

Umurova Xushvaxt Hakimovna

**ENGLISH**  
**XORIJIY TIL**  
**(IKKINCHI CHET TILI)**

*O'QUV QO'LLANMA*



**O'ZBEKISTON RESPUBLIKASI  
OLIV VA O'RTA MAXSUS TA'LIM VAZIRLIGI  
BUXORO DAVLAT UNIVERSITETI**

**Umurova Xushvaxt Hakimovna**

**ENGLISH  
XORIJIY TIL  
(IKKINCHI CHET TILI)**

**5120100-Filologiya va tillarni o'qitish (roman-german filologiyasi)**

**5120200-Tarjima nazariyasi va amaliyoti (tillar bo'yicha)**

**II bosqich talabalari uchun mo'ljallangan**

***O'QUV QO'LLANMA***

**“Durdona” nashriyoti  
Buxoro – 2022**

**UO'K 811.111(075.8)**

**81.2Angl**

**U 52**

Umurova, Xushvaxt Hakimovna.

English [Matn] : o'quv qo'llanma / X.H. Umurova .- Buxoro: "Sadridin Salim Buxoriy"

Durdona, 2022.-118 b.

**KBK 81.2Angl**

Ushbu o'quv qo'llanma Oliy o'quv yurtlarining 5120100-Filologiya va tillarni o'qitish (roman-german filologiyasi), 5120200-Tarjima nazariyasi va amaliyoti (tillar bo'yicha) II bosqich talabalari uchun mo'ljallangan bo'lib, u "Xorijiy til (ikkinchi chet tili)" fanidan O'zbekiston Respublikasi OO'MTVning 2020 yil 14-avgustdagi 531-sonli buyrug'ining 10-ilovasi bilan tasdiqlangan namunaviy dastur asosida tuzilgan. O'quv qo'llanmadan ko'zlangan maqsad talabalarni nutq vaziyatlaridan to'g'ri va unumli foydalanishga o'rgatish, nutq ko'nikmalarini fonetik, grammatik, leksik, stilistik va tipologik jihatdan to'laqonli shakllantirish, tilni dunyoda sodir bo'layotgan siyosiy, iqtisodiy va ijtimoiy voqelikka nisbatan o'rganilayotgan chet tilida o'z munosabatlarini bildira olish darajasida o'rgatishdan iborat. Shuningdek, mazkur o'quv qo'llanmada ikkinchi chet tilidan o'tkaziladigan amaliy mashg'ulotlarda barcha til ko'nikmalari - tinglab tushunish, o'qish, yozish va gapirishga doir mashqlar berilgan. Mavzular doirasida qiziqarli savollar, testlar bilan bir qatorda glossariy o'z ifodasini topgan.

**Mas'ul muharrir:**

*Z.I.Rasulov – BuxDU Ingliz tilshunosligi kafedrasi dotsenti, f.f.n.*

**Taqrizchilar:**

*D.I.Xodjayeva – BuxDU Tabiiy yo`nalishlarda chet tili kafedrasi mudiri, f.f.f.d.  
(PhD), dotsent*

*M.N.Davlatova – Buxoro davlat tibbiyot instituti Ingliz tili kafedrasi mudiri, f.f.f.d.  
(PhD)*

**O'quv qo'llanma O'zbekiston Respublikasi Oliy va o'rta maxsus ta'lim vazirligining 2022-yil 9-sentyabrdagi 302-sonli buyrug'iga asosan nashr etishga ruxsat berilgan. Ro'yxatga olish raqami 302-0063.**

**ISBN 978-9943-8888-7-6**

---

**CONTENTS**

<b>Unit 1. Getting acquainted .....</b>	<b>4</b>
<b>Unit 2. Family. The way we live.....</b>	<b>13</b>
<b>Unit 3. Accomodation. Houses and apartments .....</b>	<b>22</b>
<b>Unit 4 Eating. National food .....</b>	<b>34</b>
<b>Unit 5. Healthy lifestyle .....</b>	<b>44</b>
<b>Unit 6. Sports.....</b>	<b>57</b>
<b>Unit 7. Ecology .....</b>	<b>68</b>
<b>Unit 8. Working days and weekends with energy.....</b>	<b>79</b>
<b>Unit 9. Shopping.....</b>	<b>91</b>
<b>Unit 10. The importance of water .....</b>	<b>102</b>
<b>Glossary .....</b>	<b>113</b>
<b>References.....</b>	<b>117</b>

## UNIT 1. GETTING ACQUAINTED



### 1 Match the questions and answers.

Where were you born?	A year ago.
What do you do?	Three times a week.
Are you married?	In Thailand.
Why are you learning English?	Because I need it for my job.
When did you start learning English?	I'm a teacher.
How often do you have English classes?	No, I'm single.

### 2 Ask and answer the questions with a partner.

**3 T 1.1 Read and listen to Maurizio. Then complete the text, using the verbs in the box.**

## TWO STUDENTS

'm enjoying	'm going to work	live	started
'm studying	come	can speak	went

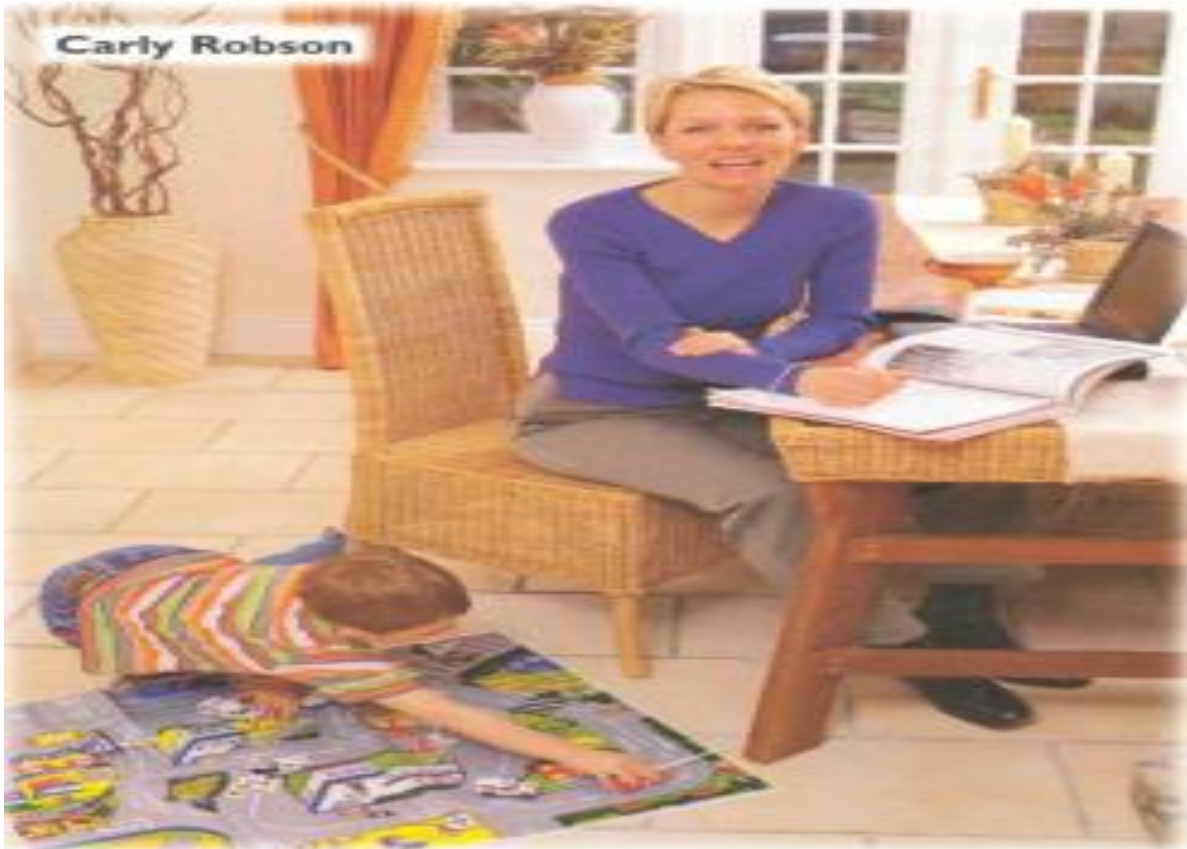


My name's Maurizio Celi. I(1)\_\_\_\_\_from Bologna, a city in the north of Italy. I'm a student at the University of Bologna. I (2) \_\_\_\_\_modern languages – English and Russian. I also know a little Spanish, so I (3)\_\_\_\_\_ four languages. I (4)\_\_\_\_\_ the course a lot, but it's really hard work. The course (5) \_\_\_\_\_ three years ago.

I (6)\_\_\_\_\_ at home with my parents and my sister. My brother (7)\_\_\_\_\_ to work in the United States last year. After I graduate, I (8)\_\_\_\_\_ as a translator.

I hope so, anyway.

**4 Complete the questions about Carly.**



- 1 **Where does she** come from?
- 2 \_\_\_\_\_ live?
- 3 \_\_\_\_\_ live with?
- 4 What \_\_\_\_\_ studying?
- 5 \_\_\_\_\_ enjoying the course?
- 6 How many \_\_\_\_\_ speak?
- 7 \_\_\_\_\_ did her course start?
- 8 What \_\_\_\_\_ after she graduates?

**5 T 1.2 Listen to Carly, and write the answers to the questions.**

**6 Complete the questions to Carly.**

- 1 'Which **university do you go** to?'
- 'I don't go to a university. I study at home.'
- 2 '\_\_\_\_\_ a job?'
- 'Yes, I do. A part-time job.'

3 'What \_\_\_\_\_ at the moment?'

'I'm writing an essay.'

4 ' \_\_\_\_\_ to England?'

'Fifteen years ago.'

5 ' \_\_\_\_\_ name?'

'Dave.'

6 ' \_\_\_\_\_ ?'

'He's an architect.'

### GRAMMAR SPOT

1 Find examples of present, past, and future tenses in the texts about Maurizio and Carly.

2 Which tenses are the two verb forms in these sentences?

What is the difference between them?

He lives with his parents.

She's living with an English family for a month.

3 Match the question words and answers.

What... ?	Because I wanted to.
Who ... ?	Last night.
Where... ?	\$5.
When ... ?	- A sandwich.
Why ... ?	By bus.
How many... ?	In New York.
How much ... ?	Jack.
How... ?	The black one.
Whose... ?	It's mine.
Which ... ?	Four.

### VERBS AND PRESENT TENSES

Most **verbs** are **action words**. They tell you what people, animals or things are doing.



**knock**



**burst**



**climb**



**dig**



**read**



**drop**



### PRESENT SIMPLE (I DO)

**A** Study this example situation:

Alex is a bus driver, but now he is in bed asleep.

He is not driving a bus. (He is asleep.)

*but* He **drives** a bus. He is a bus driver.

**drive(s), work(s), do(es)** etc. is the present simple:



I/we/you/they	<b>drive/work/do</b> etc.
he/she/it	<b>drives/works/does</b> etc.

**B** We use the present simple to talk about things in general. We use it to say that something happens all the time or repeatedly, or that something is true in general:

- Nurses look after patients in hospitals.

- I usually go away at weekends.
- The earth goes round the sun.
- The cafe opens at 7.30 in the morning.

We say:

I **work** but he **works** you go but it **goes**  
 they **teach** but my sister **teaches** I have but he **has**

**C** We use **do/does** to make questions and negative sentences:

<b>do</b> <b>does</b>	I/we/you/they	<b>work?</b>
		<b>drive?</b>
	he/she/it	<b>do?</b>

I/we/you/they	<b>don't</b>	<b>work</b>
he/she/it	<b>doesn't</b>	<b>drive</b>
		<b>do</b>

- I come from Canada. Where **do** you **come** from?
- I **don't go** away very often.
- What **does** this word **mean**? (not What means this word?)
- Rice **doesn't grow** in cold climates.

In the following examples, **do** is also the main verb (do you **do** / doesn't **do** etc.):

- What **do** you **do**?' 'I work in a shop.'
- He's always so lazy. He **doesn't do** anything to help.

**D** We use the present simple to say how often we do things:

- I **get** up at 8 o'clock **every morning**.
- **How often do** you **go** to the dentist?
- Julie **doesn't drink** tea **very often**.
- Robert usually **goes** away **two or three times a year**.

**E** **I promise / I apologise** etc.

Sometimes we do things by saying something. For example, when you promise to do something, you can say '**I promise ...**'; when you suggest something, you can say '**I suggest ...**':

- **I promise** I won't be late. (not I'm promising)
- 'What do **you suggest** I do?' '**I suggest** that you ...'

In the same way we say: **I apologise ... / I advise ... / I insist ... / I agree ... / I refuse ...** etc.

**EXERCISES**

**1.1 Complete the sentences using the following verbs:**

<b>cause(s)</b>	<b>close(s)</b>	<b>connect(s)</b>	<b>go(es)</b>	<b>live(s)</b>	<b>speak(s)</b>	<b>take(s)</b>
-----------------	-----------------	-------------------	---------------	----------------	-----------------	----------------

- 1 Tanya speaks German very well.
- 2 Ben and Jack to the same school.
- 3 Bad driving many accidents.
- 4 The museum at 4 o'clock on Sundays.

- 5 My parents in a very small flat.
- 6 The Olympic Games place every four years.
- 7 The Panama Canal the Atlantic and Pacific oceans.

**1.2 Put the verb into the correct form.**

- 1 Julia doesn't drink (not / drink) tea very often.
- 2 What time .....(the banks / close) here?
- 3 I have a car, but I..... (not / use) it much.
- 4 Where..... (Maria / come) from? Is she Spanish?
- 5 'What..... (you / do)?' 'I'm an electrician.'
- 6 Look at this sentence. What .....(this word / mean)?
- 7 David isn't very fit. He..... (not / do) any sport.
- 8 It..... (take) me an hour to get to work in the morning.  
How long..... (it / take) you?

**1.2 Complete the sentences using these verbs. Sometimes you need the negative.**

<b>believe</b>	<b>eat</b>	<b>flow</b>	<b>go</b>	<b>grow</b>	<b>make</b>	<b>rise</b>	<b>tell</b>	<b>translate</b>
1 The earth ... <u>goes</u> ...round the sun.	2 Rice .. <u>doesn't grow</u> . in cold climates.	3 The sun .....in the east.	4 Bees .....honey.	5 Vegetarians..... meat.	6 An atheist .....in God.	7 An interpreter .....	8 Liars are people who .....	9 The River Amazon.....
						from one language into another.	the truth.	into the Atlantic Ocean.

**1.4 You ask Lisa questions about herself and her family. Write the questions.**

- 1 You know that Lisa plays tennis. You want to know how often. Ask her.

How often .....do you play tennis ...?

2 Perhaps Lisa’s sister plays tennis too. You want to know. Ask Lisa.

..... your sister..... ?

3 You know that Lisa goes to the cinema a lot. You want to know how often. Ask

her..... ?

4 You know that Lisa’s brother works. You want to know what he does. Ask Lisa.

.....?

5 You’re not sure whether Lisa speaks Spanish. You want to know. Ask her.

..... ?

6 You don’t know where Lisa’s grandparents live. You want to know. Ask Lisa.

..... ?

**1.5 Complete using the following:**

<b>I agree</b>	<b>I apologise</b>	<b>I insist</b>	<b>I promise</b>	<b>I recommend</b>	<b>I suggest</b>
----------------	--------------------	-----------------	------------------	--------------------	------------------

1 Mr Evans is not in the office today. I ...*suggest*.. you try calling him tomorrow.

2 I won’t tell anybody what you said. ....

3 (in a restaurant) You must let me pay for the meal. ....

4 .....for what I said. I shouldn’t have said it.

5 The new restaurant in Baker Street is very good..... it.

6 I think you’re absolutely right..... with you.

**VOCABULARY**

**1.1 These words have more than one meaning. Write two sentences that show different meanings. Use a dictionary.**

	<b>Sentence 1</b>	<b>Sentence 2</b>
<b>book</b>	<i>I'm reading a good book.</i>	<i>I booked a room at a hotel.</i>
<b>kind</b>		
<b>can</b>		

**Xorijiy til (ikkinchi chet tili)**

<b>mean</b>		
<b>flat</b>		
<b>play</b>		
<b>train</b>		
<b>ring</b>		

**1.2 We use certain expressions in different social situations.**

I'm sorry I'm late!

Don't worry. Come and sit down.

**Match the expressions and responses. When do we use these expressions?**

How are you?	Sleep well!
Hello, Jane!	Yes. Can I help you?
How do you do?	Good morning!
See you tomorrow!	Fine, thanks.
Good night!	Pleased to meet you, Ela.
Good morning!	Not at all. Don't mention it
Hello, I'm Ela Paul.	Thanks.
Cheers!	Same to you!
Excuse me!	That's very kind. Thank you.
Bless you!	Bye!
Have a good weekend!	How do you do?
Thank you very much indeed.	Hi, Peter!
Make yourself at home.	Cheers!

**T1.6 Listen and check. Practise saying them.**

2 Test a partner. Say an expression. Can your partner give the correct response?

2 With your partner, write two short conversations that include some of the social expressions. Read your conversations to the class.

UNIT 2. FAMILY. THE WAY WE LIVE



STARTER

Long to English-speaking countries. Write the name of the country.



1 \_\_\_\_\_



2 \_\_\_\_\_



3 \_\_\_\_\_



4 \_\_\_\_\_



5 \_\_\_\_\_



6 \_\_\_\_\_

The United States  
Canada  
Australia  
New Zealand  
South Africa  
Scotland

### **Xorijiy til (ikkinchi chet tili)**

---

1. Read the texts. Match a country from the Starter with a text and a photograph.

Complete the texts with the words from the boxes.

