

**BEHCET KEMAL CAGLAR ANATOLIAN HIGH SCHOOL 2020-2021 ACADEMIC YEAR 2ND TERM
MAINCOURSE PRE-EXAM REVISION SHEET FOR THE 10TH GRADERS**

-ANSWER KEY-

a. Complete the conversations. Use the correct form of the adjectives: Comparatives or Superlatives

A. Joe: Why have you bought a new car?

Amy: We needed a car with a (1) bigger (big) boot, to take our sports gear.

B. Mary: Which is (2) the highest (high / mountain) in Africa?

Anne: Kilimanjaro.

Mary: Where's that? In Kenya?

Anne: No, it's a bit (3) further than (far) that. It's in Tanzania.

C. Andy: Are you still having problems with your broadband connection?

Jess: Yes. I don't know what's wrong. I've tried contacting the server, but it's still (4) faster than (fast) last week.

D. Rosa: Which part of London has (5) the cheapest (cheap) flats to rent, do you think?

Ana: I don't know. It's (6) the most expensive (expensive) city in the country so they won't be cheap anywhere.

Rosa: I suppose the suburbs (7) further than (far) the centre would be the place to look. Ana: I'm not sure it works like that in London.

b. Complete the sentences below using Present Simple or Present Continuous tenses

Hi Kai

(1) I am having (have) a great time here in Canada. My MSc course (2) doesn't start (not/start) until next month, at the beginning of September, so (3) I am making (make) use of the time to get to know the place. (4) I am staying (stay) near Vancouver with Ryan, my Canadian cousin. He and his brother Liam (5) own (own) a software business. In the evenings, we (6) drive (drive) into the city to go clubbing or see a movie. (7) I am making (make) a lot of new friends here. I (8) think (think) my pronunciation is much better already, and I (9) understand (understand) almost everything. On weekdays, I (10) help (help) Liam. At the moment, he (11) is working (work) on their new website and he (12) needs (need) help with it. (13) I am learning (learn) some useful stuff about how people (14) do (do) business in this country. (15) Are you coming (you/come) to see me? (16) I am spending (spend) the winter holiday skiing with Ryan and Liam. (17) They want (want) to meet you and there's plenty of space. You must bring lots of warm clothes because (18) it is getting (get) really cold here in the winter. Let me know as soon as (19) you decide (you/decide). And tell me what (20) you are doing (you/do) these days.

See you in December, I hope.

Pedro

c. Put the verb into the correct form, present perfect or past simple.

1. It has stopped (stop) raining for a while, but now it's raining again.

2. The town where I live is very different now. It has changed (change) a lot.

3. I studied German at school, but I have forgotten (forget) most of it now.

4. The police arrested (arrest) three people, but later they let them go.

5. What do you think of my English? Do you think it has improved (improve)?

6. Are you ready to go? Have you finished (finish) your coffee?

7. I applied (apply) for a job as a tour guide, but I wasn't successful.

8. Where's my bike? It was (be) outside the house, but it's not there now.

9. a: I've found my phone.

b: Oh, good. Where did you find (find) it?

a: It was (be) at the bottom of my bag.

10. a: Ben won't be able to play tennis for a while. He has broken (break) his arm.

b: Oh. How did that happen (happen)?

a: He fell (fall) off a ladder.

d.Fill in the gaps using “will” or “be going to”

- 1.The sports club has put up the prices again. I _____ **will** _____ cancel my membership.
- 2.I’ve talked to my boss, but he’s very unhelpful and _____ **won’t do** _____ (not)do anything about the problem.
- 3.I _____ **am going to** _____ get into town this afternoon. Can I get you anything?
4. _____ **Will** _____ you _____ **hold** _____ this box for a moment while I open the car?
- 5.I hear the government’s announced they _____ **will raise** _____ taxes again.
- 6.I’ve decided what to do for my holiday. I _____ **am going to** _____ go to Morocco.
- 7.I _____ **am going to** _____ start a new job next week.
- 8.I’m so sorry I forgot your birthday. Why don’t you come round tomorrow evening and I _____ **will** _____ cook you a meal?
- 9.I _____ **am going to** _____ take these trousers back to the shop, but they _____ **aren’t going to** _____ (not) change them without a receipt.
- 10.You look tired. _____ **Will** _____ we _____ **eat** _____ early this evening?
- 11.John’s sold his car. He has some plans,he _____ **is going to** _____ buy a bike.

