

## 1 LANGUAGE IN CONTEXT Battle of the workouts

Complete the sentences.



- One way of doing some high-impact aerobic activity is to use a *skipping* \_\_\_\_\_ *rope* \_\_\_\_\_.
- I've started doing s \_\_\_\_\_ -u \_\_\_\_\_ every morning to strengthen my stomach muscles.
- She went to see a doctor about a chronic pain at the bottom of her sp \_\_\_\_\_.
- Circuit tr \_\_\_\_\_ is one of the most efficient ways to burn fat, lose weight, and build muscle.
- After taking up yoga, she noticed she had more fl \_\_\_\_\_ in her joints.
- The trainer makes the players do ten pr \_\_\_\_\_ -u \_\_\_\_\_ if they're late for football practice.
- You should warm up and st \_\_\_\_\_ your muscles before playing sport.
- The head is attached to the tr \_\_\_\_\_ by the neck.

## 2 VOCABULARY word building: adjectives, nouns, and verbs

a Complete the sentences with the correct form of the word in brackets.

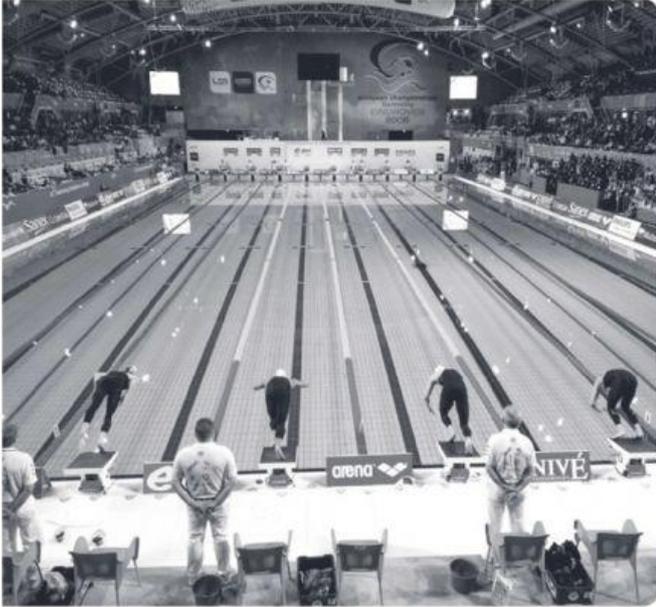
- The snow *thickened* \_\_\_\_\_ as the temperature dropped. (thick)
- What impressed me most about New York was the \_\_\_\_\_ of the skyscrapers. (high)
- The ground needs to be \_\_\_\_\_ before they can build the new car park. (flat)
- In my opinion, the school summer holidays are far too long; they should be \_\_\_\_\_. (short)
- My grandmother can't walk very far – she has very little \_\_\_\_\_ in her legs. (strong)
- Check the \_\_\_\_\_ of the river before diving in. (deep)
- Working so hard for so long \_\_\_\_\_ his health and finally he fell ill. (weak)
- This mascara is supposed to \_\_\_\_\_ your eyelashes, but I'm not sure I believe it. (long)
- We measured the \_\_\_\_\_ of the space before buying a new cupboard. (wide)

b Complete the sentences with the correct form of a word from the list.

deep flat high long short strong thick weak wide

- The campaign is designed to *heighten* \_\_\_\_\_ public awareness of the problem.
- The exercises are designed to \_\_\_\_\_ your leg muscles.
- My grandparents are having the doorways of their flat \_\_\_\_\_ to accommodate my grandad's wheelchair.
- The water \_\_\_\_\_ gradually as the tide came in, until the beach was completely covered.
- It depends on the \_\_\_\_\_ of the ice whether it's safe to skate on it or not.
- The inability to handle pressure can be a serious \_\_\_\_\_ for an athlete.
- Higgins ran half the \_\_\_\_\_ of the pitch to score an amazing goal.
- What becomes apparent when you reach the top of the hill is the \_\_\_\_\_ of the land below.
- \_\_\_\_\_ is an advantage in horse-racing; few riders are taller than 1.65 m.

- c Complete the questions and sentences using a different form of the **bold** word.



- 1 How **long** is an Olympic swimming pool?  
What's the length of \_\_\_\_\_ an Olympic swimming pool?
- 2 I want a **deeper** understanding of the issues involved.  
I want to \_\_\_\_\_ of the issues involved.
- 3 You can make your hair **flatter** by using hair gel.  
You can \_\_\_\_\_ by using hair gel.
- 4 Can too much computer work **weaken** your eyesight?  
Can too much computer work make \_\_\_\_\_?
- 5 How **high** is Mount Kilimanjaro?  
What's \_\_\_\_\_ Mount Kilimanjaro?
- 6 I was disappointed by the **shortness** of his reply.  
I was disappointed by \_\_\_\_\_ his reply was.
- 7 How **deep** is the Atlantic Ocean?  
What's \_\_\_\_\_ the Atlantic Ocean?
- 8 How can you make your stomach muscles **stronger**?  
How \_\_\_\_\_ your stomach muscles?
- 9 What's the **width** of a single bed?  
How \_\_\_\_\_ a single bed?
- 10 The landscape is so **flat** – I find it really depressing.  
I find the \_\_\_\_\_ really depressing.
- 11 How can you make soup **thicker**?  
How \_\_\_\_\_ soup?
- 12 He doesn't have enough **strength** to change a car wheel.  
He \_\_\_\_\_ to change a car wheel.

