

10A Where do I belong?

1 LEXIS IN CONTEXT

Interview with David and Emma Illsley

Look at the Lexis in Context on Student's Book p.95. Then complete the sentences with idioms and phrasal verbs.

- I've always **had a hankering** to live by the sea, so we've been looking at properties on the coast.
- We **r_____ out** the possibility of going to China because it was too expensive.
- She **turned her b_____ on** her parents when they needed her, claiming that she was too busy to help.
- Treating his injuries was one thing, but getting him to walk again was **a bigger h_____**.
- My father let me have his old car for **next to n_____**.
- If you need some **consumer d_____**, go to the Scottish Highlands; you won't see a shop for miles.
- As we were walking through the countryside, we **st_____ on** the ruins of a castle.
- My niece **had a b_____** during her first year of university; it was one big party.

2 GRAMMAR adding emphasis (2): cleft sentences

a Match the sentence halves.

- | | |
|--------------------------------------|--------------------------|
| 1 It was the shellfish | <input type="checkbox"/> |
| 2 All I want | <input type="checkbox"/> |
| 3 The reason why you weren't invited | <input type="checkbox"/> |
| 4 What happened | <input type="checkbox"/> |
| 5 All I did | <input type="checkbox"/> |
| 6 The day I moved into my new house | <input type="checkbox"/> |
| 7 What happens | <input type="checkbox"/> |
| 8 The thing I admire most about him | <input type="checkbox"/> |

- a was say what I thought.
b was when I first met Miranda.
c is that you order and pay at the bar, and then we bring the food to your table.
d is a bit of sympathy.
e is his determination to enjoy life.
f was that we took the wrong turning off the motorway.
g is that you'd said you'd be away.
h that made everybody ill.

b Rewrite the sentences to give them extra emphasis, starting with the word(s) given.

- She just wanted to apologize.
All *she wanted was to apologize* _____.
- I spoke to the assistant manager, not the manager.
The person _____.
- I didn't buy the bag because it was too expensive.
The reason _____.
- Her grandmother taught her how to bake bread.
It _____.
- Jane shut the door with her keys still inside.
What happened _____.
- I need a good, long rest.
What _____.
- I was impressed by how quickly she learnt Italian.
The thing _____.
- My parents live in a very picturesque village.
The village _____.



3 PRONUNCIATION

intonation in cleft sentences

a **iChecker** Listen and write the sentences.

- _____
- _____
- _____
- _____
- _____
- _____

b Practise saying the sentences.

4 LEXIS IN CONTEXT

Tea and sandwiches with the Queen

Look at the Lexis in Context on Student's Book p.97. Then complete the sentences with the formal words.

acquiring dispiriting entered gravely melancholy
on primary proceedings reflecting seek

- 1 His primary concern is his family, not his career.
- 2 _____ returning home, they discovered that their house had been burgled.
- 3 The gallery is in the process of _____ an original Picasso.
- 4 He seemed completely uninterested in the _____ and appeared to fall asleep.
- 5 It was a bit _____ to see our team defeated last season in every match they played.
- 6 The psychiatrist nodded _____ as the patient explained his problem.
- 7 Everyone went quiet when the speaker _____ the room.
- 8 I often find myself _____ on what would have happened had I followed a different career path.
- 9 You should _____ advice from a lawyer if you have any doubts about your rights.
- 10 I am always overcome by a feeling of _____ when the summer is over.

5 VOCABULARY

words that are often confused

a **Circle** the correct word.

- 1 The company is going to advertise / announce the vacancy in the local newspaper.
- 2 The next time my brother asks me for a loan, I'm going to refuse / deny.
- 3 Monica feels a bit dizzy, so she's gone to lie / lay down for a while.
- 4 I suppose I'll get married one day, but right now I'm not ready to make a compromise / commitment.
- 5 Some people say that gas is more economic / economical than electricity, but I'm not so sure.
- 6 We were delighted with our suit / suite – it had a balcony with a hot tub.
- 7 Let's eat out tonight. I'm starving and, beside / besides, I don't fancy cooking.
- 8 The actress is actually / currently dating her bodyguard after her marriage broke up last year.
- 9 She was extremely ashamed / embarrassed when her trousers ripped as she sat down.
- 10 Global warming affects / effects the world's weather in many ways.

