

# Module 1

## People and Personalities.

### Lifestyles

#### Part I TEST

#### Частина «Читання»

#### Reading

#### Task 1

Read the text below. Match choices (A – H) to (1–5). There are three choices you do not need to use. Write your answers on the separate answer sheet.

#### You Are What You Think You Are

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

It is very common for teenagers to have a negative image of their own bodies. They insist they are hopelessly ugly, no matter how much their parents and friends tell them otherwise! Magazine problem pages and Internet blogs are full of agonized accounts. The young people who write them are convinced they are unattractive and therefore unloved and rejected by others.

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

Why do teenagers see themselves in an unflattering way? The fact is, puberty has a lot to do with it. During your early teens, the body is preparing itself for adulthood. New chemicals are moving around the body as it adjusts to adult hormone levels. The body alters its shape, sometimes resulting in puppy fat. Skin problems such as acne are also common. Teens are affected psychologically too. They become confused and anxious about their changing appearance. This in turn can lead to feelings of insecurity and low self-esteem.

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

Nor is the situation helped by the media. Young people are bombarded with images of the ideal body. Top fashion models in glossy magazines are all far taller and skinnier than the average woman. They have their hair and make-up done professionally. After a fashion shoot, magazine editors have the photographs airbrushed before they are published to give the models a flawless complexion. Male actors in epic films flex beautifully toned rippling muscles. But more than likely, they have had them digitally enhanced, or “photoshopped”, as they call it in the trade. Not to mention the fact that many celebrities choose to have cosmetic surgery done to enhance their appearance. None of this reflects a realistic body image, so it’s no wonder adolescents are made to feel inadequate and unsure of themselves.

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

The good news is that, however dissatisfied you are with your looks, the chances are it’s only temporary! Those extra kilos and that spotty skin usually disappear by themselves in time. While your body is sorting itself out and “settling into” its final form, you need to ride out the change! Resist the temptation to compare yourself with your peers. This is easier said than done when you are the tallest girl in your class or the only boy who has

started growing a beard. You tend to feel the odd one out and may even get teased or bullied. Just remember that although teens' bodies change at different speeds, everyone ends up at more or less the same place in the end!

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

It's important to realise what things you can change about yourself and what things you can't. Correct diet and exercise can do wonders for your appearance. Having your hair restyled, your nails manicured or your teeth whitened will also help boost your self-confidence. The things you can't alter, like your height or your shoe size, should be seen as strengths and not weaknesses. They are, after all, the features that make you a unique individual!

*(Adapted from: Virginia Evans, Jenny Dooley (Eds.). (2016). Prime Time 4. Student's Book. Express Publishing. P.108)*

- A Physical traits can reveal your personality
- B Many teenagers worry about their appearance
- C Adolescence is the time that influences your mental well-being
- D People who post selfies are more open to new experiences
- E Teens develop at a different rate
- F Fashion models have their appearance improved artificially
- G An increasing number of teens change their image through plastic surgery
- H Social media use has no impact on self-esteem, body image and body dissatisfaction

## Task 2

**Read the text below. For questions (6–10) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.**

### Why Fathers Want to Look after the Baby

**One of the most extensive surveys of fathers has now shown that, far from the stereotype, most men would like to share childcare duties with their partners or wives.**

The survey made by the Equal Opportunities Commission shows a modern type of father: the New Dad. He takes part in day-to-day childcare and does not mind helping with the vacuuming and washing-up – if only when his partner asks him to. The EOC interviewed sixty-four fathers and their partners about their home and work life. Most fathers agreed that it was important to 'be there' for their children for key events such as school sports day, their first appearance in the school play and for at least one meal a day. Many agreed that parenting classes would be a good way to give them more confidence around the home.

Based on the survey results, four types of fathers were defined, from the traditional type of dad to the perfect New Dad, who is as much involved in taking care of the children as the mother. The survey found that the majority of men were somewhere between these two types.

In the first category comes Enforcer Dad, the old-fashioned disciplinarian who does not see himself as involved in the day-to-day care of his children. He sees his responsibilities as setting clear limits for them and being a role model. Most fathers do not see this as their only role.

The two biggest categories are Entertainer Dad and Useful Dad. Entertainer Dad is at his best keeping his children laughing while his partner gets on with household chores and arranging the children's school and extra activities. Useful Dad is willing to help out around the house, even though he expects the mother to be the "team leader" in all things domestic.

