

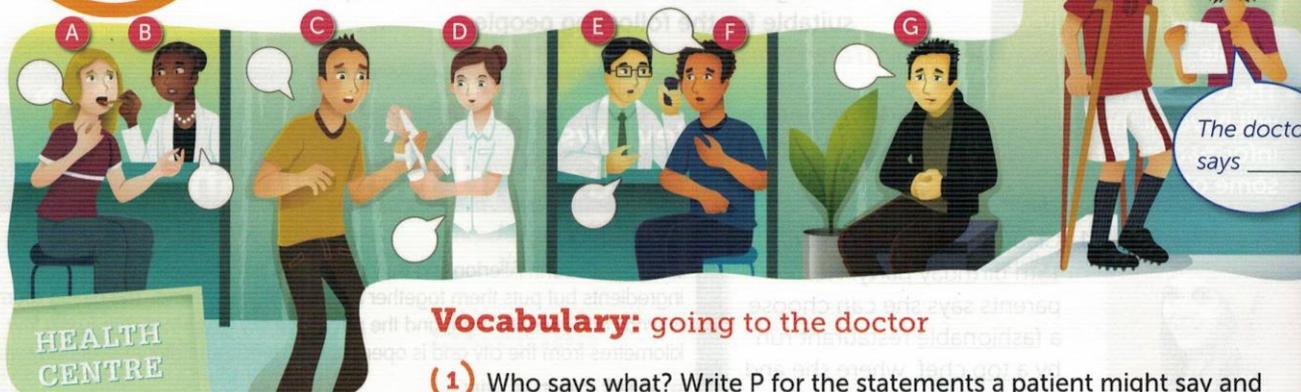


HOW DO YOU FEEL?

5.1

It's terribly painful

E Listening Part 1 | V going to the doctor | L adverbs and adverbial phrases



HEALTH CENTRE

RECEPTION
The doctor says _____

Language booster

should / ought to

We use *should* and *ought to* when we are giving advice.

You should have an X-ray.

You ought to go home and lie down.

Vocabulary: going to the doctor

(1) Who says what? Write P for the statements a patient might say and D for the statements a doctor might say.

- | | |
|--|--|
| <u>P</u> 1 I hope I haven't broken my ankle. It's terribly painful. | ___ 6 I've cut myself. It's still bleeding. |
| ___ 2 I've got a really sore throat and a nasty cough. | ___ 7 I've got stomach ache and I feel sick. |
| ___ 3 Open wide and I'll have a look. | ___ 8 I've got earache and a temperature. |
| ___ 4 I'll give you a prescription for some painkillers. You should take one tablet three times a day. | ___ 9 I'll put a bandage on it for you. |
| ___ 5 You ought to go home and lie down, and you shouldn't eat anything for 24 hours. | ___ 10 You should have an X-ray. |

(2) Match the statements in Activity 1 to the people in the pictures. There is one statement you won't need.

(3) You and your partner both have health problems. Give each other advice. Student A, look at page 64. Student B, look at page 66.

Exam practice: Listening Part 1

(5.1 4) For each question, choose the correct answer.

1 What has the tennis player injured today?

2 What should the girl stop doing?



A

B

C

A

B

C

3 Where will Rosie go tomorrow?

4 What happened to Molly on holiday this year?



A

B

C

A

B

C

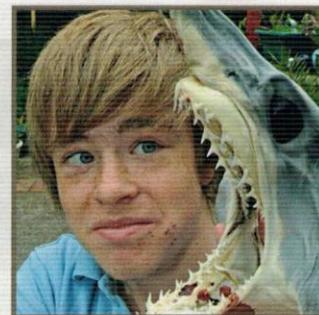
Reading

- (5) Look at the headline and the photo. What do you think happened? Read the article. Were you right?

SHARK ATTACKS BOY IN HIS BEDROOM

A shark attack in a bedroom miles from the sea may sound unbelievable, but that is what happened to 14-year-old Sam Hawthorne. Mrs Hawthorne was woken **suddenly** by loud screams **from Sam's room in the middle of the night** and thought Sam was having a bad dream. When she **nervously** went to check, she found the shark's teeth had stuck **firmly in Sam's cheek** and there was blood on his pyjamas from the wound.

