

LIVEWORKSHEET 30

- 3** **10** Listen again and complete the table below. Write no more than two words for each answer.

Countries visited	Interesting facts
1	◆ many 2 and beautiful mosques
3	◆ travelled there by 4 ◆ good for 5 ◆ bought a beautiful 6
7	◆ visited Gujarati Textile 8 ◆ great examples of 9 embroidery ◆ lots of wildlife in 10 areas ◆ saw incredible 11 birds and several poisonous 12

- 3** **11** Listen again and say whether these sentences are true or false. Correct the sentences that are false.

- 1 Older athletes are getting faster and fitter.
- 2 Runners aged 50+ are speeding up less rapidly than young runners.
- 3 Women aged 60–68 running the New York marathon run on average two minutes faster each year.
- 4 Older athletes are less likely to achieve their peak fitness than younger athletes.
- 5 People grow weaker because they are less active than when they were younger.

3 Match the beginnings (1–8) and the endings (a–h) of the sentences. Join them by adding a suitable *-ed* or *-ing* adjective formed from one of the verbs in the box. Use each verb once.

excite frighten interest please relax surprise tire satisfy

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|--|----------------------|---|
| 1 I was really | <u>pleased</u> | a an adventure I've ever had. I can't wait to go back! |
| 2 Martin's excellent exam results were very | | b as he had hardly had time to study. |
| 3 The jungle was full of strange noises and I felt | | c when I opened my present because it was just what I wanted. |
| 4 After so much hard work, it was a very | | d after exercise. |
| 5 Paula wasn't | | e a moment when I finally finished the project. |
| 6 Having a warm bath can be very | | f so I had a warm bath. |
| 7 My trip through the jungle was the most | | g during the whole trip. |
| 8 After walking so far I felt very | | h in the lecture so she fell asleep. |

4 Underline the correct words.

Environmentalists and conservationists tell us that there are ways that each of us can help to 1 *very reduce* / *greatly reduce* our impact on the planet. We can 2 *work hard* / *hardly work* to conserve energy and we can invest in equipment to help us create our own power. People 3 *say often* / *often say* that they want to save the planet, but the only way to do this is to 4 *take immediately action* / *take action immediately*.

It is 5 *really important* / *important really* for individuals to 6 *responsibly act* / *act responsibly* and try to reduce their contribution to greenhouse gases. There are several ways we can do this. For example there are mini wind turbines that you 7 *can install easily* / *easily can install* on your roof as well as very efficient solar panels that 8 *work good* / *work well* all year round to provide electricity.

But if this is all too expensive, there are other ways to conserve energy that actually save you money. In cooler weather, simply keep the heat 9 *inside safely* / *safely inside* by closing doors after you so that the warmth doesn't escape. It is 10 *absolutely essential* / *very essential* that we all take this seriously and do our best to lead a more sustainable life.