

## Unit 1 Traces of the past

1-1 Learning objectives

1-2 Sharing

1 The people in the podcast mainly talk about whether they go out a lot and what they did when they went out last night.

2 I have a 1) (busy) social life. I go out most nights after work with 2) (friends). Last night,

I went out for a meal with an old friend from 3) (university) –it was really good to see

her. Tell me about your 4) (social life). Do you go out a lot?

3 ACEDBF

4 She went to a club and 1) (danced) all night.

She had dinner in an Italian restaurant and enjoyed the 2) (view of the river) and lots of

3) (fun) with the family.

She went to the cinema and then met some friends for a 4) (drink) in town.

She went to Westfield Shopping Center in the 5) (west) of London and enjoyed a

6) (delicious meal) there.

He went to a friend's 7) (house) in south London and had some fish and chips in front of the 8) (television / TV)

6 Yes, I go out a lot with my friends. After a long week of study, going out at weekends can help me relax, so I can go back to study with a refreshed mind. / No, I don't go out

a lot because I have no time. I'm taking many courses at college, so I have to spend

most of my time studying.

I like going to shopping malls. I also like going to the cinema and the theater.

Sometimes I go to museums and art galleries, too.

I went shopping with my best friend last weekend. After that we went to a café and

had a cup of coffee. Yes, I enjoyed it because I took a break from study and I had a good time with my best friend. / No, I didn't enjoy it because there were too many people in the store. Besides, it was so noisy in the café that my friend and I could hardly hear each other.

### 1-3 Listening

I admire my mother most. She loves my brother and me so much that she would do everything for us. At the same time, she always encourages us to be independent and try our best to do what we like. As a teacher, she has also set a good example for me.

She has worked as a primary school teacher for about 30 years and she has never got tired of her work. She spends a lot of time helping her students, especially those with learning difficulties. I'm very proud of her. Live and work with pleasure –this is what I have learned from her.

2 1. Baruti was born in the year (1962).

2. He was the (fourth / 4th) child in a very big family.

3. Baruti married his wife in (1990)

4. Together they opened an orphanage in (1996)

3Baruti was born in Johannesburg. His father was a 1)(teacher)and his mother 2)(cleaned houses)for rich people. When Baruti was in school, one of his friends 3)(lost)his parents and moved to an orphanage. Baruti 4)(visited)him and when he saw his life there, he decided to 5)(work)with orphans. Later he opened an orphanage with 6)(his wife).

Baruti regards Mother Teresa as his hero and his favorite book is Long Walk to Freedom, the story of Nelson Mandela's life 7)(in his own words).

4Mother Teresa's words tell us that small things can make a great difference. Few of us can do anything great, but we can all do small things with great love.

My favorite book is Steve Jobs. The book is based on more than 40 interviews with Jobs conducted over two years as well as interviews with more than 100 family members, friends, foes, competitors, and colleagues. Jobs spoke honestly about the people he worked with and competed against. He encouraged the people he knew to speak honestly too. So through the book, readers can not only read about the life of the legendary Steve Jobs, but also have a genuine view of his personality that shaped his approach to business and his products.

When I was seven years old, my parents bought a new wall clock with an owl inside. I was very curious about how the owl moved its eyes and gave out sound. One day, I took the clock off the wall, and took it apart with a screwdriver. After an hour, I still couldn't figure out how the clock worked, and I couldn't put all the parts together. I was scared. But when my father found what I had done, instead of scolding me, he praised me for my eagerness to learn. And he taught me how to assemble the clock.

This experience made me love my father more. And more importantly, I fell in love with mechanics since then. That's why I chose mechanics as my major.

1-4 Viewing

1-5 Pronunciation

1-6 Role-playing

1 Isabel: Hi, Marek. How was your weekend?

Marek: OK. And yours? What did you do?

Isabel: I went for a walk. 1)(It was great)!

Marek: Who did you go with?

Isabel: With my boyfriend, Diego. 2)(He's a football player / He is a football player).

Marek: Oh. Where did you go?

Isabel: By the river. 3)(It was really beautiful).

Marek: That sounds good.

2ACEGJ

1-7 Presenting

1-8 More practice in listening

1BABDD DBCD

2DDBA

There are so many changes when a person comes to college. Some of the new college students may have been to camp or 1)(programs / programmes)away from home before, but for some it's the 2)(very)first time they've left home. That means having to make certain 3)(decisions)that they've never really had to make before.

Besides some basic everyday activities, for example, eating and 4)(doing laundry), there are many more important matters, such as whom to

become friends with. "And what happens if I don't do well on my first test?  
Does that mean I should change fields?"

5)(Obviously), there are just so many issues new college students have to  
face. It's really

a jump from high school.

It's such a change when they don't have any parents around. They need to  
make

6)(choices)with their studies, and with their social lives. They need to learn  
how to act

in the right way so that they can enjoy their social lives without

7)(ruining)their studies.

This is very common to college students in the first year. It takes a little  
while for them to 8)(get used to)their college life and learn to balance their  
studies and social lives.

There are a lot of 9)(opportunities)for students to try new things. There are  
so many new ways to meet other people on campus. If they find out it's  
not working for them, they can 10)(step back)and try something else. They  
should just give it a go! That's the way everybody learns to grow up.