e.Use a personality adjective from the box to fill in the blanks.

outgoing-stingy-polite-ambitious-cheerful-friendly-optimistic

1. Of course, I’m very _____ **ambitious** _____! I got an A+ on all of my exams!
2. My classmate always smiles and has many friends. She’s _____ **friendly** _____.
3. Nothing seems to make my grandfather think negatively. He’s a _____ **optimistic** _____ person.
4. My sister isn’t very _____ **outgoing** _____. She’s shy and doesn’t like to meet new people.
5. Sarah always says, “Thank you”. She’s a _____ **polite** _____ person.
6. My uncle loves to tell jokes to make us laugh. He’s _____ **cheerful** _____.
7. He worked very hard his whole life and all he did was to save lots of money. He’s _____ **stingy** _____.

f.Choose an appropriate adjective from the box below to complete the sentences.

BORED- EXCITED –SICK-RELIEVED-SCARED –ANGRY-SAD-TIRED -WORRIED

- 1) Our cat seems a little _____ **sick** _____, we took it to the vet and gave it some medicine.
- 2) My pet bird died today, I’m awfully _____ **sad** _____.
- 3) My sister is _____ **angry** _____ with me because I broke her cell phone.
- 4) I’m _____ **excited** _____ about my trip in December, I’m so happy! I’m going to the Australia!
- 5) My little brother is _____ **scared** _____ of spiders, he cries when he sees one.
- 6) I’m _____ **tired** _____ so I need to go to bed immediately to have some rest.
- 7) Carlos is _____ **worried** _____ about his exam tomorrow, he can’t sleep properly.
- 8) I’m _____ **bored** _____ let’s do something fun!
- 9) The family felt _____ **relieved** _____ when their lost son was found safe and sound.

g.Read the text below and find the answers

Over the centuries, people have created many rituals to accompany the consumption of their favourite drinks, tea and coffee. Just think of the Japanese tea ceremony, British afternoon tea or the morning coffee ritual in countless societies. Why are these drinks so popular? The answer is their secret ingredient – caffeine. In the modern world, the new caffeine ‘delivery systems’ are canned ‘energy’ drinks. And the more modern our world gets, the more we seem to need caffeine. People have known for years that caffeinated drinks make you less tired and more alert. This dual power of caffeine to counteract physical fatigue and increase alertness is part of the reason why it is the world’s most popular mood-altering drug. It is the only habit-forming psychoactive drug we routinely serve to our children (in all those soft drinks and chocolate bars). In fact, most babies in the developed world are born with traces of caffeine in their bodies.

1.The reason why people have created many rituals:**To accompany the consumption of their favourite drinks**

2.Three sorts of rituals given in the text: **1.Japanese tea ceremony**

2.British afternoon tea

3.The morning coffee ritual

3.The dual power of caffeine :**1.It makes you less tired.**

2.It makes you more alert.

4.Two reasons why caffeine is the most popular drug:**1.It counteracts physical fatigue**

2. It increases alertness

5.Two kinds of food in which caffeine is included:**1.Soft drinks**

2.Chocolate bars

**BEHCET KEMAL CAGLAR ANATOLIAN HIGH SCHOOL 2020-2021 ACADEMIC YEAR 2ND TERM
MAINCOURSE PRE-EXAM REVISION SHEET FOR THE 10TH GRADERS**

-ANSWER KEY-

a. Complete the conversations. Use the correct form of the adjectives: Comparatives or Superlatives

A. Fred: How was your driving test?

Josh: Oh, not so bad really. I passed! It was much (1) _____ **easier than** _____ (easy) I'd expected, in fact.

Fred: Congratulations! That's (2) _____ **the best** _____ (good) news I've heard for ages!

B. Gail: Shall we go windsurfing? It's lovely and sunny.

Mick: I'm not sure. The wind is good but although the sun is shining, I think you'll find it's (3) _____ **warmer than** _____ (not / warm) it looks when you get outside.

