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No.138

English magazine

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EDITOR'S INTRO

How you learn English with Hot English magazine

WHY ARE YOU LEARNING ENGLISH? TO GET A BETTER JOB, TO PASS AN OFFICIAL ENGLISH EXAM, TO TRAVEL, OR JUST TO COMMUNICATE IN ENGLISH? HOT ENGLISH MAGAZINE HELPS WITH ALL THIS.

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Hi, and welcome to another issue of Hot English magazine, the fun magazine for learning English.

BIG NEWS! We've just launched our new website: www.learnhotenglish.com Please visit it and let us know what you think. We've got a blog on the site where we'll be putting up lots of interesting articles, as well as our Free Lessons that you can receive if you sign up for the newsletter. We'd really appreciate any feedback. Send us an e-mail with any comments: andyc@hotenglishmagazine.com

REMEMBER! From now on, the printed version of Hot English will be bi-monthly. However, our online version (that you can get from the iTunes store and Google Play) comes out 12 months a year!



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Well, in this month's magazine, we've got lots of great articles for you to read and listen to. We're looking at the latest film about Princess Diana: *Diana* (no prizes for originality there!). We've also got articles on some new trends in photography, working from home, Aesop's fables, the Ig Nobels, dieting, Latin Pop, sugary drinks, global warming, Grand Theft Auto and lots, lots more.

Enjoy the magazine, learn lots of English and see you all next time,

Yours, *Andy*

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All material in this publication is strictly copyright, and all rights are reserved. Reproduction without permission is prohibited. The views expressed in Hot English Magazine do not necessarily represent the views of Hot English Publishing SL. However, we do think that the British are hard to comprehend, Aesop could spin a wicked yarn, Dynamo is a clever chap and sugary drinks have an awful lot of sugar in them!

1 Pre-reading

What type of coffee do you drink?

- **Espresso** – a powerful shot of coffee often served in a small cup.
- **Instant coffee** – just pour boiling water over these granules of coffee for a quick cup.
- **Caffé Latte** – an espresso and steamed milk.
- **Black coffee** – coffee with no milk.
- **Caffé Mocha** – an espresso, steamed milk and chocolate syrup.
- **Cappuccino** – coffee and steamed milk with cinnamon or chocolate powder on top.
- **Frappé** – a cold coffee drink with ice, vanilla ice cream and a bit of chocolate.

Other?

2 Reading I

This article is about Starbucks and guns. What do you think happened? Make notes. Then, read the article once to compare your ideas.

3 Reading II

Read the article again. Then, answer the questions.

1. Could you take a gun into Starbucks in the past?
2. When did gun-rights advocates hold the national Starbucks Appreciation Day?
3. Who is Starbucks' company chairman?
4. What type of letter did he write?
5. Why did he write it?

4 Language focus

Begin & start

Look at the extract from the article on this page, "... those on the opposing side soon began protesting..." The writer has used the gerund (verb + -ing): **began protesting**. Both **begin** and **start** can be used with either the gerund or infinitive with almost no difference in meaning. For example:

- a) I began working at 8am. / I began to work at 8am.
- b) I started working at 8am. / I started to work at 8am.

In the News

IN THE NEWS N°22 THE VOICE OF THE PEOPLE LONDON 2013

Objective To improve your reading and listening skills.

Think about it

What do you like/dislike about Starbucks? How often do you go there? Do you go to any other coffee chains? Which ones? What hot drinks do you have during the day? Where do you have them? How many do you have?

STARBUCKS GUN BAN!



Is there a Starbucks in your town or city? Can you take a gun into the store? In many states in the USA, you can **carry a gun*** into a restaurant, bar or club if **local laws** permit it. And the same was once true for Starbucks. So, in the 33 states where you're allowed to own and carry a gun, you could take it into Starbucks.

Gun-rights advocates were obviously pleased, and even held a national Starbucks Appreciation Day in August 2013 to thank the company for its **stance**. However, those on the opposing side soon began **protesting**. Within a short time, Starbucks found itself at the centre of the **gun debate**.

Eventually, company chairman Howard Schultz decided he had to act. He wrote an **open letter** to customers asking them not to carry guns into Starbucks. "In recent months, Starbucks stores and our partners (employees) who work in our stores have been **thrust unwillingly** into the middle of this debate. That's why I am writing today with a respectful **request** that customers no longer bring **firearms** into our stores or outdoor seating areas."

Want a Starbucks coffee? Keep your gun at home! ☹

*Carrying guns

The definition of "carrying" a gun varies in different states. Some allow you to openly carry the gun, others say it has to be concealed, etc.

GLOSSARY

- a store** *n.* US
- a shop**
- a local law** *n.*
- a law that exists in the area/state, etc. that you're talking about / referring to
- a gun-rights advocate** *n.*
- someone who believes in the right to own and carry guns
- a stance** *n.*
- your "stance" on a particular topic/subject is the way you feel about it – what you believe in
- to protest** *vb*
- if you "protest" against something, you show that you don't like or agree with that thing (by joining a march, etc.)
- the gun debate** *n.*
- the different views that people have on the topic of guns: some people believe in the right to own and carry guns; others are against people owning or carrying guns
- an open letter** *n.*
- a letter that is addressed to one person or certain people, but which is published in the press so everyone can read it
- to thrust** *vb*
- if you're "thrust" into a situation, you're forced/pushed into that situation
- unwillingly** *adv*
- if you do something "unwillingly", you have to do it, even though you don't want to
- to request** *vb*
- if you "request" that someone does something, you ask that person to do that thing
- a firearm** *n.*
- a gun / pistol / rifle, etc.

TOP TIPS FOR LEARNING ENGLISH!

Here are some more of our top tips for learning English.
This is the third part of a three-part series.

Write out words you want to learn on little cards and try to learn them during the day. Or, record them and listen to them on an MP3 player. Remember to put the words or expressions in sentences! This way, you'll see which words go together.

After watching or reading the news in your language, try reading or listening to it in English. You'll be surprised at how much you understand.

Treat yourself to something nice if you can learn 10 words a day. Say, "If I learn these 10 words by the end of the day, I'll buy myself a bar of chocolate!" Set yourself bigger objectives (with nicer treats) for the month or year.

Use an English-to-English dictionary and try to understand the definitions when looking up new words. This will help you to start thinking in English.

English has a rhythm to it. Listen to phrases or sentences and try to repeat them with the same intonation and rhythm.

Remember, listening is extremely difficult. However, it comes with practice, and the more you listen to English, the easier it gets.

Read and listen to as much English as you can. It's the best way to improve. You can read online articles, listen to songs, watch films, TV series, YouTube videos... the options are limitless.

Don't worry about making mistakes – it's all part of the learning process. The most important thing is to read and listen a lot so you get a feel for the language. Then, you can start correcting yourself.

Make sure you practise a bit every day: reading an article, listening to a song, chatting with an English-speaking friend, etc. Doing 10 or 20 minutes every day is far better than doing four hours just once a week.

Talk to yourself in English to help you improve your speaking fluency. Tell yourself what you've done, what you're doing or what you're going to do. It's all good practice!

Use **mnemonics*** to help you memorise difficult words. As part of this, you could...
a) draw a picture of the word; **b)** create a funny sentence with it; **c)** base a short story around it; **d)** find a word that sounds or looks similar in your own language and make a connection between the two words...

Remember, you learn a language by reading it, listening to it and using it! It really is that simple. And the more you read, listen and use it, the better you'll be.

Good luck! 🍀

***Mnemonics:** a "mnemonic" (or "mnemonic device") is something that helps you remember a word or other information

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I'M TALKING TO MYSELF IN ENGLISH!

GOOD IDEA!

MY TOAST IS BURNT. WHAT A DISASTER!

Objective To improve your reading and listening skills.

Think about it Do you use Twitter? What for? Who do you follow on Twitter? Why? What are the pros and cons of Twitter? Which other social networks do you use? Why? What things do you post on it?

Exams This reading and listening activity will help prepare you for English exams such as KET and TOEFL.



BAD DAY TWEETS!

More than 3 billion people live on less than \$2.50 a day. About 1.3 billion live in extreme **poverty**. And over 850 million people worldwide don't eat enough food to live a healthy life. However, in many developed countries, even the most **trivial incident** can soon become a disaster... as some of these **Twitter** messages clearly show.

GLOSSARY

poverty *n*
 the state of being poor and having no money for food, etc.

a trivial incident *n*
 something that happens to you that isn't important

Twitter *n*
 a social network that you can use to send messages to your friends / contacts. The messages must have a maximum of 140 characters

to stuff yourself *exp*
 if you "stuff yourself", you eat a lot of food (more than you need to eat)

a wallet *n*
 a small, leather object men use to carry money / credit cards, etc.

divine *adj*
 wonderful / amazing / incredible / excellent

tailor-made *adj*
 "tailor-made" clothing is made especially for you, with your exact sizes

silk *n*
 a substance produced by insect larvae which is made into a smooth, fine cloth

awful *adj*
 terrible / very bad

ashamed *adj*
 if you're "ashamed" to do something, you don't want to do it because it makes you feel shy / timid / bad

a pool cover *n*
 a large piece of material that you put over a swimming pool to protect it

what a drag! *exp*
 how terrible! / how annoying!

hemp seed oil *n*
 an oil that comes from pressing hemp seeds (which come from cannabis plants)

a laxative *n*
 food or medicine that you take to make you go to the toilet.

a paper cut *n*
 a cut that you get from paper, often when you move the paper over your finger

agony *adj*
 if something is "agony", it hurts a lot and causes you a lot of pain

a buggy *n*
 a golf "buggy" is a small electric vehicle that you can use to move around a golf course

milk foam *n*
 a mass of small bubbles that is formed when air and milk are mixed together

a latte *n*
 a strong coffee made with hot milk. The word comes from the Italian phrase "caffè latte", which means "milk coffee"

a bagel *n*
 a small piece of bread in the shape of a circle. It has a hole in the middle

Answers on page 44

1 Pre-reading

What annoying, irritating or "bad" things have happened to you this week or month? What did you do about them?

2 Reading I

You're going to read some Tweets by people who are complaining about things. Read or listen to them once. Which ones have happened to you? Which one is the worst?

3 Reading II

Read the article again. Then, answer the questions. What did one of the tweeters...

- ...not have for their cereal?
- ...stuff him/herself on?
- ...drink too many of that prevented him/her from sleeping?
- ...order three months ago?
- ...get a cut from?
- ...get too much of in the coffee shop?
- ...put too much of on his/her salad?

4 Language focus The Past Simple

Look through the article and find the past tenses of the following verbs: *stuff, get, have, can, order, post, use, know, break down, put*

- There was **NO** milk in the fridge for my tea or cereal this morning. What a way to start the day!
- I've just **stuffed myself** on three packets of chocolate biscuits and now I can't move!
- The **wallet** my wife got me for my birthday is just too small. Any takers?
- I had far too many Nespressos last night and couldn't sleep. Those "volluto" capsules are simply **divine**!
- The **tailor-made silk** suit I ordered **THREE MONTHS AGO** won't be ready for the wedding. What a tragedy!
- My "best friend" posted an absolutely **awful** picture of me on Facebook! I'm just too **ASHAMED** to go out!
- Pool cover** wouldn't open this morning. **What a drag!**
- I used some **hemp seed oil** on my salad last night. Nice, but I never knew it was such a powerful **laxative**!
- I got a really nasty **paper cut** this morning. Every Tweet is **AGONY**!
- The **buggy** broke down on the golf course this morning so we had to walk. **OUTRAGEOUS!**
- The new guy in the coffee shop put far too much **milk foam** in my **latte**! Where do they get these idiots from?
- The toaster my friend got me as a wedding present has **NO BAGEL SETTING!!!!** How stupid is that?
- Too much balsamic vinegar in my salad. **RUINED!!!!!!!**

It's good to put a bit of perspective on your life sometimes. ☺

Objective To improve your reading and listening skills.

Think about it How often do you take photos? What do you do with your photos? Do you print them out and put them in albums? Why? Why not? What type of camera have you got? What do you like/dislike about it?

Exams This reading and listening activity will help prepare you for English exams such as KET and TOEFL.

TRACK 3: US MAN & ENGLISHMAN



THIS IS GIVING ME A NEW PERSPECTIVE!

THREE TRENDS IN PHOTOGRAPHY

If you're into photography, you might be interested in these three trends: selfies, forced perspective photos and photobombing.



1 Selfies
A selfie is a photo that you take of yourself.

You can take a selfie with a digital camera, a mobile or a **smartphone**. Selfies are often posted on photo-sharing websites such as Twitter, Facebook or Instagram. In December 2012, Time magazine noted that "selfie" was among the "top 10 **buzzwords**" of 2012. A poll commissioned by smartphone and camera maker Samsung found that selfies make up 30% of the photos taken by people aged 18-24.



2 Forced perspective photos
Forced perspective photos create an **optical illusion**. Many forced perspective photos consist of one person in the **foreground**, with another **figure** or object in the **background**. The person in the foreground often appears larger than

normal; and the person or object in the background appears to be smaller. This effect is **achieved** by having the person in the foreground appear to touch the person or object in the background. For example, a woman in the foreground could hold out her hand and appear to touch the Eiffel Tower, which is in the background. Of course, you can create optical illusions like these with software such as Photoshop, but doing it for real is a lot more fun!

3 Photobombing

Photobombing is the act of appearing in someone else's photo, often as a joke. A number of websites include sections on photobombing, especially the photobombing of celebrities. Photobombing by animals is also quite common. One of the most famous animal photobombers is known as Crasher Squirrel. He appeared in a photo of a Minnesota **couple** who were taking **shots** of themselves in May 2009 at Banff National Park in Alberta (Canada). As they were sitting on some rocks next to a lake, a Golden-mantled Ground Squirrel stood up right in

front of the **lens** and appeared in the shot. ☺

INFORMATION BOX

One of the first teenagers to take a picture of herself was Russian Grand Duchess Anastasia Nikolaevna at the age of 13. She took the photo in 1914. In the letter that accompanied the photograph, she wrote, "I took this picture of myself looking at the mirror."



GLOSSARY

a smartphone ☺
a mobile phone that you can use to play games / go on the internet / send e-mails, etc.

a buzzword ☺
a word or expression that has become popular and that is being used a lot in newspapers, etc.

an optical illusion ☺
something that appears to exist but which doesn't really exist or is in reality something else

the foreground ☺
the area in a photo / picture, etc. that is nearest to you / in the front

a figure ☺
a person

the background ☺
the area in a photo / picture, etc. that is furthest from you / at the back

to achieve ☺
if you "achieve" an effect, you create that effect

a couple ☺
two people who are married / in a relationship

a shot ☺
a photo

a lens ☺
a thin, curved piece of glass or plastic used in cameras / glasses, etc. On a camera, you look through the lens when you take a photo

Answers on page 44

1 Pre-reading

You're going to read about three trends in photography: selfies, forced perspective photos and photobombing. What do you think they involve?

2 Reading I

Read the article once. Then, say what type of photo the main image is.

3 Reading II

Read the article again. Then, write Selfie, Forced or Photobomb next to each statement.

1. The figure in the foreground appears to be bigger than normal.
2. Animals can do it.
3. It's a photo that you take of yourself.
4. Websites often have sections featuring famous ones with celebrities.
5. According to a poll, this type of photo comprises 30% of photos taken by 18-24-year-olds.
6. The person in the background appears to be smaller than normal.



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GRAMMAR BOOSTER

HOW TO USE THE PAST PERFECT

Affirmative	Negative	Interrogative
I had seen it before.	I hadn't seen it before	Had I seen it before?
You had seen it before.	You hadn't seen it before	Had you seen it before?
He had seen it before.	He hadn't seen it before	Had he seen it before?
She had seen it before.	She hadn't seen it before	Had she seen it before?
It had seen it before.	It hadn't seen it before	Had it seen it before?
We had seen it before.	We hadn't seen it before	Had we seen it before?
They had seen it before.	They hadn't seen it before	Had they seen it before?



The Past Perfect

The abbreviated forms are: *I'd, you'd, he'd, she'd, it'd, we'd, they'd.*

We form the Past Perfect with *had* + a past participle.

We can use the Past Perfect to refer to an action that happened before another Past Simple action. For example: "When I arrived at the cinema, the film **had** already **started**."

8:30pm: The film started.
9pm: I arrived at the cinema.
"The film **had** already **started** when I arrived at the cinema."

We can use question words (*who, what, when, where, why, etc.*) with the Past Perfect. For example:

- a) Where had you put it?
- b) What had they done?

Dialogue: The flight

It's Sunday morning and Josh and Karen have just met in the street. Josh had planned to go away for the weekend. [Listen and complete with the correct nouns.]

Karen: Josh, how's it going?
Josh: Not bad.
Karen: Weren't you supposed to be in Frankfurt this (1) _____?
Josh: Yeah, but I never made it.
Karen: What happened?
Josh: Well, just when I got to the (2) _____, I realised that I'd left my passport at home. So, I had to race back

(3) _____ to pick it up. Luckily, I'd left home really early so I had enough time.
Karen: Phew!
Josh: Yeah, well, anyway, I got back to the airport and rushed to the (4) _____, but as I was going through the security checkpoint, they told me that the e-ticket that I'd printed off wasn't a valid boarding (5) _____. So, I couldn't go through.
Karen: What a disaster!
Josh: By the time I'd messed around printing it off again, the (6) _____ had

already left.
Karen: Oh, no.
Josh: So, anyway, I booked another (7) _____ for later that day, but when I went to put in my credit card details, I couldn't find my wallet. I don't know what had happened. I must have dropped it somewhere. Anyway, I had to spend the next (8) _____ or so reporting my lost credit cards. In the end, I just went back to bed.
Karen: Sometimes, it's the only solution! ☺



12 USEFUL EXPRESSION WITH MAKE



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www.learnhotenglish.com/mp3s

We generally use *make* to refer to the process of producing, constructing, creating or building something:

- I made a cake.
- They made a new version of the car.
- They made the house in just three months.

There are several business/work expressions with make: ***make a call, make money, make a decision, make an appointment, make a complaint, make progress...***

Make a noise



The band were making a terrible noise.

Make someone happy



She makes me really happy.

Make food



I'll make dinner if you do the washing up.

Make a list



You should make a list of all the things we need to buy.

Make a mistake



I think I've made a terrible mistake.

Make a reservation



Hi, I'd like to make a reservation for the Mediterranean cruise ship trip, please.

Make a suggestion



Do you mind if I just make a suggestion?

Make an effort



You've got to make more of an effort.

Make fun of someone



Stop making fun of me!

Make a bed



I'm making my bed!

Make excuses



He's always making excuses for the poor quality of his work.

Make an impression



I think you made quite a good impression on them.

Learning expressions

The best way to learn any words or expressions is by seeing or hearing them in context when you're reading or listening to English. Make a note of any words or expressions that you like (or want to learn) and write these down in sentences. Remember, always record language in phrases or sentences – never as individual words. You should also practise using the words or expressions as often as you can: in conversation, on the phone, in e-mails, etc.

Objective To learn some useful words and expressions for talking about the environment.

Think about it

What do you do to help protect the environment? Do you separate your rubbish? Are you trying to consume less? What's the government in your country doing? How important is it to protect the environment? What else could be done?

TRACK 5: ENGLISHMAN & US MAN

ENGLISH IN ACTION...

26 WORDS FOR TALKING ABOUT THE ENVIRONMENT

Useful words

Here are some useful words for talking about the environment.