Finally, and probably every woman's dream, is Fully Involved Dad. He is equally engaged in running the home and the family, and sees the role of the father and the mother as practically identical. Fully Involved Dads adjust their work arrangements to their partners' professional duties. "I do have definite childcare commitments,"

said one father in this category. "There are certain times or occasions where it is non-negotiable and I just leave the office on time."

Julie Melior, chairwoman of the EOC, said that fathers were still not given enough flexibility at work and mothers would feel fully supported only if employers treated (and paid) both sexes equally. "Mums and dads should be able to choose how they want to share the responsibilities of bringing up children and working outside the home," she said. "But until we have equal pay, decent childcare and more opportunities to work flexible hours, many fathers will continue to find it hard to be there for their children and many women will continue to be disadvantaged at work. This is not necessarily the best solution for parents, children or employers. Equality at work or home depends on both mums' and dads' family responsibilities being acknowledged," Melior said.

*(Adapted from: Exam Excellence (2006). Oxford University Press.P.15)*

**6. Which of the following topics does the headline of the article reflect?**

- A Fathers can choose how they want to share the responsibilities of bringing up children
- B Fathers should be encouraged to participate in childcare more actively
- C Fathers are ready to participate in taking care of children
- D Working women want their partners to take over some childcare responsibilities

**7. Why would many fathers like to attend parenting classes?**

- A So they can be more confident in dealing with domestic issues
- B So they can learn how to do day-to-day childcare
- C Because they think it's important to be involved in the day-to-day care of children
- D Because they want to attend important school events

**8. How do Enforcer Dads view their role in childcare?**

- A They don't see childcare as their responsibility
- B They teach their children discipline by setting an example for them
- C They keep children amused while their partner gets on with housework
- D It's important for them to be involved in the day-to-day care of their children

**9. How do Fully Involved Dads find time to share childcare responsibilities with their partners?**

- A They fit their work commitments to their partner's arrangements
- B They often leave the office early
- C They run the home and the family, so their partners can focus on their professional duties
- D They think it's their partner's responsibility to negotiate flexibility at their workplace

**10. What does Julie Mellor think employers should do?**

- A They should give women more support so they can take on more of the childcare responsibilities at home
- B They should allow parents to work from home so they can look after their children
- C They should pay women more because they are often disadvantaged in the workplace
- D Employers should provide both parents with equal pay and flexible working hours

**Task 3**

**Read the texts below. Match choices (A – H) to (11–16). There are two choices you do not need to use. Write your answers on the separate answer sheet.**

**Morning Habits of Celebrities You Can Adopt to Set up Each Day for a Win**

**11. Steve Jobs**

In his speech to a graduating class at Stanford, Jobs said that each morning he looked in the mirror and asked himself the same question: "If today was the last day of my life, would I want to do what I'm doing

today?” Whenever his answer was “no” for too many days in a row, he was sure that he needed to change something in his life. This kind of reevaluation of his work and desires every single day helped him pursue his dreams without forgetting about his true self.

### 12. Mark Zuckerberg

Of course, having lots of choices may seem awesome and even luxurious for some of us. But when you're in a hurry in the morning, wasting those precious minutes on deciding what to wear or to eat may actually turn your day into a complete disaster. That's why many wealthy and successful people have voluntarily chosen to eliminate their decisions throughout the day. One of the greatest examples of this is seen by Mark Zuckerberg who admits that he has about 20 identical grey T-shirts in his closet. This lack of choice helps him avoid decision fatigue and focus his attention on business.

### 13. Julianne Hough

Julianne Hough prefers to start her day on a positive note by performing her own morning gratitude ritual. Right after waking up at 6:30 AM, she sits up in her bed and thinks of 5 things she's grateful for that either already happened to her or that she wants to do that day. Julianne also sets some small spiritual goals for the following 24 hours. This can be something like making 10 people smile throughout the day, for example. Only after this does she get out of bed, brush her teeth, and proceed with her other morning routines.

### 14. Richard Branson

It turns out that Branson is not the only early bird in his family. No matter what he's up to later, Richard wakes up at around 5 AM, works out, and eats his breakfast. However, the most important part of his morning is spending time with his family. Branson says that some quality family time puts him in a great frame of mind before getting down to business. According to some studies, it also reduces stress, improves your health, and extends the length of your life.

