

ОГЛАВЛЕНИЕ

Unit 1. Harmony with Yourself

Step 2 ex 1		Step 5 ex 1	
Step 2 ex 3	step 11 ex 1	Step 5 ex 3	Step 7 ex 7
Step 2 ex 6	Step 11 ex 3	Step 5 ex 6	Step 8 ex 1
Step 2 ex 7	Step 11 ex 7	Step 5 ex 7	Step 8 ex 6
Step 3 ex 1	Step 12 ex 1	Step 6 ex 1	Step 5 ex 1
Step 3 ex 4	Step 12 ex 2	Step 6 ex 7	Step 9 ex 2
Step 3 ex 6	Step 12 ex 3	Step 7 <u>ex</u> 1	Step 9 <u>ex</u> 3
Step 3 ex 7	Step 12 ex 4	Step 7 ex 2	Phrasal verbs
Step 4 ex 1	Step 12 ex 5	Step 7 ex 4	Step 9 ex 6
Step 4 ex 5		Step 7 ex 5	Step 9 ex 7
Step 4 ex 7		Step 7 ex 6	<u>Step</u> 10 ex 1
Step 5 ex 1			Step 10 ex 4
			Step 10 ex 7

Step 2 ex 1

Listen to what Denis says about his friends, (2), and match their names with their qualities.



1) Anthony



2) Michael



3) Norma



4) Lydia

**easy-going and
reliable**

**talanted and
mature**

**cheerful but
stubborn**

**hard-working
and ambitious**





Ex 3 step 2

Complete the text choosing the appropriate words.

When I was four months old, my mother died suddenly and my father was left to look (1)

me all by (2) I had no brothers or sisters with whom I could play (3)

my father (4) While I was still a baby, me and fed me and (5) all the millions of other things a mother normally does for her child.

1	after	for	through	at
2	his	him	himself	he
3	together	out	with	too
4	cleared	cleaned	washed	did
5	used	produced	made	did



Complete the text choosing the appropriate words

But my father didn't mind. He was without any doubt the most (6) father any boy ever had. Some people thought he was a serious man. But he wasn't. He was full of fun, very cheerful and (7) as he always (8) to do what he had promised to.

Ex 3 step 2

6

stubborn

wonderful

ambitious

big-headed

7

reliable

quick-tempe
red

easy-going

greedy

8

could

was able

managed to

could not



Ex 6 step 2

Complete the sentences. Use the prepositions from the box where necessary.

- 1) Who could solve mysteries better than Sherlock Holmes?
- 2) Out of the blue he appeared in our flat.
- 3) To what extent can we believe him?
- 4) The brothers had a lot in common.
- 5) Do you admit everything?
- 6) I can't say I'm familiar with the latest discoveries in this field.
- 7) I appreciate the help you have given me.
- 8) His poems are familiar to many young people.
- 9) Many of us are familiar with his poems.
- 10) I know I can solve this mystery myself.
- 11) He demonstrated his familiarity with a lot of subjects.
- 12) Out of the blue he began to speak.

-

-

-

-

out

in

to

to

with

with

with

of



Complete the sentences using the verbs in brackets in present simple or present progressive.

Ex 7 step 2

- 1) Grandma is in the kitchen. She . She always in the morning.
- 2) Where is Dad? — He in the living room. He
- 3) Ice in a warm climate.
- 4) I usually don't sweet things. But today is my birthday and I some birthday cake as you see.
- 5) Where does Mr Ross ? — I don't . I think he lives at 20 Oxford Street.
- 6) Be quiet. I am thinking.



						eat	am eating
1	is cooking	cooks	4	is eating	eats		
2	is watching	watches	5	leave	is leaving		
3	is melting	melts	6	know	is knowing		
				think	is thinking		

A small icon of a play button, located at the bottom left of the page.



Complete the sentences using the verbs in brackets in present simple or present progressive

Ex 7 step 2

- 7) Could you speak louder? I
to you but hear nothing.
- 8) When Bob? — I
him at noon.
- 9) Let's go out. It is any more.
- 10) What ? — He a shower



listen

am listening

is listening



do you meet

are you meeting

meet

am meeting



does not rain

is not raining



Is Bob doing

does Bob do

Is having

has



1

Listen to the interview with Taylor Swift, a young singer and a role model, (4), and complete the following sentences choosing the appropriate items.



1) Taylor has a lot of admirers

friends

relatives

admires

2) Taylor doesn't like to show that she's unhappy in public.

**doesn't like to show
that she's unhappy**

**often shows that she's
unhappy**

never feels unhappy

Step 3 ex 1



1

Listen to the interview with Taylor Swift, a young singer and a role model, (4), and complete the following sentences choosing the appropriate items.



3) Taylor thinks it's important to have friends whom she can trust

to have a lot of friends

to have a lot of girlfriends

to have friends whom she can trust

4) Taylor's friends are people of different occupations

actors

mostly from entertainment industry

people of different occupations



1

Listen to the interview with Taylor Swift, a young singer and a role model, (4), and complete the following sentences choosing the appropriate items.



5) Some of Taylor's former relationships didn't develop successfully

didn't develop successfully

made her very happy

are hard to remember

6) Taylor's songs help her to forget sad things that happened

always sound sad

help her to forget sad things that happened

are not always sad



Match words with their synonyms

Ex 4 step 3

zero

for
example

a lot of
times

to think

a thin boy

to make somebody do
something

to suppose

to get somebody to do
something

a skinny boy

nil

bunch of times

for instance



6

Ex 6 step 3

Say which of the following facts are true, false or not mentioned in the text.

