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VOCABULARY

1 Complete the sentences with the correct form of the verbs from the list.

back up	calm down	come down	come round
face up to	focus on	get down	get in
get over	mix up	think through	throw up

1 I feel awful – I really don't want to _____ _____ with flu.
2 He's just _____ _____ and the doctor is giving him a check-up.
3 Try not to get angry! _____ _____ before you do something you regret.
4 It took me weeks to _____ _____ it when I failed my exams.
5 I'm afraid we _____ _____ the prescriptions so we'll need to start again.
6 For now you need to _____ _____ the exam, then you can go out and have fun.
7 You say you feel sick. Have you _____ _____ at all?
8 Watching the news can really _____ you _____ these days, it's always so depressing.
9 She needs to _____ _____ the fact that she still hasn't found a job.
10 I have _____ it _____ carefully and I agree, it's a great idea.
11 Did Jason _____ _____ to the university he wanted?
12 It's important to _____ _____ all your files on a separate device.

2 Add a preposition to complete each sentence.

1 I'm fed up _____ my little sister who keeps borrowing my things without asking.
2 Jade's hopeless _____ hiding her feelings.
3 Colin was very mean _____ my taste in clothing.
4 Everybody seems impressed _____ my sister's acting skills.
5 They are optimistic _____ winning the lottery tonight.
6 I'm addicted _____ watching box sets of TV series.
7 My cousin is petrified _____ heights so she's never been up the Eiffel Tower.
8 The teacher is a little concerned _____ your classmate, George. Do you think he's OK?

3 Read the definition and write the correct word(s).

1 Unhappy and without hope for the future. d_____
2 Happy and positive. c_____
3 Extremely angry. f_____
4 Frightened or worried. s_____
5 Annoyed. i_____
6 Angry and annoyed. b_____ -t_____
7 Worried and nervous. a_____
8 Very pleased. o_____ t_____ m_____

4 Complete the words in each gap.

1 My grandfather can w _ _ _ _ _ _ the theme tunes of all the Bond movies.
2 Don't l _ _ _ against that wall – the paint's wet!
3 I woke up late and I had to r _ _ _ to the station to get there in time.
4 Speak clearly – if you m _ _ _ _ _, they won't be able to hear what you're saying.
5 I think he's cold. Look he's starting to t _ _ _ _ _ _.
6 If you go to Warsaw, take some time to w _ _ _ _ _ around some of the old town.
7 There's no need to s _ _ _ I know you're bored. Just give me another five minutes.
8 I saw Margit w _ _ _ _ _ _ something quietly in her friend's ear.

GRAMMAR

5 Complete the sentences with the verbs from the list in the present perfect simple or continuous.

learn	look	paint	see	tidy	try
wait	walk				

1 I _____ already _____ that film three times.
2 I _____ _____ English for eight years now.
3 My sister _____ _____ pictures since she was a child.
4 _____ you _____ for your keys in the kitchen?
5 I _____ _____ to call her all morning.
6 We _____ _____ ten kilometres today.
7 I _____ _____ the house all day!
8 How long _____ you _____ for the bus?

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6 **Complete the conversation with the words from the list.**

don't have	had to	have	mustn't	need
needn't	ought	should		

Jo: We're going snowboarding this weekend.
Ed: I thought you were working on Saturday?
Jo: I was. I **(1)** _____ ask for a day off. You **(2)** _____ to come with us, it's great!
Ed: Would I **(3)** _____ to buy a snowboard?
Jo: No, you **(4)** _____ to do that. You can hire one there.
Ed: Isn't it dangerous?
Jo: Well, you **(5)** _____ to do what the instructor says. And you **(6)** _____ go off on your own.
Ed: OK. **(7)** _____ I bring some sandwiches?
Jo: No, you **(8)** _____ do that – there's a café at the place.
Ed: Alright then, cool. It's a date!

7 **Complete the sentences with the words from the list.**

always	didn't	doesn't	ever	get	're
to	used				

1 When I was a child I _____ to think the moon was made of cheese.
2 I remember my father would _____ whistle while he was having a shower.
3 Emma _____ usually take sugar in her coffee these days.
4 My sister used _____ live in London many years ago.
5 Dan hardly _____ switches off his computer at night.
6 My parents _____ normally take me to school by car.
7 We seldom _____ up early at the weekend.
8 Your problem is that you _____ always looking for reasons not to do things.

