1. A Which of the following do you think has the biggest impact on your general health? Why?
- diet
- exercise
- genetics
- stress
- health

2. The film is (late / series / adaptations / Marvel studios).
- late
- series
- adaptations
- Marvel studios

3. He thinks it is a (rapid / change / market / offer / potential / massive / sales).
- rapid
- change
- market
- offer
- potential
- massive
- sales

4. This book is ideal for anyone (try / be / better / organise / and / seek / long-term / success).
- try
- be
- better
- organise
- and
- seek
- long-term
- success

5. Ground break experiment research conduct Europe proved the theory.
- ground
- break
- experiment
- research
- conduct
- Europe
- proved
- the
- theory

6. She gave (series / talks / environment / protect / general public).
- series
- talks
- environment
- protect
- general public

3. Rewrite the sentences using a suitable noun phrase to replace the underlined phrase.

1. There is an industry whose importance is increasing.
- There is a
- There is an
- There is a
- There is an
- There is an
- There is an
- There is an
- There is an

2. She works for an organisation which is international but little known.
- She works for
- She works for
- She works for
- She works for
- She works for
- She works for
- She works for
- She works for

3. To cook it really well, use one cup of rice to two cups of water in that ratio.
- To cook it well, use
- To cook it well, use
- To cook it well, use
- To cook it well, use
- To cook it well, use
- To cook it well, use
- To cook it well, use
- To cook it well, use

4. I'd rather not go to classes that are organised – they don't suit the plans which I have for the long-term.
- I'd rather not go to
- I'd rather not go to
- I'd rather not go to
- I'd rather not go to
- I'd rather not go to
- I'd rather not go to
- I'd rather not go to
- I'd rather not go to

5. His speeches are brilliant, but he often has opinions that are frustrating because they are ambiguous.
- His speeches are
- His speeches are
- His speeches are
- His speeches are
- His speeches are
- His speeches are
- His speeches are
- His speeches are

6. Try to avoid products with sugars that are added, or salt contents that are high.
- Try to avoid
- Try to avoid
- Try to avoid
- Try to avoid
- Try to avoid
- Try to avoid
- Try to avoid
- Try to avoid

7. I find that foodie forums online are one of the ways of learning about recipes that is best.
- I find that
- I find that
- I find that
- I find that
- I find that
- I find that
- I find that
- I find that

8. Most of the issues that people in the article mentioned were completely irrelevant.
- Most of the issues that people in
- Most of the issues that people in
- Most of the issues that people in
- Most of the issues that people in
- Most of the issues that people in
- Most of the issues that people in
- Most of the issues that people in
- Most of the issues that people in

9. Their fashion campaign which happened recently attracted criticism by members of the public.
- Their fashion campaign which
- Their fashion campaign which
- Their fashion campaign which
- Their fashion campaign which
- Their fashion campaign which
- Their fashion campaign which
- Their fashion campaign which
- Their fashion campaign which

10. Having read your proposal, I think that’s a solution which is practical and has a low impact on cost.
- Having read your proposal, I think
- Having read your proposal, I think
- Having read your proposal, I think
- Having read your proposal, I think
- Having read your proposal, I think
- Having read your proposal, I think
- Having read your proposal, I think
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VOCABULARY PLUS

1. a) high
- a) high
- a) high
- a) high
- a) high
- a) high
- a) high
- a) high

2. b) low
- b) low
- b) low
- b) low
- b) low
- b) low
- b) low
- b) low

3. c) long
- c) long
- c) long
- c) long
- c) long
- c) long
- c) long
- c) long

4. d) short
- d) short
- d) short
- d) short
- d) short
- d) short
- d) short
- d) short

5. a) high
- a) high
- a) high
- a) high
- a) high
- a) high
- a) high
- a) high

6. b) low
- b) low
- b) low
- b) low
- b) low
- b) low
- b) low
- b) low

7. a) short
- a) short
- a) short
- a) short
- a) short
- a) short
- a) short
- a) short

8. c) long
- c) long
- c) long
- c) long
- c) long
- c) long
- c) long
- c) long

9. b) low
- b) low
- b) low
- b) low
- b) low
- b) low
- b) low
- b) low

10. c) short
- c) short
- c) short
- c) short
- c) short
- c) short
- c) short
- c) short

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- Massive
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- Break
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- Conduct
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- Having read your proposal, I think

5. Circle the correct options to compete the text.

- High
- Low
- Long
- Short
- Serious
- Massive
- Windy
- Marvel studios
- Senior
- Range
- Low
- Road
- Unwind
- Trademark
- Request
- Grade

