

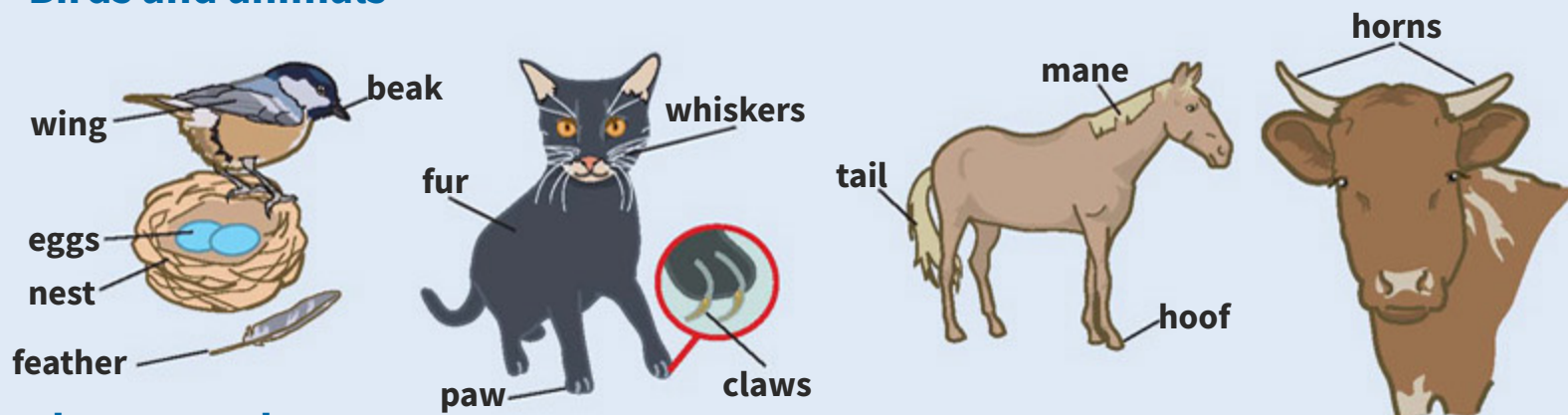
B1 ENGLISH

CHAPTER 2 Lesson 2

Vocabulary: Topics (Unit 26-30)