- **Global warming** – the increase in the earth's temperature caused by high levels of carbon dioxide.
- **Climate change** – changes in general weather conditions.
- **CO₂ (carbon dioxide)** – a chemical compound that's produced by the respiration of living organisms, etc.
- **The environment** – the natural world: the land, sea, air, plants, animals, etc.
- **Deforestation** – the act of cutting down trees in forests.
- **Pesticides** – chemicals that farmers put on their crops to kill insects.
- **Recycling** – separating rubbish (such as glass, paper) so it can be used again.
- **Pollution** – the poisonous substances that are making the water/air/land, etc. dirty.
- **The greenhouse effect** – a rise in the temperature of the Earth's atmosphere caused by increased quantities of gases such as carbon dioxide.
- **An endangered species** – an animal (for example) that could disappear because there are very few of them.
- **Conservation** – saving and protecting the environment
- **Renewable energy** – a form of energy that never runs out and doesn't cause pollution: sunlight, wind, waves, geothermal heat, biomass, etc.
- **The ozone layer** – a part of the Earth's atmosphere that protects living things from the harmful radiation of the sun.
- **A rainforest** – a thick forest of tall trees in tropical areas with a lot of rain.
- **Nuclear waste / radioactive waste** – unwanted, toxic material that's produced from nuclear power plants.
- **Drought** – a long period of time when no rain falls.
- **Green** – "green" issues and political movements are concerned with the protection of the environment.
- **Atmosphere** – a thin layer of gases that surrounds the Earth.
- **Biodegradable** – something that's "biodegradable" decays naturally without causing pollution.
- **Biodiversity** – the existence of a wide variety of plant and animal species in their natural environment.
- **Carbon monoxide** – a poisonous gas produced by vehicles.
- **Fossil fuel** – coal or oil.
- **Ecosystem** – all the plants and animals that live in a particular area together and the complex relationship between them.
- **Ice caps** – the thick layers of ice and snow that cover the North and South Poles.
- **Windfarm** – a place where windmills are used to convert the power of the wind into electricity.
- **Solar panels** – flat, rectangular objects that convert heat from the sun into electricity. They're often placed on the roofs of houses/buildings, etc.

Dialogue: Renewable energy



Flynn and Randy (two musicians) are at home. Flynn has some ideas on how they can become more environmentally-friendly. [Listen once. Then, complete the conversation with the correct words.]

F=Flynn R=Randy

- F: Right, it's all decided: we're going green!
- R: What are you talking about?
- F: I've already made a start with our album (1) _____.
- R: Putting the word "Eco" on the front hardly means that we've "gone green".
- F: Everyone does stuff like this. Oh, and I've installed some recycling bins outside: a blue one for paper, a green one for (2) _____ and a black one for organic waste.
- R: Yes, I've seen...
- F: And I've got the schedule for the (3) _____. On Monday, we're joining a rally to save the whales. On Wednesday, we're campaigning against global warming. On Thursday, we're marching to save the Arctic from oil exploration. And on Friday, there's a protest sit-in against the deforestation of the (4) _____.
- R: And when do we get time to do any music?
- F: I've also got this. [He pulls

something into the room.]

- R: What is that?
- F: It's a solar-powered generator. You just hook it up to the solar panels that I've put on the (5) _____. We won't ever have to pay for electricity again. Oh, and I've also got this. [He pulls something else into the room.]
- R: What on earth is that? It looks like a sort of exercise (6) _____ with a lot of cables coming off it.
- F: It's a pedal-powered generator. During rehearsals or concerts you just sit on it and pedal.
- R: Me?
- F: Yes, you. A fairly brisk pedal will give us enough power to play for at least 40 minutes. And if your voice starts to crack or my (7) _____ sounds a bit weak, you just need to pedal faster.
- R: I can't pedal and sing at the same time.
- F: Well, I certainly can't pedal and play the guitar. I need my feet for my effects-pedals.
- R: This is a joke. I'm not doing any (8) _____ on that thing. How much.... How... Hey, isn't that my bike?
- F: Yes, I had it converted.
- R: So, how am I going to get around town now?
- F: Erm, by car?

WHAT'S YOUR FAVOURITE MAIN DISH?

Photos and interviews by Georgie & Danielle

TRACK 6: ENGLISHMAN, IRISHMAN, PUERTO RICAN WOMAN, IRISHWOMAN, AMERICAN WOMAN, SCOTTISH WOMAN

Duncan McQueen
(England, chef)



My favourite main dish is probably a good **curry** with a **chicken biryani** and some **naan bread**. It's the one thing I really **miss** now I live abroad.

James Duggan
(Ireland, actor)



Erm, my favourite dish? Probably **roast** chicken because that's what I used to eat on Sundays as a **kid**.

Remember!

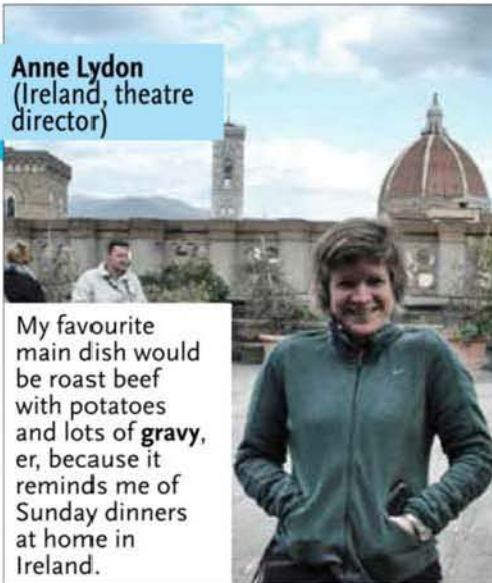
When people talk informally and spontaneously, they often use non-standard English.

Melissa Armstrong
(Puerto Rico, food critic)



If I could only eat one thing for the rest of my life, I would say **sushi**. Erm, I think it's delicious and it has lots of variety and options for you to choose from and at the end of your meal you don't feel **bloated** or **stuffed**.

Anne Lydon
(Ireland, theatre director)



My favourite main dish would be roast beef with potatoes and lots of **gravy**, er, because it reminds me of Sunday dinners at home in Ireland.

***SIC**

"sic" is used to indicate that the text has appeared exactly the way someone said something, often when that text is non-standard or incorrect. Literally, "sic" is Latin for "thus". "Sic" often appears in square brackets [sic].

Here are the corrections for the non-standard phrases in this text:

'sic' = ...makes it so good... = ...makes it really well...

GLOSSARY

a curry *n*
a dish with meat and vegetables (or just vegetables), in a sauce with hot spices. It's usually eaten with rice. It's very popular in India

a chicken biryani *n*
an Indian dish made with chicken that's cooked with lots of spices

naan bread *n*
a type of bread that's round and flat. It's eaten with Indian food

to miss *vb*
if you "miss" something, you feel sad because you don't have that thing anymore

roast *v*
"roast" chicken (for example) has been cooked in oil in an oven (an electrical appliance with a door at the front)

a kid *n* *inform*
a child

sushi *n*
a Japanese dish of rice served with raw (not cooked) fish

bloated *adj*
if you feel "bloated", your stomach feels uncomfortable because you've eaten too much

stuffed *adj*
if you feel "stuffed", your stomach feels uncomfortable because you've eaten too much

gravy *n*
a sauce made from meat juices

string beans *n*
a thin, green vegetable

mom *n* *US inform*
mum; mother

to grill *vb*
when you "grill" food, you cook it on or under a very strong heat

pesto *n*
a green-coloured Italian sauce made from basil, garlic, pine nuts, cheese and olive oil

Rayna Taylor
(USA, marketing executive)



My favourite main dish is fried chicken and gravy with white rice and **string beans**. Erm, I love it because my **mom** makes it so good [**sic**].

Lindsay MacNaughton
(Scotland, translator)



My favourite main dish would be **grilled** salmon with green beans and fresh **pesto**. I love salmon and I love pesto, and green beans are my favourite vegetable.

Objective To improve your listening skills.

Think about it What do you do to keep fit and healthy? How often do you go to the park? Which one do you go to? What do you do there? What sports do you like to do? How often do you do the sport?

Exams This listening activity will help prepare you for English exams such as KET and TOEFL.

Answers on page 44

1 Pre-listening

What can you do in the park at the weekend? Think of as many things as you can in just two minutes.

2 Listening I

You're going to listen to two people who are getting fit in the park. Listen once. What are they doing there (name the two activities)?

3 Listening II

Listen again. Then, choose the correct answers.

- The woman in the park goes there every...
a) Saturday
b) Sunday.
- She's learning how to...
a) skate downhill
b) turn and stop.
- Her friend Jane is skating between some...
a) stones
b) cups.
- She's wearing a...
a) helmet
b) woolly hat.
- The man in the park goes there every...
a) Saturday
b) Sunday.
- He's wearing a...
a) tracksuit
b) pair of shorts and a T-shirt.
- In the class, there are some people from...
a) France
b) Canada.

4 Language focus

The Present Continuous

Look at this extract from the audio script of the recording on this page: "...we're rollerskating..." The speaker has used the Present Continuous. Complete the following sentence beginnings with your own ideas.

- I'm drinking some... right now.
- Today, I'm wearing...
- I'm thinking about... now.
- I'm sitting near... now.
- I'm working on... today.

5 Listening III

Complete the audio script with the correct verbs.

2 ways to get fit in the park

Note!

Don't read the audio script until you've completed the exercises and activities.

Audio script

What do you do to get fit and healthy? We spoke to a couple of people who were getting some exercise in the park.

Skating

- Josh:** Excuse me, can you tell me a bit about what you're doing in the park?
Zoe: Sure, well, I'm here with some friends and we're rollerskating. We (1) _____ here every Saturday morning. It's great fun.
Josh: And what are you doing at the moment?
Zoe: I'm (2) _____ a class. A friend is teaching me a few tricks, and she's (3) _____ me how to turn and stop. The more experienced skaters often help out the beginners.
Josh: And what are those people over there doing?
Zoe: Well, that's Jane. She's (4) _____ how to skate between some cups on the ground.
Josh: And how long are you going to be here?
Zoe: Probably all day. Later, we'll (5) _____ some roller hockey and then have some lunch. We often bring a picnic when the weather's nice. It's perfect today – the sun's shining, but it isn't too hot.
Josh: So, what kind of equipment do you need?
Zoe: Well, apart from the skates, I'm (6) _____ a helmet and some elbow and knee pads. That's all you need, really.
Josh: That's great. Thanks a lot.
Zoe: My pleasure.

Circuit training

- Sophie:** Hi, would you mind telling me what you're doing in the park today?
Mike: Sure, I'm just warming up for my circuit training class. We (7) _____ up here every Sunday morning at 11am. The guy who runs it is this ex-military type. He (8) _____ a lot, but it's all good fun and a great way to get fit.
Sophie: So, what do you do in the class?
Mike: Well, there are lots of exercise stations. There's an obstacle course, there are some weights in another area, there's a place where you have to do sit-ups and press-ups, and there's a boxing and martial arts zone.
Sophie: Do you (9) _____ any special equipment or clothing?
Mike: Not really. I'm just wearing a pair of shorts and a T-shirt.
Sophie: So, what do you like about it?
Mike: Well, it's nice to (10) _____ some exercise outside. It's a great way to lose weight, and it's fun because you can (11) _____ people. There are lots of different nationalities here: Dutch people, Germans, French, Brazilians... you name it, they're here!
Sophie: That's great. Thanks a lot.
Mike: No problem.



Think about it!

When was the last time you asked for permission? What were you asking permission for? When was the last time someone asked you permission to do something? What was it for? Have you ever been refused permission to do something? What was it? Why? What did you do?

PRACTICAL ENGLISH

ASKING FOR PERMISSION

This month we're looking at how to ask for permission.

Asking for permission

- Can I ask you a question, please?
- May I have another piece of cake, please?
- Could I turn off the lights, please?
- Do you mind if I leave a bit early today?
- Is it OK if I sit here?
- Would you mind if I asked you something?
- Would they mind if I gave it back tomorrow?
- Would it be all right if I moved the table, please?
- If you don't mind, I'd like to start from the middle.
- Would it be too much trouble to ask for another one?
- Is it all right if I take this one?
- You don't mind if I sit here, do you?
- Are we allowed to take our bags in?

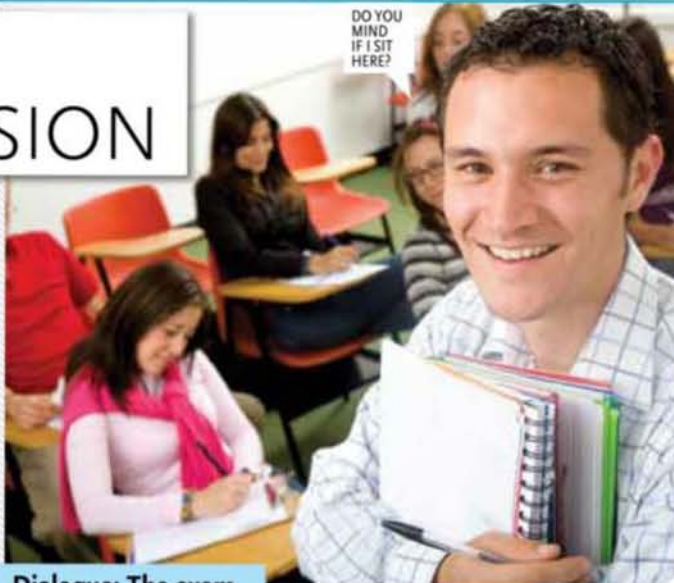
Giving Permission

- Yes, you can.
- Yes, of course.
- Yes, of course you can.
- Of course that would be all right.
- Yes, that's fine.
- OK.
- Sure.
- Go ahead.
- No problem.

Refusing permission

- No, you can't.
- Of course you can't.
- Actually, you aren't allowed to do that.
- Actually, I'd rather you didn't.
- No, I'm sorry but you can't.
- I'm afraid you can't do that.
- Yes, I would. (in answer to, "Would you mind if...?")
- I'm not sure.
- I think you'd better wait until Mark gets back.

CAN I ASK YOU A QUESTION, PLEASE?



DO YOU MIND IF I SIT HERE?

Dialogue: The exam

Declan is in an exam hall. He's about to do an exam. Ms Harsh is **invigilating**. [Listen once. Then, complete the text with the correct words.]

H=Ms Harsh D=Declan S=Student

- H: Now, come in quickly and sit down quietly. Do NOT turn over your exam papers until I tell you to do so. Remember to write your name clearly at the top of the paper, and make sure you read the questions carefully. You may now turn over your exam papers. You have two hours to complete it.
- D: Excuse me!
- H: Shush! You can't shout like that!
- D: Sorry! Excuse me.
- H: What's wrong?
- D: Can I open the (1) _____, please?
- H: I'll do it.
- D: [coughing] Excuse me! [whispering] Hello?
- H: What?
- D: Can I sharpen my pencil?
- H: Yes, but do it (2) _____. [He starts sharpening his pencil.] What are you doing?
- D: You said I could sharpen my pencil.
- H: You can't use an electric sharpener. Give it to me. [His pencils fall to the ground.]
- D: Do you mind if I pick up the (3) _____?
- H: Just do it quickly!
- D: Excuse me! Excuse me!
- H: What is it now?
- D: I'm thirsty. Can I get a (4) _____?
- H: No! [He opens a can of drink.] What was that noise?
- D: Nothing!
- H: Is that a can of (5) _____?
- D: Yes, would you like some?
- H: You can't drink that in here. Give it to me!
- D: Can I go to the (6) _____, please?
- H: No!
- D: But I've got to go.
- H: Well you can't. [His mobile phone starts ringing.] What's that?
- D: My (7) _____. Do you mind if I get it?
- H: Yes, I do.
- D: Actually, I'd better get it. "Hi, yeah, it's me. I'm in an exam. We're just about to..."
- H: You can't make phone calls in an (8) _____. I'm confiscating the phone.
- D: You can't take my phone!
- H: Oh, yes, I can.
- D: Oh, no, you can't.
- H: Oh, yes, I can.
- S: SHUSH!!!! Do you mind keeping the (9) _____ down! We're trying to do an exam in here!

GLOSSARY

to **invigilate** ⇨ someone who "invigilates" an exam, controls it and makes sure it starts at the right time, etc.

Objective To improve your listening skills.

Think about it What's the most exciting / interesting / unusual holiday you've ever been on? Where did you go? What did you do there? What's the most expensive holiday you've ever been on? Where did you go? Was it worth it? Why?

Exams This reading activity will help prepare you for English exams such as KET and TOEFL.

Answers on page 44

1 Pre-listening

What do you think you can see or do on a holiday in the following countries / areas: Canada, Central Africa, Costa Rica?

2 Listening I

You're going to listen to three people talking about their holidays in Canada, Central Africa, Costa Rica. Listen once to compare your ideas from the Pre-listening activity. Which trip would you like to go on? Why?

3 Listening II

Listen again. Then, complete the table.

PLACES VISITED

1	CANADA
2	CENTRAL AFRICA
3	COSTA RICA

DURATION OF TRIP

1	CANADA
2	CENTRAL AFRICA
3	COSTA RICA

ANIMALS/BIRDS SEEN

1	CANADA
2	CENTRAL AFRICA
3	COSTA RICA

PRICE

1	CANADA
2	CENTRAL AFRICA
3	COSTA RICA

4 Language focus

The past of the verb to be

Look at this extract from the audio script of the recording on this page: "...It was a six-night trip..." The speaker has used the past of the verb *to be*: *was*. Read through the audio script again and find some more examples of the past of the verb *to be*.

5 Listening III

Complete the audio script with the correct words.

Audio script

3 incredible holidays

Note!

Don't read the audio script until you've completed the exercises and activities.

Audio script

We asked three people about their most memorable holidays.

1 Wolves in Canada

We went to Prince Albert National Park in Canada about three years ago. It was a six-night (1) **travel / trip**, travelling by dog sled. It was very cold and it snowed a lot, but it was well worth it. We saw some wolves on our (2) **three / third** day there. It was pretty expensive – about £1,000 per person – but an incredible (3) **experience / experiment**. The price included transfers, six nights' accommodation in a lakeside cabin, all our (4) **dinner / meals** and the guides and equipment.



2 Gorillas in Central Africa

We went on a nine-day trip to Central Africa last year. We were in Rwanda's Parc National des Volcans and Uganda's Bwindi National Park. We saw gorillas, chimps and golden monkeys in the (5) **wild / savage**. We also saw some tree-climbing lions. On the fourth day, there was a boat (6) **cruising / cruise** on the Kazinga Channel. This stretch of water has the greatest (7) **concentration / concentrate** of hippos in Africa. I got some amazing photos. We also climbed an ancient volcano, went on guided nature walks and visited Dian Fossey's grave. It cost about £5,000 per person but it was an experience of a (8) **live / lifetime**.



3 Birds in Costa Rica

We went on a 16-day tour to Costa Rica. The country has some incredible geography and tropical ecosystems, so it's the perfect place to go if you're into (9) **green / nature**. We went to the Monteverde Cloud Forest Reserve, where we saw some quetzals, which are these really colourful birds. We also went to the beaches and forests of Manuel Antonio National Park on the Pacific coast, and spent a night in a riverbank (10) **lodge / lodger** in the Tortuguero National Park surrounded by rainforest on the Caribbean (11) **coast / beach**. There were lots of activities, including white-water (12) **raft / rafting** on the Pacuare river, and a hike up the Poa volcano. It cost about £2,000 per person, but it was well worth it.



Objective To improve your reading skills.

Think about it Have you made any mistakes lately? What were they? What are some of the biggest mistakes you've made in your life? Have you been affected by anybody else's mistakes lately? In what way?

Exams This reading activity will help prepare you for English exams such as PET and TOEFL.

Answers on page 44

1 Pre-reading

You're going to read about two expensive mistakes: one involving a police search in the hills of Scotland; another involving some trees. What do you think happened? Make notes.

