



# APADANA

## IELTS Jmbrella

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# UNIT 7 VOCABULARY

## ➤ Exercise 1

Match the sentence halves.

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

## ➤ Exercise 2 Complete the sentences with the verbs in the box.

|        |          |     |       |       |        |         |          |          |
|--------|----------|-----|-------|-------|--------|---------|----------|----------|
| Failed | finishes | get | learn | learn | passed | started | starting | studying |
|        |          |     | take  | take  | taught |         |          |          |

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

➤ **Exercise 3**

Complete the job advertisements with the words and phrases in the box.

|               |                         |                 |                            |                   |               |
|---------------|-------------------------|-----------------|----------------------------|-------------------|---------------|
| <b>Energy</b> | <b>experience</b>       | <b>friendly</b> | <b>hard-working</b>        | <b>long hours</b> | <b>speake</b> |
|               | <b>another language</b> |                 | <b>sports,art or music</b> | <b>weekend</b>    |               |

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

**Receptionist** for busy city hotel, who can \_\_\_\_\_ (French, German or Spanish).

You should be \_\_\_\_\_ to guests and give them any information that they need about tourist attractions, local restaurants and transport in the city.

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

➤ **Exercise 4**

Complete the sentences with the prepositions *in*, *on* or *at*.

|    |    |    |
|----|----|----|
| At | in | on |
|----|----|----|

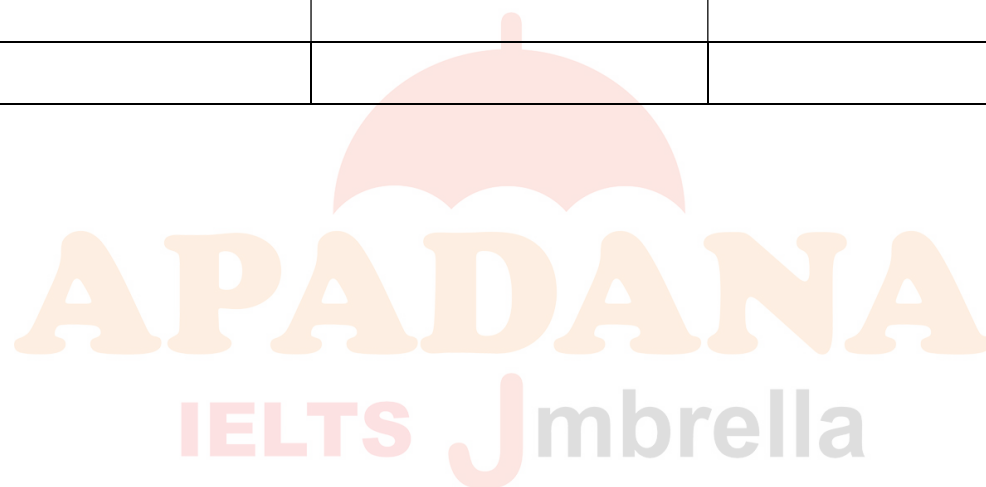
1. My brother is working as a lifeguard \_\_\_\_\_ the swimming pool.
2. My cousin is studying history \_\_\_\_\_ a university \_\_\_\_\_ France.
3. I wouldn't like to work \_\_\_\_\_ a restaurant. I think it would be too stressful.
4. I'm not working \_\_\_\_\_ Monday. It is my day off.
5. My friend will be \_\_\_\_\_ television tonight talking about her job.
6. I was \_\_\_\_\_ work yesterday, so I didn't watch the football match on TV.
7. I usually finish work \_\_\_\_\_ 5pm .

➤ **Exercise 5**

Complete the table with the words in the box.

|       |      |                |      |           |                |        |        |
|-------|------|----------------|------|-----------|----------------|--------|--------|
| Rooms | chef | changing rooms | lift | clothes   | waiter         | guests | tables |
|       | meal | receptionist   |      | cash desk | shop assistant |        |        |

| <i>Restaurant</i> | <i>Hotel</i> | <i>Shop</i> |
|-------------------|--------------|-------------|
|                   |              |             |
|                   |              |             |
|                   |              |             |
|                   |              |             |



## UNIT 7 GRAMMAR

### ➤ Exercise 1

Read the conversation and choose the correct answers.

A: You can/You can't/Can you play sport?

B: Yes, I can/I can't/can I play basketball. Are you good at sport?

A: Not really, I can/I can't/can I play many sports, but I like watching them on TV.

B: How many languages you can/you can't/can you speak?

A: Four. I can/I can't/Can I speak English, Russian, Chinese and Thai.

