

16

Daily routines

A

Sleep

“During the week I usually **wake up**¹ about 7.30 am. If I don't, my mum **wakes me up**. I **get up**² a few minutes later. In the evenings I **go to bed** about 10.30 pm, and usually **go to sleep**³ **straight away**⁴. If I **have a late night**⁵ I try to **have a sleep**⁶ in the afternoon when I get home from college.”

¹ stop sleeping

² get out of bed

³ start sleeping; *syn* **fall asleep**

⁴ immediately

⁵ go to bed very late; *opp* **have an early night**

⁶ a short period of sleeping, e.g. half an hour

B

Food

“I have coffee and **cereal** for breakfast, then **have a light lunch**¹, maybe a sandwich and an apple, and a **snack**² in the afternoon. We have our **main meal** in the evening. If Mum's late home from work, she **doesn't bother**³ to cook; we just get a **takeaway**⁴ instead. One of us has to **feed**⁵ the cat as well.”

¹ have a small meal

² a small amount of food you eat between meals

³ doesn't do something because there is no reason or because it is too much work

⁴ a meal you buy in a restaurant but eat at home

⁵ give food



cereal

C

Bathroom routines

“I usually **have a shower** when I get home from college because my sister, Rosie, and my brother, Marcus, spend so much time in the bathroom in the morning. I only have time to **have a wash** and **clean my teeth** (*syn* **brush my teeth**), before Rosie comes in to **put on** a bit of **make-up**. In the winter I sometimes **have a bath instead of**¹ a shower. I like to lie in the bath and listen to music.”

¹ in place of (a shower)



Marcus **having a shave**



Rosie **putting on make-up**

D

Housework*

“**Fortunately**¹ we've got a **cleaner**² who **does** a lot of the **housework**, and that includes **doing** my **washing**³. But I still have to **make my bed** and **do** some of my **ironing**, and I sometimes **do the shopping** with Mum.”

* the work of keeping a home clean and tidy

¹ happening because of good luck; *syn* **luckily**

² a person who cleans

³ washing my clothes



ironing

Language help

When we **do the shopping**, we buy food at the supermarket; when we **go shopping**, it is a leisure activity and we perhaps buy clothes, DVDs, books, etc.

E

Spare time*

“On weekdays I usually **stay in**¹ and watch TV in the evening. At the weekend I **go out** quite a lot with my friends, either to the cinema or just to a café, and I **eat out**² **once a week**. Sometimes friends **come round**³ and we **chat**⁴ about clothes, music and college.”

* time when you are not working

¹ stay at home

² eat in a restaurant; *opp* **eat in**

³ visit me in my home

⁴ have an informal conversation

Exercises

16.1 Find seven more expressions with *have* + [noun] and *do* + [noun] from the opposite page.

have a shower have have have
do do do do

16.2 Match the words on the left with the words on the right.

- | | | |
|----------|-------------------------------------|------------|
| 1 get up | <input checked="" type="checkbox"/> | a the dog |
| 2 fall | <input type="checkbox"/> | b my teeth |
| 3 make | <input type="checkbox"/> | c make-up |
| 4 put on | <input type="checkbox"/> | d a week |
| 5 go | <input type="checkbox"/> | e the bed |
| 6 clean | <input type="checkbox"/> | f to sleep |
| 7 feed | <input type="checkbox"/> | g early |
| 8 once | <input type="checkbox"/> | h asleep |



16.3 One word is missing in each sentence. What is it and where does it go?

- Does it cost much to have a cleaner [✓]to the housework? *do*
- My mother usually *me* up around 7:30, then I get up about 7:45.
- If I have a *in* the afternoon, I usually eat fruit instead of chocolate.
- I always go on Friday and Saturday, often *to* the cinema or a club.
- Sometimes friends round to the flat and we play computer games.
- I eat at the weekend, usually in a local Italian or French restaurant.
- I don't *with* a full meal at lunchtime; I usually just have a light lunch, like a salad.
- I often have *for* breakfast – usually cornflakes or something like that.
- I don't like doing housework; I have a husband who does most of it.
- When I get emails, I try to reply to them straight.