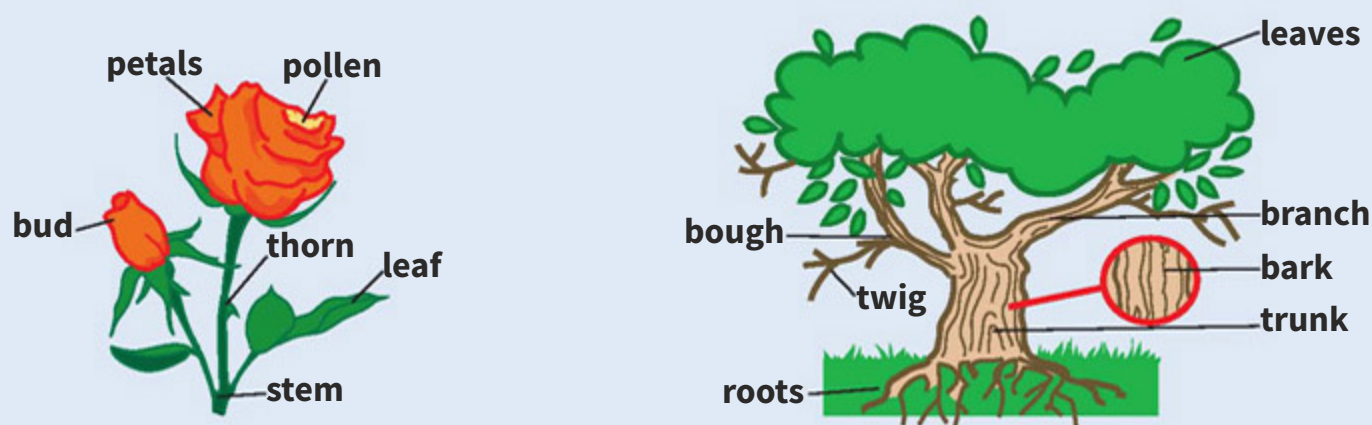
A

Birds and animals



B

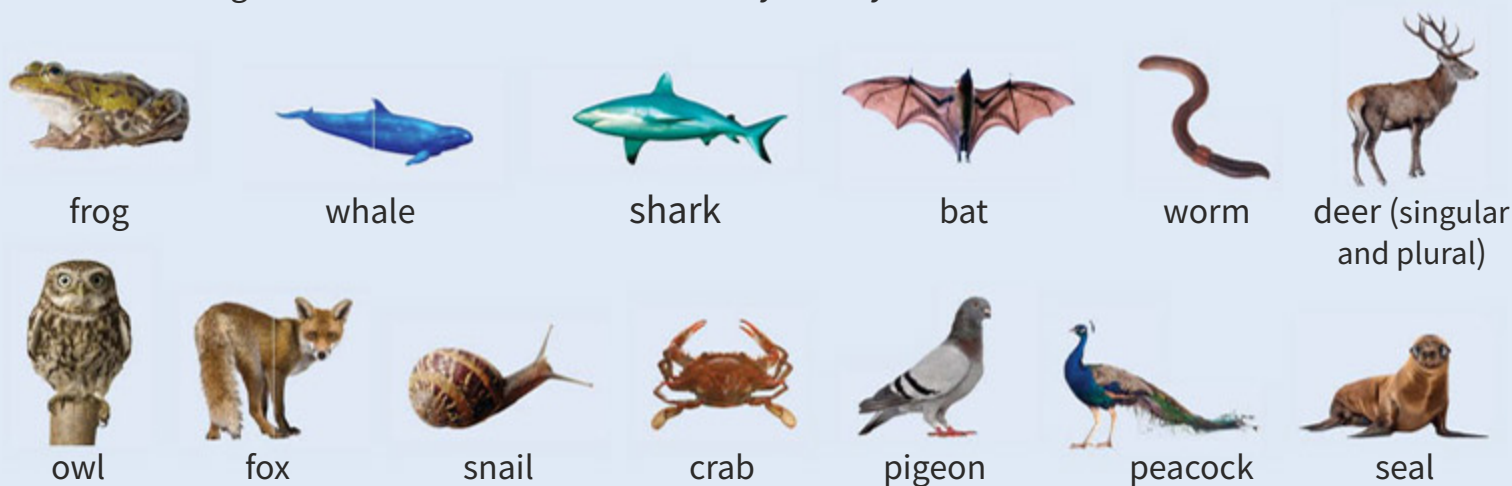
Flowers and trees



C

Specific animals

Here are the English names of some creatures that you may not know.



D

Some verbs and collocations for talking about processes in nature

Our apple tree **flowers** / **blossoms** in April.

Let's **pick** some **flowers**.

These birds **lay** their **eggs** on the ground.

Bees collect **pollen** from flowers to make honey.

Some verbs can be intransitive (no object) or transitive (with an object):

These flowers **grow** very quickly. We **grew** some tomatoes in our garden last year.

These animals **breed** in the spring. My neighbour **breeds** Burmese cats and sells them.

Common mistakes

Remember, we *pick flowers / fruit*; we don't say *pick up*.

We **picked** some flowers and put them in a vase. (NOT ~~picked up~~)

We *pick* something *up* when it has fallen from its normal position or someone drops it.

A woman dropped her purse so I **picked it up** and gave it back to her.

Exercises

26.1 Answer the questions about the animals and plants on the opposite page.

- 1 Where does a bird lay its eggs? *in a nest*
- 2 What do bees help to move from one flower to another as they collect nectar to make honey?
- 3 What do we call the hairs that stick out from a cat's face?
- 4 Which part of a flower usually has the brightest colour(s)?
- 5 What do we call a horse's foot?

26.2 Put these words into two groups: 'animal words' or 'plant words'.

mane petal oak willow fox worm thorn horn bark stem claw owl

animal words	plant words
mane	

26.3 Fill in the blanks in the sentences below using words from the opposite page.

- 1 A tree's *roots* go a long way underground.
- 2 A cat can sharpen its against the of a tree.
- 3 Most fruit trees in spring.
- 4 Plants will not unless they get enough water and light.
- 5 Flowers last longer in a vase if you crush the end of their .
- 6 A flower that is just about to open is called a .
- 7 Take care not to prick yourself. That plant has sharp .
- 8 If we pick up those , we can use them to start the fire.
- 9 use a kind of radar to find their way around.
- 10 move very, very slowly.