### 15. Oprah Winfrey

The benefits of meditation are well-known to many – it helps reduce stress, improve productivity, boost creativity, and maintain general well-being. That's why Oprah Winfrey usually includes meditation in her daily routine. Oprah starts each morning with 20 minutes of sitting meditation, not skipping holidays and weekends. She says that sitting in stillness fills her with hope, a sense of contentment, and deep joy.

### 16. Tim Ferriss

Tim Ferriss knows all about success, simply because he has interviewed thousands of great leaders from all walks of life. “Win the morning, win the day,” is Tim's motto expressed in one of his books.

Ferriss chooses to start his days by clearing both his room and his mind, and that's why he does the easiest but most annoying task first: he makes his bed. This simple action gives him a feeling of pride and accomplishment. Having done this, he can be sure that there is at least one thing in his life that is absolutely under his control, and all the rest is not worth worrying about.

*(Adapted from: <https://brightside.me/wonder-people/13-morning-habits-of-celebrities-you-can-adopt-to-set-up-each-day-for-a-win-652060/>)*

Which person \_\_\_\_\_

- A gets up early and takes a steam shower for 20 minutes each morning?
- B expresses appreciation on a regular basis while staying in bed?

- C does ordinary things to succeed in life?
- D gets rid of options?
- E works out with his/her friends?
- F finds inspiration in close relations?
- G reminds himself/herself of his/her dreams?
- H spends not less than a quarter of an hour in quiet thought in the morning?

#### Task 4

Read the text below. Choose from (A – H) the one which best fits each space (17–22). There are two choices you do not need to use. Write your answers on the separate answer sheet.

### Ageing Like a Queen: the Secrets to Elizabeth’s Longevity

Growing older, whilst becoming a Queen, are privileges denied to most of us. They require strength, self-control, resilience and, of course, great health. Her Majesty Queen Elizabeth II, the United Kingdom’s longest-reigning monarch and the oldest head of state in the world, is succeeding at both.

But how can she remain amazingly comfortable in her own skin after all these decades?

She probably has very good genes to count on, but being in such a great form, at 96 years old, (17) \_\_\_\_\_, is also a matter of having a healthy lifestyle and great mental well-being. What’s her secret? A surprisingly simple approach to nutrition, sensible exercise, a great sleep routine and, of course, a cup of Earl-Grey tea every morning (18) \_\_\_\_\_.

The Queen has never let life’s drama get her down, regardless of the royal scandals (19) \_\_\_\_\_. Being resilient is probably one of her most popular traits. She is well known for staying on top of her work, spending leisure time, navigating both familiar and professional relationships, and managing to do it all while ageing gracefully.

The Queen knows the importance of continuing engagement in activities and relationships. As a result, she’s never off duty, keeping her brain active, through work or educational projects. She sees public and voluntary service (20) \_\_\_\_\_.

(21) \_\_\_\_\_, the Queen definitely finds regular daytime breaks to rest and recharge. Her Majesty loves spending time outdoors walking her dogs around the grounds of Windsor Castle or Buckingham Palace and has also long been fond of horseback riding for most of her life. Whether spending time in nature or enjoying quiet time alone, it’s no doubt she has contributed to her strong immune system.

The Queen’s lifespan could be also a direct result of her excellent sleep routine. She typically goes to bed at about 11 pm to guarantee a solid 8 hours of rest – an absolute must for the hardworking Elizabeth – and arises every morning (22) \_\_\_\_\_.

What an amazing example Her Majesty is to all of us, with so many positive lessons from which we all could learn. Successful ageing is measured in both quantity of years and quality of life – not simply breathing but retaining vitality and enthusiasm, enough to make life well worth living.

*(Adapted from: <https://www.crunchytales.com/ageing-like-a-queen-the-secrets-to-elizabeths-longevity/>)*

- A as one of the most important elements of her work
- B feeling refreshed and ready to take on the day
- C to set off her day in the brightest possible way

- D to maintain a rigorous fitness regime
- E she had to endure over the years
- F brisk walks with her corgis and horseback riding
- G surpassing the average life expectancy for many women (at least in the UK)
- H despite being almost always hard at work

## Частина «Використання мови»

### Use of English

#### Task 5

**Read the text below. For questions (23–32) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.**

Becoming an adult is a very important phase in every person's life. However, when this (23) \_\_\_\_\_ can be very different depending on where you live or which culture you (24) \_\_\_\_\_ from. Most countries have laws on when adolescents are allowed to do certain things.

In the US, for example, adulthood starts at the age of 16, when a person can get (25) \_\_\_\_\_ or a driving licence. Even though American youngsters have the right to vote at 18, they can't legally drink alcohol until they (26) \_\_\_\_\_ the age of 21.