**A** exports enjoy immigrants huge

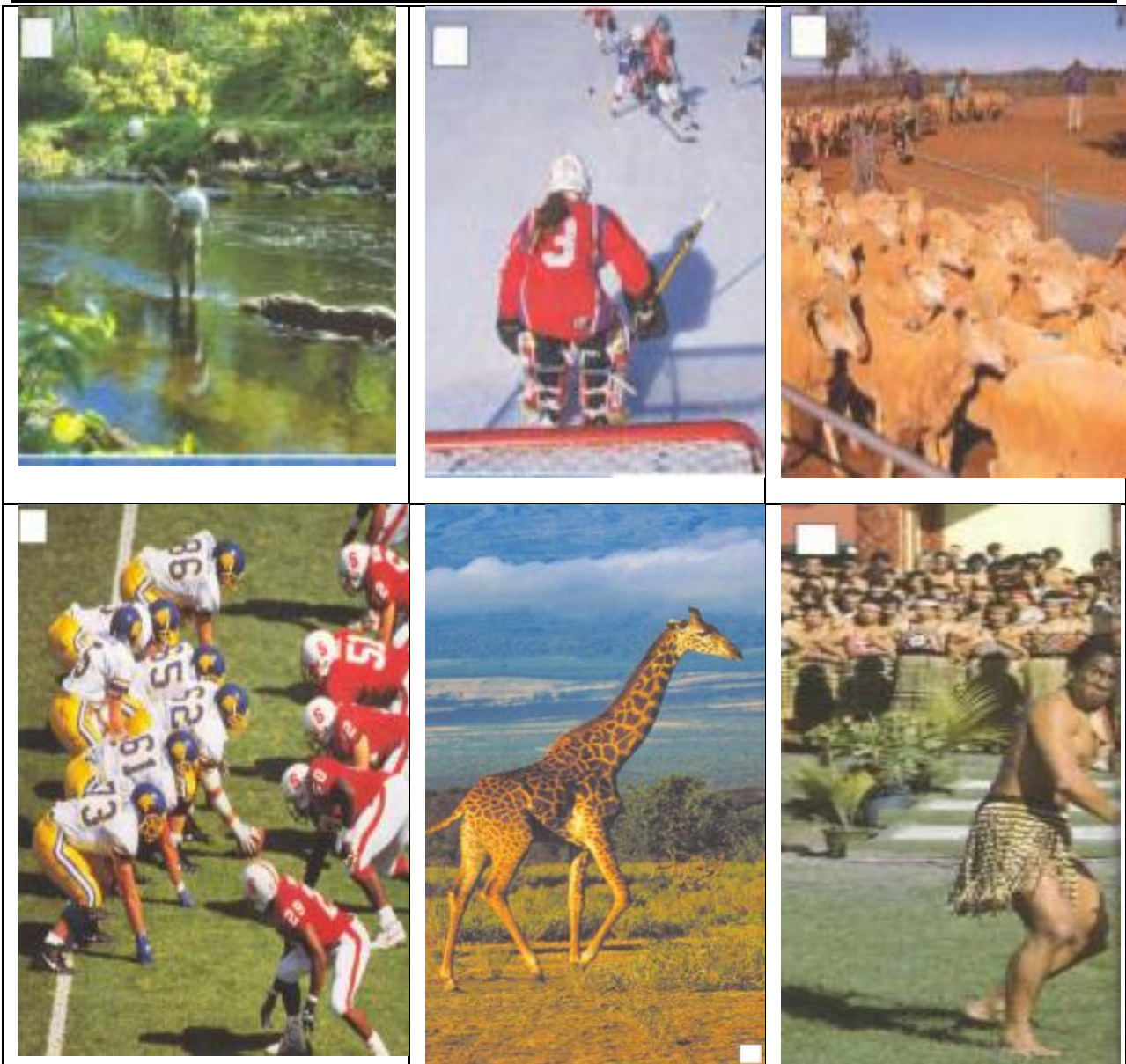
This country has quite a small population, just 16 million, but the country is\_\_\_\_\_. The people are mainly of European descent, but there are also aborigines and a lot of south-east Asian\_\_\_\_\_. People live in towns on the coast, not so much inland, because it is so hot. They live a lot of their lives outdoors, and\_\_\_\_\_sports, swimming, and having barbecues. This country\_\_\_\_\_wine and wool - it has more than 60 million sheep!

**B** favourite variety has only

This is the second biggest country in the world, but it has a population of\_\_\_\_\_30 million. It is so big that there is a\_\_\_\_\_of climates. Most people live in the south because the north is too cold. It is famous for its beautiful mountains and lakes – it\_\_\_\_\_more lakes than any other country. Their\_\_\_\_\_sports are baseball and ice hockey.

**C** elephants grows black climate

This country has a population of about 45 million. Of these, 76 per cent are\_\_\_\_\_and 12 per cent white. It has a warm\_\_\_\_\_. Either it never rains, or it rains a lot! It is the world's biggest producer of gold, and it exports diamonds, too. It\_\_\_\_\_a lot of fruit, including oranges, pears, and grapes, and it makes wine. In the game reserves you can see a lot of wildlife, including lions,\_\_\_\_\_, zebras, and giraffes.



**2 T2.1 Listen to three people describing the other countries. Match a country from the Starter with a description and a photograph.**

d  e  f

**3 Close your books. Remember three facts about each country.**

**GRAMMAR SPOT**

- 1 What tense are all the verb forms in texts a-c? Why?
- 2 Look at the sentences. Which refers to *all time*? Which refers to *now*?  
She has three children.



### Xorijiy til (ikkinchi chet tili)

She's having a shower.

3 Is *have* or *have got* used in texts a-c? And in d and e?

Is *have got* more formal or informal?

### PRACTICE

1 Practise the forms of *have* and *have got* in the question, negative, and short answer.

*Do you have a car?*

*Yes, I do.*

*No, I don't.*

*Have you got a car'?*

*Yes, I have,*

*No, I haven't.*

*I don't have a computer.*

*I haven't got a computer.*

### T2.2 Listen and repeat.

2 Ask and answer about these things with a partner, using *have* or *have got*:

- a computer
- a credit card
- brothers and sisters
- a stereo
- a Walkman
- your parents/a holiday home
- a camera
- a mobile phone
- your sister/a car
- a bicycle
- a pet
- your brother/a motorbike

### PRESENT CONTINUOUS (I AM DOING)

**A** Study this example situation:

Sarah is in her car. She is on her way to work.

She's driving to work. (= She is driving ...)

This means: she is driving now, at the time of speaking.

The action is not finished.

am/is/are + -ing is the present continuous:

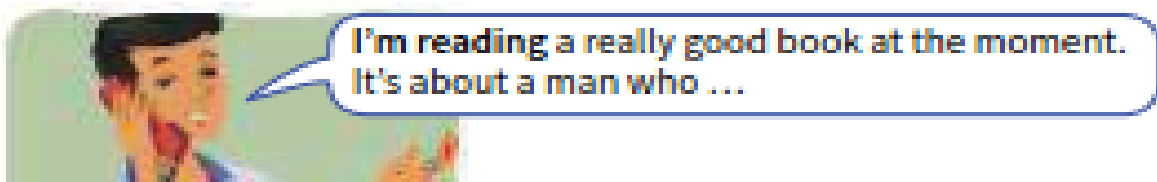
I	<b>am</b>	(= I'm)	<b>Driving</b> <b>working</b> <b>doing etc</b>
he/she/it	<b>is</b>	(= he's etc.)	
we/you/they	<b>are</b>	(= we're etc.)	

**B** **I am doing** something = I started doing it and I haven't finished; I'm in the middle of doing it.

- Please don't make so much noise. I'm trying to work. (not I try)
- 'Where's Mark?' 'He's having a shower.' (not He has a shower)
- Let's go out now. It isn't raining any more. (not It doesn't rain)
- How's your new job? Are you enjoying it?
- What's all that noise? What's going on? or What's happening?

Sometimes the action is not happening at the time of speaking. For example:

Steve is talking to a friend on the phone. He says:



Steve says 'I'm reading ...' but he is not reading the book at the time of speaking. He means that he has started reading the book, but has not finished it yet. He is in the middle of reading it.

Some more examples:

- Kate wants to work in Italy, so she's learning Italian.  
(but perhaps she isn't learning Italian at the time of speaking)
- Some friends of mine are building their own house. They hope to finish it next summer.

**C** You can use the present continuous with **today** / **this week** / **this year** etc. (periods around now):

- A: You're **working** hard **today**. (not You work hard today)  
B: Yes, I have a lot to do.
- The company I work for **isn't doing** so well **this year**.

**D** We use the present continuous when we talk about a change that has started to happen. We often use these verbs in this way:

**getting, becoming**

**changing, improving**

**starting, beginning**

**increasing, rising, falling, growing**

- Is your English getting better? (not Does your English get better)
- The population of the world is increasing very fast. (not increases)
- At first I didn't like my job, but I'm starting to enjoy it now. (not I start)

### EXERCISES

#### 1.1 What's happening in the pictures? Choose from these verbs:

<b>cross</b>	<b>hide</b>	<b>scratch</b>	<b>take</b>	<b>tie</b>	<b>wave</b>
--------------	-------------	----------------	-------------	------------	-------------

					
--	--	--	---	--	--

- 1 *She's taking* a picture.
- 2 He .....a shoelace.
- 3 .....the road.
- 4 .....his head.
- 5..... behind a tree.
- 6 .....to somebody.

#### 1.2 The sentences on the right follow those on the left . Which sentence goes with which?

<ol style="list-style-type: none"> <li>1 Please don't make so much noise.</li> <li>2 We need to leave soon.</li> <li>3 I don't have anywhere to live right now.</li> <li>4 I need to eat something soon.</li> <li>5 They don't need their car any more.</li> <li>6 Things are not so good at work.</li> </ol>	<ol style="list-style-type: none"> <li>a I'm getting hungry.</li> <li>b They're lying.</li> <li>c It's starting to rain.</li> <li>d They're trying to sell it.</li> <li>e It's getting late.</li> <li>f I'm trying to work.</li> </ol>
---	--

7 It isn't true what they say.	g I'm staying with friends.
8 We're going to get wet.	h The company is losing money.

**1.3 Write questions. Use the present continuous.**

- 1 What's all that noise? What's happening? (what / happen?)
- 2 What's the matter? (why / you / cry?)
- 3 Where's your mother? (she / work / today?)
- 4 I haven't seen you for ages. (what / you / do / these days?)
- 5 Amy is a student. (what / she / study?)
- 6 Who are those people? (what / they / do?)
- 7 I heard you started a new job. (you / enjoy / it?)
- 8 We're not in a hurry. (why / you / walk / so fast?)

**1.4 Put the verb into the correct form, positive (I'm doing etc.) or negative (I'm not doing etc.).**

- 1 Please don't make so much noise. I'm trying (I / try) to work.
- 2 Let's go out now. It isn't raining (it / rain) any more.
- 3 You can turn off the radio. (I / listen) to it.
- 4 Kate phoned last night. She's on holiday with friends. (She / have) a great time and doesn't want to come back.
- 5 Andrew started evening classes recently. (He / learn) Japanese.
- 6 Paul and Sarah have had an argument and now (they / speak) to one another.
- 7 The situation is already very bad and now (it / get) worse.
- 8 Tim (work) today. He's taken the day off
- 9 (I / look) for Sophie. Do you know where she is?
- 10 The washing machine has been repaired. (It / work) now.
- 11 (They / build) a new hospital. It will be finished next year.
- 12 Ben is a student, but he's not very happy. (He / enjoy) his course.
- 13 (The weather / change). Look at those clouds. I think it's going to rain.
- 14 Dan has been in the same job for a long time. (He / start) to get bored with it.

**VOCABULARY**

**1 Match the verbs and nouns.**

have	a film on TV
wash	to my friends
watch	my hair
talk	breakfast

make	to music
listen	my homework
relax	a cup of tea
do	on the sofa

have	posters on the wall
clear up	the mess
do	a shower
have/put	the washing-up

cook	magazines
go	a meal
put on	make-up
read	to the toilet

 **T2.4 Listen and check.**

**2 Match the activities from exercise 1 with the correct room.**

**Kitchen**

---

---

---

---

**Bathroom**

---

---

---

---

**Living room**

---

---

---

---

**Bedroom**

---

---

---

---

**3 Do you like where you live? Choose your favourite room. What do you do in that room?**



*I like my bedroom a lot because I've got lots of posters on the walls. I listen to music and do my homework ...*

*I like my living room. The walls are white, and I love the big, comfortable sofa ...*

**3 Describe your favourite room to a partner. Don't say which room it is. Can your partner guess?**

## UNIT 3. ACCOMODATION. HOUSES AND APARTMENTS



**Think about the following questions.**

1. What season is it in the photo?  
How do you know?
2. Where do you think this hotel is?
3. What do you think is special about this hotel?

**Write the letter of the word or phrase underlined word.**

**with the same meaning as the**

- |              |                  |                  |
|--------------|------------------|------------------|
| a. great     | d. unbelievable  | d. unbelievable  |
| b. different | e. one of a kind | e. one of a kind |
| c. like ice  | f. but; in fact  | f. but; in fact  |

1. \_\_\_\_ It is freezing cold outside in winter.
2. \_\_\_\_ The Ice Hotel is very cold. Surprisingly, people like to stay there.
3. \_\_\_\_ These dishes are very unusual. This is the first time I've seen dishes made of ice.
4. \_\_\_\_ There's no other hotel like this in the world. It's unique.
5. \_\_\_\_ I can't believe how large this hotel is. It is amazing!
6. \_\_\_\_ This ice art is beautiful. It's fantastic!

### T 3.1 Listen to the text.

## THE ICE HOTEL

Are you into skiing? Is winter your favorite time of year? If you like snow and ice, maybe you should stay at the Ice Hotel in Quebec, Canada. But, you can only check in to this hotel **during** the winter. Why? Because this hotel is made entirely of ice and snow!

This amazing hotel is **built** every December. It has 32 rooms, and 80 people can stay there each night. The hotel has a movie theater, an art gallery, and a church. Of course, all of these parts of the hotel are made of ice. In fact, all the furniture, art, lights, and even plates and drinking glasses are made of ice.

Because this hotel is so unusual, it has become very popular. People from all over the world come to the Ice Hotel to look at the fantastic ice art, drink and eat from designer ice dishes, and experience the unique **atmosphere**. Some couples have even gotten married in the hotel's ice church.

However, all the guests keep their winter coats on! Because of all the ice, the **temperature** inside the hotel is always between -2 and -5 C. Surprisingly, sleeping



## Xorijiy til (ikkinchi chet tili)

---

is not a problem in the freezing cold hotel rooms. Every guest gets a special cold-weather sleeping bag and some **fur** blankets. These keep them **cozy** and warm until morning.

**during:** at the time of

**temperature:** how hot or cold something is

**build:** to make

**fur:** animal hair

**atmosphere:** feeling

**cozy:** comfortable and warm

### Choose the best answer.

1. What is the main idea of this reading?
  - a. How the Ice Hotel is built
  - b. What makes the Ice Hotel special
  - c. Why the Ice Hotel is made of ice
  - d. The services of the Ice Hotel
2. What can you do in the hotel?
  - a. Watch a movie
  - b. Get married
  - c. Eat an interesting meal
  - d. All of the above
3. Why is sleeping NOT a problem at the hotel?
  - a. The rooms are warm.
  - b. The temperature is -2 C.
  - c. The sleeping bags are warm.
  - d. The furniture is warm.
4. In which part of the hotel would you probably find the ice plates?
  - a. The church
  - b. The restaurant
  - c. The rooms
  - d. The art gallery
5. What do you think happens to this hotel in the spring?
  - a. It freezes.
  - b. It melts.
  - c. It stays open.
  - d. It moves.

### IDIOMATIC EXPRESSIONS

Find these idioms in the reading.

be into

[ to enjoy doing ]

Matt doesn't like noisy music. So, he is not into heavy metal.

check in

[ to go to the hotel's front desk and get the room key ]

You must check in before you go to your hotel room.

□ made (out) of

[ built of ]

My desk is made of wood.

Fill in the blank with one of the above idioms. Change its form if necessary.

1. Did John \_\_\_\_\_ at the front desk this morning?
2. I \_\_\_\_\_ video games. I really like playing them.
3. Look at that house! What is it \_\_\_\_\_?

Fill in the blanks with the correct words.

cozy      fantastic      freezing      surprisingly      unique

The Ice Hotel is a/an \_\_\_\_\_ hotel in Canada. It is made of only ice and snow. So, the inside temperature is usually \_\_\_\_\_ cold. \_\_\_\_\_, this hotel is very popular. Many people enjoy looking at the \_\_\_\_\_ art in its gallery and eating from special ice dishes. Guests have a good sleep in the cold hotel rooms under the \_\_\_\_\_ fur blankets.



🎵 T 3.2 Listen to the dialog and choose the best answer.

**A Visit to the Ice Hotel**

1. At the end of the conversation, who wants to stay at the Ice Hotel?
  - a. The woman
  - b. The man
  - c. Both of them
  - d. Neither of them
2. How is the hotel inconvenient?
  - a. It is too cold.
  - b. It is fantastic.
  - c. It has an ice art gallery.
  - d. It has only one bathroom.
3. What will they probably do?
  - a. Stay at the Ice Hotel
  - b. Visit the art gallery in the Ice Hotel
  - c. Go to the bathroom at the Ice Hotel
  - d. Stay at the hotel next door

**Discuss the following questions.**

1. Would you like to stay in the Ice Hotel? Why or why not?
2. What is the most unusual place that you have heard of ?
3. Have you ever visited an interesting place? What was it like?

**GRAMMAR SPOT**

**What Makes a Sentence?**

A sentence begins with a capital letter and ends with a terminal punctuation such as a period, a question mark, or an exclamation point. A single sentence consists of a single clause (a subject and a predicate). Other complex sentences consist of two or more clauses.

*(Is / Are) you into skiing?*

*Of course, all of these parts of the hotel (is / are) made of ice.*

Write your own short paragraph by answering the questions below.

### An Interesting Place

(1) What is an interesting place in your country? (2) Where is it?

(3) How or why is it interesting?

(4) What can people do there?

#### *Example*

*An interesting place in the United States is Las Vegas. This city is in the state of Nevada. It is interesting because it has big casinos. People can go to concerts, watch comedy shows, and try gambling there.*

### A. Choose the best word or phrase to fill in the blank.

1. He \_\_\_\_\_ J.K. Rowling. He has every book she has written.

- a. hates                      b. is into                      c. checks in                      d. experiences

2. It's so cold outside that the water has turned to \_\_\_\_\_.

- a. freezing                      b. ice                      c. cold                      d. temperature

3. Picasso painted \_\_\_\_\_ pictures.

- a. designer                      b. cozy                      c. warm                      d. unique

4. Many people enjoy the \_\_\_\_\_ in that restaurant.

- a. atmosphere                      b. ice                      c. world                      d. drinking glasses

5. I really like The Matrix. It is a \_\_\_\_\_ movie.

- a. drinking                      b. fantastic                      c. freezing                      d. warm

6. That house is \_\_\_\_\_ wood.

- a. made of                      b. built by                      c. looked like                      d. gotten to

7. In very cold countries, people sometimes wear \_\_\_\_\_ coats.

- a. experience                      b. inside                      c. sleeping bag                      d. fur

**B. Choose the correct form of the word to fill in the blank.**

8. I gave her some flowers. She was \_\_\_\_\_.

- a. surprising                      b. surprised                      c. surprisingly

9. "It is so cold today." "Yes, it's \_\_\_\_\_!"

