

UNIT 4 - LESSON 8 - HOMEWORK SHEET

Grammar

- 1 **GRAMMAR IN USE** Find twelve more capital letters missing from the invitation.



B

You are invited to a reception at the *British* museum at 7.30 p.m. on *Friday*, 20th *April*.
 There will be a talk by professor *Ernest Brand*, author of 'tribal Art', to introduce our new
 exhibition of art from *New Guinea*.
 Drinks will be served.

Please reply to Ms *Helena Summers* on 02243 77689 before 28th *March*.



- 2 Write the plural form of the nouns.

car child ~~country~~ family house life loaf person potato series sheep watch

+ -s	+ -es	+ -ies	+ -ves	no change	irregular
		<i>countries</i>			

- 3 Choose the correct words in *italics*. **2.02** Listen and check.

- 0 I can't read his writing. I think I need new *glass* / (*glasses*).
- 1 How often do you brush your *tooth* / *teeth* ?
- 2 I think physics *is* / *are* the most difficult subject at college.
- 3 How many *aircrafts* / *aircraft* does British Airways own?
- 4 *Was* / *Were* the news interesting yesterday?
- 5 The police *is* / *are* trying to find the missing girl.
- 6 There are three *women* / *womans* and two men in the new medical team.
- 7 I like your new jeans. *Was it* / *Were they* expensive?
- 8 Do you have *a pair of* / *a scissors* in your kitchen?
- 9 Some farms in New Zealand have a million *sheep* / *sheeps*.
- 10 Our neighbours have six *childs* / *children*.

4 Match sentences 1 and 2 with A and B in each pair.

- | | | |
|---|-------------------------------------|---|
| 0 | 1 I'd like some tea. | → A And could I have two coffees, please? |
| | 2 I'd like a tea. | → B Could I have two packets of sugar, too? |
| 1 | 1 Can you get me some paper? | A I want to write a letter. |
| | 2 Can you get me a paper? | B I want something to read. |
| 2 | 1 Do you have any chicken? | A There isn't any on the menu. |
| | 2 Do you have any chickens? | B Or do you have only cows on your farm? |
| 3 | 1 You should try a skiing holiday. | A It will give you lots of experience. |
| | 2 You should take that job. | B You will have a great experience. |
| 4 | 1 I need to do some exercise. | A I want to improve my grammar. |
| | 2 I need to do some exercises. | B I want to get fit. |
| 5 | 1 I don't have a lot of work today. | A I'm not busy. |
| | 2 I don't have many of his works. | B I'm not very keen on his books. |

5 GRAMMAR IN USE Choose the correct answer, A, B or C below.  2.03 Listen and check.

Subject

Hi Clara

I got to London two days ago. (0) arrived on time and I came into town on the Underground. My (1) heavy, so I didn't need to take a taxi. The hotel is OK. The furniture (2) a bit cheap, it's all made of (3); but the room is clean.

You know I love history and (4) Well, yesterday I went to the British Museum – it was amazing! I loved the Egyptian stone statues. They are huge and the stone (5) a beautiful red colour. The museum is fantastic! There's no charge to get in, so you don't need to spend a lot of (6) There's a nice café there and I had some coffee and two (7)

Now I need (8) from you about my camera ...

- 0 A Flight B Some flight **C** The flight
- 1 A luggages weren't B luggage wasn't C luggage weren't
- 2 A is B are C were
- 3 A plastic B a plastic C the plastic
- 4 A an archaeology B archaeology C the archaeology
- 5 A are B were C is
- 6 A money B moneys C the money
- 7 A sandwichs B sandwichies C sandwiches
- 8 A an advice B some advice C advices

6 Complete the descriptions with the words from the box.

a bar a bottle a can a ~~carton~~ a jar a packet a piece a slice a tub



0 ~~a carton~~ of milk



1 of soup



2 of water



3 of soap



4 of jam



5 of furniture



6 of meat



7 of butter



8 of rice

Vocabulary

1.1 49 Listen to three people. What kind of food is each person describing: Mexican, Italian or Chinese?

Speaker 1: _____ Speaker 2: _____ Speaker 3: _____

1.2 49 Listen again and write down the words that gave you the correct answers.