In some countries of Central and South America, girls celebrate their 15<sup>th</sup> birthday, which marks their rise to womanhood. Families often (27) \_\_\_\_\_ church services with their 15-year-old daughters and afterwards have parties with many guests.

In Japan young men and women (28) \_\_\_\_\_ to adulthood at 20, when they are allowed to vote and drink alcohol. The Japanese even have a special day for this event called "Coming-of-Age Day", the second Monday of January. On this day, the new adults celebrate with their families and attend speeches given by politicians.

Until (29) \_\_\_\_\_ young people in Saudi Arabia were (30) \_\_\_\_\_ adults at the age of 15 – a time when they started showing physical (31) \_\_\_\_\_ of becoming an adult. However, a few years ago the country (32) \_\_\_\_\_ this age to 18.

*(Adapted from: [http://www.english-grammar.at/online\\_exercises/open-cloze/oc024-coming-of-age.htm](http://www.english-grammar.at/online_exercises/open-cloze/oc024-coming-of-age.htm))*

|    |   |           |   |           |   |            |   |          |
|----|---|-----------|---|-----------|---|------------|---|----------|
| 23 | A | appears   | B | views     | C | reveals    | D | happens  |
| 24 | A | come      | B | grow      | C | arrive     | D | arise    |
| 25 | A | career    | B | job       | C | employment | D | labour   |
| 26 | A | reach     | B | achieve   | C | get to     | D | arrive   |
| 27 | A | present   | B | pray      | C | provide    | D | attend   |
| 28 | A | approach  | B | join      | C | transfer   | D | enter    |
| 29 | A | recently  | B | currently | C | previously | D | nowadays |
| 30 | A | noticed   | B | viewed    | C | considered | D | referred |
| 31 | A | remarks   | B | signals   | C | symbols    | D | signs    |
| 32 | A | picked up | B | grew      | C | raised     | D | advanced |

### Task 6

Read the text below. For questions (33–42) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.

#### Beauty Filter: I want to Look Like My Selfie!

Photo filters on Instagram, Snapchat & Co. are very popular for editing selfies. In (33) \_\_\_\_\_ seconds, the skin is (34) \_\_\_\_\_ pure, the lips bigger and the nose smaller. However, the filtered selfie could lead to dissatisfaction with one's own appearance in the longer term.

A large proportion of young people (35) \_\_\_\_\_ several hours a day on social media. There they are confronted with supposedly perfect bodies and faces. Platforms like Instagram invite them (36) \_\_\_\_\_ the appearance of others with their own appearance every second. How true to reality photos in particular are is not always apparent (37) \_\_\_\_\_ first glance. How (38) \_\_\_\_\_ present themselves, however, has an influence on how users ultimately want to present themselves. Beauty filters can be one way of getting (39) \_\_\_\_\_ to the ideals of beauty conveyed online.

Selfies (40) \_\_\_\_\_ quickly \_\_\_\_\_ with a smartphone and can be edited with little effort. Changing one's appearance with the help of filters on Instagram, Snapchat or TikTok has become part of everyday life for many users. (41) \_\_\_\_\_, beauty filters in particular could lead to the actual appearance no longer being perceived as beautiful. The use of filters creates an "optimized self" that no longer corresponds to the real self. (42) \_\_\_\_\_ in the mirror then appears as a disappointment. Self-esteem suffers because one no longer finds oneself beautiful without filters.

(Adapted from: <https://www.klicksafe.de/en/news/beauty-filter-ich-will-aussehen-wie-mein-selfie>)

|    |   |               |   |               |   |                 |   |                |
|----|---|---------------|---|---------------|---|-----------------|---|----------------|
| 33 | A | few           | B | little        | C | a few           | D | a little       |
| 34 | A | perfectly     | B | perfect       | C | more perfect    | D | less perfect   |
| 35 | A | spends        | B | spend         | C | are spending    | D | spent          |
| 36 | A | to compare    | B | comparing     | C | compared        | D | being compared |
| 37 | A | on            | B | at            | C | from            | D | in             |
| 38 | A | other         | B | the others    | C | others          | D | another        |
| 39 | A | less close    | B | the closest   | C | more close      | D | closer         |
| 40 | A | have taken    | B | being taken   | C | are taking      | D | are taken      |
| 41 | A | also          | B | however       | C | on the contrary | D | despite        |
| 42 | A | while looking | B | having looked | C | is looking      | D | looking        |

