MODULE 3: **Lifestyles**

7 Long lives

Key words

chronic, deprived of, drowsy, genetic make-up, restful, shallow

Reading

1 Complete the following questionnaire about your sleeping habits and discuss good sleeping habits.

1 What time do you go to sleep on school nights?
   a around 8 p.m.
   b around 9 p.m.
   c past 10 p.m.
2 Why do you go to bed at a particular time?
   a because you want to get enough sleep for the following day's activities
   b because it fits best with the family schedule
   c because you feel sleepy
3 What time do you wake up on school days?
   a before 6 a.m.
   b between 6 a.m. and 7 a.m.
   c between 7 a.m. and 8 a.m.
4 What usually wakes you up on school days?
   a alarm clock
   b parent or other family member
   c noise
5 What time do you sleep on weekend nights?
   a after 8 p.m.
   b after 9 p.m.
   c after 10 p.m.
6 What time do you wake up on weekend days?
   a before 8 a.m.
   b around 9 a.m.
   c after 10 a.m.

2 Complete the table below with the actual times that you wake up and go to sleep over a period of seven days. Then write a paragraph comparing your findings with the answers you gave in the questionnaire in exercise **1**.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Wake up							
Go to sleep							

Compare your table with those of three other students. How similar or different are your sleeping habits?

Why is sleep important?

1 How much sleep do you need each night? Are you getting enough sleep? What is the importance of sleep? The rest of this article will give some useful information and advice.

2 Exactly how much sleep we need depends on several factors, including our age, our daily routine, the quality of our sleep and our genetic make-up.

We know that most adults need about 8 hours' sleep a day, but this number can vary greatly: "short sleepers" may need only 5 hours, whereas "long sleepers" may need 9-10 hours. Babies need about 16 hours a day while many teenagers need an average of 9 hours.

3 How do we know if we are getting enough sleep? In general, if you feel drowsy during the day, you need more sleep. You may think that you are sleeping for long enough, but these are some of the signs that you may need more:

- you cannot concentrate at school or at work;

- you find it difficult to get up in the mornings;
- you are moody or irritable;
- you have memory problems.

4 So why is it important that we get enough sleep? According to the National Sleep Foundation (NSF), sleep is essential for a person's health and wellbeing. First, sleep helps the brain retain new information in one's memory. In studies, people who had slept after learning a task did better on tests later. Second, people who are deprived of sleep might gain weight because their bodies would process and store carbohydrates and alter levels of hormones that affect their appetite. Third, sleep loss contributes to a greater tendency to fall asleep during the daytime. These lapses may cause falls and mistakes such as medical errors, air traffic mishaps and road accidents. Finally, chronic sleep deprivation alters the immune system, including the activity of the body's killer cells.

5 How we sleep also affects us. When we fall asleep, our sleep can be deep and restful or light and shallow. Shallow sleepers awake still feeling tired, while deep sleepers wake up refreshed.

3 Read the article on pages 48-49 and match these headings with the paragraphs they relate to. There are two headings you do not need to use.

A The effects of lack of sleep ---3---
B How to stay awake while driving ---
C Different kinds of sleep ---5---
D The value of sleep ---4---
E Questions to ask yourself ---1---
F Sleeping positions ---
G Different individuals have different needs ---2---

4 Read the article again and complete these sentences with a word or phrase.

a Adults and teenagers need a lot less sleep than ---babies--- . (1 word)

b It is ---elderly (old) people--- who seem to need the least sleep. (2 words)

c People who do not get enough sleep may find it difficult to ---concentrate--- at school or work. (1 word)

d Sleep deprivation may cause weight gain by altering ---hormone levels--- . (2 words)



e Your immune system would be affected if you were ---deprived of--- sleep. (2 words)

5 Look at the article again. Are these statements True (T) or False (F)? Justify your answers.

a The article gives information but no advice. True:None of the information in the text is advice.For example, the text doesn't tell you how to ensure better sleep.

b We do not all need the same amount of sleep. True: Several factors affect how much sleep we need.

c Factors that affect the amount of sleep we need include the colour of our hair and where we live. False: Sleep is affected by our age, our daily routine,the quality of sleep and genetic make-up

d If you feel very lively during the day, you probably need more sleep. False:If you feel tired during the day you probably need more sleep.

e Most teenagers need about nine hours sleep per night. True: Many teenagers need 9 hours sleep a night.

