

G quantifiers, too, not enough

V health and lifestyle: wear sunscreen, etc.

P /A/, /u:/, /ai/, /e/; linking

I eat too much meat.
I don't drink enough water.

How old is your body?

How old are you? How old is your body? The answer to these two questions isn't always the same. Our body age can be much younger or much older than our calendar age (even eighteen years different!). We can now calculate our body age by answering questions about the way we live. If our body age is older than our calendar age, we should change our lifestyle.

EXERCISE

I know I'm too fat because I don't do enough exercise. I spend too much time sitting in studios. All I do is play squash, but I don't play very often — about once a month. I would go to a gym if I had more time.

DIET

I eat quite a lot of fresh food and a lot of fruit, but I probably eat too much meat. My girlfriend says I don't drink enough water. I drink a little alcohol – just a glass of red wine with my dinner. But I don't drink any beer. I drink a lot of coffee. It goes with the job.



Like everybody I'm too busy! There aren't enough hours in the day. I love my job but I work too much (sometimes I spend 14 hours a day in the studio – that's too many). I often feel a bit tense and irritable. I smoke a few cigarettes when I go out, but I'm not a regular smoker. I only wear sunscreen when I go to the beach. My skin is quite dark so I don't think it's a problem.

PERSONALITY

I'm quite pessimistic. I always think that things will go wrong — and they usually do, especially at work.

SOCIAL LIFE

I don't have much free time but I have a few close friends and I try to see them regularly. If I'm too busy then I phone them.

DOCTOR'S VERDICT:

Tariq should do more exercise, for example he could walk to work. This would help him to control his stress. His diet is quite healthy but he should drink more water and less coffee. He must give up smoking. Although his skin is quite dark he should wear sunscreen all year round, even in winter. And he should try to be more positive.

Body age

1 READING

- a Read the introduction to the article and answer the questions.
 - 1 Is our body age the same as our calendar age
 - 2 How can we calculate our body age?
 - 3 What should we do if our body age is older than our calendar age?
- b Look at the photo of Tariq and read about <u>Underline</u> the things he does that are good. Circle the things he does that are bad. Comwith a partner.
- c Cover the Doctor's verdict. What do you think he should do?
- d Now read the Doctor's verdict. Was the advice same as yours? What do you think his body

2 GRAMMAR quantifiers, too, not enoug

- a Can you remember how to use *much*, *many*, In pairs, choose the correct word or phrase each sentence. Say why the other one is wro
 - 1 How much / many coffee do you drink?
 - 2 I don't eat much / many vegetables.
 - 3 I eat a lot of / many bread.
 - 4 I smoke a lot / a lot of.

friends.

- 5 A How much tea do you drink?
 - B Any / None. I don't like it.

b	Match	the	phrases	1-6 with	the me	anings	1

1	I drink too much coffee.	A I don't drink
2	I'm too fat.	B I need to do r
3	I work too many hours.	C I have two or
4	I don't do enough	D I work more t
	exercise.	I want.
5	I drink a little alcohol.	E I should be a
Hilly	optish sandingated yilico si	thinner.
6	I have a few close	F I drink more

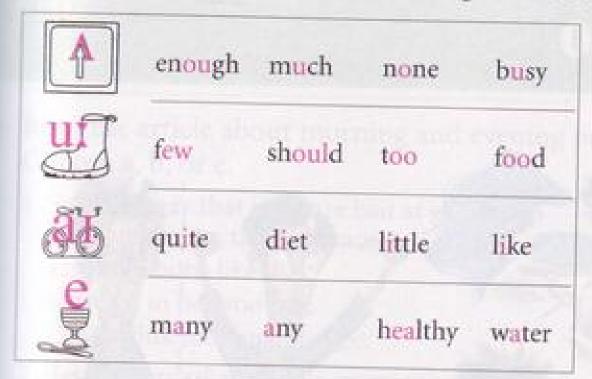
c D.140 Grammar Bank 8B. Read the rules do the exercises.

I should.

Tariq, a record producer Calendar age 32

3 PRONUNCIATION /A/, /uː/, /aɪ/, /e/; linking

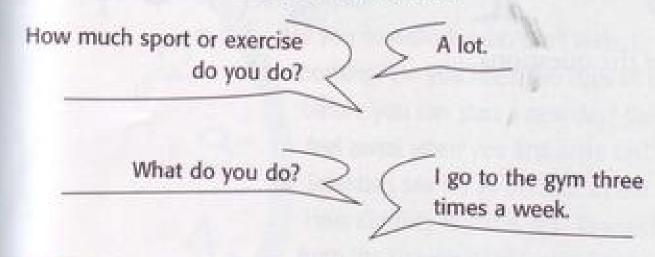
Cross out the word with a different pronunciation.



- b 8.4 Listen and check. Practise saying the words.
- A Remember! When people speak quickly they don't separate the words.
- c 8.5 Listen and write the six sentences.
- d Listen and repeat the sentences. Copy the rhythm.

