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**OLIY VA O'RTA MAXSUS TA'LIM VAZIRLIGI**  
**BUXORO DAVLAT UNIVERSITETI**

**Ingliz tilshunosligi kafedrası**

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**ENGLISH IN PRACTICE**

**(4-bosqich talabalari uchun Ikkinchi chet tili  
(ingliz tili) fani bo'yicha  
uslubiy qo'llanma)**

**Buxoro-2023**

**Buxoro davlat universiteti o'quv metodik kengashining 2023 yil \_\_\_\_\_ dagi \_\_\_\_\_ - son yig'ilishida muhokama qilingan va nashrga tavsiya etilgan.**

**Qodirova X.X., Ingliz tilshunosligi kafedrasida o'qituvchisi**

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Ushbu uslubiy o'quv qo'llanma 4 bosqich nemis va fransuz filologiyasi ta'lim yo'nalishi talabalari uchun mo'ljallangan bo'lib, undagi matnlar, yangi so'zlar va mashqlar talabalarning Ikkinchi chet tili (ingliz tili) dan bilimlarini mustahkamlashga xizmat qiladi.

Ushbu o'quv-uslubiy qo'llanma nafaqat Buxoro davlat universitetida tahsil olayotgan Ikkinchi chet tilini o'rganayotgan talabalarga, balki oliy o'quv yurtlariga kiruvchi abituriyentlar va ingliz tilini o'rganishga ishtiyoqmandlar uchun ham mo'ljallangan.

## KIRISH

Mamlakatimizda xorijiy tillarni o'qitish, uni yanada yuksak darajada ko'tarish bo'yicha bir nechta qarorlar va farmonlarning qabul qilinishi, "chet tillarini o'rgatish tizimini yanada takomillashtirish chora-tadbirlari to'g'risi" dagi PQ-1875-sonli qarorning ishlab chiqilishi hozirgi kunda ta'lim tizimining barcha bosqichlarida talabalarga chet tillarini uzkuksiz o'rganishni tashkil qilish, zamonaviy o'quv -uslubiy materiallar bilan ta'minlashni yanada takomillashtirish yo'lida katta muhim qadam bo'lib xizmat qilmoqda. Shu sababli, biz pedagog xodimlarning oldiga chet tillarini o'qitish bo'yicha dasturlarni, o'quv adabiyotlarini va uslubiy qo'llanmalarni yaratish va yanada takomillashtirishni taqozo etmoqda.

Mazkur uslubiy qo'llanma "Ikkinchi chet tili" fani 4-bosqich nemis va fransuz filologiyasi ta'lim yo'nalishi talabalari uchun mo'ljallangan bo'lib, O'zbekiston Respublikasi OO`MTVning 2018-yil 27-iyundagi 6-sonli buyrug'i bilan tasdiqlangan namunaviy o`quv dasturi asosida tuzildi.

## Contents

LESSON 1. Accommodation. No place like home.....	4
LESSON 2. Unemployment .....	8
LESSON 3. Science and technology.....	11
LESSON 4. The Gerund. Doing exercises.....	13
LESSON 5. Traveling abroad .....	15
LESSON 6. Transportation.....	17
LESSON 7. Entertainment.....	19
LESSON 8. Study habits and goals.....	22
LESSON 9. Education and learning.....	25
LESSON 10. Infinitive. Working on grammar rules.....	27
LESSON 11. The media.....	30
LESSON 12. Famous people of Uzbekistan.....	31
LESSON 13. Law and crime.....	33
LESSON 14. Healthy eating.....	38
LESSON 15. Health and fitness.....	41
LESSON 16. Work and business.....	44
LESSON 17. Globalization.....	47
LESSON 18. Weather and environment.....	49
LESSON 19. Discoveries.....	51
LESSON 20. British and American English.....	53
<b>List of literature .....</b>	

## LESSON 1. ACCOMMODATION. NO PLACE LIKE HOME

Accommodation is a key component of tourism. When we travel, we need a place to stay! There are many different types of accommodation to suit different budgets, different types of tourism and different types of customers. The role of an accommodation provider is to provide a safe and secure place for a tourist to stay. Standards differ between different providers and according to different budgets. Below, I have outlined the most commonly found different types of accommodation and given some examples too. But, before you read on take a look at this handy animation about the types of accommodation that I made....!<sup>1</sup>



***Catered accommodation*** provides the tourist with food. The food may or may not be included in the price of the hotel.

### ***Hotels***

Hotels are the most traditional and most common types of accommodation. Hotels can be large or small. They can be independently owned businesses or they can be part of a hotel chain. Hotels may be part of a holiday resort.

### ***Bed and breakfasts***

A bed and breakfast is just as it sounds- a type of accommodation that offer a bed and a breakfast! Bed a breakfast accommodations in the UK are traditional a type of guest house or home-stay.

### ***Guest houses and home-stays***

A guest house is essentially a house that welcomes guests. There is a fine line between a guest house and a bed and breakfast. While there is no hard and fast rule, guest houses tend to be bigger than bed and breakfast accommodations. Guest houses may or may not offer breakfast included in the price of the hotel room.

### **Exercise 1.**

#### **Lead-in.**

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<sup>1</sup> <https://www.shareyouressays.com/knowledge/accommodation-as-basic-component-of-tourism-essay/105828>

**01** Look at the pictures of rooms in a house. What rooms are they? Complete the words with the missing letters.



**Exercise 2.** Look at some other places that you find in and around a house. Then, match the names in the box to the pictures.



**Exercise 3.** Read how Giorgio describes what he does before and after he goes to university each day. For each question, choose the best answer A, B or C.

Every weekday morning, my alarm goes 1 \_\_\_ at 8:30am. This gives me enough time to get ready before my lectures start at 10:00am. Then, I 2 \_\_\_ up and go downstairs. I'm often too tired to eat breakfast, so I sometimes go to the 3 \_\_\_ and just get some juice. I always talk to my housemates if they are there, in the 4 \_\_\_. After that, I head back upstairs to get ready. I go to the bathroom, 5 \_\_\_ my teeth and sometimes 6 \_\_\_ my room. When it's time to leave, I pack my bag and go to college. At the end of the day when I get back home, I sometimes help the others with the 7 \_\_\_ - if we don't do it, all the rooms we share get very messy. When the house is clean again, we usually spend some time in the living room. We sit down together on the 8 \_\_\_ and play games online for a while. We're always happy when we get the chance to do this, as it helps us relax. Before I go to sleep, I sit at my 9 \_\_\_ and do my homework. I never forget to do it. At the weekend, I can finally relax. I have a lie 10 until about 11:30am.

- |   |       |      |       |
|---|-------|------|-------|
| 1 | A up  | B on | C off |
| 2 | A get | B go | C put |

3	A fridge	B sink	C freezer
4	A basement	B kitchen	c bathroom
5	A wash	B tidy	C brush
6	A wash	B tidy	C brush
7	A homework	B housework	C workhouse
8	A chair	B desk	C sofa
9	A desk	B bed	c drawers
10	A on	B up	C in

**Exercise 4. Read the definitions of places in and around the home and write the correct words.**

- 1 This is the place where you usually sleep every night. \_\_\_\_\_
- 2 This is the place where you have a wash and brush your teeth. \_\_\_\_\_
- 3 This is the place where people usually sit together to talk, play games or watch TV.
- 4 This is the place where you keep the car. \_\_\_\_\_
- 5 This is the place that you walk through to move from one room to another.
- 6 This is the place where you can be outside and sit on the grass. \_\_\_\_\_

**Homework. Match the questions and answers.**

- |   |  |
|---|--|
| 1 What do you like about your room?                       | B Usually in the study and sometimes in my bedroom.        |
| 2 Who do you live with?                                   | C My comfortable bed and my posters.                       |
| 3 Do you like to cook?                                    | D Yes. Go down the hall and it is next to the living room. |
| 4 Where do you watch television?                          | E My parents, my sister and my grandparents.               |
| 5 Is it often sunny where you live?                       | F Because I can't cook!                                    |
| 6 Where do you do your homework?                          | G Yes, and I think I'm quite good at it.                   |
| 7 Can you tell me where the bathroom is, please?          | H Yes. I like it because I can spend time in the garden.   |
| 8 Why don't you often go in the kitchen?                  |  |
| A Usually in the living room and sometimes in my bedroom. |  |

## LESSON 2. UNEMPLOYMENT

Unemployment is a very serious issue not only in India but in the whole world. There are hundreds and thousands of people out there who do not have employment. Besides, the problems of unemployment are very severe in India because of the growing population and demand for jobs.



Moreover, if we neglect this problem then it will be going to become the reason for the doom of the nation.



### Types of Unemployment



Now we know what is unemployment but unemployment does not only mean that the person does not have a job. Likewise, unemployment also includes people working in areas out of their expertise. The various types of unemployment include disguised unemployment, seasonal unemployment, open unemployment, technological unemployment, structural unemployment. Besides, some other unemployment is cyclic unemployment, educated unemployment, underemployment, frictional unemployment, chronic unemployment, and casual unemployment.

