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## **No-Prep Materials for English Lessons**

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#### Содержание

Пояснительная записка	4
Modal verbs	5
How to rent an apartment	8
Traditional dishes around the world	11
Nuts	14
All about chocolate	16
Euphemisms	
Personality traits	21
Feelings and moods	29
The art and science of spending money	
Online fraud	47
Crocodile magazine	
Библиографический список	65

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4

## Modal verbs

Look at the pictures. Try to guess people's jobs. What are their responsibilities? Use modal verbs while describing pictures.



Describe the jobs using: should – shouldn't – must – mustn't – have to – don't have to

# Q

	Video game tester	Fake wedding guest	
	Have to:	Have to:	
	Don't have to:	Don't have to:	
	Must:	Must:	
	Mustn't	Mustn't	
	Should:	Should:	
4	Shouldn't:	Shouldn't:	

Interior designer	Pet psychologist
Have to:	Have to:
Don't have to:	Don't have to:
Must:	Must:
Mustn't	Mustn't
Should:	Should:
Shouldn't:	Shouldn't:

## Role play! Make a dialogue using modal verbs: Must – mustn't – should – shouldn't – have to – don't have to

Characters: employer, applicant;

Place: office

Situation: An applicant came to the office to get a job of (imagine what kind of job he wants to get). An applicant is a well-educated worker with a great amount of experience. By the way, this job is quite difficult. The company couldn't find a worker for a long time. This applicant is the most appropriate variant. But the applicant's requirements for his future job are too high. The main goal of the employer is to invite him and to save his position in the company. Discuss the working conditions (schedule, salary, responsibilities, ...) Scenes:

- A) The applicant will have several interviews today. He is sure he will have a great success in all interviews.
- B) The applicant needs to get this job. The company is waiting for several applicants, whose CV are perfect too.
- C) The company risks going bankrupt. It can't provide the candidate with a high salary. What tempting conditions can it offer?



## A) Read the text. Fill in the gaps in the scheme. Add bubbles if it's necessary.

Do you want to rent an apartment? This is a short plan how to do it successfully. The first step is to find the best real estate agent. Ask around! People will never know you're looking for an agent unless you ask. You can also use your past experience or real estate websites or apps. For sure, you can search for apartments online without the help of a real estate agent. In large cities, there may be a group for people renting out apartments. Next, arrange a viewing a new house. Be prepared to make an appointment. While watching new apartments, pay your attention at these features: is it furnished or unfurnished? In the latter case, think about the budget amount for the purchase of new furniture and household appliance. Don't forget about parking availability if you have a car, building security, location of shops, hospitals and schools. Make sure this residential area is convenient for you.

Have you already saved up for your dream house? Are you ready to rent it? Gather documents that evidence your ability to pay an apartment. Don't forget to bring identification. Discuss a lease agreement. Make sure that all terms and conditions are exactly what you were told when you initially inquired about the apartment. Walk through the apartment immediately before signing the lease contract. You should do this to check for any damages or defects. If you agree, sign the contact. Now you are a tenant! Receive the keys from the landlord.

When a new dwelling is rented out, go through your belongings and decide what you want to bring. Prepare boxes and tapes, then pack all your items. Label them so you know what's in them. If you are ready to move out your old apartment, find a removal van. Ask friends or family members to help you move. After moving in your new apartment, unpack all the boxes. Clean your old apartment if necessary. Make a list of items you need, but don't already have. Get acquainted with your new housemates.





#### B) Answer the questions using the text and your knowledge.

- 1) Do you think it's better to use real estate agent services or to search for apartments on your own? Why?
- 2) What are some important factors to consider when choosing an apartment to rent?
- 3) Do you think it's better to rent a furnished or unfurnished apartment? Why?
- 4) What are some typical lease agreement terms when renting apartment?
- 5) Why is it important to check for any damages or defects before signing a contract?
- 6) What are some tips for negotiating the rent price with a landlord?
- 7) What are the advantages and disadvantages of renting an apartment instead of buying a house?
- 8) What are some ways to make your apartment feel more like home?

#### Role play!

You were looking for a real estate agent to rent new apartment. You didn't have this experience before and your friends didn't give you proper recommendations in this regard. You were searching on special websites and mobile apps. One day, you found the real estate agent. What questions will you ask to ensure the reliability of this option? Don't forget to ask about his past experience to make sure he is qualified.

#### Characters: You; Real estate agent;

#### Scenes:

- 1) Your wish is to live in apartments on the top floor in the city center with great city view and big windows;
- 2) You have two dogs and a cat. Your wish is to find apartments near the park or the forest.
- 3) Your family is large. You have a wife and five children. The main condition is to live in a residential area near kindergartens and schools.



#### Traditional Dishes Around the World

A) Think of traditional cuisines of these countries. What dishes are popular at different meals: breakfast, lunch and dinner?



B) Think of the traditional cuisine of your country. When do you usually eat these dishes?



C) Read the text. Do tasks for the text.

### Traditional Full English Breakfast



A full English breakfast typically includes bacon, fried, poached or scrambled eggs, fried or grilled tomatoes, fried mushrooms, fried bread or buttered toast, and sausages. The food is traditionally served with tea or coffee, as well as fruit juices. In this article we are going to cook full English breakfast.

Cook the sausages for 15 minutes, or until they're cooked through. Heat 1 teaspoon of oil in a large pan over low heat. Once the oil is hot, add 2 sausages to the pan. After 10 minutes, turn the heat up to medium and cook the sausages for an additional 5 minutes.



Fry the bacon in the same pan as the sausage. Add 2 to 3 slices of bacon to the already-hot pan. Cook them for 2 minutes on each side. A longer cook time will produce crispier bacon.



Heat up 1/4 cup (40 grams) of baked beans. Add the beans to the pan and cook them from 2 to 3 minutes. Use canned beans to save time, or make your own baked beans from scratch ahead of time.



Grill up your tomato slices or whole tomatoes. If you use small, whole tomatoes, cut them in half lengthwise. If youse a large tomato, slice off 2 or 3 slices. Sprinkle the tomatoes with salt and pepper, and place them onto the hot pan. Cook them for about 2 minutes per side.





Fry up a thick slice of bread in butter or leftover bacon fat. If the pan is a bit dry, add 1/2 tablespoon of soft butter to the pan and let it melt. Fry the bread on each side for 2 to 3 minutes, or until the bread is brown and toasty.