26.4 Match the sentence beginnings on the left with the endings on the right.

- | | | |
|-----------------------|-------------------------------------|---|
| 1 A large bough fell | ☒ | a some herbs to put on our pizza. |
| 2 We picked up | ☐ | b its feathers. It was beautiful. |
| 3 The scientists grew | ☐ | c into the stream and swam away. |
| 4 The peacock opened | ☐ | d from the tree during the storm. |
| 5 A frog jumped | ☐ | e some apples that had dropped from the tree. |
| 6 We picked | ☐ | f a new type of tomato that was very big. |

26.5 Answer the questions.

- 1 Which moves fastest and which moves slowest: a worm, a snail, or a deer? *a deer, a snail*
- 2 Which is the odd one out: a seal, a whale, or a crab?
- 3 Which of these animals has paws: a frog, a bat, a cat, a pigeon?
- 4 Which is correct? The bird *lay / laid / lied* three eggs.
- 5 Which is correct: (a), (b), or both? (a) He breeds horses. (b) Rabbits breed very quickly.
- 6 Which is a bird: a bat, a pigeon or both?

26.6 Over to you

A tulip is the national emblem of the Netherlands and a maple leaf represents Canada. What flower or animal is used as the national emblem of your country?
Find out what other plants or animals are national emblems of other countries.



A

Some items of clothing

At this level you probably already know most of the everyday words for clothes. Here are some items of clothing or parts of them which are perhaps less familiar.



Language help

Most items of clothing covering the legs are plural words only. If you wish to count them, you need to say, e.g. **Six pairs of** trousers/shorts/tights/jeans/underpants or *Jamie's football shorts are too small for him now. I need to get him **a new pair**.*

B

Verbs associated with clothing

Can I **try on** these grey shoes in the window?

I love **dressing up** for parties as I normally wear jeans.

The skirt is too tight and too short - it needs **letting out** and **letting down**.

The dress is too loose and too long - it needs **taking in** and **taking up**.

He **changed out of** his weekend clothes **into** his uniform.

Red usually doesn't **suit** people with ginger hair.

Her black bag **matches** her shoes.

Those shoes don't **fit** my son any more. He's **grown out of** them.

C

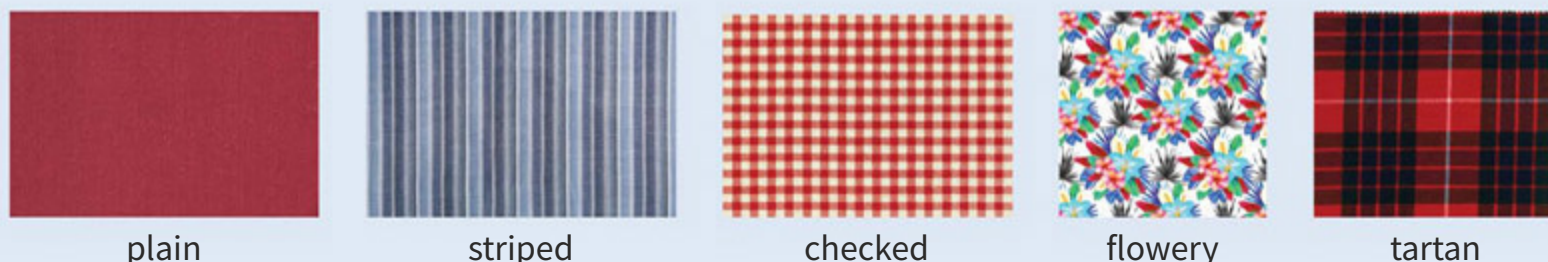
Adjectives for describing people's clothing

How things fit: **baggy** [loose] **close-fitting** [tight]

Style: **long-sleeved** **sleeveless** **V-neck** **round-neck**

Materials: **denim** [jeans are usually made of this] **woollen**

[made of wool] **suede** [a kind of leather that isn't shiny]



D

Other words and expressions useful for talking about clothing

Anna always looks very **elegant** even when she's dressed **casually**. [in a casual or informal way]

I don't think it's worth spending money on **designer** sunglasses. [made by a famous or fashionable designer]

Does your country have a special **national costume**?

