



The Charts (B1 - Lower Intermediate)

A – Before you start

Answer the questions with a partner.

1. Are you interested in music?
2. If so, do you prefer pop music, classical music or any other kind of music?
3. Do you know who is at the top of the pop music charts in your country?

B – Listen and answer

Read these statements. Then listen (without reading) and write T (true) or F (false).

1. The first music chart appeared in a US magazine in 1930.
2. In 1936, Billboard published the first music chart based on the sales of discs.
3. A similar chart appeared in the UK in the early 1950s.
4. Perry Como won the first Gold Disc for a million copies of one of his discs.
5. The same number of disc sales is required for a Gold Disc in the UK.
6. Technological developments have changed the way the charts are calculated.
7. Nowadays songs only stay in the charts for a very short time.
8. In the UK charts, an artist can't have more than three songs in the top 100.

C – Read and answer

Read the article and answer the questions.

1. What were music charts based on before 1936? Why?
2. Why were radio DJs sometimes paid to play particular discs?
3. When did this practice become illegal?
4. How was the first UK chart produced in 1952?
5. What awards are higher than a Gold Disc?
6. When are there usually a lot of old songs in the charts? Why?
7. What is the negative effect of this for some artists?
8. What has been done in some countries to stop old songs from filling the charts?

D – Learn it! Use it!

Complete these sentences with words from the glossary. (You may have to adapt the expression in some way; e.g. change the verb tense, or change from plural to singular.)

1. Mark's dad accused him of breaking the new printer but Mark _____ he'd never used it.
2. That company got lots of government contracts by _____ a corrupt local politician.
3. Mia has been promoted to sales manager. It's a great _____ for someone so young.
4. I was thinking of buying an electric car, but charging points are _____ in this area.
5. You can't take food into the school library. It's against the _____.
6. The security guard _____ himself in front of the shoplifter to stop him from running away.

E – Ready for the B1 PRELIMINARY English Exam? (Paper 1, Reading: Part 5)

Choose the correct word in brackets for each space.

The first platinum disc for a single was not awarded to a world-famous artist or band like Elvis Presley or The Beatles, but to a now ¹_____ (very/almost/rather/most) forgotten singer called Johnnie Taylor, for his single *Disco Lady*. Platinum Discs were received for singles that sold 2 million copies or more.

The song is about a boy who is ²_____ (watching/seeing/staring/looking) an attractive girl dancing in a disco. Discos were ³_____ (yet/hardly/only/just) becoming popular at that time and Taylor's record was the first to have the word "disco" in the title. However *Disco Lady* was soul music not disco music, as it was not a good tune ⁴_____ (with/for/of/to) dance to.

Ironically, Taylor was opposed to recording it. He pointed out to producer Don Davies: "My voice is too low, the record doesn't ⁵_____ (make/suit/fit/match) me and I think we need to go with something else." Luckily, Davies didn't take any ⁶_____ (attention/care/notice/thought) of Taylor's opinion. The sales of *Disco Lady* exceeded 2.5 million and it remained at number 1 in the US charts for four weeks.

F – Write about it

Write about a famous singer or musician from your country. Mention:

- the kind of music he/she is famous for;
- any instruments he/she plays;
- whether he/she is also a song-writer or composer;
- what his/her most famous recordings are;
- any awards he/she has won.

James Watt (B2 - Upper Intermediate)

A – Before you start

Answer the questions with a partner.

1. How was steam used in the 18th and 19th century?
2. How many present-day uses of steam can you think of?
3. What do you know about James Watt?

B – Listen and answer

Read these statements. Then listen (without reading) and choose the correct answer.

1. James Watt
 - a) discovered steam power.
 - b) made steam engines better.
 - c) invented the steam engine.
2. He was from
 - a) West Scotland.
 - b) Glasgow.
 - c) The Scottish Highlands.
3. He first began working
 - a) in a scientific laboratory.
 - b) in his own business in London.
 - c) with his father.
4. After being asked to repair a steam engine, he realised that he could make it
 - a) stronger.
 - b) more efficient.
 - c) smaller and cheaper to build.
5. Thanks to his partnership with industrialist Matthew Boulton, Watt was able to
 - a) set up hundreds of factories.
 - b) sell a lot of engines.
 - c) Neither of these.
6. Watt's steam engine became the main source of power for
 - a) industries.
 - b) mines.
 - c) Both of these.

