

8

Eat right, stay fit!

Vocabulary

→ For exercises 1–2 see pages 84–85 in your Students' Book.

1 Choose the correct preposition to complete the sentences.

- 1 I'd like to introduce you *at/to* the chef.
- 2 I did all the cooking *by/on* my own.
- 3 Can you turn me *in/into* a decent cook?
- 4 Jenny thinks she's the coolest girl *in/at* town!
- 5 My father left school *on/at* sixteen and went to work in a restaurant.
- 6 If Ben bunks *off/out of* work again, they'll fire him!
- 7 The boss accused Fiona *for/of* stealing.
- 8 I had eaten half the cake when, *at/to* my horror, I found a dead spider inside!
- 9 That hamburger was made *from/by* the best beef available.
- 10 I didn't think *Can't cook, won't cook* would be popular but it's taken the country *by/for* storm!

2 Complete the sentences with the correct form of these verbs.

battle campaign concentrate decrease improve
accuse persuade survive promote run

- 1 His parents *persuaded* him to take a job as a waiter during the holidays.
- 2 If I'm very hungry, I find it impossible to on studying.
- 3 Tourists no longer come to this town so the number of restaurants has
- 4 Jamie's doing a series of TV interviews to his next show.
- 5 The customers the restaurant owner of overcharging them.
- 6 I had to eat a meal my brother cooked last night and I only just
- 7 The man next door earns a good salary because he a chain of restaurants.
- 8 We were very short of staff last night so we had to to get everyone served.
- 9 My cooking used to be awful but I think it has recently.
- 10 My best friend is a vegetarian and she's always against cruelty to animals.

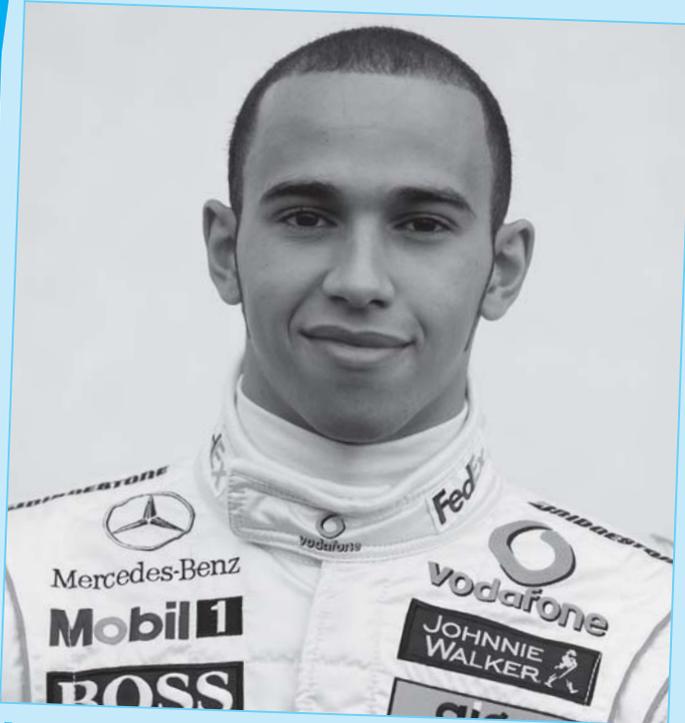
Reading

1 Read the article. Match the questions (1–14) with the paragraphs (A–F).

Which paragraph mentions

- | | | |
|----|--|-------|
| 1 | accepting a prize and giving credit to another person? | |
| 2 | giving up spending time with friends to follow a passion? | |
| 3 | learning techniques that will be useful later? | |
| 4 | leaving one country in order to live permanently in another? | |
| 5 | finally becoming a Grand Prix champion? | |
| 6 | spending a great deal on something that wasn't new? | |
| 7 | receiving a formal written offer of work? | |
| 8 | realising that a certain type of behaviour would have bad results? | |
| 9 | not wanting to stand about the town wasting time? | |
| 10 | not wishing to be admired too much for one's personality? | |
| 11 | changing jobs in order not to work the same hours every day? | |
| 12 | spending enormous time and energy getting ready for a competition? | |
| 13 | discovering a natural talent for the first time? | |
| 14 | being persuaded to approach a possible future employer? | |

