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Grade
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1

MODULE 1: Culture

We are what we eat

Key words

boost, comprise, dehydration, fatigue, obesity

Reading

1 Read about how a healthy diet can improve sporting performance

- a Which nutrients are useful to improve sporting performance? carbohydrates, proteins, vitamins, minerals and water
- b Compare the ideal diets of a shot-putter and a football player. Why are they different?
- c Which nutrients should an athlete avoid? **fats** Students' own answers

Carbohydrates

Carbohydrates are vital for all athletes as they provide your body's main source of energy. If you play regular sport, 60% of your diet should comprise of 'carbs', and athletes in training will eat even more. Pasta, cereal and potatoes are particularly beneficial for marathon runners, who will load up on a variety of carbs before a big event.



Fats

Too much saturated fat can lead to heart disease and obesity. However, unsaturated fats should not be excluded from a healthy and balanced diet. Olive oil, dairy products, nuts and fish contain fats that can improve your skin, fuel your brain power and also provide your body with slow-releasing energy. Fats produce energy too slowly to be used when working hard, but are valuable for low-impact exercise such as walking.



Proteins

Most sports stars realise the many uses for protein, and ensure that at least 15% of their diet is formed from it. That's because protein builds and repairs muscle tissue. This is essential when you're training or recovering from injury. 'Power' athletes, such as weightlifters, will eat even more protein, and rely on meat, pulses, eggs and fish for direct results.



Vitamins

A well-balanced diet should already contain the RDA of a variety of vitamins. Juices, smoothies and vitamin supplements can be taken to boost your intake. For example, vitamin A promotes good vision; vitamin B increases energy production and reduces stress; vitamin C helps keep skin healthy; and vitamin D strengthens bones and teeth. Whether you are playing tennis or football, vitamins help concentration and enable you to stay calm and make quick decisions.



Minerals

Whether training hard or competing, your body depends on minerals found in fruit, vegetables and fish. Calcium found in foods such as soya milk helps strengthen bones and support your body. Iodine prepares us for the energy production needed when working hard on the sports field, and iron prevents fatigue before, during or after a big game.



Water

When you sweat, you need to drink extra water to compensate for the fluid loss. Even if you're not a professional athlete, you should be drinking 6 to 8 glasses of water a day. That's because water makes up about 60 percent of your body weight. Water flushes toxins out of vital organs and prevents dehydration. After intense exercise, special sports drinks can be drunk to immediately replace the water, glucose and sodium you have lost. You should avoid fizzy sports drinks, though, as they often contain unhealthy amounts of sugar.





2 Read the descriptions again carefully and complete the table.

Nutrient	Foods	Effects on performance
Carbohydrates	Pasta, cereal, potatoes	Provide main source of energy
Fats	Olive oil, dairy Products, nuts, fish	Fuel our brain power, provide slow-releasing energy
Proteins	Fuel our brain power, provide slow-releasing energy	Fuel our brain power, provide slow-releasing energy
Vitamins	Fuel our brain power, provide slow-releasing energy	Help concentration, promote calmness and quick decision-making
Minerals	Fruit, vegetables, fish, soya milk	Strengthen bones and support our bodies, prepare our bodies for energy production, help prevent fatigue
Water	Water, sports drinks	Prevents dehydration, flushes out toxins. Sports drinks replace water, glucose and sodium.

3 Complete the sentences using information from the nutritional label.

Nutrition Facts	
Serving Size 1 cup (228g)	
Serving per container 2	
Amount per serving	
Calories 260	Calories from Fat 120
%Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fibre 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%
*Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300g 300g
Sodium	Less than 2,400g 2,400g
Total Carbohydrate	300g 375g
Dietary Fibre	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

- Most packaged foods have a nutrition facts label.
- serving size is the amount of food eaten at one time.
- The amount of salt per serving is 28 percent of your daily value.
- One serving contains 10 percent of your daily amount of carbohydrate but 0 percent is taken from dietary fiber.
- Your calorie intake can vary and depends on how much energy you need.
- There are 4 calories per gram of protein, so this food contains 5 grams of this substance.
- There is more vitamin A than vitamin C, but both are very low.
- daily values are based upon a 2000 calorie diet.
- This container contains 2 serving. Each Serving is 228g or 1 cup, so this container holds 456 g.
- This food contains almost one third of your daily allowance of sodium.

Over to you

4 How would you encourage your friends to eat healthily?



Language practice

Grammar assistant

Past Continuous

Use the past continuous for an action that was in progress in the past for a period of time.

I was preparing breakfast yesterday morning. (for one hour)

1 Look at the picture. Last night at 8.30 p.m. there was a power cut and the lights went out. What was everyone doing? Complete the sentences with the correct form of the verbs. There is one extra word.

bring buy carry come order pay for prepare take

An old man was paying for his meal.



- a A family were ordering their food from a waiter.
- b A waiter was carrying three drinks on a tray.
- c A brother and sister were coming into the restaurant.
- d Another waiter was taking empty plates back into the kitchen.
- e In the kitchen, the chef was preparing the vegetables.
- e Another waiter was bringing food out of the kitchen.

2 Imagine you are eating in a restaurant. What would you say to the waiter in the following situations?

- a You have dropped your fork.

Excuse me, could I have another fork, please?

- b You are a vegetarian.

Do you have any vegetarian dishes?

- c Two more guests will soon be arriving at your table, but there is no room for them.

Is it possible we could move to a larger table? Two more guests are joining us soon.

- d You are allergic to pepper.

Do you have any dishes without pepper? I'm allergic to pepper.

What would you say to your dad in this situation?

- e Your dad has high cholesterol and wants to order a burger and fries.

Why don't you order something with less fat, Dad?



3 Complete the conversations with the correct form of the verbs in brackets. Use the past simple or past continuous.

- A What (1) did you do (you do) at the weekend?
 B I (2) went (go) shopping with my friends in Kuwait City, (3) watched (watch) TV and (4) did (do) my homework.
 A What (5) were you doing (you do) when I (6) phoned (phone) you?
 B I (7) was helping (help) my sister with her homework.
 A What time (8) did you get up (you get up) this morning?
 B I (9) woke up (wake up) at 6 o'clock, but I (10) didn't get up (not get up) until 8 o'clock.
 A What (11) were you doing (you do) at 9 o'clock yesterday evening?
 B I (12) was having (have) a bath.

4 Complete the sentences with the correct form of one of the cooking verbs. There is one extra word.

*bake boil freeze fry grill
steam stir*

You can keep food for longer by freezing it at low temperature.

- a Yesterday I baked three loaves of bread in the oven.
 b You can steam vegetables by cooking them over boiling water.
 c If you want to grill meat, you must cook it under a very hot surface.
 d To make an egg which is not too soft or too hard, try boiling it in water for 3-4 minutes.
 e Deep frying is classified as a dry cooking method because no water is used.

5 Correct the punctuation and spelling mistakes in each sentence.

- a mr smith whose a vegetarian should always supplement his diet
Mr Smith, who's a vegetarian, should always supplement his diet.
 b They're are plenty of healthy eating restaurants in Kuwait city
There are plenty of healthy eating restaurants in Kuwait City.
 c the label says orange juice has 60% of your rda of vitamin c
The label says, 'Orange juice has 60% of your RDA of vitamin C.'
 d my brothor ahmed develloped dyabetes last september so he follows a low shugar diet
My brother Ahmed developed diabetes last September so he follows a low-sugar diet.
 e this summer i eight two many fattie foods suchas french fries
This summer, I ate too many fatty foods such as French fries.

Grammar assistant

Capital Letters

We use capital letters at the beginning of the following kinds of words:

- the names of days and months
 Sunday March
 Eid
- the names of people and places
 John Mars
 Mary North Africa
 The Ritz Hotel The Super Cinema
- people's titles
 Professor Blake
 the Managing Director
- nouns and adjectives referring to nationalities and regions, languages, ethnic groups and religions.
 I speak German Japanese history

Writing

1 Read the information from a website about healthy eating and Islam. Students' own answers

- a Choose a name for the website.
- b The text has four sections. Give each section an interesting heading.
- c Add two or three links to other websites. Make up names for these.

⏪ ⏩ ⏴ ⏵
- 🔍

It is a long-established custom among Muslim parents to put a piece of well-chewed date in the mouth of a newborn baby. But why? It's well-known in Islam that placing a 'sugary substance' inside a newborn baby's mouth can dramatically reduce pain and stabilise heart rate during difficult procedures. Now a new study, published in the British Medical Journal, has proved just that.

Dates contain a very high percentage of sugar (70-80%); including fructose and glucose. This makes the fruit easily and quickly digestible, and very helpful to the brain. There are other benefits too. The date contains 2.2% protein, vitamin A and vitamin B. It has traces of essential minerals such as sodium, calcium and iron. The high percentage of potassium is also very effective for cases of haemorrhage.

In the study, 60 healthy infants aged between 1 and 6 days old were given 2ml of one of four solutions: 12.5% sucrose¹, 25% sucrose, 50% sucrose and sterile water. The babies were then given a routine blood test, which is necessary for every newborn baby and causes slight pain. The strongest sucrose solutions significantly reduced the babies' crying time. Also, their heart rate returned to normal more quickly. The scientists found that the babies who received the highest concentration cried the least, and the babies who only received sterile water cried for the longest amount of time.

Medical scientists, researchers and dieticians have taken this new discovery on board. Many more ideas and practices found in the teachings of Islam are now getting the investigative attention they deserve. Other foods that Islam recommends include fish, honey, olives and milk, and these are all foods that are still eaten for their health benefits today.

Bookmark this page to check for future updates!

¹The most common form of sugar.

