What makes you feel good?

We asked readers from all over the the world to tell us what makes them feel good

- Eating outside. I love sitting at street cafés or having meals in the garden, even when the weather's not perfect – which it often isn't.
- Being with people I like (and not being with people I don't like).
 - Sitting on a plane when it takes off you can't control what's going to happen for the next 2–3 hours so you can really relax.
 - Waking up on a sunny morning during my holidays when I know I have a whole day ahead to do the things I really like doing.

- Getting out of the city. It doesn't matter where to, to the beach, or to the country, or to the forest.
 Being in the middle of nature makes me feel alive.
- Watching heavy rain storms through the window from a comfortable, warm room with a fire, and knowing I don't need to go out.
- Talking to intelligent people: good conversation is one of life's great pleasures.
- Having time for myself. Unfortunately, it doesn't happen very often.
 - Reading books or magazines in English – I'm Hungarian, and I still find it hard to believe that I can enjoy reading without using a dictionary in a language that once was a complete mystery.
 - Tidying a cupboard. It stops me from thinking about my problems.





- a Read the article once. How many people mention...?
 - 1 the weather
 - 2 holidays and travelling
 - 3 housework
 - 4 nature
 - 5 other people
- b Read the article again and tick (✓) the three things you agree with most. Then put a cross (✗) next to any you don't agree with. Compare with a partner. Say why.
- c <u>Underline</u> five new words or phrases you want to learn from the text.

2 GRAMMAR verb + -ing

- A Being with people I like (makes me feel good).
- B I love sitting at cafés...
- C I can enjoy reading without using a dictionary.
- a Match sentences A-C with rules 1-3.

Use the -ing form...

- 1 after some verbs (e.g. like, love, etc.)
- 2 when we use a verb as a noun (e.g. as the subject of a sentence)
- 3 when we use a verb after a preposition
- b Look at the highlighted verbs. Can you remember the spelling rules for making the -ing form?
- c Dp.134 Grammar Bank 5B. Read the rules and do the exercises.
- d Now write two things that make you feel good (that are not in the article). Compare with a partner.

3 PRONUNCIATION -inq

5.3 Listen and repeat the sound picture and the words.



thing bring wrong language sitting watching thanks think

p.159 Sound Bank. Look at the typical spellings for this sound.



⚠ When we add -ing/1ŋ/ to a verb, the pronunciation of the original verb doesn't change. do /du:/ → doing /'du:win/ forget → forgetting

5.4 Listen and say the -ing form of the verbs you hear.

4 VOCABULARY & SPEAKING

- p.154 Vocabulary Bank Verb forms (Verb + -ing). Look at other verbs which are followed by the -ing form.
- b Work in pairs. Choose five things to talk about from the list below.
 - a job you don't mind doing in the house a sport you enjoy watching something you like doing with your family something you love doing in the summer something you hate doing at work / school something you spend a lot of time doing somebody you dream of meeting something you don't like doing alone a country you are interested in visiting something you are thinking of doing this weekend something you have stopped doing something you are not very good at doing
- c A tell B about the five things. Say why. B ask for more information. Then swap roles.

I don't mind cooking. It's quite relaxing.

Do you cook every day?

5 LISTENING



a Ask and answer these questions in pairs.

Do you ever sing ...? in the shower in the car at karaoke bars while you're listening to a CD in a choir /kwaɪə/ or a band

- b In pairs, say if you think sentences 1–7 are T (true) or F (false).
 - 1 Singing is good for your health.
 - 2 To sing well you need to learn to breathe correctly.
 - 3 People who sing are fatter than people who don't.
 - 4 Not everybody can learn to sing.
 - 5 You need to know how to read music to be able to sing well.
 - 6 If you make a surprised face, you can sing high notes better.
 - 7 It takes a long time to learn to sing better.
- 5.5 Now listen to an interview with the director of a singing school and a student who did a course there. Were you right?
- d Listen again. Choose the right answer.

1	When you are learning to sing you need to a stand b dress c eat	correctly.			
2	Singing well is 95% a repeating b listening c breathing				
3	Gemma's course lasted a one day b one week c one month				
4	Gemma has always a been good at singing b been in a choir c liked singin				
5	In the morning the students learnt to a breathe and sing b listen and breathe	 c listen and sing			

c listen and sing

5A uses of the infinitive (with *to*)

infinitive + to

I want **to go** to the party.

I need **to buy** some new clothes.

It'll be nice **to meet** some new people.

It's important **not to be** late.

