UNIT 1: LESSON 7
GRAMMAR & WRITING PRACTICE

6 The Family

Basic word order | Punctuation

Basic word order

Word order is important in English. Word order in sentences usually follows the principle:

Subject + Verb + Object / Complement + Modifier

My brother kicked the ball.	Roles within the family are becoming flexible in modern society.
Subject = *My brother* Verb = *kicked* Object = *the ball*	Subject = *Roles within the family* Verb = *are becoming*; Complement = *flexible* Modifier = *in modern society*

The indirect object

Without *to*: S + V + Indirect object + Direct object

The 1912 law gave women the right to vote.

With *to*: S + V + Direct object + *to* + Indirect object

The 1912 law gave the right to vote to women.

Time and place phrases

Time + Subject + Verb + (Object) + Place OR Subject + Verb + (Object) + Place + Time

In the twentieth century, more women went out to work in offices.

OR

More women went out to work in offices in the twentieth century.

Common word positioning

Adjective + Noun	He comes from a large family.
Adverb + Main verb	The siblings continually argue. They have always argued.
Adverb + Adjective	Family structures can be extremely complex.

Note: Enough is an exception.

Adverbs can be found at the front of a sentence when used to make a comment on the sentence or link a previous sentence. There are many exceptions to adverb positioning, particularly in speaking.

Note: Adverbs often go after the verb *to be*, e.g. *My brother is often annoying.*

LIVEWORKSHEETS

Subject and object questions

Questions are formed differently depending on whether the question is about the subject or the object.

The nuclear family overtook the extended family in popularity.

About the subject: *What overtook the extended family in popularity?* (Question word + Verb + Object / Complement?)	Answer: *The nuclear family*
About the object: *What did the nuclear family overtake in popularity?* (Question word + Auxiliary verb + Subject + Main verb?)	Answer: *The extended family*

Indirect questions

Indirect questions are formed using the word order of a positive sentence.

DIRECT:	*What did the nuclear family overtake in popularity?*
INDIRECT:	*Do you know what the nuclear family overtook in popularity?*
DIRECT:	*Are the roles of husband and wife less traditional than in the past?*
INDIRECT:	*Can you tell me if the roles of husband and wife are less traditional than in the past?*

Punctuation

Basic rules

Capital letter (A): at the start of a sentence, for names, for abbreviations

Comma (,): to list items, to join two clauses together with a co-ordinating conjunction, to show extra information in a sentence, to separate direct speech from reporting expressions

Full stop (.): at the end of a sentence, for some abbreviations, e.g. *etc.*, for questions (a full stop is replaced with a question mark [?]), for exclamations (a full stop is replaced with an exclamation mark [!])

Quotation marks (" "): when using the direct words of another person

Apostrophe ('): to indicate contractions, to show possession. *Note: Its* (= belonging to *it*) and *it's* (= *it is*)

Colon (:): to start a grammatically complex list or long explanations

Semi-colon (;): to separate a grammatically complex list, to separate two sentences which have a clear link to each other

Practice exercises

1 **Put the words in the correct order to complete sentences 1–7.**

1 / The male / the main income earner / was / in the previous century /
2 / are / extended families / Do you know / traditional in Japan? / whether /
3 / gives / benefits / poorer families / The government /
4 / always / don't / get on well / Family members /
5 / by men and women / Household tasks / often / shared / are /
6 / are / Single-parent families / becoming / in Western society / increasingly / common /
7 / There / the family structure / is less important / urgently / on why / need to be studies /

LIVEWORKSHEETS

2 **Add the punctuation to the following passage.**

how important is the family

it could be argued that the family structure is in decline yet many sociologists now claim that we are beginning to see a renewal in family values and family structures jason lloyd an eminent sociologist at the university of salford claims that today people are yearning for the days of traditional family values he asserts ... we can see examples of a renaissance of family values everywhere in the tv adverts that sell products using happy families in the promotions of seasonal family celebrations like christmas even in the language of politicians about social cohesion lloyds claims have recently been echoed by other sociologists around the globe which gives them even more weight so are we beginning to see a return to the traditional family structure only time will tell



3 **The following Speaking long turn has some mistakes in the word order. Correct the mistakes and then listen and check. There are eight errors.**

Describe a member of your extended family who is important to you. You should say:

- *What they are like*
- *How often you see them*
- *Why they are particularly important to you*

And say in what ways you would like to be similar to them.