Links

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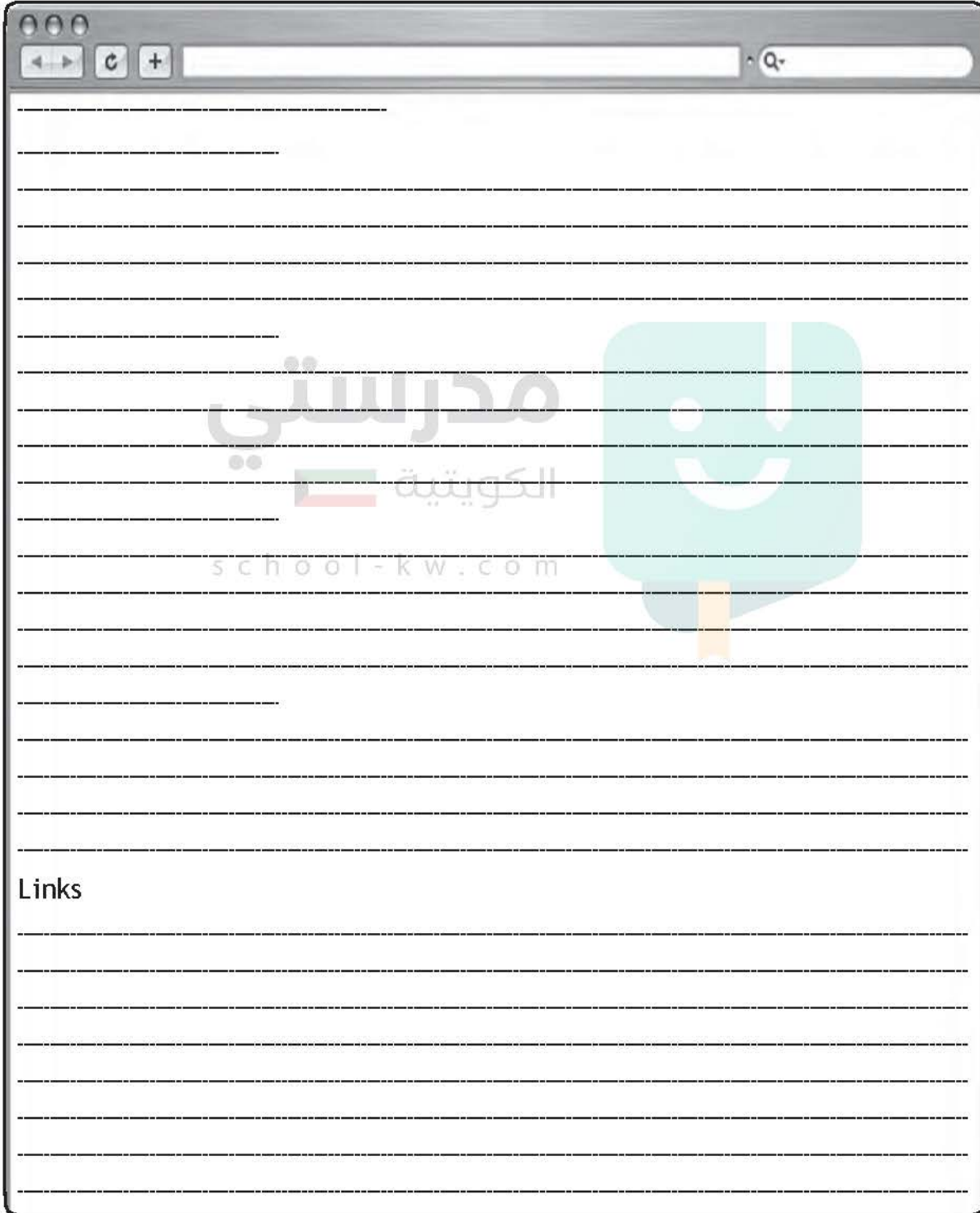
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2 A professional designer has looked at the website on page 8 and thinks there is too much information.

Rewrite the page, cutting the information to about 150-170 words. Keep the same sections and headings.



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Links



2

MODULE 1: Culture Respecting cultures

Key words

adorn, commemorate, cursive, embellish, paraphrase

Reading

1 Read the article about a special postage stamp. As you read, make brief notes to explain the following:

- a Eid mubarak
- b The designer
- c *Thuluth*

A Mark of Respect



1 Sometimes respect between cultures happens in the smallest forms. In 2002, the United States Postal Service issued a special stamp to honour and commemorate Islamic culture. The blue postage stamp was adorned with gold Arabic calligraphy, in celebration of both Eid al-Fitr and Eid al-Adha. The text reads both 'Eid mubarak' in Arabic and 'Eid Greetings' in English, providing a simple bridge between languages and customs. Eid mubarak translates literally as 'blessed festival' and can be paraphrased as, 'May your religious holiday be blessed'.

The Eid stamp was designed by Zakariya, a calligrapher who specialises in the art, history and practice of Islamic calligraphy. The type of script chosen for the stamp is known in Arabic as *thuluth*. It is a large, elegant and cursive script, and first appeared in medieval times. *Thuluth* is written on the principle that one-third of each letter slopes. Zakariya describes it as "the choice script for a complex composition due to its open proportions and sense of balance."

15 The stamp design was created using carefully considered traditional methods and instruments. The designer used homemade black ink, with pens made from seasoned reeds from the Middle East and Japanese bamboo from Hawaii. The paper was prepared with a coating of starch and three coats of a special varnish that contains egg whites. It was then polished with an agate stone and aged for more than a year.

20 Zakariya's original black-and-white design was then embellished with colour using a unique computer program. The colours chosen - gold script on a blue background - are reminiscent of great works of Islamic calligraphy. Even the colours of this special stamp are a mark of respect.

2 Match the sentence beginnings and endings to make complete sentences. There are more endings than you need.

- | | |
|--|--------------------------------------|
| a The stamp was made to..... 8..... | 1 modified using computer software. |
| b The gold script was set..... 4..... | 2 by the US Postal Service. |
| c Zakariya is a specialist..... 6..... | 3 to slope one-third of each letter. |
| d The original design was..... 1..... | 4 on a blue background. |
| e The designer used..... 7..... | 5 the modern design. |
| f It was issued in 2002..... 2..... | 6 in Islamic calligraphy. |
| | 7 a varnish containing egg whites. |
| | 8 commemorate Islamic culture. |

in celebration of both Eid Al-Fitr and Eid Al-Adha. **These are the two most important festivals in the Islamic calendar.** The text reads... history and practice of Islamic calligraphy. **Zakariya was trained in the Middle East, but is now based in Arlington, Virginia.** The type of script chosen ... and aged for more than a year. **The aging process gives the design a unique texture.** ... using a unique computer programme. **The programme allows designers to choose the perfect colouring.** The colours chosen ...



- a The aging process gives the design a unique texture.
- b These are the two most important festivals in the Islamic calendar.
- c The program allows designers to choose the perfect colouring.
- d Zakariya was trained in the Middle East, but is now based in Arlington, Virginia.

4 Fill in the table below using words from the text only. You may use a dictionary or the glossary.

Word	Meaning	Synonym
Honour	To show respect for someone or something	Commemorate
Calligraphy	Handwriting, often decorative	Script
Design	An artistic arrangement	Composition
Embellish	To make something more attractive, especially with decorative details	Adorn

5 Choose the correct statements to complete the sentences:

- a The stamp has both English and Arabic translations to ...
 - 1 make it accessible to readers of both languages.
 - 2 reflect the attempt to honour both cultures.
 - 3 teach people Arabic.
 - 4 provide different messages in two languages.
- b The design was ...
 - 1 inspired by medieval styles.
 - 2 created on a computer.
 - 3 planned and thought out in great detail.
 - 4 chosen by the postal services.

c Zakariya was chosen to design the stamp because ...

- 1 he was friends with the person who commissioned the stamp.
- 2 he didn't charge a lot.
- 3 he had all the necessary tools and materials.
- 4 he was a renowned expert in Arabic calligraphy.

6 Find the sentences in the text that mean the same or imply the same as these. Write them in the spaces provided.

- a The style, which dates from the Middle Ages, is substantial, stylish and is written with all the characters connected.
It (thuluth) is a large, elegant and cursive script, and first appeared in medieval times.
- b Honour between different people can occur in many ways, both large and minuscule.
Sometimes respect between cultures happens in the smallest forms.
- c The stamp was well-planned and created using time-honoured techniques and tools.
The stamp design was created using carefully considered traditional methods and instruments.
- d The stamp was produced by an expert in Arabic script.
The Eid stamp was designed by Zakariya, a calligrapher who specialises in the art, history and practice of Islamic calligraphy.

Over to you

7 In what ways can you show respect for other cultures?

.....

.....

.....

.....



Language practice

1 Complete the sentences with the correct statement, question or negative form of the present perfect.

- a + I've bought a new stamp.
? Have you bought a new stamp?
- I haven't bought a new stamp.
- b + He has visited the museum every year.
? Has he visited the museum every year?
- He hasn't visited the museum every year.
- c + They have written a book recently.
? Have they written a book recently?
- They haven't written a book recently.
- d + I've eaten my dinner.
? Have you eaten your dinner?
- I haven't eaten my dinner.
- e + I've watched the news today.
? Have you watched the news today?
She didn't pass her exam.
- f + she passed her exam
? Did she pass her exam?
- She didn't pass her exam.

Grammar assistant

Present perfect

- Use the present perfect to talk about actions and situations that started in the past and continue up to the present.
I've studied English for nine years / for most of my life.
- Use *for* with a period of time or time expressions.
I've used the same computer since I was a child / since last year.

2 Complete the sentences with *for* or *since*.

- She's lived here for three years.
- a He's been a teacher at a school in Al-Ahmadi since 2001.
- b We've known each other since last summer.
- c I waited for nearly two hours.
- d I've felt ill since I got up this morning.
- e I'm starving! I've wanted to eat since 10 a.m.
- f My mother and father have been married for twenty years.
- g I've worked for the same company for three years.
- h I've been too busy to see my friends since last month.
- i The doctor said I have to wear this cast for six weeks.
- j I've been reading this book since this morning.

3 Complete the sentences with the correct present perfect form of the verbs in brackets and *for* or *since*.

- I have enjoyed (enjoy) reading books since I was a child.
- a My sister has played (play) the piano for two years.
- b I have been (be) in the school orchestra for six months.
- c My brother has written (write) short stories in his free time for over five years.
- d Nour has read (read) thirty books since last year.
- e Hassan has visited (visit) Qatar every year for business since 1997.