Make two fried eggs to add to your plate. If the pan is dry, add 1/2 tablespoon of butter to it. Crack the eggs directly into the pan, and cook them for 30 to 60 seconds. Spoon melted butter and grease overtop of the eggs as they cook. Turn off the heat once the whites of the eggs are cooked through, but before the yolks have hardened. If you don't like fried eggs, try making scrambled eggs instead.

Put your meal on a plate, and serve it alongside hot coffee or tea - especially strong black tea. Feel free to use ketchup or hot sauce.

#### 1) Where were these words used?



#### 2) Answer the questions using the text and your knowledge.

- A) What is the easiest thing for you to cook from traditional English breakfast? What is the most difficult?
- B) Would it be easy and fast for you to cook this every morning?
- C) What can you use instead of some ingredients? (if you have allergies or don't like them?)
- D) Will you be full/hungry with this breakfast? What will you change to avoid this?
- E) What do you usually cook in the morning if:
- you're in a hurry?
- you're extremely hungry?
- you have enough time?

#### 3) Think about other dishes in different cuisines where these verbs are used.



## 4) Look at these sayings about food. How do you understand them? What Russian equivalents do you know.

- A clean fast is better than a dirty breakfast.
- Hunger is the best sauce.
- A tree is known by its fruit.
- Appetite comes with eating.
- No sweet without sweat.

#### Nuts

Are you sure that you know all the names of nuts and dried fruits? Let's check! You are to read the short text and sign their names in the correct boxes.

The most popular nut is cashew /'kæſu:, or kəˈſu:/. It's a pale yellow curved nut that grows on trees primarily in Brazil. Cashew improves skin, hair and nails condition. Another one is a walnut /'wo:l.nʌt/. It is a nut with a slightly bitter taste, a series of folds in it, and a hard shell. By the way, inside it looks like a brain. Let's take a look at pistachios /pɪ'stæʃ.i.əʊ/. It is a nut with a hard shell containing a green seed that can be eaten. Moreover, they strengthen blood vessels and improve liver function. As for almonds /'ɑ:.mənd/, they are oval with a hard brown shell. Almonds are excellent source of calcium, iron, they contain vitamins B and E. Brazil nut /brə'zɪl <code>nʌt/</code> is a large curved nuts that grow in a hard, three-sided shell. Just one Brazil nut provides daily requirement of selenium, which removes most poisons and toxins from the body.

Let's look at dried fruits. Do you know what is a date /deit/? It's not a numbered day in a month. Date is a sweet brown fruit of palm tree. It strengthen the body's ability to resist various infections, including viral ones. Dried plum /plAm/ is small and oval, usually with a thin, smooth, purple or yellow skin, really sweet and soft. It helps to regulate stomach function. However, dried cranberry /'kræn.bər.i is small too. It's red and has a sour taste. It is also used as an antibiotic that removes bacteria and viruses.



### Let's think!

## A) Answer the questions.

- What is your favourite nut?
- What dishes do you like that have nuts in them?
- What's the best thing to eat and drink with nuts?
- Do you like salted, chillies, dry roasted or plain nuts?
- How would your life be different without nuts?



## B) Look at the pictures. Discuss your favourite food combinations.



#### All about chocolate

A) You are going to read the text about chocolate. What are you associations with chocolate? Brainstorm for any topics.



#### B) Read the text. Give the title to the text.

Chocolate is one of the most popular foods in the world. It has a history as rich as its flavor. Chocolate comes from the beans of the cacao tree, a plant that has grown in the Americas for at least 4,000 years. As long ago as the twelfth century, Indian families drank chocolate at marriages and other ceremonies.

Why do people eat chocolate?. It has helpful physical effects. The sugar and fat in chocolate give people quick energy. This is why mountain climbers often carry chocolate with them. For this same reason, people like to have a candy bar when they're feeling tired.

Eating chocolate has mental effects, too. Many people crave chocolate in times of stress or emotional upset. Some psychologists explain that people associate chocolate with the happy times of their childhoods. The taste of chocolate reminds them of the food and comfort they received from their mothers. However, physical scientists have developed another explanation.

Chocolate contains a chemical compound called phenylethylamine (PEA) which is known to increase levels of dopamine in the areas of our brain responsible for pleasure and reward. This is why chocolate can trigger feelings of pleasure and happiness. Additionally, cocoa, the main ingredient in chocolate, contains antioxidants that can help reduce stress and boost mood. By the way, chocolate stimulate the release of endorphins. These endorphins can reduce stress and anxiety, leaving you with a sense of calmness and relaxation.

There is no doubt that chocolate, with its unique physical and psychological effects and its unmatched flavor, is one of the world's favorite foods.

#### C) Fill in the gaps using the text and your own ideas.

- 1) Chocolate is one of the most popular foods in the world because ...
- 2) ..., that's why people like to have a chocolate bar for every occasion.
- 3) If a person is stressed or emotionally upset, ...
- 4) ..., that's why chocolate can reduce stress and anxiety.
- 5) Unique physical and psychological effects of chocolate ...

D) You are going to compose advertisements for chocolate for different groups of people. Come up with words and phrases which will help you to sell your product successfully to these people:



## Role play!

You are a mother/father of a sweet tooth. Your child is fond of chocolate. He/she eats it in such quantities that it leads allergies and weight gain. That's why your child is always bullied by other classmates but that doesn't stop him/her. It hurts your family's reputation. Talk to him about this topic.

Characters: mother/father; child;

#### Scenes:

- 1) During a conversation, the child begin to cry and intends to leave the house if he is forbidden to eat chocolate.
- 2) Your child isn't interested in this topic at all. Despite the ridicule of classmates, he/she continues to eat chocolate. The child doesn't pay attention to your dialogue.
- 3) Your child has been offered the main role in a film. To do this he/ she needs to lose some weight. He/she will be paid generously for this role. Your child isn't interested in it too.



**Euphemism** is a polite expression used in place of one that may be found offensive or suggest something unpleasant or embarrassing.

#### Euphemisms for describing negative things about people

He's big boned. – He's fat. She's horizontally challenged. – She's fat. She's vertically challenged. – She's short. She's intellectually challenged. – She's stupid. She's mentally challenged. – She's mentally ill.

#### Euphemisms for describing people's death

She's **passed on**. She's **passed away**. She's **met her maker**. She **falls asleep** We've **lost her**.

