

0.3 Autumn Term Texts for comprehension and listening

Activities for every week:

Every week when there isn't an exam or holiday;

1. Comprehension exercise for class.

At home, students will read the texts and do the comprehension and vocabulary exercises for class.

2. In class, we will review activities and vocabulary problems.

3. There are speaking activities for class to help us prepare the writing exercise. During the class, we will discuss the questions, practicing oral ability for oral exam.

4. Using the input from the class, there is a writing exercise for the following week.

Texts are handed in the following week.

Texts will be accepted after two weeks, but NOT graded.

Take the opportunity to practice the vocabulary.

5. Students not handing in **70%** of the classwork will **NOT** pass the course.

6. Listening.

Every week, we will do a listening exercise. These texts are to practice our listening ability and to prepare the Selectivity exam in June 2020 for those students who wish to do so.

Text 1

Snowdon is the highest mountain in Wales, located in Snowdonia National Park. It stands at 1,085 metres above sea level, and from the top you can get stunning views of the surrounding area. On a clear day, you can see as far as Ireland!



I've climbed Snowdon three times. The first time was with my family, when I was around twelve years old, the second time was with my sister and cousin last summer and this summer I climbed it with my boyfriend.

There are several different paths which lead to the summit; so far, I've been up the Pyg track, the Miner's track and the Llanberis path (which is also referred to as 'the tourist path' and 'the motorway', due to the high volumes of tourists who use this path!) Each path offers different views of the national park which surrounds the mountain.

One path, called Crib Goch, is particularly dangerous and should only be attempted by experienced climbers and mountaineers. It's a knife-edge ridge, with a very steep drop; many people have died attempting this path as they weren't adequately prepared for it.

For people who don't want to walk, there's a train which goes to the top. It costs around £30 for a return ticket, which is quite expensive but it's much faster than walking! I've never taken the train as I prefer to go up the mountain on foot, which gives me lots of time to take photographs! There's also a small café and shop at the top.

Snowdon is located near to the small Welsh town of Llanberis. Llanberis used to be a mining town and tourists can now visit Dinorwig, a large slate mine close to the town. There are lots of little cafés and shops too, as well as a lake that you can rent boats on.

1. Answer the questions.
 - a. Has the writer been to Snowdon? How do we know?
 - b. Is there a way for lazy people to get to the top?
 - c. What can you do if you visit the area Snowdon is located in?
2. Vocabulary – Find expressions for these words from the text.

a. Incredible, wonderful (paragraph 1)	c. On all sides (paragraph 3)
b. A distant family member (paragraph 2)	d. Fare (paragraph 5),
3. True or false? Give an explanation for your answer.
 - a. Mount Snowdon is very high.
 - b. The Llanberis path is not very popular.
 - c. People have had accidents on the mountain.
 - d. The mountain doesn't receive any tourists.
4. Extra questions.
 - a. Where is Mount Snowdon? Find it on a map and give directions from London.
 - b. In comparison to mountains in Spain, is it a tall mountain? Explain.
 - c. What activities can you do on a mountain? Are they dangerous?

5. Pronunciation.
 - a. In which of the following words is the ending "-ed" pronounced /ɪd/? located, climbed, referred, attempted, experienced, used.
 - b. Write the words in which the underlined letters are pronounced /aɪ/ sister, summit, climbed, mountain, tourists.
 - c. Find the word in the underlined letters are pronounced similarly; cousin, mountaineers, close, foot, who, boats.
 - d. Find words in the text that includes the sound /ʌ/ like the "u" in "under".
6. Speaking
 - a. Do you go on holiday? What is a typical holiday trip for you and your family?
 - b. In many countries, friends go on holiday together, camping, etc., do you?
 - c. What do you look for when you are on holiday?
 - d. Imagine what you would offer students like you at a holiday resort?
 - e. What could you do on a mountain holiday?
 - f. What advantages and disadvantages can you think of in a mountain holiday and a beach holiday?
7. Key words
<http://www.enchantedlearning.com/wordlist/vacation.shtml>
8. Links
<http://inspiration.thomascook.com/>
<http://www.crystalsummer.co.uk/mountain-holidays/>
<https://www.inghams.co.uk/lakes-mountains-holidays>
9. Writing
 You have gone on holiday to a mountainous region. Write a postcard to a friend explaining your trip and what happened to you.

Text 2

The first time I heard pizza described as bread, my mind melted like mozzarella in an oven – yet, under the toppings it is part of the same family of yeast-raised loaves such as naan or pitta. None of these however, arouse such strong feelings as pizza, something nearer to a religion, with cults devoted to the worship and defence of its various incarnations – God help the person who enters the temple and asks for a ham and pineapple Hawaiian! The one thing most fanatics can agree on is that it's impossible to make a "proper pizza" at home – you can't get a home oven up to the required temperatures. However, some dare suggest you can knock-up a pretty decent one by making it on a frying pan.



The flour: You can make pizza with plain flour, as J Kenji López-Alt's recipe on the Serious Eats website recommends. Although he prefers "fancy" Italian flour, he says the differences are minimal. But, because a good base is chewy and bubbly, rather than flat and crunchy, a higher protein flour is a better bet. It is important it is finely milled, too.

