



APADANA

IELTS Jmbrella

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UNIT 4 VOCABULARY

➤ Exercise 1

Match the activities with the pictures.

A beach holiday	a city break	a family holiday	a language exchange	an
		adventure holiday		

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 by the sea 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 family in Italy.
5. I went on _____ with my parents and we camped by a lake.

➤ Exercise 2

Complete the sentences with the holiday activities in the box.

go horse riding	go mountain climbing	go on a beach holiday	go on a cultural trip
go on a cycling tour	go on day trips	go shopping	stay with a host family
	visit local attractions	visit water parks	

18. We often _____ in the airport where you can buy things cheaper.
19. When I visit my aunt on her farm, we often _____ in the countryside. I love animals.
20. You can _____ like an old castle in my town.
21. Families like to _____ when the weather is hot so they can cool down.
22. From the city, you can _____ by coach to the countryside.
23. It is often cheaper to _____ in their own home than in a hotel.
24. If you are fit, a good way to see more of a country is to _____.
25. You shouldn't _____ alone as it can be a dangerous sport.
26. When you _____ to a city, you have the chance to see museums and art galleries.
27. If you _____, you can enjoy being by the sea and doing sports, like surfing and waterskiing.

UNIT 4 GRAMMAR

➤ Exercise 1

Match the sentence halves.

Twice a week. wasn't very nice. At sailing? stay with a host family? but I enjoy hiking and horse riding.	
1. I go to French lessons	
2. The weather in Stockholm	
3. I'm not good at sport	
4. Did you decide to	
5. Are you good	

➤ Exercise 2

Choose the best words for the gaps. The first question has been done for you.

1. I didn't go on the language exchange because my language level wasn't high enough.
2. As/So we enjoy kayaking, we decided to go on an adventure holiday this year.
3. The host family spoke English really well because/so I wasn't worried that we wouldn't be able to communicate.
4. We prefer city breaks because/so we find laying on a beach for a week really boring.
5. As/So my parents enjoy trying traditional food, they went on a food tour.

UNIT 4 LISTENING

➤ Exercise 1

Listen to Cristina talking about her holiday. Choose the correct answers.

I like all kinds of holidays. Usually, I go on long beach holidays with my friends, and two years ago we went on an adventure holiday. Another time we went on a sailing holiday. But last year we had less time, so we decided to go on a short city break. It was more expensive than a beach holiday, but we had a wonderful time.

We went to Paris. We couldn't afford a hotel so we thought about staying with a host family, but then we decided to stay in a small guesthouse. It was very comfortable, but it was a long way from the city centre. We chose it because it was cheap. And the public transport in Paris is good, so we moved around very easily.

On the first day we went to the centre and visited the Louvre museum. We waited for over an hour to buy tickets and there were lots of people, but we really enjoyed looking at all the famous paintings. We wanted to visit the Pompidou Centre too, but we didn't have time because there's so much to see in the Louvre. In the evening, we thought about going to the Eiffel Tower, but we were too tired! So we went there – and to the Pompidou Centre – on the second day. And in the evening we went to a typical restaurant as we wanted to try some traditional French food. It wasn't very expensive and I liked the food. It was delicious! And the service was very good too.

On the final day, we went on a day trip to visit the Palace of Versailles, near Paris. We thought about hiring a car, but as it was too expensive, we went by train. It was quicker than the bus. The palace is very famous and it's quite beautiful. There are wonderful gardens where we walked and relaxed in the sunshine and rode bicycles around the fountains.

Our holiday was a very short, city break so on the fourth day we travelled home. For me, this was a very different holiday, but it was one of the best holidays I've had because I visited so many famous places for the first time. Paris is an expensive city, and like most big cities it isn't very clean, but it is a great place for a city break.



play.mp3

1. Cristina usually goes on








- adventure holidays.
- beach holidays.
- sailing holidays.




2. Cristina and her friends stayed
 - in a guesthouse.
 - in a hotel.
 - with a family.
3. On the first day, Cristina and her friends visited
 - the Eiffel Tower.
 - the Louvre museum.
 - the Pompidou Centre.
4. Cristina says that the food in the restaurant was
 - delicious.
 - not very good.
 - very expensive.
5. Cristina and her friends went to the Palace of Versailles
 - by bus.
 - by car .
 - by train.
6. Cristina
 - didn't enjoy her holiday.
 - enjoyed her holiday.
 - wasn't sure if she enjoyed her holiday.
7. Cristina thinks that Paris is
 - expensive.
 - great.
 - very clean.

➤ **Exercise 2**

Read the information. Then listen to the past simple verbs with an *-ed* ending in the box. Put the verbs in the correct columns.

The *-ed* ending of verbs in the past simple can be pronounced /Id/ or /t/ or /d/.

 1.mp3	 2.mp3	 3.mp3	 4.mp3	 5.mp3	 6.mp3	 7.mp3
--	--	--	--	---	--	--

/Id/  1.mp3	/t/  2.mp3	/d/  3.mp3

UNIT 4 SPEAKING

➤ Exercise 1

Put the words in the correct order to make sentences. Practise saying the sentences.

A stayed family host we with

1. _____

Day trips on I went

2. _____

Parks water visited they

3. _____

Attractions local I saw

4. _____

Tour cycling a on we went

5. _____

Train they by travelled

6. _____

On visits went cultural they

7. _____

We museums visited and galleries

8. _____

➤ Exercise 2

Choose the correct words to complete the sentences.

1. I like to go on wildlife holidays because I prefer to see animals in their delicious/fun/natural environment.
2. I'm an architect, so when I travel, I like to visit easy/famous/long buildings like the Burj Al Arab in Dubai.
3. I don't like beach holidays so going to a beach resort is very boring/interesting/short for me.
4. I love travelling to China because the food is cultural/delicious/quick.
5. I enjoy going to museums, so I often go on cultural/delicious/difficult visits.
6. When I'm on holiday, I like shopping and visiting boring/difficult/local markets.
7. I love eating, so when I go on holiday to another country, I think it's famous/fun/popular to try traditional food.
8. I think France is great. It's a very local/natural/popular country to visit. It has over 50 million visitors a year.

➤ Exercise 3

Describe a holiday you really liked. Look at the ideas below. Spend a few minutes thinking about what to say.

Record your answer. Play to hear your answer.

Talk about:

- where you went
- what you did on the trip
- why you went
- why you liked it.

UNIT 4 READING

➤ Exercise 1

Read the information about a museum. Then complete the exercise .

At the Nature Museum, you can find out about many different animals, from dinosaurs to dolphins. The animals in the museum are not only to look at. Visitors are welcome to play with them, learn how they eat, and of course, take lots of photos. From May until September, on the second floor, visitors can learn about how dinosaurs lived in the past, play with our friendly model dinosaur, and even make their own dinosaur.

Visitors can take a group tour of the museum, or explore the museum on their own with our new mobile phone app. If you get tired, you can visit our café on the third floor for hot drinks, sandwiches and cakes. There is also a shop on the ground floor, where you can buy presents for your friends and family.

The museum is open from 9:00 a.m. until 5:00 p.m. from Monday to Friday, and 10:00 a.m. until 4:00 p.m. at the weekend. Tickets cost £6.00 for adults and £3.00 for children. A family ticket for two adults and two children costs £12.00. The museum is free on the first Saturday of every month.

Complete the sentences with one word or a number from the text. Read the information on the first screen again to help you.