## PART II VOCABULARY FOCUS

1. Complete the following sentences with a word or expression from the box.

|                |                |                 |              |            |
|----------------|----------------|-----------------|--------------|------------|
| tie the knot   | split up       | engagement      | got engaged  | courting   |
| living in sin  | got on         | wined and dined | attracted to | proposed   |
| chatted her up | fallen in love | asked her out   | drift apart  | cohabiting |
| go out         |                |                 |              |            |

George first met Alison at a party and was immediately 1) \_\_\_\_\_ her. He 2) \_\_\_\_\_ and at the end of the evening 3) \_\_\_\_\_ to dinner at a nearby restaurant. She accepted his offer and the next evening he 4) \_\_\_\_\_ her in style, with champagne and delicious, exotic foods. They 5) \_\_\_\_\_ well with

each other, decided to meet again and then started to 6) \_\_\_\_\_ on a regular basis. George's granny was delighted that he was 7) \_\_\_\_\_ at last. It wasn't long before they realised that they had 8) \_\_\_\_\_ with each other. A few months later, they bought a flat and moved in together. George's granny disapproved of them 9) \_\_\_\_\_, but George explained that 10) \_\_\_\_\_ was quite normal these days. One day, George decided to ask Alison to marry him, so after a romantic meal, he got down on one knee and 11) \_\_\_\_\_ to her. They 12) \_\_\_\_\_ and the next day announced their 13) \_\_\_\_\_ to their friends and family. Their parents were delighted that they had decided to 14) \_\_\_\_\_. George's friends weren't so sure, however, and all agreed that they would 15) \_\_\_\_\_ and 16) \_\_\_\_\_ long before the wedding.

## 2. Choose the best word which completes each of these sentences.

### A. Appearance

- She spent hours in front of the mirror, \_\_\_\_\_ her eyebrows to change their shape and to get rid of the unibrow.
  - plucking*
  - furrowing*
  - raising*
  - knitting*
- John has brown hair and \_\_\_\_\_ cheeks.
  - thick*
  - tanned*
  - long*
  - chubby*
- 'He looked \_\_\_\_\_ with an unshaven face and red, watery eyes.'
  - clean*
  - tidy*
  - flat*
  - scruffy*
- He couldn't deny that he was a (an) \_\_\_\_\_ man, with fine features and light hair that waved over his forehead.
  - handsome*
  - beautiful*
  - ugly*
  - scruffy*
- If you are \_\_\_\_\_, losing weight may help you feel better.
  - slim*
  - skinny*
  - overweight*
  - thin*
- Her young skin was creamy white with a scattering of light \_\_\_\_\_ on her high cheekbones.
  - nostrils*
  - freckles*
  - plaits*
  - wrinkles*
- She had long, light brown hair with bright reddish-blond \_\_\_\_\_.
  - ponytails*
  - plaits*
  - parting*
  - highlights*
- Her long hazelnut coloured hair was tied back into a \_\_\_\_\_ which hung down to her lower back.
  - fringe*
  - haircut*
  - ponytail*
  - highlights*
- He needed a shave, his \_\_\_\_\_ was pale and sickly and he looked drastically deprived of sleep.
  - beard*
  - complexion*
  - appearance*
  - countenance*
- It is very easy to disguise most \_\_\_\_\_ and freckles with makeup; there is an endless supply on sale.
  - lips*
  - cheeks*
  - eyelashes*
  - birthmarks*
- To keep your \_\_\_\_\_ trimmed, an electric razor would be most effective.
  - fingernails*
  - sideburns*
  - parting*
  - eyelashes*
- She had short, dark brown hair that reached her neck, and her \_\_\_\_\_ was at the left side, so more hair curved over the right.
  - shoulder*
  - parting*
  - ear*
  - head*
- My face is small and sharp, like an elf, with a \_\_\_\_\_ nose and chin.
  - puffy*
  - curly*
  - hollow*
  - pointed*
- Her \_\_\_\_\_ gracefully curved over her eyes.
  - elbows*
  - eyelashes*
  - sideburns*
  - plaits*