I'm going to talk about my grandmother on my father's side. She's little quite and has white hair and glasses. I have glasses, too. We're the only people in the family that wear glasses! She's very old now, and I don't get to see her very often ... I think I maybe two or three times a year see her. She lives quite far away in the countryside. It takes us about three hours to travel there. Whenever we visit, she always gives to me sweets. She's important to me because she's so kind and so nice, and really I love her. She's my favourite family member definitely! I think I take after her in some ways. We laugh at the same things, and we both like reading. When we go and visit, always we go out walking in the fields and have a really lovely time. My dad always says that we're very similar. I'd like to be when I am older as wise as her. I'd also like to have a similar life. A very successful career she had. She was a doctor and worked for charities. She was very much in love with my grandfather, which I think is lovely.

Exam tip: Always allow time to edit your work, especially in the Writing exam. Noticing and correcting details like punctuation and word order (as well as spelling and grammatical structure) can improve your score dramatically.

LIVEWORKSHEETS

4 **Correct the mistakes in the word order and punctuation in the following sample essay.**

"Rich and famous people are increasingly adopting children from developing countries. This has overwhelmingly negative effects." Do you agree with this statement? Why?

Adoption has long been a common thing yet there a recent trend has been in adopting children from overseas. This trend has been noted in the media as more and more celebrities have adopted children from other countries. Some people think this is a negative thing, but I think that on the whole the effects positive of this outweigh any negative repercussions as I shall go on to show.

Firstly, adopting from other countries raises the awareness of a countrys plight. Seeing famous people adopting children from countries like cambodia means that cambodia is in the news more and people can find out what there is going on. Also, these children move to richer countries and can tell people about their native country raising awareness on a smaller scale.

Secondly, these children may well not be educated if people from overseas do not adopt them. A happy life in another country is surely better than an unhappy life in the country where a person was born. The new country will give more opportunity the child and a family that they may not get if they were to stay in the orphanage

However for the children to retain their culture it is important. There is a danger that this might not happen if they move to another country. Therefore there should be a rule that the adoptive parents allow the child to revisit their home country and retain their original culture.

In conclusion, I think the personal adoption benefits gives a child and the awareness that can be raised from these adoptions far outweigh any negative factors, such as change of culture.

Exam practice: Writing Task 2

You should spend about 40 minutes on this task.

Writing exam tip: Manage your time effectively in the Writing exam. For the essay, you will have 40 minutes to write, so give yourself time to plan before you begin writing, and try to allow five minutes at the end to read through your work and check for errors.

Write about the following topic:

"The education you receive from your family is more important than the education you receive from school." To what extent do you agree with this statement and why?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

There is a model answer in the answer key.

