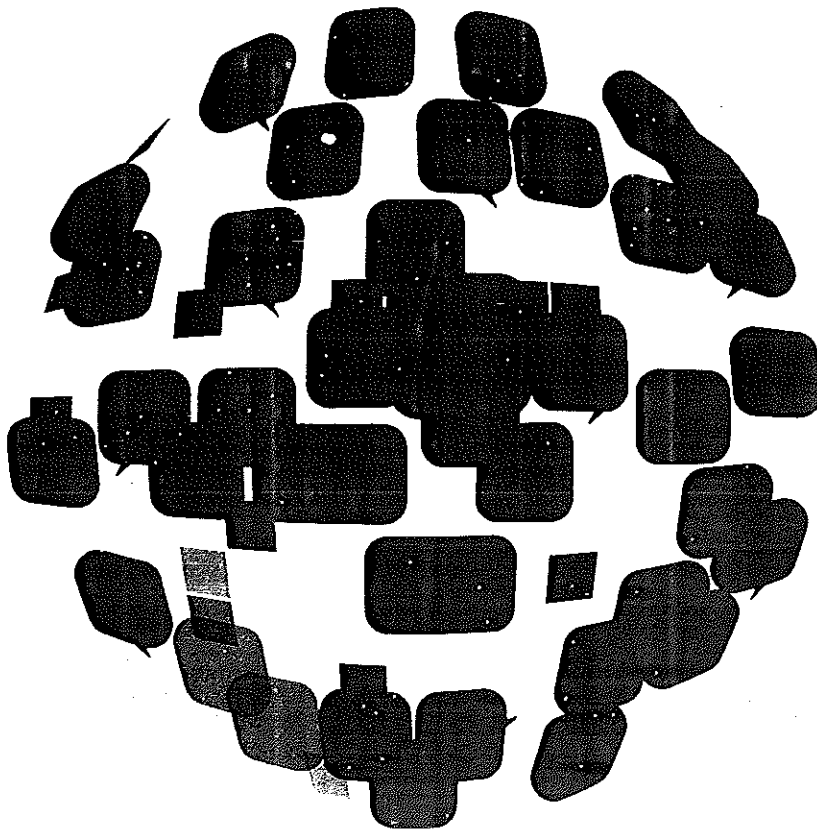


ENGLISH in Common

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.

1. He goes to the gym every day, so he's very handsome muscular short.
2. My pants are too small for me. I must be skinny short overweight.
3. I can't reach that shelf. I'm too tall skinny short.
4. Her mother is very short and very tall attractive handsome.
5. 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.

* this word also means "easily upset"

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.

4 Find and correct the mistakes.

1. I am hoping to meeting the artist at the exhibition.
2. I miss to see my friends and family.
3. I expect you be here at nine o'clock.
4. She offered help me.
5. He has decided taking a week off work.
6. We avoided to tell you earlier because of your exams.
7. You can't afford going out every night. It's too expensive.
8. I promised to going to her house this evening.
9. I want tell you what happened.
10. It seems be 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 to questions 1-4. Give yourself one point for every No you answered to 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 | |

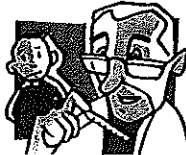
1. I've got a very _____
_____.



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.

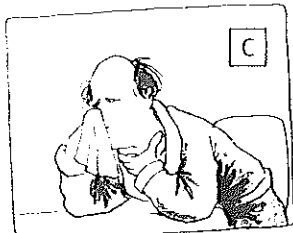
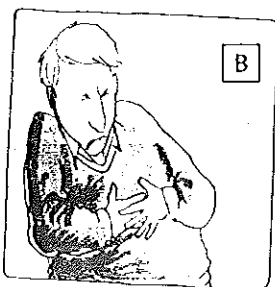
2

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"> Practitioners _____ (2.) about your health. Then, they give you a _____ (3.). Last, they _____ (4.) points on your body. |
| 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. |