- a. frozen                      b. freeze                      c. freezing

10. It is \_\_\_\_\_ for me to go dancing. Actually, I don't dance well.

- a. usual                      b. unusual                      c. usually

**PAST SIMPLE (I DID)**

**A** Study this example

Wolfgang Amadeus Mozart **was** an Austrian musician and composer. He **lived** from 1756 to 1791. He **started** composing at the age of five and **wrote** more than 600 pieces of music. He **was** only 35 years old when he **died**.

**lived/started/wrote/was/died** are all *past simple*



**B** Very often the past simple ends in **-ed** (regular verbs):

- I work in a travel agency now. Before that I **worked** in a department store.
- They **invited** us to their party, but we **decided** not to go.
- The police **stopped** me on my way home last night.
- Laura **passed** her exam because she **studied** very hard.

But many verbs are irregular. The past simple does not end in **-ed**. For example:

write → wrote	Mozart <b>wrote</b> more than 600 pieces of music.
see → saw	We <b>saw</b> Alice in town a few days ago.
go → went	I <b>went</b> to the cinema three times last week.
shut → shut	It was cold, so I <b>shut</b> the window.

**C** In questions and negative sentences we use **did/didn't** + infinitive (enjoy/see/go etc.):

I	<b>enjoyed</b>
she	<b>saw</b>
they	<b>went</b>

	you	<b>enjoy?</b>
<b>did</b>	she	<b>see?</b>
	they	<b>go?</b>

I		<b>enjoy</b>
she	<b>didn't</b>	<b>see</b>
they		<b>go</b>

- I enjoyed the party a lot. Did you enjoy it?
- How many people did they invite to the wedding?
- I didn't buy anything because I didn't have any money.
- 'Did you go out?' 'No, I didn't.'

Sometimes **do** is the main verb in the sentence (did you **do**?, I didn't **do**):

What **did** you **do** at the weekend? (not What did you at the weekend?)

I **didn't do** anything. (not I didn't anything)

**D** The past of **be** (am/is/are) is **was/were**:

**Xorijiy til (ikkinchi chet tili)**

I/he/she/it <b>was/wasn't</b>	<b>was</b> I/he/she/it?
we/you/they <b>were/weren't</b>	<b>were</b> we/you/they?

- **I was** annoyed because **they were** late.
- **Was the weather** good when **you were** on holiday?
- **They weren't** able to come because **they were** so busy.
- **I wasn't** hungry, so I didn't eat anything.
- Did you go out last night or **were you** too tired?

**EXERCISES**

**1.1 Read what Laura says about a typical working day:**



I usually get up at 7 o'clock and have a big breakfast. I walk to work, which takes me about half an hour. I start work at 8.45. I never have lunch. I finish work at 5 o'clock. I'm always tired when I get home. I usually cook a meal in the evening. I don't usually go out. I go to bed at about 11 o'clock, and I always sleep well.

**Yesterday was a typical working day for Laura. Write what she did or didn't do yesterday.**

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 1 She.....got up.....at 7 o'clock. | 7..... at 5 o'clock.             |
| 2 She..... a big breakfast.        | 8..... tired when..... home.     |
| 3 She.....                         | 9..... a meal yesterday evening. |
| 4 It..... to get to work.          | 10..... out yesterday evening.   |
| 5..... at 8.45.                    | 11..... at 11 o'clock.           |
| 6..... lunch.                      | 12..... well last night.         |

**1.2 Complete the sentences using the following verbs in the correct form:**

buy	catch	cost	fall	hurt	sell	spend	teach	throw	write
-----	-------	------	------	------	------	-------	-------	-------	-------

- 1. Mozart.....*wrote*.....more than 600 pieces of music.
- 2 ‘How did you learn to drive?’ ‘My father.....me.’
- 3 We couldn’t afford to keep our car, so we.....it.
- 4 Dave.....down the stairs this morning and.....his leg.
- 5 Joe.....the ball to Sue, who.....it.
- 6 Kate.....a lot of money yesterday. She.....a dress which £100.

**1.3 You ask James about his holiday in the US. Write your questions.**

- 1 YOU: Where.....*did you go*.....?
- JAMES: To the US. We went on a trip from San Francisco to Denver.
- 2 YOU: How.....? By car?
- JAMES: Yes, we hired a car in San Francisco.
- 3 YOU: It’s a long way to drive. How long..... ?
- JAMES: Two weeks. We stopped at a lot of places along the way.
- 4 YOU: Where.....? In hotels?
- JAMES: Yes, small hotels or motels.
- 5 YOU: ..... good?
- JAMES: Yes, but it was very hot – sometimes too hot.
- 6 YOU: .....the Grand Canyon?
- JAMES: Of course. It was wonderful.

**1.4 Complete the sentences. Put the verb into the correct form, positive or negative.**

- 1 It was warm, so I.....*took*..... off my coat. (take)
- 2 The film wasn’t very good. I .....*didn’t enjoy* .....it much. (enjoy)



### **Xorijiy til (ikkinchi chet tili)**

---

- 3 I knew Sarah was busy, so I.....her. (disturb)  
4 We were very tired, so we..... the party early. (leave)  
5 It was hard carrying the bags. They..... really heavy. (be)  
6 The bed was very uncomfortable. I..... well. (sleep)  
7 This watch wasn't expensive. It .....much. (cost)  
8 The window was open and a bird..... into the room. (fly)  
9 I was in a hurry, so I..... time to call you. (have)  
10 I didn't like the hotel. The room..... very clean. (be)

## **VOCABULARY**

- reside/currently living
- located/situated in
- inner city/central location
- suburbs/outskirts
- rent<>own
- born and raised there/resided/lived there since I was
- two-bedroom multi-storied house/single-storey house
- two-bedroom apartment complex/high-rise apartment
- back garden/yard
- balcony/veranda
- nicely/simplely decorated
- nice/simple décor
- ostentatious<>modest
- homely (comfortable)/cozy
- spacious<>cramped
- all the mod cons (modern appliances)
- redecorated/renovated
- run down/in disrepair

- cold and draughty (cold air from outside)
- vicinity/nearby

## VOCABULARY BUILDER

### A. Match the words to a synonym, antonym, or idiom.

- |                        |                     |
|------------------------|---------------------|
| 1. single storey house | reside              |
| 2. ostentatious        | spacious            |
| 3. roomy               | bought              |
| 4. inner-city          | run-down            |
| 5. staying             | washing machine     |
| 6. homely              | veranda             |
| 7. own                 | simple              |
| 8. balcony             | suburbs             |
| 9. redecorated         | cozy                |
| 10. mod cons           | high-rise apartment |

### B. Circle the odd word/s out.

- |                            |                     |                      |
|----------------------------|---------------------|----------------------|
| 1. live                    | born and raised     | reside               |
| 2. bought                  | rent                | own                  |
| 3. apartment               | multi-storied house | single-storey        |
| 4. inner city              | suburbs             | commercial center    |
| 5. noisy                   | limited space       | good security        |
| 6. all the mod cons        | unique design       | cold and draughty    |
| 7. cramped                 | good facilities     | power-cuts           |
| 8. cut off from neighbours | panoramic views     | close-knit community |
| 9. back garden             | balcony             | yard                 |
| 10. simple                 | luxurious           | ostentatious         |

## UNIT 4 EATING, NATIONAL FOOD



### 1. Think about the following questions.

1. What's your favorite food?
2. What's the most unusual food you have eaten?
3. What type of food can you cook?

### 2. Write the letter of the word or phrase with the same meaning as the underlined word or phrase.

- a. almost; close to
- b. as said by
- c. actually; really

- d. first showed or gave
- e. have the flavor of
- f. make

2. \_\_\_\_ In reality, curry comes from England, not India.
3. \_\_\_\_ According to this book, people in England cooked curry dishes in the 1300s.
4. \_\_\_\_ People in Persia ate pizza nearly 1,000 years before people in Italy.
5. \_\_\_\_ Some kinds of curry taste hot, so some people don't like them.
6. \_\_\_\_ Sailors from Europe introduced new foods to Americans.

### 3 T 1.1 Listen to the text and choose the best answer for the questions .

## Food Firsts

How much do you know about the history of some of your favorite foods? Do you know when people in England started cooking curry dishes? Do you know in which country pizzas or hamburgers were first made? The facts might surprise you.

Many people think the English found out about curry from people in India in the 1600s. In reality, **wealthy** English people were eating dishes made with curry **spices** hundreds of years before British ships traveled to India. Cooks of wealthy English families during the time of King Richard I were making curry dishes, and in fact, the word “curry” can be found in an English **language** cookbook as far back as 1377.

As for pizza, this **dish** was probably first made in Persia (what is now Iran). The Persians were eating round, flat bread with cheese in the 500s. That was nearly 1,000 years before pizza caught on in Naples, Italy!

Finally, let's look at the **truth** behind hamburgers. Many people think hamburgers are an American food. However, according to some stories, hamburgers came from Hamburg, Germany. A German named Otto Kuasw created the first hamburger in 1891. Four years later, German **sailors** introduced hamburgers to Americans.

Where foods come from isn't nearly as important as how they taste; as long as they are delicious! So, go get some of your favorite food and dig in.

**wealthy:** rich

**spice:** a thing used or added to make food taste good

**language:** way of speaking by a certain country or group of people

**dish:** food

**truth:** fact; reality

**sailor:** a person who works on ships

**Choose the best answer.**

1. What is the main idea of this reading?
  - a. Curry was created in England.
  - b. There are many foods that help
  - c. People created fast food long ago.
  - d. Some facts about foods are surprising.
2. Which is probably true about British curry dishes in the 1400s?
  - a. The dishes did not have meat.
  - b. The spices cost a lot.
  - c. People ate curry on special days.
  - d. British sailors first made curry.
3. What did people in Naples learn from Persians?
  - a. How to make pizza
  - b. How to cook cheese
  - c. How to use spices from Iran
  - d. How to make flat bread
4. Who introduced hamburgers to America?
  - a. Persians
  - b. Otto Kuasw
  - c. Italians
  - d. German sailors
5. Which food was probably made first?
  - a. Hamburgers
  - b. Cheesy Persian bread
  - c. Italian pizza
  - d. English curry



**Find these idioms in the reading.**

- **find out (about)** [ to learn (of ) ]  
Hey, I just found out that class is cancelled tomorrow.




- **catch on** [ to become popular ]  
In the 1990s, cell phones really caught on.
- **dig in** [ to begin eating with excitement ]  
The child was very hungry, so he dug in before his parents sat down.

**Fill in the blank with one of the above idioms. Change its form if necessary.**

1. All of the food is ready. \_\_\_\_\_!
2. Did you \_\_\_\_\_ what time the movie starts?
3. These days, Latin dancing is \_\_\_\_\_.

**Scan the passage and complete the chart with the correct information.**

<b>1377</b>	<b>1891</b>	<b>500s</b>
<b>created</b>	<b>introduced</b>	<b>wealthy</b>

 <p style="text-align: center;"><b>Curry</b></p>	 <p style="text-align: center;"><b>Pizza</b></p>	 <p style="text-align: center;"><b>Hamburger</b></p>
<ul style="list-style-type: none"> <li>• Word already in the English language by <b>1</b> _____</li> <li>• Cooked for <b>2</b> _____ English families</li> </ul>	<ul style="list-style-type: none"> <li>• <b>3</b> _____ in Persia</li> <li>• Was eaten in Persia in the <b>4</b> _____</li> </ul>	<ul style="list-style-type: none"> <li>• <b>5</b> _____ to Americans by German sailors</li> <li>• First made in Hamburg in <b>6</b> _____</li> </ul>

**3 T 1.2 Listen to the dialog and complete each sentence.**

### The First Sandwich

1. Mike found Janet \_\_\_\_\_ the \_\_\_\_\_.
2. Lord Montagu was the \_\_\_\_\_ of \_\_\_\_\_.
3. The first sandwich was made with \_\_\_\_\_ and \_\_\_\_\_.

### Discuss the following questions.

1. What are your favorite foods from other countries? Where are they from?
2. What are some traditional foods in your country?
3. Do you know any untrue stories about food that people believe? If so, what is the truth?

## GRAMMAR SPOT

### Past Continuous

We use the past continuous in order to talk about past actions in progress.

*Cooks of wealthy English families during the time of King Richard I (were making / were made) curry dishes.*

*The Persians (were eating / were eaten) round, flat bread with cheese in the 500s.*

## PAST CONTINUOUS (I WAS DOING)

**A** Study this example situation:



Yesterday Karen and Joe played tennis. They started at 10 o'clock and finished at 11.30.

So, at 10.30 they **were playing** tennis.

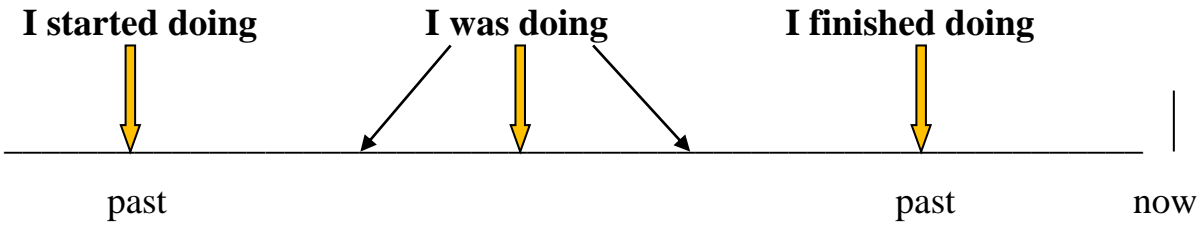
they **were playing** =

they were in the middle of playing, they had not finished

**was/were + -ing** is the past continuous:

he/she/it	<b>was</b>	<b>playing</b> <b>doing</b> <b>working</b> etc.
we/you/they	<b>were</b>	

**B** I was **doing** something = I was in the middle of doing it at a certain time. The action or situation started before this time, but had not finished:



- This time last year I **was living** in Hong Kong.
- What **were you doing** at 10 o'clock last night?
- I waved to Helen, but she **wasn't looking**.

**C** Compare I **was doing** (*past continuous*) and I **did** (*past simple*):

<p>I <b>was doing</b> (= in the middle of an action)</p> <ul style="list-style-type: none"> <li>• We <b>were walking</b> home when I met Dan. (in the middle of walking home)</li> <li>• Kate <b>was watching</b> TV when we arrived.</li> </ul>	<p>I <b>did</b> (= complete action)</p> <ul style="list-style-type: none"> <li>• We <b>walked</b> home after the party last night. (= all the way, completely)</li> <li>• Kate <b>watched</b> TV a lot when she was ill last year.</li> </ul>
--	---

**D** You can say that something **happened** (past simple) in the middle of something else (past continuous):

- Matt **phoned** while we **were having** dinner.
- It **was raining** when I **got** up.
- I **saw** you in the park yesterday. You **were sitting** on the grass and **reading** a book.
- I **hurt** my back while I **was working** in the garden.

But we use the past simple to say that one thing happened after another:

- I **was walking** along the road when I **saw** Dan. So I **stopped**, and we **talked** for a while.

Compare:



### Xorijiy til (ikkinchi chet tili)

• When Karen arrived, we <b>were having</b> dinner. (= we had already started before she arrived)	• When Karen arrived, we <b>had</b> dinner. (= Karen arrived, and then we had dinner)
---	---

**E** Some verbs (for example, **know** and **want**) are not normally used in continuous forms (**is + -ing**, **was + -ing** etc.).

- We were good friends. We **knew** each other well. (not we were knowing)
- I was enjoying the party, but Chris **wanted** to go home. (not was wanting)

### EXERCISES

#### 1. Complete the sentences. Choose from:



**was looking    was wearing    wasn't listening    weren't looking**  
**was snowing    was working    were sitting    were you going**

- 1 Today Helen is wearing a skirt. Yesterday she .....was wearing..... trousers.
- 2 'What did he say?' 'I don't know. I .....
- 3 We..... at the back of the theatre. We couldn't hear very well.
- 4 This time last year Steve..... on a farm.
- 5 They didn't see me. They..... in my direction.
- 6 The weather was bad. It was very cold and it.....
- 7 I saw you in your car. Where..... ?  
7 I saw Kate a few minutes ago. She..... for you.

#### 2. Which goes with which?

1 When I got to the café	1 .....f....	a when she was living in Rome.
2 We fell asleep	2.....	b she was working in a clothes shop.
3 Amy learnt Italian	3.....	c when I was driving home.
4 Tom didn't come out with us	4.....	d but nobody was watching it.
5 The car began to make a strange noise	5.....	e while we were watching a film.
6 The TV was on	6.....	f my friends were waiting for me.
7 When I first met Jessica	7.....	g because he wasn't feeling well.

**3. Put the verb into the correct form, past continuous or past simple.**

<p>1.</p>  <p>1...<u>saw</u>..(see) Sue in town yesterday, but she ..... (not/see) me. She..... (look) the other way</p>	<p>2.</p>  <p>I..... (cycle) home yesterday when a man..... (step) out into the road in front of me. I..... (go) quite fast, but luckily I..... (manage) to stop in time, and I..... (not/hit) him.</p>
--	--

**4. Put the verb into the correct form, past continuous or past simple.**

- 1 Jenny.....was waiting.....(wait) for me when I.....arrived..... (arrive).
- 2 'What .....(you / do) at this time yesterday?' 'I was asleep.'
- 3..... ' (you / go) out last night?' 'No, I was too tired.'
- 4 How fast .....(you / drive) when the accident (happen)?
- 5 Sam..... (take) a picture of me while I..... (not / look).

**Xorijiy til (ikkinchi chet tili)**

6 We were in a very difficult position. We .....(not / know) what to do, so we..... (do) nothing.

7 I haven't seen Alan for ages. When I last..... (see) him, he ..... (try) to find a job.

8 I..... (walk) along the street when suddenly I..... (hear) something behind me. Somebody .....(follow) me. I was scared and I .....(start) to run.

