Empower B2 U7A

1 GRAMMAR *too/enough; so/such*

Complete the text with *too much*, *too many*, *enough*, *not enough*, *so*, or *such*.

Sleep debt means you don't get [1] enough sleep. The causes are obvious – [2]_____ work and [3]_____ rest basically – but what are the symptoms? Well, do you ever feel [4]_____ tired in the middle of the day that you can't keep your eyes open? Do you ever get [5]_____ bad headaches that you have to lie down for a while? Does this sound like you? If so, you need to do something about it. Actually, you don't need much sleep to recover from the day, but you should make sure you get [6]_____ rest – at least seven hours each day. In fact, [7]_____ sleep, more than nine hours, can be as bad as [8]_____ sleep, six hours or less. It is a good idea to take an afternoon nap, a siesta, especially if you can't get [9]_____ hours during the night. Some people say they feel [10]_____ refreshed after a nap that they can do twice as much. By the way, don't try not to sleep at all – people have died after [11]_____ days without sleep. Take my advice and go to bed right away!

2 VOCABULARY Describing life in cities

Complete the text with the expressions in the box.

air pollution local residents parking space
public transportation quality of life
~~traffic congestion~~ urban development

There is a lot of criticism of big cities, and in many ways, they are soft targets. When you're driving through a major city, the [1] traffic congestion gives you a lot of time to think, as does the time spent looking for a [2]_____. You should consider the option of living in a small town. There you would really need your car because [3]_____ is almost non-existent outside major residential areas, and nearly everything, such as the kids' schools or the supermarket, would be a drive away. Let's hope you get along well with the [4]_____ because you'll be seeing a lot of the same faces in the same places. Of course, with all that fresh air, the [5]_____ must be better, but at the same time, you'll miss all the sights and sounds of the big city. It makes you think, doesn't it? So roll down your window, breathe in that [6]_____, and be grateful for [7]_____.

LIVEWORKSHEETS