Unit 5 VOCABULARY

Basic ★

Abstract nouns: personal qualities

1 Match the statements to the nouns.

1	a	'The glass is half full.'	a ~~optimism~~
2	___	'I'll always be your friend.'	b patience
3	___	'We'll never give up!'	c encouragement
4	___	'I know exactly how you feel, I understand you.'	d determination
5	___	'Go on! You can do it!'	e loyalty
6	___	'Let's try that again … and again!'	f empathy
7	___	'Live and let live.'	g tolerance
8	___	'Fear is the enemy.'	h courage

2 Are the sentences correct (C) or incorrect (I)?

1 Explorers don't need a sense of adventure. C ☐ I ☑
2 Creativity needs skill and imagination. C ☐ I ☐
3 Teams work well without co-operation. C ☐ I ☐
4 Honesty means telling the truth. C ☐ I ☐
5 Commitment means sticking to your goals. C ☐ I ☐
6 A sense of fair play is important in competitions. C ☐ I ☐

3 Complete the dialogues with the correct nouns.

1 The climate crisis doesn't give young people much … for the future.
(a) optimism b sense of adventure

2 I can't put up with my brother's loud music any longer. There's a limit to my … for noise.
a tolerance b optimism

3 My friend has stood by me through all kinds of disasters. I really admire her … .
a honesty b loyalty

4 We're really impressed with Amir's … . He's never given up.
a determination b empathy

5 I don't think I could ever try bungee jumping. I just don't have the … .
a co-operation b courage

Phrasal verbs

4 Match the phrasal verbs with the definitions.

1	d	own up	a look at
2	___	stand by	b help someone in a difficult situation
3	___	put up with	c not have any more of
4	___	run out	d ~~admit~~
5	___	face up to	e accept a difficult situation
6	___	check out	f tolerate

5 Complete the dialogue with the particles below.

~~out~~ out over to with without

Ade Hey Mia, check [1] out this video, I'm sharing it with you now.
Mia Why? Is it funny? I can do [2] ___ more videos of people falling into swimming pools and things being knocked [3] ___ by cats.
Ade I'm afraid we'll just have to face up [4] ___ the fact that you have no sense of humour.
Mia Yes, I don't know how you put up [5] ___ me!
Ade Oh, I'm very tolerant, you know, but I'm running [6] ___ of patience!

6 Complete the dialogues with the phrasal verbs below.

~~owned up~~ put off put up with run out stand by work out

1 'Did you find out who broke the window?'
'Yes, Billy owned up to it last night.'
2 'Can you delay your tennis lesson until tomorrow?'
'Yes, I could ___ it ___ until then.'
3 'Is your friend loyal?'
'Absolutely. I know she'll always ___ me.'
4 'I need to ___ the bill.'
'Just get everyone to pay a quarter of the total.'
5 'Why are these shelves empty?'
'Because the supermarket has ___ of rice.'
6 'Their behaviour is really silly.'
'I know, but I've learned to ___ it.'

7 Complete the dialogues with the verbs below. Use the phrasal verbs in **bold** to help you.

admit broke calculate delayed ~~investigating~~ manage

1 'Are the police **checking out** the crime scene?'
'Yes, they're investigating it now.'
2 'Who ___ my favourite vase?'
'Not me! The cat must have **knocked it over**.'
3 'Did they **own up to** the robbery?'
'No, they'll never ___ it.'
4 'The party's been **put off** again.'
'That's the third time they've ___ it.'
5 'How will I **do without** my car?'
'Oh, I think you'll ___.'
6 'How do they **work out** the total price?'
'They ___ taxes and add them.'

For me, these exercises were … ☐ easy ☐ OK ☐ difficult

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Unit 5 GRAMMAR

Basic ★

-ing forms and infinitives with *to*

1 Complete the dialogues with the verb forms below.

going	leaving	making	~~moving~~	not to go
reading	to leave	~~to move~~	to read	to say
to shut down	turning			

1 'Where did you live before moving here?'
'We lived in London, but we were glad to move.'
2 'Do you regret _____ those mistakes?'
'No, I'm sorry _____ that I have no regrets.'
3 'Did you remember _____ the computer?'
'I remember _____ it on, but I'm not sure if I turned it off.'
4 'I'm tired of _____ this book.'
'Haven't you got something else _____?'
5 'Could the last one _____ please turn off the lights?'
'I always turn them off before _____.'
6 'I'm really tired after _____ to bed late.'
'It's a good idea _____ to bed so late.'

