

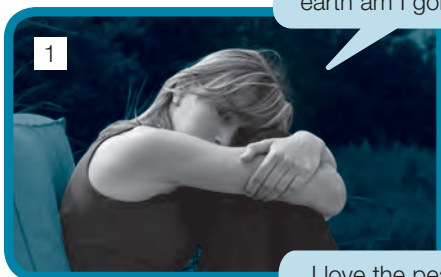
## VOCABULARY Feelings

**A** How are these people feeling? Match the adjectives with the speakers 1–7.

relaxed      guilty      disappointed      exhausted  
pleased      confused      annoyed



I don't get this. The map says number 24 is opposite the pizza place, but all I can see is a big block of flats.



I feel really bad about losing Mum's favourite ring. How on earth am I going to tell her?

I can't move a muscle and I could sleep for a week. That's the last time I go cycling with Alex.



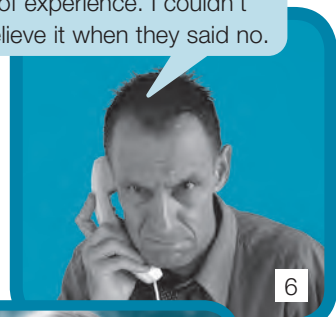
I really expected to get that job. I've got all the qualifications and loads of experience. I couldn't believe it when they said no.



I love the peace and quiet here. You can just forget all the stresses of everyday life.



This is just a nightmare! They say we can't have a refund. I'm going to complain to the manager.



A new iPod! That's just what I wanted. Thanks, that's really kind of you.

**B** Complete the conversations with the pairs of words and phrases.

upset / worried      down / fed up  
in such a bad mood / furious      terrible / stressed

- 1 A: Are you OK?  
B: No, I feel ..... at the moment. I'm so ..... out at work that I can't sleep at night.
- 2 A: Is Magda OK? I think she's been crying.  
B: She's ..... because her sister's in hospital. She must be really ..... about her.
- 3 A: Why are you ..... ?  
B: I crashed my dad's sports car last night and he's absolutely ..... with me.
- 4 A: Don't speak to Eddie. He isn't in a very good mood today.  
B: How come he's so ..... ?  
A: He hasn't scored a goal for weeks and he says he's really ..... with training.

### Learner tip

Remember to record adjectives with the correct preposition, e.g. *fed up with*, *worried about*, *confused by*. Sometimes an adjective can go with more than one preposition, depending on what you are talking about, e.g. *Why are you so upset with me?* *I was upset about the sad news.* If you are not sure, check in a dictionary. Remember to write example sentences in your vocabulary notebook.

## GRAMMAR *Be, look, seem, etc.*

Complete the chat room messages with the pairs of words. Put the linking verbs in the correct form.

**1** feel / guilty    sound / fed up    be / upset

A: Sorry I was rude to you earlier.  
 B: No problem. You ..... really ..... How come?  
 A: I had a row with my mum. To be honest, I said some horrible things and now I .....  
 B: You both must ..... , but I'm sure you'll make it up soon.

**2** feel / embarrassed    seem / down  
 be / pleased

A: How's it going?  
 B: Not great.  
 A: Any news?  
 B: Not really.  
 A: You ..... a bit ..... What's up?  
 B: I saw my ex-girlfriend yesterday. I ..... really ..... to see her, but she didn't want to speak to me. She was with her new boyfriend.  
 A: Maybe she ..... because he was there.

**3** sound / relaxed    feel / disappointed  
 look / annoy

A: Are you OK? You ..... a bit ..... when I saw you yesterday.  
 B: I'm OK, thanks, but I didn't get onto the course I wanted to do. I ..... yesterday but I'm OK now.  
 A: Good, you ..... a lot more ..... now – more like your old self.

## DEVELOPING CONVERSATIONS

### Response expressions

Match the news (1–6) with the responses (a–f).

- 1 My laptop has been stolen. ....
  - 2 I've just passed my driving test. ....
  - 3 I'm afraid I can't come to your party. ....
  - 4 My sister's getting married. ....
  - 5 My dad has just lost his job. ....
  - 6 My grandmother is coming out of hospital tomorrow. ....
- a Really? Congratulations! You can give me a lift to work!
  - b Wow! That's great. When is the wedding?
  - c Oh, no! I'm sorry. I'm sure he'll find a new one soon.
  - d Oh, no, what a pain! Have you lost all your work?
  - e Phew, that's a relief. I know how worried you were.
  - f Oh, what a shame! I'll send you some photos.

