

Revise and check Units 5 & 6

GRAMMAR

Circle a, b, or c.

- 1 She drives _____ than her brother.
a faster b more fast c more fastly
- 2 His new book isn't as good _____ his last one.
a than b that c as
- 3 Women spend _____ time cooking than in the past.
a less b little c fewer
- 4 Friday is _____ day of the week.
a the busier b the busiest c the most busy
- 5 It's the _____ road in the world.
a more dangerous
b dangerousest
c most dangerous
- 6 It's the hottest country I've _____ been to.
a never b always c ever
- 7 My sister drinks _____ coffee.
a too b too much c too many
- 8 These jeans are _____ small. Do you have them one size bigger?
a too b too much c too many
- 9 You haven't spent _____ on your homework.
a time enough
b enough time
c many time
- 10 They're playing really badly. They _____ the match.
a want win b won't win c won't to win
- 11 A My exam is today.
B Don't worry. _____.
a You'll pass b You pass c You're passing
- 12 A It's cold in here. B _____ the window.
a I close b I'm closing c I'll close
- 13 They met for the first time when they _____ in Madrid.
a were living b are living c was living
- 14 A Have you been to the USA?
B Yes, I _____ to New York last year.
a 've been b went c was going
- 15 A _____ today? B No, she's on holiday.
a Does she work
b Is she working
c Will she work

VOCABULARY

a Circle the right verb or phrase.

- 1 I *waste* / *lose* a lot of time playing games on my phone.
- 2 We *spend* / *take* a lot of time sitting in our cars every day.
- 3 Can you *borrow* / *lend* me 50 euros?
- 4 I'm leaving tonight and I'm *coming* / *coming back* on Friday.
- 5 This is Ben. He's *teaching* / *learning* me to play the piano.

b Write the opposite verb.

- | | | |
|--------------|------------------|---------------|
| 1 buy _____ | 3 remember _____ | 5 teach _____ |
| 2 push _____ | 4 pass _____ | |

c Write words for the definitions.

- 1 **cr** _____ (adj) full of people or things
- 2 **s** _____ (adj) opposite of *dangerous*
- 3 **n** _____ (adj) opposite of *quiet* (for a place)
- 4 **s** _____ (adj, noun) opposite of *north*
- 5 **m** _____ (noun) a building where you can see old things
- 6 **p** _____ (noun) the place where a king or queen lives
- 7 **m** _____ (noun) a religious building for Muslims
- 8 **b** _____ (noun) you have 206 of these in your body
- 9 **br** _____ (noun) the organ we use to think
- 10 **sk** _____ (noun) it covers the outside of your body

d Complete the sentences with a preposition.

- 1 My husband's always late. He's never _____ time for anything.
- 2 Are you interested _____ this TV programme?
- 3 When I was a child I was afraid _____ dogs.
- 4 I'd really like to be good _____ dancing.
- 5 Eating too many sweets and biscuits is bad _____ you.

CAN YOU UNDERSTAND THIS TEXT?

- a Read the text once. Does the journalist think music made him run faster?
- b Read the text again and mark the sentences 'T' (true) or 'F' (false).
 - 1 The psychologist says that all kinds of music can help us exercise better.
 - 2 He says that exercise is more fun with music.
 - 3 Men and women prefer different music when they exercise.
 - 4 Music helped Haile Gebreselassie break a record.
 - 5 Most top athletes use music when they run.
 - 6 Music can help amateur runners to run faster.
 - 7 The journalist chose his music for the marathon.
 - 8 All the songs helped him run faster.
- c Look at the **highlighted** words or phrases in the text. Guess their meaning from the context. Check with your teacher or with a dictionary.

Can music really make you run faster?

Costas Karageorghis, a sports psychologist at Brunel University in the UK, calls music 'sport's legal drug'. He says that exercising with music can **improve** athletic performance by 15%. The music must be carefully chosen so that the tempo or 'beat' is synchronised with the exercise you are doing. **According to** Professor Karageorghis, music also makes you feel less pain and makes an exercise session less boring and more enjoyable.

The UK's biggest gym **chain**, *Fitness First*, recognises the importance of music to workouts, and plays music in all its clubs. The most popular song for male gym members is Survivor's *Eye of the Tiger*, while women love Abba's *Dancing Queen*.

Music works well with **weightlifting**, and other repetitive actions, but it can also help with running. The best example of this is Haile Gebreselassie, perhaps the world's greatest distance runner, who used the techno-pop song *Scatman* as a metronome when he broke the world 2,000m record. But if music was so important to Gebreselassie, why do other top runners never race with headphones?

Karageorghis says 'Research has shown that for most top athletes music is less **effective**. Elite athletes focus more on their **bodies**, and less on outside stimuli like music.' So although music can help amateur runners run faster and further, most top athletes prefer silence.

I decided to try running with music myself. I was going to run a half marathon, and a sports doctor gave me the perfect playlist of songs for running. When I did the race, I found that some of the tracks, like Von Kleet's *Walking on Me*, made running easier. Others made me want to **throw away** the mp3 player. When I crossed the line, I had **beaten** my previous personal best by one minute, but was it because of the music? To be honest, I felt it was probably because of the extra training.

Warren Pole in The Times



CAN YOU UNDERSTAND THESE PEOPLE?

322) In the street Watch or listen to five people and answer the questions.



Ian



Yvonne



Ben



Joanna



Anya

- 1 Three years ago Ian _____.
 - a retired
 - b had more free time
 - c was working part time
- 2 When Yvonne talks about why she loves Rome, she *doesn't* mention _____.
 - a the scenery
 - b the food
 - c the buildings
- 3 Ben eats _____ sugar.
 - a too much
 - b a lot of
 - c a little
- 4 Joanna says her friends _____.
 - a are mostly pessimists
 - b think she is a pessimist
 - c think she is an optimist
- 5 Anya often has bad dreams _____.
 - a when she's having problems at work
 - b after she's had a big meal
 - c when she's having problems with her partner