C – Read and answer

Read the article and answer the questions.

1. What part did James Watt's parents play in his education?
2. What were steam engines often used for in the middle of the 18th century?
3. Why were they inefficient?
4. What idea did Watt have to improve them?
5. Why was the organisation of workers in Boulton's 'manufactory' helpful?
6. What sources of power were used before the development of the steam engine?
7. How did steam power transform Britain?
8. How were Boulton and Watt commemorated in 2008.

D – Learn it! Use it!

Complete these sentences with words from the glossary. (You may have to adapt the expression in some way; e.g. change the verb tense, or change from plural to singular.)

1. Don't _____ too much time on that report. It's more important to finish those accounts.
2. The new factory is looking for _____ workers with at least two years' experience.
3. Our new flat isn't perfect, but it's a great _____ on our old flat, which was cold and damp.
4. This town was quite prosperous in the 1970s before the _____ mine was closed down.
5. Your bicycle tyres are a bit flat. You'll have to _____ them up before you ride to school.
6. Manicures are very popular now. Nail salons are _____ everywhere.

E – Ready for the B2 FIRST Certificate in English? (Reading and Use of English, Part 2)

Read the text and think of the word which best fits each gap. Use only one word for each gap.

It is well-known that steam ¹_____ a vital role in starting up the Industrial Revolution. The improvement of the steam engine led to other major breakthroughs ²_____ as the invention of the steam locomotive and the steamship. Perhaps this is why steam is often thought ³_____ as an outdated technology. Yet ⁴_____ could be further from the truth. It is still widely used in a large number of industries, for heating, cleaning and sterilisation. However, its main ⁵_____ is in the generation of electricity. In the ⁶_____ of the world's power stations, steam is used to drive the turbines. What varies is the fuel used to ⁷_____ up the water to produce steam. This may be oil, gas, coal, geothermal, biomass or even nuclear energy. Furthermore, nuclear-powered ships and submarines are invariably driven ⁸_____ steam turbines.

F – Write about it

Write about an important inventor/scientist from your country. Include:

- where/when he/she was born;
- information about his/her education and career;
- what he/she invented/discovered;
- what impact this invention/discovery had.

Sunken Roads (B2 - Upper Intermediate)

A – Before you start

Answer the questions with a partner.

1. Do you like going on long walks?
2. If so, where do you like to walk? In towns? In the mountains? In the country? Along the coast?
3. Are there any footpaths in your area? If so, where do they lead to?

B – Listen and answer

Read these incomplete statements. Then listen (without reading) and fill in the blanks.

1. In the English countryside, there are many sunken roads between towns and _____.
2. They have been created by _____ and _____ over thousands of years.
3. Many sunken roads connect pastures in the _____ with _____ in towns.
4. The most famous are in _____ England.
5. Their ecosystems provide homes for _____, _____ and fungi.
6. A government organisation called _____ is now mapping these roads in Dorset.

C – Read and answer

Read the article and answer the questions.

1. What kind of landscape is usually associated with the English countryside?
2. Why are sunken roads also called holloways?

3. What natural elements contributed to their creation?
4. How low are the deepest of them?
5. Who sometimes used them for illegal purposes?
6. Why are some sunken roads like tunnels?
7. What should people do to make sure these roads are preserved?
8. Who is sometimes responsible for destroying them?

D – Learn it! Use it!

Complete these sentences with words from the glossary. (You may have to adapt the expression in some way; e.g. change the verb tense, or change from plural to singular.)

1. The children's toys were all over the floor and I accidentally _____ on one and broke it.
2. At the bottom of our garden, there's a large _____ with lots of fish in it.
3. _____ last month, Tom had never been abroad.
4. I saw a policeman walk up our neighbours' _____ and knock on their front door.
5. Dan missed a lot of lessons last year so there are some serious _____ in his preparation.
6. We installed the latest antivirus software and it _____ the virus from our computer.

E – Ready for the B2 FIRST Certificate in English? (Reading and Use of English, Part 3)

Use the word in brackets to form a word that fits in the space given.

1. The English countryside is celebrated in _____ (COUNT) paintings and poems.
2. However, its hundreds of sunken roads usually go _____ (NOTICE).
3. All over the country, there are miles of these _____ (MYSTERY) roads.
4. They link _____ (SETTLE) dating back to Saxon and Roman periods.
5. Shute's Lane and Hell's Lane are _____ (NOTE) examples of sunken roads.
6. Hell's Lane was an _____ (FAME) smugglers' pathway.
7. The unique topography of sunken roads often creates _____ (USUAL) ecosystems.
8. These ecosystems allow the _____ (GROW) of rare ferns and mosses.