- 1) Mia thinks that it is important for a teenager girl to have a boyfriend True False NS
- 2) Lilly is Mia's best friend. True False NS
- 3) Mia had always wanted Kenny to be her boyfriend. True False NS
- 4) Mia enjoys all science fiction books. True False NS
- 5) Mia is not really in love with Kenny. True False NS
- 6) Mia doesn't intend to tell Kenny about her feelings. True False NS
- 7) Kenny is serious about their relations. True False NS
- 8) Mia is quite confused about how to behave in this situation. True False NS



7

Decide what the following words and word combinations from the text mean.

Ex 7 step 3

choosey

**careful in
choosing**

careless in choosing

**choosing things
easily**

romance

a love song

**a poem
about love**

**a story
about love**

**It's about
the time**

**to talk about some
period of time**

**to think that time to do
something has come**

**to dream
about the
future**



7

Decide what the following words and word combinations from the text mean.

**to figure
out**

**to make a
decision**

to make a plan

**to consider or
believe**

ills

a love song

**a poem
about love**

**a story
about love**

actually

really

probably

importantly



life mate

**a life-long
friend or
partner**

**a living
friend or
partner**

**a friend who
lives next
door**



1 You will hear six people speaking (1—6),  (5). Match what they say with the statements (a—g). There is one statement you don't have to use. 





The speaker says you should be helpful.

The speaker says you should not be artificial¹.

The speaker says you should be honest.

The speaker says you should sometimes be alone.



1 You will hear six people speaking (1—6),  (5). Match what they say with the statements (a—g). There is one statement you don't have to use. 



The speaker says you should be open-minded.

Step 4 ex 1

The speaker says you should be loving.

The speaker says you should be strong.



Divide adjectives into 3 categories

Adjectives describing
a person's character

round

turned
up

scruffy

lovely

ugly

shapely

straight

modest

tall

woman
ly

Adjectives describing
a person's
appearance

oval

stubborn

curly

straight

poor

manly

fashionable

healthy

ambitious

choosy

reliable

dark

pretty

Adjective
s
describin
g other
qualities

thin

strong

skinny

talkative

good-lo
oking

comm
on

precious

Step 4 ex 5



7

Use the appropriate forms of the verbs in brackets (*present simple* or *present progressive*) to complete the sentences.

Fred constantly (come) to school unprepared for his classes.

is constantly comes

is constantly come

is constantly coming

Bob always (drive) carefully.

is driving

drives

drive

We hear Lucy (to get) married

is getting

gets

get



7

Use the appropriate forms of the verbs in brackets (*present simple* or *present progressive*) to complete the sentences.

**I forget that Aunt (to arrive)
on Wednesday.**

arrives

arrive

is arriving

**David's wife and his sister
constantly (to buy) expensive
clothes.**

are constantly buying

buys

buy

**We are told they(to go) to the
Crimea for the summer**

are going

go

goes



7

Use the appropriate forms of the verbs in brackets (*present simple* or *present progressive*) to complete the sentences.

I often see Philip in the library these days. – Yes, he is preparing for his spring exams

is constantly comes

is constantly come

is constantly coming

Joanna Rowling Is Joanna Rowling writing a new Harry Potter book?

is driving

drives

drive

My uncle says they are building a new garage

is getting

gets

get



7

Use the appropriate forms of the verbs in brackets (*present simple* or *present progressive*) to complete the sentences.

**My uncle says they (to build)
a new garage**

is building

build

builds

are building

Well done



1 Listen to the descriptions of six people, (7), and say who is who in the picture.



1.

2.

3.

4.

5.

6.

Jimmy

Fiona

Alice

Alan

Tina

Brian



Complete the sentences. Use new words and word combinations

Step 5 ex 3

- 1) When Paul's team lost the final, they felt**
- 2) When Harry asked Rose to be his wife, it was the happiest moment of her life and she was**
- 3) When my brother understood he was also going on a trip, he felt**
- 4) When Barbara heard the happy news, she felt.**

resentful

over the
moon

content

in high
spirits

disappointe
d

in a black
mood

In low
spirits

in high
spirits



Complete the sentences. Use new words and word combinations

5) When the scientist understood that his experiment was not a success, he became

6) Andrew was not allowed to work on the PC and he was

7) Greg was made to wash up and he was

8) When Sally saw herself on the TV screen, she was

in high
spirits

over the
moon

resentful

content

disappointe
d

in a black
mood

In low
spirits

in high
spirits



Step 5 ex 6

Dear Ralph,

I (to write) _____ to you to inform you about one of the
happiest moments in the life of my family. My cousin Jenny
(to fly) _____ to Paris tomorrow morning. (want)
to know what she is going to do there? You will never guess.
Jenny's wedding (to come) _____ on Saturday .
She (marry) _____ a Frenchman. His name is
Pierre. He (to come) _____ from Paris and (to work)
in a construction industry. He (to do) _____ very well.
Unfortunately I can't fly to Paris. I (to finish)
the project as you (to know)



Next Thursday is the deadline and I (to have) so
many things to do. Naturally Jenny is disappointed. "You
always (to finish) your projects at the
wrong moment," she (to say) to me. She is
probably right. But I'm sure she'll forgive me. What is your
news? Write, please.
Best wishes,
Don