2 Choose the correct sentence.

1 (a) It's a good idea to be prepared.
b It's a good idea being prepared.
2 a Winning a competition isn't as important as taking part.
b To win a competition isn't as important as to take part.
3 a She has an ability telling stories.
b She has an ability to tell stories.
4 a Is this advice relevant to writing books?
b Is this advice relevant to write books?
5 a We're delighted saying that it was a success.
b We're delighted to say that it was a success.
6 a Our friendly neighbour always stops talking.
b Our friendly neighbour always stops to talk.

3 Complete the dialogue with the verb forms below.

~~meeting~~	not writing	thinking	to ask
to forget	to write	writing	

Max Do you remember [1] meeting my Uncle Jack?
Kai Yes, it's hard [2] _____ someone like that!
Max I can't stop [3] _____ about the strange stories he told.
Kai Do you think he ever thought about [4] _____ them down?
Max No. Do you think he might regret [5] _____ them down?
Kai It would be a good idea [6] _____ him.
Max Maybe he should start a blog? We should get him [7] _____ one.

Phrasal verbs

4 Put the phrasal verbs under the correct heading.

carry out	count on	end up	get over
let down	~~meet up with~~	pick up	show up
tell off	~~write down~~		

Separable phrasal verbs
write down, _____
_____
_____

Non-separable phrasal verbs
meet up with, _____
_____
_____

5 Are the sentences correct (C) or incorrect (I)?

1 He got over his illness. C ☑ I ☐
2 She asked over her friends. C ☐ I ☐
3 Don't let me down. C ☐ I ☐
4 Which hobby should I take up? C ☐ I ☐
5 Sorry that we have to call off it. C ☐ I ☐
6 Please take your shoes off. C ☐ I ☐

6 Complete the dialogues with the words in brackets in the correct order.

1 'When did they do the experiment?'
'They carried it out (it / carried / out) yesterday.'
2 'Is Henry reliable?'
'Yes, you can _____ (him / count / on).'
3 'Did your friends visit today?'
'Yes, they _____ (earlier / round / came).'
4 'It's a very important message.'
'How can we _____ (it / get / across)?'
5 'What is a role model?'
'It's someone that you _____ (to / look / up).'
6 'Whose bright idea was this?'
'Jimmy _____ (up / it / with / came).'

For me, these exercises were … ☐ easy ☐ OK ☐ difficult

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Unit 5 VOCABULARY

Standard ★★

Abstract nouns: personal qualities

1 Complete the blog post.

HOME BLOG ABOUT LOG IN

What do you look for in a friend? Here are the six things I really value:

* [1] **H**onesty because I want my friends to tell me what they really think. I can't stand liars.
* [2] **L**_____ because I really want to believe in 'best friends forever'.
* [3] **O**_____ because when I feel pessimistic about life, I need someone to tell me that things can only improve!
* A sense of [4] **a**_____ because I want someone who isn't afraid to try something new. There's so much to explore!
* [5] **P**_____ because I'm not always as mature as I should be.
* [6] **C**_____ because I've faced up to a few difficulties in my life, and I admire people who are brave and strong.

I hope I have these qualities to offer, too!

REPLY COMMENT SHARE

2 Complete the dialogues with the correct nouns.

1 'I don't think we should open that door.'
'Why not? Where's your sense of adventure?'
2 'The other team always chooses the best players.'
'Yes, they have no sense of _____.'
3 'Our neighbour has been playing the drums all day!'
'I know, I can't put up with it any longer. There's a limit to my _____ for noise.'
4 'She stood by her friend through all kinds of disasters.'
'You have to admire her _____.'
5 'His first three attempts ended in failure, but the last one was a great success.'
'I'm really impressed with his _____.'
6 'That firefighter was really brave to save the child from the burning building.'
'She deserves a medal for her _____.'

3 Match the two parts to make complete sentences. There are two letters that you do not need to use.

1 f I admire her honesty
2 _____ Her commitment to the project
3 _____ Her creativity and determination
4 _____ Her empathy
5 _____ Her co-operation
6 _____ Her encouragement

a made her a great team player.
b made her a highly respected architect.
c means she never listens.
d helped us achieve our goals.
e means she never sticks to her goals.
f ~~although the truth sometimes hurts.~~
g made her a great listener.
h means she hasn't taken a holiday for months.

Phrasal verbs

4 Correct the mistakes in **bold** in the dialogue.

Mo Hey Lara, check **for** [1] out this video, I'm sharing it with you now.
Lara Why? Is it funny? I can do **with** [2] _____ more videos of people falling into swimming pools and things being knocked **out** [3] _____ by cats.
Mo I'm afraid we'll just have to face up **for** [4] _____ the fact that you have no sense of humour.
Lara Yes, I don't know how you put up **to** [5] _____ me!
Mo Oh, I'm very tolerant, you know, but I'm running **over** [6] _____ of patience!

