

Listening

🔊 **A** Listen to a teacher and students in a classroom. Circle *True* or *False* for each statement.

- | | |
|---|--------------|
| 1 The teacher says that confidence is important to be a good student in her course. | True / False |
| 2 Speaker 1 has run many marathons and won a medal last year. | True / False |
| 3 Speaker 2 decided to learn to drive and passed his test in less than a year. | True / False |
| 4 Speaker 3 has always wanted to be a sales representative. | True / False |
| 5 Speaker 3 used to fear big changes in his life. | True / False |

🔊 **B** Listen to a radio call-in program. Then read the questions and choose the correct answer.

- | | |
|--|---|
| 1 What is the radio show about? | A She understands because she also likes traveling. |
| A people's views on happiness | B She is surprised by his decision. |
| B people's views on the ideal lifestyle | C She thinks that he is a very different and unusual person. |
| C people's views on salaries | |
| 2 Why did Andres decide to make a change? | 4 Why does Kendra work so hard? |
| A because he realized he was unhappy | A because things are becoming more expensive |
| B because he hated his job | B because she wants more free time |
| C because he wanted a better salary | C so she can buy what she wants and feel secure |
| 3 What does Kendra think about Andres' lifestyle choice? | |

Vocabulary

1. Think of a new word to the definitions below.

1. a thing that is borrowed, especially a sum of money that is expected to be paid back with interest.	
2. Money owed	
3. to mix gently with a spoon in a rotary motion	
4. to accept that you are afraid of something and try to overcome it	
5. price chosen by customers	
6. to do something better than the best known speed, time, number, etc. previously achieved	
7. practical, realistic	
8. A bag to take home leftovers from a restaurant	
9. familiar with a task from having done it before; skilled	

10. lift by pushing up from below; increase; raise; push upward; increase	
11. to show that you can deal with a difficult situation successfully	
12. present, reward	
13. something that is very popular for a short time, then forgotten	

2. Match the words with their definitions

1. cost of living	A. a small, pink, sea animal that you can eat, with a curved body and a shell
2. withdraw	B. very relaxed, not seeming to be worried about anything
3. shrimp	C. The average cost of basic necessities, such as housing and food
4. commute	D. to pull out or remove;
5. gullible	E. be fashionable
6. dumpster	F. money paid regularly at a particular rate for the use of money lent, or for delaying the repayment of a debt.
7. interest	G. Made with or containing whole unprocessed grains of something
8. ambitious	H. travel some distance between one's home and place of work on a regular basis.
9. laid-back	I. easily cheated or fooled
10. survey	J. the collection of data by having people answer a series of questions
11. be trendy	K. large trash container
12. wholegrain	L. having finished a training course, or having particular skills, etc.
13. qualified	M. having a strong desire for success or achievement

3 Circle the correct answer.

- 1 *Pineapple* / *Cabbage* is a leafy vegetable that is often boiled and put in soup.
- 2 Before I make a salad, I always *boil* / *rinse* the lettuce leaves in cold water.
- 3 You can eat *tuna* / *mint* out of a can or mix it with mayonnaise to make salad.
- 4 Traditional dishes from India and Japan use *zucchini* / *ginger* as a spice to add flavor.
- 5 *Zucchini* / *Garlic* is a healthy green vegetable that you can eat boiled or with noodles.
- 6 *Pineapple* / *Zucchini* is hard and brown on the outside but juicy and yellow on the inside.
- 7 I love seafood, and *shrimp* / *zucchini* is my favorite.
- 8 I like to *barbecue* / *fry* meat outdoors on a grill when the weather is warm.

3. Choose the correct option.

1. a pocket-size case for holding papers and paper money
 1. rise to the challenge
 2. wallet
 3. survey
 4. purse
2. Acids taste
 1. sour
 2. chef
 3. loan
 4. debt
3. to no longer exist or happen
 1. to be all the rage
 2. be the latest thing
 3. pay what you want
 4. to be a thing of the past
4. honest
 1. gullible
 2. truthful
 3. withdraw
 4. be trendy
5. to be very popular and fashionable
 1. to be all the rage
 2. break the record
 3. to be a thing of the past
 4. be the latest thing
6. a small container for money, usually used by a woman
 1. dumpster
 2. purse
 3. boost
 4. survey
7. to wash something in clean water
 1. boost
 2. commute
 3. withdraw
 4. rinse
8. a professional cook
 1. treat
 2. chef
 3. debt
 4. sour
9. manage a company
 1. run a business
 2. down-to-earth
 3. dumpster
 4. cost of living
10. be something that is very new and fashionable
 1. to be all the rage
 2. come up with
 3. break the record
 4. be the latest thing
11. to think of; to produce. an idea / a plan / a suggestion etc.
 1. cost of living
 2. come up with
 3. face your fears
 4. wholegrain
12. money that is given back
 1. refund
 2. rinse
 3. withdraw
 4. gullible

4 Complete the sentences with a preposition (*of, on, for, in, to, with*).

- 1 The weather is beautiful. Let's have a picnic and make the most _____ it.
- 2 Smoking has a negative effect _____ our health.
- 3 The rent for this apartment is OK. I think it's a fair price to pay _____ it.
- 4 Where you go on vacation really depends _____ your budget.
- 5 There's a big sale today. Let's take advantage _____ it and go shopping.
- 6 I love these boots. I'm going to treat myself _____ them when I get paid.
- 7 Some vendors let you bargain. You can suggest a price _____ souvenirs.
- 8 I can't believe it! They charged me _____ using the restroom in the restaurant.

