

9A | A good impression

SPEAKING

- What do you notice about a person when you meet them for the first time? Put the following in order from 1 to 5 (1=very important 5=not important).

eyes ☐ face ☐ clothes ☐ voice ☐ body ☐

- Work in pairs. Compare your lists. Do you notice the same things when you meet someone for the first time?

VOCABULARY: clothes

- Match the pictures A–M with the words in the box.

shoes trainers jacket dress jeans
jumper shirt skirt tie trousers
T-shirt boots sock



- 2.35 Listen and check your answers. Say the words.

- Complete the sentences so that they are true for you.

- I never wear ...
- I only wear ... at home.
- I sometimes wear ...
- Right now I am wearing ...
- ... is wearing ...

READING

www.agoodimpression.com

www.agoodimpression.com

Every personal or business relationship starts with a first impression. Psychologists say that when you meet someone for the first time; they make an impression on you in less than thirty seconds.

We evaluate another person using three Vs: visual (how you look, your clothes), vocal (your voice) and verbal (what you say). When you meet someone for the first time, your body language and your clothes make 93% of the first impression. Only 7% are the words you say.

There is an expression in English: You never get a second chance to make a first impression. But what makes a good impression on you? Send us your emails.

For me, eye contact. You should look at the other person when you meet them. I don't trust a person if he or she doesn't make eye contact.
David Hill, USA

You should wear clean and neat clothes. A dirty shirt makes a very bad impression, and so do dirty shoes.
Emma Lowry, UK

- Read the webpage. What is it about?
- Read the text again and answer the questions.
 - What are the three Vs?
 - Which Vs are more important?
 - Who writes about body language?
 - Who writes about clothes?
 - Who writes about men and women?
- Work in pairs. Put a tick (✓) next to the sentences in the web page you agree with.

GRAMMAR: *should/shouldn't*

We use *should/shouldn't* + verb to give advice about something.

You should wear clean and neat clothes.

You shouldn't wear a very short skirt for an important meeting or interview.

SEE LANGUAGE REFERENCE PAGE 100

Your physical appearance and body language say a lot about you. Sit up straight. Your body should say 'I am a friendly and confident person'.
Gill Launder, Australia

In Canada, you should shake a person's hand, man or woman. You shouldn't kiss them for the first meeting. It's also a good idea to use the other person's first name quickly. It's more friendly.
Michael Dobbs, Canada

I think you shouldn't wear a very short skirt for a first meeting, or an interview. It can give the wrong first impression. For a man, I think a shirt and tie make a good impression at an interview.
Jennifer Dawson, USA

You should smile when you meet someone for the first time. A smile is the best introduction. It's friendly. A smile is universal.
Peter Cranford, USA

PRONUNCIATION: final -e

- 1 2.36 Listen to the pronunciation of these words and read the rule.

/eɪ/ make /aɪ/ rice /eɪ/ ate /əʊ/ phone

In English, we don't pronounce the letter -e at the end of words.

- 2 How do you pronounce the underlined letters in these words?

smile clothes face time smoke take fine
phrase arrive wine cake nice

- 3 2.37 Listen to the recording to check your answers. Say the words.

- 1 Make new sentences using the information in brackets.

- 1 You should wear formal clothes. (not)
You shouldn't wear formal clothes.
 - 2 You shouldn't talk loudly. (they)
 - 3 I should listen to the other person. (?)
 - 4 They should do something. (he; ?)
 - 5 I should wear smart clothes. (she; not)
 - 6 I should ask the teacher. (you; not)
 - 7 We shouldn't talk in English. (you; should)
- 2 Tim is meeting his girlfriend Judy's parents. He wants to make a good impression. Match Tim's questions to Judy's answers.
- 1 What should I wear?
 - 2 What time should I arrive?
 - 3 Should I bring a bottle of wine?
 - 4 Should I buy a gift?
 - 5 What should I talk about with them?
- a About seven o'clock. We eat at half past seven. Don't be late!
 - b Your white shirt and the blue tie.
 - c Don't worry, they're nice people! But you shouldn't talk about politics or religion.
 - d It's not necessary, but my mother loves plants.
 - e No, you shouldn't. My parents don't drink.

