

4 Stress management

a The person in the song has a lot of stress in her job. Your friend has a lot of stress in his/her job, too, and asks you for some advice about how to relax.

You give him/her some suggestions:

- Why don't you have a massage?
- You could listen to music on the way home.
- How about buying a pet?



b Look at this list of ideas for stress management and decide which five you think are good ideas.

- work in the garden
- have a massage
- listen to music
- smile
- drink two litres of water a day
- think of a beautiful place you know
- write down your worries
- go for a walk
- buy a pet
- go to a museum or art gallery
- wear something green or blue

c Work with a partner. Give him/her some suggestions. Listen to your partner. Do you think the suggestions are good?

Yes

Yes, that's a great idea.
Yes, I like that idea.

No

Thanks, but I'm not very keen on that idea because I'd rather ...
Well, I'm sorry I don't think that's a very good idea because ...

d Now look at the list in **4b** and choose one that you and your partner think is a good idea. Why do you think so?

5 Pronunciation



a How do you pronounce the word 'management'? Listen and repeat these words.

- | | | | |
|---------|--------------------------|--------|--------------------------|
| 1. men | <input type="checkbox"/> | - man | <input type="checkbox"/> |
| 2. ten | <input type="checkbox"/> | - tan | <input type="checkbox"/> |
| 3. bend | <input type="checkbox"/> | - band | <input type="checkbox"/> |
| 4. send | <input type="checkbox"/> | - sand | <input type="checkbox"/> |
| 5. pet | <input type="checkbox"/> | - Pat | <input type="checkbox"/> |
| 6. lend | <input type="checkbox"/> | - land | <input type="checkbox"/> |



c Listen to six sentences and write down the words from the list in **5a** that you hear in the sentences.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



b Listen and decide if you hear a word from column A or one from column B.

Learning Tip - Pronunciation

Listen to the pairs of words from 5a. Listen again and again. Can you hear the difference?

7 Food and your job

a Tim is someone who has a stressful job. Look at Tim's answers to a questionnaire on what he eats.

- | | |
|-----------------------------------|--|
| | Tim |
| 1. Do you eat brown bread? | No, I prefer white bread. |
| 2. Do you eat nuts? | No, I don't eat nuts. I'm allergic to them. |
| 3. Do you eat oranges? | Yes, two or three a week. |
| 4. Do you eat fish? | No, I don't eat fish because I'm a vegetarian. |
| 5. Do you eat chips? | Sometimes yes! But only maybe once a month. |
| 6. Do you eat eggs late at night? | Well, I eat eggs but what's late? Sometimes I have my dinner at 8.30 or 9 p.m. |

What about you?
How would you
answer
these questions?



b Do you think Tim eats things that are good for him in his job?
Read the short text in the file section on page 108 to find out.

c So in Tim's kitchen there aren't any nuts and there isn't any meat or fish because he's allergic to nuts and he's a vegetarian.

The food you have in the kitchen can tell us a lot about you! Are you a good food detective?
Work with a partner and find out. Partner A looks on page 44 and partner B looks at the file on page 110.

Countable and uncountable nouns

Countable nouns are things you can count: nuts, an orange.

Uncountable nouns are things you can't count. They are usually only singular: water, wine.

You ask questions with **How many ...?** for countable nouns.

Example: How many litres of wine do you buy a week?

You use questions with **How much ...?** for uncountable nouns.

Example: How much coffee do you drink a day?

In questions and negatives you use **any** for countable and uncountable nouns.

Examples: Is there any fish in the fridge?

Are there any nuts in the cupboard?

There isn't any water in the fridge.

There aren't any eggs in the fridge.



If you don't know the answer to "how much" or "how many", you can say "some". Look in the back-up section on page 46 for some work with "some", "any", "how much" and "how many".

Partner A

C This is Paula's kitchen.



Give your partner the information he or she asks for:

Example:	Your partner asks:	You answer:
	Is there any coffee in her kitchen?	No, there isn't.
	Is there any tea in her kitchen?	Yes, there is.

Ask your partner about Brian's kitchen.

Example: Is there any coffee?

Mark your answers here:

	Yes	No
coffee	<input type="checkbox"/>	<input type="checkbox"/>
herbal tea	<input type="checkbox"/>	<input type="checkbox"/>
nuts	<input type="checkbox"/>	<input type="checkbox"/>
oranges	<input type="checkbox"/>	<input type="checkbox"/>
chocolate	<input type="checkbox"/>	<input type="checkbox"/>
eggs	<input type="checkbox"/>	<input type="checkbox"/>
meat	<input type="checkbox"/>	<input type="checkbox"/>
gin	<input type="checkbox"/>	<input type="checkbox"/>
water	<input type="checkbox"/>	<input type="checkbox"/>
beer	<input type="checkbox"/>	<input type="checkbox"/>

So does Brian eat things that are good for his brain? –
I think so ... / I don't think so because ...

d Now tell us what there is in your kitchen cupboard or in your fridge and tell us why as in **7a**.

4 Vocabulary

Answer the questions and find the words by using the letters in the word squares.

1.



- You write with this. – _____
 You cook with this. – _____
 Your male child is your – _____
 A flower. – _____
 You smell with this. – _____
 Have you got a PC or a ... top? – _____
 How old are you? – That's a ... question! – _____

2.



- A colour. – _____
 A woman sometimes wears this. – _____
 ... me an e-mail. – _____
 Children play in this on the beach. – _____
 Not happy. – _____
 I always ... a newspaper on Sunday morning. – _____
 There is ... in the night. – _____

3.



How many words can you find in this square?



At the end of this unit I ... :

- can understand the words 'always', 'usually', 'sometimes', 'seldom', 'never' and use them to talk about routines.
- know how to give someone some advice.
- know how to accept or refuse advice.
- understand when to ask a question with 'How much ...?' and when to ask a question with 'How many ...?'
- can ask and answer questions using 'any'.
- can understand a simple telephone conversation.

✓✓	✓	✗
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- ✓✓ = I can do this easily.
 ✓ = I can do this.
 ✗ = I need to work on this.

Words and expressions from this unit for my personal **word bank** are:
