

Complete each sentence with the correct word(s) from the list.

angry confused delighted embarrassed interested lonely
nervous relaxed scared stressed surprised

- 1 I'm really _____ of big wild animals, like tigers. They terrify me!
- 2 John came back from his long holiday yesterday, so he's feeling quite _____.
- 3 Kate gets _____ when her children don't listen to her.
- 4 I have such a lot of work to do in a short time! It's making me feel _____.
- 5 Joelle felt very _____ before her exam. Once it started, though, she felt better.
- 6 My brother and his wife are expecting a baby. They're absolutely _____!
- 7 For the first few chapters of the book, Lucy was _____, but everything became clearer as she learned the characters' names.
- 8 I feel really _____ when I travel on my own, but some people really like it.
- 9 When the boys invited Ken to play football with them, he was _____ because he didn't know how to play.

Complete each sentence with correct word.

- 10 Ali felt really _____ (disappointed / disappointment) when he failed his exam.
- 11 There was a lot of _____ (excitement / excited) among the children when they arrived at the zoo.
- 12 When I got back from the long trip, I was feeling completely _____. (exhaustion / exhausted)

Match the word to the correct meaning.

- 12.a an interest in new things
12.b an understanding and sympathy for another person
12.c great happiness

- 13 empathy
- 14 joy
- 15 curiosity

Read. Choose T (True) or F (False).

- 16 In the question 'Who has visited Spain?', 'who' is the subject.
- 17 In the question 'What did you enjoy?', 'what' is the subject.
- 18 In the question 'Where did you go on holiday?', 'where' is the object.
- 19 In the sentence 'John has lost his wallet.', 'John' is the object.
- 20 In the question 'How much did it cost?', 'it' is the object.

Match the two parts of the questions.

- 20.a loves ice cream?
20.b are in the wild?
20.c do you study each week?
20.d does a firefighter earn in your country?
20.e when you feel lonely?
- 21 How many tigers
22 Who do you talk to
23 Who
24 How many hours
25 How much

Choose the correct answer.

- 26 How _____ right now?
26.a are you feeling b. have you felt c. you feel
- 27 living in the city or the countryside?
27.a Have you enjoyed b. Are you enjoying c. Do you enjoy
- 28 In some countries, people _____ very long hours.
28.a work b. have worked c. are working
- 29 At weekends, I usually just _____.
29.a have relaxed b. relax c. am relaxing
- 30 Experts say that animals like chimpanzees _____ to communicate happiness.
30.a are smiling b. have smiled c. smile

Complete each sentence with the present simple, present continuous or present perfect form of the verb in brackets.

- 31 Let me tell you about my friend Cindy. Cindy and I _____ (share) a house for about a year.
- 32 We really _____ (enjoy) doing things like going to the shops or cooking together.

- 33 But, in some ways, we _____(be) very different from each other.
- 34 For example, Cindy loves exercising at the gym. She exercises three times a week; in fact, she _____(exercise) right now.
- 35 As for me, I don't do much physical exercise. I _____(always be) very lazy.

Read the information. Are the following sentences correct? Choose T (True) or F (False). Correct the incorrect sentences.

Name: Jackie Driver

Present position: Assistant Director of Marketing and Communications for a large multinational company

City: Manchester

Qualifications: MBA

Length of time in present job: 5 years

Ambition: To become Director

- 36 Jackie has worked for a multinational company and loves her job.

- 37 Jackie has worked for the company for five years.

- 38 Jackie is studying for an MBA.

- 39 Jackie is being an Assistant Director of Communications and Marketing.

- 40 Jackie works in Manchester.

Read. Choose T (True) or F (False).

Have you exercised today? Even though most of us know that exercise does our body good, we often feel too busy and stressed to fit it into our daily routine. But how important is it to make time for exercise? The fact is that almost any form of exercise, such as yoga or a workout in the gym, can relieve stress. Even if you aren't a natural athlete or you're a bit out of shape, you can still do some exercise that will help you to reduce stress.