3BC DC

1-9 Check & check

1-10 Unit test

1 The woman enjoyed the foods at Jenny's party very much.

2 He was bored.

3 Because Rob has found Suzie unfaithful.

4 Her opinion towards love is influenced by her sister's experience.

5 Dogs.

6 She finds it difficult to answer.

7 Her favorite Beatles' song from 1965.

8 The hits chart from 1965.

9 Every time he goes to a karaoke bar, he finds it one of few English songs available.

10 A Rolling Stones' song.

11 Their parents' wedding anniversary.

12 To put away a dollar each day.

13 Teaching.

14 A savings account.

15 A visit to Cancun.

16) achievements

17) specialized/specialized

18) vast

19) professional

20) educated

21) was familiar

22) extensively

23) elegantly

24) a great deal

25) Besides

## Unit 2 A break for fun

### 2-1 Learning objectives

### 2-2 Sharing

1 The people in the podcast mainly talk about how often they go to the cinema and what films they saw last time. They also talk about their favorite films, actors, and actresses. 2 I like going to the cinema a lot, but probably only get there about (once a month).

2. (Not very often). But I do go occasionally.

3. I go to the cinema, probably (once or twice) a month.

4. I go to the cinema about (once a week) during the summertime ...

5. I go, normally, probably (once every month) or two months, but it depends on the

film.

6. I go to the cinema about (once every fortnight).

3 I always like 1) (romantic) comedies. Slumdog Millionaire was a 2) (great) movie.

2. ... probably 3) (recommend), er, the new Terminator movie. Er, that's once again filled

with 4) (action). Very exciting.

3. I like old films. I ... I've a complete 5) (collection) of John Wayne and Charlton Heston ...

And musicals, anything that's quite happy or adventurous, that takes me away from

6) (real life). Those are the ones I watch.

4. It's a James Bond film and I think the action 7)(scenes)are just absolutely  
8)(fantastic)in it.

4CDAB

6The Graduate. I like the movie because the music is fantastic. And I enjoy  
Dustin Hoffman's great performance, which shows many aspects of the  
hero's rich character.

I prefer watching DVD movies at home because it saves both money and  
time. I have

the freedom to choose what I would like to watch. / I prefer going to the  
cinema because it provides better sound effects. Besides, with more  
people around, the atmosphere is much better than when I watch movies  
alone at home.

My favorite movie star is Sandra Bullock. I like her because she is beautiful  
and her performance is natural. I love her warm smiles as well. Every time I  
see her smile, I couldn't help smiling too.

2-3Listening

1 C

2blonde blue dark masculine

3CADB

4tall

masculine face / best-looking

black hair / black

dark brown / dark brown eyes

red hair / red grey / grey eyes



grey / grey eyes

slim

blonde hair / blonde

lovely

5The man I like should be strong and fit, without a beard. And he should not have long hair. The woman I like most is someone who is slim and healthy. She should have long hair and big eyes. And I like girls who smile a lot. I believe everyone has something beautiful about them, regardless of age, race, gender, size, ability, etc. I don't think being lighter or slimmer equals beauty. Instead, I think the inner self counts a lot more than outer appearance. Virtues such as honesty, hard-working, and willingness to help make one a beautiful person. / Beauty is what we see and feel. So my idea of beauty is what is pleasing to the eyes. As long as it makes you feel good, it is beauty. So both inner qualities and body features are important factors to make one look beautiful. Of course, what one considers beautiful may not appear the same to someone else. That is why beauty standards are different from person to person, culture to culture and time to time.

The ideas of beauty have changed over the past several decades in China. Truly, on the one hand, many still stick to the idea that one's inner quality counts more than outer appearance. Honesty, hard-working, generosity, and kindness are considered inner beauty. On the other hand, more and more people think outer appearance is more important. Nowadays, many people, especially young people, hold some new ideas about beauty. For example, long straight black hair used to be thought as one feature of beauty, but now young people want to look stylish by having their hair curled and dyed. They follow the fashion trend and put on fashionable clothes and wear make-up. More people are afraid of not looking

attractive enough. So they go on diet to look thinner and receive some cosmetic surgeries to look better. Still many others realize that it is important to live a healthy lifestyle and learn to love their own body for its uniqueness.

I don't think it is wise to judge a person by his / her appearance because appearance

is superficial. Sometimes the appearance of a person may mislead your judgment when it doesn't match well with the inner part of that person.

For example, an ordinary-looking person can be a scientist, a hero, or a great thinker. Just as the proverb goes, "Never judge a book by its cover." The greatness of a book lies in its content instead of its cover. So it is with a person. Instead of focusing only on one's appearance, we should get to know more about that person's education, life experiences and life attitude before we make any judgment.

2-4 Viewing

2-5 Pronunciation

2-6 Role-playing

1W: OK ... What do you 1)(feel like)watching?

M: Hmm. I ... I don't know really. 2)(What do you recommend)?

W: Um ... Well, 3)(how about)French Kiss? Do you know it?

M: No, I don't think so. 4)(What's it about / What is it about)?

W: Well, it's a romantic comedy. It's about an American woman. She goes to France and meets a French guy and ... they fall in love. It's quite old, but it's really funny.

M: Um, sounds OK, I suppose. 5)(Who's in it / Who is in it)?

W: Meg Ryan and Kevin Kline.

M: Oh, I like Meg Ryan. Mm. 6)(Do you think)I'd like it?

W: Yeah, I think so. You like comedies, don't you? And it's very funny.

M: Yeah, OK. 7)(Why don't we)get it then?

W: Great. Excuse me. Can we have this one, please?

