Homework - Unit 2 - Lesson 6

1. Gram + Writing

Reference words

When we speak or write, we often want to give more information about something that we have already mentioned. It is important that the listener or reader always knows what we are speaking or writing about, so we use reference words such as personal pronouns, possessive pronouns, or demonstrative pronouns.

Personal pronouns

We use personal pronouns to refer back to a person or thing.

Subject pronouns: *I*, *you*, *she*, *he*, *it*, *we*, *they*

Object pronouns: *me*, *you*, *her*, *him*, *it*, *us*, *them*

My mother phoned to say she was ill.	I have a very good personal trainer and I like him.

Note: It is a common pronoun to use in writing and can be used in place of other pronouns such as *this* or *that* for ideas or sentences (with no noun following).

Possessive pronouns

We use possessive pronouns to refer back to a possession of a person or thing.

Possessive pronouns: *mine*, *yours*, *hers*, *his*, *ours*, *theirs*

Your eyesight is much better than mine. (= my eyesight)	I did a fitness test with my friends, Anna and Charlotte. I passed mine but they failed theirs. (= my fitness test, their fitness tests)

Note: We do not use *its* as a possessive pronoun.

Demonstrative pronouns

This usually refers to someone or something close to you in distance or time; *that* is generally thought of as further away.

How long have you been living in this country?

We use *this* or *that* to refer back to singular nouns which have already been mentioned.
We use *these* or *those* to refer back to plural nouns which have already been mentioned.

The sports centre has a new climbing wall. This is the tallest one in our city.	The body has clear daily rhythms, and these are disrupted by shiftwork.

LIVEWORKSHEETS

We use *this* and *that* to refer back to an idea or a whole sentence that has already been mentioned. Sometimes, these words can be used interchangeably. We can also use *this / that* + noun such as *problem*, *issue*, *aspect*, *view*, *event* to give more information.

All children should do sport at school. That would help alleviate obesity levels.	Health care is directly related to people's ability to work. This issue should be discussed more by the government.

Such (*such* + noun)

We use *such* to refer back to someone or something similar that has already been mentioned.

The company's cholesterol-lowering drug made it the premier marketer of such medicines.

Time and place

We use *then* and *there* to refer back to a time and place that has already been mentioned.

People used to be healthier 50 years ago because jobs were more physical then.	I go to the gym on Wednesdays and I meet my friend there.

Practice exercises

1 **Decide on a correct reference word to complete each sentence. There may be more than one correct answer.**

1 You should exercise three times a week to maintain _____ fitness.
2 Long-distance runners focus on building up _____ stamina so they can run marathons.
3 Heart disease is one of the most serious diseases in the world. _____ can be prevented by adopting a healthier lifestyle.
4 Muscle injuries are very common in athletes. _____ sometimes end an athlete's career.
5 Vitamin C is essential for optimal health. We can find _____ in fruit and vegetables.
6 The government spends a considerable amount of money on smoking-related diseases. _____ money should be spent on preventing smoking.
7 My boss has asked the employees to create a company football team. _____ thinks that _____ will help build teamwork.
8 Many sportspeople turned professional at the turn of the twentieth century. However, fitness was not a focus of early professional sportspeople _____.

Listening exam tip: It can be difficult to hear reference words because they are short, but they are often important to understand how information about a topic is connected.

LIVEWORKSHEETS



2 **Complete the spaces in the text below with correct reference words. Then listen and check your answers.**

Jeanette: Good morning everyone and welcome to my weekly show about fitness. Today, I want to talk about ways you can improve (1) _____ fitness without having to join a gym or sports centre. Now first of all, it is important to decide what you want to achieve. Many people want to improve (2) _____ health in general, but other people want to focus on losing weight. I use a combination of both strength building and weight loss exercise to maintain (3) _____ fitness level, but I know a couple who go walking twice a week to maintain (4) _____. The most important thing is to do something you like, for example, martial arts, hiking, tennis, or water sports. (5) _____ are all good as cardiovascular exercise and strength training. One excellent way is to join a local club because you will meet other people with the same interests as (6) _____. It is also important to keep up motivation levels, and exercising with other people can be a good way to do (7) _____. And don't forget about the local park. (8) _____ is a great place to exercise for free. Sometimes, parks provide a running track or other communal facilities, all of which are free to use.