9 When I was young, I..... (want) to be a pilot. Later I .....(change) my mind.

10 Last night I .....(drop) a plate when I..... (do) the washing up. Fortunately it..... (not / break).

**WRITING**

5. Write your own short paragraph by answering the questions below.

**MY FAVOURITE FOOD**

<p>(1) What is your favorite food? (2) What is it made of ? (3) Can you cook this food? (4) How often do you cook this food?</p>	<p style="text-align: center;"><b>Example</b></p> <p><i>My favorite food is spaghetti. It is made of noodles and tomato sauce. I can cook it easily. I cook spaghetti once a month.</i></p>
--	---

**VOCABULARY**

**A. Choose the best word or phrase to fill in the blank.**

1. The man owns three hotels. He is very \_\_\_\_\_.

- a. comfortable                      b. tired                      c. unique                      d. wealthy

2. People think snakes are dangerous. \_\_\_\_\_, most snakes are not.

- a. Unusually                      b. Finally                      c. First                      d. Surprisingly

3. He knows \_\_\_\_\_ all of his relatives' birthdays, except for his aunt and uncle's.  
a. in reality                      b. before                      c. nearly                      d. behind
4. \_\_\_\_\_ my mother, washing clothes by hand is better than using a washing machine.  
a. According to                      b. Before                      c. After                      d. In reality
5. This soup does not \_\_\_\_\_ right. Did you forget to put in onions?  
a. cook                      b. make                      c. create                      d. taste
6. I do not have enough \_\_\_\_\_ to make this dish.  
a. fur                      b. Hamburgers                      c. stories                      d. spices
7. We \_\_\_\_\_ how the magician did the amazing trick.  
a. created                      b. found out                      c. introduced                      d. thought

**B. Choose the correct form of the word to fill in the blank.**

8. I made this sculpture. It is my \_\_\_\_\_.  
a. creation                      b. creates                      c. creative
9. How does it taste? Please tell me \_\_\_\_\_ if it is good or bad.  
a. truth                      b. true                      c. truthfully
10. Let me \_\_\_\_\_ you to my cousin.  
a. introduction                      b. introduce                      c. introduced

## UNIT 5. HEALTHY LIFESTYLE



**WARM UP Think about the following questions.**

1. How do you feel when you have to speak in front of your class?
2. What part or parts of your body are affected by this feeling?
3. What kind of animal does this feeling make you think of ?

**1. Write the letter of the word or phrase with the same meaning as the underlined word.**

- |                       |                                 |
|-----------------------|---------------------------------|
| a. thing to do        | d. feel less stress or pressure |
| b. help               | e. make                         |
| c. make less or lower | f. regular; like usual          |

1. \_\_\_\_ She does not feel **normal** right now because she is nervous.
2. \_\_\_\_ A fun **activity** may help you forget your worries.
3. \_\_\_\_ Exercise can **benefit** both your body and your mind.
4. \_\_\_\_ Fear can **produce** a strange feeling in your stomach.
5. \_\_\_\_ I usually listen to music or read a book to **relax**.
6. \_\_\_\_ Sometimes you can **reduce** your fear by talking about it with others.

🎵 T 1.1 Listen to the text attentively

A young actress is about to go onto the stage. As she waits by the side of the stage, she looks **nervous**. You might hear her whisper to her friend, “I’ve got butterflies in my stomach.” Butterflies in her stomach? How did those get in there? The feeling of butterflies comes from **chemicals** produced by the body in **stressful situations**. One chemical that the body makes under stress is cortisol. This chemical benefits the body in normal situations. In fact, it helps the body start normal activities in the morning after waking up. It also plays a role in helping the body and mind **respond** well to healthy exercise.



However, when the body is under stress, extra cortisol begins to affect the stomach. For some people, cortisol shuts down the stomach, producing the funny feeling of butterflies. For others, cortisol **speeds up** the way the stomach works, which makes these people feel sick.

## **Xorijiy til (ikkinchi chet tili)**

---

All you need to do to get rid of a few butterflies in the stomach is just relax. Laughing with, or talking to, others about your stress can help reduce it. Stepping out onto the stage will also help those butterflies fly away.

**nervous:** a little afraid or worried

**chemical:** a thing that can cause an effect in our body

**stressful:** full of, or causing, worry or pressure from work, studying, etc.

**situation:** a condition; a circumstance

**respond:** to do something because of something else; to react

**speed up:** to make faster

Choose the best answer.

1. What is the main idea of this reading?
  - a. A new kind of medicine called cortisol
  - b. An illness that nervous people get
  - c. The cause of butterflies in the stomach
  - d. The stress that actors have
2. According to the reading, what is NOT true about cortisol?
  - a. In small amounts, it benefits the body.
  - b. It can shut down the stomach.
  - c. It is found in many kinds of food.
  - d. It is produced by the body.
3. What helps a body respond well to exercise?
  - a. Butterflies
  - b. Cortisol
  - c. Stomach acid
  - d. Stress
4. According to the passage, what makes some people feel sick?
  - a. When situations return to normal
  - b. When the stomach shuts down
  - c. When the stomach works too fast
  - d. When there is too little cortisol
5. Which may help a person get over butterflies in the stomach?
  - a. Doing the thing that makes him or her nervous
  - b. Not talking while the butterflies are there
  - c. Shutting down his or her stomach for some time
  - d. Taking a small amount of cortisol

**IDIOMATIC EXPRESSIONS**

**Find these idioms in the reading.**

- play a role in** [ to have some part in ]  
The big storm probably **played a role in** last night's blackout.
- shut down** [ to stop ]  
The company **shut down** the factory because they were losing a lot of money.
- get rid of** [ to throw away; to put out of use ]  
I didn't like my bag, so I **got rid of** it.

**Fill in the blank with one of the above idioms. Change its form if necessary.**

1. That coat is old and torn. Why don't you \_\_\_\_\_ it?
2. How much does luck \_\_\_\_\_ the success of an artist's career?
3. When you are finished working, please \_\_\_\_\_ the computer.

**Fill in the blanks with the correct words or phrases.**

butterflies                      normal                      produces  
respond                          shut down



### **Xorijiy til (ikkinchi chet tili)**

When a person is under some stress, his or her body may (1) \_\_\_\_\_ to the stress by making too much cortisol. This chemical benefits the body in many ways in (2) \_\_\_\_\_ situations. However, if the body (3) \_\_\_\_\_ a lot of



extra cortisol, the cortisol may (4) \_\_\_\_\_ the person's stomach. This can make people feel like they have (5) \_\_\_\_\_ in their stomachs.

### *ANOTHER REASON FOR BUTTERFLIES*

#### **🎵 T1.2 Listen to the dialog and choose the best answer.**

1. What are the speakers talking about?

- a. A situation that makes them nervous
- b. People who have too much stress
- c. Something that affects the stomach
- d. The way cortisol works with other chemicals

2. Which effect has he read about?

- a. Feeling very large butterflies
- b. Less blood flowing to the stomach
- c. Reducing the level of cortisol
- d. Shutting down different muscles

3. What does the woman say about his explanation?

- a. It does not sound correct.                      b. It seems easier to understand.
- c. Some parts are confusing.                      d. The result is the same.

Discussion

**Discuss the following questions.**

1. When was the last time you were nervous or worried? How did your body react to this feeling?
2. What do you do to reduce stress?
3. What kind of situation would give you butterflies in your stomach?

Grammar

**Causative Verbs**

Causative verbs like make, have, or help are followed by an object and a root verb.

Cortisol speeds up the way the stomach works, which makes these people (feel / to feel) sick.

Stepping out onto the stage will also help those butterflies (fly / flying) away.

Writing

**Write your own short paragraph by answering the questions below.**



**A. Choose the best word or phrase to fill in the blank.**

1. He had to take some time off from work because all of the \_\_\_\_\_ was making him sick.

- a. activity                      b. chemical                      c. exercise                      d. stress

2. In some cultures, you should not ask \_\_\_\_\_ questions such as a person's age.

- a. international                      b. normal                      c. personal                      d. tropical

3. Many patients will \_\_\_\_\_ from the new treatment.

- a. benefit                      b. decide                      c. occur                      d. produce

4. Sometimes it takes several months or even a year before new technology really \_\_\_\_\_.

- a. catches on                      b. finds out                      c. shuts down                      d. speeds up

5. The company plans to \_\_\_\_\_ a new diet cola early next year.

- a. detect                      b. introduce                      c. relax                      d. respond to

6. We should try to \_\_\_\_\_ the amount of electricity we use every month.

- a. create                      b. include                      c. reduce                      d. taste

7. Your cheeks are red, and you're sweating. Are you \_\_\_\_\_?

- a. fantastic                      b. nervous                      c. unique                      d. wealthy

**B. Choose the correct form of the word to fill in the blank.**

8. The jar says that this skin \_\_\_\_\_ can help reduce lines around your eyes.

- a. relaxation                      b. relaxer                      c. relaxing

9. Next weekend, the store will sell all of its furniture at \_\_\_\_\_ prices.

- a. reduction                      b. reduces                      c. reduced



When we use the present perfect, there is a connection with now. The action in the past has a result now:

- Tom **has lost** his key. (= he doesn't have it now)
- He told me his name, but I've **forgotten** it. (= I can't remember it now)
- Sally is still here. She **hasn't gone** out. (= she is here now)
- I can't find my bag. **Have you seen** it? (= do you know where it is now?)

Compare **gone (to)** and **been (to)**:

- James is on holiday. He **has gone to** Italy. (= he is there now or on his way there)
- Amy is back home now. She **has been to** Italy. (= she has now come back)

**C** You can use the present perfect with just, already and yet.

**Just** = a short time ago:

- 'Are you hungry?' 'No, I've **just had** lunch.'
- Hello. **Have you just arrived?**

**Already** = sooner than expected:

- 'Don't forget to pay the bill.' 'I've **already paid** it.'
- 'What time is Mark leaving?' 'He's **already left**.'

**Yet** = until now. We use **yet** to show that we are expecting something to happen.

We use **yet** in questions and negative sentences:

- **Has it stopped** raining yet?
- I've written the email, but I **haven't sent** it **yet**.

**D** You can also use the past simple (did, went, had etc.) in the examples on this page. So you can say:

- Ben isn't here. He's **gone** out. or He **went** out.
- 'Are you hungry?' 'No, I've just **had** lunch.' or 'No, I just **had** lunch.'

**EXERCISES**

1. Read the situations and complete the sentences using the present perfect. Choose from these verbs:

**break disappear go up grow improve lose shrink stop**

1 Tom is looking for his key. He can't find it.	Tom..... <i>has lost his key</i> .....
2 Maria's English wasn't very good. Now it is better.	Her English.....
3 My bag was here, but it isn't here any more.	My bag.....
4 Lisa can't walk and her leg is in plaster.	Lisa.....
5 Last week the bus fare was £1.80. Now it is £2.	The bus fare.....
6 Dan didn't have a beard before. Now he has a beard.	Dan.....
7 It was raining ten minutes ago. It isn't raining now.	It.....
8 I washed my sweater, and now it's too small for me.	My sweater.....

2. Put in *been* or *gone*.

- 1 My parents are on holiday. They've .....*gone*..... to Italy.
- 2 Hello! I've just..... to the shops. I've bought lots of things.
- 3 Tom has just .....out. He'll be back in about an hour.
- 4 Alice isn't here at the moment. I don't know where she's .....
- 5 You're very late. Where have you..... ?

**3. Complete the sentences using the present perfect.**

- 1 Sally is still here. ....*She hasn't gone*..... (she / not / go) out.
- 2 I can't find my bag..... (you / see / it) anywhere?
- 3 I can't log on to the website. ....(I / forget) my password.
- 4 I sent Joe an email this morning, but..... (he / not / reply).
- 5 Is the meeting still going on, or..... (it / finish)?
- 6 .....(the weather / change). It's colder now.
- 7..... (you / not / sign) the form. Could you sign it now, please?
- 8 Are your friends still here, or..... (they / go) home?
- 9 Paul doesn't know what he's going to do. ....  
(he / not / decide / yet).
- 10 'Do you know where Julia is?' 'Yes,..... (I / just / see / her).'
- 11 'When is David going away?' '..... (he / already / go).'
- 12 A:..... (your course / start / yet)?  
B:..... Not yet. It starts next week.

**4. Read the situations and write sentences with just, already or yet.**

- 1 After lunch you go to see a friend at her house. She says, 'Would you like something to eat?'  
You say: No thank you. ....*I've just had lunch* ..... (have lunch)
- 2 Joe goes out. Five minutes later, the phone rings and the caller says, 'Can I speak to Joe?'  
You say: I'm afraid..... (go out)
- 3 You are eating in a restaurant. The waiter thinks you have finished and starts to take your plate away.  
You say: Wait a minute!..... (not / finish)
- 4 You plan to eat at a restaurant tonight. You phone to reserve a table. Later your friend says,  
'Shall I phone to reserve a table?' You say: No, ..... (do it)



**Xorijiy til (ikkinchi chet tili)**

---

5 You know that Lisa is looking for a place to live. Perhaps she has been successful.

You ask her:..... ? (find)

6 You are still thinking about where to go for your holiday. A friend asks, 'Where are you going

for your holiday?' You say: ..... (not / decide)

7 Laura went out, but a few minutes ago she returned. Somebody asks, 'Is Laura still out?'

You say: No, ..... (come back)

## UNIT 6. SPORTS



Think about the following questions.

1. Can you name a famous golfer?
2. What is special about Tiger Woods?
3. What is a role model?

### Vocabulary Preview

Write the letter of the word or phrase with the same meaning as the underlined word.

- |                             |  |
|-----------------------------|--|
| a. different kinds; variety | d. something no one else has done        |
| b. well-known               | e. thankful                              |
| c. stopped                  | f. skilled; earning money for doing work |

### **Xorijiy til (ikkinchi chet tili)**

---

1. \_\_\_\_ Most American golfers are white. Golf does not have much diversity.
2. \_\_\_\_ Tiger Woods is a very famous golfer.
3. \_\_\_\_ I am grateful for all the help you have given me.
4. \_\_\_\_ Tiger Woods was sometimes prevented from playing golf.
5. \_\_\_\_ Some professional golfers make a lot of money.
6. \_\_\_\_ He was the first player to win so many games. He set a record.

### **T 3.1 Listen to the text.**

#### **TIGER'S TALE**

Tiger Woods started playing golf when he was two years old. Now he is one of the most famous professional golfers in the world. Tiger is from the United States. His father is **African-American** and his mother is **Thai**. His real name is Eldrick, but everyone knows him as Tiger, the **nickname** his father gave him.

He started playing golf professionally in 1996, and won all four of the World Golf **Championships** before he turned 25. He holds the record as the youngest player ever to win all four of these championships. Although he has played on many great golf courses, one of Tiger's favorite places to play is Pebble Beach.

Tiger became a **role model** at an early age. People look up to him, so he is very grateful. Because many people helped Tiger as a child, he wants to lend a hand to others now. Some people cannot play golf because of their **ethnicity**, while others do not have enough money. **Occasionally**, Tiger himself was prevented from playing golf. Because of this, he created the Tiger Woods **Foundation** to help make golf open to everyone. He likes to see diversity on the golf course, and he wants all children to play golf if they want to. Tiger is happy that many children now want to play golf because of him.



**African-American:** a black person from the United States

**Thai:** a person from Thailand

**nickname:** an extra name

**championship:** a competition to find the best

**role model:** someone who is a good example for others

**ethnicity:** racial background

**occasionally:** not often; at times

**foundation:** an official group with special goals

**Choose the best answer.**

1. What is the main idea of this reading?
  - a. Tiger's golf career
  - b. Tiger's experience and opinions
  - c. Tiger's foundation
  - d. Tiger's best teacher
2. Which is true about Tiger's parents?
  - a. Both of them are Asian.
  - b. His father is famous.
  - c. One of them is not from America.
  - d. Neither of them plays golf.
3. What record does Tiger hold?
  - a. The youngest to win four important championships
  - b. The player to finish a game of golf the fastest
  - c. The first golfer to turn professional as a teenager
  - d. The first African-American golfer

4. Where does Tiger like to play golf ?

- a. Augusta
- b. The United States
- c. Pebble Beach
- d. The World Golf Championship

5. What does the Tiger Woods Foundation do?

- a. Sells golf equipment
- b. Gives money to professional golfers
- c. Helps kids to play golf
- d. Makes golf courses

**IDIOMATIC EXPRESSIONS**

**Find these idioms in the reading.**

- hold the record (as/for)** [ to be known as better than anyone else ]

Hank Aaron **holds the record** for the most home runs.

- look up to** to admire someone; to think someone is a good person ]

I **look up to** my mother, and I respect my sister.

- lend a hand** [ to help someone ]

Please **lend us a hand** when we move into our new house.

**Fill in the blank with one of the above idioms. Change its form if necessary.**

1. Can I \_\_\_\_\_ you \_\_\_\_\_ with your homework?
2. John \_\_\_\_\_ the fastest time in the race.
3. My son \_\_\_\_\_ his teacher.

**Read the sentences from the reading passage. Paraphrase the sentences to create a summary of the passage.**

- a. He started playing golf professionally in 1996, and won all four of the World Golf Championships before he turned 25.
- b. He holds the record as the youngest player ever to win all four of these championships.

setting the record \_\_\_\_\_

- c. Because many people helped Tiger as a child, he wants to lend a hand to others now.
- d. Some people cannot play golf because of their ethnicity, while others do not have enough money.

2. c + d: Woods wants to help others who can't play golf for various reasons because \_\_\_\_\_.

- e. Occasionally, Tiger himself was prevented from playing golf.
- f. Because of this, he created the Tiger Woods Foundation to help make golf open to everyone.

3. e + f: Woods created the Tiger Woods Foundation so that \_\_\_\_\_.



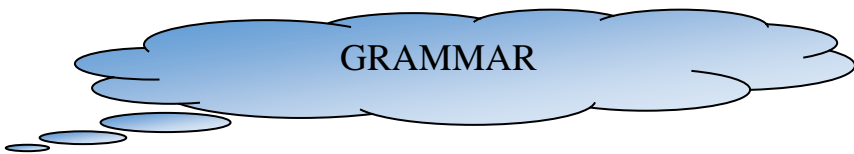
### I LIKE TO WATCH TIGER

🎵 T 1 Listen to the dialog. Check **True** or **False** for each sentence.

- 1. The woman doesn't really like to watch golf. \_\_\_\_\_
- 2. The woman thinks that Tiger Woods is good-looking. \_\_\_\_\_
- 3. The man knows that Tiger gave millions of dollars to charity. \_\_\_\_\_

**Discuss the following questions.**

- 1. Do you like to play golf ? Why or why not?
- 2. What sports do you enjoy playing?
- 3. What would you do if you had lots of money like Tiger Woods?