It is well-known that exercise improves your overall health and your sense of well-being, giving you more energy for your daily life. However, did you know that it also has some immediate benefits that reduce stress? Here are a few of them.

- It makes you calm. After a fast game of football or several lengths of the swimming pool, you may

find yourself concentrating only on your body movements and realise you've forgotten the day's irritations. As you begin to relax and focus on your physical activity, you feel the daily tensions disappear, and the resulting energy and optimism can help you feel calm and see things more clearly.

- * It releases endorphins. Physical activity helps to increase the production of your brain's feel-good chemicals, called endorphins. A run, a game of tennis or a walk surrounded by nature can give you this feeling, too. Spending time outdoors is really good for you.
- * It improves your mood. Regular exercise can increase self-confidence and reduce the symptoms of mild depression and anxiety. Are your nights regularly disrupted by stress, depression and anxiety? If so, exercise can really help you to sleep better. It lowers your stress levels and gives you a sense of control over your body and your life.

So what are you waiting for? Get moving! Why don't you invite a friend? You might even have fun!

- 41 Yoga doesn't relieve stress.
- 42 You have to be an athlete in order to do any physical exercise.
- 43 Swimming is a good time to think about how you can reduce tension at work.
- 44. Taking a walk outdoors helps to relieve stress.
- 45 Your sleep improves if you exercise.

Read. Choose the correct answer.

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- 46 Exercise gives you more _____.
a. illness b. energy c. stress

- 47 If you're out of shape, you're _____.
47.a not fit b. an athlete c. healthy
- 48 Focusing on one task helps to make you _____.
48.a ill b. tired c. calm
- 49 An endorphin is a _____.
49.a chemical in the brain b. medicine c. type of exercise
- 50 If you're feeling happy and relaxed, you're in a good _____.
50.a focus b. mood c. well-being

Read. Find and write a rhetorical question that the author uses for each purpose.

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51 to make a suggestion

52 to emphasize a point

53 to tell readers what information they can expect to read

54 to help readers relate the text to their own experience

55 to persuade

Listen. Choose T (True) or F (False). Audio 2.01

- 56 Professor Harrison is an expert on nature.
57. Professor Harrison is from the University of London.
- 58 The professor says that people who live in the city often get more stressed.
- 59 A picture of green fields in the countryside can reduce stress.
- 60 A plant in a hospital room is bad for people.

Listen. Match the word to the correct meaning. Audio 2.01

- | | | |
|----------------------------------|---------------------------------|------------------------------------|
| 61 expert | | |
| 61.a writer | b. professor | c. someone with a lot of knowledge |
| 62 research | | |
| 62.a study | b. reading | c. writing |
| 63 urban | | |
| 63.a in a town or city | b. big | c. countryside |
| 64 hormone | | |
| 64.a a chemical linked to stress | 64.ba chemical made by the body | 64.c a chemical made by the brain |
| 65 significant | | |
| 65.a small | b. negative | c. big |

Listen. Match the two parts of the sentences. Audio 2.01

- | | |
|----|--------------------------------------|
| a | reduces your blood pressure. |
| b | researching the brain. |
| c | nature has benefits for people. |
| d | shown that nature effects the brain. |
| e | have a beneficial effect. |
| 66 | The professor is |
| 67 | The professor has |
| 68 | The professor thinks that |
| 69 | Plants can |
| 70 | Being in nature |

Writing

- 66 Write a short review of a book you liked. Give your opinion and your emotional response to it. Write at least three sentences.

Complete these sentences so that they are true for a book you have read.

- 67 One thing that I loved about the book was_____.
- 68 What I found exciting was_____.
- 69 What I found disappointing was_____.
- 70 What made me really think was_____.

Watch and answer the questions. Write one or two sentences. Video 1.1

- 71 What experience made Rana think of putting emotions into digital communication?

- 72 How did Rana feel when she was away from home?

- 73 In emotion science, what is the other name for a facial muscle movement?

- 74 What does Rana say about teaching a computer to read emotions?

75 How does a computer learn to recognize a smile?