Alessandra's put her top on **inside out** - I can see the label!

The burglars wore **masks** and hoods as a **disguise** in the hope that no one would be able to recognise them on CCTV.

Exercises

27.1 Which words illustrated in A opposite fit best in the following sentences?

- 1 I've eaten too much - I'll have to loosen my belt.
- 2 I must get my black shoes repaired. One is broken and both the have holes in them.
- 3 Do up your or you'll fall over.
- 4 It's not very warm today. You should wear a over your shirt.
- 5 Put your on - this floor is very cold.
- 6 I've almost finished making my dress for the party but I've still got to take up the and sew on some .
- 7 It's starting to rain - why don't you put your up so you don't get wet.
- 8 Come on, children. It's time for bed. Go and put your on.
- 9 You must wear a when you ride a motorbike.
- 10 Maya went on holiday last week. She packed her beach towel but forgot her so she couldn't go swimming.

27.2 Complete these sentences with any appropriate word. Use pair where it is necessary.

- 1 Josh badly needs to buy a new pair of jeans.
- 2 Blue are a kind of international uniform for young people.
- 3 It's too cold for . Put your trousers on.
- 4 Dad needs some new underpants. Can you buy him three today?
- 5 I've got a hole in my tights. I'll have to change into a new .

27.3 Write two items of clothing that collocate with these adjectives.

- | | |
|---------------------------------------|---------------------------------------|
| 1 close-fitting <u>top, jeans</u> | 4 woollen <u> </u> |
| 2 baggy <u> </u> | 5 suede <u> </u> |
| 3 checked <u> </u> | 6 denim <u> </u> |

27.4 Which words and expressions from D do these pictures illustrate?



1 Natasha always looks elegant.



2 Japanese



3



4



5 He's turned his pockets

27.5 Put the right verb, match, suit or fit, into each of these sentences.

- 1 The blue dress fits her perfectly now she's had it taken in.
- 2 The blue of her dress the blue of her eyes.
- 3 That blue dress the girl with the blonde hair.
- 4 I can lend you a pair of slippers if you like. I think these ones should .

27.6 Over to you

Describe in as much detail as you can how you are dressed. Use as many words as you can from this unit.

A

What are your symptoms?



rash



bruise



lump



spots



a black eye

All these noun phrases can be used with the verb **have (got)**. *I've got ...*

... a **sore throat** / a **temperature** [a higher temperature than normal] / high/low **blood pressure** / **chest pains** / **backache** / **earache** / a **pain** in my side / a **rash** on my chest / a **bruise** on my leg (e.g. after playing football) / a **black eye** (e.g. after being hit in the eye) / a **lump** on my arm / **indigestion** (after eating too fast) / **sickness and diarrhoea** /daɪə'riə/ [an upset stomach which makes you vomit and need to go to the toilet frequently] / **sunburn** / a **virus**.

Verbs: My back is **aching**. I shouldn't have lifted all those heavy boxes.

My leg is **itching** - I think I've been bitten by an insect. [you want to scratch it all the time]

My hands are **trembling** after the shock of falling down. [shaking slightly]

I had a headache and started **shivering**. I knew it was the flu. [shake because you are cold]

My foot **hurts** from where I knocked it against the table.

I had a cold and it took me two weeks to **get over** it. [to get better; more formal = to recover from it]

Adjectives: I **feel sick** / **breathless** / **dizzy**. [my head is spinning]

I am **depressed** / **exhausted** / **stressed**.

Other expressions: I've **lost my appetite** / **voice**.

I think I've **picked up a bug** somewhere. [*infml* = caught a virus or infection]

I've **broken my wrist** / **sprained my ankle** / **dislocated my shoulder**.

She **died of a heart attack**.

He **contracted** AIDS. [*infml* = 'got']

My uncle **suffered a stroke**. [sudden change in the blood supply to a part of the brain, which can cause a loss of the ability to move particular parts of the body; *infml* = 'had']

B

What does the doctor prescribe?

