15 TELLING THE TRUTH

VOCABULARY Facial expressions

1 **Match the expressions and actions to the situations.**

1	You bite your lip	___
2	You lick your lips	___
3	You nod your head	___
4	You shake your head	___
5	You yawn	___
6	You blush	___
7	You blink	___
8	You rub your eyes	___
9	You stare at someone	___
10	You avoid eye contact with someone	___

a	when you're tired.
b	when you don't stop looking at them.
c	when you feel nervous.
d	when you don't want to start a conversation with them.
e	when you are about to eat something delicious.
f	when you agree.
g	when you're embarrassed.
h	when they're tired or itchy.
i	when you disagree.
j	when you suddenly see a bright light, or you have something in your eye.

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

1 I was really worried about my sister when she was ill, but I ___ and tried not to show my feelings.
A bit my lip **B** licked my lips

2 'Yes, I'll come to the party,' she said, ___ her head enthusiastically.
A shaking **B** nodding

3 It had been such a long day that he couldn't stop ___.
A nodding **B** yawning

4 I ___ my head sadly when my mum asked me if I'd won any prizes that day.
A shook **B** nodded

5 Harry ___ eagerly at the smells coming out of the kitchen.
A bit his lips **B** licked his lips

6 She ___ when she got the answer wrong.
A blushed **B** yawned

7 Joe was in class, but I ___ because we'd had a huge quarrel the day before.
A stared at him **B** avoided eye contact with him

8 Her eyes were red because she had been ___ them.
A rubbing **B** blinking

9 Why is that strange little girl ___ me? I don't know her!
A staring at **B** avoiding eye contact with

10 'Try not to ___ while I'm doing the eye examination,' said the doctor.
A stare **B** blink

READING

1 **Quickly read the article on page 61. Choose the best title.**

A Why lying is bad for you
B How to lie effectively
C Lying – the good news and the bad news

2 **Six sentences have been removed from the article. Choose from the sentences A–G the one which fits each gap (1–6). There is one extra sentence which you do not need to use.**

A Just a few years later, we're pretty good at it – and do it several times a day.
B It depends on how big the lie is.
C However, not everyone develops the skill of effective lying.
D In fact, even the most honest of us do it at least once a day.
E Big lies, on the other hand, should be avoided.
F But of course, it's not all good news.
G We even lie to ourselves, which can have some positive effects.



LIVEWORKSHEETS

Let's be honest: you've told some little white lies, haven't you?

Maybe you told your sister her new dress looked great when you really thought it was horrible. Perhaps you told your teacher you left your homework on the kitchen table when the truth was you forgot to do it. Or maybe you told your friend that you couldn't go out because you were busy when in fact you just didn't want to go out.

A However, you shouldn't feel too bad about it. You're not alone! Research shows that people lie all the time. [1]___ Scientists have suggested lying might be necessary for society to work properly – and, in some cases, it might even be good for you.

B We learn how to lie at a very young age. Our first experiments with lying happen at around the age of three. [2]___ It is believed that children learn to lie by observing their parents do it. Sometimes, parents even encourage children to lie – it's often just a case of teaching good manners: 'Thank you for my present. I love it!' and 'That was delicious.' are two common examples.

C There are many other reasons why we tell lies, apart from politeness. Maybe we want to get some kind of reward or advantage, for example, or maybe we want to protect someone from getting their feelings hurt. [3]___ People who boast about their abilities in something – even if those abilities are not so great – often improve faster than those who are more realistic in their self-assessment.

D [4]___ If you're deceiving yourself to an unrealistic level, it can have a damaging effect on your confidence when you fail. If your innocent and polite lies to others are discovered, that can have a terrible effect on your relationships because you will no longer be trusted. Even if your little white lie is not discovered, knowing that you've told it can damage your own self-image as a good and honest person, making you feel bad.

E So how can you tell if someone is lying to you? [5]___ Little white lies, such as 'That was a lovely meal,' are hard to detect, because they're easy to tell. But when someone tells a serious lie, especially if they aren't used to lying, their heart rate and body temperature may increase. They may also appear very nervous.

To sum up, there are both positive and negative things about lying. Ultimately, the little lies we tell every day probably do more good than harm, provided they are told well enough not to make anyone suspicious. [6]___ Although they may produce advantages in the short term, the damage they do to your sense of self-worth is a high price to pay. And that price gets much higher if you develop a reputation for being a liar!

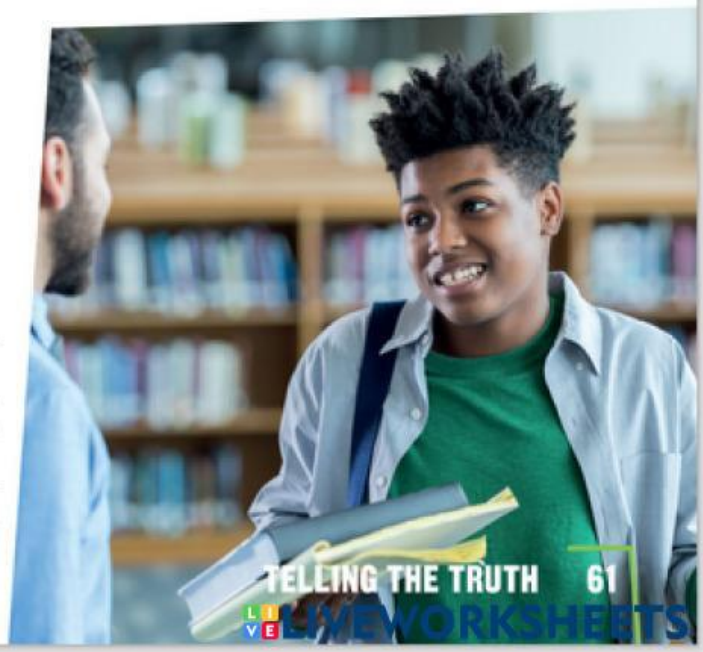
3 **Answer the questions.**

Which paragraph (A–E) …

1 gives an example of how lying can help us improve? ___
2 informs us that lying is common? ___
3 lists some bad consequences of lying? ___
4 compares some kinds of lying with being polite? ___
5 looks at two kinds of lying and their effect on us? ___

4 **Match the highlighted words in the text to the definitions.**

1 the opinion that people have about someone based on their behaviour or character in the past _____
2 talk with too much pride about what you have done or what you own _____
3 polite ways of behaving with other people _____
4 discover or notice something, especially something that is difficult to see, hear, smell, etc. _____
5 making someone believe something that is not true _____



LIVEWORKSHEETS