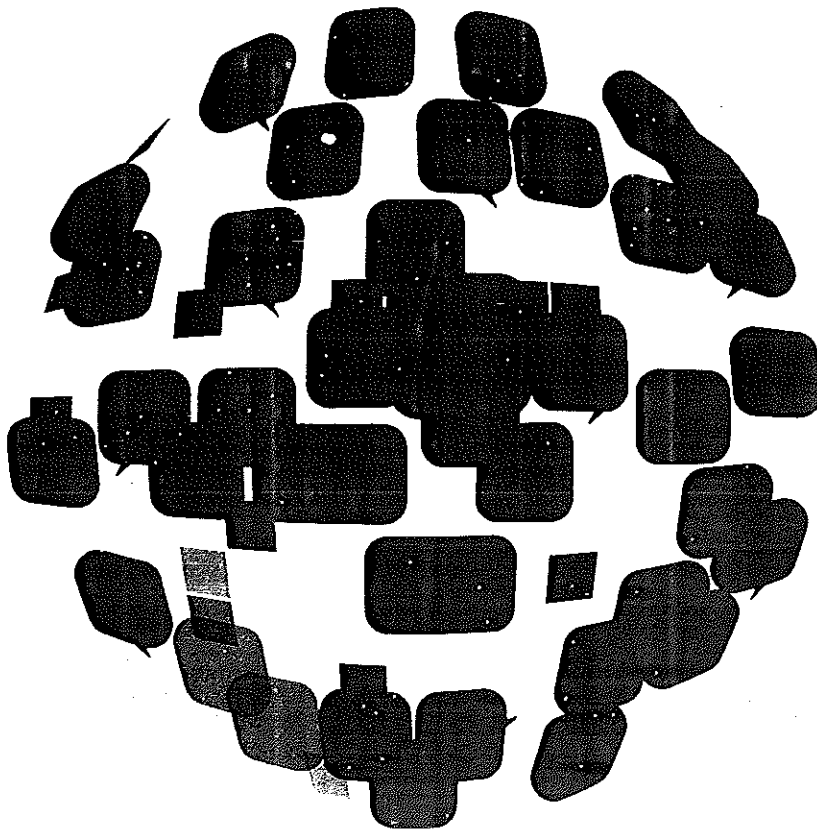


# ENGLISH in Common

3B

Workbook



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ALWAYS LEARNING

PEARSON

# UNIT 7

## Mind and body

### LESSON 1

#### Vocabulary



Trisha's Wedding Day

- 1a** Complete Trisha's story using the adjectives from the box.

tall	overweight	attractive
short	good-looking	muscular
skinny		

You can see my mother. She's the short (1. not tall), slightly overweight (2. heavy) woman on the left. And standing next to her is my father. He's not too tall and pretty skinny (3. not fat)! There's my brother, Jake, at the back. He's very handsome and muscular (4. with big muscles). That's his girlfriend next to him. And the tall (5. not short), good-looking (6. beautiful) man in front is my new husband, Pierre. He's really attractive (7. attractive physically), isn't he?

- b** Circle the correct words.

- He goes to the gym every day, so he's very handsome muscular short.
- My pants are too small for me. I must be skinny short overweight.
- I can't reach that shelf. I'm too tall skinny short.
- Her mother is very short and very tall attractive handsome.
- I think you need to eat more. You're too overweight tall skinny.

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

a little	on	like	appearance
makes	put	really	stressed

- I look \_\_\_\_\_ my mother because we both have the same eyes.
- I shouldn't eat too much pasta or I will \_\_\_\_\_ on weight.
- I am going \_\_\_\_\_ a diet, but I'll start next week.
- Working hard always \_\_\_\_\_ me stressed.
- She spends an hour in the bathroom every morning. Her physical \_\_\_\_\_ is very important to her.
- I'm working too hard, and I feel \_\_\_\_\_.
- If you're feeling \_\_\_\_\_ sick, you should see a doctor.
- My pants are \_\_\_\_\_ too big. But I don't need a belt.

## Grammar

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

we'll cancel the picnic
you'll feel sick
we'll celebrate with a party
she'll give it to you
will you come
we'll stay in and eat a pizza
there won't be any left

- If you pass your tests, \_\_\_\_\_.
- If you don't go out tonight, \_\_\_\_\_.
- If you ask for more money, \_\_\_\_\_.
- If you run in this heat, \_\_\_\_\_.
- If it rains, \_\_\_\_\_.
- If we don't buy tickets soon, \_\_\_\_\_.
- If I invite you to the party, \_\_\_\_\_?