#### Another euphemisms

She's **between jobs.** – She's **unemployed**. Her husband is **over the hills.** – Her husband is **old**. He likes **adult beverages.** – He like **beer**. They are **on the streets.** – They are **homeless**. Now he is in the **correctional facility.** – Now he is in the **prison**.

#### Another euphemisms

She said **yes to death**. – She **agreed**. She arrived at the party **tired and emotional**. – She arrived at the party **drunk**. My with is **eating for two**. – My wife is **pregnant**. Now he is in his **golden years**. – No he is **happy after his retirement**. He **spends the penny** too often. - He **goes to the washroom** too often.

#### Let's do some exercises!

#### A) Rephrase the sentences using euphemisms above.

- 1) It's so pity to say but now we are homeless.
- 2) After this accident he was sent to the prison.
- 3) He disappointed me yesterday again, he came home completely drunk.
- 4) My congratulations, your wife is pregnant!
- 5) I'm so tired of him! He is unemployed, he always asks me for money.
- 6) The main problem of our generation is drinking too much beer.
- 7) A: How old is your dad? B: Honestly, I don't remember, but he is too old.
- 8) The soldier bravely agreed as he charged towards the enemy during battle.
- 9) When it is hot outside, I always drink too much water, then I spend the penny too often.
- 10) We didn't think she will be happy after retirement, she was always hardworking.

### B) Look at the pictures. What can you say about these people?



## Role play

## Make a dialogue using the euphemisms from the boxes. Here are some situations.

#### Characters: wife; husband;

#### Place: house

**Situation:** You are a young couple of students. He is not well-educated, his is fond of drinking beer every evening. She is not very pretty because of her overweight. They often have arguments in accordance to this. A wife is unemployed, husband's salary is too low. By the way, a couple has a great risk to become homeless. One day the wife found out she is pregnant. She understands the husband won't be happy to know this fact. How will the wife tell him about it? What solution will you find?

#### Scenes:

- A) The wife is at home, the husband comes home late, he is completely drunk;
- B) The wife is at home, the husband comes home completely disappointed, because his old father died.
- C) The wife is at home, the husband comes home and reports he could be sent to prison after he robbed a store last week.



## Personality traits

Do the following personality traits sound positive or negative to you? Confidence, ambition, bravery, sociability, generosity.



- What is your best personality 1) trait?
- 2) How are male and female personalities different?
- What personality traits does a 3) leader need?

## Look at people's phrases and try to guess their personality traits



**Embrace** - /im'breis/ - to accept something enthusiastically;

**Outgoing** - / aʊt'gəʊ.ŋ/ - friendly and energetic and finding it easy and enjoyable to be with others;

**Thrive** -  $/\theta rarv/$  - to grow, develop, or be successful;

**Solitude** - /'spl.i.tfu:d/ - the situation of being alone without other people;

**Swings** - /swiŋ/ - to move easily and without interruption backwards and forwards or from one side to the other;

**Neuroticism** - /njʊəˈrɒt.1.sı.zəm/ - the condition of often feeling worried and nervous, often because of a mentalillness;

**Prone** - /prəʊn/ - likely to show a particular characteristic, usually a negative one, or to be affected by something bad;

**Resilient** - /rɪ'zɪl.i.ənt/ - able to be happy, successful, etc. again after something difficult or bad has happened;

**Perception** - /pə'sep.ʃən/ - a belief or opinion, often held by many people and based on how things seem;

Fulfilling - /fʊlˈfɪl.ŋ/ - making you feel happy and satisfied;

#### A) Fill in the gaps using the words below.

- 1) His business ... in the years before the war.
- 2) Sales assistants need to be ..., because they are constantly meeting customers.
- 3) This was an opportunity that he would ....
- 4) After months of ... at sea it felt strange to be in company.
- 5) She's a ... girl she won't be unhappy for a long time.
- 6) We have to change the public's ... that money is the evil.
- 7) Teaching is hard work, but it can be very ....
- 8) A low score in ... indicates emotional stability.
- 9) Kids are all ... to eat junk food.
- 10) She often suffers from mood  $\dots$ .

## B) Rephrase the sentences using the words from the brackets so the common meaning doesn't change.

- 1) The right reception by his family of his behavior is a way to success of treatment. (Perception)
- 2) Loneliness is briefly replaced by fusion with an another. (Solitude)
- 3) Her cousin is considered to be very cheerful and charming. (Resilient)
- 4) I did it without any emotional hesitation. (Swing)
- 5) You are responsible for satisfying your needs. (Fulfilling)
- 6) Many of us fear this system and still inclined not to trust it. (Prone)
- 7) It was difficult for him to succeed in this environment. (Thrive)
- 8) Their emotional instability stimulates your negative emotions. (Neuroticism)
- 9) I am afraid they will never accept me. (Embrace)
- 10) He is known to be too communicative and sociable. (Outgoing)

## C) Answer the questions using the words from the box.

- 1) What was the last event you had to embrace?
- 2) Who was the most outgoing person in your life? Was he embraced by another people in a positive or negative way?
- 3) What is the best way to manage to solitude if you suffer from it?
- 4) How often do you experience emotional swings? What do you do if it bother your everyday activities?
- 5) What should you do to make your business thrive?
- 6) How do high levels of neuroticism affect our daily routine?
- 7) What were you prone to do as a child?
- 8) What makes you resilient even if you go through a rough patch?
- 9) What is your perception of modern fashion?
- 10) Do you agree that fulfilling our higher needs doesn't always make us happy?



Personality traits play a significant role in shaping who we are as individuals. They cover a wide range of characteristics that influence how we think, feel, and behave.

The main personality traits are openness, extraversion, agreeableness, and neuroticism.

- 1. Openness: This trait reflects a person's degree of intellectual curiosity, appreciation for art, creativity, and willingness to embrace new experiences. Individuals who score high in openness tend to have a broad range of interests and are more open-minded, while those with lower scores are more traditional and prefer familiarity.
- 2. Extraversion: Extraversion measures a person's sociability. Extroverts are outgoing, thrive in social situations, and often seek excitement and attention. Introverts, on the other hand, are more reserved, prefer solitude, and need time alone to recharge.
- 3. Agreeableness: This trait denotes to a person's behavior in terms of kindness, empathy, and a willingness to cooperate with others. Individuals who score high in agreeableness are often warm and value harmonious relationships. Those with lower agreeableness scores may be more competitive and less concerned with the feelings of others.
- 4. Neuroticism: Neuroticism measures emotional stability and the tendency to experience negative emotions such as anxiety, mood swings, and irritability. Individuals high in neuroticism may be more prone to stress and emotional reactivity, while those with lower scores tend to be more emotionally resilient and stable.

