8 Nature

Reading

1 Read the article on page 67. What is the main idea? Choose the best option (1–3).

1 People who live in cities often don't have a lot of contact with nature, so creating more parks and other green spaces can help them learn about the environment.

2 If people work closely with nature, we can find solutions to some of the problems of city life while also helping the environment.

3 As cities grow, there is less and less countryside, so it's important to preserve the best aspects of natural countryside in the city.

2 Complete the outline of the article with these words and phrases.

clean community emotions fast flow
health and wellbeing high temperatures
in ground integral nature noise pollution
waste energy water problems

Title: [1]_____ should be a(n) [2]_____ part of cities

A Deal w/ [3]_____

i modern buildings [4]_____

ii clean air, cool cities, reduce [5]_____

B Solve [6]_____

i reduce amount of water [7]_____

ii slow [8]_____

iii [9]_____ groundwater

C Improve [10]_____

i reduce negative and increase positive [11]_____

ii build [12]_____

Let's allow nature back into our cities

When we think of nature, we often picture the world's wild spaces and the countryside around our cities. It's unlikely that many of us think of cities themselves. However, the time has come to rethink the relationship between cities and nature. There are two trends that make this apparent. The first is rewilding (allowing land to return to its natural state) and the second is making plants and wildlife an integral part of the urban landscape. Both these trends prove that nature may provide better ways than systems created by people to deal with hot weather, flooding and possibly even mental and physical health.

Nature deals with high temperatures better than the systems people have created. The glass buildings seen in cities around the world trap heat like greenhouses in hot weather, and use vast amounts of energy to cool with traditional air conditioning systems. But there's a natural alternative. [1]Even having only some buildings covered with plants helps to keep entire cities cooler because the plants absorb heat from the sun rather than reflecting it back into the atmosphere. An added bonus is that plants can also help reduce noise pollution. As a result, buildings covered in plants are appearing all over the world, from Milan's Bosco Verticale to Sydney's One Central Park. And even better, [2]architects have shown that existing buildings can easily be fitted with so-called vertical farming systems, essentially covering the outside with edible plants.

Furthermore, plants in cities can be an important part of controlling floods. They can slightly reduce the amount of rainfall that reaches the ground, help the soil to absorb more water, remove some water from the earth and slow fast-flowing water when planted along water courses. As flooding becomes more common, cities around the world are using plants as part of the solution. China's 'Sponge City' programme uses trees and other plants in 30 urban areas across China to help control water levels during floods and to help clean groundwater in urban areas. And [3]research in Toronto showed that when roofs of city buildings are covered in plants, up to 70 per cent of falling rain can be captured rather than running off to cause flooding.

Green spaces in cities improve people's wellbeing, mental health and physical fitness and also promote a sense of community. Studies show that time spent in green environments reduces depression and anxiety, improves happiness and even helps us sleep better. [4]Plants, no matter where they are located, also improve the quality of the air we breathe. [5]A world-famous example of urban rewilding is New York City's Highline, an abandoned elevated railway line in Manhattan that was converted into a 2.3-kilometre park and community space. And [6]Frankfurt, Hanover and Dessau in Germany have allowed nature to return to sites where buildings have been removed or were never built and even to some public parks, where wild plants are no longer removed.

It used to be that people felt the need to leave cities to get back to nature, but if the current trend continues, the boundaries will be removed and we will find nature in cities and cities in nature. And this will perhaps lead more people to the realization that humans aren't separate from nature, but instead are part of it.


Bosco Verticale in Milan, Italy

3 Choose the option that shows the author's opinion.

1 Nature and cities *are* / *are not* opposites.

2 Air conditioning systems *are* / *are not* as good as natural ways of cooling.

3 The concrete and hard roads in cities *make* / *don't make* floods worse.

4 Allowing weeds and wildflowers to grow in public parks *is* / *isn't* a good idea.

5 People and nature *are* / *are not* very closely connected.

4 For each statement (a–c), find three passages in the text (1–6) that argue against it.

a Rooftop gardens are beautiful, but they aren't useful. _____

b There's no space in cities for new parks or gardens. _____

c Aside from knocking down all of the old ones and putting up new ones, there's no practical way to have enough plant-covered buildings in a city. _____