## LISTENING

**A** **2.1** You are going to hear three people talking about the same event. Listen first to Mark. What event is he talking about?

- a a wedding    b meeting his girlfriend's parents for the first time

**B** **2.1** Listen to Mark again, and then to Mrs deVere and Annie. Are these statements true or false?

- 1 Before the dinner, Mark felt nervous.
- 2 He was wearing clothes that were too formal.
- 3 He felt he wasn't very good at making conversation.
- 4 Annie's parents already knew a lot about him.
- 5 Annie's parents hadn't liked her previous boyfriends.
- 6 Annie had forgotten to warn Mark about clothes.
- 7 She didn't mind that he told some jokes.
- 8 She was pleased that Mark had met her parents.

## PRONUNCIATION Stress

**A** **2.2** Underline the main stresses. Listen and check.

- 1 I'm not normally a nervous person, so I felt pretty relaxed about the whole thing.
- 2 I was wearing jeans and a shirt, but the restaurant was a really elegant place.
- 3 I was really fed up with Annie that she hadn't warned me it was a formal dinner.
- 4 To be honest, we hadn't been very keen on most of her boyfriends, so my husband and I were rather worried about the dinner.

**B** Listen again. Practice saying the sentences.

## VOCABULARY Adjective collocations

**Cross out two nouns that do not usually go with the -ing adjectives.**

- 1 relaxing holiday / ~~friend~~ / weekend / massage / food
- 2 annoying neighbour / disaster / mobile phone ring / success / habit
- 3 disappointing problem / result / ending / exam grade / clothes
- 4 confusing atmosphere / situation / idea / explanation / skill
- 5 exciting sleep / development / help / news / story
- 6 inspiring crime / leader / speech / plan / loss

## GRAMMAR -ing / -ed adjectives

**A Choose the correct words.**

- 1 You walk out of the place completely *relaxed* / *relaxing*. And they don't play that *annoying* / *annoyed* whale music, which is a relief.
- 2 I had to give my height, weight, and my age – it was so *embarrassed* / *embarrassing*. I was a bit *shocked* / *shocking* when I saw how much weight I'd put on.
- 3 I'm not sure I'm in the correct level. I'm always so *confused* / *confusing* at the end of the lesson. And concentrating for an hour is *exhausting* / *exhausted*.
- 4 I didn't expect it to be so beautiful. I was quite *surprising* / *surprised* when I saw the scenery. But our flight was delayed, which was *annoyed* / *annoying*.
- 5 I wasn't very *interested* / *interesting* in the characters. And the ending was *disappointed* / *disappointing*.

**B What are the people in exercise A talking about? Match 1–5 above to a–e.**

- a a gym            c a trip            e a health spa  
b a novel            d a language school

**C Complete the conversations with the correct form of the verbs in brackets.**

- 1 A: If you don't mind, I'd like to change channels before the news. There's an ..... (interest) programme on at 8 p.m.  
B: Go ahead. I don't want to watch the news. It's always so ..... (depress).
- 2 A: Can you believe that score – six nil? I've never been so ..... (disappoint).  
B: I know. I was so ..... (excite) at the start of the season.
- 3 A: Do you fancy coming for a walk? The view over the beach is meant to be ..... (amaze).  
B: Thanks, but I'm not up to it. I feel ..... (exhaust) after that journey.
- 4 A: Only ten people turned up to my party. I don't think I've ever been so ..... (embarrass).  
B: That's a shame. It's very ..... (annoy) when people let you down.

## READING

**A Read the article opposite quickly. What is the main reason for writing it?**

- a to advise people on how to improve their diet
- b to explain that there is a connection between food and how people feel
- c to describe a series of experiments on food

### Learner tip

It's a good idea to read a text quickly first to get an idea of the content. Use all the information that you can see with the text (headings, photos, diagrams, etc.) to help you.

**B Six parts of the article 'How food affects mood' have been removed. Write the correct letter (a–f) in the gaps in the article.**

- a Research also suggests that the right foods
- b that activate when people enjoy themselves
- c if they were eating healthily and taking regular physical exercise.
- d who wrote a report based on the survey
- e but felt guilty afterwards.
- f There is a definite link with food and mood

**C Underline the following parts of the article.**

- 1 four mental health problems
- 2 the word the writer uses to describe food / drinks with a positive effect and examples of these
- 3 the word the writer uses to describe food / drinks with a negative effect and examples of these
- 4 the reason why it is important to drink enough fluid

**D Which adjectives went with these nouns? Look back at the article and sentences a–f in exercise B.**

- 1 immediate effect
- 2 ..... foods
- 3 ..... mental health
- 4 ..... improvements
- 5 ..... link
- 6 ..... physical exercise



## How food affects mood

Eating ice cream really does make you happy. Scientists at the Institute of Psychiatry in London tested the brains of people eating vanilla ice cream. They found an immediate effect on parts of the brain <sup>1</sup>... . It works on the same part of the brain that reacts when people win money or listen to music.