6. Underline the correct alternative to complete the compounds.

1. This week sees the release of the (long / short) awaited sequel to 1982’s sci-fi classic.
- Long

2. According to the (long / short) range forecast, tomorrow’s weather should be good.
- Short

3. Although fans had been expecting great things for the final date of the tour, the concert was a rather (high / low) key affair.
- Low

4. She’ll be off work for the rest of the week, but it’s nothing too (serious / minor).
- Serious

5. We’ve been incredibly (long / short) staffed this week. Unfortunately, we’ve not been able to process your order.
- Short

6. It’s not the kind of place where I’d usually shop. It’s quite a (high / low) end boutique, and the extortionate prices match.
- High

7. We’re trying to limit the number of (long / short) haul flights we do in a year. We find them thoroughly exhausting.
- Long
VOCABULARY
FASHION AND LOOKS

1. Match the sentence halves.
   a. Despite the technical challenges and inclement weather, the fashion
   b. I really wouldn’t wear shoes
   c. He wasn’t the most attractive
   d. I would definitely agree that
e. She’s never
f. It’s possible that

2. Read the article. Are the statements true (T) or false (F) according to the writer?

   Me, my selfie and I

   There is one ubiquitous feature of social media that seems to truly stand the test of time, a form that lasts longer than other fads, memes and fleeting crazes. It is, of course, the selfie. A recent study revealed that around 90 percent of women’s profile pictures, and 54 percent of men’s, make use of a selfie. So, what does this propensity for post-mouthed portraiture say about how we want to be regarded? And what do these images convey to others?

   Research has provided some fascinating perspectives on identity and perception. Evidently, when asked to assess a series of images in terms of how photogenic they are, adherents of selfie culture tend to view pictures that they have taken themselves as more attractive than images of themselves captured by others. Conversely, when the same group was asked to evaluate a disparate collection of online images, they showed bias against selfies. Test subjects tended to rate people depicted in selfies as less trustworthy or socially attractive than those in standard photography. Research also indicated that while nearly 80 percent of people surveyed regularly took selfies, 82 percent would prefer fewer such images on social media. It would appear that we love to take selfies but hate to see others that take them.

   Psychologists have postulated that this occurs due to our cultural understanding of what a selfie means. For the individual, the image is a genuine act of self-expression while other people’s selfies signify self-advertising or narcissism. This is known as a self-serving bias, a cognitive or perceptual process that is distorted by the need to maintain and enhance self-esteem. As we allow this bias to affect us, we show a tendency to perceive ourselves in an overly favourable manner – and in doing so critique others.

   Interestingly though, there are patterns to our online behaviour that show while we may wish to be perceived as an individual, we do follow fashions when it comes to taking selfies and the majority of us choose to be depicted in very similar ways. On the whole, men tend to photograph themselves from below, giving their jaw greater prominence, a feature conventionally associated with power or masculinity. Women’s profile selfies are usually photographed from slightly above the eyeline. This affects the viewer’s perception of head to body proportions – making the person depicted seem to weigh less. So, while we might think that we are curating our own image on our terms, in reality, we tend to play out age-old gender stereotypes.

   The selfie is a transitory craze which will eventually become outdated.
   People have the same perception of selfie images of themselves as of others.
   People tend to view their own selfies as a method of self-promotion.
   We often interpret other people’s expressions in selfies negatively.
   People aspire to portray an image of originality; but selfies are influenced by the latest trends.
   Men and women have the same considerations when it comes to taking selfies.
   The selfie isn’t a mode of self-expression free from conventions and clichés.

   1. The selfie is a transitory craze which will eventually become outdated.
   2. People have the same perception of selfie images of themselves as of others.
   3. Surveys into attitudes about selfies provide a compelling insight into human behaviour.
   4. People tend to view their own selfies as a method of self-promotion.
   5. We often interpret other people’s expressions in selfies negatively.
   6. People aspire to portray an image of originality; but selfies are influenced by the latest trends.
   7. Men and women have the same considerations when it comes to taking selfies.
   8. The selfie isn’t a mode of self-expression free from conventions and clichés.

   A DESCRIPTION; LEARN TO USE FRONTING

   A. Read the description. When do you think the description occurs? Why?

   B. Rewrite the underlined phrases in the description using fronting.

   C. Which of the sentences you rewrote include an adverb at the beginning of the clause and which include a prepositional phrase?

   D. Write a description of your own (220-280 words) for a university creative writing magazine. Write about a person or place. Use some of the ideas from this unit to help you.