16.4 Complete the dialogue with a word or phrasal verb from the opposite page in each gap.

- A: Don't ¹ *bother* to cook dinner tonight.
B: Why not?
A: We could go out ² of eating here.
B: Yeah. Where?
A: Well, I'd like to try that new Korean restaurant.
B: That's miles away. No, I think I'd rather ³ and have an ⁴ night.
A: But it's Friday.
B: Yes, I know, but I'm tired. Why don't we ask Ryan and Charlotte to ⁵ ?
You don't have to cook, we can order a ⁶ And we can have a nice
⁷ round the dining table; much better than a noisy restaurant.

16.5 Over to you

Find three facts from the opposite page that are similar in your routine, and three that are different. Complete the table.

similar	different
1
2
3

A Ways of cooking food

You **boil** potatoes or rice in a **saucepan**.
 You can **fry** sausages in a **frying pan**.
 You **grill** toast or meat under a **grill**.
 You **roast** meat [using oil] in the **oven**.
 You also **bake** cakes [without oil] in the oven.
 You **barbecue** meat and fish on a **barbecue**.
 Food which is not cooked is **raw**.



B Preparing and cooking food

Peel the potatoes [remove the skin] and boil them.
 While they're boiling, **chop** an onion. [cut it into small pieces]
 Fry the onion before **adding** some chopped tomatoes. [putting them together with the onions]
 Then **stir** it all for a few minutes. [move it around in a saucepan using a spoon]

C What does it taste like?

Chefs [people who cook food in a restaurant as a job] always **taste** the food [put a small amount in their mouth to see what it is like] while they are cooking.
 I don't like the **taste** of too much garlic.
 I tried the soup and it **tasted** a bit strange.
 Michel's food is very **tasty** [has a good taste].
 Indian food is a bit too **spicy** for me [with a strong hot flavour].
 You get ice cream in different **flavours** [the type of taste that food or drink has, e.g. vanilla, coffee, strawberry, etc.].
 Lena said her pasta was **horrible** [terrible, unpleasant], but I thought it was **delicious** [fantastic, with a wonderful taste].

Language help

We use the word **sour** to describe the taste of lemons (*opp* **sweet**), but usually **bitter** to describe coffee that is strong and has a sharp unpleasant taste (*opp* **smooth**).
 Strong, dark chocolate can also be described as bitter, but this is not always negative.

D Are you a good cook?

“I'm a bit nervous when I cook, so I always follow a **recipe** [the cooking instructions for a particular dish, e.g. lasagne], and make sure I have all the right **ingredients** [the different food you need to make a particular meal] before I start. However, I am quite good at making **pies**, especially apple **pie**.” (Pie is pronounced /paɪ/ like 'my'.)



apple pie

Common mistakes

A person who cooks well is a good **cook** (NOT a good *cooker*). The **cooker** is the large piece of equipment you use for cooking. You could also say that you are **good/bad** at cooking (NOT good/bad *in* cooking), e.g. *I'm quite good at cooking fish*.

Also we 'cook' a type of food, e.g. *I'm cooking some beef*, but we 'make' a dish, e.g. *I'm making dessert*. (NOT *I'm cooking dessert*.)

Exercises

25.1 Write down five more ways of cooking food.

bail,,,,,

25.2 How do you pronounce the underlined letters? Use the index to help you.

chef Is it like shoe or chief? *shoe* oven Is it like love or lonely?
raw Is it like now or door? pie Is it like pea or lie?
sour Is it like more or hour? saucepan Is it like four or flower?

25.3 Cross out the wrong word in each sentence. Write the correct word at the end.

- 1 The paella was very tasteful. tasty
- 2 My brother is a very good cooker.
- 3 Don't forget to heat up the fry pan before you add the aubergine.
- 4 This chocolate is very sour.
- 5 I'm afraid my mother has never been very good in cooking.
- 6 You can buy this ice cream in five different tastes.