4 Choose the most appropriate response.

- A To your cousin at his graduation ceremony.
- 1 Congratulations, you must be tired.
 - 2 Congratulations, you look relieved.
 - 3 Congratulations, you must be very proud.
 - 4 Many happy returns.
- B To your interviewer at the end of a job interview.
- 1 Please let me know as soon as possible.
 - 2 Thank you and I look forward to hearing from you.
 - 3 Who else are you interviewing?
 - 4 I really need this job.
- C To an important academic who is visiting your school. (You have been asked to greet them.)
- 1 I'm sorry my teacher isn't here.
 - 2 Do you need help with your luggage?
 - 3 I'm a big fan of yours.
 - 4 Welcome to our school.
- D To your father before he travels on a business trip.
- 1 Don't forget us.
 - 2 Have a safe journey.
 - 3 Take some food with you.
 - 4 Be careful.
- E To a shop assistant who you think has overcharged you.
- 1 I think I paid too little.
 - 2 Can you check the price of that please?
 - 3 I'd like to return this item.
 - 4 Do you have this in a different size?
- F To a waiter in a restaurant. (You don't know what you want to eat.)
- 1 What would you recommend?
 - 2 I'd like the bill please.

Is there a better restaurant?

4 Table for four please.

5 Choose the correct verbs to complete the sentences.

- a We **started** (began / **started**) off very early in the morning so that we could see the sun rise.
- b He thought they would all share the cost of the meal but unfortunately he _____ (ended / finished) up paying for everybody.
- c A When is the _____ (end / finish) of your school year?
B I'll be _____ (ending / finishing) school in June.
- d A Did you _____ (end / finish) that book I lent you last week?
B I read the _____ (beginning / starting) of it but I haven't had time to read the rest yet.
- e The _____ (ending / finishing) of the play was very disappointing, especially after it had _____ (begun / started) off so well.
- #### 6 Write the appropriate preposition. Use some of the following: (through, on, of, with, in, for, amongst, outside, by).
- a I was **in** Qatar for three weeks.
- b My final exam is **on** Friday.
- c **by** the time I get home, I will have travelled 200 miles.
- d We waited outside the restaurant **for** one hour.
- e The boy was walking **through** the doorway when he saw a squirrel outside.
- f **of** all the students who were there, she was the only one with high grades.
- g They talked **amongst** themselves until they reached a decision.
- h We knocked at the door but there was no one **in**.
- i He was in prison **for** 12 years.

Writing

- 1 Read the customer reviews of books by Alan Villiers and Wilfred Thesiger.
- Underline all the words and expressions which introduce the reviewer's opinions.
 - Circle all the adjectives which describe their opinions.

Sons of Sindbad: by Alan Villiers

In 1938, Alan Villiers embarked on a remarkable journey. He joined a crew of the best Kuwaiti sailors, and described his entire journey from the East African coast to the Arabian Gulf. The full title is Sons of Sindbad: Sailing with the Arabs in their Dhows, in the Red Sea, Round the Coasts of Arabia, and to Zanzibar and Tanganyika – the Shipmasters and

thought it was fascinating! He used traditional sailing techniques and sailed by *dhow*. Isn't that incredible! His account gives an important insight into sea travel in the past. He also took amazing photographs of his journey, which accompany the book. For me, the adventures were more interesting than the nautical research, especially experiencing monsoon winds and pearl diving. Alan Villiers

travels that now I want to learn how to sail too! I can't wait to read more books by him. I am sure that they are all fantastic.

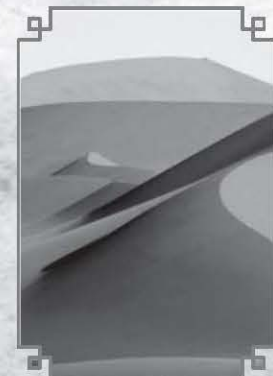


Arabian Sands: by Wilfred Thesiger

I have been a fan of Wilfred Thesiger since I was very young. As far as I am concerned, he is one of the best writers ever – and this is one of his best books. It describes his unique journey through the deserts of Arabia. His writings are brilliant, and there are a thousand anecdotes that make you feel as if you are travelling by his side! Wilfred Thesiger wrote *Arabian Sands* in

1959, but it is still very exciting to read today because it is so dramatic. Wilfred Thesiger studied at Oxford University before becoming one of the first British explorers to write about Arabia. Later, other explorers wrote similar books, but in my opinion only a few of these authors are as interesting. And why was life in Arabia better than in Britain, according to Wilfred

Thesiger? You will have to read the book to find out!





2 Below make a list of all the facts in the reviews.

Alan Villiers' journey began in 1938.
He sailed with a crew of Kuwaiti sailors.
He sailed from the East African coast to the Arabian Gulf. He used traditional sailing techniques and sailed by *dhow*. He took photographs of the journey.
Arabian Sands describes a journey through the deserts of Arabia. Wilfred Thesiger wrote *Arabian Sands* in 1959.

3 Wilfred Thesiger studied at Oxford University before becoming an explorer.
Discuss the questions in pairs. Make three lists. Students' own answers

- a What are the best-selling books in Kuwait at the moment?
- b How are traditional and modern stories in Kuwait different?
- c Who are the most well-known traditional and modern authors in Kuwait?

Best-selling books

.....

Differences between traditional and modern stories

.....

Traditional and modern authors

.....

4 Now choose three of the topics below and write two or three sentences about each one. Give facts and express your opinions. Students' own answers

- a Your favourite book this year.
- b The difference between traditional and modern stories.
- c An author whom you admire.
- d A traditional Islamic art.

Topic 1:

.....

.....

Topic 2:

.....

.....

Topic 3:

.....

.....

.....



3

MODULE 1: Culture

Inspiring architecture

Key words

boutique, brand, edutainment, gourmet, mainstream, state-of-the-art

Reading

1 Read the text about the 360° shopping centre and answer to these questions.

- Why is 360° Kuwait described as 'monumental'?
- How is it educational?
- Who can it appeal to? Why?

a) 360° Kuwait is described as "monumental" because it contains large department stores, small boutiques and other shops that sell sports, music, electronics and games equipment. It is also a leisure, entertainment and edutainment centre, not to forget the restaurants of different cuisines.

b) It is educational in that it features the latest edutainment technology for the education of children through television programmes, video games and music.

c) It can appeal to all ages due to the variety of shops, restaurants and activities.

360° Kuwait

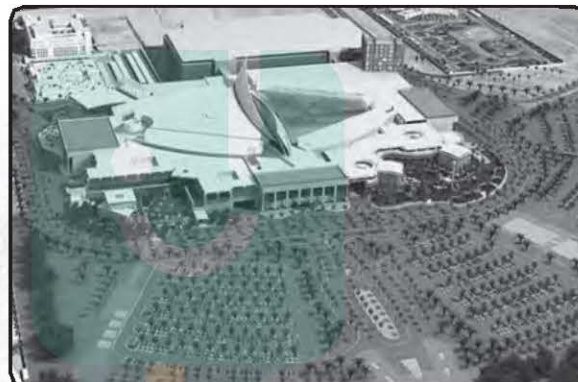
360° Kuwait is a monumental shopping centre being built in the South Surra area of Kuwait City. The centre contains copious shops, from large department stores selling mainstream brands to smaller boutiques, alongside all your favourite sports, music, electronics and games stores.

However, 360° Kuwait isn't simply a shopping centre. 360° Kuwait redefines the shopping

experience, transforming it from a process of simple commercial exchanges into a relaxing and luxurious leisure activity. Not only does the centre contain the largest cinema complex in Kuwait, with 15 screens, but there is also a state-of-the-art family entertainment centre designed for various age groups. The family centre also features the latest in edutainment technology, instructing children and teens by mixing educational messages with more familiar forms of entertainment such as television programmes, video games and music.

Gourmands are well catered for with a wide range of eating options available, from Kuwaiti classics to Japanese, Italian and American cuisine. For those with more time to linger, the dining area is the perfect destination, with many sit-down restaurants to savour, from affordable eating to gourmet cuisine.

360° Kuwait's spherical design highlights its distinctiveness. Inside the sphere, 360° Kuwait is split into unique zones, including the Techno Hub, Solar Garden, Night Journey and Day Journey. These themed zones are designed to stimulate the senses. Outside, the centre is surrounded by lush, green areas, all adding to the peaceful setting of 360° Kuwait. At 360° Kuwait, the variety of shops, restaurants and activities mean that there is something for everyone.





2 Complete the sentences using information from the floor plan below.

Floor Plan

Gross Leasing Area	82,000 m ²
Cinema / Leisure / Food Court / Edutainment Area	35,000 m ²
Lower Level	Hypermarket and Retail
Ground Level	Department Stores, Retail, Restaurants and Cafés
Level One	Retail, Restaurants and Cafés
Level Two	Entertainment, Cinemas, Food Lounge, Restaurants and Cafés
Level Three	Family Entertainment, Teenage Entertainment, Bowling and Restaurants
Level Four	Spa, Edutainment Retail and Offices
Level Five	Offices

- a restaurant and cafés can be found on the first, second and ground levels.
- b The overall area for leasing is eighty-two thousand square metres.
- c Health and beauty treatment can be found on the fourth floor.
- d The hypermarket can be easily accessed from the bottom level.
- e If you want to score a strike, head straight to the bowling area.
- d She took copious notes to prepare for her exams.
- e Many media networks provide edutainment in order to teach children.

4 Look at the example. Complete the sentences with a number phrase.

The entertainment area is 35,000 square metres. It is a 35,000-metres-square entertainment area.

- a We live in a building with 15 storeys. We live in a 15 story building.
- b Our apartment has three bedrooms. It's a three-bedroom apartment.
- c Walking across the bridge takes ten minutes. To cross the bridge is a Ten-minute walk.
- d The motorway into the city has six lanes. It's a Six-lane motorway.
- e A game of football lasts 90 minutes. It's a 90 minute game.

3 Complete the sentences with the correct form of the word. There are more words than you need.

copious electronics transform redefine relaxing gourmand edutainment

- a The journalist enjoyed eating good food and considered himself a gourmand.
- b He's been doing so well at work they're talking about edutainment what his job involves.
- c This building project will transform the area.

Over to you

5 Why do you think building impressive buildings is important?



Language practice

1 Adjectives ending in *-ing* and *-ed* look very similar but they have different meanings:

The Kuwait book fair is amazing.
(*Amazing* describes the Kuwait book fair.)
I was amazed when I saw the Kuwait book fair. (*Amazed* describes me.)

Choose the correct adjectives.

I enjoyed the film. It was really exciting / *excited*.