**Verbs + Gerund or Infinitive?**

There are certain verbs that are usually followed by an infinitive or a gerund.

*Tiger Woods started (play / playing) golf professionally in 1996.*

*Because many people helped Tiger as a child, he wants (to lend / lending) a hand to others now.*

**Write your own short paragraph by answering the questions below.**

**A SPORT I LIKE**

Example

- (1) What is a game or sport that you like?
- (2) Where do people play it?
- (3) How do they play it?
- (4) Why do you like this game or sport?

*A sport that I like is car racing. People usually do this sport on a special track. They try to finish the race before the other drivers. I like this sport because it is very exciting.*



**Vocabulary and Idiom Review**

**A. Choose the best word or phrase to fill in the blank.**

1. I was very \_\_\_\_\_ for the help she gave me.

- a. famous                      b. open                      c. grateful                      d. real

2. The loud noises outside \_\_\_\_\_ me from sleeping.

- a. helped                      b. stressed                      c. detected                      d. prevented

3. My friend lived in Bangkok for two years, so he has many \_\_\_\_\_ friends.

- a. professional                      b. Thai                      c. active                      d. wealthy

4. She is a very \_\_\_\_\_ writer. Many people read her novels.

- a. famous                      b. early                      c. young                      d. cozy

5. His \_\_\_\_\_ in elementary school was “Birdy.”

- a. information                      b. ethnicity                      c. nickname                      d. foundation

6. I am \_\_\_\_\_ busy today, so I don’t have time to see a movie.

- a. happily                      b. occasionally                      c. nearly                      d. extremely



**Xorijiy til (ikkinchi chet tili)**

7. He really wants to be like Bill Gates. Bill Gates is his \_\_\_\_\_.

- a. record                      b. foundation                      c. insect                      d. role model

**B. Choose the correct form of the word to fill in the blank.**

8. Los Angeles is a city with great \_\_\_\_\_. There are many different kinds of people there.

- a. diverse                                      b. diversity                                      c. diversify

9. My favorite \_\_\_\_\_ food is Indian.

- a. ethnicity                                      b. ethnic                                      c. ethically


10. My sister wants to become a \_\_\_\_\_ tennis player.

- a. professional                                      b. profession                                      c. professionally

**PRESENT PERFECT CONTINUOUS (I HAVE BEEN DOING)**

**A It's been raining.**

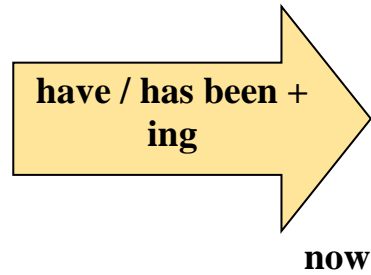
Study this example situation:

	<p>Is it raining? No, but the ground is wet. <b>It's been raining.</b> (= It has been ...) <b>have/has been + -ing</b> is the present perfect continuous:</p>
---	---

I/we/they/you he/she/it	<b>have</b> <b>has</b>	(= I've etc.) (= he's etc.)	<b>been</b>	<b>doing</b> <b>working</b> <b>learning etc.</b>
----------------------------	---------------------------	--------------------------------	-------------	--

We use the present perfect continuous for an activity that has recently stopped or just stopped:

- Why are you out of breath? Have you been running?
- Paul is very tired. He's been working hard.
- Why are you so tired? What have you been doing?
- I've been talking to Amanda and she agrees with me.
- Where have you been? I've been looking for you.



It began raining two hours ago and it is still raining.

How long **has it been raining?**

It's **been raining** for two hours. (= It **has been** ...)

We use the present perfect continuous in this way, especially with **how long**, **for** ... and **since** ... . The activity is still happening (as in this example) or has just stopped.

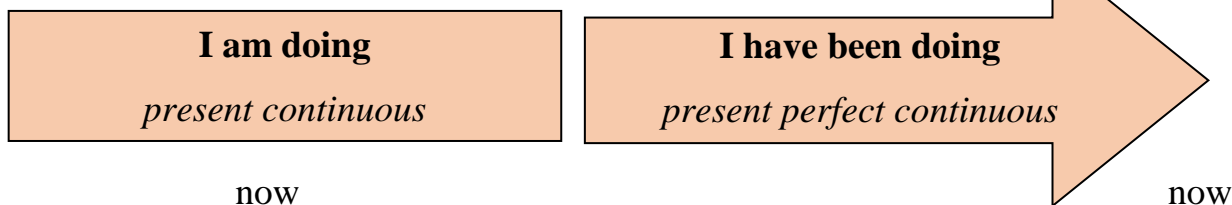
- **How long have you been learning** English? (= you're still learning English)
- Ben is watching TV. He's **been watching** TV **all day**.
- Where have you been? I've **been looking** for you **for the last half hour**.
- Chris **hasn't been feeling** well **recently**.

You can use the present perfect continuous for repeated actions:

**Xorijiy til (ikkinchi chet tili)**

- Silvia is a very good tennis player. She's **been playing since she was eight.**
- Every morning they meet in the same cafe. They've **been going there for years.**

**C** Compare **I am doing** and **I have been doing**:



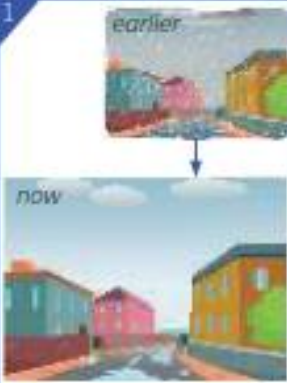

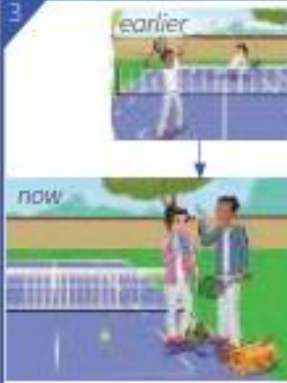

Don't disturb me now. **I'm working.** I've **been working** hard. Now I'm going to have a break.

We need an umbrella. It's **raining.** The ground is wet. It's **been raining**

Hurry up! We're **waiting.** We've **been waiting** for an hour.

**EXERCISES**

**1. What have these people been doing or what has been happening?**

<p>1</p>  <p>It's <u>been raining</u>.</p>	<p>2</p>  <p>She _____</p>	<p>3</p>  <p>They _____</p>	<p>4</p>  <p>He _____</p>
---	---	---	--

**2. Write a question for each situation.**

1 You meet Kate as she is leaving the swimming pool. You say:

Hi, Kate. (you / swim?) **Have you been swimming?**

2 You have arrived a little late to meet Ben who is waiting for you. You say:

I'm sorry I'm late, Ben. (you / wait / long?) .....

3 Jane's little boy comes into the house with a very dirty face and dirty hands. His mother says:

Why are you so dirty? (what / you / do?) .....

4 You are in a shop and see Anna. You didn't know she worked there. You say:

Hi, Anna. (how long / you / work / here?) .....

5 A friend tells you about his job – he sells phones. You say:

You sell phones? (how long / you / do / that?) .....

**3 Read the situations and complete the sentences.**

1 It's raining. The rain started two hours ago.

It **'s been raining** for two hours.

2 We are waiting for the bus. We started waiting 20 minutes ago.

We .....for 20 minutes.

3 I'm learning Japanese. I started classes in December.

I..... since December.

4 Jessica is working in a hotel. She started working there on 18 January.

.....since 18 January.

5 Our friends always go to Italy for their holidays. The first time was years ago.

..... for years.

**4 Put the verb into the present continuous (am/is/are + -ing) or present perfect continuous (have/has been + -ing).**

1 **Maria has been learning** (Maria / learn) English for two years.

2 Hi, Tom..... (I / look) for you. I need to ask you something.

3 Why..... (you / look) at me like that? Stop it!

4 Rachel is a teacher. ....(she / teach) for ten years.

5..... (I / think) about what you said and I've decided to take your advice.

6 'Is Paul on holiday this week?' 'No, .....(he / work).'

7 Sarah is very tired..... (she / work) very hard recently.

8 It's dangerous to use your phone when .....(you / drive).

8 Laura..... (travel) in South America for the last three months.

## UNIT 7. ECOLOGY



**Think about the following questions.**

1. Do you know where deserts exist in the world?
2. Are there any deserts in your country?  
In neighboring countries?
3. How can we prevent deserts from growing?

**Write the letter of the word or phrase with the same meaning as the underlined word.**

a. hurt d. helpful

b. become wider e. make something unusable

c. important; big f. care for

d. helpful

e. make something unusable

f. care for

1. \_\_\_\_ Deserts are not useful for growing food.
2. \_\_\_\_ Deserts can ruin farmland. Then no one can use it anymore.
3. \_\_\_\_ If you damage the land, you won't be able to grow as much food.
4. \_\_\_\_ People should treat the land well.
5. \_\_\_\_ If there is no rain for a long time, deserts can start to spread.
6. \_\_\_\_ Deserts getting bigger is a serious problem.

 T 1 Listen to the text.

### GROWING DESERTS

There are deserts all over the world. They can be found in Africa, China, South America, and North America. In some places, deserts are growing. This is a serious problem because deserts destroy farmland and ruin land where animals live. When people cannot grow food or find animals to eat, they have to leave their homes.

Sometimes, nature can cause deserts to spread. Wind can move sand away from deserts and onto useful land. When there is no rain for a long time, plants die and deserts grow. However, humans can also cause deserts to grow. This is called desertification, and it happens in many ways. One way is when people cause too much air pollution, which can make an area hotter. Hotter weather can reduce the amount of rain as well. Too many people in one area can also damage the land. In addition, having many animals can harm the land. When large animals like cows walk on soil too much, they turn it into dust. The wind easily blows this dust away. Trees help hold water in the ground. When people cut down too many trees, less water stays in the ground, and the soil is ruined.

All of these things can speed up desertification. To stop deserts from growing, people must think of ways to treat the land better.



**sand:** the rock powder on a beach or in a desert

**harm:** to hurt

**pollution:** something harmful to nature

**soil:** the earth; the dirt

**reduce:** to make smaller

**dust:** the powder from hard soil

**easily:** with no problem

**Choose the best answer.**

**1.** What is the main idea of the reading?

- a. Where the world's deserts are
- b. How people live in deserts
- c. Why some deserts are growing
- d. How cows can stop deserts from growing

**2.** Where are deserts found?

- a. Africa and South America
- b. The United States and China
- c. On useful land
- d. All around the world

**3.** Which is NOT a cause of desert growth?

- a. No wind
- b. Using land too much
- c. No rain
- d. Many animals

**4.** How do humans cause desert growth?

- a. By causing pollution
- b. By eating only vegetables
- c. By planting trees
- d. By moving sand

**5.** How can humans stop desert growth?

- a. By using bicycles less
- c. By cutting down trees

- b. By raising more cows
- d. By having fewer children

**IDIOMATIC EXPRESSIONS**

**Find these idioms in the reading.**

**all over** [ everywhere; covering the surface ]

There is milk all over the floor.

**as well (as)** [ also ]

I am scared of snakes as well as spiders.

**speed up** [ to make faster ]

You should speed up your work if you want to finish early.

**Fill in the blank with one of the above idioms. Change its form if necessary.**

1. This program will \_\_\_\_\_ your computer.
2. I love chocolate cake \_\_\_\_\_ ice cream.
3. The baby has food \_\_\_\_\_ her face.

**Fill in the blanks with the correct words.**

**damage      serious      spread      treat      ruin**





There are deserts all around the world. Deserts are getting bigger in some places. This is a \_\_\_\_\_ problem, since deserts can \_\_\_\_\_ farmland. Not only nature, but also people can cause deserts to \_\_\_\_\_. People can cause too much air pollution, which makes weather hotter. Large numbers of people can \_\_\_\_\_ land. Also, cutting down too many trees can make the soil lose water. People must \_\_\_\_\_ the land better if they want to stop desert growth.

**🎵 T 2 Listen to the dialog and choose the best answer.**

**THE WALL OF TREES**

**1.** What country are they discussing?

- a. Korea
- b. The United States
- c. China
- d. Kenya

**2.** What is the name of the wall of trees?

- a. The Yellow Wall
- b. The Tree Wall
- c. The Green Wall
- d. The Great Wall

**3.** Why is the government building the wall?

- a. So it will be the longest wall
- b. To protect the desert
- c. To prevent the desert from spreading
- d. So it will spread to other countries

**Discuss the following questions.**

1. Have you ever seen a desert? What did it look like?
2. What do you think would make living in a desert difficult?
3. Do you think growing deserts are a serious problem?

**Auxiliary Verbs**

An auxiliary verb is followed by a root verb.

*When people cannot grow food or find animals to eat, they have to (leave / left) their homes.*

*To stop deserts from growing, people must (to think / think) of ways to treat the land better.*

**Write your own short paragraph by answering the questions below.**

**A GOOD PLACE TO VISIT**

<p>(1) What natural place would you like to visit? (2) Where do you want to go to find it? (3) What do you want to see there? (4) How would you feel about your trip?</p>	<p style="text-align: center;">example</p> <p><i>I would like to visit a jungle. There are many jungles in Costa Rica, so I want to go there. I want to see monkeys and colorful birds there. I think it would be very interesting for me.</i></p>
---	--

---

---

---

---

**VOCABULARY AND IDIOM REVIEW**

**A. Choose the best word or phrase to fill in the blank.**

1. My doctor told me to \_\_\_\_\_ the amount of coffee I drink.

- a. ruin                      b. reduce                      c. spread                      d. grow

2. She studied very hard, so she passed the test \_\_\_\_\_.

- a. useful                      b. all over                      c. cleverly                      d. easily

3. The flowers will \_\_\_\_\_ quickly if you give them water every day.

- a. grow                      b. treat                      c. ruin                      d. take good care of

4. I have a \_\_\_\_\_ problem. I can't find my car.

- a. serious                      b. ordinary                      c. useful                      d. clever

5. Too many rabbits will \_\_\_\_\_ your garden. They'll eat everything.

- a. take in                      b. spread                      c. treat d. ruin

6. If you get a cold, it can \_\_\_\_\_ to other people.

- a. break down                      b. damage                      c. easily                      d. spread

7. They walked across the \_\_\_\_\_ by the ocean.

- a. dust                      b. sand                      c. soil                      d. pollution

**B. Choose the correct form of the word to fill in the blank.**





- Sarah **hasn't phoned** for ages. (= the last time she phoned was ages ago)

## EXERCISES

### 1 Which is right?

- 1 Ben is a friend of mine. I know / I've known him very well. (I know is correct)
- 2 I like your house. How long do you live / have you lived here?
- 3 You'll need an umbrella if you go out now. It's raining / It's been raining.
- 4 The weather is / has been awful since I arrived here.
- 5 I'm sorry I'm late. Are you waiting / Have you been waiting long?
- 6 We've moved. We're living / We've been living in New Street now.
- 7 I met Maria only recently. I don't know / I haven't known her very long.
- 8 Lisa is in Germany. She's / She's been there on a business trip.
- 9 That's a very old bike. How long do you have / have you had it?
- 10 I'm not feeling good. I'm feeling / I've been feeling ill all day.

### 2 Read the situations and write questions using the words in brackets.

- 1 A friend tells you that Paul is in hospital. You ask him:  
(how long / Paul / hospital?) How long has Paul been in hospital?
- 2 You know that Jane is a good friend of Katherine's. You ask Jane:  
(how long / you / know / Katherine?) \_\_\_\_\_
- 3 Your friend's sister went to Australia some time ago and she's still there. You ask your friend:  
(how long / sister / in Australia?) \_\_\_\_\_
- 4 You meet a woman who tells you that she teaches English. You ask her:  
(how long / you / teach / English?) \_\_\_\_\_
- 5 Tom always wears the same jacket. It's very old. You ask him:  
(how long / you / have / that jacket?) \_\_\_\_\_
- 6 You are talking to a friend about Joe, who now works at the airport. You ask your friend:

**Xorijiy til (ikkinchi chet tili)**

(how long / Joe / work / airport?)

7 You meet somebody on a plane. She says that she lives in Chicago. You ask her:  
(you / always / live / in Chicago?) \_\_\_\_\_

**3 Complete B's answers to A's questions.**

A

- 1 Paul is in hospital, isn't he?
- 2 Do you see Lisa very often?
- 3 Is Paul married?
- 4 Is Amy married?
- 5 Do you still play tennis?
- 6 Are you waiting for the bus?
- 7 You know Mel, don't you?
- 8 Jack is never ill, is he?
- 9 Martin lives in Italy, doesn't he?
- 10 Sue lives in Berlin, doesn't she?
- 11 Is Joe watching TV?
- 12 Do you watch TV a lot?
- 13 Do you have a headache?
- 14 Do you go to the cinema a lot?
- 15 Would you like to go to New York one day?

B

- Yes, he *has been* in hospital since Monday.
  - No, I *haven't seen* her for three months.
  - Yes, he..... married for ten years.
  - Yes, she..... married to a German guy.
  - No, I..... tennis for years.
  - Yes, I..... for about 20 minutes.
  - Yes, we..... each other a long time.
  - No, he..... ill since I've known him.
  - Yes, he..... in Milan.
  - Yes, she..... in Berlin for many years.
  - Yes, he .....TV all evening.
  - No, I..... TV since last weekend.
  - Yes, I .....a headache all morning.
  - No, I..... to the cinema for ages.
  - Yes, I .....to go to New York.
- (use **always / want**)

## UNIT 8. WORKING DAYS AND WEEKENDS WITH ENERGY



**Think about the following questions.**

1. What can you do during the day to get more energy when you are tired?
2. What kind of beverages do people drink for more energy?
3. What is healthy or unhealthy about these drinks?

### Vocabulary Preview

**Write the letter of the word or phrase with the same meaning as the underlined word.**

- |  |                             |
|--|-----------------------------|
| a. available power; ability to do work | d. goal; purpose            |
| b. effect; influence                   | e. facts to show it is true |
| c. says; promises                      | f. warn                     |



### Xorijiy til (ikkinchi chet tili)

2. \_\_\_\_ This beverage claims to have 100% of the vitamins a person needs, but I don't believe it.
3. \_\_\_\_ Let me caution you about drinking too much coffee. Too much caffeine is bad for you.
4. \_\_\_\_ New research showing how unhealthy colas are has not had much impact on cola sales.
5. \_\_\_\_ The aim of the company is to sell their drinks around the world.
6. \_\_\_\_ They say this drink will help you study, but there is no evidence to support that claim.

