



**WIZARD**  
by Pearson

W8

**EXTRA  
ACTIVITIES**

**1. Rewrite the sentences. Follow the model.**

Kurt asked: Do you like sensationalist news?

*Kurt asked if / whether I liked sensationalist news.*

a. "Do you write the headlines?" Zoella asked.

b. "That's not a good way to convey the news", Marshall said.

c. "Are you responsible for the news coverage?", Tai asked.

d. "They are covering the elections today", Marge said.

e. "Do you prefer glossy magazines or tabloids?", Adrian asked.

**2. Match the meanings.**

a. headline

b. confidential

c. breaking news

d. testimonial

e. upsetting

making someone feel unhappy or worried

spoken or written in secret and to be kept secret

a formal written statement describing someone's character and abilities

the title of a newspaper report, printed in large letters above the report

if news about an important event break, it becomes known

### 3. Complete the text with the words from the box.

astonishing | confidential | glossy | headlines | scandals |  
scoops | sensationalist | stalkers

Are you addicted to reading the news? I can tell you that I can't spend more than five minutes without checking the latest \_\_\_\_\_! I really like to read about \_\_\_\_\_ or about some celebrities' problems with \_\_\_\_\_. I find it \_\_\_\_\_ how some reporters get the most bizarre \_\_\_\_\_, when they make some politician's \_\_\_\_\_ conversations public. That's the kind of news I love to read! The more \_\_\_\_\_, the better. That's why I always carry a \_\_\_\_\_ magazine in my bag!

### 4. Choose the correct answer.

- a. She said the reporter **picked / pick** the incorrect article.
- b. Tony said he **covered / conveyed** the truth about what happened, but I heard something different from his friend.
- c. They asked **whether / why** I was covering the news or not.
- d. She said she covered the breaking news **now / that day**.
- e. My boss asked me **if / that** the scoop was ready or not.

**1. Use the prompts to write mini dialogues. Follow the model.****Prompt 1:** why – insist*Why did she insist that he should become a fact checker?***Prompt 2:** fake news*She insisted that he should become a fact checker to avoid fake news.***a. P1:** what – tell**P2:** misinformation**b. P1:** what – suggest**P2:** check – source**c. P1:** why – reporter – insist**P2:** reputation**d. P1:** who – insist**P2:** theory**e. P1:** what – say**P2:** anonymous source**2. Complete the comments with the correct verb form.****a.** "They \_\_\_\_\_ (**to recommend**) that we must be fact-checkers." – Jensen**b.** "The doctor \_\_\_\_\_ (**to suggest**) that I look for a different diet." – Amalia**c.** "My brother \_\_\_\_\_ (**to insist**) that I check my theory." – Tieco**d.** "My mother \_\_\_\_\_ (**to tell**) me that tabloids only have outdated news." – Ian**e.** "All my friends insisted that I \_\_\_\_\_ (**to meet**) new people that day!" – Tamara

### 3. Complete the conversations or sentences with the *New Words* from Lesson 183. Follow the model.

**A:** What did she say?

**B:** Oh, she insisted that the \_\_\_\_\_ paparazzi \_\_\_\_\_ were taking pictures of us!

- a. We all have to be fact-checkers! That's really important. Nowadays we have a lot of \_\_\_\_\_ and outdated information. Be careful with what you read, OK?
- b. **A:** You know that reporter has a bad \_\_\_\_\_, right?  
**B:** Yes, Joanna insisted that I didn't talk to him that day.
- c. The problem with the Internet is that we have a lot of \_\_\_\_\_ of information, and we need to check all of them if we want to make sure that piece of news is true.
- d. **A:** What did the teacher say to you?  
**B:** Well, he insisted that our \_\_\_\_\_ is incorrect.
- e. **A:** Hey Leo, did you talk to Mike about that \_\_\_\_\_?  
**B:** Yes. He told me that you should avoid clicking on it, even if it's eye-catching.

### 4. Choose the correct answer.

- a. They **suggested / suggest** that we check the source to avoid sharing misinformation and fake news.
- b. He insisted that we **didn't / don't** talk to the paparazzi.
- c. He **recommended / recommend** that we think about what happened to avoid negative bias affecting our opinion.
- d. They suggested **that / me that** the source is outdated.
- e. They **said / told** me that they have tried to save their reputation.

## 1. Which sentence means...?

a. She said she would **check the changes regularly** to stay up to date.

- She said she would keep up with the changes to stay up to date.
- She said she would filter out the changes to stay up to date.
- She said she would go viral with the changes to stay up to date.

b. They convinced me to **select** our live content.

- They convinced me to keep up with our live content.
- They convinced me to filter out our live content.
- They convinced me to go viral with our live content.

c. She got **very bad** feedback about her real time newsfeed.

- She got normal feedback about her real time newsfeed.
- She got terrific feedback about her real time newsfeed.
- She got awful feedback about her real time newsfeed.

d. The boss warned me that my content wouldn't be that **pleasant or interesting**.

- The boss warned me that my content wouldn't be that engaging.
- The boss warned me that my content wouldn't be that mainstream.
- The boss warned me that my content wouldn't be that good.

e. She said she would post new **information** every day.

- She said she would post new mainstream every day.
- She said she would post new content every day.
- She said she would post new scoops every day.

## 2. Match the definitions.

a. to warn

b. engaging

c. mainstream

d. eyewitness

e. awful

very bad or unpleasant

to tell someone that something bad or dangerous may happen, so that they can avoid it or prevent it

pleasant and attracting your interest

accepted by or involving most people in a society

someone who has seen something such as a crime happen, and is able to describe it

### 3. Write questions to the answers.

a. \_\_\_\_\_ ?

Yes, she said she would convince us to write more content.

b. \_\_\_\_\_ ?

No, they didn't warn us about what they would do the following week.

c. \_\_\_\_\_ ?

The eyewitness warned us she would talk soon.

d. \_\_\_\_\_ ?

No, but he told us he would filter out all outdated news.

e. \_\_\_\_\_ ?

She told us her video would go viral if she put it online.

### 4. Complete the text with the words from the box.

convinced | engaging | eyewitness | mainstream | warned

a. She \_\_\_\_\_ me she would seek new people to filter out the content.

b. We were \_\_\_\_\_ they would use sensationalism to sell more books.

c. They said they would create more \_\_\_\_\_ content the following week.

d. Have you talked to the \_\_\_\_\_? Did he describe the accident?

e. Mario said he wouldn't like his content to be \_\_\_\_\_ or to go viral right now.

**1. Write questions to the answers.**

a. \_\_\_\_\_ ?

People will know their duties if they are well-informed.

b. \_\_\_\_\_ ?

If you meet your obligations, you are an active citizen.

c. \_\_\_\_\_ ?

We have a duty to encourage people.

d. \_\_\_\_\_ ?

We will be more respectful if we obey the laws.

e. \_\_\_\_\_ ?

You have to meet your obligations to be an active citizen.

**2. Match the meanings.**

a. honest

b. respectful

c. obligation

d. to encourage

e. duty

something you have to do because it is morally or legally correct

feeling or showing respect

someone who always tells the truth and does not cheat or steal

to give someone the courage or confidence to do something

a moral or legal duty to do something

### 3. Which sentence means...?

- a. We have to be more **involved** in global citizenship.
  - We have to be more engaged in global citizenship.
  - We have to be more encouraged in global citizenship.
  - We have to be more privileged in global citizenship.
  
- b. It's our moral **obligation** to help.
  - It's our right to help.
  - It's our duty to help.
  - It's our privilege to help.
  
- c. They have to **give** students **the courage** to be better.
  - They have to give students ideas to be better.
  - They have to be honest with students so they get better.
  - They have to encourage students to be better.
  
- d. If you **do** what the **law says**, you won't have problems.
  - If you obey the law, you won't have problems.
  - If you disrespect the law, you won't have problems.
  - If you seek the law, you won't have problems.
  