1. Visitors to the Nature Museum are welcome to take _____ .
2. From May until September, there is a model of a _____ that visitors can play with.
3. Visitors can take a tour of the museum in a _____ or on their own.
4. The café is on the _____ floor of the museum.
5. The museum closes at _____ at the weekends.
6. A family ticket to the museum costs £ _____ .

➤ Exercise 2

Read the text about a famous building. Complete the gaps with the correct verbs.

The Burj Khalifa is a modern skyscraper in Dubai, United Arab Emirates. It is make/take of metal and glass and it is over 800 metres high. Many people from all over the world travel/visit the Burj Khalifa every day. Visitors can take a lift to the 148th floor and look out of the windows at the city. Inside the Burj Khalifa, visitors can eat in the highest restaurant in the world, which serves fantastic food. Visitors can also look at and enjoy paintings by famous artists from the Middle East. They can even leave/stay there for the night, in the world's highest luxury hotel. The Burj Khalifa is not only for tourists as many people live in the building, in luxury apartments or visit/work in one of the many offices inside the building. It is also a good place to celebrate special occasions. For example, on New Year's Eve, many people go to the Burj Khalifa to see the famous fireworks at midnight.

The Burj Khalifa is an important tourist place in Dubai, because it is the highest building in the world. It is also the most popular place to visit in the United Arab Emirates. Many people from all over the world want to go to the top of the world's highest building and put/take their photos on the internet. Many people see/watch the photos and then want to visit Dubai. If you like/want to visit Dubai, you should definitely go/see to the Burj Khalifa.

➤ **Exercise 3**

Read the postcard from Tom to his friend Adam. Choose True or False.

Dear Adam,

Hello from Coconut Island! I am having a brilliant time relaxing on the beach with my aunt and uncle and my brother. It's a shame that my parents aren't here – they had to stay at home and work. The beach has beautiful white sand, palm trees and clear blue water. I went swimming this morning, and the water was lovely. It wasn't too cold. There are a lot of different activities to do on the beach. Yesterday morning me and my brother tried surfing. He was much better than me, but I still enjoyed it. My favourite activity was the boat trip yesterday afternoon. We saw dolphins and a lot of colourful fish. Yesterday evening, we had dinner in a restaurant next to the beach and ate fish. I usually don't like fish, but the food at the restaurant was delicious!

See you next week.

Best wishes,

Tom

1. Tom is on holiday with his parents.
 - **True**
 - **False**
2. The water was very cold when Tom went swimming.
 - **True**
 - **False**
3. Tom did some activities on the beach yesterday.
 - **True**
 - **False**

4. Tom's brother was good at surfing.

- **True**
- **False**

5. Tom's favourite activity was surfing.

- **True**
- **False**

6. Tom didn't like the fish at the restaurant.

- **True**
- **False**

➤ **Exercise 4**

Read the text about the Burj Khalifa. Then complete the exercise.

A The Burj Khalifa is a modern skyscraper in Dubai, United Arab Emirates. It is made of metal and glass and it is over 800 metres high. Many people from all over the world visit the Burj Khalifa every day. Visitors can take a lift to the 148th floor and look out of the windows at the city. Inside the Burj Khalifa, visitors can eat in the highest restaurant in the world, which serves fantastic food. Visitors can also look at and enjoy paintings by famous artists from the Middle East. They can even stay there for the night, in the world's highest luxury hotel. The Burj Khalifa is not only for tourists as many people live in the building, in luxury apartments or work in one of the many offices inside the building. It is also a good place to celebrate special occasions. For example, on New Year's Eve, many people go to the Burj Khalifa to see the famous fireworks at midnight.

B The Burj Khalifa is an important tourist place in Dubai, because it is the highest building in the world. It is also the most popular place to visit in the United Arab Emirates. Many people from all over the world want to go to the top of the world's highest building and put their photos on the internet. Many people see the photos and then want to visit Dubai. The Burj Khalifa is popular with people of all ages. Young people, families and older people will all enjoy visiting this amazing building. If you want to visit Dubai, you should definitely go to the Burj Khalifa.

Match the information with paragraph A or B. Read the text about the Burj Khalifa on the first screen again to help you.

9. Where to eat.

- ☐ A
- ☐ B

10. Why the building is important.

- ☐ A
- ☐ B

11. People of different ages like visiting the building.

- ☐ A
- ☐ B

12. A place to stay.

- ☐ A
- ☐ B

13. How some people find out about the building.

- ☐ A
- ☐ B

14. A description of the building.

- ☐ A
- ☐ B

UNIT 4 WRITING

➤ Exercise 1

Complete the sentences with the correct words.

1. Most people like to relax in/on/to the beach.
2. You can swim at/in/on the sea every day – it is not too cold.
3. You cannot take photos in/on/to this museum.
4. You can eat in/on/to a restaurant every night.
5. People can take pictures at/in/to the top of a tall building.
6. We went in/on/to an amazing boat trip.
7. The gardens look really beautiful at/in/on the summer.
8. The building is made in/of/to wood.

➤ Exercise 2

Match the sentence halves.

visit the museum every year.	the gardens are open until late.
a thousand years old.	ten floors and 100 rooms.
city centre.	in the museum café.
glass and metal.	most popular place for tourists.
1. The castle is over	
2. The hotel has	
3. Over a million people	
4. In summer	
5. The fun park is close to the	
6. The building is made of	
7. People can have lunch	
8. The Royal Palace is the	

➤ **Exercise 3**

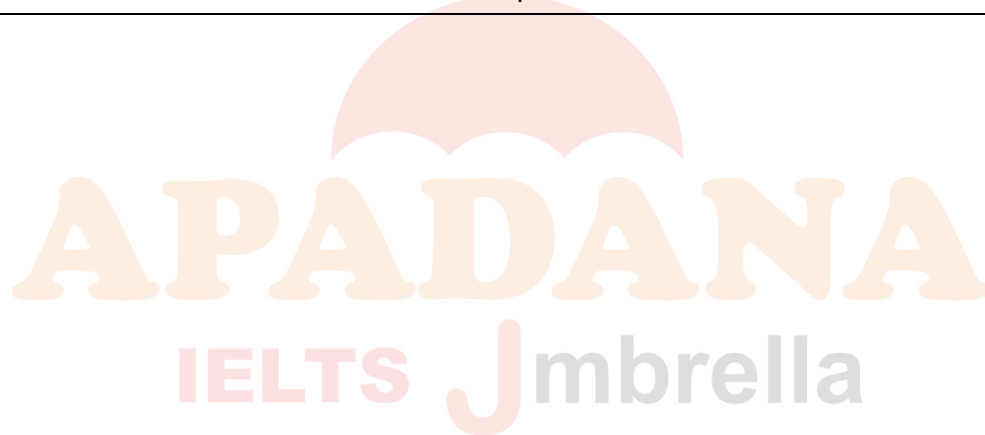
Write a description of an important place for tourists in your country. Use the notes to help you.

Notes

- 1 Say what type of place it is.
- 2 Say where it is.
- 3 Say what people can do there.
- 4 Say why it is important.

Please add text into the Student post.

Student post:



UNIT 5 VOCABULARY

➤ Exercise 1

Complete the table using the words in the box.

Lettuce duck salmon spaghetti beef carrot garlic cauliflower lobster			
Vegetables	Seafood/fish	Meat	Carbohydrates

➤ Exercise 2

Match the ways of preparing and cooking food with the definitions.

to cook something in hot oil or fat	to cut something into small pieces
to put two or more ingredients together to make one	to cook something such as bread
or a cake in the oven	to cook food in water

1.bake	
2.boil	
3.chop	
4.fry	
5.mix	

UNIT 5 GRAMMAR

➤ Exercise 1

Complete the chart below with the words in the box.

