

student's book

level B2

PIONEER

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PIONEER LEVEL B2 CONTENTS

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	Vocabulary	Grammar	Functions
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Reading	Listening	Speaking	Writing
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<ul style="list-style-type: none"> • Four short texts in which people talk about ways to enhance mental ability: <i>Mind-Boosting methods</i> • An article: <i>The Genius of Leonardo da Vinci</i> 	<ul style="list-style-type: none"> • A radio interview with a former world memory champion 	<ul style="list-style-type: none"> • Discussing effective techniques when you have to remember to do something and reaching a decision 	<ul style="list-style-type: none"> • An essay (III) <p>Developing skills:</p> <ul style="list-style-type: none"> • Using topic sentences • Using linking words/phrases to indicate the topic being discussed and to express contrast
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Discuss:

- Do you consider yourself to be fit? Why? / Why not?
- What do you do to stay fit?
- Do you enjoy exercising, or is it something you feel you have to do?
- Which is more important, exercising or eating healthily?

In this module you will...

- discuss issues related to health and fitness
- learn sports idioms, verbs with prepositions, phrasal verbs, and how to distinguish between words easily confused
- learn to express ability, inability, obligation, necessity, absence of obligation/necessity, prohibition, permission, requests, advice, opinion, certainty, regret and criticism
- learn to express possibility and make deductions in the present/future and past
- learn to write a semi-formal letter expressing an opinion
- acquire skills and strategies that will help you with exams

Reading

A. Discuss.

- What's the longest distance you have ever run/walked?
- Have you ever taken part in a marathon?
- What characteristics/qualities do you need to complete long-distance races?

B. Read the texts quickly and complete the fact file below.

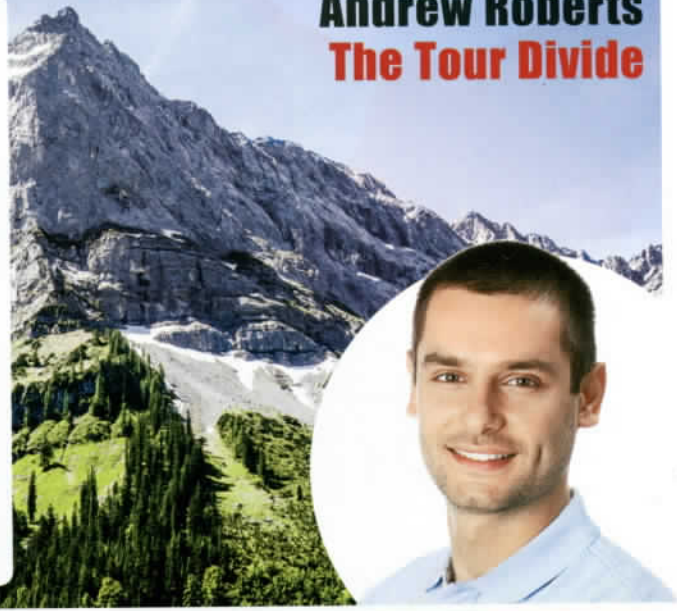
	Tour Divide	6633 Ultra	Marathon des Sables	Jungle Ultra
Race type				
Location				
Distance				
Approximate completion time				

ULTRAMARATHONS

A.

I wanted to find the ultimate challenge to push myself to the limit. Being a big fan of mountain biking, I chose the Tour Divide, the world's longest off-pavement cycling race, and after five months of training, I was ready for it. If you have good navigational skills and are able to get by with the minimum of possessions, then you should attempt this extreme test of endurance. The route follows the Continental Divide from Canada through the United States down to the Mexican border. It covers the length of the Rocky Mountains, a distance of 2,745 miles, but this includes nearly 200,000 feet of mountain, which is the **equivalent** of reaching the summit of Mount Everest from sea-level 7 times. It takes the average rider more than two weeks to complete the race. I really enjoyed the experience because, as there are no prizes for finishing, there was no pressure. I could travel at my own pace, and enjoy the beautiful surroundings.

Andrew Roberts The Tour Divide



B.

Steve Edwards 6633 Ultra

This footrace is described as one of the toughest, coldest and windiest extreme ultramarathons on the planet, and this is no exaggeration. The race follows the Arctic Circle and lasts for about 4-9 days. There are two alternatives: the 350-mile race, which is only for the toughest endurance racers, or the 120-mile race. Participants are **obliged** to carry provisions on a sled and their only chance of rest or sleep is at one of the checkpoints, which are 23-70 miles apart. Initially, I struggled a lot because my sled was a bit too heavy but I gradually got the hang of it. Unfortunately, I lasted only 6 days and was unable to finish the whole 350 miles. I gave it my best shot, though, and didn't consider it failing, because there's only a 20% chance of completion. It must be an incredible feeling to achieve such a feat!



