

Module 1

➤ Exercise 3 (p. 9)

Josh: Where do you live, Vicky?

Vicky: I live in the centre of the city.

Josh: Do you live in a flat or a house?

Vicky: I live in a small one-bedroomed flat. I want a bigger place, but I don't have the money at the moment.

Josh: Do you live alone or have you got a flatmate?

Vicky: No, I live alone.

Josh: So, I guess you have to do all the chores yourself.

Vicky: Yes, but I don't mind hoovering the carpets or dusting the furniture. What I really hate doing is the washing-up and ironing the clothes.

Josh: I know what you mean. I hate doing chores.

Vicky: What about you? Do you live alone?

Josh: No, I live with my mum, dad, three brothers and two sisters all in the same house.

Vicky: Wow! How do you study with all those people in the house?

Josh: You're right. It's not easy with so many people. I close my bedroom door to get some peace and quiet.

Vicky: Do you have to do any chores?

Josh: Yes. Because there is so many of us, we each have our own chores to do. I have to take out the rubbish every day.

Vicky: Is that all? Lucky you!

Jean: Well like most of us, they want to have a healthy diet. But the most important thing for many of my clients is a diet that gives them lots of energy as they have very busy lives. So, I design a meal plan that is high in energy.

Interviewer: How do you do that?

Jean: I plan diets with lots of fruits, like bananas. I include snacks like nuts and low-fat cheese and of course as many vegetables as possible. I avoid desserts high in sugar, but once or twice a week it's okay to have them.

Interviewer: I see. What about eating meat and food high in fat?

Jean: Well, most stars prefer low-fat diets as they need to watch their weight. Many of them eat very little meat. But it's not just what you eat that is important; it's also how you prepare your food. I always suggest grilling meat instead of frying. This reduces a lot of fat in a meal. Many stars prefer fish instead of meat and it's also a great source of protein.

Interviewer: Interesting. Jean, are there any secrets you can share with our listeners today to help them control their weight and stay healthy?

Jean: Certainly. Everyone knows that lots of water is good for you and makes you feel less hungry. But the trick is to eat many small meals throughout the day. Many of my clients eat this way and they never get too hungry and their bodies are always busy burning calories.

Interviewer: Great advice, thanks Jean.

Module 2

➤ Exercise 5 (p. 15)

Cindy: We need to do some shopping. Let's make a list.

Mike: OK. Well, we don't have any bread so let's get two loaves. That should be enough for a couple of days.

Cindy: OK. That's two loaves of bread! What else do we need?

Mike: We need some pasta.

Cindy: How much?

Mike: I think one packet is enough.

Cindy: Alright. Let's get a box of cereal, too.

Mike: Let's get three pots of yoghurt and a few bottles of cola, as well.

Cindy: Yes, then let's get some fruit and vegetables.

Mike: Good idea! We don't have many left. What else do we need?

Cindy: Nothing else, but why don't we have a treat and buy two bars of chocolate?

Mike: OK. Good idea.

Cindy: Right. Let's hurry before the store closes.

➤ Exercise 3 (p. 19)

Interviewer: Today on "Healthy Matters" I'm happy to have diet advisor to the stars, Jean Patterson, on the show. Welcome Jean.

Jean: Thanks, it's good to be here.

Interviewer: Jean, what do your celebrity clients want in a diet?

Module 3

➤ Exercise 3 (p. 29)

Interviewer: Today on 'Science and Beyond' I welcome George Quarterton from the Science and Exploration Museum. Thanks for joining us, George.

George: You're welcome.

Interviewer: George, what do you do at the museum?

George: I'm the exhibit organiser. It's my job to organise the exhibits at the museum. I work with the museum's scientists to develop these exhibits.

Interviewer: I see. Tell us what exhibits are on display now at the museum?

George: Well, we have all our permanent exhibits. And I'm very excited to say that this month's scientist of the month is Albert Einstein. All month long, people can visit the museum and learn about Einstein and his work.

Interviewer: Great. Tell us a bit about Einstein.

George: Sure. As we all know Einstein was a great German physicist and his research was very important. Not only was Einstein a great scientist, he is a well-known person around the world. He represents intelligence and genius, however this was not always true for Einstein.

Interviewer: What do you mean?

George: As a child, Einstein was slow in learning to speak and read. He did poorly in school at first. Many of his teachers didn't think he was smart. This, however, didn't last long as Einstein wrote his first research paper at 16 and showed great talent in Science and Maths. Of course, he went on to win the Nobel Prize in Physics.

Interviewer: Many people believe he helped invent the atomic bomb. Is this true?

