



Nessie – The Loch Ness Monster (A2 - Pre-Intermediate)

A – Before you start

Answer the questions with a partner.

1. What traditional stories about mythical creatures are there in your country?
2. Are any of these creatures monsters?
3. What do you know about the Loch Ness monster?

B – Listen and answer

Read these incomplete statements. Then listen (without reading) and complete them.

1. A _____ is called a 'loch' in Scotland.
2. Loch Lomond is _____ than Loch Ness.
3. Some parts of Loch Ness are _____ metres deep.
4. Some say the monster has a round body. Others say it has a long, _____ body and neck.
5. It is said that the first person to see the monster was an _____ monk, St. Columba.
6. In _____, a London couple reported seeing a strange creature crossing the road.
7. Though most people don't believe in the monster, there are around _____ sightings a year.
8. About _____ people visit the loch every year hoping to see the monster.

C – Read and answer

Read the article and answer the questions.

1. Which Scottish city is nearest to Loch Ness?
2. Why is Loch Ness an ideal hiding place for an aquatic monster?
3. What measurement of Loch Ness is higher than that of all the other lakes in the UK?
4. Which characteristic is the same in nearly all the descriptions of Nessie?
5. Why did St. Columba banish the monster to the lake?
6. Which picture of the monster was found to be a fake?
7. What's wrong with all the photos and films of the monster?
8. What do most people think is the logical explanation for the sightings?

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 singular to plural or vice versa.)

1. We _____ about the Maths test when we got to school this morning. It was a total surprise.
2. His real name's Michael but, as he's rather short, his friends gave him the _____ Tiny.
3. Chartreuse is a famous liqueur made by the _____ of a monastery in southeastern France.
4. We saw a man breaking into a shop at night so we rang the police and _____ it to them.
5. The new restaurant is in a park on the south _____ of the river.
6. A dromedary is a type of camel that has one _____, not two.

E – Ready for the A2 KEY English Test? (Paper 1, Part 5)

Complete the message. Write one word for each space.

Hi, Anne. We're ¹_____ a lovely time here in Scotland. Luckily the
²_____ is good: quite warm and sunny. We ³_____ Edinburgh
for Inverness yesterday and today we went on a day trip to Loch Ness
⁴_____ bus. The loch's really beautiful so we ⁵_____ lots of photos,
but there was no sign of the monster! We're a bit tired now because it was
a long trip and we've just got ⁶_____ to the hotel.
Goodnight. Talk soon.
Mike

F – Check your pronunciation

Are these statements true or false?

1. The *b* in *limb* isn't pronounced.
2. *Hoax* rhymes with *folks*.
3. *Snake* and *snack* have the same pronunciation.
4. *Creature* rhymes with *teacher*.
5. *Bird* rhymes with *word*.
6. *Blurry* rhymes with *hurry*.
7. The *t* in *castle* is pronounced.
8. *Hump* and *couple* have the same vowel sound.

G – Write about it

Write about a monster you've seen in a film or read about in a book. Mention:

- its name
- where it's from;
- what it looks like;
- whether it's good or evil;
- some of the myths or stories about it.

Fast Fashion (B1 -Lower Intermediate)

A – Before you start

Answer the questions with a partner.

1. Have you got a lot of clothes?
2. Do you think it's important to follow the latest fashions? Why (not)?
3. Do you enjoy shopping for clothes?
4. Do you usually buy your clothes in shops or online? Why?
5. Do you prefer to buy a few expensive items or a larger number of cheaper items? Why?

B – Listen and answer

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

1. Soon after a fashion show, shops like Zara and H&M have cheaper versions of the new models.
2. Nowadays, many people only wear their clothes a few times before throwing them away.
3. Clothes became cheaper to produce in the early 20th century.
4. The global fashion industry produces nearly as much CO₂ as all international flights.
5. The online clothes seller Shein puts about a thousand new items a week on its website.
6. The article advises young people to keep their clothes for longer.

C – Read and answer

Read the article and answer the questions.