- e. If you live in a big city, you have a special **advantage**.
  - If you live in a big city, you have rights.
  - If you live in a big city, you have a privilege.
  - If you live in a big city, you have a duty.

### 4. Complete the sentences with the words from the box.

despite | duty | engage | privilege | respectful

- a. You must be \_\_\_\_\_ of other people's needs.
- b. \_\_\_\_\_ being encouraged to join an NGO, I didn't do it.
- c. We'll be active citizens if we \_\_\_\_\_ in social activities.
- d. What is our \_\_\_\_\_ as active citizens?
- e. It isn't a \_\_\_\_\_ to help other people, it's our duty.

**1. Complete the sentences or questions with the correct verb form.  
Follow the model.**

If people donated **(to donate)** more, we would have less homeless people.

- a. We would be happy if you \_\_\_\_\_ **(to support)** our idea.
- b. Would you \_\_\_\_\_ **(to encourage)** people to be more active?
- c. Have you ever \_\_\_\_\_ **(to donate)** anything to a charity?
- d. If we had the chance, we would \_\_\_\_\_ **(to engage)** in more activities.
- e. If more people \_\_\_\_\_ **(to volunteer)**, more people would feel thankful for the small things in life.

**2. Complete the conversations with the *New Words* from Lesson 189.  
Follow the model.**

**A:** Margot told me she is helping a new charity.  
**B:** Really? That's amazing. Helping charities is very important!

- a. **A:** What do you do to help your community?  
**B:** Well, I \_\_\_\_\_ in a school for orphans. I go there twice a week to teach music.
- b. **A:** What can I do to help a \_\_\_\_\_ organization?  
**B:** I don't know... Have you tried talking to Mikka?
- c. **A:** I think \_\_\_\_\_ is our biggest problem! We have to do something!  
**B:** I totally agree. If people don't have enough food, they won't have the energy to do anything.
- d. **A:** Hey, how can I help your NGO?  
**B:** Well, you could help us start our \_\_\_\_\_ event against hunger. We need all the help we can get.
- e. **A:** I want to make a \_\_\_\_\_ for the needy. How do I do it?  
**B:** Gee, thanks! Are you donating money or your time?

### 3. Choose the correct answer.

- a. We would help if we **donate / donated** more food.
- b. What would you do if you **volunteered / volunteer** abroad?
- c. If I had more time, I **will / would** help you more.
- d. Jan wouldn't need that if you **supported / support** her more.
- e. Would you **donated / donate** money if you had a good reason?

### 4. Use the prompts to write mini dialogues. Follow the model.

**Prompt 1:** *donate – help*

*Would you donate money to help a charity?*

**Prompt 2:** *yes – would*

*Yes, but I would have to see where my money is going.*

a. **P1:** support – needy

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**P2:** but

---

b. **P1:** volunteer – hunger

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**P2:** yes – (justify)

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c. **P1:** fundraising – orphans

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**P2:** where – read more

---

d. **P1:** donation – philanthropic

---

**P2:** what

---

e. **P1:** engage – homeless

---

**P2:** not agree

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**1. Choose the correct answer.**

- a. We **will / would** empower more people if you helped us.
- b. What would they do if you **promoted / promote** better conditions?
- c. They **can / could** help if we asked them.
- d. Prejudice is very **easy / hard** to swallow.
- e. Mary had better fight for her rights if she **wants / wanted** to receive her money.

**2. Match the meanings.**

- a. refugee
- b. justice
- c. exploitation
- d. to empower
- e. prejudice

- unreasonable dislike of people who are different from you, especially because of their race, sex, religion, etc.
- fairness in the way people are treated
- to give someone more control over their own life or situation
- someone who has been forced to leave their country, especially during a war
- a situation in which you treat people unfairly, asking them to do things with very little in return

**3. Complete the text with the words from the box.**

empower | prejudice | should | swallow | would

Have you ever been a victim of \_\_\_\_\_? If not, how \_\_\_\_\_ you feel if it happened to you? Promoting equal rights is our duty as citizens and people. It is our obligation to \_\_\_\_\_ underprivileged people and take action when something happens. Prejudice is a hard reality to \_\_\_\_\_, and we \_\_\_\_\_ all fight against it. Do your part: Be respectful to others, spread good feelings, and don't just watch. Do something, say something!

**4. Write questions to the answers.**

a. \_\_\_\_\_ ?

They had better change that situation.

b. \_\_\_\_\_ ?

I think we might stand up for them now!

c. \_\_\_\_\_ ?

They may say that's hard to swallow.

d. \_\_\_\_\_ ?

I don't know. She should fight for her rights.

e. \_\_\_\_\_ ?

They could engage in activism if they wanted.

**1. Complete the sentences with the words from the box.**

educated | empathetic | enabled | interrupt | relevant

- a. Children need to be \_\_\_\_\_ about sustainability.
- b. Should people be \_\_\_\_\_ to help by volunteering?
- c. They should talk about more \_\_\_\_\_ solutions.
- d. How would you teach students to be more \_\_\_\_\_?
- e. Sorry to \_\_\_\_\_, but you should talk to her later.

**2. Choose the correct answer.**

- a. Kids should be **educate / educated** about sustainability at schools.
- b. Are these classes about relevant topics **discussed / discuss** previously?
- c. Our ecosystem has to be **looked / look** after.
- d. More conscious citizens need to be **raised / raise** here.
- e. Was our ecosystem **changed / changes** over the years?

### 3. Write questions to the answers.

a. \_\_\_\_\_ ?

People should be educated to be more empathetic.

b. \_\_\_\_\_ ?

We need to have more ecology classes at schools.

c. \_\_\_\_\_ ?

People should be more conscious of how they treat the environment.

d. \_\_\_\_\_ ?

An affordable solution needs to be found.

e. \_\_\_\_\_ ?

I'm afraid I disagree. We should raise awareness, not stop talking.

### 4. Match the meanings.

a. beneficial

b. ecosystem

c. conscious

d. to enable

e. affordable

cheap enough for most people to afford

having a good effect

thinking a lot about or concerned about something

the way in which animals and plants in a particular area are related to each other

to make it possible for someone to do something, or for something to happen

## 1. Use the prompts to write mini dialogues. Follow the model.

**Prompt 1:** What – the – odds – not to win  
*What are the odds on them not winning the game?*

**Prompt 2:** fear  
*I fear they will be harassed by the fans.*

a. **P1:** what – do – recycle

**P2:** committed

b. **P1:** where – paper – recycled

**P2:** might

c. **P1:** are – supposed to – recycle

**P2:** no

d. **P1:** how – reuse – metal

**P2:** by

e. **P1:** how many – recycling trash containers – university

**P2:** should

## 2. Complete the comments with the correct verb form. Follow the model.

"If we donated (**to donate**) more, we would have less homeless people." - Garth

a. "Cars will be 100% \_\_\_\_\_ (**to recycle**) in the future." - Camille

b. "All the paper will be \_\_\_\_\_ (**to reuse**) in the city center." - Warren

c. "We are not supposed to \_\_\_\_\_ (**to produce**) more waste." - Craig

d. "Have they ever thought about \_\_\_\_\_ (**to reduce**) the waste at the supermarket? I don't think so." - Ivory

e. "Many ecological objects will be \_\_\_\_\_ (**to reuse**) in the next movie." - Harald

### 3. Complete the text with the words from the box.

committed | containers | ecological | electric |  
recycled | supposed | waste

Today, the president of Flex Company made a statement to the press:

We are \_\_\_\_\_ to making our processes as \_\_\_\_\_ as possible. Recycling trash \_\_\_\_\_ will be installed in every department of the company and employees will be trained on eco-friendly attitudes, such as avoiding \_\_\_\_\_ and the conscious use of \_\_\_\_\_ energy. Also, we are starting the Zero waste program, in which all paper, aluminum and water will be \_\_\_\_\_ and reused by the end of next year. We are \_\_\_\_\_ to be an example to the world, and that's what will be done in the future of Flex company.