A SPORTING HERO



A He's young, he's charismatic – and he's a champion racing driver! Welcome to the world of Lewis Hamilton, one of the newest kids on the block in the world of Formula 1 racing. Lewis is F1's first mixed-race driver. His father, Anthony, who has been a huge influence on his life, is the son of an immigrant who left the Caribbean to come and settle in the UK; his mum, Carmen, is white. He was also the youngest driver to be offered a contract with McLaren's Young Driver's Racing Team – at the age of just thirteen!

B It all started when Lewis was on holiday in Spain and decided to have a go at karting. Karts are low-framed vehicles with small wheels and engines and are only driven for recreation. He loved the whole experience! And he knew he was good at it, too. The techniques you need to drive at speed and win a race seemed to come naturally to him. His dad realised how passionate his son was about the hobby so when they got back to the UK, he paid £1,000 to buy Lewis a second-hand kart of his own. It was a huge sum of money for him because he had quite a low-paid job working for the London Underground. But it wasn't wasted. Every weekend the father and son drove out to various kart races where Lewis gradually picked up the skills that would one day make him famous.

C Of course it's hard to keep up a social life when you spend all your free time going racing. But Lewis didn't mind. He loved his hobby and it filled his life. He didn't want to hang around the streets anyway – he wasn't that kind of boy. And his father wouldn't have approved of it either; he was determined Lewis should make the most of life and take advantage of the opportunities that came his way. He was prepared to make sacrifices for his son – when his boss at the Underground refused to give him time off to take Lewis to races, he resigned and got a new job with more flexible hours. Lewis is the first to acknowledge how much his dad has done for him, which is why he dedicated his first Grand Prix trophy to him.

D It was his dad who talked Lewis into approaching his future boss at McLaren, Ron Dennis. Lewis had just become Britain's youngest Junior Kart Champion and was invited to an award ceremony. Urged on by his dad, he took the chance to go and speak to Dennis. Three years later, after hearing about all the kart races he had won, Dennis rang Lewis up and invited him to join the Young Driver's Programme. His success quickly led to a contract with a Formula 1 team.

E Lewis's first Grand Prix was in Australia. His programme of training before the race shows just how committed he is to his sport. It lasted six months. He did two hours of physical training every morning. This was followed by three or four hours of work with his engineers, finding out more about the car he was to drive. Then he put in another three hours of training in the afternoon. By the time he got home every night, he was exhausted. In spite of all his efforts, he didn't win the race. That long-awaited victory came in Canada, in 2007.

F Lewis is wise enough to know that joining the high life and having luxury yachts and celebrity girlfriends would ruin his career. He is hard-working and determined, personality traits he says he gets from both his parents, whom he clearly adores. He's got the kind of character that makes a great example for other young people, but he doesn't want to be looked up to as a role model. All he wants is to be the greatest racing champion of the world!

Food

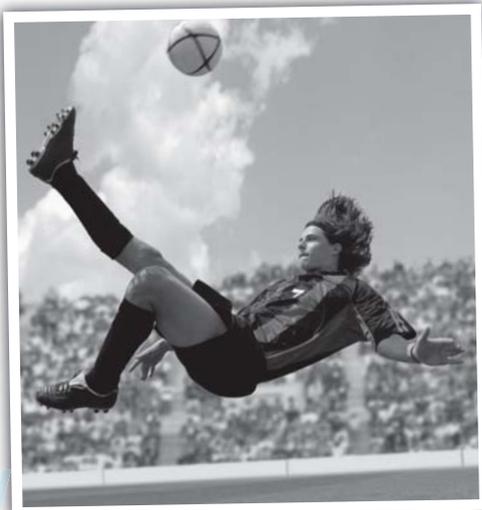
→ For exercises 1–5 see pages 86 and 90 in your Students' Book.