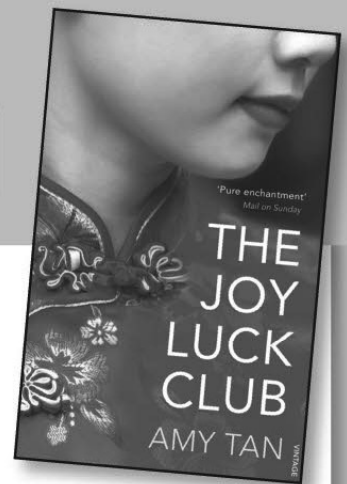
b Complete the sentences with the words you didn't circle in a.

- 1 The managing director is going to announce his retirement at the next board meeting.
- 2 We sat on the grass _____ the river and had a picnic on Saturday – it was idyllic!
- 3 People are very concerned about the _____ situation in this country.
- 4 Doctors recommend mothers to _____ their babies on their backs when they put them to bed.
- 5 You should be _____ of yourself for being so rude to my friends.
- 6 Being overweight can have serious long-term _____ on your health.
- 7 It's miserable weather, but I don't think you need an umbrella because it isn't _____ raining.
- 8 It's a formal dinner, so all the men will be wearing a _____.
- 9 I wanted to go to the cinema and my girlfriend wanted to stay at home, but we finally reached a _____ and watched a DVD instead.
- 10 You can't _____ you've had one of my chocolates – there were three in the box and now there are only two!

6 LISTENING

- a **iChecker** Listen to a radio programme about a book. In general, does the story have a sad or a happy ending?
- b Listen again and mark the sentences **T** (true) or **F** (false).
- 1 Nazneen hadn't met Chanu before she joined him in England.
 - 2 Nazneen's new husband doesn't live up to her expectations.
 - 3 Nazneen rebels from the start against her new life in London.
 - 4 Nazneen's feelings for her husband remain the same throughout the novel.
 - 5 Nazneen's sister, Hasina, chose her own husband.
 - 6 Nazneen doesn't make any friends while she is in London.
 - 7 Nazneen's outlook on life changes as the novel progresses.
 - 8 It is Nazneen's lover, Karim, who teaches her how to speak English.
- c Listen again with the audio script on p.76 and try to guess the meaning of any words that you don't know. Then check in your dictionary.

The Joy Luck Club is the story of four Chinese mothers and their first-generation Chinese-American daughters; two generations of women **struggling** to come to terms with their cultural identity. Here Lindo Jong, one of the mothers, talks about her daughter, Waverley.



7 READING

a Read an extract from *The Joy Luck Club* by Amy Tan. Choose the sentence that best describes Lindo Jong's feelings about her daughter.

- 1 She is proud that her daughter can blend in with Chinese culture.
- 2 She regrets not being able to instil Chinese values in her daughter.
- 3 She is disappointed that her daughter does not take advantage of opportunities.

b Read the extract again and choose **a, b, c, or d**.

1 Lindo thinks her daughter will not be mistaken for a native-born Chinese mainly because of the way she...

- | | |
|----------|-----------|
| a speaks | c smiles |
| b looks | d dresses |

2 Lindo's daughter...

- a now wishes she had learnt to speak Chinese
- b never behaved like a Chinese person
- c has forgotten all the Chinese she ever knew
- d became less Chinese as she grew older

3 What Lindo most likes about the American way of life is that...

- a you don't have to accept your fate
- b education is free for everyone
- c you can choose your religion
- d other people always help you

4 Which of these is *not* an aspect of Chinese character, according to Lindo?

- a hiding your real feelings
- b doing what your parents tell you to do
- c showing off
- d being aware of your strengths

5 Lindo gives the example of the chewing gum to show that...

- a her daughter was stupid as a child
- b American habits were very easily acquired by her daughter
- c the American way of life is inferior to the Chinese
- d young people don't pay attention to adults

c Look at the **highlighted** verbs in the extract. What do you think they mean? Check in your dictionary.