#### Let's think. What are benefits of understanding personality traits?

Personality tests can offer various benefits, including gaining insight into different perceptions and reactions to situations. Understanding our personality traits and those of others allows us to respond better to the needs of our loved ones and build stronger partnerships. We can also gain a better understanding of ourselves and others. They provide valuable insights into our preferences, strengths, and areas for growth. They can help us uncover hidden talents, discover new ways to approach challenges, and make important decisions. When we understand our personality traits, we can improve our relationships. By recognizing and respecting the traits of others, we can communicate more effectively and meet their needs. This leads to healthier and more fulfilling connections with family, friends, and colleagues.

## C) Do you agree or disagree?

Personality traits influence our behaviors and choices.

#### A) Read the characteristics and match them with their names.

Openness

Extraversion

Agreeableness

Neuroticism

- 1) It involves kindness, cooperativeness, and a focus on harmony in relationships.
- 2) It reflects imagination, insight, and a willingness to explore new ideas and experiences.
- 3) It reflects emotional instability and the tendency to experience negative emotions such as anxiety and irritability.
- 4) It denotes to sociability, and the tendency to seek stimulation from external sources.
- B) Fill in the gaps using the common meaning of the text.

Personality traits play an important .... They influence how we ..., ..., and .... The ... personality traits are openness, extraversion, agreeableness, and neuroticism. We can underline some ..., including gaining insight into different perceptions and reactions to situations. ... our personality traits helps us to react better to the needs of our loved ones and build stronger partnerships. Personality traits provide ... insights into our preferences, strengths, and areas for growth. They can promote us uncover hidden ..., ... new ways to approach challenges, and make important .... Personality traits also allow us to ... more effectively and meet their needs. This leads to ... and more ... connections with family, friends, and colleagues.

D) Look at the highlighted words in the text and task "A". Divide them into positive and negative.



E) Match the highlighted words with the pictures below.



## Let's think!

## A) What personality traits are necessary for these jobs?

- Bodyguard
- Lecturer
- Bartender
- Driving instructor
- Spy
- Vet
- Comedian
- App developer

### B) Answer the questions.

- How can people accurately judge your personality based on your appearance?
- Can a person be a good leader without having an outgoing personality?
- How do we get our personality traits?
- What age is the most suitable for changing our personality traits?
- How would you describe the people in your country to a foreign visitor?

C) Look at the picture below. Try to guess what emotional intelligence is. Do you think that people should develop emotional intelligence? Is it more important than intelligence quotient (IQ)?







Let's summarise!

You are to create questions which will help you to define personality traits of a person. What will they be?

Question 1

Question 2

Question 3

Question 4

Question 5



Do the following emotions sound positive or negative for you? cheerful - proud - intrigued - embarrassed - thrilled

A) Match the following people with their emotions.



B) What helps us identify human emotion and moods? Look at the pictures above and try to define these signs.

## C) Fill in the gaps in people's phrases. Use the words below.



- 1. Their divorce made her terribly ... . She will definitely miss him.
- 2. After breaking the vase, I felt ... . My mom yelled at me for a long time.
- 3. I was ... when I saw a hive with bees. That is my biggest fear.
- 4. We are ... that you visited our store. Feel free to ask questions.
- 5. I saw Mary was hired. She left the office with her head held high and a ridiculous smile. She looked too ... .
- 6. You sounded ... when I called. I think you didn't expect this.
- 7. He got ... by my stupid questions. I saw he was busy but continued asking him again and again.
- 8. Laura was a bit ... and nervous before her first performance.

D) Imagine that you come your home and see this. What emotions will you have? What plan of action will you have?



**Absence** /'æb.səns/ - the fact of not being where you are usually expected to be;

**Boost** /bu:st/ - to increase or improve something;

**Bond** /bpnd/ - a close connection joining two or more people;



Adequate /'æd.ə.kwət/ - enough or satisfactory a particular purpose;

for

**Circumstances** /'s3:kəmstænsız/ - facts or events that make a situation the way it is;

Hostile / hos.tail/ - unfriendly and not liking something;

Deteriorate /di'tiə.ri.ə.reit/ - to become worse;

- A) Fill in the gaps with the words above.
- 1) The biggest ... in our way was a deep river.
- 2) Her parents were openly ... to me.
- 3) A new builder was appointed during my ....
- 4) He didn't have ... time to prepare for the exam.
- 5) The company is looking for ways to ... sales in our country.
- 6) She went to the hospital when her health began to ....
- 7) Under no ... are you to go out.
- 8) There has been a close ... between them after their divorce.

#### B) Answer the questions using the words above.

- 1) What circumstances should you pay attention when getting married?
- 2) How quickly did you develop an emotional bond with your best friend?
- 3) How do you behave to a hostile person?
- 4) What can deteriorate your mood?
- 5) How can you boost your level of confidence?
- 6) What's the biggest obstacle you have to overcome?
- 7) What things would be adequate for you to have a happy life?

8) Do you agree that the absence of one of parents in a child's life will make him unhappy forever?

## C) Look at the picture below and answer the questions. Imagine this situation, make a short story.

1) What are the circumstances of her mental state?

2) Why did her mental state deteriorate?

3) What obstacles did she have to overcome in life?

4) Could she have been influenced by a hostile environment? How?

5) What kind of person does she need to bond with to boost her well-being?

6) What adequate measures should she take to solve these problems?





## How to be mentally healthy

#### A) Match the episode titles with its parts.

- A) Characteristics of mentally healthy people
- B) How to promote good mental health?
- C) The definition of "mental health"
- D) Causes of poor mental health
- E) Key features that define mental health

#### 1) ...

According to WHO, mental health is a "state of complete mental, physical and social well-being, and not only the absence of disease." Mental health is necessary for us to find ourselves really well. Without it, it does not matter how great the results of our blood tests are. There is more awareness now on seeing health as a whole in order to boost our personal development.