C. Eddy: Let's go clubbing after we've eaten.

Sean: Can't we go (4) _____ **later** _____ (late)? I want to watch a film.

Eddy: No. The clubs shut (5) _____ **earlier than** _____ (early) they do at home.

D. Chris: I hear you were having quite a few problems with your business last year. Is it (6) _____ **better** _____ (good) this year?

Jodie: No. I'm afraid it's (7) _____ **worse** _____ (bad) now.

Chris: I suppose people just aren't spending as much money as they used to.

b. Put the verbs into the correct form: present continuous or present simple.

Tony Hunt, a journalist, is interviewing Leila Markham, an environmental scientist.

Tony: So tell me, Leila, why is it important to save the rainforests?

Leila: There are so many reasons. One reason is that lots of the plants which (1) _____ **grow** _____ (grow) in the rainforest could be useful in medicine. We (2) _____ **don't know** _____ (not / know) all the plants, but there are tens of thousands of them. Chemists and doctors (3) _____ **are trying** _____ (try) to discover their secrets before they are destroyed.

Tony: I see. What other reasons are there?

Leila: Well, scientists (4) _____ **believe** _____ (believe) that the rainforests (5) _____ **have** _____ (have) an influence on the world's weather systems and this (6) _____ **helps** _____ (help) to slow down global warming. But, unfortunately, these days the forests (7) _____ **are disappearing** _____ (disappear) at a terrifying rate and we (8) _____ **aren't doing** _____ (not / do) enough to save them.

Tony: What is the main danger of global warming, in your opinion?

Leila: The polar regions (9) _____ **consist** _____ (consist) of millions of tons of ice. If they (10) _____ **melt** _____ (melt), the level of the sea will rise and cause terrible floods. Most scientists (11) _____ **agree** _____ (agree) that global temperatures (12) _____ **are already rising** _____ (already / rise). We must do everything we can to prevent global warming, and that includes preserving the rainforests!

Tony: Thank you, Leila, and good luck in your campaign.

Leila: Thank you.

c. Put the verbs into the correct form: present perfect simple or past simple. Read the whole text before you begin.

Thirty years ago, only a few people (1) _____ **realised** _____ (realise) how greatly technology was about to transform everyone's daily lives. These few decades (2) _____ **have seen** _____ (see) enormous changes in how people live, study and work. Trips to the supermarket which once (3) _____ **took** _____ (take) half the weekend have been replaced with online ordering. Music lovers who once (4) _____

_____ **spent** _____ (spend) hours wandering around shops, simply download the tracks they want to hear.

Information which (5) _____ **required** _____ (require) hours of research in a library in the past (6) _____

_____ **has become** _____ (become) available now to anybody in a few clicks on the keyboard. The spread of laptops and wi-fi (7) _____ **have enabled** _____ (enable) students and business people to work almost

anywhere at any time and mobile phones (8) _____ **have transformed** _____ (transform) the way people

organise their lives. However, some people question how much our lives (9) _____ **have improved** _____ (improve) over these years. Online banking, for example, (10) _____ **has replaced** _____ (replace) the

friendly bank clerk. Teachers complain that students (12) _____ **have learnt** _____ (learn) to copy and paste instead of thinking for themselves.

d.Fill in the gaps using “will” or “be going to”

A.Mick is watching television when his flatmate Vanessa comes into the room.

Mick: What are you doing in your dressing gown? It's only eight o'clock.

Vanessa: I don't feel well. I (1) am going to have (have) an early night.

Mick: Bad luck. I hope (2) you will feel (feel) better in the morning.

Vanessa: So do I. (3)I am going to meet (meet) my new boss at ten o'clock.

Mick: I think (4)I will make (make) some tea when this programme finishes. (6) Shall I bring (I / bring) you a cup?

Vanessa: No, don't bother. (7)I will go (go) straight to sleep. Thanks anyway.

Mick: OK. Sleep well.

e.Use a personality adjective from the box to fill in the blanks.

trustworthy-cheerful -generous -impatient-helpful- lazy -sensitive-moody -easy-going-optimistic

1.He's the type of person who's always whistling at work. He rarely gets angry or depressed, so I'd say he's a rather cheerful person.