C.

Henry Oliver

Marathon des Sables

The Marathon des Sables is known as the toughest footrace on the planet. This is a **strenuous** event which takes place in one of the world's most inhospitable locations, the Sahara Desert. Every participant has to run under the **scorching** sun for six days, a total of 156 miles. The rules require runners to be **self-sufficient** and carry everything they need to survive on their back. The only thing they don't need to carry is water, which is handed out at checkpoints. Temperatures can reach 50°C and the landscape is just endless sand dunes. For me, the most beautiful sight every day was the final checkpoint. There, I could recharge my batteries and compare blisters with my fellow runners. However, as the race progressed, getting up at six in the morning became a real struggle. Nevertheless, I consider it one of my greatest accomplishments in life and will definitely go again next year.

D.

Lee Eastman

Jungle Ultra



I had taken part in a few ultramarathons so I was quite confident about this race in Peru. I was at the first-ever race in 2012, and it's an experience I will never forget. You have to run through jungle trails, tough mountain roads and paths. The jungle was teeming with creepy-crawlies, there were 70 rivers to cross and hills that took days to climb. The first problem you encounter, though, is lack of oxygen as the race begins at 10,500 ft in the Manu Cloud Forest in the Andes. As you make your way down to the Amazon Jungle, you will face humidity levels near 100%. Not to mention that you also have to carry your supplies the whole way. The race lasts for 6 days and covers a distance of 143 miles. You have to **register** at the checkpoints, which are every 6-9 miles. I almost missed the second to last one, which would have meant instant disqualification. Imagine being so close to the end and not being able to finish!

I. Read the texts again. For questions 1-10, choose from the people (A-D). The people may be chosen more than once.

Which person

1. describes the difficulties of racing at high altitude?
2. mentions different versions of the race?
3. mentions his preparation for the race?
4. found comfort in the fact that few people complete the race?
5. mentions having previous experience of similar races?
6. mentions that some essential supplies are provided during the race?
7. mentions that the race was a stress-free experience?
8. explains how his equipment gave him a hard time?
9. says that he could have been prevented from finishing the race because of a mistake?
10. mentions spending time with other participants during the race?

D. Look at the highlighted words in the texts and match them with their meanings.

1. equivalent
2. oblige
3. strenuous
4. scorching
5. self-sufficient
6. register

- a. extremely hot
- b. able to provide or do everything you need without the help of others
- c. sth that has the same value, amount, meaning, etc. as sth else
- d. to put sb's name on an official list
- e. to force sb to do sth because it is necessary
- f. needing great effort and strength

E. Discuss.

- Which of the races do you consider to be the most difficult?
- Which race would you consider trying? Why?

Vocabulary

A. Read the extract taken from the text on page 56. Can you think of any other sports idioms?

I gave it my best shot, though, and didn't consider it failing...

B. Look at the idioms in bold in the sentences below and match them with their meanings. Then try to guess which sports they come from.

- Robbie called Tim lazy in front of everyone which I thought was a bit **below the belt**.
- A:** I don't have time to pick up Emily from gymnastics this afternoon. Can you do it?
B: No sweat. I'll go.
- Louis is **skating on thin ice** by asking his boss for more time off.
- I decided to **get the ball rolling** so I got up and went to serve myself at the buffet. After a few minutes everyone else got up, too.
- With all the unexpected expenses Suzy has had the past year, she constantly feels like she is barely **keeping her head above water**.
- This is a difficult project. I just hope I will be able to **go the full distance**.
- Sally didn't know how to use the till but the shop manager **showed her the ropes**.
- Mr Roberts has offered me the job, so **the ball is in my court** now.
- Diana got in trouble because she **jumped the gun** and started the test before the teacher told the students to do so.

- 10.** I was trying to come up with a good excuse for not wanting to join the others for dinner when my bus arrived.
Saved by the bell!