**B. Character**

1. Andrew is a/an \_\_\_\_\_ man – he is determined to become a famous businessman.  
*a. ambitious*                      *b. sensible*                      *c. narrow-minded*                      *d. gentle*
2. He is so \_\_\_\_\_. He doesn't care about anyone's feelings except his own.  
*a. kind-hearted*                      *b. reliable*                      *c. selfish*                      *d. neutral*
3. Mark is very \_\_\_\_\_. He never tells anyone he is a self-made millionaire.  
*a. boastful*                      *b. modest*                      *c. moody*                      *d. talkative*
4. I told Frank that the plan wouldn't work, but he's so \_\_\_\_\_ that he just wouldn't listen.  
*a. stubborn*                      *b. polite*                      *c. patient*                      *d. miserable*
5. My mother's very \_\_\_\_\_; she's always buying little gifts for her friends.  
*a. careless*                      *b. hardworking*                      *c. tolerant*                      *d. generous*
6. Leo was too \_\_\_\_\_ to ask Mandy out on a date.  
*a. responsible*                      *b. shy*                      *c. gullible*                      *d. funny*
7. Fred always gets the best marks in class. He is the most \_\_\_\_\_ person I know.  
*a. self-assured*                      *b. short-tempered*                      *c. intelligent*                      *d. two-faced*
8. She was a \_\_\_\_\_ girl – always smiling and singing.  
*a. sympathetic*                      *b. nasty*                      *c. adventurous*                      *d. cheerful*
9. The children at my new school are \_\_\_\_\_ and made me feel welcome immediately.  
*a. friendly*                      *b. conceited*                      *c. cruel*                      *d. ill-mannered*
10. He was \_\_\_\_\_ of his musical abilities and knew that he'd win the talent contest.  
*a. scared*                      *b. broad-minded*                      *c. confident*                      *d. arrogant*
11. Jane tends to be a bit \_\_\_\_\_. She is always running late and losing things.  
*a. charming*                      *b. bossy*                      *c. dull*                      *d. disorganised*
12. Since Gayle is so \_\_\_\_\_, I sometimes can't tell how she feels.  
*a. supportive*                      *b. lively*                      *c. reserved*                      *d. honest*
13. Alice may be smart, but she tends to be a little \_\_\_\_\_ and is always forgetting where she puts things.  
*a. obedient*                      *b. outgoing*                      *c. chatty*                      *d. absent-minded*
14. Joanne is the life and soul of the party. She is such a \_\_\_\_\_ girl.  
*a. bad-tempered*                      *b. careless*                      *c. sociable*                      *d. defensive*

**3. Choose the correct word.**

1. We are a pretty **extended** / **close-knit** family, we tend to talk to each other every day.
2. I get **on/ out** especially well with my first cousin. We are only a year apart in age and have grown up together.
3. Many parents find it hard to understand their **adolescent/senior** children.
4. To me this was pointless as I loved my **fiancé/fiancée** and he loved me so why not get out and see the world together as a **pair/couple**.
5. Friends say the **foster/adult** children are treated as members of the family, and go on holidays with them.
6. While at play, **adolescents/toddlers** and young children are usually in the care of older **siblings/spouses**.
7. She'd been a **bridesmaid/bride** at their wedding and was now a **godmother/mother-in-law** of their recently-born firstborn child Jacob.

8. The **newly-wed/newborn couple** are wished every happiness and joy in their married lives.
9. Traditional Japanese **brides/grooms** wear three wedding robes – a white kimono, a coloured kimono, and a white dress and veil.
10. The basic Croatian family unit is the **extended/nuclear** family of parents and children living in one home.
11. A young couple got married and left on their **engagement/honeymoon**.
12. Disabling chronic illness, depressive mood, functional decline, and **active /sedentary** lifestyles are among the most important prevention targets.
13. Among other things, the play shows how a sort of **traditional/bohemian** lifestyle has become mainstream in certain sections of society, with no expectation of marriage or even long-term relationships.
14. Most respondents recognised the importance of exercise and diet to the maintenance of a **healthy/stressful** lifestyle.