2.She's a bit difficult to keep up with. One day she's happy, the next she's depressed. You could say she's a moody person.

3.Peter sees the good in everybody and everything. He's a very optimistic co-worker.

4.He's always in a rush and worried he's going to miss something. It's hard to work with him because he's really impatient.

5.Jennifer always makes sure that everybody is taken care of. She's very helpful about the needs of others.

6.You can believe anything she says and rely on her to do anything. In fact, she's probably the most trustworthy person I know.

7.Don't count on any work getting done with him around. He doesn't usually work very hard and can be pretty lazy.

8.I'd say she can't be disturbed by anything and she's happy to do whatever you'd like. She's very easy-going.

9.Be careful about what you say to Jack. He's so sensitive that he might start to cry if you made a joke about his strange-looking shirt.

10.I swear she'd give her house to anyone that needed it. To say she is generous is an understatement!

f.Choose an appropriate adjective from the box below to complete the sentences.

BORED- EXCITED -SICK-RELIEVED-SCARED -ANGRY-SAD-TIRED -WORRIED

1.Andrew couldn't wait for the holiday to start. He was so excited.

2.Anna has always been scared of dogs.

3.Are you bored in your present job because you have almost nothing to do?

4.Charles felt angry with his girlfriend for the things she'd said to him.

5.Don't get sad about it, your life goes on and everything will be alright.

6.Jerome is definitely worried about his brother's success because he is very sick with cancer.

7.Hugh's very relieved that his work is finally published.

8.She was so tired because of her exams that she couldn't have a rest even at night.

g.Read the text below and find the answers

Once, the traditional British holiday was a week at the seaside – either in the UK or somewhere with more reliable weather like the Mediterranean. But recently, holidaymakers have been looking for a different holiday experience. Perhaps inspired by wildlife documentaries on television, tourists have been flocking to places like Kenya and South Africa for safaris and bush camp holidays. Interest in China has been growing, too. About half a million UK tourists have visited China on cultural tours since the 2008 Olympic Games. Meanwhile, tour companies have been promoting the traditional package holiday with a new twist to attract more customers – but with mixed results. One holiday operator has filled all the places on its spa holidays in Spain for this season, but they have sold only half of their available luxury breaks in Egypt.

1.The possible reason why the British holiday-goers change their holiday routine:As they have been inspired by wildlife documentaries on television

2.Three new trends in British holiday style:1.Safaries

2.Bush camp holidays

3.Holdiays in China

3.The reason why tour companies are promoting traditional package holidays:To attract more customers

4.Two types of holiday resorts being compared in the passage:1.Spa holidays in Spain

2.Luxury breaks in Egypt

**BEHCET KEMAL CAGLAR ANATOLIAN HIGH SCHOOL 2020-2021 ACADEMIC YEAR 2ND TERM 1ST
COMMON WRITTEN EXAM SAMPLE FOR THE 10TH GRADERS**

February the 21st '21

a.Fill in the gaps with the correct form of an appropriate verb in the present simple or present continuous. (2ptsx10:20 pts)

-ANSWER KEY-

I love playing football. Currently, I am playing (play) for a team in my home town, but everybody in my family thinks (think) I will be able to move to a team in a higher division if I continue to play as well as I am doing (do) it at present. I train (train) each Tuesday and Thursday, and the matches take (take) place on Sunday mornings. The team trains (train) nearly every week. In fact, we haven't lost for 4 months, so we are climbing (climb) up the league table this term. My dad actually manages (manage) the team, which has (have) its advantages and disadvantages. I sometimes feel a little bit uncomfortable having my father as a manager, as he shouts at me more than the other players, but it gives me a lot of motivation. Also, he is getting (get) calmer and calmer as he gets older.

b.Complete the sentences with the correct form the adjectives: comparatives or superlatives (2ptsx10:20 pts)