2ADEGHIJ

2-7 Presenting

2-8 More practice in listening

DBCAD DCBC

ABAC

People joke that no one in Los Angeles reads; everyone watches TV, rents videos, or goes to the movies. The most popular reading materials are 1)(comic)books, movie magazines, and TV guides. City libraries have only 10 percent of the 2)(traffic)that car washes have. But how do you explain this? A yearly book festival in west Los Angeles is 3)(constantly)"sold out" year after year. People wait half an hour for a parking space to become 4)(available)

This outdoor festival, supported by a newspaper, takes place every April for one weekend. This year, about 70,000 people 5)(took part in)the festival on Saturday and 75,000 on Sunday. The festival 6)(attracted)280 exhibitors. There were about 90 talks given by authors, with an 7)(audience)question-and-answer period following each talk. A food court sold all kinds of local foods, from hot dogs to ice drinks. Except for a \$7 parking fee, the festival was 8)(free of charge). Even so, some people take their own sandwiches and drinks to avoid the high prices of the food court.

The idea for holding the festival in Los Angeles was 9)(put forward)years ago, but nobody knew if it would succeed. Although book festivals were

already popular in other US cities, would people in this city

10)(embrace)one? "Fortunately, they do," said one of the festival founders.

AC CD

2-9 Check & check

2-10 Unit test

1 Fast music can give people energy according to the man.

2 Have a short break.

3 It's terrible.

4 She will outperform the man.

5 Tennis.

6 14.

7 15 months.

8 He talks about nothing but computers.

9 To give Billy a birthday present.

10 Michael knows how to use computers properly.

11 Students think music is important.

12 They listen to music whenever they are free.

13 It was the most popular style.

14 Parents have very little influence on their children.

15 3 percent.

16) too much

17) warning

18) affected by

19) back

20) drive people to suicide

21) pointed out

22) recent

23) commit

24) prevention

25) it's time/it is time

### Unit 3 Life moments

3-1 Learning objectives

3-2 Sharing

1.The people in the podcast mainly talk about how they feel about London and the most

exciting things they have done in London.

2.I love 1)(living) in London because there's so 2)(much) to do. I've been to lots of

3)(interesting places) but there's always 4)(something) new to

5)(experience). How do you

6)(feel about) London?

3.ADBGHFEC

4.The most 1)(exciting) thing I've done in London recently is to see Oasis live. I went to the

Roundhouse and it was the most 2)(amazing concert). It was free, so we ended up having nice passes, so we were close to the band and it was 3)(incredible) . It's the best thing I think I've seen in a long time.

2. I've been to 4)(the theater) quite a lot in London. I went to see Waiting for Godot at the National.

3. I ... I think Tate Modern is 5)(the best place) I've been to, you know, because it's ... it's

6)(different) every time ... Um, you know, they really push the boundaries of, you know,

the displays, 7)(compared to) a lot of the traditional museums and art galleries in London.

4. The most exciting thing I've done in London? Um, I've watched England 8)(play football)

at Wembley –that was quite exciting.

5. I've done a lot of 9)(interesting things). I've had a lot of good experiences here but

probably 10)(the best thing) was when I went to Wimbledon this year.

Um ... I got to watch ... I got to watch Andy Murray on Center Court. I managed to get 11)(tickets) to that. And it was just a really good atmosphere and it was a good example of, sort of,

British 12)(culture and sport).

6. Recently, I visited Beijing. Beijing is a wonderful city with many great things to do and see.

I went to the National Center for the Performing Arts ( 国家大剧院 ) to see a famous

musical. It was a wonderful show. And I visited the Bird's Nest and the Water Cube, two important venues ( 场馆 ) of the 2008 Beijing Olympic Games. I also went to the Tian'anmen Square, the Forbidden City, the Temple of Heaven, Peking University, and the Summer Palace. But the most exciting thing I did there was visiting the Great Wall —the view was breathtaking!

Yes, I have been to London. I loved it. The museums are wonderful, especially the British Museum, which was established in 1753 and is one of the largest and most comprehensive museums in the world. I also enjoyed riding in the London Eye, a giant observation wheel on the South Bank of the River Thames. / No, I haven't been to London.

If I have a chance to go to London, I would like to see places I have heard so much about, such as Tower Bridge, Tower of London, Buckingham Palace, Big Ben, and Westminster Abbey. I would also like to take the Tube as the London underground is the oldest underground railway network in the world. Besides, I hope to visit some of the 2012 London Olympic Games venues.

### 3-3 Listening

#### 1.ADHEBGCF

2.This happened in 1)(Australia) ... when I was about 25. I spent a few days at a hotel in

Alice Springs and went to Ayers Rock and ... Well, anyway, one day, I went out for a walk ...

in the 2)(outback). It was a lovely day so I walked and walked ... and realized I didn't really know where I was. I was a bit stupid, really because I decided to 3)(go further) ...

I guess I thought I 'd find the way back. Um ... anyway, after that I heard some dogs. First

I heard them barking, and then I saw them ... There was a group — five or six dogs,

wild dogs, coming towards me. I felt really 4)(frightened), but I remembered some advice I, I, er ... um, I ... I read in my guidebook: 5)(Don't move), and don't look at 6)(the dogs).

So I froze, like a statue ... I didn't move ... and I looked at a tree, not at the dogs, and didn't move my eyes. The dogs were all around me, jumping and barking thought they were going to bite me. Then one dog did bite my arm, just a little, but still I didn't move. In the end, after about 20 minutes, the dogs went away. I stayed there for a few more minutes and then luckily found my way back to the hotel. It was the most

7)(frightening) experience I've ever had!