George: Not at all. He wrote a letter to President Roosevelt of the USA about Germany's possible use of nuclear weapons in World War II, but he never participated in the creation of the bomb.

Interviewer: There is so much I did not know about Einstein.

George: Yes, he was a fascinating man. I invite you and your listeners to learn more about him at the museum this month.

Module 4

➤ Exercise 3 (p. 39)

Brenda: Hi Paul, it's Brenda! I'm just calling to tell you everything is fine here at the office and you don't have to worry about a thing. Are you having fun in Spain?

Paul: Hi, Brenda. Well, actually I'm not and it's turning out to be the worst holiday of my life!

Brenda: Really? Why, what happened?

Paul: Well, to start with we almost missed our flight because there was so much traffic on the way to the airport. Someone's car broke down and was blocking the motorway.

Brenda: Oh no!

Paul: Yes and then the airline lost our luggage, probably because we checked in late, so we had no clothes for the first couple of days. It was really hot, so we had to buy something light to wear.

Brenda: Really? That was unlucky.

Paul: And that's not all.

Brenda: Oh dear! What else happened?

Paul: Well, listen to this! When we got to the hotel they somehow lost our reservation and gave us the only room available. It's so small.

Brenda: Oh no! That's terrible.

Paul: I know! We booked a suite with a sea view and now we're staying in a tiny room with a view of the street. Anyway, we decided to start enjoying our holiday despite the bad beginning so we went to the beach and swam in the sea.

Brenda: That sounds fine.

Paul: Yes, it was until I got badly sunburnt!

Brenda: Are you serious?

Paul: Yes, it was awful.

Brenda: Well, at least someone didn't steal your passport or your money.

Paul: Yes, I guess things could be worse.

Brenda: Definitely. Just try to enjoy what's left of it and have fun.

Paul: You're right. I think I'll go shopping for souvenirs now. Talk to you later. Bye!

Brenda: OK. Bye.

Module 5

➤ Exercise 3 (p. 49)

Speaker 1

I think that the biggest environmental problem is pollution. People are responsible for it. We all drive cars and their exhaust fumes pollute the air we breathe. But, I believe that factories are the main problem. They emit their waste into the air and the water. Often, these waste products and chemicals are harmful and cause the biggest problems.

Speaker 2

I've started doing small jobs in my community to help the environment. A group of us went to pick up rubbish last Saturday in the park. It was great. Lots of people came and it only took an hour! Also, the local school is setting up recycling bins so that everyone can help reduce waste. Sure there are lots of larger environmental problems around the world, but at least things around here are improving.

Speaker 3

My community is always organising 'save the world' events. I want to participate, but I work five days a week and have two children. By the time the weekend comes, I'm exhausted and I have no energy to help with environmental events. I try to recycle, which is good, and if I wasn't so busy I would help more.

Speaker 4

Many people still don't care enough about the environment. People say that they have no time or it's not their responsibility. But really, it's everyone's responsibility. It doesn't take long to collect rubbish and put it in a recycle bin or switch the lights off when you leave a room. People forget that all these small things help. If everyone does their part, we might reduce pollution and help the environment.

Speaker 5

I agree that the environment is very important but there aren't many ways to help without having to pay for it. Charities and other environmental organisations are always asking for donations. I would like to help more but I can't afford to donate money to help these organisations and other good causes.

Module 6

➤ Exercise 4 (p. 59)

No trip to Indonesia is complete without a visit to the largest Buddhist temple in the world, Borobudur. Located about 400 kilometres southeast of the main city of Jakarta on the island of Java, this enormous temple is visited every year by Buddhist monks and fascinated tourists from around the world. There is no written record of who built the temple or for what purpose and it remains to this day a mystery. It is estimated though, that Borobudur was built around 800 AD.

For centuries Borobudur was hidden under volcanic ash and jungle growth until it was discovered in 1814 by Sir Thomas Stamford Raffles, the British governor of the area. It was later restored and preserved by archaeologists. In 1985 the temple suffered damage due to a bomb attack. Soon after Borobudur was listed as a UNESCO World Heritage Site.

The Temple is designed in the shape of a pyramid with 9 levels or storeys. The walls are carved, starting from the bottom storey to the fifth storey, with scenes from the life of Buddha and his teachings. The scenes are carved in an art style originating from India. There are over 2,650 scenes and it's a 3 kilometre walk to view all of them. Borobudur had 504 statues of Buddha, although it's not possible to see them all as many are damaged or missing. It is recommended to take one of the stairways to the top of the temple to enjoy the spectacular views of both the temple below and the surrounding countryside. However, to make such a climb it is wise to visit Borobudur in the early morning before the afternoon heat begins.