The toppings: On this point, I'm happy for you to top your pizza with whatever you like, even chicken (the horror), but all the recipes I try call for a classic mozzarella and tomato-topped combo, often with a few leaves of basil, or "if you're feeling truly nostalgic", as Kenji Lopez puts it, a sprinkling of dried oregano.

Felicity Cloake - The Guardian 11 Sep 2019

1. Answer the questions.
 - a. What is main idea of the text?
 - b. Does the writer think pizzas are easy to make at home? Why?
 - c. Why isn't the Hawaiian pizza popular, do you think?
 - d. Which flour is the best for a soft pizza base?
2. Vocabulary – Find expressions for these words from the text.
 - a. A type of bread (paragraph 1)
 - b. A religious building (paragraph 1)
 - c. Prepare (paragraph 2)
 - d. An important ingredient for pizza (paragraph 3)
3. True or false? Give an explanation for your answer.
 - a. Pizza is a religion.
 - b. A popular pizza is ham and pineapple.
 - c. You have to make proper pizza in a temple.
 - d. You must use a special cheese to make pizza.
4. Pronunciation.
 - a. In which of the following words is the ending "-ed" pronounced /t/? Described, melted, raised, devoted, required, milled, topped.
 - b. In which word are the underlined letters pronounced /l:/ bread, nearer, pizza, pretty, even.
 - c. Find the words pronounced similarly; Incarinations, mozzarella, arouse, asks, dare, rather.
 - d. Find words in the text that includes the sound /ŋ/ like the "-ng" in "sing".

5. Speaking

- Do you like pizza? What is your favourite topping?
- Which flavour topping do you think should never be on a pizza?
- What foods do you cook at home? Which do you prefer to eat at a restaurant/bar?
- What is your opinion about typical Spanish foods, like Tortilla or Pulpo a feira?

6. Links

<https://www.seriousseats.com/>

<https://www.seriousseats.com/recipes/topics/meal/pizza>

7. Writing

Write the description of the food in the area where you live. Talk about the type of foods in your area and make a recommendation of a food to try.

Extra:

The Perfect frying-pan pizza

Rise 3-5 days Prep 5 min Cook 35 min Makes 4	Ingredients 500g Italian flour, plus extra to dust 1½ tsp dried active yeast 1 tsp fine salt 1 tsp sugar (optional)	1 400g tin chopped plum tomatoes 1 ball buffalo mozzarella 1 bunch basil, or dried oregano Extra-virgin olive oil
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The Recipe

Mix the flour, yeast, salt and sugar then stir in 325ml water to a smooth dough. Cover and put in the fridge for three to five days.

Form into four equal balls, leave to prove for two hours, while you prep your toppings, then flatten into thin discs, Form into four equal balls, leave to prove for two hours while you get your toppings ready, then flatten into thin discs.

Put the tomatoes in a saucepan over a medium heat and simmer for about 30 minutes, until you have a thick sauce. Season to taste with salt and a pinch of sugar, if necessary.

Heat a frying pan until an experimental drop of water dances across the surface. Stretch the dough with lightly floured hands into a circle, keeping the edges thicker. Cook until the base has begun to char, adding a spoonful of tomato sauce and some torn mozzarella once the top starts to dry out. Once the bottom looks done, grill until the cheese is bubbling and the edges are brown. Finish with a few leaves of basil or a sprinkle of dried oregano, and a drizzle of extra-virgin olive oil.

Try it at home.

Text 3

Cinema-goers today are bombarded by images of branded consumer goods being shown on screen, from drinks and watches to cars and fast food restaurants. Of course, product placement, where a company pays a film studio to have its product appear in a film, is nothing new. But as audiences become more cynical about it, companies are now looking for subtler ways of getting their message across.



The British film *Somers Town*, directed by Shane Meadows, one of Britain's most cutting-edge directors, may have found a possible alternative. The film, which tells the story of the relationship between two teenagers, a British boy who has run away from home and a Polish boy who is the son of a construction worker on the Eurotunnel project, was entirely funded by the European rail company, Eurostar. With the exception of the film's ending in Paris, it is all filmed in Somers Town, the area around St Pancras, the London railway station from where the train to France departs.

Throughout the film there is no mention of the brand name, but the audience comes away with a vision of Paris as a sort of dream-like place which you can easily get to by train. But it is Paris and romance, not the name that will sell tickets. Tim Turner, from the London Film Institute, sees Eurostar's sponsorship as genius. 'People come out with a warm feeling towards the film and Paris, and subconsciously associate it with Eurostar. What's more, it cost half a million to make, just a fraction of the cost of an ad campaign.'

When first offered the job, Meadows laughed at the idea of participating in some kind of corporate promotion, but on reflection decided to go for it. The result was an enormous success, with the film winning awards at the Berlin and Edinburgh festivals and proving its credentials as a drama rather than an advertisement.