3. When I was 12 years old and just graduated from elementary school, I went to Beijing

with my dad to see the 2008 Olympic Games. I loved basketball, so I wanted to watch the Chinese basketball team playing and I especially wanted to see Yao Ming playing. First, we tried to buy tickets online, but all tickets for basketball games had been sold out. Of course, I was very disappointed. Then we went to the stadium to see if someone would be selling extra tickets. After we waited for hours, we became hopeless. But just when we were about to leave, a man came up to us and said he had an extra ticket because his friend couldn't make it due to an emergency. We were overjoyed. Immediately, my dad bought the ticket, and told me to rush in —he would wait outside. Finally, I was able to



watch the game between the Chinese team and the German team. I enjoyed the game greatly and I was excited when China won. The best thing was that I saw Yao Ming. What a wonderful experience!

3-4 Viewing

3-5 Pronunciation

3-6 Role-playing

Extract 1:

B: Hi, Sean. 1)(It's) Debbie.

A: Hi, Debbie. What's up?

B: Is Kevin 2)(there)?

A: No, he's not. He went out about 10 minutes ago.

Extract 2:

B: Could I 3)(leave a message) for him?

A: Of course.

B: Just ask him to 4)(call) me.

Extract 3:

B: Hello. Could I 5)(speak) to customer services, please?

A: Just a 6)(moment).

Extract 4:

B: Could you 7)(ring) me back?

C: Of course. Could you give me the 8)(number) there?

Extract 5:

B: Hello, uh ... Who's 9)(this)?

A: My name's Marianne.

B: Thanks for 10)(picking up).

3-7 Presenting

3-8 More practice in listening

CCBDA BCAD

CABC

Some parts of the earth are more likely to have earthquakes than other parts. This is usually true of 1)(mountainous) areas because there the thickness of rocks is not even.

It is easy to understand why people are so 2)(frightened) by earthquakes. People used to believe that when an earthquake 3)(took place), the ground opened, swallowed great

numbers of people, and then it closed. It was also thought that those people would 4)(vanish) forever. But now we know this is not what really happens.

What we need to fear most is the effects of a serious earthquake, including fires, floods, and landslides. A powerful earthquake 5)(occurred) in Yellowstone National Park on August 17, 1959. The earthquake was 6)(massive) and very strong. It also caused the worst landslides in US history since 1927.

After the earthquake, some people said that they would never visit Yellowstone, because they were afraid they would be 7)(caught) in such a disaster caused by the earthquake. This is actually a foolish idea. Such a fear would 8)(keep us away from) beautiful mountains for the rest of our

lives. Even though earthquakes happen every day, such a powerful earthquake like the Yellowstone one does not happen frequently at all. We should feel 9)(grateful) that very few of us will suffer such a bad natural disaster. Besides, if we know 10)(in advance) and make careful preparations, the loss of lives could be avoided.

CA DC

3-9 Check & check

3-10 Unit test

- 1 . He is confident.
2. Having a dinner party for mom on Mother's Day.
3. They will probably go to his workplace to give him a birthday present.
4. When the guest is leaving.
5. A speech by the president on TV.
6. He proposed marriage to her.
7. He was nervous and trembling all over.
8. She gave him a hint by showing her ring finger.
9. It is a family treasure.
10. She is afraid of wearing it for fear of losing it.
11. They had a frightening experience in darkness.
12. He has not tested his idea of the frightening situation.
13. Darkness.
14. The Causes and Handling of Fear of Darkness.
15. They overcome different levels of fear one by one.

16.apply for

17.commitment

18.opportunity

19.restaurant

20.developed

21.working practices

22.attending

23.add

24.personal qualities

25.a positive addition

## Unit 4 Getting from A to B

4-1 Learning objectives

4-2 Sharing

1.In the podcast, the people talk about how they get to work, what they do on their journey

to work, what they like and don't like about their journey.

2. A B C CD AC E

3.Take in the 1)(fresh air) , the scenery, um ... and try to 2)(avoid holes) in the road which

are quite dangerous.

2. Well, sometimes, if ... if it's a bit of a quiet road, I can 3)(think about) what I'm going

to do that day.

3. I ... I 4)(dream), usually. I just ... I, I love ... I love journeys. I love just  
5)(looking out of  
the window).

4. Well, it's so short; I don't actually do very much at all, apart from making  
sure I don't  
have 6)(an accident).

4.CEFDAB

CABDFE

5.In my city / town, most students get to school 1)(Reference: by  
underground) (how). I

2)(Reference: go to school by bus) (how) and it takes 3)(Reference: about  
an hour) (how

long). I usually 4)(Reference: listen to music) and 5)(Reference: look out of  
the window) (activities) on the journey.

4-3 Listening

1.CAB

2.When was it invented?

2. (Reference: What was the transportation idea?)

3. (Reference: Who invented it?)

4. (Reference: What was the idea behind it?)

5. (Reference: What was the problem with it? / How successful was it?)

3.1962

leave their cars at home

public transport

build

keep in good condition

1948

got in and drove away

engineering problem

too heavy

strong

private

difficult to fly

traffic problems

4. I like the idea of the monorail in that people could get to work faster by monorail than

by car. / I like the idea of the plane with a car that comes off because one can fly to a place and then drive his / her own car without bothering to rent a car. / I like the idea of the home helicopter because with a home helicopter one can fly directly to the place he / she wants to by taking the shortest route.

The Horseless Sulky:

?It can only hold two people.

?It's difficult to slow down.

?It's open to bad weather conditions.

The Lightning Bug:

?It's very small.

?It's difficult to get in and out.

4-4 Viewing

4-5 Pronunciation

4-6 Role-playing

1.Alex got 1)(tied up) with a 2)(customer).

2. David waited for 3)(20 / twenty) minutes to get his 4)(coffee).

3. George was late because the railway service was 5)(delayed) when a train hit a 6)(cow)

that got onto the line between two 7)(stations).

