

Unit 6

Introduction

1

POSSIBLE ANSWER

The content of the advice is sound, but the fact that it is presented as direct *Don't/Do* commands combined with a lack of specificity and examples don't make it particularly practical or useful. For example, *Don't watch TV* suggests people shouldn't watch it at all, rather than simply in moderation.

2

- a self-important; he says *people who ... are full of their own importance*
- b they feel bored by them; *they get a far-off look in their eyes, and their feet keep moving on the spot*
- c it gives people a false sense of security by making them feel 'immortal'; *exercising makes people think that they can live forever ... it seems to put off the awful moment when they realize that they're mere mortals*
- d he thinks it comes from within the individual, not from (group) exercise; *all that comes from inside you, not from running round a park with 2,000 other people*
- e he says it is *repetitive and unending*; you get fat (*the flab returns*) and your pulse slows down when you stop; it is *unbelievably expensive* with *club fees, equipment* and sports kit (*fancy outfits*)

3

If you ask me; what worries me ... is; My take on it is; In my opinion; Added to which; Just take, for example; for me

4

Students' own answers

5

POSSIBLE ANSWERS

- a to tell sb to stop being boring and to do sth more interesting
- b the most amusing and interesting person at the party
- c when it seems to move or function by itself without a person touching or working it
- d when you think it is not worth wasting time doing sth that you dislike or that is not important
- e to refuse very firmly to do sth
- f when you are disappointed about sth
- g Students' own answers (the last time they were very frightened by someone)
- h when you try hard but you still can't do, see, remember, etc. sth
- i Students' own answers (the person they love more than any other)

- j when they recover from serious illness or injury (the chance to live or last longer, or with a better quality of life)

6

Students' own answers

Reading & Use of English – Part 7

1

Students' own answers

2

- a *Male students eschew balanced diet for supplements*
eschew means: deliberately avoid or keep away from sth
- b Students' own answers

3

- 1 C *there was a lot of evidence about the dietary habits of children and adults, but very little in between*, i.e. there is a noticeable gap (young adult or student)
- 2 D *a susceptibility to the blandishments of men's magazines*; if you are susceptible to something, it means you are likely to succumb to it; *blandishments* are pleasant things often said to people to boost their confidence
- 3 E *parents' income and education have no apparent influence on students' dietary choices*, i.e. social status is unimportant in this context
- 4 D *liver and kidney failure, a deficiency in good-quality fats that can lead to cardiac problems, mental issues*
- 5 D *spending their money on dietary supplements such as protein powders and amino acids*; the implication in the following question *Any food to go with that?* is that these things are not considered to be food
- 6 B *we hope to apply for a grant*
- 7 D Dr Costa is quoted as saying *Posters don't seem to work*, which suggests that students are reluctant to take heed of advice presented in this way
- 8 E *students in the health professions*; students studying medicine, nursing, pharmacy, dentistry, etc. who would be expected to have an increased awareness of healthy eating
- 9 C *my diet changed when I first went to university and colleagues had told me that it was the same for them*
- 10 A *it has already unearthed a less predictable trend*; if something is *unearthed* it is revealed or discovered, *less predictable* means it was unforeseen (or less easily foreseen); *trend* has a similar meaning to: tendency

4

- a considerable, though not outstanding, in size or amount
- b to show that this a direct quote of what Dr Costa said
- c it encourages the reader to find out what conclusion the writer is drawing
- d to give the impression of a conversation with Dr Costa taking place
- e likely to be influenced by the flattering or pleasing statements used in men's magazines
- f phenomena (Greek origin)
- g a situation in which everyone has a fair and equal chance of succeeding

- 5
 a writer's cramp
 b a sprained ankle
 c a torn ligament
 d eye strain
 e a splitting headache
 f an ear infection
 g a slipped disc
 h tennis elbow

6
 Students' own answers

Reading & Use of English – Part 2

1

POSSIBLE ANSWERS

- a motor racing: risk-taking, thrill-seeking; snowboarding: outdoorsy, fun-loving; squash: competitive, determined; hockey: competitive, sociable; yoga: alternative, relaxed
 b motor racing: quick reactions, good eyesight; snowboarding: good balance, lower-body strength; squash: good hand-eye coordination, stamina; hockey: good hand-eye coordination, good teamwork; yoga: suppleness, good balance
 c Students' own answers

2

training for sporting activities using music

3

- 1 whether (conjunction): used for a choice between two possibilities (*football crazy or keen on tennis*)
 2 nothing (pronoun): not at all
 3 on (preposition): fixed expression; have the stress on sth
 4 kinds/forms (plural noun): not preceded by an article or determiner; forms of ... exercise
 5 greater (comparative adjective): a more formal alternative to bigger/larger
 6 any (adverb): at all
 7 part (part of verb phrase): to participate or to be involved in sth
 8 makes (verb, third person singular): causes or has an effect on, in this case *movements to be more fluid*

4

that are also pleasing to the eye
 both of which demand high standards of balance, co-ordination and suppleness
 which seem to demand muscular strength more than any other physical requirement
 who take part in weightlifting
 which demands enormous physical strength

5

- a 1 defining clause, giving essential information about the *celebrity*, in this case a professional golfer
 b The relative pronoun can be omitted in 2. This is because it is the object of the verb in the relative clauses. In this

case the subject is *spectators*. The relative pronoun cannot be omitted in 1 because it is the subject of the verb in the relative clause. This rule only applies to defining relative clauses. In non-defining relative clauses the relative pronoun can never be omitted.