1. How much is the fast fashion industry worth?
2. How was people's attitude to clothes different in the past? Why?
3. What has shopping for clothes become for many people now?
4. Why does the global fashion industry have such a negative impact on the environment?
5. Why is Shein popular among young people?
6. What percentage of the world's fast fashion sales does Shein obtain?
7. What other criticisms are made of the company, besides its impact on the environment?
8. What alternatives are there for people who don't want to support fast fashion?

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 boys tried to _____ that they'd stolen sweets from the shop, but we saw them do it.
2. When you buy goods online, you sometimes have to pay _____ costs.
3. Personal computers used to be very expensive. Now they're much more _____.
4. A _____ is a shop or person that sells goods to the public.
5. The restaurant has a fixed-price menu. You can choose _____ three dishes for £25.
6. I didn't recognise Julie at first. She's slimmer and she's _____ her hair red.

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

Choose the correct word in brackets for each space.

The clothes that our great-grandparents wore were made from animal-based or plant-based materials such ¹_____ (of/as/like/with) wool, leather, cotton and linen. However, after World War II, artificial fibres were invented and, ²_____ (though/while/till/since) these were cheaper and easier to produce, they gradually replaced natural fibres.

If you check the labels on your clothes, you're likely to notice that the fabric that comes up more than ³_____ (some/any/all/each) other is polyester. Polyester is now the most widely produced fibre. In 2022, it ⁴_____ (accounted/counted/increased/reached) for 54 per cent of the market.

One of the biggest problems with polyester is that its production process damages the environment and can also be ⁵_____ (costly/unhelpful/harmful/harmless) to workers. Another is that it's a plastic, and it's not biodegradable. The polyester shirt that you ⁶_____ (bring/throw/launch/pass) into the dustbin could take up to 200 years to decompose!

F – Write about it

Write about the latest piece of clothing you bought. Include:

- where and when you bought it;
- where it was made;
- what it's made of;
- how often you've worn it so far;
- why you bought it.

Alan Turing (B2 -Upper Intermediate)

A – Before you start

Answer the questions with a partner.

1. Are you interested in computer science?
2. Can you name any of the pioneers in the development of computers?
3. What do you know about Alan Turing?

B – Listen and answer

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

1. Alan Turing was a legend in his own lifetime.
2. He studied at Cambridge University in early 1930s.
3. During the '30s he built the first "universal computing machine".
4. During World War II, Turing helped to develop a machine able to decipher German messages.
5. The Turing test required two people and two computers.
6. It is not known for sure whether Turin intended to kill himself.

C – Read and answer

Read the article and answer the questions.

1. Where did Alan Turing work during World War II?
2. What effect did his work have on the course of the war?
3. Why wasn't his contribution recognised until many years later?
4. Why did Avi Wigderson consider Turing's paper on the Turing machine so influential?
5. What were Germany's Enigma machines designed to do?
6. What was the purpose of the Turing Test?
7. What was Turing prosecuted for in 1952?
8. What did Turing receive in recognition of the fact that he had been treated unjustly.

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.)

1. Lee has finally passed his driving test, after his fourth _____!
2. They say you can't _____ vegan cheese _____ real cheese, but to me it tastes awful.
3. The table was too high so we got a carpenter to _____ the legs.
4. Before the passing of the Clean Air _____ in 1956, London had been famous for its smog.
5. Grandma didn't want to come, but we _____ persuaded her and she really enjoyed herself.
6. This afternoon a fight _____ at the football stadium between rival fans.

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. Turing carried out groundbreaking _____ (SCIENCE) work before and after the war.
2. He is considered the father of modern _____ (COMPUTE) and artificial intelligence.
3. His team developed a device to find the various _____ (SET) for Enigma machines.
4. A machine passes the Turing Test if a person can't _____ (RELY) tell it from a human.
5. Turing was accused of _____ (DECENT) in 1952, when homosexuality was still illegal.
6. After his conviction, he _____ (WENT) a course of hormonal injections.
7. It is possible that Turing's death was _____ (ACCIDENT).
8. In 2013, the terrible _____ (JUST) of his conviction was finally recognised.

F – Write about it

Write about a well-known and influential scientist from your country. Include information about:

- his/her biography;
 - his/her career;
 - what he/she discovered or invented;
 - what influence this has had.
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The Vale Pantry (C1 -Advanced)

A – Before you start

Answer the questions with a partner.

1. Food banks and social supermarkets are being set up all over Europe. Do you know of any in your home town?
2. If so, who are they run by?
3. Where does the food come from?

B – Listen and answer

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

1. The word 'pantry'

- a) is a newly invented term. b) refers to a place where food is stored.
c) means any kind of cupboard.

2. Social supermarkets and local pantries provide those in need with

- a) food. b) advice and encouragement. c) both of these.

3. The Trussell Trust provides food parcels to anyone who asks for them.

- a) True. b) False. c) The article doesn't say.

4. The Vale Pantry, set up by Carole Jones, operates in an agricultural area.

- a) True. b) False. c) The article doesn't say.

5. The organisation often supplies families with

- a) oven-ready meals. b) processed food. c) ingredients with cooking instructions.

6. Those who want to become members of the Vale Pantry have to apply

- a) online. b) through their doctor. c) through social services.

7. The only items at the Vale Pantry that are completely free are fruit and vegetables.

- a) True. b) False. c) The article doesn't say.

8. Carole Jones says she was amazed at the number of

- a) families in debt. b) stressed children. c) children with special needs.

C – Read and answer

Read the article and answer the questions.

1. Why is there such a great need for food pantries now?

2. Why aren't food parcels suitable for everyone?

3. What difficult decisions do some families have to make?

4. What are the various reasons why more and more people are now suffering from food poverty?

5. What does the organisation do to get children to eat healthy food?

6. In what way is the Vale Pantry similar to a supermarket?

7. How are the various shopping items divided up?

8. Why was it necessary to set up a support group for mums?

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 singular to plural.)

1. Yesterday was warm, but today it's quite chilly. The temperature dropped _____ overnight.

2. This problem's urgent. It needs to be _____ right away.

3. While James was tidying up the spare room, he _____ some old family photos.

4. One way to lose weight and save money is to _____ on snacks and sweets.

5. This _____ was delivered this morning. Did you order anything online?

6. To get a visa, we had to fill in so many _____. The bureaucracy here is incredible.

E – Ready for the C1 ADVANCED English Test? (Reading and Use of English, Part 4)

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. Use between 3 and 6 words including the word given.

- Example: Many families have found themselves with pantries that are practically empty.
BE Many families have found their pantries to be practically empty.
1. The contents of food parcels might be unsuitable for some people.
SUIT The contents of food parcels _____ everyone.
2. The people who run social supermarkets are all volunteers.
ENTIRELY Social supermarkets _____ volunteers.
3. People start to choose better food after using the recipe bags.
MAKE People start _____ after using the recipe bags.
4. After approval, they just have to make a contribution of £6.
ALL After approval, _____ make a contribution of £6.
5. The Vale Pantry is not just a local shop.
MUCH The Vale pantry _____ a local shop.
6. We also look to see if we can do anything else for our members.
WHAT We also look at _____ for our members.

F – Talk about it

In pairs or groups.

1. Is there a growing demand for food banks or social supermarkets in your country?
2. If so, what do you think are the reasons for it?
3. Why is it a good idea to teach adults and children to cook meals using basic ingredients?
4. What other things could be done to alleviate food poverty, in your opinion?

Answers: Nessie – The Loch Ness Monster (A2 - Pre-Intermediate)

B – Listen and answer

1. lake 2. larger/bigger 3. 230 4. thin 5. Irish 6. 1933 7. seven 8. one million

C – Read and answer

1. The Scottish city nearest to Loch Ness is Inverness. 2. Because it's very deep. 3. The volume of water in Loch Ness. 4. Its greenish colour. 5. Because it had killed a man. 6. The photo of a dinosaur-like creature taken by a doctor. 7. They are blurry. 8. Most people think they are sightings of a giant bird, otter or large eel.