   1. “We climbed steadily, our pace now slowed by the heat of the midday sun.”
   2. “Xeno scrambled up the slope more urgently, ignoring our warnings of loose rock and steep drops.”
   3. “Each eager foottail marked the dust, leaving staccato tracks as excitement mounted.”
   4. “A shrill cry came from among the rocks behind us, momentarily causing panic.”
   5. “The burnished roof gleamed in the harsh light, and looked like a candle moments before it guttered and died.”
   6. “There was a great heap of machinery ahead of them, which they picked through, Harvesting remains, searching for whatever fuel they could find.”

   B. “Come on, it’s time we left, our work is done.”
   C. “Wait. One more second. Tell me, what did they call this place?”
   D. “Earth. They called it Earth.”
VOCABULARY

WELL-BEING

1 Complete the texts with the words and phrases in the box.

- cure-all
- exert myself physically
- get engrossed in
- incorporate into my daily routine
- magic bullet
- out of synch with myself
- panacea
- restoring my piece of mind

A I suppose I didn’t really get into it until I was recuperating from an injury. Sport and exercise have always been important to me, but up to that point it was predominantly something I’d 1 _______ — a run during my lunch hour, or maybe a bit of swimming to wind down after work. My physio explained that to build up any lost muscle mass I had to 2 _______. so that’s when I started looking at high-intensity options. Lifting weights has helped a great deal, but it’s no 3 _______; you need to consider the way you look after yourself holistically.

B For me, taking up tai-chi was all about 4 _______ — I needed something to give me a bit more balance, and help to provide a welcome rest from the anxieties of everyday life. I work in a high-pressure results-driven environment, so stress is constant. Last year came the crunch. I just felt so 5 _______ that getting out of bed each day was a challenge. Fortunately, a close friend turned me on to it. From this vantage point, I can certainly say that any form of rest and reflection does you the world of good. Meditative activities are a bit of a 6 _______. Trail running has been a revelation to me. Jogging and park running have their place, but compared with getting out there in the hills and woodland, they are a second option, overall.

C Trail running has been a revelation to me. Jogging and park running have their place, but compared with getting out there in the hills and woodland, they are a second best. It’s one of those activities that you can 7 _______ so easily. Working out different routes, checking weather forecasts or deciding on what gear you need for each excursion. But, once you are pounding through the wilderness you feel incredibly alive. Having said that, it’s certainly not a 8 _______ — I’ve probably picked up more knocks in the last six months than any time running on city streets.

FUNCTION

INFORMAL TURN-TAKING

2 Underline the correct alternative to complete the sentences.

1 As I was saying/telling before you interrupted, it’s a really good opportunity to find out about the latest fashions.
2 Going on/back to your studies, have you thought anymore about what you want to write your thesis on?
3 Like I told/said, there’s no point doing all that work and then just giving up the first time it gets difficult.
4 I just want/wish to add a few points about that, too. Have you thought about the cost?
5 Oh, I mean/meant to add that there are lots of opportunities to explore the nightlife, too.
6 Good point. Apparently/Actually that’s like something I read online this afternoon.
7 Oh that reminds/remembers me. I heard that 90s stuff is back in fashion.
8 Funny you should tell/mention that. I read an article saying much the same thing.

LEARN TO

JUSTIFY YOUR POSITION

3 A Put the underlined words in the correct order to complete the conversation.

A: So, I hear that you’ve been following a Paleo diet recently. What’s that all about then? Isn’t it loading up on protein, and getting all prehistoric? What’s the appeal of eating like a caveman?
B: It’s about / just / it’s / not eating meat, there’s a bit more to it than that. It’s more to do with excluding or avoiding anything that is processed – and there’s no dairy, added salt or sugar. You only eat things Paleolithic people would have had, about 10,000 years ago …
A: Sounds like it’s very limiting. Why would you want to put yourself through something like that?
B: Well, from / loss / apart / the / weight, proven / for / benefits / does / it / have increasing energy levels. It’s a pretty healthy option, overall.
A: Really? I would have thought that you’d be missing out on all the vitamins and minerals from dairy stuff.
B: Well, you get plenty of those from fresh fruit and nuts. And seafood. That’s a big part of the diet. I really do think Paleo 2forward / the / is / way.
A: Well, if you ask me, it sounds like a fad. I’m sure that modern food production can’t be all that bad. And aren’t there really valuable nutrients in wheat products? You can’t be eating any of those.
B: It’s tried / if / you’ve / but / it / don’t / I / know you can get lots of nutrients from raw seaweed. It’s a bit tricky to track down, but I’ve got a tub of stuff from the local beach.
A: No thanks, I think I’ll stick to my usual 21st-century snacks.
B: Don’t be so dismissive. It’s advantage / like / something / the / of / this you’ll lose weight quickly, and feel more energised.
A: And end up with skin like a cavewoman. Great! I’ve / found / is / what / works / me / really / for a nice pasta salad!
B

5.2 Listen and check.