

## A Context listening



1 You are going to hear a girl called Sophie asking her mother to do five things for her. What do you think Sophie might ask?

---

---

---

2 17 Listen and write Sophie's questions. Were any of your guesses right?

Sophie says:

Her mother agrees (✓)  
or doesn't agree (X)

- |   |                                     |              |
|---|-------------------------------------|--------------|
| 1 | <u>Will you lend me ten pounds?</u> | <u>✓</u>     |
| 2 | <u>_____</u>                        | <u>_____</u> |
| 3 | <u>_____</u>                        | <u>_____</u> |
| 4 | <u>_____</u>                        | <u>_____</u> |
| 5 | <u>_____</u>                        | <u>_____</u> |

3 17 Listen again and put a tick (✓) in Exercise 2 if Sophie's mother agrees to do something and a cross (X) if she doesn't agree.

4 17 Listen again. Sophie asks her mother two things for a second time at the end of the conversation. What does she say? Why does she ask differently the second time?

---

---

---

## 1 Asking for and giving permission

We can ask for permission by saying *Can I?* *Could I?* or *May I?*:

*Can I leave my bag here while I look round the museum?* (= a simple request which expects the answer yes)

*Could I borrow your car for a few days?* (= more polite or a request which is less sure of the answer being yes)

*May I sit here?* (= a more formal request, particularly to a stranger)

We usually answer by saying:

*Of course (you can).* / *OK.* / *Certainly.*

*I'm afraid not.* (= polite) / *No, you can't.* (= not very polite)

*May* is often used in written notices to say what is or is not allowed:

*You may borrow six books from the library.*

*You may not keep any book for longer than three weeks.*

## 2 Making requests

We use *Can you?*, *Will you?*, *Could you?*, *Do you think you could?*, *Would you?* *Would you mind?* to ask someone else to do something.

We often use *Can you?* or *Will you?*, especially in informal conversation:

*Can you pass me the bread?*

*Will you get me some stamps from the post office?*

To be more polite, we use *Could you?* and *Would you?*:

*Could you tell me where the station is?*

*Would you lend me your camera?*

We usually answer by saying:

*(Yes) of course (I can/will).* or *OK.* or *Maybe.*

*I'm sorry, I'm afraid I can't.* (**not** ~~No, I won't~~, which sounds rude)

We often use *Do you think you could?* (**not** ~~Do you think you can?~~) to make requests:

*Do you think you could move your things off the table?*

⚠ We never use *May you?* to ask someone to do something.

(**not** ~~May you give me a lift?~~)

We use *Would you mind (not) -ing?* when we want to be very polite:

*Would you mind moving to another seat?*

*Would you mind not talking so loudly?*

⚠ The reply to a question with *Would you mind?* is negative:

*Not at all.* (= I don't mind moving to another seat. / We don't mind talking more quietly.)

## 3 Making offers

There are several ways of offering help to someone:

*Can I/we help you to cook dinner?*

*Shall I/we clean the car for you?*

*I can / I could / I'll lend you some money.*

*Why don't I carry that bag for you?*

*Would you like me to do the washing up?*



## C Grammar exercises

**1** Mark the sentences on the left A (advice/warning), O (offer), P (asking permission), R (request) or S (suggestion). Then match them with the replies on the right.

- |    |  |   |   |
|----|--|---|---|
| 1  | May I check my email on your laptop? <u>P</u>                          | a | Yes, let's. This one isn't very good.                         |
| 2  | Would you mind buying me a sandwich? _____                             | b | Of course. Let me just save this document first.              |
| 3  | Shall I make you a copy of my notes? _____                             | c | Of course not. What sort would you like?                      |
| 4  | How about going out for a coffee? _____                                | d | Oh thanks, that'll save me a long walk.                       |
| 5  | You ought to buy a new dress for your cousin's engagement party. _____ | e | OK, I could do with a break.                                  |
| 6  | Can you text me after the exam? _____                                  | f | Well, I just can't afford one.                                |
| 7  | I can give you a lift in my car if you need one. _____                 | g | I'm afraid not, I forgot to charge it.                        |
| 8  | Could I use your phone to make a call, please? _____                   | h | OK, I won't.  |
| 9  | You'd better not touch anything on the desk. _____                     | i | I'm sorry, I can't. We're not allowed to take phones with us. |
| 10 | Why don't we try a different website? _____                            | j | No, it's OK. I've got all the information I need.             |