### ➤ Exercise 2

Complete the sentences with *can*, *can't*, *could* or *couldn't*.

|     |       |       |          |
|-----|-------|-------|----------|
| Can | can't | could | couldn't |
|-----|-------|-------|----------|

1. I'm doing well at school. I got top marks for my English essay. I think it's because I \_\_\_\_\_ write really well.
2. I got a bad mark in my exams. My problem is that I \_\_\_\_\_ remember facts.
3. I was so nervous last year in my science exam that I \_\_\_\_\_ remember a thing.
4. I studied French at school so I \_\_\_\_\_ communicate quite well with people when I visited France last month.

➤ **Exercise 3**

Read the email. Correct the use of *can/can't* and *could/couldn't*.

Dear Simon,

I'm interested in the lifeguard job this summer.

I could swim very well. I can't swim when I was a child but I learnt when I was 12.

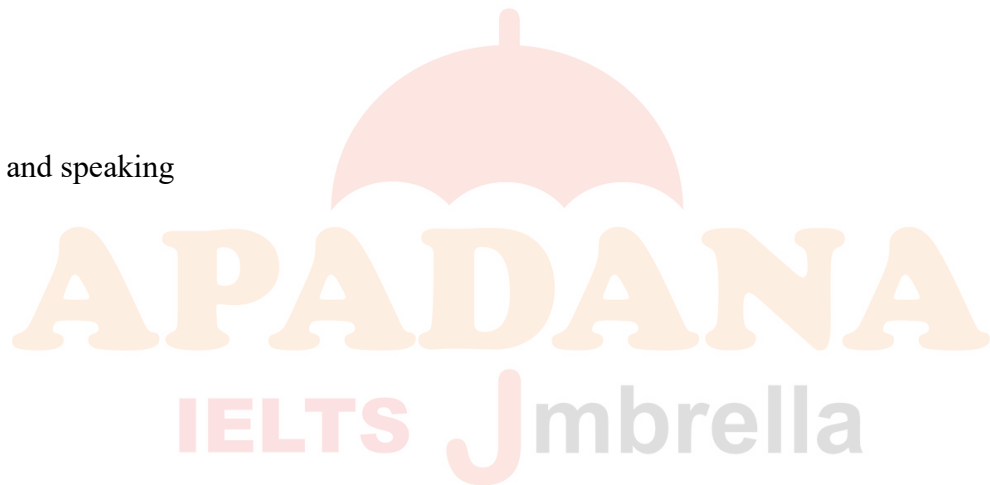
I can't also remember lots of information like instructions and what I need to do to help people in the swimming pool.

I have some questions about the lifeguards you had last year. They could talk to new people easily? I can't, so I think I am a good choice for this job.

Thanks,

Pablo







Listening and speaking



# UNIT 7 LISTENING

## Exercise 1







Listen and match the jobs with the speakers.

| Chef | lifeguard                                                                          | receptionist | shop assistant | teacher | video game designer |
|------|------------------------------------------------------------------------------------|--------------|----------------|---------|---------------------|
|      |   |              |                |         |                     |
|      | 1.mp3                                                                              |              |                |         |                     |
|      |   |              |                |         |                     |
|      | 2.mp3                                                                              |              |                |         |                     |
|      |   |              |                |         |                     |
|      | 3.mp3                                                                              |              |                |         |                     |
|      |   |              |                |         |                     |
|      | 4.mp3                                                                              |              |                |         |                     |
|      |   |              |                |         |                     |
|      | 5.mp3                                                                              |              |                |         |                     |
|      |  |              |                |         |                     |
|      | 6.mp3                                                                              |              |                |         |                     |

## ➤ Exercise 2


Listen to the conversations and match the people with their skills.

|                                                         |
|---------------------------------------------------------|
| can talk about things that are interesting for tourists |
| is friendly and helpful                                 |
| cooks many types of food                                |
| knows a lot about sport                                 |
| speaks several languages                                |
| likes working with children                             |

|                                                                                            |  |
|--------------------------------------------------------------------------------------------|--|
| <br>1.MP3 |  |
| <br>2.MP3 |  |
| <br>3.MP3 |  |
| <br>4.MP3 |  |
| <br>5.MP3 |  |
| <br>6.MP3 |  |

### ➤ Exercise 3

Read the text about what John wants to do after university and the skills he needs. Choose the correct answers. Then listen and check your answers.









