

# 5A No time for anything

## 1 GRAMMAR comparative adjectives and adverbs, *as...as...*

- a Complete the sentences with the correct comparative form of the adjective / adverb.
- 1 My new boss is more patient than the old one. (patient)
  - 2 Pollution is \_\_\_\_\_ in cities than it is in the country. (bad)
  - 3 We aren't in a hurry. You can drive \_\_\_\_\_. (slowly)
  - 4 The summers here are \_\_\_\_\_ than they were in the past. (hot)
  - 5 I failed the test. I'll work \_\_\_\_\_ next time. (hard)
  - 6 It's \_\_\_\_\_ to my parents' house than it is to my boyfriend's. (far)
  - 7 You can make the dinner tonight. You cook \_\_\_\_\_ than me. (good)
  - 8 The Japanese diet is \_\_\_\_\_ than the American diet. (healthy)
  - 9 A motorbike is \_\_\_\_\_ than a car. (dangerous)
  - 10 Heathrow airport is \_\_\_\_\_ than Manchester airport. (busy)
- b Rewrite the sentences using *as...as*.
- 1 This car goes faster than that one.  
That car doesn't go as fast as this one.
  - 2 Her shoes were more stylish than her handbag.  
Her handbag wasn't \_\_\_\_\_.
  - 3 My boss's office is bigger than mine.  
My office isn't \_\_\_\_\_.
  - 4 Spain played better than the Netherlands.  
The Netherlands didn't \_\_\_\_\_.
  - 5 I drive more carefully than you.  
You don't \_\_\_\_\_.
  - 6 Laptops are more expensive than mobile phones.  
Mobile phones aren't \_\_\_\_\_.
  - 7 Harry looks more relaxed than Sally.  
Sally doesn't \_\_\_\_\_.
  - 8 His shirt was dirtier than his trousers.  
His trousers weren't \_\_\_\_\_.

## 2 VOCABULARY time expressions

Complete the sentences with these words.

in on save spend take waste

- 1 The flight to Beijing is going to take about 11 hours.
- 2 She needs to \_\_\_\_\_ more time studying.
- 3 I hope we arrive \_\_\_\_\_ time. My dad is meeting me at the airport.
- 4 Don't \_\_\_\_\_ time doing things you don't enjoy.
- 5 We'll \_\_\_\_\_ time if we go on the motorway. There's much less traffic.
- 6 My girlfriend gets very stressed when she's \_\_\_\_\_ a hurry.

## 3 PRONUNCIATION word stress

- a Underline the stressed syllable in these words.

- 1 fa|ster
- 2 cen|tre
- 3 pa|rents
- 4 a|go
- 5 chil|dren
- 6 pa|tient
- 7 pro|blem
- 8 co|mmu|ni|ca|tion
- 9 tra|di|ti|o|nal
- 10 a|round
- 11 se|conds
- 12 be|tter

- b Now circle the /ə/ sound.

- 1 faster

- c **iChecker** Listen and check. Then listen again and repeat the words.

## 4 READING

a Read the story.



# The fisherman and the banker

An American banker was on holiday abroad. He was walking on a beautiful beach near a small village. He saw a fisherman in his boat with a few fish in it.

'Great fish!' he said. 'How long did it take you to catch them?'

'Not very long,' answered the fisherman.

'Why didn't you stay at sea longer to catch some more?' asked the banker.

'There are just enough fish here to feed my family,' answered the fisherman.

Then the American asked, 'But what do you do the rest of the time?'

'I sleep late, I fish a little, I play with my kids, and I relax. In the evening, I go to see my friends in the village. We drink wine and play the guitar. I'm busier than you think. Life here isn't as...'

The American interrupted him. 'I have an MBA from Harvard University and I can help you. You're not fishing as much as you can. If you start fishing for longer periods of time, you'll get enough money from selling the fish to buy a bigger boat. Then with the money you'll get from catching and selling more fish, you could buy a second boat, and then a third one, and so on. Then instead of selling your fish to shops, you could sell them directly to a fish factory, or even open your own factory. Then you'll be able to leave your little village for the city, and finally move to New York, where you could direct the company.'

'How long will that take?' asked the fisherman.

'About 15 to 20 years,' answered the banker.

'And then?'

'Then it gets more interesting,' said the American, smiling and talking more quickly. 'When the moment comes, you can put your company on the stock market and you will make millions.'