Sam had **accidentally** sleepwalked into the jaws of a long-dead souvenir shark that was hanging on his bedroom wall. Luckily the teeth did not go **near his eye**, but he is likely to have a scar. Sam needed a day off school **afterwards** to recover from his accident. "Most students say the dog has eaten their homework. My excuse was I have been bitten by a shark." The school **officially** recorded the reason for his absence as 'shark attack'.



- (6) Are these sentences correct?

	YES	NO
1 The Hawthorne family live on the coast.	<input type="checkbox"/>	<input type="checkbox"/>
2 Mrs Hawthorne woke up when Sam sleepwalked into her room.	<input type="checkbox"/>	<input type="checkbox"/>
3 Sam didn't go to school on the day after the accident.	<input type="checkbox"/>	<input type="checkbox"/>

105 Language focus: adverbs and adverbial phrases

- (7) Divide the **highlighted** words and phrases from the article into:

- Adverbs of manner (tell us how): _____
- Adverbs of time (tell us when): _____
- Adverbs of place (tell us where): _____

- (8) Complete the rules.

- Adverbs of manner usually go **before** / **after** the verb.
- If there is more than one adverb the order is usually:

→ →

- (9) Add the words on the right to Mrs Hawthorne's letter to Sam's teacher. There may be more than one correct place for some words.

Dear Mr Kemp,
I am sorry Sam wasn't at school.
He was bitten.
The doctor said Sam ought to rest.
Yours sincerely,
Sally Hawthorne

← yesterday very
← in his room during the night by a shark
← at home quietly for 24 hours

- (10) Make adverbs from the adjectives.

angry happy noisy polite quick quiet rude slow

- (11) Talk about one of the topics in the manner of one of the adverbs above. Your partner must guess which adverb you chose.

my pet an accident the internet my town TV stars my family

5.2

Exercise needn't be boring



E Reading Part 5 | V compound adjectives | L -ing and -ed adjectives



Exam practice: Reading Part 5

(1) Read the article quickly and match the pictures to the steps.

A four-step plan for healthy living

STEP 1

Try to eat a wide variety of different foods. You can do this easily by increasing the (1) _____ of fruit, vegetables, whole grains and freshly-squeezed juice in your diet. These foods will (2) _____ you against disease and ageing.

STEP 2

Reduce the quantity of sugary and high-fat food in your diet. Because this kind of food (3) _____ so good, it's easy to eat too much of it. Remember, for long-lasting (4) _____ you should make these changes permanent.

STEP 3

Do more exercise. Exercise needn't be boring and you'll feel relaxed afterwards. Try learning an unusual sport. Don't worry if you can't afford to join a gym there are (5) _____ of low-cost options, such as jogging.

STEP 4

Be kind to yourself! Don't get too tired and make sure you (6) _____ enough sleep. This is the key to a healthy, stress-free life.

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Exam tip

- Read the whole text once before you try to answer the questions.
- Look at what comes before and after the space to help you decide which word fits best.

(2) Read the article again and choose the correct word for each space.

- | | | | |
|--------------|-----------|-----------|-----------|
| 1 A sum | B amount | C size | D total |
| 2 A save | B hold | C protect | D support |
| 3 A tries | B eats | C tastes | D pleases |
| 4 A benefits | B favours | C rewards | D prizes |
| 5 A many | B enough | C several | D plenty |
| 6 A fall | B take | C have | D go |

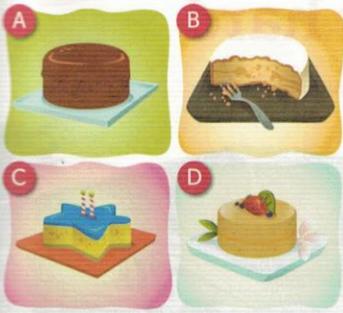
(3) Find out which of the four steps your classmates already do. Who has the healthiest lifestyle?