Above all, seasonal unemployment, under unemployment, and disguised unemployment are the most common unemployment that is found in India.<sup>2</sup>

**Exercise 1. Lead-in. Look at the photos. What are the people doing? Write A-D in the boxes.**

A helping the elderly    B wearing a uniform    C meeting    D studying

1  2 

3  4 

<sup>2</sup> <https://www.toppr.com/guides/essays/unemployment-essay/>



**Exercise 2. Read and match the skills and abilities A-J with the pictures,1-10**

A write well		B talk to new people easily		C read a map		D play sport well	
E cook many types of food		F work for long hours		G understand maths easily		H speak many languages	
I remember a lot of information		J do well in exams					

1		2		3		4	
5		6		7	<input checked="" type="checkbox"/> PASS <input type="checkbox"/> FAIL	8	
9		10					

**Exercise 3. Match the two halves of the sentence.**

- |  |   |
|--|---|
| 1 John works many hours, but he doesn't mind because he                              | 9 Joseph is really good at football, tennis and basketball.                     |
| 2 Julia learnt Spanish very quickly this year. I think it is because she             | 10 Lucy is late. I think she is lost. She                                       |
| 3 I have improved a lot. I got top marks for my essay, but just a year ago, I        | A can cook many types of food.  |
| 4 Jim's results are really impressive and he didn't even study that much. He         | B could already speak two other languages.                                      |
| 5 In the job interview, it's important that you don't forget anything.               | C can't understand math very easily.  |
| 6 Matteo will become a chef one day, I think. He                                     | D couldn't even talk to new people easily a few months ago.                     |
| 7 Sandra is very popular and has so many friends. It's difficult to believe that she | E Can you remember a lot of information?  |
| 8 I know it is simple but I need to use my calculator because I                      | F can finish early on Fridays.  |
|  | G couldn't even write very well.  |
|  | H Could he play sport well when he was a child, too? can't read maps very well. |

I can just do very well in exams

**Exercise 4. Complete the sentences using the correct form of the verbs in the box.**

**Get      fail      learn(x2)      take(x2)      teach pass start (x2)**  
**Finish                      study**

- 1 I \_\_\_\_\_ my driving test last month. Now, I drive to school every day.
- 2 My older sister is \_\_\_\_\_ law. When she university, she wants to be a family lawyer.
- 3 I think that it is difficult for young people to \_\_\_\_\_ a good without experience.
- 4 My father \_\_\_\_\_ me how to cook when I was a child.
- 5 I didn't \_\_\_\_\_ how to play a musical instrument when I was younger. I would like to piano lessons, but they are very expensive.
- 6 Many students the exam. They will it again next month.
- 7 I my computer course last week. I want to \_\_\_\_\_ how to design my own website.
- 8 My friend is her new job tomorrow. She feels a bit nervous.

**Homework. Complete the categories with the correct words from the box.**

**Waiter   clothes   receptionist   tables   rooms   chef   guests**  
**cash   desk   meal   lift   cleaner   changing rooms   shop assistant**

<b>Restaurant</b>	<b>Hotel</b>	<b>Shop</b>

### LESSON 3. SCIENCE AND TECHNOLOGY



Science, technology and innovation each represent a successively larger category of activities which are highly interdependent but distinct.

Science contributes to technology in at least six ways: (1) new knowledge which serves as a direct source of ideas for new technological possibilities; (2) source of tools and techniques for more efficient engineering design and a knowledge base for evaluation of feasibility of designs; (3) research instrumentation, laboratory techniques and analytical methods used in research that eventually find their way into design or industrial practices, often through intermediate disciplines; (4) practice of research as a source for development and assimilation of new human skills and capabilities eventually useful for technology; (5) creation of a knowledge base that becomes increasingly important in the assessment of technology in terms of its wider social and environmental impacts; (6) knowledge base that enables more efficient strategies of applied research, development, and refinement of new technologies<sup>3</sup>.

**Exercise 1. Lead in. Match the technology words in the box with the pictures.**

desktop computer	laptop	smartphone	letter
tablet	landline telephone	smart TV	smart watch

<sup>3</sup> <https://www.sciencedirect.com/science/article/abs/pii/S0048733394010013>



**Exercise 2. Read the sentences and underline the correct spellings**

- 1 My computer crushed/crashed/crashed and I lost my homework. It is important that you spell words correctly in exams, otherwise you will lose marks.
- 2 You need to shout down I shot down/shut down your laptop when you finish using it.
- 3 There are some excellent wepsites /websites/ websides that can help you to study.
- 4 I own three devices/advices/divises - a smartphone, a laptop and a tablet.
- 5 The computers at school are all connected to the same netwalk/netwok/network.

**Exercise 3. You are going to read an article about the internet. Skim the article once quickly. What is the best title for the article, A, B or C.**

- A New developments on the internet
- B How people communicate on the internet
- C Why people use the internet

The internet is still quite a new development in technology, however it is impossible to think about life without it. It works in a very simple way. It takes information and sends it from one computer to another. It is not a difficult job, but it is a very big one. There are hundreds of millions of computers connected to the internet at the sometime. However, they don't all do the same thing. Some computers are like a digital box that store information, (like videos or music files) that people see, read or listen to. These stores of information are called servers, and there are three categories. The first type is a file server, which holds ordinary documents. The second is a mail server for sending and receiving emails. The

third is a web server for web pages. We know these servers store information but how do people find this information or send it to each other? For this, you need a client. A client is a computer that gets information from a server and delivers it to another computer. When you go online on your smartphone, you are using it as a client. When two computers on the internet exchange information, they are known as peers.

❖ Peer-to-peer (P2P) communication is when you send someone a photo on your smartphone. When that person sees this photo, your smartphone is working as the server. It stores the photo and the other person's device is the client, which searches for your information. It then displays the photo on the other person's screen.<sup>4</sup>

**Homework. Find out new words from the text above and write down their definition.**

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<sup>4</sup> <https://text.ru/rd/aHR0cDovL2xpbHBvbmQubmFyb2QucnUvdG9waWM2Lmh0bWw%3D>

#### Lesson 4. The Gerund. Doing exercises.

A gerund is a verb form that ends in “-ing” and is used as a noun (walking, traveling, voting); an infinitive is the base form of a verb preceded by “to” (to walk, to travel, to vote). Gerunds and infinitives can function as the subject of a sentence or the object of a verb. Words derived from verbs are known as verbals and may take modifiers, objects, and complements to form verbal phrases. A gerund phrase uses the “-ing” form of the verb to function as a noun; an infinitive phrase is formed using the infinitive and can function as a noun, adverb, or adjective.

When functioning as the subject of a sentence, gerunds and infinitives always use a singular verb form, for example: “Walking is good exercise.” In this sentence, the “-ing” verb form (“Walking”) is the simple subject and the verb “is” links the subject to the subject complement “good exercise,” which refers to and describes the subject. When a gerund phrase functions as a subject, the “-ing” verb form is expanded as a word group, for example: “Traveling with a friend made the trip to New York more enjoyable.” In this sentence, the gerund phrase (“Traveling with a friend”) is the subject, “made” is the verb, “the trip” is the direct object, “to New York” is the indirect object, and “more enjoyable” is the object complement.<sup>5</sup>

#### Exercise 1. Read the words which comes with gerund and repeat them.

Avoid	He avoided answering my questions.
complete	She finally completed writing her term paper.
Consider	I will consider going with you.
delay	He delayed leaving for school.
deny	She denied knowing anything about it.
discuss	They discussed opening a new business.
enjoy	We enjoyed visiting them.
Escape	The team escaped losing the final game.

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<sup>5</sup> <https://www.hunter.cuny.edu/rwc/repository/files/grammar-and-mechanics/verb-system/Using-Gerunds-and-Infinitives.pdf>

## Exercise 2. GERUND OR INFINITIVE

- 1) A lot of people are worried about \_\_\_\_\_ their jobs. (lose)
- 2) He agreed \_\_\_\_\_ a new car. (buy)
- 3) The question is easy \_\_\_\_\_ (answer)
- 4) Not everybody can afford \_\_\_\_\_ to university. (go)
- 5) I look forward to \_\_\_\_\_ you at the weekend. (see)
- 6) Are you thinking of \_\_\_\_\_ London? (visit)
- 7) He apologized for \_\_\_\_\_ so late. (arrive)
- 8) Stop \_\_\_\_\_ noise, please; I'm studying. (make)
- 9) She doesn't mind \_\_\_\_\_ the night shift. (work)
- 10) I learned \_\_\_\_\_ the bike at the age of 5. (ride)

## Exercise 3. Fill the gaps with the verb in brackets in the appropriate form.

- 1 I can't stand \_\_\_\_\_ in queues. ( to wait )
- 2 I wouldn't like \_\_\_\_\_ in his shoes. ( to be )
- 3 Jim loves \_\_\_\_\_ in Thailand. ( to work )
- 4 I hate \_\_\_\_\_ the shopping on Saturday. ( to do )
- 5 Blast! I forgot \_\_\_\_\_ milk. ( to buy )
- 6 In the end we decided \_\_\_\_\_ in. ( to stay )
- 7 I need \_\_\_\_\_ some information about Portugal. ( to find )
- 8 My parents like \_\_\_\_\_ for long walks at the weekend. ( to go )

## Homework. Fill the gaps with the verb in brackets in the appropriate form.

- Tony gave up \_\_\_\_\_ years ago. ( to smoke )
- I wanted \_\_\_\_\_ and see Troy but no one else was interested. ( to go )
- Mrs Leith offered \_\_\_\_\_ us to the airport. ( to take )
- Clare refused \_\_\_\_\_ clean up after the party. ( to help )
- I tried \_\_\_\_\_ him to come but it was no use. ( to persuade )
- Do you mind not \_\_\_\_\_ ? ( to smoke )
- Everybody really enjoyed \_\_\_\_\_ the cha-cha-cha. ( to dance )
- Lionel admitted \_\_\_\_\_ my chocolate mousse. ( to eat )

## LESSON 5. TRAVELING ABROAD



Travelling is one of the best hobbies that one can have. Travelling offers an opportunity for adventure, it satisfies one's sense of beauty and gives one a feeling of power over the things around him. It also helps one to see someone else's point of view. It opens up many new worlds to the traveler. Travelling provides adventure and adventure keeps us from growing old. As long as there is something to look forward to, the mind remains young and healthy. Adventure stimulates our imagination. It offers change and movement that are necessary to keep ourselves from getting bored. Now a day many of us turn to the television or films to fight our boredom. Real adventure is not undertaken by many of us. The entertainment that the television can provide is pale in comparison to what adventure can provide.