'Millions? But then what?'

'Then you can retire, live in a small village by the sea, go to the beach, sleep late, play with your kids...'

b Mark the sentences T (true) or F (false).

- 1 The fisherman needed to catch more fish. *F*
- 2 The American thought he was very busy. *—*
- 3 The American wanted him to work harder. *—*
- 4 He told the fisherman to buy more boats. *—*
- 5 The American said that he couldn't live in New York. *—*
- 6 The American promised the fisherman a lot of money. *—*

## 5 LISTENING

a **Checker** Listen to five speakers talk about how their lives have changed. Who...?

- 1 has just started working from home *—*
- 2 has had a baby *—*
- 3 has lost his / her job *—*
- 4 has moved to a different country *1*
- 5 has retired *—*

b Listen again. Which two people are happiest about the changes?

\_\_\_\_\_

Who is the least happy?

\_\_\_\_\_

## USEFUL WORDS AND PHRASES

Learn these words and phrases.

abbreviations /əbrɪˈviːʃnɪz/

characters /kærəktəz/

nowadays /ˈnaʊədeɪz/

story /ˈstɔːri/

irritable /ˈɪrɪtəbl/

patient (opp *impatient*) /ˈpeɪʃnt/

queue /kjuː/

stressed /strest/

stressful /ˈstresfl/

tips /tɪps/



# 5B Superlative cities

## 1 GRAMMAR superlatives (+ ever + present perfect)

- a Complete the sentences with the superlative of an adjective from the box.

bad exciting far friendly good  
safe ugly wet

- The traffic is awful in the town centre. The best way to travel around is by underground.
- It rains a lot here in the Spring. The \_\_\_\_\_ month is April.
- The \_\_\_\_\_ I've ever driven is from London to Edinburgh. It took me eight hours.
- It was the \_\_\_\_\_ hotel I've ever stayed in. The service was awful, so we only spent one night there.
- The \_\_\_\_\_ buildings are in the new town. They really aren't nice to look at.
- The streets are very dangerous at night. The \_\_\_\_\_ place to be is in the hotel.
- The \_\_\_\_\_ part of our tour was in Rio de Janeiro. We saw the first day of the carnival.
- The \_\_\_\_\_ city I've ever visited is Vancouver. I found the people very helpful.

- b **Circle** the correct word or phrase.

- That hotel has the **dirtyier** / **dirtyest** rooms I have ever seen.
- It's **the most interesting** / **more interesting** museum in Edinburgh.
- This is the **more expensive** / **most expensive** souvenir I've ever bought.
- That restaurant serves the **better** / **best** pasta we've ever eaten.
- The summer is the **busiest** / **busiest** time of year.

- c Write sentences with *ever*.

- He / rude waiter / I / meet  
He's the rudest waiter I've ever met
- That / fast car / I / drive  
\_\_\_\_\_
- It / beautiful building / we / see  
\_\_\_\_\_
- That / healthy meal / he / eat  
\_\_\_\_\_
- It / good photograph / you / take  
\_\_\_\_\_
- This / exciting sport / I / do  
\_\_\_\_\_
- That / bad flight / we / have  
\_\_\_\_\_
- This / interesting city / I / visit  
\_\_\_\_\_

## 2 VOCABULARY describing a town or city

- a Complete the description of Llandudno.



Llandudno is a town in the <sup>1</sup>north of Wales on the <sup>2</sup>coast of the Irish Sea. It is about 35 miles <sup>3</sup>west of Liverpool. It has a <sup>4</sup>population of about 21,000, and is <sup>5</sup>famous as a seaside resort.

b Complete the sentences with the opposite of the adjectives in brackets.

- 1 Some of the buildings in the centre are quite *modern*. (old)
- 2 Los Angeles is a very p\_\_\_\_\_ city – there are so many cars. (clean)
- 3 New York is a very s\_\_\_\_\_ city these days. (dangerous)
- 4 Mumbai is an extremely n\_\_\_\_\_ city. (quiet)
- 5 Where's the most b\_\_\_\_\_ place you've ever been to? (interesting)
- 6 The subway in Tokyo is very c\_\_\_\_\_. (empty)

c Circle the different word.

