices.
10. Every cup and saucer in the tea service has been _____.

7. Complete the sentences with the missing words.

1. It's impossible to e_____ the results without knowing the methods employed.
2. A watched p_____ never boils.
3. She has a p_____ skin that doesn't tan easily.
4. Continue stewing until the meat is t_____.
5. This word has no e_____ in Russian.
6. We d _____ to the school endowment fund every year.
7. I tried to w _____ him, but he wouldn't listen.
8. This issue t _____ peace and stability in the region.
9. P _____ foods should not be eaten in large quantities as they are not good for your stomach.
10. If you warm ice, it will m _____ into water.

8. Decide if the captions are right or wrong.



parsley



prawn



aubergine



trout



cauliflower



peach



cod



salmon



mussels



leek



ginger



veal



chili



lamb



watermelon



doughnuts

9. Write the names of foods that collocate with the following verbs.

1. peel
2. sieve
3. stir
4. grate
5. grill
6. pickle
7. roast
8. slice
9. fry
10. poach
11. chop
12. beat
13. steam
14. stuff

10. Use the appropriate idiom instead of the underlined part of the sentence.

1. You'll learn the recipe without a problem; it's very easy.
2. I'd love a break, but a holiday in the mountains doesn't appeal to me.
3. He is very domineering. He definitely makes decisions in their family.
4. A new assignment is very difficult and unpleasant. No one wants to take it on.

5. In a few words, you get what you pay for.
6. Jody normally looks tired but today she has a lot of energy.
7. Paul's found his ideal position. He's landed a job as a journalist.
8. She was getting into trouble when the headmaster caught her cheating in the exam.
9. Government spending on education was very little compared to the rest of the budget.
10. His successful TV show brought him out in the media.

11. Fill in the correct word derived from the word in bold.

Jack sat watching as the candle wax melted onto the bread crumbs and the 1) _____ scattered on the tablecloth. The 2) _____ of the fish aquarium in the corner by the bar was a sad, forlorn 3) _____ to the restaurant owner's thoughts at that moment. He 4) _____ thought to himself that "The Hungry Hunter" was finished as a business.

He'd had a 5) _____ that the restaurant review critic from "The Times" was going to be dining that weekend. Being a busy man, he'd asked his head chef to give him a 6) _____. It upset him that the chef, normally so 7) _____ had forgotten to do this.

It was a busy night. The dining critic and his associate had already had their 8) _____ before Jack realised they had been seated. They'd ordered the most difficult dishes and finished rather quickly. The evening was a disaster. As soon as the staff had finished cleaning the kitchen and dining room Jack 9) _____ bid them good night and followed them out the door.

The following morning Jack returned to open up. As if his worse dreams had come true, a copy of "The Times" was propped against the bottom of the wooden door. "Might as well read the 10) _____," he thought. Immediately, he turned to the dining section and was shocked. Beneath the review critic's name was the photograph of "The Hungry Hunter". Beside it, five stars!

1. CUT
2. BUBBLE
3. ACCOMPANY
4. PITY
5. WARN
6. REMIND
7. RELY
8. APPETIT
9. APOLOGY
10. EVALUATE

12. Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given.

1. The fire brigade managed to put the fire out in fifteen minutes.
extinguish
The fire brigade _____ in fifteen minutes.
2. It was a nice roast beef. It's a shame he cooked it too long.
overcooked
The roast beef would have been better _____ it.
3. If I don't drink my regular morning coffee, I don't have enough energy.
boost
I get _____ when I drink my regular morning coffee.
4. Mum's had a busy day and wants to rest.
hectic
It's _____ for mum and she wants to rest.
5. After twenty years apart the twins planned on getting back together again.
reunited
The twins planned _____ after twenty years apart.
6. The judge ordered the man to make up for the damage he had caused.
compensation
The man was ordered _____ damage he had caused.
7. Ted said he'd bring cola, lemonade and iced tea to the party.
soft
Ted said he _____ to the party.
8. Mum filled the turkey with a mixture of oysters and bread crumbs.
stuffed
The turkey _____ a mixture of oysters and bread crumbs.
9. 'It wasn't difficult at all', the boy said.
cake
'It _____', the boy said.
10. When you are on a diet, try to avoid foods that contain a lot of fat.
free
When you are on a diet, try to _____ foods.

13. Choose the best response.

1. A: would you like some more crisps?
B: a) Just a loaf, thank you.
b) No, thanks. I don't want to eat too much junk food.
2. A: We need more sticks for the campfire.
B: a) Let's stock up on them.

- b) You should call the fire brigade.
3. A: We have a lot of grapes.
B: a) They are very fatty.
b) I'd like a bunch, please.
4. A: Snails are served in this restaurant.
B: a) They're not my cup of tea.
b) May I have a clove?
5. A: Grandma's childhood was very happy.
B: a) Yes, she always talks about the good old days.
b) I think she's feeling upbeat.
6. A: Will you take a pineapple to the party?
B: a) I'd love to.
b) I don't like takeaway food.

