

OPTIMISE B1+ UNIT 5 VOCABULARY

Word formation: Write the correct form of the word between brackets:

1. The gym instructor will _____ (active) the alarm at 9 pm.
2. My dog is very _____ (affection) towards me.
3. It's important to be _____ (consideration) of other people's feelings.
4. We need to _____ (decoration) the living room before the party.
5. She was _____ (desperation) for a job after being unemployed for months.
6. I feel _____ (fortune) to have such supportive friends and family.
7. The coach tried to _____ (motivation) the team before the big game.
8. He decided to _____ (specialist) in computer programming.
9. Listening to music can _____ (stimulation) your brain.
10. The real estate agent will _____ (valuation) the property tomorrow.
11. You cannot _____ (equation) success with happiness.

Read the example and match the phrasal verb with its definition:

- ✚ She doesn't **feel up to going** out tonight because she's tired.
- ✚ Please don't **put him down** for expressing his thoughts and feelings.
- ✚ The teacher decided to **let her off** with just a warning for being late due to traffic.
- ✚ It really **gets him down** when he thinks about his past mistakes.
- ✚ When I **look back on** my childhood, I remember playing with my friends outside.
- ✚ After a long day of hiking in the mountains, I was so exhausted that I quickly **dropped off** as soon as I lay down in my tent.
- ✚ I won't **stand for** any more of Richard's racist comments.
- ✚ After hours of discussion, they were finally able to **sort out** their differences and come to a mutually acceptable solution.

1. DROP OFF
2. FEEL UP TO DOING
3. GET (SBY) DOWN
4. LET (SBY) OFF
5. LOOK BACK (ON)
6. PUT (SBY) DOWN
7. SORT OUT
8. STAND FOR

- To make somebody feel upset or depressed
- To solve, resolve
- To fall asleep
- To say negative things to/about somebody
- To put up with, to tolerate
- To feel well enough to do something
- To think about something from the past
- Not to punish

Complete the sentences with the correct phrasal verb. Be careful with tenses.

DROP OFF / FEEL UP TO / GET (SBY) DOWN / LET (SBY) OFF / LOOK BACK (ON)
/ PUT (SBY) DOWN / SORT OUT / STAND FOR

1. After a long day at work, I watched TV and _____ on the couch
2. I'm not sure if I _____ going to the party tonight. I'm feeling a bit tired.
3. Sarah always _____ her younger brother when he makes a mistake, and it's not fair.
4. I won't _____ rudeness in my class, Jimmy!
5. When I _____ my childhood, I remember all my family vacations.
6. Try not to let your exam results _____ you _____. Everyone makes mistakes.
7. There's a problem with the Wi-Fi; hopefully Tech Support can _____ it _____.
8. The man was charged with assault, but the judge _____ him _____ due to lack of evidence.

Fill in the blank spaces with the correct activity:

programming, yoga, board game, social networking, djing, mountain biking, martial arts, scuba diving, online gaming, painting, blogging

- ✚ I enjoy _____ (1) about my travels around the world.
- ✚ My family and I play a _____ (2) every weekend to have fun together.
- ✚ My friend loves _____ (3) at parties on the weekends.
- ✚ My cousin studies _____ (4) to learn how to defend herself.
- ✚ My dad goes _____ (5) every Saturday morning with his friends.
- ✚ Jake spends a lot of time at his computer playing _____ (6) with people he meets from all over the world.
- ✚ I love art! I like _____ (7) landscapes at the park when the weather is nice.
- ✚ My brother is studying _____ (8) at the university so he can create video games.
- ✚ The _____ (9) instructor taught me how to safely explore the ocean floor.
- ✚ Lucy spends hours on _____ (10) sites talking to her friends.
- ✚ I feel relaxed after doing _____ (11) for an hour in the morning.