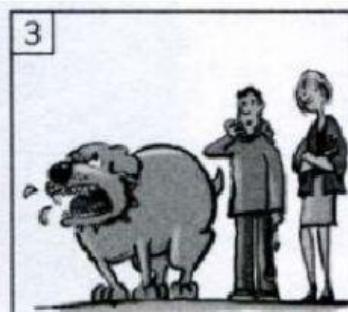


Language in Practice

1. Complete what the people are saying in each picture .

- a. Turn the radio! It's very loud!
- b. Don't worry! The match will be soon.
- c. We need someone who can look our dog while we're on holiday.
- d. Take your shoes before you come in!
- e. Can you fill this form, please?
- f. Put a different jacket! That one looks awful!



Language in Practice

2. Complete the sentences with these verbs.

find out get on with give up go out look forward to
look up take back throw away try on turn up

- a. Chris called the station to the times of the trains.
- b. I never empty jam jars. I wash them and then re-use them.
- c. It's very cold in here. Can you the heating?
- d. The teacher told us to the words we didn't understand.
- e. We love travelling, so we always our holidays.
- f. I don't really like my sister's new boyfriend. I don't him at all.
- g. They only on Friday or Saturday nights because they start work early during the week.
- h. It's best to clothes before you buy them.
- i. We're going to our new coffee machine because it doesn't work properly.
- j. Anna's going to sweets and chocolate for a month to try to lose weight.

OPPORTUNITIES
English!

Language in Practice

3. Choose the correct phrase, if both are possible, choose the two of them.

- Please **turn off the lights** / **turn the lights off** before you go to bed.
- Thanks for the money. I'll **pay it back** / **pay back it** tomorrow.
- I can't find my keys. Can you help me **look for them** / **look them for**?
- Why don't you **try on that dress** / **try that dress on**? I think it'll suit you.
- My mum usually **looks after my kids** / **looks my kids after** when we go out.
- If you've finished playing, please **put the toys away**/ **put away the toys**.

4. Rewrite the sentences with a pronoun. Change the word order if necessary.

- Can you write down **your email address**?

.....

- She'll give back **the exams** on Friday.

.....

- Are you looking forward to **your party**?

.....

- I called back **my mother** when I got home.

.....

- We don't get on with **our new neighbours**.

.....

- Shall we turn on **the TV**?

.....

OPPORTUNITIES
English!

Language in Practice

5. Read the article. Complete the gaps with these phrasal verbs.

find out

get up

give up

go out

put on

take off

turn on

write down

Still tired in the morning?

Five tips for getting a better night's sleep

Sleep at the same times

..... how much sleep you need and make sure that you get it. Go to bed and at the same time each day

and you will have more energy than if you sleep the same number of hours at different times.

Make sure you are exposed to light during the day

Your body needs natural light to produce the hormone melatonin, which regulates your sleeping and waking cycle. Don't stay inside all day in your lunch break, for example for a short walk. On a sunny day your sunglasses for at least half an hour to let light onto your face.

Create a relaxing routine before going to bed

Have a hot bath. Then your pyjamas and make sure your bedroom is at the right temperature. Don't watch TV in bed, as it will stimulate rather than relax you.

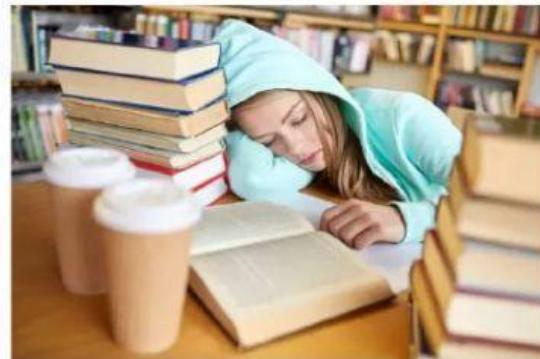
Avoid stimulants

Don't eat big meals or drink coffee late at night. Avoid drinking alcohol before you go to bed and smoking! Cigarettes can cause a number of sleep problems.

Getting back to sleep

If you wake up in the middle of the night and can't get back to sleep, try a relaxation technique like meditation. If that doesn't work, the light and read a book. If you're worried about something, your problem on a piece of paper so that you can deal with it in the morning.

If the tips above don't help, you might need to see a sleep doctor.



OPPORTUNITIES
English!

Language in Practice

6. Read the article again. Mark the people with good habits (GH) and the ones with bad habits (BH).

- I go to bed every night at 11 o'clock.
- I sleep for six hours during the week and ten hours at the weekend.
- I always have lunch at my desk to save time.
- I always wear sunglasses.
- My bedroom is sometimes too cold.
- I sometimes watch a film to help me to go to sleep.
- I usually have dinner at 7.30 p.m.
- I often have a cup of coffee before I go to bed.
- I keep a notebook by the side of my bed.
- I sometimes meditate if I can't sleep.

7. Listen to an interview with Graham, a taxi driver who usually works at night. Is he positive or negative about his job?

8. Listen again. Mark the sentences T (true) or F (false).

- a. Graham goes to sleep immediately after getting home from work.
- b. The first meal he has when he gets up is lunch.
- c. His children wake him up in the afternoon.
- d. He never feels tired when he wakes up.
- e. He eats three times a day.
- f. He doesn't mind his working hours.

OPPORTUNITIES
English!