- to teach sb how sth should be done
- to be one's turn to act
- to do sth too soon
- to finish sth
- very cruel or unfair
- to just be able to manage, especially when you have financial problems
- used to say that you can do sth easily
- rescued from a tricky situation just in time
- to make sth start happening
- to be in a risky situation

C. Complete the sentences with the correct form of the words in the boxes. In some cases more than one answer may be correct.

match game race competition

- I'm thinking of participating in a photography _____ . What do you think?
- The tennis _____ was cancelled when one of the opponents was badly injured.
- Most of the runners who took part in the _____ had been training for a long time.
- American football seems very interesting but I don't understand the rules of the _____ .

fan spectator viewer audience

- The _____ applauded at the end of the performance.
- Dennis is a big _____ of rugby. He never misses a match.
- The Olympic Games are broadcast on TV and attract billions of _____ worldwide.
- The _____ stood on the side of the road and cheered the runners on.

location position site spot venue

- The Mayan city of Palenque is a beautiful archaeological _____ in Mexico.
- From our _____ at the top of the mountain, we could see the ocean in the distance.
- His favourite _____ in the house is the armchair near the fireplace.
- The gym is moving to a new _____ on the other side of town.
- This hotel is often used as a conference _____ .

win beat defeat fail lose

- My team has _____ three matches in a row this season. I don't know why we're playing so badly.
- Jake is an excellent table tennis player. He always _____ me when we play.
- Gregory always wanted to become a professional football player, but unfortunately he _____ .
- Germany _____ the World Cup in 2014 by _____ Argentina in the final.

Grammar can, could, be able to, must, mustn't, have to, don't have to, need, needn't, don't need to, will, may, might, can't, should, ought to, had better → p. 169

A. Read the examples below and complete the tables with the missing verb forms.

- You **don't need to** buy ski equipment; you can rent equipment at the resort.
- All participants **have to** arrive at the starting point 30 minutes before the race begins.
- Excuse me, **would** you show me how the game is played?
- May** I use your mobile phone for a minute?
- You'd **better** do some warm-up exercises first, or else you'll pull a muscle.
- You **mustn't** use your hands when playing football. It's against the rules.
- When I was younger, I **could** run non-stop for two kilometres, but now I can't.

Ability / Inability

Present / Future	Past
can('t), am/is/are (not) able to	1 _____ (n't), was/were (not) able to

Obligation / Necessity

Present / Future	Past
must, 2 _____, need to	had to, needed to

Absence of obligation / necessity

Present / Future	Past
don't have to, 3 _____,	didn't have to, didn't need to needn't

Prohibition

4 _____, can't	can, could, 5 _____, might
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Permission

Requests

can, could, may, will, 6 _____	Advice / Opinion should(n't), ought (not) to, 7 _____ (not)
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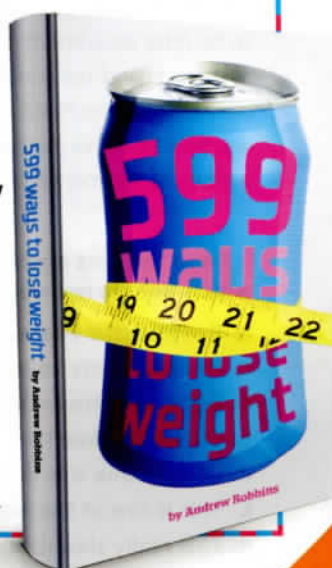
B. Read the examples and match the verb forms in blue with what they express. Write a-d.

- The Tigers **must be** the winners of the championship; I just turned on the TV and saw them celebrating on the field.
- The Tigers **may/might/could be** the winners of the championship; there are a few other good teams, but I believe the Tigers have a great chance.
- The Tigers **will be** the winners of the championship; they're the best team ever, so there's no doubt about it.
- The Tigers **can't be** the winners of the championship; they played terribly this season!

- certainty (we are absolutely sure about sth)
- positive deduction (we are almost sure that sth is true)
- possibility (sth is possible to happen but we are not sure)
- negative deduction (we are almost sure that sth is not true)