2 Reading I

Read the article once to compare your ideas from the Pre-reading activity.

3 Reading II

Read the article again. Then, answer the questions.

1. How many police officers were involved in the search?
2. How long did they spend looking for the woman?
3. What's the name of the police officer who spoke to the press?
4. What's the dog's name?
5. How many trees were chopped down?
6. In which town did the incident take place?
7. How long had it taken the volunteers to plant the trees?
8. How many trees survived?

Language focus

The Past Continuous

Look at the extract from the article on this page, "...a woman was out walking in the woods..." The writer has used the Past Continuous: **was walking**. Complete the following sentence beginnings with your own ideas.

1. Yesterday afternoon, I was walking in...
2. I was thinking about... yesterday morning.
3. This afternoon, I was trying to...
4. Yesterday at 2pm, I was having lunch at...



2 expensive mistakes

We all make mistakes – it's part of life. But some mistakes have a bigger impact than others, as these two examples clearly show.

The dog

In September 2013, a woman was out walking in the woods of Stirlingshire (Scotland) when she heard some **muffled cries** of "help!" She reported the incident to the police, as did three other people. Within hours, there was a major **search and rescue operation**, with 20 police officers, a dog unit and a mountain rescue team. In total, officers spent eight-and-a-half hours **combing** a small area of **woodland searching** for the woman. They eventually abandoned the search after finding no evidence of the missing person. Inspector Pat Scroggie, who led the operation, said "We had teams search the hills accompanied with search dogs. We carried out systematic searches of all sections of the hill." However, some time after **calling off** the search, it was discovered that the woman **in distress** was in

fact another walker who was calling for her dog, whose name was... "Yelp"

The trees

In July 2013, a council worker accidentally **chopped down** 2,000 trees. The young **saplings** were hidden by long grass in a **meadow** in Harrogate (North Yorkshire, England). They'd been planted by **volunteers** from the Bilton Grange Conservation Group as part of a nationwide Woodland Trust scheme which saw the planting of six million trees to celebrate the Queen's **Diamond Jubilee**. It took 40 volunteers several days to plant 2,000 trees, but just a few minutes for the council worker to chop them all down. "The council had told the grass cutter where to go, but he ignored directions and **wiped out** the young trees," said Keith Wilkinson, chairman of the Bilton Grange Conservation Group which carried out the planting. "It is a real **shame**. The **mower** has just ripped most of them from the ground. Only a couple of **oaks** have **survived**. It is **disheartening** for the volunteers. It is sad to

have lost all that work," he added. ☹

GLOSSARY

- muffled** *adj*
a sound that is very weak. The noise could sound as if it's far away
- a cry** *n*
a sound that someone makes when they're frightened / in pain, etc.
- a search and rescue operation** *n*
an operation by the police to find someone who is lost in the mountains, etc.
- to comb** *vb*
if the police (for example) "comb" an area, they look very carefully in that area
- woodland** *n*
an area with many trees
- to search for** *exp*
to look for
- to call off** *phr vb*
if you "call off" an operation, you stop it
- in distress** *exp*
if someone is "in distress", they're in danger / pain / trouble, etc.
- to chop down** *phr vb*
if you "chop down" trees (for example), you cut them and make them fall down
- a sapling** *n*
a young tree
- a meadow** *n*
an area of land with grass and flowers on it
- a volunteer** *n*
someone who works for a charity or organisation without being paid for it
- a diamond jubilee** *n*
a celebration held to mark the 60th or 75th anniversary of something. In this case, it was to celebrate the 60th anniversary of Queen Elizabeth II's reign (she became Queen on 6th February 1952)
- to wipe out** *phr vb*
if you "wipe something out", you destroy it completely
- a shame** *n*
if you say that something is a "shame", you're saying that it's sad / disappointing / bad, often because it can't happen
- a mower** *n*
a machine that's used to cut the grass
- an oak** *n*
a large tree with strong, hard wood
- to survive** *vb*
if someone/something "survives", it isn't killed or destroyed
- disheartening** *adj*
something "disheartening" is sad or disappointing

Objective To improve your reading and listening skills.

Think about it Have you ever worked from home? What was it like? Would you like to work from home? Why? Why not? Does your company offer flexitime? Is it a good idea? Why? Why not?

Exams This reading and listening activity will help prepare you for English exams such as PET and TOEFL.



Answers on page 44

1 Pre-reading

In your opinion, what are the pros and cons of working from home? Think of as many ideas as you can.

2 Reading I

Read the article once to compare your ideas from the Pre-reading activity. What would you prefer to do? Why?

3 Reading II

Read the article again. Then, write a number / word, etc. next to each statement.

- The percentage of employers offering teleworking =
- The number of extra days that people who work from home do =
- The percentage of workers who say they produce better quality work from home =
- The boss at Yahoo who banned employees from working at home =
- The entrepreneur who saw this as a backward step =
- The number of Google employees who work from home, according to Patrick Pichette =
- The name of the woman who's worked as an advertising creative =

4 Language focus The Present Perfect

Look at the extract from the article on this page, "...I've worked from home before..." The writer has used the Present Perfect: *have worked*. Make three Present Perfect sentences with the following past participles: *known, had, taken, given, been, shown*.

THE PROS AND CONS OF WORKING FROM HOME

Webcams. Broadband. Smartphones. It's never been easier to work from home. And more and more companies are allowing it. According to the CBI (the Confederation of British Industry), a total of 59% of employers who responded to a survey in 2011 offered the possibility of teleworking, up from 13% in 2006.

So, what are the benefits? A survey by video-conferencing firm UCizi found that employees who stay away from the office work an extra 24 days each year. The survey also found that 94% of workers say they produce better quality work from home than in the office. The reasons for this include the peace and quiet of being at home, not getting distracted by co-workers and not having the stress of the commute.

Of course, not everyone thinks it's a good idea. In early 2013, Marissa Mayer banned employees at Yahoo from working from home. In a memo to staff, she said, "Some of the best decisions and insights come from hallway and cafeteria discussions, meeting new people, and impromptu team meetings. Speed and quality are often sacrificed when we work from home." Virgin entrepreneur Richard Branson was quick to respond, calling it a "backwards step

in an age when remote working is easier and more effective than ever".

Google prefers its workers in the office too. When chief financial officer Patrick Pichette was asked how many people telecommute, he said "as few as possible". "There is something magical about sharing meals," Pichette explained. "There is something magical about spending the time together, about noodling on ideas, about asking at the computer 'What do you think of this?'"

Aside from that, research by the London Business School and the University of California has found that not being seen in the office may affect a person's chances of promotion, result in a smaller pay rise than office-based peers and lower performance evaluations.

So, what's the best solution? Many feel that some sort of compromise would be best. "I've worked from home before and I know that I can get a lot done," explained Heath Jennings, a 29-year-old London stockbroker. "But I also recognise the benefits of interacting with people in the office," he added.

"I've been both a home worker and an office worker in my time as an advertising creative," explained Charlotte Manning. "There are times

when you need some peace and quiet, which is when it's ideal to work at home, but there are also moments when you need to bounce ideas off other people."

What would you prefer? ☺

GLOSSARY

- broadband** *n*
a form of fast internet access that lets you send a lot of data over the internet
- a survey** *n*
if you carry out a "survey", you ask people questions in order to get information
- teleworking** *n*
working from home. Also known as "telecommuting" or "remote working"
- video-conferencing** *n*
holding meetings over the internet using webcams / video cameras so all the participants can see one another
- to distract** *v*
if something "distracts" you, it makes you lose your concentration
- a commute** *n*
the journey to and from work every morning and evening; the verb is "to commute"
- a memo** *n*
a short official note that is sent by one person to another person or group of people in the same company
- an insight** *n*
if you gain "insight", you understand a complex problem
- to sacrifice** *v*
if something valuable is "sacrificed", you lose it or stop having it
- a backwards step** *n*
a negative development; something that stops you progressing forward
- to telecommute** *v*
to work from home
- to noodle** *v*
to throw ideas around; to discuss ideas; to brainstorm ideas; to be creative
- a promotion** *n*
if you get a "promotion" at work, they give you a more important position
- a pay rise** *n*
an increase in the amount of money you receive at work
- a peer** *n*
your "peers" are the people who are the same age as you / at the same job as you / in the same position as you
- a performance evaluation** *n*
an interview with an employee to ask them questions about how they're doing and to find out how well they've been doing their job
- to bounce ideas off** *v*
if you "bounce your ideas off" someone, you tell them your ideas in order to find out what they think of these ideas

Answers on page 44

1 Pre-reading

You're going to read some stories involving the following animals. What do you think the stories are about?



2 Reading I

Read the article once to compare your ideas from the Pre-reading activity. Which stories do you like the most? Why?

3 Reading II

Read the article again. Then, answer the questions.

1. How many times does the boy "cry wolf"?
2. What did the hare do at the start of the race?
3. What does the crow have in its mouth?
4. Who wins the competition between the wind and the Sun?
5. Whose reflection does the dog see in the stream?
6. What does the lion do with the mouse?
7. What does the grasshopper do during the summer?

7 LIFE LESSONS FROM AESOP

By Olivia Spector

Aesop wrote his famous stories almost two and a half thousand years ago. But they're still as **relevant** today as they were back then. Here are seven of his most famous **fables** with a **moral** for all of us.



1 The Boy Who Cried Wolf

A bored shepherd twice shouts for help, claiming that a wolf is attacking his **flock of sheep**. Both times the **townsfolk** come to help only to find that the boy is **lying**. However, when a wolf does really appear, nobody believes him. The moral? No one believes a **liar**, even when they're telling the truth



2 The Tortoise and the Hare

A tortoise **challenges** a hare to a race. Confident that he'll win, the hare decides to take a **nap**. However, he sleeps too long and wakes up to see the tortoise crossing the **finish line**. The moral? Slow and steady wins the race.



3 The Fox and the Crow

A hungry fox sees a crow with a piece of cheese in its mouth. Desperate for the food, the clever fox says that he's sure the crow has a beautiful voice. **Flattered**, the crow opens her mouth to sing, and the cheese falls out. The moral? Beware of flattery.



4 The North Wind and the Sun

The sun and the wind have a competition to see who can make a man take off his coat. The wind believes he can do it through force, and starts to blow as hard as he can. But this only makes the man **hold onto** his coat even more **tightly**. However, when the sun shines brightly, the man takes off his coat. The moral? Persuasion is better than force.



5 The Dog and his Reflection

A dog with a **bone** in his mouth is about to cross a **stream**. When he looks down into the water, he sees another dog carrying an even bigger bone. Opening his mouth to get the other dog's bone, he drops his own bone into the stream, before realising that the other dog was just his own **reflection**. The moral? Don't be greedy!



6 The Lion and the Mouse

A sleeping lion is woken up by a noisy mouse. Furious, the lion catches the mouse and is about to eat him, but eventually decides to **set him free**. A few days later, the lion gets trapped in a hunter's net. The mouse helps the lion escape by using its teeth to cut a hole in the net. The moral? No act of kindness is ever wasted!



7 The Ant and the Grasshopper

An ant spends the summer storing food to prepare for the colder months, while the grasshopper relaxes and enjoys life. When winter comes around the ant has more than enough food, but the grasshopper is **starving** and has to **beg** the ant for food. The moral? Always plan for the future! ☺

CRY WOLF

If someone "cries wolf", they raise a false alarm, often as a way of getting attention.

GLOSSARY

- relevant** *adj*
if something is still "relevant" today, it's still important/appropriate today
- a fable** *n*
a story that teaches you a lesson
- a moral** *n*
the "moral" of a story is what you learn from it in terms of how you should behave
- a flock of sheep** *n*
a large group of sheep
- the townsfolk** *n*
the people who live in a town
- to lie** *vb*
if you "lie", you don't tell the truth
- a liar** *n*
someone who doesn't tell the truth
- to challenge** *vb*
if you "challenge" someone to a race, you ask them if they want a race with you
- a nap** *n*
a short sleep, often in the afternoon
- the finish line** *n*
the area at the end of a race where there's a line that you have to cross to finish
- to flatter** *vb*
if you feel "flattered", you're happy because someone has said nice things about you
- to hold onto something tightly** *exp*
if you "hold onto something tightly", you use your hands to keep that thing close to you
- a bone** *n*
the hard objects in a body that form the skeleton
- a stream** *n*
a small, narrow river
- a reflection** *n*
your "reflection", is an image that you can see of yourself in a mirror / water, etc.
- to set free** *exp*
if you "set something free", you let it escape and stop holding it
- starving** *adj*
if you're "starving", you're very hungry
- to beg** *vb*
if you "beg" for something, you ask for it desperately because you really need it

Objective To improve your listening skills.

Think about it What do you do to maintain your weight? Have you ever been on a diet? Which one was it? What did you have to do? What other diets have you heard of? Do you think they're effective? Why?

Exams This listening activity will help prepare you for English exams such as PET and TOEFL.

Answers on page 44

1 Pre-listening

What are some of the best ways to lose weight? Think of as many as you can? What are the pros and cons of each?

2 Listening I

You're going to listen to some information about two unusual diets. Listen once. Which one would you prefer to try? Why?

3 Listening II

Listen again. Then write **VB6** or **5:2** next to each statement.

1. It was invented by an American.
2. There are some days when a woman can only have 500 calories.
3. You can't eat any meat before a certain time.
4. You have to control how many calories you eat for a couple of days a week.
5. You can eat what you want after a specific time.
6. Some celebrities have been following it.
7. You can eat what you want for five days a week.

4 Language focus

The Present Perfect Continuous

Look at this extract from the audio script of the recording on this page: "...I've been eating lots of..." The speaker has used the Present Perfect Continuous: *have been eating*. Complete the following sentence beginnings with your own ideas.

1. Today, I've been working on...
2. I've been talking to... this afternoon.
3. This week, I've been trying to...
4. At home, I've been making an effort to...

5 Listening III

Complete the audio script with the correct prepositions.

2 unusual diets

Audio script

We asked a few people what they've been doing to lose weight.

The VB6 diet

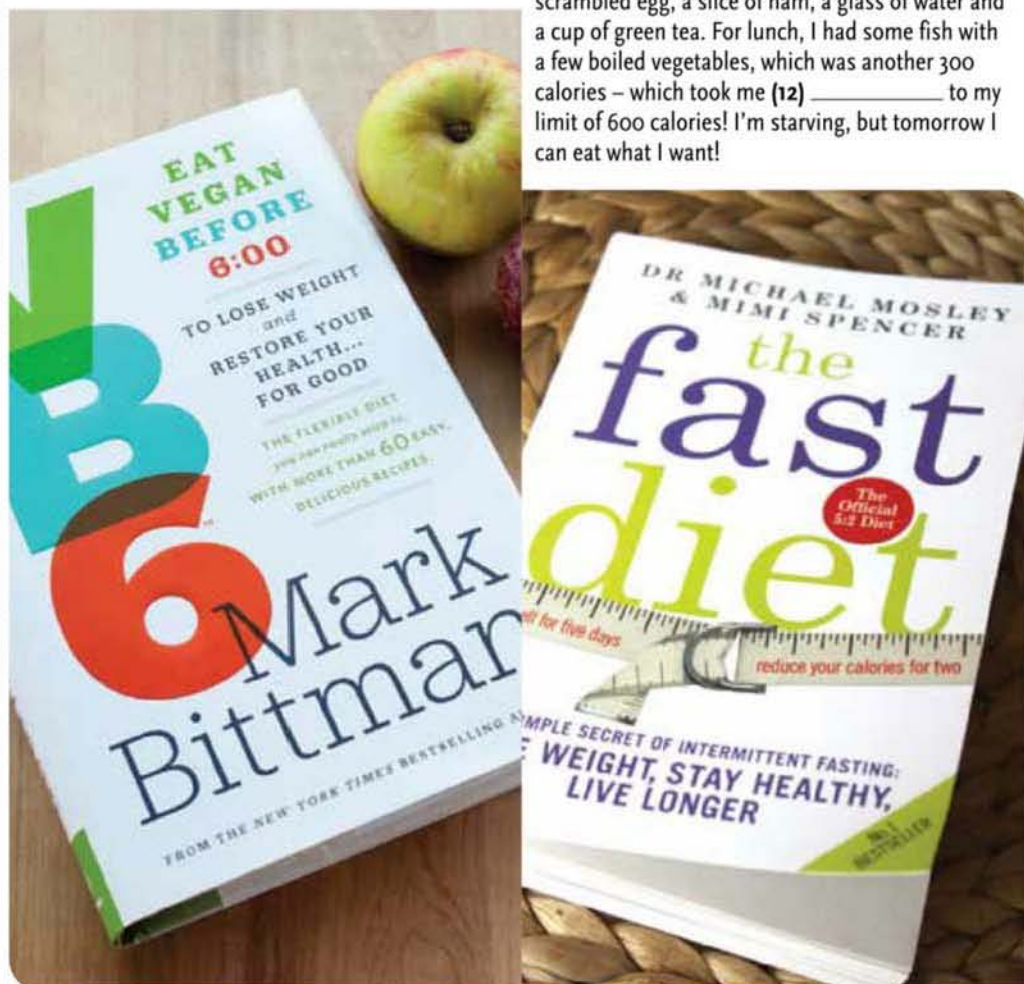
I've been on this diet called VB6. It stands (1) _____ Vegan Before 6pm. Basically, you eat vegan food all day, then (2) _____ dinner you can have whatever you want. As a vegan, you can't eat any animal products: no meat (obviously!), no cheese, no milk, no eggs, no fish... Instead, you eat lots (3) _____ fruit, vegetables, grains and pulses. The diet was invented (4) _____ this American guy called Mark Bittman and he's got thousands of followers. I've been eating lots of raw vegetables today: some broccoli, carrot and celery sticks. But (5) _____ six, I'll be frying myself a nice big steak with chips! I quite like the diet because you suffer a bit during the day, but then you can treat yourself (6) _____ the evening!

The 5:2 diet

I've heard that Jude Law, Ben Affleck and Beyoncé have all been on it, as well as Kate Middleton's uncle, according to a report in the *Telegraph*. Basically, the diet involves eating very little (8) _____ two, non-consecutive days a week, and then eating what you want for the other five. On the days when you don't eat much, you're supposed to have (9) _____ 600 calories if you're a man and 500 if you're a woman, which isn't much, given that the average man and woman is supposed to have about 2,500 and 2,000 calories a day respectively. So, you have to eat very small portions or you'll go (10) _____ the limit! For breakfast this morning, I had about 300 calories, (11) _____ one scrambled egg, a slice of ham, a glass of water and a cup of green tea. For lunch, I had some fish with a few boiled vegetables, which was another 300 calories – which took me (12) _____ to my limit of 600 calories! I'm starving, but tomorrow I can eat what I want!

Note!

Don't read the audio script until you've completed the exercises and activities.



CALORIES

According to the National Health Service (NHS) in the UK, the average male adult needs approximately 2,500 calories per day to keep his weight constant, while the average adult female needs 2,000. Visit this website to find out how many calories different food items have: <http://whatscookingamerica.net/NutritionalChart.htm>

Business News

BUSINESS NEWS N°6

THE VOICE OF THE PEOPLE

NOVEMBER 2013

Objective To improve your reading and listening skills.

Exams This listening activity will help prepare you for English exams such as PET and TOEFL.

Think about it

When was the last time you flew somewhere? Where did you go? Which airline did you fly with? Did you have to pay for any extras or add-ons? What were they? Are you signed up to any frequent flyer programs? Which ones? Have you ever exchanged any air miles for a free flight? Where did you go?

Answers on page 44

1 Pre-reading

You're going to read an article about how airlines make money from extras. What do you think these "extras" are?