2.BABABB

3.CDFG

4-7 Presenting

4-8 More practice in listening

1.CBDDA CBDD

2.CADA

Humans' first means of transportation were walking and swimming.

1)(Gradually), humans learned to use animals for transportation. The use of animals not only allowed heavier loads to be hauled by them, but also 2)(enabled) humans to ride the animals so they could travel longer distances in a shorter amount of time. The invention of the wheel helped make animal transportation more efficient through the introduction of 3)(vehicles).

Also, water transportation 4)(dates back to) very early times and it was the best way to move large quantities of materials over long distances before the Industrial Revolution.

5)(As a result), most cities that grew up as sites for trading have been established along rivers or the coast.

Until the Industrial Revolution, transportation was very slow and expensive. After the Revolution, transportation changed 6)(thoroughly). In the 19th century, the invention of the steam engine made land transportation independent of human or animal power. Both speed and 7)(capacity) increased rapidly.

With the development of cars at the 8)(turn) of the 20th century, land transportation became more common. In 1903, the first controllable airplane was invented, and after World War I, it became a fast way to transport people and goods. After World War II,

9)(automobiles) and airplanes became more popular as methods of transportation. Then,

after high-speed rail was first introduced in Japan in 1964, passengers started using it in Asia and Europe instead of using airplanes to travel long distances.

Now, 10)(thanks to) the development of technology, human beings are able to enjoy various methods of transportation for their speed and comfort.

3.DC DBC

4-9 Check & check

4-10 Unit test



1 The man was offering to give his seat to the woman.

2 By bus.

3 He feels impatient.

4 The woman has a choice of early flights.

5 By car.

6 A madhouse.

7 He hates Los Angeles and does not want to be there again.

8 In cash.

9 A special salad.

10 Some like to fly, some others not.

11 Share their fears with each other.

12 It can create a small world of your own.

13 Do something that engages your mind to forget the fear.

14 Ways to Lessen Your Fear of Flying.

15) motor

16) sufferer

17) range from

18) results from

19) relies on

20) confused

21) still

22) folk

23) avoid

24) wing

## Unit 5 Relax and explore

5-1 Learning objectives

5-2 Sharing

1.The podcast is mainly about what kinds of holidays people like and how they liked their

last holiday.

2.ABCGIJK

3.ABAAB

4.The last holiday, I went to Mauritius and it was good. It was 1)(relaxing); it was a beach

holiday. The food was 2)(fantastic) –great seafood –and the people were 3)(lovely).

2. They have really good food there. 4)(Amazing) ice cream!

3. I 5)(thoroughly enjoyed), er, every minute.

4. Very relaxing. 6)(Lovely) weather.

5. It was 7)(fantastic).

5.I like 1)(Reference: beach) (type) holidays. On my last holiday, I went to 2)(Reference:

Xiamen / a famous city in southern China) (place). I went there with 3)(Reference: my good friends) (people) and stayed for 4)(Reference: a week) (how long). I 5)(Reference: swam in the sea) and 6)(Reference: sunbathed on the beach) (activities). The weather was

7)(Reference: lovely) (describe the weather) and I 8)(Reference: thoroughly enjoyed) (how

you like the holiday) the holiday.

5-3 Listening

more comfortable

Plane

faster

In a hotel / Hotel

more comfortable

In an apartment / Apartment

more expensive

Go sightseeing

Go sightseeing

more interesting

In summer / Summer

better

hotter

hot weather

In spring / Spring

more crowded

Go to a restaurant

quieter

Go to a restaurant

quieter

more relaxing

A month

A month

I prefer to visit a big city. A big city is always packed with excitement and there are always many things to do and see. Whether it's food, entertainment, architecture, or culture, big cities can bring big-time fun to me! / I prefer to visit a small town because a small town is much quieter and I like quiet places. Besides, people in a small town are more friendly and easier to talk to. The best thing is that I can always find something unique in a small town, something that I cannot find in a big city.

I prefer to travel alone. Traveling alone provides much greater freedom than traveling with a group of friends. I can go wherever I want to go and do whatever I want to do. In other words, it is easier to make arrangements and do activities. / I prefer traveling with a group of friends. Many hands make light work. With other people, it is easier to deal with problems.

5-4 Viewing

5-5 Pronunciation

5-6 Role-playing

1.BDEH

1.(Could I have) an orange juice?

2. And (can we have) a bottle of mineral water?

3. What's (that)?

4. Is it (French)?

5. (I'd like) some soup and the special.

6. (The same) for me, please.

5-7 Presenting

5-8 More practice in listening

1.ADACC DCDC

2.DBAC

Most people like to keep a healthy diet during the holiday season starting from Thanksgiving to Christmas and New Year. There are many social events to 1)(celebrate) and we love to look our best. We also need healthy food to 2)(provide us with) the energy necessary to go to all of these parties with enthusiasm.

But the unfortunate reality is that many of us have a hard time 3)(sticking to) healthy eating habits during the holidays. We face more 4)(challenges) at this time than we do during the rest of the year. Starting from Thanksgiving, many of us are already

5)(anticipating) gaining some weight. The holiday season is when we bring out abundant

and delicious food. Turkey, ham, cakes and other great foods attract us to eat larger

6)(portions) than we need. Many of us are more likely than usual to 7)(stuff) ourselves,

and not always with the healthiest food. Moreover, the holiday season is a busy, and often stressful, time of year. We are rushing too much, spending too much, and letting stress

8)(take hold of) us too often. This can lead to emotional eating, that is, eating too much

or too little.