- He was a very interesting / *interested* teacher. The children were always interesting / *interested* in his lessons.
- I'm terrifying / *terrified* of spiders.
- We had a very tiring / *tired* journey last night.
- Before we went on holiday, we were very exciting / *excited*.
- When I was a child, I was never boring / *bored*.
- Omar told us an amusing / *amused* story about his goldfish.

Grammar assistant

Adjectives

- One - syllable adjectives:
warm + est = the warmest
- Two - syllable adjectives ending in -er:
clever + est = the cleverest
- Adjectives ending in -le:
gentle + st = gentlest
- Adjectives ending in consonant + -y:
happy + iest = the happiest
- Two - syllable adjectives or more:
most + helpful = the most helpful
most + interesting = the most interesting
- Irregular adjectives:
good → the best bad → the worst
far → the furthest / farthest

2 Read and complete the conversation between two friends. They want to be better than each other.

A We live in a very large flat in a fashionable area of the city.

B Our flat is (1) larger than yours and the area is (2) more fashionable.

A My brother has a good job with a big company.

B My brother has a (3) better job with a (4) bigger company.

A I'm fit and healthy because I do lots of exercise.

B I do more exercise. That's why I'm (5) fitter and (6) healthier than you.

A I'm spending the weekend at my grandma's. Her house is warm and cosy.

B I've visited your grandma before. My grandma's house is (7) warmer and (8) cosier.

3 Unscramble the sentences. Add punctuation and capital letters.

a art / and theatres / include museums / buildings / galleries / cultural

Cultural buildings include museums, art galleries and theatres

b spent / taking notes / I / searching the Net / yesterday / writing my report / and

I spent yesterday searching the Net, taking notes and writing my report

c i / theatre studio / think / spacious and / new / this / is / well-lit / well-equipped

I think this new theatre studio is well-equipped, spacious and well-lit.

d school / Mariam / meet / I / and Fatma / after / always / Aisha

I always meet Mariam, Fatma and Aisha after school.

Grammar assistant

Commas

We use commas to separate items in a series or list:

I went to Spain, Italy and Germany.
This boy is tall, dark and athletic.



4 Look at the bridges and read the details. Complete the sentences with the correct form of the adjectives.

great high modern strong long
old busy short

- a King Fahd Causeway, built in 1986, links Bahrain and Saudi Arabia. It was hailed as one of the greatest marvels of modern engineering.
- b The Clifton Suspension Bridge in Bristol, England is shorter than the other three bridges. It opened in 1864, so it is also the oldest of the four bridges.
- c The Akashi-Kaikyo Bridge, which joins an island with the mainland of Japan, is longer than the other three bridges.
- d The Akashi-Kaikyo Bridge opened in the same year as the Petronas Towers. They are as old as each other.
- e The Golden Gate Bridge in San Francisco is higher, longer and more modern than the Clifton Suspension Bridge.



Clifton Suspension Bridge: opened 1864 / 26 metres high / 214 metres long



Akashi-Kaikyo Bridge: opened 1998 / 282 metres high / 3910 metres long

5 Complete the dialogue between an estate agent and a potential homeowner. There are more expressions than you need.

we require I'm afraid thank you
I suggest the difficulty
as soon as possible recommend
excuse me you're interested



King Fahd Causeway: opened 1986 / actually a series of bridges and dam / 2500 metres long



Golden Gate Bridge: opened 1937 / 261 metres high / 2743 metres long

- A Are there any new properties for sale you'd (1) recommend ?
- B Well, there's a four-bedroom house close to the city centre (2) I suggest you view. It also has a garage and a well-kept garden.
- A Are any of the bedrooms on the ground floor?
- B No, they're all on the first floor, (3) I'm afraid.
- A (4) the difficulty is that my brother is disabled, so (5) We require at least one bedroom on the ground floor.
- B Well, there's a bungalow nearby that's for sale too, if (6) you're interested.
- A Yes, that sounds more suitable.
- B Ok, I'll arrange a viewing (6) As soon as possible.



Writing

1 When you write a report your language should be quite formal.

a Read the extracts from a report and underline any words or phrases that are too informal.

I'm writing this report to tell you about the results of a survey my friends and I did at school.

1 We talked to about 100 people and asked them what they thought about all the thousands of cars that drive into the city every day.

2 Most people we interviewed said there was more traffic than there was last year and it was getting harder and harder to drive through the city centre.

3 Everything was worse early in the morning and in the evening when people were going to work and going home.

4 Here are some of the ideas people suggested: make drivers pay money to come into the city on weekdays, and have more buses and trains.

5 I think that the council should build a big car park near the town and then put buses on so that people who work in the city leave their cars in the car park and catch the bus to where they work.

b Now rewrite the sentences using more formal language, using the words given.

to carry out a survey
traffic
more difficult
charge
my opinion
workplace
opinions
increase
rush hours
public transport
provide

The purpose of this report is to provide the results of a survey which we carried out at school.

1 We interviewed
about 100 people and asked their
opinions about the daily traffic

2 The majority
people we interviewed said that traffic had
increased and it was getting more difficult to
drive through the city centre.

3 They said that the situation
was worse during the rush hours in the
morning and in the evening.

4 A number of suggestions were
made
including charging drivers to come into
the city on weekdays, and increasing the
number of buses and trains.

5 In my opinion, the council should build a
large car park near the town and then
provide public transport to take people
to their workplace.

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Progress test 1

Reading

- 1 Read the text about The National Council for Culture, Arts and Letters (NCCAL). There is one unnecessary word in every line. Underline the word then write it in the gap at the end of the line.

Of the National Council for Culture, Arts and Letters (NCCAL) is in the major organiser of cultural events in Kuwait. First was organised in 1973, at the request of had HH the Crown Prince and Prime Minister, the council preserves Kuwait's cultural heritage while most supporting and encouraging its cultural and future. Architecture, art, craftsmanship, theatre and poetry are just all some of the arts Kuwait has to offer them. The Qurain Festival is an annual cultural festival in organised by the NCCAL, and it will has become a highly anticipated event. A variety of creativity is on offer by artists by and orchestras from Kuwait and the Arab World. It is a is great place to see the best Kuwaiti talents on your show, and is popular with locals and an international tourists. The Kuwait Book Fair is another also thriving festival organised by the NCCAL, and has it been running for over 30 years time. Last year 538 publishing houses from 23 countries participated, with 11,891 books were presented. However, the NCCAL do emphasises that it is not just a best place for exhibiting and selling books - the atmosphere of this exciting and the busy festival is very amazing. There are seminars, poetry recitals and an art exhibition showing every work by 20 female Kuwaiti artists. The Arabic heritage exhibition also displays true original calligraphy and a rare copies of the Holy Qur'an. The exhibition shows a NCCAL's strong emphasis on values and culture, not past and present. These extra festivals are just two examples of the NCCAL's work that is gaining all international attention. From modern film-making to traditional ship-building, although the arts of Kuwait to offer something for everyone.

- 1 of
- 2 in
- 3 was
- 4 had
- 5 most
- 6 and
- 7 all
- 8 them
- 9 in
- 10 will
- 11 by
- 12 is
- 13 your
- 14 an
- 15 also
- 16 it
- 17 time
- 18 were
- 19 do
- 20 best
- 21 the
- 22 very
- 23 every
- 24 true
- 25 a
- 26 a
- 27 not
- 28 extra
- 29 all
- 30 although
- 31 to



2 Are the following statements True (T) or False (F)? Justify your answers.

- a NCCAL stands for the National Cultural Council of Arts and Letters.

False. NCCAL stands for the National Council for Culture, Arts and Letters.

- b The NCCAL is 20 years old.

False. The NCCAL is 36 years old.

- c The Qurain festival is only for Kuwaitis.

False. The Qurain festival welcomes locals and international tourists.

- d 23 countries participated in the Kuwait Book Fair.

True

- e The atmosphere is lively.

True

- f One shortage at the exhibition is the lack of original books.

False. The Arabic heritage exhibition displays original calligraphy and rare copies of the Holy Qur'an.

3 Choose the correct answer.

- a The NCCAL wants to preserve Kuwait's cultural heritage and ...

- 1 ... its architecture.
- 2 ... its art.
- 3 ... its cultural future.

- b The Qurain Festival is organised ...

- 1 ... every month.
- 2 ... every year.
- 3 ... every 10 years.

- c The Kuwait Book Fair is ...

- 1 interesting.
- 2 crowded.
- 3 interesting and crowded.

- d The contributors are ...

- 1 local.
- 2 local and other Arabs.
- 3 international.

- e These festivals are known ...

- 1 worldwide.
- 2 locally.
- 3 in the Arab World.

4 Complete the sentences to summarise the main ideas of the text on page 22.

- a The NCCAL is the major organiser of cultural events in Kuwait.

1 It was organised in 1973

2 It preserves Kuwait's cultural heritage

3 Some of the arts exhibited are

architecture, craftsmanship, theatre

- b The Qurain Festival is a cultural festival organized by the NCCAL

1 A variety of creativity is on offer

By artists and orchestras

2 It is a place to see the best

Kuwaiti talents

3 Locals and international

Tourists attend it

- c The Kuwait Book Fair is a thriving festival, too

1 Publishing houses from 23

Countries participated

- 2 There are also seminars, poetry recitals, and an art exhibition showing female Kuwaiti artists

3 It shows NCCAL's strong relationship between values and culture



Language practice

1 Complete the story with the past simple or past continuous form of the verbs. There is one extra word.

come continue confuse
drive listen put out
read see slow down
stand stop transport

We (1) were driving along the motorway towards the city centre. We were on our way to spend the weekend with some friends. My brother and I (2) were listening to music on our personal stereos, Mum (3) Was reading a magazine and Dad (4) was driving the car. Through the window I suddenly (5) saw flashing blue lights on the motorway about 500 metres ahead. The cars in front of us (6) Slowed down and eventually we all (7) stopped. A police officer (8) was standing in the middle of the road. Behind him there was a car on fire. Flames and smoke (9) were coming from the engine. Firefighters (9) Were putting out the fire with water. Two hours later, the road was clear, and we (11) continued on our journey.

2 Choose the correct words.

She (lived / was living / has lived) in Italy (for / since) she was a child.

- We (arrived / were arriving / have arrived) at about half past six.
- I (lived / was living / have lived) here (for / since) three years, and I really like it.
- I (read / was reading / have read) four books this week already.
- They (went out / were going out / have gone out) an hour ago.

- When I (walked / was walking / have walked) into town, I saw an accident.
- That was the best meal I (ate / was eating / have eaten) this week.

3 Answer the questions. Start with **No**, and use one of the adjectives below. There is one extra word.

wide noisy expensive boring slow
bad funny short mean public

Was that the longest journey you've ever made?

No, it was the shortest.

- Was that the cheapest meal you've ever had?

No, it was the most expensive

- Was that the worst joke you've ever heard?

No, it was the funniest

- Is that the most interesting book you've ever read?

No, it is the most boring

- Is that the quietest city you've ever been to?

No, it is the noisiest

- Is he the most generous person you've ever met?

No, he is the meanest

- Is that the best programme on TV?

No, it is the worst

- Is that the fastest car you can buy?

No, it is the slowest



4 Rewrite the sentences by replacing a verb with one from the box. There is one extra word.

grill supplement embellish attach
mentor

a I've just cooked some chicken.
I've just grilled some chicken

b A part-time job is a good way of increasing a student's income.

A part-time job is a good way of supplementing a student's income.

c Waleed has been advising teenagers for 10 years.

Waleed has been mentoring teenagers for 10 years.

d The blue silk was decorated with gold embroidery.
The blue silk was embellished with gold embroidery.

5 Put these words in meaningful sentences. Students' own answers

a absorb:

b protein:

c delegate:

d richly:

e relevant:

6 Write the appropriate preposition (*at, in, on, after, before, during, within, by*).

- a We wanted to hide during the big storm.
b I am at a loss; I don't know what to do.
c It didn't happen yesterday but the

Day before yesterday.

- d There's an excellent restaurant at the end of the street.
e If she doesn't get angry in five minutes, everything will be all right.
f You must check the petrol at regular intervals.

7 Complete these sentences with the correct verb form of: *listen, hear, look, watch, see, say, tell or speak*.

- a Can you tell me where to find his office?
b While I was speaking you didn't hear a word I said.
c look at the car there.
d Yesterday, I saw your friend.
e What do you like to watch on TV in the evening?
f I said we were meeting at 6 p.m., not 7 p.m.!

8 Match the sentence halves to give meaning to the compound adjectives.

- 1 Organ donors perform h...
2 After a day in the sun I crave e...
3 The long speech was given by a...
4 Yahtzee is a game played with b...
5 The mountain goat is c...
6 Don't go the wrong way down j...
7 The manager of the bank is d...
8 My homework for tomorrow is f...
9 My friend Scott lent me g...
10 The theatre is showing i...
a a long-winded man.
b two six-sided dice.
c a sure-footed animal.
d a tight-fisted woman.
e an ice-cold lemonade.
f a five-page book report.
g a ten-dollar bill.
h a life-giving service.
i a three-hour movie.
j a one-way street.

Writing

1 Write a book review. Write 150-170 words. Collect your ideas in a graphic organiser and include the following: **Students' own answers**

Facts

Name of the book

Author

Main characters

Date written

Setting (e.g. what country / place / time)

Type of book (e.g. historical / classic)

Your opinions

Did you like it / dislike it? Why?

Best / worst thing about it?

Would you recommend it?

Give it a star-rating - 5 stars is the best.

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Computer games

Key words

idle, incredibly, mundane, out of shape

- a This game is different because it builds the muscles of the players, who should move their whole body in order to use the joystick.
- b The writer generalises an opinion by using such structures as “Many people... do not want...”; “The majority of people... use their thumbs...”; “People get tired of them very quickly...”
- c The writer reports an opinion by using the structure X say(s): “they say...”; “The game’s designers say...”; “People who have played the game say...”

Reading

1 Read the text about a new way of playing computer or video games.

- a How is this different from the way people usually play these games?
b How does the writer generalise an opinion?
c How does the writer report an opinion?



Many people, especially the parents of teenagers, do not want their children to spend too much time playing computer or video games, because, they say, it makes them idle and they get out of shape. Now, a company is making a new kind of game

which builds up players’ muscles as they play. The majority of people who play normal computer and video games now use their thumbs and fingers to press little buttons. But to use the new system players have to move their whole bodies. They actually control the game by moving a shoulder-high joystick.

The game’s designers say that traditional exercise machines, like the ones in gyms and fitness centres, are incredibly mundane to use. People get tired of them very quickly and so they don’t exercise for very long. If they use one of the new joysticks, they can improve their level of fitness by playing their favourite game. Players build up their muscles by pulling or pushing the giant joystick. In racing games like *Formula 1*, the harder the player pushes the joystick the faster the car goes. If you want the car to go slower, you pull the joystick backwards. People who have played the game say that you can feel the effect of pulling and pushing the joystick after only two or three minutes. It particularly affects the upper arms and shoulders.

The company which makes the new equipment says people can use it in their homes or at the gym.

2 Choose the most appropriate title for the text.

- a Have fun!
b Have fun and keep fit
c Exercise to keep fit
d Fun stops exercise
e Muscle-wasting games



3 Match the sentence beginnings and endings. There are more endings than you need.

- a Playing traditional computer games can **6**
- b Players have to move their whole bodies to **4**
- c Instead of using their thumbs and fingers, players **1**
- d People don't spend much time on traditional exercise machines **7**
- e It takes only a few minutes to **2**
- f In racing games, you can make cars go slower if you **5**

- 1 have to use their shoulders and arms.
- 2 feel the effect of using the shoulder-high joystick.
- 3 use them in the gym.
- 4 play games with the new joystick.
- 5 pull the joystick backwards.
- 6 make people idle and out of shape.
- 7 because they find them uninteresting.
- 8 play cutting-edge racing games.

4 Find the adjectives and adverbs from the text which are antonyms (a word or phrase which means the opposite).

- a interesting **mundane**
- b slower **faster**
- c lower **upper**
- d forwards **Backwards**
- e energetic **idle**
- f healthy **Out of shape**
- g slowly **quickly**
- h tiny **giant**
- i modern **traditional**

5 Choose the most appropriate statements to complete the sentences.

- a The new game exercises...
 - 1 the shoulders and upper arms only.
 - 2** the entire body.
 - 3 the legs and back.
 - 4 thumbs and fingers.
- b The technology will be used...
 - 1 by health professionals.
 - 2 by doctors and nurses.
 - 3** by anyone hoping to keep fit.
 - 4 by the parents of teenagers.
- c Some games make teenagers lazy, according to...
 - 1 teenagers.
 - 2 health professionals.
 - 3** the parents of teenagers.
 - 4 teachers.
- d The designers think their system will sell well because...
 - 1** it's more fun to use than traditional gym equipment.
 - 2 normal controllers aren't fun to use.
 - 3 it looks very attractive.
 - 4 players have to move their whole bodies.

6 Read the text again. Summarise each paragraph in one or two sentences.

.....

.....

Students' own answers

.....

.....

.....

.....

Over to you

7 Computer games are detrimental to children's social development. Do you agree or disagree? Why or why not?

Students' own answers

.....

.....



Language practice

1 Change the words into the correct future tense. Put the words in the correct order to make sentences.

Remember to use:

- present continuous for an arrangement
- *going to* + base form for a plan or intention
- *will* + base form for a prediction

an interview/at the University of Kuwait/ have/next week

I'm having an interview at the University of Kuwait next week.

- a by bus/I travel there/on Monday
I'm travelling there by bus on Monday.
- b at the interview/I/probably be/very nervous
I will probably be very nervous at the interview.
- c at university/I/work really hard/when I'm
I'm going to work really hard when I'm at university.
- d I expect/quite hard/the work/be
I expect the work will be quite hard.
- e a doctor/I'm definitely/to be/leave university/when I
I'm definitely going to be a doctor when I leave university.

Grammar assistant

Using will

- Use **will** to predict the future.
*The weather **will** get hotter – it **won't** get colder.*
- Use **will** for actions that we decide now, at the moment of speaking.
I'll wash up the dishes.
- Use **going to** for actions that we have decided before we speak.
*I'm **not going to** watch the news tonight.
I'm **going to** read the newspaper.*
- For suggestions and offers, use **Shall I/we ...?** or **I'll ...**
***Shall I** meet you at the entrance?*

2 Complete the text with the correct form of the verbs in brackets.

Hil Reem,

How are you? I'm fine. I've been working hard at school but my holiday starts tomorrow. I don't have (1) won't have (don't have) time to write to you or write, so I'm writing now.

Tomorrow my father and I (2) are flying (fly) to London to spend a few days with our uncle and aunt who live there. We (3) are staying (stay) in

... in the city centre near the River Thames. We (4) are going to

spend (spend) two or three days shopping. I (5) am going to buy (buy) some new clothes. On Wednesday my uncle (6) is going to take (take) us to the British Museum where I hope we

(7) will see (see) lots of interesting things. On Friday we (8) are travelling (travel) to Scotland. We (9) are going to see (see) our cousin, who is a student at Edinburgh University. We haven't seen him for nearly a year, so I'm sure we (10) will have (have) a great time together. So, you can see we

(11) are going to have (have) a really busy time. I (12) will send (send) you a message from Edinburgh, and I (13) will phone (phone) you when I get home.

Love,





3 Match the sentences to their responses in a telephone conversation between Reem and Sara. There are more answers than you need.

- a Hi Sara, thanks for your letter. **4**
- b Your holiday sounds fantastic. **6**
- c Send my regards to your family. **1**
- d Could you bring me some information about Edinburgh University? **7**
- e I hope you have a great trip. **3**

- 1 I will do and the same to yours.
- 2 I can't wait to see you too.
- 3 Thanks. I'll send you a postcard from Scotland.
You're welcome.
- 5 That sounds nice.
- 6 I know, I can't wait!
- 7 Sure, no problem.

4 Rewrite the sentences using *the more... , the more ...* .

When I spend time with my family I am more cheerful.

The more time I spend with my family, the more cheerful I am.

- a Reading books makes me want to learn.
The more books I read, the more I want to learn.
- b When consoles are improved we spend more to stay up-to-date.
The more consoles are improved, the more we spend to
- c We should take precautions when it is dangerous.
The more dangerous it is, the more precautions we should take.

