

Reading

Read the following passage and circle True (T), False (F) or Doesn't say (DS).

Be happy!

There have been lots of surveys about teenagers and happiness and they all come to different conclusions. Some surveys say that most young people are happiest when they spend time with their family. Others say it's when they're with friends. Some teenagers think that getting good marks at school and passing exams make them happy, while others feel that it's having a boyfriend or girlfriend. The problem is that there isn't just one thing that makes everyone happy, and what made you happy last week might not make you happy next week! However, there are some things that can help improve your mood when you are feeling unhappy. Experts believe that exercise can make you a happier person because it releases chemicals in your brain that are related to a feeling of pleasure.

There's another surprising idea to help make you happier. Although you might think that eating chocolate is bad for you, it seems, according to some experts, to be good to eat chocolate when you're feeling sad. Of course it isn't healthy to eat too much, but chocolate releases chemicals in the same way that exercise does – and for some people it's easier and quicker than working out in the gym! It's also important to remember that you can't be happy all the time. You can be happy for brief moments and you should value these times. And when you feel sad, go for a run or eat some chocolate – you'll soon cheer up!

- 1 The surveys show that teenagers and parents have different ideas about happiness. **T F DS**
- 2 The things that make us happy never change. **T F DS**
- 3 The surveys show that teenagers who do exercise are happier. **T F DS**
- 4 When we feel depressed we shouldn't eat chocolate. **T F DS**
- 5 Exercise and eating chocolate can produce similar results. **T F DS**
- 6 It's important to value even short moments of happiness. **T F DS**

Listening

Put the words below in the correct categories (A–D).

boat bored burn canoe cave
cliffs climbing condition confused cure
cut delighted diving embarrassed injury
kayaking landscape ocean proud stream

A Feelings _____ C Nature _____

B Sports _____ D Health _____

1.18 Listen to four people talking about sport. Match sentences A–D with speakers 1–4.

- A We find out about a new sporting venue. _____
- B The speaker is talking about the different benefits of sport. _____
- C The speaker is describing a personal experience of a sport. _____
- D The speaker is explaining the advantages of extreme sports. _____

Speaking

Work in groups. Talk about an event or time when you felt very happy. Try to explain what made you happy.

Writing

You have recently been on holiday with your family. Write an email (120–150 words) about it to a friend. Include the following points.

Where you went

How you got there

Something interesting you did

How you felt

Invitation to your friend to stay with you for the next holiday.