C. Read and circle the correct options.

- A:** I bought this great book with different diets and tips, and I found a diet I think I'll **1 need / be able** to stick to this time.
- B:** It **2 could / had better** be an easy one! You **3 didn't have to / weren't able to** keep up any of the other diets you've tried.
- A:** I know, but this time I'm confident. And you know how people say we **4 might / should** sleep at least eight hours a night? Well, they're right.
- B:** Sure, but it's not always easy. For example, I **5 have to / can** get up really early in the morning every day and I **6 can't / mustn't** always go to bed early.
- A:** Yes, but studies show that weight gain **7 had to / may** be related to lack of sleep. A good night's sleep helps burn fat, as well as reduce your appetite for unhealthy high-sugar food.
- B:** OK, but **8 could / should** I ask you a question? What does this book of yours say you **9 had better / ought** to do when it's not possible to get enough sleep?
- A:** You **10 needn't / might not** worry. If that is the case, it says that you **11 could / must** ensure a good night's sleep by drinking a relaxing herbal tea. You won't sleep any longer than usual, but it **12 will / must** definitely help you sleep more deeply, which means you'll be better rested.
- B:** That **13 can't / mustn't** be true. It doesn't sound very convincing to me.
- A:** You don't think so? It says here that people who get stomach aches easily **14 needn't / shouldn't** try it without asking a doctor first. But I don't have a problem so I'm going to give it a go. I'm positive it **15 can / will** work. Would you like me to buy some herbal tea for you, too?
- B:** No thanks. If I **16 need / ought** to lose weight, I'll just go to the gym.



Reading

A. Discuss.

- Do you know what Pilates is? Have you ever tried it?

B. Read the text quickly without paying attention to the missing sentences. Which of the following titles is the most appropriate for the article?

- a. Benefits of Pilates** **b. Pilates: How it all began** **c. The Past and Future of Pilates**



"I must be right. Never an aspirin. Never injured a day in my life. The whole country, the whole world, should be doing my exercises. They'd be happier."
- J. H. Pilates, 1965, age 82.

Lately it seems that everybody is doing or thinking of trying out the Pilates method of exercise. **1** It's a popular method that works well for all sorts of people - from professionals such as athletes to the elderly and even pregnant women. However, not many people know how it came about.

Pilates is a method developed by German-born J. H. Pilates (1883-1967), who was a gymnast and bodybuilder among other things. When he was young, he suffered from many diseases. **2** By exercising outside in the sun, he overcame rickets, a condition that appears because of a vitamin D deficiency. He continued to study anatomy and develop himself in multiple areas of fitness and athletics, such as martial arts, bodybuilding, skiing, gymnastics, boxing and diving. These activities influenced and inspired him to create the Pilates method.

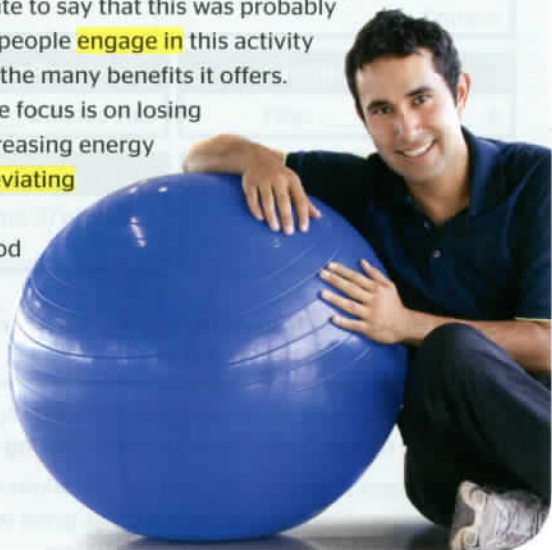
Pilates insisted that the modern lifestyle people were leading was the root of most health problems. **3** This led him to create a series of exercises that centred on improving these along with balance, flexibility and the strengthening of the core muscles, which are the foundation of the whole body.

He began to develop his method in England in 1912 while he was working as a circus performer, a boxer and a self-defence instructor at police schools. However, when World War I broke out, he was placed in a prison camp. **4** He also attached springs to the hospital beds, turning them into workout equipment for patients who were unable to get out of bed. This **innovation** led to his later equipment designs. In 1918, an influenza epidemic struck England, resulting in thousands of deaths. Not one of the people using the Pilates method died from it. This, he claimed, was proof that his method was indeed effective and promoted a physical and mental state of well-being.

Pilates returned to Germany, where his exercise method had already gained popularity. He could have stayed there and continued his work but, in 1926, he decided to emigrate to America. During the voyage, he met Anna Clara Zuener. Together, in New York, they **founded** the first Pilates studio, which soon brought about new developments in the field of fitness. The name that Pilates used for his method was 'Contrology', as it focused on using the mind to control the body's muscles.

5 Many well-known dancers and choreographers, such as George Balanchine, sent their students to Pilates' studio to train or **rehabilitate** after an accident. It was good for helping them acquire the strength, flexibility and **stamina** they needed to control their movements while performing. Once the ballet community discovered the Pilates method, others also followed, which led to more studios opening.