1) At 7 o'clock yesterday evening Ralph (to drive) to the city centre.

was driving

is driving

drove

drives

2) Jane (to do) her homework when the telephone rang.

was doing

is doing

do

does

3) I entered the living room and saw Peter who (to sleep) on the sofa.

was sleeping

is sleeping

sleep

sleeps

4) When Jane came home, her little brother (to play) with his favorite toy plane

was playing

is playing

play

plays

5) While Ann (to do) the flat, her sister was cooking dinner.

was doing

do

is doing

does



6) It was snowing when they (to leave) the house.

leave

left

are leaving

leaves

7) Mum (to cross) the street when Dad drove up to the gate.

is crossing

cross

was crossing

crosses

8) My granny(to wash up) while I (to cut) the vegetables for salad.

is washing
up/ is
cutting

was
washing up/
was cutting

Wash up/cut

Washes
up/cuts

9) When John (to arrive), we (to have) breakfast

is
arriving/are
having

was
arriving/were
having

arrived/had

arrived/were
having

arrive/have



9) I (to try) to phone you yesterday afternoon. — Sorry, Bob, I (not to be) at home. I (to help) Sarah to prepare her presentation.

was trying/was not/
was helping

is trying/is not/ is
helping

tried/was not/
helped



Step 6

DO IT TOGETHER

NEF

1 Listen to what Judy says about the problem she is facing, (9), and decide which of the facts (1—6) are true, false or not stated.

1) Alice is Judy's BFF.

True

False

NS

2) Alice used to like very fashionable clothes.

True

False

NS

3) Alice has got three new friends after her stay in the summer camp

True

False

4) Judy tries to analyze her feeling of disharmony

True

False

NS

5) Judy is uncertain what to do about the unpleasant situation she is facing.

True

False

NS

NS

6) Judy is going to make new friends

True

False

NS



9) I (to try) to phone you yesterday afternoon. — Sorry, Bob, I (not to be) at home. I (to help) Sarah to prepare her presentation.

was trying/was not/
was helping

is trying/is not/ is
helping

tried/was not/
helped

Step 6 ex 7



Complete the sentences (1–7) with the appropriate words and word combinations (a–g).

1) That healthy baby had

2) Out of the blue appeared in the window.

3) They came back home.

4) I think it is to spend a lot of time looking at yourself in the mirror.

5) for my grandchildren.

6) The old castle was clearly seen

7) The mechanic tried to help us with the car, but :it never started.

a pale
face

at
twilight

vain

In the
twilight

plump rosy cheeks

In vain

I knitted warm socks



Complete the sentences after the text .

1) At the moment described in the text it was not very light in the room

the sun was shining brightly

the room was filled with bright light

it was not very light in the room

2) The room where the sisters were sitting was simple but nice

was richly decorated

was cheerfully decorated

was not a nice place to live

was simple but nice

3) Margaret was fairly proud of her hair

her hair

her sweet mouth

the fact that she was pretty

the fact that she was the eldest of the four



Complete the sentences after the text .

4) Jo, the second sister, was not a real beauty

not a real beauty

very lovely

**extremely
good-looking**

extremely good-looking

**5) Beth, the third sister, didn't feel comfortable in a
company of strangers**

**didn't feel
comfortable in a
company of
strangers**

was very sociable

**was in low spirits
most of the time**

**was in low spirits
most of the time**



Complete the sentences after the text .

6) Amy, the youngest sister, followed the rules of social behaviour

**was the head of
the family**

**followed the rules of
social behaviour**

wasn't easy-going

**wasn't
self-confident**



Choose the appropriate verb forms to complete the sentences

1) Your brother (to be) very annoying at the party. He is usually quite different.

was

was being

2) Mr Potter (to sit) on a bench for half an hour and then began reading a newspaper

sat

was sitting

3) Mr Potter (to sit) on the bench. It was so quiet and peaceful around.

was sitting

sat



Choose the appropriate verb forms to complete the sentences

4) I (to wait) for Ann for an hour and a half and then left. It was useless to wait longer.

waited

was waiting

5) We (to walk) walking all day

were walking

walked

was walking

6) We (to walk) for ten minutes and then saw a palace

were walking

walked

was walking



Choose the appropriate verb forms to complete the sentences

7) Whenever I met Tom he (to talk) constantly about his new BFF

talked

was talking

8) I couldn't understand why George (to be) so rude to us then. He is generally so good-natured

was

was being



Choose the appropriate verb forms to complete the sentences

9) Nobody could recognize Polly. She (to be) so nice and polite trying to entertain the guests

was

was being

10) Jane caught a bad cold last weekend


was catching

caught

Well done



1

A. Listen,  (11), and match the names of the speakers (1—6) with their statements (a—g). There is one statement you don't have to use.



