

Unit 9: Body and mind**9.1. The rise and fall of the handshake**Body and actions**Hug** = abrazo**Greet** = Saludos = Saludar**Nod** = Asiente**Smile** = Sonrisa**Shake** = Agitar = sacudir**Bump** = Golpe**Touching** = Tocando**Stick** = Palo**Out** = Fuera**Clap** = Aplaudir**Kiss** = Beso**Press** = Presione = apretar

Background note: In the UK and the USA, friends and families often hug and kiss, male friends usually shake hands or pat each other on the back/shoulder, male friends may greet female friends with a kiss on the cheek. Handshakes are used by men and women in business or when people don't know each other. Younger people sometimes use "high fives" (clapping your palm against your friend's palm in the air) or bump fists.

una condición (expresada en la parte que llamamos if clause)

y una posible consecuencia (main clause) que va a suceder si se cumple la condición

If + present simple + will/won't/might

- We use if + present tense to talk about a possible action or situation and we use will, won't or might to talk about the result of the action or situation.

*If your handshake is too strong, you will seem rude.*

*... they might catch an illness if they shake someone's hand*

<u>If + present tense</u>	<u>Will/might + infinitive (without to)</u>
<b>If</b> Pablo comes here,	he <b>will</b> bring his family.
<b>If</b> you don't visit Lin,	she <b>won't</b> be happy.
<b>If</b> I meet the Director,	I <b>might</b> discuss my pay.
<b>If</b> I don't stay for dinner,	<b>will</b> they be upset?

- We can use if + present tense to talk about a possible action or situation in the future and will/won't to talk about the consequence of the action or situation.

*If we **stop** in Bangkok, we'll **visit** you*

*If you **don't thank** them, they **won't invite** us again*

- We can also use if + present simple, + will/won't/might when we are giving advice to someone about the future or in general.

*If you **meet** an older person, they **will expect** you to be polite.*

*If you **smile**, people **will like** you*

- The if clause can come first or second. If it comes first, we put a comma after it.

***If** I meet Cathy, I'll invite her for dinner.*

*I'll invite Cathy for dinner **if** I meet her.*

- If we are not certain about the result, we can use might instead of will/won't.

*We **might** be late if the traffic's bad*

*If you talk to them in English, they **might not** understand you*

The structure if + present tense + will is often called '**The first conditional**' in grammar books

## 9.2. Going back to nature

Eating	Doing/not doing	Being ill (estar enfermo)	Mental health
- <b>Diet</b> (dieta) - <b>Natural food</b> (comida natural) - <b>Junk food</b> (comida chatarra)	- <b>Fitness</b> (aptitud física) - <b>Active</b> (activo) - <b>Relax</b> (relajado) - <b>Gentle exercise</b> (ejercicio suave) - <b>Cycling</b> (ciclismo) - <b>Weight-Lifting</b> (levantamiento de pesas)	- <b>Diseases</b> (enfermedades) - <b>Cancer</b> - <b>Illnesses</b> (enfermedades)	- <b>Stress</b> (estrés) - <b>Depressed</b> (deprimido)

### Examples:

In today's world of escalators and cars we are not as active as we were before  
 I would like to have a healthier diet and eat more natural food, but I love junk food  
 Swimming is a great way to improve your fitness  
 If I don't get enough sunlight, I feel a bit depressed  
 Last winter she had a long illness  
 After work, I like to relax in front of the TV

### Present tenses in future time clauses

- We use present tenses to talk about the future after when, if, as soon as, before and after.  
*You will need to book a place before you come*  
~~NOT ... before you will come~~
- We use if when we are not sure something will happen. We use when when we are sure. We use as soon as to show that one thing will happen immediately after another  
*If it rains, they won't cancel the course*  
*When the course finishes, we'll feel exhausted*

When/before etc. + present tense	Will ' + infinitive (without to)
<b>As soon as</b> the sun comes up,	<b>we'll</b> start our walk
<b>Before</b> I cook,	<b>I'll</b> go for swim
<b>When</b> the animals see us,	<b>will</b> they be scared?

- We use the present tense to talk about the future after the words when, if, as soon as, before and after.
- We usually use a clause with will before or after the present tense clauses. We can choose which clause comes first. If the present simple clause comes first, we put a comma after it.  
*I'll look at the map before we go*  
 OR *Before we go, I'll look at the map*
- If and when have a different meaning when we are talking about the future. We use if when we are not sure something will happen, but we use when if we are sure.  
*If the weather is nice, we'll eat outside*  
*When we get to the forest, we'll eat our picnic*
- When and as soon as have a similar meaning, but we use as soon as to say that one thing will happen immediately after an action.  
*As soon as I arrive, I'll call you*  
*We'll go away when the weather improves*

We put after in front of the action that happens first, and before in front of the action that happens second. We always connect the two actions with a comma.

