

B1 ENGLISH

CHAPTER 3 Lesson 2

Vocabulary:

Feelings and actions (Unit 47-50)

A

Verbs connected with the mouth and breathing



yawn: Why are you **yawning**? Are you feeling sleepy?

sneeze: Dust often makes me **sneeze**.

snore: He **snored** in his chair with his mouth wide open.

cough: It was so smoky in the room that he couldn't stop **coughing**.

sigh: She **sighed** with relief when she heard the plane had landed safely.

be out of breath: I ran for the bus and now I'm **out of breath**!

take a deep breath: He **took a deep breath** and jumped into the water.

hold your breath: How long can you **hold your breath** underwater?

B

Verbs connected with eating

chew: My granny used to say you should **chew** every mouthful ten times.

rumble: It's embarrassing if your stomach **rumbles** during an interview.

swallow: Take a drink of water to help you **swallow** the pills.

suck: In an aeroplane, if you **suck** a sweet, it can stop your ears popping.

lick: The cat **licked** the bowl clean.

bite: Don't **bite** that hard sweet - you'll damage your teeth.

C

Verbs connected with the eyes and face

wink: He **winked** at me across the room to try to make me laugh.

frown: Why are you **frowning**? What's the problem?

grin: She was so delighted with the present that she **grinned** from ear to ear.

blink: She **blinked** several times to try and get the dust out of her eye.

blush: He **blushed** with embarrassment when she smiled at him.



wink



grin



sweat



frown



shiver

D

Verbs connected with the whole body

perspire/sweat /swet/: When it's hot, you **sweat** / **perspire**. (**perspire** is more formal)

shiver: Look at him! He's so cold that he's **shivering**!

tremble: My hands **tremble** when I've been drinking too much coffee.

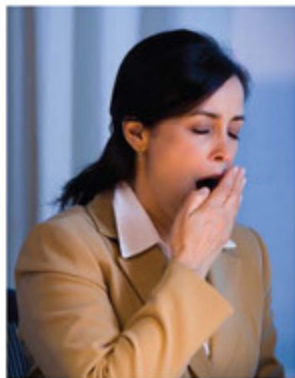
shake: She laughed so much that her whole body **shook**.

Language help

All the verbs on this page (except **shake** and **bite**) are regular verbs; almost all the words have an identical noun form: **to yawn** → **a yawn**, **to cough** → **a cough** /kɒf/ etc. (except **to breathe** /bri:ð/ and **to perspire**; their nouns are **breath** /breθ/ and **perspiration**).

Exercises

47.1 Which of the words on the opposite page do these pictures illustrate?



- 1 *blush* 2 3 4 5

47.2 Complete the sentences with verbs from A opposite.

- 1 I could see she was extremely cold because she was *shivering*
2 I sensed that he was feeling sad because he
3 She couldn't sleep all night because her husband was
4 The fumes from all the cars and lorries were horrible and made me
5 I knew I had caught a cold because I started
6 The doctor examined my chest and asked me to
7 Put your head underwater and see how many seconds you can
8 We started running fast and soon we were both

47.3 The Trubble family are at a restaurant and things are not going well. Fill the gaps with verbs from B opposite.

- MRS TRUBBLE: Where's our food? My stomach is ¹ *rumbling* What slow service! Edward, stop making that horrible noise with your drink! People are looking at us.
EDWARD: It's my straw. It's broken and I can't ² through it properly.
MR TRUBBLE: Ouch! I just ³ an olive and I've broken my tooth on the stone! Look!
MRS TRUBBLE: Mm. So ... where's the stone?
MR TRUBBLE: Oh dear. I think I ⁴ it!

47.4 Find the word to match these definitions.

- 1 Draw the eyebrows together to express displeasure or puzzlement. *frown*
2 Crush food into smaller, softer pieces with the teeth so you can swallow it.
3 Your body makes small, quick movements because you are laughing so much.
4 Shut and open both eyes quickly.
5 Deliberately shut and open one eye.
6 Use your tongue to take in food (e.g. on an ice-cream cone).