LIVEWORKSHEETS

LISTENING PRACTICE



UNIT / 01: THE MAN-MADE ENVIRONMENT

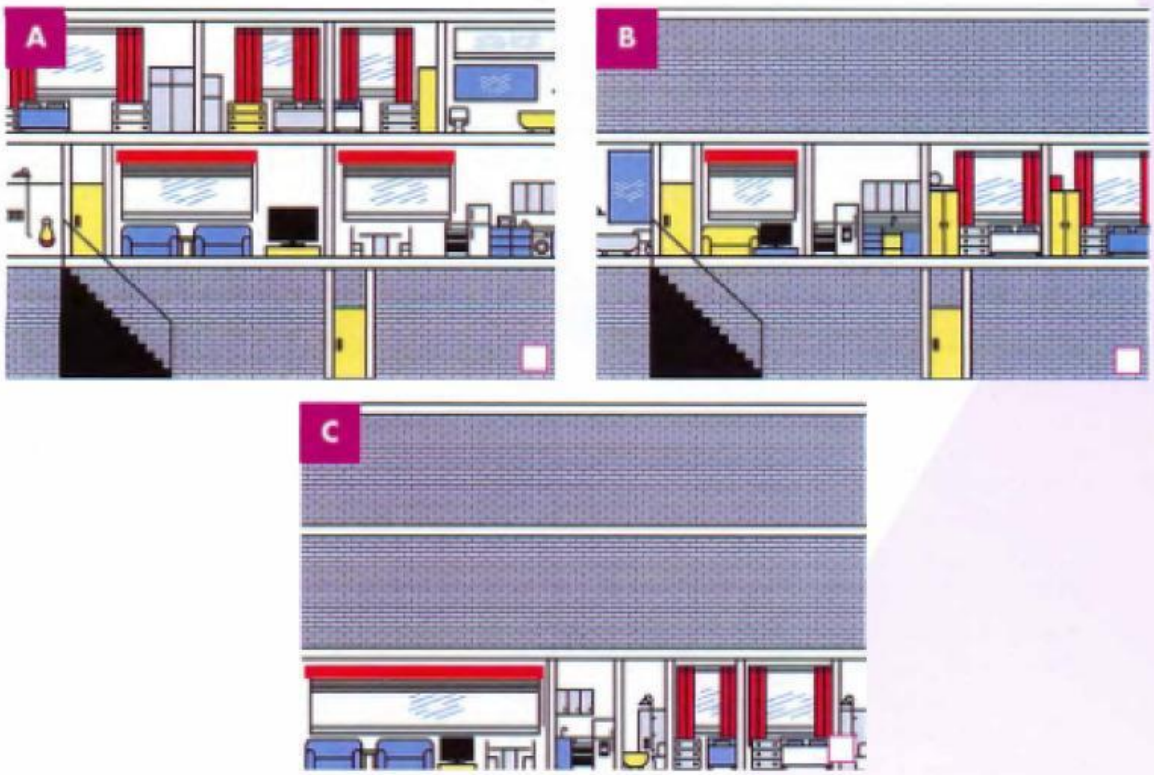
LISTENING

IN THIS UNIT YOU WILL LEARN HOW TO

- predict the type of information required for short-answer questions
- listen for specific information (e.g. complex numbers, difficult spellings) and write it down correctly
- listen to understand context
- answer multiple-choice questions correctly by eliminating distractors.

LEAD-IN

01 02 Listen to an estate agent describing the three properties in the pictures and write the correct number in each box.



02 02 Listen again and note down the words which helped you find the answers.

LIVEWORKSHEETS

LISTENING FOR SPECIFIC INFORMATION

03 **Look at these notes and think about the kind of information that you will need for each gap, e.g. an address or telephone number. Then listen to the recording and complete the notes with NO MORE THAN TWO WORDS AND/OR A NUMBER.**

TIP 03

In the Listening test, you will be given the context of the listening and you will have some time to look at the questions before you listen.

Address of property 1 _____

Number of bedrooms 2 _____

Number of lounges 3 _____

Access to the 4 _____ through sun-room door

Kitchen: fully-fitted, includes 5 _____ and 6 _____

Appointment time: 7 _____

Estate agent's name: Peter 8 _____

Estate agent's number: 9 _____







04 **In the Listening test you may be asked to write down numbers, such as prices and phone numbers. Listen to these short conversations and write down the numbers in each.**

1 £_____

2 _____ km

3 _____

4 _____ m x _____ m

5 _____

05 **In this exercise, you will hear some complex numbers, including a price and measurements. Listen to the estate agent and client and complete the information sheet.**

	Property for sale
Price	1 £_____
Room sizes	Kitchen: 3.10 x 2.25 m Lounge 1: 2 _____ m Lounge 2: 6.50 x 4.25 m Front garden: 10 x 8 m Rear garden: 3 _____ m, patio, lawn and flower beds Bedroom 1: 4 _____ m Bedroom 2: 5 _____ m Bedroom 3: 3.25 x 2.5 m

LIVEWORKSHEETS

06 **Listen to the final conversation between the estate agent and client and answer these questions.**

06

1 What information does the estate agent need?
2 How will the client get the money to pay for the house?
3 How long does the estate agent think it will take to sell the house?
4 The most important thing for the client is

A to stay a little longer where she is living now.
B to help her husband travel to work more easily.
C to move in before the end of the school holiday.

DEALING WITH DISTRACTORS

07 **Look at this example and listen to part of the recording again.**

07

The en-suite bathroom will be useful because
A it has a shower unit.
B it has a big bath.
C it helps everyone in the mornings.

Answer C is correct. A is true, but it is not the reason why it will be useful for the woman and her family. B is not true, because the other bathroom has a bath. C is correct because the speaker says that it will be useful when they all get up to get ready for school or work – and that happens in the morning.

In multiple-choice questions in the Listening test, there is one correct answer and two wrong answers. The wrong answers are called 'distractors'. They are designed to seem correct. For example, they use the same words as the recording, but with a different meaning. You have to make sure that the correct answer has the same meaning as the recording.