|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                   |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| <p>I'm not exactly sure what I <u>want/wanted/will</u> to do when I leave university, but I think I want to work as a journalist. Maybe I <u>could/couldn't/won't</u> work for a newspaper or even for radio or television as a reporter. I think that would be great. I <u>am/are/can</u> very interested in lots of sports now. I <u>love/loved/loving</u> going to football and rugby matches and <u>like/liked/liking</u> watching tennis on TV. When we have a quiz night at university, I'm the one who <u>can/could/does</u> answer all the questions about sport. I think my dream job <u>will/won't/would</u> be a TV sports reporter.</p> <p>I already have some of the skills you <u>need/needed/needing</u> for that job, but I think I still need to <u>learn/learning/learnt</u> a lot. How to interview people in a TV studio, for example, and maybe how to <u>sat/sit/sitting</u> in front of a camera.</p> | <br>play.MP3 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|



## UNIT 7 SPEAKING

### ➤ Exercise 7

Listen to the sentences. Are they positive or negative? Put them in the correct columns.

|                                                                                         |                                                                                         |                                                                                         |                                                                                         |                                                                                         |                                                                                           |                                                                                           |                                                                                           |
|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
|  1.mp3 |  2.mp3 |  3.mp3 |  4.mp3 |  5.mp3 |  6.mp3 |  7.mp3 |  8.mp3 |
|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|

| positive |  | negative |
|----------|--|----------|
|          |  |          |
|          |  |          |
|          |  |          |
|          |  |          |

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## UNIT 7 READING

### ➤ Exercise 1

Read about subjects that are taught in schools. Then complete the exercise.

Most students learn subjects like English, Maths, Science and Geography at school. However, some people don't think that these subjects are so useful for students. They think that these subjects will not help students to get a job later, after they leave school. So, some schools have started to teach new subjects to their students, which they think will be more useful to them in the future.

Some schools want their students to study subjects which they think will be more helpful for them to get a job in the future. One school in the United States has decided to teach their students how to do different things using computers. Their students are learning how to write computer programs and how to design mobile phone apps. Their students enjoy these new subjects, and would like to have more lessons to improve their computer skills.

Other schools want their students to learn more daily life skills. A school in the UK is teaching their students about what they should eat to stay healthy and how to cook healthy meals. In the past, most children learnt how to cook at school, but today, many schools have stopped teaching cooking, so that they can spend more time on subjects like Science and Maths. However, this UK school teaches cooking as well as other skills such as how to save money.

Finally, learning how to speak and write well is very important for both work and family life. Some people think that children do not learn these skills properly in school, because they spend so much time studying for tests. Therefore, a school in Singapore has started teaching their students how to speak and write well, and how to speak in a good way to young people and adults.

Complete the summary with words from the box. Read about subjects that are taught in schools on the first screen again to help you.

|        |     |       |          |        |          |      |
|--------|-----|-------|----------|--------|----------|------|
| Future | job | money | practice | skills | subjects | work |
|--------|-----|-------|----------|--------|----------|------|

Some schools are now teaching new things to their students which will be more useful to them in the \_\_\_\_\_. Some of the new \_\_\_\_\_, such as Computer Programming, can help students get a \_\_\_\_\_ when they leave school. Others help them to learn important \_\_\_\_\_ in the home, for example, how to cook healthy meals and how to save \_\_\_\_\_. Finally, more \_\_\_\_\_ in speaking and writing can also help young people get on well with other people when they leave school, both at \_\_\_\_\_ and at home.

➤ **Exercise 2**

Read the essay about tests in school. Label the paragraphs with the correct phrases from the box.

|                            |                         |                           |
|----------------------------|-------------------------|---------------------------|
| Agree with the title       | Disagree with the title | Introduction of the topic |
| Summary of the main points |                         |                           |

**These days, children do too many tests at school**

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Every year, many students do tests at school. These tests are important because they show that children understand their school subjects, but some people think that it is not good for children to take too many tests. I think there are advantages and disadvantages to taking tests.

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Some people think that children do too many tests at school. They think that children spend too much time studying for tests and this makes children bored of the subject. For example, if students spend a lot of time studying for English tests, this might make them think that learning English is boring. Children may also feel worried about taking tests. If they fail the test, they might think that they are not good at learning.

---

However, other people think that it is important for children to take a lot of tests. They think that tests can help teachers see if children understand the subjects. They also think that teachers can make taking tests fun for their students by playing games to help them prepare. These people think that if children have a test, they will pay more attention to their lessons and they will do more work at home and at a school.

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It is important for children to do tests in school because teachers need to know that their students understand the subject. Doing tests also helps children to pay attention in class and spend their time well. However, schools should not give too many tests to their students, because this will make children feel bored.