SPEAKING

- 1 Imagine someone wants to make a good impression on your parents. What are your answers to the questions in Grammar exercise 2? Is there anything else he/she should know?
- 2 Work in pairs. Tell your partner how to make a good impression.

If you want to make a good impression on my parents, you should ...

9B | Body moving

SPEAKING & READING

1 Work in pairs. Ask and answer the questions.

HEALTH

ARE YOU SITTING COMFORTABLY?

- Are you sitting comfortably?
- Do you spend a lot of your day sitting down?
- Do you work in an office?
- Do you work in front of a computer?
- Do you play computer games?
- Are you in a classroom for many hours a day?
- Do you travel on long plane journeys frequently?
- Do you spend a long time in a car, or on a bus every day?

If you answered 'yes' to more than two of these questions, then read on ...

2 The text in exercise 1 comes from a magazine article. What do you think the rest of the article is about?

- 1 Working in an office and going on holiday
- 2 A history of chairs
- 3 Problems and advice for people who sit for a long time

3 Read the rest of the article below and find out.

4 Read the article again and put the phrases below in the right place.

- | | |
|---------------------|------------------|
| a Take breaks often | c Move your body |
| b Drink water | d Sit correctly |

5 Which of the things in exercise 4 do you do when you are sitting for a long time?

It is not normal for the human body to sit for a long time. Sitting for a long time is new in human history. Now, sitting for many hours every day is common. It is also dangerous for your health.

- 5 You can hurt your back, your arms, your neck and your wrists if you sit for a long time every day. People who work in offices often have health problems because they sit too long in front of a computer. People who travel many hours on planes often say they feel bad at the end of a long trip. Experts say you should do the following if you don't want any problems:

(1) _____
Keep your back straight and your feet on the floor. You should have a good, comfortable chair.

15

(2) _____
Don't sit for more than thirty minutes. Stand up and walk around. Several studies showed that people who take frequent 'microbreaks' do more work in the day.

20

(3) _____
Water cleans your body and keeps you healthy. It's good for you and gives you energy. Don't drink lots of coffee or tea.

25

(4) _____
Stretching is a simple and quick way of doing some exercise while you are sitting down. Stretch your arms, your hands and your shoulders. Don't stretch a lot if it hurts.

30

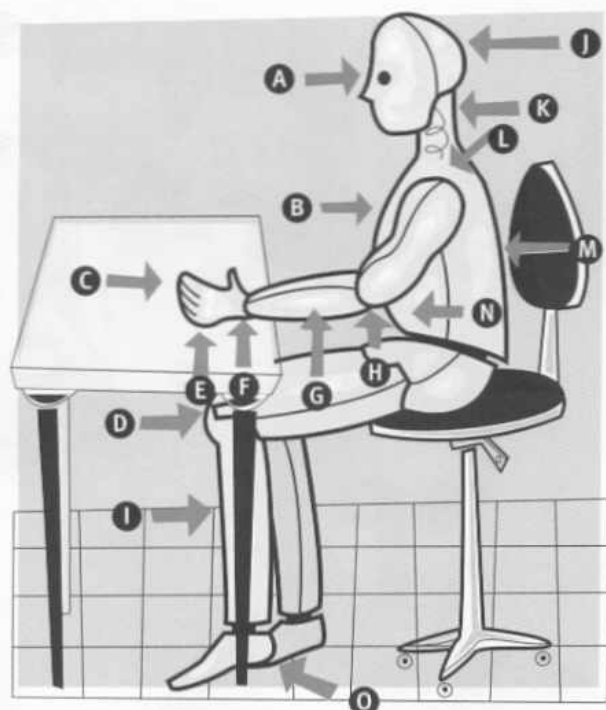
35



VOCABULARY: body

- 1 Find and underline seven words in the article on page 94 connected to the body.
- 2 Match the body parts with the words in the box.

leg foot/feet knee chest back hand
arm wrist shoulder elbow neck head
stomach eyes fingers



- 3 2.38 Listen and tick (✓) the words you hear. Say the body parts.
- 4 Play Simon Says. Your teacher will explain the rules.

GRAMMAR: imperatives

We use the imperative to give orders. The imperative form of the verb is the same as the infinitive.

Drink water.

Sit straight.

