Man needs colour to live. It's just as necessary an element as fire or water.
Fernand Léger, French painter, sculptor, and film maker

1B True colours

1 VOCABULARY adjective suffixes

a Make adjectives from the nouns and verbs in the list, and complete the sentences.

~~ambition~~ boss cheer create glamour
possess power rely self social

1 Jack is extremely *ambitious*. He'd like to be the company director.
2 My colleague is really _____. She's always telling me what to do.
3 Dave's girlfriend is very _____. She doesn't let him talk to other girls.
4 My sister is always _____. She looks happy all the time.
5 Jane's husband is really _____. He only ever thinks of himself.
6 My best friend is very _____. She's always there when I need her.
7 Mike is really _____. He enjoys being with other people.
8 My brother's wife is very _____. She looks like an actress!
9 He's a very _____ businessman. He has a lot of influence over other people.
10 Anna is really _____. She's made some wonderful sculptures.

LIVEWORKSHEETS

b Complete the text with the adjective form of the words in brackets. In some cases, you may need to add a negative prefix (*un-*) as well as a suffix to the word.

In the past, very few people ate at the restaurant on the corner of my road because it was dark and [1] *dirty* (dirt) inside. It was also very [2] _____ (noise) because the owner liked loud music. In the end, it closed down because it was [3] _____ (profit). Last year, the restaurant changed hands and now it is [4] _____ (recognize). The new owner has painted the walls yellow, so it looks cleaner and much more [5] _____ (space). He has bought new tables and chairs, which are more [6] _____ (comfort) than the old ones, and he has also changed the menu. The old menu was full of [7] _____ (health) fast food like burgers and chips, but now they serve [8] _____ (impress) three-course meals. We often go there for Sunday lunch, because the food is quite [9] _____ (afford).

LIVEWORKSHEETS

2 PRONUNCIATION word stress

a Underline the stress on the words. Then write them in the correct column in the table.

~~active~~ ad|dic|tive ag|gres|sive de|sir|able
en|vi|ous in|ex|pen|sive ir|re|spon|sible re|bel|li|ous
sens|ible styl|ish un|at|trac|tive un|suc|cess|ful

Stress on first syllable	Stress on second syllable	Stress on third syllable
active		

LIVEWORKSHEETS

3 GRAMMAR adjectives

a Right (✓) or wrong (✗)? Correct the incorrect phrases.

1 Blue eyes are less common than brown eyes. ☑

2 I like the hat purple best. *the purple hat best* ☒

3 Your glasses are more stylish that mine. ☐

4 She bought two differents jackets in the sale. ☐

5 Silver isn't as expensive than gold. ☐

6 My best friend is the more reliable person I know. ☐

7 Your hair is more dark than mine. ☐

8 My aunt wears clothes very colourful. ☐

9 These are the most comfortable jeans I've ever bought. ☐

10 Yellow is popularer than red this season. ☐

LIVEWORKSHEETS

b Complete the dialogue with *one* or *ones* where neccessary.

1 A Which is your coat?
B The red *one* .
2 A Which biscuits shall I get?
B The chocolate _____. They are my favourite.
3 A Shall I use brown or white bread for the sandwiches?
B Brown _____. There isn't any white left.
4 A Where's your car?
B Over there. It's the green _____.
5 A Do you prefer Chinese or Indian food?
B Indian _____. I love really spicy food.
6 A Which earrings do you like best?
B The gold _____. They look great.

c Complete the sentences with the correct comparative or superlative form of the adjectives. In some cases, more than one answer may be possible.

1 Michelle is the *quietest* person in our office. (quiet)
2 I was _____ than my husband by our daughter's new haircut. (shocked)
3 My friend's new boyfriend is the _____ person I know. (stupid)
4 The person who is _____ about the birth is the baby's grandmother. (thrilled)
5 My sister is _____ than me. (clever)
6 I'm _____ in class this year than I was last year. (bored)
7 I've never been _____ than when I bought my first flat. (stressed)

LIVEWORKSHEETS

d Complete the sentences with *much* or *a bit* + the comparative form of an adjective from the list.



~~assertive~~ good polite short spacious

1 His girlfriend is *much more assertive* than he is. She really says what she thinks.
2 I'm _____ than my brother. He's 1.82m and I'm 1.80m.
3 My children are _____ than my sister's. Hers never even say 'please' or 'thank you'.
4 I'm feeling _____ than yesterday, but I don't think I'll be able to go back to work till next week at the earliest.
5 My new flat is _____ than the old one. It's 80m^2, and the old one was 70m^2.