Take a **teaspoonful** of medicine last thing at night.

We'll get the nurse to put a **bandage** on your wrist.

You'll need to have some **injections** before you go to the Amazon.

I'm afraid you're going to need an **operation**.

You'll have to have your leg put in **plaster** until the break mends.

I'm going to give you some **tablets** - take one in the morning and one at night.

Common mistakes

A surgeon operates **on** a patient.

*They decided to operate **on** her and remove the tumour. (NOT They decided to operate her.)*

Exercises

28.1 What problems from A opposite might result if someone ...?

- 1 eats too fast *indigestion*
- 2 kicks someone's leg while playing football
- 3 hits someone in the eye
- 4 eats bad, rotten food
- 5 lies too long in the hot sun
- 6 runs much too fast to catch a bus

28.2 Read the remarks and answer the questions.

Casper 'I must have picked up a bug when I was travelling.'

Dalma 'My hand is covered in little red spots from where I touched that strange plant.'

Seth 'It's an unpleasant pain. I hope I haven't got an ear infection.'

Zoe 'The doctor said there's a risk I might suffer from heart disease if it continues.'

Write the people's names. Who has ...?

- 1 a rash? *Dalma*
- 2 earache?
- 3 a virus?
- 4 high blood pressure?

28.3 Match the sentences on the left with the ones on the right.

- | | | |
|--------------------------------------|-------------------------------------|--|
| 1 My shoulder is itching. | ☒ | a I've been working too much. |
| 2 My head hurts. | ☐ | b I feel so cold. |
| 3 I'm shivering. | ☐ | c I think I need to see a psychiatrist. |
| 4 I'm trembling. | ☐ | d I can't stop scratching it. |
| 5 I'm really stressed and exhausted. | ☐ | e I banged it as I walked through the low doorway. |
| 6 I'm depressed. | ☐ | f I feel very nervous and scared. |

28.4 Match the pictures with the sentences.



- 1 They put a bandage on my ankle.
- 2 I had to have some injections.
- 3 My arm was in plaster for weeks.
- 4 I had to take two teaspoonfuls every night.
- 5 They operated me immediately.
- 6 I have to take two tablets every night at bedtime.

☒ E
☐
☐
☐
☐
☐

One of the sentences above contains a mistake. Correct it.

28.5 Answer the questions.

- 1 Which is correct? My aunt died (a) *with* (b) *of* a heart attack.
- 2 What is a more formal way of saying these? (a) He got AIDS in 2001. (b) She had a stroke.
- 3 What is an informal way of saying this? I had an infection but I recovered from it.

28.6 Over to you

Make a list of any of the problems mentioned in this unit that you yourself have had. What were the symptoms? What did you do to solve the problem(s)?

A

A history of health technology

Ancient Egypt	The earliest crutches were in use.
Middle Ages	Spectacles ¹ , probably invented by Arab scientists, were used to correct vision ² .
1500-1600	The first wheelchairs were developed.
1800-1900	1804: the first general anaesthetic ³ was used in an operation in Japan. 1896: X-rays ⁴ were first used in medicine.
1960-1970	The first contact lenses ⁵ were manufactured ⁶ .

¹ a more formal word for glasses ² the ability to see ³ something used to make you unconscious when you have an operation, so that you do not feel any pain
⁴ a type of radiation that makes possible photographs (also called 'X-rays') of hidden objects such as bones and organs in the body ⁵ a small piece of transparent plastic which is worn on the surface of your eye to improve your sight ⁶ made in large numbers, usually in a factory



B

The present day

Medical technology has made **rapid**¹ **advances**² in recent **decades**³. Nowadays, a **vast**⁴ range of **devices**⁵ is available: people with hearing **difficulties** wear **sophisticated**⁶ **hearing aids**⁷; people with heart problems wear tiny **pacemakers**⁸. **Artificial**⁹ **hips**¹⁰ and knees are common, and are **highly**¹¹ efficient. People who have lost an arm or a leg can have a **prosthetic**¹² leg or a modern **robotic**¹³ arm and hand, which they can use to pick things up like a natural hand. Eyesight problems can be corrected by **laser surgery**¹⁴.