47.5 Circle the correct word to complete the sentences.

- 1 We worked hard in the hot sun. Soon we were *trembling* / *perspiring* / *shivering*.
2 He seemed very amused. He was *trembling* / *blushing* / *grinning*.
3 She *sucked* / *licked* / *bit* the stamp and stuck it on the envelope.
4 I always find it difficult to *swallow* / *suck* / *chew* medicines.
5 It was so funny! I was just *trembling* / *shaking* / *shivering* with laughter!
6 The poor little animal was *shivering* / *trembling* / *grinning* with fear.
7 It was so hot and humid. Soon my shirt was soaked with *perspire* / *perspiration* / *perspiration*.

A

Praising

You **praise** someone **for** something. The teacher **praised** the children **for** their hard work. **Highly praised** is a common collocation. William's acting in this film has been **highly praised**.

She plays the guitar **brilliantly**, just like her father. [very skilfully] He's the very best, a really **first-rate / top-notch** administrator. When it comes to grammar, she's **really on the ball**. [quick to understand] Ben **has a way with** foreign students. The other teachers envy him. [good at establishing good relations / motivating them, etc.] Emma really **has green fingers**; look at those flowers! [good at gardening] Let him do the talking; he's **got the gift of the gab**. [good at talking]

Imogen is **head and shoulders above** the rest of the girls at maths. (usually used of people) / She's **miles better** than the other girls at maths. When it comes to technology, Japan **is streets ahead** of most other countries. As far as sport is concerned, Sam is **among the best** in his class. [one of the best; can also say **among the worst / most interesting**, etc.] That meal was just **out of this world**. [outstanding/superb; usually used of things]

B

Criticising

The verb **criticise** can mean: to say that someone or something is bad, e.g. Paige's parents are always **criticising** her appearance. Notice that it can also be used to mean: give an opinion or judgement about a book or film, e.g. I belong to a writer's group - we read and **criticise** each other's work.

critical /'krɪt.ɪ.kəl/

adjective **NOT PLEASED**

1 saying that someone or something is bad or wrong:

a **critical** report ○ The report is **highly critical of** safety standards at the factory.

adjective **IMPORTANT**

2 of the greatest importance to the way things might happen:

The President's support is **critical** (to this project). ○ a **critical** decision

adjective **GIVING OPINIONS**

3 giving opinions or judgements on books, plays, films, etc.:

She has written a major **critical** appraisal/study of Saul Bellow's novels. ○ His last film **won/received critical acclaim** (= was praised by film critics).

adjective **SERIOUS**

4 extremely serious or dangerous:

Both drivers are **critical** / in a **critical condition** (= so badly hurt that they might die) after the 120 mph crash.

The adverb **critically** can relate to any of these four meanings of 'critical' although the following are the most frequent uses:

critically important (meaning 2), **critically acclaimed** (meaning 3), **critically ill** (meaning 4)

Note these idiomatic synonyms of the verb **to criticise** (with its meaning of saying something is bad): You shouldn't **run down** your own country when you're abroad. Why do you always have to **pick holes** in everything I say?

Here are some criticisms of people:

I think Antonio's being totally **absurd**. [ridiculous] You are undoubtedly **at fault / to blame** and you should apologise. [you are in the wrong] She thinks she's **the cat's whiskers** / **the bee's knees**. [thinks she's wonderful] When it comes to time-keeping, he's **the world's worst**. [no one is worse] Jack is so rude. He really **takes the biscuit**. [is a striking example of some negative quality] Jo **wants to have her cake and eat it!** [wants everything with no contribution from her side]