5 Choose the correct verbs.

My brother (1) (went / go) to the shops last week and (2) (brought / bought) himself a new computer game. The game (3) (saw / looked) really exciting, but when he tried to play it, it didn't

(4) (work / operate). He was really disappointed, and (5) (returned / reverted) it to the shop for a refund. Now, he is (6) (drawing / writing) a letter to the company to complain.

6 Correct the language mistakes in each sentence.

a I brought two new pairs of jean's and neither of them fit.

I bought two new pairs of jeans and neither of them fit.

b Everybody says the PSP is fun, stylish and advanced and it is expensive.

Everybody says the PSP is fun, stylish and advanced,

c He's having an accident one of these days.

He's going to have an accident one of these days.

d In my new computer game, they're many different levels.

In my new computer game, there are many different levels.

e The graphics in the game I am playing were very advanced.

The graphics in the game I am playing are very advanced

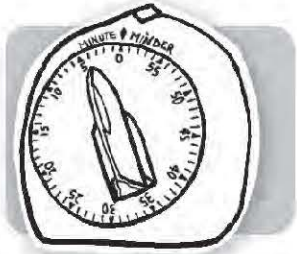


Writing

1 Read the instructions.

- Match each set of instructions with a picture.
- Write the correct heading for each one.

1



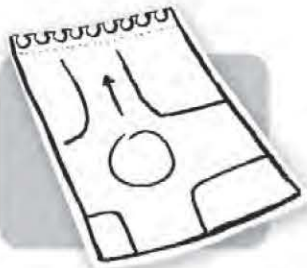
2



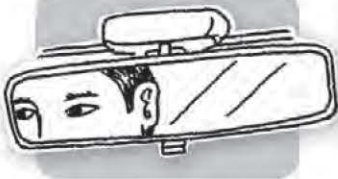
3



4



5



A. 4 : street direction

Leave the motorway at Junction 17 and follow the signs to the town centre. Go straight on at the first roundabout and then turn right at the second. Our car park is the third turning on your left.

B. 1 : food recipe

To start with, prepare all the ingredients. Break the eggs into a bowl, grate some cheese and chop an onion. Next, heat the oil in a frying pan. Mix all the ingredients together and when the oil is hot, pour the mixture into the pan. Turn the heat down and cook for 3-4 minutes.

C. 5 : driving instructions

First of all, make sure the handbrake is on and the gearstick is in neutral or park. Then turn the ignition key to start the engine. Put the car into gear and indicate. Finally, check in your rear-view mirror that there are no cars behind you, release the handbrake and move off.

D. 2 : game instructions

Take turns to move one of your pieces along the lines on the board. You can make either a 'taking' move or an ordinary move. To take one of your opponent's pieces jump over it into the empty space on the other side of it.

E. 3 : ordering something on the internet

First, find the item you want to buy and add it to your Shopping Basket. Next, fill in an order form giving us your personal details and address for delivery. After that, add your credit card details and lastly, press the Order Now button.



5

MODULE 2: Free time

Sports Psychology

Key words

interpersonal, navigate, personal trainer, stamina

Reading

- 1 Read the text about types of racing. What are the differences and similarities between each type of racing? **Students' own answers**

Types of Racing

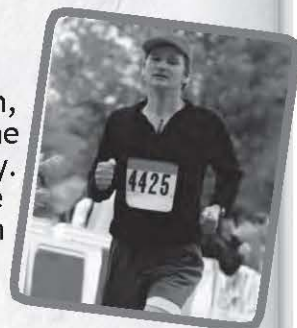
Formula One

Formula One racing is one of the most competitive sports in the world. Although many people think they're good drivers, the racers who take part in Formula One take driving to a whole new level. They travel at breakneck speeds, often reaching over 350 kph, driving around courses that are often hard to navigate. The cars they drive are incredibly expensive and need constant work and repairs. The driver is backed up by a team of up to 20 engineers, mechanics and specialists, so Formula One drivers need to be able to work well with other people and have great interpersonal skills. However, when they are racing they can only rely upon themselves and their own judgement so they also have to be independent and sure of themselves. Formula One racing, despite all the safety precautions, can also be very dangerous because the speed of the cars is so fast and they race so close together. Formula One drivers need to be very courageous, very aware and always determined to win.



Marathon Racing

Marathon racing is named after a famous battle in Marathon, Greece in 490 BCE. After the battle, a messenger ran 42 km from the battlefield to Athens and this is why the race is the distance it is today. Marathon runners are some of the hardest working athletes in the world. Although sprinters often receive more recognition, marathon runners have to work just as hard as them, and they run for hours, not seconds. Although many marathon runners have personal trainers, they aren't allowed to assist the runners whilst they are racing. Marathon runners need to have an extraordinary level of willpower, incredible amounts of stamina and tremendous endurance, just to keep going over the 42 km. They are often quite introverted as marathon racing is such an individual sport. Marathon racing is not for glory-seekers as marathon runners receive less media attention than other athletes, such as sprinters, cyclists and swimmers. Marathon runners are often very modest because of this, even though they are completely committed to their event.





2 Find words with these meanings in the text on page 34. Check your answers in a dictionary or in the glossary.

Formula One

- a travel over an area, especially with care or difficulty navigate
- b extremely fast or rapid
breakneck
- c extremely brave .. courageous
- d having a strong desire to be more successful than others
competitive

Marathon Racing

- e deliberate exertion of control over one's impulses willpower
- f relating to the ability to communicate with other people
interpersonal
- g a specialist who helps athletes reach their goals and stay fit
personal trainer
- h someone who seeks acclaim and prestige Glory-seeker
- i the ability to sustain physical or mental effort for long periods of time stamina

3 Read the article again. Are these statements True (T) or False (F)? Justify your answers.

Marathon Racing is named after a little-known battle that happened in 490 BCE. F

Marathon racing is named after a famous battle that happened in 490 BCE.

- a Marathon runners receive more recognition than other athletes.
False. Marathon runners receive less recognition than other athletes.

- b Formula One drivers race at safe, slow speeds.

False. Formula One drivers race at extremely fast, dangerous speeds

Marathon runners aren't allowed any help from personal trainers.

False. Marathon runners aren't allowed any help from personal trainers during races

- d Formula One drivers need good interpersonal skills to work with their large support teams.

True

- e Formula One is extremely competitive.

True

- f Marathon runners tend to be modest and introverted.

True

- g Formula One isn't dangerous because of all the safety precautions.

False. Formula One is dangerous despite all the safety precautions

Over to you

4 Which is more important to an athlete, natural ability or a determination to succeed? Why?



Language practice

1 Read the answers and write the questions for them.



- a Who is Ahmed Ajab?
Ahmed Ajab is a Kuwaiti football player.
- b How many players are there in a football team?
There are eleven players in a football team.
- c Where do people play tennis?
People play tennis on a tennis court.
- d What do boxers need to be?
Boxers need to be very strong, tough and determined.
- e When were the first Paralympics?
The first Paralympics were in 1960.
- f How do you score in football?
You score in football by kicking the ball into the goal.
- g Why do swimmers wear goggles?
Swimmers wear goggles to protect their eyes.
- h How long is a football match?
A football match is 90 minutes long.
- i What is your favourite sport?
I quite like football, but tennis is my favourite sport.

2 Choose the correct imperative to complete the sentences. Use each word only once.

ridicule give practise
dribble try respect
celebrate enjoy kick



- a Always try your hardest, and most importantly, enjoy the game.
- b Always practice with your team between games.
- c respect your teammates and give them encouragement.
- d celebrate if you win but don't ridicule the losing team.
- e When playing basketball, always dribble the ball. Never kick it.

3 Choose the correct compound noun and then use it in a sentence.

Students' own answers

a a piece of equipment to play hockey with: (hockey bat / hockey racket / hockey stick)

b a race between horses: (race course / horse race / race horse)

c someone who plays baseball: (baseball player / baseball man / baseball athlete)



4 Complete this conversation by writing questions using *What, Where, When, or by adding question tags.*

Caller: I am looking at your brochure and I have some questions.
 Receptionist: Sure, no problem.
 Caller: (1) *When is the basketball practice*.....?
 Receptionist: The basketball practice is on Monday and Thursday at 4.00 p.m.
 Caller: It costs KWD 5, (2) *doesn't it?*.....?
 Receptionist: No, it costs KWD 10.
 Caller: Oh, that doesn't suit me. You have other activities on Tuesday and Friday, (3) *don't you*.....?
 Receptionist: Yes, we do. We have aerobics on Tuesday and badminton on Friday.
 Caller: They don't sound too much fun. (4) *What other activities do you offer*...?
 Receptionist: Well, (5) *what*.....kind of activity are you interested in?
 Caller: Football's quite fun, (6) *isn't it*.....? You have football on Saturdays (7) *don't you*.....?
 Receptionist: Yes, we do.
 Caller: (8) *Where is the football practice*.....?
 Receptionist: It's at the Astroturf behind the sports centre.
 Caller: OK, I'll do that then, please.

5 Complete the table with sports words.

Sport	Venue	Equipment	Personality type
<u>tennis</u>	<u>court</u>	<u>racket</u>	<u>introvert</u>
<u>football</u>	<u>pitch</u>	<u>ball</u>	<u>extrovert</u>
<u>baseball</u>	<u>pitch</u>	<u>ball</u>	<u>sportsman like</u>
<u>golf</u>	<u>course</u>	<u>club</u>	<u>introvert</u>

6 Rewrite this text, adding any necessary capital letters and punctuation.

in sport motivation is everything all sports have leaders or coaches who influence those around them and give useful feedback to improve performance they will have one or more of the following qualities outstanding ability in the sport enthusiasm and the ability to motivate most coaches also plan training programmes to improve fitness techniques and skills and decide the strategies to be used in competition

In sport, motivation is everything. All sports have leaders or coaches who influence those around them and give useful feedback to improve performance. They will have one or more of the following qualities: outstanding ability in the sport, enthusiasm and the ability to motivate. Most coaches also plan training programmes to improve fitness techniques and skills, and decide the strategies to be used in competition

Writing

1 Read the list of **dos** and **don'ts** for filling in a form. Complete the sentences with the correct form of the verbs. Use one verb twice.

*write (x2) use spell leave give
cross check be answer*

Filling in Forms

- (1) Answer all the questions. Don't
- (2) leave any empty boxes. If you can't answer a question, (3) write *not applicable (N/A)*.
- (4) use a black pen and
- (5) write in capital letters (BLOCK CAPITALS).
- Don't (6) cross words out.
- (7) spell words correctly. If you are not sure of the spelling,
- (7) Check in a dictionary.
- (9) be as honest as possible. (10) give details of any problems you have.

