

وزاره التربيه Ministry of Education

دولـــة الكويت | State of Kuwait

TOYOU

WORKBOOK

PEARSON

SIMON HAINES

Grade





Workbook

Simon Haines



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1

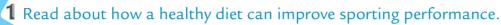
MODULE 1: Culture

We are What We Eat



boost, comprise, dehydration, fatigue, obesity

Reading



- **a** Which nutrients are useful to improve sporting performance?
- **b** Compare the ideal diets of a shot-putter and a football player. Why are they different?
- c Which nutrients should an athlete avoid?

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			
Fats			
Proteins			
Vitamins			
Minerals			
Water			

Complete the sentences using information from the nutritional label.

Nutrition Facts	a Most packaged foods have alabel.
(Serving Size 1 cup (228g))	b is the amount of
Serving per container 2	food eaten at one time.
	100d caten at one time.
Amount per serving	c The amount of salt per serving is
Calories 260 Calories from Fat 120	percent of your daily value.
%Daily Value*	, ,
Total Fat 13g 20%	d One serving contains 10 percent of your daily
Saturated Fat 5g 25%	amount ofbut 0 percent is taken
Trans Fat 2g Cholesterol 30mg 10%	from
Sodium 660mg 28%	e Your intake can vary and
Total Carbohydrate 31g 10%	
Dietary Fibre 0g 0%	depends on how much energy you need.
Sugars 5g Protein 5g	f There are 4 calories per gram of,
1100 08	so this food contains 5 grams of this substance.
Vitamin A 4% • Vitamin C 2%	_
Calcium 15% • Iron 4%	g There is more vitaminthan
*Percent Daily Values are based on a 2000 calorie	vitamin, but both are very low.
diet. Your Daily Values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	hare based upon
Total Fat Less than 65g 80g	a 2000 calorie diet.
Sat Fat Less than 20g 25g	i This container contains 2 Each
Cholesterol Less than 300g 300g	is 228g or 1 so
Sodium Less than 2,400g 2,400g	this container holdsg.
Total Carbohydrate 300g 375g Dietary Fibre 25g 30g	5 5
Calories per gram:	j This food contains almost one third of your
Fat 9 • Carbohydrate 4 • Protein 4	daily allowance of

Sample Nutritional Label

Fat 9 • Carbohydrate 4 • Protein 4

Over to you

4 How would you encourage your friends to eat healthily?



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)

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.



а	their food from a waiter.
b	A waiter
	three drinks on a tray.
С	A brother and sister
	into the restaurant.
d	Another waiter
	empty plates back into the kitchen.
е	In the kitchen, the chefthe vegetables.
f	Another waiterfood out of the kitchen.
W	nagine you are eating in a restaurant hat would you say to the waiter in e following situations?
а	You have dropped your fork.
b	You are a vegetarian.
С	Two more guests will soon be arriving at your table, but there is no room for them.
d	You are allergic to pepper.
	hat would you say to your dad in is situation?
е	Your dad has high cholesterol and wants to order a burger and fries.

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?
В	I (2) (go) shopping
	with my friends in Kuwait City, (3)
	(watch) TV and (4)
	(do) my homework.
Α	What (5) (you do)
	when I (6)(phone)
	you?
B	(help) my sister
	with her homework.
Α	What time (8) (you
	get up) this morning?
B	(wake up) at 6
	o'clock, but I (10)
	(not get up) until 8 o'clock.
Α	What (11) (you do)
	at 9 o'clock yesterday evening?

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	stír			

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

B I (12) (have) a bath.

- a Yesterday I three loaves of bread in the oven.
- **b** You canvegetables by cooking them over boiling water.
- If you want to meat, you must cook it under a very hot
- **d** To make an egg which is not too soft or too hard, try it in water
- or too hard, try it in water for 3-4 minutes.

 e Deep is classified as a dry cooking method because no water is used.

5 Correct the punctuation and spelling mistakes in each sentence.

а	mr smith whose a vegetariam should always suppliment his diet
b	theyre are plenty of healfy eating restourants in kuwait city
С	the labell says orange jewce has 60% of your rda of vitamine c
d	my brothor ahmed develloped dyabetes last september so he follows a low shugar diet
е	this summer i eight two many fattie foods suchas french frys

Grammar assistant

Capital Letters

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

• the names of days and months March

Sunday **E**id

• the names of people and places

John Mars

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 **G**erman

Japanese history



1

1 Read the information from a website about healthy eating and Islam.

- 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	Dates contain a very high percentage

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.

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.

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.

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	
	-
	-
	-
	-

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.

000	
4 C +	^ Q ₇
Links	

2

MODULE 1: Culture

Respecting Cultures



adorn, commemorate, cursive, embellish, paraphrase

Reading

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

а	Eid mubarak
	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
- 5 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, 10 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 _______1
- b The gold script was set
- Zakariya is a specialist
- e The designer used
- f It was issued in 2002
- modified using computer software.
- 2 by the US Postal Service.
- 3 to slope one-third of each letter.
- The original design was 4 on a blue background.
 - 5 the modern design.
 - 6 in Islamic calligraphy.
 - 7 a varnish containing egg whites.
 - 8 commemorate Islamic culture.

- Read the sentences below. Find the most appropriate place in the text to insert the information.
 - **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.
- Fill in the table below using words from the text only. You may use a dictionary or the glossary.