25.4 Which words are being defined?

- 1 The flavour that something has in your mouth when you eat it. taste
- 2 A person who cooks food as their job.
- 3 Having a good taste.
- 4 The large piece of equipment in the kitchen for cooking food.
- 5 The word to describe the taste of lemons.
- 6 Not cooked.
- 7 Having a fantastic taste. The opposite is

25.5 Explain what the person did, using the correct word.

- | | |
|--|--------------------------------------|
| 1 I got the list of food and cooking instructions. | You got the <u>recipe</u> |
| 2 I bought all the food I needed for the dish. | You bought all the |
| 3 First I removed the skin of the potatoes. | You the potatoes. |
| 4 I cooked the potatoes in water. | You the potatoes. |
| 5 Then I cut the onions into small pieces. | You the onions. |
| 6 I cooked the onions in a frying pan. | You the onions. |
| 7 I put the potatoes together with the onion. | You the potatoes to the onion. |
| 8 I put in some milk and moved it round in the pan. | You put in milk and it. |
| 9 Then I put a little in my mouth to see what it was like. | You it. |

25.6 Over to you

Answer the questions. If possible, compare your answers with someone else.

- 1 Do you eat these things in your country?
a) raw fish b) roast beef c) fried rice d) baked potato e) barbecued chicken
- 2 Do you like these things?
a) bitter chocolate b) spicy food c) chocolate-flavoured ice cream d) the taste of garlic
- 3 How often do you cook food on a barbecue?
- 4 Are you a good cook? If so, what are you good at?

41

Sport and leisure

A Sports



goalkeeper



skis



stick



swimming costume

sport	person	verb(s)	place
athletics	athlete	run, jump, throw, etc.	track (in a stadium)
motor racing	racing driver	drive/race	track
swimming	swimmer	swim/race	pool
boxing	boxer	box/fight	boxing ring
skiing	skier	ski	ski slopes
football	footballer	play	pitch (in a stadium)
ice hockey	ice hockey player	play	ice hockey rink
golf	golfer	play	golf course
basketball	basketball player	play	basketball court
sailing	sailor	sail	on the sea or a lake

Language help

We **play** sports such as football, ice hockey, tennis, golf and basketball.

*I **play** football in the winter. I **play** basketball twice a week.*

We use **go** with other sports and activities, especially those ending in **-ing**.

*I **go swimming** in the lake during summer. We often **go rock climbing** in the mountains.*

We use **do** with **a lot of / a bit of + -ing**.

*I **did a bit of sailing** in the holidays. I don't **do a lot of running** these days.*

B Leisure activities*

tent



camping



rock climbing



jogging



yoga



going to the gym

We often **go camping** in the summer, and we usually **do a bit of rock climbing** as well.

My best friend **does a lot of yoga**. She **works out** in the gym two or three times a week as well.

My brother enjoys jogging, and it **keeps him fit** [helps his body to stay in good condition].

My mum does a bit of jogging as well – just **for fun** [because she enjoys it; *syn for pleasure*].

I'm afraid I don't **do any exercise** at all.

* activities in your free time

Exercises

41.1 Put the words into the correct columns.

swimming golfer court track jump pitch net
 motor racing stick basketball athlete box skis race
 goalkeeper racing driver sail rink skiing swimming costume

sport	person	place	verb	equipment
<i>swimming</i>				

41.2 Complete the sentences with the correct verb.

- We *play* football in the winter at my school.
- Do you much exercise?
- I basketball in the summer and winter.
- We always in the winter, as long as there is enough snow.
- I a bit of yoga when I was younger.
- We used to camping in the mountains.
- I a lot of swimming in the summer.
- If you want to fit, you need to run three or four miles every other day.
- I used to in the gym, but I'm getting a bit old for that now.

41.3 What is the sport and who is the person?



- skiing*
skier
-
-
-
-

41.4 Complete the last word in each sentence.

- Do you know the size of a boxing *ring*
- I used to play ice
- We played golf in Scotland, where they have some fantastic golf
- My dad plays golf. He's not a serious golfer; he just plays for
- If the girls go swimming, they must remember to take their swimming
- We watch a lot of motor
- I love swimming, and it helps to keep me
- My sister enjoys rock
- You can't go camping unless you have a
- Running is good exercise, so four or five times a week I go

41.5 Over to you

Answer these questions. If possible, compare your answers with someone else.

- What sport or leisure activities do you do? Why do you do it/them?
- What sport do you watch, and where?

43

Books and films

A

Books

“I used to hate **literature**¹ at school, but now I read a lot. I started off with **fiction**². I read hundreds of **novels**³, mostly **thrillers**⁴ and **science fiction**⁵. My favourite **author**⁶ is John le Carré.