EXAM SKILLS

08 **Listen to the final conversation again and choose the correct letter, A, B or C.**

06

1 At the moment, Caroline lives in
A Prendergast Road.
B Lanchester Road.
C Riverside Road.
2 Caroline wants to make a first offer of
A £300,000.
B £350,000.
C £340,000.
3 Caroline and her family
A have sold their house.
B are selling their house now.
C will sell their house in two months' time.
4 It may take longer to sell the house if
A the bank does not check the house quickly.
B there are plans to do some building near the house.
C her husband has problems at work.
5 If the sellers do not accept her first offer, Caroline will need to
A increase her offer.
B come to an agreement in a week.
C contact her bank and ask for more money.

TIP 08

Remember that you need to focus on the meaning of the distractors.

TIP 08

To arrive at the correct answer, listen for synonyms and similar expressions, or for the same ideas expressed in a different way to the recording.

LIVEWORKSHEETS

READING PRACTICE

UNIT 5 Health

TOPIC FOCUS

1 **Work with a partner. What's the best way to have a long and happy life?**

2 **Here are the most popular answers in a survey of 68 American people aged over 100. Do any of your ideas from Exercise 1 appear?**



Spend time with your family.



Slow down and focus on your partner.



Spend less and save more.



Stay active.

➤ IELTS quiz
page 6, question 7

READING

LESSON AIMS

- Review: Multiple choice
- Matching paragraph headings

1 **Decide whether these adjectives express positive or negative emotions.**
anxious calm irritated joyful relaxed stressed thankful upset

2 **Skim the reading passage on page 51. Why does the author think these emotions are important?**

Skills focus

3 **What can you remember about 'multiple-choice' tasks from Unit 4? Discuss your task strategy with a partner, then attempt Questions 1–6 based on the reading passage.**

Questions 1–6

Target time: 9 minutes
Target score: ___ / 6

*Choose the correct letter, **A**, **B**, **C** or **D**.*

1 Feelings of anger
- **A** don't increase our blood pressure.
- **B** affect us negatively for a long period.
- **C** should be hidden.
- **D** are sometimes good for our health.

2 Crying when we feel emotional
- **A** increases negative feelings.
- **B** is generally unnecessary.
- **C** can improve your digestion.
- **D** is linked to higher stress.

3 Researchers have found that romantic experiences
- **A** lead to a permanent state of calm.
- **B** aren't forgotten easily.
- **C** reduce physical and mental stress.
- **D** usually end after about 12 months.

LIVEWORKSHEETS

Health is all in the mind

A We are constantly given advice on what is or is not good for our health – from the amount of exercise we should do through to what diet we should be following. But what effect can our emotions have on us physically? Is being angry actually physically bad for us as well as emotionally draining?

B As you become more irritated, you feel like your blood pressure is increasing, which is exactly what is happening. But that is just one of several negative effects of anger. Researchers at Ohio State University found that a disagreement can also cause a surge in cytokines (immune molecules), which are connected to arthritis, diabetes, heart-disease and cancer. In people over 50, outbursts of only a few minutes can increase the risk of a heart attack or stroke by up to five times. According to research published in the *International Journal of Psychophysiology*, the results can be long lasting, too. Even a week after the event made us tense, we can still see increases in blood pressure when we think about what happened.

C Having said that, hiding your anger is perhaps no better. A long-term study in Michigan found that the risk of dying from conditions such as heart attack, stroke or cancer doubled in women who hid their anger during arguments. It therefore seems that both hiding anger and letting it out are bad for our health, though hiding it may prevent you angering others.

D One reaction to an argument that is often seen as weak – crying – may actually be good for our health. When you cry, you really do cry out negative emotion. Dr William Frey, a US biochemist, compared the tears of women who cried for emotional reasons with those who cried on exposure to onions. Emotional tears were found to contain high levels of hormones and neurotransmitters associated with stress. They also led to lower blood pressure and pulse rate. Dr Frey concluded that the purpose of emotional crying is to remove stress chemicals. He says the continued presence of these substances when you hold tears in would keep you in a needless state of tension. Your body would then be prone to the negative effects of anxiety, including weakened immunity, impaired memory and poor digestion.

E If negative emotions are so bad for us physically, what physical benefits can we gain from positive emotions? We may think of romance as a stressful business, but researchers at the University of Pavia, Italy, would disagree. They found that a new relationship raises levels of Nerve Growth Factor for about a year. This hormone-like substance helps to restore the nervous system and improves memory by causing new brain cells to grow. It also starts a calming effect on the body and mind. Unfortunately, researchers found levels dropped after about a year from the point at which feelings of romance fall away.