Word	Meaning	Synonym
	To show respect for someone or something	
	Handwriting, often decorative	
	An artistic arrangement	
	To make something more attractive, especially with decorative details	

- **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.
b	Honour between different people can occur in many ways, both large and minuscule.
С	The stamp was well-planned and created using time-honoured techniques and tools.
d	The stamp was produced by an expert in Arabic script.
/er	to you

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.

9	+ l <u>ve bought</u> a new stamp.
	? Have you
	- I haven't
b	+
	? Has he visited the museum every year?
С	+
	?
	- They haven't written a book recently.
d	+ I've eaten my dinner.
	?
e	+
-	? Have you watched the news today?
f	+
	?

Grammar assistant

- She didn't pass her exam.

Present perfect

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

2	Compl	ete	the	senten	ces \	with	for	or
	Sirice.							

She's lived here **for** three years.

- **a** He's been a teacher at a school in Al-Ahmadi2001.
- **b** We've known each other last summer.
- c I waitednearly two hours.
- e I'm starving! I've wanted to eat 10 a.m.
- f My mother and father have been marriedtwenty years.
- g I've worked for the same company three years.
- h I've been too busy to see my friendslast month.
- i The doctor said I have to wear this castsix weeks.
- j I've been reading this bookthis morning.

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

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

3 Is there a better restaurant nearby?4 Table for four please.

	• • • • • • • • • • • • • • • • • • •	
5	Choose the correct verbs to comple	te
	the sentences.	

- 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.
- d A Did you (end / finish) that book I lent you last week?
- e The (ending / finishing) of the play was very disappointing, especially after it had (begun / started) off so well.
- Write the appropriate preposition. Use some of the following: (through, on, of, with, in, for, amongst, outside, by).

 - **b** My final exam isFriday.
 - the time I get home, I will have travelled 200 miles.
 - **d** We waited outside the restaurant one hour.
 - e The boy was walkingthe doorway when he saw a squirrel outside.
 - fall the students who were there, she was the only one with high grades.
 - g They talkedthemselves until they reached a decision.
 - h We knocked at the door but there was no one



1 Read the customer reviews of books by Alan Villiers and Wilfred Thesiger.

- a Underline all the words and expressions which introduce the reviewer's opinions.
- **b** 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 the Mariners of Kuwait. I

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 is so enthusiastic about his

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 The siger? You will have to read the book to find out!



2	Below make a list of all the facts in the reviews. Facts Sons of Sindbad
	Arabian Sands
3	Discuss the questions in pairs. Make three lists. 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. 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 3:

MODULE 1: Culture

Inspiring Architecture



ey words

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

Reading

1 Read the text about the 360° shopping centre in Kuwait. As you read, look for answers to these questions.

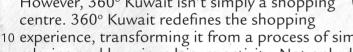
- **a** Why is 360° Kuwait described as 'monumental'?
- **b** How is it educational?
- c Who can it appeal to? Why?

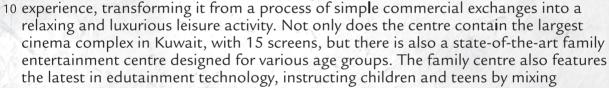
360° Kuwait

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





15 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 20 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 25 of 360° Kuwait. At 360° Kuwait, the variety of shops, restaurants and activities mean that there is something for everyone.



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

а	and		
	can be found on the first, second		
	and ground levels.		

- b The overall area for leasing isthousand metres.
- c Health and beauty treatment can be found on thefloor.
- **d** The can be easily accessed from the bottom level.
- e If you want to score a strike, head straight to the area.
- 3 Complete the sentences with the correct form of the word. There are more words than you need.

copious	electronics	transform	redefine
relaxing	gourmand	edutainmer	ıt

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

- **d** She took notes to prepare for her exams.
- e Many media networks provide in order to teach children.
- 4 Look at the example. Complete the sentences with a number phrase.

The entertainment area is 35000 square metres. It is a 35000-metres-square entertainment area.

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

Over to you

5 Why do you think building impressive buildings is important?

Language practice

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/

- a He was a very interesting/interested teacher. The children were always interesting/interested in his lessons.
- **b** I'm terrifying/terrified of spiders.
- We had a very tiring/tired journey last night.
- **d** Before we went on holiday, we were very *exciting/excited*.
- e When I was a child, I was never boring/bored.
- f 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.

	В	Our flat is (1) <u>larger</u> than yours and
	Α	the area is (2)
	В	big company. My brother has a (3)job with a (4)
	Α	company. I'm fit and healthy because I do lots of exercise.
	В	I do more exercise. That's why I'm (5) and (6) than
	Α	you. I'm spending the weekend at my grandma's. Her house is warm and cosy.
	В	I've visited your grandma before. My grandma's house is (7) and (8)
3		scramble the sentences. Add nctuation and capital letters.
	а	art / and theatres / include museums / buildings / galleries / cultural
	b	spent / taking notes / I / searching the Net / yesterday / writing my report / and
	С	i / theatre studio / think / spacious and / new / this / is / well-lit / well-equipped

Grammar assistant

Commas

d school / Mariam / meet / I / and

Fatma / after / always / Aisha

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 marvels of modern engineering.
- b The Clifton Suspension Bridge in Bristol, England isthan the other three bridges. It opened in 1864, so it is also the of the four bridges.
- c The Akashi-Kaikyo Bridge, which joins an island with the mainland of Japan, isthan the other three bridges.
- d The Akashi-Kaikyo Bridge opened in the same year as the Petronas Towers. They are asas each other.



