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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?

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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?**

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

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