

Grammar

Second conditionals

1 Which sentence (a or b) means the same as the sentence in bold? Circle the correct sentence.

1 **If I wasn't so busy, I'd take a vacation.**

- a I can't take a vacation because I'm busy.
- b I'm not very busy, so I can take a vacation.

2 **If Nadia went to sleep earlier, she wouldn't be so tired.**

- a Nadia doesn't go to sleep early, so she's tired.
- b Nadia goes to sleep early, but she's still tired.

3 **If Janina saw her friends more, she would not be so unhappy.**

- a Janina sees her friends, but she still feels unhappy.
- b Janina doesn't see her friends enough, so she isn't very happy.

4 **Hari wouldn't exercise if he didn't enjoy it.**

- a Hari doesn't exercise much because he doesn't like it.
- b Hari does a lot of exercise because he likes it.

5 **If they lived in the city, they would feel more stressed.**

- a They live in the city and they feel stressed.
- b They don't live in the city, so they are less stressed.

2 Circle the correct options to complete the sentences.

1 Anya and Olha *wouldn't* / *will* not be stressed if they *weren't* / *wasn't* so busy.

2 If you *do* / *did* ten minutes of practice a day, you'd / *you'll* learn really quickly.

3 If Ramon *is* / *were* more relaxed, he'd *be* / *being* happier.

4 I would *see* / *saw* my family more if I *live* / *lived* in the same town.

5 We'd / *'ll* do more sports if we *didn't have* / *not had* a TV.

6 Patrick *would* / *will* sleep late if he *didn't* / *doesn't* work on Saturday mornings.

3 Complete the conditional sentences with the correct form of the verbs.

1 If Khalid _____ (not / live) in the city, he _____ (not / order) takeout every day.

2 If Blair's family _____ (praise) her more, she _____ (feel) better.

3 They _____ (have) less energy if they _____ (not / eat) breakfast.

4 If Lihua _____ (change) her job, she _____ (not / get) free healthcare.

5 If we _____ (buy) new bikes, we _____ (use) them every day.

6 I _____ (not / practice) every day if I _____ (not / have) a race next month.

7 If I _____ (be) you, I _____ (study) more.

Look at the Learning to Learn box. Then do the task.

LEARNING TO LEARN: GRAMMAR

Using search engines to find example sentences

To help you remember grammar, it can be a good idea to find example sentences with search engines. This is because search engines often predict what you are searching for and give examples. Use a search engine to type the beginning of a sentence or question with new grammar. Take notes of the examples that the search engine gives.

Type these sentence beginnings into a search engine. Complete the sentences with an example from the search engine.

1 If I were rich, I would _____

2 I'd be happier if _____

Listening



- 1 Listen to the radio interview. Write down some keywords that you hear.
- 2 Look at your notes for Exercise 1. Circle what Mika thinks people need to talk about more.
a feelings b sadness c happiness
- 3 Listen again and check your answer to Exercise 2.
- 4 Listen again. Circle the correct option to complete the sentences.
 - 1 Mika says that people think that they'd be happier if they did *more / less*.
 - 2 The host says that people don't always want to be *positive / hear* advice when they're sad.
 - 3 Mika thinks it's a good idea to *smile / talk about it* when you feel sad.
 - 4 Mika says feeling sad can help people to *think / make changes*.
 - 5 The host says that if someone is sad all the time, they should speak to a *friend / doctor*.

Vocabulary

Health and illness

9 1 Complete the phrases with these verbs.

feel get have prevent stay take

- 1 _____ a cold / sunstroke / an accident
- 2 _____ sunstroke / better / sick
- 3 _____ a break / your medicine
- 4 _____ a serious accident / a high fever / an illness
- 5 _____ tired / sick / healthy
- 6 _____ healthy / in good shape / young

9 2 Complete the questions or answers with a noun or adjective from Exercise 1.

- 1 A: What do you do to prevent _____?
B: I wear a hat and stay inside when it's very hot.
- 2 A: What's wrong?
B: I have a bad _____. I have a sore throat and a cough.
- 3 A: Do you feel _____?
B: Yes. I didn't sleep well last night. I'm going to bed now.

Look at the Learning to Learn box. Then do the task.

LEARNING TO LEARN: Vocabulary

Increasing your vocabulary

When you think you know the vocabulary from a unit of the Student's Book, you can learn more words about a topic. Don't learn too many new words—just one or two that are useful for you.

Think of two or three more health words in your language that are useful for you. Then research online to find the English translations and make notes about the new words.