UNIT 6 - LESSON 6 - HOMEWORK

READING

A **Read the title of the article below and check the three key nouns in a dictionary. Match the words and definitions below.**

1. nutrition	a. a condition when somebody is very fat
2. transition	b. food and its affect on your health
3. obesity	c. a change from one thing to another

B **Read the first paragraph of the article and then the two subheadings. What do you think the rest of the article will be about? Compare ideas with a partner.**

C **Skim read the whole article. Focus on topic sentences. Were your predictions correct?**

D **Read the article more carefully and answer questions 1–16 that follow.**

The Nutrition Transition and Obesity

A Obesity in the developing world is the result of a series of changes in diet and nutrition, physical activity and general health, collectively known as the 'nutrition transition'. As poor countries become richer, they acquire some of the problems, as well as the benefits, of industrialized nations. These include obesity.

B Since urban areas are much further in this transition than rural areas, they experience higher rates of obesity. Cities offer a greater range of food choices, generally at lower prices. Urban work often demands less physical activity than rural work. Women in cities work outside the home, and they are too busy to shop for, prepare and cook healthy meals at home. The fact that more people are moving to cities makes the problem worse. In 1900, just 10% of the world population lived in cities. Today, that figure is closer to 50%.

C This does not mean that rural areas are not affected. Increased mechanization of farming leads to reduced physical activity at the same time that more food, but not necessarily better food, becomes available. Many rural farmers have given up farming multiple crops that provide a more balanced diet in favour of a single, high-yielding cash crop.

Importing Poor Eating Habits

D Another element of the nutrition transition is the increase in the amount of food imported from the industrialized world. Traditional diets, featuring grains and vegetables, are being replaced by meals high in fat and sugar.

E Some experts blame industrialized countries for producing healthier cuts of meat for their own citizens, while selling the high-fat remainders to poorer countries. Turkey tails and mutton flaps (cuts of mostly skin and fat), for example, are sold to the developing world, despite the fact that 80% of the energy in them comes from fat. As food companies watch incomes rise in the developing world, they are setting their sights on new markets. From Mexico to Morocco, the foods that endanger health in wealthy countries are now affecting poorer countries.

F Other changes in diet are occurring regardless of outside influences. In China, when per capita income grew by 400% after the economic reforms of the late 1970s, the consumption of high-fat foods increased dramatically. While incomes grew, the income needed to purchase a fatty diet decreased. In 1962, a diet containing 20% of total energy from fat correlated with a per capita GNP of US$1,475. By 1990, a GNP of just $750 correlated with the same diet.

G In a number of countries, globalization has changed the concept of obesity. In Mexico and Brazil, for example, where being overweight was once a sign of wealth, it now displays poverty. The increased

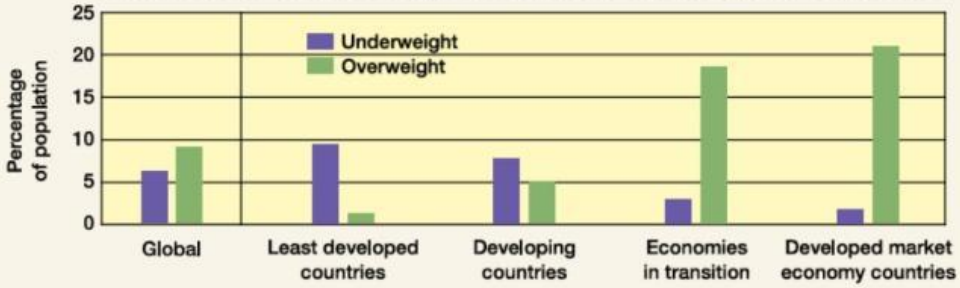
LIVEWORKSHEETS

availability of cheaper food means the poor have access to a richer diet. While the richest people can choose to adopt a healthy lifestyle, the poor have fewer food choices and know very little about nutrition.