1. Write the main ideas of the text. What is the text about? 40 words.
2. Answer the questions using your own words.
 - a. Where does the name of the film come from?
 - b. Why did Shane Meadows hesitate before agreeing to Eurostar's proposal?
 - c. What were the advantages to Eurostar of sponsoring the film?
3. True or False. Explain in your own words your answers.
 - a. Product placement is a recent phenomenon.
 - b. Nowadays it is harder than before for film-makers to finance their films.
4. Find synonyms for these words in the text.
 - a. Constantly receive (paragraph 1)
 - b. Paid for (paragraph 2)
 - c. Leaves (paragraph 2)
5. Pronunciation.
 - a. In which of the following words is the ending "-ed" pronounced /d/? Bombarded, funded, filmed, offered, laughed
 - b. In which word are the underlined letters pronounced /a:/ bombarded, appear, Euroastar, Paaris, area, departs, warm, participating, rather,

- c. Find the words pronounced similarly; alternative, train, audience , associate, campaign, awards.
 - d. Find words in the text that includes the sound /dʒ/ like the dg in "edge".
6. Re-write the sentences using the second sentence as a guide.
 - a. Product placement, where a company pays a film studio to have its product in a film, is nothing new.
Before
 - b. The film, [...] was entirely funded by the European rail company, Eurostar.
Eurostar
 - c. When first offered the job, Meadows laughed at the idea of participating in some kind of corporate promotion, but on reflection decided to participate in the project.
If Meadows
7. Speaking
 - a. What do you do in your spare time?
 - b. How important is it to have free time for yourself?
 - c. What influence do the new communication technologies have on you, and your lifestyle?
 - d. Is there anything you would like to do in your free time but can't?
 - e. How does school life affect you?
8. Links
Trailer for the film <https://www.youtube.com/watch?v=DOTvZNSsbQ>
<http://www.dailymail.co.uk/sciencetech/article-565207/Modern-technology-changing-way-brains-work-says-neuroscientist.html>
http://mashable.com/2014/03/14/tech-brains-neuroplasticity/#Y.XEER4_rEqp
9. Writing. Choose one of the ideas and write about 800 – 100 words.
 - a. We are going to open a student's common room in our school. There is enough money to buy five or six items for the common room. Which things do you think students would find most useful? Weigh up the pros and cons.
 - b. Going to the cinema is a fun activity for many people. Why do we like going to the cinema? Are there any drawbacks in going to the cinema? Give your opinion.

Text 4

Educationalists who are hoping to improve achievement in schools are now looking north – to Finland. In recent surveys, Finland has emerged with the highest scores in literacy and numeracy, the key markers of a successful school system. In fact, Finnish supremacy internationally has led to a kind of educational tourism, where experts visit the Finnish Minister of Education in order to pick up tips. So, why are the Finns consistently top of the class when it comes to education?

'Those who are looking for a magic solution to educational achievement will be disappointed,' claims Finnish educationalist Timo Blom. 'In our experience, no such thing exists.' So, what easily-identifiable differences are there? The most obvious one is the way Finns start their educational careers. While many European children begin lessons by three or four and are measured in the UK by demanding national testing at seven, Finns do not even start formal classes until this age. 'At that point,' comments Blom. 'Around half can read, and the others learn very quickly because they are ready.'

The Finnish system is based on student-centred democracy and integration. Children don't choose to follow a more academic or a more vocational path until they are sixteen. No standardized assessment or streaming of abilities exists, and the teaching profession is well respected and extremely popular, with ten applicants for every position. The result? Only three per cent of Finns choose to drop out of education at the age of sixteen, and almost 70 per cent go on to study at university, figures which are the envy of the world!



1. What is the text about? Make notes on the three key ideas of the text. Write no more than 40 words.
2. Read the text and answer the questions in your words.
 - a. Why are educationalists looking to Finland?
 - b. What indicators generally show how well an educational system works?
 - c. What attitude does Blom have to the differences in reading ability of children entering Finnish schools?
 - d. What choices do Finnish students make about their school careers, and when do they make them?
3. Find words or expressions in the text which match the definitions.
 - a. to learn or get information and skills (paragraph A)
 - b. years of school and university (paragraph B)
 - c. admired by (paragraph C)
4. True or false. Justify your answers with a sentence. Find the information in the text.
 - a. Finland is the most successful education system in Asia.
 - b. Many Finnish students chose not to go into higher education.
 - c. The Finnish school system is never respected in society.

5. Pronunciation.
 - a. In which of the following words is the ending "-ed" pronounced /d/? based, disappointed, respected, standardized.
 - b. Write the word whose underlined letters are pronounced differently. Hoping, Those, So, follow, vocational
 - c. Write the word in which the underlined letters are pronounced /3:/as in "per"; emerged, four, others, surveys, tourism.
 - d. Find a word in the text that includes the sound /ʃ/ like the "sh" in "sheep".
6. Complete the sentences with the relative pronouns. Defining or non-defining?
 - a. The documentary, _____ we saw last night, was about American customs.
 - b. Patricia _____ is starting university this week is my older sister.
 - c. The dress shop _____ you took me to is amazing!
 - d. Can you return the books _____ you borrowed from me, please?
 - e. There's the boy _____ broke the window in the school.
 - f. That café _____ we had lunch yesterday was very expensive.
 - g. Tom's father _____ works with me is coming to my house later.
 - h. She can't remember _____ the exam starts.
7. Speaking
 - a. Is homework useful?
 - b. How can studying at home help you at school?
 - c. Should exams be necessary in school and education in general?
 - d. What should an exam be like?
 - e. Could we get rid of exams in school?
 - f. What should homework be like?
8. Links

<http://www.debate.org/opinions/should-homework-be-banned>

<http://www.teach-nology.com/tutorials/teaching/proandconhomework.html>

<http://www.telegraph.co.uk/education/educationopinion/10528112/Holiday-homework-is-it-really-necessary.html>
9. Writing.