1.3 The verbs in bold describe ways to prepare food. Choose the correct word to complete each sentence.

- | | |
|--|--|
| 1 I poured myself a glass of <i>orange juice</i> / <i>coffee</i> . | 5 Grate the <i>cheese</i> / <i>meat</i> before putting it on the pizza. |
| 2 To make an omelette, beat the <i>potatoes</i> / <i>eggs</i> in a bowl. | 6 You'll need to melt the <i>butter</i> / <i>cream</i> . |
| 3 Chop the <i>vegetables</i> / <i>salad</i> for the soup into small pieces. | 7 Slice the <i>lemon</i> / <i>nuts</i> very thinly. |
| 4 You can't eat a(n) <i>banana</i> / <i>apple</i> without peeling it first! | 8 Stir the <i>cereal</i> / <i>sauce</i> regularly while it cooks. |

2.1 Read this text from a restaurant website. Mark the sentences below T (true) or F (false). Correct the sentences that are false.

Hungry? seafood chicken noodles rice dishes salads desserts Thirsty? fresh juices soft drinks tea coffee

We have listed some of our best-selling starters and main meals to help you decide what to order on your first visit. You will find an explanation of these dishes by clicking [here](#).

Our restaurant serves a range of popular dishes from different parts of Asia. Our menu consists of starters, main meals, side dishes and desserts.

Your order is taken on a handheld computer and sent to the kitchen, where it is cooked immediately. We want to ensure the freshness of your food so your dish will be delivered to your table as soon as it is ready. This means different dishes may be delivered at different times to your table. Don't wait – just tuck in and share!

- We provide a number of dishes designed specifically for children.
- Come and check out the specials, which change each week.
- You can buy our cookbook and easily re-create some of our dishes at home by following the recipes.

- | | |
|---|---------------|
| 1 Various dishes are described on the website. | _____ T _____ |
| 2 The restaurant prepares unusual recipes from a variety of places. | _____ |
| 3 This is a self-service restaurant. | _____ |
| 4 Food is microwaved to ensure speed of service. | _____ |
| 5 This restaurant caters for family dining. | _____ |
| 6 Some of the meals served are straightforward to make at home. | _____ |

ERROR WARNING

A **cooker** is what you cook on:
Don't touch the cooker – it's hot.

The person who cooks is a **cook**:
My husband is a very good cook.

Reading

Pre-Reading

Think about the following questions.

1. Which kinds of food are good for our skin?
2. How do these kinds of food help our skin?
3. How often do you eat these kinds of food?

Vocabulary Preview

Write the letter of the word or phrase with the same meaning as the underlined word.

- | | |
|---------------------------|------------------------------|
| a. a thick, milky product | d. ability; potential |
| b. careful | e. characteristics; features |
| c. received; suffered | f. small folds in the skin |

1. ___ She uses lots of creams and lotions on her skin.
2. ___ He looks very old. He has lots of wrinkles.
3. ___ Sunlight has the capability to damage your skin.
4. ___ The doctor was cautious about giving new medicines to his patients.
5. ___ Many people say garlic has lots of healthy properties.
6. ___ The boy sustained several injuries from his fall.

Eat Better, Look Better



Would you believe that your diet can make a big difference in keeping a youthful appearance? It seems strange to think that the food we take in could result in fewer wrinkles. Wouldn't it be better to put things on our skin rather than in our mouths?

5 Well, according to one scientific theory, our bodies start aging because of **oxidation**. This is caused by certain oxygen-containing molecules in our **cells**, called free radicals. Free radicals have the capability to attach to and damage parts of our cells, including our DNA. Our bodies have the ability to repair this damage. However, as we get older, these repair **mechanisms** start to break down, resulting in signs of aging, such as wrinkles. Free
10 radicals are actually produced by our bodies, but their numbers can also increase because of the food we eat.

Besides avoiding foods that could potentially produce more free radicals, eating foods that contain certain vitamins and micro-nutrients can also keep us looking young. These vitamins help produce molecules called **antioxidants**, which actually help reduce
15 the production of free radicals. Even better, foods containing antioxidants are not rare. Common antioxidants, like vitamins A and E, can be found in many dark-colored vegetables. For example, carrots, **seaweed**, spinach, and broccoli are all excellent sources of these helpful vitamins. Also, you can eat orange-colored fruits like **apricots** and peaches. Vitamins A and E are particularly good for helping your skin remain young-looking.
20 These nutrients strengthen your skin and make it soft. However, if you really want to **stock up** quickly on nutrients that benefit your skin, you should eat cow's liver. One small piece of cooked cow's liver contains twice as much vitamin A as half a cup of cooked carrots.