### 4. Which sentence means...?

a. All that paper will be **used again** at the school.

- All that paper will be recycled at the school.
- All that paper will be reused at the school.
- All that paper will be reduced at the school.

b. The aluminum will be **put through a special process** tomorrow **so it can be used again**.

- The aluminum will be reused tomorrow.
- The aluminum will be reduced tomorrow.
- The aluminum will be recycled tomorrow.

c. Companies have to **use a smaller** amount of water in their processes.

- Companies have to reduce the amount of water in their processes.
- Companies have to recycle the water in their processes.
- Companies have to reuse the water in their processes.

d. **Things that exist in nature** may be lost if we don't act.

- Our waste may be lost if we don't act.
- Our natural resources may be lost if we don't act.
- Our fuel may be lost if we don't act.

e. It's our duty to recycle any **unwanted materials** we may have.

- It's our duty to recycle any steel we may have.
- It's our duty to recycle any waste we may have.
- It's our duty to recycle any resources we may have.

**1. Choose the correct answer.**

- a. Were fossil fuels **explored / explore** in the past?
- b. Governments are **run / running** out of time to act on the environment.
- c. Droughts will be **increased / increase** by climate change.
- d. Net-zero emissions need to be **meet / met** with a lot of effort.
- e. Climate change isn't **caused / causing** by animals.

**2. Write questions to the answers.**

a. \_\_\_\_\_ ?

Climate change will be responsible for many droughts in the future.

b. \_\_\_\_\_ ?

We need to cut down on any substance that causes harm to the climate.

c. \_\_\_\_\_ ?

Reducing the use of electric energy, for example, is a great way to help.

d. \_\_\_\_\_ ?

Many people are using resources irresponsibly, so we need to talk to them first.

e. \_\_\_\_\_ ?

We need to face the facts and understand we're running out of time to fight climate change.

### 3. Match the meanings.

a. to cut down on something

b. harm

c. fossil fuel

d. climate change

e. drought

- substance produced by a very gradual decaying of animals or plants over millions of years
- to reduce the amount of something
- a long period of dry weather when there is not enough water for plants and animals to live
- a permanent change in the Earth's weather conditions
- damage, injury or trouble caused by someone's actions or an event

### 4. Complete the sentences with the words from the box.

caused | climate | face | harm | humankind's

- a. We have to \_\_\_\_\_ the facts and act to stop generating waste.
- b. Will more droughts be \_\_\_\_\_ by our irresponsible acts?
- c. The damage to the planet is caused by \_\_\_\_\_ actions.
- d. \_\_\_\_\_ change is a problem all over the world.
- e. Much more \_\_\_\_\_ will be done if we don't act now.

**1. Rewrite the sentences. Follow the model.**

We (**will – to have**) to change these obsolete computers.  
We **will have** to change these obsolete computers.

- a. The device (**going to – to crash**) if you keep doing this.
- 

- b. I think we (**will – to back up**) the server data this time.
- 

- c. Are you (**going to – to go**) to the geek festival next month?
- 

- d. The laboratory (**will have – to enhance**) their productivity by the end of the year.
- 

- e. Malyk (**to be – to change**) all charging stations for portable ones last night.
- 

**2. Choose the correct answer.**

- a. The volunteers are **going / go** to use state-of-the-art technology next year.
- b. Will they **use / using** the new wireless hotspots tomorrow?
- c. Sammy isn't **backing / back** up the data anymore. He is a supervisor now.
- d. The network will be **change / changed** by the end of the day.
- e. They won't **needed / need** to use any revolutionary method to work.

### 3. Match the meanings.

- a. obsolete
- b. portable
- c. to pull the plug on
- d. device
- e. state-of-the-art

- no longer useful because something newer and better has been invented
- using the most modern and recently developed methods, materials, or knowledge
- able to be carried or moved easily
- to prevent a plan, business, etc. to continue, especially by deciding not to give it any more money
- a machine or tool that does a special job

### 4. Complete the sentences with the words from the box.

glued | portable | purpose | revolutionary | wireless

- a. Will they tell me what the \_\_\_\_\_ of the meeting is?
- b. That new software is \_\_\_\_\_. You should use it.
- c. The geeks will be \_\_\_\_\_ to the screen when they see that!
- d. I'm not going to set up a new \_\_\_\_\_ hotspot here.
- e. We'll be using this \_\_\_\_\_ device until it becomes obsolete.

**1. Complete the text with the words from the box.**

artificial | breakthroughs | drones | futurologists | promising

By the time I'm 65 years old, technology will have changed so much that \_\_\_\_\_  
intelligence will take care of our routine tasks, or at least that's what some \_\_\_\_\_  
say. Scientists are approaching major \_\_\_\_\_ in computer technology  
to allow artificial intelligence to even predict our behavior. Isn't that amazing? Another  
\_\_\_\_\_ thing is drone technology. Some people say that our shopping will be  
delivered by \_\_\_\_\_ in the years to come. They will be light years ahead from what  
they are now. Can't wait to be 65!

**2. Which sentence means...?**

a. By the time she goes to school, the new program will have **begun**.

- By the time she goes to school, the new program will have finished.
- By the time she goes to school, the new program will have been launched.
- By the time she goes to school, the new program will have been perfected.

b. The environment will be in **danger** in some years' time.

- The environment will be saved in some years' time.
- The environment will be protected in some years' time.
- The environment be in jeopardy in some years' time.

c. By the time I'm 30, I will have **bought** my house.

- By the time I'm 30, I will have owned my house.
- By the time I'm 30, I will have sold my house.
- By the time I'm 30, I will have invented my house.

d. We will have been using **equipment to detect movement** by the time our competitor finds out.

- We will have been using drones by the time our competitor finds out.
- We will have been using sensors by the time our competitor finds out.
- We will have been using computers by the time our competitor finds out.

e. My friends will have **found the answer to** the problem when the time comes.

- My friends will have found the problem when the time comes.
- My friends will have finished the problem when the time comes.
- My friends will have figured out the problem when the time comes.

### 3. Complete the conversations with the *New Words* from Lesson 201. Follow the model.

**A:** People are saying that this invention is very promising.

**B:** Yes! They say it will greatly reduce our carbon footprint!

a. **A:** What was your most important \_\_\_\_\_ this year?

**B:** Easy! It was when we found more efficient sensors.

b. **A:** People say the development of \_\_\_\_\_ is a breakthrough.

**B:** Yes, but to be honest, I am a little afraid of it.

c. **A:** Zak, have you ever talked to a \_\_\_\_\_?

**B:** A futu... What?

**A:** Forget about that...

d. **A:** The new sensors are much more \_\_\_\_\_ than the old ones. They need much less power to work.

**B:** Yes, and they are also more practical. They come ready to use.

e. **A:** Hey, what have you done to put the network in \_\_\_\_\_?

**B:** I haven't done anything! Wait...

### 4. Write questions to the answers.

a. \_\_\_\_\_ ?

By the time we're 30, we will have launched many products.

b. \_\_\_\_\_ ?

I don't think our future will be in jeopardy.

c. \_\_\_\_\_ ?

I think we will have found more practical solutions to the problem.

d. \_\_\_\_\_ ?

The futurologists will have predicted many more things.

e. \_\_\_\_\_ ?

We have to trust it. It's a sign of things to come.

**1. Match the meanings.**

a. to remain

b. newbie

c. to suppose

d. glitch

e. patch

to think that something is probably true, based on what you know

to continue to be in the same state or condition

a small computer program that is added to software to solve problems

a small fault in a machine or software

someone who has just started doing something

**2. Complete the sentences with the words from the box.**

audience | compete | newbies | patch | reach

a. Chances are they will have a new \_\_\_\_\_ soon.

b. I wonder if we will have any \_\_\_\_\_ this year.

c. I promise you will \_\_\_\_\_ their level anytime soon.

d. It's unlikely they'll reach a larger \_\_\_\_\_ with that show.

e. We're sure you'll find a way to \_\_\_\_\_ and have fun!