'Students should not be given homework'. What do you think? Write about 80 – 100 words.

Text 5

A great debate is raging in the UK at the moment about whether young people should be trained for specific jobs or whether they should be given a broader education.

Traditionally, in some countries, the "more intelligent" children were selected for academic education. They took degrees and left university to live a middle-class life, with a broad education but no skills. The "less intelligent" children were given vocational training or apprenticeships to live a working-class life with a high level of practical skills but with no education. These "definitions" were thrown out in the 1960s, when parents rebelled against labels and selection. Thus, opportunities for different kinds of studies and training developed. In society today, lifestyles are changing dramatically and the old division between classes is simply disappearing.

If we focus too closely on practical skills, we deny students an appreciation of the finer things in life; the aesthetic beauty of art or sculpture, for example. Also, certain skills may become useless in a changing technological world. Similarly, if we concentrate too much on university studies, we produce academics with no skills who may find themselves unemployed. This can undermine a student's belief in the value an academic education. In addition, graduates complain that they have the qualifications but no experience. Employers want both. So, a vicious circle is created where graduates apply for a job, are interviewed because of their qualifications and fail to get the job due to a lack of practical experience.



The solution is to offer students training in life skills together with a broad education to prepare them for an ever-changing world.

1. What is the text about? Write a short text explaining the most important ideas from the text.
2. Say whether the following are True or False. Give evidence from the text.
 - a. The controversy about university vs. life skills and training still continues.
 - b. Parental attitudes changed in the 1970s.
 - c. There are great class differences in society today.
 - d. In the future some practical skills will become obsolete.
3. Answer the following questions in your own words according to the text.
What are the disadvantages for a student of (a) training, (b) a university education?
4. What do the following words refer to?

a. They (line 4)	c. themselves (line 13)
b. These definitions (line 6)	d. both (line 15)
5. Find words or phrases in the text that mean:

a. wider (par. 1)	c. worth (par. 3)
b. weaken (par. 3)	d. because of (par. 3)

6. Pronunciation.
 - a. In which of the following words is the ending "-ed" pronounced /t/? created, developed, selected, trained, unemployed.
 - b. Write the word whose underlined letters are pronounced differently. Broad, focus, no, old, thrown
 - c. Write the word in which the underlined letters are NOT pronounced /ʃ/ as in "sheep"; apprenticeships, division, should, traditionally, vocational.
 - d. Find a word in the text that includes the sound /3:/ like the "er" in "her".
7. Rewrite the sentences with relative pronouns and adverbs. In some cases, there is more than one possible answer.
 - a. That's the ring. Her boyfriend gave it to her.
 - b. This is the woman. Her husband is a wedding planner.
 - c. This is the girl. I met her at school.
 - d. They work in a factory. The factory makes fancy-dress costumes.
 - e. 2nd June was the day. We got married.
 - f. That's the man. He put up the decorations.
 - g. That's the house. My grandmother was born there.
 - h. My teacher's wife is French. He's going to live in Paris next year.
8. Speaking
 - a. Why are you studying Bacharelato?
 - b. Does Spain need so many university and college graduates?
 - c. What advantages does vocational studies offer people today?
 - d. What attitude should a student have to study better?
 - e. How can being a lazy student be a bad idea for studying?
 - f. Think of advice to give your classmates about what to study.
9. links

<http://www.britishcouncil.org/learning-skills-for-employability.htm>
<http://www.ukstudentlife.com/Course/Vocational.htm>
<https://myvocabulary.com/word-list/vocational-and-technical-education-vocabulary/>
<http://www.learnenglish.de/vocabulary/education.html>
<http://www.ieltsbuddy.com/education-vocabulary.html>
<http://www.bbcactive.com/BBCActiveIdeasandResources/AUniversityDegreevsVocationalTraining.aspx>
<http://www.bbcactive.com/>
10. Writing:

University or Training - My Personal Choice. Justify the reasons for your choice.

Text 6

Children are posting thousands of sexually explicit images of themselves and their peers online, which are then being stolen by porn websites, according to a study by the Internet Watch Foundation.



The IWF, an organization set up by internet companies to monitor internet traffic, reveals that 88% of self-made sexual or suggestive images and videos posted by young people, often on social networking sites, are taken from their original online location and uploaded on to other websites. Reams of sexually explicit images and videos are being uploaded by children and young people all the time, the study found. The majority of these were then mined by "parasite websites" created for the sole purpose of displaying these videos commercially.

Organisations have warned children and young people of the dangers of "sexting" – sending sexually explicit texts or emails – and allowing friends to take suggestive pictures or video of them, but with little success it seems.