Decades later, the Pilates method has become one of the fastest-growing fitness trends worldwide. **6** It wouldn't be inaccurate to say that this was probably true. Many people **engage in** this activity because of the many benefits it offers. Whether the focus is on losing weight, increasing energy or even **alleviating** backache, it is a method that is sure to improve a person's health.



C. Read the text again. Complete the gaps 1-6 with the sentences a-g below. There is one extra sentence which you do not need to use.

- It is said that Pilates claimed he was ahead of his time.
- He specifically believed that poor posture and inefficient breathing were the primary issues that needed to be dealt with.
- Because of his unhealthy condition, he dedicated himself to the improvement of his physical strength and overall health.
- During his time there, Pilates improved his exercise method and started teaching others.
- Despite this, this demanding exercise could gradually transform the body.
- This is one of the main reasons the method soon caught on and became popular especially among performers.
- This really shouldn't surprise us.

D. Look at the highlighted words in the text and match them with their meanings. There are two extra meanings which you do not need to use.

- | | |
|--|---|
| 1. innovation <input type="checkbox"/> | a. physical and mental strength needed to do sth difficult for a long time |
| 2. found <input type="checkbox"/> | b. to make sth less severe and less painful |
| 3. rehabilitate <input type="checkbox"/> | c. to start a company, organisation, etc. |
| 4. stamina <input type="checkbox"/> | d. to discover sth |
| 5. engage in <input type="checkbox"/> | e. to take part in |
| 6. alleviate <input type="checkbox"/> | f. a physical activity |
| | g. to help sb return to a good or healthy condition after they have been seriously ill, injured, etc. |
| | h. a new idea, method, invention |

Vocabulary

R. Look at the following extracts from the text. Can you think of any other verbs followed by the preposition on?

*This led him to create a series of exercises that **centred on** improving these along with balance...*

*The name that Pilates used for his method was 'Contrology', as it **focused on** using the mind to control the body's muscles.*

B. Complete the table with the verbs in the box.

cope result depend lead interact amount invest refer
rely believe comment participate relate contribute
congratulate replace confuse insist combine specialise

verb + on	verb + in	verb + to	verb + with

C. Complete the sentences below using the correct form of some of the verbs from the exercise above.

- The instructor _____ on everyone wearing a life jacket before getting onto the boat.
- The police are interested in the events that _____ to the accident.
- I always _____ karate with judo. I don't know the difference between the two martial arts.
- If you don't have any butter, you can _____ it with oil.
- The coach didn't want to _____ on the match until it was over.
- Eating too much junk food can _____ in obesity.
- The company I work for will _____ about €500,000 in new technology.
- This is a great book because it _____ history with fiction.
- Kevin had nothing to _____ to the discussion. He just sat there and listened.
- The new fitness instructor _____ in aerobics group sessions.

E. Discuss.

- What fact about Pilates did you find most interesting?
- Would you be interested in trying or taking up Pilates if you haven't already done so? Why? / Why not?



D. Read the sentences. Does the phrasal verb in bold have the same meaning in both sentences?

- However, when World War I **broke out**, he was placed in a prison camp.
- Ten prisoners **broke out** of prison last night.

Some phrasal verbs often have more than one meaning. Pay attention to the context to understand the meaning.

E. Read the sentences and match the phrasal verbs in bold with their meanings.

- Mr Watson will be free in about an hour, when his meeting **breaks up**.
- Amanda **broke down** when she heard the bad news.
- Someone **broke into** the gym last night, but nothing was stolen.
- I couldn't understand what Tom was saying while we were talking on the phone because he was **breaking up**.
- There was a lot of traffic in the centre today because a lorry had **broken down**.
- The crowd **broke into** applause when Julian scored a goal.

- | |
|--|
| a. to end |
| b. to begin to cry |
| c. to stop being heard because of a bad connection |
| d. to enter a building or car by force |
| e. to suddenly begin to do sth i.e. laughing |
| f. to stop working |

Grammar Modal verbs + have + past participle → p. 170

A. Read the sentences below. Do they refer to the present, past or future?

- Patrick **could have broken** his leg when he fell off the motorbike, but fortunately he didn't.
- You **can't have seen** Sally today. She's at a spa resort.
- I **should have gone** to bed earlier last night so I wouldn't be so tired right now.
- You **must have heard** of him. He was a famous swimmer.
- My sister **might have tried** this diet before but I'm not 100% certain.
- Kelly **needn't have bought** a tent for the camping trip. I have one.

