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Revision Lesson 7

Lessons 13-14

Vocabulary (Vocabulary lists on p. 122)

1 Correct the sentences using the correct words from the vocabulary lists.

- Andrew went to his room and ~~injured~~ the door angrily behind him. shut
- There are ~~complete~~ things that can't be discussed in front of everyone. certain
- Scarlett thanked her parents, saying that she was ~~painful~~ for their support. grateful
- Occasions like this make Ann so ~~extraordinary~~ that she can't stop crying. emotional
- Mrs Gray promised to ~~admit~~ all her pupils' drawings on the classroom walls. display
- We had made a big ~~achievement~~ to finish all the chores before the guests arrived. effort

2 Circle the correct answer.

- What do people sometimes receive as a prize for winning a competition?
 a. a medal b. a particle c. a track
- What do you need to connect your computer to your TV?
 a. a score b. an alarm c. a wire
- What do you have to pass at the end of a race?
 a. a defence b. a finish line c. an injury
- Who decides if a goal is allowed or not?
 a. a scoreboard b. a gymnast c. a referee



3 Fill in with the words/phrases from the box.

in particular work officially prove against the rules give up absolutely

- Excuse me, sir, talking on the phone in the library is against the rules.
- Are you absolutely sure that you turned off the air conditioner before you left?
- I know how hard you've tried. You don't have to prove anything to me.
- The flat that we saw yesterday was great. I liked the big balconies in particular.
- Life is not always fair, but you can't just give up every time you face difficulties.
- How does this device work? - There is a leaflet with instructions inside the box.
- The hotel officially opens on 1st April, but all staff members must be here a week earlier.

4 Choose and circle.

- Hello, Mrs Green. What brings you here today?
- Hello, Dr Stone. I haven't been feeling very well for the past few days.
- What ¹symptoms / nerves do you have? A high fever or a runny nose?
- No, just a bad ²allergy / sore throat. I drank some tea, but it didn't work.
Oh! And I can't hear very well because I've got an awful ³earache / sneezing.
- Let's ⁴take a look / make an appointment at your throat first. Open your mouth, please.
OK! And now let me check your other problem. Hmm ...
- Is everything OK, doctor?
- Don't worry. There's nothing wrong. The good news is that you don't have the ⁵muscle / flu.
- And the bad news?
- Well, I think it's ⁶annoying / possible that one of your teeth is causing the ⁷virus / pain.
You see, all these areas are connected. It's like a ⁸network / net.
- Oh! To tell you the truth, one of my back teeth has been ⁹beating / irritating me lately.
- I suggest that you should visit your dentist, then.
- I definitely will. Thank you, doctor.

Expression of the day

Choose and circle a or b.

Our neighbour often starts playing the piano at 3:00 in the afternoon. It really **gets on my nerves**.

- a. It really annoys me.
 b. It really relaxes me.

Grammar (Grammar theory on pp. 123-124)

1 Choose and circle.

- Could you remind Stacey water / to water the plants this evening?
- Wearing this outfit makes me to feel / feel very confident.
- I believe TV ads can influence / to influence the way people think.
- Mum has always encouraged us pursue / to pursue our dreams.
- Mrs Fisher promised to reconsider / reconsider the offer.
- Did you know that Zach is in town? I saw him enter / to enter the bank an hour ago.
- George isn't pleased with his new job. He would prefer not to work / to not work such long hours.

2 Complete the dialogues with the full or the bare infinitive (✓/✗).

- A.** - We've been so busy this week that I think we deserve ¹ to have (have) a break. Mr Norris can't force us
² to attend (attend) a meeting on a Sunday. It's out of the question. I won't go.
 - You're right! He had better ³ not arrange (not arrange) anything like that at weekends.
- B.** - I was so glad ¹ to hear (hear) that you're on holiday in Canada. How is Toronto? Are you planning
² to stay (stay) there for a long time?
 - Well, we're having such a wonderful time here that we've decided ³ not to return (not return) yet.
- C.** - Walter might ¹ not be (not be) able to come to the event tomorrow. Let's call him ² to find out (find out).
 - I would rather ³ not disturb (not disturb) him now, it's very late.

3 Look at the pictures. Then, complete the sentences using the full infinitive or the gerund (✓) of the verbs from the box.

cycle eat finish ~~graduate~~ lie buy



- 1 I really hope to graduate from university this year.



- 2 Fay hates eating vegetables.



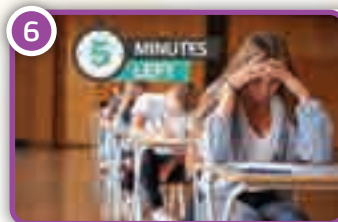
- 3 Heidi and Ray can't afford to buy that house.



- 4 Stephanie often imagines lying on the beach.



- 5 Owen misses cycling with his friends.



- 6 I don't have enough time to finish the test.

4 Choose and circle a, b or c.

- I think Edgar is angry with me. He said 'hi' without _____ at me.
 a. looking b. look c. to look
- The man _____ to survive on the desert island despite being alone for so many days.
 a. would rather b. managed c. felt like
- Ava heard someone _____ in the middle of the night.
 a. to scream b. to screaming c. scream
- Mr Moore _____ answering the question about his previous job.
 a. avoided b. agreed c. helped
- Did you remember _____ the parcel to the post office?
 - No, sorry. I'll do it tomorrow.
 a. take b. to take c. taking
- Steve _____ tell the truth when he speaks to his parents.
 a. would like b. is used to c. had better

5 Fill in with the full infinitive, the bare infinitive or the gerund (✓-X).

- The salesperson refused _____ **to exchange** _____ (exchange) the product because it was damaged.
- Roy apologised for _____ **not informing** _____ (not inform) us about the director's decision.
- Why don't we go _____ **diving** _____ (dive) this Saturday? The weather is going to be great.
- This cupboard is full of useless things. You should _____ **get rid of** _____ (get rid of) some of them.
- Please try _____ **not to talk** _____ (not talk) so loudly. The baby is sleeping.
- I'll take the morning flight. I would rather _____ **not arrive** _____ (not arrive) in Berlin at night.
- _____ **Lying** _____ (lie) to your friend will only make the situation worse.
- Georgia regretted _____ **not bringing** _____ (not bring) her camera on the trip.

6 Work in pairs. Ask and answer about yourself using the full infinitive, the bare infinitive or the gerund, as in the example.

- What do you have difficulty doing?
- What are you too young to do?
- What must you do if you find a wallet on the street?
- What do you look forward to doing in the summer?
- What do you usually offer to do around the house?
- What do you sometimes forget to do?
- What is one thing that you are used to doing daily?

What do you have difficulty doing?

I have difficulty solving maths exercises.

7 Read the sentence in bold. Then, using the word given and the full infinitive, the bare infinitive or the gerund of the underlined verb, complete the second sentence so that it has a similar meaning.

- The physics teacher couldn't believe that Cathy **cheated** in the exam. (Cathy)
 The physics teacher didn't expect _____ **Cathy to cheat** _____ in the exam.
- Mr Holmes says Patrick is not allowed to **go** to the concert. (Patrick)
 Mr Holmes won't let _____ **Patrick go** _____ to the concert.
- The guard saw the robbers. They **left** with four large bags full of money. (the robbers)
 The guard saw _____ **the robbers leave** _____ with four large bags full of money.
- Henry **makes fun of** everyone in class. We can't stand it. (Henry's)
 We can't stand _____ **Henry's making fun of** _____ everyone in class.
- The coach thinks the players should **train** hard for the semi-final match. (the players)
 The coach would like _____ **the players to train** _____ hard for the semi-final match.
- We never use that old printer. You don't have to **fix** it. (your)
 We never use that old printer. There's no point in _____ **your fixing** _____ it.

Listening

Listen to eight different sentences and choose the best answer.

Listening tip



In this exercise, listen very carefully and pay attention to the question words and the tenses, as well as the speaker's tone of voice.