2 Quickly read the application form on page 39. Imagine you are interviewing an applicant for the summer school. Write questions using the following question words.

a What **Students' own answers**

.....
.....
.....

b Which

.....
.....
.....

c Where

.....
.....
.....

d Who

.....
.....
.....

e Why

.....
.....
.....

3 Imagine you are the person being interviewed. Write responses to the questions you created for Exercise 2.

.....
.....
.....

Students' own answers

.....
.....
.....
.....
.....
.....
.....
.....
.....



4 Complete the application form for a university summer school. **Students' own answers**

SUMMER SCHOOL APPLICATION FORM

Please complete this form in BLOCK CAPITALS and return to International Summer School for English, PO Box 10479, Al-Ahmadi.

SECTION 1 - COURSES

I am applying for the following course (tick one or more boxes).

- | | |
|--|--|
| <input type="checkbox"/> English Language - Beginners | <input type="checkbox"/> English Language - Advanced |
| <input type="checkbox"/> English Language - Intermediate | <input type="checkbox"/> British life and culture |

SECTION 2 - PERSONAL DETAILS

Surname

First name(s)

Address

Postcode

Country

Telephone (include international dialling code)

Email

Date of birth (DD)..... (MM)..... (YYYY)

Nationality

Do you have any medical condition or disability you want us to be aware of?

If so, please give details

Person to contact in case of emergency

Name / Telephone number

Contact person's relationship to you

5 Do you think there are any useful questions missing from the form? Write an additional section for the Summer School Application. Then, exchange your form with a partner and ask them to complete it.

SECTION 3 - Students' own answers

.....

.....

.....

.....

.....

.....



6

MODULE 2: Free time

Nature

Key words

call, genus, pesticide, poacher, underpart, widespread

Reading

1 Read the profiles of three wild animals which are in danger. What are the dangers for each animal?

Lesser kestrel destruction of their habitat; pesticides

Siberian tiger forests are disappearing; poachers and forest fires

Ostrich hunting

Lesser kestrels

are small birds of prey with a brown back and grey underparts.

They are mostly

5 found in central Asia and Africa, but also inhabit the

Mediterranean. They are from the falcon genus, and are about 30cm in length.

10 Their wingspan measures about 70cm.

They are smaller and more delicate than the common kestrel, and they have their own 'chay-chay-chay' call. Although the breed is widespread, the Lesser kestrel is

15 a vulnerable species. The population has declined 30% in the last 10 years. They have been affected greatly by habitat destruction, and also by the use of pesticides.



to 60 kph to escape predators! Ostriches are in danger from people hunting for their feathers and eggs. Now many are bred in farms as there are very few in the wild.

The Siberian tiger

is the biggest of the tiger family. A male tiger can weigh 300kg and be up to 3 metres

35 in length. Their body is orange and white with black or grey stripes. Siberian tigers are in danger because their forests are disappearing. People are building roads through their forests and cutting down trees. These handsome animals are also threatened by poachers and forest fires.



Factfile

Common name: Lesser kestrel

Population: 150,000

Habitat: summers in Asia and the Mediterranean, winters in Africa

Factfile

Common name: Siberian tiger

Population: 360 - 400

Habitat: forest areas in Russia, China and North Korea

Ostriches

20 are the world's largest birds. In fact, they are so big that they cannot fly! However, they are the fastest animal on two

25 legs - they can run at up



Factfile

Common name: ostrich

Population: 335,000 - 375,000

Habitat: desert areas of Africa, the Middle East and South East Asia



2 Find words with these meanings in the text. Check your answers in a dictionary or in the glossary.

Lesser kestrel

bird that hunts and kills other birds bird of prey

- a the underside of an animal's body underpart
- b the distance from the tip of one wing to the tip of the other wingspan
- c become smaller, fewer or less decline

The Siberian tiger

- d long, narrow lines of colour stripes
- e the adjective which means attractive handsome
- f people who hunt animals against the law (without permission) poachers

Ostriches

- g one of the soft, light things that covers a bird's body feathers
- h other animals that try to eat them predators
- i to get away from a place or a dangerous situation escape

3 Read and answer the following questions.

- a Which animal's population has steadily decreased in the last decade?
Lesser kestrel
- b Which animal migrates in the winter months?
Lesser kestrel
- c Which two animals' habitats are under threat?
Siberian tiger Lesser kestrel
- d Which animal is bred on farms?
Ostrich

4 Are the following statements True (T) or False (F)? Justify your answers.

- a The Lesser kestrel population is only about 70% of the size it was a decade ago.
True
- b The Lesser kestrel is vulnerable because it is so widespread.
False. The Lesser kestrel is vulnerable despite being so widespread
- c The ostrich is the fastest creature on land.
False. The ostrich is the fastest creature on land with two legs
- d Farms are helping to maintain the ostrich population.
True
- e The biggest threat to the Siberian tiger is poaching.
False. The biggest threat to the Siberian tiger is loss of its habitat

5 Choose the most appropriate statements to complete the sentences.

- a 'Chay-chay-chay' is ...
 - 1 the call made by all kestrels.
 - 2 a sound that attracts birds.
 - 3 the sound made by Lesser kestrels.
 - 4 another name for the Lesser kestrel.
- b Pesticides ...
 - 1 protect plants but can harm animals.
 - 2 destroy plants but aid animals.
 - 3 destroy the pests that live on animals.
 - 4 feed plants and animals.
- c The ostrich population is ...
 - 1 100 times larger than the Siberian tiger population.
 - 2 100 times larger than the Lesser kestrel population.
 - 3 1000 times larger than the Siberian tiger population.
 - 4 1000 times larger than the Lesser kestrel population.

Over to you

6 Should human development be more important than animal welfare? Why?



Language practice

Grammar assistant

Describing quantities

- Use **some** to talk about unspecified quantities (countable and uncountable nouns).
*There are **some** very interesting books in the library.*
- Use **any** to ask or talk about quantities.
*Have you got **any** ideas?*
- Use **all** to include every example of the subject.
***All** the animals live outdoors.*
- Use **many** to talk about a large, but unspecified number of things.
***Many** people emigrate to the city.*

Read the text below. Find countable and uncountable nouns and complete the table.

The Arctic fox lives in sub-zero temperatures in Alaska and Northern Canada.

It has a small body with short ears and short legs. This is because animals lose body heat through these parts of their bodies. It has thick fur on its body and thick hair on its feet.

In winter its fur becomes thicker - the new hair is a lighter colour. This helps the Arctic fox to hide from its enemies in the ice and snow. Sadly, people hunt the Arctic fox for its beautiful fur.



(1)

Countable nouns
FOX bodies, feet, winter, colour, people temperatures, ears, legs, animals, parts
Uncountable nouns
Heat fur, hair, ice, snow

2 Choose the correct words. Sometimes no word (-) is correct.



(Many / Much) seabirds are becoming extinct. For example the White Eyed-Gull, native to the Red Sea, is now one of the rarest seagulls. Their habitat is threatened by people taking up (2) (many / a lot) of space which the gulls need to breed, by people collecting their eggs, and by oil pollution.

Albatrosses are also dying in large numbers because of (3) (a / -) long-line fishing. Albatrosses often look for (4) (a / -) food behind fishing boats, waiting for (5) (a few / a little) scraps to be thrown overboard. (6) (Many / A lot) countries have long-line fishing boats which use (7) (a / -) single line 130 km long with thousands of hooks on it. (8) (A little / Some) of these hooks are eaten by albatrosses, which are pulled underwater and drowned. No one is sure (9) (how much / how many) birds die like this but (10) (a little / some) people say it is more than 300,000 a year.

3 Summarise the factors that are threatening seabirds.

Seabirds are threatened by people taking up a lot of their space and collecting their eggs. They're also threatened by oil pollution and fishing



4 Choose the correct words. Check your answers in a dictionary or in the glossary.

- A person who is ...
... not afraid of danger is (*cowardly / brave*).
- a ... happy because of something they have done is (*proud / modest*).
- b ... refuses to change their mind is (*stubborn / easy-going*).
- c ... nervous or uncomfortable with other people is (*confident / shy*).
- d ... angry and aggressive is (*fierce / peaceful*).

Self-assessment

5 Use the adjectives and adverbs to expand the sentences.

*sadly stubborn rapidly endangered
black vividly flightless talkative
laziest fierce white*

- a Birds of prey have a character and beating wings.
Birds of prey have a fierce character and rapidly beating wings
- b The parrot is a bird with coloured feathers.
The parrot is a talkative bird with vividly coloured feathers
- c The penguin is a seabird with upper parts and underparts.
The penguin is a flightless seabird with black upper parts and white underparts
- d Many animals are threatened by hunting and habitat destruction.
Sadly, many endangered animals are threatened by hunting and habitat destruction
- e Pandas are often known as the animals.
Pandas are often known as the laziest animals

6 What would you say in the following situations? Choose the appropriate response.

- a You are trying to get people to sign a petition to protect animals.
- 1 Would you like to sign our petition to save Earth's creatures?
 - 2 Sign this paper.
 - 3 If you don't sign this you're inhumane.
 - 4 How would you protect animals?
- b A farmer is using pesticides which are harming animals in the area. He is unaware of this. You are talking to him.
- 1 How could you be so thoughtless?
 - 2 Can I buy some apples, please?
 - 3 Your farm is really nice.
 - 4 I thought you should know about the damage your chemicals are causing.
- c You have phoned a wildlife charity headquarters to become a volunteer.
- 1 What do you do?
 - 2 How does your organisation help?
 - 3 I'd like to help your organisation.
 - 4 Can your organisation give me some help?

