

English Plus 4 Unit 4

Listening

1 Listen to the interview. Complete the summary with words from the dialogue.

Peter says that 1 _____ creates chemicals in our body. These chemicals are 2 _____ for us in small amounts. However, they can be 3 _____ to our health if there are too many of them, so it is important to 4 _____ down if we feel too stressed. Drinking green tea can help to get rid of 5 _____. A small piece of dark chocolate can help us to 6 _____, too. If you 7 _____ your eyes and 8 _____ on your breathing for ten minutes every day, you will feel more relaxed. Peter says that exercise is good, because it makes us feel better and helps us to 9 _____ well. He says that he likes to spend time outdoors if he feels 10 _____.

Vocabulary

2 Choose the correct words.

- 1 I am so **annoyed** / **frightened** / **excited** / **relaxed** that he lied to me.
- 2 His behaviour was so **exciting** / **embarrassing** / **boring** / **relaxing**. I can't speak to him again.
- 3 Exams can be very **worried** / **annoyance** / **stressful** / **excitement**.
- 4 If I see a spider, I run away. I'm **surprised** / **afraid** / **stressed** / **angry** of them!
- 5 You could feel the **disgust** / **boredom** / **excitement** / **embarrassment** in the room. Everyone was smiling and clapping!

3 Complete the sentences. Complete the words.

1. He's really down. How can I c_____ him up?
- 2 Fast music can i_____ your heartbeat.
- 3 T_____ the music down. It's very loud.
- 4 You're too excited. C_____ down!
- 5 That noise outside is d_____ me. I'm finding it difficult to study.
- 6 Come on! S_____ along with the music!
- 7 Turn o_____ the TV. No one is watching it.
- 8 Don't talk so fast. S_____ down a bit!
- 9 Doing exercise will a_____ her health in a good way.
- 10 They are thinking about the party and can't c_____ on their school work.

4. Choose the most appropriate word or phrase to complete each sentence. Select the letter corresponding to your answer.

1. When I received the news, I felt a surge of _____.
 - a) happiness
 - b) sadness
 - c) anger
 - d) confusion

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2. After winning the competition, she was filled with _____.
 - a) envy
 - b) pride
 - c) boredom
 - d) loneliness
3. He couldn't hide his _____ when he found out about the surprise party.
 - a) joy
 - b) fear
 - c) frustration
 - d) surprise
4. Their regular arguing made me feel _____.
 - a) anxious
 - b) excited
 - c) indifferent
 - d) relieved
5. The movie was so touching that it brought tears of _____ to my eyes.
 - a) sadness
 - b) joy
 - c) fear
 - d) anger
6. Despite her efforts, she couldn't shake off the feeling of _____.
 - a) disappointment
 - b) satisfaction
 - c) surprise
 - d) contentment
7. His cruel words filled her with _____.
 - a) happiness
 - b) love
 - c) hatred
 - d) amusement
8. She felt a sense of _____ when she saw her old childhood home.
 - a) nostalgia
 - b) anger
 - c) excitement
 - d) jealousy
9. The news of her promotion brought her huge _____.
 - a) sadness
 - b) disappointment
 - c) happiness
 - d) frustration
10. His constant teasing filled her with _____.
 - a) joy
 - b) anger

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- c) excitement
 - d) surprise
11. Despite the failure, he stayed _____ and determined to succeed.
- a) optimistic
 - b) pessimistic
 - c) indifferent
 - d) anxious
12. The unexpected compliment filled her with a sense of _____.
- a) jealousy
 - b) satisfaction
 - c) fear
 - d) guilt
13. The suspenseful ending of the book left me feeling _____.
- a) bored
 - b) intrigued
 - c) lonely
 - d) exhausted
14. His constant complaining filled her with _____.
- a) happiness
 - b) boredom
 - c) anger
 - d) satisfaction
15. Despite his best efforts, he couldn't stop the feeling of _____.
- a) excitement
 - b) guilt
 - c) relief
 - d) amusement
16. The news of her illness filled him with _____.
- a) joy
 - b) sorrow
 - c) anger
 - d) surprise

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5. Change bold words in the sentences with “Extreme adjectives”

Box B Extreme adjectives

▪ boiling ▪ enormous ▪ fantastic ▪ filthy ▪ freezing ▪ gorgeous ▪ starving ▪ tiny ▪ ancient ▪ furious ▪ hilarious ▪ spotless ▪ astounding ▪ hideous ▪ delicious ▪ bizarre ▪ endless ▪ fascinating ▪ miserable ▪ brilliant ▪ terrible ▪ exhausted ▪ huge ▪

2- Answer the questions. Use extreme adjectives.