### SELF-CHECK

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| <p><b>Describing people</b></p> <p><i>appearance</i></p> <p>attractive/ beautiful/ good-looking</p> <p>elegant/ scruffy</p> <p>handsome/ pretty</p> <p>ugly/ unattractive</p> <p><i>age</i></p> <p>adolescent</p> <p>elderly</p> <p>in (his / her) early/ late/ mid-twenties/thirties</p> <p>middle-aged</p> <p><i>height</i></p> <p>average/ medium height</p> <p>short/ tall</p> <p><i>build</i></p> <p>(have a) paunch</p> <p>athletic</p> <p>broad shoulders</p> <p>chubby</p> <p>chunky (<i>informal</i>)</p> <p>fat</p> <p>fit</p> <p>obese</p> <p>overweight</p> <p>plump</p> <p>skinny (<i>informal</i>)</p> <p>slim</p> <p>stocky</p> <p>well-built</p> <p>slender</p> <p>lean</p> <p><i>hair</i></p> | <p>shoulder-length</p> <p>spiky</p> <p>straight</p> <p>wavy</p> <p><i>face</i></p> <p>beard</p> <p>birthmark</p> <p>arched, arching, bushy, dark, heavy eyebrows</p> <p>to pluck/to wax/to arch/to raise/to knit/to furrow eyebrows</p> <p>unibrow</p> <p>cheekbones</p> <p>clean-shaven</p> <p>clear / good / healthy complexion</p> <p>dark/ fair/ pale/ tanned (skin, complexion)</p> <p>countenance</p> <p>distinguishing features (<i>formal</i>)</p> <p>facial features</p> <p>freckles (-d)</p> <p>full/thick/thin/pouty lips</p> <p>full/bushy/wispy/ goatee beard</p> <p>soft/chubby/sunken / hollow/rosy cheeks</p> <p>straight /hooked / pointed / flat / snub /upturned / aquiline nose</p> <p>high/broad/wide/sloping forehead</p> <p>strong/weak/pointed/double chin</p> <p>bushy/droopy/handlebar/pencil moustache</p> <p>nostrils</p> <p>deep-set/sunken/puffy eyes</p> <p>even/regular/crooked teeth</p> <p>dimples</p> <p>scar</p> <p>sideburns</p> <p>spotty</p> <p>tattoo</p> |
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| <p>bald<br/> blonde (<i>AmE</i> blond)<br/> cropped<br/> curly<br/> dyed<br/> disheveled<br/> fair<br/> fringe<br/> ginger<br/> grey<br/> have a haircut<br/> highlights (<i>pl</i>)<br/> medium-length<br/> parting<br/> plaits<br/> pony-tail</p>   | <p>wear glasses / spectacles<br/> wrinkles(-d)<br/> <b>Idioms</b><br/> like peas in a pod = be very similar<br/> like chalk and cheese / bear no resemblance to = not be similar at all<br/> getting on a bit / knocking on a bit = getting old<br/> a head-turner = so beautiful / handsome that people turn their heads to look at you<br/> eye-catching = so beautiful / handsome that people notice you immediately<br/> <br/> not a pretty sight = unattractive<br/> a beanpole = very thin<br/> as thin as a rake = be very thin<br/> to balloon = become fat quickly<br/> a bit on the large side = be a bit overweight</p>  |
| <p><b>Describing personality<br/> (character, feelings)</b><br/> adventurous<br/> aggressive<br/> ambitious<br/> amusing<br/> anxious<br/> arrogant<br/> bad-tempered<br/> biased<br/> boastful<br/> boring<br/> bossy (<i>informal</i>)<br/> broad-minded<br/> candid<br/> carefree / careless<br/> characteristics (<i>pl</i>)<br/> charming<br/> chatterbox (<i>informal</i>)<br/> chatty<br/> cheerful<br/> conceited<br/> confident<br/> determined<br/> dull<br/> easy-going<br/> excited<br/> extrovert<br/> furious<br/> generous<br/> good-natured<br/> gullible</p> | <p>reserved<br/> ruthless<br/> scared<br/> self-assured (confident/ conscious)<br/> selfish / selfless<br/> sensible<br/> sentimental<br/> short-tempered<br/> sociable<br/> sorrowful<br/> strong-willed<br/> stubborn<br/> sympathetic<br/> tactful / tactless<br/> tender-hearted<br/> tolerant / intolerant<br/> trustworthy<br/> two-faced<br/> upset<br/> vain<br/> <br/> <b>Idioms</b><br/> a brick = a good fellow; helpful and trustworthy;<br/> a chatterbox = an annoying, incessant talker;<br/> a couch potato = an idler who spends much time on a couch (usually watching television);<br/> a golden boy = a man who is unusually successful at an early age;<br/> a gossip = a person given to gossiping and divulging personal information about others;<br/> a high-flyer = a person of great ability and ambition;</p> |

