A Do the crossword. Read the clues and make noun modifiers.

**ACROSS**
1. I flew from London to Japan last week. The nine-hour time difference really messed up my body ______.
4. The main social ______ in our country are poverty, unemployment, and homelessness.
5. Dad was in a car ______. Another car hit him on the motorway but luckily, no one was hurt.
6. The adolescent ______ is different from the adult one, so teenagers think differently from older people.
7. The patient was suffering from stress, which disturbed her sleep ______. She kept waking up in the middle of the night.

**DOWN**
2. Finding ______ activities you like is the best way to deal with stress. I do Zumba, a mix of dance and aerobics from Colombia.
3. We always have a big family ______ at lunchtime on Sundays, cooked by my oldest sister.
4. I find it hard to make an ______ decision. I need time to think before I say 'yes' or 'no'.
7. ______ pressure is one of the biggest problems in secondary school. You feel like you have got to do the same things as your friends.

B Complete 1–5 with one word each from box A and box B. Each box has one extra word.

<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
</tr>
</thead>
<tbody>
<tr>
<td>family</td>
<td>appearance</td>
</tr>
<tr>
<td>financial</td>
<td>dynamics</td>
</tr>
<tr>
<td>material</td>
<td>fact</td>
</tr>
<tr>
<td>physical</td>
<td>possessions</td>
</tr>
<tr>
<td>romantic</td>
<td>problems</td>
</tr>
<tr>
<td>scientific</td>
<td>relationships</td>
</tr>
</tbody>
</table>

1. Someone who finds it difficult to talk to people and make friends may have difficulty in forming _________.
2. _______ occur when you spend more than you earn on a regular basis.
3. Many philosophers feel that _______ such as cars, homes, and expensive clothes are not important for true happiness.
4. _______ should not be a factor in whether a job applicant gets a job or not. It is your skills that are important, not how you look.
5. A _______ is something that is clearly true and cannot be disputed by other experts. It isn't an opinion or a theory.

C Correct the mistake in each sentence.
1. I keep worry about my flight next week. What if it gets cancelled? _________
2. I think to my granny night and day. She's been in the hospital for months. _________
3. I can't seem making any progress with my university project. It's impossible. _________
4. I can't stop to think about my operation next week. I don't want to have it! _________
5. I consider leaving my job because I'm so unhappy at my company. _________

D Make it personal Rewrite two sentences in C so they're true for you.
1. _________
2. _________
A Read the interview. Replace the bold words with these phrases. There are two extras.

A big deal  at a disadvantage  wears off
keep you going  treat  a waste of time
wears off  weight gain  in an accident with

Ask the expert

What should triathletes eat and drink?

Not sugar! Sugar gives you a big energy boost, but it soon disappears. If you eat lots of sugar, it may also explain a sudden increase in kilos. If you want chocolate or sweets, eat it as a special favour to yourself, not a main part of your diet.

Water doesn’t give you energy, but if you get dehydrated your performance will suffer. When competing in sports events, remember to drink lots of water or you’ll be in a worse position to the other athletes.

Getting enough iron is very important in maintaining a healthy diet, especially for women. Good sources of iron are cereals and green vegetables like spinach.

Pasta is the super food for any athlete, especially whole wheat pasta. This releases energy slowly, so it will give you energy throughout your event.

B Complete Miranda’s comments 1–5 with one word in each blank. Listen to check.

1 The problem _______________ going on a diet is that you always feel hungry.
2 The best _______________ about the swimming pool is the sauna. It’s the perfect place to relax.
3 One disadvantage _______________ running is that it can damage your knees if you do it over a long period.
4 The good thing about _______________ rice before exercise is that it gives you lots of energy.
5 The worst thing about training for the competition _______________ getting up early in the morning.

C Read the article and circle the correct alternatives.

The pros and cons of eating fruit, fruit, and nothing but fruit!

In the world of weird diets, fruitarianism is the most extreme of all. Fruitarians only eat fruit, no vegetables, and nothing cooked. The best thing about the diet is that people discover exotic fruit from around the world, like durian (pictured). The worst thing about the diet is that the diet doesn’t include essential food groups like fat or protein. This is necessary for a healthy body. Another disadvantage of fruitarianism is that fruitarians don’t drink coffee or eat chocolate, which is both extremely hard to give up.

Nevertheless, people can and do choose the fruitarian route. The easiest part is being a fruitarian is the first few days when the body feels different – but this is only a temporary change.

The hardest part is keeping the diet up. That should come as no surprise. The problem is that our bodies are not designed for a fruit-only diet, which means that there are serious health risks for its followers. It is not a long-term option for good health.
2.3 Who’s the most intelligent person you know?

A Which do you think is more important in life: being intelligent or looking intelligent? Read the article to check if the author shares your opinion.

How to look more intelligent in 6 easy steps
Joseph Jameson

There is lots of advice out there on how to be more intelligent, but the truth of the matter is that appearance is more important than reality. It’s better just to look more intelligent … and anyone’s capable looking like Einstein, without making any special effort.

1 Dress the part. When shown a photo of a woman in smart clothes and the same woman in casual wear, most people thought the first woman was more intelligent than the second one. It’s amazing, but if you wear a suit to work like me, people assume you are good your job.