More recently, green tea has also been **tentatively** added to the list of youth-
25 promoting substances. Research on green tea's effects on our bodies is still in the early stages. Scientists certainly believe that it is good for us, but they are cautious about predicting its ability to keep us looking youthful. However, recent experiments seem to show that green tea's antioxidant properties can repair cell damage already sustained as well as prevent damage in the future. In fact, green tea works even better if you apply
30 it directly to your skin as an ingredient in facial cream.

"You are what you eat." The more we find out about how our bodies work, the more this old **proverb** seems to be true. Think about that the next time you sit down at the table.

Reading Time _____ minutes _____ seconds

429 words

- 5 *oxidation*: the process of combining with oxygen
- 6 *cell*: the basic unit of a living thing
- 9 *mechanism*: the fundamental physical or chemical processes of an organism to a given stimulus
- 14 *antioxidant*: a substance found in vitamins that protects body cells from oxidation damage

- 17 *seaweed*: a plant that grows underwater
- 18 *apricot*: a small yellow-orange fruit
- 21 *stock up*: to keep extra; to get a lot of
- 24 *tentatively*: cautiously; for now but not finally
- 32 *proverb*: a saying that gives advice or expresses some truth

Choose the best answer.

1. What is the main idea of the reading?
 - a. Our bodies are aging.
 - b. Carrots are good for us.
 - c. Food affects aging.
 - d. We should use facial cream.
2. Which is probably true about people who look younger than their age?
 - a. They eat a lot.
 - b. They drink green tea every day.
 - c. They eat food that helps their skin.
 - d. They only eat vegetables.
3. What kinds of vegetables contain a lot of vitamin A?
 - a. Tasty ones
 - b. Vegetables dark in color
 - c. Green ones
 - d. All of them
4. Which of the following is true, according to the reading?
 - a. Drinking alcohol helps your skin.
 - b. Facial cream with vitamin C is bad for you.
 - c. Cow's liver has a lot of vitamin A.
 - d. We age because we eat vitamins.
5. Which word is closest in meaning to the word "apply" in this reading?
 - a. Ask for
 - b. Be related to
 - c. Spread on
 - d. Use well

Idiomatic Expressions

Find these idioms in the reading.

- **take in** [to eat; to consume]
Research shows that if you don't **take in** enough vitamin D, you will develop health problems.
- **stock up on** [to keep a lot of something for later use]
I **stocked up on** bread today while I was shopping.
- **even better** [in addition to the previous good thing]
My grandmother's delicious apple pie tastes **even better** with a scoop of vanilla ice cream.

Fill in the blank with one of the above idioms. Change its form if necessary.

1. People who _____ small amounts of caffeine say that they feel more awake.
2. The package will be delivered right to your door. _____, you can return it for free if there is a problem!
3. Winter is coming. We need to _____ wood for the fire.

Summary

Scan the passage and complete the notes with the correct information.

I. Free radicals

- A. Definition: molecules containing 1 _____ that attach to and damage cells
- B. Cause 2 _____ → aging

II. Antioxidants

- A. Definition: molecules (produced by vitamins A and E) that 3 _____ the body's production of 4 _____
- B. Sources
- 5 _____ vegetables: carrots, seaweed, spinach, and 6 _____
 - Orange-colored fruits: 7 _____ and peaches
 - Best source of vitamin A is cow's 8 _____
 - Possible good source is 9 _____
— Works better if applied to skin in a 10 _____

Listening

What's That for?



Listen to the dialog and complete each sentence.

- The woman is making a _____.
- She will put _____ into a _____ and then tie it closed.
- She not only puts it in her bath, she also _____.

Discuss the following questions.

1. Which foods have you heard have lots of antioxidants in them?
2. Do you think you have a healthy or unhealthy diet? Why?
3. What are some ways that people in your country take care of their skin?

Grammar

Help + (Object) + Infinitive

Help is followed by an infinitive with or without *to*. Sometimes, *help* is followed by an object + infinitive with or without *to*.