It only takes one visit for tourists to fully appreciate what an impressive achievement Borobudur was for its time and how it now stands as a symbol of the Indonesian people and their history. Its exact beginnings may be a mystery, but its greatness is obvious at once.

Further Practice

➤ Part 1 p. 96

Brian: Hi, Patricia! What are you doing here?

Patricia: Oh, hi, Brian. I come to the sports centre every Saturday. I'm a fitness freak and this centre has got the best weights room in the city. Do you come here often?

Brian: No, I'm just here with my friend, Josh. He's swimming in the pool now. On Saturdays, I usually go to the ice rink in the city centre. You know, the one by the tunnel on Maple Street.

Patricia: No, I don't know where that one is, but my friend, Meg, goes to a rink on Tuesday nights. I think it's across the street from the bank on Elm Avenue.

Brian: Oh, yes. That skating rink is bigger and more modern than mine.

Patricia: So, why aren't you skating today?

Brian: I've got a problem with my foot. I can't skate today because it hurts. I have to be careful of what sports I do this week.

Patricia: I see. Could I go skating with you when your foot is better?

Brian: Well, can you skate?

Patricia: No, not very well – I'm only a beginner, but, hey, I'm not the worst skater in the world!

➤ Part 2 p. 96

Speaker 1

Every Friday night, my friends and I eat out at one of the nicest restaurants in our neighbourhood. The restaurant is never very crowded and the food is fantastic! The waiters are extremely friendly and the service is quick. And the best part is the bill! The prices are very reasonable!

Speaker 2

I'm very careful of what I eat. My mum and dad say that I worry too much about the nutrients of certain foods. I don't think I do, I just prefer to eat healthy meals! I think that fried food is the worst thing that people can eat. I can't stand eating food my mum cooks in oil like fish and chips ... yuck! A big green salad is what I like best!

Speaker 3

I like eating foods I prepare in my kitchen at home. I go out to restaurants a few times a month, but I prefer staying in and cooking tasty dishes for my friends. Right now I'm making pizza! My friends Peter and Jake are watching me and they look very hungry!

Speaker 4

I eat all kinds of foods! I look forward to mealtimes and I always eat everything on my plate. My mum is a great cook and only buys healthy foods – fresh fruits and vegetables, low-fat dairy products, and the best red meat the supermarket sells. I think the only food I have to eat more of is seafood.

Speaker 5

One of my favourite things to do is eat out. When I have enough money, I love going to popular ethnic restaurants in the city centre. I think it's important to experience new tastes and unusual kinds of cuisine – it's boring going to the traditional cafés and chippies all the time.

➤ Part 3 p. 96

Interviewer: Good morning, and welcome to today's show. Just like every Monday morning at 9 am, today we're talking about conservation. And with us is Megan Holmes, who returned from Greece last Friday afternoon. Thanks for coming, Megan.

Megan: My pleasure. Thanks for having me.

Interviewer: So, why don't you tell us what you did in Greece?

Megan: Well, I'm a conservationist – my job is to monitor endangered species. And, as most of you know, there is a Greek Island called Zakynthos. What you might not be aware of, however, is that Loggerhead Sea Turtles go to this island to lay their eggs each summer.

Interviewer: I see. And is there a problem with that, Megan?

Megan: Yes, unfortunately, there are several problems with that. Firstly, Zakynthos is an island that is visited by many tourists each year. And they go to the island for the same reason as the turtles – the beaches.

Interviewer: I think I understand. Do the tourists scare the turtles?

Megan: Not exactly. What happens is that the turtles lay their eggs in holes in the sand. The tourists don't know that these holes, or eggs, are there and they step on them.

Interviewer: I see! Do they also damage the nests?

Megan: Yes, the tourists do it by accident but it still means that many baby turtles are lost each year.

Interviewer: How sad! You said that there were several problems, Megan.

Megan: Yes, the other problem is the rubbish that tourists leave behind. To a turtle, a plastic bag looks like food. The turtles eat the bags and die.

Interviewer: That's terrible!

Megan: Yes, and it's my job to tell people about what they are doing to the turtles. I explain to them that the turtles are endangered and try to get them involved ... try to get them to help.

Interviewer: Well, I certainly hope it works, Megan.

Megan: So do I.

Revision Modules 1-6

Module 1

> Exercise G, p. 104

Ian: Hi Nancy, what are you reading?

Nancy: Oh, hi Ian. I am just looking at a brochure for the new sports centre on Blackwell Street across the street from the train station. It opens today.