The Cost of a Poor Diet

H The underweight and overweight have a shorter life expectancy and high levels of sickness and disability. Obesity increases the risk of chronic diseases, such as diabetes, heart disease and cancer. Before long, the developing world may be suffering the majority of the growing disease burden. For instance, the number of people with obesity-related diabetes is expected to double to 300 million by 2025. Three-quarters of that growth is likely to be in the developing world. For countries whose economic and social resources are already stretched to the limit, the result could be disastrous.

From Least to Most Developed Countries: Overweight Is On the Rise



Source: WHO, 2000.

The passage has eight paragraphs, labelled A–H. For questions 1–6, say which paragraph contains the following information.

1. healthy types of food that people are not eating anymore ___
2. unhealthy types of food that poorer countries are buying from richer countries ___
3. the global transition towards an urban lifestyle ___
4. a warning to developing countries about what the future may bring ___
5. how the exact cost of a fat-based diet has changed in one country ___
6. people using less energy because there are more machines ___

For questions 7–12, match the people A–E with the statements. Write the correct letter A–E in the spaces. Use one letter twice.

A people living in cities	B rural farmers
C the Chinese	D Mexicans and Brazilians
E Underweight and overweight people	

7. They make more money from selling just one product. ___
8. They used to think that being fat showed you were rich. ___
9. They are more likely to be ill. ___
10. They have much more money to spend nowadays. ___
11. They spend less time making food for themselves. ___
12. They don't know that what they are eating is unhealthy. ___

For questions 13–16, decide if the information given below agrees with the information given in the passage. Write (T) true, (F) false or (NG) not given.

13. Around a third of the people in the world now live in cities. ___
14. The majority of the energy content in the unhealthiest cuts of meat comes from fat. ___
15. People in China now earn on average four times what they did in 1970. ___
16. By 2025, the number of obese people in developing countries will be twice that in developed countries. ___

LIVEWORKSHEETS

SPEAKING

PROMPT CARD 1

Talk about a sport that you enjoy playing.
You should say:
- which sport it is
- what equipment is used
- how it is played

and explain why you enjoy playing it.

PROMPT CARD 2

Talk about a sport that you would like to try.
You should say:
- what it is
- what equipment you would need
- how it is played

and explain why you want to try it.

21 *Listen to the following two speakers talking about these topics. Decide whether they are speaking about Prompt Card 1 or Prompt Card 2.*

Speaker 1: Prompt Card _____
Speaker 2: Prompt Card _____

22 *Look at the language from Speaker 1. Use the language to write your own notes about a sport you enjoy playing.*

To play ……., you need ……

The aim of the game is to ……..……
……

Players do this by ……
……..

…….. is played ……

In my team, I play ……., so I have to ……

I'm also pretty good at ……
……

I guess I like playing …….. because ……..…..

I feel ……..…… when I play, ……

LIVEWORKSHEETS

Speaker 1:

Okay, I'm going to speak about a sport that I enjoy playing: basketball. To play basketball, you need a ball, a court, and two hoops at either end. Of course, you also need players – five on each side. The aim of the game is to get the ball through the hoop at each end. Players do this by dribbling the basketball down the court and passing it to other players to move the ball in the right direction. Meanwhile, the members of the other team try to stop them from doing this. They can try to stop them by guarding them very closely and trying to get the ball from them. Basketball is played in four quarters, and players can be swapped during this time. It takes about an hour, but that depends on how often the referee stops them. In my team, I play centre, and so I have to run around a lot and help move the basketball down the court. I'm also pretty good at shooting, so I get lots of chances to score points. I guess I like playing basketball because of the way it makes me feel. I feel quite excited when I play, and it also feels good to be part of a team, especially when we're winning!

23 *Look at the language from Speaker 2. Use the language to write your own notes about a sport you would like to try.*

A sport that I'd like to try is .....

I'm keen to try it because .....

You need a lot of equipment: .....

.....

You start off .....