*After I take the photo, I'll put it on the internet*  
 NOT ~~I will take the photo. After I put it on the internet~~

### 9.3. Vocabulary and skills development

#### Sequencing words

A speaker sometimes uses sequencing words like *firstly, secondly, next, then, after that, finally* to introduce the next step in a process or story. Listening for these words can help you understand these steps.

#### Vocabulary & Speaking: Verbs and prepositions

- With some verbs we use a preposition (e.g. on, about, at) before an object:  
*She depends on social media for her job.*
- A verb that follows a preposition is always in the *-ing* form.  
*She started to worry about spending too much time on it.*
- It is important to record and learn the verb and preposition together

Examples more common:

<i>Depend on</i> <i>Insist on</i>	<i>Believe in</i> <i>Succeed in</i>	<i>Consist of</i> <i>Dream of</i> <i>Think of</i>	<i>Belong to</i> <i>Happen to</i> <i>Listen to</i> <i>Agree to</i> <i>Talk to</i>	<i>Work for</i> <i>Apply for</i> <i>Hope for</i>
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### 9.4. Speaking and writing

#### Language for speaking: Asking for help and giving advice

##### **Giving advice**

*You must/mustn't (do) ...*  
*You should/shouldn't (do) ...*  
*I think/I don't think you should (do) ...*  
*You could try (doing) ...*  
*It's a good idea to (do) ...*

Note: We often use *I think/I don't think* before *should* to sound more polite

##### **Asking for help**

*Have you got anything for ... ?*  
*Could you give me something for ... ?*

##### **Offering help**

*What can I do for you?*  
*How can I help you?*

#### Language for writing: a formal letter

##### **Greetings and endings**

- In formal letter, it is important to match the correct greeting to the correct ending.
- If we don't know the name of the person, we use:  
*Dear Sir/Madam → Yours faithfully*
- If we know the name of the person, we use:  
*Dear Mrs. Al-Sayed → Yours sincerely*

##### **Explaining the reason for writing**

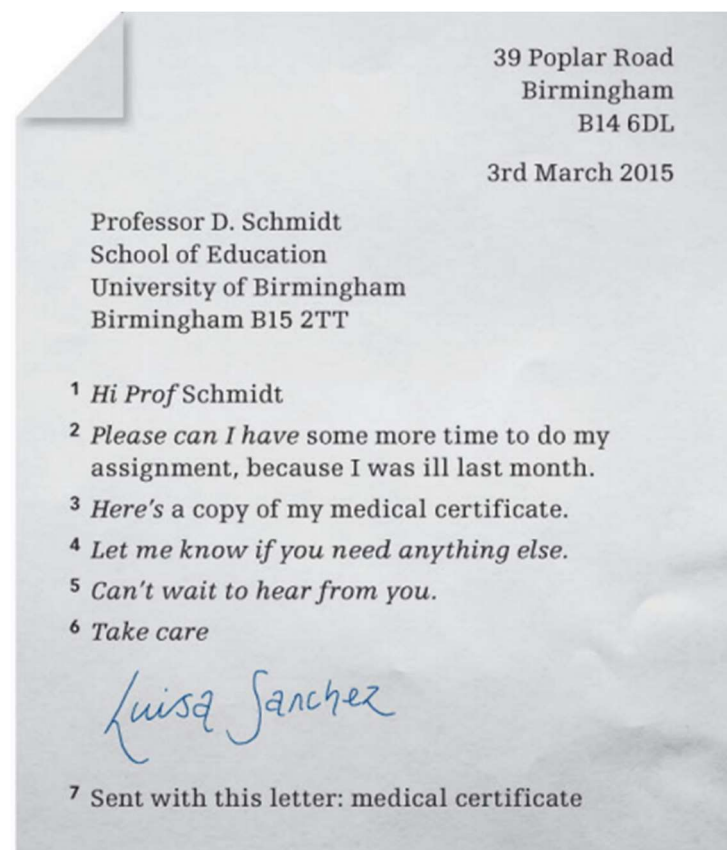
*I am writing to ... (e.g. apply for, request)*  
*I would like to ...*  
*I wish to ...*

##### **Explaining what you have sent**

*Please find enclosed ...*  
*I enclose ...*  
*As requested, I enclose ...*

##### **Polite expressions to close a letter**

*I am happy to provide any additional information that you need*  
*I look forward to hearing from you*  
*I hope to hear from you soon*



## 9.5. Video

Unit 10: Food**10.1. A question of taste**Describing food

What's the nicest meal (comida) you've eaten recently? Pasta? Meat? Barbecue? Tacos?

Where did you have it? At home? In a restaurant? At a friend's house?