3 **Read the following extracts from student essays for Writing Task 2 and correct the mistakes in the use of reference words.**

1. In my opinion, politicians should listen to the people that vote for they. People want to buy healthy food, but it is expensive so them buy fast food instead which is not good for his health. Politicians should change it situation.
2. Dieticians suggest vitamins are necessary to combat allergies. It view has been criticised by scientists who say that this nutrients do not always help to reduce allergies. Therefore, because them don't agree, people don't know what advice to follow.
3. Organic food is not a solution to the health problems of the world. Its is less efficient than other methods of food production. In addition, that problems are more often related to less wealthy families in developing countries. Families who live then cannot afford to buy organic produce, so they is not useful for us.

4 **Read the paragraphs from an IELTS Writing Task 2 and write the noun, sentence, or idea that the underlined reference word matches. The first one has been done for you.**

What are the causes and effects of obesity and how does it affect society?

One of the largest causes of obesity is the rising cost of food over the years. Although nowadays many supermarkets claim that (1) <u>they</u> provide low-cost food, fruit and vegetables have increased considerably in price. (2) <u>This</u> means that it is more difficult for low-income families to feed their children fresh, healthy food. As a result, we have seen a rise in obesity and other health-related problems. (3) <u>These issues</u> have negative effects on health care and education. For example, my mother worries that (4) <u>she</u> will not be able to cook healthy meals for her family if food costs continue to increase.

LIVEWORKSHEETS

Another cause is the fact that many young people do not know how to cook. Their parents have not taught (5) <u>them</u> the basic cooking skills. Learning (6) <u>these</u> would help improve young people's knowledge of nutrition. Cooking is not difficult, in fact (7) <u>it</u> can be fun! At the moment, often when young people leave home, all (8) <u>they</u> do is eat processed meals. (9) <u>These</u> do not contain enough nutrition and have too much fat and sugar. Unfortunately many people in modern society have become addicted to (10) <u>them</u>.

1 they = (many) supermarkets
2 This = _____
3 These issues = _____
4 she = _____
5 them = _____
6 these = _____
7 it = _____
8 they = _____
9 These = _____
10 them = _____

Exam practice: Writing Task 2

Writing exam tip: In the IELTS Writing Task 2, reference words are important to make your writing clear for the reader. Make sure you check that your reference words refer to the correct nouns or ideas in your writing so that the reader can understand your meaning.

You should spend about 40 minutes on this task.
Write about the following topic:

People who cause their own illnesses through unhealthy lifestyles and poor diets should have to pay more for health care.

To what extent do you agree or disagree with this opinion?

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

2. Listening

Labelling diagrams and maps

In the Listening Module, you may be asked to label a diagram or map.

In the Listening Module the questions follow the order in which you will hear the relevant information on the recording. You may need to choose words from a box (as in 19.1 exercise 6, numbers 10-14), or choose parts of a drawing or map labelled alphabetically (as in exercise 1 below).