"This research highlights the quantity of media on the internet featuring young people performing sexual acts or posing," she said. "It also highlights the problem of control of these images – once an image has been copied on to a parasite website, it is out of control of the owner." Susie Hargreaves, CEO of IWF, explains.

One young woman explained that she had taken an image of herself when she was 15. Although she had not posted it to the internet herself it was now online. A girl found explicit photos of herself online after her phone was stolen, while another admitted to attempting suicide after losing control of sexual images. But the organisation warned that if it cannot provide watertight proof that the young person in an image is under 18 they have no power to remove it from the internet.

Will Gardner, director of UK Safer Internet Centre at Childnet, said adults had a responsibility to ensure children and young people knew about the dangers of posting suggestive or sexual images of themselves online. He also said it was not uncommon for children to "sex" despite warnings from adults. "Much of the advice for children and young people is, quite rightly, to not 'sex'," he said. "However, this research, coupled with our experience, demonstrates that it is still not uncommon. We hope that our new resource will help and support those who have shared self-generated content to take positive action."

1. What is the text about? Use your own words. (Max. 80 words).
2. Give a synonym of the following words from the text.
 - a. their peers online
 - b. Reams
 - c. Watertight proof

3. Answer the questions in your own words.
 - a. What are IWF and Childnet?
 - b. Are there many children posting images online? How can they fall into the wrong hands?
 - c. What is sexting and why is it a problem?
 - d. What can parents do to help their children in this matter?
4. What do you think?
 - a. Should you post pictures of yourself on social network sites? Explain.
 - b. What can you do to protect yourself from "parasites"?

5. Pronunciation.

- a. In which of the following words is the ending "-ed" pronounced /ɪd/? copied, explained, mined, uploaded, warned.
- b. Write the word whose underlined letters are pronounced differently. according, peers, porn, warned.
- c. Write the word in which the underlined letters are NOT pronounced /3:/ as in "sheep"; purpose, Hargreaves, herself, research,
- d. Find three words in the text that includes the sound /z/ like the "se" in "these".

6. Speaking

- a. What do you do on the internet?
- b. How much time do you spending actively surfing the web?
- c. Have you read the terms and conditions of surfing, social networks or email?
- d. Are you on any social networks, which and why?
- e. Do you publish pictures of yourself online publicly or privately? Do you see a problem with that?
- f. How do your classmates and friends influence what you do online?
- g. Do you like surfing the web? If not, why do you do it?
- h. If programs like Twitter and WhatsApp are "free", how do they make money?

7. Links

<https://en.wikipedia.org/wiki/Cyberstalking>

<http://www.extremetech.com/internet/180485-the-ultimate-guide-to-staying-anonymous-and-protecting-your-privacy-online>

<https://www.wired.com/2014/06/be-anonymous-online/>

<https://people.dsv.su.se/~jpalme/society/anonymity.html>

<http://www.longislandmarketingcompany.com/facebook-marketing-and-freemium-gaming-revenue/>

<http://www.notanaccident.com/think-before-you-post-on-facebook-twitter-or-instagram/>

8. Writing

The internet has become commonplace for people; it is "invisible". Is this a good invention or a bad one? Explain your ideas about the internet in a text of about 100 words.

Text 7

If you are woken up at night by your partner kicking out as if he's on a football pitch, he may not simply be dreaming about the World Cup. He could have restless leg syndrome (RLS), a condition which doctors are warning is extremely common but virtually untreated in Britain.

RLS is thought to affect between six and eight million men and women in Britain and in serious cases can make their lives miserable. It is characterised by a strong urge to move the legs, and often wakes up sufferers and their partners during the night. Lack of proper sleep can leave people moody and tired,



but for most it goes undiagnosed for years. Very few people make it to a specialist clinic, but if they do they can be treated by medication which can relieve the problem, helping both sufferers and their partners.

"It's a condition that is totally treatable," Dr Raj Chaudhuri explains. "But because there is such a wide range of symptoms they often go undiagnosed and people are simply told to put up with it,"

It is sometimes seen as a sign of psychological disturbance. They often have years of sleeplessness, depression, and lack of concentration before they are referred to a specialist.'

RLS is treatable with a class of drugs known as dopamine agonists, which are usually used to treat Parkinson's disease. Patients often have an iron deficiency, which is why it can appear in pregnancy, so they may also need an iron supplement. 'We don't know the cause, but it could arise from a problem with dopamine levels in the brain combined with an iron deficiency,' Chaudhuri said. 'There's also a strong genetic factor and around 40 per cent of sufferers have a family history of it.'

Some sufferers have their nights constantly interrupted by the irresistible urge to move their legs. Partners of sufferers are forced into separate beds, tired of being constantly woken by the movements. 'It's quite a serious sleep disorder that affects a lot of people,' said Professor Jim Horne, head of the sleep disorders centre at Loughborough University. 'Their sleep is disturbed and, unless they are really awake, they will not be aware of it.'