LIVEWORKSHEETS

Grammar

Dependent prepositions

1 Choose the correct option to complete the sentences.

1 She has a strong *passion / commitment* to playing the violin.

2 They're both really *skilled / keen* at public speaking.

3 I'm *committed / concentrating* on improving my painting technique.

4 The class had a positive *attitude / reaction* towards any correction, which helped them improve.

5 My sister *believed / laughed* in my dream of being a great dancer.

6 I'm *suspicious / fed up* with adverts claiming you can master a second language in 30 days.

2 Complete the paragraph with one word or expression from each list.

commit focus have a flair mastery succeed talent

at for for of on to

Being great isn't the only way to succeed

It's a popularly-held idea that the key to the [1]_____ _____ any skill is practice, practice, practice. However, research published in *Royal Society Open Science* argues against that idea. Psychologists Brooke Macnamara and Megha Maitra say that, at least for athletes and musicians, other factors such as genetics and personality are far more important for people to [2]_____ _____ their chosen activity. The researchers argue that those who have a natural [3]_____ _____ a given skill simply don't require endless hours of practice. And for those who don't [4]_____ _____ it, no amount of practice will ever make them a master. However, this doesn't mean we should give up. The key to success is to [5]_____ yourself _____ being good enough or to being as good as you can be. Perhaps the more important success is to enjoy yourself rather than to [6]_____ intensely _____ being great.

3 Correct one mistake in each sentence.

1 He committed himself to run five kilometres every day.

_____

2 They're serious of playing music.

_____

3 She has a flair at singing.

_____

4 I'm opposed to wake up at five every morning to exercise.

_____

5 You need to choose from taking skiing lessons or snowboarding lessons.

_____

2 Choose the best expression to complete each conversation.

1 A: Agata is a born runner.

B: You're right. She's *a natural / driven*.

2 A: Are you still playing the guitar?

B: Not much. I'm *deeply committed to / not really cut out for* it.

3 A: He's lost a lot of games, but he hasn't given up trying.

B: Yeah, he's definitely *persistent / in the genes*.

4 A: Did you know Gabriel is a first-rate dancer? He's won awards.

B: I know. He's also an *accomplished / innate* athlete. It's impressive.

5 A: If you're going to run a marathon, you have to work hard for it.

B: I know. You have to have *natural talent / drive*.

LIVEWORKSHEETS

Vocabulary

Natural talent

1 **Match the words in bold (1–9) with the expressions that can replace them (a–i).**

1 Considering that his father is gifted Brazilian football player Cláudio Adão, it's probably fair to say that Felipe Adão is a **born** footballer.

2 French actor Jeanne Moreau was told as a young woman that she **wasn't cut out for** work in films, but she went on to have a successful film career.

3 Jane Goodall was so **deeply committed to** learning about chimpanzees that she spent many years living near them in the Tanzanian jungle.

4 Brother and sister Hifumi and Uta Abe must have a talent for judo **in the genes**, as both won medals in the 2020 Olympics.

5 Yo-Yo Ma showed **a natural** talent for playing the cello, giving his first public performance at the age of five.

6 Jutta Kleinschmidt of Germany is **an accomplished** off-road racing driver and winner of the famous Paris Dakar Rally.

7 It took a lot of **drive** for artist Pablo Picasso to produce nearly 150,000 works of art in his lifetime.

8 I love to watch her skateboard. She has **flair**.

9 Top Hong Kong climber Lai Chi-wai was injured in a car accident, but didn't give up climbing. He was so **driven** that he created a system that allowed him to pull himself up rocks in a wheelchair.

a talent and style _____

b naturally talented _____

c an innate _____

d as a natural ability _____

e wasn't likely to succeed at _____

f a first-rate _____

g determination _____

h persistent _____

i willing to work hard at _____

Pronunciation

Saying /dʒ/, /tʃ/ and /ʃ/

1 8.1 **Listen and circle the words you hear.**

1 I've hurt my *chin* / *shin*.

2 When you say *Joe* / *show*, do you mean the one we saw last week?

3 I'd like to *watch* / *wash* this.

4 The crowd *searched* / *surged*.

5 Did she *catch* / *cash* it?

Focus on

The definite article used with natural features

1 **Complete the paragraph about Jenny Graham with definite articles where necessary.**

On 16th June 2018, Jenny Graham cycled through [1]_____ Brandenburg Gate in [2]_____ Berlin and headed east. One hundred and twenty-five days later, she returned to the city from the west, having crossed [3]_____ Europe, [4]_____ Asia, [5]_____ Australia and [6]_____ North America by bike to complete a trip around the world. In total, she crossed fifteen countries and passed through some of the world's most amazing natural places including [7]_____ Gobi Desert in Asia, [8]_____ New Zealand's North and Sound Islands and [9]_____ Rocky Mountains in North America. She took a flight from [10]_____ New Zealand across [11]_____ Pacific Ocean to [12]_____ Alaska and another from [13]_____ Canada across [14]_____ Atlantic Ocean to [15]_____ Lisbon, finishing the route by cycling through [16]_____ Portugal and [17]_____ Spain, where she crossed [18]_____ Pyrenees Mountains, through [19]_____ Belgium and [20]_____ Netherlands and finally back to [21]_____ Berlin. She cycled a total distance of 29,657 kilometres!