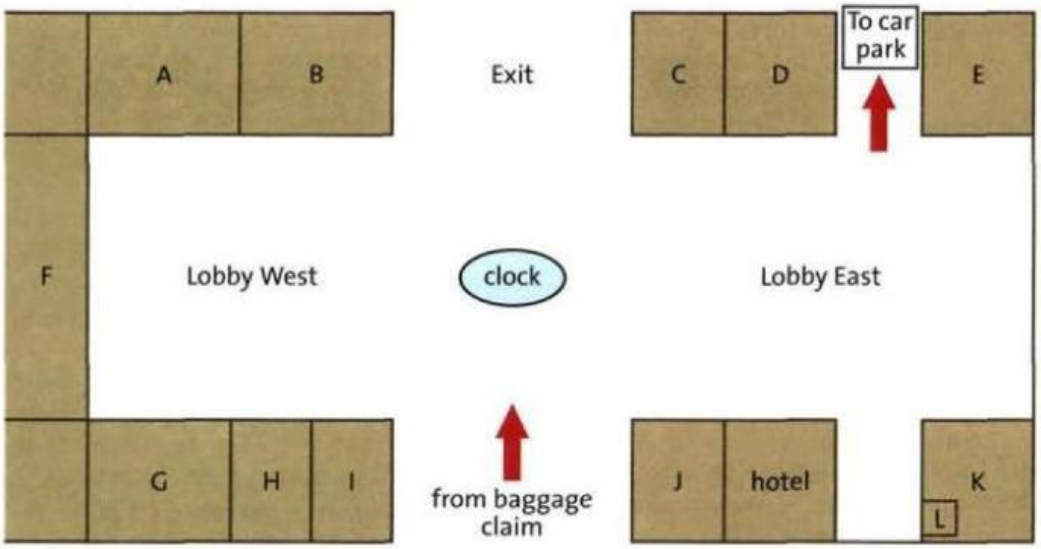
Advice

Listening Module

- Read the instructions carefully. Study the drawing, and the heading, if it has one. Try to work out what the drawing shows. If parts of the drawing have question numbers, find the first question number and notice where the numbers continue.
- Look carefully at the drawing, noting the words that are given. Think about words that might be used; for example, for a map you might hear words for giving directions – *left*, *right*, *on the corner*, *before*, *after*, and so on.
- Listen for information relevant to the first question. Think about the *meanings* of the words in the questions and box, if there is one. The words may be exactly what you hear, or you may hear different words that mean the same.
- When you hear the relevant information, listen carefully for the answer. If you miss an answer, go on to the next question or you may miss that too.

1 This is similar to Section 1 of the Listening Module.

Label the plan below.
*Write the correct letter **A–L** next to questions 1–6.*



1 luggage lockers .....
2 the Coffee House .....
3 cash machines .....
4 art gallery .....
5 classical CDs .....
6 quiet lounge .....

LIVEWORKSHEETS

3. Collocation practice

A *Do, play* and *go*

The table below gives examples of common sporting collocations with *do*, *play* and *go*.

You **do**	gymnastics, judo, weightlifting, aerobics, yoga, wrestling, circuit training, archery, athletics
You **play**	games, badminton, billiards, hockey, bowls, rugby, golf, (table) tennis, cricket, baseball, chess,
	darts, cards, dominoes
You **go**	fishing, skiing, bowling, cycling, skateboarding, surfing, snowboarding, hang-gliding, climbing,
	hill walking, sailing, jogging, swimming

You can also say you **go to aerobics/judo/yoga/karate** – this means that you go to a class in this sport.

Common mistakes

Learners often make mistakes with some common collocations connected with sport.
Make a point of learning these commonly used collocations.

- You **do** or **play sport**. (NOT ~~make~~ sport)
- You **do exercises**. (NOT ~~make~~ exercises)
- You **play computer** or other **games**. (NOT ~~do~~ games)
- You **have/play a game of** cards. (NOT ~~make~~ a game)
- You **go skiing**. (NOT ~~make~~ skiing)
- You **do activities**. (NOT ~~make~~ or ~~practise~~ activities)

If you are a serious sportsperson, you will certainly practise your sport, but that has a specific meaning, which is to do something again and again in order to get better at it, in other words **to train**. If you are a footballer you might **practise taking a penalty**, for example.

B Winning and losing

Sportsmen and sportswomen want to **win matches**, not **lose matches**. But you can't win all the time! Sometimes a team or player **deserves to win**, but gets **narrowly defeated/beaten**.