## UNIT 7 WRITING

### ➤ Exercise 1

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

Tests there to are advantages and disadvantages taking

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

Many students too do think some people tests that

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

Spend a lot of students firstly, tests time for studying

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

Feel taking students worried secondly, may tests about

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

Time also, for students have activities other won't

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

However, that it's think tests to good take other people

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

Important students work hard for it's to

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

Much students schools shouldn't work give too

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

➤ **Exercise 2**

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

Firstly, they can learn about many different subjects, from Maths to Music.

However, other people say that school does not help many young people to get a job in the future.

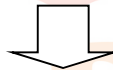
Many people think that school is very important for young people.

For example, how to write computer programs or make things with their hands.

Also, they can learn other important life skills, such as how to make friends and get on well with other people.

Secondly, they can learn useful skills in school, like how to learn another language and write essays.

They think that children need to learn more practical skills for work.



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

### ➤ Exercise 3

Complete the paragraph. Use the words and phrases from the box. One word or phrase is used twice.

|         |             |         |         |               |          |
|---------|-------------|---------|---------|---------------|----------|
| Firstly | for example | however | I think | many students | secondly |
|---------|-------------|---------|---------|---------------|----------|

\_\_\_\_\_ use computers to help them with their school work. \_\_\_\_\_ there are advantages and disadvantages with using computers at school. \_\_\_\_\_, using computers can be helpful for finding information about different school subjects. \_\_\_\_\_, students can find websites and games to help them learn a different language. \_\_\_\_\_, young people enjoy using new technology and they often work better when they use computers. \_\_\_\_\_, using computers can also stop young people from studying because there are so many other things they can do. \_\_\_\_\_, they might check their email, play games or watch videos instead of working.

**Exercise 4** Read the sentences from the paragraph. Then match the sentences with the information.

- A** Many students use computers to help them with their school work.  
**B** I think there are advantages and disadvantages with using computers at school.  
**C** Firstly, using computers can be helpful for finding information about different school subjects.  
**D** For example, students can find websites and games to help them learn a different language.  
**E** Secondly, young people enjoy using new technology and they often work better when they use computers.  
**F** However, using computers can also stop young people from studying because there are so many other things they can do.  
**G** For example, they might check their email, play games or watch videos instead of working.

|                            |                              |                      |
|----------------------------|------------------------------|----------------------|
| A disadvantage             | An example of a disadvantage | The writer's opinion |
| An example of an advantage | Another advantage            | First advantage      |
| Introduction of the topic  |                              |                      |

|      |  |
|------|--|
| 1. A |  |
| 2. B |  |
| 3. C |  |
| 4. D |  |
| 5. E |  |
| 6. F |  |
| 7. G |  |

## UNIT 8 GRAMMAR

### ➤ Exercise 1

Read the conversations. Correct the underlined mistakes.

1.

**A:** What you should eat to be healthy?

**B:** It is important to eat lots of fruit and vegetables.

2.

**A:** It is important to exercise?

**B:** Yes, you should to exercise for at least 30 minutes every day.

3.

**A:** Is it a good idea to play computer games for many hours?

**B:** No, you should play on your computer for so long.

4.

**A:** You have any other advice about being healthy?

**B:** I think you should find ways to relax.

5.

**A:** What is the best way to relax?

**B:** I like doing yoga. I think you shouldn't try it.

➤ **Exercise 2**

Complete the conversation with *should* or *shouldn't*.

|        |           |
|--------|-----------|
| Should | shouldn't |
|--------|-----------|

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

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

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

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

**A:** I thought I \_\_\_\_\_ 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 \_\_\_\_\_ 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 \_\_\_\_\_ have tennis lessons.

➤ **Exercise 3**

Complete the texts with *have to* or *don't have to*.

|               |         |
|---------------|---------|
| Don't have to | have to |
|---------------|---------|

1. At school, there are some new rules. The most important one is that we \_\_\_\_\_ turn off our mobile phones before the lesson. However, unlike most schools, we \_\_\_\_\_ wear school uniform every day. We can wear our own clothes.
2. At university, students can come to classes at whatever time they want. They \_\_\_\_\_ come into class every morning. It is their choice. However, the university gives advice to students about being on time. If they are going to be late, they \_\_\_\_\_ send an email to their teacher.