Sam



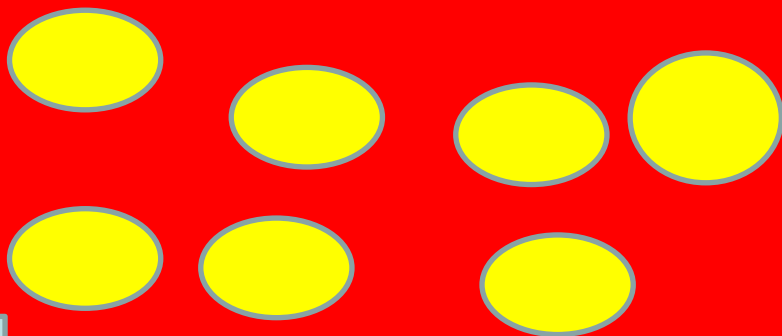
Alex



Eliza



Viola



Step 7 ex 1



Harry



Read the text and fill in the blanks

Hobbies become a necessary part of life for a lot of people. They (1) and are a means of self-expression, helping us (2) to live in harmony with ourselves. Hobbies can possibly be divided into several categories. There are, for instance, hobbies (3) . These may be gardening, house decorating, making clothes, keeping bees, cooking and others. The second category of hobbies includes (4) — stamps, picture postcards, matchbox labels, badges, model cars or ships, coins etc.

give us a change from the daily routine

to live

which most people consider useful

those connected with collecting objects of interest



Read the text and fill in the blanks

A large number of people choose hobbies that have something to do with the natural world. They keep birds like budgies or canaries and also dogs, cats, goldfish or exotic animals like snakes, iguanas and spiders. Nature lovers (5) of various types from common violets to rare kinds of cactuses. Collectors and nature lovers are one large world brotherhood with their own magazines and international friendships. Anyhow, we have to admit that such hobbies take up a lot of time, money and space.

grow house plants of various types



Read the text and fill in the blanks

One more category of people are those who enjoy the arts: those who go in for singing, competitive dancing, playing on the stage, music-making, drawing and painting. Photography has become very popular as well. Most of these pastimes give (6)

Finally, there are hobbies which are good for keeping fit and broadening one's knowledge and mind: they are occupations like travelling, camping, rock-climbing, doing sport and playing different games. These hobbies are good for meeting people and sharing fun with them.

people a chance to get together socially.



4

Match the words from the box (1—9) with the rows of words that can come together with them (a—i). Follow the example.

Example: 1) furniture — c) (old furniture, house furniture, office furniture, comfortable furniture, modern furniture).

pale.

sharp.

twilight.

plump.

shy.

furniture.

crackle.

vain.

mirror.

- a) old, house, office, comfortable, modern
- b) person, words, look, behaviour, smile
- c) tongue, eyes, rise, pain, turn
- d) dry leaves, wood, radio, thunder, atmosphere
- e) hope, regrets¹, person, behaviour, speech
- f) sky, face, blue, pink, grey
- g) to fall, to deepen, to gather, to begin, to turn into night
- h) baby, hands, cheeks, body, figure
- i) round, square, oval, bathroom, old-fashioned



B. Complete these sentences with the compound adjectives from part A.

1) The news about their father's death was

2) Students from Oxford and Cambridge are usually knowledgeable and

3) Elderly people are often

Step 7 ex 5

absent-minded.

Well-educated.

heartbreaking.



B. Complete these sentences with the compound adjectives from part A.

4) The lady was wearing a strange **hat** with a lot of paper flowers.

5) Holland is a **country**, most of its territory is below sea level.

6) The **cake** was very tasty.

7) John has a **money**, he doesn't earn much money.

home-made.

old-fashioned.

low-lying.

low-paid.



B. Complete these sentences with the compound adjectives from part A.

**8) Computer industry is a
industry in our country.**

9) Alice is such an _____ person.

**She is usually relaxed, calm and not getting easily
upset.**

10) The British is a _____ nation.

fast-developing

easy-going.

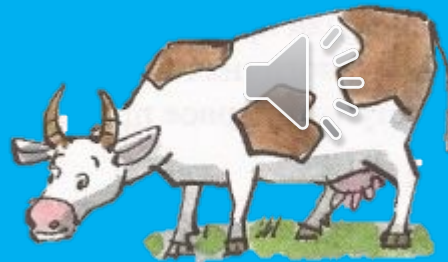
low-lying.

sea-loving.



6

A. Match the animals with the sounds they produce.



Step 6 ex 5

buzz

moo

cuckoo

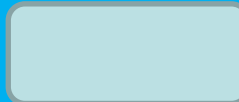
mew

quack

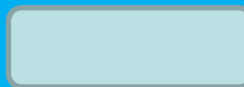
cock a
doodle doo

mew

cluck



Wordwall



**Use the appropriate forms of the verbs in brackets
(present simple or future simple) to complete the
sentences**

1) I don't know if I (see)

you next Sunday. I think I (be) out of town.

**2) I (stop) and (ask) the way. I am not sure
we are walking in the right direction.**

**3) If the situation (change), we (lose)
the game.**

**4) If John (arrive) on time, we (not miss)
the 5 o'clock bus.**



**Use the appropriate forms of the verbs in brackets
(present simple or future simple) to complete the
sentences**

5) They don't know when Mr Green (return)

Step 7 ex 7

6) If it (rain) , I (not allow)

Jack to go for a walk

7) I don't think we (go out) if it (snow).

8) Who (speak) to Mr Biggs when he (come) ?



Step 8

DO IT TOGETHER



NEF

- 1** Listen to the text, (12), and say which of the facts below (1—7) are true, false or not stated.

True

False

NS

1) All people react to colours in practically the same way.

2) Most people don't like bright colours.

True

False

NS

3) Scientists will soon find the answer to the question why different people prefer various colours.

True

False

NS

4) Preferences in colours depend on a person's age.