Prague is one of the (1) most popular (popular) tourist destinations in Europe. After all the political changes of the early 1990's, the capital of the Czech Republic began to take advantage of its beautiful cultural and architectural heritage to attract (2) more (many) tourists than ever before. Prague is a (3) more crowded (crowded) city than many people imagine and it is (4) easier (easy) to move around this wonderful city on foot. Public transport in Prague is (5) cheaper than (cheap) it's in some other European cities but it is often (6) better (good) to walk, enabling you to appreciate marvellous buildings you might have missed if you had been sitting on a bus or a tram. Few people leave the city of Prague without commenting on (7) the most superb (superb) food and drink available in the country. Eating out here is (8) more expensive (expensive) than it used to be but you can still have a three course meal for around \$15 without any problems. Prague is by far (9) the most breathtaking (breathtaking) country ever to visit on Earth with its beautiful historical places such as the Franz Kafka Museum as it is among (10) the nicest (nice) museums of the world along with the Louvre in Paris and the British Museum in England.

c.Complete the story of Jack and Phil using the Past Simple or Present Perfect(1ptx20:20 pts)

Jack and Phil, twins from a small village near Oxford had always been the closest friends. When they 1 were (be) small boys, they 2 did (do) everything together and when one of them 3 went (go) through a difficult time, the other always 4 tried (try) to help him. None of them 5 knew (know) that this was going to change soon. On 14 July 2008, Jack was flying back from his trip in Scotland when suddenly the pilot 6 announced (announce) the plane had been having technical difficulties and 7 needed (need) to land on the sea. Even though the pilot 8 did (do) his best, the plane 9 caught (catch) fire and all passengers on the board 10 died (die), including Jack. When Phil 11 learnt (learn) the news, he 12 was (be) absolutely devastated and it 13 took (take) him many months to forget, in fact he 14 didn't recover (not recover). Almost immediately after the accident, he 15 moved (move) away from Oxfordshire and 16 has lived (live) in London since then. He 17 has been (be) a successful banker but his life 18 has never been (never be) the same. He 19 hasn't flown (not fly) by plane ever since because it always reminds him of the way his brother died. Jack often said he would miss his brother and now it is the other way round. Jack 20 has been (be) dead for more than 5 years and Phil misses him terribly.

d.Complete the sentences with a correct future form: will or be going to(1ptx10:10 pts)

- 1.Could you please lend me £10? I promise I will give it back to you tomorrow.
- 2.It's Julia's birthday next week, so we are going to send her some flowers.
- 3.Watch out! You are going to hurt yourself.
- 4.Do you think the teacher will mark our homework on Monday morning?
- 5.They are going to have a barbecue tomorrow. It's all planned, so I hope it won't rain.
- 6.After you take a nap, I am sure you will feel a lot better.
- 7.I'm very sorry.You can't see Dr. Jones as he isn't going to (not) be back in the clinic until 2pm.
- 8.Wait for me outside! I will drive you to the station
- 9.Paul is going to take the flight UK-638 to London on Monday morning.
- 10.Look at the clouds gathering up in the sky – it is going to rain in a few minutes.

e. Choose an appropriate word from the box below for each blank (1pt x 10: 10pts)

confused -disappointed -embarrassed- excited - proud -sad - bored -stressed - surprised

1. I feel bored when all my friends are busy and I am alone.
2. I feel excited when something good happens, like when I have a holiday.
3. I feel confused when I don't understand something.
4. I feel sad when a friend moves away
5. I feel afraid/scared when I watch a scary movie.
6. I feel stressed when I have too many tests and too much homework.
7. I feel proud when I do something really good, like when I win a race.
8. I feel disappointed when somebody does something bad to me, like when he or she lies to me.
9. I feel embarrassed when I make a mistake, or do something bad, and other people know about it.
10. I feel surprised when something happens that I didn't know would happen.

f. Choose the best word to describe their personality. (1pt x 10: 10 pts)

aggressive-calm-cheerful-confident-dishonest -lazy-moody-shy-talkative-unrealistic

- 1) Someone who likes fighting or beating others up is**aggressive**.....
- 2) A/n**unrealistic**..... person isn't good at thinking logically.
- 3) A/n**cheerful**..... person is always smiling and in a good mood.
- 4) Peter is rather**moody**..... – he often gets mad without a reason.
- 5) I am very hardworking but my brother is**lazy**..... – he never does his homework!
- 6) The new girl in our class is very**shy**..... – she blushes easily and is afraid to talk in front of us.
- 7) People who don't tell the truth are**dishonest**.....
- 8) Someone who likes having chats a lot is**talkative**.....
- 9) Someone who rarely gets angry or out of control is**calm**.....
- 10) A/n**confident**..... person is not shy; he is sure of himself.