### 4 Circle the correct words.

- If you see/will see Max, will you/do you tell him I want to talk to him?
- If they won't come/don't come home soon, their dinner will be/is cold.
- Your mother will be/is worried if you don't call/won't call her.
- If you don't leave/won't leave now, you'll miss/you miss the train.
- Your manager won't be/is not very happy if you will go/go to work in those clothes.
- If we find/will find a nice restaurant, we'll tell/we tell you about it.
- We'll be/are in New York by eight o'clock if there aren't/won't be any problems.
- If you don't sleep/won't sleep well tonight, you won't feel/do not feel good in the morning.

### 5 Pete and Shauna are going to a health spa. Write sentences using the cues.

- If Pete/exercises a lot/his muscles/get stronger  
\_\_\_\_\_.
- If Shauna/do yoga/she/feel happier \_\_\_\_\_.
- Their/skin/look better/if they/drink/more water  
\_\_\_\_\_.
- They/feel/more relaxed/if they/have/massages every day \_\_\_\_\_.
- If Shauna/eat salads/for a week/she/lose weight \_\_\_\_\_.
- They/not feel/so tired/if they/sleep/for ten hours a day \_\_\_\_\_.
- If they/not smoke/for a week/they/feel healthier \_\_\_\_\_.
- They/be/less stressed/if they/not think/about work \_\_\_\_\_.
- If Pete/lose weight/he/have/more energy  
\_\_\_\_\_.

## LESSON 2

### Vocabulary

1 Complete the job ads using words from the box.

ambitious	reserved	hard-working
sensitive	organized	open
unreliable	talkative	

New Internet design company is looking for a young \_\_\_\_\_ (1. wants success) person to help us increase business in our second year.

Friendly \_\_\_\_\_ (2. easy to talk to and talks a lot) waitress needed for local café. Experience a plus.

Nurses needed to help look after older people in their homes. You should be \_\_\_\_\_ (3. good at planning and doing things) and \_\_\_\_\_ (4. think about how other people will feel\*).

We are looking for a new gardener. Must be \_\_\_\_\_ (5. wants to work hard).

Would you like to be on TV? Are you happy to talk about your relationships? We are looking for \_\_\_\_\_ (6. happy to talk about feelings) people to be part of a new TV show. No \_\_\_\_\_ (7. doesn't do what he or she should do) people, please.

University library needs assistant. The job is good for a quiet, \_\_\_\_\_ (8. does not talk about feelings) person.

### Grammar

2 Circle the correct word.

1. She seemed to think/thinking that the concert was yesterday.
2. I've enjoyed to talk/talking to you.
3. We can't avoid to meet/meeting him.
4. He offered to take/taking us to the station.
5. I can't imagine to work/working without a computer.
6. I've decided to change/changing my job.
7. We considered to move/moving to Mexico.
8. They didn't expect to find/finding you here.
9. Do you promise not to tell/telling anyone?
10. I miss to see/seeing the mountains.

3 Complete the story using the gerund or infinitive form of the verbs in parentheses.



When a woman read my palm, I didn't expect \_\_\_\_\_ (1. learn) anything new. I don't believe in things like that, and I avoid \_\_\_\_\_ (2. look at) my horoscope. Then I met a woman in a café who offered \_\_\_\_\_ (3. read) my palm. At first I didn't want her \_\_\_\_\_ (4. do) it, but then I decided \_\_\_\_\_ (5. try) it. She promised not \_\_\_\_\_ (6. tell) me anything terrible. She told me about the problems I had at work. She told me that I wanted \_\_\_\_\_ (7. change) things. I really enjoyed \_\_\_\_\_ (8. listen) to her, and she seemed \_\_\_\_\_ (9. understand) me. Then she told me I would go on a journey which would change my life. I laughed because I couldn't afford \_\_\_\_\_ (10. travel). Two weeks later I won a vacation to the Caribbean. Can you imagine \_\_\_\_\_ (11. win) a vacation like that? Anyway I met my husband on that vacation, so it really did change my life! I have always wanted \_\_\_\_\_ (12. say) thank you to that woman in the café.