Vocabulary: compound adjectives

(4) Read the definition. Which word in the title of the article is a compound adjective? Underline five more in the article.

compound adjective *n.*

an adjective made with two or more words joined together with a hyphen



5 Match the pictures to the descriptions.

- 1 a low-fat cake _____
- 2 a star-shaped cake _____
- 3 a chocolate-covered cake _____
- 4 a half-eaten cake _____

6 Use one word from each box below to make compound adjectives. Complete the phrases below in as many ways as you can.

badly highly long low
recently two well

broken cost fat kilometre
lasting opened qualified run

- 1 a _____ ankle
- 2 _____ changes
- 3 a _____ diet
- 4 a _____ sports centre
- 5 _____ staff
- 6 a _____ race

105 Language focus: -ing and -ed adjectives

7 Look at the examples and complete the rules with -ing or -ed.

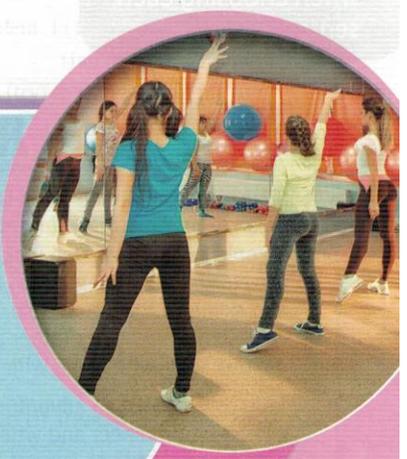
Exercise needn't be boring.
You'll feel relaxed afterwards.
Don't get too tired.

- 1 _____ adjectives describe people or situations.
- 2 _____ adjectives describe how they make you feel.

8 Complete the text with an adjective form of the word in brackets.



How often have you started an exercise programme but stopped after a few weeks because you got (1) _____ (bore)? At Active Fitness we offer a wide range of sport and fitness facilities, so there's always something to keep you (2) _____ (interest). Our highly-qualified staff know how to design (3) _____ (excite) programmes that will keep you (4) _____ (satisfy) week after week. After a session with us you'll feel (5) _____ (relax) and ready to face the world. And we have a final promise – if you join and find our facilities (6) _____ (disappoint) in any way, we'll give you your money back. So call today for a free trial – you won't regret it!



Speaking

9 Role-play joining a health club. Student A, look at page 64. Student B, look at page 66.

5.1

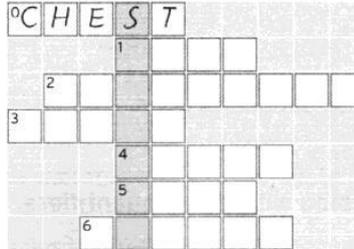
It's terribly painful



Language practice

1 Use the clues to complete the puzzle with parts of the body. Which other word do the highlighted letters spell?

- 0 The doctor sometimes listens to this.
- 1 You have five of these on each foot.
- 2 These are between your neck and your arms.
- 3 You have one on each hand.
- 4 This is where your foot joins your leg.
- 5 This is at the bottom of your face.
- 6 This gets sore when you have a bad cough.



2 Cross out the incorrect word in each group in these sentences.

- 1 Moira **caught** / ~~kept~~ / **got** a cold at the weekend and now she's got a **sore** / **nasty** / **bad** cough as well.
- 2 She got some medicine from the chemist's, but it **smelt** / **looked** / **felt** so disgusting that she didn't **eat** / **take** / **try** it.
- 3 Luckily Tom wasn't **badly** / **heavily** / **seriously** hurt when he fell off his bike, although he's got a big **dressing** / **bandage** / **damage** on his knee.
- 4 Take one **tablet** / **medicine** / **painkiller** before you go to bed if you still have a **fever** / **hurt** / **headache**.

3 Put the first aid advice in the right order and match it to the problems below.

- 0 a clean dressing / You ought to / with a bandage / over the cut / tie / .

You ought to tie a clean dressing over the cut with a bandage.

C

- 1 hold it / You should / under cold running water / for at least ten minutes / .

- 2 for a few minutes / You ought to / quietly with / above your head / your feet / lie down / .

- 3 You should / for ten minutes / firmly / the soft part of your nose / hold / .

A I've burnt my arm on the oven door.

B I'm having a nose bleed.

C I've cut myself.

D I feel a bit faint.

Exam practice: Writing Part 2

4 You have to hand in a piece of work today, but you had an accident and it is not finished yet. Write an email to your teacher.

In your email, you should

- apologise
- explain why it isn't finished
- say when you will hand it in.

Write 35-45 words.

5.2

Exercise needn't be boring

Language practice

- 1 Pablo loves the new sports centre in his town. Choose the correct words to complete his blog.