Before they **go in for / enter a competition**, athletes **train hard**. They probably **attend/do** at least five **training sessions** a week. They are likely to **put up a fight** to **gain/get a place** in the next **stage/round of the competition**. Of course, a sportsperson's ultimate aim is to **break the world record** in their sport. If they succeed, they **set a new world record** and become a **world record holder**. They are sure to **come up against fierce/intense competition** as they try to **achieve their ambitions**. Sometimes they are satisfied if they just **achieve a personal best**.

Some sports people so **desperately want** to win that they take drugs to **enhance their performance**. This will be discovered when they **fail a drugs test**.

C Football

You can **play** or **have a (football) match** / **game (of football)**. It might be a **home** or an **away match** depending on whether you're playing on your team's **home ground** or not.

The aim is to **score a goal**. Players may **tackle an opponent** to try to **take possession of the ball**[1]. If you tackle in an illegal way, you **foul your opponent**. This will lead to the referee **blowing his whistle** and an opponent **taking a penalty** or **taking a free kick**. If someone isn't playing very well the manager may decide to **drop the player** from the team or **bring on a substitute**[2]. Both teams hope that they will have **taken the lead**[3] by half-time.

[1] get the ball [2] replace one player with another [3] be in a winning position

LIVEWORKSHEETS

25.1 **Look at A. Complete the sentences with *do*, *play* or *go* in the correct form.**

New Sports Club Opening Next Week

You can _____ judo!
You can _____ badminton!
You can _____ swimming!
You can _____ weight lifting!
You can _____ circuit training!

You can _____ table tennis!
You can _____ skateboarding!
You can even _____ darts!
In fact, you can _____ almost any sport you can think of.

So join now!



25.2 **Look at B and C. Make ten collocations by matching a word from the box on the left with a word or phrase from the box on the right.**

personal	set
blow	achieve
bring on	train
fail	enhance
enter	take

the lead	a competition
best	your performance
a substitute	a drugs test
a record	hard
a whistle	your ambitions

25.3 **Look at the error warning. There are six verb + noun errors in this email. Find and correct them.**

Giorgio 26 May at 12:59

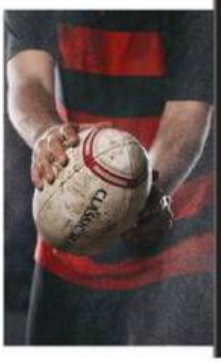
Hi José,

Do you fancy coming on a sporting weekend with me next month? It sounds great – would make a change from playing computer games. You can make lots of different activities. You could even do fishing, I think. You can't go skiing at this time of year but you can make water skiing, if you like. Everyone has to make general exercises first thing in the morning and then you can make whatever sport you like, more or less. I've never practised badminton so I think I'm going to do that. Then in the afternoon I'm looking forward to the chance to practise my tennis serve with their professional coach. Please try to come!

♡ 12 ◯ 3

25.4 **Complete the collocations in this report of a rugby match.**

Cambridge were happy to (1) _____ their last match 6:0. Oxford, the opposing team, put up a good (2) _____ and some people thought they (3) _____ to win. They were fearless in (4) _____ their opponents, but every time they took (5) _____ of the ball, Cambridge managed to win it back. Cambridge have now (6)_____ a place in the next (7)_____ of the competition. They will undoubtedly come up against some fierce (8) _____ . However, they have already managed to (9) _____ an interesting world record by having four members of the same family in their winning team!



Over to you

Make a section in your vocabulary notebook for your own favourite sport. Find an English-language website connected with that sport. Write down any useful collocations you notice there.