### 3. Choose the correct answer.

- a. I believe you'll **love / loving** the new DLC!
- b. It's unlikely that a newbie **is / are** going to win the competition.
- c. I'm afraid you **won't / will** be able to compete next week. The list is full.
- d. Chances are that gamification **will / would** be the future of learning.
- e. What are the odds of you **winning / win** that game?

### 4. Use the prompts to write mini dialogues.

**Prompt 1:** What – odds – again  
*What are the odds of competing again?*

**Prompt 2:** unlikely  
*It's unlikely they'll compete again!*

- a. **P1:** what – odds – reach – larger audience

**P2:** possibly

- b. **P1:** they – newbies

**P2:** no – to compete

- c. **P1:** suppose – to compete

**P2:** probably

- d. **P1:** when – virtual reality

**P2:** wonder

- e. **P1:** promise – patch

**P2:** believe

**1. Write questions to the answers.**

a. \_\_\_\_\_ ?

We used to train every day.

b. \_\_\_\_\_ ?

The team had never invested in a coach before.

c. \_\_\_\_\_ ?

We won! We scored four goals.

d. \_\_\_\_\_ ?

I guess she was training while he was working.

e. \_\_\_\_\_ ?

Mary was living on the edge for too long.

**2. Match the meanings.**

a. tactic

b. method

c. coach

d. to balance

e. owner

someone who owns something

a planned way of doing something, especially one that a lot of people know about and use

to be in or get into a steady position, without falling to one side or the other, or to put something into this position

a method that you use to achieve something

someone who trains a person or team in a sport

### 3. Which sentence means...?

a. What have you been doing for your **health and happiness**?

- What have you been doing for your welfare?
- What have you been doing for your tactic?
- What have you been doing for your condition?

b. They used to have a **person to train** them. Now they are alone.

- They used to have a method. Now they are alone.
- They used to have a coach. Now they are alone.
- They used to have a team. Now they are alone.

c. Jeannie showed a lot of **interest and excitement** at the game!

- Jeannie was concerned about the game!
- Jeannie was happy in the game!
- Jeannie was enthusiastic about the game!

d. We used another **method** to win that game.

- We used another procedure to win that game.
- We used the owner to win that game.
- We used a player to win that game.

e. As a team, we need to **do more than what is expected** for each other.

- As a team, we need to give goosebumps for each other.
- As a team, we need to go the extra mile for each other.
- As a team, we need to live on the edge for each other.

### 4. Complete the sentences with the words from the box.

coach | use | mile | when | while

a. Did you \_\_\_\_\_ to invest your time in your welfare?

b. We were training \_\_\_\_\_ the coach was planning the best tactic for the next game.

c. For many years, our team had the most enthusiastic \_\_\_\_\_.

d. We need to go the extra \_\_\_\_\_ if we want to improve our performance.

e. The owner of the sports club was manipulating the score \_\_\_\_\_ the players arrived.

**1. Complete the comments with the correct verb form. Follow the model.**

"If they hadn't gotten **(to get)** sick days before the tournament, they would have played better" - Finn

- a. "The team might have \_\_\_\_\_ **(to defeat)** their opponent if they had had a good coach." – Alisa
- b. "If I had \_\_\_\_\_ **(to balance)** my work and family life before, my children might have kept in touch with me." – Ian
- c. "If you had \_\_\_\_\_ **(to train)** more, you could have won!" – Mohammed
- d. "They could have \_\_\_\_\_ **(to win)** the game if they had used a different tactic." – Yuki
- e. "If I had \_\_\_\_\_ **(to think)** about that before, I would've done it!" – Marshall

**2. Complete the conversations with the *New Words* from Lesson 207.**

**A:** What a great achievement! The athlete broke her own record!

**B:** If she hadn't set it as one of her \_\_\_\_\_ life goals, none of this would have happened!

- a. **A:** Have you got a new \_\_\_\_\_ yet?  
**B:** Not yet, but my coach is talking to some entrepreneurs.
- b. **A:** You might have defeated your \_\_\_\_\_ if you had focused more.  
**B:** I know...
- c. **A:** What's your greatest \_\_\_\_\_ in life?  
**B:** I'd say building my own company and being able to do some volunteer work abroad.
- d. **A:** What would you have done if you hadn't become an \_\_\_\_\_?  
**B:** I would probably have done something related to art.
- e. **A:** I can't wait to see them playing! I'm a \_\_\_\_\_ for the team!  
**B:** Hey, calm down... I know you love them, but they are not so good!

### 3. Choose the correct answer.

- a. If you had **taken / take** part in that tournament, you could have won.
- b. I might not have **won / win** if you hadn't helped me.
- c. We're counting **down / up** the days to meeting the new sponsor.
- d. The athlete might have **be / been** defeated if he hadn't trained.
- e. Could they **have / had** challenged me if they had trained harder?

### 4. Use the prompts to write mini dialogs. Follow the model.

**Prompt 1:** what – would – have done – game

*What would you have done if you had won the game?*

**Prompt 2:** would have

*I would have celebrated a lot!*

- a. **P1:** you – sponsor

**P2:** if

- b. **P1:** what – would – win

**P2:** would have

- c. **P1:** would – they – podium

**P2:** yes – and

- d. **P1:** can't wait to – take part in

**P2:** how

- e. **P1:** counting the days – opponent

**P2:** defeat

**1. Choose the correct answer.**

- a. She wishes she could **have / had** attracted more sponsors.
- b. We wish we **haven't / hadn't** gone so far.
- c. If only I hadn't been in distress and had **risk / risked** more, I would have won it.
- d. My friends wish they **had / have** been more aware of the impact of sports on some people.
- e. Do you wish you **had / have** had that rush of adrenaline?

**2. Match the meanings.**

a. amateur

b. bold

c. distress

d. to chicken out

e. to beat

- not afraid of taking risks and making difficult decisions
- to get more points in a game, race, or competition than the opposition
- someone who is not an expert
- to decide at the last moment not to do something you said you would do because you are nervous or afraid
- a feeling of extreme anxiety or unhappiness

### 3. Complete the text with the words from the box.

adrenaline | amateur | chickened | fearless | talented | wave

I remember the first time I went big \_\_\_\_\_ surfing. I wish I had tried it before. What an experience! Even though my friends constantly talked to me about it, I almost \_\_\_\_\_ out on the day they invited me, but these \_\_\_\_\_ friends helped me not give up. I would like you to feel the rush of \_\_\_\_\_ I did the moment I was surfing. As an \_\_\_\_\_ who had never done any extreme sports before, I did some hard training until I felt \_\_\_\_\_ enough to go by myself. I've always believed discipline and hard training can help us achieve our goals and have the experience of a lifetime!

### 4. Write questions to the answers.

a. \_\_\_\_\_ ?

If I hadn't chickened out, I could have shown how talented I am.

b. \_\_\_\_\_ ?

I wish I had never risked my savings. It was such an amateur decision!

c. \_\_\_\_\_ ?

In my opinion, they should have found a better way to attract clients.

d. \_\_\_\_\_ ?

She wishes she hadn't been in so much distress.

e. \_\_\_\_\_ ?

I would have risked more.

**1. Write questions to the answers.**

a. \_\_\_\_\_ ?

People aren't born talented, they need to work hard.

b. \_\_\_\_\_ ?

It can be very difficult to make a living by selling art.

c. \_\_\_\_\_ ?

I wish I had pursued a more profitable career.

d. \_\_\_\_\_ ?

I had never had any vocational guidance before.

e. \_\_\_\_\_ ?

Yes, I've had a fulfilling career and I understand it's a privilege.