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



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

- A Are there any new properties for sale you'd (1)?
- B Well, there's a four-bedroom house close to the city centre
 (2)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) is that my brother is disabled, so
 - (5) at least one bedroom on the ground floor.
- **B** Well, there's a bungalow nearby that's for sale too, if (6)
- A Yes, that sounds more suitable.
- **B** Ok, I'll arrange a viewing (7)

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 <u>tell you</u> about the results of a survey <u>my</u> 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

2 Describe the traffic situation in a city you know well. Persuade the reader how this situation could be improved.

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	<u>of</u>
2	
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31	

2	Ar or	e the following statements T False (F)? Justify your answe	rue (T) ers.	С	The Kuwait Book Fair is 1 interesting.
	а	NCCAL stands for the National Council of Arts and	Cultural		2 crowded.3 interesting and crowded.
		Letters.		d	The contributors are 1 local. 2 local and other Arabs.
			<u></u>		3 international.
	b	The NCCAL is 20 years old.		е	These festivals are known 1 worldwide. 2 locally.
					3 in the Arab World.
	С	The Qurain festival is only for Kuwaitis.			omplete the sentences to summarise te main ideas of the text on page 22.
				9	The NCCAL is the major organiser of cultural events in Kuwait.
	d	23 countries participated in the			1 It was organised in
		Kuwait Book Fair.			2 It preserves
	е	The atmosphere is lively.			3 Some of the arts exhibited are
				b	The Qurain Festival is a cultural
	f	One shortage at the exhibition i			festival organised
		lack of original books.			1 A variety of
					2 It is a place to see
3	Ch	oose the correct answer.			
	а	The NCCAL wants to preserve Kuwait's cultural heritage and			3 Locals and
		1 its architecture.		С	The Kuwait Book Fair
		2 its art.3 its cultural future.			1 Publishing houses
	b	The Qurain Festival is organise 1 every month.	ed		2 There are also
		2 every year.			
		3 every 10 years.			3 It shows

Language practice

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)	along
the motorway towards the	e city centre.
We were on our way to sp	end the
weekend with some friend	s. My brother
and I (2)	to
music on our personal ste	reos, Mum
(3)	a magazine
and Dad (4)	
the car. Through the wind	ow I suddenly
(5)	flashing
blue lights on the motorw	ay about 500
metres ahead. The cars in	front of us
(6)	
we all (7)	A
police officer (8)	
in the middle of the road.	Behind him
there was a car on fire. Fla	mes and
smoke (9)	
from the engine. Firefighte	ers
(10)	the fire with
water. Two hours later, the	e road was clear,
and we (11)	on
our journey.	

2 Choose the correct words.

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

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

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

а	Was that the longest journey you've ever made? No. it was the shortest. Was that the cheapest meal you've ever had?
b	Was that the worst joke you've ever heard?
С	Is that the most interesting book you've ever read?
d	Is that the quietest city you've ever been to?
е	Is he the most generous person you've ever met?
f	Is that the best programme on TV?
g	Is that the fastest car you can buy?

Rewrite the sentences by replacing a verb with one from the box. There is one extra word.	dayyesterday. d There's an excellent restaurantthe end of the street.
grill supplement embellish attach mentor	e If she doesn't get angry five minutes, everything will be all right.
a I've just cooked some chicken.	f You must check the petrolregular intervals.
b A part-time job is a good way of increasing a student's income.	Complete these sentences with the correct verb form of: listen, hear, look, watch, see, say, tell or speak.
C Waleed has been advising teenagers for 10 years.	 a Can you me where to find his office? b While I was you didn't a word I said. c at the car there.
d The blue silk was decorated with gold embroidery.	d Yesterday, I your friende What do you like to onTV in the evening?
5 Put these words in meaningful sentences. a absorb:	f I
b protein:	adjectives.1 Organ donors perform2 After a day in the sun I crave3 The long speech was given by
c delegate:	 4 Yahtzee is a game played with 5 The mountain goat is 6 Don't go the wrong way down
d richly:	7 The manager of the bank is8 My homework for tomorrow is9 My friend Scott lent me
e relevant:	10 The theatre is showinga long-winded man.
Write the appropriate preposition (at, in, on, after, before, during, within, by).	two six-sided dice.a sure-footed animal.a tight-fisted woman.
a We wanted to hide the big storm.b I am a loss; I don't know	 e an ice-cold lemonade. f a five-page book report. g a ten-dollar bill.
b I am a loss; I don't know what to do.c It didn't happen yesterday but the	h a life-giving service.i a three-hour movie.

a *one-way* street.



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

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.