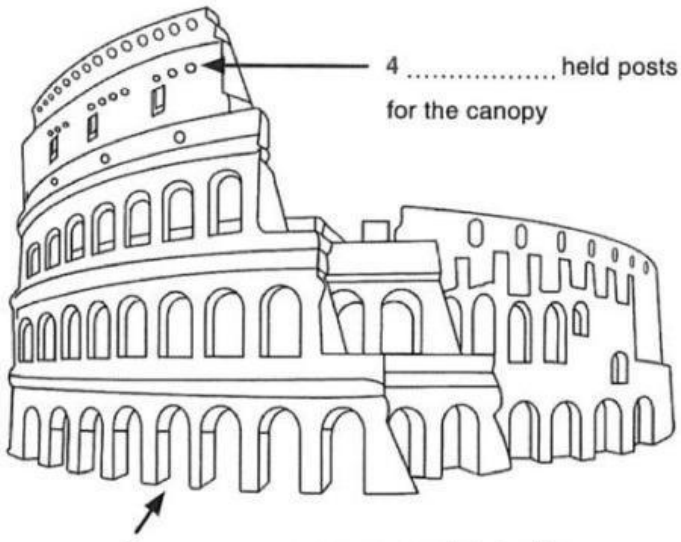
LIVEWORKSHEETS

4. Reading practice

03 The Colosseum is one of the architectural wonders of the world, particularly because it has remained standing since its construction in AD 80. The durability of the Colosseum relies on one key element of its design: the use of arches. This structure is ideal for carrying heavy weights, since the weight is absorbed by the keystone that sits at the top of the arch. The Colosseum has 80 tall arches on its ground floor level that carry the weight of the upper levels as well as providing entrances and exits for thousands of visitors. The second and third floors of the building also have 80 arches each, making a total of 240 arches. Rather than arches, the top level has a series of small rectangular windows, on top of which are stone plinths that used to carry the posts for the Colosseum's canopy. This extended to cover visitors from rain or sun.

*Choose **NO MORE THAN TWO WORDS** from the passage for each answer.*

The Design of Rome's Colosseum



Vocabulary

03 **architectural** a. (thuộc) kiến trúc **durability** n. độ bền vững **keystone** n. đá đỉnh vòm **rectangular** a. (thuộc) hình chữ nhật **stone plinth** phr. chân cột bằng đá **canopy** n. mái che

LIVEWORKSHEETS

04 There are a number of reasons why desert snakes are ideally suited to life in the desert. Firstly, many desert snakes have jaws that are supported from above. This physical characteristic keeps sand out of their mouths as they move through the desert in search of prey. Secondly, they have bumps on their skin that allow them to move and dig into the sand easily. Moreover, desert snakes are good at dealing with the intense heat of their environment. They usually hunt at night when the air temperature is cool, and they avoid the heat during the day. To escape the heat, some desert snakes dig a hole under the sand ⊛– others find shelter under rocks or in the cool shade of caves. The most striking characteristic of the desert snake, though, is its ability to conserve water. Snakes take in valuable water both directly and indirectly. Directly, they can drink water when there is an available source. Indirectly, they can get water from the food they eat. However, in desert areas, it is not easy to obtain water. As a result, they keep the loss of water to a minimum by making sure that they make solid waste instead of liquid waste.

*Choose **NO MORE THAN TWO WORDS** from the passage for each answer.*

The Desert Snake

Physical characteristics:

– 5 ..... that stop sand from entering their mouths

– 6 ..... on their skin to help them dig

Escaping heat:

– Hunt at night when the temperature is lower

– Dig into the sand

Conserving water:

– Drink from water sources or prey

– Keep water by making solid rather than 7 .....

Cấu trúc ngữ pháp cần nhớ

⊛ **Kết nối các câu bằng dấu gạch ngang (–)**

To escape the heat, some desert snakes dig a hole under the sand – others find shelter under rocks or in the cool shade of caves.

Để tránh nóng, một số loài rắn sa mạc đào hố dưới cát – số khác tìm nơi trú ẩn dưới những tảng đá hoặc dưới bóng râm trong hang.

➡ Ta có thể sử dụng dấu gạch ngang để liên kết hai câu khác nhau. Dấu gạch ngang thường được sử dụng để cung cấp nội dung khác hoặc giải thích thêm cho nội dung trước đó. Khi ấy, dấu gạch ngang giúp liên kết các vế câu và có thể hiểu với nghĩa "và", "tuy nhiên" tùy theo ngữ cảnh.