#### 2) ...

- Mental health affects us: It allows us to interact appropriately with the people around us, to establish healthy emotional bonds, to have an adequate work performance, to be able to carry out daily activities or actions
- It gives us the opportunity to develop our maximum potential: It motivates us to achieve our goals and to develop our capabilities.
- It consists of being able to reach happiness: The summit of well-being is happiness as Maslow established. If we are well, we will be able to harmonise our priorities, be part of a group or value the good things in our lives.

3) ...

- They look at themselves realistically: They know themselves and don't belittle themselves.
- They appreciate what they have: They enjoy the good side of things regardless of their circumstances. They accept and don't forget to love or value themselves.
- Their social relationships are satisfying: We don't need to get along with everyone. But we all know or can imagine the discomfort that comes with being isolated or not feeling accepted. Mentally healthy people have effective communication skills with people. They are emotionally intelligent and maintain pleasant relationships with their relatives.

4) ...

- Family problems: If a child's parents have suffered or are mentally ill, have been abused or the family is a hostile environment, the chances that the child's mental well-being deteriorates will increase.
- Isolation: Pleasant social life is a powerful defense against poor mental health. Conditions of discrimination, such as bullying, can trigger serious problems such as eating disorders, depression or anxiety symptoms.
- Job stress: Unemployment and job insecurity are other factors with great weight in poor mental health.
- Difficulty adapting to new situations: The feeling of being disconnected from your surroundings is unpleasant for everyone. For example, for those who are not born in the tech age, ignorance of technology can pose a serious obstacle.

5) ...

- The first thing to do is to make people aware that anyone can have a mental disorder throughout their life and that it is not the end of the world. We can also try to convince our acquaintances, friends, and relatives of the importance of adopting healthy habits.
- The company of our loved ones is beneficial in all areas of your life. It allows us to adapt better to the environment, provides us with more support and makes us happier.
- Don't forget to communicate to your friends how important they are to you. With actions as simple as showing your emotions, you can promote healthy actions.
- It is also important to leave behind the bad habits and relax. If you lead a healthy life: eating well, not overworking, doing physical exercise, getting enough rest, connecting with nature and doing activities that make you happy, you will become healthier.

By the way, if something is not right, do not be afraid or ashamed. Look for an experienced professional, for example, psychologists, psychotherapists. They can help you through the process.



## B) Answer the questions using the text.

- 1) Is physical health more important than mental health? Why?
- 2) What is the summit of well-being according to the text?
- 3) How do mentally healthy people behave in the society?
- 4) What causes to child's mental well-being deteriorates?
- 5) What do we mean by isolation as a cause of poor mental health?
- 6) How can we help our loved ones cope with mental problems?
- 7) What way do our friends help us boost our mental health?

C) Here you can see things that can promote good mental health. Rank them according to your life from the most important to least important. Give reasons for your point of view.

- Leave behind bad habits and relax;
- Don't be afraid of communication;
- Ask for help from professionals if it's necessary;
- Be proud of you;
- Avoid criticism;




https://breakingnewsenglish.com/2308/230803-mental-health-disorders-l.html

#### A) Listen to the recording and connect the parts of phrases.

- 1) more people are experiencing
- 2) half of us will have at
- 3) by the
- 4) lead author
- 5) the most common issues
- 6) disorders differed between
- 7) phobias that make daily
- 8) Men suffered most

- A) of the study
- B) life more difficult
- C) age of 75
- D) men and women
- E) mental health problems
- F) from alcohol abuse
- G) least one
- H) were mood disorders

#### B) Listen to the recording again and answer the questions.

- 1) How many health disorders will people have by the age of 75?
- 2) What universities conducted the research?
- 3) What are the most common disorders for women and men?
- 4) How many people took part in the research?
- 5) Who is the most vulnerable to mental problems?

C) Do you agree that young people need more help in the "critical parts of their lives" than adults? Give arguments.

### Let's summarise!

Think about 5 phrases that are important for a person to hear in a difficult life situation.

1)

2)

3)

4)

5)

### The art and science of spending money

- 1. What are some things you like to spend money on?
- 2. What is the best purchase you have ever made?
- 3. Have you ever regretted spending money on something? What was it?
- 4. What are some factors you consider when making a big purchase?

# Money can't buy happiness

Do you agree or disagree with the saying above? Give arguments "for" and "against".

- •Stunning /ˈstʌnɪŋ/ very beautiful;
- **Revenge** /rɪ'vendʒ/ something that you do to punish someone who has done something bad to you;
- Heal /hi:l/ to become healthy again;
- Entrap /ın'træp/ to cause someone to do something that they would not usually do, by unfair methods;
- **Diminish** /dɪ'mɪnɪʃ/ to become less, or to make something become less;
- **Peer** /piər/ someone who is the same age, or who has the same social position or abilities as other members of a group;
- **Benchmark** /'benfma:k/ a level of quality with which other things of the same type can be compared
  - •Accomplish /əˈkʌmplɪʃ/ to succeed in doing something good;

## Fill in the gaps with the words above.

- 1) Compare your performance with the right ....
- 2) She felt that she was ... in an unhappy marriage.
- 3) These children face respect from their ....
- 4) She looked .... I couldn't take me eyes off her evening.
- 5) There are several ways how to ... this task.
- 6) It will take some time for the wounds to ....
- 7) His was dying for sweet ....
- 8) Nothing could ... the importance of his contribution.

# Rephrase the underlined words or phrases with the help of the words above.

- 1) They will try to <u>capture</u> you but don't fall for it.
- 2) The project promises to be hard, their <u>standard</u> is high.
- 3) Many of our <u>contemporaries</u> try to find out the meaning of life, but it is in vain.
- 4) There is no point in <u>achieving</u> this goal.
- 5) Can you see that <u>gorgeous</u> girl? I heard, she is our boss's daughter.
- 6) His <u>desire to punish</u> was cruel but fair.
- 7) Please, <u>reduce</u> your ambitions, it is useless.
- 8) You can continue training when your wound <u>cures</u>.

### Answer the questions using the words above.

- 1) What was the most stunning item you have ever seen?
- 2) How to get rid of the obsessive desire to take revenge on the offender?
- 3) What helps you to heal a mental wound after a breakup?
- 4) Who is your benchmark in life? Why?
- 5) Have you ever accomplished too long to reach your goal? What helped you not to give up?
- 6) What diminished your motivation at work? How do you manage to it?
- 7) What do you consider yourself better than your peers at?
- 8) Have you ever been entrapped by your own actions?