6 Find the following verbs in the article on pages 48-49 and make nouns from them.

verb	noun
a. need	need
b. give	gift
c. know	knowledge
d. feel	feeling
e. think	thought
f. concentrate	concentration
g. cause	cause
h. alter	alteration

Over to you

7 How does sleep affect your lifestyle?

Students' own answers

Language practice

1 Choose the correct word to complete the following sentences.

a We should ***make up for / do without*** the time we wasted waiting for the museum to open.

b The victims should be treated with ***compassion / affection***; they're human beings after all.

c It is with much ***guidance / admiration*** that I dedicate this book to my dear friend, Ahmed.

d He found his duties increasingly ***onerous / fatal*** but he could handle them.

e It is ***integral / imperative*** that we meet the deadline for presenting our research paper.

f The only ***geriatrician / geriatric*** hospital in town has been opened recently.

2 These sentences all use phrasal verbs. However, there are some mistakes within each sentence. Correct the mistakes and rewrite the sentences, underlining the phrasal verb.

a Your room absolutely full of rubbish. You must tidy it up before your cousin arrives.

Your room **is** absolutely full of rubbish. You must tidy it up before your cousin arrives.

b There is a serius shortage of sugar at the moment. You will have to do without it in your coffee.

There is a **serious** shortage of sugar at the moment. You will have to do without it in your coffee.

c You have really offended your friend. To make up for it you shud apologise and buy her some flowers.

You have really offended your friend. To make up for it you **should** apologise and buy her some flowers

3 Report the questions and answers in these short conversations.

a **Boushra:** What are you doing at the weekend?

Sabika: I'm going out with my parents.

Boushra asked Sabika what she was doing at the weekend. Sabika said / replied (that) she was going out with her parents.

b **Boushra:** Where are you going?

Sabika: We're going to visit our cousins in the next town.

Boushra asked Sabika where she was going. Sabika said / replied that they were going to visit their cousins in the next town.

c **Naif:** Can you take me to the airport tomorrow?

Nawwaf: What time do you have to be there?

Naif: My plane leaves at four o'clock in the afternoon.

Naif asked Nawwaf if he could take him to the airport the following day. Nawwaf asked Naif what time he had to be there . Naif replied that his plane left at 4 o'clock in the afternoon

d **Hessa:** Did you enjoy your holiday?

Noura: Yes, it was very relaxing.

Hessa: When did you get back?

Noura: Very late last night. Our plane was delayed.

Hessa asked Noura if she had enjoyed her holiday. Noura said that it had been very relaxing. Hessa asked (Noura) when she had got back. Noura replied (that she had got back) very late the previous night - their plane had been delayed.

e **Faisal:** Have you seen my briefcase?

Anwar: No, I haven't. When did you last have it?

Faisal: I brought it home from work yesterday, but I haven't seen it since.

Faisal asked Anwar ifhe had seen his briefcase.
Anwar said he hadn 't and asked Faisal when he had last had it.
Faisal said he had brought it home from work the previous day, and added that he hadn 't seen it since.

4 What were these people's actual words?



a She asked me if I'd got the time.
Have you got the time?

b He said he'd slept for ten hours the previous night.
I slept for ten hours last night

c Amal asked her mother if she could go out with her friends.
(Please) Can I go out with my friends?

d Khaled asked whether Omar wanted to go swimming with him.
Do you want to go swimming with me?

e Israa said she was enjoying her new job.
I'm enjoying my new job.

f Mariam asked her friend if she would like to go shopping the following day.
Would you like to go shopping tomorrow?

5 Combine the following sentences into one sentence using *both* and *and*.

a I have maths homework. I have English homework.
I have both maths and English homework.

b Turki plays football. Hamza plays football.
Both Turki and Hamza play football

c Turki plays football. Turki plays basketball. Hamza plays football. Hamza plays basketball.
(Both) Turki and Hamza play both football and basketball.

d The maths teacher was pleased with my homework. The English teacher was pleased with my homework.
Both the maths teacher and the English teacher were pleased with my homework.