Vocabulary

04 **bump** n. vết sần **shelter** n. nơi trú ẩn **striking** a. gây ấn tượng
conserve v. bảo tồn, giữ **take in** phr. hấp thụ **waste** n. chất thải

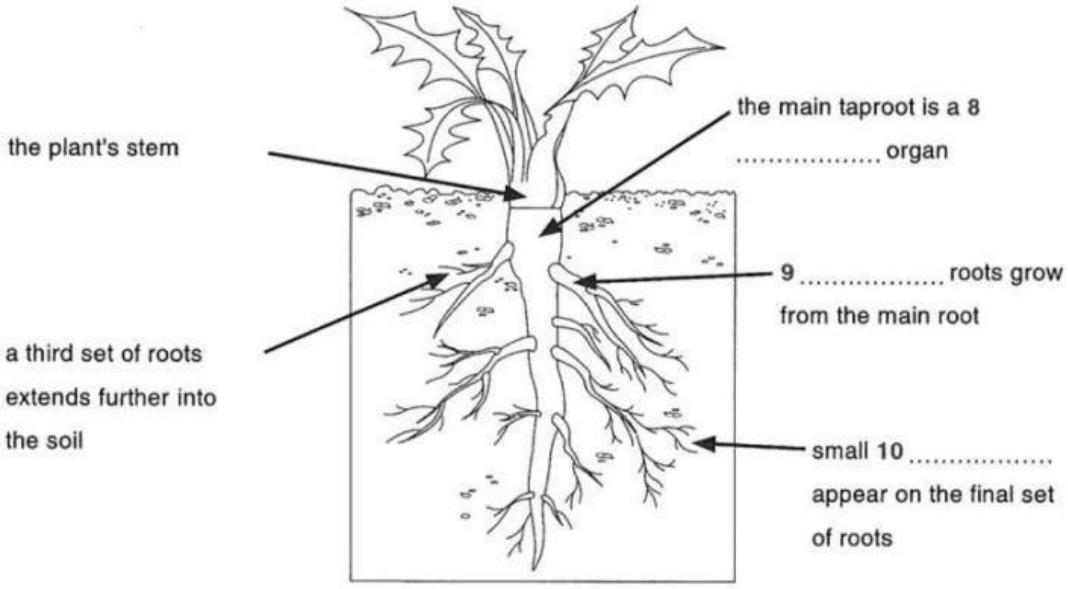
LIVEWORKSHEETS

05 The root system of a plant is composed of many individual roots. While many variations exist, there are two primary types: the taproot system and the fibrous root system. The fibrous root system consists of many equal-sized roots that branch off from the stem, while a taproot is made up of a straight root that tapers as it grows down into the earth and forms a main root.

In the taproot system, other roots may develop from the main root. This makes these types of plants difficult to transplant, as the root system will often remain after the actual plant has been removed. The main taproot extends vertically downwards from the stem of the plant into the earth and acts as a storage organ for all the nutrients in the soil. As this main root grows downwards, secondary roots extend out of it. These then produce a third, even smaller, set of roots that grow further into the soil. Finally, tiny rootlets develop on the third set of roots. Many plants, such as trees, can begin to grow using the taproot system, before switching to the fibrous root system so that their roots can extend further into the soil.

