Vocabulary

1 Complete the words in the sentences.

1 Jo's **b** _ _ _ _ _ _ _ **c** _ _ _ _ _ _ _ clothes reflect her big personality. She loves wearing red and yellow._____

2 Martha is an **e** _ _ _ - **g** _ _ _ _ person who very rarely gets upset about anything. _____

3 Susan prefers **m** _ _ _ _ - **p** _ _ _ _ _ _ clothes that can be worn for sport, work or even to a party. _____

4 Some people think Paula is **s** _ _ _ _ _ _, but she actually thinks deeply about important issues. _____

5 Active children need **h** _ _ _ - **w** _ _ _ _ _ _ clothes that are not easy to damage. _____

2 Choose the correct words.

1 My aunt is *at / in* her early thirties.

2 Do you ever fall *off / out* with your friends?

3 The runner was hoping to *break / make* a record by running faster than anyone on his team had ever done.

4 My brother *takes / goes* after our dad both in appearance and personality.

5 Sara has *lost / broken* touch with most of her old school friends.

3 Complete the text with the words in the box. There are three words you don't need.

give	do	am	care	go	feel	look	in

My friends don't like shopping for clothes with me because I am not very decisive. I'm not really bothered if my clothes are [1]_____ fashion, but I do [2]_____ about my appearance, so I usually try on at least twenty items before I can make a decision. Something might look fine, but I want to [3]_____ comfortable in my own skin, so it needs to be exactly right. I usually put on an item, look at myself in it, take it off, then [4]_____ the same thing over again. I've actually tried the same item on three or four times, so it's no wonder my friends get impatient and tell me to relax and [5]_____ with the flow instead of worrying so much!

Grammar

4 Complete the sentences with the correct form of the verbs in brackets.

1 I'm sorry I'm late. _____ (you / wait) long?

2 How many goals _____ (you / score) in your last match?

3 No, I won't come with you to the cinema. I _____ (not / like) scary films.

4 They wouldn't let me in to watch the concert because I _____(forget) my ticket!

5 Pelé _____ (play) for Brazil when he won the World Cup.

6 I can't talk to you now. I _____ (do) my homework.

7 I _____ (know) Sam for nearly ten years.

8 You shouldn't waste time _____ (play) computer games.

9 How many times _____ (you / visit) New York?

10 I can't afford _____ (eat) out in restaurants.

5 Find the mistakes and write the correct sentences. One sentence is correct.

1 I might to come to the party with you.

_____

2 Do you fancy come round to my house later?

_____

3 My brother always tries to avoid doing the washing-up.

_____

4 What do you wear today?

_____

5 How long you been living here?

_____

LIVEWORKSHEETS

Use of English

6 Decide which answer, A, B, C or D, best fills each gap.

I'm in a football team with a group of my friends. I hang [1]____ with them a lot, so we know each other quite well. We played a match last Saturday and, when we arrived on the football [2]___, the other team were already there. They looked good! Our best player is George. He's of [3]___ height, and he's very fast and powerful. After about ten minutes, George kicked the ball to me and I [4]____ the first goal of the match! It was a great feeling, but it wasn't enough. We [5]___ the game 2-1.

1 A away	**B** up	**C** out	**D** off
2 A pitch	**B** court	**C** course	**D** track
3 A medium	**B** middle	**C** small	**D** tall
4 A turned	**B** scored	**C** kept	**D** broke
5 A broke	**B** scored	**C** beat	**D** lost

7 Complete the text with one word in each gap.

Donald Robertson is a young athlete with a lot of ambition. He [1]_____ been training hard recently because he hopes [2]_____ run in the London Marathon this year. Things haven't always been easy for Donald, though. Two years ago, he had a serious biking accident and lost one of his legs. He says that watching other athletes with disabilities on TV helped [3]_____ to realise that having a disability wasn't the end of the world. He also had great support from his family and friends. 'I knew that whatever happened, they would [4]_____ doubt me nor critisise me,' he says. Now, he has set himself the target of running a marathon, and this is the first [5]_____ on his road to new-found strength and confidence.