- a. I'm not sure about that.
b. I prefer cats.
c. Yes, I have a cat.
- a. I've got the flu.
b. Yes, I love school!
c. I go to school by bus.
- a. You didn't study hard enough.
b. Congratulations!
c. Don't worry about it!
- a. That's a great idea!
b. It rained last week.
c. OK! See you tomorrow then.
- a. I think so.
b. The facilities are really modern.
c. No, I haven't been there yet.
- a. You should call your dentist.
b. You should have some chocolate.
c. You should drink more water.
- a. It finishes at ten o'clock.
b. Yes, it has started.
c. At seven o'clock.
- a. It's OK. No problem!
b. You're welcome!
c. Great, thank you!

Speaking

Role play. Student A is interested in joining a team and calls the sports club to make an appointment with the coach. Student B is the sports club's secretary and fills in Student A's information. Act out the dialogue changing the words in colour.

- Good morning, how can I help you?
- Hello, I'm interested in joining the **football** team and I'd like to make an appointment with the coach, please.
- Great! What's your name?
- My name is **Colin Philips**.
- OK. Can I also have your phone number?
- Sure. It's **07510 742 889**.
- Sorry, can you repeat that?
- Of course. That's **07510 742 889**.
- Thank you. Have you ever done **football** training before?
- Yes, I've been playing in my school **football** team for **five years**.
- Great! Can you come **tomorrow** at **6 o'clock**?
- Yes. That'll be fine.
- All right. Goodbye, **Mr Philips**!

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SPORTS CLUB
member information



Name: _____ **Students' own answers** _____
Phone number: _____
Sport: _____
Experience: _____
Appointment: _____

Speaking tip



When you are having a discussion and you don't understand or miss something, you can ask for repetition.

Asking for repetition

- Sorry, can you repeat that?
- Can you say that again, please?

Writing Task

3

An email: Giving advice to a friend about a fitness problem

Warm-up

- Who usually gives you the best advice?
- What can you do to keep fit?

Vocabulary

As for me, ... Όσο για μένα, ...
be into μου αρέσει

physical σωματικός
workout γυμναστική

Model

- 1 This is Emma's email to her friend Katy about a fitness problem she has been facing lately. Katy has replied to Emma's email giving her advice. Read their emails and answer the questions that follow.

New Message
To: kathy13@mail.com
Subject: I'm not fit enough ...

Hi Katy!

I hope everything is fine with you! As for me, I haven't been feeling very well lately ... The thing is, although I follow a balanced diet, I feel that I'm not fit enough and I don't like how my body looks. Maybe I should start working out but I'm not into that at all, so I need your help. What would you advise me to do?

Bye for now,
Emma

New Message
To: emma@mail.com
Subject: Some tips for you!

Dear Emma,

Para 1 (introduction)
I'm really sad to hear that you don't feel confident about your appearance. Personally, I think that you look great! However, I'm sending you some tips to help you improve your physical fitness.

Para 2 (main body)
First of all, it would be a good idea to start exercising with a friend. In other words, you could take up a sport together, such as tennis, as I know you love outdoor sports. In this way, you'll motivate each other to keep on training and you'll have the chance to spend more time together, as well.

Para 3 (main body)
In addition, if I were you, I would go for walks in the countryside regularly. For example, you can arrange trips with your family at weekends and go hiking with them. As a result, you'll be able to explore nature and get the exercise you need at the same time.

Para 4 (conclusion)
I hope my advice helps. Write back soon and let me know if you have solved your problem. I'm looking forward to your reply.

Take care,
Katy

1. In which paragraphs does Katy give her advice?
in paragraphs 2 and 3 (main body)
2. Which phrases does Katy use to link the paragraphs? Underline them.
3. What does Katy advise Emma to do?
a. start exercising with a friend
b. go for walks in the countryside regularly
4. Which phrases does Katy use to talk about the results of her advice? Circle them.

Writing Tip 1

Καλό είναι στην έκθεσή σου να υπάρχει ποικιλία στο λεξιλόγιο και να αποφεύγεις να χρησιμοποιείς συνεχώς τις ίδιες λέξεις. Για να το καταφέρεις αυτό, μπορείς να χρησιμοποιείς συνώνυμα.

- 2 Read the words given and find their synonyms in Katy's email.