# Look at the picture. Try to guess the topic of the text.







A) No one is impressed with your possessions as much as you are.

B) The social hierarchy of spending, positioning you against your peers.

C) Your family background and past experiences heavily influences your spending preferences.

D) The joy of spending can diminish as income rises because there's less struggle, sacrifice, represented in purchases.

E) Entrapped by spending: Rather than using money to build a life, your life is built around money.

Welch's story shows how much deeper the psychology of money can go. There is a science to spending money – how to find a bargain, how to make a budget. But there is also the art of spending money.

1. ...

The most stunning examples are wealthy adults who grew up. If they were bullied for being poor as kids, their revenge spending mentality can become permanent. This story is about the biggest homes, the fastest cars, and the shiniest jewelry. It's about healing a social wound they got when they were younger.

#### 2. ...

The devotion to expense regardless of pleasure. Part of this is the belief that spending money will make you happier. When it doesn't – either because it never will or because you haven't discovered purchases that bring joy – your reaction is that you must not be spending enough, so you double down, again and again.

#### 3. ...

All pleasure in money ends at the point where economy becomes unnecessary. Consider how you felt when you got your first salary from your first job. If you celebrated with as little as a milkshake you probably had a feeling of, "I did this. With my own money." Going from not being able to buy anything to able to buy something is an amazing feeling. The gap between struggle and reward is a big part of what makes people happy. The unhappiest people of the world are those in the international watering places like the South Coast of France, and Newport, and Palm Springs, and Palm Beach. Going to parties, playing golf, drinking every day. No purpose. Purpose makes life mean something. A goal. The battle. The struggle – even if you don't win it.

#### 4. ...

When you see someone driving a nice car, you rarely think, "Wow, the guy driving that car is cool." Instead, you think, "Wow, if I had that car people would think I'm cool." Unfortunately, this is how people think.

There is a paradox here: people tend to want wealth to signal to others that they should be liked and admired. But in reality those other people seldom admire you, not because they don't think wealth is admirable, but because they use your wealth as a benchmark for their own desire to be liked and admired.

#### 5. ...

All success is simply relative to someone else – usually those around you.

That's important for spending money, because for so many people the question of whether you're buying nice things is actually, "are your things nicer than other peoples' things?" Money to some people is a social responsibility, giving a status.

It's a dangerous trap if you don't recognize the game and how it's played. Montesquieu wrote 275 years ago, "If you only wished to be happy, this could be easily accomplished; but we wish to be happier than other people, and this is always difficult, we believe others to be happier than they are."

### B) Are these sentences true or false?

- 1) Children who grew up in poverty usually try not to stand out in society in the future.
- 2) The desire to spend money will not make us happier.
- 3) Achieving goals in struggle will make you happier.
- 4) People tend to be impressed with other people's possessions more than their own.
- 5) Montesquieu encourages us to be happier than other people.

# C) Do you agree or disagree with these sentences from the text?

- 1) If people were bullied for being poor as kids, their revenge spending mentality can become permanent.
- 2) The devotion to expense regardless will make you happier.
- 3) Purpose, struggle and sacrifice makes life mean something.
- 4) No one is impressed with your possessions as much as you are.
- 5) Money is a social responsibility, giving a status.



#### Listen to the recording and do tasks.

https://breakingnewsenglish.com/1604/160411-money-happiness-l.html

#### A) Fill in the gaps using the recording.

- 1) The ... English pop group the Beatles.
- 2) Money is the root of all ....
- 3) The spending ... of customers.
- 4) One of the ....
- 5) Spending can ... our happiness.
- 6) ... products and services.
- 7) Who we are as ...
- 8) The right friends and ....

#### B) Answer the questions using the recording.

- 1) Which university suggested a study that money can buy you happiness?
- 2) How many personalities of people were compared in the study?
- 3) What was the conclusion of the study?
- 4) How could Internet companies use information about people's happiness?
- 5) What does well-being help to find?

### C) Answer the questions using your

#### knowledge.

- 1) Do you agree that money is the root of all evil?
- 2) What are the right things for you that lead to happiness?
- 3) How can information about people's happiness help to recommend products and services?
- 4) Has well-being ever helped you find the right friends and neighbors?
- 5) What is the importance of money in the life?







# Role play

Your cousin borrowed £20 from you two weeks ago to buy credit for their phone. You need it back now because you have to pay for a school trip today. You don't know that your cousin didn't buy credit, but was forced to lend the money to your sister. She needed it to buy a surprise birthday cake for your birthday, which is tomorrow. She made your cousin swear to keep the cake a secret...

# Characters:

You; your cousin; your sister; somebody working at the bakery; an embarrassing relative at your birthday party

# Scenes:

- 1) Two weeks ago: your cousin asks to borrow the money, and you agree;
- 2) Today: you need the money back;
- 3) At your birthday party. You find out about the surprise birthday cake;





Rule #1

Rule #2

Rule #3

Rule #4

Rule #5



# Internet Fraud

Scam /skæm/ - an illegal plan for making money
Fraud /fro:d/ - the crime of doing something illegal in order to get money

- 1) Have you ever had problems with scammers on the Internet? What was your experience?
- 2) What do you do to avoid problems with scammers?
- 3) Do you think buying items online is safe?
- 4) How can social media be used for online fraud?



#### What is the difference between "Scam" and "Fraud"?

Scams can take many forms, from phone calls and emails to fake websites and social media posts. Fraud, on the other hand, is a broader term. It is a wide range of illegal activities, including scams. While scams are a type of fraud, not all frauds are scams.

#### For example

#### Scam

- She realized it was a scam when they asked for her personal information.
- He fell for the phone **scam** and lost all his savings.

#### Fraud

- He was charged with credit card **fraud** after using someone else's card without permission.
- The online retailer was accused of **fraud** for advertising products they didn't actually have in stock.

**Fraud** is a common term for any deliberate deception used for financial or personal gain, and includes many different types of attacks. **Scam** is a type of fraud where a criminal uses schemes or tricks to con someone out of money for personal gain.

# Look at the picture and try to guess the topic of the text we are going to read



# **Types of Online Scams**

- What types of online scams do you know?
- What films/books about fraud have you ever watched/read?
- Have you ever studied this issue before (at school/university) ? Is it necessary to study it in different establishments?