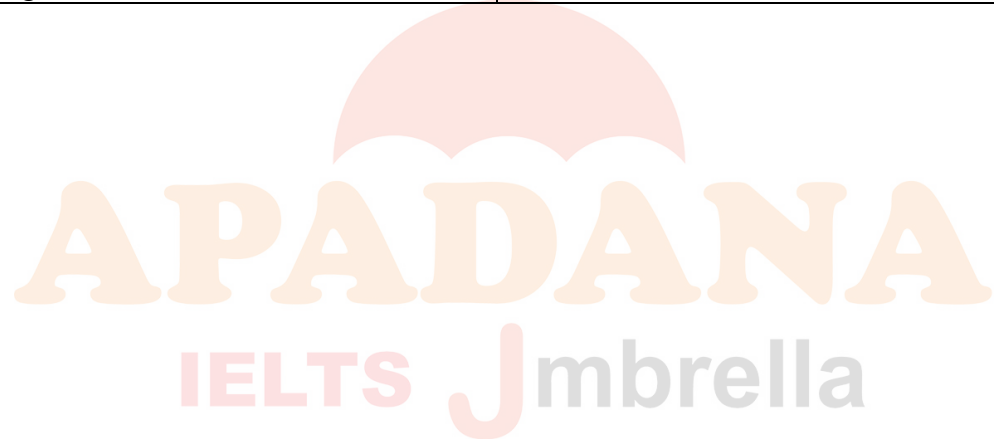


➤ **Exercise 4**

Match the sentence halves.

|                            |                         |                        |
|----------------------------|-------------------------|------------------------|
| yoga than go to the gym.   | for a personal trainer. | great way to keep fit. |
| running with other people. | a healthy diet.         | can be expensive.      |

|                               |  |
|-------------------------------|--|
| 1. It is a good idea to pay   |  |
| 2. Joining the gym            |  |
| 3. It is more fun when you go |  |
| 4. It is important to follow  |  |
| 5. I think it's better to do  |  |
| 6. Running is a               |  |



## UNIT 8 LISTENING

### ➤ Exercise 1

Listen to the speakers and choose the correct answers, True or False.

**1** I think listening to music and enjoying art are good for relaxing. A lot of people think they're expensive but you can listen to music online and lots of museums are free, so I don't agree with them.




**2** I know some people say reading books is relaxing, but I'm a student so I read a lot of books, and when I'm relaxing I don't think reading is an interesting activity.

**3** I like to spend time with my friends, like everyone, but I prefer to meet my friends at home. I think that's more fun than going out, and it's cheaper!

**4** I know a lot of people who don't agree that it's important to get enough sleep, but sometimes, I don't get enough, and I always feel terrible the next day. So I think they're wrong.

**5** I don't like drinking water, and so I don't drink it. But I drink lots of tea and fruit juice and they both have water in them, so I drink it that way. Which is good because I do think it's important!


**6** Playing basketball is very hard work, but it's very good exercise. I play twice a week. It helps keep me fit, but I enjoy it as well. It's a great way to relax and have fun with my friends.

|                                                                                                                                                  |                                                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| <p><b>1.</b> The speaker thinks enjoying art and music is expensive.</p> <p><input type="radio"/> True</p> <p><input type="radio"/> False</p>    | <br>1.MP3 |
| <p><b>2.</b> The speaker thinks reading isn't interesting.</p> <p><input type="radio"/> True</p> <p><input type="radio"/> False</p>              | <br>2.MP3 |
| <p><b>3.</b> The speaker thinks going out with friends isn't expensive.</p> <p><input type="radio"/> True</p> <p><input type="radio"/> False</p> | <br>3.MP3 |

|                                                                                                                                      |                                                                                              |
|--------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| <p>4. The speaker thinks getting enough sleep is important.</p> <p><input type="radio"/> True</p> <p><input type="radio"/> False</p> | <br>4.MP3 |
| <p>5. The speaker thinks drinking water is healthy.</p> <p><input type="radio"/> True</p> <p><input type="radio"/> False</p>         | <br>5.MP3 |
| <p>6. The speaker thinks playing basketball is relaxing.</p> <p><input type="radio"/> True</p> <p><input type="radio"/> False</p>    | <br>6.MP3 |

➤ **Exercise 2**

Listen and match each opinion with one of the two speakers, David or Emma.

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| <p><b>Emma:</b> Hi David.</p> <p><b>David:</b> Hi Emma.</p> <p><b>Emma:</b> Where are you going?</p> <p><b>David:</b> I'm going to the gym.</p> <p><b>Emma:</b> Do you always go alone?</p> <p><b>David:</b> No, I don't. I usually go with my friend, Paul, but today I finished class early.</p> <p><b>Emma:</b> That's good. You should always go to the gym with friends if you can. It's fun to do exercise with other people.</p> <p><b>David:</b> Well, there are some sports you can do on your own.</p> <p><b>Emma:</b> Really!? Oh yes, like swimming I suppose. But anyway, I don't play sports, I'm not fit enough.</p> | <br>play.MP3 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|

**David:** That's not important. As you said before, playing sports is about having a good time. And it helps you get fit.