6 Complete the dialogue between a doctor and an elderly patient using the words and phrases below.

Doctor: Hello. What can I do for you today?
Mr B: Well Doctor,
(1) ---h--- .
Doctor: Are you feeling unwell?
Mr B: No, not at all.
(2) ---d--- . But I'm getting quite old and thought it was a good idea to see if anything was wrong.
Doctor: Great idea.
(3) ---a--- . Okay, I need to ask you a few questions.
Mr B: (4) ---f--- .
Doctor: Do you do regular exercise?
Mr B: Yes, **(5)** ---b--- .
Doctor: Anything else?
Mr B: No, **(6)** ---e--- .
Doctor: Do you eat healthily?
Mr B: I try to, **(7)** ---i--- .
Doctor: Well, **(8)** ---f---?
Mr B: I always make sure to get my five-a-day.
Doctor: That's great. Okay, now, I'm going to take your blood pressure.
(9) ---c--- .

a Not enough people look after themselves in old age
b I go swimming three times a week
c Nothing to worry about and it won't hurt a bit
d In fact, I feel very healthy
e I find running too strenuous
f how much fruit and vegetables do you eat
g Fire away
h I was hoping to get a check-up
i but obviously I occasionally overindulge

7 Choose the correct phrasal verbs to complete these sentences.

a You shouldn't try to ***do away with*** / ***do without*** sleep. You need at least eight hours a night.
b He said everything was okay, but that was just a story he ***made out*** / ***made up*** to stop me from worrying.
c You'd better ***do out*** / ***do up*** your boots tightly to stop the sand from getting in.
d She lost my CD, but she's bought me a new one to ***make of*** / ***make up for*** it.
e Many countries are doing what they can to ***do away with*** / ***do away without*** poverty and hunger.

Self-assessment

Writing Writing an article

1 Paragraphs A–C are the first paragraphs of three articles. Match each paragraph with the most suitable title and one of the illustrations.

Titles

Go on this diet if you want to stay fit
Exercise you'll enjoy
Keep moving to keep fit
Thinking is good for you
Enjoy your food and stay healthy



A Exercise you'll enjoy - 2

Are you getting enough exercise? Most people these days agree that regular exercise is an important part of a healthy lifestyle, especially for people who spend most of their time at work sitting in offices. Some people find exercise boring so they make excuses to avoid doing it but, in this article, I am going to suggest a few types of exercise which everyone will find enjoyable.



B Enjoy your food and stay healthy - 3

How healthy is your diet? In the modern world experts frequently tell us that what we eat affects how healthy we are and how long we live. But most people like food and want to eat the things they enjoy. In this article I am going to suggest how you can eat the food you enjoy and still have a healthy diet.

C Thinking is good for you -1

One of the factors which affect how long people live and how much they enjoy their old age is "brain activity". Scientists have shown that people who keep their brains busy tend to live long, happy lives compared with those who do not. In this article I am going to suggest some interesting and enjoyable ways in which you can keep your brain active.



2 You are going to finish one of the three articles **A–C**. Decide which article you are going to finish. Here are some points you could make in each. Students' own answers

A join a gym / take up a new sport / walk somewhere different every day

B eat a different fruit every day / eat less sugar and fat / drink more water

C do puzzles or quizzes / read more books / study a subject on the Internet

Write an outline for the article you have chosen, then finish your article using about 220 words of your own. Write three more paragraphs including your own ideas or the ideas above. The last paragraph should be a conclusion. Make what you write interesting to people of all ages.

صفوة معلمي الكويت

MODULE 3: **Lifestyles**

8 Town and country

Key words
contentment, crown jewel, demarcation, skyline, vertical village

Reading

1 Before reading the article, *Silk City*, match these words **a-f** with their meanings **1-8**. There are two extra meanings.

a	crown jewel	7	**1** to separate or distinguish
b	inception	5	**2** the outline of buildings defined against the horizon
c	demarcate	1	**3** the infrastructure of a city
d	traverse	8	**4** carefully and precisely
e	meticulously	4	**5** the establishment or starting point of something
f	skyline	2	**6** the process of designing something
			7 a prized asset or achievement
			8 to travel across or through

2 Read the article and answer these questions.

a Why is the city being built?
To establish Kuwait as a commercial hub and to provide housing and jobs

b How will the population of Madinat Al-Hareer be kept happy?
To ensure their happiness, people will always be near water or greenery

c What is exceptional about Burj Mubarak Al-Kabir?
It is 1001 metres tall / 200 storeys / houses seven 'vertical villages'.