2 Reading I

Read the article once to compare your ideas from the Pre-reading activity.

3 Reading II

Read the article again. Then, answer the questions.

1. How much did airlines make from add-ons last year?
2. What was the figure three years ago?
3. Where do airlines get commissions from?
4. Why are frequent flyer programs (FFPs) good for passengers?
5. Why are they a good marketing tool for airlines?
6. How do airlines make money from FFPs?
7. How much is the airline that makes the most from add-ons making per passenger?
8. What percentage of their income does the amount Ryanair makes from extras account for?

HOW AIRLINES MAKE THEIR MONEY



How much did you pay for your last flight? What about all the extras? A new report by analysts IdeaWorks shows that airlines made £18 billion last year charging passengers for **add-ons**, twice as much as three years ago.

So, what are these "extras"? Well, they include the prices you pay for **in-flight food** and drinks, as well as charges for paying for tickets by credit card, reserving a seat, getting an **upgrade**, and **penalties** for not having printed your **boarding pass**. Airlines also get **commission** from **car rental firms** and hotels that they recommend to their passengers.

Another important source of revenue comes from **frequent flyer programs** (FFPs). As a customer, you can earn (air) **miles** every time you fly and then convert these into free airline tickets or use the miles at restaurants or hotels.

For the airlines, there are several benefits. Firstly,

the program is great for creating **customer loyalty**. But on top of that, airlines also get money from credit card companies, hotels, supermarket **chains** and restaurants, who buy air miles for their own loyalty programs. For example, if you **accumulate** enough points on your supermarket loyalty card, you can exchange these for airline flights.

So, which airlines are making the most from all the extras? The winner is... Aussie-based Qantas, which earns £37 per passenger. They're followed by AirAsiaX (£28.86 per passenger), Korean Air (£28.82), Virgin Atlantic (£18.95) and Jetstar (£18.42). In a table of the top 10 airlines in Europe, Jet2.com **came top** at £30.15. Surprisingly, Ryanair was sixth on the list, making just £11 per customer last year, which accounts for 22% of their **income**.

Next time you buy an airline ticket, remember to take

account of all the extras you might have to pay! ☺

GLOSSARY

- an add-on** is something extra that a company gives you (or charges you for) as part of a service
- in-flight food** is food that you eat on the aeroplane while you're flying somewhere
- an upgrade** is if you get an "upgrade", you receive a better version of something. In this case, you get a seat in First Class, for example
- a penalty** is an amount of money you must pay as punishment for not doing something correctly
- a boarding pass** is a pass an airline gives you. You must have it in order to board (get on) the plane
- a commission** is a sum of money paid to a salesperson, etc. for every sale that they make
- a car rental firm** is a company that rents cars to people in return for an amount of money
- a frequent flyer program** is if you're registered with a "frequent flyer program", you get air miles (points) every time you fly. Later you can exchange these air miles for an airline ticket
- (air) miles** is points you get every time you fly with a particular airline
- customer loyalty** is if a company has a good level of "customer loyalty", their customers keep buying things from them, rather than other companies
- a chain** is a supermarket "chain" (for example) is a company that has a lot of supermarkets all over the country
- to accumulate** is if you "accumulate" points, you receive / collect those points over a period of time
- to come top** is if you "come top", you're in (or near) the first position in a list
- income** is money a company receives from sales, etc.
- to nickname** is if something is "nicknamed" a certain thing, that's the informal name for it

FAST FACT

Qantas is Australia's largest airline, and the oldest continuously-operated airline in the world. It's **nicknamed** "The Flying Kangaroo".

Objective To improve your reading and listening skills.

Think about it Have you read about any scientific research lately? What was it for? What do you think of conducting scientific research on animals? What are the arguments in favour or against?

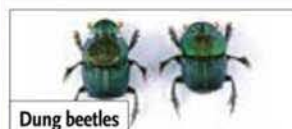
Exams This listening activity will help prepare you for English exams such as PET and TOEFL.

TRACK 15: ENGLISHMAN & US MAN

Answers on page 44

1 Pre-reading

You're going to read about some unusual scientific research involving the following things. What do you think the research involved? Make notes.



2 Reading I

Read the article once to compare your ideas from the Pre-reading activity.

3 Reading II

Read the article again. Then, write *Medicine, Biology, Chemistry, Psychology, Probability or Peace* next to each statement.

1. The researchers looked at the process that causes onions to make people cry.
2. The prize was awarded to a president and the state police.
3. The participants in this study were in a bar.
4. The prize went to a team from Japan and China.
5. Two related discoveries were made as part of this study.
6. The scientists investigated the behaviour of dung beetles.

GIVE US A PRIZE!



YOU DON'T HAVE TO BE MAD TO WORK HERE, BUT IT HELPS!

SCIENCE GONE MAD!

Science is a serious subject, right? Well, not always. The Ig Nobels are prizes for unusual scientific research – the kind of **research** that makes you laugh, then makes you think. The **award ceremony** for the prizes is organised by science magazine *The Annals of Improbable Research*, and takes place at Harvard University. Here are some of this year's winners.

The Medicine Prize went to a team from Japan and China for their research on mice that had **undergone heart transplants**. They looked at the effects that listening to opera had on the mice.

The Joint Prize in Biology and Astronomy was **awarded** to scientists from South Africa and Sweden for discovering that when dung beetles get lost, they can **navigate** their way home by looking at the **milky way**.

The Chemistry Prize went to a team from Japan and Germany for their research into the biochemical process that causes onions to make people cry. Their conclusion was that it's even more complicated than previously thought.

The Safety Engineering Prize was awarded to the late Gustavo Pizzo (from the US) for inventing an electro-mechanical system to **trap** airplane hijackers. The system drops a hijacker through trap doors and

seals him into a package. Later, the would-be hijacker is dropped through the airplane's **bomb bay doors** and **parachuted** to the ground, where the police can arrest him.

The Psychology Prize went to an international team for confirming that people who think they're drunk also think they're more attractive. In the study, people in a bar were asked how funny, original and attractive they found themselves. The higher their blood alcohol level the more attractive they thought they were. The same effect was also found for those who thought they'd been drinking alcohol, when in fact they'd been having a non-alcoholic **placebo** drink.

The Probability Prize was awarded to a team from the UK and the Netherlands for their study on cows. The team made two related discoveries: firstly, the longer a cow has been lying down, the greater the **probability** that it'll soon stand up; and secondly, that once a cow stands up, you cannot easily **predict** when that cow will lie down again. On a more serious note, the study could help farmers and vets detect health problems in cows.

Finally, this year's Peace Prize went jointly to the president of Belarus for making public **applause** illegal, and to the country's state police for arresting

a one-armed man for the offence.

Now how crazy is that? ☺

* IG NOBELS

The name of the competition (The Ig Nobels) forms an expression that sounds like the English word "ignoble", which is basically the opposite of "noble" (a "noble" person has excellent qualities of character, including honesty, generosity and selflessness). For more information on Ig Nobels, visit: www.improbable.com/ig

GLOSSARY

research *n*
scientific investigation

an award ceremony *n*
a public event in which prizes (awards) are given to people

to undergo *v*
if you "undergo" a medical operation, you have that operation

a heart transplant *n*
if someone has a "heart transplant", their heart is removed and another one is put inside

to award *v*
if someone is "awarded" a prize, they're given that prize

to navigate *v*
if you "navigate" your way somewhere, you find a course / route to arrive at that place

the milky way *n*
the light you can see in the sky at night that consists of all the stars in the sky, etc.

to trap *v*
if you "trap" someone, you catch them

a hijacker *n*
an aeroplane "hijacker" is someone who uses force/violence to take control of the plane

to seal *v*
if you "seal" a container, you close it completely so nothing can get in or out

bomb bay doors *n*
little doors at the bottom of a plane that open so that bombs can fall out

to parachute *v*
if you "parachute" from a plane, you jump from it with a parachute (a large piece of material that is attached to your body with strings, allowing you to float to the ground)

a placebo *n*
a "placebo" is a substance with no effects that a doctor gives to a patient instead of a drug. In this case, the "placebo" is a drink with no alcohol in it

probability *n*
if there's a high "probability" that something will happen, it will probably happen

to predict *v*
if you "predict" something, you say that it'll happen in the future

applause *n*
the noise made by people when they clap (hit their hands together)

SHALL I SING IN ENGLISH?

MUSIC... IN ENGLISH

Latin Pop

by John Michael Mulderig

Here are three Latin pop stars who've become internationally famous after **crossing over** into the English-speaking market.



Ricky Martin

Ricky Martin (born December 1971) started off his musical **career** at the age of 12 in the all-boy pop band Menudo. After five years with the group, Ricky **launched** a **solo career**, releasing his first album, *Ricky Martin*, in 1991. Since then, he's become one of the most successful Latin stars of all time, especially after the release in 1999 of his **single** *Livin' La Vida Loca*. The song helped with Ricky's success in the USA and the world. It's also said to have helped other Latin artists (including Enrique Iglesias and Shakira) cross over into the English-speaking market. His Grammy-award winning **track**, *The Cup of Life (La Copa de Vida)* was the official song of the 1998 FIFA World Cup.

Livin' La Vida Loca

*She's into superstitions,
Black cats and voodoo dolls,
Well, I feel a premonition,
That girl's gonna make me fall.*



Enrique Iglesias

Known as "The King of Latin Pop," Enrique Iglesias (born May 1975) is a Spanish singer-songwriter, model, actor and record producer. With songs such as *Away, Be With You, Don't Turn Off the Lights* and *Hero*, he's become an international **sensation**.

Recently, he's collaborated with American artists such as Usher, Akon, and Pitbull. His collaboration with Pitbull *I Like It* has become a club favourite. Enrique is the son of famous Spanish singer Julio Iglesias.

Hero

*Would you swear that you'll always be mine?
Or would you lie? Would you run and hide?
Am I in too deep? Have I lost my mind?
I don't care... you're here tonight.*



Shakira

Columbian superstar Shakira (born February 1972) is a singer-songwriter, dancer, record producer and model. She first entered

the English-speaking market in 2001 with her fifth album, *Laundry Service*. Her **lead single** of the album, *Whenever, Wherever* became the best-selling single of 2002. Shakira's song *Waka Waka (This Time for Africa)* was the official song of the 2010 FIFA World Cup, and was the best-selling World Cup song of all time. One of her most famous songs is *Hips Don't Lie*, which featured rapper Wyclef Jean.

Hips Don't lie

*Shakira, Shakira, I never really knew that she
could dance like this,
She makes a man want to speak Spanish,
¿Cómo se llama? (si), Bonita (si); Mi casa
(Shakira, Shakira); Su casa.**

*Oh, baby when you talk like that,
You make a woman go mad,
So be wise and keep on,
Reading the signs of my body. ☺*

* What's her name? Beautiful (yes); My house (Shakira, Shakira); Her house.

GLOSSARY

to cross over *phr vb*
if you "cross over" from one area to another, you move to that new area. In this case, the Latin stars start creating songs in English (rather than just Spanish) for the English-speaking market

a career *n*
someone's music "career" is the part of their life that they spend creating music, etc.

to launch *vb*
if you "launch" a career as a musician, you start being a musician

a solo career *n*
if a musician in a band starts a "solo career", they leave the band and start singing / playing, etc. on their own

to release *vb*
when a song is "released", it appears in shops and you can buy it

a single *n*
a song from an album. You can also refer to the main song from an album as a single

a track *n*
a song

into *exp*
if you're "into" something, you like that thing

a superstition *n*
a belief in things that aren't real or possible (magic, for example)

a voodoo doll *n*
a religion involving magic that's practised in some Caribbean countries, especially Haiti. A "voodoo doll" is an object used to get revenge on someone (to do something bad to someone who has done something bad to you)

a premonition *n*
if you have a "premonition", you have a feeling that something is going to happen

to fall *vb*
if someone "falls", they fail

a sensation *n*
a very popular singer, actor, etc.

in too deep *exp*
if you're "in too deep", you're involved in a situation more than you'd like to be

to lose your mind *exp*
to go crazy / to become insane

a lead single *n*
the most important song in an album

to go mad *exp*
if A makes you "go mad", A makes you love A very much

be wise *exp*
be clever; be intelligent; make good decisions

to keep on *phr vb*
if you "keep on" doing something, you continue doing it

TRAVEL ENGLISH

AT THE DOCTOR'S

Practical English to use in English-speaking countries. **This month:** *At the doctor's*

Useful expressions



I've sprained my ankle.



I've twisted my wrist.



I hurt my arm.



I've got a pain in my left shoulder.



I'm a bit sunburnt.



I banged my head.



I'm having trouble breathing.



I've got a cut on my finger.



I've got a bruise on my leg.



My eye has swollen up.



I got stung by a bee.



I've got a rash on my arm.

More words

- **Temperature** – a normal body temperature is about 37°C.
- **Thermometer** – an instrument for measuring temperature.
- **Fever** – if you've got a "fever", your body temperature is high.
- **Pills** – small pieces of medicine that you swallow without chewing.
- **Medicine** – a substance that you drink or swallow to cure an illness.
- **Vomit / throw up** – when you "vomit", liquid/food comes out of your mouth.
- **Tummy bug** – an illness in your stomach caused by bacteria.
- **Headache** – a pain in your head.
- **Sore** – if your body is "sore", it hurts. Also, "ache": "My body is aching."
- **Fluids** – liquids such as water / orange juice, etc.
- **Prescription** – a piece of paper the doctor writes with information about the medicine you need.
- **Chemist's / pharmacy (US English)** – a shop where you can buy medicine.
- **Clinic** – a building where people go to see the doctor / receive medical advice, etc.
- **Diarrhoea** – if someone has "diarrhoea", liquid comes out of them when they go to the toilet.
- **Constipated** – if someone's "constipated", they can't go to the toilet.
- **Cold** – if someone has a "cold", they sneeze a lot (air/liquid comes out of their nose).
- **Cough** – an illness in which your chest or throat hurts.
- **Queasy / sick / nauseous** – if you're feeling "queasy", you feel as if you're going to vomit.
- **Dizzy** – if you feel "dizzy", you feel as if you're about to fall.
- **Flu** – an illness which is like a cold but more serious.
- **Blood pressure** – the amount of force with which your blood flows around your body.
- **Painkiller** – a medicine that stops pain.
- **Pulse** – the regular beating of blood through your body.
- **Infected** – an "infected" area of your body has germs or bacteria on it.

Dialogue: Consulting the doctor

Jack is at the doctor's. Listen once and complete the text with the correct words.

Doctor: So, what seems to be the problem?
Patient: Well, I haven't been feeling very well. I was vomiting a lot over the (1) _____. And I've got this terrible pain in my (2) _____ and a pretty bad headache. I think I've got some kind of tummy bug.
Doctor: Does your body feel sore?
Patient: Yes, it does.
Doctor: OK. I just need to take your (3) _____. [She takes his temperature.] Mmm... 38.5 – you've got a bit of a temperature. You need to drink plenty of fluids and stay in (4) _____ for the next 48 hours. You also need to take this (5) _____ [She hands him a prescription.] You can get it in the chemist's. Just take one pill every six hours.
Patient: OK. Thanks a lot. Is there a chemist's near here?
Doctor: Yes, there's one right next to the (6) _____.
Patient: Great. Thanks a lot. Bye.
Doctor: Bye.



Diana

the film the British hate!



Princess Diana died in August 1997, but she's often in the news. A recent film about her, *Diana*, has just come out. However, it's had some pretty bad **reviews**.

Diana is a 2013 biographical **drama** about the last two years of Diana's life. The movie is based on Kate Snell's 2001 book *Diana: Her Last Love*, and stars British-Australian actress Naomi Watts (who plays the part of the princess).

The film deals with the period from 1995-1997. This is around the time of Diana's divorce from Prince Charles, and her secret love affair with Pakistani heart surgeon Dr Hasnat Khan (played by actor Naveen Andrews).

Unfortunately, the film hasn't been received very well. *The Telegraph* said the film was "a special class of **awful**", while *The Mirror* labelled it "cheap and **cheerless**". David Edwards of *The Mirror* awarded the film one star out of five, as did Peter Bradshaw of *The Guardian*, who called the movie "car crash cinema". *The Hollywood Reporter* described the UK reaction as "some of the worst reviews for a British film in recent memory". And *Rotten Tomatoes* gave the film a score of just 2%, based on reviews from 41 critics.

So, why do people feel so strongly about it? Many see the film as **sensationalist** – deliberately **cashing in** on the anniversary of Diana's death. Others say it's just a bad movie with a poor **script**. Real life heart surgeon Hasnat Khan said the film was a **betrayal** of his relationship with Diana. "Only I and my closest friends knew what really went on," he added. The Pakistan-born medic invited the moviemakers to "**make amends**" by **donating** some of the **proceeds** to his Chain of Hope charity, which provides heart surgery to children in Ethiopia.

Director Oliver Hirschbiegel has said that he's "**devastated**". "In all the other places where it's opened – in Poland, the Czech Republic, Turkey and Slovakia – it's been very strong," he said. "I think for the British, Diana is still a **trauma** they haven't **come to terms with**," he added.

Maybe he's right! ❦

DIANA

Directed by Oliver Hirschbiegel. Starring Naomi Watts and Naveen Andrews. Based on the book *Diana: Her Last Love* by Kate Snell.



DIANA, PRINCESS OF WALES

Diana, Princess of Wales (Diana Frances, née Spencer) was born on 1st July 1961. She was the first wife of Charles, Prince of Wales (who is the eldest child of Queen Elizabeth II). Diana's wedding to the Prince of Wales was on 29th July 1981. It was held in St Paul's Cathedral and seen by over 750 million from around the world. Diana was well known for her **fund-raising** work and support of the International Campaign to **Ban Landmines**. From 1989, she was the president of Great Ormond Street Hospital for children. Her marriage ended in divorce on 28th August 1996. She died in a car crash in Paris on 31st August 1997.



GLOSSARY

- a review** *n*
an article in a magazine, etc. about a film, with the writer's opinion of it
- a drama** *n*
a serious film about a character and his/her problems in life, etc.
- awful** *adj*
terrible; very bad
- cheerless** *adj*
boring, depressing, etc.
- sensationalist** *adj*
"sensationalist" news reports or films make things seem worse or more shocking than they really are
- to cash in on** *exp*
if someone "cashes in on" a situation, they benefit from it
- a script** *n*
a book with the words that actors must learn and say in a film
- a betrayal** *n*
an action that makes you feel disappointed / hurt / sad, etc.
- to make amends** *exp*
if you "make amends", you do something nice to someone as a way of saying sorry
- to donate** *v*
if you "donate" money to a charity (for example), you give the money to that charity
- proceeds** *n*
the money a company receives from a film / an event, etc.
- devastated** *adj*
very sad and shocked
- a trauma** *n*
a very bad experience that you have to deal with psychologically
- to come to terms with** *exp*
to accept
- fund-raising** *n*
collecting money for a charity (an organisation that helps the poor)
- to ban** *v*
to prohibit
- a landmine** *n*
a bomb that is hidden under the ground. It explodes when someone walks on it

Princess Diana

and the conspiracy theories

Did Princess Diana die in an accident or was her death part of a criminal **conspiracy**? Official investigations (such as **Operation Paget***) have found no evidence of **foul play**. But there are still several **grey areas**. Here are four of them.



1 The flash of light

Some **witnesses** claim they saw a bright white flash just before the car (a Mercedes) entered the tunnel. This supposedly **blinded** the driver (Henri Paul), causing him to crash. A former **MI6** agent, Richard Tomlinson, made the **allegation** in media interviews. He also said that Diana's death **mirrored** plans he saw in 1992 for the **assassination** of then President of Serbia Slobodan Milošević. As part of this, a **strobe light** was going to be used to blind Slobodan's chauffeur. MI6 later admitted that plans of this nature had been **drafted**, but for a different Eastern European official. The plan was never approved by MI6 bosses.