Exercises

48.1 Which expressions from the opposite page might these pictures help you to remember?



1 *have your cake and eat it*

2

3

4

5

48.2 Using the word in brackets and an expression from A opposite, rewrite the sentence without changing the meaning.

- 1 The hotel we were staying in was absolutely superb. (world)
The hotel we were staying in was out of this world.
- 2 Giovanni is a long way above the other kids when it comes to doing hard sums. (shoulders)
.....
- 3 Maria is very good with young children - they always love her. (way)
.....
- 4 You're a long way ahead of me in understanding all this new technology; I'm impressed. (streets)
.....
- 5 Hassan is great at chess. (brilliantly)
- 6 Agata is a very fluent and confident speaker. (gab)

48.3 Which of the expressions in 48.1 is most suitable for completing each sentence if you want to:

- 1 say someone's behaviour is extremely annoying? What Jack said *really takes the biscuit!*
- 2 say that someone is quick to understand? Tanya is usually
- 3 say someone has a very high opinion of themselves? Rajiv thinks
- 4 praise someone's gardening skills? Marek
- 5 comment on someone who wants to buy a new car but keep all their savings too? Unfortunately, you

48.4 Answer these questions.

- 1 If someone is critically injured, is their injury minor or serious? *It's serious.*
- 2 If your teacher asks you to write a review criticising a film you've recently seen, does she want you only to write about its negative aspects?
- 3 If a father is critical of his son's behaviour, does he approve or disapprove of it?
- 4 If someone says that it is 'critically important' that you complete a piece of work by a specific deadline, how flexible is that deadline?
- 5 If several people are said to be in a critical condition after an accident, are doctors worried or not particularly worried about them?

48.5 Write the *opposite* meaning to these sentences using expressions from the opposite page.

- 1 He's a third-rate athlete. He's a *first-rate / top-notch athlete*.
- 2 I don't understand why Sophie has such a low opinion of herself.
- 3 When it comes to sport, Andrey is one of the best in his school.
- 4 Greta was not responsible for the error in the accounting figures.
- 5 He is no good at talking to people at all.
- 6 Mick doesn't get on with the secretaries; just look at how they react when he wants something done.
- 7 He often says how wonderful his school is.
- 8 She always praises everything I say.

In this unit we focus on fixed expressions describing various emotions. You may not need to use them often yourself, but you need to understand them when you read or hear them.

A Positive feelings, moods and states

Maria seems to be **on cloud nine** these days. [extremely pleased/happy]

Everyone seemed to be **in high spirits**. [lively, enjoying things]

She seems to be **keeping her chin up**. [happy despite bad things]

Jo's **as happy as Larry / as happy as can be**. [extremely content]

B Negative feelings, moods and states

He had **a long face**. [looked depressed/sad]

She certainly **looked down in the dumps**. [looked depressed/sad]

Zac is **in a bad mood**. [a bad mood/temper]

Martin was **like a bear with a sore head**. [extremely irritable] (See [Unit 97](#).)

Alice **threw a wobbly** the other day. [became extremely angry and upset]



C Physical feelings and states

I'm **feeling done in**. [exhausted]

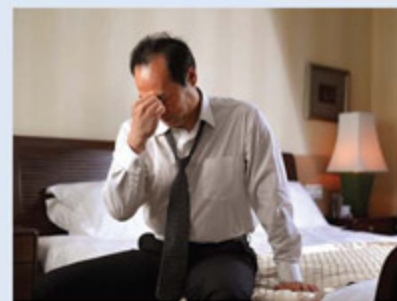
You're looking **a bit under the weather**. [not very well / ill]

She looked, and felt, **on top form**. [in good physical condition]

I suddenly **felt my head was spinning**. [unable to balance, feel as if you will fall over]

I was almost **at death's door** last week! [very sick/ill]

Old Nora's **as fit as a fiddle**. [very fit indeed]



D Fear/fright

She was **scared stiff**. [very scared]

She **frightened the life out of him**. [frightened him a lot]

We were all **shaking in our boots/shoes**. [trembling with fear]

The poor lad was **scared out of his wits**. [very scared indeed]

I **jumped out of my skin** when I heard the bang. [gave a big jump]



E Other expressions for actions and feelings

Capricorn (21.12-19.1)



Don't get **carried away**¹ by promises not kept. **Keep a cool head**² and **take everything as it comes**³. On the work front, **things are looking up**⁴.