True

False

NS

5) People living in northern countries like cold colours.

True

False

NS

6) Our feelings may depend upon the colours that surround us.

True

False

NS

7) Varieties of red can make people feel more comfortable than varieties of green.

True

False

NS



Read the text and choose the right option

Sallie McBride helped me to choose the furniture for my room. She has lived in a (1)

house

home

building

place

all her life and knows all about furnishing. You can't imagine what fun it is to shop and (2)

pay

payed

payment

paying

with real fifty-dollar notes when you've never had more than (3) cents in your life.

few

a few

any

none

Some words about Sallie and Julia Pendleton who are roommates and live on the same floor as I do



Read the text and choose the right option

Sallie is the most (4) person in the world — and Julia the least so.

entertain

entertaining

entertain

entertainment

Sally thinks (5) is funny

something

anything

nothing

everything

and Julia is (6) at all the things

bore

boredom

bored

boring

She never even tries to be (7) friendly

friendship

friend

friendly

friends



Read the text and choose the right option

She believes that if you are a Pendleton, that fact alone (8)

allows

lets

permits

leads

you go to heaven without any (9)

examination

farther

farthest

further

furthest



Use the new words and expressions instead of the underlined parts of the sentences and say the same differently.

Step 8 ex 6

- 1) Good planning is a way to success.
- 2) The money he got allowed him to live quite comfortably.
- 3) The bag was heavy and Jerry lifted it with a lot of difficulty.
a key
- 4) They worked very hard and managed to complete the work in just one day.
raised
- 5) This student is not likely to make grammar mistakes in his English.

**an income he
had**

does not tend

**a single
day**



Use the new words and expressions instead of the underlined parts of the sentences and say the same differently.

6) She teaches a lot of classes and doesn't have time for her own study.

7) My father can answer my questions better than anyone else.

8) The article says that the film festival has been a great success.

9) We didn't ask for much: just the most basic things.

10) Older people will be able to appreciate a quiet and comfortable holiday

is capable to

research

Senior
citizens

the bare
necessities

According
to the article



Choose the right variant.

Step 8 ex 7

1) I (take) an umbrella if it rains.

would
take

will
take

2) Dear John, I'm writing to tell you I (be) in Liverpool next Thursday.

would be

will be

3) I thought you (be) happy if I gave you this ring as a gift.

would
be

will be

4) Do you think it will snow tomorrow?

will
snow

would
snow

5) They promised they (send) me an e-mail when they arrived.

will
send

would
send



Choose the right variant.

6) We're lost. I (stop) and ask the way

would
stop

will
stop

7) I would like you to repeat your reasons, perhaps he (understand you)

would
understand

will
understand

8) I thought you (visit) your granny tomorrow.

would
visit

will
visit

9) We were sure he (win).

will
win

would
win

10) I hope my parents (give) me a new iPad as a birthday present.

would
give

will
give



Match words and their synonyms.

believe		

recently
born

think to be
true

figure

joy

commonly

capital

sufficient

young

delighted

wealthy

general

to add

satisfactory

Step 9 ex2



Be Happy

How much do we know about happiness? What does a human need to be happy? Everyone answers this question in their own way but there also exists some objective data.

A lot of people are sure that wealth is an important part of happiness and that money can make you feel on top of the world. Actually, according to scientific research, money can't buy you satisfaction. It is just getting the bare necessities that gives you a sense of delight. Additional income can hardly raise your spirits.

Youth doesn't make you happy either. The same research shows that older people are more satisfied with their lives than the young. In fact, young people tend to have dark moods and feel blue more often than senior citizens.

A good education is a useful thing but, unfortunately, neither education nor a high IQ¹ is a key to happiness.

We can't be certain about marriage. Though the research shows that married people are generally happier than single, it is difficult to say if they become happier after getting married or are originally happier than those who stay single.

A good climate and plenty of sunshine have nothing to do with our emotions either.

So what helps us to look on the bright side? Scientists believe that among the facts capable of raising your spirits are religious beliefs, true friends and a good family. One of the conclusions that scientists make is that people who have them, achieve the highest level of happiness and seldom feel depressed.

From everything said above it is easy to make a conclusion that to be happy and content a person needs good social skills and support of other people.



1) Scientists say that

- a) money is the surest way to happiness
- b) money is the only way to happiness
- c) buying the bare necessities is a way to happiness
- d) buying the bare necessities can't make you happy

2) A high level of education ...