Travel brings people together. One comes into contact with many people of different lands and customs and this leads to a great deal of understanding between them. A man who has travelled a lot is more mature and likely to understand the other's point by view with more case and open mindedness.<sup>6</sup>

**Exercise 1. Look at the pictures. What are these types of holidays? Match the pictures with the type of holiday, A-0.**

A an adventure holiday B a city break C a language exchange D a beach holiday



<sup>6</sup> <https://brainly.in/question/3910680>



**Exercise 2. In pairs, answer the questions using the structures in the Useful Language box to explain your reasons for your answers.**

- 1 If you were on a language exchange, would you like to stay with a host family or in a hotel more? Why?
- 2 Where do you usually go on holiday? Why?
- 3 What do you like more - holidays with your friends or holidays with your family? Why?
- 4 What's better: a beach holiday or a city break? Why?
- 5 What's better: an adventure holiday or a language exchange? Why?

**Exercise 3. Complete the sentences using the types of holidays in the box.**

- 1 You can do lots of activities like cycling and horse-riding on \_\_\_\_\_
- 2 My friends want to go on \_\_\_\_\_, but I don't enjoy relaxing all the time.
- 3 I went on \_\_\_\_\_ to Paris. It was interesting to visit all the museums.
- 4 My sister is going on \_\_\_\_\_ and will stay with a host family in Italy.
- 5 I went on \_\_\_\_\_ with my parents and we camped by a lake

**Homework. Exercise 4. Complete the table using the holiday activities in the box.**

visit water parks   go on day trips   see local attractions   go on cultural visits  
 go horse riding   go on cycling tours   visit beach resorts   go mountain climbing  
 stay with host families   try traditional food   see famous buildings   go shopping

city break	adventure holiday	beach holiday	language exchange

## LESSON 6. TRANSPORTATION

Transportation is movement of people and goods from one location to another. Throughout history, the economic wealth and military power of a people or a nation have been closely tied to efficient methods of transportation.



Transportation provides access to natural resources and promotes trade, allowing a nation to accumulate wealth and power. Transportation also allows the movement of soldiers, equipment, and supplies so that a nation can wage war. Transportation systems and the routes they use have greatly influenced both how and where people live. Reliable transportation allows a population to expand throughout a country's territory and to live comfortably in remote areas far from factories and farms. The growth and expansion of the United States were directly related to the means of transportation available at the time. The more compact cities of the U.S. eastern seaboard are the result of early human- and animal-based transportation systems that allowed only short trips. The more sprawling cities of the western United States are the result of an automobile-based transportation system that permits much longer travel distances.<sup>7</sup>

**Exercise 1. Complete the table with the correct words. Some words can be used twice**

square   motorway   motorbike   ticket   platform   post office shopping centre   car park   library   sports centre   restaurant coach   cafe   police station   department store   the underground	
Places in a city	Travel and transport

<sup>7</sup> <https://benjaminbarber.org/reliable-transportation/>

**Exercise 2. Read the sentences about Manchester and underline the correct form of the adjectives.**

- 1 Manchester is in the north of England and is the UK's fifthlargest/ larger city.
- 2 Manchester has most/ more students than any other city in the world.
- 3 Manchester's Chetham's Library is the old/ oldest public library in the English-speaking world.
- 4 Many I More languages are spoken in Manchester than any other city in Western Europe.
- 5 The world's first/ last passenger train station was built in Manchester in 1830.
- 6 Recently, Manchester was voted the better/ best UK city to live in.
- 7 Manchester airport is larger/ largest than Birmingham airport.
- 8 Manchester United is the more/ most successful football club in England with 20 league titles.
- 9 Manchester Piccadilly is one of the busy/ busiest train stations in England.
- 10 More/ Most than 20 Nobel prize

**Exercise 3. Match the activities with the places**

You might go here to

- |                                  |                  |
|----------------------------------|------------------|
| 1 send a parcel.                 | A supermarket    |
| 2 stay for a few days.           | B police station |
| 3 speak to a policeman.          | C library        |
| 4 exercise.                      | D station        |
| 5 have a meal.                   | E sports centre  |
| 6 do some food shopping.         | F post office    |
| 7 catch a bus or a train.        | G hotel          |
| 8 relax on the grass.            | H park           |
| 9 borrow a book.                 | I museum         |
| 10 look at things from the past. | J restaurant     |

**Homework. Exercise 4. Match the places in the box to the sets of words.**

department store    castle    airport    motorway    train    street    cafe

- 1 \_\_\_\_\_ seat      ticket      platform      travel
- 2 \_\_\_\_\_ lift      floor      clothes      toys
- 3 \_\_\_\_\_ cars      road      sign      fast
- 4 \_\_\_\_\_ coffee      snack      talk      table
- 5 \_\_\_\_\_ houses      cars      bikes      neighbours
- 6 \_\_\_\_\_ history      visitors      building      museum
- 7 \_\_\_\_\_ flight      plane      passenger      pilot



## LESSON 7. ENTERTAINMENT

The following outline provides an overview of and topical guide to entertainment and the entertainment industry:

Entertainment is any activity which provides a diversion or permits people to amuse themselves

in their leisure time, and may also provide fun, enjoyment, and laughter. People may create their own entertainment, such as when they spontaneously invent a game; participate actively in an activity they find entertaining, such as when they play sport as a hobby; or consume an entertainment product passively, such as when they attend a performance.



The entertainment industry (informally known as show business or show biz) is part of the tertiary sector of the economy and includes many sub-industries devoted to entertainment. However, the term is often used in the mass media to describe the mass media companies that control the distribution and manufacture of mass media entertainment. In the popular parlance, the term show biz in particular connotes the commercially popular performing arts, especially musical theatre, vaudeville, comedy, film, fun, and music. It applies to every aspect of entertainment including cinema, television, radio, theatre, and music.<sup>8</sup>

### Exercise 1. Look at the pictures. Then, in pairs, answer the questions



In which of these activities do you

- |                                       |                                  |
|---------------------------------------|----------------------------------|
| 1 catch a ball?                       | 7 get fit?                       |
| 2 throw a ball?                       | 8 use a racket?                  |
| 3 kick a ball?                        | 9 move a piece?                  |
| 4 hit a ball?                         | 10 relax your mind?              |
| 5 score a goal?                       | 11 play in a team?               |
| 6 win or lose a match or competition? | 12 play alone?                   |
|                                       | 13 need to wear special clothes? |

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<sup>8</sup> [https://en.wikipedia.org/wiki/Outline\\_of\\_entertainment](https://en.wikipedia.org/wiki/Outline_of_entertainment)

**Exercise 2. Complete the table using the words in the box**

tennis taekwondo gymnastics chess volleyball horse-riding basketball table tennis athletics badminton karate skiing judo cycling sailing hiking football hockey canoeing bowling swimming fishing boxing		
<b>play</b>	<b>do</b>	<b>go</b>

**Exercise 3. Complete the sentences using the verbs in the correct form in the box.**

Score win kick play hit throw catch lose beat
---

- 1 I'm playing in a tennis tournament tomorrow. I hope I \_\_\_\_\_ some of my matches.
- 2 Our school football team is not doing well this term. Every team we play against \_\_\_\_\_ us.
- 3 I really want to learn how to baseball but it isn't a popular sport in Britain.
- 4 It is quite difficult to learn how to the ball with the racket when you start playing tennis.
- 5 When you a sports match, it is important to learn from your mistakes and do better next time.
- 6 In rugby, players usually pass the ball to each other by it.
- 7 In football, players can't hold the ball - they must move it by it.
- 8 In baseball, players wear a special glove on their hand to help them \_\_\_ the ball.
- 9 In football and handball, the team that \_\_\_\_\_ the most goals is the winner.<sup>9</sup>

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<sup>9</sup>  
<https://text.ru/rd/aHR0cHM6Ly9vbmVpbnUuZmxpcGJ1aWxkZXluY29tL21yZngva3dxbS9maWxlc9iYXNpYy1odG1sL3BhZ2U0Ni5odG1s>

**Exercise 4. Read the sentences about the sport cricket and underline the correct answer.**

- 1 Cricket is a popular/good/ favourite sport in several countries around the world, including India and Britain.
- 2 There are 11 people in a cricket team/ group/ set.
- 3 You play the sport by throwing/ hitting/ kicking a hard red ball with a bat.
- 4 It can take five days to compete a cricket goal/ match/ point.
- 5 People often use/ wear/ put white clothes to play cricket.<sup>10</sup>

**Homework. Find the odd word out in each set. Then, complete the reason why it is the odd one out using the words in the box.**

team sports      actions used in sports      types of competition      water sports  
sports equipment                              mountain sports

