

Vocabulary

Risk and health 1

Choose the correct options to complete the sentences.

- 1 Firefighters *bring / risk* life and limb to try and save other people and their property.
- 2 Don't jump out on me like that again. You *scared / worried* me half to death!
- 3 When you're younger, you're more prepared to *take / live* life on the edge, but that changes as you get older and start to have more responsibilities.
- 4 I think I've *chipped / torn* one of my teeth on this nut. I'll need to see a dentist.
- 5 It's not unusual to get an *angry / upset* stomach after eating too much.
- 6 For many people, it's normal to *look / seek* new thrills at the weekend as a way making up for a hard week at work.
- 7 I can't smell much at the moment. I've got a *blocked / stuck* nose.
- 8 About 15 kilometres into the marathon, I had to quit due to a terrible pain in my ankle. It turned out that I'd *sprained / torn* a ligament.
- 9 I had an allergic reaction to the shellfish and ended up with a *swollen / dislocated* tongue. Luckily I had an antihistamine on me.
- 10 I've no idea how I managed to *block / bruise* my thigh so badly. I must have hit it against something.

Risk and health 2

Complete the sentences with one word in each gap. The first part of the word is given.

- 1 I think I **di**_____ my shoulder when I fell over. It feels out of place, somehow. I seriously need to get it checked.
- 2 I **to**_____ a muscle lifting a heavy box.
- 3 Have you **br**_____ yourself? You've got a big blue mark on your arm.
- 4 Apparently, I **ch**_____ a bone in my arm. I'm lucky I didn't break it completely.
- 5 It's quite common to **sp**_____ your elbow while playing tennis.
- 6 Sorry my voice sounds strange – I've got a **bl**_____ nose.
- 8 There's no point risking life and **li**_____ just to try and impress someone.
- 9 The glands in my neck are **sw**_____, and I can't eat very easily.

Language focus

Reported speech

Complete the second sentence so that it has a similar meaning to the first sentence, using the correct form of the word(s) in brackets.

- 1 'Don't forget to email Emma.'
My friend _____ (*remind*) Emma.
- 2 'I'm not going to apologise.'
Isabel _____ (*refuse*).
- 3 'Do you need any help?'
My brother _____ (*offer*) me.
- 4 'You really must exercise more.'
My friend _____ (*urge*) more.
- 5 'Don't go to the city centre. It'll be very crowded today.'
My mother _____ (*warn*) to the city centre because it would be crowded today.
- 6 'I didn't say anything rude to you. I don't know why you're so upset.'
Liam _____ (*deny*) anything rude to me.
- 7 'Yes, you're right. It's better for us to take the train rather than drive.'
Yolanda _____ (*agree / should*) the train rather than drive.
- 8 'Come on. You'll have a great time at the party.'
My sister tried to _____ (*persuade*) go to the party.

Verbs and dependent prepositions

Complete each sentence with the prepositions in the box. You can use some of the prepositions more than once.

against for from of on to

- 1 My teachers at school tried to discourage me _____ studying science because they thought I would find it too difficult.
- 2 We should congratulate Kristina _____ passing all her exams.
- 3 Has Linda thanked you yet _____ helping her last week?
- 4 There are lots of movies in which people are accused _____ crimes they didn't commit.
- 5 I object _____ having to work over the weekend when none of my colleagues do.
- 6 The council have received a lot of angry messages, protesting _____ the decision to cut down a forest area to build a new road.

Word formation

Verbs

Complete each gap with the correct form of the word in brackets.

- 1 There are plans to _____ (*modern*) the city's main train station, which hasn't been renovated for nearly 30 years.
- 2 The need to deal with homelessness is _____ (*example*) by the growing numbers of people living on the streets.
- 3 Please _____ (*sure*) you bring your passport with you to the airport.
- 4 It _____ (*sad*) me that there are so many families living in poverty today.
- 5 It took me a few days to _____ (*familiar*) myself with the new software.
- 6 I'm sorry, I _____ (*read*) your surname. I thought it was 'Price', but it's actually 'Brice'.
- 7 I couldn't help _____ (*hear*) you just now. Did you say that this cafe was going to close down soon?
- 8 In the company I work at, the number of women _____ (*number*) men by about two to one.