- | | |
|-------------------------|-----------------------------|
| 1. upset (para 1) | _____ sad _____ |
| 2. begin (para 2) | _____ start / take up _____ |
| 3. encourage (para 2) | _____ motivate _____ |
| 4. continue (para 2) | _____ keep on _____ |
| 5. opportunity (para 2) | _____ chance _____ |
| 6. organise (para 3) | _____ arrange _____ |
| 7. answer (n.) (para 4) | _____ reply _____ |

Think & write! (Giving advice to a friend about a fitness problem)

3 Read list A and then, complete list B with your own ideas (explanations, examples or results).

A. You had better start changing your everyday habits.

- ride your bike or walk to school
- you'll be exercising on a regular basis without realising it

B. Why don't you choose a fun physical activity that you enjoy?

- _____
- _____
- _____

Writing tip 2

Για να δώσουμε μια **συμβουλή** σε κάποιον, μπορούμε να χρησιμοποιήσουμε φράσεις όπως **it would be a good idea ...**, **you should ...**, **you ought to ...**, **you had better ...**, **why don't you ...?**, **if I were you, ...**
It would be a good idea to start exercising with a friend.

You should/ought to start ...

You had better start ...

Why don't you start ...?

If I were you, I would start ...

4 Give advice using the words/phrases given.

1. watch / workout videos online / at home

You should watch workout videos online at home.

2. join / a school sports club / with my friends

If I were you, I would join a school sports club with my friends.

3. go jogging / in the park / more often

You had better go jogging in the park more often.

4. walk / your neighbours' dog

It would be a good idea to walk your neighbours' dog.

5 Complete the sentences using your own ideas or those from exercises 3 and 4. indicative answers

Topic sentence (one piece of advice)

First of all, why don't you 1 choose a fun physical activity that you enjoy?

Supporting sentences (explanations, examples or results)

2 In other words, you should take up an activity, such as dancing, skateboarding or rollerblading.

3 As a result, you'll keep fit and you'll meet new people at the same time.

REMEMBER

Κάθε παράγραφος του κύριου θέματος αποτελείται από μία **topic sentence**, η οποία ακολουθείται από **supporting sentences** (explanations, examples ή results).

Let's talk about it!

6 Imagine that you're giving some advice to Emma about how to deal with her fitness problem. Ask and answer the questions.

1. What would you advise her to do?
2. Can you give any explanations or examples to support your advice?
3. How do you think your advice will help her?

(in-class discussion or pairwork)

Writing task

7 Reply to Emma's email giving her advice about how to deal with her fitness problem. Use the model, the exercises and the following plan for help.

Plan & useful language

Start with

- Para 1**
- Say how you feel about her problem.
 - Say that your tips may help her.

Para 2

- Give your first piece of advice.

- Support it with explanations, examples and/or results.

Para 3

- Give your second piece of advice.

- Support it with explanations, examples and/or results.

- Para 4**
- Say you hope your advice has helped.
 - Ask her to write back and tell you if she has solved her problem.

Sign off

Dear Emma,

I'm really sad to hear that ... / I'm really sorry to hear that ...
 I'm sending you some tips to help you improve your physical fitness. /
 The situation may improve if you follow my advice.

First of all, / To begin with, it would be a good idea ... / you should ... /
 you ought to ... / you had better ... / why don't you ...? / if I were you, ...
 In other words, ... / What I mean is that ... / More specifically, ... / For example, ... /
 For instance, ... / ..., such as ... / In this way, ... / As a result, ... / So, ...

In addition, / What's more, / Also, it would be a good idea ... / you should ... /
 you ought to ... / you had better ... / why don't you ...? / if I were you, ...

In other words, ... / What I mean is that ... / More specifically, ... / For example, ... /
 For instance, ... / ..., such as ... / In this way, ... / As a result, ... / So, ...

I hope my advice helps. / I hope my tips have been helpful. / I hope I've helped you.

Write back soon and let me know if you have solved your problem. / ... if your physical fitness has improved.

Take care, / Kisses, / Love, / Bye for now, + your name

Vocabulary (Vocabulary lists on p. 146)

1 Mark the sentences with T (True) or F (False).

You can also ask students to correct the sentences that are false.