LINDO JONG

Double Face

My daughter wanted to go to China for her second honeymoon, but now she is afraid.

'What if I **blend in** so well they think I'm one of them?' Waverley asked me. 'What if they don't let me come back to the United States?'

'When you go to China,' I told her, 'you don't even need to open your mouth. They already know you are an outsider.'

'What are you talking about?' she asked. My daughter likes to speak back. She likes to question what I say.

'Aii-ya,' I said. 'Even if you put on their clothes, even if you take off your makeup and hide your fancy jewelry, they know. They know just watching you walk, the way you carry your face. They know you do not belong.'

My daughter did not look pleased when I told her this, that she didn't look Chinese. She had a sour American look on her face. Oh, maybe ten years ago, she would have **clapped** her hands – hurray! – as if this were good news. But now she wants to be Chinese, it is so fashionable. And I know it is too late. All those years I tried to teach her! She followed my Chinese ways only until she learned to walk out the door by herself and go to school. So now the only Chinese words she can say are *sh-sh*, *houche*, *chr fan* and *gwan deng schweijyau*. How can she talk to people with those words only? Pee-pee, choo-choo train, eat, close light sleep. How can she think she can blend in? Only her skin and her hair are Chinese. Inside – she is all American-made.

It's my fault she is this way. I wanted my children to have the best combination: American circumstances and Chinese character. How could I know these two things do not mix?

I taught her how American circumstances work. If you are born poor here, it's no lasting shame. You are first in line for a scholarship. If the roof crashes on your head, no need to cry over this bad luck. You can **sue** anybody, make the landlord fix it. You do not have to sit like a Buddha under a tree letting pigeons drop their dirty business on your head. You can buy an umbrella. Or go inside a Catholic church. In America, nobody says you have to keep the circumstances somebody else gives you.

She learned these things, but I couldn't teach her about Chinese character. How to obey parents and listen to your mother's mind. How not to show your own thoughts, to put your feelings behind your face, so you can take advantage of hidden opportunities. Why easy things are not worth **pursuing**. How to know your own worth and polish it, never **flashing it around** like a cheap ring. Why Chinese thinking is best.

No, this kind of thinking didn't **stick to** her. She was too busy chewing gum, blowing bubbles bigger than her cheeks. Only that kind of thinking stuck.

'Finish your coffee,' I told her yesterday. 'Don't throw your blessings away.'

'Don't be so old-fashioned,' she told me, finishing her coffee down the sink. 'I'm my own person.'

And I think, How can she be her own person? When did I give her up?

10B A good sport

1 LEXIS IN CONTEXT

Battle of the workouts

Look at the Lexis in Context on Student's Book p.99. Then complete the words connected with the body and exercise.

- 1 The swimmer filled her **lungs** with air before she dived into the pool.
- 2 I've started doing **s** _____ **-u** _____ every morning to strengthen my stomach muscles.
- 3 Cyclists usually have very muscular **th** _____.
- 4 Some experts now say that just three minutes of **v** _____ exercise a week is enough to improve your fitness.
- 5 She went to see a doctor about a chronic pain in the lower area of her **sp** _____.
- 6 My brother is in **tr** _____ to participate in next year's London Marathon.
- 7 After taking up yoga, she noticed she had more **fl** _____ in her joints.
- 8 The trainer makes the players do ten **pr** _____ **-u** _____ if they miss football practice.
- 9 You should warm up and **st** _____ your muscles before playing sport.
- 10 Many people focus on their arms and legs in the gym, but I try to strengthen my **tr** _____ as well.