7 Write sentences in the present perfect using the cues.

- a Some / protection / governments / give / by / animals
Some animals have been given protection by government
- b charities / attempt / protect / animals
Charities have attempted to protect animals
- c I / raise / money / save / tiger
I have raised money to save the tiger
- d many species / extinct / human actions
Many species have become extinct because of human actions

Writing

1 There are formal and informal letter writing styles. Read and complete the table.

Informal	Formal
<p><i>Short verbs</i></p> <p>a) I'm writing to you because ...</p> <p>b) I've just seen a golden eagle.</p> <p>c) <u>I'd</u>.....</p>	<p><i>Full verbs</i></p> <p>1) I am writing to you because ...</p> <p>2) <u>I have</u>.....</p> <p>3) I would be grateful if you could send ...</p>
<p><i>Vocabulary of everyday speech</i></p> <p>d) Please send me stuff about what you are doing at the moment.</p> <p>e) <u>I'm interested in horses because</u>...</p>	<p><i>Formal vocabulary</i></p> <p>4) Please send me <u>information</u>.....about your <u>(current) activities</u>.....</p> <p>5) The main reason for my interest in horses is ...</p>
<p><i>People's actual words</i></p> <p>f) My friends said "You should get in touch with a wildlife charity."</p> <p>g) <u>One of my friends said, 'Please join</u></p>	<p><i>A report of people's words</i></p> <p>6) My friends told me <u>I should</u>.....</p> <p>7) One of my friends asked me to join.</p>
<p><i>Chatty beginnings and endings</i></p> <p>h) Hi, / Hello, / Dear Jameela,</p> <p>i) <u>Love from, / Best wishes</u>.....</p>	<p><i>Formal beginnings and endings</i></p> <p>8) <u>Dear Sir / Madam</u>.....</p> <p>9) Yours sincerely, / Yours faithfully,</p>

2 Rewrite this letter in your notebooks using more formal language.

Hi,

I've just seen your advert on the telly and it made me think a lot about how important animals are. I'd really like to join your organisation, because I want to save animals too.

Can you send me an application form and tell me if there's a local group in my area? I don't really mind travelling but it'd be good to know if there's anything interesting going on round here.

I've got a friend who'd like to join, maybe you could send another form for him too?

Look forward to hearing from you.

Best wishes

Ahmed

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3 This is the reply you received to the letter in exercise 3. Now write an informal note to your friend who is interested in joining the organisation with you.

Dear Ahmed,

Thank you for your letter. We are pleased to hear that you are interested in joining our organisation. We believe that it is vital to protect animals and our environment for ourselves, as well as for future generations, and appreciate any help you can give us in achieving our endeavours. In answer to your question, we can confirm that there is a local group in your area.

We are pleased to hear that your friend would also like to become a member.

We have enclosed two application forms and full details of our current activities. There is also a newsletter which includes a guide to local nature reserves, and an article about how Kuwait is helping to protect native and internationally endangered animals.

Yours sincerely,
Greenearth Membership
Secretary

Hi, (name)

Good news - there is a local group in our area. They've sent us two application forms and some stuff about what they're doing at the moment.

See you soon!

(name)

4 The organisation wants to encourage more young people to join. Write a paragraph justifying why it is important to join this organisation. You can use formal and informal language. **Students' own answers**

Progress test 2

Reading

1 Read the text about collecting and answer the questions.

- a How many different kinds of collecting does the writer mention? **six**
- b What do you need plenty of if you want to collect old cars? **space**
- c Why is fossil collecting unique? **because every fossil is different**

Collecting

1 One of the most common pastimes for children and adults is collecting. People of all ages collect all kinds of things. Some people even make a living by buying and selling things which are 'collectable'. But it's important to collect something you can enjoy, rather than as an investment, because the value of collections can be unpredictable. The most common things to collect are stamps, coins, autographs and postcards, but it is possible to collect almost anything. Here is some information about some of the more unusual things people collect.

Old cars

Owning, restoring and collecting old cars is a popular hobby worldwide. Old cars are also described as 'antique' or 'classic', and are generally cars over 25 years of age. Some people choose to buy old cars as an investment. Ferraris, Ford Mustangs, Jaguars and rare designs are valuable to these collectors. However, others collect just for the pleasure of driving or restoring a 'piece of four-wheeled history'. Amateur restorers sometimes take years to have a car up and running again. Whether you are collecting for money or enjoyment, you need a lot of space if you want to start this expensive hobby!

Fossil collecting

This is a great hobby because you are collecting things which are millions of years old. Fossils are the remains of pre-historic animals or fish that have been set into rock. Every fossil is different, so fossil collections are always unique. Collecting fossilised shark's teeth is an easy way to begin collecting fossils. Other good reasons why fossil collecting is so popular are that anyone can do it, it's free, and you can find fossils almost all over the world.





2 Fill in the table below using words from the text.

Word	Meaning	Synonym
Pastime	An activity done regularly for enjoyment, rather than work	Hobby
Rare	Particularly remarkable or uncommon	Unique
Valuable	Worth a lot of money	Expensive
Popular	Done or enjoyed by many people	Common

3 Choose the correct statements to complete the following:

- a You may be able to make money from collecting by ...
- 1 studying different ways of collecting.
 - 2 selling parts of your collection to other collectors.
 - 3 spending a lot of time and money on your collection.
- b The most common things to collect ...
- 1 are the most difficult things to find.
 - 2 do not cost much, but may be valuable later.
 - 3 are precious and unusual things.
- c People enjoy collecting 'classic' cars because ...
- 1 driving them makes them feel nostalgic.
 - 2 the designs are very rare.
 - 3 (Both of the above reasons.)
- d Fossil collecting is ...
- 1 a simple and popular hobby.
 - 2 a popular hobby because fossils are cheap to buy.
 - 3 an ancient hobby that involves a lot of work.

4 Reread the text and summarise the important information in each paragraph using your own words.

Paragraph 1:

One of the most common pastimes for children and adults is collecting. It's important to collect something you can enjoy. It is possible to collect almost anything

Paragraph 2:

.....

Paragraph 3:

.....



Language practice

1 Complete the sentences with the correct future verb.

- I predict that it will rain at the weekend. (*will rain / is raining*)
- a What are you going to do when you leave school? (*will you / are you going to*)
- b I hope we will meet again soon. (*will meet / are meeting*)
- c I'm sure they are visiting their relatives this afternoon. (*will visit / are visiting*)
- d I will do better in the next maths test. (*will do / am going to do*)
- e I expect you are enjoying the film. It's brilliant. (*will enjoy / are enjoying*)
- f She says she is going to work harder next year. (*is going to work / is working*)

2 Choose the correct words or phrases.

- How (many / *much*) coins have you got in your collection?
- a I'm taking (a few / *a little*) CDs with me on holiday.
- b I haven't got (*many* / much) money in my pocket.
- c I just need (*a few* / a little) time to get ready.
- d Would you like (some / *a*) water?
- e We've got (some / *a little*) juice, but we haven't got (*a little* / any) glasses.
- f Is there (*many* / much) left to do after we finish our research?

3 Rewrite the incorrect phrases.

I'd like *two milks*, please. two bottles of milk / some milk

a Could you pass me *two breads*, please?

two slices / pieces of bread or some bread

b I was so thirsty that I drank *two glasses* of water.

correct

c Have we got *enough foods* for the weekend?

Enough food

d Could you tell me where you put all *those meats*?

That meat

e There aren't *much pens*.

Many pens

f I did so *many shopping* this afternoon.

Much shopping

4 Complete the sentences with the correct verb.

I can't afford to buy a new CD this week. (*buy / spend / cost*)

a I really like your T-shirt. How much did it cost? (*pay / cost / spend*)

b How much do you spend a month on clothes? (*buy / spend / save*)

c I can't afford to go out. I'm saving up for a new computer game. (*buying / earning / saving up*)

d It's only a part-time job, but I earn £50 a week. (*pay / spend / earn*)

e He spends a lot on his hobbies but he spends enough. (*costs / buys / spends*)



5 Choose the correct word for the definition.

a an animal that only eats plants

- 1 fauna
- 2 herbivore
- 3 vegetarian

b an outgoing personality

- 1 aggressive
- 2 extrovert
- 3 positive

c (of an animal) not dangerous and able to be kept as a pet

- 1 tame
- 2 timid
- 3 trained

d a good quality

- 1 flaw
- 2 virtue
- 3 habit

e the state of being very interested in and determined to do something

- 1 anxiety
- 2 motivation
- 3 regret

f not friendly

- 1 hostile
- 2 compassionate
- 3 psychological

g related to horses

- 1 feline
- 2 equestrian
- 3 canine

h ambitious and determined to win

- 1 passive
- 2 hopeless
- 3 competitive

an extraordinary event

- 1 routine
- 2 phenomenon
- 3 tradition

j coming from another country

- 1 exotic
- 2 popular
- 3 native

6 Complete the missing parts of the dialogue using words from the list. There are more words than you need.

*spectator self-discipline member
exclusive environment champion
rival Paralympics*

Ayman: Have you heard about the paralympics? It's an international competition for athletes with a physical disability.

Sami: Yes, I know about it. My cousin was last year's champion in the gymnastics contest.

Ayman: Really? Well, that's amazing! I am really impressed by the athletes' motivation and Self-discipline.

Sami: So am I. I wish to become athlete myself, one day.

Ayman: I heard the event is not going to be broadcast on all TV channels.

Sami: No, it's not. The national TV station has exclusive coverage.

Ayman: Do you think many people will be watching it?

Sami: They expect millions of spectators to be following from their homes.



2 A new cultural magazine is looking for submissions about visiting interesting places. **Students' own ideas**

- a How do you think the style of your answer to question 1 should change?
- b Rewrite your answer, cutting the information to about 100-120 words. Add instructions for people who might want to visit the interesting place you have suggested.

1. Look at the outcomes on page 33 of the Student's Book.

How did you find:

	easy?	difficult?	useful?	not useful?	interesting?	not interesting?
reading and talking about the future?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
making predictions?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
discussing effects and levels of importance?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
giving reasons for preferences?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
listening to and giving advice?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
persuading through a talk?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
writing instructions and a proposal to receive funds?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
filling out an application form?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- 2. **Was the reading** in this module
easy? difficult?
interesting? not interesting?
What was your favourite passage in this module?
- 3. **Was the listening** in this module
easy? difficult?
interesting? not interesting?
What was your favourite passage in this module?
- 4. **Was the writing** in this module
easy? difficult?
What did you do to plan your writing? How can you improve?
.....

- 5. **Was the vocabulary** in this module
easy? difficult?
Are there any words or sounds that you have difficulty with?
- 6. Write your result from your Progress test
.....
What did you do well in?
- What do you need to revise?
- 7. **Was the grammar** in this module
easy? difficult?

Learning-log