B. Read the sentences again and complete the gaps with the missing modal verbs.

Regret or criticism about an action or somebody's behaviour in the past

1 _____ or ought (not) to + have + past participle

Absence of necessity in the past (something wasn't necessary but it was done)

2 _____ + have + past participle

Possibility in the past (perhaps something happened but we are not sure)

may or 3 _____ + have + past participle

Unfulfilled possibility in the past (it was possible for something to happen but it didn't)

4 _____ + have + past participle

Positive deduction in the past (we are almost sure that something happened)

5 _____ + have + past participle

Negative deduction in the past (we are almost sure that something didn't happen)

6 _____ or couldn't + have + past participle

C. Complete with the appropriate *modal verb + have + past participle* of the verbs in brackets.

- A:** This crash diet didn't work at all. I feel weak and I haven't lost a single kilo.

B: You _____ (take) my advice. Unless you follow a balanced diet and exercise, you won't lose any weight.
- A:** Did you see the match last night?

B: Yeah, it was brilliant! However, Timmons _____ (injure) his back quite badly. He could barely walk by the end.
- A:** You _____ (go) mountain biking by yourself! You _____ (get) injured and nobody would have been there to help you.

B: Yeah, I realise that now.
- A:** I heard that Jack has an interview at the new fitness centre. Maybe he'll be the new aerobics instructor.

B: What are you talking about? He _____ (apply) for the position of a gym instructor. He doesn't have a degree in Physical Education.
- A:** Hi, Jill. How are you feeling? You sounded depressed on the phone, so I brought a little something to cheer you up.

B: I'm a bit better, actually. But you _____ (come) over, and you definitely _____ (buy) all these sweets for me.
- A:** Hey, Cindy. You look nice and relaxed.

B: Yeah. I feel wonderful! I've taken up Pilates and I feel very energetic. I _____ (lose) some weight too, but I haven't weighed myself so I'm not sure.

A: Well, whatever it is you're doing, it's working. Keep it up!

Listening

You will hear people talking in six different situations. For questions 1-6, choose the best answer a, b or c.

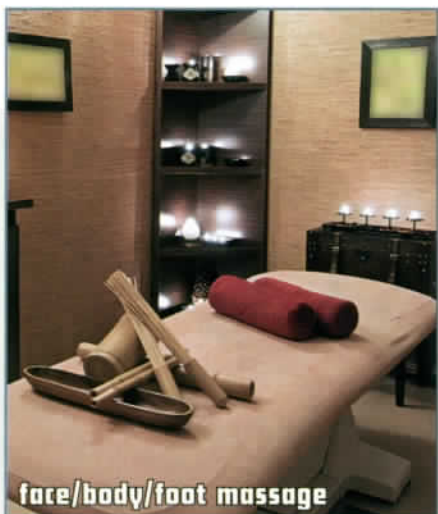
- You hear a voicemail message. What must have happened to Patrick?
 - He went to the wrong café.
 - He missed the bus.
 - His car broke down.
- You hear two people talking at a supermarket. How does the man feel about organic food?
 - He thinks it's usually overpriced.
 - He believes companies aren't honest about their products.
 - He thinks it tastes better than regular food.
- You hear two friends at a get-together. What is true about Sue's cake?
 - Sue chose a recipe that was healthy.
 - It wasn't very easy to make.
 - Sue needn't have made it.
- You hear a nutritionist talking about healthy eating. What annoys her most about people on a diet?
 - They have no self-control.
 - They don't seek professional advice before going on a diet.
 - They believe a diet is only for a short time.
- You hear two people talking about an injury. The woman finds the man's actions
 - wise.
 - unwise.
 - helpful.
- You hear someone talking to a gym instructor. What advice does the instructor give the man?
 - increase the amount of exercise he does
 - train for a shorter time every session
 - take a break from training for a while

Speaking

A. Discuss.

- What do you do to relax after a long, hard day?
- Is there any particular time of the year when you feel tired and drained? What do you do to re-energise?

B. Talk in pairs. Imagine that you have decided to visit a spa. Below are some services that the spa offers. First, talk to each other about how beneficial each of the options are. Then decide which two services you would most like to try. You can use some of the words and expressions in the boxes.