1 sailing swimming tennis canoeing windsurfing

*The others are* \_\_\_\_\_

2 football rugby cricket athletics baseball

*The others are* \_\_\_\_\_

3 catch hit kick lose run

*The others are* \_\_\_\_\_

4 match game tournament race judo

*The others are* \_\_\_\_\_

5 snowboarding boxing skiing climbing hiking

*The others are* \_\_\_\_\_

6 ball winner bat racket stick

*The others are* \_\_\_\_\_

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<sup>10</sup>

## LESSON 8. STUDY HABITS AND GOALS

### *Goal Setting & Time Management*

When you put new time management strategies to use, you will

#### *Gain time*

Improve your motivation and initiative

Develop alternatives to procrastination

Structure review habits and improve long term retention

Avoid long cramming sessions and sleepless nights

Ease your anxiety and lower your stress

Keys to Goal Setting and Time Management

A first step to taking control of your time is to become aware of your personal goals and priorities so that you can design a schedule that fits you. Getting to know yourself involves learning how to check back in with yourself in order to regulate your performance and to tweak your plans according to your evolving goals. <sup>11</sup>



#### **Exercise 1. Read and match the skills and abilities A-J with the pictures, 1-10.**

A write well    B talk to new people easily    C read a map    D play sport well E cook many types of food    F work for long hours    G understand maths easily H speak many languages    I remember a lot of information    J do well in exams			
1	2	3	4
5	6	7	8
	9	10	

#### **Exercise 2. Complete the sentences using the correct form of the verbs in the box.**

Get	fail	learn(x2)	take(x2)	teach	pass	start (x2)	finish study
-----	------	-----------	----------	-------	------	------------	--------------

<sup>11</sup> <https://extension.uga.edu/publications/detail.html?number=C1042&title=time-management-10-strategies-for-better-time-management>



- 1 I \_\_\_\_\_ my driving test last month. Now, I drive to school every day.
- 2 My older sister is \_\_\_\_\_ law. When she university, she wants to be a family lawyer.
- 3 I think that it is difficult for young people to \_\_\_\_\_ a good without experience.
- 4 My father \_\_\_\_\_ me how to cook when I was a child.
- 5 I didn't \_\_\_\_\_ how to play a musical instrument when I was younger.
- I would like to piano lessons, but they are very expensive.
- 6 Many students the exam. They will it again next month.
- 7 I my computer course last week. I want to \_\_\_\_\_ how to design my own website.
- 8 My friend is her new job tomorrow. She feels a bit nervous.<sup>12</sup>

**Exercise 3. Complete the missing information in the jobs advertisement using the words in the box.**

**Experience long hours friendly and helpful sports, art or music energy  
Speak another language hard-working weekend**

**SUMMER JOBS FOR STUDENTS**

**Waiter/Waitress needed for popular Italian restaurant.**  
You do not need to have  
1 \_\_\_\_\_  
of working in a restaurant,  
but you should be  
2 \_\_\_\_\_  
and happy to work in a team.  
You will work  
3 \_\_\_\_\_,  
especially at the weekends  
when we are very busy.

**Receptionist for busy city hotel, who can**  
4 \_\_\_\_\_ (French, German or Spanish).  
You should be 5 \_\_\_\_\_ to guests and  
tell them any information that they need about tourist  
attractions, local restaurants and transport in the city.

**Summer Camp Leaders to teach children**  
6 \_\_\_\_\_ at a summer camp. You should  
have a lot of 7 \_\_\_\_\_ because you will  
spend all day with the children. You will need to work  
weekdays and at the 8 \_\_\_\_\_, but you  
will have one day off each week.

<sup>12</sup>

**Exercise 4. Complete the sentences with the prepositions, *in/on/ at*.**

- 1 My brother is working as a lifeguard \_\_\_\_\_ the swimming pool.
- 2 My cousin studies nursing university.
- 3 I wouldn't like to work a restaurant. I think it would be too stressful.
- 4 I'm not working Monday. It is my day off.
- 5 My friend wants to be a chef a top restaurant.
- 6 I was work yesterday, so I didn't watch the football match on TV.
- 7 I usually finish work five o'clock.

**Homework. Read the email and decide if the use of *can/ can't/ could/ couldn't* is correct '+' or incorrect 'X'. Correct the mistakes.**

Dear Simon,

I'm interested in the lifeguard job this summer.

1 I could swim very well. 2 I couldn't swim when I was a child but I learnt when I was 12.

3 I can also remember lots of information and instructions very well.

I have some questions about the lifeguards you had last year. 4 They could talk to new people easily? 5 I can so I think I am a good choice for this job.

Thanks,

Pablo

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4-----

5-----

## LESSON 9. EDUCATION AND LEARNING

Education plays a very important role in our life. It is one of the most valuable possessions a man can get in his life. During all the periods of human history education ranked high among people.



Human progress mostly depended upon well-educated people. Self-education is very important for the development of human's talents. Only through self-education a person can become a harmonically developed personality. A person becomes a highly qualified specialist after getting some special education. And professionalism can be reached only through it. Even highly qualified specialists from time to time attend refresher courses to refresh their knowledge. We get our knowledge of this world and life through education. Many famous discoveries would have been impossible if people were not interested in learning something. Education develops different sides of human personality, reveals his abilities. Besides, it helps a person to understand himself, to choose the right way in this world. The civilized state differs from others in the fact that it pays much attention to the educational policy. John Kennedy said: "Our progress as a nation can be no swifter than our progress in education". But it doesn't concern only one particular nation. We know that science and art belong to the whole world. Before them the barriers of nationality disappear. So education brings people closer to each other, helps them to understand each other better.<sup>13</sup>

**Exercise 1. Look at the types of schools and match them to the people on the right.**

- |                     |  |
|---------------------|--|
| 1. secondary school | a. a 20-year-old student, a professor                      |
| 2. primary school   | b. a fifteen-year-old pupil, a maths teacher, a headmaster |
| 3. nursery school   | c. a five-year-old pupil, a teacher                        |

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<sup>13</sup> <https://www.native-english.ru/topics/education-in-our-life>

4. university

d. a ten-year-old child

5. middle school

e. a three-year-old child

**Exercise 2. Look at the sentences below. Which pupils are ‘good pupils’? Which are ‘bad pupils’?**

1. Paul is never late and he always does his homework on time.
2. Lidia always pays attention in class.
3. Carlo often cheats in his exams. One day, he’ll be in trouble.
4. Kate doesn’t concentrate in class. She draws in her notebook instead.
5. Mark annoys the teacher because he can’t keep quiet during the lesson.
6. Susan studies very hard. I think she’ll pass all her exams.
7. Daniel annoys the teacher because he’s so noisy.
8. Alice never listens to the teacher. She prefers to talk to her friends.

**Exercise 3. Education phrases. Match the two halves of each sentence.**

1. When you complete university education, you
  2. At the end of secondary school, you
  3. During university education, you
  4. If you want to do well in your exams, you must
  5. If you want to get a degree or diploma, you must
  6. If you want to get a degree or diploma, you mustn’t
- a. attend lectures.
  - b. fail your exams.
  - c. get a degree.
  - d. pass your exams.
  - e. revise for your exams.
  - f. take school-leaving exams<sup>14</sup>

***Homework. Discuss any of the questions below.***

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<sup>14</sup> <https://rd/aHR0cHM6Ly9sZWt0c2lpLm9yZy8xMS00Njc5NC5odG1s>

1. Describe the school you went to.
2. Describe the school system in your country.
3. Is education very important for getting a good job in your country?

**LESSON 10. Infinitive. Working on grammar rules.**

<i>Structure/Type</i>	<i>Examples</i>
verb + infinitive or verb + object + infinitive (after verbs such as advise, allow, ask, expect, force, get, hate, like, love, invite, need, pay, persuade, tell, want)	Jake loves to visit museums. I don't want you to read my emails. I advised him not to come to the party. But he came anyway.
Infinitive clauses that function as the subject of a sentence (usually formal or old-fashioned English)	To make mistakes is human. To say that he was here is simply not true. In informal or neutral English, we say: It's human to make mistakes. It's simply not true to say that he was here.
noun + infinitive	Do you have a pen to write with? I'd like something to drink.
Infinitive clauses that explain 'why' we do something	He opened the box to see what was inside. He got home early to cook dinner. They went to the station to buy a ticket.
verb + object + infinitive without 'to' (after the verbs help, let, make, watch, see, hear, have)	Can you help me make dinner? I saw him leave the house. I won't let you stay. <sup>15</sup>

**Exercise 1. Complete each sentence using one of the clauses below**

call my name

to be at home all day

to book a room

<sup>15</sup> <https://test-english.com/explanation/b2/verb-object-infinitive-gerund-verb-patterns/>

to drink coffee at night      to leave early      to listen to  
to see who was outside      to stay at his house      to write with

1. If you want to get to work on time, it's a good idea .....
2. I opened the curtains .....
3. I don't have anything ..... Can you lend me your pen?
4. I expected Emma.....so I was surprised that nobody answered the door.
5. ....is not a good idea, especially if you want to wake up early.
6. I called the hotel .....
7. I couldn't hear him because it was too noisy.....
8. I downloaded some music on the train.....
9. Mr Yamaguchi invited us..... during our visit to Japan.