¹ very fast ² improvements or developments ³ a period of 10 years ⁴ very wide ⁵ object or machine made for a particular purpose ⁶ clever in a complicated way and able to do complicated tasks ⁷ a small device put inside someone's ear to help them hear better ⁸ a small device put inside someone's chest to help their heart beat correctly ⁹ not natural, a copy made by humans ¹⁰ the joint which connects the leg to the upper part of the body ¹¹ very (more formal) ¹² made to replace a missing arm or leg ¹³ able to be controlled and moved by the user
¹⁴ medical operations using powerful narrow beams of light



C

The future

A recent TV documentary predicted the following **developments** in medical technology.

- **Scanners** which can **identify** health problems **at an early stage**¹ will become more and more sophisticated.
- **Diagnosing**² illnesses from a distance. Patients will sit at their home computers, describe their symptoms and send information **automatically** to their doctor (for example, their **blood pressure**³ or body temperature) using instruments such as **thermometers** connected to their computer.
- Computers and huge **databases** will provide doctors with more and more information and the **tools**⁴ to **treat diseases**.
- **Keyhole surgery**⁵ will become more common. It will not be necessary to cut open a person's body to **operate on** them.

¹ during the first period of development ² name the exact character of a disease or a problem, by examining it
³ measure of the strength at which the blood flows through the body ⁴ something that helps you do something
⁵ medical operations in which a very small hole is made in a person's body to reach the organ or tissue inside

Exercises

29.1 Look at A opposite and answer the questions about medical technology.

- 1 What did Arab scientists probably invent? *glasses* (two answers, one more formal)
- 2 What began to be used in 1896 to enable doctors to take photographs of the inside of people's bodies?
- 3 How did the ancient Egyptians help disabled people to walk?
- 4 What alternative to glasses became popular in the 1960s and 1970s?
- 5 How could disabled people move around as early as 1500 to 1600?

29.2 Rewrite the words in bold using words from A and B opposite.

- 1 Medical scanners are **made** *manufactured* at this factory.
- 2 Glasses were invented to correct **problems** with **eyesight**.
- 3 **Technology for medicine** has made **very fast progress** in the last **ten years**.
- 4 There is now a **large number** of **things** that make life better for people with medical problems.
- 5 **Copies of natural** hips are **very** efficient.
- 6 Some disabled athletes can run as fast as able-bodied ones using legs.
- 7 Scientists are working on arms that can be controlled directly by the person's brain.

29.3 Using words from the opposite page, say what each object is for.



1 a device for people with hearing difficulties



2



3



4



5



6

29.4 Complete the missing words. You are given the first letter(s). A preposition is missing in sentence 3. Add it.

- 1 Doctors will be able to i *identify* diseases at an early s in the future using sophisticated sc.
- 2 Doctors will be able to d a patient's illness from a distance. Patients will send information a to their doctor.
- 3 K s means doctors no longer need to open a patient's body when they operate them.
- 4 Information on large computer d will help doctors t diseases and give them new t to cure illnesses.

29.5 Over to you

Have you used or experienced any of the examples of medical technology mentioned in this unit? How? When? Write true sentences.

A

Diet

Some types of food are **considered** to be **good for** our health. Others can cause **long-term**¹ health problems if they are **consumed**² in **large quantities**. Here are some examples.

healthy ...	not so healthy ...
oily fish (e.g. salmon)	sugary foods (e.g. fizzy ³ drinks)
fruit and nuts ⁴	food with a high fat or high salt content ⁵
wholemeal ⁶ bread	processed ⁷ food

¹ lasting a long time into the future ² eaten (*fml*) ³ with a lot of bubbles ⁴ dry fruits of some trees with a hard shell ⁵ amount that is in the food ⁶ containing all the grain, with nothing taken out ⁷ treated with chemicals to preserve the food or to add taste or colour

Some foods are considered to be **superfoods** - foods that may prevent diseases and improve **mental**¹ as well as **physical**² health. Foods that are often **listed** as superfoods include:

- Blueberries: may improve **short-term**³ memory and **slow**⁴ the **ageing process**⁵.
- Apples: a good **source**⁶ of **vitamin C**; they can also **lower**⁷ **cholesterol**.
- Spinach: high in vitamin A; it can **boost**⁸ **the immune system**.
- Vegetable juice (especially tomato): can **reduce the risk**⁹ of heart disease.