How beneficial are the different options?



unwind relaxing reduce stress relieve aches and muscle pains relieve tension and anxiety
 feel re-energised strengthen muscles work out guide you to exercise correctly
 establish lifetime habit therapeutic contain minerals good for the skin eliminate body toxins
 control weight balanced diet promote health and well-being

I (don't) believe that... is very beneficial because...
 ... is more beneficial than... because...
 ... is certainly a way to...
 In my opinion, we would benefit more from...
 We should definitely consider... because... It would help / be better for...

C. Discuss.

- Have you ever been to a spa or a health resort? What did you think of the experience? If not, would you like to go? Why? / Why not?
- What other kinds of activities can people do to promote their health and well-being?
- What does the saying 'Healthy body, healthy mind' mean? Do you agree?



Writing A semi-formal letter expressing an opinion

R. Read the writing task below. Do you agree with the Student Commons' proposition?

Tom Getty, Director of Student Activities, has asked students to say whether or not they agree with the proposal. Should participation in the workshops be mandatory for university freshmen? Explain your opinion. Begin your letter: 'Dear Mr Getty'.

REGISTER NOW!!!

Wendell University News

The Wendell University Student Commons is planning a series of health and nutrition workshops which will focus on healthy eating, eating disorders and ideas for simple, nutritious recipes. The Student Commons proposes that participation in the workshops should be mandatory for all university freshmen. However, many students have already expressed their disagreement.

We provide complete Property

B. Read the letter that a student wrote in response to the writing task above. Do you agree with the writer's opinion?

Dear Mr Getty,

As a freshman, I am writing to express my opinion about your decision to run health and nutrition workshops, mandatory for all university freshmen.

To begin with, I think it's a great idea. We are university students, but we don't know enough about healthy eating or, **more importantly**, we seem to have our facts wrong. Therefore, what would be more beneficial than having experts, **such as** nutritionists or medical professionals, educate us and help us distinguish between good and bad eating habits? These workshops will also inform us about various disorders or health issues which we may eventually face if we don't start making healthier food choices.

Moreover, I believe the practical side of these workshops will be useful to all students. **Due to the fact that** most of us attend university and work part-time, we just grab a bite to eat from a fast food place. So, learning to prepare healthy food, **particularly** snacks, using simple and nutritious recipes will help us cut down on junk food.

Anyway, these workshops are an excellent idea and I personally support your efforts. For this reason, if you need any assistance in organising them, please don't hesitate to ask.

Kind regards,
Erin Kingston

C. Read the following statements and tick the ones that apply to the letter on the left.

The writer:

1. uses an informal greeting and signature ending.
2. states why she is writing in the main part.
3. justifies her opinion and gives examples.
4. uses rhetorical questions for emphasis.
5. uses linking words/phrases.
6. expresses her opinion in an aggressive manner.
7. refers to the issue expressed in the newspaper article.
8. uses short forms.



D. Read the letter again, paying attention to the highlighted words/phrases. Place them in the correct category below.

LINKING WORDS/PHRASES

Emphasising

in fact, as a matter of fact, even more, _____,
above all, indeed

Giving an example

(take) for example, (take) for instance, _____,
especially, specifically, _____, in particular

Expressing cause/reason

as, since, because (of), _____

E. Circle the correct linking words/phrases.

1. Most people have health problems **because of / since** their unhealthy eating habits.
2. Some types of diets can be dangerous. **As a matter of fact / Take for instance**, crash diets can even lead to death.
3. If you want to keep in shape, you can take up a sport **as / such as** tennis.
4. I love eating fruit, **especially / indeed** cherries and apricots.
5. **Specifically / Since** I put on weight easily, I'm constantly on a diet.
6. Obesity is a major health issue in the USA. **In fact / For instance**, the United States is among the countries with the highest percentage of obese people in the world.

F. Read the writing task below and respond by writing a letter (140-190 words) expressing your views on the issue. Use the plan and TIP.

WENDELL UNIVERSITY NEWS

The Wendell University Student Commons is pushing to make the fitness centre on campus free for all students. They are facing opposition from students in favour of the \$30-monthly fee, who fear that there won't be enough money to keep the fitness centre in good condition. 'The funds we receive are just not enough,' says Richard Campbell, head of the student committee.

Write a letter to Richard Campbell expressing your views on the issue. Should the fitness centre on campus be made free for all students? Begin your letter: 'Dear Mr Campbell'.

Plan

A semi-formal letter expressing an opinion

GREETING

Use a polite greeting, depending on the situation.

- Dear Mr/Ms/Miss/Mrs/Dr + last name,
- Dear + first name,

OPENING PARAGRAPH

Say why you are writing the letter, referring to the issue you are responding to.