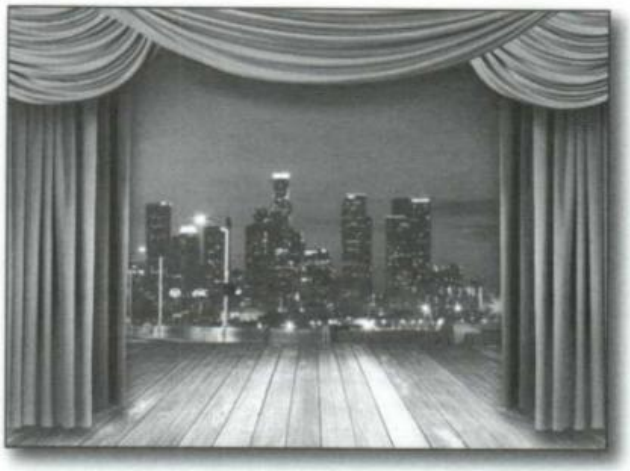
I'd love to try it because .....

Speaker 2

A sport that I'd like to try is white-water rafting. I guess it's more of an extreme sport, really. I've always been keen to try it ever since I saw a programme on television which showed people rafting on this huge river in South America somewhere. It looked amazing, but scary at the same time. To do white-water rafting, I think you need to go with a company who organises it all for you, because you need a lot of stuff: lifejackets, helmets, wetsuits, and all that kind of thing. The boats they use are inflatable rafts, and you are given little paddles to row with. From what I saw, you start off at the top of a river and float down until you get to a type of small waterfall, where the water is moving very fast, and the raft goes over and down to the next part of the river. That's when it gets exciting! I saw people falling out and going under the water, but they all looked like they were having a great time. I'd love to try it because it looks so exciting and a little bit dangerous at the same time, so I think it'd be quite thrilling. And I love swimming, so hopefully I'd be okay!

LIVEWORKSHEETS

LISTENING





Lead-in activity

Here are five places where people go in their free time. Which one do you think is the most popular with young / middle-aged / elderly people?

cinema	art gallery	campsite
museum	theatre	

Below are **five lists** of **nouns**. Each list is associated with one of the places above.
(1) Decide which list is associated with which place and write the place in the gap next to the list.
(2) Underline the one word in the list which is different from the rest – the **odd** one out.

1. impressionism, landscape, still life, stalls, abstract, portrait _____

2. stage, backdrop, play, performance, props, curator _____

3. exhibition, soundtrack, display case, anthropology, artefact, sculpture _____

4. trailer, screenplay, subtitles, miniature, sequel, cast _____

5. caravan, tent, sleeping bag, rucksack, gazebo, watercolour _____

Focus on Word Form recognition

In the last four units, you have seen a number of gap-fill tasks, ranging from basic gap-fills and tables, to more complex maps and diagrams.
The test requires that you should recognise different word forms, such as **nouns**, **adjectives** and **verbs**, in order to do these tasks well. Apart from this, you should also think about their position in the sentence, e.g. an adjective often comes before a noun.

Task 1

In the first part of the audioscript extract below there are some key words written in **bold**. You will need to put them in the correct category in the columns below. The first example has been done for you:
(key - RP = Radio Presenter)

RP: And here on **Radio** Southendean, we have a **special** guest this evening, **Anne French**, director of 'Never too far', the smash hit **musical** from the **West End** of London, which **is** currently **touring** the country. And it's **being staged** for **three** nights, from the 22nd to the 24th of March, at our very own Southendean Theatre. Welcome to our studio Anne. I'm so **glad** you **could make** it.

Verb	Adjective	Noun
		Radio

LIVEWORKSHEETS

Task 2 { Track 020 }

2A

Write **no more than TWO words and/or a number** for each answer.

Cranfield Art Gallery

The art gallery is a piece of **(1)** _____ 21st century architecture.

There are five acres of parkland around the art gallery which is **(2)** _____ away from the centre of the city.

Its large windows allow in a great deal of natural light.

There are works by both local and **(3)** _____ artists on display.

(4) '_____ the Rain' was painted by a well-known Scottish artist.

You can find a variety of artistic styles including modernism and **(5)** _____.



2B { Track 021 }

Complete the sentences below using **no more than THREE words** to fill each gap.