4	

	reviewed to persuade the judges that your book should be listed. Rewrite your review, cutting the information to about 100-120 words.		
1.	Look at the outcomes on page 11 of the How did you find:		in an
	· · · · · · · · · · · · · · · · · · ·	easy?	difficult? useful? _{not useful} ? _{interesting} ? _{not interesting} ;
	listening to a talk and a description? talking about past and present actions and	easy?	difficult: userui: not userui: interestins not interes
	listening to a talk and a description? talking about past and present actions and experiences? discussing advantages and disadvantages?	easy?	difficult: userui: not userui: not userui: not interesting not
	listening to a talk and a description? talking about past and present actions and experiences?	easy?	difficult: userui: not userui: not userui: not interesting not
	listening to a talk and a description? talking about past and present actions and experiences? discussing advantages and disadvantages? carrying out a survey? giving opinions? presenting ideas and suggestions?	easy?	difficults userum not userum interesting not linear and interesting not lin
	listening to a talk and a description? talking about past and present actions and experiences? discussing advantages and disadvantages? carrying out a survey? giving opinions?	easy?	difficults useful not useful interesting not lifetime of the control of the contr
2.	listening to a talk and a description? talking about past and present actions and experiences? discussing advantages and disadvantages? carrying out a survey? giving opinions? presenting ideas and suggestions? writing an online guide, a book review and a formal report?		
2.	listening to a talk and a description? talking about past and present actions and experiences? discussing advantages and disadvantages? carrying out a survey? giving opinions? presenting ideas and suggestions? writing an online guide, a book review and a formal report? Was the reading in this module	easy?	
2.	listening to a talk and a description? talking about past and present actions and experiences? discussing advantages and disadvantages? carrying out a survey? giving opinions? presenting ideas and suggestions? writing an online guide, a book review and a formal report? Was the reading in this module easy? difficult? interesting? not interesting?		Was the vocabulary in this module easy? difficult? Are there any words or sounds that
2.	listening to a talk and a description? talking about past and present actions and experiences? discussing advantages and disadvantages? carrying out a survey? giving opinions? presenting ideas and suggestions? writing an online guide, a book review and a formal report? Was the reading in this module easy? difficult? interesting? not interesting? What was your favourite passage in		Was the vocabulary in this module easy? difficult?
	listening to a talk and a description? talking about past and present actions and experiences? discussing advantages and disadvantages? carrying out a survey? giving opinions? presenting ideas and suggestions? writing an online guide, a book review and a formal report? Was the reading in this module easy? difficult? interesting? not interesting? What was your favourite passage in this module?	5.	Was the vocabulary in this module easy? difficult? Are there any words or sounds that you have difficulty with?
2.	listening to a talk and a description? talking about past and present actions and experiences? discussing advantages and disadvantages? carrying out a survey? giving opinions? presenting ideas and suggestions? writing an online guide, a book review and a formal report? Was the reading in this module easy? difficult? interesting? not interesting? What was your favourite passage in this module? Was the listening in this module		Was the vocabulary in this module easy? difficult? Are there any words or sounds that you have difficulty with?
	listening to a talk and a description? talking about past and present actions and experiences? discussing advantages and disadvantages? carrying out a survey? giving opinions? presenting ideas and suggestions? writing an online guide, a book review and a formal report? Was the reading in this module easy? difficult? interesting? not interesting? What was your favourite passage in this module? Was the listening in this module easy? difficult?	5.	Was the vocabulary in this module easy? difficult? Are there any words or sounds that you have difficulty with?
	listening to a talk and a description? talking about past and present actions and experiences? discussing advantages and disadvantages? carrying out a survey? giving opinions? presenting ideas and suggestions? writing an online guide, a book review and a formal report? Was the reading in this module easy? difficult? interesting? not interesting? What was your favourite passage in this module? Was the listening in this module easy? difficult? interesting? not interesting?	5.	Was the vocabulary in this module easy? difficult? Are there any words or sounds that you have difficulty with?
	listening to a talk and a description? talking about past and present actions and experiences? discussing advantages and disadvantages? carrying out a survey? giving opinions? presenting ideas and suggestions? writing an online guide, a book review and a formal report? Was the reading in this module easy? difficult? interesting? not interesting? What was your favourite passage in this module? Was the listening in this module easy? difficult?	5.	Was the vocabulary in this module easy? difficult? Are there any words or sounds that you have difficulty with? Write your result from your Progres test
	listening to a talk and a description? talking about past and present actions and experiences? discussing advantages and disadvantages? carrying out a survey? giving opinions? presenting ideas and suggestions? writing an online guide, a book review and a formal report? Was the reading in this module easy? difficult? interesting? not interesting? What was your favourite passage in this module? Was the listening in this module easy? difficult? interesting? not interesting? What was your favourite passage in this module? What was your favourite passage in this module?	5.	Was the vocabulary in this module easy? difficult? Are there any words or sounds that you have difficulty with?
3.	listening to a talk and a description? talking about past and present actions and experiences? discussing advantages and disadvantages? carrying out a survey? giving opinions? presenting ideas and suggestions? writing an online guide, a book review and a formal report? Was the reading in this module easy? difficult? unteresting? not interesting? What was your favourite passage in this module? Was the listening in this module easy? difficult? interesting? not interesting? what was your favourite passage in this module?	5.	Was the vocabulary in this module easy? difficult? Are there any words or sounds that you have difficulty with?

4

MODULE 2: Free time

Computer Games



Reading



- 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?



any 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 tidle 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 25 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 30 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 35 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
- Muscle-wasting games