Recently, I've started reading quite a lot of **biographies**⁷, and even some **poetry**⁸. Two of my favourite **poets** are Antonio Machado and Federico García Lorca. They both wrote **poems** in the early 20th **century**.”

¹ serious and important writing

² stories about imaginary people and events

³ fiction books

⁴ exciting stories, often about crime

⁵ stories about the future

⁶ someone who writes books

⁷ stories of a person's life, written by another person

⁸ pieces of creative writing in short lines

B

Films

How do you decide which films you are going to see?



If it's a **horror film** [a film that makes people frightened, e.g. *Dracula*], I usually go and see it. I love horror films.



If a film gets good **reviews** [opinions in a newspaper or magazine], then I often go and see it.



If there's a big **star** [a famous actor] in it, then I am more likely to see it. I don't normally go and see films if I don't recognise the names of the **actors** [the people who are in films].



I'm not interested in films that are serious or **complicated** [difficult to understand]; I only go to the cinema for **entertainment** [things you see or do to enjoy yourself].



I like **comedies** [films that are funny] and especially **romantic comedies** [comedies that have a love story]. I'll go and see anything that Ashton Kutcher is in!



I look to see **what's on** [what films are being shown at the *cinema*], and go to anything that I **fancy** seeing [want to see; *infrm*].



For me, the **film director** [the person who tells the actors what to do, e.g. Spielberg] is the most important thing. I always go and see the **latest** film [the newest, most recent] by directors I really like such as Ben Affleck.

Language help

noun	person	verb
entertainment	entertainer	entertain
review	reviewer	review
acting	actor	act
directing	director	direct

Exercises

43.1 Find twelve more words, across or down, connected with books and films.

act

.....

.....

.....

.....

.....

.....

L	I	T	E	R	A	T	U	R	E
P	E	S	A	U	T	H	O	R	T
A	C	T	O	R	N	R	G	D	R
C	H	F	I	C	T	I	O	N	E
T	A	P	U	R	F	L	S	F	V
E	N	O	V	E	L	L	T	I	I
P	O	E	T	R	Y	E	A	L	E
C	O	M	E	D	Y	R	R	M	W

43.2 Cross out one wrong word in each sentence. Write the correct word at the end.

- Many poems are around 300 pages. *novels*
- Cinema grew in popularity in the first half of the 20th year.
- I enjoy science fiction because I like stories about the past.
- What's happening at the cinema?
- We went to see the film because there was a good article in the newspaper.
- I've been reading a new autobiography of Alfred Hitchcock by Donald Spoto.
- Comedies should make people frightened.

43.3 Complete the sentences with the correct form of the word on the right.

- William Wordsworth is a very famous *poet*
 - I thought the film was good
 - Johnny Depp is one of my favourite
 - My daughter wrote a lovely for her school magazine.
 - I thought the in the film was a bit unnatural.
 - I like him very much; he's a great
 - I didn't agree with what the said.
 - Who's your favourite ?
- POETRY
ENTERTAIN
ACT
POETRY
ACT
ENTERTAIN
REVIEW
DIRECT

43.4 Complete the dialogue.

- A: What's ¹ *on* at the cinema?
- B: Er, there's the ² film by Pedro Almodóvar. It only came out yesterday.
- A: Oh, the guy who ³ *Julieta*. He's a very good ⁴, but I don't understand some of his films – they're a bit ⁵ for me. Anything else ⁶ ..?
- B: Well, a couple of romantic ⁷, which may be fun. And they're showing *The Kite Runner* again.
- A: Oh, what's that?
- B: It's a film based on the ⁸ by Khaled Hosseini. It's a very good book. Do you ⁹ seeing that?
- A: Yeah, why not.

43.5 Over to you

Answer the questions. If possible, compare your answers with someone else.

- Do you read novels or poetry? If so, what do you like? Who are your favourite authors?
- Do you go to the cinema? If so, how do you decide which films to go and see?
- Do you often read film reviews?
- What are your favourite films? Who are your favourite actors?

A

Musical taste*

People's **taste in** music is different. I like **pop music**, my brother likes **folk music** [music written and played in a traditional style], and my dad prefers **classical music**.

