

Student: _____
Date: _____

UNIT 8



INTERMEDIATE LEVEL (B1+)

1 ▷ Listen and complete the sentences.

- 1 Could I have some _____ in that, please?
- 2 I prefer _____ to black in the mornings.
- 3 We probably _____ home now.
- 4 That _____ Nigel at the door.
- 5 Only use one _____ in this recipe.

2 Complete the text with words/phrases from the box. There are two words/phrases that you don't need.

balanced diet cultural activities healthcare physical activity
pollution strong economy volunteer

In today's society, it can difficult to stay healthy. Some of these reasons are internal: many people may have stressful jobs, for example. Other factors are external: for example, if you live in a city, then levels of ¹ _____ are likely to be high. But there are measures all of us can take to try to ensure a healthier lifestyle.

Firstly, it always helps to have a ² _____ so that you get a good variety of different types of food. It's important too to do some kind of ³ _____ on a regular basis – even walking just an hour each day can make a big difference. Studies have also shown that working as a ⁴ _____ and helping others can actually improve your own health. Finally, having an active social life is a positive thing. People who go out and enjoy ⁵ _____ like the cinema or theatre tend to be less stressed than those who spend a lot of time alone.

3 Choose the correct answer from the words in the options.

- 1 I remember my father insisting on dancing with my friends at my sixteenth birthday party. I've never been so **embarrassed** / **educated** in my life!
- 2 It was so **kind** / **lucky** of our neighbours to offer to look after our pets while we're on holiday.
- 3 According to the news, an incredibly **brave** / **generous** teenager jumped into the sea to rescue some children who had fallen out of a boat.
- 4 Very few people are **ordinary** / **lucky** enough to ever win the lottery, but millions live in hope!
- 5 It must be very difficult for anyone who's **afraid** / **heroic** of flying – most of us just take it for granted nowadays.
- 6 It's unlikely that anyone will ever find out who was really **responsible** / **honest** for the crime.
- 7 Don't you think it was **calm** / **selfish** of Marco not to offer you a lift home when you live in the same street?
- 8 If I were you, I'd be **ordinary** / **honest** if she asks your opinion; she'll only find out if you're lying.
- 9 When Artur got to the airport security desk, he was **embarrassed** / **generous** to find that he'd left his passport at home.
- 10 Relaxing activities such as yoga may be helpful as a way of keeping **crazy** / **calm** before interviews or exams.

4 Complete the sentences with the correct form of the words from the box. Use the prefix IN-, OVER-, MIS- or RE-. There are two words that you don't need.

appear arrange behave convenient priced spend understand

- 1 You must have _____ the directions. This is nowhere near the part of town where we're meant to be.
- 2 If you can't make the meeting on Monday morning, you'll just have to _____ it.
- 3 Our flight was cancelled due to bad weather, which was extremely _____.
- 4 After going missing in 1926, the writer Agatha Christie _____ ten days later at a hotel, using a different name.
- 5 Many people are guilty of _____ on things they don't really need, like clothes or jewellery.

5 Match the ideas 1– 6 to a – f. Then complete the sentences to make an UNREAL CONDITIONAL, using the verbs in brackets.

EXAMPLE: 1 F; I would lend

- | | |
|--|---|
| 1 If I didn't need it on Saturday ... | |
| 2 In a survey of 100 people, thirty-four of them said that if they won the lottery ... | a if we _____ by bus. (go) |
| 3 Gerard would choose Penelope Cruz ... | b if we _____ more money. (have) |
| 4 The time it takes you to get to work would be shorter ... | c they _____ their jobs. (not/leave) |
| 5 We could decorate the house ... | d they _____ very unhappy. (be) |
| 6 If people couldn't make their own choices ... | e if he _____ anyone in the world. (meet) |
| | f _____ you my car. (lend) |

6 Complete the sentences with IF/UNLESS or WILL/WON'T.

- 1 If you eat good food and do more exercise, you _____ be healthier.
- 2 Many people visit their families over the New Year's holiday, _____ they have to work.
- 3 If you walk everywhere instead of taking the bus, your fitness _____ improve.
- 4 Unless pollution is reduced significantly, air quality _____ get better.
- 5 At this company, you can earn more money _____ you work longer hours.
- 6 It _____ really help the environment if recycling becomes more common.
- 7 This government will remain very unpopular _____ taxes are lowered.
- 8 Do you believe that if people are happy at work, they _____ be happier in general?
- 9 The president has promised to improve education _____ he stays in power next year.
- 10 You _____ find out what you're capable of achieving unless you try.

7 Read the text. Then find words in the text that match these definitions. All of the words begin with 's'.

- | | |
|---|-------------|
| 1 a guarantee that something is safe | s _ _ _ _ _ |
| 2 the size of something | s _ _ _ _ |
| 3 the fact of achieving something that you want | s _ _ _ _ _ |
| 4 pressure or worry caused by problems | s _ _ _ _ _ |
| 5 happy or pleased | s _ _ _ _ _ |

Being your own boss

All over the world, people are choosing to leave large companies in order to start their own businesses. In the UK, for example, the number of people working for themselves has increased 30% in around the last ten years, which means that around 15% of the workforce are working for themselves. In a world where job security and money are generally considered of great importance, it is interesting to see such large numbers of people taking the decision to 'go it alone'.

Many of these companies are known as 'microbusinesses', meaning they work on a very small scale, with few (if any) employees. There could be one or two people running a small business which they themselves own. Microbusinesses that don't have any employees avoid all of the complicated paperwork that would otherwise be needed. There are many other benefits to running a small business. For example, you are your own boss and don't have to answer to anyone else, so you can run things as you want to and make your own decisions. You can also organize your own workload and decide how many hours you want to work. There is also more flexibility in choosing when you work, which is ideal for people with young children, or for those who want to do fit different things into the normal working week, including hobbies. In fact, many people choose to start their own business based on a hobby or interest that they want to develop further.

Of course the disadvantages are that you are completely responsible for the success or failure of your business, and you may find yourself having to work long hours, especially at the beginning, to make any money. If the microbusiness is your only source of income, it could be a disaster if things go wrong. And the possible stress involved can affect your personal life and work-life balance. However, the majority of people running microbusinesses do say that they are happier and more satisfied, because they have more control, more freedom and get more meaning from their work.