- c 1 which (*that* is never used in a non-defining relative clause); 2 which (*that* cannot be used after a preposition in a relative clause; *whom* is used after a preposition when referring to people); 3 whose (possessive relative pronoun meaning 'of which' or 'belonging to' – it can be used for both people and things)
 d The relative pronoun *which* refers back to the whole of the previous clause: *He resigned as manager of the club.*

6

- | | |
|--------|--------|
| a 1, 2 | d 2 |
| b 3 | e 2 |
| c 1, 4 | f 2, 4 |

7

- a Athletes **using** these techniques ...
 b correct
 c The stadium **being built** for the event ...
 d **Humiliated** by their defeat, ...
 e correct
 f ... downpour of rain **which/that** stopped the tennis match ...
 g ... several items **which/that need to be bought** before ...
 h The first person **to win** the Tour de France ...

8

c

9

- b With the reduced adverbial clause in the front position, it suggests that the person (*I*) should be looked after carefully rather than *my car*.
 d With the reduced adverbial clause in the front position, it suggests that the *T-shirt* rather than the person ran half of the race.

10

- a Dreaming of how their lives would be together, the couple were pronounced man and wife (by the priest). / As they were pronounced man and wife (by the priest), they were dreaming of how their lives would be together.
 b Looking through the binoculars, I saw that the distant eagle seemed to be preparing to swoop on its prey. / As I looked through the binoculars, the distant eagle seemed to be preparing to swoop on its prey. / Looked at through the binoculars, the distant eagle seemed to be preparing to swoop on its prey
 c Dressed in her new school uniform, Sally no longer seemed to me to be my baby girl. / I began to realize Sally was no longer my baby girl when I saw her dressed in her new school uniform.

11

- a play by the **rules**: deal fairly and honestly with people
 b back to **square** one: a return to the situation you were in at the beginning of a project, task, etc. because you

have made no real progress (originates from early radio commentary of football)

- c be thrown in at the deep **end**: be made to start a new and difficult activity that you are not prepared for (*the deep end* refers to a swimming pool, which sometimes has one end deeper than the other)
- d move the **goalposts**: change the rules for sth, or conditions under which it is done, so that the situation becomes more difficult for sb (from football)
- e be **stumped** for an idea: unable to come up with an idea (from cricket)
- f be a front **runner**: be the person, animal or organization that seems most likely to win a race or competition
- g be on the **ropes**: be very close to being defeated (from boxing)
- h deal someone a knock-out **blow**: utterly defeat sb (from boxing)
- i score an own **goal**: do something that is the opposite of what you wanted and that brings you a disadvantage (from football)
- j be neck and **neck**: be level with sb in a race or competition
- k throw in the **towel**: admit that you have been defeated and stop trying (from boxing)

Listening – Part 1

1

POSSIBLE ANSWERS

herbalism: the medical use of plants and plant extracts, especially as a form of alternative medicine; used to treat a variety of diseases

hypnotherapy: a form of treatment where the patient is put into an unconscious state in which they can still see and hear but can be influenced to follow commands or answer questions; used to treat physical and emotional problems, especially addictive behaviour, i.e. smoking

acupressure: a form of treatment where pressure is applied to particular parts of the body using the fingers; used to treat stress-related conditions, as well as boost the immune system, improve circulation and treat pain (often during pregnancy and childbirth)

acupuncture: a form of treatment where special thin needles are pushed into the skin in particular parts of the body; used to promote general health, relieve pain and treat and prevent disease.

2

- 1 A The woman says she was *very apprehensive*, which suggests she didn't trust the situation. She also says later: *I'm still a bit sceptical...*
- 2 C The man refers to the *creative possibilities of our subconscious*; the woman refers to the fact that *we only use ten per cent of our brain ... it's capable of things we haven't even got a clue about*. Both comments suggest they agree about the brain having hidden powers.
- 3 C The woman mentions the feeling that *you just know you are going to fail*, as well as a *cynical* feeling and then

endless *excuses* – all of which suggests that she thinks people fail because they lack motivation.

- 4 C She suggests that hypnotherapy can help with stage-fright and *fear of flying*, both of which are stressful and anxious situations. She also mentions a *semi-hypnotic state*, rather than a totally hypnotic state (B).
- 5 B The journalist talks about *everyone's biggest nightmare* being *suddenly falling ill on a long journey*.
- 6 C The journalist describes the fact that a patient can be monitored by doctors elsewhere as a *comforting thought*, which suggests patients will be reassured.