LIVEWORKSHEETS

4 READING

a Read the text and complete it with the missing headings.

A **WHAT RESULTS CAN YOU EXPECT?**
B **WHO CAN BENEFIT FROM IT?**
C **IS THERE ANY EVIDENCE THAT IT WORKS?**
~~D **WHAT IS IT?**~~
E **WHERE DID IT ORIGINATE?**

COLOUR THERAPY

Colour therapists believe that the seven colours of the rainbow relate to the body's seven main energy centres. So, if you're feeling blue, a multi-coloured treatment could be just what you need.

1 *D*

According to the experts, the different colours in the spectrum affect the body's inner vibrations. If your vibrations are not synchronized, colour therapy can help to restore the balance. This will improve your mood and your physical health. There are different types of colour therapy. Many therapists shine coloured lights on the body, and some give their patients coloured silks to wear. Others use different coloured liquids in bottles, or small torches to shine coloured light at the relevant pressure points on the body.

LIVEWORKSHEETS

2 ____

Several studies have been done on the effects of colour. In 1958, an American scientist called Robert Gerard did some research which showed that the colour red can make us feel anxious, while the colour blue promotes calm. The results also revealed that colour can affect appetite, blood pressure, and aggression. Consultant psychologist Ingrid Collins believes that colour therapy can affect our energy levels. The atoms in all the cells of the human body consist of particles of energy that are always moving. When colour is applied to the body, the cells receive more energy.

3 ____

Papyrus scrolls dating back to 1550BC suggest that the ancient Egyptians used colour to treat the sick. Colour therapy also appears in Ancient Chinese texts. The treatment became more common during the 20th century, when Swiss psychologist Dr Max Lüscher developed the Lüscher-Colour-Diagnostic test. During the test, a person is asked to rank eight colours in order of preference. The results are said to show your worries and their solutions.

4 ____

According to therapist June McLeod, colour therapy is suitable for everyone, from the young to the old. She suggests that it can help people suffering from all sorts of problems, including stress, insomnia, and even serious illnesses.

5 ____

After a session of colour therapy, people usually feel more positive and more in control of their lives. In addition to your strengths, it may also show you your weaknesses, so that you can do something about them. According to the experts, when people leave a consultation, they have a feeling of freshness and a sense of power that they have never experienced before.

LIVEWORKSHEETS

b Read the text again and choose a, b, or c.

1 Experts think that colour therapy…
   a is good for patients' minds and bodies.
   b helps people who are under a lot of pressure.
   c should only be done in one way.

2 According to Ingrid Collins, colour therapy can make people feel…
   a hungrier.
   b less moody.
   c more active.

3 Dr Max Lüscher used colour therapy to treat his patients'…
   a medical problems.
   b psychological problems.
   c family problems.

4 June McLeod thinks that colour therapy…
   a should only be used by certain people.
   b can be used by people of all ages.
   c shouldn't be used by very ill people.

5 In general, colour therapy makes people feel…
   a more assertive.
   b less aggressive.
   c more ambitious.

LIVEWORKSHEETS

c Match the highlighted words in the text to the definitions below.

1 small electric lamps that you hold in your hand *torches*
2 showed _____
3 working at the same time or speed _____
4 a meeting with somebody to get advice _____
5 sad, depressed _____
6 helps something to develop _____
7 ill people _____
8 something that is done to make somebody look good or feel better _____
9 the smallest units of living matter that can exist on their own _____
10 long rolls of a kind of paper with writing on them _____

5 LISTENING

a iChecker Listen to an interior designer giving advice on which colours to paint each of the rooms of a house. Which colours doesn't he mention?

beige black blue brown cream green
grey orange pink purple red yellow

LIVEWORKSHEETS

b Listen again and complete the notes.

DINING ROOM

Use browns, reds, and oranges – they stimulate the [1] *appetite* .

Avoid [2] _____ – it stops people feeling hungry.

KITCHEN

Use colours that match the [3] _____.

Mix strong colours with [4] _____ colours.

Avoid [5] _____ _____ and green.

LIVING ROOM

Consider the size and the [6] _____.

Use warm colours to make the room look [7] _____.

Use [8] _____ to make the room more formal.

BEDROOM

Use [9] _____ _____, green, or pink for a relaxing atmosphere.

Avoid red and [10] _____ _____ – too intense and stimulating.

BATHROOM

Use light blue and [11] _____ _____ for a spa effect.

Avoid [12] _____ _____ – they make the room seem smaller.

LIVEWORKSHEETS