g. Read the text below and answer the questions. (2pts x 5: 10 pts)

In 2008, in order to draw attention to illegal logging on the Brazil–Peru border, the Brazilian department for Indian affairs (Funai) released photos of an ‘uncontacted’ Amazonian tribe. Funai said that the tribe was under threat because of the logging. At the time, some people asked if the tribe was truly ‘uncontacted’. The NGO Survival International said that they were confident that the photos were genuine.

The Survival International spokesman, David Hill, explained that his organisation wasn't suggesting that the tribe had never had any contact with the outside world but that they now lived without it. Nevertheless, the Peruvian government suggested that the story was no more than a strategy by groups opposed to development of the area's resources. Fast forward two years, by which time about 50 per cent of the Peruvian Amazon had been contracted to oil and gas developers.

The photos were republished to coincide with previously unseen footage of the tribe shown in a BBC documentary. This time, the images went viral. Survival International said the images had spread across the world within minutes. Their website had over a million hits in three days. The images provoked a worldwide reaction on Facebook, YouTube and Vimeo. A typical post asked why nobody had done anything to save these tribes. Three days later, the Peruvian government announced that they would work with the Brazilian authorities to stop illegal logging in the area. The contractors in the area were unavailable for comment. But as a Funai spokesperson said later, one image had had more impact than one thousand reports.

1. The reason why the photos of an Amazonian tribe were released: To draw attention to illegal logging on the Brazil-Peru border

2. According to Peruvian government who served the photos: Groups opposed to the development of the area's resources.

3. The time period in which %50 of the rainforest was abused: Two years

4. The number of the viewing for the republished photos on a website: Over a million in 3 days

5. The action taken by the Peruvian government against the republished photos: To work with the Brazilian authorities to stop illegal logging in the area.

WISH YOU GOOD LUCK WITH YOUR EXAM ☺

**BEHCET KEMAL CAGLAR ANATOLIAN HIGH SCHOOL 2020-2021 ACADEMIC YEAR 2ND TERM 1ST
ELECTIVE ENGLISH EXAM SAMPLE FOR THE 10TH GRADERS**

February the 21st '21

a. Choose a correct expression for each blank below to complete the dialogue.

-ANSWER KEY-

***What's going on? *Catch you again later * How are you doing * Long time ,no see! * I must be off now
*What about you?**

Sujon: Hello, **Akhi!** How are you?

Akhi: I am fine. _____ **How are you doing?** _____

Sujon: I am also great. I am happy that we have finally met together after all these years.

Akhi: Yes, _____ **Long time, no see!** _____. Why are you in this railway station?

Sujon: I am going to Sylhet.

Akhi: Sylhet! I knew that your house is in Comilla.

Sujon: You are absolutely right. I am now working as a doctor in a hospital there. _____ **What about you?** _____

Akhi: I am working as a bank clerk in Chittagong.

Sujon: Five years ago I heard from Shimu that you and your family lived in Khulna. _____ **What's going on?** _____

Akhi: You are correct. Recently, I have been transferred from Khulna to Chittagong.

Sujon: Have you got married?

Akhi: Yes, I have got married two years ago. But what about your marriage?

Sujon: Yes, I have also got married four years ago. My husband is an engineer working in Sylhet. My train has come. _____ **I must be off now** _____ Thank you.

Akhi: You are most welcome. _____ **Catch you again later** _____

b. Fill in the gaps using the appropriate prefixes of negation “-il,-ir,-im,-in,-un,-non,-dis”

1. My aunt's children are so im patient. They never say please and thank you.
2. Tim's really dis honest. He never tells the truth.
3. I wish I wasn't so un sociable but I really don't like going out or talking to new people.
4. Don't be so im patient. I'll be ready in 5 minutes.
5. Liz can be really sometimes un pleasant. She seems like upsetting people.
6. This maths problem is im possible I can't do it.
7. I wouldn't ask Jack to look after my little brother. He's too ir responsible
8. In Britain, it's il legal to drive under the age of 17.
9. The employees never look for in experienced university graduates.
10. The villagers need to have some im mobile houses especially in this cold weather.

c. Choose an expression for each blank to complete the dialogue.