Taurus (21.4-20.5)



If someone says something that **makes you swell with pride**⁵ and **feel on top of the world**⁶, enjoy the moment!

¹ get too excited ² stay calm ³ deal calmly with events as they happen ⁴ improving

⁵ feel **proud** / very pleased because of something good that you did ⁶ very happy indeed

Language help

There is often an element of **exaggeration** in these expressions. They make quite strong comments on the situation and often lighten the tone of what you are saying. So use them only in informal situations.

Exercises

49.1 Match the sentence beginnings on the left with the endings on the right to make fixed expressions.

- 1 Imogen was on

2 Michaela was in

3 Anna kept

4 Lily was as

5 Kathy was like

6 Rosie threw
- c

a her chin up.

b a bear with a sore head.

c cloud nine.

d a bad mood.

e a wobbly.

f happy as the day is long.

49.2 Complete the fixed expressions from A and B opposite.

- 1 Has something good happened? You all seem in high

2 What's the matter? You've got a long

3 As long as he has his car to work on, he's as happy

4 It's been an awful day! No wonder everyone is in a

5 Has something bad happened? You look down
- spirits

49.3 Read the comments and then answer the questions.

Mark 'I've never felt so terrified in my life.'

Lidia 'I was just not feeling very well yesterday.'

Andrea 'I felt as if I couldn't keep my balance and was about to fall.'

Krishnan 'I've been feeling really well recently.'

Lars 'I was very ill indeed last week.'

Karen 'I've gone to the gym every day this month and I can feel the results.'

comment	name
1 Who was feeling under the weather?	Lidia
2 Who is probably as fit as a fiddle?	
3 Who was scared out of their wits?	
4 Who was at death's door?	
5 Whose head was spinning?	
6 Who is feeling on top form?	

49.4 Use fixed expressions to rewrite the words in bold.

- 1 I **gave a sudden jump** when he fired the gun.

2 I think you should **not panic** and just be patient.

3 He **scared me very much** when he came in wearing that ghost mask!

4 Everyone was **trembling with fear** when they saw the door open all by itself.

5 I was **very scared** before I did the bungee jump, but it was OK.

6 She **felt very proud indeed** as her daughter received the gold medal.

7 I think I got **too excited** by the idea of joining a rock band. It's actually very hard work!

8 I try to just **deal with events in a calm way as they happen**.
- jumped out of my skin

49.5 Over to you

- Write sentences about yourself.

1 Describe a situation or event which would make you feel on top of the world.

2 Which of the expressions in C opposite best describe(s) your state at the moment?

A Types of problems and difficulties

There are many words for different types of difficulties. **Chaos** is a state of total confusion, where there is no order at all. A **disaster** is an event which causes great harm or damage. If you are **facing a dilemma** or are **in a dilemma** you are in a situation where you have to make a difficult decision between two things.

The earthquake was a dreadful disaster for the country. The transport system was in chaos for some time afterwards. The government were faced with a dilemma: start reconstruction work at once or wait until the likelihood of aftershocks had passed.

to be in a **fix** = be in a difficult situation to be in a **tight corner** = be in a situation that is hard to get out of to be in a **muddle** = be confused / mixed up

The word **challenge** puts a positive slant on a problem situation in that it focuses on the fact that it needs great mental or physical effort in order to be done successfully and therefore tests a person's ability.

B Specific difficulties

You can be **badly affected**¹ by all sorts of things, from those that are **mildly irritating**² to the **intensely annoying**³.

¹ things can have a negative impact on you ² slightly annoying ³ extremely annoying

Your plans may be **disrupted**. [prevented from continuing as intended]

Negotiations or a building may **collapse**. [fail because of a lack of support]

You can be **deprived of** something you value. [have something taken away from you]

Someone's **heart** can be **broken**. [made extremely sad]

Your life may **lack** something that you would like. [not have (enough of) something]

The nouns related to the words in this section are **effect, irritant or irritation, annoyance, disruption, collapse, deprivation, heartbreak** and **lack**.