1. Write a suitable title for the text. Does the writer think it is a serious condition?
2. Answer the questions.
 - a. What is the text about?
 - b. Are any solutions or problems presented? Which
3. Match the words in column 1 to the meaning in column 2

a. kicking out	1. Make a sudden movement with the leg
b. goes undiagnosed	2. Doesn't see a doctor about it
c. urge	3. To desire / to want to
d. disturbed	4. To be broken or moved
4. Answer the questions in your words
 - a. What is RLS exactly? Can it be cured? How?
 - b. Is it a serious problem in the UK? Explain

- c. Why isn't this condition well known? Give your ideas.
5. True or false. Explain your reasons
- RLS is good for footballers.
 - Partner of RLS sufferers have a difficult time.
 - RLS is well known and there are many diagnosed sufferers.
 - People with RLS sleep people than normal people.
6. Pronunciation.
- In which of the following words is the ending "-ed" pronounced /d/? tired, referred, used, said, interrupted, forced, disturbed.
 - Write the word whose underlined letters are pronounced differently. Dreaming, extremely, helping, leave, people.
 - Write the word in which the underlined letters are NOT pronounced /əu/ as in "show"; women, goes, dopamine, don't, know.
 - Find words in the text that includes the sound /ɛə/ like the "ere" in "there".
7. Speaking
- Did people die of cancer many years ago? Why is it so relevant now?
 - Does our diet affect our life? Are we healthier now than before? How?
 - Is our health over-studied? In what way?
8. Web Links:
- <http://www.rls.org/>
- http://helpguide.org/life/restless_leg_syndrome_rls.htm
- http://www.oddee.com/item_98097.aspx
- <http://www.medicalnewstoday.com/articles/7601.php>
- <http://abcnews.go.com/Health/story?id=7627639>
9. Writing
- There are many "new" diseases or conditions that people didn't "have before" because they went undiagnosed. Do you agree? Write a text giving your opinion.

Text 8

Apparently, horseflies don't trouble white horses. Dr Gábor Horváth, head of the Environmental Optics Laboratory at Eotvos University in Budapest, solves mysteries about light and about living creatures. He has discovered that white horses attract fewer flies.

His laboratory experimented with a small number of sticky horses and a large number of horseflies (of the variety called tabanids). The horses were sticky because the scientists had coated them with "a transparent, odourless and colourless insect monitoring glue [called] Babolna Bio mouse trap".



The scientists brought the horses — one black, one brown, one white — to a grassy field in the town of Szokolya, Hungary. Every other day, they collected and counted the flies that had become attached to the sticky horses.

The results tallied over 54 summer days: the sticky brown horse trapped 15 times as many flies as the sticky white horse. And the black horse, poor thing, trapped a whopping, buzzing 25 times as many flies as the white one.

The differences, say the scientists, come from the way light bounces off horsehair. Polarised light — light that's all vibrating in the same direction — attracts horseflies. When that light reflects off dark fur, it stays polarised. But when polarised light glances off white fur, it becomes less polarised, which, to a horsefly, is not so attractive.

If this isn't enough for you, Horváth has tackled other colourful questions. He and several collaborators reported that red cars attract insects and that black gravestones attract dragonflies.

1. Write a summary of what the text is about. Use your own words. (Max. 80 words).
 - a. Give a synonym of the following words from the text.
 - b. solves mysteries
 - c. coated
 - d. tallied
 - e. fur
2. Answer the questions in your own words.
 - a. What was the experiment?
 - b. Did the scientists discover anything special?
 - c. What is polarized light and why is this special in the investigation?
 - d. How is colour important according the research?
3. What do you think?
 - a. Why is this investigation useful for you and me?
 - b. What kind of text is this, do you think? Give your opinion and justify your answer.

4. Pronunciation.

- a. In which of the following words is the ending "-ed" pronounced /ɪd/? called, coated, collected, counted, discovered, experimented, polarized, trapped
- b. Write the words in which the underlined letters are pronounced /aɪ/ attractive, horsefly, living, tallied, vibrating.
- c. Find the word which is pronounced similarly; horses, laboratory, odourless, fur, Horváth.
- d. Find words in the text that includes the sound /ɜ:/ like the "e" in "her"

5. Speaking

- a. How do you think your life has changed since you were born?
- b. Can you think of a technology that has changed your life for the better? For worse?
- c. Why do you think technology is so important in our life?
- d. Advantages and disadvantages of living surrounded by technology

6. e-links:

[An Unexpected Advantage of Whiteness in Horses.](#)

[Why Do Red and Dark-coloured Cars Lure Aquatic Insects?](#)

<http://rspb.royalsocietypublishing.org/content/273/1594/1667>

<http://www.scholastic.com/teachers/article/40-cool-science-experiments-web>

<http://www.listwoo.com/most-important-inventions-throughout-history/>

<http://www.livescience.com/33749-top-10-inventions-changed-world.html>

<http://startupguide.com/world/the-40-greatest-innovations-of-all-time/>

<http://time.com/4115398/best-inventions-2015/>

7. Writing

- a. Would you like to be a scientist when you finish university? What are you going to investigate?
- b. Which is most important invention of man in your opinion? Explain what it does and the implication it has had on human society. Which is the most useless one and explain why you think it is so bad?

Listening 1: Canada

Listen to the text and do the activities.