My brother and I like going to concerts to see groups **perform** [play] live [in front of a large group of people, called an **audience**; pronounced to rhyme with *five*]. My dad just listens to music at home; he isn't interested in **live performances**.

When I listen to music I am mostly interested in the **tune** [the musical notes], but my brother is more interested in the **lyrics** [the words of a song].

*the type of music that you like

Common mistakes

Classical music (NOT classic-music)

B

Musical instruments and musicians

C

People in music

A **composer** is someone who writes music, usually classical music.

A **songwriter** is someone who writes songs, e.g. Paul McCartney, Adele, Ed Sheeran, Chris Martin.

A **conductor** is someone who stands in front of an **orchestra** [a large group of musicians who play different instruments] and **conducts** [leads] them.

An **opera singer** is someone who sings **opera** [a play in which the words are sung].

A **ballet dancer** is someone who dances in a **ballet**.

A **solo artist** is someone who sings or plays music but is not part of a group, e.g. Beyoncé, Jay-Z, etc.

Famous **groups/bands** are The Arctic Monkeys, U2, etc.

D

Making an album

When groups **record** an **album** [put eight or ten songs into one collection] or a **single** [one song], they do it in a **recording studio**. Then, when the album **comes out** [is available for people to buy], it is usually **advertised** in the media [there are **adverts** on TV, online etc.]. Many people **download** their favourite **tracks** [individual songs from an album] or albums from the Internet.

Exercises

44.1 Match the words on the left with the words on the right.

- | | | |
|-------------|-------------------------------------|--------------|
| 1 classical | <input checked="" type="checkbox"/> | a studio |
| 2 solo | <input type="checkbox"/> | b singer |
| 3 recording | <input type="checkbox"/> | c music |
| 4 musical | <input type="checkbox"/> | d dancer |
| 5 opera | <input type="checkbox"/> | e artist |
| 6 ballet | <input type="checkbox"/> | f instrument |



44.2 Complete the sentences.

- There was a very big audience for their last concert – nearly 10,000 people.
- I think their new _____ is a great song.
- The new _____ has songs written by other people. It _____ out next week.
- I've listened to a lot of their music but I've never seen them perform _____.
- Their new album was _____ in a studio near my home.
- The band has a new album out and it's being _____ on TV.

44.3 Find five more pairs of words. Why are they pairs?

flute ballet audience album dancing orchestra concert
 conductor flautist composer classical music recording studio

A flautist is a person who plays a flute.

.....

.....

.....

.....

.....

44.4 Can you complete this music quiz with words from the opposite page?

- Florence Welch is the main singer and songwriter for her group Florence + the Machine.
- The Berlin Philharmonic is an _____. Herbert von Karajan was the _____ from 1955 to 1989.
- Placido Domingo and Luciano Pavarotti were both great _____.
- Waterloo* was Abba's first Number 1 hit _____.
- Sergeant Pepper* is the most famous _____ by The Beatles.
- Eric Clapton is a great rock _____.
- Yo Yo Ma is a great classical _____.
- Rachmaninoff is a famous _____.
- Puccini composed _____ such as *La Bohème*.
- Who was the very famous _____ artist who sang *Thriller*? _____

44.5 Over to you

Answer the questions. If possible, ask someone else the same questions.

- What music do you like? Is your taste in music different from your parents'?
- Who's your favourite solo artist, group or composer?
- What was the last single or album you bought or downloaded?
- When was the last time you heard or saw a group or orchestra perform live?
- Are you usually more interested in the tune or the lyrics of a song?
- Do you play a musical instrument? What do you play?

A Newspapers

Most **papers** [newspapers] are **daily**, which means that they **come out** [appear in shops; *syn* **are published**] every day. Some are **national** [for the whole country], others are **regional** [for a part of the country]. Some newspapers are published online; these are called **e-papers**. You can also get **mobile editions** [you read a newspaper on your phone]. Magazines are usually **weekly** or **monthly**.

