

Stop and Check: Units 1–4

Under each paragraph, write the words from the appropriate unit that correspond with the numbered phrases in bold.

Globalisation

Recently, the world has become one big market and many people **1 have more money to spend** than at any time in history. People are **2 buying and using more goods and services** than ever before, and **3 companies are conducting their operations in many countries**. People, too, are **4 moving abroad to live permanently**. It can be challenging when **5 people arrive in a new country to live**, as they have to adapt to a completely different culture. Globalisation itself can cause problems as, for example, when the economy of one country is performing badly it can affect the economies of other countries. This can lead to **6 economic stagnation** globally, and as a result, the ability to **7 sell goods to other countries**, for example, will fall. The value of **8 the money that people have invested in the stock market** also falls dramatically at such times. On the other hand, many people think that globalisation fosters world peace: as countries come to cooperate together in trading goods, they come to know and understand each other better, and disputes are more likely to be resolved through negotiations rather than through armed conflict.

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Money and Finance

People have to manage their finances very carefully. If they use **1 a bank card to borrow money from the bank** or buy things **2 with the intention of paying for them at a later date**, they could get into debt. This is partly because we have to pay back **3 extra money in addition to the money we have borrowed**. This could lead to a **4 situation where people are unable to pay the money back**. We should also **5 invest in a scheme when we are working so that we have some money to live on when we retire**. This will ensure that we **6 have plenty of money** when we are

no longer able to work. It is important, in general, that **7the money we spend on things** never exceeds our income. This is especially important as sometimes **8the price of everyday goods and services** can increase at a greater rate than our income or our pension increases, leaving us with insufficient money.

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Food

It is important that we eat a **1good range of food types and not too much of one thing**. We should avoid **2unhealthy food from take-aways, such as burgers and fries** and eat more fruit and vegetables. Dieticians recommend that we eat five **3servings** of fruit and vegetables every day. We also need to eat meat and fish, however, as they contain **4essential substances that the body needs**. We should avoid eating too many **5sweets and chocolate** as they contain sugar, which is harmful if eaten in large amounts and can result in **6a situation where a lot of people are overweight**. Dark chocolate containing a large amount of cocoa, however, is considered to be beneficial, as it can, among other things, lower blood pressure. We should also take care when we cook food, as poor standards of cleanliness in the kitchen can result in people **7becoming ill because of the food they have eaten**. Some people have to avoid eating certain types of food because they have an **8adverse reaction** to them when they eat them.

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Sport and Leisure

People spend their leisure time in different ways. Some people are very active and enjoy **1taking long walks in the countryside or the mountains**, while others have

a lifestyle which **2involves hardly any physical activity**. For instance, some **3people just sit in front of the television all day long**. Some people enjoy activities that involve a certain amount of risk, such as **4jumping off bridges while attached to a stretchable rubber cord**. Others, on the other hand, prefer not to take such risks and instead enjoy safer pursuits such as **5going to the countryside and eating food in the open air** or **6taking a leisurely walk** in the neighbourhood where they live. Yet other people like to watch sports. Some spectator sports, such as football, are extremely popular, and there are huge **7complexes where people go to watch the games**.

Whatever we do, it is important that we have **8a good balance between the amount of time we spend working and the time we spend enjoying ourselves**.

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