A. Choose the correct answer to complete the sentences.

1. How can the reader learn about Canada from American film?
 - a. He can't because he only watches Marilyn Munroe films.
 - b. He can't because there aren't many films about Canada.
 - c. He watches films with Canadians.
2. The Niagara Falls are a famous landmark in Canada.
 - a. Yes, they are famous waterfalls
 - b. Yes, they are in Toronto.
 - c. No, they are part of a Marilyn Munroe film.
3. Many more people are killed by guns in Canada than the USA.
 - a. No, there are many more deaths by gunfire in the USA than Canada.
 - b. True, 11000 people die in Canada every year.
 - c. True, Canadian people have more guns than Americans.
4. Mahowny worked in a bank.
 - a. Yes, he stole money from the bank.
 - b. Yes, he stole money from the casino.
 - c. No, he works in a Casino.
5. What problem did Mahowny have?
 - a. He was a gambler.
 - b. He was a banker robber.
 - c. He was a pilot.
6. Mahowny went to prison.
 - a. Yes, the police caught him.
 - b. No, he went to Canada.
 - c. No, he escaped with his girlfriend to Niagara Falls and jumped.

B. Now, answer the questions using ideas from the audio.

7. Why does the waterfall attract mad people?
8. What is the film Mahowny about?
9. Why did he go to Atlantic City?
10. Why did Mahowny go to Las Vegas?

Listening 2: Illiteracy

Listen to the text and do the activities.

A. Choose the correct answer to complete the sentences.

1. What are the literacy statistics in industrialised western countries?
 - a. 20% of the population can't read or write.
 - b. 20 % of the population can't read or write very well.
 - c. 20% of the population can read but can't write.
2. How did the writer help her father with important letters?
 - a. She wrote them for him.
 - b. She typed them for him.
 - c. She corrected them for him.
3. What does 'functionally literate' mean?
 - a. You can read and write well enough to do the things that you need to do.
 - b. You would like to be able to read and write better.
 - c. You can read as well as everyone else in your society.
4. Why does the writer think that literacy campaigns are 'a good thing'?
 - a. They can fight illness and poverty.
 - b. Illiterate people are unhappy.
 - c. We learn everything from reading.

B. Now, complete the sentences using ideas from the audio.

5. The writer's family made fun of the neighbours because.....
6. A hundred years ago, the United States defined literacy as
7. Many years ago, the word 'literate' meant
8. The study in the UK shows that

Listening 3: Tiffe Coleman

Listen to the text and do the activities.

A. Choose the correct answer to complete the sentences.

1. When did Tiffe become interested in fashion?
 - a. When she watched pop and rock programmes on TV.
 - b. When she was very young.
 - c. When she first bought a Barbie Doll.
2. When does she get the ideas for most of her clothes?
 - a. Lying in bed in the mornings before she gets up.
 - b. When she is sketching patterns.
 - c. When she is lying in bed at night.
3. When does she sometimes design a pattern?
 - a. Before she has had any ideas.
 - b. After finding a fabric she likes.
 - c. When she is satisfied.
4. Does she wear the same kind of clothes as the ones that she designs?
 - a. No, but she would like to.
 - b. No, but she uses her own ideas and style.
 - c. No, and she wouldn't like to wear them.
5. What kind of people buy their clothes at Top Shop?
 - a. Most of them are quite rich young people.
 - b. People who have to be careful of what they spend.
 - c. People who can easily spend 200 pounds on their clothes.
6. Which of the following sentences is true? In the fashion industry...
 - a. People, surprisingly, like to help each other.
 - b. People only want to earn more money.
 - c. Young designers have no chance to earn money.

B. Now, complete the sentences using ideas from the audio.

7. When did she start fashion design using the Internet?
8. When does she do her own shopping for clothes?
9. What changes does she make to the clothes for Top Shop?
10. What are her general impressions about being a fashion designer?

Listening 4: A New Kind of Actor

In this lecture, you're going to hear some new words. Read and listen to them. Make sure you know what they mean.

shootout = tiroteo

up close = de preto

stuntman = especialista, dobre

pace = ritmo

A. Choose the correct answer to complete the sentences.

1. The word "synthespian" ...
 - a. is a computer-generated word.
 - b. was created about twenty years ago.
 - c. is used by dramatic actors.
2. Synthespians are different to cartoon characters because ...
 - a. they closely resemble human beings.
 - b. they've been around for a long time.
 - c. they are created using computers.
3. How do directors feel about using synthespians?
 - a. Most directors feel that it has got many advantages.
 - b. Most directors haven't got an opinion about the subject.
 - c. They feel that it is controversial.
4. According to the speaker, synthespians ...
 - a. cost more than human actors.
 - b. never grow old.
 - c. aren't very easy to work with.
5. A disadvantage is that ...
 - a. viewers might find small mistakes in synthespians.
 - b. viewers might oppose the use of synthespians.
 - c. actors will sue directors for using synthespians.
6. Directors sometimes use synthespians for crowd scenes because ...
 - a. each little detail isn't that important.
 - b. actors charge extra for crowd scenes.
 - c. the characters in these scenes are often imaginary.

B. Now, answer the questions using ideas from the audio.

7. How was the character of Gollum created?
8. What advantages does using synthespians offer filmmakers?
9. Are there any disadvantages to synthespians?
10. What does the lecturer think of synthespians?

