



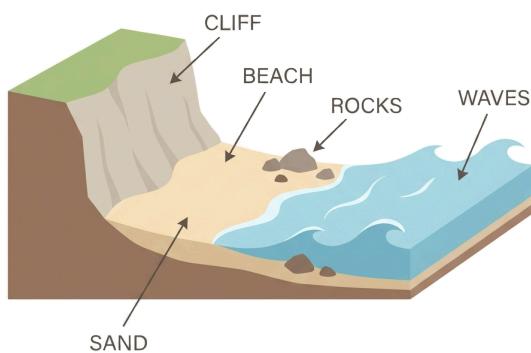
B1

VOCABULARY



AT THE COAST

Many people **spend** their holiday at the **coast** [the land close to the sea], where there are a lot of **seaside resorts** [towns by the sea for tourists] and they can go to the beach every day. Generally people prefer beaches that are **sandy** [with lots of sand], where you can go for a **stroll** [a casual walk] along the **shore** [the place where the sea meets the land] in the **sunshine** [when it is sunny]. On the beach, you also sometimes get a **breeze** [a nice gentle wind] that blows off the sea.





surfing



windsurfing



diving



playing volleyball



sunbathing

BEACH ACTIVITIES

Volleyball is a popular beach game and some people enjoy water sports such as **surfing**, **windsurfing** or **diving**. If the sea is **calm**, you can **go for a swim**, but a lot of people just want to lie on the beach and **sunbathe** and get a nice **(sun)tan**. However, there are now worries about the dangers of **sunbathing**. People who lie in the sun without any **protection** can get **sunburn**, and worse still, they are **at risk of** getting skin cancer. Doctors now **recommend** that people do not sit in the sun without using **sunscreen**. It may be safer just to sit in the **shade**.

LANGUAGE HELP

We can **go for a walk**, **a drive** (a journey in the car for pleasure), a **swim**, a **coffee** [drink some coffee], a **drink** (often an alcoholic drink, e.g. wine, beer). We can also **have a swim**, **a coffee**, **a drink**.

We went for a drive along the coast.

I had a coffee at Caffee Nero.

Let's go for a drink tonight.

TASK 1

WORDS BEGINNING WITH 'SUN'

Write down four more words beginning with **sun**.

sun **shine**

sun _____

sun _____

sun _____

sun _____

TASK 2 MATCHING

Match the words in the top row with the words in the bottom row by drawing lines.

sun

wind

seaside

sit in the

sandy

rough

shade

sea

surfing

tan

resort

beach

TASK 3 IDENTIFY THE ACTIVITY

Look at the illustrations and identify the beach activity each person is doing.



1. *playing volleyball*

2. _____

3. _____

4. _____

5. _____

TASK 4 WORD CHOICE

Cross out the wrong answer.

1. The beach was (**a** lovely / **b** calm / **c** sandy / **d** dirty)
2. We went for a (**a** drive / **b** shop / **c** drink / **d** stroll)
3. The sea was (**a** sandy / **b** calm / **c** rough / **d** cold)
4. I enjoy (**a** surfing / **b** diving / **c** getting sunburn / **d** windsurfing)
5. We walked (**a** along the beach / **b** by the shore / **c** on the waves / **d** on the sand)
6. The beach was (**a** near the cliffs / **b** by the breeze / **c** by the rocks / **d** very sandy)

TASK 5 SENTENCE COMPLETION

Complete the sentences.

1. I love sunbathing, so I can get a nice **suntan**.
2. Doctors _____ that you stay out of the sun completely in the middle of the day.
3. We used to sunbathe for hours, but then we didn't know we were at _____ of getting skin cancer.
4. I always take a beach umbrella to give me _____ from the sun when it is very hot.
5. In the city it feels like there's no air, but you often get a nice _____ by the sea.
6. I love going for a _____ along the beach, especially in the evening when it's quiet.
7. I don't like sitting in the sun; I prefer to sit in the _____.
8. We decided to _____ a swim before lunch.

TASK 6 OVER TO YOU

Answer the questions.

1. Do you ever spend time at seaside resorts? Where do you go, and how often?
2. Do you enjoy any of the beach activities mentioned above? Which ones?
3. Do you like sunbathing? Why? / Why not?
4. Do you get a suntan easily? Have you ever had sunburn? Do you often use sunscreen?
5. What do you like to do in the evening after a day on the beach?

ANSWER KEY

Task 1: Words beginning with 'sun'

Possible answers: sunshine (given), sunbathe, suntan, sunburn, sunscreen, sunblock, suncream.

Task 2: Matching

sun – tan; wind – surfing; seaside – resort; sit in the – shade; sandy – beach; rough – sea.

Task 3: Identify the Activity

1. playing volleyball (given)
2. sunbathing
3. surfing
4. diving
5. windsurfing

Task 4: Word Choice (Wrong answer crossed out)

1. calm
2. shop
3. sandy
4. getting sunburn
5. on the waves
6. by the breeze

Task 5: Sentence Completion

1. suntan (given)
2. recommend
3. risk
4. protection
5. breeze
6. stroll
7. shade
8. have / go for.

Task 6: Over to You

Students' own answers.