A	an	any	some
---	----	-----	------

1. Before singular countable nouns we use _____ before a consonant and _____ before a vowel.

I have _____ sandwich for lunch.

I had _____ apple for a snack today.

2. In positive sentences, with plural countable and uncountable nouns we use _____

There are _____ oranges in the cupboard.

I have got _____ juice in the fridge.

3. In questions and negative sentences with plural countable and uncountable nouns, we use _____

Are there _____ tomatoes?

There isn't _____ fish on the menu.

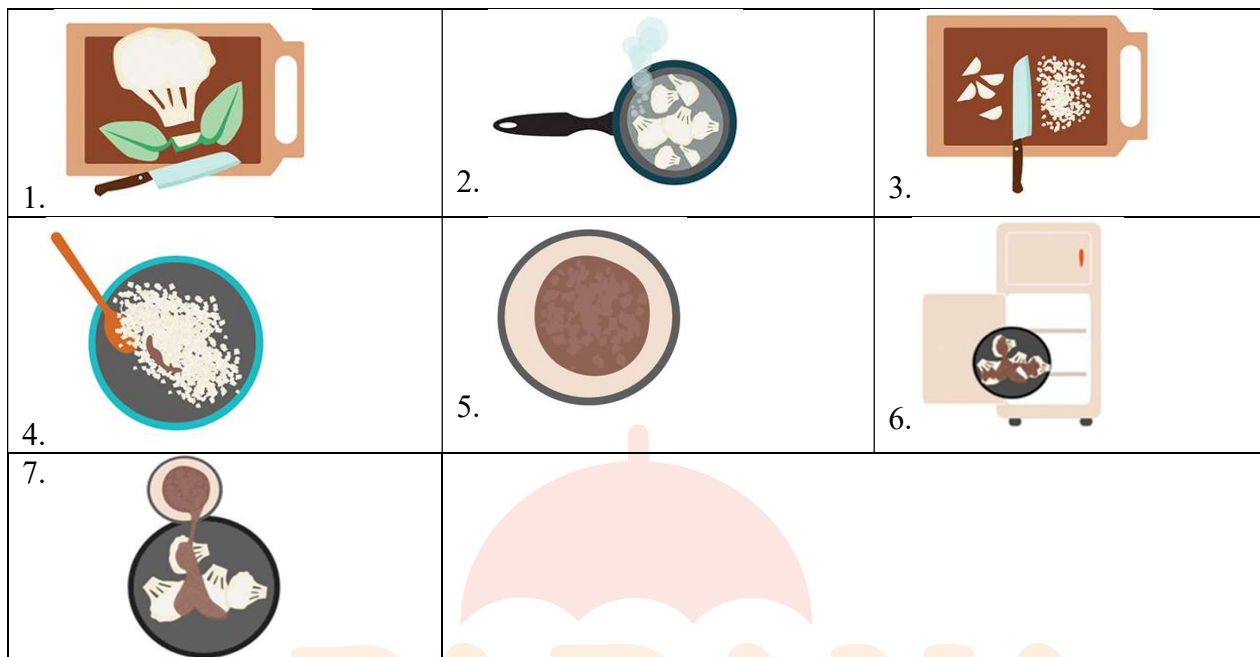
4. In offers and requests, we use _____

Can I have _____ water, please?

Would you like _____ biscuits?

➤ Exercise 2

Look at the pictures. Then read the instructions about making an Arabian cauliflower recipe. Put the sentences in the correct order.



Next, take the cauliflower and place it in boiling water.

First, take a large cauliflower and cut the leaves off so that you only have the white part.

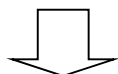
Add the mixture of paste, garlic and lemon juice to the cauliflower.

Next, add the garlic and some lemon juice to a special paste called tahini.

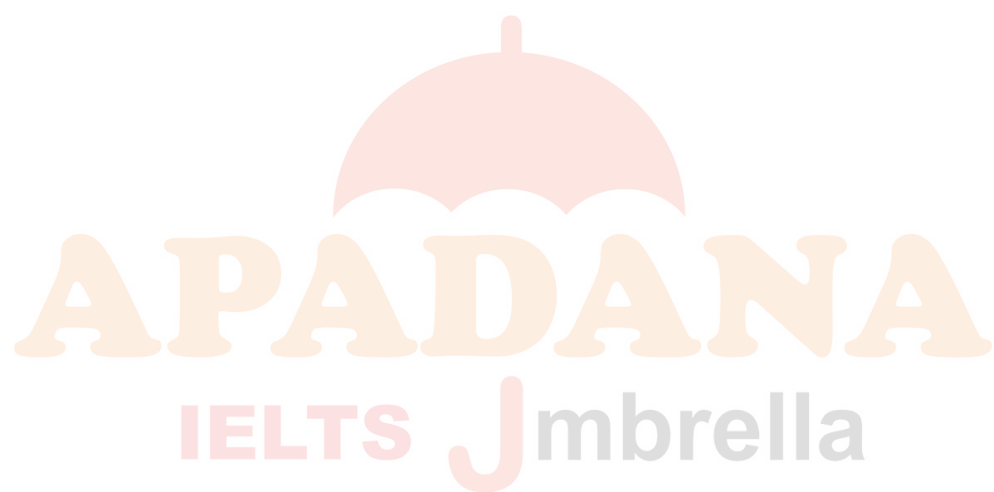
Mix the paste, the lemon juice and the garlic together.

Finally, cover the dish and put it in the fridge until you are ready to eat it.

While the cauliflower is boiling, chop some garlic.







1.
2.
3.
4.
5.
6.
7.



UNIT 5 LISTENING






➤ Exercise 1

Listen and complete the conversations. Write two words in each space.

1. A: Do you have _____? B: No, I don't.	 1.mp3
2. A: Are there _____? B: No, but there are _____.	 2.mp3
3. A: There's _____ in the fridge. B: There's _____ as well.	 3.mp3
4. A: We need _____ to make a Spanish omelette. B: And also _____.	 4.mp3

➤ Exercise 2

Listen and choose the correct words to complete the sentences.

1. <i>Paella</i> is a very popular dish. It's made from rice and chicken <u>chopped/cut</u> into small pieces, with some <u>meat/seafood</u> . It comes from the city of Valencia, in Spain.	 1.mp3
2. I love <i>tagine</i> , it's a national dish in Morocco, and it's made with something called couscous, which is <u>mixed/rolled</u> with vegetables. It sometimes has <u>fish/meat</u> as well.	 2.mp3
3. <i>Fondue</i> comes from Switzerland, but it's popular in France and other countries too. It's a dish of <u>cheese/eggs</u> – or beef – and it's fun because it's <u>boiled/cooked</u> at the table.	 3.mp3
4. This dish is called <i>perico</i> . It's not very famous, but it's very popular in Venezuela. It's made from <u>fruit/vegetables</u> and eggs that are mixed together and <u>boiled/fried</u> a little.	 4.mp3
5. This dish is one of the most <u>famous/favourite</u> dishes from Japan. Its main ingredients are <u>fish/meat</u> and rice, and its name is <i>sushi</i> .	 5.mp3

➤ **Exercise 3**

Listen to a chef explaining how to make paella. Choose True or False.