We use *don't* + verb to make negative imperatives.

Don't sit for a long time.

Don't move.

SEE LANGUAGE REFERENCE PAGE 100

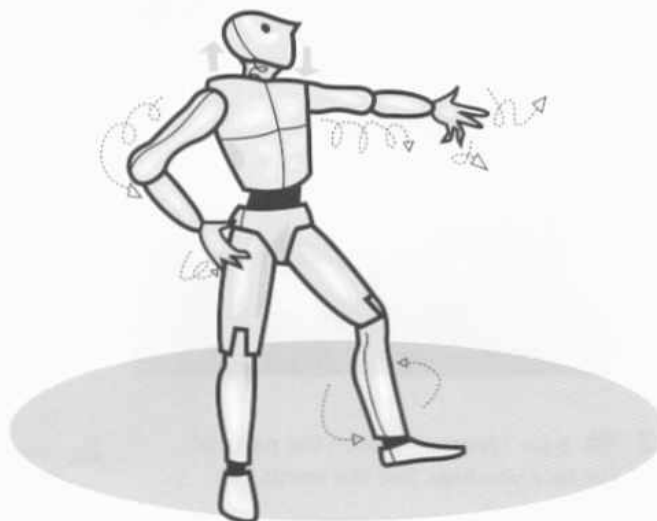
- 1 Underline all the examples of verbs in the imperative in the article.
- 2 Make a sentence for each picture. Use the verbs and phrases in the box in the imperative.

take photos smoke speak walk
turn right drive slowly



SPEAKING

- 1 2.39 Look at the picture and listen to the instructions for a 'microbreak' exercise.



- 2 2.39 Listen again and follow the instructions.
- 3 Work in pairs, A and B.
A: Look at page 133.
B: Look at page 135.

9c | Never forget a face

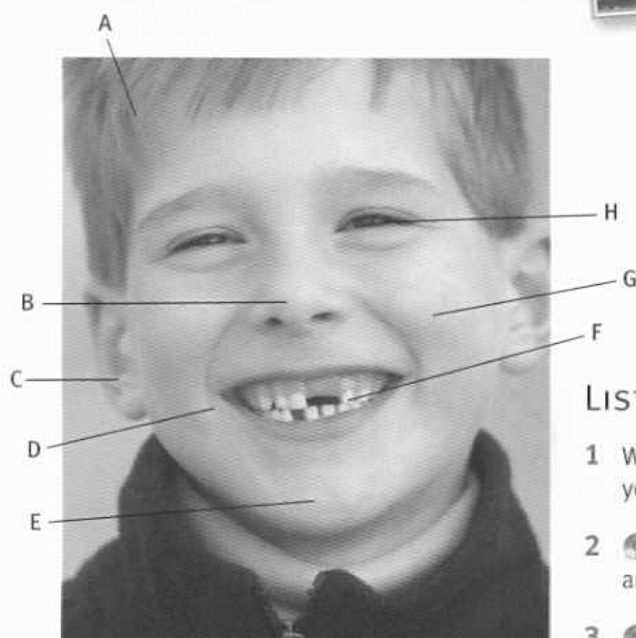
SPEAKING

- 1 Work in pairs. Read the sentences. Are they true for you?
 - 1 I can remember what we learnt in our last English class.
 - 2 I can remember the teacher's first name and last name.
 - 3 I can remember the names of all the people in the class.
 - 4 I never forget a face.
- 2 Change the sentences in exercise 1 so that they are true for you.

VOCABULARY: face

- 1 Match the words to the parts of the picture.

nose chin eye ear hair
mouth cheek tooth



- 2 2.40 Listen and touch the parts of the face you hear. Say the words.



LISTENING

- 1 Work in pairs. Look at pictures A and B. Describe the pictures with your partner. Do you see anything strange?
- 2 2.41 Listen to the interview from a television interview about memory and the human face. What is wrong with the pictures in exercise 1?
- 3 2.41 Listen again and answer the questions.
 - 1 Who doesn't have a very good memory: the woman or the man?
 - 2 Which is the more important for memory: the top of the face or the bottom of the face?
 - 3 What is strange about picture A?
 - 4 Whose face is in picture B?
 - 5 Whose hair is in picture B?
 - 6 What do famous people do?
- 4 Look at tapescript 2.41 on page 145 to check your answers.