5. Choose the correct option.

1 I want to buy a new car but I can't _____ it right now.

- A boost
- B afford
- C value

2 I don't want to work long hours because I _____ time with my family.

- A value
- B trade
- C afford

3 I have a family, a home, and a job. I think that's a good _____.

- A standard of living
- B cost of living
- C quality of life

4 My work is stressful. I want a new job, even if it means taking a _____.

- A salary cut
- B trade
- C lifestyle

5 I want to learn another language to _____ my chances of getting a good job.

- A value
- B afford
- C boost

6 My salary is the same but the _____ has gone up. It's hard to pay the rent and the bills.

- A standard of living
- B cost of living
- C quality of life

7 It took us more than three years to build our house. It was _____ because we love it!

- A quality of life
- B a salary cut
- C time well spent

8 I spent a fortune on my vacation to Chile. But I got to see my family, so it was _____.

- A worth it
- B quality of life
- C time well spent

Grammar

1 Write the correct form of the verbs in parentheses ().

- 1 He _____ at this company since last year. (work)
- 2 We _____ you three times so far today! (called)
- 3 Mi Na is upset. Yesterday, she _____ her purse. (lose)
- 4 When I got home last night, everyone _____ TV. (watch)
- 5 I'm at the library now. I _____ on a paper for my media studies class. (write)

2 Rewrite the sentences with the correct form of the verbs in bold.

EXAMPLE: If a restaurant **will not throw** food away, it **has** zero waste.

If a restaurant doesn't throw food away, it will have zero waste.

1 If it'll **taste** good, you **eat** it!

2 If you **might like** garlic, you **like** this dish.

3 If people **are going to try** this restaurant once, they **come** back.

4 If **you'll want** a cheap meal, go to Rancho's.

5 If **you'll give** me the recipe, I **cook** it tonight for you.

6 If people **are going to add** mint to this salad, they **love** it.

7 If the food **isn't going to be** good, people **don't return**.

3 Choose the correct answer.

1 It's ____ hot to sit outside.

- A too much
- B too
- C enough

2 If you're _____ then put on a sweater.

- A not warm enough
- B not too
- C too warm

3 I'd love to play soccer during the week, but I don't have ____ free time.

- A too much
- B not too
- C enough

4 I'd love to buy a motorcycle, but I don't have

_____ money right now.

- A too much
- B enough
- C too

5 We need a new table for the dining room, but that one's ____ small.

- A too
- B too much
- C not enough

6 We can't have the meeting because ____ people are coming. We need five more.

- A enough
- B not enough
- C too many

Reading

Read the article. Then choose the correct answer.

Healthy mind, healthy body

Being healthy means taking care of your mind and your body. If you keep your mind busy with positive activities, it will stay healthy. But how do we keep our bodies healthy?

Fast food isn't on the way out, but healthy options are gaining popularity. Hotdogs are great for barbecues and will never go out of style. But let's look at some healthy alternatives.

Think about what you drink. A can of soda has dozens of grams of sugar. But if you choose a sugar-free alternative like iced tea or some juices or even coconut water, you will reduce those harmful sugars. You won't be on the path to a healthy lifestyle until you make better drinking choices.

Cut down on oils and fried food. If you like to fry food, you can use good, healthier kinds of oil. Coconut oil is the latest thing known to be very good for you.

Variety is good. There are many foods that you might not think about eating often, such as tuna, shrimp, eggplant, zucchini, and cabbage. Of course, a lot of these foods are better if you add a little flavor. Consider cooking with garlic, ginger, and even mint, all of which are healthy.

Finally, Hot Pots are the latest thing in cool cooking. You go to a restaurant and choose your ingredients from meat, seafood, and vegetables. After you put the food into a very hot soup, you eat it together with a group of people. Enjoy healthy eating with friends!!

1 The writer of the article thinks that fast food

- A is on its way out.
- B is losing popularity.
- C is gaining popularity.

2 The writer of the article thinks that hotdogs are

- A coming back in style.
- B losing popularity.
- C a food that people will always like.

3 The writer of the article suggests that people

- A drink soda, but not every day.
- B drink coconut water or juice.
- C try different alternatives to soda.

4 The writer of the article recommends that people

- A eat a varied diet, eat less fried food, and try garlic and ginger.
- B use coconut oil for cooking, and eat seafood and meat.
- C eat mainly vegetables and fruit, and lots of garlic and ginger.

5 A hot pot is

- A a restaurant where people share the same food.
- B a soup dish with different ingredients for sharing.
- C a soup you make and bring to a restaurant to share.