Type of dish	Ingredient	Texture and taste	How it is cooked/eaten
- <b>Sauce</b> (salsa) - <b>Dessert</b> (postre) - <b>Snack</b> (bocadillo) - <b>Stew</b> (guiso)	- <b>Herbs</b> (hierbas) - <b>Honey</b> (Miel) - <b>Spices</b> (Especias) - <b>Lamb</b> (Cordero)	- <b>Mild</b> (templado-suave) - <b>Hot/spicy</b> (picante) - <b>Bitter</b> (amargo) - <b>Sweet</b> (dulce) - <b>Sour</b> (agrio) - <b>Plain</b> (simple-sencillo) - <b>Thick</b> (espeso-grueso) - <b>Savoury</b> (sabroso)	- <b>Fried</b> (frito) - <b>Baked</b> (horneado) - <b>Boiled</b> (hervido) - <b>Raw</b> (crudo)

- **Vegetable** (verduras)
- **Strawberry** (fresa)
- **Raspberry** (frambuesa)
- **Favorite** (favorito)
- **Different** (diferente)
- **Temperature** (temperature)
- **Several** (varios)

Uses of the -ing form

When we add *-ing* to a verb, the verb can be used as a noun.

We can use the *-ing* form as:

1. The subject of a sentence  
*Being a supertaster is not all good news*
2. An object after another verb  
*They don't like eating very sweet food*
3. An object after a preposition  
*Are you good at recognizing different flavors?*

Subject	Verb	Object
<b>Making an omelette</b>	is	easy.
I	avoid	<b>shopping</b> in supermarkets

- We can use the *-ing* form of a verb like a noun  
*My hobby is baking*
- We usually use the *-ing* form of the verb when it is the subject of a sentence or part of the subject  
*Eating a lot of sweet food is bad for you*  
*Having dinner with friends is fun*
- After certain verbs, we use the *-ing* form when a verb is the object of the sentence. We use the *-ing* form after verbs for likes and dislikes (e.g. like, love, hate) and also after:  
*Avoid, consider, prefer* (but not *would prefer*)  
*Avoid eating sugar*

- We also use an *-ing* form after a preposition. We use a preposition + *-ing* form in many different sentence structures:

***I'm interested in trying*** new kinds of food.

(after some adjectives)

***You can stay healthy by eating*** vegetables

(to explain how something happens)

***Are you thinking of having*** pizza tonight?

(after some verbs)

***Thank you for making*** the dinner

(to give reasons/purpose)

We use the *-ing* form after these verbs for like and dislikes:

*like, love, hate, enjoy, can't stand, don't mind*

We also use the *-ing* form after these common verbs:

*imagine, keep, go, stop, start, give up, practice*

## 10.2. Canned dreams

### Food containers

<b>A box of</b> (una caja de)	chocolates	<b>A bottle of</b> (una botella de)	sparkling water
<b>A can of</b> (una lata de)	lemonade	<b>A tube of</b> (un tubo de)	toothpaste
<b>A packet of</b> (un paquete de)	frozen peas	<b>A jar of</b> (una jarra de)	olives
<b>A tin of</b> (un poco de)	chopped tomatoes	<b>A carton of</b> (un cartón de)	apple juice

**Plastic** (plástico)

**Metal** (metal)

**Paper & cardboard** (papel y cartón)

**Glass** (vidrio)

**canned food** = comida enlatada

**fresh food** = comida fresca

**Meat** = carne

**Pasta** = pasta

**Olive Oil** = aceite de oliva

**Wheat** = trigo

**Tomatoes** = tomates

### The passive

- We can often say sentences in two ways, in the active or in the passive.
  - We use the active when we want to focus on the person or thing (the agent) that does the action.  
*A French chef invented the can in 1810*
  - We use the passive when we want to focus on the person or thing that the action happens to.  
*The first can was invented by a French chef in 1810*
- We often use the passive when we don't know who the agent is, or when it is obvious or not important.  
*Over 18 billion cans are produced every year*  
(It's not important who produces them)
- We form the passive with the verb be (is, am, was, etc) and the past participle (made, grown, etc)
- If we want to say who does or did an action (the agent), we use the preposition by.  
*The first cans were used by soldiers*

	<b>Subject</b>	<b>Be</b>	<b>Past participle</b>	
<b>Present</b>	The best pasta	is	produced	in Italy
	The vegetables	aren't	cooked	enough
<b>Past</b>	The restaurant	was	given	an excellent review
	The cars	weren't	made	in this country

Active vs passive

**Active**            *This factory makes milk cartons*  
**Passive**          *Milk cartons are made in this factory*

We can often say sentences in two ways, in the active or in the passive.