2 A double negative makes a positive, e.g. ‘I don’t dislike your work.’ People find it difficult follow double negatives, and they think people who use them are more intelligent than others.

3 According to psychologists, people think that if someone looks them in the eye during conversation, they assume the person is highly intelligent.

4 Researchers at the University of Melbourne believe they have found a link between intelligence and people who wear glasses. It seems that eyeglass wearers really are more adept doing complicated tasks. Now if I could just find mine in the mornings …

5 It’s all in the voice. If you’re skilled speaking slowly and clearly, people will believe you know what you are talking about. Talking loudly is a big no-no.

6 Never tell people you’re intelligent. If you have got a gift something like maths or programming, keep it under your hat. Really clever people tend to be modest in their everyday lives.

B Complete the phrases 1–6 in the article.

C Re-read and tick (✓) the statements we can infer about the author.

1 Joseph Jameson believes that people can train themselves to be more intelligent. □
2 He’s a very lazy person. □
3 He often wears very formal clothes. □
4 He’s extremely serious. □
5 He’s quite forgetful. □
6 He talks very loudly in his everyday life. □

D Complete 1–6 with a reference word.

1 I asked two people in the shop to help me. The first ignored me, and the refused to help me because she was on her break!
2 You can tell what kind of photo you have got by filename: .gif or .jpeg, for example.
3 At university, I discovered the theory of multiple intelligences, completely changed how I judge the success of my pupils.
4 Not one pupil had brought a pen with . They were so unprepared for my lessons!
5 There are so many people that I follow on Twitter®, but there’s only that always makes me laugh.
6 Harry was the person intelligence test put him in the top 2% of people in the country.
A Listen to a discussion about the chupacabra ('the goat-sucker'). Who thinks it might exist (√)? Who doesn't believe it exists (✗)?

Frank Mortimer  □  Rachel Schultz  □  Alba Lopez  □

B Listen again. Correct the wrong information in 1–4.

1 It all began in March 1995 in Puerto Rico. A farmer discovered eight goats with all their blood missing. _________

2 Eyewitnesses say that the chupacabra is grey with brown eyes. It moves like a kangaroo, and it has spines on its back. _________

3 There have been reports of chupacabras in Puerto Rico, the continental United States, Argentina, and Chile. _________

4 The coyote might have been ill. When they're ill, coyotes can become tired and grey, like descriptions of the chupacabra. _________

C Circle the correct alternatives in the comments on the Science Fiction or Science Fact? website.

Science Fiction or Science Fact?

1 The farmer must / can't have seen something strange on that night in 1995.

2 People invent stories like this all the time because they might just want / just have wanted to get their photo in the paper.

3 It can't be / have been a monster that killed those eight animals on that night. It's science fiction!

4 An animal like the chupacabra may exist / have existed somewhere in Puerto Rico. They're discovering new species all the time.

D Complete 1–5 with the correct form of the verbs. Listen, check and add the extra sentence you hear.

1 A: Pete didn't reply to my email yesterday.
   B: He might not _________ (see) it.

2 A: I saw Kim over the weekend, but I didn't have time to speak to her.
   B: What? It can't _________ (be) Kim. She was in Brighton!

3 A: Jim's lost his coat. He can't find it anywhere.
   B: He may _________ (leave) it in the cafeteria. He had it when we ate lunch.

4 A: Look at this. The bank says I have got £2,000 in my account, but I didn't put it there.
   B: Someone at the bank must _________ (make) a mistake.

5 A: Did it rain last night? The washing isn't dry.
   B: It can't _________ (rain). Look, the ground isn't wet.
A for-and-against essay

A Complete the essay with these connectors.

Modern pupils are being tested to death. Discuss.

Teachers and parents are worried that pupils are taking too many tests. Some pupils take a test after every unit of their coursebook while others have got frequent exams throughout the year. Frequent tests is that they show what pupils really know. Today all the knowledge in the world is one click away. In a test, pupils must show clear understanding of their subject. is that tests motivate pupils to study.

However, there are to frequent testing. Tests take up a lot of class time that could normally be better spent teaching. Tests are also demotivating for weaker pupils. Furthermore, the purpose of these tests is not always clear, for example, just to give teachers a quiet class. tests are an opportunity to spot which pupils are struggling and to see where review is necessary.

These tests might actually be simply to prove that schools are teaching the approved syllabus set by the government. In other words, the tests may not actually be for the benefit of the individual pupils at all.

Pupils are taking too many tests, and these are occupying class time that could be better used in other ways. Tests should only be given when there is a clear need for them, for example, as a final exam. Other forms of evaluation can be much fairer and more productive.

B Decide if 1–4 are F (for) or A (against) the title ‘Modern pupils are being tested to death’.

1 Tests for ten-year-olds may only be a simple test of their ability, whereas many ten-year-olds feel under enormous pressure to pass them. 2 One further drawback is that the more tests there are, the less time there is for fluency practice in language classes, as it is not practical to give speaking tests to 40 or more pupils each week.

C Write your own conclusion to the for-and-against essay question in A.
To sum up,.

D Look back at lessons 2.1–2.5 in the Student’s Book. Find the connection between the song lines and the content of each lesson.

E Listen to the five question titles from the unit, and record your answers to them. If possible, compare recordings with a classmate.