F Not only can love help restore your nervous system but – according to Dr Hyla Cass, Professor of Psychiatry at the University of California, Los Angeles – the oxytocin that cuddles and physical touch make our body release can help in a number of other ways. It can initiate the release of DHEA, an anti-ageing, anti-stress hormone that triggers cellular restoration in the body. Other forms of touch, such as massage, have also been found to help the body heal from major illness.

G It is often said that 'laughter is the world's best medicine', and it seems there may actually be some truth in this. Scientists at the University of California have discovered that laughter relaxes tense muscles, reduces production of stress-causing hormones, lowers blood pressure, and helps increase oxygen absorption in the blood. Not only does it depress stress levels and reduce the risk of a heart attack, but laughing also burns calories, since it is possible to move 400 muscles of the body when laughing. Some researchers estimate that laughing even briefly 100 times is the same as ten minutes on a rowing machine or 15 minutes on an exercise bike.

H Feeling grateful for what you have got, whether it be a partner, an achievement or simply being alive, is all it takes to boost immunity, lower blood pressure, and speed healing throughout the body. Dr Rollin McCraty of the Institute of HeartMath in the US is studying the link between emotions and physical health. He has found that, like love, gratitude and contentment both trigger oxytocin. It switches off stress by causing the nervous system to relax. It can even help the heart and brain to operate more effectively.

I Perhaps the most important lesson we can learn from this research is that it is important to stop negative emotions whenever possible or you will suffer, psychologically and physically. If you are in an argument or feel stressed, try to remove yourself from the situation and take deep breaths. This can lower your heart rate and blood pressure almost immediately. If you are having an argument, try to return to the room and discuss things calmly instead. If that is not possible, leave.

J We can also trick our body into feeling positive. Visualising positive emotional states can start them in the body, with beneficial effects on health. The mind cannot differentiate between an imagined state and an actual 'external' state. So, if you vividly imagine a positive state, you may experience the benefits as if they are real. Visualise yourself laughing, joyful and full of energy – the more vivid you make it, the more effective it will be.

LIVEWORKSHEETS

4 The chemical oxytocin
- **A** causes us to feel love.
- **B** reduces the effects of getting old.
- **C** can weaken cells in the body.
- **D** is released when we have a massage.

5 We should laugh more because it
- **A** increases oxygen that enters the body.
- **B** is often better for us than taking medicine.
- **C** reduces depression.
- **D** is better for us than other forms of exercise.

6 Being thankful towards someone
- **A** releases a chemical called oxytocin.
- **B** switches off parts of the nervous system.
- **C** makes your heart beat faster.
- **D** helps the brain to grow.

4 Do the task in the *Strategy focus* box. Then answer Questions 7–14 based on the same reading passage.

Strategy focus *Matching paragraph headings*

1 A topic sentence is the sentence of a paragraph that gives the main idea. This is usually the first or second sentence. Underline the topic sentence in paragraph B.

2 Key ideas in the topic sentence are often repeated later in the paragraph. Read the rest of paragraph B and find words or phrases that express the idea of a) anger or b) effect.

3 In 'matching paragraph headings' tasks, you choose a heading that's similar to the topic sentence. Choose the best heading for paragraph B:
A The consequences of irritation
B The chemistry of emotion
C The causes of anger

Questions 7–14

Target time: 12 minutes
Target score: ___ / 8

The reading passage has ten paragraphs, **A–J**.
*Choose the correct heading for paragraphs **C–J** from the list of headings below.*
*Write the correct number **i–x** next to Questions 7–14.*

Example: Paragraph **B** **x**

List of Headings
- i Reality isn't important
- ii Consequences of anger management
- iii The best method of exercise?
- iv Lovers stay younger
- v Many reasons to be thankful
- vi Problems linked to crying
- vii Avoiding negative emotions
- viii Let your sadness show
- ix Surprising impact of love
- ~~x The consequences of irritation~~

7 Paragraph **C**
8 Paragraph **D**
9 Paragraph **E**
10 Paragraph **F**
11 Paragraph **G**
12 Paragraph **H**
13 Paragraph **I**
14 Paragraph **J**

Vocabulary extra

1 Find words in the text that mean the following.
- a exhausting (paragraph A)
- b showing or feeling slight anger (paragraph B)
- c sudden shows of emotion (paragraph B)
- d worry (paragraph D)
- e relaxing (paragraph E)
- f feeling thankful (paragraph H)

2 Write true sentences for you using the words you found.

Explore further

5 In which part of the IELTS test might you have to describe your feelings?

6 Visualise yourself doing something you love. Tell a partner about it and describe your feelings when you do the activity.

LIVEWORKSHEETS