\* this word also means "easily upset"



#### 4 Find and correct the mistakes.

1. I am hoping to ~~meeting~~ <sup>meet</sup> the artist at the exhibition.
2. I miss to ~~see~~ <sup>seeing</sup> my friends and family.
3. I expect you ~~be~~ <sup>to be</sup> here at nine o'clock.
4. She offered ~~help~~ <sup>to help</sup> me.
5. He has decided ~~taking~~ <sup>to talk</sup> a week off work.
6. We avoided to ~~tell~~ <sup>telling</sup> you earlier because of your exams.
7. You can't afford ~~going~~ <sup>to go</sup> out every night. It's too expensive.
8. I promised to ~~going~~ <sup>go</sup> to her house this evening.
9. I want ~~tell~~ <sup>to tell</sup> you what happened.
10. It seems ~~be~~ <sup>to be</sup> the cheapest store.

### Reading

**5a** Read the quiz on the right and answer the questions. Then read about how your personality can help you learn English.

**b** Circle all correct answers.

1. According to the quiz, an extrovert enjoys \_\_\_\_\_.
  - A. walking alone
  - B. being with lots of different people
  - C. talking on the phone
  - ☒ D. making new friends
  - ☒ E. doing homework
2. According to the quiz, an introvert enjoys \_\_\_\_\_.
  - ☒ A. being at home with family and friends
  - B. sitting in the center of a room
  - ☒ C. going to parties
  - D. talking to small groups of people
  - ☒ E. making mistakes

## QUIZ

- 1 Do you make friends quickly when you start a new job? YES / NO
- 2 Do you spend your free time going out, shopping, and being with other people? YES / NO
- 3 Are you usually the first person to answer the phone? YES / NO
- 4 Do you have a lot of friends? YES / NO
- 5 Do you enjoy going for walks on your own? YES / NO
- 6 Do you like spending your free time relaxing in a quiet, family atmosphere? YES / NO
- 7 Do you like talking to people in small groups? YES / NO
- 8 Do you usually sit nearer the side, not in the center, of a room? YES / NO

### Score

Give yourself one point for every Yes you answered for questions 1-4. Give yourself one point for every No you answered for questions 5-8.  
Your total score: \_\_\_\_\_ points

### If you scored 1-4 points, you are an introvert.

You enjoy spending time on your own or with people you know well. Your friends and family are very important to you, too. You can improve your English by reading books, listening to songs, studying on your own, and talking to a friend in English. And don't worry too much when you make mistakes!

### If you scored 5-8 points, you are an extrovert.

You are very active and enjoy spending your time with people, especially at parties. You like talking but sometimes you need to stop and listen. You learn English well in big groups where you can talk to lots of people and have fun. But remember to do your homework!

## Reading

1 Read the jokes. Then put the words in order to write responses.

1. A: Doctor, Doctor, I think I need glasses.

B: You certainly do. This is a taco stand!

(funny really that's) \_\_\_\_\_

2. A: Doctor, Doctor, my son has eaten my pen. What should I do?

B: Use a pencil until I arrive.

(get I it don't) \_\_\_\_\_

3. A: Doctor, Doctor, I've broken my arm in two places.

B: Well, don't go back there again!

(funny that's very not) \_\_\_\_\_

## Vocabulary

2 Use a word from A and a word from B to complete the sentences.

sore	broken		chest	leg	sick
feel	high	pain	throat	temperature	

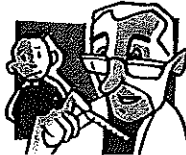
1. I've got a very \_\_\_\_\_.