5 Choose the correct phrasal verbs to complete the sentences.

1 A loyal friend will always … you.
a knock over b put off (c) stand by
2 It's time to … the truth.
a run out b face up to c own up to
3 I didn't finish the test because I … of time.
a checked out b put off c ran out
4 Greg … to losing his friend's money.
a worked out b owned up c did without
5 Dad has eaten all the cheese, so we'll have to … .
a do without b run out c put up with
6 Don't forget to … my blog.
a put off b check out c knock over

For me, these exercises were … ☐ easy ☐ OK ☐ difficult

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Unit 5 GRAMMAR

Standard ★★

-ing forms and infinitives with *to*

1 **Complete the dialogues with the *-ing* form or the infinitive with *to*. Use the verbs in brackets.**

1 'What do you think about staying (stay) at home this evening?'
'Actually, I think it's better _____ (go) out. We haven't been out all week.'

2 'Is it a good idea _____ (read) in bed?'
'Yes, _____ (read) always makes me feel sleepy.'

3 'Haven't you got anything _____ (do)?'
'No, but it's important _____ (relax) from time to time.'

4 'I'm delighted _____ (say) that you've won a prize.'
'And I was so worried about _____ (fail)!'

5 'Are you sad about _____ (leave) your job?'
'To be honest, I was glad _____ (leave).'

6 'Do you remember your mum _____ (read) bedtime stories to you?'
'Yes, she had the amazing ability _____ (make) any story exciting.'

2 **Choose the correct words to complete the text messages.**

Do you remember [1] ____ my cousin, Chloe?

Yes, it's hard [2] ____ someone like that.

I can't stop [3] ____ about the strange stories she told.

Do you think she ever thought about [4] ____ them down?

No, but I think she might regret [5] ____ them down.

It would be a good idea [6] ____ her.

Maybe she should start a blog? It would give her something [7] ____ in her free time!

1	(a) meeting	b to meet	c met
2	a forgot	b forgetting	c to forget
3	a thinks	b to think	c thinking
4	a writing	b to write	c wrote
5	a not writing	b written	c writing
6	a asking	b to ask	c asked
7	a did	b doing	c to do

3 **Match the two parts to make complete sentences. There are two letters that you do not need to use.**

1 f He has a lot to say and it's difficult for him
2 ____ We aren't making progress, so let's think about
3 ____ Sorry, but he's too busy
4 ____ This can't be our shopping because I don't remember
5 ____ We've run out of milk because I forgot
6 ____ It's impossible

a to buy some yesterday.
b to talk right now.
c doing something different.
d to get over.
e buying milk.
f ~~to stop talking.~~
g knowing you.
h to avoid making mistakes in life.

Phrasal verbs

4 **Correct the mistakes in bold in the sentences. One sentence is correct.**

1 They **carried out it** yesterday.
carried it out

2 He **came up the theory with**.
_____

3 A role model is someone that you **look up to**.
_____

4 Did you **pass on it**?
_____

5 He **got his illness over**.
_____

6 You can **count a loyal person on**.
_____

5 **Complete the dialogue with the correct form of the phrasal verbs below.**

call off	count on	get over	go out with
let down	~~meet up with~~	not show up	

Kate Are you meeting your friends today?
Jo Yes, I [1] 'm meeting up with ____ them this evening.
Kate What time?
Jo Around eight o'clock, but I can't [2] ____ it. They [3] ____ always ____.
Kate Why don't you [4] ____ it ____ and [5] ____ me?
Jo But I don't want to [6] ____ them ____.
Kate Don't worry! They'll [7] ____ it!

For me, these exercises were … ☐ easy ☐ OK ☐ difficult

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Unit 5 VOCABULARY

Challenge ★★★

Abstract nouns: personal qualities

1 Complete the sentences with your own ideas.

1 People who need patience are teachers and parents.
2 Without courage and commitment you can't _____.
3 Honesty is important for _____.
4 Co-operation is necessary when you _____.
5 People with a sense of adventure enjoy _____.
6 Optimism is something that I _____.
7 Empathy is a quality that _____.

2 Answer the questions. Write complete sentences for each question.

1 When is a sense of fair play important? What do people with a sense of fair play do?
A sense of fair play is important in games where we must respect the rules, but also in life in general.
People with a sense of fair play respect the law and don't try to cheat.

2 Which jobs require creativity? How can you develop your creativity?

3 Is determination necessary in order to succeed? Why? / Why not?

4 What do you say to someone who needs encouragement? When do you need encouragement?

5 Which qualities do you and your best friend share? In what ways are you different?

6 How much tolerance do you have for people who don't share your beliefs? Why do you say this?

Phrasal verbs

3 Complete each sentence so that it means the same as the first sentence. Use the phrasal verbs in brackets. Sometimes alternative answers are possible.