*Choose **ONE WORD ONLY** from the passage for each answer.*

How the Taproot System Works



Vocabulary

05 **root system** phr. bộ rễ **be composed of** phr. bao gồm **variation** n. sự biến đổi, biến thể **taproot system** phr. hệ rễ trụ **fibrous root system** phr. hệ rễ chùm **branch off** phr. rẽ nhánh **taproot** n. rễ trụ **taper** v. thu gọn dần **transplant** v. trồng lại, di thực **vertically** adv. theo hướng thẳng đứng **rootlet** n. rễ con

LIVEWORKSHEETS

06 As an engineer and architect, Filippo Brunelleschi was one of the most celebrated figures of the Florentine Renaissance. This was mainly because of his work on the dome of Florence's immense cathedral, the Santa Maria del Fiore. In 1418, a big competition was held to find an engineer capable of designing and building the dome. Brunelleschi entered and managed to convince the judges that he was the man to take on this challenge. Brunelleschi's brilliant plan incorporated two domes, one inside the other, built from brick, sandstone, and marble. His design did not require scaffolding, but it did need a lifting mechanism capable of carrying weights that were, at that time, considered too heavy to lift. Since no such device existed, Brunelleschi invented it himself. It was powered by oxen and included the first-ever reverse gear, which meant the oxen didn't have to be turned around when lowering the material.

Once Brunelleschi had the required tools, he began construction. His team of workmen constructed most of the two domes out of brick, which was light enough to stop them from collapsing. Giant brick arches were built to support the domes, which were also strengthened by five hoops of stone and iron. Built to a very specific pattern, the brickwork was able to support the weight of the dome without the need for scaffolding. Contemporary experts believe that Brunelleschi must have used a complex system of guide ropes to show his workmen how to place the bricks. Ultimately, the dome took sixteen years to complete. Upon his death, Brunelleschi was buried in the crypt of the cathedral whose dome he had designed and built, which was a rare honour for an engineer. Ever since it was completed in 1436, Brunelleschi's dome has stood as one of the marvels of Florence.

LIVEWORKSHEETS

*Choose **ONE WORD ONLY** from the passage for each answer.*

Building Brunelleschi's Dome

Step 1

Brunelleschi won a 11 ..... to find a design for the dome. His design featured two domes.

⬇

Step 2

Brunelleschi designed a device to lift heavy materials. It had the first reverse gear, which allowed objects to be brought down without turning the 12 ..... around.

⬇

Step 3

The two domes were made out of 13 ..... to make them light. The domes were supported by arches and hoops.

⬇

Step 4

After 16 years, the dome was completed.

Cấu trúc ngữ pháp cần nhớ

Mệnh đề phân từ bắt đầu bằng quá khứ phân từ/hiện tại phân từ

Quá khứ phân từ

Built to a very specific pattern, the brickwork was able to support the weight of

Mệnh đề phân từ

the dome without the need for scaffolding.

Vì được xây dựng theo một mô hình rất đặc biệt, công trình bằng gạch này có thể đỡ được trọng lượng của mái vòm mà không cần đến giàn giáo.

➡ Trong trường hợp hai mệnh đề chỉ nguyên nhân - kết quả của câu có cùng chủ ngữ, ta có thể rút gọn mệnh đề phụ thành mệnh đề phân từ sử dụng quá khứ phân từ (thể bị động) và hiện tại phân từ (thể chủ động) để tránh lặp từ.

Expanding rapidly, the company had to move to a larger office.

Hiện tại phân từ

Vì phát triển nhanh chóng, công ty đã phải chuyển đến một văn phòng lớn hơn.

Vocabulary Đáp án · Dịch nghĩa · Giải thích trang 300

06 **celebrated** a. nổi tiếng **figure** n. nhân vật **Florentine** a. (thuộc) thành phố Florence **cathedral** n. nhà thờ lớn **incorporate** v. sáp nhập, đưa vào **sandstone** n. sa thạch **marble** n. cẩm thạch **scaffolding** n. giàn giáo **mechanism** n. máy móc, cơ cấu **reverse gear** phr. bánh răng đảo chiều **guide rope** phr. dây hướng dẫn [illegible]

LIVEWORKSHEETS

DAILY TEST

READING PASSAGE 1

The Shift from Natural to Cultured Pearls

Due to the rare occurrence of their organic growth, pearls were once among the most sought-after items in the world. Natural pearls are produced within the shells of molluscs such as oysters, where they are formed as a means of defence against the invasion of irritants. If an irritant enters the shell, molluscs produce nacre. The irritant will eventually develop a shiny radiance as a result of the layers of nacre that form around it, transforming it into a pearl. The brightness of the pearl can vary depending on the levels of a mineral called aragonite in the shell, and some pearls can be red or black, while many are not actually round. For instance, freshwater pearls are usually oval shaped.