**B** Contents of* newspapers

Reports [pieces of writing about news items, written by **reporters/journalists**, e.g. a **report in** *The Times* **on/about** a crime]

Articles [pieces of writing about an important subject, e.g. an **article on/about** drugs]

Headlines [titles written in large letters above reports/articles, e.g. GOVERNMENT LOSES VOTE]

Reviews [pieces of writing giving an opinion, e.g. a **review of** a new book]

Advertisements or **adverts** [words and pictures about a product, to make people buy it, e.g. **an advert for** shampoo]

*information in

C Television

If you **broadcast** something, you send it out on TV, radio or the Internet. There are now many broadcasting companies and many programmes. People watch:

- **the news** [information about world events]
- **the weather forecast** [a description of what the weather will be like in the next few days]
- **documentaries** [programmes that give facts about real situations and real people]
- **chat shows** [programmes where famous people are asked questions about themselves]
- **a series** [a number of programmes that have the same characters or deal with the same subject]
- **soap operas** [a regular series of programmes, often two or three times a week, about a group of characters who live in the same area]
- **reality TV shows** [programmes which follow ordinary people or **celebrities** [famous people] through a number of situations or challenges. **Well-known** [famous] examples include: *Pop Idol*, *The X Factor* and *Strictly Come Dancing*].

Language help

We usually use **channel** to talk about television broadcasting, e.g. *The news is on Channel 4*; and **station** to talk about radio broadcasting, e.g. *A: What station are you listening to? B: Radio 1 – it's mostly pop music.*

D Media reporting*

Many newspapers also have online **forums** where people can leave messages and discuss topics. News is also reported online through **podcasts** [a radio programme that you download from the Internet and play on your computer or phone], e.g. Have you heard the latest business **podcast** on the CNN website?

When we refer to something that someone has said or written, we do it in these ways:

It said in *The Times* that the plane crashed in the sea.

According to the news on TV last night, the plane crashed in the sea.

*reporting in newspapers, on TV or the Internet

Common mistakes

It says in the paper / According to the paper ... (NOT It's written in the paper ...)

Exercises

52.1 Tick (✓) the words which describe a type of TV programme.

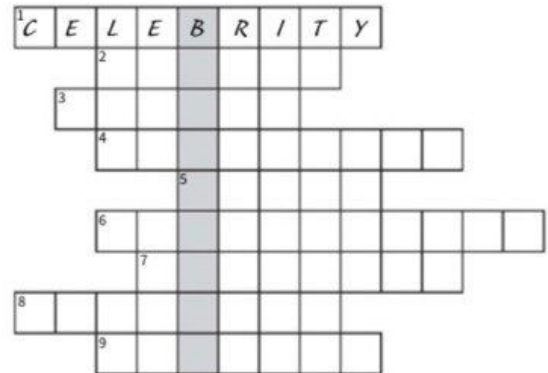
the news ✓ documentary headline soap opera
chat show review article series

52.2 Complete the dialogues.

- 1 A: Have you heard of 'Radio Five Live'?
- B: Yes, it's a very popular *station*.
- 2 A: Is the magazine published every day?
- B: No, it's monthly.
- 3 A: Is it a national paper?
- B: No, it's a paper for the south-west.
- 4 A: Can we watch the news now?
- B: Yes, it's on Four.
- 5 A: Are they mostly famous people?
- B: Yes, they're all

52.3 Complete the crossword. What is the vertical word in grey?

- 1 a famous person
- 2 a number of programmes with the same characters
- 3 a piece of writing about a news item
- 4 programmes several times a week about the same people
- 5 happening every day
- 6 a factual programme about real people and situations
- 7 relating to the whole country
- 8 a programme that interviews famous people
- 9 a piece of writing about an important subject



52.4 Complete the sentences.

- 1 Did you read that *article* in the paper yesterday about space?
- 2 The manager was interviewed for the paper by one of their well-known
- 3 Do you understand this? '200 WOMEN GIVEN WRONG DIAGNOSIS'
- 4 Rock FM is the name of a radio
- 5 It in the paper that the interest rate is likely to go up soon.
- 6 I read a of his latest film. It doesn't sound very good.
- 7 You often see in the paper which promise that you can learn a language in ten hours with this method. It isn't true.
- 8 to the weather last night, it's going to rain today.
- 9 I never watch operas.
- 10 I love *The X Factor*; in fact, I love all TV shows!

52.5 Over to you

Answer the questions. If possible, compare your answers with someone else.

- 1 How many daily national newspapers are there?
- 2 How many newspapers only come out on Sunday in your country?
- 3 What parts of the newspaper do you read?
- 4 What types of TV programme do you watch?