1 Complete the sentence with a suitable word. The first letter has been given.

- Some celebrity pop stars and actors employ a **ch**e..... to cook all their meals for them.
- Do you want still water or do you prefer it **f**.....?
- Just because food is healthy and **n**....., it doesn't mean it tastes good!
- I want to make spaghetti bolognese but I don't know how to cook it and I can't find a **r**..... anywhere!
- Mmm! That food tasted really **d**.....!
- Beef and onions are two of the **i**..... you'll need if you want to make hamburgers.
- You'll ruin your health if you eat nothing but **j**..... food.
- Since Mum went up to stay with Grandma, our **d**..... has consisted of fast food followed by more fast food!

2 Choose the word that best completes the sentence.

- Would you like to **B**..... your meal now?
A book B order
- Can I have a of your Cola? I'm so thirsty!
A sip B swallow
- Can I have the, please? I'd like to see it before I pay up.
A tip B bill
- Can I have cheese and biscuits for dessert? I prefer food to sweet stuff.
A tasty B savoury
- Help! This meat is so I can't get my knife through it.
A tough B hard



3 Rearrange the letters to make words that match the definitions.

- It's a round, green vegetable, about the size of a football. (gbcabea) **cabbage**
- It's a yellow prickly fruit and has hard green leaves at one end. (ppaenielp)
- It's a common dairy product. (seehec)
- It's meat from a farm animal. (blma)
- It swims in the sea. (anliso)
- It's a round fruit that goes red when it's ripe. (hpace)

4 Complete the sentences with these verbs.

go do cut give make put run wash

- I must **give** up eating sweets because they're giving me spots!
- You do the cooking and I'll up.
- Here! Let me help you up your apron.
- Put the milk in the fridge or it will off.
- Mum and Dad always on weight when we go on holiday.
- Oh no! We've out of Cola and the shops are shut now.
- You should down on the amount of salt you eat.
- There was no food in the cupboard so he had to do with a cup of coffee.

5 Complete the sentences with a suitable preposition.

- I couldn't get a seat near my friends for the match, so I sat **on** my own.
- I've been running and now I'm really of breath.
- The teacher charge of our football team used to play professionally.
- I quite like fast food but I prefer home cooking the whole.
- The phone in the restaurant was of order.
- The chef warned me I was danger of burning the restaurant down.
- I thought the meal would be fantastic but it was nothing of the ordinary.
- If you don't wash your hands before handling food, you put your health risk.

Gerunds and infinitives

→ For exercises 1–4 see pages 87 and 91 in your Students' Book.

1 Choose the correct form to complete the sentences.

- 1 It's easy *understanding/to understand* why so many people like Italian food.
- 2 I'm fed up with *doing/to do* gym every day.
- 3 *Play/Playing* football is my favourite activity.
- 4 I must give up *eating/to eat* junk food.
- 5 Do you fancy *coming/to come* to play basketball?
- 6 I'm tired of *eating/to eat* the same things every day.
- 7 The sports teacher made me *stay/to stay* behind and practise.
- 8 You can't avoid *get/getting* out of breath when you do sport.
- 9 I was amazed *to see/seeing* footballer David Beckham in our town.
- 10 My parents won't *to let/let* me take part in motor sports.

2 Complete the sentences with the correct form of the verbs in brackets.

- 1 I persuaded John *to come* (come) to the match with me.
- 2 He's really bad at (get up) in the morning.
- 3 As we went into the restaurant we could see the chef (prepare) meals in the kitchen.
- 4 If you want to be good at sport, you have to spend a lot of time (train).
- 5 I've agreed (wash up) every night this week!
- 6 What the coach said made the team (try) harder.
- 7 I'd like to (take part) in the Olympics when I'm older.
- 8 We're looking forward (eat) in the new restaurant.
- 9 They won't let us (help) with the barbecue.
- 10 We're not allowed (walk) on the green.