Paella is one of the most famous dishes from Spain. It comes from Valencia in the south east of the country. The main ingredient is rice. Rice grows in the Valencia area. Traditional paella is made with rabbit, but now most people make it with chicken and seafood.

I love paella because it makes me think of home and the sun and the sea! And it's a wonderful dish to share with family and friends. It's not a dish to eat alone!

It's quite a cheap dish to make. These are the ingredients you need: chicken, seafood – prawns and squid for example – oil, onions, peppers, tomatoes, green beans, garlic, and saffron, which is a very expensive ingredient that gives the dish flavour and a beautiful golden colour – you only need a very small bit. You also need to add a little salt, and stock, which is a kind of sauce that is flavoured with chicken and vegetables. And of course, most importantly, you need some rice.

You also need a special, wide pan, for making the paella.

First, cut the chicken into pieces and chop the onions, peppers, tomatoes and garlic. Heat the oil in the pan and when it's hot, add the chicken pieces. Fry the chicken for a few minutes until the pieces are golden brown, then add the onions, peppers, tomatoes and garlic and fry all the ingredients for a few more minutes. Next add the saffron, the rice and the salt and mix everything together. When the stock boils, cook slowly until the chicken and the rice are nearly done, then add the seafood and the green beans; you may need a little more stock. Cook for a few more minutes and finally, taste and add more salt if you wish. But not too much! Enjoy!



play.mp3

8. Paella is usually made with chicken and seafood.

- ☐ True
- ☐ False

9. Paella is a wonderful dish to eat alone.

- ☐ True
- ☐ False

10. Paella is an expensive dish to make.

- ☐ True
- ☐ False

11. A special pan is used for making paella.

- ☐ True
- ☐ False

12. Chicken is the first ingredient you need to fry.

- ☐ True
- ☐ False

13. You should cook the paella quickly.

- ☐ True
- ☐ False

14. The last ingredient to add to the pan is the rice.

- ☐ True
- ☐ False

15. You should add a little salt at the end if you want to.

- ☐ True
- ☐ False

UNIT 5 SPEAKING

➤ Exercise 1

Match the sentence halves to complete the cooking instructions.

in some oil.	into pieces.	in the oven.	in the water.	the vegetables into
	very small pieces.	together.		

1. Mix the ingredients	
2. Fry the eggs	
3. Boil the potatoes	
4. Cut the meat	
5. Chop all	
6. Bake the bread	

➤ Exercise 2

Put the words in the correct order to make sentences. Practise saying the sentences.

Dish	a	is	Greece	Moussaka	from
------	---	----	--------	----------	------

1. _____

And	I	like	it,	in	it's	country	popular	my
-----	---	------	-----	----	------	---------	---------	----

2. _____

And chesse	the	are meat,	main	ingredients	aubergines
------------	-----	-----------	------	-------------	------------

3. _____

Vegetables	it	other	tomatoes and	has	such as	onions
------------	----	-------	--------------	-----	---------	--------

4. _____

In	you	the	cook	moussaka	oven
----	-----	-----	------	----------	------

5. _____

Greek salad	served	a delicious	it's	with
-------------	--------	-------------	------	------

6. _____

Eat	in	a	home or	restaurant	it	at	you	can
-----	----	---	---------	------------	----	----	-----	-----

7. _____

A	friends	with	it's	eat	to	great dish
---	---------	------	------	-----	----	------------

8. _____

➤ **Exercise 3**

Describe a dish you enjoy eating. Look at the ideas below. Spend a few minutes thinking about what to say.

Record your answer. Play to hear your answer.

Talk about:

- where the dish comes from
- what the main ingredients are
- how you make it
- why you like it
- where you eat it
- who you eat it with.

UNIT 5 READING

➤ Exercise 1

Read Richard's letter to his friend, Alessandro. Choose the correct words to complete the sentences.

Dear Alessandro,

Thank you for your email. You asked me to tell you about the food in the UK. Some people think that British people eat unhealthy, fried/heat food like fish and chips all the time. However, this is not true. A lot of British people prefer to eat food from other countries. Chinese and Indian food is very like/popular in the UK. Many people eat Chinese or Indian food at the weekend, and some people cook it at home. I like Indian food a lot and think that it is very boring/tasty, but some dishes with a lot of chilli are a bit too spicy for me. Many people also think that British people have afternoon tea every day at 4:00 p.m. This is also not true! People sometimes have afternoon tea with sandwiches and spicy/sweet foods like cakes, but only on special occasions.

You also asked me about what food I like. My favourite/popular dish from my country is called Shepherd's Pie. It is a cold/hot dish made of meat and vegetables and potato, which is cooked in the oven. It tastes really good. I usually eat it with a lot of fresh vegetables like peas or cabbage, so it is quite a fat/healthy dish. My mum usually cooks it for me and my brother when we come home from university. I like to eat Shepherd's Pie in the winter when it is cold, because it makes me feel warm. My favourite cold/sweet dish is apple pie which is baked. Many people believe that British food is not so tasty, but I think we have some boiled/delicious dishes.

Hope to hear from you soon.

Best wishes,

Best wishes,

➤ Exercise 2

Read the email from Jenny to her friend, Karen. Then complete the exercise.

Hi Karen,

I hope you are enjoying your summer holiday in France with your family. I'm having a great time on the school exchange in Turkey. I am staying with a nice girl called Alev. She is very friendly and funny, and her parents are very kind. They cook for me every day. I didn't know very much about Turkish food before I came here, but everything is delicious. In the morning we have a big breakfast with bread, eggs, cheese and jam. It is quite similar to breakfast in the UK. For lunch, we usually have a lot of small dishes. My favourite Turkish foods are *borek*, a dish with cheese and potatoes, and *dolma*, a vegetable and rice dish. I also tried an interesting drink made from yoghurt called *ayran*. I didn't like it very much, but Alev's mother says that it is a very healthy drink, so I drank it all. For dinner last night, we went to a traditional Turkish restaurant and had a *kebab*, which is the most famous dish in Turkey. It

was delicious. After dinner we had coffee. The waiter also gave us *baklava*, which are small sweet cakes made of honey. I am going to bring some home so that you can try them. I know that you love sweet things!

See you soon at school.

Best wishes,

Jenny

1. Jenny is in Turkey with her family.
 - ☐ True
 - ☐ False
2. Jenny knew a lot about Turkish food before she stayed with Alev.
 - ☐ True
 - ☐ False
3. The breakfast in Turkey is not very different from breakfast in the UK.
 - ☐ True
 - ☐ False
4. *Borek* is a dish with rice.
 - ☐ True
 - ☐ False
5. Jenny didn't like the Turkish yoghurt drink.
 - ☐ True
 - ☐ False
6. *Baklava* is a sweet dish.
 - ☐ True
 - ☐ False
7. Jenny tried a famous Turkish dish in a restaurant.
 - ☐ True
 - ☐ False
8. Jenny is going to bring some coffee back from Turkey.
 - ☐ True
 - ☐ False

➤ Exercise 3

Read the magazine article about street food. Then complete the exercise on the next screen.