D – Learn it! Use it!

1. learnt/learned 2. nickname 3. monks 4. reported 5. bank 6. hump

E – Ready for the A2 KEY English Test?

1. having 2. weather 3. left 4. by 5. took 6. back

F – Check your pronunciation

1. True. 2. True. 3. False. 4. True. 5. True. 6. False. 7. False. 8. True.

Answers: Fast Fashion (B1 - Lower Intermediate)

B – Listen and answer

1. T 2. T 3. F – They became cheaper to produce in the late 20th century. 4. F – It produces more CO₂ than all international flights and maritime shipping combined. 5. F – It puts up to ten thousand new items a day on its website. 6. T

C – Read and answer

1. It's worth \$100 billion. 2. People only bought clothes occasionally because fewer items were produced and these were of greater quality, but more expensive. That's why people

wore them for many years. 3. It has become a hobby. 4. Because it uses a lot of natural resources and chemicals. 5. Because of its enormous selection and low prices. 6. It obtains half of all fast-fashion sales. 7. It is also criticised for engaging in illegal and immoral practices, including using forced labour. 8. They can buy sustainable clothes in organic and recycled materials, or second-hand and vintage clothes, or they can buy fewer clothes and wear what they have.

D – Learn it! Use it!

1. deny 2. shipping 3. affordable 4. retailer 5. up to 6. dyed.

E – Ready for the B1 PRELIMINARY English Exam?

1. as 2. since 3. any 4. accounted 5. harmful 6. throw

Answers: Alan Turing (B2 - Upper Intermediate)

B – Listen and answer

1. F – He died in obscurity. 2. T 3. F – He didn't build it. It was a vision of his. 4. T 5. F – It required two people and a computer. 6. T

C – Read and answer

1. He worked at Bletchley Park Code and Cypher School. 2. It shortened the war and saved millions of lives. 3. Because his work was protected by Britain's Official Secrets Act. 4. Because it encapsulated the logical principles of the digital computer and was therefore fundamental in the development of today's computers. 5. They were designed to encode naval messages. 6. It was an attempt to define a standard which would determine whether a computer could think. 7. He was prosecuted for homosexual acts. 8. In 2013, he received a posthumous pardon.

D – Learn it! Use it!

1. attempt 2. tell – from 3. shorten 4. Act 5. eventually 6. broke out

E – Ready for the B2 FIRST Certificate in English?

1. scientific 2. computing/computers 3. settings 4. reliably 5. indecency 6. underwent 7. accidental 8. injustice

Answers: The Vale Pantry (C1 - Advanced)

B – Listen and answer

1. b 2. c 3. b 4. a 5. c 6. a 7. b 8. c

C – Read and answer

1. Because food prices are soaring and, as a result, increasing numbers of people do not have enough money to spend on food. 2. Because they contain only basic dried and tinned products. There is no choice for vegetarians or for those with food intolerances and they don't contain fresh fruit and vegetables. 3. Some have to decide whether to feed their families or heat their homes. 4. Some are workers in low paid jobs whose rents have increased. Others are pensioners affected by the increases in gas and electricity bills. Some people are between jobs or are waiting for their benefit to arrive. Others have long-term health problems and can't work. 5. It asks families to involve their children in the use of recipe bags by asking them to post pictures of their meals and rate them. It also organises children's cookery classes during the school holidays. 6. People can choose what they want to take home. 7. They are divided into red, green and free items. Members can choose two red items, 12 green items and any amount of free items. 8. Because many mums are facing other problems besides food poverty and are quite stressed.

D – Learn it! Use it!

1. sharply 2. tackled/sorted out 3. came across 4. cut back 5. parcel 6. forms

E – Ready for the C1 ADVANCED English Test?

1. might not suit 2. are run entirely by 3. to make better food choices 4. all they have to do is
5. is much more than 6. what else we can do

SpeakUp