**Exercise 2. Make complete sentences like in the example:**

1. It's normal to work every day . (it/be/normal/work/every day)
2. ....  
(I/show/you/best way/paint/your walls)
3. I'm bored. ....  
(you/have/any books/read ?)
4. ....  
(Yesterday/Joanna/allow/me/borrow/her car)
5. ....  
(you/want/me/call/you ?)
6. ....  
(can/you/tell/Peter/not/call/me/anymore ?)
7. I'm hungry. ....  
..... (you/have/anything/eat ?)
8. ....  
(I/prefer/not/use/email/keep in touch/with friends)

**Exercise 3. Complete the sentences below with an object + infinitive. Try to make true sentences about you.**

1. I asked .....
2. I saw .....
3. I let .....
4. I made .....
5. I couldn't hear .....
6. I wanted .....

**Exercise 4. Complete each sentence with 'for + noun/pronoun + infinitive'. In some of the sentences, you will need to change subject pronouns to object pronouns like in the example.**

1. It was impossible for us to see (we/see) anything in the dark streets.
2. It's important \_\_\_\_\_ (you/go) to bed early if you want to wake up before 8am.
3. Do you have anything \_\_\_\_\_ (my friend/drink)?
4. I bought some toys \_\_\_\_\_ (the children/play with)
5. She couldn't cook, so she bought some eggs \_\_\_\_\_ (I/boil)
6. There's no time \_\_\_\_\_ - (Roger/help) you. He's very busy.
7. It's necessary (you/eat) slowly \_\_\_\_\_. Otherwise, you will get ill.
8. It's difficult \_\_\_\_\_ (Mr Harris/meet) you today. He has a lot of appointments.
9. It's unhealthy \_\_\_\_\_ (she/sit) at her desk all day long. She needs to do some exercise.
10. I downloaded some music \_\_\_\_\_ (you/listen to) on the train.
11. The office is closed tomorrow, so please tell her that it's not necessary (she/come).

**Homework. Make up 10 sentences for Infinitive by using special words and word combinations.**

## LESSON 11. THE MEDIA.

Media (that is, the press, the radio and television) play an important role in the life of society. They inform, educate and entertain people. They also influence the way people look at the world and make them change their views. Mass media mould public opinion. Millions of people in their spare time watch TV and read newspapers. Everybody can find there something interesting for him. On the radio one can hear music, plays, news and various discussions or commentaries of current events. Multiple radio or TV games and films attract a large audience. Newspapers are used in different ways, but basically they are read. There is a lot of advertisement on mass media. Some of the TV and radio stations and newspapers are owned by different corporations. The owners can advertise whatever they choose. But it is hardly fair to say that mass media do not try to raise cultural level of the people or to develop their artistic taste. Mass media brings to millions of homes not only entertainment and news but also cultural and educational programs. There are more than six TV channels and lot's of radio stations and newspapers now in the Russian Federation.<sup>16</sup>



### Exercise 1. In pairs, answer the following questions.

1. Where do you usually read or watch the news? Newspapers? Social media? Online news?
2. How much time do you usually spend reading news articles and watching videos about news on TV or the Internet each week? Is it something that is important for you to do? Why/Why not?
3. What are the main sources for news in your country? What is your opinion about each of those sources?
4. Where did your parents get their news from when they were growing up? Is it the same as where they get it now? If it has changed, how is it different?

<sup>16</sup> <https://www.native-english.ru/topics/mass-media-in-our-life>



5. How much do you trust your news sources? What steps if any do you take to make sure you are getting a true and full picture of current events?

**Exercise 2. Match the vocabulary to the definitions. Part A**

- |                      |   |
|----------------------|---|
| 1. assassination (n) | a. an organised murder of someone in a powerful position, usually for political reasons |
| 2. undermine (v)     | b. information that people are discussing which is not supported by evidence            |
| 3. chaotic (adj.)    | c. not acceptable or very rude  |
| 4. accusation (n)    | d. to carefully choose or collect a number of things                                    |
| 5. refute (v)        | e. to make something weaker or less effective   |
| 6. rumor (n)         | f. to say that something is incorrect or not true                                       |
| 7. outrageous (adj.) | g. when someone says they believe a person acted wrongly or illegally                   |
| 8. curate (v)        | h. with no organisation at all  |

17

**Part B: Now complete the following sentences with a form of the word in brackets.**

1. At the time of his arrest, he was working as an \_\_\_\_\_ and had been involved in a number of high-profile murders. (assassination)
2. Three men were killed when the roof of the \_\_\_\_\_ collapsed, leading to rescue workers working through the night deep underground. (undermine)
3. The entire company has been without Wi-Fi for two days, so it's been absolute \_\_\_\_\_ (chaotic)
4. She didn't directly say I'd done anything wrong, but her tone was very \_\_\_\_\_. (accusation)
5. He was sentenced to ten years in prison after the prosecution presented \_\_\_\_\_ evidence of his guilt. (refute)

17

<https://text.ru/rd/aHR0cHM6Ly9xdWI6bGV0LmNvbS9jYS82MjUyMjY4MjIvaG93LXRvLWNoY29zZS15b3VyLW5ld3Mtdm9jYWJ1bGFyeS1paS1tYXRjaC10aGUtdm9jYWJ1bGFyeS10by10aGUtZGVmaW5pdGlbnMtZmxhc2gtY2FyZHMv>

6. His children loved him and said he was a good father, despite his \_\_\_\_\_ affairs with various women throughout his life. (rumour)

7. Pedro was working as a \_\_\_\_\_ at the Natural History Museum when I met him. He'd always had a deep fascination with the past. (curate)



**Exercise 3. Read the following sentences and, in pairs, discuss what you think the vocabulary in bold means. Write down your answers.**

The newspaper published a report suggesting that the government was involved in a number of **covert wars** in Africa and the Middle East.

1.

The journalist was advised not to write a story which went against the **official narrative** of events.

2.

The only way to get the news while I was growing up was from **mainstream sources**.

3.

If we're writing a news article about Latin America, we're often forced to use **middlemen** as we don't have an office in that part of the world.

4.

I was present at the demonstrations, so it was interesting to read the **polished versions** of events afterwards.

5.

While we take great care with our material, it's virtually impossible to completely remove all **media bias**.

6.

I started this blog as a way to provide an alternative to the traditional **media gatekeepers**.

7.

We did as much preparation for it as possible, but at some point, you have to **take the plunge**.

**Homework. Now write a report of about 250 words which gives:**

- a brief summary of what the story was about
- what the different sources said about the story
- examples of how the different sources used language to report the story and what effect this had on the story

## LESSON 12. Famous people of Uzbekistan

## *The Great People*

Uzbekistan is a unique country and its history goes back more than one thousand years. Everybody knows that people make history, people who truly love their country and culture. For many centuries, great heroes, commanders, scientists, philosophers and poets had appeared on this land, creating the history of our region, glorifying it for the whole world. The great Tamerlane, Mirzo Ulughbek, Zakhiriddin Mirzo Bobur, Alisher Navoi, Abu Ali Ibn Sina (Avicenna), Abu Rayhan Beruni, Al-Khorezmi, Al-Farabi - we can be justly proud of our great ancestors who made a great contribution to the development of the state, science and culture of Uzbekistan. It would be hard to allude to Uzbekistan without thinking of the major figure, for the history of the country, the famous, Tamerlan, also known as Amir Timur. This conquering warrior from the 14th century built an empire based on terror and made Samarkand a capital of all arts, globally admired.<sup>18</sup>

### **Exercise 1. Answer the following questions:**

1. Where is the Uzbekistan situated?
2. Who are the most famous people in Uzbekistan?
3. Who was the major figure in the history of Uzbekistan?
4. What are the ancient cities in Central Asia?

### **Exercise 2. Find the definition of the following words:**

*Conquere* \_\_\_\_\_

*Globally admired* \_\_\_\_\_

*Proud of* \_\_\_\_\_

*Famous figure* \_\_\_\_\_

*great heroes* \_\_\_\_\_

*philosopher* \_\_\_\_\_

*ancestors* \_\_\_\_\_

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<sup>18</sup> <https://uzbekistan.travel/en/c/great-people/>

warrior \_\_\_\_\_

contribution \_\_\_\_\_

**Exercise 3. Fill the gaps with the appropriate words from the text.**

1. \_\_\_\_\_ is a unique country

2. For \_\_\_\_\_ many

\_\_\_\_\_ and poets had appeared on this land, creating the history of our region, glorifying it for the whole world.

3. \_\_\_\_\_ we can be justly proud of our great ancestors who made a great contribution to the development of the state.

4. It would be hard to \_\_\_\_\_ to Uzbekistan without thinking of the major figure, for the history of the country.

**Homework. Choose one of the great people of Uzbekistan and write about his/her life and contribution.**



## LESSON 13. LAW AND CRIME

Crime-fighting technology is getting more sophisticated and rightly so. The police need to be equipped for the 21st century. In Britain we've already got the world's biggest DNA database. By next year, the state will have access to the genetic data of 4.25m people: one British-based person in 14. Hundreds of thousands of those on the database will never have been charged with a crime. Britain is also reported to have more than four million CCTV (closed circuit television) cameras. There is a continuing debate about the effectiveness of CCTV. Some evidence suggests that it is helpful in reducing shoplifting and car crime. It has also been used to successfully identify terrorists and murderers. However, many claim that better lighting is just as effective to prevent crime, and that cameras could displace crime. Internal police report said that only one crime was solved for every 1,000 cameras in London in 2007. In short, there is conflicting evidence about the effectiveness of cameras, so it is likely that the debate will continue.<sup>19</sup>

**Exercise 1. In pairs, discuss which crimes are serious and which are petty:**

*arson      bribery      burglary      drug dealing      drug possession*  
*drunk driving      fraud      hacking      kidnapping      manslaughter*  
*murder      pickpocketing      robbery      shoplifting      terrorism*

**Serious crimes:** \_\_\_\_\_  
\_\_\_\_\_

**Petty crimes:** \_\_\_\_\_  
\_\_\_\_\_

**Exercise 2. Look at the following table. Complete the sentences below with appropriate words from the table in their correct form.**

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<sup>19</sup> <https://ieltssetc.com/2018/09/ielts-gtreading-crime-fighting-tools/>

Crime	Criminal	What does she/he do?
burglary	a burglar	burgles houses
pickpocketing	a pickpocket	pickpockets people
arson	an arsonist	sets buildings on fire
robbery	a robber	robs people or places
mugging	a mugger	mugs people
blackmail	a blackmailer	blackmails people
kidnapping	a kidnapper	kidnaps people
perjury	a perjurer	lies in court
fraud	a fraudster	deceives people
smuggling	a smuggler	smuggles illegal goods

1. Dan was caught trying to \_\_\_\_\_ cocaine into the country. He is currently serving a 5-year prison sentence.
2. This town is getting really dangerous. Yesterday, I was \_\_\_\_\_ in broad daylight. The attacker had a knife and took all my money.
3. The police are looking for the person responsible for burning down the church. They are confident they will catch the \_\_\_\_\_.
4. Hold on to your wallet. There are a lot of \_\_\_\_\_ on the train.
5. Joe was on his way to work. The \_\_\_\_\_ contacted his wife and demanded a ransom of \$1 million.
6. James was found guilty of \_\_\_\_\_. It was obvious that he was lying under oath.
7. A \_\_\_\_\_ broke into my flat while I was at work and stole my entire music collection.
8. Do not try to hide your true income from the government. Tax \_\_\_\_\_ is a very serious crime.