These vitamins help (produce / production) molecules called antioxidants, which actually help (reduce / reduction) the production of free radicals.

Vitamin A and E are particularly good for helping your skin (remain / remaining) young-looking.

Writing

Write your own short paragraph by answering the questions below.

Good Skin Care

- (1) What do you do to take care of your skin? (2) How do you do this? (3) How often do you do this? (4) When did you start doing this? (5) Who taught you to do this?

Example

I use aloe vera to take care of my skin. I put aloe vera on my face after I shave. I do this every morning. I started doing this last year. Nobody taught me to do it. I just started doing it.

Vocabulary and Idiom Review

A. Choose the best word or phrase to fill in the blank.

- All of these paintings represent ____ examples of classical realism.
a. cautious b. facial c. tentative d. typical
- I need a new sheet of paper. This sheet has a ____ in it.
a. damage b. molecule c. source d. wrinkle
- Our deluxe chairs have the special ____ that they can turn and recline.
a. element b. production c. property d. theory
- The beauty shop sells many different types of masks, soaps, and ____.
a. creams b. proverbs c. substances d. vitamins
- The skaters who wore wrist guards did not ____ any wrist or hand injuries.
a. contain b. predict c. repair d. sustain
- The store is having a big sale on socks. Let's ____ them.
a. argue with b. attach to c. stock up on d. take in
- What kind of household ____ should we buy for him?
a. appliance b. capability c. cell d. stage

B. Choose the correct form of the word to fill in the blank.

- Be careful. That virus is ____ of doing a lot of damage to your computer.
a. capability b. capable c. incapable
- She drove her car ____ over the icy bridge.
a. caution b. cautious c. cautiously
- The scientist is doing ____ research for the government.
a. molecule b. molecular c. molecularly

Listening

A dish I like to eat

P re-Listening Exercises

1. Look at the following words from the dialogue and see if you can make sentences with each of them.

peanut *n.*

chilli *n.*

chicken pieces

fried *a.*

sauce *n.*

crunchy *a.*

flavour *n.*

keep the price low

miss *v.*

taste terrible

2. Look at the following questions and answers and check them as you hear them.

a. OK, so I've been asked to speak about my favourite dish.	<input type="checkbox"/>
b. Well, that's difficult because I like so many.	<input type="checkbox"/>
c. But I think my favourite is a dish called ...	<input type="checkbox"/>
d. I eat this dish quite often, at least once or twice each month.	<input type="checkbox"/>
e. It has chicken, peanuts and lots of ... The chicken pieces are small and they are ...	<input type="checkbox"/>
f. The sauce is ... It has a lot of peanuts in it.	<input type="checkbox"/>

g. The peanuts are quite hard so this makes the dish both soft and ...	<input type="checkbox"/>
h. The best place to get it is in Sichuan. I think the reason I like it is because first I like ... a lot.	<input type="checkbox"/>
i. The chicken is usually quite soft.	<input type="checkbox"/>
j. The other thing I like is that it has a strong flavour. It is not too strong, but it is delicious.	<input type="checkbox"/>
k. It is a popular dish so people keep the price ... I think it's a dish I will miss when I go ...	<input type="checkbox"/>

L istening Exercises

Questions 1 – 4

Listen to Lesson 19 and complete the chart with the basic details. Write **NO MORE THAN THREE WORDS** in your answers.

What are the three main ingredients?	Where can the dish be found?	How are the chicken pieces cooked?	What is the price like?
(1) _____	(2) _____	(3) _____	(4) _____

Questions 5 – 8

Listen to Lesson 19 and choose the correct answer.

5. The dish is _____ Sichuan.
 - A. only eaten in
 - B. from

6. The candidate eats it at least once or twice
 - A. a week.
 - B. a month.

7. The chicken pieces
 - A. are small.
 - B. are large.

8. The candidate will miss this dish
A. when she goes overseas.
B. when she is sick.

Questions 9–13

Listen to Lesson 19 again. Choose Yes or No.

- | | | |
|--|------------------------------|-----------------------------|
| 9. You can only find the dish in Sichuan or Hunan. | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 10. The dish is spicy. | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 11. The dish is expensive. | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 12. The candidate has made the dish before. | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 13. The dish is easy to make. | Yes <input type="checkbox"/> | No <input type="checkbox"/> |