Silk City

Madinat Al-Hareer, otherwise known as Silk City, is an innovative solution to the problems facing Kuwait. This $130 billion project will result in the construction of a new city, combining residential, financial and commercial districts. Taking its name from the ancient silk routes that traversed Kuwait, the ultimate aim of the project is to establish Kuwait's status as a commercial hub of the world, whilst providing habitation and a desirable lifestyle for the proposed city's 700,000 residents. The city will also create around 450,000 new jobs.

The city, which is to be built in Subiya, north of Kuwait City, will be a unique city because its layout has been completely and meticulously planned from its inception. In this way, its growth will be less 'organic' than other cities, which often add housing and businesses as needed, but will benefit from clear demarcations between residential, financial, commercial, and leisure areas. The design is not simply about creating new living places, but creating an architectural space that induces contentment and well-being. The city is going to be built with its residents in mind and features large expanses of greenery along with all the normal amenities people in the modern world have become accustomed to. In fact, to guarantee the residents' happiness, the city is designed so that you will never be more than three blocks away from a garden or water.

The crown jewel of Madinat Al-Hareer will be the Burj Mubarak Al-Kabir. This tower, which will stand at 1001 metres and 200 storeys high, will house the equivalent of seven 'vertical villages'. This imposing construction will dominate the skyline, and is just one example of the ways in which modern engineering allows designers to overcome the constraints of limited land.

3 Use the words in the box taken from the article to complete the following sentences.

innovative	*habitation*	*crown jewel*
residential	*financial*	*amenities*

a The ____residential____ area is where people live.
b Banks and other similar institutions can be found in the ____financial____ sector.
c The local ____amenities____ include parks, swimming pools and other leisure areas.
d Despite being in constant use, the building showed little sign of ____habitation____ .
e The new transport system is extremely modern and ____innovative____ .
f The new tower will be the ____crown jewel____ of this huge city.

4 Choose the correct answer with reference to the article.

a Which of these statements about Silk City are NOT true?
1 Every aspect of Silk City has been designed and thought out carefully.
2 The city will house 700,000 people.
3 The only aim of the city is to establish Kuwait as a major commercial hub.

b Which of these statements about Silk City is true?
1 Water and plant life are used to create a pleasant environment.
2 The 'inorganic' design of the city will be oppressive.
3 Residential, financial and commercial buildings are combined in each sector.

c What is the best definition of 'organic' as used in the text?
1 something related to, or derived from, living matter
2 characterised by continuous and natural development
3 a description of food produced without the use of pesticides and unnatural fertilisers

d What is the best definition of 'vertical villages'?
1 the equivalent of several residential areas within a tall building
2 the equivalent of several villages aligned
3 the equivalent of several villages on an upward slope

5 Look back at the article on page 54. Summarise the differences between Silk City and other modern cities. Use bullet points.

Students' own answers

Over to you

6 How do you think cities like Silk City will change the way we live? Students' own answers

Language practice

1 Complete this paragraph with the correct form of noise words and phrases below. There are more words and phrases than you need.

bump into densely pluck up the courage
disturbance metropolis far and wide
glamour hub hustle and bustle spot
tranquil whereas

After searching **(1)** far and wide for a suitable apartment I finally found one in the **(2)** metropolis . Although it can be really busy I couldn't stand to be too far away from the **(3)** hustle and bustle of city life. It's **(4)** densely populated around here, but there is rarely any real **(5)** disturbance . If things get too much, there is a quiet **(6)** spot just around the corner where I can go and relax. It's incredibly beautiful and **(7)** tranquil . I even **(8)** bumped into an old friend there.

2 Rewrite these sentences replacing the underlined phrases with one of the phrases in the box. There is one extra phrase.

trial and error chalk and cheese
nearest and dearest odds and ends
pick and choose rough and ready

a Graduates with first-class degrees can often select exactly the jobs they want.
pick and choose

b I've never understood how they are still friends. They are like two completely different things.
chalk and cheese

c I tidied my office the other day and found all kinds of different things on my desk.
odds and ends

d He's never had any formal training. He learnt by trying things out and seeing what happened.
trial and error

e We're having a big celebration next week, so we're inviting all our family and close friends.
nearest and dearest

3 Replace the word in bold with an appropriate word related to it. Then, see if the relative pronoun within the sentence is correct. Rewrite the sentences.

a The city, who is very **pollute**, is home to over 250,000 people.
The city, **which** is very **polluted**, is home to over 250,000.

b The park, which I play football, is **fame** throughout the country.
The park, **where** I play football, is **famous** throughout the country.

c The actor, where I went to school with, obviously gained great **enjoy** from his profession.
The actor, **who** I went to school with , obviously gained great **enjoyment** from his profession.

d I'll always **memory** the day who I started school.
I'll always **remember** the day **when** I started school

4 What would you say in the following situations? Write full sentences.

a You are moving to a new area and saying goodbye to some friends.
I'll miss you . Keep in touch.

b An estate agent is showing you round a house which you don't like.
I don't think this house is suitable for I me.

c A decorator has painted your living room the wrong colour.
This isn't the colour I asked for.