4 SPEAKING

- Read the questionnaire and circle your answers.
- b Interview your partner and underline his / her answers. Ask for more information.



- your body age. Work out
- d Look at your partner's answers. Give him / her some good advice.

I think you should do more exercise. For example...

What's your body age? Do our quiz and find out

EXERCISE

- 1 How much do you walk a day?
 - a a lot b not much c very little
- 2 How much sport and exercise do you do a week?
 - a a lot b a little c none

DIET

- 3 How much fast food (processed and pre-prepared) do you eat?
 - a I eat too much.
 b I eat quite a lot.
 c I don't eat much.
 d I don't eat any.
- 4 How many portions of fruit and vegetables do you eat per day?
 - a only a few b quite a lot c a lot
- 5 How much water do you drink?
 - a a lot b quite a lot c a little
- 6 What's your worst diet habit?
 - a I eat too much fat. b I eat (or drink) too many sweet things.
 - c I eat (or drink) too much. d none of these

LIFESTYLE

- 7 How many cigarettes do you smoke a day?
 - a none b a few c a lot
- 8 How would you describe yourself mentally?
 - a I am a very positive person.
 b I am not positive enough.
 c I'm quite pessimistic.
- 9 How would you describe your stress level?
 - a I am too stressed.
 b I am stressed, but it's under control.
 c I am quite relaxed.
- 10 How often do you wear sunscreen?
 - a all year b only when I'm on holiday c when it's sunny

SOCIAL LIFE

- 11 How many close friends do you see regularly?
 - a a lot b quite a lot c a few d not many / none
- 12 How much time do you have for yourself?
 - a none b not enough c quite a lot

8A something, anything, nothing, etc.

THE RESERVE	+	? and - verb	Short - answer
people	somebody	anybody	nobody
	someone	anyone	no one
things	something	anything	nothing
places	somewhere	anywhere	nowhere

- Use somebody, something, someone, etc. when you don't say exactly who, what, or where.
 Somebody broke the window.
 I went somewhere nice at the weekend.
- Use anything, anybody, anywhere in questions or with a verb.

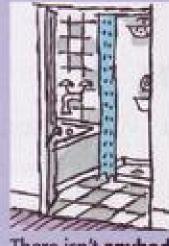
 I didn't do anything last night. NOT I didn't do nothing.



Somebody's in the bathroom.



Is **anybody** in the bathroom?



There isn't anybody in the bathroom.

- Use nobody, nothing, nowhere in short

 answers or in a sentence (with a + verb).
 Who's in the bathroom?
 Nobody. Nobody's in the bathroom.
 NOT Anybody is in the bathroom.
- · Somebody, Nobody, etc. are the same as Someone, No one, etc.

8B quantifiers

too, too much, too many

I'm stressed. I have **too much** work. My diet is unhealthy. I eat **too many** cakes and sweets. I don't want to go out. I'm **too** tired.

- · Use too, too much, too many to say 'more than is good'.
- Use too + an adjective NOT I'm too much tired.
- Use too much + uncountable nouns (e.g. coffee, time).
- Use too many + countable nouns (e.g. cakes, people).

enough

Do you eat **enough** vegetables? I don't drink **enough** water. This dress isn't big **enough**.

- Use enough before a noun to mean 'all that is necessary'.
- · Use enough after an adjective.

a little, a few

A Do you take sugar?
 A Do want some chips?
 I eat a little meat.
 I drink very little coffee.

B Yes, Just a little.
B Yes, but just a few.
Can you buy a few bananas?
He has very few friends.

- · Use a little / very little and a few / very few to talk about small quantities.
- Use a little / very little with uncountable nouns and a few / very few with countable nouns.

8C word order of phrasal verbs

Every morning I **get up** at 8.00. Then I **turn on** the radio. I always have to **look for** my glasses.

- A phrasal verb = verb + particle (preposition or adverb) get up, turn on, look for.
 - 1 Some phrasal verbs don't have an object.

 Come in and sit down.

 What time do you get up?
 - 2 Some phrasal verbs have an object and are separable. Put on your coat. Turn off the TV.
- With these verbs you can put the particle (on, off, etc.) before or after the object.
 Put on your coat OR Put your coat on.
 Turn off the TV OR Turn the TV off.
- When the object is a pronoun (me, it, him, etc.) it always goes between the verb and particle.

Here's your coat. Put it on. NOT Put on it.

I don't want to watch TV. Turn it off. NOT Turn off it.

3 Some phrasal verbs have an object and are inseparable.

I'm looking for my keys.

I'm looking for them.

With these phrasal verbs, the verb (look) and the particle (for) are never separated.

I looked after my little sister. NOT I looked my little sister after.

I looked after her. NOT Hooked her after.

