

1 **CD3** 34 Listen to five people talking about things they like doing at the weekend. Match speakers 1–5 to activities a–f. Use each letter once only. There is one extra letter which you don't need to use.

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|-------------|-------|-----------------------------------|
| 1 Speaker 1 | _____ | a relaxing with the Sunday papers |
| 2 Speaker 2 | _____ | b doing some DIY |
| 3 Speaker 3 | _____ | c doing some gardening |
| 4 Speaker 4 | _____ | d preparing a meal for friends |
| 5 Speaker 5 | _____ | e watching sport on TV |
| | | f doing routine jobs at home |

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2 Listen to a radio interview with Karen Thomas, a sports therapist. Choose the correct answers.



- 1 Recent research has shown that the number of sports injuries has ...
a gone down. b stayed the same. c gone up.
- 2 Karen says that more people over 30 are taking up exercise because they ...
a want to join a sports club. b want to lose weight. c have serious health problems.
- 3 Karen thinks people are more likely to get injured if they ...
a have just started exercising. b have been exercising for years. c hire a personal trainer.
- 4 Most of the people she sees have physical problems because they ...
a go running. b need to lose weight. c don't exercise at all.
- 5 Karen advises people who want new sports shoes to ...
a buy fashionable trainers. b go to a shop with well-trained staff. c get the most expensive pair they can afford.
- 6 She thinks the best exercise for people who haven't done any before is ...
a walking. b going to the gym. c jogging.

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3 Write these colloquial words/phrases.

- 1 stupid or silly: c razy
- 2 find somebody attractive: f _____
- 3 a British pound: a q _____
- 4 go somewhere for a short time: p _____ i _____
- 5 relax: c _____ o _____
- 6 worried and anxious: s _____ o _____
- 7 fashionable: t _____
- 8 do something wrong or badly: m _____ u _____
- 9 a friend: a m _____
- 10 throw something away: c _____ o _____
- 11 a toilet: a l _____
- 12 a man: a g _____
- 13 quite, but not extremely: p _____
- 14 annoy or worry somebody: b _____
- 15 something that is annoying because it causes problems or is difficult to do: a h _____

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4 Complete the idioms in these sentences.

- 1 Thanks for the card. It really made my day.
- 2 I had no idea I was going to get promoted – it came completely _____ of the _____.
- 3 My parents live in the _____ of _____. It takes an hour to drive to the nearest shop!
- 4 I love living in New York, but it's a _____ cry _____ the small village where I grew up.
- 5 Sarah, I've lost my watch. Could you _____ an _____ out for it when you're tidying up?
- 6 I was so tired when I went to bed last night that I _____ like a _____.
- 7 I've been working so hard recently. I'm going to the countryside for a week to _____ my _____.
- 8 That exam was a _____ of _____. I got every question right.
- 9 No, don't worry, he was only _____ your _____. You shouldn't take him seriously.
- 10 That documentary on global warming certainly gave me _____ for _____.
- 11 When everyone arrives, let's play some party games to _____ the _____.

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