***You are wrong there! *In my opinion, *I totally agree with *The way I think *Yes, you are absolutely right.**

A: I was thinking of holding the company retreat in the mountains.

B: _____ **I totally agree with** _____ you , I think that that would be perfect!

A: I was thinking it could take place sometime in January.

B: _____ **You are wrong there** _____ That might be a little too cold for some people.

A: _____ **Yes, you are absolutely right.** _____

B: What about April? April has good weather that isn't too cold or too hot.

A: Yes, that sounds perfect.

B: _____ **In my opinion** _____ we could take a survey to see how that works for everyone.

A: _____ **The way I think** _____ , we'll have to get right on it.

d. Write an informal essay to your best friend and tell him/her some bad or good news about you.

e. Match the headings given to the correct paragraphs.

- a- You are unlikely to cause yourself an injury in water.
- b- It is not as easy as it looks.
- c- Aqua fitness can do more than simply help heal injuries.
- d- You can lose weight and enjoy yourself at the same time.
- e- You can strengthen your heart and muscles by training every day.
- f- Your body will adapt to exercising in water.
- g- Don't worry about what you look like.
- h- Exercise in water puts less pressure on the heart.
- i- The idea of exercising in water is not new.
- j- You can easily hurt yourself in water.

0. _____ **I** _____

The last thing many people expect to do in a swimming pool these days is swim. The latest fitness phenomenon to make a big splash at the local pool is aqua fitness. The properties of water have long been known to make it one of the safest and most effective media in which to exercise. Physiotherapists have used it for years and, even as far back as the Romans, the value of water for healing has been recognised.

1. _____ **C** _____

Today "aqua fitness", as it is known, has seen exercising in the swimming pool progressing from merely being an activity for the recovery of an injury. Aqua fitness has become a valuable training aid even for professional athletes who use it to reduce the risk of overtraining. However, that is not to say that exercising in water is not ideal for the rest of us too, from the young to the old, from the fit to those who do suffer from complaints such as arthritis.

2. _____ **H** _____

Exercising in water raises the heart rate less than land aerobics. Lydia Campbell, a fitness expert, says there are no conclusive studies on why it has a less drastic effect on your heart, but there are some factors that partly explain it. Lydia says, "Water is supportive, as we all know, and with blood flowing more easily, there is less stress on the heart."

3. _____ **D** _____

There are other benefits to working out in water such as the fact that your muscles are less likely to ache the following day; the water has a massaging effect on the body, and of course, there is always the possibility of getting a bit slimmer. It is generally thought that an aqua fitness workout can use from 450 to 700 calories an hour. And don't forget, water is fun – exercising to music in water is a unique experience!

4. _____ **G** _____

Apart from the mentioned benefits, as far as modesty is concerned, if you miss a step, if you carry a little more excess weight than you feel comfortable with or if you just feel embarrassed because you have not exercised before, there is no need to be anxious as everything is hidden beneath the water level!

5. _____ **B** _____

Classes usually start with a warm-up aimed at stimulating and raising the body temperature. Using the properties of water, an aqua workout can create an effective training programme that might change some previous ideas about how easy exercising in water is. Try running in shallow knee-deep water. It is easy, but try running in thigh-deep water and things suddenly get more difficult – chest-deep water is even harder, as the water resistance increases.

f. Choose an appropriate word for each blank from the box below

resolve-objective-issues-threat-encourage-survey-whopping-weird-nasty-maintain

- 1. They discussed a number of important environmental _____ **issues** _____ at the international meeting.
- 2. I had a really _____ **weird** _____ dream last night. I dreamed about flying all across the U.S.A
- 3. My parents have always _____ **encouraged** _____ me in my choice of career.
- 4. The main _____ **objective** _____ of this meeting is to give more information on our plans.
- 5. I got a _____ **nasty** _____ surprise when I opened the door and saw who was there- my ex-husband.
- 6. A recent _____ **survey** _____ showed 75 per cent of those questioned were in favour of the plan.
- 7. Oxford University and Cambridge University have _____ **maintained** _____ their position as Britain's top universities.
- 8. Attempts are being made to _____ **resolve** _____ the problem of security in schools.
- 9. With little access to clean drinking water and sanitation, the inhabitants face a constant _____ **threat** _____ of disease.
- 10. The company made a _____ **whopping** _____ 75 million dollar loss.