Listening 5: Environment

A. Choose the correct answer to complete the sentences.

1. Wangari Maathai is in the Kenyan government as the ...
 - a. Minister of organization and education.
 - b. Minister for the environment.
 - c. Minister for the planting of trees.
2. According to Wangari Maathai, what do trees give to the people of Kenya?
 - a. They give them basic foods.
 - b. They give food for their animals.
 - c. They give homes to the people.
3. Which of the following is true?
 - a. The movement started by planting trees and then it became a political movement.
 - b. They were helped by the Kenyan government to become a political movement.
 - c. They planted more trees in Kenya in the first few days than in the next 30 years.
4. Now she is a minister in the government, and ...
 - a. she can now play with her children in the park.
 - b. she has been able to create more parks in cities.
 - c. she has not been able to create a healthier environment.
5. Where have there been conflicts about water?
 - a. Between Sudan and Kenya.
 - b. Between Israel and Palestine.
 - c. In both places.
6. Which of the following is true, according to Wangari Maathai?
 - a. Animals need us more than we need animals.
 - b. We were created before the other animals.
 - c. We need the other animals in order to survive.

B. Now, complete the sentences using ideas from the audio.

7. Wangari Maathai believes that ...
8. In America they have ...
9. According to Wangari Maathai, humans should ...
10. The river near her home...

Listening 6: Flying High

In this tour at a museum, you are going to hear some new words. Read and listen to them. Make sure you know what they mean.

A. Choose the correct answer to complete the sentences.

1. What was special about Concorde?
 - a. It flew faster than the speed of sound.
 - b. Famous people flew on it.
 - c. It flew across the Atlantic.
2. Victoria Beckham flew on Concorde ...
 - a. before she got married.
 - b. to get married.
 - c. with Robbie Williams.
3. When did the Concorde project begin?
 - a. the early 1960s
 - b. 1969
 - c. 1976
4. The record time for flying from London to New York was ...
 - a. under three hours.
 - b. seven hours.
 - c. three and a half hours.
5. One reason for the drop in the number of Concorde passengers was ...
 - a. meticulous safety checks.
 - b. a fatal crash in France.
 - c. the use of a Concorde plane in a terrorist attack.
6. A reason for stopping the production of Concorde was ...
 - a. the cost of modernising the old planes.
 - b. the cost of buying new planes.
 - c. the airlines' lack of money.

B. Now, complete the sentences using ideas from the audio.

7. Concorde only flew at 1,350 miles an hour
8. Concorde was used by for flights.
9. The makers of Concorde produced
10. After the Concorde planes were taken apart, the pieces were

Listening 7: A Ghost Tour

Keywords:

haunted = enmeigado, enfeitizado

wander = vagar, andar

Manor = pazo

horn = trompa

A. Choose the correct answer to complete the sentences.

1. York claims to have ...
 - a. less ghosts than other European towns.
 - b. more ghosts than any other town in the world.
 - c. more ghosts than other European towns.
2. Anne ...
 - a. doesn't believe in ghosts.
 - b. can't decide if ghosts exist.
 - c. believes in ghosts.
3. Paul wants to ...
 - a. avoid seeing ghosts in York.
 - b. start believing in ghosts.
 - c. take a ghost tour.
4. People say that if you see the ghost of the Grey Lady ...
 - a. you will get locked in the theatre.
 - b. the performance that night will be good.
 - c. you will fall in love.
5. At the King's Manor, you might see ...
 - a. King Henry VIII.
 - b. a queen carrying roses.
 - c. the Grey Lady carrying roses.
6. "Mad Alice" was hanged because she ...
 - a. committed many crimes.
 - b. escaped from prison.
 - c. was mad.

B. Now, answer the questions using ideas from the audio.

7. When did the Romans live in York?
8. Who was the Grey Lady?
9. What does Anne think about ghosts?
10. Where was a Roman road found?

Listening 8: Working Dads

Listen to the text and do the activities.

A. Choose the correct answer to complete the sentences.

1. Dr Harrison is an expert on ...
 - a. children.
 - b. workplace relations.
 - c. the history of Britain.
2. When Nick asked for time off work to care for his son, his boss ...
 - a. gave him a few hours off.
 - b. sent him to the doctor to be examined.
 - c. was not very understanding.
3. In the UK, fathers do ...
 - a. about one third of all child care.
 - b. about two thirds of all child care.
 - c. an insignificant amount of child care.
4. In order to improve the situation, Mike suggests ...
 - a. holding a demonstration.
 - b. supporting workers' unions.
 - c. petitioning the government.
5. When employers introduce flexible hours, usually ...
 - a. it saves them money.
 - b. the workers have got less motivation.
 - c. it increases everyone's working hours.
6. Dr Harrison believes that flexible working hours ...
 - a. only help some workers.
 - b. should be introduced.
 - c. do not benefit children.

B. Now, answer the questions using ideas from the audio.

7. In the 1990s, how much time on average did a working father spend with his children?
8. Does Nick often see more fathers than mothers at the playground?
9. Who would the new proposed workplace standards affect?
10. Who will speak after the show's break?