PRONUNCIATION: /h/

- 1 2.42 Listen to the words in the box. Tick (✓) the words that begin with a /h/ sound.

house hot hospital what whose hair
happy have his has hamburgers who
her hour

- 2 Complete the sentences with words from exercise 1.

- 1 Helen and Harry work in a _____.
 - 2 They _____ lunch together every day.
 - 3 He has _____ and she has _____ soup.
 - 4 Helen's _____ with Harry.
 - 5 But Helen _____ a problem.
 - 6 She hardly ever remembers _____ name.
- 3 2.43 Listen to the recording to check your answers.
- 4 2.43 Listen again and repeat.

GRAMMAR: *whose* & possessive pronouns

We use *whose* to ask about possession.

Whose face is that? It's George Washington's face.

We can replace the underlined words with a possessive pronoun.

Whose face is that? It's his.

My memory isn't very good. How is your memory?

My memory isn't very good. How is yours?

SEE LANGUAGE REFERENCE PAGE 100

- 1 Rewrite the sentences using possessive pronouns.
- | | |
|-----------------------------------|------------------------|
| 1 It's his face. <i>It's his.</i> | 5 Is this our room? |
| 2 They're her children. | 6 It isn't their flat. |
| 3 It's my money. | 7 Where's your book? |
| 4 Here's your coffee. | 8 That's his cat. |
- 2 Underline the correct word.
- 1 Whose face is that? It's *her's / hers*. It's the Mona Lisa's.
 - 2 I can remember his name but I can't remember *their / theirs*.
 - 3 She always forgets *her / hers* glasses.
 - 4 *Who's / Whose* in the picture?
 - 5 *Who's / Whose* face is in the picture?
 - 6 I brought my old photos today. Where are *yours / your*?

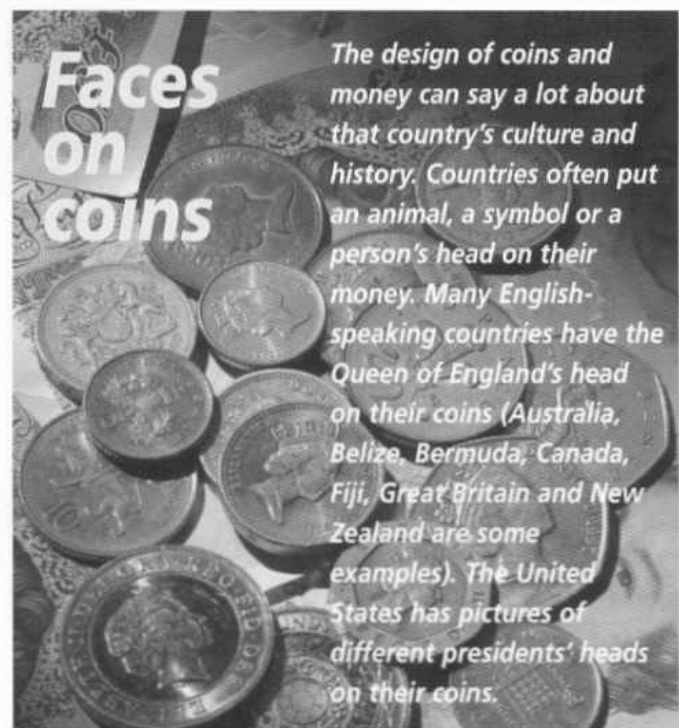
SPEAKING

- 1 Work in pairs. You are going to test your memory. Look at the pictures for one minute. Turn to page 134.



DID YOU KNOW?

- 1 Read the information about coins.



The design of coins and money can say a lot about that country's culture and history. Countries often put an animal, a symbol or a person's head on their money. Many English-speaking countries have the Queen of England's head on their coins (Australia, Belize, Bermuda, Canada, Fiji, Great Britain and New Zealand are some examples). The United States has pictures of different presidents' heads on their coins.

- 2 Work in pairs. Discuss these questions.
- Whose face is on the money of your country?
 - Do you have other symbols or animals on your money?