**2** Choose the correct words in these sentences.

- 1 Students *ought* / may not use phones in any part of the library.
- 2 Why don't you *send* / *sending* me a text when you finish your class?
- 3 Please *may* / *can* you cut me another slice of bread?
- 4 How about *spend* / *spending* the weekend at my parents' beach house?
- 5 We shouldn't have *given* / *gave* our address to that salesman.
- 6 Your brother really *shouldn't* / *ought not* to eat so much ice cream!
- 7 *Shall* / *Could* they meet us on the beach, or is that too far from their house?
- 8 I knew I *should* / *better* have brought a warmer coat with me – I'm freezing!

**3** Fill in the gaps in these sentences. There is more than one possible answer for most of these.

- 1 Can I leave my scooter in your garage?
- 2 I'm sorry to bother you. \_\_\_\_\_ I look at your timetable, please?
- 3 \_\_\_\_\_ cycling to town today for a change? It will be good for us.
- 4 We \_\_\_\_\_ ask Paula if she'd like to come riding with us. What do you think? I think she'd enjoy it.
- 5 \_\_\_\_\_ you get that tin down from the shelf for me, Dad? I can't quite reach.
- 6 I \_\_\_\_\_ post your parcel on my way to work if you want.
- 7 \_\_\_\_\_ we go sailing at the weekend? The weather's going to be fine.
- 8 Excuse me, \_\_\_\_\_ you tell me where the nearest tube station is?
- 9 *Passenger*: \_\_\_\_\_ I take this bottle onto the plane?  
*Security officer*: No, I'm afraid not.
- 10 \_\_\_\_\_ turning that television down? I need to use the phone.

4 Complete the dialogue with the phrases in the box.

Can I do ~~Can I help~~ Could I see I'm afraid Shall I ask Would you exchange You can't have  
You could give You'd better not You should ask You shouldn't have done


- Assistant: (1) Can I help you?  
Laura: I'd like to get a refund on these headphones. (2) \_\_\_\_\_ that at this checkout?  
Assistant: Yes, you can. (3) \_\_\_\_\_ the receipt, please?  
Laura: (4) \_\_\_\_\_ not. I haven't got one, you see, because they were a present.  
Assistant: Sorry. (5) \_\_\_\_\_ a refund without the receipt.  
Laura: (6) \_\_\_\_\_ them for something else, then?  
Assistant: What brand are they? Oh, but you've taken them out of their box. (7) \_\_\_\_\_ that if you wanted to return them.  
Laura: Christabel did that before she gave them to me.  
Assistant: Did you say Christabel? Does she work here at weekends?  
Laura: I don't know. She's got dark hair and glasses.  
Assistant: (8) \_\_\_\_\_ her where she got them. She was probably given them free because they haven't got a price on them. (9) \_\_\_\_\_ the manager what he thinks?  
Laura: (10) \_\_\_\_\_ do that. I don't want to get Christabel into trouble.  
Assistant: (11) \_\_\_\_\_ them to someone else for their birthday or something, I suppose.



5 What would you say in the following situations? Write sentences using the words in brackets.

- You have just started work in a new office and you want to know how the coffee machine works. Ask someone.  
(could) Could you tell me how the coffee machine works, please?
- Your sister has just moved into a new flat and you offer to help her clean it.  
(shall) \_\_\_\_\_
- Your friend is trying to decide what to buy her mother for her birthday. Suggest she buys her some perfume.  
(what about) \_\_\_\_\_
- Your brother puts lots of salt on his food. Advise him not to use so much.  
(ought) \_\_\_\_\_
- You want a book which you can't find in your local bookshop. Ask the assistant to order it for you.  
(could) \_\_\_\_\_
- You are buying something in a market and you want to pay by credit card. Ask the assistant if this is possible.  
(can) \_\_\_\_\_
- Your friend is always missing calls because he forgets to charge his phone. Advise him to charge it every night.  
(should) \_\_\_\_\_
- You've been at a party at a friend's house and the kitchen is in a terrible mess. Offer to help clear up.  
(would / like) \_\_\_\_\_
- Your sister is going shopping. You need a tube of sun cream. Ask her to get some for you.  
(can) \_\_\_\_\_
- You need a lift home. Your friend has a car but lives in the other direction. Ask him politely for a lift.  
(would / mind) \_\_\_\_\_

## Listening Part 3

 18 You will hear five short extracts in which people are talking about advice they received. For questions 1–5, choose from the list (A–H) what each speaker says about it. Use the letters only once. There are three extra letters which you do not need to use.