3 Choose the correct verb form to complete the sentences.

- 1 He stopped work *having/to have* a sandwich.
- 2 He stopped *having/to have* lunch in the cafeteria because he didn't like the food.
- 3 I remember *buying/to buy* the lemons but I don't know where I've put them!
- 4 Yes, I did remember *buying/to buy* the lemons. Here they are!
- 5 If you want to lose weight, try *eating/to eat* less chocolate!
- 6 I know you're not very hungry, but try *eating/to eat* a little soup and you'll soon feel stronger!
- 7 I regret *telling/to tell* you bad news, but the match has just been cancelled.
- 8 I regret *telling/to tell* John the secret because he's bound to tell somebody else.
- 9 After studying catering, James went on *being/to be* a chef.
- 10 If you go on *being/to be* silly, you'll get sent out of the class!

4 Choose the word or phrase that best completes the sentence.

- 1 If you want to get fit, I suggest more exercise.
A (that) you take B you to take
- 2 I'd advise wild fungi unless you're sure they're safe.
A you not to eat B you not eating
- 3 I asked the doctor about my swollen ankle and he advised me against sport for a week.
A to play B playing
- 4 We need to be at the stadium in half an hour so I suggest now.
A leaving B to leave
- 5 I'd recommend you some kind of sport.
A do B doing
- 6 I suggest anybody about our plans.
A not to tell B that we don't tell

Use your English

→ For exercises 1–3 see pages 86–87 and 90–91 in your Students' Book.

1 Choose the word or phrase that best completes the sentence.

- It's easy **C** a court at the local tennis club.
A that you book **B** for booking
C to book **D** book
- He managed to avoid the other competitors.
A to run into **B** that he ran into
C run into **D** running into
- Mum thinks I spend too much time football.
A on watch **B** watching
C to watch **D** for watching
- I think is really boring!
A cooking **B** to cook
C cook **D** about cooking
- We've been forbidden on the ice.
A skating **B** to skate
C that we skate **D** skate
- You can't make the team!
A me to join **B** me join
C that I join **D** me joining
- Lewis Hamilton signed autographs before a TV interview.
A do **B** that he did
C to do **D** doing
- I don't fancy that!
A to eat **B** that I eat
C eating **D** eat
- I'd recommend the training video.
A watching **B** to watch
C watch **D** about watching
- Could you me what to do before the match?
A suggest **B** propose
C advise **D** recommend

2 Choose the word or phrase that best completes the sentence.

- This butter tastes strange. I think it's **C** ..
A gone up **B** gone under
C gone off **D** gone down
- I'd like to a table for four people for tonight, please.
A order **B** get
C rent **D** book
- Don't all the coffee! I might want a cup later.
A fill up **B** use up
C give up **D** run up
- The service was excellent so don't forget to leave the waiter a/an
A bill **B** order
C gift **D** tip

- The charity organisers are going to a party for their helpers.
A host **B** invite
C guest **D** summon
- Have you got a for cooking spaghetti carbonara?
A receipt **B** menu
C card **D** recipe
- Emma used to be skinny but she's weight now, thank goodness.
A put up **B** put over
C put by **D** put on
- The kitchens were closed because of the poor standards of
A health **B** hygiene
C diet **D** fitness
- Dad's got so fat he can't his trousers!
A make up **B** size up
C do up **D** take up
- My brother's working as a in the local Chinese restaurant.
A chief **B** kitchen
C chef **D** cooker

3 Rewrite the sentences using the words in capitals. Use between two and five words, including the word given.

- We can't play on this pitch because it's frozen.
IMPOSSIBLE
It's **impossible to play** on this pitch because it's frozen.
- I don't think you should go swimming with that bad cold.
ADVISE
I wouldn't with that bad cold.
- They thought I was the person who had broken the trampoline.
ACCUSED
They the trampoline.
- Mum gave me permission to light the barbecue.
LET
Mum the barbecue.
- Why don't we go to the ice rink tomorrow?
SUGGEST
I to the ice rink tomorrow.
- He hasn't smoked for a year.
GAVE
He a year ago.