**2. Choose the correct answer.**

a. She should have cared about her sister's feelings. It's her **responsible / responsibility** to do something now.

b. Tay wishes he had **pursued / pursuing** a degree in History.

c. You could have **count / counted** on me when you had that problem.

d. Has she ever had to **dealt / deal** with those people?

e. If we had **look / looked** after her, she wouldn't have stopped doing art.

### 3. Complete the text with the words from the box.

art | dealing with | living | pursue | skillful | talented |  
turn into | unstable

Can we learn to make \_\_\_\_\_, or are artists born \_\_\_\_\_?

Does going to school and getting a degree in arts make you a famous artist?

Some people believe that we are born \_\_\_\_\_ to \_\_\_\_\_.  
certain thing. They also say that while going to school can help us find our purpose, getting a degree  
and \_\_\_\_\_ all the challenges that come with building a career is not  
enough to succeed. These people call attention to the fact that \_\_\_\_\_ people  
without degrees can \_\_\_\_\_ rich and famous people while graduates  
struggle to make a \_\_\_\_\_ in this \_\_\_\_\_ market.  
On the other hand, some people believe that being successful in any field is just a matter of being  
aware of the opportunities and making the most of them. Which of these theories makes the most  
sense to you?

### 4. Match the meanings.

- a. restraint
- b. fulfilling
- c. to bear
- d. profitable
- e. skillful

- to bravely accept or deal with a painful, difficult, or upsetting situation
- making you feel happy and satisfied because you are doing interesting, useful, or important things
- calm and sensible behavior, especially in a situation when it is difficult to stay calm
- good at doing something difficult that needs special ability or training
- producing a profit or useful result

**1. Complete the comments with the correct verb form. Follow the model.**

"If she had gotten away (**to get away**) with vandalizing your house, I would have done something to help you." – Kristen

- a. "I wish they hadn't \_\_\_\_\_ (**to tag**) that wall. I liked its colors." – Hughie
- b. "Thank you for \_\_\_\_\_ it \_\_\_\_\_ (**to point out**) to me! I did not see the big mistake I had made." – Arthur
- c. "We would have gotten a sponsorship if they had \_\_\_\_\_ (**to display**) our painting." – Mirna
- d. "I would never \_\_\_\_\_ (**to vandalize**) a work of art, even if I didn't like it." – Ann
- e. "You'd better \_\_\_\_\_ it \_\_\_\_\_ (**to take back**)! It wasn't very nice of you to say what you said." – Christopher

**2. Complete the conversations with the *New Words* from Lesson 213. Follow the model.**

**A:** So, how do you like the painting?

**B:** Very \_\_\_\_\_ thought-provoking , indeed.

- a. **A:** What do you think about the latest \_\_\_\_\_ ?  
**B:** I agree with them. However, I don't accept any kind of violence.
- b. **A:** Would you rather go to a gallery or see \_\_\_\_\_ ?  
**B:** Both are fine, but street art is better.
- c. **A:** Let's be \_\_\_\_\_. Nobody did anything to prevent the riots from happening.  
**B:** I completely agree with you.
- d. **A:** Do you agree with any kind of artistic \_\_\_\_\_ ?  
**B:** Yes, I do. Why wouldn't I?
- e. **A:** There have been many \_\_\_\_\_ lately.  
**B:** Yeah. In my opinion, violent protests are not effective.

### 3. Choose the correct answer.

- a. I know her work. I don't like her art, **although / though**.
- b. They should be **close / open**-minded about graffiti art.
- c. Why don't you think your decision **about / over**?
- d. How did you get away **with / in** things when you were a child?
- e. My friends and I are **point / pointing** some ideas out to the directors.

### 4. Use the prompts to write mini dialogues. Follow the model.

**Prompt 1:** display - elaborate

*Are you going to display your elaborate work at the fair?*

**Prompt 2:** think over

*I don't know. I'm still thinking the proposal over.*

- a. **P1:** what – opinion – tagging

**P2:** good – however

- b. **P1:** vandalize – downtown

**P2:** although

- c. **P1:** weigh the pros and cons of

**P2:** maybe if

- d. **P1:** point out

**P2:** sure – although

- e. **P1:** street art

**P2:** however

**1. Write questions to the answers.**

a. \_\_\_\_\_ ?

I'm looking forward to seeing the city revitalized.

b. \_\_\_\_\_ ?

This city's project is in its conception whereas in this other one it's already being revitalized.

c. \_\_\_\_\_ ?

Well, I've heard that it's in the middle of nowhere.

d. \_\_\_\_\_ ?

We can study the infrastructure while they go to the slums.

e. \_\_\_\_\_ ?

It's because she has been putting up with a lot of nonsense lately.

**2. Complete the sentences with the words from the box.**

efficiency | infrastructure | though | urban | whereas

a. I don't mind the rush hour, \_\_\_\_\_ my wife hates it.

b. It hasn't been easy to create smart cities. People are trying, \_\_\_\_\_ .

c. She has shown everyone a new \_\_\_\_\_ plan while they have been discussing the costs.

d. Do you know anything about \_\_\_\_\_ design?

e. The company wants \_\_\_\_\_ to be standard.

### 3. Match the meanings.

a. slum

d. standard

b. to flee

e. efficiency

c. conception

- a house or an area of a city that is in very bad condition, where very poor people live
- the quality of doing something well and effectively, without wasting time, money, or energy
- an idea about what something is like, or a general understanding of something
- to leave somewhere very quickly, in order to escape from trouble or danger
- the level that is considered to be acceptable, typical or normal

### 4. Which sentence means...?

a. Many cities are **reducing** waste, while others are making more of it.

- Many cities are cutting down waste, while others are making more of it.
- Many cities are eliminating waste, while others are making more of it.
- Many cities are reusing more waste, while others are making more of it.

b. They have to look out for **the area** where **very poor people live**.

- They have to look out for the people downtown.
- They have to look out for the people in the slums.
- They have to look out for the people in the neighborhoods.

c. The city is **investing** in the central area this year.

- The city is putting new things in the central area this year.
- The city is changing the concept in the central area this year.
- The city is revitalizing the central area this year.

d. They are **leaving** the city **quickly** because of the constant riots.

- They are fleeing the city because of the constant riots.
- They are going away from the city because of the constant riots.
- They are revitalizing the city because of the constant riots.

e. It's better to display art in **the city**.

- It's better to display art in the countryside.
- It's better to display art in urbanized areas.
- it's better to display art in the slums.

### 1. Match the meanings.

- a. intake
- b. junk food
- c. to ensure
- d. to resist
- e. makeover

- to make sure that something will happen
- to stop yourself from having something that you like very much
- to make something or someone look more attractive
- food that is not healthy, because it contains a lot of fat, sugar, etc.
- the amount of food, drink, medicine, etc. that you take into your body

### 2. Choose the correct answer.

- a. A lot of weight could be **gain / gained** by eating junk food.
- b. I wish I had **resisted / resisting** eating carbohydrates.
- c. This balanced diet might **lead / leading** you to losing weight, but it will definitely make you healthier.
- d. You may **needed / need** a more nutritive diet.
- e. Have you ever **think / thought** of getting a makeover?

### 3. Write questions to the answers.

a. \_\_\_\_\_ ?

Young people ought to get in shape or they'll have health problems.

b. \_\_\_\_\_ ?

Body positivity should always be a trend and I really think people should resist the social pressure of having the perfect body.

c. \_\_\_\_\_ ?

We might need to work on our discipline to be able to exercise regularly.

d. \_\_\_\_\_ ?

They are in really poor shape, so they may be done with training.

e. \_\_\_\_\_ ?

Reducing carbohydrate consumption might be needed in your case.

### 4. Complete the sentences with the words from the box.

better | do | intake | might | regularly

a. My brother had \_\_\_\_\_ work on his discipline and motivation, or he'll quit his makeover.

b. Weight gain \_\_\_\_\_ be caused by lack of discipline.

c. People should be aware of the importance of drinking water \_\_\_\_\_ .

d. Too much fat \_\_\_\_\_ can make you gain weight.

e. How do you control your liquid \_\_\_\_\_ ?