2 VOCABULARY

word building: adjectives, nouns, and verbs

Complete the sentences with the correct form of the words in brackets.

- 1 She added some flour to thicken the sauce. (thick)
- 2 My son is now the same _____ as me! (high)
- 3 The builders need to _____ the ground before they can build the new car park. (flat)
- 4 The sleeves of my new jacket are too long. Can you _____ them for me? (short)
- 5 My grandmother can't walk very far – she has no _____ in her legs. (strong)
- 6 Check the _____ before diving in. (deep)
- 7 Working so hard for so long _____ his health and finally he fell ill. (weak)
- 8 This mascara promises to _____ your eyelashes, but I'm not sure I believe it. (long)
- 9 We measured the _____ of the space before buying a new cupboard. (wide)

3 GRAMMAR relative clauses

a (Circle) the correct answers. One, two, or three of the answers may be correct. (— = no relative pronoun)

- 1 The referee showed a red card to the players (that) (who) / — had been fighting.
- 2 This is the room that / where / which the players get changed.
- 3 He only scored two goals last season, both that / of which / which were penalties.
- 4 She's the model which / who / whose husband plays basketball for the NBA.
- 5 The surface where / which / — Spanish tennis players like best is clay.
- 6 We lost the final 3-2, that / which / — was a shame.
- 7 That's the match that / which / — I saw live at their stadium.
- 8 Our coach doesn't know that / what / which is wrong with our best player.
- 9 My sister, that / who / — once played hockey for England, has recently qualified as a P.E. teacher.
- 10 The woman who / whom / to whom he dedicated the goal is his new girlfriend.

b Join the sentences using a relative pronoun if necessary and the right punctuation if it is a non-defining relative clause.

- 1 A friend gave us the tickets. He couldn't go to the match.
The friend who gave us the tickets couldn't go to the match.
- 2 My cousin is a cross-country runner. He has been given a scholarship by an American university.
My cousin _____.
- 3 There's been a frost. This means that the match will probably be cancelled.
There _____.
- 4 Our team has two goalkeepers. Neither of them can play next weekend.
Our team _____.
- 5 I've only had these trainers for a week. They've broken already.
These trainers _____.
- 6 We spoke to a steward. He directed us to our seats.
We _____.
- 7 I bought a new racket for my son. It wasn't very expensive.
The racket _____.
- 8 The showers are very rarely cleaned. Many of them do not work properly.
The showers _____.

4 PRONUNCIATION homographs

a Match the phonetics to the sentences.

1 **b** /kən'tent/

a /'kɒntent/

a The problem with your essay is not the style, but the content.

b The problem with my parents is that they're never content with anything I do.

2 /ju:z/

/ju:z/

a They've prohibited the use of chemical weapons.

b They use uranium to produce nuclear energy.

3 /kləʊz/

/kləʊs/

a Can you close the window, please? I'm cold.

b Can you move up? You're sitting too close to me.

4 /teə/

/tɪə/

a I cried in pain and wiped away a tear.

b I would never tear a page out of a library book.

5 /maɪ'nju:t/

/'mɪnɪt/

a I'm still hungry. That restaurant serves minute portions of food.

b Let's wait outside. The restaurant will be open in a minute.

6 /raʊ/

/rəʊ/

a We're not speaking because we've had a row.

b We sat in the back row so we couldn't be seen.

7 /waʊnd/

/wʊnd/

a She cleaned his wound and put on a plaster.

b She wound the string into a ball to use it later.

b **iChecker** Listen and check. Practise saying the sentences.

5 LISTENING

a **iChecker** Listen to a radio programme about children and sport. Which sport are the children learning and how competitive is it?

b Listen again and complete the notes.