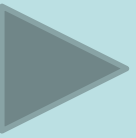
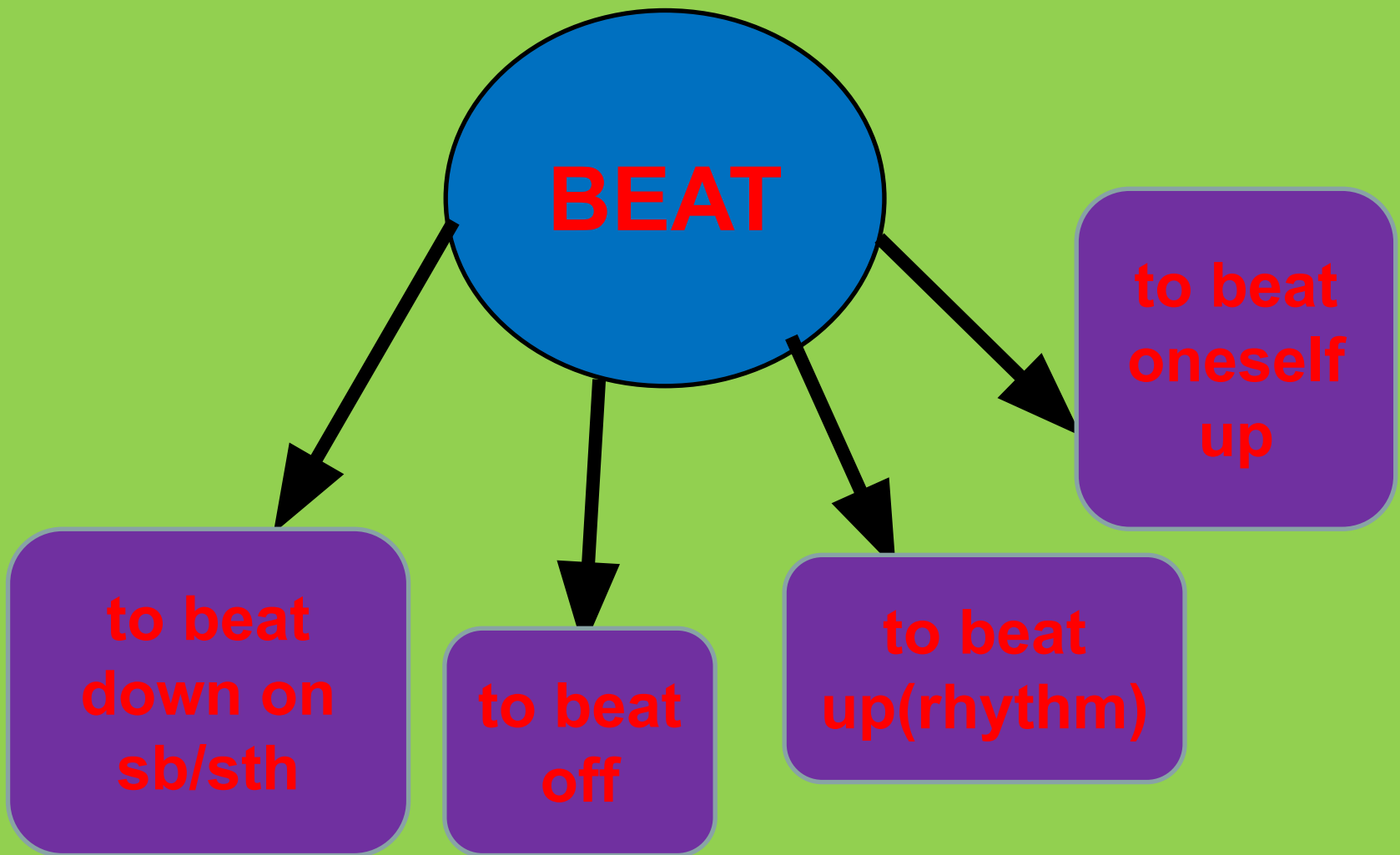
- a) is the best way to happiness
- b) is no way to happiness
- c) leads people to wealth
- d) helps to find the shortest way to happiness

3) The research shows that

- a) there are as many married people as single ones
- b) getting married is a sure way to happiness
- c) there are more happy people among married men and women than among single ones
- d) it is clear that marriage helps people to become happy

4) To be satisfied with their lives people

- a) should live in a good climate
- b) should have a lot of sunshine
- c) should have friends, a family or other people helping them
- d) should be able to raise their own spirits



1) **to beat down (on sb/sth)** —
литься, проливаться



Outside the rain was
beating down.

2) **to beat off** — отбивать(ся)



She managed to beat
off her attackers.

3) **to beat out (a rhythm)** —
отбивать (ритм)



The audience were beating out
the rhythm with their feet.

4) **to beat up** — избить



They threatened to beat me up if
I didn't give them my money.

5) **to beat oneself up** — укорять себя
Don't beat yourself up over this: you couldn't help it.



Complete the sentences with the function words from the box.

- 1) My music teacher helped me by beating the rhythm with her hand.
- 2) There was little sympathy for the man who regularly beat his wife.
- 3) He had to beat the dog with a stick.
- 4) I could feel the sun beating down my head.

down

off

out

up

Step 9 ex 6



Complete the sentences with the function words from the box.

5) The police beat _____ the demonstrators to let the President's car through.

6) He said that he had been beaten _____ by the police.

7) The drummer beat _____ the rhythm on the drums.

8) The sun was beating _____ on the dry soil.

down

off

out

up

Choose the right variant.

Step 9 ex 7

1) I (learn) English for nine years.

have been
learning

have
learnt

2) They (learn) several poems by heart this year

have been
learning

have
learnt

3) She has never been to France, but she (teach) French for twenty years

taught

has been
teaching

4) We (look) through the magazine. You may take it.

have
looked

looked



Choose the right variant.

5) My aunt (look) for her keys since morning and she has not found them yet.

has been
looking

has
looked

6) How long they have they been working on this project? — I don't know. I think they (do) it for nearly a month.

have been
doing

have done

have
learnt

7) It (snow) since morning. When will it stop snowing?

has been
snowing

has
snowed



Choose the right variant.

8) I (know) Andrew for ten years

have been
knowing

have
known

9) Tom (sleep) since 9 p. m. and he has not woken up yet.

has been
sleeping

has slept

10) How long you have you been taking pictures? —
Quite long. I (be) in the business for ten years already

have been

have being



Choose the right variant.