9. Sandra is trying to\_\_\_\_\_ Tom. She says he has to pay her \$1000 or she will tell his wife about his affair.

**<sup>20</sup> Exercise 3. In pairs, match the following people with their typical functions and activities in a court of law:**

- |                     |  |
|---------------------|--|
| 1. a defense lawyer | a. argues that someone is guilty of committing a crime   |
| 2. a defendant      | b. gives testimony to the court  |
| 3. a prosecutor     | c. listens to arguments, hears evidence, deals with crimes that are not serious                                |
| 4. a judge          | d. listens to arguments, hears evidence, sentences a guilty person   |
| 5. a magistrate     | e. listen to the facts/arguments, reach a verdict, convict /acquit someone who is charged with a serious crime |
| 6. a witness        | f. pleads guilty/not guilty, gives testimony   |
| 7. the jury         | g. represents someone accused of a crime, argues that someone is not guilty of committing a crime              |

Homework . Discuss any of the following questions:

1. Have you ever given testimony in a court of law?
2. Is crime a problem in your hometown or country? What are the reasons for this?
3. Do you think sentencing a criminal to prison is always an effective punishment?

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<sup>20</sup> <https://text.ru/rd/aHR0cHM6Ly9oaW5hdGl2ZS5jb20vcXVlc3Rpb25zLzE4MTA0MDQw>

## LESSON 14. HEALTHY EATING

Eating a healthy diet is not about strict limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health, and boosting your mood.



Healthy eating doesn't have to be overly complicated. If you feel overwhelmed by all the conflicting nutrition and diet advice out there, you're not alone. It seems that for every expert who tells you a certain food is good for you, you'll find another saying exactly the opposite. The truth is that while some specific foods or nutrients have been shown to have a beneficial effect on mood, it's your overall dietary pattern that is most important. The cornerstone of a healthy diet should be to replace processed food with real food whenever possible. Eating food that is as close as possible to the way nature made it can make a huge difference to the way you think, look, and feel. By using these simple tips, you can cut through the confusion and learn how to create—and stick to—a tasty, varied, and nutritious diet that is as good for your mind as it is for your body.<sup>21</sup>

### Exercise 1. Match the words on the left with their definitions on the right:

- |                    |  |
|--------------------|--|
| 1. longevity       | a. extremely fat                             |
| 2. premature       | b. happening too soon                        |
| 3. life expectancy | c. having more body weight than normal       |
| 4. overweight      | d. how long you are likely to live           |
| 5. obese           | e. living for a long time                    |
| 6. wellbeing       | f. rich                                      |
| 7. neighbourhood   | g. the area of a town or city where you live |

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<sup>21</sup> <https://www.helpguide.org/articles/healthy-eating/healthy-eating.htm>



8. wealthy

h. the state of feeling happy and healthy

**Exercise 2. Complete the average number of years that each of the following lifestyles and behaviours add to a person’s life expectancy according to the ‘research’ in the article, and write down the reasons given:**

a. Eating chocolate

1 year (antioxidants in dark chocolate)

b. Eating less meat

.....

c. Keeping active

.....

d. University education (men)

.....

e. Education (women)

.....

f. Golf

.....

g. Not smoking

.....

h. Marriage (men)

.....

i. Marriage (women)

.....

j. Living in the right neighborhood<sup>22</sup>

.....

**Exercise 3. Match the words on the left with their definitions on the right:**

1. stick to

a. a healthier lifestyle

2. adopt

b. a healthy diet

<sup>22</sup>

<https://text.ru/rd/aHR0cHM6Ly9wZGZjb2ZmZWUuY29tL2xvbmldml0eS1sZXNzb24tcGxhbi1wZGYtZnJlZS5odG1s>

- |         |             |
|---------|-------------|
| 3. quit | c. exercise |
| 4. be   | d. married  |
| 5. lose | e. positive |
| 6. take | f. smoking  |
| 7. get  | g. weight   |



**Exercise 4. What do you think of the research findings in the article? Is the life expectancy in your country high or low? What are the reasons for this? Is it good to live to a very old age?**

What do you think of the research findings in the article?

Is the life expectancy in your country high or low? What are the reasons for this?

Is it good to live to a very old age?

**Homework. Make a list of vocabularies related Healthy eating. Write their definition and make up sentences by using these words.**

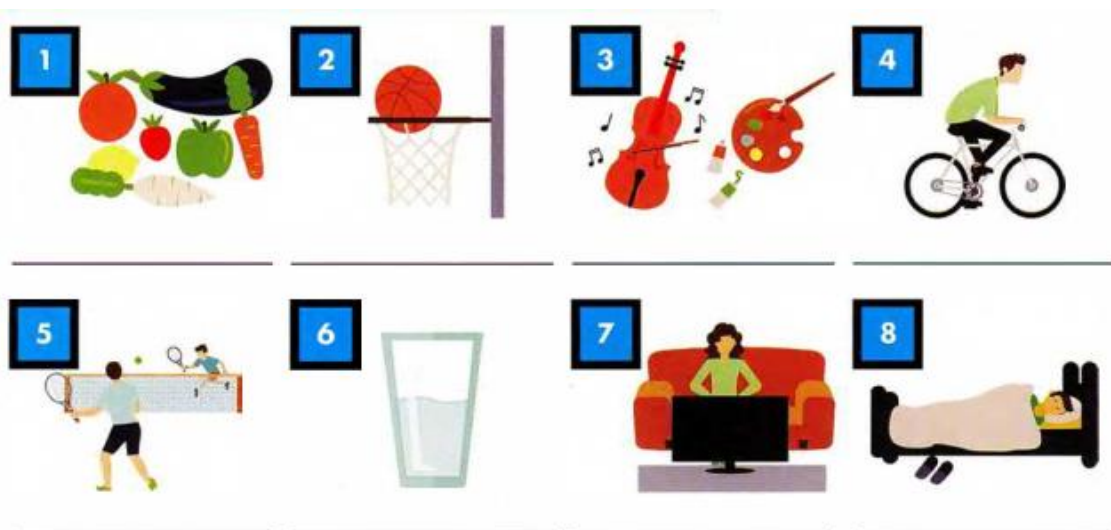
## LESSON 15. HEALTH AND FITNESS

Switching to a healthy diet doesn't have to be an all or nothing proposition. You don't have to be perfect, you don't have to completely eliminate foods you enjoy, and you don't have to change everything all at once—that usually only leads to cheating or giving up on your new eating plan.

A better approach is to make a few small changes at a time. Keeping your goals modest can help you achieve more in the long term without feeling deprived or overwhelmed by a major diet overhaul. Think of planning a healthy diet as a number of small, manageable steps—like adding a salad to your diet once a day. As your small changes become habit, you can continue to add more healthy choices.<sup>23</sup>

**Exercise 1. Match the activity words in the box with the pictures.**

play tennis   go cycling   watch TV   play basketball   drink water  
enjoy art and music   eat fruit and vegetables   get enough sleep



<sup>23</sup> <https://www.helpguide.org/articles/healthy-eating/healthy-eating.htm>

**Exercise 2. Read the statements using should and shouldn't/should not. Then, underline the correct option in sentences 1-3.**

Children **shouldn't** have sports lessons.

Children **should** have more lessons in their exam subjects, particularly science and maths.

Children **should not** attend painting and music lessons.

1 The writer thinks it is a **good/ bad** idea for children to have sports lessons.

2 The writer **wants/ doesn't** want children to have more lessons in their exam subjects.

3 The writer's advice for children is to **go/ not to go** to painting and music lessons.

**Exercise 3. Read the sentences and underline the correct answers**

1 You should/ shouldn't eat lots of fruits and vegetables. It is really good for your health.

2 Don't watch TV all day. You should/ shouldn't only watch around three hours a day.

3 We should/ shouldn't sit all day without doing some type of exercise.

4 I think we should I shouldn't all sleep between seven to 10 hours every night.

5 My friend should/ shouldn't spend all day on a computer and play more sport instead.<sup>24</sup>

**Exercise 4. Complete the texts using has to I have to I doesn't have to I don't have to.**

1 At school, there are some new rules. The most important one is that we \_\_\_\_\_ turn of four mobile phones before the lesson. However, unlike most schools, we wear school uniform every day. We can wear our own clothes. 2 At university,

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<sup>24</sup>

<https://text.ru/rd/aHR0cHM6Ly9pZG9jLnB1Yi9kb2N1bWVudHMvY2FtYnJpZGdlLWVuZ2xpc2gtbWluZHNldC1mb3ltaWVsdHMtZm91bmRhdGlubi1zdHVkZW50cy1ib29rcGRmLTE0M2dnNTk1Mjluag%3D%3D>

students can come to classes whatever time they want. They \_\_\_\_\_ come into class every morning. It is their choice. However, the university has a special rule about students who can't attend due to illness. If they are going to be late, they send an email to their teacher.