2. Doctor. I have this terrible \_\_\_\_\_ in my \_\_\_\_\_.



3. Yes, he has a \_\_\_\_\_.



4. I can't eat any more. I \_\_\_\_\_.



5. I went skiing, and now I have a \_\_\_\_\_.



3 Find and correct the mistakes.

1. Do you have an aspirin? I feel a terrible headache.

2. I can't eat anything. I feel to be sick.

3. You don't look well. Are you a temperature?

4. Steve is in the hospital. I think he has the broken arm.

5. I don't feel very well. I have cold.

6. I'm staying home. I feel the flu.

## Grammar

4 Complete the sentences with words from the box.

that	because	so that I
not to	in order	because it

1. Can you turn the music down so \_\_\_\_\_ I can hear the telephone?

2. They moved \_\_\_\_\_ to be near the train station.

3. I came here \_\_\_\_\_ I want to ask your advice.

4. We have to leave very early in order \_\_\_\_\_ miss the train.

5. I ride my bike to school \_\_\_\_\_ don't have to sit in traffic all morning.

6. I swim every day \_\_\_\_\_ is good for my back.

5 Complete the sentences using *because*, *so that*, or *to*.

1. I went to the drugstore \_\_\_\_\_ get some medicine.

2. Jane bought a car \_\_\_\_\_ she hated taking the bus to work.

3. I stopped eating cookies \_\_\_\_\_ I can lose weight.

4. We arrived early \_\_\_\_\_ buy the tickets.

5. He was angry \_\_\_\_\_ his train was late.

6. They wanted Lisa to come to the party \_\_\_\_\_ she could meet Tim.

7. I get up early \_\_\_\_\_ I can have breakfast before I leave.

8. I sent a message to Kate \_\_\_\_\_ ask for some money.

## Writing

**6a** Use the phrases in the word box to complete the letters.

You should try getting some exercise  
order to get more  
you should try eating lots of fruit  
that he or she can tell you what to eat  
getting a massage to help with stress  
Why don't you try making  
helps you to relax

1

Dear Chris,  
First, \_\_\_\_\_ (1.) and green  
vegetables in \_\_\_\_\_ (2.)  
vitamins. \_\_\_\_\_ (3.) hot  
drinks for your throat? Then you should stay at home  
and rest.

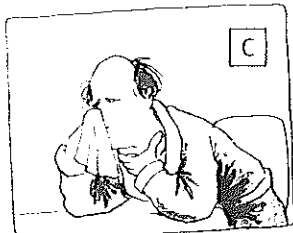
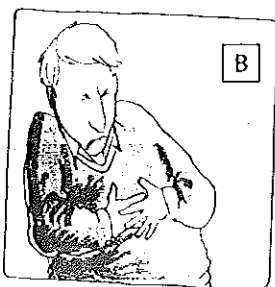
2

Dear Terry,  
You need to relax. Try  
\_\_\_\_\_ (4.),  
and a hot bath or shower  
before you go to bed. You  
shouldn't drink tea or  
coffee, but you could try  
chamomile tea, because  
it \_\_\_\_\_ (5.).  
Sweet dreams.

3

Dear Sam,  
Maybe you are eating  
something that your  
stomach doesn't like.  
Go to a specialist so  
\_\_\_\_\_ (6.).  
\_\_\_\_\_ (7.) to  
help move your stomach  
muscles, and don't eat  
at night before you go  
to bed.

**b** Match the pictures to the letters.



## Communication

**7a** Read the interview and circle the correct answer.

Shiatsu is \_\_\_\_\_.

- A. a type of Swiss massage
- B. a Japanese medicine
- C. a type of Japanese massage

Woman: So what is Shiatsu?

Man: Well, it's a type of massage. It believes that there are channels of energy. You press on different points on the body, and the energy moves around better.

Woman: I see. Where is it from?

Man: Shiatsu is a Japanese massage, but now you can have Shiatsu treatments in many countries.

Woman: And what happens in a typical session?

Man: First, Shiatsu practitioners ask you questions about your health and your problem. Then they give you a massage to relax the muscles. Last, they press points on your body. They usually use their hands, but sometimes they use their arms, elbows, knees, and feet.

Woman: Feet? OK. So what problems can it treat?

Man: It's very good for problems like backache, stomachache and headache, but it works for other problems, too.

Woman: That's good. How long does it take?

Man: Each session usually takes about an hour.

Woman: And do patients feel better after one hour?

Man: Actually, no. Some patients will feel worse at the beginning. Sometimes they need two, three, or more sessions before they feel better.

**b** Read the interview again and complete the notes in the chart.

What is the main belief?	That there are channels of _____ (1.) in the body.
What happens in a typical session?	<ul style="list-style-type: none"> <li>Practitioners _____ (2.) about your health.</li> <li>Then, they give you a _____ (3.).</li> <li>Last, they _____ (4.) points on your body.</li> </ul>
What does it treat?	It is very good for _____ (5.), stomachaches, and _____ (6.).
How long does it take?	A session takes about _____ (7.).
Do patients always feel better immediately?	_____ (8.). Sometimes it takes _____ (9.) sessions.