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| <p>hard-working<br/>honest/ dishonest<br/>idle (<i>formal</i>)<br/>ill-mannered<br/>quiet<br/>reasonable<br/>rebellious<br/>relaxed<br/>reliable</p>  | <p>a know-it-all = someone who thinks he knows everything and refuses to accept advice or information from others;<br/>a pain in the neck = a bothersome annoying person;<br/>a troublemaker = someone who deliberately stirs up trouble;<br/>a wet blanket = someone who spoils the pleasure of others;<br/>an early bird = a person who gets up very early in the morning;<br/>be on cloud nine = to be extremely happy and excited;<br/>be over the moon = to be very pleased.</p>   |
| <p><b>Family and Relations</b></p> <p><i>Stages in life</i><br/>adolescence /adolescent<br/>adult / adulthood<br/>elderly (person)<br/>grow up / grown-up<br/>infant<br/>juvenile<br/>marriage<br/>middle age / middle-aged<br/>newborn<br/>pensioner<br/>senior citizen<br/>teenager<br/>toddler<br/>youngster</p> <p><i>People in life</i><br/>acquaintance<br/>adopted / adoptive/ biological (parents)<br/>couple<br/>~ -in-law (daughter-/ father-/ mother-/ sister-/ son-in-law )<br/>ex- ~ ( husband/wife)<br/>fiancé / fiancée<br/>foster child / parents<br/>godfather/godmother<br/>half sister<br/>husband-to-be<br/>nephew / niece<br/>offspring<br/>sibling<br/>spouse (<i>formal</i>)<br/>step~( father/mother /sister/ brother/ daughter/ son)<br/>twins / triplets<br/>wife-to-be</p> <p><i>Weddings</i><br/>best man</p> | <p><i>Marital status</i><br/>divorced / married / unmarried / separated / single<br/>widow / widower</p> <p><i>Families</i><br/>close-knit / extended / immediate / nuclear family</p> <p><b>Phrasal verbs</b><br/>ask out (on a date) = to invite someone to the cinema or a restaurant, as a way of starting a romantic relationship;<br/>break up = to end relationship;<br/>bring up = to care for a child until it is an adult;<br/>drift apart = to gradually lose interest in or affection for each other;<br/>to fall for smb = to suddenly have strong romantic feelings;<br/>fall out with = to have argument or disagreement that ends a relationship;<br/>get by = to live or deal with a situation with difficulty;<br/>get on/along with = to have a friendly relationship with someone;<br/>get together = to start a romantic relationship;<br/>look after = to take care of;<br/>look down on = to think that you are better than someone;<br/>look up to = to admire and respect someone;<br/>take after = to be similar to an older member of your family in appearance or character.</p> <p><b>Fixed phrases</b><br/>be on good terms with = to have a good, friendly relationship with someone;<br/>bear in mind = to remember;<br/>chat smb up = to talk to someone in a way that shows that you are sexually attracted to them;<br/>get engaged = having formally agreed to marry;<br/>live in sin = to live with someone that you are having a sexual relationship with but are not married to;<br/>pull yourself together = to get control of your emotions or actions after being very upset;<br/>quarrel/squabble with = to have an angry disagreement with someone;<br/>run in the family = affect many people in someone's family;</p> |

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| bride<br>chief bridesmaid<br>church / civil wedding<br>cohabiting<br>courting<br>engagement<br>groom<br>honeymoon<br>newly-weds<br>wedding ceremony  | set an example = to behave in a way that other people should copy;<br>split up (with smb) = to end a marriage or relationship;<br>tie the knot = get married.  |
| <b>Lifestyles</b><br>achieve a balance<br>activity<br>attitude<br>competition<br>creativity<br>daily routine<br>disappointment<br>experience<br>fulfillment<br>goal<br>insight<br>leisure<br>outlook<br>priority<br>realist<br>risk-taker<br>self-expression<br>meet a need<br>miss an opportunity<br>set a goal | <i>Phrases with life/live/living</i><br><br>all walks of life<br>change smb's lifestyle<br>cost of living<br>have / live/ lead a ~ lifestyle<br>(a/an alternative/ascetic/bohemian/ busy/chaotic/comfortable/<br>exciting/extravagant/glamorous/ healthy/ luxurious/ quiet/ relaxing/<br>rural/sedentary/simple/stressful/urban/vegan)<br>lead an active social life<br>lifelong ambition<br>lifestyle brand<br>lifestyle choice<br>live life on the edge<br>live life to the full<br>living expenses<br>make a choice/a decision/a living<br>modern/traditional way of life<br>once in a lifetime opportunity<br>standard of living<br>work hard for a living |