<sup>2</sup> ... can improve people's mood and even their overall mental health. A survey of 200 people found 88 per cent reported that changing their diet improved their mental health. 26 per cent said they had seen marked improvements in mood swings, 26 per cent had seen improvements in panic attacks and anxiety, and 24 per cent in depression.

People in the survey identified mood 'stressors' and 'supporters'. Eating fewer 'stressors' like chocolate, sugar, caffeine and alcohol improved their mood. They also increased the 'supporters' they ate, like water, fruit, vegetables and oily fish. Not skipping breakfast, and eating regularly also led to an increase in well-being.

Over a third of people said they were 'very certain' that the improvements to their mental health were directly linked to the changes they had made to their diet. One person who completed the survey said, '<sup>3</sup> ... but I do lapse and when I do, I feel noticeably different. Once you find out your triggers, you can feel so much better.'

Amanda Geary, <sup>4</sup> ... said 'A lot of these changes are very simple things that people can do and are fairly safe, and fit with healthy eating advice.'

Dr Wendy Doyle, a dietician, said oily fish and fruit and vegetables were known to be beneficial. 'They are good for general health – and you must have enough fluid to prevent dehydration.' She said people would also feel better <sup>5</sup>... Dr Doyle added, 'People may feel bad after eating chocolate because they enjoyed eating it, <sup>6</sup>...'



### E Complete the sentences with the collocations from exercise D.

- 1 I think there's a ..... between talking about your feelings and being happy.
- 2 I gave up strong coffee and it had an ..... on me – I stopped having headaches straight away and I slept better.
- 3 There's been ..... in my children's behaviour since they have stopped eating sugar.
- 4 A diet containing the ..... doesn't have to be boring.
- 5 Many people don't realise that ..... is linked to eating a good diet.
- 6 Taking ....., like walking or cycling, helps me deal with stress.

### Glossary

**mood swings:** sudden changes in how you feel

**skipping breakfast:** avoid having breakfast

**lapse:** stop following good habits

**triggers:** things that produce a reaction

## GRAMMAR Present continuous

### Circle the correct form in italics.

- A: What on earth *are you wearing / do you wear*?

B: It's my new summer shirt. I think *it looks / it's looking* pretty cool.

A: Well, *we meet / we're meeting* my boss later, so don't wear it then.
- A: What *do you do / are you doing* this Saturday?

B: *I'm going / I go* to a new yoga class. Do you fancy coming? It *sounds / is sounding* very relaxing.

A: Sorry, I can't. *I visit / I'm visiting* my parents every Saturday.
- A: Why on earth *are you being / do you be* so aggressive? It's unlike you.

B: Sorry. I'm just stressed out. *I work / I'm working* on a really important project. *We're giving / We give* a presentation this afternoon and *I'm still preparing / I still prepare* my part.

A: Oh dear. You must be a bit nervous. Good luck with it.
- A: Cheer up. Why on earth are you so down?

B: Don't worry. *I always feel / I'm always feeling* like this in the winter. I can't stand the short days.

A: I know what you mean. *We normally go / are normally going* on holiday in the winter, but my kids *do / are doing* their exams soon.

### Language note ... on earth ...

You can add ... *on earth* ... to questions to express surprise or add emphasis:

**What on earth** are you wearing?

**Why on earth** did he say that?

**Where on earth** have you been?



## GRAMMAR Present continuous / present simple questions

### Complete the pairs of questions. Use the present continuous or present simple form of the verbs in brackets.

- How's the match ..... *going* ..... (go)? Who's ..... *winning* ..... (win)?
- What ..... you ..... (do) on Friday evenings? ..... you ..... (fancy) joining our book group?
- Why ..... you ..... (cry)? ..... you ..... (want) to talk about it?
- Where ..... you ..... (move) to? What ..... (be) the new area like?
- Why ..... those people ..... (stand) there? ..... they ..... (need) help?
- ..... your brother ..... (enjoy) his new job? What exactly ..... he ..... (do) every day?
- How ..... your kids ..... (get) to school every day? How long ..... it ..... (take)?