5 Complete these sentences with one of these comparing or contrasting words or phrases. Use each word or phrase once.

instead of *in comparison with*
whereas *however*

a In comparison with Seoul in South Korea, Warsaw, the capital of Poland, is quite a small city. Whereas Seoul has a population of over 10 million people, Warsaw has only 2 million.

b I've decided to learn Chinese instead of French at university. Chinese grammar is not too difficult. However, the pronunciation will be very hard for me.

6 Match sentences a-f with the corresponding second sentences 1-6 below. Then, write new sentences using the word or phrase in brackets.

a Silk City is being meticulously planned prior to its construction. (*whereas*)
(5) Silk City is being meticulously planned prior to its construction, whereas Kuwait City emerged organically.

b Kuwait City is the largest city in Kuwait. (*but*) 1
Kuwait City is the largest city in Kuwait, but Silk City will be almost as big.

c Kuwait City has a population of about 150,000. (*whereas*) 4
Kuwait City has a population of about 150,000, whereas Silk City will ~~have a population of 750,000.~~

d Many cities mix financial, business and residential areas. (*while*) 2
Many cities mix financial business and residential area , while Silk city will separate these sectors.

e Kuwait City was established in the eighteenth century. (*in comparison with*) 6
Kuwait City was established in the eighteenth century in comparison ~~with Silk city, which is going to be built in 21st century~~

f The Burj Mubarak Al-Kabir will dominate the skyline of Silk City. (*like*) 3
The Burj Mubarak Al Kabir will dominate the skyline of silk City like the Kuwait Tower ,which tower above Kuwait City.

1 Silk City will be the most modern.
2 Silk City will separate these sectors.
3 The Kuwaiti Towers tower above Kuwait City.
4 Silk City will have a population of 750,000.
5 Kuwait City emerged organically.
6 Silk City, is going to be built in the 21st century.

7 Write inverted and non-inverted sentences using the cues below.

a never been / annoyed / lost mobile phone
Never have I been as annoyed as when I lost my mobile phone.
I have never been as annoyed as when I lost my mobile phone.

b no sooner / finished dinner / doorbell
No sooner had I finished my dinner than the doorbell rang.
~~As soon as I had finished my dinner,~~ the doorbell rang.

c little expect / library / see my friend
Little did I expect to see my friend at the library.
I little expected to see my friend at the library.

d rarely / excited / team won
Rarely have I been so excited as when my team won.
I have rarely been as excited as when my team won.

Writing Describing places to live

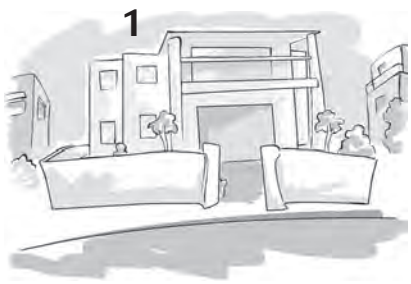
1 Match these descriptions A–C with the correct illustrations 1–3.

A This architect-designed house has two storeys and is located in a village two kilometres from the sea. It has tiled roofs which provide shady areas on both the ground floor and first floor. The house is surrounded by a colourful garden which has been well looked after. The property overlooks a luxurious swimming pool.

B This two-storey, modern house is situated on the outskirts of a medium-sized town. It is surrounded by a large garden with a lawn, trees, shrubs and hedges. It has a flat roof and there are balconies outside the first - floor windows. It is painted white and there are no other houses nearby.

C This modern two-storey building is located in a residential area in the suburbs of a large city. It has a small garden with recently planted trees and shrubs. The property is surrounded by a low wall which separates it from a quiet street. The house has a flat roof and is painted a bright yellow colour.