Writing a report

→ For exercises 1–7 see pages 92–93 in your Students' Book.

1 Read the writing task and answer the questions.

Your school is planning to start a Health and Fitness Club. Your head teacher has asked you to write a report, giving suggestions about the range of activities it could offer, when and where the Club should meet and how to encourage pupils to come to the Club. Write your report in 120–180 words.

- 1 Who is going to read your report?
- 2 Will the reader expect you to use a neutral style or an informal, chatty style?

2 Which of these points should you not include in your report? Cross them out.

- suggestions about ways to advertise the Club
- suggestions about/descriptions of what people could do in the Club
- your opinion about whether pupils should pay to join the Club
- suggestions about when and where the Club should meet
- your opinion about whether your school needs a Club or not

3 Which points from Exercise 2 could you put under these main headings? Write them in.

- **Activities to offer**
.....
- **Place and time**
.....
- **Recruiting members**
.....

Check!

Have you used clear headings?
Have you given a reason for each suggestion?
Have you used an impersonal style?

4 How should you start your report? Choose the best option from those below:

1

Dear Sir
Here are some suggestions for our new Health and Fitness Centre.

2

To: The head teacher
Subject: The Health and Fitness Club
Introduction: The purpose of this report is to make suggestions for our new Club.

3

To whom it may concern:
Can I begin by saying how pleased I am to hear about our new Club.

5 Which of these would make the best conclusion?

- 1 I hope all this will be useful to you,
Yours sincerely
...
- 2 I hope the suggestions in this report will help to make our Club successful.
- 3 Finally, please let me know if you need any other information. Good luck!

6 Write full sentences, using these prompts.

- 1 I suggest/Club/meet/at least twice a week because it/be/important/exercise regularly/get fit.
- 2 I recommend/put posters/our school noticeboards so everyone/read about the Club.
- 3 I think we/offer a range of activities, both indoor and outdoor, so we/sure that there/be/something for everyone.

7 Now write your answer to the writing task in Exercise 1.



Do you need more practice?

Go to: CD-ROM, Unit 8.

Grammar

- 1** Complete the text with one word which best fits each gap.



Have you ever hung clothes out
 1).....**in**..... the garden and
 returned a short while later to find
 they've 2)..... soaked by the
 rain? It's a situation many of us have
 experienced. But the problem
 3)..... have been solved!
 British university student Oliver
 MacCarthy 4)..... just
 thought up a brilliant way to keep your
 clothes dry – smart clothes pegs! Oliver
 was set a project 5)..... his
 tutor. He had to design a smart new
 household object. Oliver
 6)..... inspired by his own
 experience with soggy jeans, and came
 7)..... with the idea of a
 clothes peg that can predict the weather!
 His invention works 8).....
 this. The bag that holds the pegs is
 manufactured so that it can sense
 changes in air pressure. Electrical
 signals 9)..... sent from this
 bag to metal strips on the household
 pegs. If rain 10).....
 predicted within the next half hour, the
 peg locks itself. This 'lock-down'
 prevents the washing from
 11)..... hung on the line.
 Unfortunately the system doesn't
 include 12)..... way of
 protecting clothes from the rain once
 they are hung out!

- 2** Put the words in the correct order to make sentences.

- 1 cleaned/get/jacket/must/soon/that/You
- 2 finished/get/her/homework/just/managed/on/She/
time/to
- 3 don't/dyed/get/hair/like/mine?/Why/you/your
- 4 got/has/have/He/his/repared/to/watch
- 5 a/am/arm!/getting/heart/l/my/of/on/tattooed/thinking
- 6 had/her/in/market/purse/She/stolen/the/yesterday.
- 7 got/have/l've/taken up/these/to/jeans.
- 8 have/his/When/he/last/tested?/eyes/did

- 3** Choose the word or phrase that best completes the sentence.