Example: *Is your brother clever? **Clever?** He's **brilliant!***

1. Are you **hot**? Hot? I'm boiling!
2. Was the concert **good**?
3. Were his exam results **bad**?
4. This pizza is a bit **small**, isn't it?
5. That's a **big** factory.
6. It's a bit **cold** in here.
7. My shoes are **dirty**.
8. Are you **hungry**?
9. Don't you think Bob's dog is **ugly**?
10. Were you **tired** after the exam?
11. Maria's new dress is very **pretty**.
12. Was your boss **angry** about the problem?
13. His clothes are scruffy and very **strange**.
14. This man looks very **sad**.
15. Did you think Peter's joke was **funny**?
16. Is your bedroom **clean**?
17. Are the pyramids in Egypt **old**?
18. Wasn't the result of the football match **surprising**?
19. This cake is very **tasty**.
20. That Scottish Castle was very **large**.
21. The end of this book is very **interesting**, isn't it?
22. The exercise was very **long**.



Language focus

5 Complete the sentences with *should*, *shouldn't*, *must*, *mustn't*, or *don't have to*.

- 1 They _____ come with me, but I would appreciate it if they did.
- 2 You _____ be in a moving car without wearing a seat belt. It's illegal.
- 3 She _____ tell that joke, because no one finds it funny.
- 4 We _____ finish work by 8 p.m. because the bus leaves at 8.10 p.m.
- 5 Experts say you _____ work out three times a week, but I don't agree with them.
- 6 You _____ come to the party, but I would like to see you there.
- 7 I think you _____ go to bed now, because you need to get up early tomorrow.
- 8 Julie _____ finish her project. If she doesn't, she will fail the course.

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6 Choose the correct words.

- 1 You **must / couldn't / can / can't** be hungry. You haven't eaten for hours.
- 2 She **can / could / is able to / must** play the piano well when she was younger.
- 3 I **shouldn't / couldn't / can't / might** sing along unless you turn up the music.
- 4 He **has to / can / should / must** only concentrate when the TV is off.
- 5 He **may / must / has to / can** be annoyed when he hears about it, but I don't think he will be.

7 Cross out the mistakes and correct the sentences. Write one to four words.

- 1 You don't have to be late for school.

- 2 He can't concentrate in his exam yesterday.

- 3 We haven't got much food left, so we might go shopping.

- 4 She couldn't run tomorrow. She has hurt her leg.

- 5 Look! Jack could play tennis really well.

- 6 Simon doesn't have to listen harder in class.

Reading

Hi Stephanie – How are you? Sorry you couldn't make my party at the weekend. Lots happened ... I told you that Mum and Dad finally agreed that I could have a party for my birthday. ¹___ So I was allowed to have a party, but only if I promised not to invite more than ten of my closest friends and it had to finish at eleven o'clock.

On the night of the party, Mum and Dad went out for the evening. ²___ We put some music on. Half an hour later, lots of people from school arrived. They had all heard about the party. Amy eventually admitted that she was so excited that she mentioned it on social media! ³___

By nine o'clock, there must have been over 70 people in the house. Someone kept turning up the music after I kept turning it down. Then people started singing along. ⁴___ What about the neighbours? What would Mum and Dad do?

Later, there was a knock at the door. It was our neighbour. I explained the situation. I was so embarrassed. ⁵___ Thankfully, she took control of the situation. She turned off the music and told all the uninvited guests to leave. By the time Mum and Dad came back there were just ten people, so they never knew about the problems. Phew!

Claire xx

8 Read the email. Match sentences A–E with gaps 1–5.

- A My friends arrived soon afterwards.
- B I was surprised how sympathetic she was.
- C I was really annoyed with her.
- D They were worried we might upset the neighbours.
- E I was so stressed by the noise.

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9 Read the email. Write T (true) or F (false).

- 1 Stephanie didn't go to Claire's party. ____
- 2 Claire's parents didn't know about the party. ____
- 3 Claire decided to invite about twenty people. ____
- 4 Claire's friends arrived after her parents had gone out. ____
- 5 Claire mentioned the party on her social media page. ____
- 6 Claire was angry with her friend Amy. ____
- 7 Claire didn't want the music to get very loud. ____
- 8 Claire was excited because lots of people came to the party. ____
- 9 Claire's neighbour felt sympathy for her. ____
- 10 Eventually Clare turned off the music. ____

Communication

10 Complete the email.

Hi Sandra – I'm really ^{1s}_____ to hear that you didn't pass your driving test. You must be ^{2f}_____ fed up!
But don't ^{3w}_____ about it too much. It's not the end of the ^{4w}_____. You can take your test again soon,
and you'll probably pass it next time. Look on the ^{5b}_____ side!
Love, Oliver xx