**1. Complete the text with the *New Words* from Lesson 219.**

alternative | believe | meditation | mend | faith

It is a fact that more and more people are trying \_\_\_\_\_ healing methods nowadays. Take \_\_\_\_\_ for instance. It is \_\_\_\_\_ to be an effective way to get on the \_\_\_\_\_ or stay mentally healthy. Others turn to acupuncture to feel relaxed and even overcome physical symptoms related to trauma. Some people use their \_\_\_\_\_ for that. What about you? What is your opinion on alternative healing methods?

**2. Complete the comments with the correct verb form. Follow the model.**

"She shouldn't have \_\_\_\_\_ hurt \_\_\_\_\_ (**to hurt**) your feelings that way." – Ashton

- a. "Sean should have \_\_\_\_\_ (**to heal**) by now. How long has he been taking that medicine for?" – Carla
- b. "You could have \_\_\_\_\_ (**to use**) that other body oil." – David
- c. "I should have \_\_\_\_\_ (**to believe**) in the treatment more." – Katya
- d. "She might have \_\_\_\_\_ (**to start**) doing that guided meditation she told us about." – Satiko
- e. "They should have \_\_\_\_\_ (**to go**) to that positive thinking presentation. They would have loved it" – Mia

### 3. Choose the correct answer.

- a. I should **had / have** had more faith in myself.
- b. I'm sorry. I **shall / should** have believed in what you said.
- c. You might have **hurting / hurt** her feelings even if you didn't want to.
- d. I could have **taken / took** a different medical approach.
- e. I **could / must** have used a body oil I wasn't allergic to. Now my whole body is itchy.

### 4. Use the prompts to write mini dialogs. Follow the model.

**Prompt 1:** positive thinking – heal

*Do you think positive thinking can heal people?*

**Prompt 2:** yes – believe

*Yes, I do and I also believe it can help other people in different situations.*

a. **P1:** best – treatment – headache

---

**P2:** healing plants

---

b. **P1:** what – believe – heal

---

**P2:** positive thinking

---

c. **P1:** can you – herbal

---

**P2:** but

---

d. **P1:** what – should – have done

---

**P2:** should have

---

e. **P1:** think – alternative medicine

---

**P2:** could have

---

**1. Match the meanings.**

- a. stretch
- b. circuit
- c. buddy
- d. workout
- e. mood

- informal for friend
- to straighten your arms, legs, and body to their full length before exercising
- the way you feel at a particular time
- a period of physical exercise for fitness, or training for sport
- a path that forms a circle around an area, or a journey along this path

**2. Choose the correct answer.**

- a. She had to stop exercising **due to / because** exhaustion.
- b. Marrian's disposition is impressive! She's as **fitted / fit** as a fiddle!
- c. **Owing to / Due** my exhaustion, I won't be able to achieve this training goal.
- d. I've only **achieved / achieve** my goals owing to my instructor.
- e. This circuit helps **build / burn** calories.

### 3. Complete the sentences with the words from the box.

accomplished | bill | buddy | stretch | mood

- I've \_\_\_\_\_ many personal goals due to my training.
- What kind of music do you use to set the \_\_\_\_\_ for exercising?
- She was given a clean \_\_\_\_\_ of health by her doctor.
- Because I didn't \_\_\_\_\_ before my workout, I hurt myself.
- I wish you could be my training \_\_\_\_\_ today.

### 4. Write questions to the answers.

a. \_\_\_\_\_ ?

I didn't achieve my goals due to my lack of focus.

b. \_\_\_\_\_ ?

I suggest that you find a training buddy and stretch regularly.

c. \_\_\_\_\_ ?

You can reach your desired weight by having a balanced diet.

d. \_\_\_\_\_ ?

They shouldn't have eaten so much junk food.

e. \_\_\_\_\_ ?

Try to build muscle first. Then you can start training.

**1. Match the meanings.**

- a. to entertain
- b. rating
- c. to record
- d. eye candy
- e. deliverables

- someone or something that is attractive to look at, but is not serious or important
- to store video or audio content on a disc or tape so that people can watch or listen to it again
- a level on a scale that shows how good, important, popular someone or something is
- something that a company has promised to have ready for a customer, especially parts of computer systems
- to amuse or interest people in a way that gives them pleasure

**2. Complete the comments with the *Verbs* from Lesson 223.  
Follow the model.**

"I've never slept through (**to sleep through**) a movie before. This movie is really bad!" – Polly

- a. "I wish I hadn't been so \_\_\_\_\_ (**to influence**) by superhero movies. All other movies are boring to me now." – Olivia
- b. "I like watching movies just to be \_\_\_\_\_ (**to entertain**), but I also like movies that make me think about social issues." – Emma
- c. "It \_\_\_\_\_ (**to seem**) they are recording all the important files." – Pyeong
- d. "Now I recognize this song. It \_\_\_\_\_ (**to sound**) really familiar the first time I listened." – Trix
- e. "It seems that many other family-friendly sitcoms will be \_\_\_\_\_ (**to record**) in the following years." – Arnold

### 3. Write questions to the answers.

a. \_\_\_\_\_ ?

Yeah, I know! It seems that it's coming in UHD!

b. \_\_\_\_\_ ?

It'll be amazing! Spread the word!

c. \_\_\_\_\_ ?

We never know. It seems that it will be recorded soon.

d. \_\_\_\_\_ ?

Be careful because looks can be deceiving.

e. \_\_\_\_\_ ?

I'm not sure I want to watch this movie, it has terrible ratings. Let's try to find another one.

### 4. Complete the sentences with the words from the box.

appear | looks | taste | seems | sounds

a. It doesn't \_\_\_\_\_ that the behind the scenes interview will go live.

b. It \_\_\_\_\_ to me that streaming will dominate the market.

c. What does this popcorn \_\_\_\_\_ like? It looks very buttery.

d. Congratulations on your promotion! It \_\_\_\_\_ like great news!

e. I don't know, but it \_\_\_\_\_ like it will be time consuming.

**1. Complete the comments with the correct verb form. Follow the model.**

"The teaser was broadcast **(to broadcast)** from Edinburgh." – Harry

- a. I wish she hadn't \_\_\_\_\_ **(to perform)** that badly." – Edward
- b. I do know that I'm \_\_\_\_\_ **(to get)** the supporting role, don't worry." – Daisy
- c. The movie will be \_\_\_\_\_ **(to release)** by the end of the year." – Lance
- d. The actors would never have \_\_\_\_\_ **(to do)** such a terrible job if I were the director." – Benjamin
- e. Has Michelle ever \_\_\_\_\_ **(to talk)** about a sequel to our movie?" – Ursula

**2. Choose the correct answer.**

- a. I didn't **heard / hear** that she is in the cast of the movie.
- b. The director **does / doesn't** know that I'm going to write the plot. He was told two months ago.
- c. I don't know about the streaming platforms, but I **do / did** know that there is a new cooking program on TV that is electrifying!
- d. Jane will never be in the **supported / supporting** role and you know it.
- e. They **did / do** know I would come to see the movie, but they didn't invite me.

### 3. Complete the conversations with the *New Words* from Lesson 225. Follow the model.

**A:** Do you know when the sequel of the movie comes to theaters?

**B:** Yes! On March. Would you like to see it?

**A:** I just can't wait!

a. **A:** Hey, Layla is going to perform her new show next week. Let's go and see her!

**B:** I don't know. I think her acting is a little \_\_\_\_\_.

**A:** Come on! It's going to be fun!

b. **A:** How did you like the movie last week?

**B:** I was expecting way less, but it was \_\_\_\_\_.

c. **A:** Have you seen "The Last American Hero"?

**B:** Yes, and I wish I hadn't. The \_\_\_\_\_ was so dull that I fell asleep.

**A:** Really? I loved it!

d. **A:** Have you found a series to binge-watch yet?