- When you take part in a **contest**, you try to win a prize. T
- If you **promote** something, you encourage people to buy or use it. T
- An **honest** person is someone who always lies. F
- When you **boost** something, you increase or improve it so as to make it more successful. T
- If you do something **frequently**, you rarely do it. F
- A **contract** is a document that explains an official agreement. T
- When something is a **piece of cake**, it's delicious. F

2 Choose and circle a, b or c.

- I can really _____ the main character of this book. Her life story is similar to mine.
a. calm down b. come across c. relate to
- Before the actor became well known, he used to sell ice cream so as to _____.
 a. earn a living b. mix and match c. go on a shopping spree
- It's cold outside. You'd better wear _____ if you're going to put on a skirt.
a. belts b. hairbands c. tights
- Can you please help me choose a tie for Brandon? You two have the same _____.
a. knowledge b. taste c. code
- Students can use the sports facilities here for a _____ of €50 a month.
 a. fee b. reflection c. giveaway

3 Complete the sentences with the prepositional phrases from the box.

on top of that
on display
on average
on sale
on fire
on request
on purpose

- I'm so sorry I spilt coffee on your sweatshirt. It was an accident. I didn't do it _____ on purpose.
- This laptop is now _____ on sale _____ in the shops for under \$700. I think we should get it!
- According to a survey, teenagers in Europe spend five hours a day _____ on average _____ on the Internet.
- The order was delayed, one of the products arrived damaged, and _____ on top of that _____, the company refused to give us a refund.
- When we saw smoke coming out of the windows, we realised that the building was _____ on fire _____.
- A free leaflet with the landmarks that are worth visiting in this town is available _____ on request _____.
- The painter's most famous works are _____ on display _____ at the Louvre Museum.

4 Choose and circle.

- Hello Miss! Can I help you?
- Hi! I'd like to buy a blouse.
- Excellent! We've got a big collection and you can get a 20% ¹subscription / discount if you get two. What about this pink one with the pattern?
- Hmm ... It's very stylish, but I'm looking for something more ²negative / casual to wear to work every day.
- This grey one would be a good choice for you, but we only have it in a small size.
- Well, it wouldn't fit me, then. Besides, this colour is a bit ³effective / dull and I'd prefer something more ⁴comfy / individual for work. You know what, I was ⁵browsing / considering the Net a few days ago when I came across your online shop and I saw a blue blouse with stripes. Is that available?
- Oh yes! Here it is. It's a bit more expensive ⁶obsessed with / compared to the other ones, but it's so classic that it will never go ⁷out of style / full-time. And if you want to ⁸upgrade / record your outfit, you can also wear it with a ⁹sweatshirt / suit.
- That's a great idea! Can I try it on?
- Of course. The ¹⁰account / fitting room is at the back, on your left.

Expression of the day

Choose and circle a or b.

Sabrina is a very attractive woman who is always **dressed to kill**. She catches everyone's attention.

- Sabrina dresses in a very stylish way.
- Sabrina dresses horribly.

Grammar (Grammar theory on pp. 147-148)

1 Fill in with the comparative or the superlative form of the adjectives given.

- The weather is hotter (hot) today than it was yesterday. Why don't we go swimming?
- This is the simplest / the most simple (simple) application for editing videos. All the other ones are quite difficult to use.
- Even though Georgina is only fifteen, she handled the situation with great responsibility. She is more mature (mature) than most children of her age.
- Mrs Simpson's instructions for the maths exercise were not at all clear, so I ended up more confused (confused) than I had been before I read them.
- There was a wide variety of dishwashers in the shop. However, Susie chose the most affordable (affordable) one of all.
- Patrick is the newest (new) member of our staff. Please make sure you support him during his first days here.
- The hotel service was worse (bad) than we had expected, so we wrote a letter of complaint to the manager.
- "Roberto's" is my favourite restaurant. It serves the tastiest (tasty) Italian dishes I've ever tried!
- Sebastian might seem very serious, but in reality, he is more easy-going (easy-going) than his cousin, Caleb.

2 Choose and circle.

- The box wasn't as heavy as / than I thought it would be.
- Mr Harrison is more / much kinder than our previous headteacher.
- In my opinion, bungee jumping is least / less dangerous than skydiving.
- Computer screens are getting bigger and / than bigger nowadays.
- Nobody was nervous about the exam and Tim was the least nervous of / than all.
- The article hasn't been improved at all. It's the same as / to it was before.
- After getting a new haircut, Pat is much more / the most confident than she used to be.
- The fashion event wasn't as / more glamorous as we had imagined it would be.
- Those earrings are similar to / as the ones my grandma gave me for my birthday.
- Our cat is getting fatter / fat and fatter. I think we should give her less food.