1	cathedral	church	shopping centre
2	mosque	temple	town hall
3	market	castle	department store
4	statue	palace	museum

### 3 PRONUNCIATION word stress

a **iChecker** Listen and underline the stressed syllable.

- 1 beau|tiful
- 2 crow|ded
- 3 dan|gerous
- 4 ex|citing
- 5 fright|ening
- 6 ge|nerous
- 7 in|tere|sting
- 8 pol|luted
- 9 ro|man|tic

b Listen again and repeat the words.

### 4 LISTENING

a **iChecker** Listen to a radio travel programme about the Republic of Croatia. Tick (✓) the places that are mentioned in the programme.

- |             |                                     |               |                          |
|-------------|-------------------------------------|---------------|--------------------------|
| 1 Split     | <input checked="" type="checkbox"/> | 4 Zagreb      | <input type="checkbox"/> |
| 2 Dubrovnik | <input type="checkbox"/>            | 5 Trogir      | <input type="checkbox"/> |
| 3 Rijeka    | <input type="checkbox"/>            | 6 the islands | <input type="checkbox"/> |



b Listen again and answer T (true) or F (false).

- 1 Zagreb is an old city. T
- 2 50,000 people live in Dubrovnik. —
- 3 The palace is outside the city. —
- 4 You can get a ferry to visit the islands. —
- 5 The best time to visit is July and August. —

### USEFUL WORDS AND PHRASES

Learn these words and phrases.

- architecture /'ɑ:kitektʃə/
- culture /'kʌltʃə/
- inhabitants /ɪn'hæbɪtənts/
- without /wɪ'ðaʊt/
- nightlife /'naɪtlaɪf/
- several /'sevrəl/
- foreign /'fɒrən/
- romantic /rəʊ'mæntɪk/
- rude /ru:d/
- pretend (to do sth) /prɪ'tend/



# 5C How much is too much?

## 1 VOCABULARY health and the body

Complete the sentences with these words.

anxious bones brain faces illness prevent skin

- I'm anxious about my uncle's health because he's been ill for a long time.
- People suffering from a serious \_\_\_\_\_ often stay in hospital for a long time.
- You need to cover your \_\_\_\_\_ with sunscreen when you sunbathe.
- You can tell they've been in the sun – their \_\_\_\_\_ are very red.
- When you're old, your \_\_\_\_\_ can break more easily.
- Coffee can sometimes \_\_\_\_\_ you from sleeping.
- My grandmother can't walk very well, but her \_\_\_\_\_ is still active.

## 2 GRAMMAR quantifiers, too, not enough

- a Complete the sentences with *a few*, *a little*, *much*, *many* or *a lot of*.
- She's quite overweight because she eats a lot of sweets.
  - Can I ask you \_\_\_\_\_ questions about your diet? It won't take long.
  - Her children don't have a healthy diet – they don't eat \_\_\_\_\_ vegetables.
  - How \_\_\_\_\_ sugar do you have in your coffee?
  - Could I have \_\_\_\_\_ more tea, please?
  - I don't eat \_\_\_\_\_ fruit – I need to eat more.
  - How \_\_\_\_\_ hours do you spend in front of the TV every day?
  - \_\_\_\_\_ time in the sun is good for you, but no more than 15 minutes.
  - He's in his last year at school, so he gets \_\_\_\_\_ homework.
  - I only drink \_\_\_\_\_ cups of coffee a day – maybe two or three.





b Circle the correct phrase.

- I can't go to the party. I'm too / **too much** ill.
- I'm not very good at basketball. I'm not **enough tall** / **tall enough**.
- I couldn't live in the UK. It rains **too many** / **too much**.
- I'm not going to finish my homework. I don't have **enough time** / **time enough**.
- I can't sleep. I've eaten **too much** / **too many** chocolate.
- I can't carry my shopping home. I have **too much** / **too many** bags.
- I'm really unfit. I don't do **enough exercise** / **exercise enough**.
- I'm always tired. I don't **enough sleep** / **sleep enough**.

## 3 PRONUNCIATION /ʌ/, /u:/, /aɪ/, /e/

a **iChecker** Listen and write the words in the chart.

any diet enough few food healthy like many  
much none quite too

1	 up	enough		
2	 boot			
3	 bike			
4	 egg			

b Listen again and repeat the words.

## 4 READING

a Read the newspaper article. Which one of these fruits and vegetables do not count towards your five a day?