EXPRESSIONS FOR GREETING

Hi/Hey/Hello How's it going? *How do you do?*	It's time to go! Gotta go now! I have to go now! Catch up soon! See u soon! Bye for now! Bye! Goodbye! It was nice to meet you. It was nice meeting you. I have to get going. Take care!
---	---

*A:How do you do?

B:How do you do?

EXPRESSIONS FOR AGREEMENT AND DISAGREEMENT

Stating an opinion	Asking for an opinion	Expressing agreement	Expressing disagreement
*In my opinion... *The way I see it... *According to me... *As far as I'm concerned...	*What's your idea? *How do you feel about that? *What do you think? *What's your take on this?	*I totally/completely/ definitely agree with you *I couldn't agree with you more. *That's so/very true. *That's for sure. *You're absolutely right. *Absolutely./Exactly. *You have a point there. *You are right there.	*I don't think so. *I'm afraid you are wrong there. *I totally/completely/ definitely disagree. *That's not true.

PREFIXES OF NEGATION

-il	-im	-ir	-un
Words that begin with the letter <i>l</i> .	Words that begin with the letter <i>m</i> or <i>p</i> .	Words that begin with the letter <i>r</i> .	
legal-illegal legible-illegible literate-illiterate logical-illogical	mobile-immobile moral-immoral perfect-imperfect possible-impossible	rational-irrational regular-irregular resistible-irresistible	usual-unusual comfortable-uncomfortable helpful-unhelpful

-dis	-in	-non
agree-disagree comfort-discomfort honest-dishonest satisfied-dissatisfied	accurate-inaccurate organic-inorganic sane-insane	essential –non-essential fiction-non-fiction sense-non-sense

Dear Miguel,

How are you? I'm fine. Here's a letter in English. It's good practice for you and me! I'm writing to tell you about my school, the girls I live with and New York.

I have classes in English at La Guardia Community College. I'm in a class with eight students. They're all from different countries: Japan, Brazil, Switzerland, Poland, and Italy. Our teacher's name is Isabel. She's very nice and a very good teacher.

I live in an apartment with two American girls, Annie and Marnie Kass. They are sisters. Annie's twenty years old and a dancer. Marnie's eighteen years old and a student. They're very friendly, but it isn't easy to understand them. They speak very fast!

New York is very big, very exciting but very expensive! The subway isn't difficult to use and it's cheap. It's very cold now but Central Park is lovely in the snow. I'm very happy here.

That's all my news. Write to me soon.

Best wishes,

Dorita

5. Write the following words and phrases in the corresponding place:

Regards,	It was great to hear from you.
Hi Sarah,*	We look forward to hearing from you.
Love,	Thanks for your e-mail.
Dear Herman,	Write soon!
That's all for now.	Best wishes,
Lots of love,	
Dear Mr white,	How are you? I'm fine.
Well, that's all my news.	Give my regards to your parents.
Give my love to your sister.	I look forward to hearing from you.
I hope you're well.	I hope to hear from you soon.
My mother sends her love.	Thank you very much for your letter of December 1 st .
Write soon.	How's your family?
I have some good news. I'm writing to tell you about my last holidays.	

OPENING REMARKS	INTRODUCTION	CONCLUSION	CLOSING REMARKS
Hi,Sarah, Dear Herman, Dear Mr White,	I hope you're well. I have some good news. I am writing to tell you about my last holidays. It was great to hear from you. Thanks for your e-mail. How are you?I am fine. Thank you very much for your letter of December 1 st . How's your family?	That's all for now. Well, that's all my news. Give my love to your sister. My mother sends her love. Write soon. We look forward to hearing from you. Give my regards to your parents. I look forward to hearing from you soon. I hope to hear from you soon.	Love, Regards, Lots of love, Best wishes,