### T. 1 Listen to the text.

#### FOR A QUICK PICKUP

It used to be that people would drink coffee or tea in the morning to pick them up and get them going for the day. Then cola drinks hit the market. With lots of caffeine and sugar, these **beverages** soon became the pick-me-up of choice for many adults and teenagers. Now drink companies are putting out so-called “energy drinks.” These beverages have the specific aim of giving tired **consumers** more energy.

One example of a popular energy drink is Red Bull. The company that puts out this beverage has stated in interviews that Red Bull is not a **thirst quencher**. Nor is it meant to be a **fluid replacement** drink for athletes. Instead, the beverage is meant to **revitalize** a tired consumer's body and mind. In order to do this, the makers of Red Bull, and other energy drinks, typically add vitamins and certain chemicals to their beverages. The added chemicals are like chemicals that the body naturally produces for energy. The vitamins, chemicals, caffeine, and sugar found in these beverages all seem like a sure bet to give a person energy.

Health professionals are not so sure, though. For one thing, there is not enough evidence to show that all of the vitamins added to energy drinks actually raise a person's energy level. Another problem is that there are so many things in the

beverages. Nobody knows for sure how all of the **ingredients** in energy drinks work together.

Dr. Brent Bauer, one of the **directors** at the Mayo Clinic in the US, cautions people about believing all the claims energy drinks make. He says, “It is **plausible** if you put these twelve things together, you will get a good result.” However, Dr. Bauer adds the mix of ingredients could also have a negative impact on the body. “We just don’t know at this point,” he says.

**beverage:** a drink

**consumer:** a person who buys something

**thirst:** the need or urge to drink something

**quencher:** a drink that satisfies one’s thirst

**fluid:** liquid

**replacement:** a thing that takes the place of another thing



**Choose the best answer.**

1. What is the main idea of this reading?

- a. Caffeine is bad for people to drink.
- b. Energy drinks may or may not work.
- c. Red Bull is a good energy drink.
- d. Teenagers should not drink energy drinks.

2. What is NOT found in most energy drinks?

- a. Caffeine
- b. Sugar
- c. Thirst quenchers
- d. Vitamins

3. According to the reading, what makes it difficult for researchers to know if an energy drink gives people energy?

- a. Natural chemicals in a person’s body
- b. The age of the consumer
- c. The company that makes the beverage
- d. The number of ingredients

4. What has Dr. Bauer probably researched?

- a. Countries where Red Bull is popular      b. Drinks for teenage athletes  
c. Habits of healthy and unhealthy adults      d. Vitamins and chemicals in the body

**5. Which of the following is NOT true according to the reading?**

- a. Bauer does not believe the claims of energy drink makers.  
b. Colas have been on the market longer than energy drinks.  
c. It is impossible to ever prove that energy drinks work.  
d. The makers of Red Bull say that it can revitalize a person.

### IDIOMATIC EXPRESSIONS

**Find these idioms in the reading.**

- pick (one) up**      [ to give a person more energy ]

I drank an espresso, and that really picked me up.

- a sure bet**      [ something that seems true without a doubt ]

It is a sure bet that the subway will be crowded at this time of day.

- at this point**      [ now; presently ]

We gave her the medicine, so at this point, all we can do is wait to see if it works.

**Fill in the blank with one of the above idioms. Change its form if necessary.**

- Let's not wait for Bobby before we order dinner. It's \_\_\_\_\_ he'll be late.
- Some people say that B vitamins \_\_\_\_\_, but I don't know if that's true.
- The actress claims that, \_\_\_\_\_ in her career, she needs to take a break from acting.

**Scan the passage and complete the chart with the correct information.**

a negative impact enough evidence	a thirst quencher to revitalize people	all the ingredients vitamins, chemicals, caffeine
--------------------------------------	---	--

Energy Drinks  
(1 \_\_\_\_\_, sugar)  
\_\_\_\_\_  
\_\_\_\_\_

What people  
say:

People who make Red Bull:

“It’s not \_\_\_\_\_.”  
“It’s not meant to be a fluid  
replacement drink for  
athletes.”  
“It is meant \_\_\_\_\_.”

Health professionals:

“We don’t see \_\_\_\_\_ to show  
drinks really raise a person’s energy  
level.” “Maybe \_\_\_\_\_  
together will have a good result.” “Maybe  
all the ingredients together will have  
\_\_\_\_\_ on the body.”

**🎵 T. 2 Listen to the dialog and complete each sentence.**

1. The last time the woman drank an energy drink, it \_\_\_\_\_.
2. The man says a strong cup of coffee can have \_\_\_\_\_ of caffeine in it.
3. The energy drinks at the campus café have about \_\_\_\_\_ of caffeine in

them.

**Discuss the following questions.**

1. Would you say your energy at this moment is low, average, or high? Why?
2. At what time of day do you have the least energy? The most energy?
3. Have you tried (or would you try) an energy drink to pick you up when you are tired?



**GRAMMAR**

***Give Followed by Two Objects***

Certain verbs like ***give*** and ***show*** are followed by an indirect object and a direct object.

Sometimes, the verb ***show*** is followed by a ***that***-clause.

*These beverages have the specific aim of (giving to / giving) tired consumers more energy.*

*There is not enough evidence to (show / show to us) that all of the vitamins added to energy drinks actually raise a person's energy level.*

**Write your own short paragraph by answering the questions below.**

**WHEN I HAVE THE LEAST ENERGY**

<p>(1) At what time of day do you have the least energy? (2) What did you do the last time you hit this low-energy time of day? (3) Is that what you usually do? (4) How did that help you?</p>	<p><b>Example</b></p> <p><i>I have the least energy between two o'clock and four o'clock in the afternoon. The last time I hit this low-energy time of day, I took a nap. That is what I usually do at this time of day when I'm not at school. This helped me have energy later that night to go out and have fun with my friends.</i></p>
---	---

---



---



---



---



---



---



---



---



## VOCABULARY AND IDIOM REVIEW

### A. Choose the best word or phrase to fill in the blank.

1. That soft drink won't help your \_\_\_\_\_. Drink some water instead.

- a. beverage                      b. impact                      c. fluid                      d. thirst

2. Did you read the list of \_\_\_\_\_ that they put in these cookies?

- a. aims                      b. energies                      c. ingredients                      d. replacements

3. He didn't buy that \_\_\_\_\_ energy drink, but he bought one similar to it.

**Xorijiy til (ikkinchi chet tili)**

---

a. countless                      b. local                      c. particular                      d. plausible

4. The Internet can be used \_\_\_\_\_ of getting a lot of information in a very short time.

a. a sure bet                      b. and then some                      c. as a means                      d. at this point

5. It doesn't take much to \_\_\_\_\_ in the morning. One cup of coffee will do it.

a. disappear from                      b. pick me up                      c. quench with                      d. revitalize for

6. My professor used to be a(n) \_\_\_\_\_ in a government agency before she came to this university.

a. consumer                      b. director                      c. evidence                      d. pollution

7. This pimple medicine \_\_\_\_\_ that it can clear up a person's skin in just seven days.

a. cautions                      b. claims                      c. reaches                      d. reflects

**B. Choose the correct form of the word to fill in the blank.**

8. The average household's \_\_\_\_\_ of electricity is highest during the summer.

a. consumer                      b. consumption                      c. consumed

9. Boys between the ages of thirteen and sixteen tend to be very \_\_\_\_\_.

a. energy                      b. energized                      c. energetic

10. The cat moved \_\_\_\_\_ along the top of the brick wall.

a. caution                      b. cautious                      c. cautiously

## THERE'S NO POINT IN -ING, IT'S WORTH -ING ETC.

**A** We say:

<b>there's no point in</b> <b>it's no use</b> <b>it's no good</b>	<b>doing something</b>
---	------------------------

- **There's no point in having** a car if you never use it.
- **There was no point in waiting** any longer, so we left.
- **It's no use worrying** about what happened. There's nothing you can do about it.
- **It's no good trying** to persuade me. You won't succeed.

We say 'no point in ...' but 'the point of ...' :

- There's **no point in** having a car.
- What's **the point of** having a car if you never use it?

**B** We say:

<b>it's worth</b> <b>it's not worth</b>	<b>doing something</b>
--	------------------------

- It's a nice town. **It's worth spending** a few days there.
- Our flight was very early in the morning, so **it wasn't worth going** to bed.

You can say that something is **worth it** or **not worth it**:

- You should spend a couple of days here. **It's worth it.**
- We didn't go to bed. **It wasn't worth it.**

You can also say that something is **worth doing**, a movie is **worth seeing** etc. :

- It's a great movie. **It's worth seeing.**



### Xorijiy til (ikkinchi chet tili)

- Thieves broke into the house, but didn't take anything. There was nothing **worth stealing**.
- It's an interesting idea. It's **worth thinking** about.

**C** We say:

have	<b>trouble</b> <b>difficulty</b> <b>a problem</b>	<b>doing</b> something
------	---	------------------------

- I had no **trouble finding** a place to stay. (not trouble to find)
- Did you have **a problem getting** a visa?
- People sometimes have **difficulty reading** my writing.

**D** We say:

spend waste	(time)	<b>doing</b> something
----------------	--------	------------------------

- He **spent** hours **trying** to repair the clock.
- I **waste** a lot of time **doing** nothing.

We also say '(be) **busy doing** something':

- She said she couldn't meet me. She was too **busy doing** other things.

**E** We use **go -ing** for sports and other activities. For example:

**go sailing**      **go swimming**      **go fishing**      **go riding**      **go hiking**  
**go surfing**      **go scuba diving**      **go skiing**      **go jogging**      **go camping**

- How often do you **go swimming**?
- We **went skiing** last year.

- Tom isn't here. He's **gone shopping**.
- I've never **been sailing**.

**EXERCISES**

**1. Which goes with which?**

1 It's a nice town.		
2 It's an interesting idea.	a I don't believe you're sorry.	
3 It's no use standing here talking.	b We'll never find him.	<b>1...f...</b>
4 It's not important.	c It's not worth getting a taxi.	<b>2.....</b>
5 There's no point in looking for him.	d We have to do something.	<b>3.....</b>
6 It's no good apologising to me.	e He won't change his opinion.	<b>4.....</b>
7 It's not worth arguing with him.	f It's worth spending a few days here.	<b>5.....</b>
8 The hotel is a short walk from here.	g It's not worth worrying about.	<b>6.....</b>
	h It's worth considering.	<b>7.....</b>
		<b>8.....</b>

**2. Write sentences beginning There's no point ... .**

1 Why have a car if you never use it?

*There's no point in having a car if you never use it.*

2 Why work if you don't need money?

3 Don't try to study if you feel tired.

4 Why hurry if you have plenty of time?

**3. Complete the sentences.**

1 I managed to get a visa, but it was difficult.

I had a problem .....*getting a visa*.....

2 I find it hard to remember people's names.

I have a problem .....

**Xorijiy til (ikkinchi chet tili)**

---

3 Lucy found a job easily. It wasn't a problem.

She had no trouble .....

4 It will be easy to get a ticket for the game.

You won't have any problems .....

5 It was easy for us to understand one another.

We had no difficulty .....

**4. Complete the sentences. Use only one word each time.**

1 I waste a lot of time..... *doing*..... nothing.

2 How much time do you spend..... to and from work every day?

3 Karen is going on holiday tomorrow, so she's busy..... her things ready.

4 I waste too much time .....TV.

5 There was a beautiful view from the hill. It was worth .....to the top.

6 We need to stay calm. There's no point in .....angry.

7 Amy is learning to play the guitar. She spends a lot of time .....

8 Gary is enjoying his new job. He's busy .....on a new project.

9 I decided it wasn't worth .....for the job. I had no chance of getting it.

10 It's no good..... to escape. You won't be able to get out of here.

**5 Complete these sentences. Choose from the following and put the verb in the correct form.**

**go riding    go sailing    go shopping    go skiing    go swimming**

1 Ben lives by the sea and he's got a boat, so he often goes sailing .

2 It was a very hot day, so we in the lake.

3 There's plenty of snow in the mountains, so we'll be able to .

4 Helen has two horses. She regularly.

5 Dan isn't here. He . There were a few things he needed to buy.

## UNIT 9. SHOPPING



**Think about the following questions.**

1. What do you think is being sold in this machine?
2. Why would people buy such things from this machine?
3. What is the strangest thing you have seen in a machine?

**Write the letter of the word or phrase with the same meaning as the underlined word.**

- a. have a different opinion
- b. pastime
- c. smart

- d. something that happens to a person
- e. unexpected; not usual or ordinary
- f. not common

## Xorijiy til (ikkinchi chet tili)

---

1. \_\_\_\_ I enjoyed my experience in Japan.
2. \_\_\_\_ It was a clever idea to do that. No one had had that idea before.
3. \_\_\_\_ My daughter's hobby is collecting insects.
4. \_\_\_\_ They disagree with the pet store. They think those animals should not be sold.
5. \_\_\_\_ People built houses on the animals' homes. Now the animals are very rare.
6. \_\_\_\_ She thought it was strange to see insects in a vending machine.

### 🎵 T 1 Listen to the text.

## BUGS FOR SALE

How often have you gone to a vending machine to get a bag of chips? What if you found a pair of live beetles instead? It may sound strange, but a company in Japan sells large beetles through vending machines. The vending machine company and nature conservationists disagree about selling beetles this way.

Many school-age children in Japan collect beetles. Other people also enjoy this hobby. However, people are building houses where the beetles live. This destroys the beetles' homes. Now, it is difficult to find the beetles in the wild.

Since 1999, the Mirai Seiko Company has been selling these beetles in vending machines. The company says that it wants to help people own these rare insects. It also says that it takes good care of the beetles in the machines. True or not, the machines are very popular. The machines sell more than 1,500 beetles per month. Sometimes, people buy all the beetles in a machine in just a few minutes.

On the other hand, conservationists feel that the machines are harmful. Children may think that living creatures are like soft drinks or boxes of candy. Do you feel that the vending machines give people a rare experience, or that they give children bad ideas? Either way, they show how clever people can be.



**vending machine:** a machine that sells things

**beetle:** an insect with a large body

**nature:** the world of plants and animals

**conservationist:** a person who wants to help the environment

**collect:** to gather things that you like

**destroy:** to break into pieces

**own:** to have personally or privately

**harmful:** hurtful; damaging

**Choose the best answer.**

1. What is another good title for this reading?

- a. "Expensive Beetles in Japan"
- b. "Unusual Vending Machines"
- c. "Japanese Beetles"
- d. "Japanese Children's Hobbies"

2. Who likes to collect beetles as pets?

- a. Mirai Seiko
- b. Many people in Japan
- c. Only Japanese schoolchildren
- d. Conservationists

3. Why is it hard to find beetles in the wild?

- a. They are too fast.
- b. They live underground.
- c. Their homes are disappearing.
- d. They die very easily.

4. How quickly do the beetles usually sell out?

- a. Within a couple of days
- b. Within hours
- c. Within a month
- d. Within minutes

5. Why do conservationists dislike the beetle vending machines?

- a. People learn bad ideas about animals.
- b. The beetles are too expensive.
- c. No one wants the beetles.
- d. The beetles don't get food.

**IDIOMATIC EXPRESSIONS**

**Find these idioms in the reading.**

- [a] pair of** [ two things, usually two of the same thing ]  
See that **pair of** ducks? They will stay together for life.
- take good care of** [ to look after someone or something ]  
Please **take good care of** my dog while I am gone.
- on the other hand** [ looking at the opposite side of a matter ]  
He is very smart. On the other hand, he is very lazy.

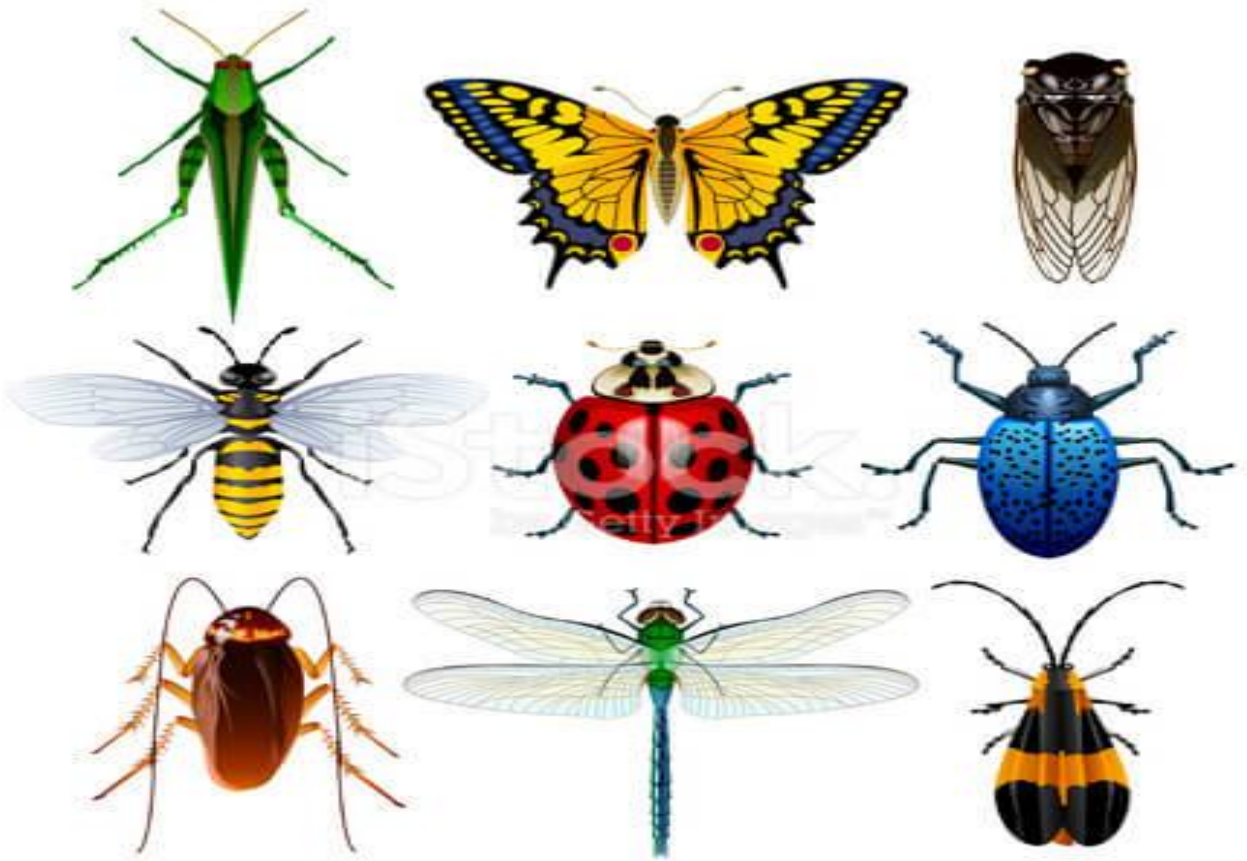
**Fill in the blank with one of the above idioms. Change its form if necessary.**

1. I just bought a \_\_\_\_\_ skates.
2. My sister is really outgoing. \_\_\_\_\_, I am very shy.
3. She \_\_\_\_\_ herself. She never gets sick.