2 The white Fiat Uno

Analysis of the Mercedes showed that it had been hit by a white Fiat Uno. Mohamed Al-Fayed, whose son Dodi Fayed was Diana's boyfriend at the time and who also died with her in the crash, has alleged that the white Fiat Uno was used

by MI6 to cause the crash. And he said French photojournalist Jean-Paul James Andanson, who owned a white Fiat Uno, had been driving the car. Andanson had an **alibi** which placed him far from Paris on the night of Diana's death, and his white Fiat Uno was said to be **un-roadworthy** (it had 325,000 km on the **clock**). However, Andanson's death in May 2000 only added to the mystery. His body was found in a **burnt-out** BMW in a forest in the south of France. Police claimed it was a suicide, but Andanson's **widow** (Elizabeth) and son (James) have never accepted this.



3 CCTV images

A report by French police identified 10 **CCTV** cameras along the route taken by the Mercedes, including one on the entrance to the tunnel itself. However, there are no recordings from any of these cameras. An investigation found that most of the cameras were facing the entrances to buildings. The camera above the **underpass** in the Place de l'Alma had been turned off at about 11pm, a few hours before the crash.



4 The seatbelts

Neither Diana nor Dodi were wearing a **seatbelt** at the time of the crash, even though friends have said Diana always wore one. In 2005, the Mercedes was sent to England so it could be inspected by someone from the Transport Research Laboratory. The investigator (who had more than 30 years' experience) found that all the seatbelts were working except the right rear one, where Diana was sitting. French investigators later declared that all the seatbelts had been working when they examined it in October 1998, suggesting the damage to this seatbelt had taken place after the accident. ☘

*OPERATION PAGET

Operation Paget was a police investigation (led by Lord Stevens) that examined the various **conspiracy theories** surrounding the death of Diana. On 7th April 2008, a **jury** delivered a verdict of an "unlawful killing" by chauffeur Henri Paul (who had been drinking) and the paparazzi (journalists), who were **pursuing** the car.



Princess Diana quotes

In her short life (1961 to 1997), Diana, Princess of Wales, worked hard to help others through the many **charities** she supported. Here are some of her **words of wisdom**.

Quotes

- "Only do what your heart tells you."
- "Family is the most important thing in the world."
- "If you find someone you love in your life, then **hang on** to that love."
- "I like to be a **free spirit**. Some don't like that, but that's the way I am."
- "I don't go by the rule book... I lead from the heart, not the head."
- "The greatest problem in the world today is **intolerance**. Everyone is so intolerant of each other."
- "Hugs can do great amounts of good – especially for children."
- "Being a princess isn't all it's cracked up to be."
- "When you're happy, you can **forgive** a great deal."
- "I wear my heart on my sleeve."
- "Carry out a **random act** of kindness with no expectation of **reward**, safe in the knowledge that one day someone might do the same for you."
- "I don't want expensive **gifts**; I don't want to be bought. I have everything I want. I just want someone to be there for me, to make me feel safe and **secure**."
- "Everyone of us needs to show how much we care for each other and, in the process, care for ourselves."
- "I think the biggest disease the world suffers from **in this day and age** is the disease of people feeling unloved. I know that I can give love for a minute, for half an hour, for a day, for a month, but I can give. I'm very happy to do that, I want to do that."
- "Nothing brings me more happiness than trying to help the most **vulnerable** people in society. It is a **goal** and an essential part of my life – a kind of **destiny**. Whoever is in **distress** can call on me. I will come running wherever they are."

GLOSSARY

a conspiracy *n*
a secret plan to do something illegal

foul play *exp*
something illegal; something suspicious

a grey area *exp*
if there's a "grey area", there's something that's difficult to explain or understand

a witness *n*
someone who sees a crime / an accident, etc.

to blind *vb*
if you "blind" someone temporarily, you do something to their eyes so they can't see

M16 *abbr*
Military Intelligence, Section 6 – the spy agency in the UK that operates around the world (not in the UK - that's MI5)

an allegation *n*
if someone makes an "allegation", they declare (say formally) that someone has done something wrong/illegal

to mirror *vb*
if A "mirrors" B, A is the same as B

an assassination *n*
when someone important is "assassinated", they're killed, often as a political act

a strobe light *n*
a very bright light which flashes on and off

to draft *vb*
to write

an alibi *n*
if you have an "alibi", you can show that you were somewhere else when a crime was committed

un-roadworthy *adj*
if a car is "un-roadworthy" it's so old or broken that it can't be driven on a road

the clock *n*
a machine in a car that registers how many kilometres the car has been driven

burnt-out *adj*
if a car is "burnt-out", it has been destroyed in a fire

a widow *n*
a woman whose husband has died

CCTV *abbr*
closed-circuit television "cameras" are little cameras above buildings or in the street

an underpass *n*
a road that goes under another road

a seatbelt *n*
an object you fasten around your body in a car to protect you in case of an accident

a conspiracy theory *n*
an unofficial version of an event. In this case, the belief that Diana didn't die in a car crash but that she was killed by M16, etc.

a jury *n*
the 12 people in a court who decide whether someone is innocent or guilty

to pursue *vb*
if car A is "pursuing" car B, car A is chasing / trying to catch up with car B

a charity *n*
an organisation that helps poor people, etc.

words of wisdom *exp*
the intelligent things that someone has said

to hang on *to exp*
to keep; to hold onto

a free spirit *n*
someone who does what they want, when they want. They don't do what others say

to go by the rule book *exp*
to do the things that people tell you to do or that you're supposed to do

intolerance *n*
if someone is "intolerant", they don't accept other people's views or actions

a hug *n*
if you give someone a "hug", you hold them as a sign of the love you feel for them

(it) isn't all it's cracked up to be *exp*
(it) isn't as good as you think it is

to forgive *vb*
to stop being angry with someone who did something bad to you, supposedly

a great deal *exp*
a lot

to wear your heart on your sleeve *exp*
to express your emotions and feelings openly and honestly

a random act *exp*
a "random act" is an action that happens without being planned or prepared

a reward *n*
money / a prize for someone who has done something good

a gift *n*
a present

secure *adj*
safe; not in danger

in this day and age *exp*
these days

vulnerable *adj*
someone who is "vulnerable" isn't protected and is in danger

a goal *n*
an objective; something you want to achieve

a destiny *n*
your "destiny" is what will happen to you in the future

in distress *exp*
if someone's "in distress", they're in danger or a bad situation and they need help

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Objective To learn some business tips from world-famous entrepreneurs.

Think about it Have you heard of Howard Schultz before? What do you know about him? Are there many Starbucks cafés in your country? How popular are they? What do you think of Howard's advice?

TOP TIPS FROM HOWARD SCHULTZ

THE CEO OF STARBUCKS



HOWARD SCHULTZ QUOTES

"Starbucks represents something beyond a cup of coffee."

"We're not in the business of filling bellies, we're in the business of filling souls."

"My passion, my commitment – this is the most important thing in my life other than my family."

"Dream more than others think practical. Expect more than others think possible. Care more than others think wise."

GLOSSARY

- a chain** *n*
A "chain" of shops, hotels, etc. is a number of them owned by the same company
- to be immersed in** *exp*
if you immerse yourself in something that you are doing, you become completely involved in it
- tiny** *adj*
very small
- a daily ritual** *n*
something that people do every day as part of a tradition/routine
- huge** *adj*
very big (a very big success, in this case)
- to refuse** *v*
if you "refuse" to do something, you say that you won't do it
- to roll out** *phr* *v*
if a company "rolls out" an idea, they make it available in other places (in the country/world, etc.)
- to expand** *v*
to become bigger
- to go public** *exp*
if a company "goes public", you can buy its shares on the stockmarket
- a CEO** *n*
the chief executive officer – the person in a company who runs it and who is responsible for operations, strategy, company direction, ethics, etc.
- a chairperson** *n*
the "chairperson" is responsible for setting strategy, looking after the interests of the stakeholders, appointing the senior management team... – the chairperson isn't really running the company on a day-to-day basis
- global expansion** *n*
if a company is going through a process of "global expansion", they're setting up offices/branches all over the world
- to slump** *v*
if sales "slump", they decrease a lot
- to overreach yourself** *exp*
if you "overreach yourself", you fail because you're trying to do too much
- to brew** *v*
if you "brew" coffee, you make it
- to retrain** *v*
to teach an employee how to do something, or to teach them new skills
- an aroma** *n*
the "aroma" of coffee (for example) is the smell of it
- a barista** *n*
a person who prepares and serves coffee drinks
- a goal** *n*
an objective; something you want to achieve
- a soul** *n*
the "soul" of a company is its character/personality, etc. – the way it is
- comprehensive** *adj*
complete; covering all aspects of something
- health coverage** *n*
if you've got "health coverage", you have an insurance policy that will pay for your treatment in hospital, doctor's visit, etc.
- a stock-option plan** *n*
a plan whereby employees can have shares in a company
- a belly** *n* *informal*
a stomach

With over 15,000 stores in more than 40 countries (including 11,000 shops in the US), Starbucks is *the* most successful coffee chain in the world. And most of this success is down to one man: Howard Schultz. Here are five things we can learn from him.

1 Keep an eye out for an opportunity!

In 1979, Howard became a general manager for Swedish coffee maker Hammarplast. One day in 1981, he visited a client in Seattle: the Starbucks Coffee Company. During the visit, he was impressed with the company's knowledge of coffee. "I walked away... saying, 'What a great company, what a great city. I'd love to be a part of that.'" Shortly afterwards, he expressed an interest in working there, and he kept in contact with them.

2 Have vision!

A year later, Howard joined Starbucks as the Director of Marketing. On a buying trip to Milan (Italy), Howard noticed that there were coffee bars on practically every street, and that the customers were **immersed in** what he referred to as "coffee experiences". "Everyone in the **tiny** shop seemed to know each other, and I sensed that I was witnessing a **daily ritual**," he noted. On his return, he persuaded the owners to offer traditional espresso drinks in the coffee shop. It was a **huge** success!

3 Never give up

However, the owners **refused** to **roll it out** across the country, claiming they didn't want to get into the restaurant business. Frustrated, Howard started his own coffee shop in 1985 called *Il Giornale*. Two years later, the original Starbucks management sold its Starbucks retail unit to Howard for \$3.8 million. Howard rebranded *Il Giornale* with the Starbucks name and logo and **expanded** across the United States.

4 Be bold!

Starbucks grew rapidly during the 1990s, **going public** in 1992. Things seemed to be going well, so Howard stepped down as CEO in 2000, staying on as **chairman** in order to focus on **global expansion**. However, in the years that followed, Starbucks sales **slumped**. In 2008, Howard came back as CEO to help sort out the mess. He soon realised that Starbucks had **overreached itself** and that too many stores were performing poorly. So, in a bold move, he closed 600 of them. He also felt that his staff were no longer **brewing** the perfect cup with passion and expertise. So, one evening, he closed over 7,000 Starbucks shops so his employees could be **retrained**.

5 Pay attention to the details

Howard is keen to keep control of the business, and feels it's important to pay attention to all the details. For example, Starbucks was making a lot of money from toasted sandwiches. However, Howard felt that the smell of the cheese was interfering with the **aroma** of the coffee. So, he told the shops to stop selling the sandwiches. In another incident, the company bought some new coffee machines. However, they were quite tall and this meant that customers couldn't see the **baristas** properly – something that Howard saw as crucial to the entire "coffee experience". So, the coffee machines went too.

6 Be ethical

As the company began to expand rapidly in the '90s, Howard said that the main **goal** was "to serve a great cup of coffee." But attached to this goal was a principle: "to build a company with **soul**". As part of this, Howard insisted that all employees working at least 20 hours a week should have **comprehensive health coverage**. He also introduced an employee **stock-option plan**. In March 2007, Howard accepted the Rev. Theodore M. Hesburgh, C.S.C., Award for Ethics in Business.

Bio - Howard Schultz

Howard Mark Schultz was born on 19th July 1953. He's the CEO of Starbucks and author of the books *Pour Your Heart Into It: How Starbucks Built a Company One Cup at a Time* (1997), and *Onward: How Starbucks Fought for Its Life Without Losing Its Soul* (2011).

Starbucks coffee, anyone? ☺

RECIPE

JAMIE OLIVER'S CAESAR SALAD



Try this delicious version of a Caesar salad by celebrity chef Jamie Oliver.



Ingredients

- 4 whole **free-range** chicken legs.
- 1 **loaf** ciabatta bread or baguette **torn** into small pieces.
- 3 **sprigs** rosemary **roughly chopped**.
- Olive oil.
- Extra virgin olive oil.
- Sea salt and black pepper.
- 12 thin slices of bacon.
- 1/4 **clove** **peeled** garlic.
- 4 anchovy fillets in olive oil.
- 100 grams of freshly-grated Parmesan, plus a few **shavings** to serve.
- 1 **heaped tablespoon** of **crème fraîche** or yoghurt.
- 1 lemon.
- Lettuce.

Process

1. Preheat the oven to 200°C.
2. Place the chicken legs in a **roasting pan** with the pieces of torn-up bread. Add the chopped rosemary, **drizzle** with olive oil and season with salt and pepper. Put the pan into the preheated oven.
3. After 45 minutes, take the pan out of the oven, and lay the bacon slices over the chicken and **croutons**. Then, put it back for another 15 to 20 minutes.
4. Remove the pan from the oven and set it aside for the chicken to cool down slightly.
5. Mash the garlic and anchovy fillets with a **pestle and mortar**. Put into a bowl and **whisk** in the Parmesan, creme fraiche (or yoghurt), lemon juice and three times as much extra-virgin olive oil as lemon juice. Season with salt and pepper.
6. Pull the chicken meat off the leg bones. Cut up the bacon into small pieces. Separate the lettuce leaves, tear them up and put them in with the chicken, croutons, bacon and **dressing**. Add some Parmesan shavings on top. ✨

GLOSSARY

free-range *adj*
a "free-range" chicken (for example) lives outside in the fresh air

a loaf *n*
a large piece of bread

to tear (past: tore/torn) *vb*
to break

a sprig *n*
a small twig (from a plant) with leaves on it

rosemary *n*
a green herb with purple flowers

to chop *vb*
to cut into very small pieces

roughly *adv*
if you cut something "roughly", you cut it in irregular shapes – not carefully

garlic *n*
a small white vegetable that's like a small onion

a clove (of garlic) *n*
one of the sections of the garlic bulb

to peel *vb*
to take the skin off fruit/vegetables

a shaving *n*
a thin piece of something that you cut

heaped *adj*
a "heaped" spoon has the contents of the spoon very high and over the edge

a tablespoon *n*
a large spoon for eating soup, etc. (tbsp)

crème fraîche *n*
a type of thick, slightly sour (not sweet) cream

a roasting pan *n*
a metal container for food that you can put in the oven (an electrical appliance for cooking food with a door at the front)

to drizzle *vb*
if you "drizzle" oil over food, you put a small amount of the oil over the food

croutons *n*
small pieces of fried bread (bread cooked in oil)

a pestle and mortar *n*
a "pestle" is a thick object for crushing (squashing) herbs / spices, etc. in a mortar (a type of bowl)

to whisk *vb*
if you "whisk" food in with other food, you use a fork (or electric device) to mix the food all together, moving the mixture around

dressing *n*
a sauce for salads made from oil, vinegar and herbs

FILM SCRIPT

Real Language in action

ALICE IN WONDERLAND



Alice in Wonderland (2010) is a fantasy-adventure film that's directed by Tim Burton. It combines live action and **animation**. Mia Wasikowska plays the role of Alice, Johnny Depp is the Mad Hatter and Helena Bonham Carter is The Red Queen. The film is a kind of sequel to the Lewis Carroll novels *Alice's Adventures in Wonderland* (1865) and *Through the Looking Glass* (1871). Alice is 19 and is **attending** a party. She's about to be **proposed to** by a rich **suitor**, but she runs off, following a white rabbit into a hole. She ends up in Wonderland again. The friendly creatures in Wonderland want Alice to kill the Jabberwock (the **beast** who guards the Red Queen's empire), end the Red Queen's **reign of terror**, and restore the White Queen to power. In this scene, Alice meets the Cheshire Cat in the forest after she has escaped from the **Bandersnatch*** and the Red Queen's soldiers.

*BANDERSNATCH

A fictional creature created by Lewis Carroll. It was described as a ferocious and extraordinarily fast beast with a long neck and snapping jaws in Carroll's 1874 poem *The Hunting of the Snark*.



The Script

C=Cat A=Alice

- C:** It looks like you **ran afoul** of something with **wicked claws**.
- A:** But I'm still dreaming.
- C:** What did that to you?
- A:** Bannerall... Bandie...
- C:** The Bandersnatch? Well, I'd better have a look.
- A:** What are you doing?
- C:** It needs to be **purified** by someone with **evaporating skills** or it will **fester** and **putrefy**.
- A:** I'd rather you didn't. I'll be fine as soon as I wake up.
- C:** At least let me **bind** it for you. [He wraps a **bandage** around it.] What do you call yourself?
- A:** Alice.
- C:** *The Alice?*
- A:** There's been some **debate** about that.
- C:** I never get involved in **politics**.

VIDEO



To watch and read along, search YouTube for "Alice In Wonderland - Cheshire Cat Clip".

GLOSSARY

animation *n*
a film with drawings or puppets that appear to move and talk

to attend *vb*
to go to

to propose to *exp*
if you "propose to" someone, you ask them to marry you

a suitor *n*
a man who wants to marry a woman

a beast *n*
a large, dangerous animal

a reign of terror *n*
a period in which many people are killed or tortured by a cruel ruler

to run afoul of *exp*
if you "run afoul of" someone, you do something which annoys them and creates problems

wicked *adj*
evil, very bad

a claw *n*
an animal's "claws" are the hard, sharp bits at the end of its feet

to purify *vb*
to make clean

evaporating skills *exp*
if someone has "evaporating skills", they can make things disappear

to fester *vb*
if a cut "festers", it becomes infected

to putrefy *vb*
when something "putrefies", it decays (goes bad) and produces a very bad smell

to bind *vb*
if you "bind" a wound, you put something around it so it's protected

a bandage *n*
a thin piece of cloth or material that you put around a cut/wound, etc.

a debate *vb*
if you say that there's some "debate" about something, you're saying that people aren't sure about it or whether it's true

I never get involved in politics *exp*
I never enter into discussions about controversial / complex things

Objective To improve your reading and listening skills.

Think about it Have you read any stories about robberies or crimes recently? What happened? Have you ever had anything stolen? What was it? What did you do? Where are some of the worst places for robberies?

Exams This reading and listening activity will help prepare you for English exams such as FCE, IELTS and TOEFL.



I'M AS SILLY AS I LOOK!

4 TYPES OF ROBBER

A thief is a thief, right? Not exactly, as these four types of robber clearly show.

Silly

In June 2013, Andrew Nell and Steve Tilley decided to rob a petrol station. They both **grabbed** the nearest thing they could find to use as a **disguise**. Tilley put a scarf around his head, and Nell used a **see-through** plastic bag. This meant that an image of Nell's face was captured on **CCTV**. Days later, he was recognised in the street by an **off-duty** police officer. He was **jailed** for two years. Speaking after the **trial**, Detective Constable Steve White said Nell's disguise was "the most ridiculous" he'd ever seen.