- We use the active when we want to focus on the person or thing (the 'agent') that does the action.  
*My mother **cooks** chicken every Sunday*
- We use the passive when we want to focus on the person or thing that the action happens to.  
*The chicken **is** always **served** with potatoes*
- We often use the passive when we don't know who the agent is, or when it is obvious or not important  
*The sauce **is made** with honey*
- After the past participle, we often need a preposition  
*A lot of oranges are grown **in** Spain*  
*Food from around the world is found **on** supermarket shelves*
- If we want to say who does or did an action (the agent), we use the preposition by  
*The menu was designed **by** the chef Rachel Allen*

In passive sentences it is often not necessary to give information about the agent, or the agent is not known. In these cases, we don't include the information about the agent.

*An excellent menu was created*

*NOT An excellent menu was created by the restaurant manager*

Uso del verbo BE → en presente *are*  
 en pasado *was-were*

En la voz pasiva, el verbo principal siempre aparece en la forma de participio pasado.

Present tense passive:            is/are + past participle  
Past tense passive:            was/were + past participle

### 10.3. Vocabulary and skills development

#### Understanding reference words in a text



#### UNLOCK THE CODE reference words in a text

- We often use words like *this, that, these, those* to refer to a word or group of words earlier in a text.  
 Compare:  
*One third of the world's food is wasted. This is a shocking figure.*  
*One third of the world's food is wasted. This is shocking.*
- Other words which refer back are *the one(s)* and *so*. *The one(s)* refers back to a noun(s). *So* refers back to a verb.  
*The red apples look fresh. So do the green ones.*



Words with more than one meaning**VOCABULARY FOCUS** words with more than one meaning

- Many English words have more than one meaning. The words may be the same parts of speech.  
*I'm free (adj) on Tuesday. This bottle of water was free (adj).*
- Or they may be different parts of speech.  
*Can (verb) I help you? A can (noun) of soup.*

**10.4. Speaking and writing**Problems in a restaurantExplaining and dealing with problems**Introducing/explaining a problem***There seems to be a mistake ...**You've charged us for ..., but ...**I'm afraid ...***Making an apology***I do apologize**I'm (terribly) sorry***Making a request***Would you mind ... ?**Could you (possibly) ... ?**I'd like to ..., please***Responding to an apology***Don't worry about it**It's not your fault*A restaurant review

<b>Location</b>	→ <i>It's a long way from the city centre</i>	(Está lejos del centro de la ciudad)
<b>Atmosphere</b>	→ <i>It's a quiet and relaxed</i>	(Es un lugar tranquilo y relajado)
<b>Food</b>	→ <i>There's a wide range of dishes</i>	(Hay una amplia variedad de platos)
<b>Service</b>	→ <i>The staff are sometimes rude</i>	(El personal a veces es grosero)
<b>Value for money</b>	→ <i>The prices are pretty reasonable</i>	(Los precios son bastante razonables)

Adjectives which describe the restaurants: busy, lively, disappointing, cool, modern.Adjectives which describe the food: tasty, good value, cold.*There isn't a huge choice of food on the menu.**It's always busy and the atmosphere is lively.**It isn't good value.**It's right in the middle of town.**The staff are friendly and helpful*Using apostrophes

We use apostrophes with:

1. Contractions (short forms) of some auxiliary verbs

*He is → He's, It has → it's, I will → I'll**The location is → The location's*

2. The contraction of
- not*

*Were not → Weren't**Will not → Won't*

3. Singular nouns to show possession

*The waiter's notepad*

4. Plural nouns to show possession

*My parent's restaurant*

Note: Don't use an apostrophe to make a noun plural

NOT ~~The starter's were good~~



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## Thai Kitchen


### Reviews

20 Reviews sorted by


- ▶ Date
- ▶ Rating
- ▶ Cuisine

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**Lee Min** ★★★★★

I discovered this place a year ago and I keep coming back. You sit at large tables which are shared with other people. It's always busy and the atmosphere is very lively. The staff are friendly and helpful and have a good knowledge of the dishes on the menu. There isn't a huge choice of food, but the food's tasty and good value. You're usually served very quickly, so it's a great place to go if you're short of time and if you don't mind sharing tables and listening to other diners' conversations.

**Isabelle** ★★☆☆☆

I was really excited about eating at the Thai Kitchen, but it was very disappointing. The location's great – it's right in the middle of town – and the atmosphere's very cool and modern. The food's tasty, but it isn't good value because the portions are tiny! We weren't happy with the service, either. We couldn't get the waiter's attention for ages. When he eventually came, he didn't listen properly to our order and forgot to bring my friend's main course. When it finally arrived, the rest of the food was cold. So, all in all, it was a disaster. We aren't planning to go back!

**Tomek** ★★★★★

I went to the Thai Kitchen last week with a group of friend's. Finding the restaurant isnt difficult. Its the place with the long queue outside! But don't worry – you wont need to wait very long and the foods worth the wait. I had the chefs special dish of the day, which was beef and mango salad. I also tried my friends dishes. They were all delicious too. The restaurant gets noisy sometimes, but if you avoid going at peak time, then you'll find the place nice and quiet.