Luckily, there are some 9)(effective) ways to fight holiday eating problems.

Learn about the causes of and solutions for emotional eating. Eat some healthy food before you go to a party so that you won't eat too much there. Exercise after the party is over. All these

10)(strategies) can help you curb holiday eating without reducing your holiday joy.

3.BD AD

5-9 Check & check

5-10 Unit test

1 Getting some sleep.

2 She will entertain a visitor.

3 A two-week trip to Europe.

4 France.

5 Hangzhou and Suzhou.

6 It's cold.

7 The museums.

8 It is the most famous historical building there.

9 In the morning.

10 It began in Ireland to celebrate the harvest.

11 To avoid sickness and other problems.

12 In the 19th century.

13 Play a trick on you.

14 Put food and flowers on the graves.

15) hang

16) remains

17) symbol

18) performed

19) held on

20) represent

21) sweets

22) the holiday season

23) appeared to

24) spread to

## Unit 6 Wit and fit

6-1 Learning objectives

6-2 Sharing

1.The podcast is mainly about what things people do to keep fit and what unhealthy eating

habits they have.

2.Often it's hard to find a time to 1)(exercise) when you have a 2)(full-time) job. Lots of my

friends belong to gyms but I prefer to go 3)(running) outside to keep fit.

How about you?

What do you do to keep fit?

3.AE

4.CEFADGB

5.Um, I have a bit of 1)(a sweet tooth). Um, I love dessert, and I love to eat, er, 2)(sweet)

things.

2. I definitely drink too much 3)(coffee), and I do like 4)(chocolate) as well.

3. 5)(Eating late) is really bad for you so I try and avoid that —as much as I can, although

it does happen quite 6)(regularly).

4. I love chocolate, and I probably eat 7)(too much) of it.

5. Um, because of my shift work, I eat a lot of 8)(fast food), er, especially in the early hours

of the morning.

6. I eat 9)(far too many) crisps, and chocolate and biscuits. And because I bake, I also eat

a lot of 10)(cake).

6.I'm similar to the second woman. Like her, I also enjoy practicing yoga. It helps me relax

and makes me feel less stressful and more peaceful. / I'm similar to the first man. I go to the gym quite regularly. I go for runs, too. But I do not go rowing.

I'd like to learn from the second man. I should ride a bike, and go to the gym more

frequently. Above all, I should watch what I eat.

6-3 Listening



1. I think this may be true. As people are increasingly realizing the importance of health,

they would get rid of unhealthy foods and eat only healthy foods. / I don't think this will be true. People enjoy different kinds of food. So a diet without a variety of food will be too boring and life will sound dull and meaningless.

2. Food pills may become more popular, but I don't think they can be a substitute for

normal meals. They can be supplementary to normal meals, but they should not be the standard food because they are not as healthy as real food. Besides, we are accustomed to eating different kinds of food with different kinds of flavors. Life will be boring if we could only eat food pills. / I think this prediction will be true. As the pace of life is getting faster, people are looking for convenient and efficient way to eat. Food pills could be the solution.

3. I don't think this will happen. Certain food has certain flavor. When people get the same

food, it should taste the same. It's hard to imagine that the same food can change its flavor for different people. / I think this may happen. In the future, with some advanced technology, it may be possible to program different flavors for the same kind of food. As

a result, with the same food, different people can have different flavors by simply pushing

a button.

2. eating problems

replace normal

eat only food pills

taste different

change its flavor / change its flavor

become common

3. B

1. This might happen, but it won't happen soon. In fact, there is enough food in today's

world for everyone, but it is not available to some people who need it.

2. I agree. Although we all know that junk food is not good for health, it is very likely that

people will eat more unhealthily in the future. As the modern pace of life is getting quicker, people will have to eat fast food more frequently for convenience.

3. I don't agree. Although more people have realized the negative effect of eating too

much meat, I don't think people will stop eating animals in the future. The human body needs meat and meat is delicious.

4. This may happen. With the ever expanding population, there will not be enough food

for everyone in the world. This may lead to a rise in food prices. As a result, many people will have to grow their own food, because otherwise, they would have to spend a large sum of money on food.

5. This may happen. Actually, in recent years, there is an increasing tendency that people

are spending less time with their family. With competition getting stronger, many people have to work overtime and return home late, so they do not

have enough free time to eat with their family members. This situation will probably get worse in the future.

6. I don't agree. Although it's getting popular to order food online, I don't think the next

generation may thus not know how to cook. Cooking is not difficult to learn. The next generation may spend less time on cooking, but they will certainly cook because this is life and cooking can be an interesting hobby.

6-4 Viewing

6-5 Pronunciation

6-6 Role-playing

1.DBFEAC

2.Problem 1: Headaches and sleeping problems

Suggestions: You should stop drinking so much 1)(tea and coffee). Try to drink just 2)(one small cup) a day. I'll give you some 3)(painkillers). Take two of these 4)(three times a day / 3 times a day).

Problem 2: 5)(Foot pain)Suggestions: It's nothing to 6)(worry about), but I think you should go to the hospital for an X-ray.

6-7 Presenting

6-8 More practice in listening

1.CBDBD CBAA

2.BDBA

There are many factors that affect a person's sleep. Stress is the number one cause of short-term sleeping difficulties. Stressful situations include school- or job-related

1)(pressures), and serious illness in the family. Usually the sleeping problems 2)(disappear)

when the stressful situations pass. However, if short-term sleeping problems are not managed properly from the beginning, they can last long and thus 3)(compromise) good health.