#### Some new vocabulary!

**Overseas** – /  $\partial \sigma v \partial' siz$  / - in or to a foreign country, especially one across the sea

**To encourage** - /ın'kʌrɪdʒ , ɛn'kʌrɪdʒ / - to give support, confidence, or hope to someone

**To provide** - /prə'vʌid / - to make available for use;

Faulty - / 'fo:lti / - not working or made correctly, having defects:

**Bid** - /bid / - an offer of a price, especially at an auction;

**Facility** - / fə'sılıti/ - a natural ability to do or learn something well and easily; OR a place, amenity, or piece of equipment provided for a particular purpose;

**To involve** - /ın'vplv / - have or include (something) as a necessary or integral part or result;

**To hand over -** / hand 'əʊvə / - to give something to someone else.

#### Let's work with the words!

#### A) Fill in the gaps in the sentences using the words above.

1- I saw these photos in ... newspapers. They might have been made in France.

2- All students of our university have great ... and knowledge.

3- I have decided to ... all my duties as president.

4- Our company ... several hundred workers.

5- Some teachers ... students like him.

- 6- You will never top this ... at the auction.
- 7- Such a strange sound can indicate a ... component.
- 8- Old books ... unexpected stories sometimes.





#### B) Find the synonyms for the words.

The word from the lesson	The synonym
overseas	to supply
to encourage	proposition
to provide	foreign
faulty	to include
bid	to support
facility	inaccurate
to involve	to give
to hand over	capability

#### C) Answer the questions using the words from the lesson:

- 1) Have you ever had an overseas trip? Would you like to have this experience once again?
- 2) How often should teachers encourage their students? Is it a good idea to do this too often?
- 3) What conditions should a company provide for you to work with it?
- 4) Have you ever accidentally bought a faulty product? What did you do with it after buying?
- 5) Have you ever places a bid at an auction? Was your bid at an auction the last among others?
- 6) What facilities should a scientist have for his research?
- 7) Have you ever been involved in charity work? Was this experience useful?
- 8) What would you do if you were handed over a responsible position at work?



#### Let's read the text!

#### 1) Lottery and competition scams

An email, letter or text message from an overseas lottery arrives from out of nowhere. It says you have won a lot of money or fantastic prizes in a lottery. These scams try to trick you into giving money upfront or your personal details in order to receive the prize. Scammers typically claim that you need to pay fees or taxes before your winnings. Remember you cannot win a prize if you haven't entered.

#### 2) Dating and romance scams

Scammers create fake profiles on dating websites. They use these profiles to try to enter into a relationship with you so they can get your money and personal details. The scammer will ask for money to help cover costs associated with illness, injury, travel or a family crisis.

#### 3) Computer hacking

Phishing emails are commonly used by scammers to trick you into giving them access to your computer. They 'fish' for your personal details by encouraging you to click on a link. If you click, the hacker will have access to files and information stored on your computer. A phishing email often appears to come from an organization that you know and trust, like a bank or financial institution, asking you to enter your account password on a fake copy of the site's login page. If you provide your account details, the scammer can hack into your account and take control of your profile.

#### 4) Online shopping and auction scams

A scammer will sell a product and send a faulty or bad quality item, or nothing at all. An online auction scam involves a scammer claiming that you have a second chance to buy an item that you placed a bid on because the winner has pulled out. The scammer will ask you to pay outside of the auction site's secure payment facility. If you do, your money will be lost and the auction site will not be able to help you.



#### 5) Job and employment scams

These scams involve offers to work from home. Scammers promise a job and high salary. To get this job, you are to pay the employer. These payments may be for a business plan, training course, software, uniforms, taxes or fees.

#### 6) Charity scams

Charity scams play on the emotions of victims to persuade them to hand over donations to fake charities and organizations. Subjects might include puppies in danger or disaster relief efforts. Aside from sending money, victims may be handing over their debit card or credit card details.

#### Let's work with the text!

#### A) Are these sentences true or false?

- 1- Lottery scams are usually connected with prizes won in your city.
- 2- During the romance scam, you usually hand over your personal data.
- 3- If you click on a suspicious link, scammers can get access to your computer.
- 4- Popular auction sites and shopping stores help you with lost money.

5- During job and employment scams, scammers ask for money for a business plan, training course, fees, taxes, software.

6- Charity scams involve losing your account and access to files and information stored on your computer.

#### B) Answer the questions using the text above.

- 1- What are the most valuable items for scammers?
- 2- How do people lose their money during lottery scam?
- 3- Why do scammers ask for money during dating and romance scam?
- 4- What organizations do messages appear from during computer hacking?
- 5- How does online shopping scam work?
- 6- Why do scammers ask for money during job and employment scams?
- 7- How do scammers persuade people to hand over money during charity scam?

# C) Rank which types of fraud are the most popular in your opinion and why.

1) ... 2) ...

3) ...



#### Let's think!

#### A) Do you agree or disagree with these statements?

1- Mostly older people suffer from lottery scams.

2- Usually single people become victims of romance scam.

3- In order not to lose your personal details in computer hacking, you need to be good at IT technologies.

4- Shopaholics and gambling addicted are more likely to suffer from online shopping and auction scams.

5- Job and employment scams were especially popular during COVID-19 epidemic.

6- Charity scammers usually find their victims on the Internet.

#### B) Answer the questions.

- 1- Have you ever suffered from these types of scams?
- 2- What should you do to protect yourself from scammers?
- 3- What course of action should the government take to reduce online fraud?
- 4- What can you do for your relatives to prevent fraud against them?
- 5- Is it possible to eliminate online fraud completely?
- 6- Why do people become scammers?
- 7- Where do scammers usually use stolen personal information?





### Let's summarise!

How to stop online fraud? Take notes on how to avoid online fraud.

1) Lottery and competition scams

2) Dating and romance scams

3) Computer hacking

4) Online shopping and auction scams

5) Job and employment scams

6) Charity scams



# Crocodile Magazine

#### Let's think!

- 1. How often do you read magazines?
- 2. What types of magazines do you enjoy reading?
- 3. Do you think magazines are a good source of information and entertainment? Why?

# Look at the pictures from a famous magazine. Try to guess:

- What country is this magazine from?
- When was it published?
- What was the key issue of this magazine?
- Is it being published now? Why?
- Would it be popular in our modern society?