1 I need to investigate the new café. (check out)
I need to check out the new café.
2 Food and water are essential. (do without)
We can't _____.
3 That's the truth and you have to accept it. (face up to)
That's the truth and _____.
4 I have to delay the party. (put off)
I have to _____.
5 I can't tolerate this noise! (put up with)
I can't _____!
6 There's no more sugar. (run out)
We've _____.

4 Complete the quiz with answers that are true for you.

Phrasal verbs quiz

1 I always run out of time.
2 I couldn't do without _____.
3 The last thing I knocked over was _____.
4 I can't put up with _____.
5 I will always stand by _____.
6 I can work out maths problems _____.
7 I never put off _____.
8 I always check out _____.

Consolidation

5 Complete the advert with one word in each gap.

Have you got what it takes?

We're looking for volunteers to work at our summer camps. We need young people with [1] empathy, who can act as role models, understand children and help them to [2] _____ out their problems. We also need people with [3] _____ because a lot of our summer camps teach art, crafts and dance. If you want to be a camp leader, you need [4] _____ because you sometimes have to deal with bad behaviour. Or perhaps you have a [5] _____ of adventure? Then you should check out our adventure camps. You have to do [6] _____ a bed and a mobile phone for a week! If you can [7] _____ up with that, you should check [8] _____ our website!

For me, these exercises were … ☐ easy ☐ OK ☐ difficult

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Unit 5 GRAMMAR

Challenge ★★★

-ing forms and infinitives with *to*

1 **Correct the grammatical error in each sentence.**

1 It's a good idea ~~setting~~ yourself a challenge.
to set

2 Can to turn off the lights save energy?

3 Before to use the device, please read the instructions.

4 I'm sorry about to not call you back.

5 To get in shape changed his life.

6 They are always happy helping.

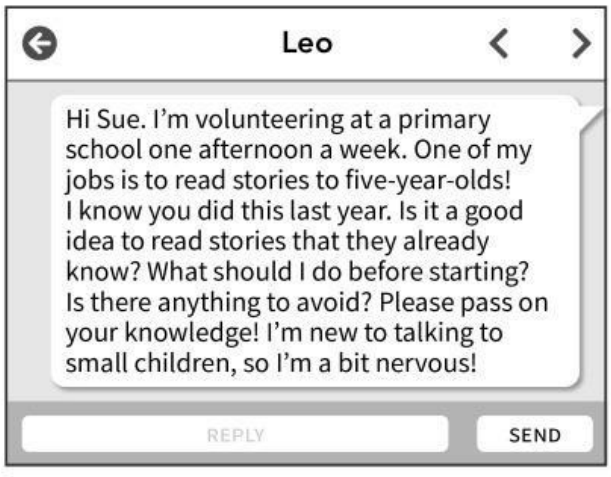
7 Is there anything eating?

2 **Imagine you are interviewing an eyewitness to an unusual event. Write five more questions you want to ask about what they saw. Use *-ing* forms, infinitives with *to*, the words below and your own ideas.**

after before do anything feel about glad remember safe scared

What do you remember seeing?

3 **Read the text message and write a reply. Use *-ing* forms and infinitives with *to*.**



Phrasal verbs

4 **Read the text. Are the sentences about the phrasal verbs true (T) or false (F)?**

I met up with my friends after school and asked them over to my house. We ended up watching films and eating popcorn until late at night. My parents told us off for making too much noise, so we're going to get together in someone else's house next time!

1 *Meet up with* is inseparable. T ☑ F ☐
2 *Ask over* is separable. T ☐ F ☐
3 *End up* is inseparable. T ☐ F ☐
4 *Tell off* is inseparable. T ☐ F ☐
5 *Get together* is inseparable. T ☐ F ☐

5 **Rewrite the sentences using an object pronoun.**

1 You can count on Sheila.
You can count on her.

2 Can you pass on the message?

3 We didn't come across this information by chance.

4 Why do we look up to role models?

5 The speaker really gets across his point.

6 When did you set up the business?

7 You should take up swimming.

8 I'll get over my illness soon.

Consolidation

6 **Complete the text with the correct form (*-ing* or infinitive with *to*) of the verbs in brackets.**

What do you value most in a friend? Is it the ability [1] to understand (understand) how you feel, or is it [2] _____ (share) the same interests? Or perhaps it's important [3] _____ (find) someone who is the opposite of you? [4] _____ (hang) out with the same person every day could get boring, so maybe you need different friends [5] _____ (meet up with) depending on what your plans are. Everyone needs someone [6] _____ (stand by) them when times are hard, so it's impossible [7] _____ (do without) loyalty.

For me, these exercises were … ☐ easy ☐ OK ☐ difficult

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