3	Ma	atch the sentence beginnings and	5 Choose	the most appropriate	
	en	dings. There are more endings		nts to complete the	
	th	an you need.	sentenc		
	а	Playing traditional computer		new game exercises	
		games can		e shoulders and upper arms	
	b	Players have to move their		ıly.	
		whole bodies to		e entire body.	
	C	Instead of using their thumbs		e legs and back.	
		and fingers, players		umbs and fingers.	
	d	People don't spend much	b The t	echnology will be used	
		time on traditional exercise		health professionals.	
		machines		doctors and nurses.	
		It takes only a few minutes to		anyone hoping to keep fit.	
		In racing games, you can		the parents of teenagers.	
		make cars go slower if you		e games make teenagers lazy,	
	4	la constanto de la cimala con la constanto de		rding to	
	1	have to use their shoulders and		enagers. alth professionals.	
	2	arms.		e parents of teenagers.	
	_	feel the effect of using the shoulder-high joystick.		achers.	
	3	use them in the gym.		designers think their system will	
	4	play games with the new joystick.		ell because	
	5	pull the joystick backwards.		s more fun to use than	
	6	make people idle and out of shape.		aditional gym equipment.	
	7	because they find them	2 no	ormal controllers aren't fun to	
		uninteresting.	us	e.	
	8	play cutting-edge racing games.	3 it	looks very attractive.	
74				ayers have to move their whole	
4	fre	nd the adjectives and adverbs om the text which are antonyms	bo	odies.	
		word or phrase which means the	6 Read th	e text again. Summarise each	
		pposite).		ph in one or two sentences.	
	- 1	p = 5.55).	P		
	а	interesting			
	b	slower			
	С	lower			
	al	C			
	d	forwards			
	0	anargatic			
	е	energetic			
	f	healthy	Over to yo	u	
	g slowly		7 Comput	tor games are detrimental to	
			Computer games are detrimental to children's social development. Do		
	h	tiny	you agree or disagree? Why or why not?		
	İ	modern			

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

<u>I'm having an interview at the University of</u> Kuwait next week.

a by bus/I travel there/on Monday

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?

b	at the interview/I/probably be/very nervous
С	at university/I/work really hard/when I'm
d	I expect/quite hard/the work/be
e	a doctor/I'm definitely/to be/leave university/when I

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

Hi Reem,

				ant + compater dam
(3)	res co Sa yo a b c	atch the sentences to their sponses in a telephone enversation between Reem and tra. There are more answers than to need. Hi Sara, thanks for your letter. Your holiday sounds fantastic. Send my regards to your family. Could you bring me some information about Edinburgh University? I hope you have a great trip.	d re N le	4) (work / operate). He was really isappointed, and (5) (returned / everted) it to the shop for a refund. low, he is (6) (drawing / writing) a etter to the company to complain. Correct the language mistakes in ach sentence. I brought two new pairs of jean's and neither of them fit.
	3 4 5 6	I will do and the same to yours. I can't wait to see you too. Thanks. I'll send you a postcard from Scotland. You're welcome. That sounds nice. I know, I can't wait! Sure, no problem.	b	Everybody says the PSP is fun, stylish and advanced and it is expensive.
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.		С	He's having an accident one of these days.
	а	Reading books makes me want to learn.		
	b	When consoles are improved we spend more to stay up-to-date.	d	In my new computer game, they're many different levels.
	С	We should take precautions when it is dangerous.		
			е	The graphics in the game I am playing were very advanced.
5	Choose the correct verbs.			
	las hir ga	y brother (1) (went / go) to the shops st week and (2) (brought / bought) mself a new computer game. The me (3) (saw / looked) really exciting, at when he tried to play it, it didn't		

Writing

1 Read the instructions.

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

1



2



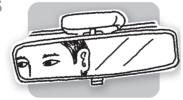
3



4



5



Α.

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.

В

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

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

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.

Ε

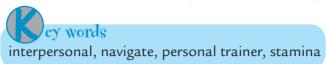
First, find the item you want to buy and add it to your *Shopping Basket*. Next, fill in an order form giving us your personal details and address for delivery. After that, add your credit card details and lastly, press the *Order Now* button.

2	Read the instructions again.
	 Underline all the instruction words. Find all the sequence words and phrases. Write them under these headings.
	To begin In the middle To end First then
3	Expand these instructions for a computer game using words from the box.
	before installing after that finally first of all make sure
	You have to install the game on your computer. The game is compatible with your computer system. Insert the disc into your CD / DVD drive. It should take a few minutes to load. Restart your computer. Now you are ready to play.
4	Write your own sets of instructions. Choose any three of the five types of instructions from exercise 1. Use sequence words and phrases at the beginning, in the middle and at the end.

5

MODULE 2: Free time

Sports Psychology



Reading



Read the text about types of racing. What are the differences and similarities between each type of racing?

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

10 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, 15 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,

20 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.

25 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.

in an	nd words with these meanings the text on page 34. Check your nswers in a dictionary or in the ossary.	b	Formula One drivers race at safe, slow speeds.
	Formula One		
а	travel over an area, especially with care or difficulty	С	Marathon runners aren't allowed any help from personal trainers.
b	extremely fast or rapid		
С	extremely brave		
d	having a strong desire to be more successful than others	d	Formula One drivers need good interpersonal skills to work with their large support teams.
	Marathon Racing		their large support teams.
е	deliberate exertion of control over one's impulses		
f	relating to the ability to communicate with other people	е	Formula One is extremely
g	a specialist who helps athletes reach their goals and stay fit		competitive.
h	someone who seeks acclaim and prestige	f	Marathon runners tend to be
İ	the ability to sustain physical or mental effort for long periods of time		modest and introverted.
	time		
sta	ead the article again. Are these atements True (T) or False (F)? stify your answers.	g	Formula One isn't dangerous because of all the safety
M litt	arathon Racing is named after a tle-known battle that happened in 90 BCE.		precautions. \square
	arathon racing is named after a famous battle at happened in 490 BCE.	Over	to you
а	Marathon runners receive more recognition than other athletes.	4 W an	Thich is more important to a athlete, natural ability or a etermination to succeed? Why?