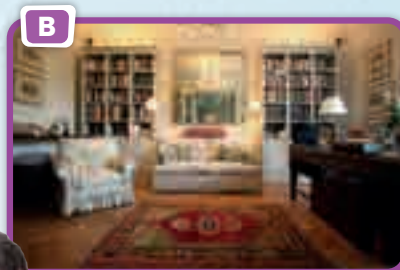


3 Look at the pictures. Then, make sentences using the comparative or the superlative form of the adjectives from the box to compare the three flats, as in the example.

~~easy~~ bright modern expensive big



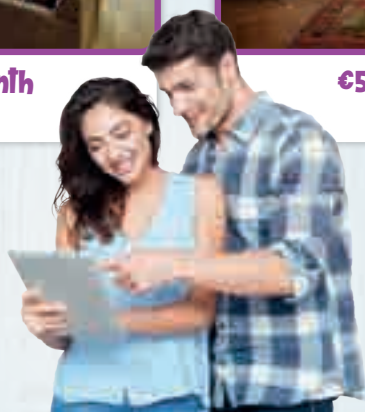
A
€700/month
120m²



B
€500/month
80m²



C
€600/month
70m²



The second flat is cosier than the third flat, but the first flat is the cosiest of all.

4 Fill in with the comparative or the superlative form of the adverbs given.

- Pamela arrived at the station the earliest (early) of all her friends.
- Mr Clayton dressed the most formally (formally) of all at the conference.
- The beach was actually farther/further (far) away than it appeared on the map.
- Little Garry waited for the play to begin the most patiently (patiently) of all the kids.
- Eddie can speak Spanish better (well) than Mia, although both of them live in Spain.
- The cable car took us higher (high) up the mountain than the last time we went skiing.
- My brother wakes up the latest (late) of all in the family. He doesn't start work until the evening.
- Jennifer exercises more regularly (regularly) than she did last year because she wants to lose weight.

6 Read the sentence in bold. Then, using the word given, complete the second sentence so that it has a similar meaning.

- Becky was more excited about the surprise than Ian. (less)
Ian was less excited about the surprise than Becky.
- The trip was less tiring than I thought it would be. (as)
The trip wasn't as tiring as I thought it would be.
- I didn't solve exercise A as easily as exercise B. (much)
I solved exercise B much more easily than exercise A.
- We couldn't find a more recent study by Professor Cannon online. (the)
This is the most recent study by Professor Cannon that we could find online.
- Jerry wasn't polite to the guests. Everyone else greeted them politely. (least)
Jerry greeted the guests the least politely of all.

7 Choose and circle a, b or c.

- Van Gogh's "Starry Night" is _____ beautiful painting I have ever seen.
a. more b. the more **c. the most**
- Fortunately, Fiona's accident was _____ serious than we had imagined.
a. less b. much c. most
- I'm sorry, I thought you were Natalie. You're wearing exactly the same jacket _____ her.
a. to **b. as** c. with
- Howard's new motorbike cost _____ a car.
a. as most as b. as more as **c. as much as**
- Felix deserved to win the gold medal. He jumped _____ than anybody else.
a. the most higher **b. much higher** c. more higher
- The cost of living in a big city is rising _____ and faster every year.
a. fast **b. faster** c. fastest
- The teacher said that my essay was very similar _____ Leon's.
a. as b. with **c. to**
- Florence is _____ selfish person I have ever met.
a. the least b. less c. the less

5 Fill in with the words from the box.

as less much and
of least than

- David answered the quiz questions the most correctly of all in the class.
- This medicine works much more effectively on an empty stomach.
- Kyle behaves the least professionally of all in the company.
- Russ had trained as hard as all the other athletes, but he didn't manage to get a place in the team.
- Despite being more experienced, Bethany drives less carefully than her sister.
- The aeroplane flew lower and lower as it came closer to its destination.
- Darcie spends her pocket money more responsibly now than she did when she was younger.