## DEVELOPING CONVERSATIONS

### Making excuses

#### Use the words to write reasons for refusing the requests.

- A: I was wondering if you wanted to get together on Saturday?

B: *I'd love to but I can't. I'm going away for the weekend.* (love to / but can't. go away / for the weekend.)
- A: Can you give me a hand to set up my new computer?

B: ..... (sorry / can't. work late / this evening.)
- A: Do you think I could use your mobile?

B: ..... (afraid / can't. don't have / with me.)
- A: Do you fancy coming to my party on Friday evening?

B: ..... (nice / of you to ask me. play in a band / every Friday.)
- A: Would you like to meet up some time this weekend?

B: ..... (kind / of you to ask us. go to London / every weekend.)
- A: Can you help me with my homework?

B: ..... (no / sorry. go out / this evening.)

## DEVELOPING WRITING

### A letter – giving news

**A** Rani has just started university. Complete the letter to her parents with the words in the box.

pretty	miss	settling	hug	down
sorry	into	mind	expect	out

Dear Mum and Dad

<sup>1</sup> ..... I haven't written before, but I've been <sup>2</sup> ..... busy since I started. I'm <sup>3</sup> ..... in to my flat and enjoying the course so far. Lectures have started but I didn't <sup>4</sup> ..... to be working so hard in the first month!

I've been a bit <sup>5</sup> ..... this week. It's nothing to worry about but Rachel has changed course, so I'm now one of the few girls doing physics! I had a feeling she wasn't very happy, but I think she's sorted it <sup>6</sup> ..... now.

I <sup>7</sup> ..... everyone but I'm making a lot of new friends. My flatmates are all <sup>8</sup> ..... adventure sports (my idea of hell!), but I had a go at climbing last weekend - exhausting but good fun.

My next lecture is about to start, so I'll put this in the post. Give everyone a <sup>9</sup> ..... from me.

Lots of love

Rani  
xx

P.S. If you don't <sup>10</sup> ....., I won't ring you on my mobile. It's too expensive - but you can ring me!

### Language note

*a bit / pretty / not very + adjective*

If you don't want to sound too negative, you can soften an adjective like this:

I'm **a bit tired**.

It was **pretty disappointing**.

It **wasn't very easy**.

**B** Imagine you have just left home to start a new job / go on a course. Write a letter home (120–150 words) and give your news. Use the letter in A to help you.

## Vocabulary Builder Quiz 2 (OVB pp6–8)

Try the OVB quiz for Unit 2. Write your answers in your notebook. Then check them and record your score.

**A** Complete the phrases with a word from box A and B.

A scientific inspiring student military love-hate

B relationship accommodation campaign speech discovery

- 1 have a ..... 3 make a ..... 5 run a .....  
2 live in ..... 4 give an .....

**B** Which word do you need to complete the sentences in each set?

- 1 Please hold the .....  
What do I dial to get an outside .....?  
You can contact our help..... 24 hours a day.  
2 You've ..... spoken all evening.  
I can ..... hear you over all this noise.  
There's ..... any traffic in this part of town.  
3 She was ..... on the motorway for hours.  
I don't want to be ..... indoors all weekend.  
How long were you ..... in that lift?

**C** Cross-out *up* in the sentences where it is not needed.

- 1 They'd been going out for ages, so I've no idea why they split up.  
2 Do you think you'll get promoted up next year?  
3 Cheer up – there's no need to look so sad.  
4 I always throw up if I go by plane or boat.  
5 When does Marcus graduate up from medical school?  
6 Remember to protect up your skin by wearing sunscreen.

**D** Choose the correct words.

- 1 Why are you in such a bad mood / atmosphere today?  
2 I would never join / approach my dad to ask for advice.  
3 We left the shop because we got fed up / upset with waiting for the assistant.  
4 They made every intend / attempt to save the business.  
5 The next bus isn't ahead / due for half an hour.  
6 Why did the company suffer another lose / loss in its profits last month?

**E** What form of the words in brackets do you need to complete the text?

Isn't it strange how people's feelings change? When I was in my thirties, I was very competitive at work and getting <sup>1</sup> (promote) was very important to me. I also hated routine and would die of <sup>2</sup> (bore) if I had to do the same thing more than once. Now, I might be a bit <sup>3</sup> (disappoint) if I don't get to the next level but it doesn't make me too miserable. I also find my work more <sup>4</sup> (meaning) now and I take <sup>5</sup> (please) in working with the same groups of people every day.

Score \_\_\_/25

Wait a couple of weeks and try the quiz again. Compare your scores.