14. Translate the sentences from Russian into English.

1. Завтрак – самый важный прием пищи, который нельзя пропускать. На завтрак нужно есть кашу, богатую углеводами, или яйца, богатые белком. Как источник полезных жиров можно добавить авокадо или овощной салат с оливковым маслом.

2. Я не ем суши, в которых есть сырой тунец или лосось. Но я очень люблю морепродукты: креветки, мидии, устрицы и осьминога.

3. Число людей с ожирением растет по всему миру. Причина этому – сумасшедший образ жизни, при котором людям некогда готовить, в результате чего они ежедневно потребляют высококалорийную вредную еду.

4. Джоанна сидит на диете: она ест с интервалами по 3 часа, строго по расписанию, покупает только обезжиренное молоко, постное мясо и муку из необработанной пшеницы.

5. Сон после обеда помогает мне повысить уровень энергии, чувствовать себя в приподнятом настроении и оставаться внимательным в работе.

6. Салли – вегетарианка: она не ест говядину, свинину или баранину, но может съесть птицу или рыбу, например, треску. Летом она запасается овощами на весь год.

7. В рецепте этого пирога очень мало ингредиентов: взбейте яйца, просейте муку, добавьте растопленное масло, сахар и перемешайте. Для начинки порежьте тонкими дольками грушу или персик. Выпекайте в духовке 30 минут.

8. Наш поход в ресторан оказался неудачным. Фаршированная индейка, которую мы заказали, была жесткой и жирной, овощной салат – кислым, а вместо газированной воды принесли воду без газа.

9. Вчера я впервые сделала пищу дома. Я раскатала тесто, смазала его томатным соусом, посыпала тертым сыром, добавила ветчину, грибы, маринованные огурчики и приправила смесью ароматных трав.

10. Когда Энн переехала от родителей в свою квартиру, на кухне у нее не было ничего. Постепенно она купила скатерть и салфетки, столовые приборы и кастрюли, мясорубку, скалку, венчик, сито и все необходимое для готовки.

15. Read the text and complete the gaps with the words below. Translate the text.

nutrients	carbohydrates	dairy products	calories	protein	fats
processed foods					

1) _____ are the best fuel for your body's engine, more so than proteins or fats. Some people are terrified of consuming them as they think it leads to weight gain. However, this is not the case if the right carbs are eaten at a proper time and are combined with proper physical exercise. Choose wholegrain varieties of carbohydrates where possible because they contain a lot of fiber, which controls blood sugar and helps you to feel full for longer.

For your body to stay strong and healthy it's important to eat the right amount and the right kind of 2) _____. Fish and seafood are good sources of it and are typically low in fat. Poultry, especially chicken breast, is also great for your health. Though beef contains twice as much saturated fat as chicken, for example, it is an excellent source of zinc, iron and vitamin B12. Finally, eggs are a very good source of inexpensive, high quality protein.

3) _____ are a good source of calcium, protein and vitamin D. Calcium is essential for your body to build bones and teeth, maintain body mass, improve bone health and decrease the risk of osteoporosis. Such products as milk, cheese and yoghurt contain the unique package of vitamins and minerals, thus bringing significant health benefits.

Vegetables and fruits are rich in 4) _____ vital for health and maintenance of your body. Consuming more of this food can reduce the risk of stroke, heart disease, cancer and type-2 diabetes. Carbohydrates that fruit and vegetables contain are digested slowly thus helping us to boost our energy. You should consume about five portions of fruit and vegetables a day.

5) _____, such as cakes, chips, sweets and fizzy drinks, are high in salt, sugar and unhealthy 6) _____. They are also low in vitamins and minerals and eating too much of them is bad for your waist and your health. Consuming a lot of processed foods may increase the risk of chronic diseases, however, eating them occasionally is fine. Just make sure not to let them dominate your diet and avoid eating them every day.

Remember: if you burn as many 7) _____ as you take in, your weight remains the same. So if you want to be the picture of health, you need not only eat healthily, but do regular exercise that will help you to control your body weight and be fit and strong.

16. Describe the Healthy Plate in the picture, answer the following questions.

- What should we eat most /least, according to it?
- What nutrients is each group of foods rich/ low in?
- Do you agree with the quotation: “You are what you eat”?
- Do you care about the nutrients your food contains?



17. Compare and contrast the two pictures, commenting on the differences between fast food and traditional home-made food.



18. Discuss the following questions.

1. Are you fussy or particular about the food you eat?
2. Have you favourite kinds of food changed over the years?
3. What is your staple diet?

4. Can you cook well?
5. Do you often eat out?
6. What are the traditional meals in Russia?
7. What country's cuisine do you like the most?
8. What is the strangest food you've eaten?
9. How often do you eat fast food?
10. Are you allergic to any foods?
11. In the 21st century, why are people in some places still starving or malnourished?
12. Why is vegetarianism on the rise these days?

19. Debate the following issues.

- Junk food should be banned.
- Genetically modified foods are rather beneficial than harmful.
- Humans should stop eating animals.
- All children should learn to cook at school.
- A woman's place is in the kitchen.

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