8 Complete the text with the correct form of the words in CAPITALS.

For ambitious athletes, injuries are both unavoidable and one of the hardest things to deal with. Taking a break is almost impossible for an extremely [1]_____ person, yet when you are hurt, the [2]_____ to take some time off has been made for you. The idea that avoiding rest might result in permanent damage is a [3]_____ motivation to listen to the doctors. And although your recovery will likely involve endless [4]_____ of boring exercises, being able to stick to the routine until you are better is a sign of the kind of [5]_____ it takes to be a successful competitor.	ACTION DECIDE POWER REPEAT RESILIENT

9 Complete the second sentence so that it has a similar meaning to the first. Use between two and five words including the word given.

1 I got a job there last September. WORKING
I _____ last September.

2 The film started before we got to the cinema. ALREADY
The film _____ when we got to the cinema.

3 I'm not really sorry that I don't live in Beijing any more. MISS
I don't _____ in Beijing.

4 It's possible that I'll go to London on Saturday. THINKING
I _____ to London on Saturday.

5 You can't force me to help you! MAKE
You _____ you!

LIVEWORKSHEETS

Reading

10 Read the text.

Read the text. Complete the sentences 1–5 with one or two words from the text.

SELF IMAGES

As you prepare to go out, you check yourself in the mirror. Everything looks good. The hair style is right, your complexion is tanned and your smile could make Liam Payne jealous. Later in the evening, when friends take photos, you are happy to pose for the camera. The next day, however, when the photos are uploaded to the Internet, you are shocked. You don't recognise that person. It can't be you! The facial features are all wrong, the skin too pale and the hair is horrific. So just why do we look different in photos to how we imagine ourselves to be?

There isn't just one reason. Firstly, people often look better early in the evening than later on. You have probably just come out of the shower, brushed your hair and put on your elegant clothes. If there was something wrong, you would do something about it and then admire yourself again. When the photos are taken, you may be tired or perhaps full after a good meal. Your hair may not look quite so good as it did. Often, when people get home and look in the mirror, they think: 'I look terrible'. It's just that, being home and alone, it doesn't matter.

Another reason is to do with angles. In the mirror, we see our nose, mouth and chin from above. This is more flattering than looking up from below. We also turn slightly and smile trying to get the best look possible. Unfortunately, our friends probably aren't as careful. Photos are taken when we aren't ready, often from the wrong position. You could watch carefully to see when someone is going to take a photo and pose for it but, although the photos might look better, your evening won't be very relaxing.

Finally, there is the comparison with the people around you. Why do they all look so good in photos compared to you? Even those who aren't as attractive or slim as you? The reason is that you know exactly how they looked all evening because you could see them. There are no surprises. However, you are comparing yourself not to how you really looked but to an image of yourself that was in your head. An image in which your complexion is clearer, your eyes bigger and even your clothes are more stylish.

So what can we do about it? On the one hand, for all the reasons above, photos of ourselves will rarely please us. There's a reason why many celebrities do everything they can to not be photographed in public. On the other hand, you should remember that your friends feel exactly the same. So, when they look at photos of you, they will be as jealous of you as you are of them. Take comfort from that but maybe avoid looking at photos taken of you which appear on other people's social networking pages.

1 The article says that people _____ _____ when they realise what they looked like the night before.
2 When we are home alone, it _____ _____ if we look good or bad.
3 Our facial features look more flattering when we look at them _____.
4 The way you look in photos is different to the way you look in _____.
5 According to the article we should _____ _____ at photos of us which are uploaded online.

Listening

11. You will hear a conversation between Natalie and John. Listen and complete the sentences with a word or short phrase.

1 John thinks that all the people who are _____ play football and rugby.
2 John likes Mrs Peters because she doesn't _____.
3 Natalie has to _____ than other girls in PE lessons.
4 According to Natalie, the school has _____ new table tennis tables.
5 Only _____ people can play table tennis.
6 In the end, John decides to play _____ _____.

LIVEWORKSHEETS