Unhealthy habits may lead to sleeping problems, too. Drinking coffee or 4)(alcohol) in the afternoon or evening, exercising close to bedtime, following an irregular morning and nighttime schedule, and working or doing other mentally 5)(intense) activities right before or after getting into bed can interrupt sleep.

Traveling also 6)(interferes with) sleep, especially traveling across several time zones. This can 7)(undermine) your biological rhythms and cause sleep disorders such as trouble falling asleep and trouble remaining asleep.

Environmental factors such as a room that's too hot or cold, too noisy or too bright can be an obstacle to sound sleep. Other influences to 8)(pay attention to) are the comfort

and size of your bed and the habits of your sleep partner. If you have to sleep beside someone who has different sleeping habits, breathes in a noisy way, or 9)(suffers from) other sleeping difficulties, it often becomes your problem too!

Having a 24/7 lifestyle can also interrupt regular sleep patterns. Industries are working round the clock to be 10)(competitive), so some people have to work at night; with nonstop automatic communication systems, people are communicating day and night.

All these make sleeping at regular times difficult.

3.DD CA

6-9 Check & check

## 6-10 Unit test

- 1 Taking medicine.
- 2 Being in hospital.
- 3 Finish his breakfast.
- 4 Teeth.
- 5 The speakers will probably stay at home.
- 6 Because she has been lifting weights.
- 7 Twice a week.
- 8 It hurts to strengthen one's muscles.
- 9 Working out regularly and consistently.
- 10 Persuade her husband to do some jogging.
- 11 Stress-reducing measures.
- 12 Slow deep breathing.
- 13 It can be an effective way to lower stress.
- 14 Heart rate.
- 15 High blood pressure.
- 16) perfectly
- 17) sewing
- 18) distant
- 19) suffer from
- 20) at arm's length
- 21) cloudy

22) judging

23) slightly

24) background

25) eye views

## Unit 7 Weird, wild and wonderful

7-1 Learning objectives

7-2 Sharing

1. The people in the podcast talk about whether they like to live in the countryside or in the

city, what animals they like and what animals they are scared of.

2. ACD

3. BFADEC

4. 1) (Snakes) and scorpions. Um, just 'cause I know that usually one bite could mean that's

2) (the end).

2. I don't like spiders. It's not really an animal – but I 3) (hate) spiders.

3. I am very 4) (scared of) spiders. Um, and even though in Australia, we get some very

small but very dangerous spiders – I'm 5) (afraid of) very big spiders.

4. I don't particularly like 6) (horses) because they're big, and they 7) (frighten) our dog.

5. There's nothing that 8) (scares) me – that I haven't got any 9) (memories) of animals

scaring me as a child.

6. I'm quite scared of 10)(sharks). I don't really like the sea and so whales and um, animals

such as that, I don't really like. Um, I suppose because it's the 11)(unknown), I just find it quite scary.

1. I love wildlife. I'm most similar to the man who likes to see exotic things. Like him, I enjoy

seeing things that are rare and unusual. So, when I travel to other places, I often go to the zoo to see animals that I don't have the chance to see very often. Seeing rare animals enriches my experience and makes me even more interested in seeing them.

2. I would like to make a documentary about whales. Whales are large, intelligent, aquatic

mammals. They live their entire lives in the ocean. Because they are rare to be seen, I would like to provide people with information such as their types, size, migration, reproduction, and social behavior. People should be interested in seeing how whales live in the ocean.

### 7-3 Listening

1. There are 1)(3 / three) environmental problems mentioned in the program and they are

2)(water) , the 3)(animals) and the 4)(weather) respectively.

Welcome to Save the Planet where we talk about the world's 1)(Reference: envir. probs.).

Now, did you know there are 2)(Reference: > 6 bil.) people on the planet, and by

3)(Reference: 2050) there might be 4)(Reference: > 9 bil.)? People are living longer and

healthier lives than ever before, but a big 5)(Reference: popu.) means big 6)(Reference: probs.) for the planet.

Topic: The planet is in trouble: 1)(Reference: 3) most important 2)(Reference: probs.)

1 3)(Reference: water)

a Many people do not have enough water, but others use too much.

e.g. use of water: Gambia 4)(Reference: <) US

Gambia: 5)(Reference: 4.52) / person / day

US: 6)(Reference: 600 L) / person / day

b Deserts are getting bigger.

e.g. the Sahara: 7)(Reference: >) than before and more 8)(Reference: diffi.) to find clean

water

2 9)(Reference: animals)

More people:

space for people 10)(Reference: )

space for animals 11)(Reference: )

e.g. the Amazon 12)(Reference: Rain

f.) : in the last 10 years, 13)(Reference: 150, 000 km<sup>2</sup>)

of forest were destroyed



3 14) (Reference: the weather)

a Temp. (temperature) 15) (Reference: )

e.g. Greenland: ice melting 16) (Reference: ) than ever before

b Sea levels 17) (Reference: )

1) Never refuse to reuse.

2) Put a stop to the drop.

3) A good planet is hard to find.

4) Save water one drop at a time.

5) Save water, and then it will save you later!

6) Reduce, Reuse & Recycle.

7) Cut a tree, cut a tree and there'll be no more left to see.

8) Don't litter; it makes the world bitter!

7-4 Viewing

7-5 Pronunciation

7-6 Role-playing

2.BAA

3.EACBDFG

4.BAAABB

7-7 Presenting

7-8 More practice in listening

1.CABDD DCDA

2.CCAC

Anna was awarded a special day out for herself and her family after taking part in a competition run by a magazine in April, beating over 2,000 people who 1)(participated in) the event.