Pearl hunting is a very ancient profession, but for much of human history it was an extremely difficult job. Free divers would risk their lives by descending to depths of over 100 feet to collect molluscs. The oldest pearl fishing areas are in the Indian Ocean and the Red Sea. The discovery of the New World, where pearls were widespread in the basins of the Ohio, Mississippi, and Tennessee rivers, led to a dramatic expansion of the international pearl market. This trade was then disrupted by a manmade invention: the cultured pearl.

Cultured pearls, which were first developed in Australia by biologist William Saville-Kent in the late 19th century, are made by implanting a small piece of mantle tissue into a mollusc shell. This causes the mollusc to create a pearl around the tissue. The introduction of cultured pearls was initially resisted within the global pearl industry. Nevertheless, the contemporary industry is now almost entirely dominated by cultured pearls, which account for 99 per cent of all pearls sold internationally.

LIVEWORKSHEETS

Questions 1–5

Complete the notes below.

*Choose **ONE WORD ONLY** from the passage for each answer.*

Natural and Cultured Pearls

Natural Pearls

– once some of the most prized items in the world

– produced in the shells of molluscs

– formed as a 1 ..... against irritants

– layers of 2 ..... make them shiny

– 3 ..... pearls are shaped like an oval

Cultured Pearls

– pearl trade was changed by an artificial invention

– first developed in Australia in the 19th century

– produced by putting mantle 4 ..... into a shell

– cultured pearls were opposed in the 5 ..... at first

– most pearls sold now are cultured ones

Vocabulary

cultured pearl phr. ngọc trai nuôi **sought-after** a. được săn lùng, săn đón
mollusc n. động vật thân mềm **irritant** n. chất kích thích **radiance** n. ánh hào quang, vẻ sáng bóng
nacre n. xà cừ **freshwater** a. (thuộc) nước ngọt **oval** a. có hình bầu dục
basin n. lưu vực (sông lớn) **mantle** n. lớp bì **tissue** n. mô **contemp[illegible]**

LIVEWORKSHEETS

READING PASSAGE 2

How Hormones Relate to Behaviour

Personality and behaviour depend on many factors, but there is evidence that hormones play a significant role in both

Many doctors and scientists believe that hormones, which are known to regulate physiology, also influence behaviour and personality. Hormones are signalling molecules released by glands as a means of making changes in organs. In men, the most significant hormone is testosterone, the primary male sex hormone, which increases in production by around 10 times during adolescence. It facilitates the development of male reproductive tissues, but has also been linked to personality traits such as remoteness and hostility. In general, the male body produces 10 times more testosterone than the female body. Studies have shown that testosterone can make men act more competitively, particularly when their social status is at threat. Thus, if two men are competing for a professional achievement or for the attention of a potential partner, their testosterone levels will increase and make them display an assertive or even aggressive personality.

Testosterone is the dominant hormone for men, but for females, it is oestrogen, which women have in far larger quantities than men. This hormone can be found in particularly high amounts when a woman is pregnant, which is a time when hormones play a major role. This is when oestrogen and progesterone regulate female tissue development and increase maternal behaviour. According to some researchers, oestrogen can also be linked to several character traits, including a stable mood and a sense of contentment. This is particularly evident when oestrogen levels fall, during which time women can suffer from emotional problems such as depression. The hormone oxytocin, which is responsible for inducing labour and initiating contractions during childbirth, may also influence behaviour. Oxytocin is known as a social lubricant, and is sometimes called the 'love hormone', since, when people become physically intimate with their partners, it promotes bonding and affection.

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