8 **Write the words in the correct order to make sentences.**

1 after / next / you / could / dog / week / look / my ?
_____
2 your / you / yet / decorating / finished / have / room ?
_____
3 very / been / well / Barbara / lately / feeling / hasn't .
_____
4 to / for / app / got / we / this / have / pay ?
_____
5 asking / are / questions / constantly / why / you ?
_____
6 driving / left / used / the / never / I'll / get / to / on .
_____
7 the / wet / overnight / streets / had / it / were / rained / and .
_____
8 on / like / bus / use / I / to / the / didn't / reading .
_____

LISTENING

01 **9** **You will hear a boy called Ollie telling a friend about a frightening childhood experience. For each question, choose the correct answer A, B or C.**

1 When Ollie was a child, he was afraid of _____
A being stuck in a small place.
B sleeping alone.
C sleeping without a light.

2 Why did Ollie go into the cellar? _____
A to hide from his brother
B to look for something
C because his brother told him to

3 Ollie stepped on something which at first he thought was _____
A the remains of an animal.
B a family pet.
C a piece of wet clothing.

4 How did Ollie escape from the cellar? _____
A He managed to break open the door.
B His brother finally opened the door.
C One of his parents let him out.

5 What do we learn about the relationship between the two bothers? _____
A They often played tricks on each other.
B They had a very different sense of humour.
C They haven't got on well since this event.

READING

10 **Read the article. Match the sentences with the spaces. There is one sentence you won't need.**

A An animal's choice of fight-or-flight is often determined by its physical form.
B Many species of birds and fish do the same.
C Encounters such as the one described above are common in the natural world.
D Returning to our encounter with the bear in the forest.
E Bears are not the only animals in the while to act in this way
F When this period of negotiation finishes, if the tension continues, then each animal is faced with a choice – fight or flight.

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Fight or Flight?

Imagine you are walking in the forest and you meet a bear. What do you do? You may want to turn and run, but that's probably not a good idea. It's in the bear's nature to chase an animal that is running away, and the bear can run faster than you! Your better option is to stand there, talk to the bear, stretch your arms wide and move them slowly up and down. You want to make yourself look as big as possible, and make sure that the bear knows you're human. Hopefully, you'll be able to scare the animal off, or at least cause it to lose interest in you.

(1) _____ When two animals meet, there is often a period of tension and stress in which each animal watches the behaviour of the other to decide if the other is a threat or an opportunity. Behaviour and body language, such as hair standing on end, help to communicate the animal's mood and intentions. **(2)** _____

Animals often respond differently to a fight-or-flight choice according to the situation. For example, a rat in danger will try to escape, but if it is trapped in a corner it will fight. A hippopotamus will usually run away from a human, but if the human comes between the hippo and the water, it will often attack. Timid animals will often become aggressive if they think their young are under threat. The bear we encountered above will escape if it knows you are coming, but may attack if it is surprised.

(3) _____ If a large animal meets a small one, the smaller one is more likely to try to escape – the larger one is protected by its size. Some animals may compensate for their small size by having powerful weapons. Think of a wasp, for example, with its painful sting. Other animals have developed defensive weapons. A porcupine for example may simply curl up so that it is a ball of sharp spines that will hurt any aggressor. Many animals find safety in numbers. For instance, zebras tend to stick together in large groups. When any member of the group sees lions, it alerts the whole group and they run away together. **(4)** _____

Other animals do their best not to attract the attention of a predator by staying absolutely still. Some even change colour to blend in with their environment. However, the strategy of not being noticed is used by predators too. For instance, members of the cat family may try to get near to their prey by moving very slowly and quietly.

(5) _____ What do you do if the worst happens and the bear attacks? Unless you happen to have a gun or some other weapon, the bear is certainly better armed, with its size and its claws and teeth. Usually your best strategy is to lie flat on your stomach and play dead, with your hands on the back of your neck. If you're wearing a pack, hopefully that will give you some protection. If that doesn't work, you might as well kick it in the face – you've got nothing left to lose!

WRITING

11 **You are taking part in a story-writing competition. You have been asked to write a story beginning: *Alicia had never been so terrified in all her life*.**

Your story must include:

- a journey
- a meeting

Write about 180 words.

_____

_____

_____

_____

_____

_____

_____

_____

_____

SPEAKING

12 **A** **Write the words in the correct order in the A questions. Then complete the B follow up questions.**

1 **A:** to / is / fashion / attitude / What / your _____?

B: Do you _____?

2 **A:** you / clothes / How / go / do / for / often / shopping _____?

B: When _____?

3 **A:** you / day / wear / typical / Can / you / a / describe / what / on _____?

B: What _____?

4 **A:** you / was / time / very / When / dressed / smartly / last / the _____?

B: What _____?

5 **A:** you / from / judge / Do / clothing / people / think / can / you / their _____?

B: Can you think of _____?

B **Ask and answer the questions in exercise A with a partner.**

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