A I didn't listen carefully enough to the advice.

B I received advice I didn't ask for.

Speaker 1   1

C It was a mistake to follow the advice.

Speaker 2   2

D I didn't get the advice I'd hoped for.

Speaker 3   3

E I wish I'd taken the advice.

F The advice was too confusing.

Speaker 4   4

G I was given the advice too late.

Speaker 5   5


H The advice wasn't relevant to me.



### Exam tip

Read the options before you listen.

## Grammar focus task

 18 What advice were the people on the recording given? Rewrite the sentences below using the words given. Listen again to check whether your new sentence is the same as what the speaker said.

1 What about going skiing in Whistler?

(really should) You really should go skiing in Whistler.

2 Why not go hiking in Cape Breton?

(could) \_\_\_\_\_

3 I advise you not to do that course.

(shouldn't) \_\_\_\_\_

4 It's not a good idea to cycle along those roads.

(better not) \_\_\_\_\_

5 I suggest you take these tracks across the fields instead.

(don't) \_\_\_\_\_

6 That was the wrong thing to do.

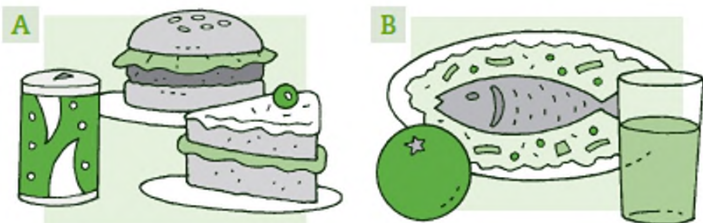
(have) \_\_\_\_\_

7 It is essential that you wear your life jacket.

(must) \_\_\_\_\_

**1.1** Look at the two pictures. Why are these meals healthy or unhealthy? Use the words in the box to complete the sentences below.

salt fat vitamins protein fibre  
carbohydrate sugar calories



Meal A is high in salt, \_\_\_\_\_ and low in \_\_\_\_\_.

Meal B is high in \_\_\_\_\_ and low in \_\_\_\_\_.

**1.2** **32** Listen to a sportsman talking about his lifestyle and underline the things he mentions.

going on a diet eating lean meat needing carbohydrate for energy eating substantial portions  
not putting on weight cutting out fat doing regular training drinking coffee  
getting enough sleep handling stress

**1.3** **32** Listen again. What would the sportsman say to these statements? True or false?

- 1 I eat lots of fruit and vegetables. True
- 2 I've stopped eating dairy products. \_\_\_\_\_
- 3 I've cut down on chocolate. \_\_\_\_\_
- 4 I occasionally eat junk food. \_\_\_\_\_
- 5 I go to the gym regularly. \_\_\_\_\_
- 6 I've recently given up smoking. \_\_\_\_\_
- 7 I drink lots of water. \_\_\_\_\_
- 8 I don't get much sleep at the weekend. \_\_\_\_\_

### **V** Vocabulary note

Diet can mean the food and drink normally eaten by an individual or a group of people:  
*I'm an athlete so I eat a healthy diet.*  
*Rice is the staple diet of many people in India.*

Diet is also used when particular food is eaten for medical reasons or to lose weight:  
*The doctor put me on a low-salt diet.*  
*My jeans are tight, so I'm going on a diet.*

**1.4** Are the statements in 1.3 true or false for you? Rewrite any false statements to make them true for you.

**1.5** **PHRASAL VERBS** Complete the paragraph below using the correct form of these phrasal verbs.

come down with cut down on get round to go for ~~keep to~~ live on put on take up

If you want to stay healthy, you need to (1) keep to a healthy diet. Eat plenty of fruit, vegetables and salad and (2) \_\_\_\_\_ salt, fat and processed sugar. And if you want to avoid (3) \_\_\_\_\_ weight, it's definitely best not to (4) \_\_\_\_\_ junk food, because it contains all those things. Also, whatever your age, it's important to (5) \_\_\_\_\_ doing exercise on a regular basis, so think about (6) \_\_\_\_\_ a sport, or (7) \_\_\_\_\_ a regular walk or run. By doing all these things, you should build up a healthy immune system and avoid (8) \_\_\_\_\_ colds all the time.