- |         |                          |           |                          |
|---------|--------------------------|-----------|--------------------------|
| beans   | <input type="checkbox"/> | potatoes  | <input type="checkbox"/> |
| peaches | <input type="checkbox"/> | cucumber  | <input type="checkbox"/> |
| carrots | <input type="checkbox"/> | peas      | <input type="checkbox"/> |
| plums   | <input type="checkbox"/> | pineapple | <input type="checkbox"/> |

b Read the article again and write T (true) or F (false).

- The campaign to eat more healthy food in the UK is called Six a Day. F
- Fruit in a can isn't good for you. —
- Frozen vegetables don't count towards your five a day. —
- Only 100% pure fruit juice counts as a portion. —
- One mandarin orange counts as one portion. —
- You have to eat many tomatoes to get one portion. —
- A large spoonful of vegetables doesn't count as a portion. —

c Look at the **highlighted** words. What do you think they mean? Check with your dictionary.

## 5 LISTENING

a **iChecker** Listen to two people doing a quiz about body age. How old is Alice? What is her body age?

b Listen again and complete the sentences.

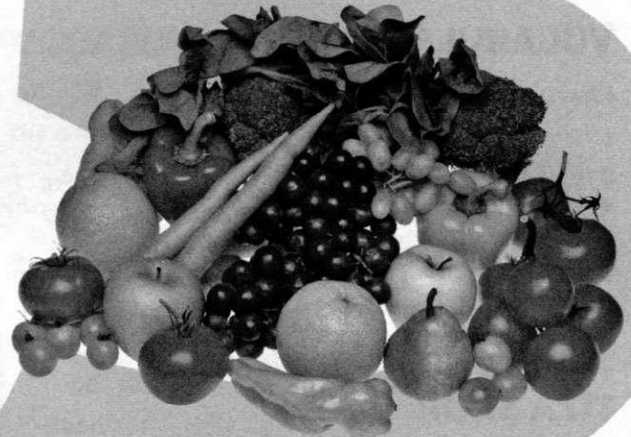
- Alice walks quite a lot every day.
- She does \_\_\_\_\_ sport or exercise.
- She doesn't eat \_\_\_\_\_ fast food.
- She eats \_\_\_\_\_ fruit and vegetables.
- She's a very \_\_\_\_\_ person.
- She's \_\_\_\_\_ stressed.
- She sees \_\_\_\_\_ close friends regularly.
- She doesn't have \_\_\_\_\_ time for herself.

### USEFUL WORDS AND PHRASES

Learn these words and phrases.

bones /bəʊnz/	skills /skɪlz/
brain /breɪn/	skin /skɪn/
face /feɪs/	sunlight /'sʌnlaɪt/
illness /'ɪlnəs/	sunscreen /'sʌnskri:n/
prevent /prɪ'vent/	anxious /'æŋkʃəs/

# Five a Day



How much fruit do you eat every day? And how many vegetables? Food experts today think that we don't have enough of these foods in our diet and they say that we eat too much **fat** and sugar. This is why the World Health Organization has started a **campaign** to encourage us to eat more fruit and vegetables. The campaign in the UK is called Five a Day.

## Why eat fruit and vegetables?

Fruit and vegetables are full of important vitamins and minerals which our bodies need to be healthy. Scientific studies have shown that eating a lot of them can prevent some illnesses like diabetes and obesity. Also, fruit and vegetables don't contain much fat and they don't have many **calories**, so they help to keep us slim.

## What counts?

Nearly all fruit and vegetables count towards your five a day, except potatoes. The food can be fresh, frozen, or in a can, like peaches or peas. It can be **raw**, cooked, or even **dried**, like raisins or banana chips. A glass of 100% fruit juice with no added sugar also counts as one portion.

## How much is a portion?

A portion of fresh fruit or vegetables depends on the size of the food. In the case of small-sized fruit like plums or mandarin oranges, one portion is two pieces of fruit. A piece of medium-sized fruit like an apple, an orange, or a pear also counts as one portion. With larger fruit like melon and pineapple, one portion is a 5 cm slice. We use the same method for calculating portions with vegetables. In the case of salad vegetables, a medium-sized tomato or a 5cm piece of cucumber count as one portion each. For smaller, cooked vegetables like beans and carrots, one portion is three large spoonfuls of vegetables.