Unlucky

In May 2013, 24-year-old Simon Jolton **broke into** a hotel room in Brighton, England. He forced open a window before climbing in and **sifting through drawers**. Unfortunately he woke up the guests, and they turned out to be... three British police officers. In fact, the hotel was full of police officers who were taking part in an international football tournament, with participants from Italy, Brazil, the USA, Japan, Spain, China and France. A British Transport Police spokesperson said, "He couldn't have chosen a worse place to rob that night." Jolton **pleaded guilty** to attempted **burglary** and was sentenced to eight months in prison.

Cheeky

In April 2013, after a three-

course meal complete with two bottles of expensive wine and several **pints** of beer, Jeremy Smith complained of **chest pains**. Concerned, the restaurant manager phoned for an ambulance. However, while they were waiting for the vehicle to arrive, the manager saw Smith finishing off his pint. Suspicious, the manager reported the incident to the police; and after an investigation, Smith was arrested on charges of **fraud**. It was later found that Smith had been involved in a **string of "dine-and-dash"** incidents across the country. During the trial, **jurors** heard how Smith would order large amounts of food and drink. Then, when it came to paying the bill, he'd pretend to have chest pains so he could avoid having to pay for it. He was jailed for six weeks.

Nasty

In February 2013, Anthony Campen broke into a primary school classroom and stole a pet chicken. He then took it to a house party, fed it snacks and **set it free**. It was never seen again. Campen was caught after he posted pictures of himself with the chicken on Facebook. During the trial, **magistrates** were told of the **distress** caused to pupils at the school who had lost a much-loved pet which they had **raised** as part of a school project. Campen, 29, admitted causing unnecessary **suffering** to an animal and was ordered to pay £130 compensation and £85 costs. **Unrepentant**, Campen tweeted after the

trial, "£215 for a chicken! I can't believe it! Right, I'm off to KFC!!" ☺

GLOSSARY

- to grab** *vb*
to take quickly and forcefully/violently
- a disguise** *n*
clothing you wear so people can't recognise you
- see-through** *adj*
if something is "see-through", you can see through it – it's transparent
- CCTV** *abbr*
closed-circuit television – little cameras in the street or the entrance to shops that record what happens
- off-duty** *adj*
if a police officer (for example) is "off-duty", he/she isn't officially working
- to jail** *vb*
to send someone to prison/jail
- a trial** *n*
a legal process in which the jury (the 12 people) decide whether someone is innocent or guilty of a crime
- to break into** *phr vb*
to enter a property illegally, often in order to steal something
- to sift through** *phr vb*
if you "sift through" the contents of a drawer (for example), you look at it carefully in order to find something
- a drawer** *n*
a small box in a piece of furniture where you can put things: socks, pants, etc.
- to plead guilty** *exp*
if a suspect "pleads guilty", he/she admits that they have committed the crime
- burglary** *n*
the crime of entering property illegally in order to steal
- a pint** *n*
a measurement of liquid that is 568 cubic centimetres (cc)
- chest pains** *n*
if you've got "chest pains", it hurts in your chest (the area at the front and top of your body)
- fraud** *n*
the crime of gaining money by a trick or by lying
- a string of** *exp*
a series of; a number of
- dine-and-dash** *exp*
eating (dining) in a restaurant then running away (dashing) without paying the bill
- a juror** *n*
a member of the jury – the 12 people who decide whether someone is innocent or guilty
- to set free** *exp*
if you "set an animal (for example) free, you let it go so it isn't in a cage, etc.
- a magistrate** *n*
a judge in law courts which deal with minor crimes
- distress** *n*
if someone suffers from "distress", they're feeling very sad
- to raise** *vb*
if you "raise" an animal, you look after it from when it's a baby until it's an adult
- suffering** *n*
serious pain that someone feels in their body or mind
- unrepentant** *adj*
someone who is "unrepentant" doesn't feel bad about what they've done
- KFC** *abbr*
Kentucky Fried Chicken – a restaurant chain that sells fried chicken

Answers on page 44

1 Reading I

You're going to read about four different robbers: a silly one, an unlucky one, a cheeky one and a nasty one. Based on these descriptions, what do you think they did?

2 Reading I

Read the article once to compare your ideas from the Pre-reading activity. Which robber is the worst? Why?

3 Reading II

Read the article again. Then, write Silly, Unlucky, Cheeky or Nasty next to each statement.

1. He was trying to avoid paying for his food.
2. He was seen on CCTV.
3. He was fined over £200.
4. He tried to rob some police officers.
5. He stole a class pet.
6. His disguise was described as "ridiculous".

4 Language focus Modal verbs

Look at the extract from the article on this page, "...so he could avoid having to pay for it..." The writer has used a modal verb: **could**. Complete the following sentence beginnings with your own ideas.

1. I couldn't see... from where I was standing.
2. We couldn't leave because...
3. She could hear them as they...
4. I couldn't go there because...

Objective To improve your reading and listening skills.

Think about it What are some of your favourite soft drinks? How many soft drinks do you have a day? Do you try to control how much sugar you consume? In what ways? What do you drink when you're tired?

Exams This reading and listening activity will help prepare you for English exams such as FCE, IELTS and TOEFL.



Answers on page 44

Pre-reading

You're going to read an article about sugary drinks. What do you think the negative effects of sugary drinks could be? Make notes.

Reading I

Read the article once to compare your ideas from the Pre-reading activity.

Reading II

Read the article again. Then, complete the statements with the correct words.

- In the 1970s, sugary drinks made up about _____ of US daily calorie intake.
- _____ deaths worldwide are linked to sugary drinks.
- The author is a postdoctoral research fellow at the Harvard School of _____.
- _____ can cause diseases such as diabetes and cancer.
- The _____ has banned sugary drinks in schools.
- Robert Lustig argues that 100% _____ is worse for you than sugary sodas.

Language focus

Verbs & prepositions

Look at the extract from the article on this page, "...sugary drinks can also lead to obesity..." The writer has used a verb + a preposition: **lead to**. Complete the sentences with the correct prepositions.

- The deaths are linked _____ sugary drinks.
- They warned _____ the dangers of drinking too much.
- They're worried _____ its effects.

SHOULD SUGARY DRINKS BE BANNED?

Coca Cola. 7-Up. Sprite. Pepsi. Fanta... How many **sugary drinks** do you drink a day? A number of recent studies have warned of the dangers of consuming too much sugar. But just how bad are these drinks for us?

The consumption of sugary drinks has been steadily increasing. In the 1970s, sugary drinks made up about 4% of US daily **calorie intake**; by 2001, that had risen to about 9%. These days, it's about 327 calories a day, which is equal to about 2½ cans of cola, according to a study by the US Center for Disease Control and Prevention.

There's a lot of evidence that sugary drinks can lead to serious medical complications, and even death. Research presented at an American Heart Association conference showed that 180,000 deaths worldwide are **linked to** sugary drinks.

"A large number of deaths each year are caused by drinking sugary **beverages**," said Dr Gitanjali Singh, a postdoctoral research fellow at the Harvard School of Public Health. His research has linked the intake of sugar-sweetened beverages to 133,000 diabetes deaths, 44,000 deaths from cardiovascular diseases and 6,000 cancer deaths. "Our findings should push policy makers worldwide to make effective policies to reduce consumption of sugary beverages, such as taxation,

mass-media campaigns, and reducing the availability of these drinks."

The increase in sugar consumption from sugary drinks can also lead to **obesity**. In turn, this can lead to diseases such as diabetes, cancer, fatty **liver** disease, **dementia** and heart problems. On top of that, research shows that **carbonated drinks** can cause both dental erosion and tooth decay.

In response, the **USDA** has banned snack foods and sugary drinks in schools. The new law (under the Healthy, Hunger-Free Kids Act) was passed by Congress in 2010 with **broad bipartisan support**.

So, surely the logical thing would be to drink something healthier, such as orange juice. Well, apparently that might not be a good idea either. According to the American obesity expert Robert Lustig, orange juice is just sugar and is therefore, in his view, a "poison". Lustig is the author of *Fat Chance: The Bitter Truth about Sugar*. "Calorie for calorie, 100% orange juice is worse for you than sugary sodas," Lustig says. When you eat a whole apple, the sugar is "nicely balanced" by the fibre, giving the liver a chance to fully **metabolise** what's coming in. However, when you **down** half a litre of apple juice, it brings a huge **dose** of energy straight to the liver.

Of course, no one is suggesting you give up on

your favourite drinks, but as with everything, drink **in moderation**. And when in doubt, you can always try a bit of that transparent stuff that makes up about 60% of our bodies: water! ☺

THE AMERICAN HEART ASSOCIATION

The American Heart Association recommends that women limit their added sugar intake to no more than 100 calories per day (about 6 teaspoons of sugar); for men, it's 150 calories per day (about 9 teaspoons). This is slightly less than the amount of sugar in a single soft drink can. Sugary drinks offer calories, but bring no vitamins or minerals to your diet.

GLOSSARY

a sugary drink *n*
a drink (such as Fanta or Coca Cola) that contains a lot of sugar
a calorie *n*
a unit that is used to measure the energy you get from food
intake *n*
your "intake" is what you eat/drink
to link to *exp*
if A is "linked to" B, A is connected to B
a beverage *n*
a drink
obesity *n*
the state of being very fat
a liver *n*
a large organ in your body which cleans your blood
dementia *n*
a mental illness that affects old people and that causes them to forget things
a carbonated drink *n*
a drink that contains small bubbles of carbon dioxide: Fanta, Coca Cola, etc.
the USDA *n*
the United States Department of Agriculture – the government department that helps farmers
broad support *exp*
if a proposal receives "broad support", many different parties agree with it
bipartisan *adj*
if a proposal receives "broad bipartisan support", most people from the two main parties agree with it
to metabolise *vb*
when your body "metabolises", it processes food
to down *vb*
to drink quickly
a dose of *n*
an amount of
in moderation *exp*
if you eat or drink "in moderation", you eat or drink just the right amount – not too much

Objective To improve your reading and listening skills.

Think about it Do you prefer speaking directly or being more indirect when communicating? Can lying ever be justified? When? Do you prefer people to speak their mind or to be a bit more tactful? Why?

Exams This reading and listening activity will help prepare you for English exams such as FCE, IELTS and TOEFL.

TRACK 20 ENGLISHWOMAN & ENGLISHMAN

HOW TO UNDERSTAND THE BRITISH

The British often use indirect language in an attempt to be **polite**. As a result, it can be hard to understand the true meaning behind the words. In order to help, a Dutch company has drawn up a guide to help translate some typical British English phrases.

	What a British person might say	What a foreigner will probably understand	What the British person really means
1.	It isn't too bad.	She likes it!	It's awful!
2.	That was very brave of you!	She thinks I'm very courageous!	You're insane!
3.	Not bad for a first attempt!	She thinks it's quite good.	I hate it.
4.	Very interesting!	She seems to like the idea.	How boring!
5.	OK. I'll bear it in mind.	She'll probably do it.	I've forgotten it already.
6.	I'm sure it's all my fault.	She's accepting responsibility.	It's definitely your fault.
7.	You must come over for dinner sometime.	I've been invited to dinner.	This is not an invitation.
8.	Oh, and by the way , did you finish the work?	This isn't important.	This is very important.
9.	I was a bit disappointed with the results.	It doesn't really matter.	I'm very angry.
10.	We'll probably need to think it over.	She's still thinking about it.	I'm never buying it.
11.	I hear what you're saying.	She accepts my point of view!	I disagree and do not want to discuss it further
12.	Ah huh [accompanied by a nodding head]	She agrees with me!	I'm listening, but I don't agree.
13.	With the greatest respect, I'm not sure it's quite what we were looking for.	She really respects me!	You are an idiot!

IT'S AWFUL!

WHOOPS! I FORGOT TO BE POLITE!

Answers on page 44

Pre-reading

Look at the phrases / comments in the left-hand column of the table. What do you think they really mean when a British person says them? Make notes.

Reading I

Read or listen to the article once to compare your ideas from the Pre-reading activity. How many did you get right?

Reading II

Read the article again. Then, answer the questions. *What would a British person say if they...*

1. ...thought something was awful?
2. ...thought something was boring?
3. ...were very angry?
4. ...disagreed with you and didn't want to discuss it any further?
5. ...wanted to show they were listening, even though they didn't agree with you?

GLOSSARY

awful *adj*
very bad; terrible

courageous *adj*
someone who is "courageous" does things that people consider dangerous

insane *adj*
if you say that someone is "insane", you're saying that they're crazy/stupid/not normal

to bear in mind *exp*
if you say that you'll "bear something in mind", you promise to remember that thing because it's important

by the way *exp*
this expression is used to add new information or to introduce a new topic in conversation

disappointed *adj*
if you're "disappointed", you're sad and angry about the results of something

Understanding the words is only half the problem! ☺

CLOTHES

Dressing gown

A long type of soft jacket you wear over your pyjamas to keep warm at home.

"I wore my dressing gown and pyjamas all day yesterday!"



Sleeve

The "sleeves" of a shirt/coat, etc. are the parts that cover your arms.

"He rolled up his sleeves."



Cuff

The "cuffs" of a shirt are the parts at the end of the sleeves.

"He did up the cuffs with some silver cufflinks that his mother-in-law had bought for him."



Zip

A metal device that's used to open or close clothes/bags, etc. It consists of two rows of metal "teeth" which separate or join as you pull a small tag along them. "Zipper" in US English. The verb is "to zip (up)".

"You should zip up your jacket – it's cold out there."



Collar

The "collar" of a shirt or coat is the part which fits round your neck.

"She's wearing a white, striped shirt with a fairly large collar."



Heel

The "heel" of a shoe is the high part on the bottom at the back. "High-heeled" shoes have very high heels.

"She was wearing some high-heeled shoes."



Trendy

Someone who is "trendy" wears fashionable and modern clothes.

"She looks really trendy in those sunglasses."



Tight

If clothes are "tight", they fit very closely to your body.

"Those trousers are a bit tight for you, aren't they?"



Baggy

Baggy clothing is loose and a bit big for you.

"Those baggy jeans look really good on you."



Match

If A "matches" B, A and B go well together because they're the same colour/pattern, etc.

"Those socks match your bow tie."



Suit

If something "suits" you, it looks good on you.

"That blue tie really suits you – it goes with your eyes."



Fit

If clothes "fit" you, they're the right size for you.

"This jacket doesn't fit me – it's too small!"

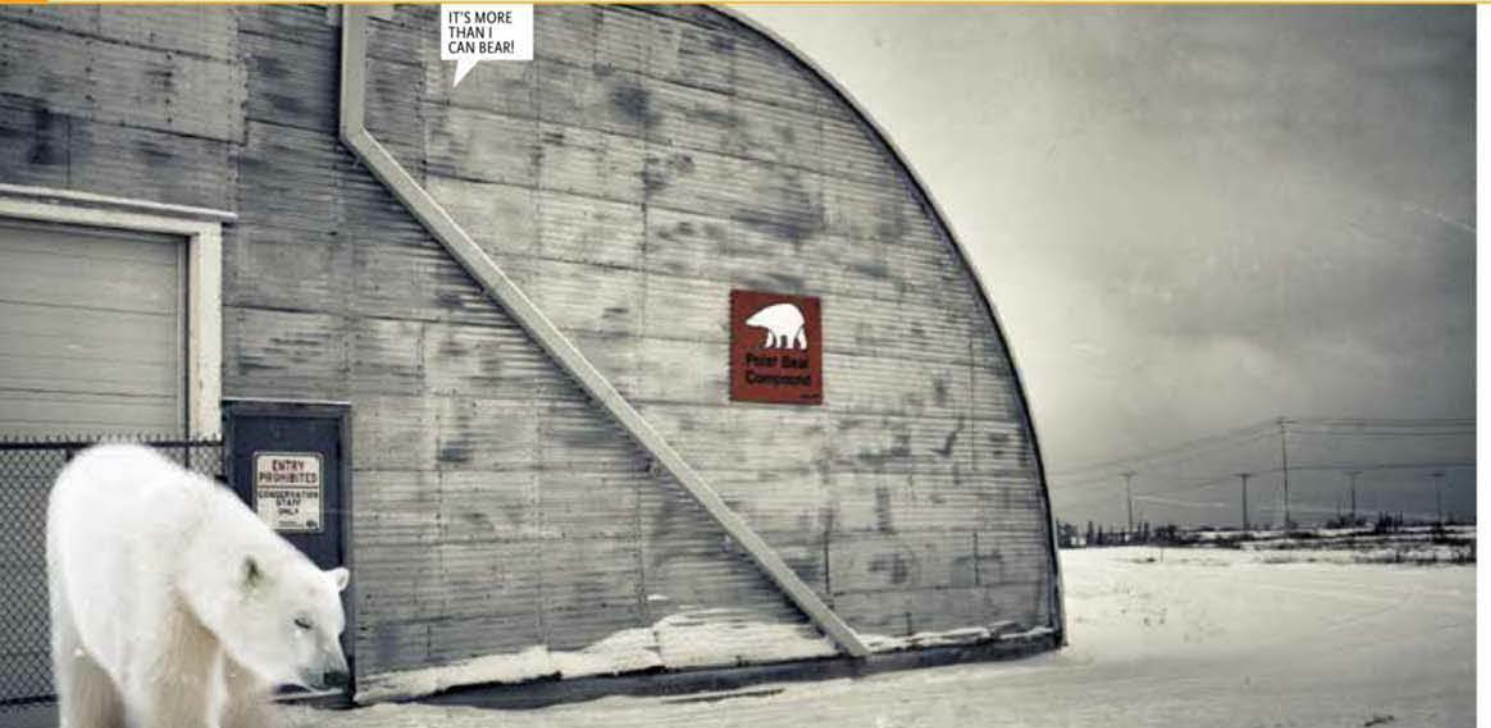


Objective To improve your reading and listening skills.

Think about it

Are there any dangerous wild animals in your country? What are they? Where do they live? How can you see them? Have you ever come face to face with a wild animal? What happened? What wild animals live in your area?

TRACK 21: ENGLISHMAN & US MAN



QUIRKY NEWS

Unusual news stories from around the world.

BEAR PRISON!

Answers on page 44

1 Reading I

You're going to read an article about a prison for polar bears. Why do you think they put the bears in prison? Make notes.

2 Reading I

Read or listen to the article once to compare your ideas from the Pre-reading activity.

3 Reading II

Read the article again. Then, answer the questions.

1. Which town do the polar bears pass through?
2. Why are they heading inland?
3. How many bears can the jail hold?
4. What happens to the bears if there aren't any vacant cells in the jail?
5. Which organisation is Alison Hood the campaign director of?
6. What do the bears live off in the summer months?

Every summer, hundreds of polar bears pass through the tiny town of Churchill (Canada) as they head inland after the sea ice starts to break up and melt. In order to avoid any tragic "incidents" with local people, the authorities have opened a prison for any bears who come into the town looking for food. The 28-cell "jail" holds polar bears in small rooms for up to a month. During their time there, the bears are fed nothing but water in order to discourage them from coming back. If there aren't enough cells left at the polar bear jail, the bears are tranquilised and transported further north. "We try to make their stay as unpleasant as possible," said Bob Windsor, who works at the holding facility.