Language practice

Read the answers and write the questions for them.



a	Who is Ahmed Ajab?
	Ahmed Ajab is a Kuwaiti football player.
b	
	There are eleven players in a football team.
С	People play tennis on a tennis court.
d	
	Boxers need to be very strong, tough and determined.
е	TI C . D . I
	The first Paralympics were in 1960.
f	You score in football by kicking the ball into the goal.
g	
	Swimmers wear goggles to protect their eyes.
h	
	A football match is 90 minutes long.
i	
	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





	а	Alwaysyour hardest, and most importantly,the game.
	b	Always with your team between games.
	С	andthem encouragement.
	d	if you win but don't the losing team.
	е	When playing basketball, alwaysthe ball. Never it.
		oose the correct compound noun d then use it in a sentence.
	wit	a piece of equipment to play hockey th: (hockey bat / hockey racket / ckey stick)
		a race between horses: (race urse / horse race / race horse)
	(ba	someone who plays baseball: aseball player / baseball man / seball athlete)

	this conversation by writing questions using What, Where, When, or by lestion tags.		
Caller:	I am looking at your brochure and I have some questions.		
Receptionist:	Sure, no problem.		
Caller:	(1)		
	The basketball practice is on Monday and Thursday at 4.00 p.m.		
Caller:	It costs KWD 5, (2)		
Receptionist:	No, it costs KWD 10.		
Caller:	Oh, that doesn't suit me. You have other activities on Tuesday and Friday (3)		
Receptionist:	Yes, we do. We have aerobics on Tuesday and badminton on Friday.		
Caller:	They don't sound too much fun. (4)		
Receptionist:	Well, (5)kind of activity are you interested in		
Caller:	Football's quite fun, (6)? You have football on Saturdays (7)?		
Receptionist:	Yes, we do.		
Caller:	(8)		
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>t</u>	<u>c</u>	<u>r</u>	i
<u>f</u>	P	<u>ball</u>	e
<u>b</u>	P	<u>b</u>	<u>sportsmanlike</u>
golf	<u>C</u>	<u>C</u>	i

3	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

Writing	c Where
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	d Who
Filling in Forms	
 (1) Answer all the questions. Don't (2) any empty 	
boxes. If you can't answer a question, (3) not applicable (N/A).	e Why
• (4) a black pen and	
(5)in capital letters (BLOCK CAPITALS).	
• Don't (6) words	
out.	3 Imagine you are the person being
 (7) words correctly. If you are not sure of the spelling, (8) in a dictionary. 	interviewed. Write responses to the questions you created for Exercise 2.
• (9)as honest as possible. (10)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	
b Which	

4 Complete the application form for a university summer school.

	SUMMER SCHOOL APPLE Please complete this form in BLOCK CAPITALS a International Summer School for English, PO Bo	and return to	
	□ English Language - Intermediate SECTION 2 - PERSONAL DETAILS Surname First name(s) Address Postcode	□ English Language - Ac □ British life and culture	·
	Telephone (include international dialling code) Email Date of birth	(MM) you want us to be aware	(YYYY)
	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 madditional section for the Summer School Appwith a partner and ask them to complete it. SECTION 3 -		Vrite an ge your form

MODULE 2: Free time Nature



call, genus, pesticide, poacher, underpart, widespread

Reading

Read the profiles of three wild animals which are in danger. What are the danger for each animal?
Lesser kestrel
Siberian tiger
Ostrich

LESSER KESTRELS

are small birds of prev with a brown back and grey underparts. They are mostly

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 35 in length. Their body the common kestrel, and they have their own '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

many are bred in farms as there are very 30 few in the wild. The Siberian tiger

to 60 kph to escape predators!

Ostriches are in danger from people

hunting for their feathers and eggs. Now

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

is orange and white

with black or grey stripes. Siberian tigers are in danger because their forests are disappearing. People are building roads 40 through their forests and cutting down trees. These handsome animals are also

threatened by poachers and forest fires.

Factfile

Common name: Siberian tiger

Population: 360 – 400

Habitat: forest areas in Russia, China

and North Korea

Factfile

pesticides.

Common name: Lesser kestrel

Population: 150,000

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

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



1	th	nd words with these meanings in e text. Check your answers in a ctionary or in the glossary.		re the following statements True (T) r False (F)? Justify your answers. The Lesser kestrel population is
		sser kestrel		only about 70% of the size it was a decade ago.
	_	d that hunts and kills other birds <u>bird</u> <u>prey</u>	b	The Lesser kestrel is vulnerable
	а	the underside of an animal's body	U	because it is so widespread.
l	b	the distance from the tip of one wing to the tip of the other	С	The ostrich is the fastest creature on land.
	С	become smaller, fewer or less	d	Farms are helping to maintain the ostrich population.
-	Th	e Siberian tiger		
	d	long, narrow lines of colour	е	The biggest threat to the Siberian tiger is poaching.
	е	the adjective which means attractive	6 C	h 4b 4
1	f	people who hunt animals against the law (without permission)		hoose the most appropriate ratements to complete the sentences. 'Chay-chay-chay' is
(Os	striches		1 the call made by all kestrels.2 a sound that attracts birds.
	g	one of the soft, light things that covers a bird's body		3 the sound made by Lesser kestrels.4 another name for the Lesser
١	h	other animals that try to eat them	b	kestrel. Pesticides
i	İ	to get away from a place or a dangerous situation		 protect plants but can harm animals. destroy plants but aid animals.
		ead and answer the following destions.		3 destroy the pests that live on animals.
	:	Which animal's population has steadily decreased in the last decade?	С	 4 feed plants and animals. The ostrich population is 1 100 times larger than the Siberian tiger population. 2 100 times larger than the Lesser
-	b \	Which animal migrates in the winter months?		kestrel population. 3 1000 times larger than the Siberian tiger population. 4 1000 times larger than the Lesser kestrel population.
		Which two animals' habitats are under threat?	Ove	r to you
-		Which animal is bred on farms?	6 SI	hould human development be more nportant 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

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.