Ian: And how is it?

Nancy: It looks great. It's much bigger than the community sports centre next to our school. There is a huge swimming pool and a gym. They offer different exercise classes for every fitness level. You can play basketball and tennis there. There is an outdoor football pitch. And best of all, it's got a volleyball court.

Ian: Oh really. Do you play volleyball?

Nancy: No, but I really want to learn how to play. Some of my friends are in the volleyball team at school and it looks like fun. Oh look ... there's even a huge indoor ice rink!

Ian: Wow, that's amazing! I can't believe they have all these sports in one place.

Nancy: I know it's incredible! Do you fancy going with me at the weekend?

Ian: I don't know. I'm not very good at sports.

Nancy: That's not true. You're an excellent swimmer. We can check out the pool and then afterwards go to the ice rink. Besides, it says here that experienced players to absolute beginners are welcome for all sports. So, what do you say?

Ian: Sounds like fun. Sure, why not?

Module 2

> Exercise G, p. 107

Alex: Hi Jenny, what are you doing tonight? Do you fancy trying that new Indian restaurant near the cinema? I hear they serve traditional Indian dishes and desserts.

Jenny: Sounds good, Alex, but I don't really like spicy food. Do you mind going somewhere else?

Alex: No, not at all. What have you got in mind?

Jenny: What about Chinese? There's a great restaurant near my house. They have delicious sweet and sour pork.

Alex: Oh yes, I know the place. It looks really nice, but it's too expensive for me. How about going to Mario's? It's cheaper and the food is always delicious.

Jenny: No, I'm sick of Italian. We always go there. Let's go somewhere else.

Alex: Yes, but it has got the best lasagna in town.

Jenny: I know, it's my favourite food! I would prefer to go some place new like the fish and chip restaurant near the bakery. I hear the prices are reasonable and the fish is really fresh. Hmmm let me think ... what's the name?

Alex: Oh, do you mean Captain John's?

Jenny: Yes that's it! It's really popular. Everyone goes there. My friend Tracy works there. I'm sure we can get a table. What do you think?

Alex: Well I do love fish ... sure why not?

Jenny: Great! Is 7 o'clock OK?

Alex: Perfect, see you then.

Module 3

> Exercise G, p. 110

Interviewer: Today on "Heroes in History" we are focusing on one of the greatest leaders in history, Alexander the Great. With me, is ancient Greek historian Mathew Webber. Welcome to the show, Mr Webber.

Mathew Webber: Thank you. It's great to be here.

Interviewer: Often, when we talk about great people in history one of the first names that comes to our minds is Alexander the Great. What makes him so great?

Mathew Webber: Well, there are many great leaders and conquerors throughout history, such as Julius Caesar and Genghis Khan. What makes Alexander III of Macedonia so exceptional is how he expanded his kingdom and entirely changed the map of the ancient world in little more than a decade.

Interviewer: He was also, a very young king and ruler. By the age of 25, the young King of Macedonia was the ruler of Greece, Asia Minor, Egypt and Persia.

Mathew Webber: Yes, and at the time of his death at age 33, his empire stretched over three continents into India. He even had plans to expand into China, but his early death stopped him from accomplishing that.

Interviewer: Did Alexander die in battle?

Mathew Webber: Unlike most great military commanders, he did not. There are various opposing theories, but few facts about Alexander's death. Some say his opponents poisoned him. But, the most probable theory is he died from illness and fever.

Interviewer: How did Alexander keep his empire together?

Mathew Webber: Good question. Alexander commanded his army with such success that they never lost a battle. People feared and respected him. He united his empire with trade and business and he introduced the Greek language and culture throughout his empire. One of Alexander's teachers as a boy was the philosopher Aristotle and he taught him all about the Classical Greek ideals. Alexander was determined to spread Greek culture and language throughout the world.

Interviewer: Well, he definitely accomplished that. That's all the time we have today. Thanks, Mr Webber, for joining us.

Mathew Webber: You're welcome.

Module 4

➤ Exercise F, p. 113

Speaker 1

Last summer, I visited Nice in the South of France. It's a lovely city, although I didn't see much of it. I spent most of my time sunbathing on the beach. I usually work really long hours and I go on holiday to have a rest! I don't want to run around visiting old monuments. I enjoy reading a good book in the sun!

Speaker 2

Last year, I went on holiday to Egypt. We stayed in a big hotel by the beach. My brother and my mum went to the beach every day. But my dad and I love history, so we visited loads of historical sites. We saw the Pyramids and the Sphinx and the Temple of Abu Simbel. It's hard to believe these places are from thousands of years ago.