**Emma:** OK! OK! I understand. I should start doing some sports.

**David:** Yes, you'd enjoy it! And if you stop eating fast food that would help you to get fit as well. All those burgers aren't good for you.

**Emma:** OK. And you should stop drinking coffee! You drink it so much!

**David:** I know, but I like it.

**Emma:** Tea's better; it's healthier. And water, it's very important to drink lots of water. I drink about 2 litres a day.

**David:** Yes, they say tea is good for you. What do you do to relax?

**Emma:** I go to museums.

**David:** That's boring. I watch TV.

**Emma:** Really? I don't think that's relaxing, and I don't think it's healthy.

**David:** I disagree. Of course it's not healthy if you watch too much, but I think you should watch a couple of hours a day. It helps you relax.

**Emma:** I prefer listening to music. I think that's a good way to relax.

**David:** I think everyone likes music, but I think it's great when you're studying. It helps you to think better.

**Emma:** I don't agree with that. I think it's really important for everyone to study in quiet.

**David:** OK, Emma, you study in your way and I'll study in mine. Everyone's different!

1. You should do exercise with other people.

- David
- Emma

2. You don't have to be fit to play sport.

- David
- Emma

3. You shouldn't eat fast food.

- David
- Emma

4. You shouldn't drink coffee.

- David
- Emma

5. You should drink tea and lots of water.

- David
- Emma

6. You should watch a few hours of TV to relax.

- David
- Emma

7. You shouldn't listen to music when you study.

- David
- Emma

➤ **Exercise 3**







Match the words and phrases.

|              |          |         |                  |                                   |
|--------------|----------|---------|------------------|-----------------------------------|
| healthy diet | outdoors | the gym | on exams         | regular breaks from computer work |
|              |          | people  | personal trainer | healthy                           |

|                        |  |
|------------------------|--|
| 1.join                 |  |
| 2. exercise with other |  |
| 3.exercise             |  |
| 4.pay for a            |  |
| 5.follow a             |  |
| 6.focus                |  |
| 7.take                 |  |
| 8.keep                 |  |

➤ **Exercise 4**

Listen and complete the sentences with the words and phrases you hear.

|                                                |                                                                                              |
|------------------------------------------------|----------------------------------------------------------------------------------------------|
| 1. you _____ do more _____ .                   | <br>1.mp3 |
| 2. you _____ eat too much _____ .              | <br>2.mp3 |
| 3. you _____ drink two litres of _____ a day . | <br>3.mp3 |
| 4. you _____ sleep _____ hours a night.        | <br>4.mp3 |
| 5. you _____ drink a lot of _____ .            | <br>5.mp3 |
| 6. you _____ follow a _____ .                  | <br>6.mp3 |

APADANA  
IELTS Umbrella

## UNIT 8 SPEAKING

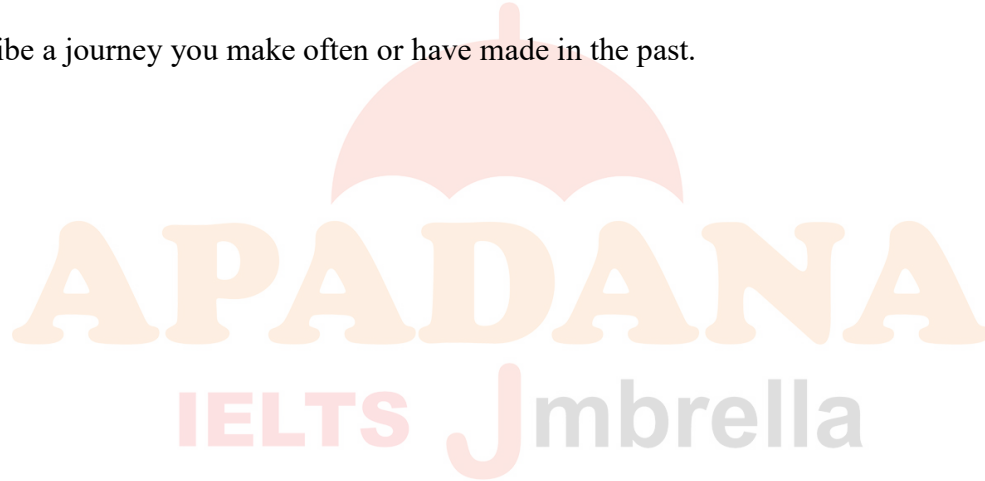
### ➤ Exercise 1

You are going to talk about the public transport in your town and a journey you often make now or a journey you made in the past. Use the ideas below to help you.