I went to the new swimming pool yesterday - it's **(1) amazed / amazing!**
 The diving boards are so high they look really **(2) frightened / frightening.**
 The lifeguards at the pool looked rather **(3) boring / bored** - I suppose that's because they don't find the job very **(4) interested / interesting.**
 I was really **(5) surprised / surprising** when they turned the wave machine on. It's absolutely brilliant!
 My little sister is very **(6) excited / exciting** about coming with me next time.

Exam practice: Reading Part 2

- 2 These people all want to improve their health and fitness. Read about the fitness centres below and decide which fitness centre would be the most suitable for them.



- 1 Paulina is a runner and recently broke a bone in her foot. She needs help with a daily exercise programme to help her improve her fitness before she starts racing again.



- 2 Louis and Jane would like to take their seven-year-old twin boys to a fitness centre on Saturdays and Sundays. They would all like to do a different activity.



- 3 Leroy works in a city office and would like to get fit by swimming regularly in his lunch hour during the week.

A Bodyspace

Forget the stress of everyday life in our ultra-modern gym and 20-metre swimming pool in the heart of the business district. Membership benefits include a free fitness check and a personal diet plan prepared by one of our friendly gym staff. There are discounts for families.

B Chestnuts Health Club

Located in the city centre, this fitness club has weights, cycles, a dance studio, steam room and sauna, making it perfect for a lunchtime workout. There is also a beauty salon and a juice bar. Membership can be for one, three or twelve months.

C Eastwick Leisure

This lively public leisure centre has over 100 very reasonably-priced activities including weekend games sessions for kids. There is a 25-metre pool (closed weekdays 9 a.m.-3.30 p.m. for local schools) plus a gym and a children's pool. For relaxation there are sunbeds and steam rooms. There's also a snack bar and a baby-care room.

D Empire Health Club

This members-only sports club has two floors of serious fitness and weight-training equipment, including boxing facilities. There is a steam room to relax in after your session. Tuesdays and Thursdays are for women only. Mondays, Wednesdays and Fridays are reserved for men.

E Lifeline

Our modern, fully-equipped gym is open to members seven days a week with 25 different classes, each suitable for a range of fitness levels. Whether you want to lose weight or recover from an injury, we can offer you a professional personal trainer to help you achieve your goals.

-ing and -ed adjectives

-ing adjectives <i>Tell us what sth is like</i>	-ed adjectives Describe how we feel.		
1. alarming	alarmed	31. shocking	shocked
2. annoying	annoyed	32. relaxing	relaxed
3. astonishing	astonished	33. amusing	amused
4. boring	bored	34. amazing	amazed
5. captivating	captivated	35. entertaining	entertained
6. challenging	challenged	36. gratifying	gratified
7. charming	charmed	37. insulting	insulted
8. comforting	comforted	38. relieving	relieved
9. confusing	confused	39. threatening	threatened
10. convincing	convinced	40. touching	touched
11. depressing	depressed	41. scaring	scared
12. dissappointing	dissappointed	43. thrilling	thrilled
13. disgusting	disgusted		
14. disturbing	disturbed		
15. embarrassing	embarrassed		
16. encouraging	encouraged		
17. exciting	excited		
18. exhausting	exhausted		
19. surprising	surprised		
20. tempting	tempted		
21. tiring	tired		
22. worrying	worried		
23. fascinating	fascinated		
24. frightening	frightened		
25. frustrating	frustrated		
26. inspiring	inspired		
27. interesting	interested		
28. moving	moved		
29. overwhelming	overwhelmed		
30. fulfilling	fulfilled		

Compare the difference:

- My girlfriend is **bored**. - (My girlfriend feels bored)
- My girlfriend is **boring**. - (My girlfriend is a boring person)

You can use these adjectives to describe people or situations but be careful that you are using the correct adjective. For example, there is a big difference in meaning between:

- I am **confused**. - (I don't understand something)
- I am **confusing**. - (I will cause you to be confused)

Note that the sentences below are to highlight the difference between the two types of adjectives. They are NOT common to do or say because they sound repetitive.

- I was **shocked** by how **shocking** the accident was last night.
- They were **frightened** by the **frightening** roller-coaster ride!
- I am **annoyed** by how **annoying** that person in front of us is.
- Sally was **confused** by the **confusing** street signs in the city.