6. City Tours organises trips to the Cranfield Art Gallery every _____.

7. Students used to pay £3.80 until the _____.

8. The current student rate is not as high as _____.

9. You can either book your excursion online or from the reception of _____.

LIVEWORKSHEETS

Task 3 { Track 022 }

Write **no more than THREE words and/or a number** for each answer.

	The West of Scotland	The Lake District	Cornwall
Duration	a **(1)** _____ break	lasts for **(4)** _____ and begins in late June	three weeks
Facilities	camping equipment is provided but you need to bring a **(2)** _____	(no information)	stay in a **(6)** _____ meals catered for
Activities	hiking in the mountains, swimming and canoeing	orienteering, water skiing and **(5)** _____	water sports and outward-bound activities which include abseiling, **(7)** _____, caving and potholing
Transport	You will have to **(3)** _____	the coach is included	(no information)

MAIN LISTENING

Task 4 { Track 023 }

You will hear a radio programme in which a presenter is interviewing the director of a musical.

4A

Complete the sentences below using **no more than THREE words and/or a number** to fill each gap.

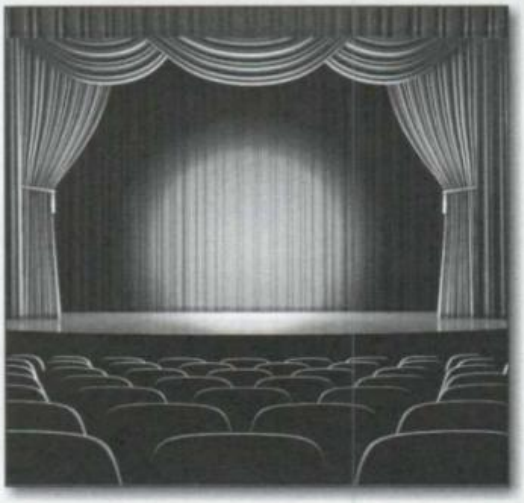
1. At the end of May, the director will be taking her musical on **(1)** _____.
2. Southendean Theatre is special for Anne because it was **(2)** _____.
3. She began directing performances about **(3)** _____.
4. The first time she directed at Southendean Theatre, it **(4)** _____.

LIVEWORKSHEETS

4B { Track 024 }

Write **no more than THREE words and/or a number** for each answer.

Laughing in the Face of Adversity



- **genre:** drama
- first shown on stage **(5)** _____
- currently touring **(6)** _____ cities

Write **no more than TWO words and/or a number** for each answer.

Never too Far

- **genre:** musical
- about two children whose parents **(7)** _____
- after many years they are **(8)** _____.
- a good selection of music from **(9)** _____ folk music to American jazz.

4C { Track 025 }

Write **no more than THREE words and/or a number** for each answer.

LIVEWORKSHEETS

Name of Play	A Place **(10)** _____
Genre	**(11)** _____
Plot	In the story, the two recluses are made to **(12)** _____ each other.
First Performance	It's coming out in **(13)** _____

Post-listening Activity

For each question, choose the correct form of the word (a, b or c) to fill in the gap. You may need to make small **changes** to the words, such as adding '**to**' to a verb, or by making it **plural**.

1. Students can use their cards for _____ entrance fees.
a. reduction
b. reduce
c. reduced

2. _____ should send in their forms well before the exam.
a. application
b. apply
c. applicant

3. Remember to organise your groups of vocabulary _____.
a. separate
b. separately
c. separator

4. What is the _____ between a verb and an adverb?
a. difference
b. different
c. differentiate

5. It is difficult _____ which university to enter.
a. decide
b. decision
c. decisive

6. A good vocabulary is _____ to succeed in IELTS tasks.
a. necessity
b. need
c. necessary

7. There is a clear _____ between content and structural words.
a. distinct
b. distinctly
c. distinction

8. Looking at the audioscript after listening is an _____ way of understanding your mistakes.
a. effective
b. effect
c. affect