**Homework. Complete the dialogue using should I shouldn't/ should not.**

A I enjoy playing tennis but I want to improve. What 1 \_\_\_\_\_ I do?

B My advice is you 2 \_\_\_\_\_ practise as much as possible. How often do you play?

A Twice a week at the moment. Is that enough?

B No, I suggest you 3 \_\_\_\_\_ train more often. I don't think it's possible to improve if you don't play more.

A I know 1 4 \_\_\_\_\_ have rest days when I don't practise. Do you think I need to play every day then? Is it really necessary?

B Maybe not every day, but you 5 \_\_\_\_\_ just play twice a week - that's not enough. That's my advice. Also, it's a good idea to get help from someone who can teach you. I think you 6 \_\_\_\_\_ have tennis lessons.

**LESSON 16. WORK AND BUSINESS.**

Business is a very demanding profession that has broadened and popularized over the years. A business requires high skills of management, teamwork, patience, mental strength, and effectiveness of work. A person should be mentally prepared to accept the fall of a business at any point of time in their life since it is not always secure. But, if planned properly, with help from the expertise and patiently blossomed over the years, then a business has a greater rate of success.

A business generally works with the coordination of several activities. Accounting, financial management, manufacturing, marketing, research and development, safety, and sales management are the various components that need to be tended to while running a good business with the aim of success. Investors, creditors, and regulators play a pivotal role in the profit of a business. Generally, there are four main types of businesses, which include sole proprietorships, partnerships, limited liability companies (LLC), and corporations. Before initiating a business, the entrepreneurs should carefully consider which structure is best suited for their enterprise.<sup>25</sup>

**Exercise 1. Match the terms on the left with the definitions on the right:**

- |                              |  |
|------------------------------|--|
| 1. founder                   | a. a large company that does business in several different countries |
| 2. annual turnover           | b. a part of a company that is owned by a person or by other company |
| 3. shareholding              | c. a person who establishes an organisation                          |
| 4. subsidiary                | d. a smaller company that is owned by another bigger company         |
| 5. division                  | e. one of the sectors or groups in a business or organization        |
| 5. multinational corporation | f. the amount of business that a company does in one year            |

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<sup>25</sup> <https://www.aplustopper.com/business-essay/>

**Exercise 2. Complete the sentences from the recordings. Then, describe your job to your partner.**

I'm *responsible* for cash flow/credit control/managing projects..

I'm in \_\_\_\_\_ of developing the company's long-term strategy.

My \_\_\_\_\_ include recruiting new employees and organizing training for company staff.

It's also my \_\_\_\_\_ to improve the company's working conditions.

On the whole, I \_\_\_\_\_ my work.

What I like \_\_\_\_\_ about my work is the responsibility, the challenge and of course the salary.

I \_\_\_\_\_ my work very interesting.

One task I don't \_\_\_\_\_ like is chasing money from late payers.

The \_\_\_\_\_ I don't really like is the long hours.<sup>26</sup>

\_\_\_\_\_ I don't like so much is when I have to deal with a difficult employee.

**Exercise 3. Match the words and pictures showing different jobs.**

actor/actress  
police officer

doctor  
shop assistant

journalist  
student

nurse  
teacher



1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_



7. \_\_\_\_\_



8. \_\_\_\_\_

**Exercise 4. Change the sentences to questions and write short answers based on the information about Alice.**

Alice gets up at six.

1.....

I make coffee at work.

2.....

<sup>26</sup> <https://www.linguahouse.com/esl-lesson-plans/business-english/company-and-job>

Alice works for six hours.

3.....

Alice takes a shower after dinner.

4.....

I go to bed early.

5.....

Teachers work hard.

6.....

Alice works in the summer.

7.....

Teachers love children.

.....

**Homework. Complete the text. Use the correct form of one of the verbs in the box. Be careful with negatives and questions.**

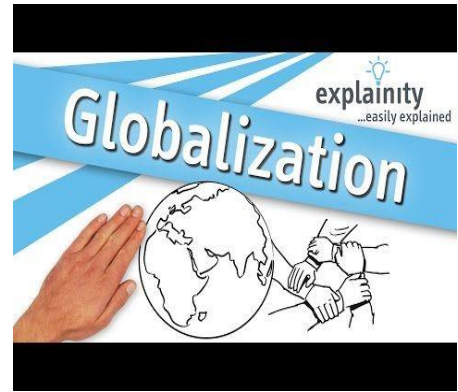
cook	finish	get	not get home	work	write
get up	go to bed	not have	leave	live	

Alan is from England but he \_\_\_\_\_<sup>1</sup> in Tokyo. "I'm a journalist for an English language magazine and I \_\_\_\_\_<sup>2</sup> about life in Japan." Every morning, he \_\_\_\_\_<sup>3</sup> early, and \_\_\_\_\_<sup>4</sup> home at 6:45. "I \_\_\_\_\_<sup>5</sup> breakfast there's no time. My home is very far from my office and I \_\_\_\_\_<sup>6</sup> to work two hours later." He \_\_\_\_\_<sup>7</sup> work at six. "My wife \_\_\_\_\_<sup>8</sup> before eight - she's a doctor. \_\_\_\_\_ she \_\_\_\_\_<sup>9</sup> hard? Oh yes!" They \_\_\_\_\_<sup>10</sup> dinner and \_\_\_\_\_<sup>11</sup> late - at 11 o'clock.



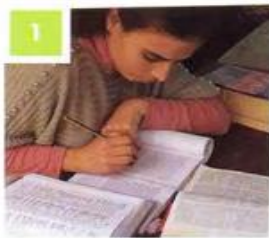
## LESSON 17. GLOBALIZATION

Globalization has become a familiar enough word, the meaning of which has been discussed by others before me during this conference. Let me nonetheless outline briefly what I understand by the term. I shall then go on to consider what has caused it. The bulk of my paper is devoted to discussing what we know, and what we do not know, about its consequences. I will conclude by considering what policy reactions seem to be called for. Moreover, globalization is much less of a reality in other fields than it is in the economic one. Culture still displays strong national, and even regional and local, variations. While English is clearly in the process of emerging to be a common world language, at least as a second language, minority languages are making something of a comeback, at least in developed countries.<sup>27</sup>



**Exercise 1. Look at the pictures. Match the ways of learning English in the box with the pictures**

study with a teacher in a classroom use a dictionary keep a vocabulary notebook read newspapers and magazines	talk to people whose first language is English listen to songs in English watch videos online write an email to a friend
--	---



<sup>27</sup> <https://www.piie.com/commentary/speeches-papers/globalization-concept-causes-and-consequences>

**Exercise 2. Read the sentences and underline the correct answers**

- 1 Can you phone me when you are free? I need to talk **for/to/by** you.
- 2 When you apply for a job, I think it is best to communicate **to/with/by** email first.
- 3 The weather is a popular topic to discuss **for/about/by** in the UK.
- 4 Your parents are really friendly. Whenever I visit your home, they always chat **about/with/for** me.
- 5 I know enough of the language to hold a conversation **with/for/to** someone.

**Exercise 3. Match the sentence halves.**

- 1 What is the main language that
  - 2 Do you prefer to communicate
  - 3 How often do you talk
  - 4 What do you usually chat
  - 5 Do you think reading newspapers
- A can help with language learning?  
B about with your friends?  
C you speak in your country?  
D to people on the internet?  
E by phone or by email?

**Exercise 4. Read the sentences and decide whether they are correct./ or incorrect X. Correct the mistakes**

- 1 When I am 18, I going to study in the UK.
- 2 Are you going to come shopping with me later?
- 3 I'm not going to order any food at the restaurant - I'm not hungry.
- 4 She is going buy a new smartphone at the weekend.
- 5 You are going to tell your parents that you got bad results on your science exam?
- 6 Where are you going to watch the football match, at home or at your uncle's house?

**Homework. Describe a language that you are studying, other than your first language**

## LESSON 18. WEATHER AND ENVIRONMENT.

Our planet Earth is only a tiny part of the universe, but nowadays it's the only place where we can live. People have lived on our planet for many years. They lived and live on different continents, in different countries. People depend on their planet, the sun, animals and plants around them. Environment is everything in the world around us that surround and affects all life on earth, including the air, food, water, plants, animals and other.



Environment is the place where we live. Since ancient time nature has served man, being the source of his life. For thousands of years people lived in harmony with environment and it seemed to them that natural riches were unlimited. But man's interference in nature began to increase with the development of civilization. Our ecology becomes worse and worse with every new day. Many species of animals and birds are disappearing nowadays. People destruct wildlife, cut down trees to make furniture. They forget that people can't live without trees and plants, because they fill air with oxygen.<sup>28</sup>

**Exercise 1. The following words refer to the natural world. Use the words to label the pictures above.**



1 .....



2 .....



3 .....



4 .....