## 2.1 Match the phrases for minor medical problems (1–6) with the possible causes (A–F).

- |                        |                                       |
|------------------------|---------------------------------------|
| 1 get a blister        | A You're just recovering from flu.    |
| 2 have a stomach upset | B You've had a bad cough.             |
| 3 have a sore throat   | C You've eaten some undercooked meat. |
| 4 feel run down        | D You've just done a long flight.     |
| 5 lose your voice      | E You're getting a cold.              |
| 6 be jet-lagged        | F You've been wearing new shoes.      |

## 2.2 Choose the correct words in these sentences.

- 1 If you have burnt yourself badly, you go to the casualty department / local surgery.
- 2 If you cut your hand and need scars / stitches, the doctor will give you a local anaesthetic.
- 3 If you suffer from hay fever, the doctor will give you antihistamines / antibiotics.
- 4 If you need medicine, the doctor will give you a recipe / prescription to take to the local pharmacy.
- 5 If you break your leg, the doctor will put it in plaster / bandage as soon as possible.
- 6 When travelling to some countries, you might need a protection / vaccination for a disease like yellow fever.
- 7 If you need weighing, the nurse will ask you to step on the weights / scales.
- 8 If the symptoms / treatments of your illness are obvious, it is easy for your doctor to decide what's wrong.

### ERROR WARNING

The words **prescription**, **receipt** and **recipe** are often confused.

A **prescription** is the piece of paper on which the doctor writes the medicines you need:

*The doctor gave me a prescription for antibiotics.*

A **receipt** is the piece of paper you receive to show you have paid:

*I always keep the receipt when I buy clothes in case I want to change anything later.*

A **recipe** is a set of instructions telling you how to prepare and cook food:

*My mother gave me a really good recipe for bread.*

## 3.1 PHRASAL VERBS Underline the phrasal verbs in 1–5 and match them with the descriptions.

- |  |   |
|--|---|
| 1 I didn't want to play hockey, so I <u>made up</u> a story about twisting my ankle.                                 | A Someone did something good to compensate for something they hadn't done before. |
| 2 She didn't visit me when I was ill, but she made up for it by sending me some flowers.                             | B Someone headed in a particular direction.                                       |
| 3 Sophie didn't know which ward her brother was on, so she made for the information desk.                            | C Someone decided to use something in a different way.                            |
| 4 The nurse spoke so softly that I couldn't make out what she was saying about my medicine.                          | D Someone invented a reason for something which happened to them.                 |
| 5 The old operating theatres are no longer used, so the hospital has made them into accommodation for nursing staff. | E Someone was unable to understand what another person was saying.                |



## Reading and Use of English Part 2

For questions 1–8, read the text below and think of the word which best fits each gap. Use only **one** word in each gap. There is an example at the beginning (0).

### The importance of physical activity

The pace (0) of modern life is very fast, and most people have busy and demanding lives. Consequently, eating (1) \_\_\_\_\_ balanced diet and doing physical activity make a big difference to overall health. (2) \_\_\_\_\_ we are all aware of how important exercise is for us, from our brains to our bones, many people spend far (3) \_\_\_\_\_ little time exercising. The good news is that (4) \_\_\_\_\_ is easier than you think to fit physical activity (5) \_\_\_\_\_ your day because you can do it at (6) \_\_\_\_\_ time and wherever suits you.

Remember that your feet were made for walking, so use them (7) \_\_\_\_\_ you get the chance. Walk around town, ignore lifts and escalators, and build up your leg muscles by climbing stairs. Next, get out and have fun. For example, kicking a ball about is a great way to spend time together (8) \_\_\_\_\_ a family, or with friends.



#### Exam tip

Read the text first to get a general impression of what it is about.

## Writing Part 1: essay

In your English class you have been talking about how to be fit and healthy. Now your English teacher has asked you to write an essay.

Write an essay (140–190 words) using **all** the notes and give reasons for your point of view.

What is the best way to stay fit and healthy?

#### Notes

Write about:

- 1 eating a healthy diet
- 2 making time to relax
- 3 \_\_\_\_\_ (your own idea)



#### Exam tip

Remember to read the question carefully and plan your essay before you write. When you have finished it, read it carefully and check for grammar and spelling mistakes.