Reading and Use of English

Part 1 Multiple-choice cloze

For questions 1–8, read the text below and decide which answer (A, B, C or D) best fits each gap. There is an example at the beginning (0).

Example: (0) A *originated* B *started* C *came* D *derived*

The healing properties of ginger

Ginger is a plant which (0) in South-East Asia, in countries, such as Malaysia and Indonesia. The underground part of the plant – or the root – has long been (1) out for its flavour. Indeed, it was one of the first spices to be exported from that part of the world to Europe, where it has been used for thousands of years not only for its taste, but for its medicinal (2)

Consuming ginger is a natural way to treat an (3) stomach due to its anti-inflammatory, analgesic, and antibacterial properties. Small doses of ginger can (4) nausea that can be experienced by pregnant women or those undergoing medical treatment. Ginger is also useful for cold sufferers since it can reduce inflammation in the throat, alleviate the effects of a (5) nose and allow the body to feel warmed up from the inside. As such, it is (6) used in the form of tea, often in combination with lemon and honey.

The upshot is that ginger is (8) with nutrients that have potent health benefits for your body. It's one of the few 'superfoods' truly (8) of that term. So nip out to the greengrocer and get some now!

- | | | | |
|--------------|--------------|----------------|----------------|
| 1 A looked | B sought | C found | D investigated |
| 2 A profits | B reliefs | C improvements | D benefits |
| 3 A affected | B annoyed | C upset | D angry |
| 4 A free | B relax | C diminish | D relieve |
| 5 A commonly | B familiarly | C cosily | D relatively |
| 6 A stuck | B blocked | C trapped | D stopped |
| 7 A enriched | B increased | C enlarged | D loaded |
| 8 A due | B authorised | C worthy | D owing |

Reading and Use of English

Part 6 Cross-text multiple matching

You are going to read four reviews of a TV documentary about fasting and losing weight.

For questions 1–4, choose from the reviews (A–D). The reviews may be chosen more than once.

A

I've always been sceptical about the idea of fasting – deliberately not eating for health reasons - for a long time. So, it was with some trepidation that I sat down to watch renowned journalist and medical professional, Dr Michael Astley, submit himself to a series of experiments to find out the effects on his body. His documentary showed him trying to stick to something called the 5:2 diet, in which he ate as much as he liked for five days each week, with no guilt whatsoever, and then radically reduced his food consumption for the other two. Although I'm not personally affected by weight issues, I was intrigued to know whether or not the fasting had any benefits. Astley's documentary claimed that not only did he manage to lose around six kilos over the course of a month, but there were other chemical changes in his body which he reckoned could actually slow down the aging process. I'd never actually seen any of his shows before and it was certainly food for thought, leaving me with an appetite to discover more.

B

I've read a few reviews of Dr Michael Astley's documentaries, so I decided to watch his latest on the subject of how fasting can supposedly help a person lose weight. Although it's said Dr Astley's work is meticulously researched, I couldn't help thinking that this particular offering was designed more to entertain than inform. Of course, it was amusing to watch him go to town on burgers and ice cream for five days per week and then suffer as he cut down his food input for two days, but I would have liked to have seen more of the research that backed up his assertions about it all being a worthwhile endeavour. Similarly, his interviews with people who claimed to have been fasting for several years, including a 70-year-old woman who looked as if she were 30 years younger than she really was, didn't really offer any scientific insight into how food (or the lack of it) can affect the body. If fasting really is beneficial, then this documentary might actually have done some damage to that notion. In all, I can't say it's left me particularly interested to know more about fasting.

C

Being someone who definitely needs to lose weight and has been told to do so in no uncertain terms, I'd heard a lot about Dr Michael Astley's previous documentaries so thought I'd give it a go. Having watched it, I am still intrigued about whether fasting really can help, but I couldn't help thinking that the whole documentary was incredibly irresponsible. He showed, in great detail, how eating normally for five days a week, but then fasting for two days can have a profound effect on the body. He actually showed us that he'd lost several kilos after going on this diet for just over a month. However, there was a serious problem with the documentary. Dr Astley is a relatively young, healthy man, with no apparent need to lose weight. Needless to say, he found going on his diet quite easy. It's one thing for a fit young man to go on a diet, but it's completely different for someone with underlying conditions to embark on one.

