

Practise Unit 3 English Plus 4

Vocabulary

1 Match 1–5 with a–e to make phrasal verbs.

- | | |
|--------|-------------------------|
| 1 take | a without butter |
| 2 call | b on family and friends |
| 3 get | c up a hobby |
| 4 cut | d down on coffee |
| 5 go | e over a problem |

2 Complete the sentences. Use verbs and prepositions from the box.

call give take turn work off on out up (x2)

- 1 I tried to _____ chocolate completely, but it was really hard!
- 2 I'm going to _____ surfing this year. I've never tried it before.
- 3 Please _____ the TV after the programme has finished.
- 4 Friends often _____ me after school. We watch TV or play video games.
- 5 My parents _____ in the gym two or three times a week.

Language Focus

3 Choose the correct words.

- 1 I don't know why she isn't here. She **must** / **might** have forgotten, or maybe she's ill.
- 2 They look unhappy. They **must** / **can't** have won the race.
- 3 My bike is gone. Someone **can't** / **could** have stolen it last night.
- 4 He went to the doctor's. He **must** / **can't** have been ill.
- 5 I **could** / **must** have seen her. I'm not sure. I don't really remember what she looks like!

4 Rewrite the sentences in the past form.

Mara might be wrong. *Mara might have been wrong.*

- 1 You might break it. _____
- 2 Elvir could send the text. _____
- 3 She must teach us. _____
- 4 I can't sleep well. _____
- 5 You must pay them. _____

Reading

5 Read the text. Match the headings 1-4 with paragraphs A-D

- | | |
|-----------------------------|---------------|
| 1 Take up something new | <u> B </u> |
| 2 Get together with friends | <u> </u> |
| 3 Get fit | <u> </u> |
| 4 Eat right | <u> </u> |

Ask Rosie



Dear Rosie

I'm seventeen years old and my life is really stressful. I've got homework, exam preparation, extra science classes and football practice – and after school, I help my parents around the house! Is being a teenager always this tough? Whoever said that schooldays are the happiest days of your life can't have gone to a school like mine. These can't be the happiest days of my life! I'm really suffering. What should I do?

Mark Gallagher, Wallingford

Have a laugh with friends

Dear Mark

Yes, being a teenager is stressful, so don't worry! Few parents realize that life today is so much faster than it used to be. Although adults romanticize their childhood, they must have studied and worked hard too. Here are four great stress cures. Follow them, and you'll be able to live a busy but happy life.

A Exercise at least three times a week. You can do sports or work out – or even walk the dog. Exercise relaxes your body and your brain.

B Help your mind to relax. Discover new interests like judo, sudoku or even fishing!

C 'You are what you eat.' You might enjoy burgers, chips and sugary food, but this diet makes your body scream: 'No! Stop!' Listen to your body, go without junk food, and feel the stress melt away.

D Social networking sites, emails and text messages are useful, but don't forget the importance of meeting your mates face-to-face. Laughing with friends is the most effective way of preventing stress.

6 Match words 1-6 with definitions a-f

1 tough	a sthg to eat that isn't very good for you
2 romanticize	b pressure and worry
3 junk food	c difficult
4 melt away	d good Friends
5 mates	e disappear
6 stress	f make sthg seem more exciting or interesting

Listening

7 Listen to the dialogue and write true or false: (1.39)

- 1 Emma and Dave are at a restaurant.
- 2 Emma is a vegetarian.
- 3 Dave is in favor of vegetarianism.
- 4 They both think that producing meat harms the environment.
- 5 Dave orders rabbit in cream sauce.
- 6 Emma chooses fish.