SUPER COURSE
ELI PUBLISHING



Listening

Listen to eight different sentences and choose the best answer.

- | | |
|---|--|
| <p>1. a. What time did you return?
 b. Certainly, sir.
 c. Sorry, this shirt isn't mine.</p> <p>2. a. Of course I am!
 b. That was helpful, thanks!
 c. No, I'm just browsing.</p> <p>3. a. Let's go on a shopping spree, then!
 b. This is my personal style.
 c. Yes, your style is amazing!</p> <p>4. a. It's very casual!
 b. It's 40 euros with the discount.
 c. It's from our winter collection.</p> | <p>5. a. By credit card, please.
 b. No, thank you.
 c. No, I'd rather pay in cash.</p> <p>6. a. No, he isn't.
 b. Yes, he's out of work.
 c. Yes, he was hired last month.</p> <p>7. a. I'd like to take part in it!
 b. Who won the contest?
 c. Can I try it on, please?</p> <p>8. a. They must be so comfy!
 b. You need a larger size.
 c. You look very fit!</p> |
|---|--|



Speaking

Work in pairs. Read the following skills and discuss them with your partner. Which ones do you think are the most important for a successful influencer? Explain to the students that they don't have to reach an agreement.

1. edit photos and videos
2. promote products effectively
3. speak English well
4. keep up to date with the latest trends
5. understand the needs and interests of their audience
6. communicate well with their audience

- Well, if you ask me, I think that a successful influencer must be able to promote products effectively in order to boost the sales of well-known brands.
- Definitely! Also, it seems to me that a successful influencer should be able to keep up to date with the latest trends so that they can organise interesting giveaway contests.



Speaking tip

Don't interrupt your partner while he/she is talking. Wait for your turn to speak and always be polite, even if you disagree with him/her.

Giving an opinion

- If you ask me, I think/feel/guess that ...
- It seems to me that ...

Agreeing

- That's a good point.
- Absolutely! / Definitely!

Disagreeing

- I see your point, but ...
- I see what you mean, but ...

- 1 What types of food do you think athletes should eat?
- 2 Read the text about the eating habits of two world champions.

Vocabulary

1. champion πρωταθλητής, -τρια
2. be sensitive to έχω ευαισθησία σε
3. gluten γλουτένη
4. wheat σιτάρι
5. grains σιτηρά
6. dairy γαλακτοκομικά προϊόντα
7. light ελαφρύς
8. artistic gymnast αθλητής, -τρια ενόργανης γυμναστικής
9. concentration περιεκτικότητα
10. egg white ασπράδι αυγού
11. recover αναρρώνω, συνέρχομαι
12. resist αντιστέκομαι σε

Food for champions

For the average person, cutting down on fats and sugar and sticking to a healthy diet may seem extremely difficult, but for world champions, it is probably **a piece of cake**. Exercising for hours takes a great amount of energy, so it's no wonder that athletes need foods which are rich in valuable nutrients. Novak Djokovic and Simone Biles are two sports celebrities who show how a balanced diet can lead to success.

Novak Djokovic

Apart from being a top tennis player, Novak Djokovic is also a fitness expert. His interest in nutrition began in 2010, when he went to see a special doctor after feeling weak during a match. As a result, he discovered that he was sensitive to gluten, a protein which is found in wheat and other grains. Without a second thought, Djokovic adopted a completely **gluten-free** diet. He also stopped eating dairy and sugar, and focused on healthier foods, such as fresh fruit and vegetables, beans, white meat, fish, nuts and healthy oils. This new diet has had a positive impact on his performance, as it helps him keep in shape and avoid serious effects from injuries. In his book "Serve to Win", Djokovic gives details about his daily food choices. He has fruit or gluten-free oats with honey on a regular basis in the morning, a salad and gluten-free pasta or noodles with vegetables and herbs for lunch, while his typical dinner is soup, a salad made with raw vegetables, and salmon or roast chicken. In addition, he has two light snacks daily between meals to keep himself full.