Record your answer. Try to speak for about a minute. Play to hear your answer.

### Ideas

- Say where you live, where you travel to and why.
- Say what kinds of public transport there are in your town and how often you use them.
- Describe a journey you make often or have made in the past.



## UNIT 8 READING

### ➤ Exercise 1

Read Luke's email to his friend, Andrew. Then complete the exercise.

Dear Andrew,

Happy New Year! I hope that you enjoyed the party you told me about in your last email. Do you have any good plans for the new year? I have decided that I am going to be much healthier this year. Last year, I had a lot of exams, so I didn't do very much exercise, and I ate too much chocolate and too many biscuits. This year, I want to follow a healthy diet and to do more exercise.

I joined a gym last week. It's in a nice new sports centre, which has a swimming pool and different rooms with a variety of exercise classes. I tried the yoga class last week and I really enjoyed it. I am going to go to a class once a week, and to the gym twice a week. I think that this will help me to get fit very quickly. I have also started to walk to college instead of taking the bus. When I go to the library, I go by bike because it is quite far. I feel much better and less tired if I walk or cycle.

I have started to cook more meals at home. I have found some good healthy recipes on the internet. Last night, I cooked baked fish with steamed vegetables. It was delicious, and I didn't feel hungry at all afterwards. I have also decided not to eat junk food like chocolate and crisps for one month. I take dried fruit and nuts to college with me as a snack, and I eat fruit or yoghurt in the afternoon instead of biscuits or cake. The next time I see you, I promise to cook you something healthy.

Look forward to hearing from you soon!

Best wishes,

Luke

Choose True or False. Read Luke's email on the first screen again to help you.

1. Luke did not follow a healthy diet last year.

- ☐ True
- ☐ False

2. He wants to join a gym soon.

- ☐ True
- ☐ False



3. He tried an exercise class last week.

- ☐ True
- ☐ False

4. He wants to go to the gym once a week.

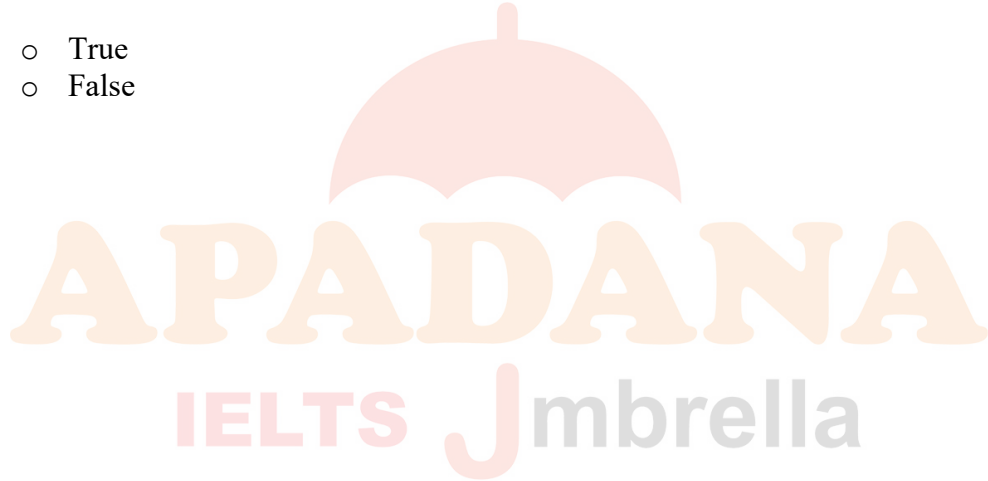
- ☐ True
- ☐ False

5. He walks to the library.

- ☐ True
- ☐ False

6. He doesn't eat biscuits or cake in the afternoons.

- ☐ True
- ☐ False



## ➤ Exercise 2

Read an essay about young people's lifestyles. Then complete the exercise.

Choose True, False or Not Given.

### **How healthy are young people's lifestyles today? What can they do to be healthier?**

Today, many young people have busy lives at school and at home. Most teenagers today spend less time doing sports and activities outside, and eat more unhealthy food than they did in the past. Some people today are worried that young people do not have healthy lifestyles. In this essay, I will explain two problems with young people's lifestyles today and suggest some ways to improve their health.