3

- a sceptical/apprehensive about
- b addicted to
- c fascinated by
- d craving for
- e suffering from

4

Students' own answers

Speaking – Part 2

1

POSSIBLE ANSWERS

- A beauty treatment, facial, cucumber slices, dressing gowns, relaxed, smiling
- B yoga class, participants, meditation, concentration, hypnotic, relaxed
- C jog, aerobic, fitness, relaxing, scenic, isolated
- D healthy food, customer, vitamins, nutrition, diet, variety, range, undecided, confused

2

Look at the pictures C and D; talk together (for about a minute) about what you think the people are doing and why they might be doing these things.

3

Students' own answers

4

- 1 b polite distancing with past continuous
- 2 b tentative question with negative *wouldn't*
- 3 a tentative question
- 4 b polite distancing with past continuous
- 5 b hedging with *sort of* and *really*
- 6 a hedging with *Well, yes*
- 7 b indication of own opinion (rather than accepted fact) with *I feel*
- 8 b tentative disagreement with *I suppose so*

5

Look at the pictures; imagine that a nationwide campaign to encourage young people to lead a healthy lifestyle is being organized and the pictures are to be included in the leaflet; talk together (for about three minutes) about how successful the pictures are; decide on two other pictures for the leaflet

6, 7

Students' own answers

Writing – Part 2, Article

1

- a people who are concerned about health issues but are not professionals in the field
- b perhaps to find out about changes to diet, exercise and daily routines that impact on health
- c informal style, including strong opinions
- d Students' own answers

2

- a a range of differences including: use of personal pronouns, contracted forms, informal vocabulary and strong opinions
- b yes, it is clear; they present an alternative perspective but their own view is given greater coverage
- c informal words or phrases: *shot up* (phrasal verb), *a couple* (approximate noun meaning: a few), *kids*, *juggle* (colloquialisms), *slogging ourselves into the ground* (idiomatic phrase), *McWorld* (humorous nickname), *True* (abbreviated phrase for *It is true that*), *Just* (adverb at beginning of sentence meaning: *simply*), *though* (adverb used at end of sentence to make previous statement less strong or less important; more formal word would be: *however*), *worth it* (more formal words would be: *worthwhile*, *viable*)
- d use of personal pronouns, rhetorical questions, multiple examples, direct quotes, language to express opinions strongly (e.g. *drastically*, *without doubt*, *minuscule*, *shockingly*), sensationalist and alliterative language (e.g. *a ticking time bomb*)

3

diets have changed; we all know that we live in a McWorld, hunting and gathering our food from fast food outlets and supermarket aisles
how many of us today spend twelve hours a day on our feet physically slogging ourselves into the ground?
Kids walking to school, parents going to half a dozen local shops, on foot, to buy the week's food, family holidays by bus to the nearest seaside town.
Take Tina Jameson ... She says 'I haven't got time to walk anywhere. But I'd have even less time without a washing machine or dishwasher.'
The number of people who suffer debilitating injuries at work is minuscule in comparison to the past. Fewer hours working and more efficient transport are all to our benefit in allowing us a greater amount of leisure time.

4

POSSIBLE ANSWERS

A number of the examples involve an element of personalisation. They involve the reader with the writer by the use of personal pronouns such as *our*, *we* and *us*. The examples are introduced by the following phrases: *True*, *I Just taking jobs as an example*, *I Take Tina Jameson*, ...

5

POSSIBLE ANSWERS

- a Modern technology means many people can now do a range of things at home that once required them to leave the house. For example, many of us can now enjoy the luxury of working from home in a part-time or full-time capacity. This is something made possible by super-fast broadband connections, wireless technology and compact computing, and means we are effectively 'at the office' even when we're sitting at home with our feet up.
 - b Few jobs today require any physical exertion whatsoever. Take the countless numbers of us who spend all day at a computer, for example. True, we have to move our fingers when typing or one hand when moving a mouse, but it could hardly be described as 'energetic'; could it? At least not when compared to the majority of jobs done by our grandparents' generation.
 - c Shockingly, in Western countries this is the first generation that is expected to live a shorter life than their parents. How have we let this situation come about? Some would say by bingeing on fast foods and spending too much time watching TV or online, which has led to us becoming obese, immobile and positively unwell.
- 6
- a three-stage repetition of *the truth*
 - b personal pronoun: *we*; question
 - c personal pronoun: *you*; *I'm sure + will* expressing certainty
 - d emphatic vocabulary: *pumping*; colloquial phrase: *goodness knows what else*; personal pronoun: *our*
 - e maximizing phrase: *nothing less than*; three-part alliteration: *dirty / disgusting / despicable*
 - f language to express opinions strongly: *despise*; three-stage repetition of *I despise*
 - g idiomatic phrase, followed by humorous play on words: *on its knees, begging for forgiveness*
 - h exaggeration: *a thousand reasons*
 - i simile and two-part alliteration: *as flimsy as a philanderer's promise*
 - j non-standard collocation: *pressurized happiness*; personal pronoun: *we*; hedging language: *seem to*
 - k balanced phrase divided by semi-colon; double alliteration: *Fame/failure, makes/men/makes*

7

POSSIBLE ANSWERS

We seem to prefer trying a thousand faddy diets to eating just one balanced diet.
Healthy foods make you well, but your pocket poor.
The key to regular exercise is fun, fun, fun.
The suggestion that you can change your lifestyle overnight is as fruitless as an apple tree in winter.