9D | Not feeling well

VOCABULARY: health problems

1 Match the pictures to the sentences.

- 1 I've got a headache.
- 2 I'm ill.
- 3 My back hurts.
- 4 I've got a cold.



2 Complete the sentences with the words in the box.

tired stomach sick toothache head
stomach ache arm

I'm I feel	ill. (1) _____. (2) _____.	
My	back (3) _____. (4) _____. (5) _____.	hurts.
I've got I have	a headache. a cold. (6) _____. (7) _____.	

What are these in your language?

3 Work in pairs. Discuss these questions.

- Are you ill often?
- When was the last time you had a cold?
- How often do you go to the doctor?
- When was the last time you went to the doctor?

LISTENING

1 2.44 Listen to the conversations. Tick (✓) the phrases you hear.

- | | |
|-----------------------|-------------------------|
| 1 Are you alright? | Anything else? |
| 2 I don't like it. | I don't feel well. |
| 3 I'm fine. | Is there a doctor here? |
| 4 How's your stomach. | You're welcome. |
| 5 Are you OK? | I've got a headache. |

2 2.44 Listen again and put the events in the correct order.

- ☐ Hannah calls a doctor.
- ☐ The doctor gives Valerie some aspirin.
- ☒ Valerie feels sick.
- ☐ Herb feels ill.
- ☐ Valerie goes to the toilet.
- ☐ Valerie sits down and puts on Dave's jacket.

3 Match the words in A to the words in B to make phrases.

- | A | B |
|--------------------|-----------------------|
| 1 Was it something | a too much wine? |
| 2 Take off | b a minute. |
| 3 Did she drink | c two aspirin. |
| 4 Take | d you ate last night? |
| 5 Wait | e that jacket. |



FUNCTIONAL LANGUAGE: asking/saying how you feel

Asking how you feel

How are you?

Are you *alright?*
OK?

What's *the matter?*
wrong?

Saying how you feel

I'm fine, thanks.

I'm very well, thanks.

I don't feel (very) well.

I feel sick/ill/tired.

I've got a ...

SEE LANGUAGE REFERENCE PAGE 101

- 1 Look at tapescript 2.44 on page 145. Find examples of the phrases in the box.
- 2 Work in pairs. Ask and answer how you feel. Use the pictures.

How are you? I don't feel well.



- 3 Complete the dialogues using the words in the box.

1

well got are matter

- A: Hi, how (1)_____ you?
B: Oh, I don't feel very (2)_____.
A: What's the (3)_____?
B: I've (4)_____ a headache.
A: You should lie down.

2

fine wrong home I'm

- A: Are you alright? What's (1)_____?
B: I'm (2)_____, thanks. I'm a little tired.
A: Do you want to go (3)_____?
B: No, (4)_____ fine. Really.

3

fine cold head

- A: Can I go out now?
B: No, you can't. You've got a (1)_____.
B: I feel (2)_____. My (3)_____ doesn't hurt now.
A: You should stay in bed.

- 4 2.45 Listen to the recording to check your answers. Practise the dialogues.

Roleplay

- 5 Work in pairs, A and B.

Roleplay 1

A: You feel ill. You have got a headache and you feel very sick. You are very tired. You don't think you can go to work. Phone your work and explain.

B: You are A's boss. When A phones you, listen to what he/she says and respond.

Roleplay 2

A: You are B's father/mother. You think B is ill. You think he/she shouldn't go out tonight. Listen to what B says and respond.

B: You are A's son/daughter. You are often tired because you go out too much! You want to go out tonight, but you don't feel well. Ask permission to go out.

9 Language reference

GRAMMAR

should/shouldn't

Should is a modal auxiliary verb. This means:

- it goes with the infinitive without *to*.
- it has the same form for all subjects.
- the negative is with *not* (*n't*).
- to make a question, put *should* before the subject and the infinitive after the subject.

We use *should* to give advice.

*You **should** say hello when you meet someone for the first time.*

Affirmative	I/You/He/She/It/We/They	should	wear a tie.
Negative	I/You/He/She/It/We/They	shouldn't	wear a tie.
Question	Should	I/you/he/she/it/we/they	wear a tie?
Short answer	Yes,	I/you/he/she/it/we/they	should.
	No,	I/you/he/she/it/we/they	shouldn't.