**Fill in the blanks with the correct words.**

clever                      disagree                      beetles  
rare                         vending

In Japan, many people like to collect \_\_\_\_\_. However, the beetles have lost their homes in many parts of Japan. They are very \_\_\_\_\_ these days. A Japanese company started selling these beetles in \_\_\_\_\_ machines. The company says that they want to help people own the beetles. However, some people \_\_\_\_\_ with the company. They think that beetles should only live in nature. Even so, it was a \_\_\_\_\_ idea to sell beetles.



🎵 T 1.1 Listen to the dialog and choose the best answer.

**1. Who wants to buy the beetles?**

- a. The man
- b. The woman
- c. A company
- d. The child

**2. How much does a pair of vending machine beetles cost?**

- a. \$4
- b. \$2
- c. \$8
- d. \$50

**3. Why wouldn't the man buy the rare stag beetles?**

- a. He's afraid he would lose them.
- b. He's afraid someone would take them.
- c. He's afraid they would die.
- d. He's afraid they would run away.

**Discuss the following questions.**

1. Do you agree with the Mirai Seiko Company or the conservationists? Why?
2. Do you think insects should be treated the same way as other animals? Why or why not?



3. What new items do you think should be sold in vending machines?

**Grammar**

***It***

***It*** is used to refer to an action previously mentioned or about to be mentioned. It is also used as an anticipatory subject.

*(It / That) may sound strange, but a company in Japan sells large beetles through vending machines.*

*Now, (this / it) is difficult to find the beetles in the wild.*

**Writing**

Write your own short paragraph by answering the questions below.

**A STRANGE VENDING MACHINE**

**Example**

(1) What would be strange to see for sale in a vending machine? (2) Would it be OK for that thing to be sold that way? (3) Why or why not? (4) Would you buy that thing from a machine?

*It would be strange to see pets for sale in a vending machine. It would be bad to sell animals this way. This is because animals need room to move. I would never buy a pet from a machine.*

---

---

---

---

---

---

---

**A. Choose the best word or phrase to fill in the blank.**

1. Riding the horse was a fun \_\_\_\_\_.

- a. friend                      b. hobby                      c. experience                      d. beetle

2. These days, pandas are very \_\_\_\_\_ in China.

- a. rare                      b. harmful                      c. clever                      d. ordinary

3. Too much sunlight can be \_\_\_\_\_ to your skin.

- a. strange                      b. large                      c. harmful                      d. clever

4. Hold still. There's a big \_\_\_\_\_ on your arm.

- a. engine                      b. beetle                      c. idea                      d. home

5. Nothing special happened today. It was just a(n) \_\_\_\_\_ day.

- a. destructive                      b. strange                      c. ordinary                      d. professional

6. Animals like bears and monkeys live freely in \_\_\_\_\_.

- a. machines                      b. the wild                      c. diversity                      d. noise

7. Her job is cooking food, but her \_\_\_\_\_ is drawing pictures.

- a. experience                      b. beetle                      c. hobby                      d. record

**B. Choose the correct form of the word to fill in the blank.**

8. His father is very interested in old books. He likes to \_\_\_\_\_ them.

- a. collectable                      b. collect                      c. collector

9. My brother likes meat, but my sister hates it. They always have \_\_\_\_\_ about food.

- a. disagreements                      b. disagrees                      c. disagreeable

10. The octopus \_\_\_\_\_ got out of the tank.



a. clever

b. cleverness

c. cleverly

## COUNTABLE AND UNCOUNTABLE 1

### A A noun can be countable or uncountable:

<div style="text-align: center;">  </div> <p><b>Countable</b></p> <ul style="list-style-type: none"> <li>• I eat <b>a banana</b> every day.</li> <li>• I like <b>bananas</b>.</li> </ul> <p><b>Banana</b> is a countable noun. A countable noun can be singular (<b>banana</b>) or plural (<b>bananas</b>). We can use numbers with countable nouns. So we can say <b>one banana, two bananas</b> etc. Examples of nouns usually countable:</p> <ul style="list-style-type: none"> <li>• Kate was singing a song.</li> <li>• There's a nice beach near here.</li> <li>• Do you have a ten-pound note?</li> <li>• It wasn't your fault. It was an accident.</li> <li>• There are no batteries in the radio.</li> <li>• We don't have enough cups</li> </ul>	<div style="text-align: center;">  </div> <p><b>Uncountable</b></p> <ul style="list-style-type: none"> <li>• I eat <b>rice</b> every day.</li> <li>• I like <b>rice</b>.</li> </ul> <p><b>Rice</b> is an uncountable noun. An uncountable noun has only one form (<b>rice</b>). There is no plural. We cannot use numbers with uncountable nouns. We cannot say 'one rice', 'two rices' etc. Examples of nouns usually uncountable:</p> <ul style="list-style-type: none"> <li>• Kate was listening to <b>music</b>.</li> <li>• There's <b>sand</b> in my shoes.</li> <li>• Do you have any <b>money</b>?</li> <li>• It wasn't your fault. It was bad <b>luck</b>.</li> <li>• There is no <b>electricity</b> in this house.</li> <li>• We don't have enough <b>water</b>.</li> </ul>
---	---

### B You can use a/an with singular countable nouns:

**a beach    a student    an umbrella**

You cannot use singular countable nouns alone (without **a/the/my** etc.):

We do not use **a/an** with uncountable nouns.

<ul style="list-style-type: none"> <li>○ Do you want <b>a banana?</b> (not want banana)</li> <li>○ There's been <b>an accident.</b> (not There's been accident)</li> </ul> <p>You can use plural countable nouns alone:</p> <ul style="list-style-type: none"> <li>○ I like <b>bananas.</b> (= bananas in general)</li> <li>○ <b>Accidents</b> can be prevented.</li> </ul>	<p>We do not say 'a sand', 'a music', 'a rice'.</p> <p>But you can often use <b>a ... of.</b> For example: <b>a bowl / a packet / a grain of rice</b></p> <p>You can use uncountable nouns alone (without <b>the/my/some</b> etc.):</p> <ul style="list-style-type: none"> <li>○ I eat <b>rice</b> every day.</li> <li>○ There's <b>blood</b> on your shirt.</li> <li>○ Can you hear <b>music?</b></li> </ul>
---	---

**C** You can use:

<p>You can use <b>some</b> and <b>any</b> with plural countable nouns:</p> <ul style="list-style-type: none"> <li>○ We sang <b>some songs.</b></li> <li>○ Did you buy <b>any apples?</b></li> </ul> <p>We use <b>many</b> and <b>few</b> with plural countable nouns:</p> <ul style="list-style-type: none"> <li>○ We didn't take <b>many pictures.</b></li> <li>○ I have a <b>few things</b> to do.</li> </ul>	<p>You can use <b>some</b> and <b>any</b> with uncountable nouns:</p> <ul style="list-style-type: none"> <li>○ We listened to <b>some music.</b></li> <li>○ Did you buy <b>any apple juice?</b></li> </ul> <p>We use <b>much</b> and <b>little</b> with uncountable nouns:</p> <ul style="list-style-type: none"> <li>○ We didn't do much shopping.</li> <li>○ I have a little work to do.</li> </ul>
---	---

**EXERCISES**

**1 Some of these sentences need a/an. Correct the sentences where necessary.**

- 1 Joe goes everywhere by bike. He doesn't have car. .....*He doesn't have a car...*
- 2 Helen was listening to music when I arrived. ....OK.....
- 3 We went to very nice restaurant last weekend. ....
- 4 I brush my teeth with toothpaste. ....
- 5 I use toothbrush to brush my teeth. ....
- 6 Can you tell me if there's bank near here? .....
- 7 My brother works for insurance company. ....
- 8 I don't like violence. ....
- 9 When we were in Rome, we stayed in big hotel. ....

**Xorijiy til (ikkinchi chet tili)**

---

- 10 If you have problem, I'll try and help you. ....
- 11 I like your suggestion. It's interesting idea. ....
- 12 Can you smell paint? .....
- 13 I like volleyball. It's good game. ....
- 4 Lisa doesn't usually wear jewellery. ....
- 5 Jane was wearing beautiful necklace. ....
- 6 Does this city have airport? .....

**2 Complete the sentences using the following words. Use a/an where necessary.**

**accident      biscuit      blood      coat      decision      electricity**  
**ice              interview      key      moment      music      question**

- 1 The road is closed. There's been .....***an accident*** .....
- 2 Listen! Can you hear..... ***music***..... ?
- 3 I couldn't get into the house. I didn't have .....
- 4 It's very warm today. Why are you wearing..... ?
- 5 Would you like..... in your drink?
- 6 Are you hungry? Have..... !
- 7 Our lives would be very difficult without.....
- 8 Excuse me, can I ask you .....?
- 9 I'm not ready yet. Can you wait..... , please?
- 10 The heart pumps..... through the body.
- 11 We can't delay much longer. We have to make .....soon.
- 12 I had .....for a job yesterday. It went quite well.

### 3 Complete the sentences using the following words:

air	day	friend	joke	language	meat
patience	people	picture	queue	space	umbrella

Sometimes the word needs to be plural (-s), and sometimes you need to use

*a/an*

- 1 I had a camera with me, but I didn't take any .....*pictures* .....
- 2 There are seven..... in a week.
- 3 A vegetarian is a person who doesn't eat.....
- 4 Outside the cinema there was..... of people waiting to see the film.
- 5 I'm not good at telling.....
- 6 Last night I went out with some .....of mine.
- 7 There were very few..... in town today. The streets were almost empty.
- 8 I'm going out for a walk. I need some fresh .....
- 9 Paul always wants things quickly. He doesn't have much .....
- 10 I think it's going to rain. Do you have .....I could borrow?
- 11 How many .....can you speak?
- 12 Our flat is very small. We don't have much .....

## UNIT 10. THE IMPORTANCE OF WATER



**Think about the following questions.**

1. How much water should you drink in a day?
2. Is it better to drink cold water or warm water?
3. Why is it important to drink enough water?

**Write the letter of the word or phrase with the same meaning as the underlined word.**

**a. look at closely; examine**

**b. gets ready**

**c. remove; get rid of**

**d. the degree of heat**

**e. delay; prevent**

**f. things necessary for life and growth**

1. \_\_\_\_ It's very hot today. Do you know the temperature?
2. \_\_\_\_ My father prepares for exercise by drinking water.
3. \_\_\_\_ Meat and vegetables are full of nutrients.
4. \_\_\_\_ How can I eliminate this smell from my room?
5. \_\_\_\_ Music can interfere with my studying. I can only study in a quiet room.
6. \_\_\_\_ Are you healthy? Maybe you should ask your doctor to check.

**♪ T 3.1 Listen to the text.****THE IMPORTANCE OF WATER**

Some doctors think that you should drink a glass of water each morning. You should drink this water first thing, before doing anything else. The temperature of the water should be similar to body temperature; neither too hot nor too cold.

Why should you drink this water? Water helps your body in many ways. It helps clean out your **kidneys**. It prepares your stomach for **digestion**. Water can also help your intestines work better. After drinking water, the intestines can more easily **take out** nutrients from our food. Water also helps us go to the bathroom more easily.

Scientists suggest that people take in 1,600 **milliliters** of water each day. But don't drink all of that water in one sitting. If you do, your kidneys will have to work much harder to eliminate it. It's better to drink some in the morning and some in the afternoon. Some people think it's better to drink between meals and not during meals. They think water **dilutes** the juices produced in our stomachs. This can interfere with normal digestion.

Are you drinking enough water every day? Check the color of your urine. If it is light yellow, you are probably drinking enough. If your **urine** is very dark yellow, you probably need to drink more water. A





**Xorijiy til (ikkinchi chet tili)**

---

little more water each day could make  
you much healthier!

<p><b>kidney:</b> an organ in the body that removes waste from the blood</p> <p><b>digestion:</b> the process of breaking down food for use by the body</p> <p><b>take out:</b> to withdraw for use</p>	<p><b>milliliter:</b> a unit of liquid volume equal 0.001 liter</p> <p><b>dilute:</b> to make weaker</p> <p><b>urine:</b> the yellow liquid waste from the body</p>
---	---

**Choose the best answer.**

**1. What could be another title for this reading?**

- a. "Drink Water, Not Soft Drinks"
- b. "Drink During Meals"
- c. "Drink Between Meals"
- d. "Drink Enough Water"

**2. Why is it helpful to drink water in the morning?**

- a. Your kidneys will work harder.
- b. Your intestines will work well.
- c. Your juices will be diluted.
- d. Your urine will be pale yellow.

**3. Which of the following is NOT a reason to drink water?**

- a. So your intestines will work well
- b. To get more nutrients
- c. To clean out your kidneys
- d. To dilute your stomach juices

**4. Why is it better to drink between meals?**

- a. So you eat enough food
- b. So you don't dilute stomach juices
- c. So your urine will not smell bad
- d. So you don't overwork your kidneys

**5. Why is dark-colored urine a sign to drink more water?**

- a. It shows our body is healthy.
- b. It means our kidneys are working too hard.
- c. Less water makes the color darker.
- d. It is the same color as our digestive juices.

**Find these idioms in the reading.**

- first thing** [ first; before anything else ]  
When you get home, do your homework first thing.
- take in** [ to consume; to eat or drink ]  
Cats and dogs also need to take in enough water each day.
- in one sitting** [ all at once; during one period of time ]  
She did all her homework in one sitting.

**Fill in the blank with one of the above idioms. Change its form if necessary.**

1. We were all amazed that he could eat the entire cake \_\_\_\_\_.
2. When you see your teacher tomorrow, the \_\_\_\_\_ you should do is say hello.
3. It is important to \_\_\_\_\_ enough vitamins and minerals each day.

**1,600**

**check**

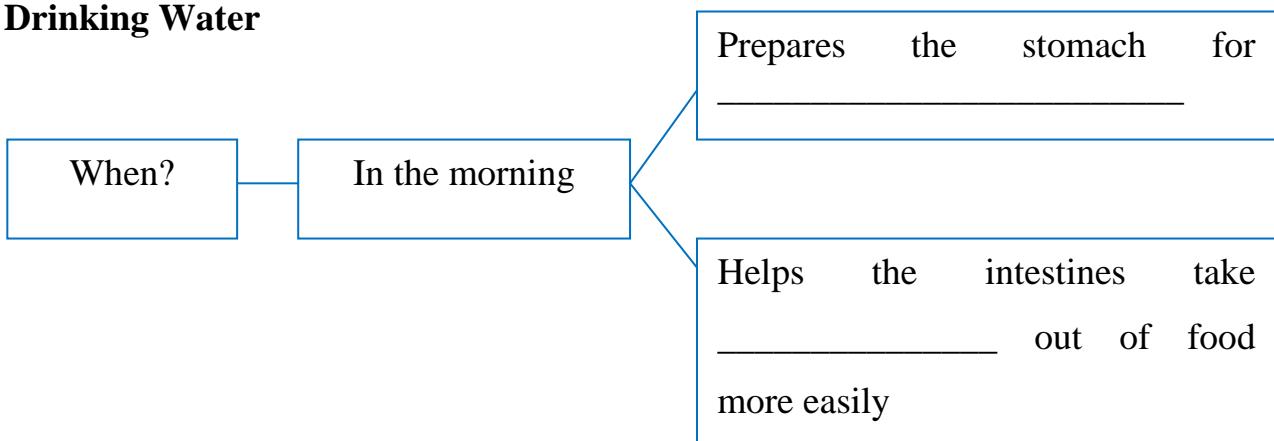
**digestion**

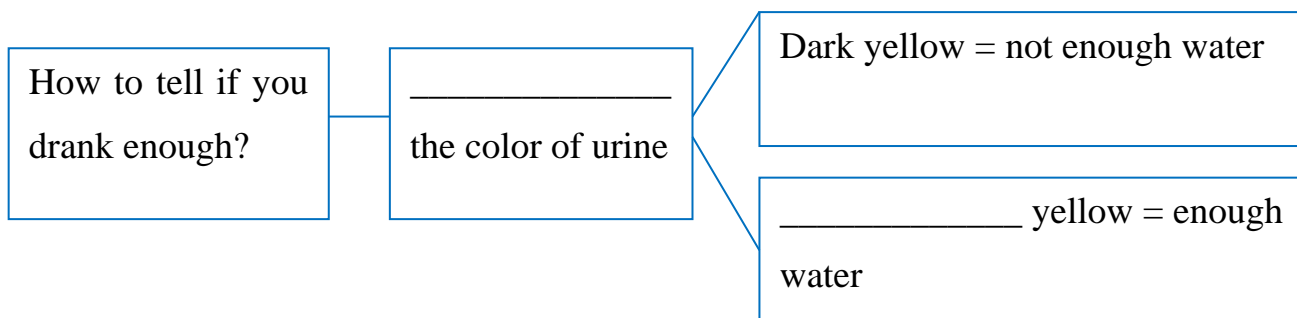
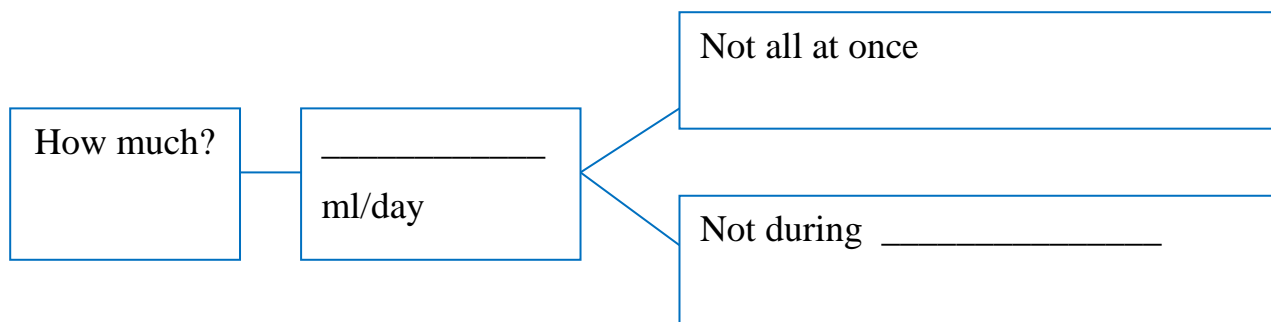
**light**

**meals**

**nutrients**

**Drinking Water**





🎵 T 1 Listen to the dialog and complete each sentence.