One of the most popular activities that people do when they go on holiday to another country is to try the local food. However, eating dinner in a restaurant every night can be expensive, and many people find the restaurants they choose are full of tourists and not many local people. A much better way to try local food is to eat 'street food', food made and sold not in a restaurant, but on the street, from a 'stall' or large table. It is often very tasty and you can try many different small dishes. It's also cheaper than eating in restaurants. Different countries have their own famous types of street food. France is famous for *baguettes*, which are a type of French bread filled with cheese or meat with salad. You can buy *baguettes* from stalls on the street in many French cities. In Italy, there are slices of pizza, and *arancini* which are fried balls of rice with cheese, meat or vegetables inside. The name *arancini* means 'oranges' in Italian. Mexico has tacos, a dish with spicy beans and meat. Eating street food is also a great way to learn about new places and to talk to local people about the food in their country. So, the next time you travel to a new country, don't go to a restaurant, go to the street instead! You will love the delicious food you can find there.

Complete the sentences with one word from the text. Read the magazine article on the first screen again to help you.

1. Many people like to try the local _____ when they visit another country.
2. Many restaurants have a lot of _____ but not many local people go there.
3. Street food is usually _____ than food in restaurants.
4. You can buy baguettes on the _____ in many cities in France.
5. *Arancini* is the Italian word for _____.
6. Tacos are a popular street food in _____.

➤ Exercise 4

Read about food in four different countries. Then complete the exercise on the next screen.

A Japan

Japanese food is fresh, healthy and tasty. It includes a lot of fish, vegetables, tofu and rice. Typical dishes are *ramen*, a type of soup with noodles and vegetables or seafood, and curries with chicken or tofu. Japanese people usually eat small amounts of food. They also like to eat their food very slowly and this stops them from eating too much. For this reason, Japanese people are among the healthiest people in the world and do not get ill very often. Japanese people do not eat a lot of sweet dishes, but they enjoy eating fruit and small cakes called *dorayaki*. To celebrate the new year, Japanese people often eat cakes made of rice, and a special soup called *ozoni*.

B Italy

When many people think of Italian food, they think of delicious but not very healthy food like pasta with meat sauces, lots of cheese, and, of course, pizza. However, Italians don't eat these dishes every day. They eat a lot of healthy foods, including vegetables, tomatoes and olive oil. A typical Italian meal usually includes several different small dishes. Italians stay healthy by eating a lot of vegetables and only a little meat. Lunch is the main meal of the day and Italians like to have long lunches at home. Sometimes Italians will get together with their friends and family in the evening and go to a pizzeria to eat pizza. After dinner, they might have a *gelato*, a type of Italian ice cream, which has many delicious flavours.

C China

Chinese people eat a lot of vegetables, which are usually steamed or fried. They eat some meat and fish, but usually not very much, and often on special occasions. Rice, noodles and dumplings are popular Chinese dishes. A lot of Chinese dishes use garlic and ginger, which are tasty and are good for the stomach. Green tea is a popular drink in China, and many people believe that it helps them to stay healthy. China has many festivals, and people often eat special food during these times. People eat dumplings to celebrate Chinese New Year, and for the Autumn Festival people eat special cakes called *moon cakes*. Festivals are often special times for families to get together and eat delicious food.

D Poland

Polish people like to eat food that keeps them warm in winter. Soup, meat and small dumplings called *pierogi* are all popular dishes. *Pierogi* can be sweet or savoury. Polish dishes are usually served with vegetables, especially carrots, potatoes and cabbage. Polish people also like sweet dishes, especially cakes. Cheesecake and doughnuts are popular for dessert, and people make special cakes for weddings and festivals. Polish people usually eat four small meals a day. They eat the main meal of the day in the afternoon, usually at about 2:00 p.m. This meal usually has three dishes, a soup, a meat dish and a dessert. In December, Polish people eat a special meal to celebrate Christmas, which includes 12 different dishes!

Match the information to the countries. Read about food from four different countries on the first screen again to help you.

1. A healthy drink is popular in this country.

- ☐ Japan
- ☐ Italy
- ☐ China
- ☐ Poland

2. People from this country eat soup to celebrate the New Year.

- ☐ Japan
- ☐ Italy
- ☐ China
- ☐ Poland

3. Healthy food in this country often includes olive oil.

- ☐ Japan
- ☐ Italy
- ☐ China
- ☐ Poland

4. People from this country usually eat meat for their main meal.

- ☐ Japan
- ☐ Italy
- ☐ China
- ☐ Poland

5. Many people eat ice cream in the evening in this country.

- ☐ Japan
- ☐ Italy
- ☐ China
- ☐ Poland

6. Sweet dumplings are a popular dish in this country.

- ☐ Japan
- ☐ Italy
- ☐ China
- ☐ Poland

7. People from this country eat meat on special occasions.

- Japan
- Italy
- China
- Poland

8. People from this country eat their meals slowly.

- Japan
- Italy
- China
- Poland

➤ **Exercise 5**

Read part of the text. Then complete the exercise.

A Thank you for your email. You asked me to tell you about the food in the UK. Some people think that British people eat unhealthy, fried food like fish and chips all the time. However, this is not true. A lot of British people prefer to eat food from other countries. Chinese and Indian food is very popular in the UK. Many people eat Chinese or Indian food at the weekend, and some people cook it at home. I like Indian food a lot and think that it is very tasty, but some dishes with a lot of chilli are a bit too spicy for me. Many people also think that British people have afternoon tea every day at 4:00 p.m. This is also not true! People sometimes have afternoon tea with sandwiches and sweet foods like cakes, but only on special occasions.

B You also asked me about what food I like. My favourite dish from my country is called Shepherd's Pie. It is a hot dish made of meat and vegetables and potato, which is cooked in the oven. It tastes really good. I usually eat it with a lot of fresh vegetables like peas or cabbage, so it is quite a healthy dish. My mum usually cooks it for me and my brother when we come home from university. I like to eat Shepherd's Pie in the winter when it is cold, because it makes me feel warm. My favourite sweet dish is apple pie which is baked. Many people believe that British food is not so tasty, but I think we have some delicious dishes.

Match the information with the two paragraphs. Read the text on the first screen again to help you.

15. A description of Richard's favourite dish.

- ☐ A
- ☐ B

16. Food from different countries.

- ☐ A
- ☐ B

17. Who cooks Richard's favourite dish.

- ☐ A
- ☐ B

18. A winter dish.

- ☐ A
- ☐ B

19. Something that British people don't have very often.

- ☐ A
- ☐ B

20. Richard's opinion of British food.

- ☐ A
- ☐ B

UNIT 5 WRITING

➤ Exercise 1

Put the words in the correct order to complete the sentences.

Is Italian popular a dish pizza

9. _____ .

Is very healthy food japenese

10. _____ .

Lot Polish meat eat of people a

11. _____ .

Main meal the the is of lunch day

12. _____ .

China, people don't of meat in a eat lot

13. _____ .

Always I eat summer ice cream in the

14. _____ .

Big eat a breakfast people Turkish

15. _____ .

Quite spicy is food often Indian

16. _____ .

➤ Exercise 2

Put the words in the box in the correct column.

Bread meat soup rice apple dumpling pizza egg pasta vegetable									
Countable nouns					Uncountable nouns				

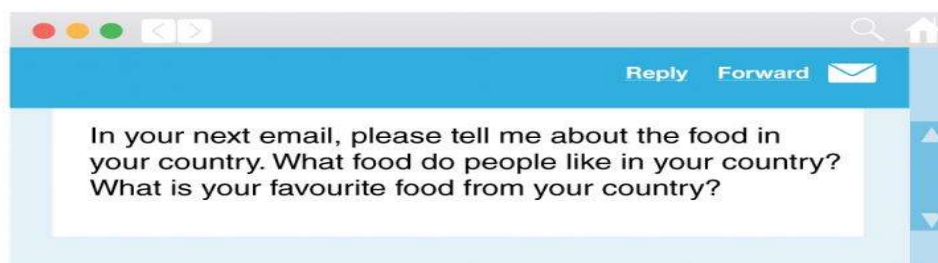
➤ Exercise 3

Change the underlined words to the correct countable or uncountable form to complete the sentences. The first question has been done for you.