F – Write about it

Write about the best place to go walking in your town or area. Mention:

- where to start the walk;
- the route to follow;
- what you can see on the walk;
- the best season/time of day to go.

The Mediterranean Diet Really Is That Good For You. Here's Why. **(C2 - Proficiency)**

A – Before you start

Answer the questions with a partner.

1. Do you consider your diet to be a healthy one? Why (not)?
2. What foods do you associate with the Mediterranean Diet?
3. Can you name any health problems that are associated with eating the wrong things?

B – Listen and answer

Read these statements. Then listen (without reading) and write T (true) or F (false).

1. An ambitious study was carried out in the 1950s by US researchers.
2. It found that the participants from Mediterranean countries were less subject to heart disease.
3. Dr Sean Heffron claims the Mediterranean diet developed because of its health benefits.
4. The main source of animal protein in this diet should be white meat like chicken and turkey.
5. It has been found that this diet can protect against processes that can cause damage to DNA.
6. Foods that are good for the heart are generally low in calories.

7. Occasionally eating food high in sugar or saturated fat will not harm anyone.
8. Those who follow this diet, will never need to take any supplements.

C – Read and answer

Read the article and choose the correct answer.

1. The purpose of the study was to see
 - a) the effects of a bad diet on a person's health.
 - b) how diet could help men recover from cardiovascular disease.
 - c) how the lifestyle of males aged 40-59 affected their risk of heart disease.
2. The study revealed that
 - a) diets high in any kinds of fat led to coronary heart disease.
 - b) there were links between high cholesterol levels and coronary heart disease.
 - c) people who lived in Mediterranean countries ate less fats.
3. According to experts quoted in the article, the Mediterranean diet
 - a) has enabled cookery writers to make a lot of money.
 - b) is more than anything a way of life.
 - c) is based on traditional recipes that have been handed down in the family.
4. Dr Julia Zampano claims that the diet
 - a) is practical and can be maintained over a long period.
 - b) is feasible and economical.
 - c) is down-to-earth and satisfying.
5. A recent study on 7,800 women found that those who followed the Mediterranean diet closely
 - a) had less difficulty conceiving.
 - b) had less than a 21% risk of their baby being born too early.
 - c) had a lower risk of having health problems during their pregnancy
6. The Mediterranean diet
 - a) has more benefits than drawbacks for most people.
 - b) can improve the health of your heart in a short time.
 - c) has few foods that contain iron.

D – Learn it! Use it!

Complete these sentences with words from the glossary. (You may have to adapt the expression in some way; e.g. change the subject, or change from singular to plural.)

1. _____ are good for you, but some people can't eat them because they are allergic to them.
2. It's not difficult. If you _____ to the instructions, you can't go wrong.
3. I didn't go there to see Layla. I _____ be passing her office when she came out.
4. Before putting the meat in the oven, _____ it with a little salt and pepper.
5. It is the responsibility of schools to create an environment that's _____ to learning.
6. You're not likely to find those products here. You'll have to look _____ for them.

E – Ready for Cambridge C2 PROFICIENCY? (Reading and Use of English, Part 2)

Complete the text. Use only one word in each space.

The US public health scientist responsible ¹_____ the creation of the Seven Countries Study was Dr. Ancel Keys. After World War II, Keys had noticed a steady increase in the number of deaths ²_____ to heart attacks, as noted in the newspapers' obituary pages. He was puzzled by the fact that American business executives, who were presumably ³_____ the best-fed people in the world, had such high rates of heart disease, while in the population of post-war Europe there had been a sharp ⁴_____ in these rates in the wake of reduced food supplies.

In 1947, he began to study a group of American businessmen from Minneapolis-Saint Paul, conducting examinations and ⁵_____ blood samples every five years. His research showed that smoking, high blood pressure and elevated cholesterol were frequently found in men who suffered ⁶_____ heart attacks. After a decade of work, he came to the ⁷_____ that elevated blood

cholesterol levels were chiefly determined by saturated fat, a breakthrough that stunned a population used to ⁸ _____ mostly meat and potatoes.

F – Talk about it

In pairs or groups.