9. There are many ways of _____ your listening skills outside the classroom.
a. development
b. developing
c. developer

10. You need regular self-testing _____ you of your own progress.
a. inform
b. information
c. informative

LIVEWORKSHEETS

READING

Hobbies and leisure

1a **Complete the sentences with the correct word from the box.**

about	at	by	in	into	on	to	with

1. I'm not very keen ..... science fiction films, but the rest of my family loves them.
2. I'm interested ..... taking up scuba diving, but it's an expensive hobby.
3. My father has always been fascinated ..... architecture and loves visiting old castles.
4. I used to prefer rock and folk music, but I've really got ..... jazz recently.
5. John is very excited ..... starting tennis lessons next week.
6. Maria is quite pleased ..... her daughter's progress in her ballet class.
7. Some people can become addicted ..... playing computer games.
8. Antonia is brilliant ..... cooking; I wish I could do it as well as her!

1b **Complete the sentences with the correct preposition and your own ideas.**

1. I'm very keen .....
2. My best friend is brilliant .....
3. I'm really excited .....
4. Many people are addicted .....
5. Lately, I've really got .....

2 **Choose the correct alternative to complete the sentences.**

1. The *viewers / spectators* in the stadium cheered for their team.
2. Jacob decided to take *place / part* in a cooking competition.
3. Rachel *took / set* up painting because she wanted to make better use of her free time.
4. I really enjoyed the *demonstration / exhibition* of eighteenth-century art at the city gallery.
5. My favourite singer is *giving / running* a concert in my home town and I hope to see her.
6. I go to the cinema regularly and like to see *moving / thrilling* films that are very emotional.
7. Elena enjoys reading detective stories with complicated but interesting *schemes / plots*.
8. He is a very *sociable / sensible* person who loves meeting new people in his free time.

LIVEWORKSHEETS

Sport

1 **Choose the correct verb to complete the sentences.**

1. I *play / practise / go* jogging every morning before work.
2. I *go / take / make* plenty of exercise every week because I walk to work!
3. Most experts say that *keeping / going / making* fit is very important if you sit at a desk all day.
4. Tony *plays / practises / makes* tennis at a local club when he has some free time.
5. Clara *hit / beat / shot* the ball really hard and it went into the net.
6. The class *make / do / play* gymnastics once a week in the new gym.
7. The school football team *beat / won / succeeded* every team they played this term.
8. I did a course to *develop / expand / progress* my tennis skills.

2a **Complete the sentences with the correct form of the verb in brackets, *-ing* or *to* + infinitive.**

1. Elena can't stand ..... (play) football; she prefers athletics.
2. I regretted ..... (do) the extra training session because I felt so tired afterwards.
3. Lucas is planning ..... (take up) skiing next year.
4. Nicole really enjoys ..... (go) for long runs in the hills near her home.
5. The squash player managed ..... (win) the final game despite being exhausted.
6. Leo refused ..... (join) his local gym even though his friends were all members.
7. My mother is considering ..... (enter) a golf tournament next month.
8. We knew we were unlikely ..... (lose) against a very weak and inexperienced team.

2b **Complete the sentences with your own ideas.**

1. I can't stand .....
2. I'm considering .....
3. My friends and I really enjoy .....
4. The weather is likely .....
5. My family's planning .....

Health and fitness

1 **Complete the text with the words in the box. There are two words you do not need to use.**

a	all	an	both	every	few	much	that	the	those

Michael Green loved swimming from **(1)** ..... early age. He took **(2)** ..... opportunity that came along to spend time in his local pool. As he got older, he regularly entered local competitions, **(3)** ..... of which he won. This perfect record attracted a lot of attention and he started working with a coach. **(4)** ..... training sessions paid off and Michael rapidly improved his speed and strength. However, **(5)** ..... believed that he would continue to work so hard, especially when he had so **(6)** ..... schoolwork to do. But winning **(7)** ..... national championship was his dream, and **(8)** ..... was what motivated him. However, Michael went on to achieve even more than this, becoming the world champion before his eighteenth birthday.