LIVEWORKSHEETS

2 Tick the five sentences that are correct.

1 British Isles have been inhabited for thousands of years.

2 The North Pole is in international waters.

3 Mekong River flows through the China, Myanmar, Thailand, Laos, Cambodia and Vietnam.

4 Lake Malawi and Lake Turkana are in Africa.

5 At 2,500 metres, Rysy is Poland's highest mountain.

6 Bay of Bengal is at the northernmost part of the Indian Ocean.

7 Lion is a symbol of strength and power.

8 Bears are common in Alaska.

9 Researchers at Oxford University are studying penguins.

Vocabulary

Natural world

1 Complete the article with these words.

beaches crystal immerse landmarks memorable rocky routes summit tranquil untouched vastness vegetation waves witnessing

Destination: Costa Rica, a natural paradise

Whether you want to [1]_____ yourself in deep, quiet relaxation or search for an exciting adventure in [2]_____ nature, Costa Rica has it all: [3]_____ crashing on unspoiled [4]_____ on two coasts – the Caribbean and the South Pacific, picturesque valleys filled with lush green [5]_____ and rivers with [6]_____-clear water that are perfect for rafting adventures. One of the country's most impressive [7]_____ is Cerro Chirripó, the country's highest mountain. Two scenic [8]_____ lead through [9]_____ forests and past [10]_____ cliffs up to the [11]_____ at 3,820 metres. One of the most [12]_____ moments of many visitors' trips is [13]_____ the sunrise from the top of the mountain as the incredible [14]_____ of the landscape below becomes visible.

2 Match the categories (1–6) with the lists of words (a–f).

Words connected with …

1 mountains _____

2 the seaside _____

3 deserts _____

4 travelling in nature _____

5 the countryside _____

6 impressive landmarks _____

a incredible vastness, untouched dunes

b summit, rocky cliffs

c tranquil woods, picturesque valleys, lush green vegetation

d scenic routes, memorable moments, witnessing amazing landscapes, being immersed in the natural world

e waterfalls, high mountains, amazing bridges, famous buildings

f unspoiled beaches, crystal clear water, waves crashing

LIVEWORKSHEETS

Pronunciation

Adapting your pronunciation to say /w/, /v/ and /b/

1 8.2 **Listen and circle the word that the first speaker intends to say.**

1 *verse / worse* 2 *ban / van* 3 *west / vest*

Listening

1 8.4 **Listen to the talk show. Number the topics (a–g) in the order you hear about them (1–7).**

a Scientists have conducted studies that show how nature can help to treat some diseases. _____

b Walking has long been considered a healthy activity. _____

c Activities, including being in nature, are often preferable to medicine. _____

d Medical professionals have been given permission to treat patients by telling them to spend time in nature. _____

e A walk in nature with Dr Reed benefitted a member of her family. _____

f Experts began talking about nature's real health benefits. _____

g Nature can help restore balance for people who use electronic devices a lot. _____

2 8.5 **Listen and write the words you hear.**

1 _____, the idea was taken up by science.

2 _____ Roger Ulrich discovered that hospital patients _____ of trees outside their window were released from the hospital earlier than those who didn't.

3 Thanks to ongoing scientific research, the direct connection between _____ and being healthy has been proven.

4 It can also have a positive effect on serious physical illnesses such as _____ and cancer.

5 I've got Doctor Laura Reed with me today because I _____ a few questions about this topic.

Writing

1 **Cross out the word in each sentence that doesn't form a natural collocation.**

1 The presence of more plants would have a *positive / good / viable* impact on our city.

2 Some might propose the *profound / radical / partial* solution of knocking down some of our older buildings to make space.

3 Tree planting could *lessen / minimal / weaken* the impact of traffic noise and pollution in the city centre.

4 This solution could have a *detrimental / comprehensive / devastating* effect on traffic flow.

5 Adding plants to unused spaces would probably have a *cumulative / lasting / workable* effect on the amount of green in the city.

6 Living roofs and walls would bring plants into the city centre, *proposing / exerting / producing* a positive effect on the environment.

7 Adding living roofs and walls to buildings appears to be the more *viable / marginal / cost-effective* solution.

2 **Complete the sentences with these words and phrases to make them more cautious.**

almost generally may be possible might potentially be probably rather to some extent unlikely

1 It's _____ agreed that more green spaces would improve our city.

2 Removing old buildings _____ be hugely expensive.

3 It would _____ certainly require the construction of new buildings elsewhere.

4 It seems _____ to be workable.

5 This could _____ create traffic problems.

6 It would _____ leave the city in a somewhat worse state.

7 It _____ to add living roofs and walls.

8 This would _____ relatively inexpensive.

9 Bringing more living plants into the city is desirable, but is _____ challenging.

LIVEWORKSHEETS