¹ of the mind ² of the body ³ lasting a short time ⁴ make it happen more slowly
⁵ the changes to our body and mind by which we grow old ⁶ the place it comes from
⁷ reduce/take the level down ⁸ improve or increase ⁹ make less likely that it will happen

B

Lifestyle

Read the magazine extracts about lifestyle issues. Note the use of the adjective and noun forms of the same word.

There has been a **sharp rise**¹ in the number of children who are **obese**². Childhood **obesity** is now a **major**³ problem. Children often take too little exercise.

Keeping **fit** need not be difficult. You can **maintain**⁵ a good **level** of **fitness** with a simple routine of daily **exercise**. Start **exercising** now!

People often do not realise how stressful their jobs are. Stress can cause high blood pressure, increased risk of heart attacks and depression⁴.

Bad habits can cause serious **harm**⁶ to the body. Alcohol and tobacco are particularly **harmful** if consumed in large quantities over a long period.

¹ an increase that is sudden and quick ² extremely fat ³ very big and serious ⁴ a mental illness when someone is extremely unhappy and anxious for a long period ⁵ keep (*fml*) ⁶ injury or damage

Language help

The nouns *food* and *fruit* can be both uncountable and countable. When we refer to food and fruit in general we use the uncountable form (e.g. *That restaurant serves good food / I love fruit*). The plural forms, *foods/fruits*, are used to refer to individual types or examples of food (e.g. *fatty foods, citrus fruits*). We always use *fish* in the singular.

Exercises

30.1 Rewrite the words in bold using words from A opposite.

- 1 If people eat these foods in **big amounts** *large quantities* , it may be dangerous.
- 2 Certain foods are **thought** by scientists to **have a positive effect on** our bodies.
- 3 Foods with a **lot of fat in them** may cause health problems.
- 4 Some foods may cause health problems **that last long into the future**.

30.2 Match the adjectives and nouns to make five collocations to fill the gaps in the sentences below.

adjectives	nouns
oily processed wholemeal mental fizzy	drinks bread fish health foods

- 1 *Wholemeal bread* is usually considered to be healthy because it contains the complete grain, with nothing taken out.
- 2 may taste good when you're very thirsty, but they often have a high sugar content.
- 3 Types of include salmon.
- 4 often contain artificial colours to make them look more attractive.
- 5 Some foods can be good for our as well as our bodies.

30.3 Verb-noun collocations. Match the sentence beginnings on the left with the endings on the right.

- | | | |
|--------------------------|---------------------------------------|------------------------------|
| 1 Certain foods can slow | ☒ a | a cholesterol. |
| 2 Some foods can boost | ☐ b | b the risk of heart disease. |
| 3 Some foods can lower | ☐ c | c the immune system. |
| 4 Other foods can reduce | ☐ d | d the ageing process. |

30.4 Can you remember which positive effect each of these foods may have? Choose your answers from 30.3 (a-d).

- 1 spinach ☒ 2 vegetable juice ☐ 3 apples ☐ 4 blueberries ☐

30.5 Correct the mistakes in these sentences. There may be more than one.

- 1 Blueberries can improve short-time memory. *term*
- 2 Many fruits are a good sauce of vitamin C and provide mayor health benefits.
- 3 Oily fishes should form part of a healthy diet.
- 4 Which do you prefer to eat as a snack if you're hungry, fruits or nuts?
- 5 A: There's a new Chinese restaurant in town. B: Good! I love Chinese foods.
- 6 There has been a sharp raise in the number of people suffering from depresion.

30.6 Complete the two versions of each sentence. Use related word forms, as in the example.

- 1 Tobacco and alcohol **can cause a lot of** *harm* / **can be** *harmful* to our health.
- 2 Children **who are** / **who suffer from** need to exercise more.
- 3 Her job **is very** / **causes her a lot of** and is very tiring.
- 4 How can we **keep** / **maintain a good level of**? The answer is **to get regular** / **to** regularly.

30.7 Over to you

List the foods that you eat most regularly. How many are (a) healthy (b) not so healthy? Do you consume any superfoods? Why? Why not?