8D so, neither + auxiliaries

- A I love football.
- B So do I.
- A I went to university.
- B So did I.
- A I'm not married.
- B Neither am I.
- A I don't smoke.
- B Neither do I.
- Use So do I / Neither do I, etc. to say that you have something in common with somebody.
- Use So + auxiliary + I with positive sentences.
 A I'm happy. B So am I. NOT So I am.
- Use Neither + auxiliary + I with negative sentences.
 A I'm not hungry. B Neither am I.
 NOT Neither I am.
- The auxiliary you use depends on the tense.
 I love football. So do I.

I love Jootball.

I didn't like the film.

I can swim.

I wasn't very tired.

So do I.

Neither did I.

Neither was I.

I've been to Spain. So have I.
I wouldn't like to go there. Neither would I.

b Answer with Nobody, Nowhere, or Nothing. 1 What did you do last night? 2 Where did you go yesterday?		
The case of the grant of the gr		
nces with too, too much, too many, or enough. red meat. It isn't good for you. ry fit. He doesn't do exercise. rk. It's far. cars on the roads today. – only five or six hours, but I really need eight. ired to go out last night. people at the party, so it was imposible to dance.		
EWARTING TRANSPORT DAY TO BE TO THE PERSON OF THE PERSON O		
the sentences in a where the particle (on, off, etc.) ld also go after the object. uplete the sentences with it or them and a particle. ny off (x2) on up (x3)		
1 I can't hear the radio. Turn 2 Your clothes are all over the floor. Pick 3 Here's your coat. Put 4 What does this word mean? Look 5 Your shoes are wet. Take 6 I don't need those papers. Throw 7 Don't watch the TV now. Turn		
SoI or NeitherI I don't like whisky. I live near the school. I'm not afraid of snakes. I went to bed early.		

7D Passives quiz Student A

- a Complete your sentences with the verb in the passive and the right answer.
 - 1 Until 1800 New York _____ (call) _____. a New Amsterdam b New Hampshire c New Liberty
 - 2 Chess _____ (invent) by _____.
 - a the Egyptians b the Indians c the Chinese
 - 3 The Italian flag _____ (design) by _____. a Garibaldi b Mussolini c Napoleon
 - 4 The first Levi jeans _____ (wear) by _____.
 - a miners b farmers c cowboys
 - 5 The first credit card _____ (use) in _____.
 - a 1960 b 1970 c 1980
 - 6 The Indiana Jones films _____ (direct)
 - a Stephen Spielberg b George Lucas c Stanley Kubrick
 - 7 Penguins ______ (find) ______. a at the South Pole b at the North Pole c in Alaska
 - 8 In the world 15,000 babies _____ (be born) a every second b every hour c every day
- b Read your sentences to B. B will tell you if you are right.
- c Now listen to B's sentences. Tell him / her if he / she is right.

B's answers

- 1 The CD player was invented by Philips.
- 2 The Star Wars films were directed by George Lucas.
- 3 The politician Winston Churchill was born in a toilet.
- 4 The book which is stolen most often from libraries is The Guinness Book of Records.
- 5 The electric chair was invented by a dentist.
- 6 Football was first played by the British.
- 7 In 1962 the original London Bridge was bought by a rich American.
- 8 The noun which is used most frequently in conversation is time.

9A What had happened? Student A

- a Look at sentences 1-6 and think of the missing verb (\pm = positive verb, \equiv = negative verb). Don't write anything yet!
 - 1 Diana was very angry because her husband the dinner.
 - 2 He couldn't catch his plane because he his passport at home. +
 - 3 We went back to the hotel where we on our honeymoon. +
 - 4 The telephone wasn't working because they the bill.
 - 5 Miriam was surprised to hear that she the exam. ±
 - 6 The shop assistant agreed to change the sweater, because I _____ it. =
- b Read your sentence 1 to B. If it's not right, try again until B tells you 'That's right'. Then write in the verb. Continue with 2-6.
- c Listen to B say sentence 7. If it's the same as 7 below, say 'That's right'. If not say 'Try again' until B gets it right. Continue with 8–12.
 - 7 We went back to see the house where we had lived when we were children.
 - 8 The flat was very dirty because nobody had cleaned it for a long time.
 - The crocodile was hungry because it hadn't eaten anything for a long time.
 - I ran to the station, but the last train had gone.
 - I didn't want to lend him the book because I hadn't read it.
 - 12 They got to the cinema late and the film had started.

Body age? Students A+B 8B

a Start with your calendar age. Add \pm or subtract \equiv years according to your answers.

d-1

d+2

- a-2b 0 c+1b-1a-2c + 2
 - c 0 a + 2b + 1
- a +1 b-1c-2a-2c + 1b-1
- d 0 c + 2a+1b + 1
- d + 5a-3c + 2b + 1
- b + 1c + 2a-3
- b 0 c-2a + 3
- b 0 $10 \ a-2$ c-1c 0 11
- b-1a-2c-1
- b + 112 a +2