Anna's wild day out will include a special tour of the city's nature park, with exclusive

2)(access to) areas of the site that are not usually available to the public. During her visit,

Anna is likely to see some natural wonders including rare birds feeding their young and

a 3)(tremendous) number of newly hatched chicks. Anna may also see a great flamingo

4)(currently) nesting at the nature park after it escaped from the zoo last year.

The most 5)(incredible) thing is that Mike Dilger, a well-known wildlife reporter for BBC, will 6)(accompany) the family throughout the day. Mike is an experienced biologist, so he is ready to share his experiences and knowledge of the natural world every step of the way.

Henry, manager of the nature park, says, "Visiting a nature park is a 7)(remarkable) way to learn more about types of wildlife that you just can't see in your daily life. It's an

8)(amazing) time of year for a visit –the hatching season is well underway, so there are

lots of chicks hatching across the park, and as parents take regular trips to find food for their young, there is a very good chance of 9)(catching a glimpse of) some of our very rare birds. Anna will have a great day; we are really 10)(looking forward to) her visit." 3.BB CA

7-9 Check & check

## 7-10 Unit test

- 1 She does not think it's going to rain.
- 2 The changeable weather at the tourism site.
- 3 They both think the temperature is highly changeable.
- 4 It is staying under the porch to avoid the rain.
- 5 The weather turned cold suddenly.
- 6 The increase of carbon dioxide.
- 7 Buy recycled paper goods.
- 8 Reuse some material.
- 9 Every individual can help solve environmental problems.
- 10 They protect the lion's neck during fights.
- 11 Life-size models of lions with dark and light manes.
- 12 Male lions dared to approach them.
- 13 They can defend their families.
- 14 The functions of the lion's manes.
- 15) dial
- 16) keeper
- 17) smart
- 18) figure out
- 19) chemically
- 20) rank high on
- 21) intelligence

22) recognize/recognize

23) descriptive

24) make decisions

## Unit 8 Money matters

8-1 Learning objectives

8-2 Sharing

1.The people in the podcast mainly talk about how they feel about shopping, where they

usually shop, and what they have bought recently.

2.DCAEBF

3.BBABBA

4.ADEFGHJLMOP

5.I like shopping:

I 1)(Reference: like shopping ) because 2)(Reference: shopping makes me happy). I usually

shop 3)(Reference: at a shopping mall because there are many different kinds of stores).

Recently, I have bought 4)(Reference: a digital camera).

I don't like shopping:

I 5)(Reference: don't like shopping very much) because 6)(Reference: it's very tiring and

time-consuming). I usually shop 7)(Reference: online because it saves a lot of time).

Recently, I have bought 8)(Reference: a pair of sneakers).

### 8-3 Listening

1.BCAD

2.rubber

1891

concentrate

1973

mobiles

light

2001

500 / five hundred

200 / two hundred

103 / one hundred and three

3.ADEFG

1.I would say the mobile phone is the best moneymaker at least for the present. It seems

to me that everyone has a mobile phone. And some people even have more than one mobile phone. Obviously, mobile phones have become indispensable in people's lives.

With new technology, smart phones are not just phones; they are a combination of a phone, computer, GPS, camera, MP3 player, and much more.

2. I have had a money-making idea. It is to run a discount or second-hand bookstore on

campus. Students love reading books and they also need books for their studies. Since books are very expensive these days, a discount or second-hand bookstore will meet the needs of students and attract them to go there.

8-4 Viewing

8-5 Pronunciation

8-6 Role-playing

1.CBABC

2.BABBABAABA

8-7 Presenting

8-8 More practice in listening

1.BDCBD BCAD

2.CDBD

According to a new study, happiness in life has more to do with respect and influence than wealth. Researchers say that they got interested in this idea because there is abundant 1)(evidence) that higher income or wealth does not contribute to happiness much at all. At the same time, many theories suggest that higher status should 2)(enhance) happiness.

The researchers put their idea to the test in a set of studies. First, they 3)(interviewed) 80 college students. The amount of respect the students received from their peers was

4)(rated) based on peer evaluation, self-reports and the number of leadership positions

the students held. The researchers also 5)(took into account) the students' family income and asked them about their social well-being. They found

the admiration the students received from their peers 6)(forecast) their social well-being. However, their wealth or income did not.

Similar results 7)(emerged) in another study with a larger group of students.

In a final study, the researchers followed graduate students in business schools. They found the MBA students' social well-being 8)(was related to) changes in the respect they felt from their peers before and after graduation. They noted that respect had more to do with the students' well-being after graduation than the money they made.

One of the reasons why money doesn't buy happiness is that people quickly 9)(adapt themselves to) the new level of income or wealth. Lottery winners, for example, are initially happy but then return to their 10)(original) level of happiness quickly. What can last is the feeling of being respected, having influence and being socially connected.

### 3.BCA DCD

8-9 Check & check

8-10 Unit test

1 She is going to save it for future use.

2 He hopes to save up money to help the poor.

3 To spend it at Christmas.

4 They don't like to spend money.

5 He was unable to get enough money.

6 By working in a factory.

7 Tired.

8 By washing dishes for some time.

9 To graduate as a top student in his class.

10 Hard work makes everything possible.

11 Negative.

12 The card may be used to run up huge debts.

13 Unusually high.

14 They can apply for 10 cards, each with a \$5,000 limit.

15 The credit limit should be in proportion to one's income.

16) accessible

17) opens a checking account

18) regularly

19) orders

20) exchange

21) bank account

22) return

23) interest

24) instead of

25) valuable