Simone Biles

Simone Biles is an artistic gymnast and an Olympic champion, whose spectacular performances have given her 30 medals in all so far. Although Biles is dedicated to gymnastics, she is also crazy about food, as she once said in an interview. Of course, being fit is essential for a career in this field, which is why Biles needs low-fat foods with a high protein and iron concentration. When Biles is preparing for a competition, she usually has either cereal or egg whites for breakfast, white meat for lunch and salmon with rice, broccoli and carrots for dinner. On a hard day, she also has a snack before working out and a banana right after, in order to help her muscles recover from training. However, Biles cannot resist pizza, so once in a while she breaks her healthy diet and enjoys some of her favourite fast food. Well, athletes are human too, after all!

3 Read again and answer the questions.

1. Why did Djokovic have to change his diet?
Because he discovered that he was sensitive to gluten.
2. How has the change in Djokovic's diet affected his performance?
It has had a positive impact on his performance, as it helps him keep in shape and avoid serious effects from injuries.
3. What can you find in Djokovic's book "Serve to Win"?
details about his daily food choices
4. What foods does a gymnast need to eat in order to stay fit?
low-fat foods with a high protein and iron concentration
5. How does Biles sometimes break her healthy diet?
Once in a while, she enjoys some pizza / some of her favourite fast food.

4 Fill in with one or two words from the text.

Reading tip

In this type of exercise, keep in mind that the sentences are usually paraphrased from the text, but the words you need to find are exactly as they appear in the text.

1. All athletes need foods that contain plenty of valuable nutrients due to their tiring exercise routines.
2. Djokovic was examined by a doctor after he had felt weak on the tennis court.
3. Gluten is a type of protein that can be found in wheat products.
4. Biles is an Olympic champion who has won a large number of medals.
5. Biles has a banana after training because it helps keep her muscles in good condition.
6. A regular dinner for both Djokovic and Biles includes salmon and vegetables.



5 What do the following words/phrases mean? Circle a, b or c.

1 a piece of cake

(paragraph 1)

- a. delicious
- b. easy**
- c. unusual

2 gluten-free

(paragraph 2)

- a. rich in gluten
- b. with some gluten
- c. without any gluten**



6 In your opinion, why is it essential for athletes to follow a balanced diet? Tell the class.

In my opinion, it is essential for athletes to follow a balanced diet because it helps their muscles recover from training.

Ideas

- ▶ give them enough energy for training
- ▶ help them keep in shape and stay fit
- ▶ protect them from serious injuries
- ▶ give them valuable nutrients, like protein and iron
- ▶ help their muscles recover from training



EXTRA ORAL PRACTICE

Describe:

- ▶ your favourite toy as a child
- ▶ a place where you like to spend time by yourself
- ▶ a story you liked to listen to when you were younger
- ▶ something you made by yourself (eg. a painting/ drawing etc.)
- ▶ the best scenery you have ever seen
- ▶ a funny video you have watched online
- ▶ your favourite time of the day
- ▶ a commercial you've seen on TV

Talk about:

- ▶ the things you usually do with your friends
- ▶ the difficulties you face when you study English
- ▶ the things you usually do on the Internet
- ▶ your best school memories
- ▶ a song or a piece of music you like listening to
- ▶ the study tips you follow before an important test or exam
- ▶ a professional that you admire

Tell a story about:

- ▶ a time when you showed someone how to do something
- ▶ a time when you tried or learnt something new
- ▶ a time when you failed to do something
- ▶ a time when you bought a present for someone
- ▶ a time when you enjoyed a lesson at school
- ▶ a time when you made a new friend
- ▶ a time when you were late for something important
- ▶ a time when you forgot something important
- ▶ a time when you came up with a clever idea

Give your opinion on the following topics:

- ▶ What are the advantages and disadvantages of travelling by plane?
- ▶ What are the advantages of eating homemade food?
- ▶ What are the advantages of having neighbours?
- ▶ Should your parents know which sites you visit on the Internet? Why / Why not?
- ▶ How has technology made our lives easier?
- ▶ Should people stop using plastic straws and cups? Why? / Why not?
- ▶ What would you consider a perfect holiday?
- ▶ If you could do whatever you wanted for a day, what would you do?
- ▶ Is talent enough for someone to become a great athlete? What else does it take?
- ▶ If you could change something at your school, what would that be?