Example sentences of adjectives ending in -ED and -ING

- This grammar lesson is **boring**. I am **bored** reading all about these grammar rules.
- I am **tired** right now. My flight was **tiring** (because it was a twelve-hour flight).
- Public toilets are usually **disgusting**. I am **disgusted** by the smell in some of them.
- Your speech was very **inspiring**. I am now **inspired** to do wonderful things with my life.

39 Adjectives: -ed or -ing (frightened or frightening)

1 Compare **frightened** and **frightening**:

We can use adjectives that end with **-ed** to describe people's feelings:



SUBJECT

Ann was very **frightened**.

The subject of the sentence (e.g. **Ann**) is the person who has the feeling.

We use an adjective that ends with **-ing** (e.g. **frightening**) to talk about a thing or person that makes us have a feeling:



SUBJECT

The ghost was very **frightening**.

The subject of the sentence (e.g. **the ghost**) causes the feeling.

2 Here are some more examples to compare:

We are all **surprised** by the news.
(= We feel surprised.)
I was very **tired** at the end of the journey.
(= I felt tired.)
He was **excited** by the way the game ended.
I'm **interested** in your idea.
The students were **bored** during the lesson.
Were you **disappointed** by the film?
I wasn't nervous before the exam; I was **relaxed**.

The news is **surprising**.
(= The news makes us feel surprised.)
The journey was very **tiring**.
(= The journey made us feel tired.)
The end of the game was **exciting**.
Your idea is **interesting**.
The lesson was **boring**.
Was the film **disappointing**?
I went for a **relaxing** walk.

Note that we can say:
The journey was very tiring.
or:
It was a very tiring journey.

Practice

A Choose the correct adjective in brackets () to put in the gaps.

- 0 It was a terrible play and I was bored (bored/boring) from start to finish.
- 1 I'm very _____ (excited/exciting) because I'm going to New York tomorrow.
- 2 Are you _____ (surprised/surprising) or were you expecting this news?
- 3 I'm reading a very _____ (interested/interesting) book at the moment.
- 4 I've had a very _____ (tired/tiring) day at work today and I want to go to bed.
- 5 Most people were _____ (surprised/surprising) that he won the championship.
- 6 I'm _____ (bored/boring). Let's go out for a cup of coffee somewhere.
- 7 Visit our _____ (excited/exciting) new shop!
- 8 His speech was very long and very _____ (bored/boring).

B Complete each sentence using the correct word from the box. Use each word once.

bored	interested	surprising	amusing	confused
boring	amused	confusing	surprised	interesting

- 0 Your idea is very interesting . Tell me more about it.
- 1 He told me a very _____ story. I laughed and laughed.
- 2 This is a terribly _____ book. Nothing happens in it.
- 3 She's _____ in politics and often talks about it.
- 4 The map was _____ and I got lost.
- 5 She was _____ because she had nothing to do all day.
- 6 Everyone else thought it was funny, but she wasn't _____ .
- 7 Could you repeat that, please? I'm a bit _____ because it was very complicated.
- 8 It is _____ that she failed the exam, because she's a good student.
- 9 Everyone was _____ by the sudden noise.

C Complete the replies in these dialogues, using the correct word from the box.

confused	boring (x2)	surprised	disappointed
bored	disappointing (x2)	confusing	surprising

- 0 A: Do you understand what's happening in this film?
B: No, it's very confusing .
- 1 A: Did you think the film was good?
B: No, I was _____ from the beginning to the end. I nearly fell asleep.
- 2 A: Was your trip to London as good as you expected?
B: No, it was rather _____ . I didn't like the place. People had told me that London was beautiful, but I thought it was dirty and ugly.
- 3 A: Did you enjoy your course?
B: No, I was _____ because I thought I would learn more.
- 4 A: Do you enjoy your job?
B: No, it's very _____ . I do the same things every day.
- 5 A: Did you know that he was going to leave his job?
B: No, I was very _____ . I had no idea he was planning to do that.
- 6 A: Do you understand the rules of this game now?
B: No, I'm completely _____ .
- 7 A: Were you expecting him to get so angry?
B: No, it was very _____ . He's usually very calm about everything.
- 8 A: I'm sorry to hear that you failed the exam.
B: Yes, it was very _____ . I really wanted to pass.
- 9 A: Do you like watching golf on TV?
B: No, I think it's very _____ . Nothing happens for long periods of time.