The first problem with young people's lifestyles is that they spend a lot of time indoors. In the past, young people spent more time outside, doing activities such as riding bicycles and playing sports. Today, however, many young people have to do a lot more work at school and homework at home. Furthermore, young people now prefer to spend their free time watching television or sitting in front of their computer screens. This means that they get less exercise, and spend less time outside. I think this is a problem, because exercise is good for both the body and the mind. Young people will not only feel healthier if they do regular exercise, they will also feel happier and more relaxed. Therefore, I think that young people should have the chance to do a variety of different kinds of exercise at school and in their free time.

The second problem is that many young people eat less healthy food than they did in the past. Instead of eating healthy food cooked at home, many teenagers now prefer to eat fast food, such as burgers, kebabs and pizzas. Also, fizzy drinks with lots of sugar, such as cola, have become very popular and many young people have these drinks instead of drinking water. This is a problem because if people have bad eating habits when they are young, they are more likely to eat unhealthy food as adults. In my opinion, parents need to make sure that their children don't eat fast food or drink fizzy drinks with lots of sugar too often and also need to teach them how to cook healthy meals. They should also make sure their children eat plenty of fresh fruit and vegetables, and that they don't eat too much sugar and salt.

In conclusion, young people today do less exercise and eat less healthy food than their parents did in the past. This is a problem because if teenagers develop unhealthy habits when they are young, they will find it difficult to stop the bad habits when they are adults. I think that it is important for young people and their parents to make sure that they eat healthy food and do enough exercise.

1. Most young people get more exercise today than they did in the past.

- ☐ True
- ☐ False
- ☐ Not Given

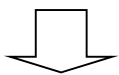
2. Young people don't go outside as much as they did in the past.
- ☐ True
  - ☐ False
  - ☐ Not Given
3. Young people now have to do more tests at school than they did in the past.
- ☐ True
  - ☐ False
  - ☐ Not Given
4. In the past, children ate more food cooked at home.
- ☐ True
  - ☐ False
  - ☐ Not Given
5. Cola is the most popular soft drink in the world.
- ☐ True
  - ☐ False
  - ☐ Not Given
6. It is easy for adults to give up unhealthy eating habits.
- ☐ True
  - ☐ False
  - ☐ Not Given
7. The writer thinks that children should learn how to cook healthy food.
- ☐ True
  - ☐ False
  - ☐ Not Given
8. The writer thinks adults should take their children shopping for healthy food.
- ☐ True
  - ☐ False
  - ☐ Not Given

## UNIT 8 WRITING

### ➤ Exercise 1

Match the sentence halves.

|                    |                                   |                     |                           |
|--------------------|-----------------------------------|---------------------|---------------------------|
| more exercise.     | drink so many fizzy drinks.       | need to keep fit.   | following a healthy diet. |
| to music to relax. | stop eating so many sweet things. | to walk than drive. |                           |
|                    | for a walk every day.             |                     |                           |



|                           |  |
|---------------------------|--|
| 1. They should            |  |
| 2. Young people should do |  |
| 3. We shouldn't           |  |
| 4. He shouldn't stop      |  |
| 5. I think it's better    |  |
| 6. You could listen       |  |
| 7. In my opinion, we      |  |
| 8. I try to go            |  |

### ➤ Exercise 2

Read a paragraph from an essay. Choose the correct answers to complete the sentences.

Many young people eat less healthy food than they did in the past. Firstly/However , a lot of teenagers now prefer to eat fast food, instesd of/such as burgers, kebabs and pizzas. For example/secondly , fizzy drinks, like cola have become very popular and many young people are having these drinks instesd of/such as water. Also/However , some parents are trying to change the bad habits of their children. For example/In my opinion they are trying to stop their children from eating fast food or drinking fizzy drinks too often. Also/Finally , some parents are teaching their children how to cook healthy meals. Also/In my opinion , changing children's eating habits is not easy, but it is important for their future health.

➤ **Exercise 3**

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

Firstly, if you have to make a short journey by bus or car every day, you could try walking or cycling instead.

For example, if you play a game of volleyball once a week or go for a run together, you will improve your health, and make new friends.

For example, you could walk up the stairs instead of taking the lift, and make sure that you go for a walk during your breaks.

Secondly, you can be more active while you are at work or college.

However, there are many ways that we can keep fit for free and without taking time out of our busy days.

This may take a little bit longer, but you will feel healthier and you will have more energy if you do this every day.

Many people today say that they don't have time to exercise, because they are too busy with work, college or school.

Finally, you could try a new sport with your colleagues or classmates.

|    |  |
|----|--|
| 1. |  |
| 2. |  |
| 3. |  |
| 4. |  |
| 5. |  |
| 6. |  |
| 7. |  |
| 8. |  |