Step 10 ex 1



1) These days people

- a) think more about the way of their lives than they did several years ago **a**
- b) have stopped thinking about their ways of living **b**
- c) talk more about healthy ways of life than they used to **c**

2) The speakers agree that

- a) a healthy way of life is eating a lot **a**
- b) eating habits influence people's health **b**
- c) these days people eat less than they used to **c**

3) Nowadays people

- a) have the same eating habits as twenty years ago **a**
- b) choose those eating habits that doctors advise to have **b**
- c) begin to have different eating habits **c**

4) On television there are ... programmes devoted to

- a) dangerous eating habits **a**
- b) different ways to keep fit **b**
- c) different medical problems **c**

5) The speakers say that

- a) doctors' advice should be followed **a**
- b) going to a gym can be very expensive **b**
- c) sometimes it's not easy to follow doctors' advice **c**

6) The speakers are sure that people ... nowadays.

- a) can take care of their health **a**
- b) can't take care of their health **b**
- c) don't have time to take care of their health **c**

7) The speakers agree that

- a) dieting is very useful **a**
- b) being a vegetarian is very healthy **b**
- c) one should take care of one's health **c**



Match texts and problems.

TEXT 1

TEXT 2

TEXT 3

TEXT 4

I have
cold

My problem is
sleeplessness

I want to lose
weight

I find new
diseases I have

I want to put
on weight

Step 10ex 4



Use the appropriate forms of the verbs in brackets to complete the sentences.

- 1) When I got to the party, it already it (start)**
- 2) They agreed they (read) the text for more than two hours.**
- 3) I thought I (work) for Mrs March, but she was surprised to hear that.**
- 4) My sister looked rather bad because she (not sleep) at night.**
- 5) Jill was upset because Mark had (not call) her**
- 6) They (live) in California before they moved to New York.**
- 7) Alice said they(wait) for Mary for too long and added she was leaving.**



Use the appropriate forms of the verbs in brackets to complete the sentences.

8) Florence was angry because Alex (not come)

9) I decided to tell Mel what (happen)

**10) We wanted to know how long the boys (play) football.
They looked hot and tired.**



The speaker gives information about the history of skiing

The speaker names the birthplace of skiing.

The speaker says how good his/her friends are at skiing

The speaker mentions advantages and disadvantages of skiing

The speaker gives information about the latest skiing competition of the year

The speaker mentions his/her preferences in skiing

The speaker gives his/her opinion about learning to ski.



Speaker 1



Speaker 2



Speaker 3

step 11 ex 1



The speaker gives information about the history of skiing

The speaker names the birthplace of skiing.

The speaker says how good his/her friends are at skiing

The speaker gives his/her opinion about learning to ski.

The speaker gives information about the latest skiing competition of the year

The speaker mentions his/her preferences in skiing



Speaker 4



Speaker 5



Speaker 6



Read the text and choose the right variant

A lot of people nowadays are trying to change their lifestyles. They say they would rather have a healthy way of life, which means no bad habits, a lot of fruit and vegetables in your fridge, (1) and at least some physical exercise.

You can't agree more. Bad habits influence our lives. Smoking, drinking alcohol, taking drugs are the worst ones. It's common knowledge that they can shorten our lives dramatically. Smoking is very dangerous. It leads to (2) and lung diseases, makes your teeth yellow and

your looks unhealthy. Drugs tend to lead to deaths.

who are
smokers

a number of heart and
lung diseases

watching
TV

enough
sleep



Read the text and choose the right variant

Fortunately, smoking, drinking and taking drugs have lately received a lot of bad publicity. One can say that fewer people smoke these days. Some companies do not take on people (3).

in their classrooms
and offices

in their classrooms
and offices

Smoking is not allowed in most public places because, as everyone agrees, it does a lot of harm to our health.

The majority of people these days spend most of the time sitting. They sit in cars on their way to work, they sit in front of the computers (4), they sit again at

who are
smokers

enough
sleep

home (5).

a number of heart and
lung diseases

watching
TV



Read the text and choose the right variant

People choose passive entertainments (movies or video games, for instance) rather than active ones (ice-skating, skiing, playing volleyball). And most things we do at home that once used to depend on physical labour have become largely automated. Nowadays we just press buttons or (6).

All this is very harmful to our hearts. People should spend more time in fitness centres, gyms, swimming pools or just walking in woods or parks. And no more excuses! It's time to understand that (7)

a number of heart and
lung diseases

enough
sleep

health is better than
wealth.

ask others to do
work for us



Complete the text using the derivatives of the words in the yellow boxes.

Once people ate (1) _____ (2) _____ used to grow, and then prepared it by hand. Today most of us are (3) _____ on food industry. We buy food in supermarkets and often eat in restaurants. Plenty of (4) _____ un food is sold everywhere. It is fairly (5) _____. The food marketers spend a lot of money to make sure we keep buying it. During the past century technological (6) _____ and (7) _____ knowledge have made people's lives longer but they also gave birth to many things that are in the way of our (8) _____ personal harmony.