1. Do you eat ~~much~~ **many** vegetables?
2. There is not many milk left. We need to buy some more.
3. I made a soup for dinner.
4. How many rice would you like?
5. I like to eat a fruit for breakfast.
6. Would you like some cup of coffee?
7. I don't eat many meat any more

➤ Exercise 4

Read part of an email from a friend. Reply to the letter and answer the questions. Use the notes to help you.

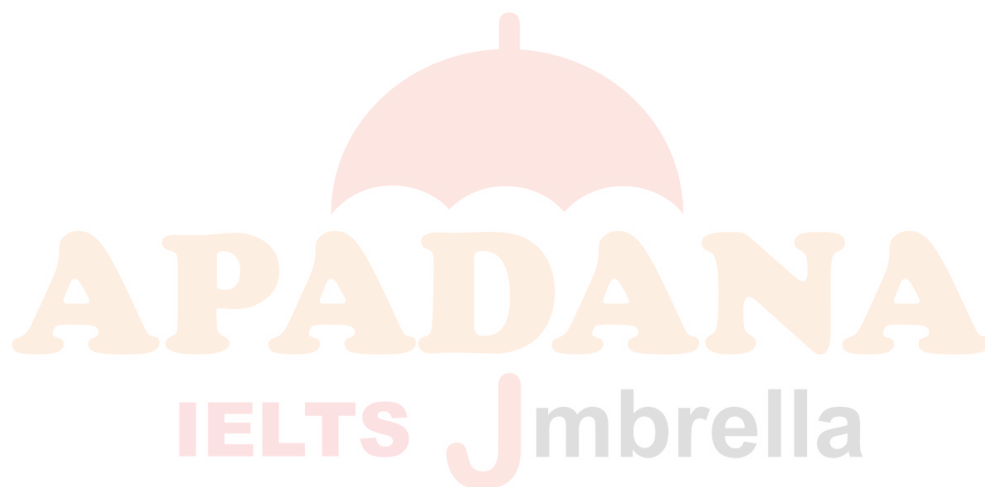


Notes

- 1 Remember to say hello and goodbye.
- 2 Write a paragraph to answer each of your friend's questions.
- 3 Use some adjectives to describe the food.

Please add text into the Student post.

Student post:



UNIT 6 VOCABULARY

➤ Exercise 1

Match the activities with the places.

sports centre	museum	station	hotel	park	police station
post office	library	restaurant	supermarket		

1. send a parcel	
2. stay for a few days	
3. speak to a policeman	
4. exercise	
5. have a meal	
6. do some food shopping	
7. catch a bus or a train	
8. relax on the grass	
9. borrow a book	
10. look at things from the past	

➤ Exercise 2

Complete the table using the words in the box.

Visitors	driver	table	plane	neighbours	road	floor	museum	fast	
coffee	snack	houses	history	pilot	lift	bikes	flight	platform	clothes
				ticket machine					

Train	Motorway	Department store	Street

Café	Castle	Airport

➤ **Exercise 3**

Look at the map. Complete the sentences with the words in the box.



Across behind between in front of next on your left on your right
opposite

- The park is _____ the cinema.
- The petrol station is _____ the road from the cinema.
- The post office is _____ the café and the hotel.
- The museum is _____ to the petrol station.
- The café is _____ the post office.
- When you come out of the hotel, the post office is _____.
- The bus stop is _____ the park.
- When you come out of the museum, the petrol station is _____.

➤ **Exercise 4**

Read the sentences. Choose the correct answers.

1. Sally and her friend had nothing to do and they felt a bit bored/heavy/sorry .
2. They decided to go to the shopping centre to get some early/latest/new clothes.
3. The shopping centre had all of Sally's favourite/great/popular shops .
4. It was the weekend, and the centre was busy/crowded/full of people.
5. Sally was careful/ready/worried not to spend too much money.
6. After a couple of hours, Sally and her friend felt difficult/tired/wrong so they went to a café for a rest.
7. They had a drink and a fast/healthy/right snack and then went home.

➤ **Exercise 5**

Complete the sentences with the adjectives in the box.

Comfortable	famous	friendly	high	interesting	modern	old
-------------	--------	----------	------	-------------	--------	-----

1. I didn't enjoy the flight because my seat was not at all _____ .
2. The library looks very _____ – the building is made of glass and it is an unusual shape.
3. The staff at the hotel were always polite and _____ .
4. I'm reading a very _____ book at the moment about the future of the planet.
5. I bought some beautiful _____ jewellery from the market. It's from the 19th century.
6. The mountain isn't very _____ but the views from the top are still amazing.
7. I sat next to a well-known actor on the train. I had never seen a _____ person before that.

UNIT 6 GRAMMAR

➤ Exercise 1

Complete the table using the adjectives in the box.

Low	crowded	expensive	careful	new	difficult	comfortable	strong
cheap	fast	important	high	interesting	clean	modern	old

<i>+er/est</i>	<i>more/the most...</i>

➤ Exercise 2







Complete the sentences with the comparative forms of the adjectives in brackets.

- I think trains are _____ (safe) and _____ (fast) than cars.
- The traffic is usually _____ (bad) in the city than in the countryside.
- In London, the bus is _____ (cheap) than the train.
- The main square is _____ (old) than any other parts of the town.
- My old house was _____ (big) than the one I live in now.
- I live far from college so I have to get up _____ (early) than my friends.
- Our garden always looks _____ (pretty) in summer than in winter.
- My friend has lost weight and is much _____ (thin) than last year.
- It is _____ (good) for your health to cycle to work than get the bus.
- Jon lives _____ (far) away from me than Pete.