- •**Satirical** / sə'tırıkl /- sarcastic, critical, and mocking another's weaknesses;
- **Regular** /'rɛɡjʊlə / happening or doing something often;
- **Snarling** /'sna:lıŋ / growling aggressively with bared teeth;
- A cover /'kʌvə / an item that is put on top of or in front of, especially in order to protect;
- According to /ə'kɔːdıŋ / to treat someone or something specially;
- To suggest /sə'dʒɛst / to mention an idea, possible plan, or action for another people to consider;
- **Brainstorming** /'breinsto:miŋ / a group discussion to produce ideas or solve problems;
- To cooperate /kəʊ'ɒpəreɪt / to act or work together for a particular purpose;
- •Spirit /'spirit / a particular way of thinking, feeling, or behaving

# Let's learn some new words before reading the text

#### A) Fill in the missing words. Use the words above.

- 1. The Cartoon Museum Basel is the only museum in Switzerland devoted to ... art.
- 2. It would be better for you to ... with us.
- 3. You can buy all books of this series in this ....
- 4. Give yourself ... and complete sleep to be healthy.
- 5. We spent too much time on ... . The discussion was stressful.
- 6. Little hares were caught up by ... dogs.
- 7. Every city of this area has its own holy ....
- 8. I strongly ... you looking to the past.
- 9. Take action ... our goals.

# B) Rephrase the underlined words or phrases with

#### the help of the words above.

1- Our last <u>discussion</u> of the key issue of this article wasn't successful.

2- The last events showed our nation's proud soul.

3- I didn't like your article about government of our state, it was too <u>sarcastic</u>.

- 4- I am afraid of growling dogs.
- 5- Would you like to work together with us?
- 6- Start training at your normal schedule.
- 7- Based on her experience, she couldn't make a mistake.
- 8- They <u>proposed</u> us to finish this project on time.

#### C) Answer the questions using the words from the lesson.

- 1. What satirical works do you know?
- 2. What will you do if you see a snarling dog on the street?
- 3. Is the cover of a book important to you when you buy it?
- 4. How often do you take part in brainstorming? What topics do you discuss?
- 5. Is it easy for you to cooperate with someone when working?
- 6. What raise your spirit when you are disappointed?





# "Krorodil" Magazine

Krokodil (Crocodile) was a satirical magazine published in the Soviet Union. It was first published as a regular numbered journal on August 27, 1922. There was a snarling red crocodile on the cover. It has symbolized the journal and its brand of political satire ever since.

There are two versions of it. According to the first version, it was made by a young journalist Sergei Gessen at the general meeting.

According to the second one, the idea was suggested by a cleaning lady who came in the morning after a brainstorming session of the creative team and called those present "crocodiles" for rubbish and dirt.

For almost 80 years the magazine has cooperated with the best writers. Mikhail Zoshchenko, Ilya Ilf and Yevgeny Petrov, Samuil Marshak, Vladimir Mayakovsky and many other famous Soviet authors took part in its content.

During the Great Patriotic War, when the magazine was printed on cheap newsprint, issued irregularly, "Krokodil" continued to raise the spirits of its readers.

The magazine showed all satirical topics: for example, the ideological confrontations of the USSR, and the illustrations make it easy to reconstruct the fashion and everyday life of the Soviet country. Reading the magazine today will take you back to that era like a time machine.

## A) Answer the questions using the text:

1) When was the magazine published?

2) What did it have on the cover?

3) What are the two main versions of the magazine title?

4) Which writers took part in the magazine's content?

5) What topics did the magazine show?

# **B)** Put the main ideas reflected in the text in the correct order:

- A. Writers who contributed to the magazine;
- B. Main topics of the magazine;
- C. Versions of the magazine title;
- D. Appearance of the magazine;
- E. Life of the magazine during the Great Patriotic War;

# C) Retell the text from the perspective of a:

- 1. Sergei Gessen;
- 2. One of the magazine's writers;
- 3. Magazine reader;
- 4. History teacher;
- 5. Participant of the Great Patriotic War;









A magazine is a periodical aimed at a specific audience, covering recent issues and specific subjects through articles, interviews, and personal narratives.

*For example:* 

- She liked a dress from the last issue of her favorite magazine.
- Kate Moss was a star of many fashion *magazines*.

**Journal** is usually used as an "academic **journal**". An academic journal is a periodical aimed at scholars, academics, and researchers, usually written in technical language by experts on the subject.

#### For example:

- "Contemporary culture" is an academic *journal* exploring current issues in the areas of culture and cultural studies.
- "Politics" is an academic **journal** that focuses the attention on the theory and methodology of research of social processes.





# Magazine

Report on general interest topics in a broad subject field

It is read by educated but non-expert readers

It is written by staff writers, freelance authors

# Journal

Report original research or experiments in a specific field

It is read by scholars and researchers

# It is written by scholars and researchers



Is "Crocodile" a magazine or a journal?

### Let's talk about passive voice!

- We often use the passive when we prefer not to mention who or what does the action (for example, it's not known, it's obvious or we don't want to say)
- We make the passive using the verb be + past participle. We start the sentence with the object.



#### 1) Find the examples of Past Simple Passive in the text:

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• It was published in...;
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- It was made by...;
- ...

# 2) Open the brackets. Use Past Simple Passive and Present Simple Passive:

1) How many newspapers (**print**) in Britain every day?

2) German (**speak**) in Germany, Austria, and part of Switzerland.

3) The royal wedding (watch) by millions of people in 2011.

4) Nowadays, a lot of computers (make) in Korea.

5) The *Harry Potter* films (not direct) by Steven Spielberg.

6) In the UK, alcohol (**not sell**) to anyone under 18. It's against the law.



3) Find the information about your favorite magazine/academic journal. Make a short story about it. Try to use Passive Voice is it is possible.

Tell us about:

When was it first printed?

Where is it sold?

What is shown on the cover?

What topics are published in it?

How often do you buy and read it?

Where are past issues of the magazine stored?

When did you start reading it?

Which countries is it popular in?

Let's work with the pictures. Try to give the title to the pictures below.













### 4) Choose a picture. Think of:

- 1) What historical period does it depict?
- 2) What social problem does it show?
- 3) Why was it published in this magazine?
- 4) Would it be popular now? Why?
- 5) Do you agree or disagree with the meaning of the picture?
- 6) What emotions do you feel looking at the picture?





# Let's summarise!

What makes a magazine popular at different times?

Condition #1

Condition #2

Condition #3

Condition #4

Condition #5



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