1.season

2.depend

5.expensive

7.medicine

3.farm

4.healthy

6.achieve

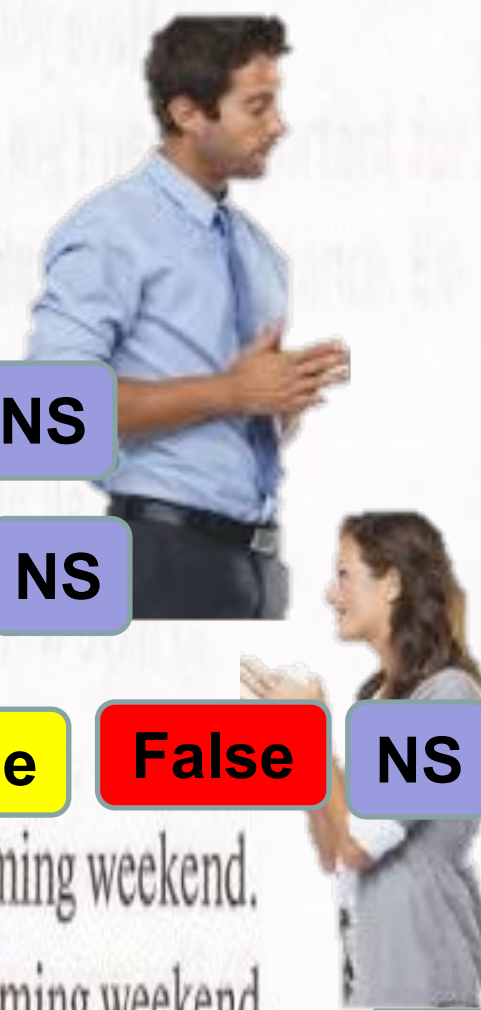
8.person



1 You will hear a talk of two friends,  (17). Decide which of the facts below (1—7) are true, false or not mentioned.



- 1) Sharon and Alex work together. **True** **False** **NS**
- 2) Sharon doesn't look fine. **True** **False** **NS**
- 3) Sharon is not going to consult a doctor. **True** **False** **NS**
- 4) Sharon explains what is happening to her. **True** **False** **NS**
- 5) Alex is ready to do some part of Sharon's work. **True** **False** **NS**
- 6) Sharon is going to spend a lot of time in the open air during the coming weekend. **True** **False** **NS**
- 7) Sharon thinks she will hardly have time to have a rest during the coming weekend. **True** **False** **NS**



Match texts and titles.

TEXT 1

TEXT 2

TEXT 3

It Is Becoming One of the Necessities
All Over the World

Travelling As a
Hobby

Winning People's Hearts on Both
Sides of the Atlantic

Not to Be Worse Than Those
Around You

They Want
to See It
with Their
Own Eyes

Life and Music

The Nation Turned into
Pupils



Match texts and titles.

TEXT 4

TEXT 5

TEXT 6

**It Is Becoming One of the Necessities
All Over the World**

**Travelling As a
Hobby**

**Winning People's Hearts on Both
Sides of the Atlantic**

**Not to Be Worse Than Those
Around You**

**They Want
to See It
with Their
Own Eyes**

Life and Music

**The Nation Turned into
Pupils**



Complete the text using the derivatives of the words in the yellow boxes.

Jane Smith worked in a primary school. She (1)

there since the time she (2) college and met
her (3) students. She never (4)

the fact that her students were very young (5)

Step 12 ex 3

1.work

2.leave

5.expensive

3.one

4.regret



Complete the text using the derivatives of the words in the yellow boxes.

Jane (6) absolutely satisfied with her job and
(7) that she (8) her lessons with
little boys and girls very much. She liked the time they
(9) in the classroom. While her pupils
(10), drawing or reading she
often (11) how wonderful they were

6.feel

8.appreciate

10.write

7.admit

9.spend

11.think



Complete the text using the derivatives of the words in the yellow boxes.

Heart disease leads to four million deaths in Europe each year. Heart attacks sound (1) and they are.
Our heart is the most (2) organ in our body. It beats day and night. But (3) it can stop beating: this is a heart attack. The majority of heart attacks are (4)

1.terribly

2.importance

3.ocasion

4.prevent

Step 12 ex 4



Complete the text using the derivatives of the words in the yellow boxes.

One major factor is diet. (5)

say that

things we eat are often (6) . They contain too much fat, sugar and salt. All these can lead to heart diseases. Stress, anger, little exercise also (7) the heart. But the worst thing of all is (8)

5.special

6.healthy

7.weak

8.smoke



Choose the right variant.

Step 12 ex 5

J. K. Rowling is the author of the “Harry Porter” series. She is internationally famous. Her books have been sold over 377 (1) copies worldwide.

million

millions

million
of

millions
of

Rowling is one of (2) writers of our time.

unsuc
cessful

most
successful

the most
successful

the least
successful

In 2006 Forbes (3) her the second richest female entertainer in the world. How did she get there?

named

admitted

appreciated

believed

As a child, Rowling (4) enjoyed writing stories.

was
fond of

enjoyed

delighted

wanted



Choose the right variant.

She was good (5) and didn't like sports or maths.

about

on

at

in

After (6) French and Classics at the University

studies

study

self-study

studying

of Exeter she moved to London to work as a researcher

and (7) secretary. One day, while she was on a
four-hour delayed-train trip between Manchester and

second
language

two-langua
ges

bilingual

two-langua
ged



Choose the right variant.

One day, while she was on a four-hour delayed-train trip between Manchester and London, she (8) the idea for a story of a young boy who goes to a school of wizardry

develop
ed

found

took

received