UNIT 6 LISTENING

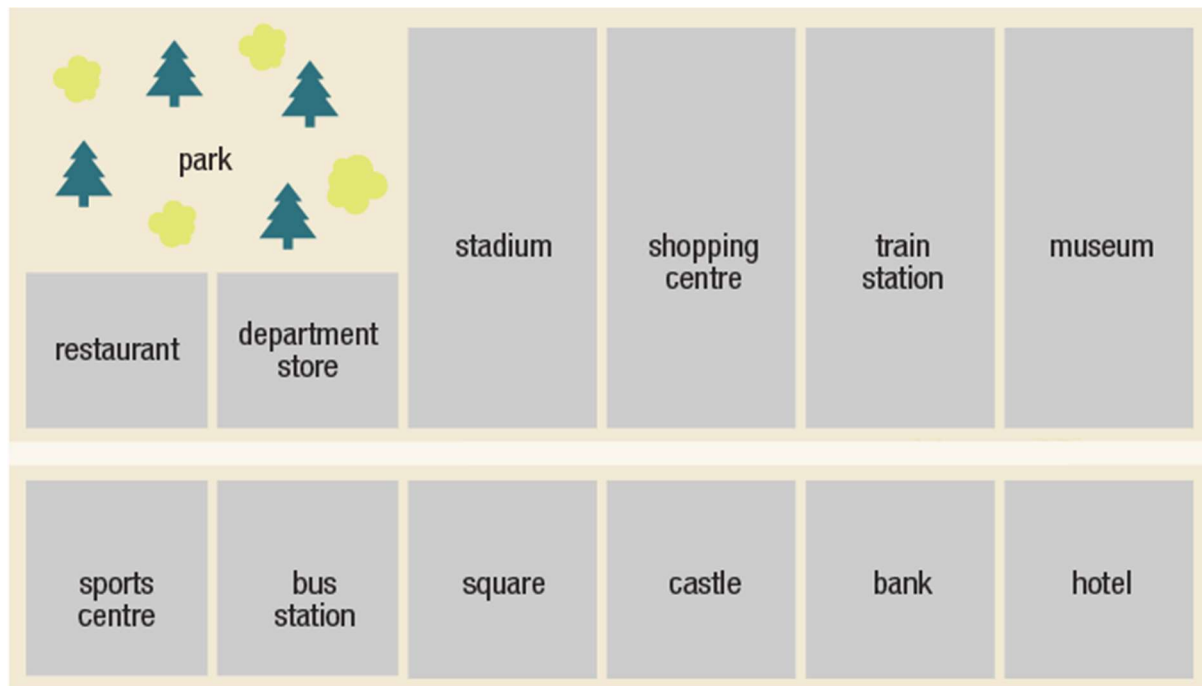
➤ Exercise 1

Listen and decide where each person is.

1. <input type="radio"/> at work <input type="radio"/> in a car park <input type="radio"/> in a shopping centre	 1.mp3
2. <input type="radio"/> on a bus <input type="radio"/> on the underground <input type="radio"/> walking along a street <input type="radio"/>	 2.mp3
3. <input type="radio"/> on a coach <input type="radio"/> on a plane <input type="radio"/> on a train	 3.mp3
4. <input type="radio"/> in a car <input type="radio"/> on a bicycle <input type="radio"/> on a motorbike	 4.mp3
5. <input type="radio"/> at an airport <input type="radio"/> at a police station <input type="radio"/> on a plane	 5.mp3
6. <input type="radio"/> at a bus station <input type="radio"/> at a supermarket <input type="radio"/> at a train station	 6.mp3

➤ **Exercise 2**

Look at the image. Complete the sentences with the words in the box.



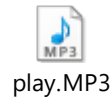
Behind between left next opposite right

1. The department store is _____ the bus station.
2. The square is _____ the bus station and the castle.
3. The hotel is to the _____ of the bank.
4. The museum is _____ to the train station.
5. The park is _____ the restaurant and department store.
6. The sports centre is on the _____ of the bus station.

➤ **Exercise 3**

Listen to Dan talking about two towns, Greentown and Brownville. Choose the correct answers, True or False.

Hi, I'm Dan. I work in Greentown but I live in Brownville. I like living in Brownville, because it's smaller and quieter than Greentown. The Greentown train station has more trains and is more modern than the station in Brownville. It's also better to go to Greentown for shopping. There are three shopping centres there and the biggest one has over fifty stores. Brownville has more things that interest tourists. It has one of the oldest castles in the area, and three of its churches are more than five hundred years old. It also has better restaurants and bigger hotels than Greentown. I regularly go to the sports centre in Brownville, because it is less expensive than the sports centre in Greentown.



1. Dan works in Brownville.
 - ☐ True
 - ☐ False
2. Brownville is bigger than Greentown.
 - ☐ True
 - ☐ False
3. The Greentown train station is more modern than the station in Brownville.
 - ☐ True
 - ☐ False
4. It's better to go shopping in Greentown.
 - ☐ True
 - ☐ False
5. The biggest shopping centre in Brownville has over sixty stores.
 - ☐ True
 - ☐ False

6. There are more things of interest for tourists in Brownville than Greenville.

- ☐ True
- ☐ False

7. One of the oldest castles in the area is in Brownville.

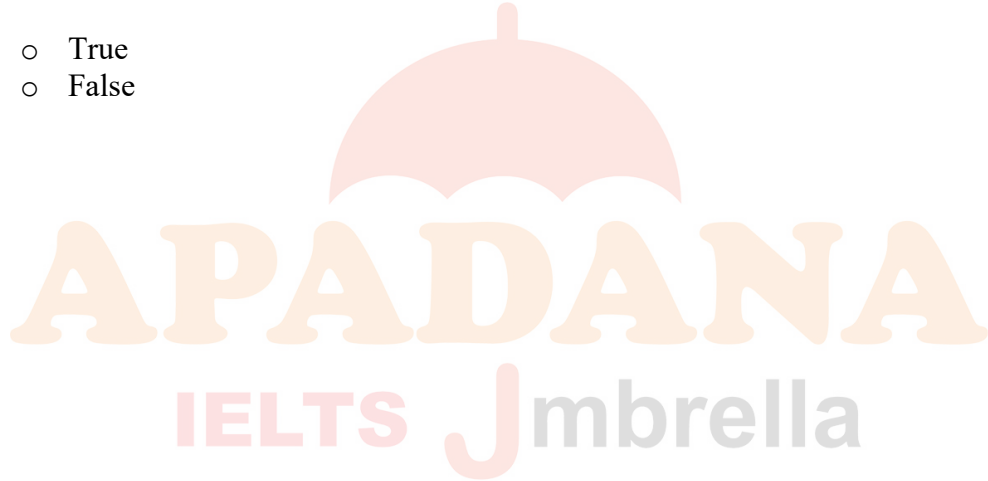
- ☐ True
- ☐ False

8. Greentown has better restaurants and bigger hotels than Brownville.

- ☐ True
- ☐ False

9. The sports centre in Brownville is cheaper than the sports centre in Greentown.

- ☐ True
- ☐ False



UNIT 6 SPEAKING

➤ Exercise 1

Complete the sentences using the comparative or superlative forms of the adjectives in brackets. Write one to three words in each gap.

1. The Burj Khalifa is _____ building in the world. (tall)
2. A Rolls Royce car is _____ than an Audi car. (expensive)
3. A city road is _____ than a country road. (busy)
4. Tokyo is _____ city in the world. (big)
5. Australia is _____ from Africa than Europe. (far)
6. The food is _____ thing about living here. (good)
7. The hot weather is _____ thing about summer here. (bad)
8. This is _____ restaurant in the town. (popular)

➤ Exercise 2

Choose the correct words to complete the sentences.

1. The city centre is busy/crowded/full of people at the weekend.
2. My favourite/great/popular place in town is the park.
3. I never feel bored/boring/interesting in my town because there's so much to do.
4. The department store is the best place to buy latest/new/newest clothes .
5. My favourite café serves best/healthy/right food .
6. When I feel bad/tired/wrong I relax in the park.

➤ Exercise 3

Put the words in the correct order to make sentences. Practise saying the sentences.

Most	the	interesting	hometown is	place	my	the	in	castle
------	-----	-------------	-------------	-------	----	-----	----	--------

9. _____

Of	part	castle	is	the town	the	old	the	in
----	------	--------	----	----------	-----	-----	-----	----

10. _____

Of	the area	part	the	near	the newest	the university	town is
----	----------	------	-----	------	------------	----------------	---------

11. _____

To visit town the by the river to is the thing the park best
in do

12. _____

Department the to store is place shopping new the go
best

13. _____

I city by the bicycle around usually travel

14. _____

➤ Exercise 4

Talk about your hometown. Use the questions to help you. Spend a few minutes thinking about what to say.

Record your answer. Play to hear your answer.

Questions:

- Where do you come from?
- Where are the best places to go shopping in your town?
- What are and where are the oldest and newest parts of your town?
- What's your favourite place in your town? Why?
- How do you travel around in your town?