D

I would like to lose weight and have even tried fasting in the past. However, this was one documentary that was too serious for my liking, which is a shame as usually I'm a huge fan of his programmes. It went into quite a lot of detail and analysis concerning the science of fasting, but what I wanted more of was 'how', rather than 'why'. For example, instead of learning about why fasting is good for you, I wanted tips and advice on how to get through those two days where you can only eat a very low number of calories. How can you avoid giving into the temptation of reaching out for a snack? What can you do about those voices in your head telling you to eat more? To my mind, these are the more pressing questions to answer, and ones I'd love to explore!

Which reviewer

- felt differently about the subject matter after watching the documentary? 1
- disagreed with reviewer D about the depth of research in the documentary? 2
- believed the documentary could be harmful to people's health? 3
- had watched other examples of Dr Astley's work? 4

Listening

Part 2 Sentence completion

🔊 You will hear a manager called Hannah O'Brien talking to newly arrived guests at the spa where she works. For questions 1–8, complete the sentences with a word or short phrase.

TRANQUILLITY SPA – WELCOME SESSION

This morning there will be a consultation to work out each person's **(1)**

To avoid injury, don't use any of the **(2)** without supervision.

The **(3)** massage is for those who suffer from severe discomfort.

Guests can have a one-on-one session on stress management with a **(4)**

Every **(5)** session is suitable for all, irrespective of level of fitness.

The speaker recommends relaxing by a small **(6)**

If you want to visit a beautician during peak times, you should **(7)**

There is construction work in the kitchen area as a result of a **(8)**

Writing

Part 2 Informal email

You have received a letter from an English-speaking friend. Write your reply email in 220–260 words in an appropriate style.

...
I'm working on a project to find out about how much access people have to nature and green spaces. What can you tell me about how much access you have where you live? What effect does it have on you? Would you say that you have enough access, or should there be more?

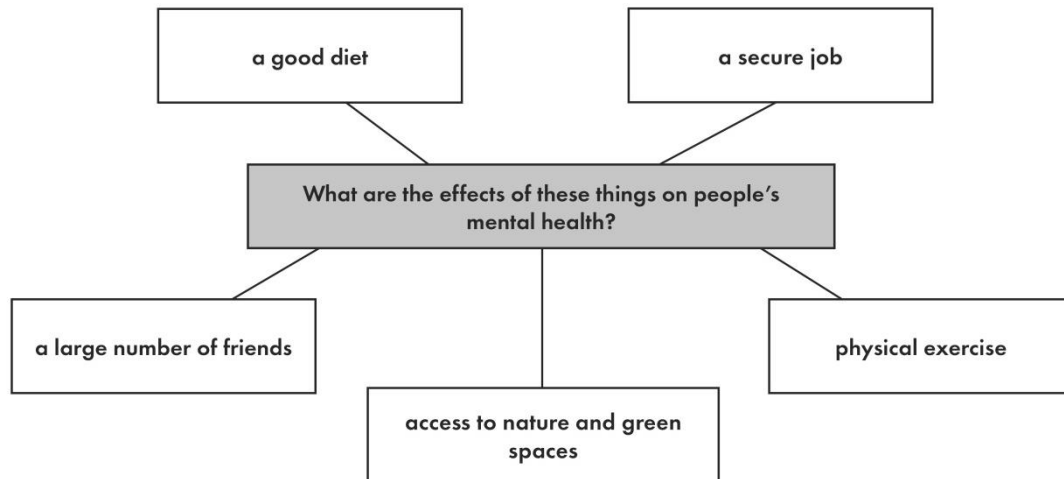
Speaking

Part 3 Collaborative task

Talk about something together for about two minutes.

Here are some things which can have an effect on mental health.

Talk with your partner about the effects of these things on people's mental health



Now you have about a minute to decide which two things have the most positive effect on people's mental health.