Do not use *to* after *should*.

You should arrive early. Not ~~*You should to arrive early.*~~

Imperative

The imperative form of the verb is the same as the infinitive without *to*.

Use the imperative to give orders and instructions.

***Drink* water. *Sit* straight.**

Use *don't* + verb to make negative imperatives.

***Don't sit* for a long time. *Don't move*.**

You can also use imperatives to give directions (see Unit 3D page 39).

Whose & possessives

Use the question word *whose* to ask about possession. We can use *whose* with or without a noun.

***Whose* money is that? *Whose* is that money?**

Use possessive pronouns to avoid repeating the noun.

Possessive adjective	Possessive pronoun
It's my book.	It's mine.
It's your book.	It's yours.
It's his book.	It's his.
It's her book.	It's hers.
It's our book.	It's ours.
It's their book.	It's theirs.

Do not use possessive pronouns with a noun.

It's mine. Not ~~*It's mine book.*~~

have got

Have got means the same as *have*. It is common in spoken British English.

Use *have got*:

- to talk about possession.
I've got a car.
- to talk about relationships.
I've got two brothers and sisters.
- to talk about states.
I've got a headache.

Affirmative			
I/You/We/They	have got 've got	a headache.	
He/She/It	has got 's got		

Negative			
I/You/We/They	haven't got	a headache.	
He/She/It	hasn't got		

Question			
Have	you/I/we/they	got	a headache?
Has	he/she/it		

Short answer		
Yes,	you/I/we/they	have.
	he/she/it	has.
No,	you/I/we/they	haven't.
	he/she/it	hasn't.

The past of *have got* is *had*.

FUNCTIONAL LANGUAGE**Asking how you feel**

How are you? Are you alright? Are you OK?

What's the matter? What's wrong?

Saying how you feel

I'm fine, thanks. I'm very well, thanks.

I don't feel (very) well.

I feel + adj

I've got a + noun

WORD LIST**Clothes**

boot <i>n</i> C **	/bu:t/
dress <i>n</i> C **	/dres/
jacket <i>n</i> C **	/dʒækɪt/
jeans <i>n</i> C **	/dʒi:nz/
jumper <i>n</i> C	/dʒʌmpə/
shirt <i>n</i> C ***	/ʃɜ:t/
shoe <i>n</i> C ***	/ʃu:/
skirt <i>n</i> C **	/skɜ:t/
tie <i>n</i> C *	/taɪ/
trainers <i>n</i> C	/treɪnəz/
trousers <i>n</i> C **	/traʊzəz/
T-shirt <i>n</i> C	/ti:ʃɜ:t/

Body

arm <i>n</i> C ***	/ɑ:m/
back <i>n</i> C ***	/bæk/
chest <i>n</i> C ***	/tʃest/
elbow <i>n</i> C **	/elbəʊ/
finger <i>n</i> C ***	/fɪŋɡə/
foot (plural feet) <i>n</i> C ***	/fʊt, fi:t/
hand <i>n</i> C ***	/hænd/
head <i>n</i> C ***	/hed/
knee <i>n</i> C ***	/ni:/
leg <i>n</i> C ***	/leg/
neck <i>n</i> C ***	/nek/
shoulder <i>n</i> C ***	/ʃəʊldə/
stomach <i>n</i> C **	/stamək/
wrist <i>n</i> C	/rɪst/

Face

cheek <i>n</i> C **	/tʃi:k/
chin <i>n</i> C **	/tʃɪn/
ear <i>n</i> C ***	/ɪə/
eye <i>n</i> C ***	/aɪ/
hair <i>n</i> U ***	/heə/
mouth <i>n</i> C ***	/maʊθ/
nose <i>n</i> C ***	/nəʊz/
tooth (plural teeth) <i>n</i> C ***	/tu:θ/ /ti:θ/

Health problems

cold <i>n</i> C ***	/kəʊld/
headache <i>n</i> C *	/hedəɪk/
hurt <i>v</i> ***	/hɜ:t/
ill <i>adj</i> ***	/ɪl/
stomach ache <i>n</i> C/U	/staməkeɪk/
tired <i>adj</i> ***	/taɪəd/
toothache <i>n</i> U	/tu:θeɪk/