Countable nouns	
fox	
Uncountable noun	s
heat	

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



(1) (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/-) longline 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.

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*).
- 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.
- **b** The parrot is a bird with coloured feathers.
- c The penguin is a seabird with upper parts and underparts.
 -
- **d** Many animals are threatened by hunting and habitat destruction.
 - Pandas are often known as the 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.
 - Some / protection / governments/ give / by / animals
 - b charities / attempt / protect / animals
 - -----
 - c I / raise / money / save / tiger
 - **d** many species / extinct / human actions



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

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

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 foo.

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

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

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

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.

Progress Test 2

Reading

1 Re	ad the text about collecting and answer the questions.
а	How many different kinds of collecting does the writer mention?

,

b What do you need plenty of if you want to collect old cars?

c Why is fossil collecting unique? _____

Collecting

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.

10 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 20 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
	An activity done regularly for enjoyment, rather than work	
	Particularly remarkable or uncommon	
	Worth a lot of money	
	Done or enjoyed by many people	

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.

using your own words.
Paragraph 1:
Paragraph 2:
Paragraph 3:

a Could you pass me two breads, _anguage practice please? 1 Complete the sentences with the correct future verb. **b** I was so thirsty that I drank two I predict that it <u>will rain</u> at glasses of water. the weekend. (will rain / is raining) a What do when you leave school? (will you / are you going c Have we got enough foods for the **b** I hope we again weekend? soon. (will meet / are meeting) c I'm sure they their relatives this afternoon. (will visit / are visiting) **d** Could you tell me where you put all **d** I better in the next those meats? maths test. (will do / am going to do) e I expect youthe film. It's brilliant. (will enjoy / are e There aren't much pens. enjoying) She says she harder next year. (is going to work / is working) **f** I did so many shopping this Choose the correct words or afternoon. phrases. How (many) / much) coins have you got in your collection? 4 Complete the sentences with the a I'm taking (a few / a little) CDs with me on holiday. **b** I haven't got (many / much) money I can't afford to ____buy___ a new in my pocket. CD this week. (buy / spend / cost) I just need (a few / a little) time to a I really like your T-shirt. How much get ready. did it? (pay / cost / spend) **d** Would you like (*some / a*) water? How much do youa month on clothes? (buy / spend/ e We've got (some / a little) juice, but save) we haven't got (a little / any) glasses. c I can't afford to go out. I'm Is there (many / much) left to do for a new computer game. after we finish our research?

(buying / earning / saving up)

d It's only a part-time job, but I

earn)

.....£50 a week. (pay / spend /

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

48

3 Rewrite the incorrect phrases.

milk / some milk

I'd like two milks, please. two bottles of

5 Choose the correct word for the definition.	i an extraordinary event1 routine2 phenomenon		
a an animal that only eats plants1 fauna2 herbivore3 vegetarian	j coming from another country 1 exotic 2 popular		
b an outgoing personality1 aggressive2 extrovert3 positive	3 native Complete the missing parts of the dialogue using words from the list. There are more words than you		
 c (of an animal) not dangerous and able to be kept as a pet 1 tame 2 timid 3 trained 	spectator self-discipline member exclusive environment champion rival Paralympics		
d a good quality 1 flaw 2 virtue 3 habit	Ayman: Have you heard about the? It's an international competition for athletes with a physical disability. Sami: Yes, I know about it.		
 the state of being very interested in and determined to do something 1 anxiety 2 motivation 3 regret 	My cousin was last year's in the gymnastics contest. Ayman: Really? Well, that's amazing! I am really impressed by the athletes' motivation and		
f not friendly 1 hostile 2 compassionate 3 psychological	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.		
g related to horses 1 feline 2 equestrian 3 canine	Sami: No, it's not. The national TV station has		
 h ambitious and determined to win 1 passive 2 hopeless 3 competitive 	following from their homes.		





1 Describe a visit you have made to an interesting place.

Before writing, map out your ideas using a graphic organiser. Include the following:
information about the place