LIVEWORKSHEETS

Exam task

2 **For questions 1–8, read the text below and think of the word which best fits each gap. Use only one word in each gap. There is an example at the beginning (0).**

Example: (0) *NO*

Running a marathon



So you want to run a marathon? There is **(0)** ..... doubt that running 42 kilometres is a great achievement. Many training plans involve running four times a week for at **(1)** ..... three months, and sometimes longer. Experts strongly recommend that you should **(2)** ..... used to running long distances gradually. If you don't, it can increase the chances **(3)** ..... picking up an injury. It **(4)** ..... generally thought that runners should initially go on fairly relaxed training runs. The pace should be gentle enough to allow you **(5)** ..... have a conversation with someone running alongside you.

Don't make the mistake of eating too little before the race, or you will rapidly run **(6)** ..... of energy. But **(7)** ..... should you eat a large meal. It goes without saying that choosing the right footwear is also essential. **(8)** ..... you do, avoid clothes made of cotton and go for artificial materials, or even some types of wool such as merino. Choose clothing that will be comfortable.

LIVEWORKSHEETS

The desert runner and the dog



The story of how a homeless dog became an internet star and found a home in the UK begins in China, in the Gobi Desert, during an ultramarathon in which competitors cross 250 kilometres of desert in seven days. The dog 'adopted' Australian **marathon** runner Dion Leonard when it chose to join the racers on the second day. Leonard's affection for the dog grew as it ran hour after hour with him in the harsh desert conditions, and by the last **stage** of the race, they could not be separated. He named her Gobi, after the desert.

1 ☐ He claims she helped him do so well in the race. In fact, Gobi set the **pace** for Leonard, and the two days she didn't run with him, his times were not as fast as when she did. He added that she sometimes **beat** him too – but when Gobi ran too quickly she would stop and wait for him to **catch up**, and then they would continue together.

Dion Leonard's affection for the dog was so strong that he decided he would take her back to Scotland, where he currently lives. 2 ☐ This included setting up a crowdfunding campaign (raising many small amounts of money from a large number of people) on the internet to cover the costs of medical and **fitness** checks for Gobi and for her to be flown to Scotland.

However, the drama of the story increased when Gobi disappeared just before she was due to travel to Beijing. 3 ☐ She had escaped by dashing outside through an open door in Urumqi, the Chinese city where some of the ultramarathon race team were caring for her.

After hearing this news, Leonard took a flight back to China as soon as he could, and began to search for Gobi. He knew there was little chance of finding Gobi on his own, so he set up a media and social media campaign, and put posters up all over the city. Soon, groups of local volunteers were helping him hunt for Gobi all across Urumqi, looking in parks and dog shelters, and asking all the people they came across whether they'd seen the dog. Leonard became quite well-known after he was interviewed by local television, and people often stopped him in the street to wish him luck and give him encouragement. 4 ☐

Leonard didn't **give in**, and eventually the call that he'd been waiting for came: a man and his son had seen a small dog while **walking** their dog in a local park. 5 ☐ Leonard was doubtful – the man had sent pictures, but they were a bit too dark to be able to identify the dog as Gobi.

When he walked into the room where they agreed to meet the man with the dog he'd found, Leonard was not feeling at all hopeful that it was Gobi. But as soon as the dog saw him, she rushed towards him and jumped up, barking excitedly. 6 ☐ He's deeply grateful to the residents of Urumqi, as he would never have found her if they hadn't helped him in his search.

A He soon found that the process for achieving this was difficult and expensive, so he returned home and started making arrangements from there.

B They had taken her home and thought she could be Gobi.

C It was as if the two had never been apart, and Leonard says he felt just like he had when they were racing together.

D She had to be monitored there for three months before she was allowed to travel out of China.

E Leonard managed to win second place in the race, despite having to carry Gobi across rivers and giving her food and water from the supplies he had to carry.

F Furthermore, he feared the dog could easily have run a long way out into the surrounding countryside.

G Leonard even launched a live blog to keep people interested in and up-to-date with his search.

LIVEWORKSHEETS