- 1 I'm really looking forward ..C. in the football match tomorrow.
A to play
B playing
C to playing
D play
- 2 I'm trying this machine to work!
A getting
B to get
C to getting
D get
- 3 My poor neighbours while they were on holiday.
A had their flat robbed
B robbed their flat
C had robbed their flat
D got robbed their flat
- 4 I recommend you our local sports centre.
A to join
B to joining
C that join
D join
- 5 It's not worth a lot of money on a computer game that's out of date.
A spending
B that you spend
C to spend
D you to spending
- 6 The dentist says I've got to
A have taken out a tooth.
B have a tooth taken out.
C take out a tooth.
D have him taken out a tooth.
- 7 My parents won't let alcohol.
A me to drink
B that I drink
C me drinking
D me drink
- 8 He was made for the damage to the tennis court.
A paying
B pay
C to pay
D paid

Vocabulary

4 Choose the correct words to complete the sentences.

- 1 My brother's an engineer and he's always coming up with ideas for crazy new *discoveries/inventions*.
- 2 A pocket calculator is a very useful little *gadget/appliance*.
- 3 I don't think scientists should be allowed to *investigate/experiment* on animals.
- 4 Pharmacists have been *searching/researching* the effects of certain medicines.
- 5 The waiter's forgotten to add our coffees to the *bill/tip*!
- 6 I'm going to *download/collect* music off the computer.
- 7 You idiot! The machine won't work unless you *switch/plug* it in!
- 8 Mum says I should eat more fruit and vegetables and give up eating *junk/rubbish* food.
- 9 Sophie spends hours *swimming/surfing* the internet.
- 10 Let's go to the party tonight and have a *fun/laugh*!

5 Choose the word or phrase that best completes the sentence.

- 1 Oh no! We've run ... milk! Shall I go and get some?
A down on
B away with
C out of
D up to
- 2 My dad wanted to be a footballer when he was at school but he ended as a chef.
A off
B up
C out
D over
- 3 As people get older, they often on weight.
A put
B get
C set
D let
- 4 The comedian's jokes went well with the audience.
A off
B in
C down
D well
- 5 This is secret. It's nothing to with you!
A interest
B make
C concern
D do
- 6 Well, our team didn't come last, any rate!
A in
B at
C for
D by

6 Read the text and choose the best answer, A, B, C or D.

CYBERFASHION

Most of us own modern 1) ... like mobile phones, or digital cameras. We carry them round in our pockets, or attach them to our bodies. But not for much longer! Designers have now 2) in integrating tiny bits of technology directly into our clothing. 3) fact 'cyberfashion' is the latest trend! One example, the Musical Jacket, is already in the shops. This jacket is silk. It 4) controlled by a keyboard, also manufactured from fabric, which is connected to a tiny device 5) plays music. At present, you 6) to touch a shoulder pad to hear the music. But in future, you'll be able to operate 7) device just by turning your wrist or walking! For athletes, scientists have 8) a smart shirt which measures your heart rate, body temperature and respiration rate! 9) the most romantic piece of cyberfashion must be the Heartthrob Brooch. This item of jewellery, made from diamonds and rubies, has two miniature transmitters. They 10) the brooch glow in time to the beating of its wearer's heart. If you 11) someone gorgeous, your heart will beat faster – and your brooch will 12) everyone know how you feel!

- | | | | |
|---------------------|--------------------|----------------------|-------------------|
| 1 A machines | B gadgets | C instruments | D tools |
| 2 A enabled | B managed | C succeeded | D resulted |
| 3 A In | B For | C By | D As |
| 4 A was | B has | C can | D is |
| 5 A that | B it | C who | D whose |
| 6 A must | B should | C have | D could |
| 7 A a | B any | C that | D the |
| 8 A invented | B dreamed | C discovered | D imagined |
| 9 A Although | B However | C Despite | D While |
| 10 A cause | B force | C make | D bring |
| 11 A met | B will meet | C are meeting | D meet |
| 12 A let | B allow | C permit | D admit |