Speaker 3

My favourite holiday ever was at a summer camp in Austria. It was in a very beautiful area, with lots of mountains and a large lake. But the best part was that we did a different activity every day. I tried canoeing, bungee jumping, climbing and mountain biking. At the end of the day I was always tired, but it was worth it!

Speaker 4

A few months ago I went to Barcelona with my friends. From the start of the trip things started to go wrong. First, the airline lost our luggage, then we got lost and couldn't find the hotel. When we finally arrived at the hotel, I realised that my passport was missing. It took ages to get a new one from the embassy. Barcelona's a fantastic city, but my trip there was the least relaxing holiday ever!

Speaker 5

My last holiday was in London, England. It's a great place to visit because there's so much to see and do there. I visited all the most famous landmarks, Buckingham Palace, the Tower of London and Big Ben. I brought my new camera and took loads of photos. I couldn't wait to show my friends back home!

Module 5

➤ Exercise F, p. 116

Speaker 1

Little did I know what was waiting for me when my volunteer team arrived at the village. It was a complete disaster. A powerful tsunami had hit the village just a couple of days before. Very few buildings were standing and there was no electricity or running water. I was in shock to see so much destruction. It was awful. Immediately, we set up tents with food and medical supplies for survivors. I was glad to help.

Speaker 2

I feel strongly about stopping child labour. I give a lot of my time to an organisation that works to create and enforce child labour laws in countries around the world. But more importantly, I spend a lot of time teaching people about the problem of child labour and what they can do to help stop it. It's very important to create awareness of the problem, so everyone will help.

Speaker 3

Often, many people just walk by homeless people in the street and pretend that they don't see them. I think that's terrible. The problem of homelessness is important. I'm determined to make a difference. I volunteer for a group called 'Homeless Reaction'. We want to raise enough money to build a shelter for the homeless in our community. We collect donations and put on various charity events. I'm sure that we will succeed to build the shelter one day.

Speaker 4

We are always hearing about air pollution and how cars and factories pollute the air we breathe, but what about the water? Our oceans and seas are full of rubbish and toxins that are killing sea creatures and coral reefs. Everyone worries about air pollution, but many forget that water pollution is just as serious. That's why I got involved with ocean clean-ups. This cause really needs our attention!

Speaker 5

I become angry when I hear that companies are clearing forests and cutting down trees. It's really sad that nobody seems to care. Deforestation has to stop. We have lost thousands of forests and rainforests around the world. It's so unnecessary. Many people, including myself, spend a lot of time planting trees, while others cut down thousands of acres of forest every day. When will this stop?

Module 6

➤ Exercise F, p. 119

Terry Blakes: Welcome to "Road Trip" the show that takes you on the road to some interesting places around the world. I'm Terry Blakes and today I'm in Lake Havasu City, Arizona. Lake Havasu is an artificial lake that was created on the Colorado River which runs through the state of Arizona. Lake Havasu is also home to the world famous London Bridge. So, if you can't travel to England you can see a bit of its history right here at Lake Havasu. With me today is Julie Sykes who works at the Lake Havasu tourist office. Julie, please tell us about the history of London Bridge.

Julie Sykes: Sure, Terry. London Bridge was designed and built by John Rennie in 1831 to replace an even older London Bridge that was built in 1209. It crossed the River Thames into London. Rennie's bridge had five stone arches which allowed for more river traffic to cross underneath it. By 1896, the bridge was the busiest point in London. It was discovered however in 1924 that the bridge was slowly sinking and the city decided to remove the bridge and build a new bridge. So in 1967 the city of London sold London Bridge.

Terry Blakes: What? They sold London Bridge? Who bought it?

Julie Sykes: A man named Robert McCulloch, the founder of Lake Havasu. He purchased the bridge so he could use it as a tourist attraction in his planned community of Lake Havasu City. The bridge was taken apart into pieces and the stones were numbered. The collection of stones was then transported to Lake Havasu. London Bridge was rebuilt on land and a canal was dug under the bridge and around some of the land. The area was then flooded and an island was created. The bridge connects this island to the main part of the city.

Terry Blakes: And now we can drive over or stroll along a 290 metre long piece of history.

Julie Sykes: That's right. The Guinness World Records lists it as the world's largest antique. Tourists can not only visit this historic bridge, but also the old English Village below the bridge which has great shops and restaurants. But the best part of the visit is that people can see two worlds at once, the old and the new. I think the bridge looks better here than back in London.

Terry Blakes: I think you maybe right Julie. It's certainly an impressive spot. Thanks for letting us know a little bit about London Bridge.