Joseph Ting and Luke Walden are the ¹_____ of a children's sports club called Rugby Munchkins. The youngest members are only ²_____ years old. The club is open to ³_____. Classes are held on Saturday and ⁴_____ and are ideal for children who enjoy doing ⁵_____ activities. Coaches teach the sport by playing ⁶_____ with the children. One of these is called Hungry Munchkins, and the aim is for the children in ⁷_____ teams to collect the balls which belong to their team. Older children sometimes play a match, and after the final whistle, they are all given a ⁸_____ as a reward.



c Listen again with the audio script on p.76 and try to guess the meaning of any words that you don't know. Then check in your dictionary.

6 READING

a Read the article once. According to Michael Mosley, which of the following is most likely to keep a person healthy?

- 1 Going on a strict diet.
- 2 Short periods of exercise.
- 3 Cycling for an hour.
- 4 Going to the gym.

b Six sentences and paragraphs have been removed from the article. Read it again and match A–G to the gaps 1–6. There is one sentence or paragraph you do not need to use.

- A So that's the problem with exercising at the gym. You walk **briskly** on the treadmill for 30 minutes (200 calories). You then have a congratulatory muffin. You've burnt 200 calories and consumed 500. It doesn't compute.
- B I'm still unconvinced that a mere three minutes' vigorous exercise a week can control our fitness, predict our future health and prevent common diseases, but Mosley has no doubts.
- C So, if diets tend not to work, what about exercise? Surely regular visits to a gym – 20 minutes on the bike or running machine, two or three times a week – will do the trick?
- D The 54-year-old graduated in Philosophy, Politics and Economics from Oxford University and spent a couple of years in banking, following, one assumes, in the footsteps of his banker father. He, though, changed direction.
- E I order tea for both of us first and then begin my questioning. I start by asking Mosley to what extent a change in eating habits can improve one's health.
- F Mosley explains that he keeps moving by getting up and walking around every hour when he's working at his desk. He cycles a mile and a half to the station every day, building a minute of HIT into his trip, and takes the stairs instead of the lift.
- G 'Scientists are looking at what's required for good health. And it's inactivity that causes the problems of fat around the organs and the metabolic problems that lead to diabetes. The average person sits for 12 to 14 hours a day.'

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

The truth about exercise?

I am comfortably seated by the fire in the tearoom of Brown's Hotel in London when a bundle of energy comes to a halt at my side. Enter Michael Mosley, the BBC's most valuable communicator of complex scientific ideas. We're here to discuss his latest theory: that three minutes of vigorous exercise a week is enough to keep you healthy; and that, generally speaking, exercise contributes very little to weight loss.

¹ ____ He launches into an explanation of why diets generally fail. 'It's not that people are **weak-willed**. It's pretty easy to lose weight quickly on a strict diet, but then the body conspires against you. Fear of starvation is a basic instinct. As you lose weight your metabolic rate slows. Your body encourages you to conserve calories by moving less. The brain tells the nerve cells in your intestine that you're hungry. Thus, 95 per cent of diets fail.'

² ____ 'Not so. We grossly underestimate the amount of time you need to burn calories. If you cycle steadily for an hour you'll burn 500 calories. That's one muffin. You'd have to cycle from Nottingham to Leeds – 78 miles – to burn a pound of fat, and one experiment in the USA showed that even thinking about exercise **triggers** the hormonal response that makes you want to eat.'

³ ____ Putting weight loss aside, can just three minutes of exercise a week really be as useful as three hours on the **treadmill**? The answer lies, it seems, in the acronym HIT. It stands for High-Intensity Interval Training, and research suggests that this short-burst approach is highly effective.

⁴ ____ 'But if we move around, we activate a protein which takes fat out of the **bloodstream** and transfers it to the muscles, where it can be burnt.'

⁵ ____ 'What studies are showing is that keeping active is the answer to many problems,' he says. The HIT approach, combined with gentler exercise such as walking from room to room, will **do the trick**.

⁶ ____ Mosley isn't at all worried about the damaging impact this research could have on the gym and dieting industries. He heads off to the station at a smart pace. I pay the bill and catch a cab. Must do better!