### 3 GRAMMAR relative clauses

- a Circle the correct answer. One, two, or three of the answers may be correct. (– = no relative pronoun)
- 1 The referee showed a red card to the players that/who — had been fighting.
  - 2 The room where/which/— I like best in my flat is the kitchen.
  - 3 That's the town that/where/which my dad used to live.
  - 4 My sister, that/who/— is older than me, has recently qualified as a teacher.
  - 5 He only scored two goals last season, both that/of which/which were penalties.
  - 6 He's the musician which/who/whose violin was stolen.
  - 7 Our local cinema is closing down, that/which/— is a shame.
  - 8 The concert on TV now is the one that/which/— I saw live last night.
  - 9 Our coach doesn't know that/what/which is wrong with our best player.
  - 10 The man who/whom/with whom she fell in love left her after only a few months.
- b Complete the sentences with the correct relative pronoun. More than one answer may be possible. (– = no relative pronoun)
- 1 She's the swimmer who/that won the gold medal.
  - 2 Matt is the guy \_\_\_\_\_ bike I borrowed.
  - 3 I can't believe \_\_\_\_\_ you've just said.
  - 4 That's the race \_\_\_\_\_ I took part in last year.
  - 5 The person to \_\_\_\_\_ the question was directed refused to answer.
  - 6 Our English teacher has announced that she's leaving at the end of the year, \_\_\_\_\_ is a disaster.
  - 7 The actors, many of \_\_\_\_\_ have very demanding jobs, are completely dedicated to the drama club.
  - 8 The two contestants, both of \_\_\_\_\_ partners were watching in the audience, had the same number of points at the end of the final round.
  - 9 We ordered three dishes to share between us, none of \_\_\_\_\_ we enjoyed.
  - 10 My youngest brother, \_\_\_\_\_ loves opera, is travelling to Verona in Italy for the opera festival.

- c Join the sentences using a relative pronoun if necessary and the correct punctuation if it is a non-defining relative clause.
- I've only had these boots for a week. They've broken already.  
These boots, *which I've only had for a week, have broken already*.
  - A friend gave us the tickets. He couldn't go to the concert.  
The friend \_\_\_\_\_.
  - It's snowing hard. This means that our walk in the mountains will probably be cancelled.  
It's snowing hard \_\_\_\_\_.
  - Alex has two brothers. Neither of them went to his wedding.  
Alex \_\_\_\_\_.
  - I borrowed the book from someone. They want it back by the end of the week.  
The person \_\_\_\_\_.
  - We spoke to a steward. He directed us to our seats.  
We \_\_\_\_\_.
  - The showers are very rarely cleaned. Many of them don't work properly.  
The showers \_\_\_\_\_.
  - I bought a guitar for my son. It wasn't very expensive.  
The guitar \_\_\_\_\_.

- d Write sentences that are true for you about six of the topics in the list. Use relative clauses.

a celebrity a family member a friend a hobby  
a place a possession your home your job

*My brother, who's now retired, spends a lot of his time travelling abroad.*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### 4 PRONUNCIATION homographs

- a Match the phonetics to the sentences.

- b   /kən'tent/  
  a   /'kɒntent/

a The problem with your essay is not the style, but the content.  
b The problem with my boss is that he's never content with anything I do.
- \_\_\_\_\_ /ju:s/  
\_\_\_\_\_ /ju:z/

a They've banned the use of chemical weapons.  
b They use uranium to make nuclear energy.
- \_\_\_\_\_ /teə/  
\_\_\_\_\_ /tɪə/

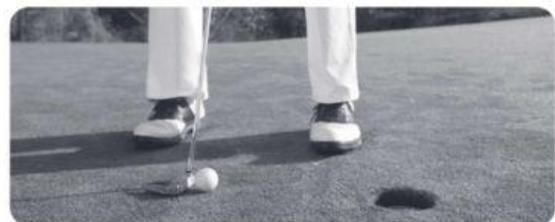
a I cried in pain and wiped away a tear.  
b How did you tear that hole in your shirt?
- \_\_\_\_\_ /raʊ/  
\_\_\_\_\_ /rəʊ/

a We aren't speaking because we've had a row.  
b We sat in the back row so we couldn't be seen.  
c My son was delighted when we let him row the boat we hired.
- \_\_\_\_\_ /waʊnd/  
\_\_\_\_\_ /wʊ:nd/

a She cleaned his wound and put on a plaster.  
b She wound the string into a ball to use it later.
- \_\_\_\_\_ /li:d/  
\_\_\_\_\_ /led/

a Lead weights are still used in fishing, although they are banned in some areas.  
b Anderson has overtaken Müller to take the lead.
- \_\_\_\_\_ /'pʊtɪŋ/  
\_\_\_\_\_ /'pʌtɪŋ/

a She was putting on her tracksuit after the race when a reporter tried to ask her some questions.  
b According to golfers, putting is the easiest aspect of the sport to improve.



- b  10.1 Listen and check. Then listen again and repeat the sentences.