Sound cruel? Maybe, but

many argue that the jail prevents the town from having to kill bears. As Alison Hood (campaign director at Born Free Foundation) told the Huffington Post UK, "The polar bears are definitely very hungry but the local authorities don't want the bears to associate Churchill with food, otherwise that would cause a problem for the town. It's not cruel but a necessity when you have dangerous carnivores living next to a population. It allows conservation." Polar bears also fast during the summer months, when they live off the fat in their bodies. This explains the

lack of food given to them in the prison. ☺

GLOSSARY

- to head *vb*
- to go to
- inland *adv*
- if someone travels "inland", they go toward the middle of the land, away from the coast (the area next to the sea)
- to break up *phr vb*
- if large pieces of ice (for example) start to "break up", they start to break and form little pieces of ice
- to melt *vb*
- if a solid "melts", it becomes liquid
- local people *n*
- people from the area/town/city you're talking about
- to feed *vb*
- to give food to
- to discourage *vb*
- if you "discourage" someone from doing something, you do something so they don't want to do it again
- to tranquilise *vb*
- to give someone an injection with a substance that makes them go to sleep
- to associate *vb*
- if you "associate" A with B, you think A and B are connected
- a carnivore *n*
- an animal that eats meat
- conservation *n*
- saving and protecting animals / the environment, etc.
- to fast *vb*
- when an animal "fasts", it doesn't eat any food for a period of time
- to live off *phr vb*
- if an animal "lives off" a certain type of food (the fat in its body, in this case), it only eats that food

FAST FACT:

Polar bears have black hair under their outer layer of white fur. A boar (an adult male) weighs around 350-700 kg, while a sow (an adult female) is about half that size.

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Objective To improve your listening skills.

Think about it Have you ever called the emergency services? What for? Have there been any emergency situations in your street / city / office, ec.? How effective are the emergency services in your country?

Exams This listening activity will help prepare you for English exams such as FCE, IELTS and TOEFL.

Answers on page 44

Pre-listening

You're going to listen to some extracts of "emergency" calls involving the following things:

- A film on Sky TV
- A radio-controlled helicopter
- Some cat food
- A hamster
- Breakfast
- Some builders
- A man on a bench

What do you think the emergencies were about?

Listening I

Listen once to compare your ideas from the Pre-listening activity.

Listening II

Listen again. Then, answer the questions.

1. What was the first caller looking for?
2. What had crashed onto a neighbour's roof?
3. What did the cat owner want to know about?
4. Which animal had another caller lost?
5. How old was the person who refused to eat his breakfast?
6. How big was the rock that the builder's left?

Language focus
Perfect tenses

Look at this extract from the audio script of the recording on this page: "...it's crashed on a nearby roof..." The speaker has used the Present Perfect: *it has crashed*. Read through the audio script again and find some more examples of perfect tenses.

Listening III

Complete the audio script with the correct words.

THIS IS AN EMERGENCY! I CAN'T FIND MY GLASSES!



Note!

Don't read the audio script until you've completed the exercises and activities.

Audio script

Help! Ridiculous emergency calls

If you need the police, ambulance or fire service in the UK, you can dial the 999 emergency number. However, not everyone seems to understand the true meaning of the word "emergency", as these examples of real-life calls clearly show.

Yeah, well, a few days ago, I saw this film (1) _____ Sky TV, but I can't find it. Is there anyone there who could tell me what channel it's on, and what time it's on, please?

Well, it's my son's radio-controlled helicopter – it's (2) _____ a nearby roof. Now, I know the owners are away, so I was just wondering whether you could give us permission to go and get it.

Yes, well, as I was saying, I've spent all my money and I've got nothing left for the taxi home. So, I was wondering whether you could send someone round to (3) _____, or whether someone could lend me the money.

Well, the thing is, my cat died and now I've got all this unused cat food from the supermarket and I was wondering whether I could (4) _____. Do you know what my consumer rights are?

Erm, yeah, well, it's my daughter – she can't find her hamster. It might sound like a trivial matter, but she's in tears. She says she's heard it (5) _____ under the floorboards. Could someone pop over to help us look for it?

Yeah, it's my son – he hasn't eaten his breakfast and he's about to go to work. He's just refusing to eat it. Could someone (6) _____ and sort of order him to eat it? [How old is your son?] He's 45. No, I tell a lie, he's 46 now – he's just had his birthday.

Well, I contracted these builders and they did some work in my back garden, but before they left, they didn't (7) _____ properly and they've left this rock in the middle of the lawn. [How big is the rock?] Well, it's about as big as my head... I mean, hand... my hand, more or less.

I know this is going to sound a bit strange, but there's this man on the bench, and he hasn't moved for at least 10 minutes, and I think that perhaps he might be dead. Well, my question is that if I report him dead does that make me, like, (8) _____ the funeral costs and stuff?

SAFETY

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In good hands

If something is "in good hands", it's with someone who is careful, trustworthy and competent.

"Don't worry. Your car's in good hands with me. I've never had an accident."



On the safe side

If you're "on the safe side", you're prepared for every eventuality. This means that there's less risk or danger.

"Just to be on the safe side, we should take some extra money with us. You never know!"



Play it safe

To avoid taking a risk; to be careful not to take risks.

"We decided to play it safe and only invest half the money, putting the rest in a deposit account."



Safe and sound

If something is "safe and sound", it's protected and not in danger.

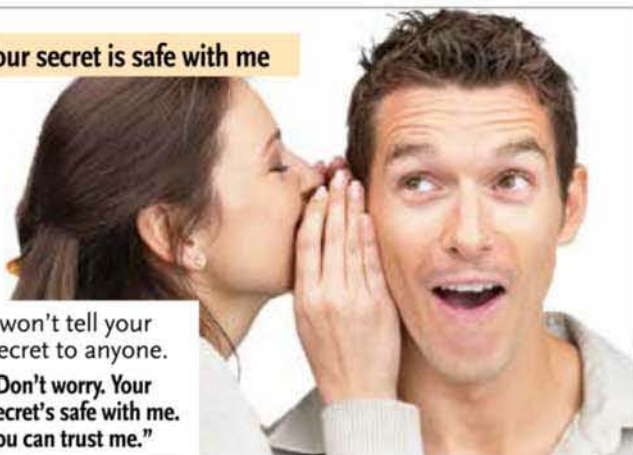
"The trip up the mountains was a bit scary, especially at night, but we're all back, safe and sound."



Your secret is safe with me

I won't tell your secret to anyone.

"Don't worry. Your secret's safe with me. You can trust me."



As safe as houses (British & Australian)

To be very safe.

"Don't worry, I've hidden the money under the floorboards. No one will ever think to look there. It's as safe as houses!"



The coast is clear

There's no danger; nobody can see you; the danger has gone.

"OK. The dog has gone inside now. You can come down from the tree. The coast is clear."



Out of harm's way

If you put something "out of harm's way", you put it in a safe place where it can't be damaged or children can't reach it.

"If you put the medicine on the top shelf, it'll be out of harm's way and the kids won't be able to get to it."



Objective To improve your advanced listening skills by listening to several speakers chatting in an informal setting.

Think about it

Where do you like to get your hair cut? Why do you go there? How often do you go to the hairdresser's?

TRACK 23: SEVERAL ENGLISH ACCENTS



IT'S ABOUT TIME YOU WENT TO THE HAIRDRESSER'S!



Note!

Don't read the audio script until you've completed the exercises. Also, please note that when people chat informally, they often use non-standard English and rarely speak in full sentences.

GROUP TALK

WHAT DO YOU LIKE OR DISLIKE ABOUT GOING TO THE HAIRDRESSER'S?

Audio script

Walter: So, you guys, it's been about six months since I've cut my hair. I'm starting to look a bit shaggy. [I know. I was going to say something!] Where should I go?

Eric: There's a place near me... but I don't know... er... It's cheap, but I'm not sure it's good.

Walter: Yeah, cheap haircut... I don't know. Sometimes this is a bad move.

Eric: 'Cause you've got long hair, [yeah] and you have to be careful with long hair.

Luisa: And sometimes it's worth paying more 'cause you get a better cut and better treatment when you go in there.

Eric: Treatment, really, is that just a way to... [Well...] get more cash?

Luisa: Really, sometimes it's just a... a cup of coffee, and a... and a... a bit of fancy cream on your hair.

Eric: Doesn't hair fall in the coffee?

Luisa: You have to time it well. You have to drink your coffee really quickly. And then, before the cutting starts...

Walter: I don't know, do you prefer a fancy place to

have your hair cut where you pay a hundred euros and you have a glass of champagne or a glass of wine or a nice coffee? Or do you prefer the 9.99 haircut, in and out?

Luisa: I prefer in and out personally.

Eric: Really?

Luisa: Yeah. I don't actually like going to the hairdresser. [No] That's why I have long hair.

Eric: I always... yeah... I mean, when they take too long on your hair, I always feel like they're doing it because that's so that they can justify some... you know... charging all that money. I'd rather get the 10 euro one and get a bottle of champagne on the way home in the supermarket.

Luisa: Yeah.

Walter: One of my favourite things about having a haircut is if they massage your neck, or if they massage your head.

Eric: I love the massage and I'm always... I always close my eyes but I'm kind of embarrassed.

Walter: You could fall asleep.

Eric: Exactly!

Luisa: I think some people do

fall asleep at that... at that stage.

Eric: I think so.

Luisa: Yeah.

Eric: Do you like the head massage, Luisa?

Luisa: I don't actually, no.

Eric: Really?

Luisa: Because they put you in the chair, and they bend your neck back and it always hurts my neck, [ah!] and I always find it really uncomfortable. [yeah] And so I was thinking... just leave that bit. [yeah] Just... let's just cut the hair.

Eric: Let's go straight to the hair.

Luisa: Yeah. [fades out]

GLOSSARY

you guys *exp*
this expression can be used to refer to the people you're with – it's like "you people"
shaggy *adj*
"shaggy" hair is long and untidy
a bad move *exp*
a bad decision/idea
treatment *n*
the "treatment" you receive in a business is the way they look after you / help you, etc.
cash *n*
money in the form of notes (paper) and coins (metal)
fancy *adj*
sophisticated, expensive, special, etc.
in and out *exp*
in this context, this means: you enter the hairdresser's (in), have the haircut, then leave (out)
to justify *vb*
if you "justify" something, you show that it's necessary
a massage *n*
if someone gives you a "massage", they touch and rub a part of your body in order to relax you or to relieve pain
embarrassed *adj*
a person who is "embarrassed" feels bad, ashamed or guilty about something
to bend *vb*
if someone "bends" your head, they move it to the side / backwards / forwards, etc.

Answers on page 44

1 Pre-listening

Before listening, make a list of the things you like or dislike about going to the hairdresser's. Then, listen once. Did they mention anything that you thought of?

2 Listening I

Listen again. Then, answer the questions. What does one of the speakers say about...

- ...the hairdresser's near his house?
- ...paying more at the hairdresser's?
- ...the extras you get at the hairdresser's?
- ...the reason why he has long hair?
- ...what he'd rather buy on the way home?
- ...the reason why she doesn't like the head massages?

Top tip: how to listen

The most important thing to remember when listening to a conversation is that you won't understand every word. So, you should only listen out for the key words – the most important words in the conversation: the nouns, verbs, adjectives, etc. Then, you can use your intuition to fill in the gaps – just as you do in your own language. Knowing the context and topic of the conversation will help with this.

Objective To teach you some slang words and expressions.

Think about it

When was the last time you spoke to a police officer? What was it about? What are the good/bad things about the police in your country? What sort of reputation do the police in your country have?

SLANG CONVERSATION CRIME!

Two ex-prisoners, Karl and Logan are in a car when they're stopped by the police. Listen once and answer these questions:

1. What does the police officer "find" in the car?
2. What information does the police officer want?

Then, listen again and try to guess the meaning of the following slang expressions (also marked in bold in the text). Write out a version of them in Standard English:

	Slang expression	Standard version
1	The cops / the fuzz...	
2	Step on it!	
3	I ain't done nuffin'...	
4	Me old mate	
5	Hot (a car / goods)	
6	Dope	
7	A stitch up	
8	To go straight	
9	A stretch	
10	A set-up	
11	You're nicked!	
12	Inside	
13	A birdie	
14	Loot	
15	A snitch	
16	Behind bars	

K=Karl L=Logan P=Police

Dialogue

K: The cops!

L: What?

K: The fuzz?

L: Where?

K: Behind us! **Step on it!**

L: I'm going as fast as I can. *[a police car stops in front of them]*

P: Step out of the car with your arms in the air. *[sound of walking towards the car]*

K: **I ain't done nuffin'!**

P: Well, look who it is: Karl Bennings, **me old mate**. How's it going?

K: You got the wrong guy!

P: Well, let's just have a little look inside this car, shall we? I won't say "your car" because I'm sure it's **hot**.

[he looks in the car] Now look what we got here. A nice, big bag of **dope**. Turned to dealing, have you?

K: This is a **stitch up**. I don't do drugs! I've **gone straight**.

P: Oh, really. Then what's this? A pistol? Unregistered, no doubt. Been doin' a bit of target practice, have you? Oh, you're looking at a long **stretch** here, matey.

K: That ain't mine and you know it. This is a **set-up!**

P: *[to his police officer buddy]*

Warning
Many of the words and expressions from this section are used in informal situations. Only use in appropriate situations!



Cuff 'em up Jim. *[Jim puts some handcuffs on Karl]* *[to Karl]* Karl Bennings, **you're nicked!** "You have the right to remain silent, but anything you do say will be taken down and may be used in evidence against you."

K: This ain't fair. I don't wanna go back **inside!**

P: Well, you know, we could come to some sort of arrangement.

K: What do you mean?

P: We know you were involved in that bank job the other week. A little **birdie** told us all about it! Tell us where the **loot** is and we might just forget about these charges.

K: What loot?

P: Just come clean, sonny.

K: I ain't no **snitch**. You haven't got anything on me.

P: You're joking. Drugs, an illegal firearm, a stolen vehicle... What don't we have? You're looking at a very long stretch **behind bars**.

K: I think I need to speak to my lawyer.

P: Come along then. Let's get you down to the station.

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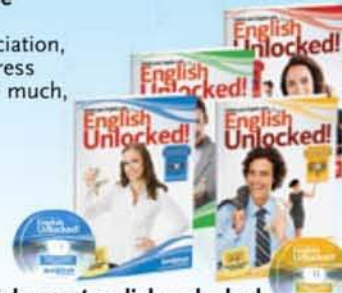
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Objective To improve your listening skills.

Think about it What do you think is causing global warming? What can be done to stop it? What do you think governments should do about it? Have you noticed any evidence of global warming? What?

Exams This listening activity will help prepare you for English exams such as CAE, IELTS and TOEFL.

Answers on page 44

Audio script

1 Pre-listening

In just two minutes, think of as many words associated with global warming as you can. For example: *pollution, greenhouse gases, the environment, global temperatures, the Sun...*

2 Listening I

You're going to listen to two people discussing the question: Are humans responsible for global warming? What do you think the arguments in favour or against this are? Make notes. Then, listen once and write *Speaker I* or *Speaker II* next to the statements (a, b):

- a) _____ thinks that humans are responsible for global warming.
- b) _____ doesn't think that humans are responsible for global warming.

3 Listening II

Listen again. Then, answer the questions. What does *Speaker I* say about...

- 1. ...the Sun?
- 2. ...global temperatures since 1998?
- 3. ...Antarctica?
- 4. ...Bangladesh?
- 5. ...the 1970s?
- 6. ...the consensus among scientists?
- 7. ...the earth 65 million years ago?

What does *Speaker II* say about...

- 8. ...the Sun?
- 9. ...the consensus among scientists?
- 10. ...global temperatures since 1998?

4 Language focus
Text organisational terms

Look at this extract from the audio script of the recording on this page: "...Therefore, it's obvious that..." The speaker has used a text organisational term: *therefore*. Read through the audio script again and find as many of these terms as you can.

5 Listening III

Complete the audio script with the correct words.

Are humans responsible for global warming?

Now, if you're just joining us, we're at London's Newmarket Hall, where experts from both sides are debating the question: Are humans responsible for global warming? And now, getting up to speak is Professor Higgins.

Note!
Don't read the audio script until you've completed the exercises and activities.

Professor Higgins

This notion that global warming is being caused by human activity has been disproved (1) _____. The evidence clearly shows that global warming is being caused by the sun. In the 1960s, scientific studies showed that the brightness and warmth of the sun was increasing. Therefore, it's obvious that (2) _____ is a significant factor driving changes to global temperatures.

On top of that, we're all aware that the climate has changed in the past – at times when we weren't even (3) _____. So, it is preposterous to say that it's being caused by human activity this time. In addition, recent data has shown that the earth is actually cooling, not warming, and it has been doing so since 1998. On top of that, Antarctica is gaining ice, not losing it; and (4) _____ by Professor Niklas Moerner, the sea level in Bangladesh has actually dropped, not risen. And if you think back a few years, you'll recall that in the 1970s scientists were predicting another ice age! Furthermore, it's clear that there's no consensus among scientists (5) _____.

Finally, we all know that levels of carbon dioxide in the atmosphere have been higher in the past – during the Cretaceous era 65 million years ago, for example, when dinosaurs walked the earth. It's also true that sea levels were (6) _____ at that time and conditions would have been far less hospitable to human life than today. In my view, it's clear that humans have played or are playing no part whatsoever (7) _____.

Professor Jenkins

I'd just like to come back to you on a number of points. Now, you made reference to the notion that the sun may be responsible for increased temperatures. It is true that there was some (8) _____. However, since about 1975, solar activity has been on a declining trend, while global temperatures have risen dramatically.

And in answer to your suggestion that the scientific community isn't in agreement on this issue, I'd like to remind you that a recent survey of climate scientists has revealed that more than 97% of active researchers believe that the earth is warming and that human activity (9) _____, and that it cannot be explained away by pointing to natural factors that may have caused climatic variations in the past.

In response to your argument that the earth is cooling, I presume you're basing your evidence on the recent spate of cold weather. However, I feel obliged to point out that there's a distinct difference between long-term climate patterns, which are measured over decades, and (10) _____ caused by factors unrelated to climate change. From average global air and water temperatures to snow cover and ice melt in polar regions, all 10 of the most important indicators of climate change point to real evidence (11) _____.

Now, about your point regarding predictions for an ice age in the 1970s... [fades out] ❄️



Objective To improve your reading and listening skills.

Think about it Are there any famous magicians from your country? Have they done any live stunts on TV? What were they? Which other famous magicians have you heard of? What are some of their most famous stunts?

Exams This reading activity will help prepare you for English exams such as CAE, IELTS and TOEFL.

IT'S
FUN UP
HERE!



The truth behind the magic!

By Olivia Spector

He's walked on water, passed through glass, and levitated at the side of a bus. Dynamo is one of England's most famous magicians. He's achieved a huge following from his incredible stunts. But how does he do them?

The river

On 25th June 2011, Dynamo was filmed walking on the River Thames. The stunt was designed to generate publicity for his latest show. Dynamo walked about a hundred metres on the water before he was taken away in a passing police boat.

How did he do it? It's possible he was walking on a concealed, transparent platform just beneath the surface of the water. At one point, two canoes seem to hit the platform accidentally. The police boat is believed to be a fake.

The necklace

In Las Vegas in 2011, Dynamo borrowed a necklace from a woman and swallowed it. He then pulled it out from a "hole" in his stomach.

How did he do it? It's been suggested that he had a fake torso. So, instead of actually swallowing the necklace, he simply slipped it underneath the prosthetic stomach and then pulled it out again.

The dive

In 2012, Dynamo walked down the *LA Times* headquarters in Los Angeles, stopping in a horizontal position just above the ground.

How did he do it? The trick happened at night, where

it would have been harder to spot a wire or harness. There were floodlights on the ground which shone onto Dynamo but which created shadows behind him where a climbing rope or support harness could easily have been hidden.

The glass window

Also in 2012, at a party on the ground floor of a shop in London, Dynamo gave his jacket to a pair of bouncers who held it in front of him to create a shoulder-high screen. He then disappeared behind the screen before re-emerging on the other side of the shop window as if he'd walked straight through the glass.

How did he do it? It's most likely that the solid window had a secret hatch at the bottom which Dynamo could have opened while he was covered. He probably slipped through this before the coat-screen was removed.