- · Use to + the infinitive after:
 - some verbs (want, need, would like, etc.) See Verb Forms p. 154.
 - adjectives

It isn't easy to find a job. Nice to meet you.

The negative infinitive is not to + verb.
 Try not to be late tomorrow.

infinitive of purpose

A Why did you go to the party? B To meet new people.

I went to the party to meet new people.

Use to + the infinitive to say why you do something.
 I came to this school to learn English. NOT for learn English.

5B verb + -ing

Eating outside in the summer makes me feel good.

I love reading in bed.

I'm thinking of buying a new car.

- · Use verb + ing:
 - as the subject of a sentence
 Smoking is bad for you.
 after some verbs, (like, love, hate,
 - after some verbs, (like, love, hate, enjoy, etc.) See Verb Forms p. 154.
 I hate getting up early.
- after prepositions
 He left without saying goodbye.
- Remember the spelling rules for the -ing form (See p. 126 1C)

5C have to, don't have to, must, mustn't

have to, don't have to

- + She has to get up at 7.00 every day.
 You have to drive on the left in the UK.
- We don't have to wear a uniform at this school.
 He doesn't have to work on Saturdays.
- ? Do I have to buy a grammar book?

 Does she have to study tonight?

Don't contract have or has. I have to go. NOT I've to go.

- Use have to + infinitive to talk about rules and obligations, or to say something is necessary.
- Use don't have to + infinitive to say there is no obligation, or something is not necessary.
- Use do / does to make questions and negatives.
 Do I have to go? NOT Have I to go?

must / mustn't

- You must do your homework tonight.

 She must tidy her room before she goes out.
- You mustn't smoke in class.
 They mustn't leave their bags here.

Contraction: mustn't = must not

- Use must + infinitive to talk about rules and obligations.
 You must turn off your mobile phones before coming into class.
- must / mustn't are the same for all persons. It is not often used in questions (have to is more common).
- Use mustn't + infinitive to say something is prohibited.
 You mustn't smoke here.
- You can use mustn't or can't to talk about rules.
 You mustn't park here. You can't park here.

Must and have to are very similar, but there is a small difference. We normally use have to for a general obligation (a rule at work or a law). We normally use must when the speaker imposes the obligation (for example, a teacher to students or a parent to children). But often you can use either.

Mustn't and don't have to have completely different meanings.

Compare:

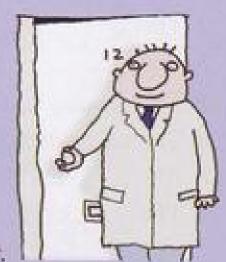
You mustn't go = You can't go. It's prohibited.

You don't have to go = You can go if you want, but it's not obligatory/necessary.

5D expressing movement: go, etc. + preposition

The man went up the steps and into the church. I ran over the bridge and across the park. He drove out of the garage and along the street.

- To express movement use a verb of movement, for example, go, come, run, walk, etc. and a preposition of movement (up, down, etc.)
- Be careful with in / into and out / out
 of. Use into / out of + noun, but if
 there isn't a noun just use in or out.
 Come into the living room. Come in.
 He went out of the house. He went out.



5A					
	Match the sentence halves.				
I'm planning to have a holiday next month.	They want to go to Australia	D A to celebrate getting the job.			
	1 He's going to have a party	B to get some petrol.			
do not drive go learn leave not make meet	2 You'll need a visa	C to book our tickets.			
1 A Hi, I'm Dagmara. B I'm Renata. Nice you. 2 What do you want this evening? 3 I need to the bank. I don't have any money. 4 Try a noise. Your father's asleep. 5 I'd really like a new language. 6 Be careful too fast on the way home. 7 She's decided her husband.	3 Don't forget to phone the restaurant 4 I stopped at the garage 5 She's gone to the supermarket 6 I went to the travel agent's 7 I'll send them a text message	D to visit their family there. E to tell them where we are.			
5B	Process parameter services				
a Complete the sentences with a verb in the -ing form.	b Put the verbs in the -in	g form or infinitive.			
be do go learn remember study talk teach	I like <i>listening</i> to mu	sic. (listen)			
I don't really enjoy <u>doing</u> exercise. 1 yoga is good for your health. (do)					
1 My mother's very bad at names. 2 teenagers is very hard work. 3 You can't sing well without to breathe proper 4 My sister spends hours on the phone to her boyfi 5 I hate the first to arrive at parties. 6 by train is cheaper than by plane. 7 I'll go on until dinner time.					
5C					
a Write sentences with the right form of have to.	b Complete the sentences wit	h have to, don't have to, or mustn't.			
I / work on Saturday 🖃 I don't have to work on Saturday.	We don't have to work to	morrow. It's a holiday.			
1 Jane / work very hard ±	1 You touch those				
2 you / wear a uniform ?	2 We take the bus t	to school. It's too far to walk.			
3 my sister / go to school □	3 The concert is free. You				
4 I / finish this now ?	4 It's late. I go now	r open – the cats will come in.			
5 we / get up early tomorrow 🖃		don't want to. I can go on my own.			
6 Harry / work tomorrow ?		ive on the left.			
7 we / hurry or we'll be late ±	8 You be very tall t	o play football.			
5D					
a Cross out the wrong preposition.					
	ugh a tunnel h Complete the	sentences with in into out or out			
	My mobile stopped working when we went across / through a tunnel. b Complete the sentences with in, into, out, or out				
1 She ran to / down the lake, and jumped into / out of to 2 If you go over / past the church, you'll see my house of 3 He walked along / across the street until he got to the	on the left.	his car and drove away on a Friday night. The door's open			