**B:** Yes! That one my favorite actor has the \_\_\_\_\_ role in.

e. **A:** Hey, Liv. What's your opinion on the \_\_\_\_\_ of this movie?

**B:** Very interesting! The whole movie is actually a \_\_\_\_\_.

### 4. Match the meanings.

a. sequel

d. dull

b. cast

e. plot

c. masterpiece

a book, film, play, etc. that continues the story of an earlier one, usually written or made by the same person

not interesting or exciting

a classic example of something like a movie, painting or novel

the events that form the main story of a book, film or play

all the people who perform in a movie, play, etc.

**1. Complete the sentences with the words from the box.**

autobiography | engrossed | hardbacks | novel | page-turner

- a. That book is considered to be a \_\_\_\_\_, but I hate it.
- b. What I read recently was a \_\_\_\_\_ by Pavel Mitski.
- c. Those people had never read an \_\_\_\_\_ before.
- d. People still haven't given up on \_\_\_\_\_. It's a matter of style!
- e. They are believed to be \_\_\_\_\_ by anything that has her name on it.

**2. Write questions to the answers.**

a. \_\_\_\_\_ ?

It is believed that this app will you make want to read all night.

b. \_\_\_\_\_ ?

What I hate about this novel is that it has no ending.

c. \_\_\_\_\_ ?

I actually believe that e-readers are the next big thing.

d. \_\_\_\_\_ ?

I don't know. Do you?

e. \_\_\_\_\_ ?

They're different. E-book is a book that you read on an e-reader.

### 3. Use the prompts to write mini dialogues. Follow the model.

**Prompt 1:** what – think – new book

*What do you think of her new book?*

**Prompt 2:** outsell – last

*I think it's going to outsell the last one.*

a. **P1:** would rather – hardback – paperback

---

**P2:** well

---

b. **P1:** will – e-books – market

---

**P2:** believed

---

c. **P1:** engrossed – autobiographies

---

**P2:** stay up

---

d. **P1:** when – bookworm

---

**P2:** when – I

---

e. **P1:** have – struggle – finish a book

---

**P2:** torn through

---

### 4. Choose the correct answer.

- a. That book **had been / was** adapted into a movie before it was released.
- b. It is **think / thought** that e-books will dominate the editorial market in the future.
- c. She **devour / devoured** that biography in a couple of hours!
- d. What **surprised / surprise** me about this story is how the main character didn't struggle to achieve her goals. Life's not like that.
- e. What I didn't **liked / like** about the novel was the main character's attitude at the end of the story.

**1. Rewrite the sentences. Follow the model.**

I'm **(to have)** my friends over for lunch on Sunday.

*I'm having my friends over for lunch on Sunday.*

- a. Our conversation about the drawbacks of junk food has **(to give)** me some food for thought.

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- b. If she had **(to approach)** me after the cooking class, I would have definitely given her my special dough recipe!

---

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- c. I do pay attention to details. Even the way people eat and what they eat **(to give)** me a glimpse of their relationship with food.

---

---

- d. She had already **(to tackle)** the problem of her children not being eclectic about food before she watched that digital influencer.

---

---

- e. We had already **(to have)** a customer asking for the recipe before you, and we didn't share it either.

---

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**2. Choose the correct answer.**

- a. Will you **add / added** some seasoning here?
- b. I wonder if you **could / must** help me with this recipe.
- c. Will you approach this like you **did / do** before?
- d. Will they have her **over / under** for dinner tonight?
- e. Will you add some more sugar? This is **tasty / tasteless**.

### 3. Match the meanings.

- a. dough
- b. to stir
- c. to nurture
- d. to tackle
- e. tasty

- a mixture of flour and water ready to be baked
- food that has a good taste
- to move a liquid or substance around with a spoon or stick in order to mix it together
- to feed and take care of a child or a plant while it is growing
- to try to deal with a problem

### 4. Complete the sentences with the words from the box.

chop | eclectic | overwhelmed | tasteless | thought

- a. Would you be \_\_\_\_\_ if I asked you to cook today?
- b. I'm very \_\_\_\_\_ when it comes to food.
- c. Talking to you gave us some food for \_\_\_\_\_. Thanks!
- d. Will you \_\_\_\_\_ up those onions, please?
- e. That recipe is \_\_\_\_\_. Terrible to eat.

**1. Complete the text with the *New Words* from Lesson 231.**

consumption | free-range eggs | habit | organic | whole-grain

Have you ever thought about controlling your meat \_\_\_\_\_? Or starting to eat only \_\_\_\_\_. Nowadays, people are more concerned than ever about what they eat. Aware that the most traditional and attractive foods may not be the healthiest, many people have been looking for alternative foods.

Switching to \_\_\_\_\_ or \_\_\_\_\_ foods can be difficult, but most don't regret having kicked the \_\_\_\_\_. The benefits to our bodies and minds make it worthwhile.

**2. Which sentence means...?**

a. We need to **stop the habit** of eating non-organic food.

- We need to pull the habit of eating non-organic food.
- We need to kick the habit of eating non-organic food.
- We need to push the habit of eating non-organic food.

b. As soon as Marcy stopped **eating a lot of food at once**, her health improved.

- As soon as Marcy stopped eating like a cat, her health improved.
- As soon as Marcy stopped eating like a bird, her health improved.
- As soon as Marcy stopped pigging out, her health improved.

c. You won't achieve your goals if you don't **become more organized and efficient!**

- You won't achieve your goals if you don't get your act together!
- You won't achieve your goals if you don't kick the habit!
- You won't achieve your goals if you don't whip up something!

d. We **changed** to free-range eggs as soon as I bought the farm.

- We started free-range eggs as soon as I bought the farm.
- We switched to free-range eggs as soon as I bought the farm.
- We stopped free-range eggs as soon as I bought the farm.

e. Making this bread was **very easy**! I just followed the recipe.

- Making this bread was a piece of pie! I just followed the recipe.
- Making this bread was a piece of cake! I just followed the recipe.
- Making this bread was the best of both worlds! I just followed the recipe.

### 3. Complete the conversation with the *New Words* from Lesson 231.

**A:** How can I kick the habit of eating junk food?

**B:** Why don't you focus on how nutritious your meals are? I think it's more effective to think this way.

**A:** That's a great idea.

a. **A:** Do you usually order \_\_\_\_\_ meals?

**B:** Yes, but I'd rather have home-cooked food.

b. **A:** Zoey, if you want to lose some weight you should start consuming \_\_\_\_\_ and avoid rice or white bread.

**B:** I agree with you, but I don't like it.

c. **A:** Wow, which ingredients do you have here?

**B:** It depends. Those are \_\_\_\_\_, so they change every three months or so.

d. **A:** People believe \_\_\_\_\_ food is more expensive, but that's not true.

**B:** Well, I think it can be, depending on where you live, your financial condition, and what you consider expensive.

e. **A:** I've heard Tony's been trying to reduce his \_\_\_\_\_.

**B:** Yes, he is! He wants to become a vegetarian, but people are not very supportive of him.

**A:** Wow, but it's his choice and he should be able to be whatever he wants without people judging him.

### 4. Write questions to the answers.

a. \_\_\_\_\_ ?

I started controlling my food intake as soon as I left the hospital.

b. \_\_\_\_\_ ?

It seems to me that ready-made meals are the problem here.

c. \_\_\_\_\_ ?

To kick the habit I'm switching to a healthier diet and workouts.

d. \_\_\_\_\_ ?

I switched to homemade food as soon as I found a bug in my ready-made meal!

e. \_\_\_\_\_ ?

I would say it's the best of both worlds.

**1. Match the meanings.**

a. preservative

b. additive

c. packaging

d. nutrient

e. TV-dinner

- a chemical or food that provides what is needed for plants or animals to live and grow
- a chemical substance used to prevent things from going off
- a meal that is sold already prepared, so that you just need to heat it before eating
- the container or material in which a product is sold
- a substance added to food to improve its taste, appearance, etc.