- personal details about your visit why it was so interesting

 instructions for people who might want to visit this place

	-	_	
	1		5
		_	- [
			ñ
			\Box
		٦	5
			5
			Z
C			

а								
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	1 - 1 - 4 4 4	C4 J -	42- D1-					
1.	Look at the outcomes on page 33 of the	Stude easy?	ent's Book. difficult? useful? not useful? interesting? not interesting?					
	How did you find: reading and talking about the future?	easy.	Giller Recent					
	making predictions?							
	discussing effects and levels of importance?							
	giving reasons for preferences?							
	listening to and giving advice?							
	persuading through a talk? writing instructions and a proposal to receive							
	funds?							
	filling out an application form?							
2.		5.	Was the vocabulary in this module					
2.	Was the reading in this module	5.	Was the vocabulary in this module					
2.	Was the reading in this module easy? difficult?	5.	easy? difficult?					
2.	Was the reading in this module easy? difficult? not interesting?	5.	easy? difficult? Are there any words or sounds that yo					
2.	Was the reading in this module easy? difficult? not interesting? what was your favourite passage in this	5.	easy? difficult? Are there any words or sounds that yo have difficulty with?					
	Was the reading in this module easy? difficult? uniteresting? not interesting? What was your favourite passage in this module?		easy? difficult? Are there any words or sounds that yo have difficulty with?					
2.	Was the reading in this module easy? difficult? interesting? not interesting? What was your favourite passage in this module? Was the listening in this module	5.	easy? difficult? Are there any words or sounds that yo have difficulty with?					
	Was the reading in this module easy? difficult? interesting? not interesting? What was your favourite passage in this module? Was the listening in this module easy? difficult?		easy? difficult? Are there any words or sounds that yo have difficulty with?					
	Was the reading in this module easy? difficult? interesting? not interesting? What was your favourite passage in this module? Was the listening in this module easy? difficult? interesting? not interesting?		easy? difficult? Are there any words or sounds that yo have difficulty with?					
	Was the reading in this module easy? difficult? interesting? not interesting? What was your favourite passage in this module? Was the listening in this module easy? difficult? interesting? not interesting? What was your favourite passage in this		easy? difficult? Are there any words or sounds that yo have difficulty with?					
3.	Was the reading in this module easy? difficult? interesting? not interesting? What was your favourite passage in this module? Was the listening in this module easy? difficult? interesting? not interesting? What was your favourite passage in this module?		easy? difficult? Are there any words or sounds that yo have difficulty with?					
3.	Was the reading in this module easy? difficult? interesting? not interesting? What was your favourite passage in this module? Was the listening in this module easy? difficult? interesting? not interesting? What was your favourite passage in this module?		easy? difficult? Are there any words or sounds that have difficulty with?					
	Was the reading in this module easy? difficult? interesting? not interesting? What was your favourite passage in this module? Was the listening in this module easy? difficult? interesting? not interesting? What was your favourite passage in this		easy? difficult? Are there any words or sounds that yo have difficulty with? Write your result from your Progress t					
3.	Was the reading in this module easy? difficult? interesting? not interesting? What was your favourite passage in this module? Was the listening in this module easy? difficult? interesting? not interesting? What was your favourite passage in this module? Was the writing in this module		easy? difficult? Are there any words or sounds that yo have difficulty with?					

Literature Time!

hree Men in a Boat	Episode Two
Read the title. What do you expect the story will be about?	Put these events in the order in which they happened: a George went to work. b A taxi took Harris and the writer to the station. c The writer woke up. d The two men reached Kingston. e George read the newspaper. f George woke up.
Episode One	Episode Three
How does the story start? What is the initial incident?	In what order did the friends visit these places? a Bell Weir Lock b Magna Carta Island c Marlow d Monkey Island e Penton Hook
	Are these statements True (T) or False (F)? Justify your answers. a George was irritated by the
	lock-keeper.
2 Who did these things?	b Harris was upset by the hole in the field.
 a made the men's supper b wrote the first list of things they needed 	c The writer was annoyed by the potatoes.
c packed the suitcase d packed the food bags	d Harris was angry with the banjo.
e said he would wake the others up	e The writer was furious with Montmorency for barking late at night.

Episode Five	Who tells the story? What point of view is used: first person or
Write a short paragraph about which parts of the trip the friends enjoyed, giving reasons.	of view is used: first person or omniscient?
a the journey from Clifton to Culhamb the journey from Culham to Iffleyc getting the boat into Oxford	
d the stay in Oxforde the journey to Day's Lockf the final day's journeys	
	4 Is this story realistic or true to life? Explain your answers by giving examples.
	5 What is the general theme of the
	story? What is the underlying theme?
Short story analysis	
1 Is there a single main character	
around whom the story centres?	
9 wd	
What sort of conflict confronts the characters: external or internal?	

Self-assessment answer key

Module 1: page 7, exercise 4

- a baked
- **b** steam
- c grill
- d boiling
- e frying

Module 1: page 12, exercise 3

- a has played ... for
- b have been ... for
- c has written ... for
- d has read ... since
- e has visited ... since

Module 2: page 30, exercise 2

- 2 are flying
- 3 are staying are going to spend
- 5 am going to buy
- 6 is going to take
- 7 will see
- 8 are travelling
- 9 are going to see
- 10 will have
- 11 are going to have
- 12 will send
- 13 will phone

Module 2: page 36, exercise 1

- b How many players are there in a football team?
- c Where do people play tennis?
- d What do boxers need to be?
- e When were the first Paralympics?
- f How do you score in football?
- g Why do swimmers wear goggles?
- h How long is a football match?
- i What is your favourite sport?

Module 2: page 43, exercise 4

- a proud
- **b** stubborn
- c shy
- d fierce

OVER TO YOU Grade 10 is a part of the English for Kuwait series, a carefully graded course in English specifically written and designed for the Kuwait school system for primary, intermediate and secondary grades.

OVER TO YOU teaches English through cross-curricular topics, using prose, stories, listening tasks, games, puzzles and other varied activities.

OVER TO YOU encourages learners to practise communicating with English at every available opportunity.

OVER TO YOU adopts an integrated approach to language teaching.

OVER TO YOU follows the Kuwait Ministry of Education syllabus.

At each level, the course consists of:

- a Student's Book which presents new language for class activities, including pair and group work,
- a Workbook which utilises a variety of activities to practise the language presented in the Student's Book,
- the Teacher's Guide with clear, step-by-step lesson plans, as well as a full explanation of the teaching methodology,
- the CD with all the listening activities.











الكتاب كاملاً