The bus

On 23rd June 2013, Dynamo could be seen levitating at the side of a double-decker bus as part of a promotion for Pepsi Max. It appeared that he was just resting his arm on top of a double-decker bus and floating as it drove around London.

How did he do it?

Throughout the stunt Dynamo's right arm – the one touching the bus – remains at a perfect right angle to his body. Some have speculated that his real right arm is tucked beneath his clothes, while a prosthetic limb is bolted to the bus. This fake arm also



conceals a metal rod which holds him up. *

DYNAMO

Dynamo is an English magician whose real name is Steven Frayne. He was born on 17th December 1982. He's best known for his show *Dynamo: Magician Impossible*. He was inducted into The Magic Circle (a prestigious society for magicians) on 5th July 2012.

VIDEO

YouTube

Watch Dynamo do a trick on actress Lindsay Lohan. Search YouTube for "Dynamo amazing trick on Lindsay Lohan".

GLOSSARY

to levitate *v*
if someone "levitates", they appear to rise and float in the air

a stunt *n*
a dangerous or incredible act. It's often done for publicity

to conceal *v*

to hide

a fake *n*

something that isn't real

to swallow *v*

when you "swallow" food (for example), it goes from your mouth to your stomach

a torso *n*

the main part of your body, not including your head, arms and legs

prosthetic *adj*

"prosthetic" parts of the body are artificial ones used to replace natural ones

to spot *v*

to see/notice

a wire *n*

a thin piece of metal used to tie things, etc.

a harness *n*

a set of straps which fit under a person's arms and around their body. A "harness" is used to keep a piece of equipment in place

floodlights *n*

large lights used to illuminate (light) an area outside

a bouncer *n*

a person whose job is to control who enters a club, etc.

a screen *n*

a piece of metal/wood, etc. that is used to hide an area in a room or to divide a room

a hatch *n*

a small opening/door that people can use to enter or leave a room/building, etc.

to tuck *v*

if you "tuck" something in a place, you put it there so it's safe

a limb *n*

your "limbs" are your arms or legs

to bolt *v*

if you "bolt" A to B, you attach A to B with a bolt: a metal object which you can screw (fix by turning) into a nut (a thick metal ring)

a rod *n*

a long, thin piece of metal or wood

Answers on page 44

1 Pre-reading

You're going to read about a magician who did the following tricks: He has... walked on water, swallowed a necklace and retrieved it from his stomach, walked down a building, walked through glass, levitated at the side of a bus... How do you think he did these tricks? Make notes.

2 Reading I

Read or listen to the article once to compare your ideas from the Pre-reading activity.

3 Reading II

Read the article again. Then, write a summary of how the author thinks Dynamo did each trick.

4 Language focus Collocations

Complete the collocations from the article:

walk _____ water;
the surface of the water;
_____ the ground; a
pair _____; slip _____
something; _____ the
side of; on top _____
something; at a right
angle _____ something

Objective To improve your reading and listening skills.

Think about it Do you ever play video games? Which ones? Why do you like them? Have you heard of Grand Theft Auto? What do you think of it? Do you think video games can make people violent? In what ways? How?

Exams This reading and listening activity will help prepare you for English exams such as CAE, IELTS and TOEFL.



GRAND THEFT AUTO – SHOULD IT BE BANNED?

Answers on page 44

1 Pre-reading

You're going to read an article about a controversial video game: Grand Theft Auto (GTA). In what ways do you think it's controversial? Make notes.

2 Reading I

Read or listen to the article once to compare your ideas from the Pre-reading activity.

3 Reading II

Read the article again. Then, answer the questions without referring back to the text.

1. What are some of the missions that players are sent on?
2. What evidence is there that it's the most controversial video game series in history?
3. What examples are given to show how the game has influenced real-life incidents?
4. Why has the latest instalment of the series come under fire?
5. What evidence is there that the game isn't just about killing and shooting?

4 Language focus Verbs + prepositions

Complete the following expressions from the article with the correct prepositions:
 send someone _____ a mission; take _____ the role of someone; progress _____ a storyline; model a city _____ another one; criticise someone _____ something; torture someone _____ information; treat yourself _____ something

Does a game involving murder, robbery and torture sound like your idea of fun? For fans of the videogame Grand Theft Auto (GTA), they just can't get enough of it.

Grand Theft Auto takes you into a world of fantasy. As a player, you take on the role of a criminal as you're sent on various missions. These must be completed in order to progress through the storyline. Typical missions include **drive-by shootings**, bank robberies and **targeted killings**. The missions take place in fictional areas that have been modelled on American cities.

The game has been a huge success. It's won multiple awards and has sold over 125 million copies worldwide (as of December 2012). It's also set several Guinness World Records, including Most Guest Stars in a Video Game Series, Largest Voice Cast in a Video Game (GTA: San Andreas), and Largest In-Game Soundtrack (GTA: San Andreas).

However, it's also got its critics. According to The Guinness World Records 2008 and 2009 Gamer's Edition, it's the most controversial video game series in history, with over 4,000 articles published about it on topics such as **glamorising** violence and **corrupting** gamers.

It's even been **cited** as the

cause of several real-life crimes and incidents. In 2003, teens William and Josh Buckner shot and killed two adults. They claimed their actions were inspired by GTA III. In 2009, a six-year-old boy took his family's car on a 10-mile trip before he crashed. He claimed he'd learned to drive from the game.

The latest version (Grand Theft Auto V) has also **come under fire**. It's been heavily criticised for a particularly **gruesome** scene in which players have to torture an alleged terrorist for information. Players are offered a selection of torture implements including **sledgehammers** and electric cables. If the victim's heart stops, he's given a **shot of adrenaline**.

"Rockstar North has **crossed a line** by effectively forcing people to take on the role of a torturer and perform a series of unspeakable acts if they want to achieve success in the game," said Freedom from Torture chief executive Keith Best. "Torture is a reality, not a game and glamourising it in popular culture undoes the work of organisations like Freedom from Torture," he added.

But it isn't all about guns and violence. Players who want a break from a busy day's shooting, robbing or **carjacking** can go scuba diving, skydiving or cycling, or

treat themselves to a round of golf or a **spot of** yoga.

Game of GTA, anyone? ❖

GRAND THEFT AUTO

Grand Theft Auto (GTA) is a British video game series developed by Rockstar North. The name of the series ("grand theft auto") is a legal term that refers to the crime of car theft.

Several famous people have done voiceovers for characters in the game, including Ray Liotta, Burt Reynolds, Samuel L. Jackson, James Woods, Ricky Gervais, Debbie Harry, Phil Collins and Peter Fonda.

GLOSSARY

- a drive-by shooting** *n*: an incident in which a person is killed or shot at by someone in a car
- a targeted killing** *n*: the planned killing of a specific person, often on the orders of the leader of an organisation, etc.
- to glamorise** *vb*: to make something appear more attractive than it really is
- to corrupt** *vb*: if someone is "corrupted" by something, that thing causes them to become dishonest/bad, etc.
- to cite** *vb*: to mention something – especially as proof of what you're saying
- to come under fire** *exp*: if you "come under fire", you're criticised or attacked verbally
- gruesome** *adj*: something that's "gruesome" is unpleasant, shocking and not nice
- a sledgehammer** *n*: a long piece of wood with a large piece of metal at the end. It's often used to break up rocks, etc.
- a shot of** *exp*: if you give someone a "shot of" a substance, you inject that substance into their body
- adrenaline** *n*: a chemical that makes your heart beat faster and gives you more energy
- to cross a line** *exp*: to do something that's unacceptable for most people
- to carjack** *vb*: to attack someone in a car in order to steal the car or something in the car
- a spot of** *exp*: a bit of

Objective To improve your reading and listening skills.

Think about it How often do you go out these days? Have you changed any of your habits as a result of the credit crunch? Are you more careful about what you buy? In what ways? How do you control your spending?

Exams This reading and listening activity will help prepare you for English exams such as CAE, IELTS and TOEFL.

TRACK 28: ENGLISHMAN & ENGLISHWOMAN



HOW LIFE HAS CHANGED WITH THE CREDIT CRUNCH!

Answers on page 44

1 Pre-reading

You're going to read an article about how the credit crunch has changed life in the UK. In what ways do you think it has affected things? Think of the following areas:

going out, house prices, divorce / separation, alcohol consumption, pollution, transport, dental care, high streets, pets, private schools

2 Reading I

Read or listen to the article once to compare your ideas from the Pre-reading activity.

3 Reading II

Read the article again. Then, answer the questions without referring back to the text.

1. What do you get for the dine-in-for-two meal deal?
2. Why is it hard for people to buy property?
3. Why are fewer people getting divorced?
4. What has contributed to the decrease in alcohol consumption?
5. Why is there less pollution?
6. Why are people going to the dentist less often?
7. How have some private schools managed to survive?

How has the recession affected life in your country? Here are a few things that have changed in the UK as a result of the credit crunch.

In the past, Friday or Saturday evening was the time to go out for a meal at a fancy restaurant. However, these days, many opt for a dine-in-for-two-for-£10 deal, complete with a starter (or dessert), a main course and a bottle of wine that you can enjoy in the comfort of your own home.

With borrowing at an all-time low, house prices in some areas have plummeted. Those who want to sell, have to accept huge losses on previous prices. Those who want to buy often can't get a mortgage.

One of the positive effects of the recession has been that the divorce rate has gone down by 23%. Separating has become too expensive.

The average British alcohol consumption fell from the equivalent of 9.2 litres of pure alcohol in 2007 to less than 8 litres in 2012. Of course, the hike in VAT from 17.5% to 20% didn't help.

Most people have been

using the car a lot less frequently. And many more have taken up cycling to get around. And with less production in general, factories are belching out less pollution. As a result, government statistics show that particle pollution has fallen by 14% in a lot of towns and cities.

Ever fearful of yet another bill, dentists have seen the number of patients fall dramatically. However, according to the British Dental Association, there's also been an increase in emergency procedures.

Where there were once delicatessens and high-end clothing stores on Britain's high streets, there are now pawnbrokers and pound shops. The recession has also seen the success of low-cost supermarkets such as Lidl, Aldi and Poundland.

The RSPCA says that the numbers of dogs and cats abandoned has increased by 65% since 2007, with many people unwilling or unable to pay for the upkeep of their pets.

The number of British pupils in private schools has fallen dramatically; and nearly 40 members of the Independent Schools

Council have had to close over the past few years. However, private education has survived, mostly thanks to an increase in pupils from countries such as Russia and China.

What's been happening in your country? *

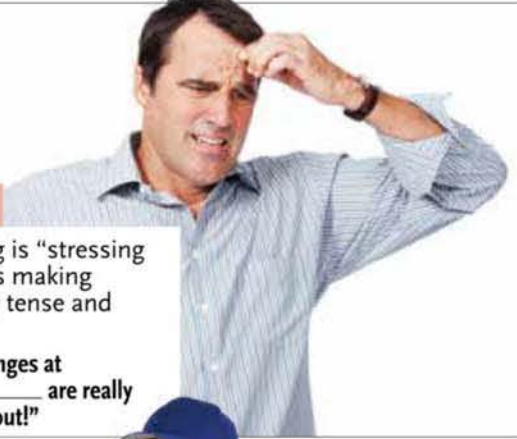
GLOSSARY

a recession *n*
a period of time when the economy of a country is doing badly
the credit crunch *n*
a period of time when people aren't investing in business projects / it's difficult to get money from the banks, etc.
a deal *n*
a special offer, often with a cheap price
to plummet *vb*
to decrease suddenly and quickly and by a large amount
a mortgage *n*
money from the bank to buy a house
a hike *n*
an increase in the amount of something
VAT *abbr*
value added tax: a tax that is added to the price of goods or services
to belch out *phr vb*
if a factory is "belching out" smoke (for example), smoke is coming out of it
particle pollution *n*
a mixture of tiny amounts of liquid in the air that can cause damage to the lungs (the bags inside your body that you use to breathe)
a delicatessen *n*
a shop that sells high quality food such as cheeses and cold meat that has been imported from other countries
high-end *adj*
"high-end" products are the most expensive of their kind
a pawnbroker *n*
a shop where you can "pawn" something that you own: you leave it with the pawnbroker who gives you money for it. If you don't pay back the money within a certain time, the pawnbroker can sell it
a pound shop *n*
a shop where everything costs a pound (a euro, more or less)
the RSPCA *abbr*
the Royal Society for the Prevention of Cruelty to Animals – an organisation that protects animals
upkeep *n*
the money or work required to keep/maintain something

Complete the sentences (1 to 8) with the words from below.

news anger help incident shouted work meeting appearance


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1 

Stress out

If something is "stressing you out", it's making you feel very tense and stressed.

"All these changes at _____ are really stressing me out!"

2 

Get someone down

If something "gets you down", it makes you feel sad and depressed.


"All this bad _____ is really starting to get me down."

3 

Let someone down

If you "let someone down", you make them feel sad/disappointed because you don't do what you promised to do.

"You really let me down by not turning up to support me at that _____."

4 

Depend on someone

If you "depend on" someone, you need that person emotionally / psychologically.


"I'm depending on you to _____ me with this, so don't let me down."

5 

Obsess over

If you "obsess over" something, you worry about it a lot, and keep thinking about it.

"He's always obsessing over his _____. He won't go out until he looks perfect!"

6 

Mess someone up

If something "messes someone up", it makes them confused or worried, and could cause them to have psychological problems.

"The kidnapping _____ really messed them up."

7 

Bottle things up

If you "bottle up" feelings or anger (for example), you repress it and don't express it. "You shouldn't bottle up your _____. You need to talk about it."

8 

Let off (steam)

To release your feelings of anger / emotion, etc. by talking about it.

"I'm sorry I _____ at you like that. I think I just needed to let off some steam."

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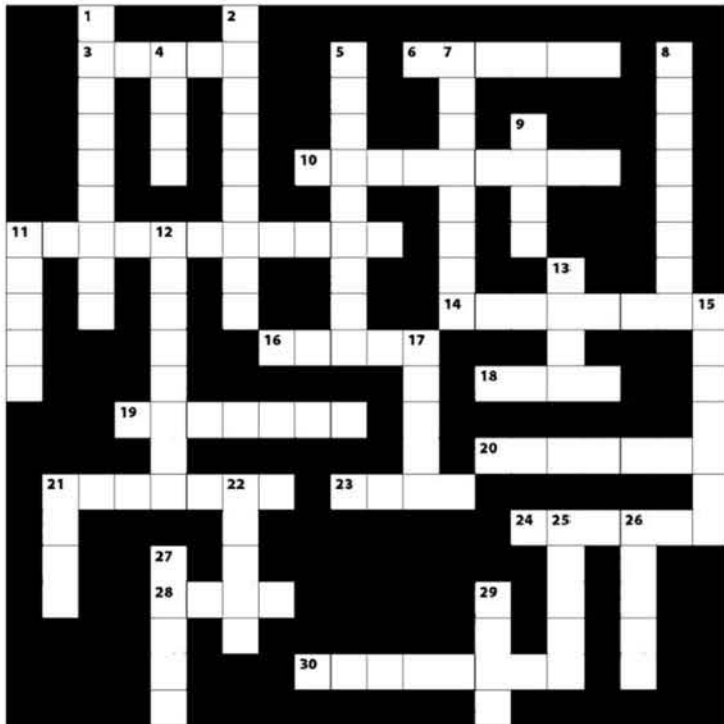
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HOT CROSSWORD

See if you can complete this crossword. This crossword is based on words and expressions from the magazine. So, the best thing is to do it after reading all the magazine. Having problems? Refer back to the pages in brackets. How much can you remember?



Across

Answers on page 44

3. Terrible / very bad (page 6)
6. A small box in a piece of furniture where you can put things (page 28)
10. Serious pain that someone feels in their body or mind (page 28)
11. Large lights used to illuminate (to light) an area outside (page 39)
14. A criminal who uses force / violence to take control of an aeroplane (page 20)
16. A member of the jury – the 12 people who decide whether a suspect is innocent or guilty (page 28)
18. If a solid does this, it becomes liquid = to _____ (page 32)
19. A gun / pistol / rifle, etc. (page 4)
20. If someone does this, they don't die in an accident/attack, etc. = to _____ (page 15)
21. The state of being poor and having no money for food, etc. (page 6)
23. To give food to (page 32)
24. A small, leather object men use to carry money / credit cards, etc. (page 6)
28. If you do this to someone, you catch them = to _____ someone (page 20)
30. The crime of entering property illegally in order to steal something (page 28)

Down

1. An animal that eats meat (page 32)
2. To make something (violence, for example) appear more attractive than it really is (page 40)
4. Something that isn't real or genuine (page 39)
5. Someone who works for a charity or organisation for free (page 15)
7. Scientific investigation (page 20)
8. The noise made by people when they clap (hit their hands together) (page 20)
9. A substance produced by insect larvae which is made into a smooth fine cloth (page 6)
11. The crime of gaining money by a trick or by lying (page 28)
12. Clothing you wear so people can't recognise you (page 28)
13. To send to prison (page 28)
15. If you do this, you ask for something politely and formally = to _____ something (page 4)
17. If you do this to an animal, you look after it when it's a baby until it's an adult (page 28)
21. A measurement of liquid that is 568 cubic centimetres (page 28)
22. A legal process in which the jury (the 12 people) decide whether someone is innocent or guilty of a crime (page 28)
25. If something feels like this, it hurts a lot and causes you a lot of pain (page 6)
26. A strong coffee made with hot milk. The word comes from an Italian phrase (page 6)
27. An American English word for a shop (page 4)
29. To take quickly and forcefully/violently (page 28)

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STORY TIME

Jokes, anecdotes and stories as told by native English speakers.

I'M HAVING A LIGHT BULB MOMENT!



Next English magazine
 slang English: at work, practical English: how to express worry and relief, useful language: transport, how Burberry became an international brand, a Himalayan mystery, top 10 things to do in airports, why luxury brands sell well, 9 types of intelligence, 5 websites to make you laugh, privacy laws and government spying, how to eat cheaply, and lots, lots more!

The end

- A:** I say, I say, I say.
 What is the end of everything?
B: I don't know. What is the end of everything?
A: The letter "g".

Absent from work

Office workers Ben and Sally are chatting during their lunch break. All of a sudden, Sally says, "I bet I can make the boss give me a **day off**."
 "How?" asks Ben.
 "Easy!" says Sally, as she jumps up onto a table and holds onto one of the **heating pipes** that's just below the **ceiling**.
Hanging upside down, she starts screaming

wildly. Hearing all the noise, the manager runs in, "What **on earth** are you doing?"
 "I'm an angry **light bulb**," says Sally, with a wild look in her face.
 "Right!" the boss says.
 "It's clear that you've been working too hard and it's starting to **get to** you. I suggest you take the day off and go and get some rest."
 "OK!" she says as she jumps down and **heads off for home**.
 Immediately, Ben starts to follow her.
 "Where do you think you're going?" the boss asks, standing in his way.

And Ben replies, "I'm going home, too. I can't work in the dark." ✨

GLOSSARY

- a day off** *exp*
 if you have a "day off", you don't go to work – either because you're ill, or because you've been given permission not to go
- a heating pipe** *n*
 a long metal object that carries hot water around a house/building in order to provide heat
- the ceiling** *n*
 the top part of a room above your head
- to hang upside down** *exp*
 to be in a position with your head towards the ground and your legs in the air
- on earth** *exp*
 this expression is used for emphasis or to show that you're angry or shocked
- a light bulb** *n*
 an object that provides light when you connect it to the electricity
- to get to** *exp*
 if something starts to "get to you", it starts to affect you negatively/badly
- to head off for** *exp*
 to go to a place

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