

Lifehacks

1. Read the definition of the word 'life hack'. Have you ever heard about any life hacks?



Life hack - is a usually simple and clever tip or technique for accomplishing some familiar task more easily and efficiently

2. Look at the pictures of some daily problems we have. Match the problem with the description.

A) My shoes are too tight.

B) I've lost a button.

C) My shoes smell bad.

D) My clothes have wrinkles.

E) My white trainers look dirty.

F) My trainers always get wet in the rain.

G) My zip is stuck.

H) I've lost a sock in the washing machine.



1)



2)



3)



4)



5)



6)



7)



8)

- Which three problems do you think are the most serious? Why?
- Can you suggest solutions to any of these problems?

3. Match the problem from exercise 2 with something that we can use as a life hack. Listen to the podcast and check your ideas.

Part 1



1) a mesh bag



2) clear nail varnish



3) a candle



4) ice cubes

- A) lost buttons
- B) lost socks
- C) clothes with wrinkles
- D) stuck zip

Part 2



1) teabags



2) beeswax



3) toothpaste



4) newspapers

- A) tight shoes
- B) smelly shoes
- C) wet trainers
- D) dirty trainers

- Which life hacks did you like most?
- Which life hacks have you already used?

4. Listen again and choose the correct option to complete the sentences.

1. Keep your socks together in the washing machine **by / with** placing them in a mesh bag.
2. Mark, **to stopping / stop** buttons falling off your clothes, you can paint the threads with clear nail varnish.
3. Vicky, in order **to / that** get a stuck zip moving again, you should use a candle or pencil.
4. **About / For wrinkle-free clothes**, put ice cubes in the dryer.
5. This works **so / because** the ice melts and turns into steam, which removes wrinkles.
6. **In / For** order to remove bad smells from your shoes, just place dry tea bags inside them and leave them overnight.
7. Paint your trainers with melted beeswax **you / to** make them waterproof.
8. For super-white **trainers / clean**, put toothpaste on an old toothbrush and use this to clean your shoes.
9. You can make tight shoes fit better by **put / putting** wet newspaper inside and leaving them to dry.

Extra practice

Match the sentence halves to make more life hacks about health and hygiene.

1. Because cold water lifts your mood,
 2. Cut down on salt without losing flavour by
 3. For clean teeth without brushing,
 4. Make your hair smooth and easy to manage by
 5. Organise regular walking meetings at work
 6. To increase your monthly exercise time,
 7. In order to smell fresh without using deodorant,
 8. Try standing on one foot while you brush your teeth
- a. because sitting down too much is very unhealthy.
 - b. cut a fresh lemon or orange into two halves and rub it onto your skin.
 - c. drying it with a cotton T-shirt instead of a towel.
 - d. finish your shower with 2-3 minutes of water at around 20 degrees C.
 - e. for a bonus workout.
 - f. just eat an apple.
 - g. take the stairs instead of the lift.
 - h. using chilli or curry powder on your food.