### IF YOU DON'T LIKE WATER

1. The man doesn't like to drink \_\_\_\_\_ water.
2. The woman says he can get water from eating \_\_\_\_\_ and \_\_\_\_\_.
3. If he drinks too much water, his body will \_\_\_\_\_ it when he goes \_\_\_\_\_.

**Discuss the following questions.**

1. Why do you think some people don't drink enough water?
2. Besides drinking it, are there other ways of taking in water?
3. What other things do you drink or eat that are good for your body?

**Should**

Use should when giving advice or making suggestions.

Some doctors think that you (should / could) drink a glass of water each morning.

Scientists suggest that people (would / should) take in 1,600 milliliters of water each day.

**A HEALTHY DRINK**

<p>(1) What is a healthy thing you drink? (2) How often do you drink this? (3) How much do you usually drink? (4) How is this good for your health?</p>	<p style="text-align: center;"><i>Example</i></p> <p><i>A healthy thing that I drink is green tea. I drink green tea every day. I usually drink one cup, but sometimes I drink two cups. Green tea is very good for your health. It can prevent colds.</i></p>
---	--

---

---

---

---

---

---

---

---

**A. Choose the best word or phrase to fill in the blank.**

1. It's very cold right now. The \_\_\_\_\_ is -1°C.  
 a. nutrient                      b. temperature                      c. meal d. cold
2. My \_\_\_\_\_ is very dark. I need to drink more water.  
 a. urine                      b. digestion                      c. flavor                      d. yellow
3. Everyone has two \_\_\_\_\_. They look like beans.  
 a. intestines                      b. stomachs                      c. hobbies                      d. kidneys

4. \_\_\_\_\_ are very long. They look like sausages in our bodies.

- a. Intestines                      b. Stomachs                      c. Kidneys                      d. Beetles

5. \_\_\_\_\_ from food are necessary for us to grow and live.

- a. Meals                      b. Nutrients                      c. Spices                      d. Doctors

6. If you put in too much spice, it will \_\_\_\_\_ the flavor of the food.

- a. ruin                      b. check                      c. taste                      d. dilute

7. Please don't use your cell phone on the plane. It \_\_\_\_\_ with the plane's equipment.

- a. turns off                      b. interferes                      c. takes in                      d. eliminates

**B. Choose the correct form of the word to fill in the blank.**

8. My \_\_\_\_\_ is complete.

- a. prepare                      b. preparation                      c. prepared

9. My stomach \_\_\_\_\_ food.

- a. digests                      b. digestion                      c. digestive

10. Kidneys \_\_\_\_\_ waste water from our bodies.

- a. eliminate                      b. elimination                      c. eliminating

## COUNTABLE AND UNCOUNTABLE 2

**A** Many nouns are sometimes countable, and sometimes uncountable.

Usually there is a difference in meaning.

Compare:

Countable	Uncountable
<p>○ Did you hear <b>a noise</b> just now? (= a specific noise)</p>	<p>○ I can't work here. There's too much <b>noise</b>. (= noise in general)</p>
<p>○ I bought <b>a paper</b> to read. (= a newspaper)</p>	<p>○ I need <b>some paper</b> to write on. (= material for writing on)</p>
<p>○ There's <b>a hair</b> in my soup!</p>	<p>○ You've got very long <b>hair</b>. (not</p>

(= one single hair) ○ This is <b>a nice room.</b> (= a room in a house) ○ I had some interesting <b>experiences</b> while I was travelling. (= things that happened to me) ○ Enjoy your trip. Have <b>a great time!</b>	hairs) (= all the hair on your head) ○ You can't sit here. There isn't <b>room.</b> (= space) ○ I was offered the job because I had a lot of <b>experience.</b> (not experiences) (= experience of that type of job) ○ I can't wait. I don't have <b>time.</b>
---	---

**Coffee/tea/juice/beer** etc. (drinks) are normally uncountable:

- I don't like **coffee** very much.

But you can say **a coffee** (= a cup of coffee), **two coffees** (= two cups) etc. :

- **Two coffees** and **an orange juice**, please.

**B** These nouns are usually uncountable:

<b>accommodation</b>	<b>behaviour</b>	<b>damage</b>	<b>luck</b>	<b>permission</b>	<b>traffic</b>
<b>advice</b>	<b>bread</b>	<b>furniture</b>	<b>luggage</b>	<b>progress</b>	<b>weather</b>
<b>baggage</b>	<b>chaos</b>	<b>information</b>	<b>news</b>	<b>scenery</b>	<b>work</b>

We do not normally use **a/an** with these nouns:

- I'm going to buy **some bread.** or ... **a loaf of bread.** (not a bread)
- Enjoy your holiday! I hope you have good **weather.** (not a good weather)

These nouns are not usually plural (so we do not say 'breads', 'furnitures' etc.):

- Where are you going to put all your **furniture?** (not furnitures)
- Let me know if you need more **information.** (not informations)

**News** is uncountable, not plural:

- The **news was** unexpected. (not The news were)

**Travel** (noun) means 'travelling in general' (uncountable). We do not say 'a travel' to mean **a trip** or **a journey**:

They spend a lot of money on **travel.**

## Xorijiy til (ikkinchi chet tili)

---

- We had a very good **trip/journey**. (not a good travel)
- Compare these countable and uncountable nouns:

Countable	Uncountable
<ul style="list-style-type: none"><li>○ I'm looking for a job.</li><li>○ What a beautiful view!</li><li>○ It's a nice day today.</li><li>○ We had a lot of bags.</li><li>○ These chairs are mine.</li><li>○ That's a good suggestion.</li><li>○ There were a lot of cars</li></ul>	<ul style="list-style-type: none"><li>○ I'm looking for <b>work</b>. (not a work)</li><li>○ What beautiful <b>scenery</b>!</li><li>○ It's nice <b>weather</b> today.</li><li>○ We had a lot of <b>baggage/luggage</b>.</li><li>○ <b>This furniture</b> is mine.</li><li>○ That's good <b>advice</b>.</li><li>○ There <b>was</b> a lot of <b>traffic</b>.</li></ul>

## EXERCISES

### 1. Which is correct?

- 1 a The engine is making strange noise / a strange noise. What is it? (a strange noise is correct)
- b We live near a busy road so there's a lot of noise / there are a lot of noises.
- 2 a Light / A light comes from the sun.
- b I thought there was somebody in the house because there was light / a light on inside.
- 3 a I was in a hurry this morning. I didn't have time / a time for breakfast.
- b We really enjoyed our holiday. We had great time / a great time.
- 4 a Can I have glass of water / a glass of water, please?
- b Be careful. The window has been broken and there's broken glass / a broken glass on the floor.
- 5 a We stayed at a hotel. We had very nice room / a very nice room.
- b We have a big garage. There's room / a room for two cars.

### 2 Which is correct?

- 1 Did you have nice weather / a nice weather when you were away? (nice weather is correct)
- 2 We were very unfortunate. We had bad luck / a bad luck.
- 3 Our travel / journey from Paris to Moscow by train was very tiring.
- 4 When the fire alarm rang, there was complete chaos / a complete chaos.
- 5 Bad news don't / doesn't make people happy.
- 6 There's some lovely scenery / a lovely scenery in this part of the country.
- 7 I like my job, but it's very hard work / a very hard work.
- 8 I want to print some documents, but the printer is out of paper / papers.
- 9 The trip took a long time. There was heavy traffic / a heavy traffic.
- 10 Your hair is / Your hairs are too long. You should have it / them cut.

**3 Complete the sentences using the following words. Use the plural (-s) where necessary.**

advice	chair	damage	experience	experience
furniture	hair	luggage	permission	progress

- 1 We didn't have much..... ***luggage***..... – just two small bags.
- 2 We have no..... , not even a bed or a table.
- 3 There is room for everybody to sit down. There are plenty of.....
- 4 Who is that woman with short..... ? Do you know her?
- 5 Carla's English is better than it was. She's made good .....
- 6 If you want to take pictures here, you need to ask for.....
- 7 I didn't know what I should do, so I asked Chris for .....
- 8 I don't think Dan should get the job. He doesn't have enough.....
- 9 Kate has done many interesting things. She could write a book about her.....
- 10 The..... caused by the storm will cost a lot to repair.

**4 What do you say in these situations? Use the word in brackets in your sentence.**



**Xorijiy til (ikkinchi chet tili)**

---

1 Your friends have just arrived at the station. You can't see any cases or bags.

You ask:

(luggage) Do..... *you have any luggage* .....

2 You go to a tourist office. You want to know about places to visit in the town.

(information) I'd like.....

3 You are a student. You want your teacher to advise you about which courses to do. You say:

(advice) Can you give..... ?

4 You applied for a job and you've just heard that you were successful. You call Tom and say:

(good news) Hi, Tom. I..... . I got the job!

5 You are at the top of a mountain. You can see a very long way. It's beautiful.

You say:

(view) It..... , isn't it?

6 You look out of the window. The weather is horrible: cold, wet and windy. You say:

(weather) What..... !

## GLOSSARY

**during:** at the time of

**temperature:** how hot or cold something is

**build:** to make

**fur:** animal hair

**atmosphere:** feeling

**cozy:** comfortable and warm

**wealthy:** rich

**spice:** a thing used or added to make food taste good

**language:** way of speaking by a certain country or group of people

**dish:** food

**truth:** fact; reality

**sailor:** a person who works on ships

**nervous:** a little afraid or worried

**chemical:** a thing that can cause an effect in our body

**stressful:** full of, or causing, worry or pressure from work, studying, etc.

**situation:** a condition; a circumstance

**respond:** to do something because of something else; to react

**speed up:** to make faster

**African-American:** a black person from the United States

**Thai:** a person from Thailand

**nickname:** an extra name

**championship:** a competition to find the best

**role model:** someone who is a good example for others

**ethnicity:** racial background

**occasionally:** not often; at times

**foundation:** an official group with special goals

**sand:** the rock powder on a beach or in a desert

**harm:** to hurt

**pollution:** something harmful to nature

**soil:** the earth; the dirt

**reduce:** to make smaller

**dust:** the powder from hard soil

**easily:** with no problem

**beverage:** a drink

**consumer:** a person who buys something

**thirst:** the need or urge to drink something

**quencher:** a drink that satisfies one's thirst

**fluid:** liquid

## **Xorijiy til (ikkinchi chet tili)**

---

**replacement:** a thing that takes the place of another thing

**vending machine:** a machine that sells things

**beetle:** an insect with a large body

**nature:** the world of plants and animals

**conservationist:** a person who wants to help the environment

**collect:** to gather things that you like

**destroy:** to break into pieces

**own:** to have personally or privately

**harmful:** hurtful; damaging

**kidney:** an organ in the body that removes waste from the blood

**digestion:** the process of breaking down food for use by the body

**take out:** to withdraw for use

**milliliter:** a unit of liquid volume equal 0.001 liter

**dilute:** to make weaker

**Parent** *noun* /'perənt/-a mother or father

**Sibling** *noun* /'sɪblɪŋ/- A person's brother or sister

**Folks** *noun* /foʊks/- Your parents

**Husband** *noun* /'hʌzbənd/- the man that somebody is married to; a married man

**Wife** *noun* /waɪf/ - the woman that somebody is married to; a married woman

**Grandmother** *noun* /'grænmədər/- the mother of a person's father or mother

**Grandson** *noun* /'grænsʌn/- the son of a person's son or daughter

**Relative** *noun* /'relətɪv/- a member of your family, especially one who does not live with you, for example, a grandparent or cousin

**Uncle** *noun* /'ʌŋkl/- the brother of your mother or father, or the husband of your aunt

**Aunt** *noun* /ænt/- the sister of your mother or father, or the wife of your uncle

**Cousin** *noun* /'kʌzn/- a child of your aunt or uncle, or, more generally, a distant (not close) relation

**Nephew** *noun* /'nefju/- a son of your sister or brother, or a son of the sister or brother of your husband or wife

**Niece** *noun* /nis/- a daughter of your brother or sister, or a daughter of your husband's or wife's brother or sister

**Mother-in-law** *noun* /'mʌðər ɪn lɔː/- the mother of your husband or wife

**Son-in-law** *noun* /'sʌn ɪn lɔː/- the man who is married to your daughter

**Daughter-in-law** *noun* 'dɔːtər ɪn lɔː/- the woman who is married to your son

**Brother-in-law** *noun* /'brʌðər ɪn lɔː/- The husband of your sister, or the brother of your husband or wife, or the man who is married to the sister of your wife or husband

**Sister-in-law** *noun* /'sɪstər ɪn, lɔː/- the sister of your husband or wife; your brother's wife; the wife of your husband or wife's brother

**Stepmother** *noun* /'step, mʌðər/- the woman who is married to your father but who is not your real mother

**Stepchild** *noun* /'steptʃaɪld/- a child of your husband or wife by an earlier marriage

**Stepsister** *noun* /'step, brəðər/- a sister who has only one parent in common with you

**Half-brother** *noun* /hæf 'brʌðər/- a brother who has either the same mother or the same father as you

**Adopt** *verb* /ə 'dʌpt/- to take another person's child legally into your own family to raise as your own child

**Orphan** *noun* /ɔːrfən/- a child who does not have parents

**bake** (verb): to cook in an oven

**course** (noun): one part of a meal

**cuisine** (noun): a country or region's style of cooking

**cutlery (also silverware)** (noun): knives, forks, and spoons used for eating

**dairy product** (noun): a food made from milk, like butter, cheese, yoghurt, etc.

**delicious** (adjective): tasting very good

**dessert** (noun): sweet food eaten at the end of a meal

**diet** (noun): all the foods a person or animal usually eats

**dish** (noun): 1. a deep plate for cooking or serving food; 2. food prepared and cooked in a particular way

**fast food** (noun): quickly served food like burgers, French fries, fried chicken, etc.

**fry** (verb): to cook something in hot oil or fat

**grain** (noun): seeds used as food like wheat, rice, lentils, etc.

**ingredients** (noun): all the foods used to make a dish or meal

**junk food** (noun): foods and food products that are unhealthy because of all the fat, salt or sugar they contain

**menu** (noun): the list of foods and drinks served in a restaurant, café, pub, etc.

**recipe** (noun): instructions for cooking a dish or a meal

---

**IRREGULAR VERBS LIST**

<u>INFINITIVE</u>	<u>PAST</u>	<u>PAST PARTICIPLE</u>
Be	was/were	been
Begin	began	begun
Break	Broke	Broken
Bring	brought	brought
Build	built	built
Buy	bought	bought
Can	could	been able (to)
Catch	caught	caught
Choose	chose	chosen
Come	came	come
Cost	cost	cost
Cut	Cut	Cut
Do	did	done
Draw	drew	drawn
Drink	drank	drunk
Drive	drove	driven
Eat	ate	eaten
Fall	fell	fallen
Feed	fed	fed
Find	found	found
Fly	flew	flown
Get	got	got
Give	gave	given
Go	went	gone
Have	had	had
Hear	heard	heard
Hit	hit	hit
Hold	held	held
Keep	kept	kept
Know	knew	known
Learn	learnt	learnt
Leave	left	left
Lose	lost	lost
Make	made	made
Mean	meant	meant
Meet	met	met
Put	put	put
Read	read	read
Run	ran	run
Say	said	said
See	saw	seen
Send	sent	sent

## REFERENCES

1. Cambridge English Skills Real Listening and Speaking 2 with Answers and Audio CD: Level 1-2
2. John and Liz Soars. “New headway” (All levels) Oxford university.
3. Malcolm Mann. Destination(full set) Macmillan Education, UK-2013.
4. Matt Clark – IELTS Speaking 2007
5. IELTS high score vocabulary list English – Timothy Dickeson 2012
6. Get IELTS band 9 in writing task 1, Data, Charts and Graphs – Cambridge IELTS Consultants and Jessica Alpeme, Peter Switers 2014
7. Get IELTS band 9 in academic writing – Cambridge IELTS Consultants and Jessica Alpeme, Peter Switers 2014
8. Peter Roach. English Phonetics and Phonology. A Practical Course.– Cambridge, 1994
9. David Crystal. The Cambridge Encyclopedia of the English Language. Cambridge, 2000

## INTERNET SOURCES

1. [www.toefl.com](http://www.toefl.com)
2. [www.englishtraing.ru](http://www.englishtraing.ru)
3. [www.lingua.ru](http://www.lingua.ru)
4. [www.telc.net](http://www.telc.net)
5. [www.britishcouncil.org](http://www.britishcouncil.org)
6. [www.americanenglish.state.gov](http://www.americanenglish.state.gov)

**Umurova Xushvaxt Hakimovna**

**ENGLISH  
XORIJIY TIL  
(IKKINCHI CHET TILI)**

***O'QUV QO'LLANMA***

<i>Muharrir:</i>	<i>A. Qalandarov</i>
<i>Texnik muharrir:</i>	<i>G. Samiyeva</i>
<i>Musahhih:</i>	<i>Sh. Qahhorov</i>
<i>Sahifalovchi:</i>	<i>M. Bafoyeva</i>

Nashriyot litsenziyasi AI № 178. 08.12.2010. Original-maketdan bosishga ruxsat etildi: 06.12.2022. Bichimi 60x84. Kegli 16 shponli. «Times New Roman» garn. Ofset bosma usulida bosildi. Ofset bosma qog`ozi. Bosma tobog`i 14,5. Adadi 100. Buyurtma №666.

“Sadridin Salim Buxoriy” MCHJ  
“Durdona” nashriyoti: Buxoro shahri Muhammad Iqbol ko`chasi, 11-uy.  
Bahosi kelishilgan narxda.

“Sadridin Salim Buxoriy” MCHJ bosmaxonasida chop etildi.  
Buxoro shahri Muhammad Iqbol ko`chasi, 11-uy. Tel.: 0(365) 221-26-45