MAIN PART (1-2 paragraphs)

- Focus on one or two aspects of the issue/problem.
- Give your opinion and provide justification and examples.
- Make any relevant suggestions.

CLOSING PARAGRAPH

Summarise your points and end your letter politely.

SIGNING OFF

Use an appropriate signature ending and print your full name underneath.

- Yours sincerely,
- Yours truly,
- All the best,
- Best wishes,
- Kind regards,
- Yours,

When writing a semi-formal letter:

- keep in mind that it is written to a person you don't know very well or when you want to be polite and respectful.
- use a neutral style (not too formal and not too informal).
- use the same layout as a formal letter (see page 163), but keep in mind that the language and style is less formal.
- read the information given carefully and cover the points required.
- state your opinion clearly, but do not be aggressive and do not use offensive language.
- group related ideas together in paragraphs.
- use standard grammar and spelling conventions.
- use linking words/phrases.
- use rhetorical questions for emphasis.

TIP

A. Choose a, b, c or d.

- He is one of the best tennis players in the world. So far this year, no one has ____ him.
 - lost
 - beaten
 - won
 - failed
- Your cruel comments made John furious. They _____.
 - got the ball rolling
 - went the full distance
 - were below the belt
 - jumped the gun
- The expensive treadmill we bought broke ____ after only a week.
 - out
 - into
 - down
 - up
- To achieve your weight loss goal, you will need to eat healthily, sleep properly and, ____, exercise.
 - nevertheless
 - above all
 - as a matter of fact
 - even more
- Millions of ____ from all over the world watch the World Cup on television.
 - opponents
 - viewers
 - audience
 - spectators
- Even though he sprained his ankle when he fell, he insisted ____ finishing the race.
 - to
 - with
 - in
 - on
- Look around you. We are now standing on the archaeological ____ of Olympia, where the first Olympic Games took place.
 - location
 - site
 - venue
 - position
- Patrick hates losing, which is why he claims that the wet weather ____ to the disappointing outcome of the match.
 - centred
 - contributed
 - resulted
 - depended
- To say that we've been having scorching weather is an ____; it's simply hotter than usual.
 - opposition
 - innovation
 - exaggeration
 - altitude
- Getting a massage might help ____ your backache.
 - establish
 - strengthen
 - engage
 - relieve

B. Choose a, b, c or d.

- He ____ register for the course online because the website had crashed.
 - shouldn't
 - couldn't
 - wouldn't
 - needn't
- Those of you who want to pass the exam ____ start studying.
 - needs to
 - had better
 - might
 - would
- We ____ buy any camping gear in the end. We borrowed everything from my cousin.
 - mustn't
 - needn't
 - didn't have to
 - don't need to

- You ____ take any photographs at the event, but you are free to do so if you like.
 - mustn't
 - are able to
 - don't have to
 - can't
- I'm really hungry. ____ I have another piece of chicken?
 - Would
 - Should
 - May
 - Must
- You should ____ your boss that you were going to be late.
 - inform
 - to inform
 - informed
 - have informed
- Greg and Kyle ____ each other. I saw them talking earlier.
 - must know
 - must have known
 - they might know
 - might have known
- You ____ been killed if you had fallen off that cliff. You should watch your step.
 - may
 - may have
 - could
 - could have
- He ____ have been at work yesterday because he told me he would be out of town.
 - needn't
 - mustn't
 - shouldn't
 - can't

C. Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words, including the word given.

- I'm certain that it was Gary who ate your sandwich because he was sitting in the kitchen earlier. **must**
It _____ who ate your sandwich because he was sitting in the kitchen earlier.
- It was impossible for my dad to fix the car. **able**
My dad _____ the car.
- It was a mistake not to take the complaint seriously. **ought**
We _____ the complaint seriously.
- It was unnecessary for you to spend so much money on presents. **spent**
You _____ so much money on presents.
- There's a possibility that Martin won't win the race. **may**
Martin _____ the race.

Self-assessment

Read the following and tick the appropriate boxes. For the points you are unsure of, refer back to the relevant sections in the module.

NOW I CAN...

- discuss issues related to health and fitness
- use sports idioms, verbs with prepositions and phrasal verbs
- express ability, inability, obligation, necessity, absence of obligation/necessity, prohibition, permission, requests, advice, opinion, certainty, regret and criticism
- express possibility and make deductions in the present/future and past
- write a semi-formal letter expressing an opinion