**Bay**

**valley**

**cliff**

**waterfall**

<sup>28</sup> <https://www.native-english.ru/topics/environment>

**Exercise 2. These words sometimes refer to similar things, but they are not interchangeable. In the sentences below, there is only one correct choice. Complete the sentences with the words in the box.**

**soil                                  sand                                  land                                  ground**

- 1 The house we are buying comes with a lot of.....
- 2 Children love playing in the .....
- 3 There were no chairs in the hall so we all sat on the .....
- 4 I have bought a big bag of..... so I can do some planting in the garden later.

**Exercise 3. Find the meaning of the following words**

**pioneering      Lyme                  Regis                  fossils                  siblings                  ichthyosaur  
plesiosaur      pterodactyl      Tray                  landslide paleontologist                  canine  
remote**

**Exercise 4. In the opposite text, underline the words that refer to types of messages. Don't use a dictionary. Then find words that mean:**

- 1 ..... : unwanted emails sent to a large number of people, as a way of advertising
- 2 ..... : the practice of a company paying for its product to be placed in a clear position in a film or television programme as a form of advertising
- 3 .....: very large signs on which posters are displayed
- 4 .....: a small printed notice, usually distributed by hand, which is used to advertise a particular company, service or event
- 5 .....: pieces of wood that have been painted with pictures or words and which give some information about a particular place, product or event
- 6 .....: a person who acquires goods and services for his or her own personal needs
- 7 .....: a small window containing an advertisement that appears on a computer screen

**Homework. Write short story about your surrounding environment.**

## LESSON 19. DISCOVERIES

### Television (1920s)

The invention that swept the world and changed leisure habits for countless millions was pioneered by Scottish-born electrical engineer John Logie Baird. It had been realised for some time that light could be converted into electrical impulses, making it possible to transmit such impulses over a distance and then reconvert them into light.

### Motor Car (late 19th Century)

With television, the car is probably the most widely used and most useful of all leisure-inspired inventions. German engineer Karl Benz produced the first petrol driven car in 1885 and the British motor industry started in 1896. Henry Ford was the first to use assembly line production for his Model T car in 1908. Like them or hate them, cars have given people great freedom of travel.

### Electricity

The name came from the Greek word for amber and was coined by Elizabeth I's physician William Gilbert who was among those who noticed that amber had the power to attract light objects after being rubbed. In the 19th century such great names as Michael Faraday, Humphry Davy, Alessandro Volta and Andre Marie Ampere all did vital work on electricity.<sup>29</sup>

### Exercise 1. Match the words on the left to the definitions on the right

- |                |   |
|----------------|---|
| 1. a battle    | a. a fight between soldiers                                 |
| 2. invent      | b. a machine that uses energy to move something, e.g. a car |
| 3. a tyre      | c. a person who travels to places to find out what is there |
| 4. reach       | d. a rubber ring that goes on the outside of a wheel        |
| 5. an engine   | e. a unit used in the UK and US equal to 1.6km              |
| 6. an explorer | f. to arrive at a place                                     |
| 7. a mile      | g. to create something that wasn't made before              |

### Exercise 2. Read the transcript on page 'i' and put 'T' (True) or 'F' (False) next to each of the statements below.

1. The first man to start making paper was from China.
2. The first man to swim the English Channel did it in just over a day.

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<sup>29</sup> <https://www.native-english.ru/topics/great-inventions>

3. The first flight of a plane with an engine lasted twenty seconds.
4. The first person to get to the South Pole was from Scandinavia.
5. Tyres filled with air were first used on bikes after 1900.
6. There was a woman prime minister in the UK before this century.

**Exercise 3. Match the events below to the correct years. Then listen to the audio to confirm or correct your answers.**

- |   |           |
|---|-----------|
| 1. The first marathon:                                | a. 105 AD |
| 2. A man made paper for the first time:               | b. 1887   |
| 3. A tyre with air in it was used for the first time: | c. 1903   |
| 4. The first flight of a plane with an engine:        | d. 1932   |
| 5. The first woman to fly alone across the Atlantic:  | e. 1961   |
| 6. The first man to go into space:                    | f. 1969   |
| 7. The first man on the moon:                         | g. 490 BC |

**Exercise 4. The preposition ‘in’ can be used in many time expressions. Complete the phrases with the correct words below.**

a time          less          more          over          ten minutes          under

1. In 2009, Usain Bolt ran the 100m in\_\_\_\_\_ of 9.58s. This is still the world record.
2. It’s too late to get a coffee now. The train is going to arrive in\_\_\_\_ than a minute.
3. It’s 2.55pm now. We need to be at the airport at 4pm, in just\_\_\_\_\_ an hour.
4. Do you think you can finish your homework in\_\_\_\_\_ ? We have to leave soon.
5. I haven’t seen Alan in\_\_\_\_\_ than ten years! It’ll be nice to meet up.
6. You need to finish the race in \_\_\_\_\_40 minutes to win.

**Homework. Complete the sentences so that they are true for you**

**Example: I went on holiday for the first time when I was 8. I went to France with my family.**

1. I flew for the first time . . . . .
2. I cooked for the first time . . . . .
3. I went to a wedding for the first time . . . . .
4. I used a credit card for the first time . . . . .
5. I rode a bike for the first time . . . . .
6. I got a job for the first time . . . . .

## LESSON 20. BRITISH AND AMERICAN ENGLISH



It is not easy to compare the artistic styles and periods of different countries, especially as they may use different words to refer to the same features, and perhaps occasionally also use the same words with a slightly different meaning. Moreover, particular styles and periods overlap.

An example of this is the 'Victorian' period in Britain, which has a style that is often described as romantic. First of all, the name of this period links it immediately with British royal history, which potentially creates confusion to non-British people who may not be aware that the reign of Queen Victoria relates to approximately the second half of the 19th century. Secondly, despite the fact that Queen Victoria died in 1901 the style itself continued into the 20th century. And last but not least, it can be argued that there are distinctly different styles which can all be referred to as Victorian, e.g. the use of flower motifs and pastel colours.

The period after the Victorian era is referred to as Edwardian, after Edward VII who reigned from 1901 to 1910, when he died. Nobody is sure whether 1910 is the correct end point for the period, with some people suggesting it should be 1912, when the Titanic sank, the start of World War I (1914), its end (1918), or the signing of the post-war peace treaty of Versailles (1919). Elsewhere in Europe, the Art Nouveau era ended around the same time, and unsurprisingly, Art Nouveau is also used to describe the style which was common in Britain at that time. Floral motifs were very common ... now where have I heard about that before?<sup>30</sup>

**Exercise 1. Quiz: Match these names of buildings in London with their descriptions.**

1 City Hall

2 The Old Bailey

3 The Gherkin

4 The Palace of Westminster

---

30

<http://resources.collins.co.uk/Wesbite%20images/GRFI/Get%20Ready%20for%20IELTS%20SB%20Unit%203.pdf>

- a This building is also known as London's Central Criminal Court or Justice Hall, and was named after the road it was on.
- b This is the building where the two houses of Parliament of the United Kingdom, the House of Lords and the House of Commons, are based.
- c This building is home to the Mayor of London, and the regional administrative authority, consisting of over 600 members of staff. It is located near the River Thames, where it contrasts strongly with more traditional looking buildings.
- d This is an office building, based at 30 St Mary Axe. It got its name because it is shaped like a vegetable

**Exercise 2. Write down the names of the buildings under the each picture**



1 .....



2 .....



3 .....



4 .....

**Exercise 3. Complete the text below. You can look at the words in the box**

butter cup customs tearoom jam kettle milk salmon sandwiches teapot

In England, 'Put the (1).....on' is a phrase heard often, as people enjoy stopping for a (2).....of tea and perhaps a biscuit. This daily ritual becomes much more formal in a (3).....or hotel setting. If you go out for cream tea, you may get loose tea, brewed in a (4)..... and served at your table. This is accompanied by scones with cream and (5).....There are different regional (6)..... about how cream tea is served. In Devon, they tend to put the cream on the scone first, with strawberry jam on top, whereas in Cornwall they spread (7).....on the scone first and put the jam on before the cream. A traditional afternoon tea would also be accompanied with delicate (8)..... , such as cucumber, egg, ham and smoked (9)..... , as well as cakes. However you choose to accompany it, remember that in England, ordinary tea is always drunk with (10).....



**Homework. Choose one of the sightseeing site in Britain , then write short description about it.**

## List of literature

<https://www.shareyouressays.com/knowledge/accommodation-as-basic-component-of-tourism-essay/105828>

<https://uzbekistan.travel/en/c/great-people/>

<https://ieltsetc.com/2018/09/ielts-gtreading-crime-fighting-tools/>

<https://www.helpguide.org/articles/healthy-eating/healthy-eating.htm>

<https://www.helpguide.org/articles/healthy-eating/healthy-eating.htm>

<https://www.aplustopper.com/business-essay/>

<sup>1</sup> <https://www.linguahouse.com/esl-lesson-plans/business-english/company-and-job>

<https://www.piie.com/commentary/speeches-papers/globalization-concept-causes-and-consequences>

<https://www.native-english.ru/topics/environment>

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<http://resources.collins.co.uk/Wesbite%20images/GRF1/Get%20Ready%20for%20IELTS%20SB%20Unit%203.pdf>

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<https://test-english.com/explanation/b2/verb-object-infinitive-gerund-verb-patterns/>

<https://rd/aHR0cHM6Ly9sZWt0c2lpLm9yZy8xMS00Njc5NC5odG1s>

<https://extension.uga.edu/publications/detail.html?number=C1042&title=time-management-10-strategies-for-better-time-management>