4 The plane flew on / over the town and then landed.

7 The cyclists went round / under the track three times.

5 The policeman walked towards / to me, but then he stopped.

6 We drove over / out of the bridge and in / into the city centre.

2 Come _____. The door's open.

3 He took his passport _____ his jacket.

4 He walked _____ the café and ordered a coffee.

Verb forms

A Verbs + infinitive

decide to We decided to go to France.

forget to Don't forget to turn off all the lights.

help to

He helped her to start the car.

We hope to see you again soon.

learn to I'm learning to drive.

need to I need to go the bank. I don't have any money.

offer to

He offered to take me to the airport.

They're planning to get married soon.

Pretend

He pretended to be ill, but he wasn't really.

promise to He promised to pay me back.

*remember to Remember to bring your dictionaries tomorrow.

start She started to cry.

*try to I'm trying to find a job, but it's very hard.

want to I want to go home.

would like to I'd like to buy a new car.

O p.53

B Verbs + -ing

enjoy I enjoy reading in bed.

finish Have you finished getting dressed.

go on (=continue) I have to go on working until 9 o'clock.

hate I hate getting up early.

like I like having lunch in the garden.

love I love waking up on a sunny morning.

(don't) mind I don't mind cooking. It's OK.

spend (time) She spends hours talking on the phone.

*start I started reading this book last week.

stop Please stop talking.

O p.55

A start can be used with both the infinitive and verb + -ing with no real difference in meaning.

It started raining. It started to rain.

start + -ing is more common when we talk about a habit or a longer activity. I started working here in 1998. When did you start playing the piano?

try and remember can also be used + ing but

the meaning is different.

Why don't you try doing yoga? = experiment with something

Do you remember meeting him last year? = remember something after it happened

After make and let use the infinitive without to.

Singing makes me feel good.

My parents don't let me go out during the week.

	usual spelling	▲ but also
parrot	p promise possible copy cap opposite appearance	All motional appearance of the color of the
bag	b belt body probably job cab bb rabbit rubbish	
keys	c camping across k skirt kind ck neck kick	chemist's stomach
girl	g grow goat forget begin gg foggy bigger	Mark Committee of the C
flower	f find afraid safe ph elephant nephew ff off different	enough laugh
vase	v video visit lovely invent over river	of
100000000000000000000000000000000000000	t try tell start late tt better sitting	walked dressed
dog	d did dead hard told dd address middle	loved tired
snake	s stops faster ss miss message ce/ci place circle	science
zebra	z zoo lazy freezing s reason lose has toes	
Shower	sh shut shoes wash finish ti patient information (+ vowel)	sugar sure machine
television	An unusual sound. revision decision confusio	n usually garage

	usual spelling		▲ but also	
ethumb	th	thing throw healthy tooth maths both	Topical document	
mother	th	weather the clothes sunbathe that with		
chess		chicken child beach catch match picture future		
d3.	j dge	jacket just journey enjoy bridge judge	generous teenager	
leg	1 11	little less plan incredible will silly	The state of the s	
right	r	really rest practice trainers borrow married	written wrong	
witch	w wh	wet twins worried win why which whale	one once	
yacht		yet year young yoga useful uniform		
monkey	m mm	mountain modern remember smell summer swimming		
nose	n nn	need nephew none any funny dinner	knees knock	
singer	ng	tongue fingers along thing bring going	think thank	
house	h	hit hate ahead perhaps hard	who whose whole	