1. What are the most popular dishes in your region? Are they traditional dishes? What are the ingredients? How are they cooked? Do you think they are healthy or unhealthy? Why?
 2. Are fast food restaurants popular in your country? Do you think fast food is necessarily unhealthy? Why (not)? How often do you eat fast food?
 3. Do you agree with Dr. Sean Heffron about the Mediterranean Diet being tasty? Can you think of any exceptions?
-

Answers: The Charts (B1 - Lower Intermediate)

B – Listen and answer

1. F – It appeared in 1913.
2. T
3. T
4. F – He won it for half a million copies.
5. F – In the UK only 100,000 sales are needed for a Gold Disc.
6. T
7. F – Some songs stay in the charts for over a year.
8. T

C – Read and answer

1. They were based on the sales of sheet music, because recordings weren't available and few people had radios.
2. Because early *Billboard* charts were also based on radio airplay (i.e. the number of times a disc was played on the radio).
3. It became illegal in the late 1950s, following an FBI investigation.
4. The editor of the magazine *New Musical Express* phoned a few record shops to find out what songs were popular that week.
5. The awards higher than a Gold Disc are a Platinum Disc and a Diamond Disc.
6. There are usually a lot of old songs in the charts at Christmas because the charts are now largely based on downloads and streaming.
7. They don't manage to get onto the charts despite being popular.
8. Some countries have banned songs more than 18 months old from the charts.

D – Learn it! Use it!

1. claimed
2. bribing
3. achievement
4. scarce
5. rules
6. placed

E – Ready for the B1 PRELIMINARY English Exam?

1. almost
 2. watching
 3. just
 4. to
 5. suit
 6. notice
-

Answers: James Watt (B2 - Upper Intermediate)

B – Listen and answer

1. b
2. a
3. c
4. b
5. b
6. c

C – Read and answer

1. His mother educated him at home and his father taught him a trade (i.e. shipbuilding).
2. They were often used to pump water out of mines.
3. Because they wasted most of the steam they produced.
4. He added a separate condenser which would condense the steam without cooling the rest of the engine.
5. They worked in a shared building rather than in individual workshops.
6. The previous sources of power were fast-flowing water, horses (or other animals) or burning wood.
7. It transformed it from an agricultural country into a nation of manufacturers.
8. The Bank of England put them on the new £50 notes.

D – Learn it! Use it!

1. waste
2. skilled
3. improvement
4. coal
5. pump
6. springing up

E – Ready for the B2 FIRST Certificate in English?

1. played/had
2. such
3. of
4. nothing
5. use/application
6. majority
7. heat
8. by

Answers: Sunken Roads (B2 - Upper Intermediate)

B – Listen and answer

1. villages 2. human – animal feet 3. hills – marketplaces 4. South West 5. animals – insects 6. Natural England

C – Read and answer

1. Green, rolling, wooded landscapes with pretty villages and ponds. 2. Because they are paths or lanes (i.e. ways) hollowed out in the soft earth. 3. Soft rock and rain. 4. The deepest are six metres below the surrounding countryside. 5. Smugglers sometimes used them. 6. Because tall trees meet overhead and create a canopy. 7. People should continue to use them. 8. They are sometimes destroyed by landowners and local councils, who remove them or cover them over.

D – Learn it! Use it!

1. trod 2. pond 3. Up to 4. path 5. gaps 6. removed

E – Ready for the B2 FIRST Certificate in English?

1. countless 2. unnoticed 3. mysterious 4. settlements 5. notable/noteworthy/noted 6. infamous 7. unusual 8. growth

Answers: The Mediterranean Diet Really Is That Good For You. Here's Why. (C2 - Proficiency)**B – Listen and answer**

1. F – It was carried out by researchers from across the globe. 2. T 3. F – He claims it developed because it was tasty. 4. F – The preferred source of animal protein is fish rich in omega-3 fatty acids. 5. T 6. F – Foods like olive oil and nuts are heart-healthy but are high in calories. 7. T 8. F – They may need to take a calcium supplement.

C – Read and answer

1. c 2. b 3. b 4. a 5. c 6. a

D – Learn it! Use it!

1. Nuts 2. stick 3. happened to 4. season 5. conducive 6. elsewhere

E – Ready for Cambridge C2 PROFICIENCY?

1. for 2. due/attributable/ascribable 3. among 4. decrease/fall/drop 5. taking 6. from 7. conclusion 8. eating/consuming