**2. Choose the correct answer.**

a. Avoid eating processed food **in order / in order not to** gain weight.

b. I've stopped buying processed food so as not **to / for** be unhealthy.

c. They had been **putting / put** preservatives in food for a long time.

d. The company had to **held / hold** a debate on adding more nutrients to processed food.

e. This kind of food had **been / be** mass-produced for years before they changed some ingredients.

### 3. Complete the sentences with the words from the box.

debate | matters | packaging | preservatives | nutrient-poor

- The food industry is to hold a \_\_\_\_\_ on processed foods.
- My father had been consuming food with \_\_\_\_\_ for a long time when he got sick.
- To make \_\_\_\_\_ worse they found out the consumers were all getting sick after they ate that specific TV-dinner.
- Some TV-dinners seem to be \_\_\_\_\_, be careful.
- I don't know if consumers really read the \_\_\_\_\_ information, but they should.

### 4. Use the prompts to write mini dialogs. Follow the model.

**Prompt 1:** why – go – diet

*Why are you going on a diet?*

**Prompt 2:** in order not to

*In order not to be sick again.*

- P1:** TV-dinner – nutrient-poor

**P2:** for sure

- P1:** why – lash out

**P2:** make matters worse

- P1:** prefer – processed foods

**P2:** no – (justify)

- P1:** have you – manufacture

**P2:** yes – (justify)

- P1:** why – you – processed food

**P2:** last but not least

### 1. Match the meanings.

- a. clingy
- b. mindset
- c. assumption
- d. breakdown
- e. freedom

- something that you think is true although you have no definite proof
- someone who is too dependent on another person, and will often 'hold on' to them
- the right to do what you want without being controlled or restricted by anyone
- a serious mental condition in which someone becomes mentally ill and is unable to work or deal with ordinary situations in life
- someone's general attitude, and the way in which they think about things and make decisions

### 2. Choose the correct answer.

- a. They want you to **apologize / apologizing** to Cassie now.
- b. Mack told us he had **attached / attaching** all the files we needed.
- c. The doctor has **recommends / recommended** that I start exercising.
- d. She said that she had **went / gone** through a breakdown.
- e. I **advised / advice** them to take it easy.

### 3. Write questions to the answers.

a. \_\_\_\_\_ ?

She told me she had demanded to see the manager.

b. \_\_\_\_\_ ?

We need to be resilient and not give up when we're under pressure.

c. \_\_\_\_\_ ?

She had to give up on some things because she had a lot on her plate.

d. \_\_\_\_\_ ?

Daniella told me she hadn't talked about her insomnia that day.

e. \_\_\_\_\_ ?

My friend from China told me she had never been that clingy.

### 4. Complete the sentences with the words from the box.

advised | demanded | had | mindset | recommend

a. I \_\_\_\_\_ my sister to look for another doctor.

b. My husband told me he hadn't \_\_\_\_\_ any refunds that month.

c. We \_\_\_\_\_ that you take care of your self-esteem.

d. Sandra said she \_\_\_\_\_ been very resilient.

e. My coach has helped me change my \_\_\_\_\_ .

**1. Use the prompts to write mini dialogues. Follow the model.**

**Prompt 1:** have – ever – juggle – jobs

*Have you ever had to juggle two jobs?*

**Prompt 2:** yes – important

*Yes, and that was very important to my maturation.*

a. **P1:** how – relaxed education

**P2:** provided that

b. **P1:** how – academic pressure

**P2:** well – as long as

c. **P1:** believe – making money

**P2:** on condition that

d. **P1:** neglect – family time

**P2:** no – (justify)

e. **P1:** how – screen time

**P2:** only

**2. Complete the text with the words from the box.**

approach | bonding | initial thoughts | minded | parenting | relaxed | waver

**What is modern parenting?**

When people ask me that, my \_\_\_\_\_ are always: I was told at college that \_\_\_\_\_ changes with society. However, I'm not sure on how to answer this question because the concept of modern parenting changes from family to family. Different families have different cultures. Some \_\_\_\_\_ back and forth between strict and \_\_\_\_\_ education; some are more open-\_\_\_\_\_ and take a different \_\_\_\_\_; some invest time in \_\_\_\_\_, while others are more organic and leave things up in the air. So for me the question is: What kind of parent do you wish your parents were to you?

### 3. Complete the comments with the correct verb form. Follow the model.

*"My parents and I never \_\_\_\_\_ left \_\_\_\_\_ (**to leave**) things up in the air when I was a kid. We always tried to solve everything we needed to." – Jimmy*

- "My sister told me that academic pressure had \_\_\_\_\_ (**to make**) her lose her husband." – Julia
- "\_\_\_\_\_ (**to be**) you a picky child? I was!" – Ian
- "We wouldn't have allowed Martin to go if we \_\_\_\_\_ (**to know**) what had happened." – Justin
- "My parents told me they \_\_\_\_\_ (**to waver**) back and forth with my education." – Maria
- "The teacher told me he had never been so \_\_\_\_\_ (**to neglect**) in his life!" – Cameron

### 4. Complete the conversations with the *Verbs* from Lesson 237. Follow the model.

**A:** My best friend told me he had \_\_\_\_\_ (**neglected**) his kids for too long.

**B:** What made him change?

- A:** Have you considered my proposal?  
**B:** I appreciate it, but I can have two jobs as long as I'm able to \_\_\_\_\_ (**to juggle**) them with my personal life.
- A:** Do you think your life changed for the better?  
**B:** Yes, the loss of my job \_\_\_\_\_ (**to allow**) me to have more time with my family.
- A:** My father told me he had \_\_\_\_\_ (**to juggle**) three jobs for most of his life and never had problems.  
**B:** Some people can deal with having multiple responsibilities. I'm sure I can't do that much and that's OK, too.
- A:** Many parents told me that they had felt \_\_\_\_\_ (**to neglect**) by the school principal.  
**B:** Unfortunately, this is a reality that many parents face.
- A:** They told me I had \_\_\_\_\_ (**to allow**) my children too much screen time.  
**B:** Any initial thoughts on the consequences of this?

**1. Match the meanings.**

- a. worthy
- b. harmful
- c. contempt
- d. to struggle
- e. to perceive

- a feeling that someone or something is not important and deserves no respect
- to understand or think of something or someone in a particular way
- deserving respect from people
- to try extremely hard to achieve something, even though it is very difficult
- causing harm – used especially about things that cause harm to your health, the environment etc.

**2. Choose the correct answer.**

- a. They said they **shouldn't / won't** have gone around in circles trying to find her.
- b. She told me I shouldn't have **struggled / struggling** to achieve my goals, that I can always count on her for anything.
- c. Mark said he would have **trusted / trust** Mary if she hadn't gossiped about him.
- d. I don't want to get back to him. It **takes / took** two to tango.
- e. The manager said he would have **called / calls** a counselor to help us.

### 3. Complete the sentences with the words from the box.

blame | cold shoulder | fair share | judgmental | question

- I trusted they would have their \_\_\_\_\_ done by the end of the day.
- I would have given her the \_\_\_\_\_ if she had ignored me like that.
- Meggie said she should have taken the \_\_\_\_\_ for the defeat.
- I said I would have helped if she hadn't been so \_\_\_\_\_ and I mean it.
- The idea of a new manager is out of the \_\_\_\_\_ now.

### 4. Use the prompts to write mini dialogues. Follow the model.

**Prompt 1:** what – tell you

*What did she tell you?*

**Prompt 2:** she – told me

*She told me she would have done her fair share of the work by tomorrow.*

- P1:** what – engineer – say

**P2:** he – said

- P1:** did – talk – you

**P2:** yes – she – said

- P1:** do – think – disrespectful

**P2:** probably

- P1:** when – tell – news

**P2:** by – end of

- P1:** when – finish – project

**P2:** he said – by – next