UNIT 6 READING

➤ Exercise 1

Read a magazine article about a city. Then complete the exercise on the next screen.

Madrid, the capital city of Spain, is a great place to visit. It is possible to see some of the important places in one week, but it is better to stay for two weeks if you want to see all of them. It is good to stay in a hotel in the city centre, because you will be close to most places to visit, but it can be expensive. It is cheaper to stay in the north of the city, and it is easy to travel to the centre by bus or train. The bus is slower than the train, but you will be able to see the different parts of the city. There are a number of interesting museums and art galleries in Madrid. The most famous museum is the Prado, which has many famous paintings. This museum is close to a big, beautiful park with many trees and flowers, and a big lake, where you can rent a boat. Many people like to walk or ride bicycles in the park.

There are many great places where visitors to Madrid can have lunch. Instead of going to a restaurant, try the Mercado de San Miguel, a big indoor market with many types of tasty Spanish food. Remember that Spanish people eat dinner later, between 9:00 p.m. and 10:00 p.m., so most restaurants will not be open between 5:00 p.m. and 9:00 p.m. Don't wait until you arrive at the airport to buy presents to take home. There are many good shops, and a famous department store which is the best place to buy food, clothes and gifts.

two weeks in Madrid. is the most famous museum in Madrid. in the park.
is a good place to eat lunch. between 9:00 p.m. and 10:00 p.m. by bus or train.

1. It is a good idea to stay	
2. You can travel to the city centre	
3. The Prado	
4. You can rent a boat	
5. The Mercado de San Miguel	
6. Most Spanish people eat dinner	

➤ Exercise 2

Read the magazine article again. Then complete the exercise.

Madrid, the capital city of Spain, is a great place to visit. It is possible to see some important places in one week, but it is better to stay for two weeks if you want to see all of them. It is good to stay in a hotel in the city centre, because you will be close to most places to visit, but it can be expensive. It is cheaper to stay in the north of the city, and it is easy to travel to the centre by bus or train. The bus is slower than the train, but you will be able to see the different parts of the city. There are a number of interesting museums and art galleries in Madrid. The most famous museum is the Prado, which has many famous paintings. This museum is close to a big, beautiful park with many trees and flowers, and a big lake, where you can rent a boat. Many people like to walk or ride bicycles in the park.

There are many great places where visitors to Madrid can have lunch. Instead of going to a restaurant, try the Mercado de San Miguel, a big indoor market with many types of tasty Spanish food. Remember that Spanish people eat dinner later, between 9:00 p.m. and 10:00 p.m., so most restaurants will not be open between 5:00 p.m. and 9:00 p.m. Don't wait until you arrive at the airport to buy presents to take home. There are many good shops and a famous department store, which is the best place to buy food, clothes and gifts.

Choose True or False. Read the magazine article on the first screen again to help you.

9. In one week, you can see all of the important places in Madrid.
 - ☐ True
 - ☐ False
10. It is difficult to travel to the centre from the north of the city.
 - ☐ True
 - ☐ False
11. The Prado museum is not very famous.
 - ☐ True
 - ☐ False
12. It takes longer to travel by bus than by train.
 - ☐ True
 - ☐ False
13. A lot of people like to cycle in the park.
 - ☐ True
 - ☐ False
14. The writer says that visitors to Madrid should have lunch in a restaurant.
 - ☐ True
 - ☐ False
15. Between 5:00 p.m. and 9:00 p.m., most restaurants in Madrid are closed.
 - ☐ True
 - ☐ False
16. The writer says that visitors to Madrid shouldn't buy presents at a department store.
 - ☐ True
 - ☐ False

➤ **Exercise 3**

Read the texts about different cities. Then complete the exercise.

A Joel from London

There are so many different activities to do in London that you will never get bored. My favourite thing about London is probably the choice of food. You can find everything from Italian to Iranian food! A lot of people think that it is expensive to eat in London, but it depends where you go to eat. There are plenty of good markets that sell excellent and cheap food. The worst thing about living in London is definitely all the cars. I never drive there because it is too dangerous.

B Alice from Birmingham

Many people say that Birmingham is not a beautiful city, but I don't think this is true at all. There are some lovely parks and green areas, especially around the university. Birmingham is also a great city for eating and shopping and it is much cheaper to live there than in London, where I lived for two years. The thing I dislike about living in Birmingham is the pollution, the dirty air. It is worse now than it was in the past because of all the cars.

C David from Cardiff

Cardiff is quite a small city, but there are a lot of interesting museums and art galleries to visit. It is also a really good place for watching sports games like football and rugby. Because Cardiff is not a very big city, a lot of visitors find that people are very friendly and will always help you to find your way around. The worst thing about living in Cardiff is the weather. It rains a lot in the winter.

D Fiona from Edinburgh

Edinburgh is a nice city with beautiful old buildings. It is very good for food and entertainment. Because it is a small city, you can walk to places easily and you do not normally need to use public transport. The worst thing about living in Edinburgh is that it can be very busy in the summer when there are a lot of tourists. I prefer it in winter, when it is cold and snowy.

Match the information with the correct paragraph. Read the texts about different cities on the first screen again to help you.

1. You can watch a lot of sports games in this city.

- **A**
- **B**
- **C**
- **D**

2. This city is not good for driving.

- ☐ A
- ☐ B
- ☐ C
- ☐ D

3. This city is not expensive to live in.

- ☐ A
- ☐ B
- ☐ C
- ☐ D

4. The people in this city are helpful if you get lost.

- ☐ A
- ☐ B
- ☐ C
- ☐ D

5. There are a lot of people visiting this city in the summer.

- ☐ A
- ☐ B
- ☐ C
- ☐ D

6. The food in this city is not as expensive as people think.

- ☐ A
- ☐ B
- ☐ C
- ☐ D

7. It is easy to travel on foot in this city.

- ☐ A
- ☐ B
- ☐ C
- ☐ D

8. A lot of people think that this is not an attractive city.

- ☐ A
- ☐ B
- ☐ C
- ☐ D

UNIT 6 WRITING

➤ Exercise 1

Choose the correct words to complete the paragraph.

There were some big/bigger/biggest changes to New City between 2007 and 2017. Perhaps the most important change is that there are now a lot/more/most types of transport. There is a new bus station and an airport. The buildings are also much tall/taller/tallest than they were in 2007. There are many new modern apartment buildings and the new hospital is much modern/more modern/most modern than the old one. In 2007, the river was quiet/quieter/quietest than it is now. There were not a lot of/the most/most shops and restaurants. Now there are more shops and restaurants and the area is much busy/busier/busiest than it was before. Most people who live in New City think that it is a good/better/best place to live now than it was in 2007.

➤ Exercise 2

Put the description of two maps of a city in 2007 and 2017 in the correct order.



Firstly, there are more types of transport than in the past. In 2007, New City had just one train station in the west of the city. The city now has an airport in the north east and a bus station in the south west. In addition, people can rent bicycles in several areas of the city centre.

It is an attractive city with a river and several green areas. The main centre is opposite a large park. The two biggest changes to New City that we can see are the different types of public transport and buildings.

Secondly, the buildings in New City are very different today. In 2007, most people lived in houses. Now, there are new apartment buildings. There is a bigger, more modern hospital, and there are many more shops and restaurants, including a large new shopping centre in the east of the city.

The two maps show some of the main changes to a city between 2007 and 2017. The name of the city is New City.