C Idioms about dealing with problems and difficulties

to **take a back seat** [not to do anything; let others act instead] ≠ to **take the bull by the horns** [act positively to face and attack the problem]

to **stir things up** [do/say things that make the situation worse] ≠ to **pour oil on troubled waters** [do/say things that calm the situation down]

I **can't face (the thought of)** clearing up all this mess today. [don't want to deal with]

I thought it would be best just to **lay my cards on the table**. [state exactly what my position is]

This has to be done by next week; we must **get our act together** before it's too late. [organise ourselves to respond; *informal*]

We need a proper investigation to **get to the bottom of things**. [find the true explanation]

It's quite difficult to **get** people to **sit up and take notice**. [make them pay attention]

I'm trying to **get a grasp** of what's happening; it's not easy. [find out / understand]

D Idioms relating to changes in problem situations

The tide has turned for us; better days are ahead.

We can **see the light at the end of the tunnel** at last. [see that a difficult situation may be ending soon]

I'm afraid we've just **come to a dead end** with our plans.

I think I've **reached a turning point** in my career.

The government and the unions have **buried the hatchet** for the time being. [made peace / stopped fighting each other]

All that trouble last year was just **swept under the carpet** in the end. [ignored / deliberately forgotten, without solving it]

Exercises

50.1 Choose the best word from A opposite to complete these sentences.

- 1 Can you help Grandpa fill out that form? It's so long and complicated that he's getting in a bit of a muddle.
- 2 The manager told his staff that he didn't want to hear the word 'problems', but rather they should talk about
- 3 After the earthquake, city transport was in
- 4 I wonder if you could help me out - I'm in a bit of a tight
- 5 Should I take the job in New York or the one in Sydney? It's quite a
- 6 The floods are the worst natural the country has experienced this century.

50.2 Match the sentence beginnings with the words on the right and add a preposition to complete the sentence.

- | | | |
|---|-------------------------------------|--------------------|
| 1 Ben decided he would immediately lay his cards. | ☒ | a troubled waters. |
| 2 The best thing to do is just to take the bull | ☐ | b her life. |
| 3 Fortunately we can now see the light at the end | ☐ | c the table. |
| 4 It'll take ages before we can get to the bottom | ☐ | d a dead end. |
| 5 It's asking for trouble to sweep things | ☐ | e the horns. |
| 6 You can always rely on Naomi to pour oil | ☐ | f things. |
| 7 At the moment my research seems to have come | ☐ | g the tunnel. |
| 8 Claire has now reached a turning point | ☐ | h the carpet. |

50.3 Rewrite each sentence using the word in brackets.

- 1 The snow caused serious disruption to trains in the region. (disrupted)
Trains in the region were seriously disrupted by the snow.
- 2 I don't want to drive home in all this traffic. (face)
- 3 Keira doesn't seem to have much confidence. (lacking)
- 4 Unfortunately, the project doesn't seem to be getting anywhere at the moment. (dead)
- 5 Sleep deprivation can cause health and other problems. (deprived)
- 6 Paula was profoundly affected by her meeting with Angus. (effect)

50.4 Choose suitable idioms from C and D to fill the gaps.

- 1 Selim's business has been going through hard times but he feels at last the tide has turned.
- 2 No, please, don't say anything: you'll only
- 3 It's been a long, hard struggle, but I think finally we can
- 4 The police are trying their best to, but it's still a real mystery at the moment.
- 5 You've been messing around achieving nothing for too long; it's time you !
- 6 At last I've managed to get him to ; he's paid no attention at all to us so far.
- 7 I found it hard to understand thermodynamics at first but I'm beginning to it now.
- 8 I think I'll just and let everyone else get on with sorting matters out.
- 9 I wish you and John wouldn't argue so much. Can't you once and for all?