C



A



B



2 Read the descriptions again and complete the table.

	Descriptions of location	Adjectives to describe building and garden	Nouns for parts of building	Nouns for natural features
A	is located in a village two kilometres from the sea	architect designed /tiled / shady / colourful/ wll looked after / luxurious	storeys / roofs / ground floor / first floor / garden / swimming pool	garden
B	is situated on the outskirts of a medium-sized town	two-storey / modern / medium-sized / large / flat	garden / roof / balconies / windows /	garden /lawn / trees / shrubs / hedges
C	is located in a residential area in the suburbs of a large city	two-storey / modern / residential/large / small /low / quiet / flat / bright yellow	garden / wall / roof	garden / trees / shrubs

3 Imagine you are advertising three buildings in a magazine. They could include the building you live in, your school, or famous buildings you know. Use the descriptions in exercise **1** as models and include the following:

- the location of the building
- the appearance of the outside of the building
- information about any natural features near the building

Use words and phrases like those you listed in exercise **2**.
Write 60–80 words for each description.

Students' own answers

صفوة معالكويت

MODULE 3: Lifestyles

9 New ways and old

Key words

contemporary, craftsman, in parallel, platform, pottery, promote, seamlessly, socialise

Reading

1 Read the title of the article below and answer the following questions.

a Do you know anything about Bayt Lothan? If not, what can you infer from the title?

Students' own answers

b Do you know of any other old buildings serving new purposes?

Bayt Lothan: an old house serving new purposes



Located in Salmiyah, several kilometres south of the centre of Kuwait City, Bayt Lothan, or the house of shelter, is one of Kuwait's best known traditional coffee houses. Every day, people gather there to drink coffee, eat food and socialise in the tranquil open garden.

However, Bayt Lothan is more than just a coffee house. It also has an impressive history. The word 'lothan' means shelter. It was the original name of the area in which the house stands, so called because it was a place where ships could take refuge from storms. Today, Bayt Lothan provides a shelter in which human creativity, arts and crafts may flourish. Once built, Bayt Lothan became a residence of Sheikh Sabah Al-Salem Al-Sabah, the twelfth Amir of Kuwait. Now, the building acts as a centre and a sanctuary for the arts, and stands as testament to the changing uses of a building over time.

Covering over 4000 square metres, Bayt Lothan also houses an impressive art gallery and a successful community centre, which specialises in teaching art in both traditional and modern forms. Much of the space within the site has been transformed into workshops for arts, crafts and design. The site also provides a platform for artists and craftsmen to exhibit and promote their designs and artistic works. Workshops and lessons are held in the centre, with subjects as diverse as jewellery design and clay pottery being taught. The new and old mix seamlessly in these sessions, as contemporary photography is taught in parallel with Arabic calligraphy and manuscript decoration.

The directorship of the Bayt Lothan project also reflects the history of the site and the changes that have occurred over time. The project is now directed and managed by Sheikh Sabah Al-Salem Al-Sabah's daughter, Sheikha Amal Sabah Al-Salem Al-Sabah.

There are also many events held at the centre, such as exhibitions of new Kuwaiti artists, and it's always great to go and see what's happening in Kuwait's burgeoning art scene. You can also take classes to learn new skills yourself. Who knows, one day you might end up with your own exhibition at Bayt Lothan!

2 Match these words with their meanings. You may need to check your ideas in a dictionary or in the glossary at the end of the Student's Book. There are more answers than you need.

a seamlessly 10
b burgeoning 2
c contemporary 11
d clay 5
e calligraphy 8
f directorship 9
g pottery 6
h manuscript 4
i craftsman 7

1 substance that is used to change the colour of something
2 beginning to grow or increasing rapidly
3 having a special ability or talent
4 book or text written by hand
5 soft material used for making plates, cups, bowls, etc.
6 the craft of producing objects such as plates, bowls, vases, etc.
7 maker of decorative or useful things (usually by hand)
8 decorative handwriting
9 position held by the person responsible for running various aspects of a company
10 a figurative expression to show things working well together
11 belonging to or occurring in the present



3 Read the article again and answer these questions.

a Which of these statements about Bayt Lothan is NOT true?
1 Bayt Lothan holds exhibitions for painters.
2 Bayt Lothan is now a training centre for arts and crafts.
3 Bayt Lothan was originally a shelter for ships.

b Which of these is not mentioned in the text?
1 The original purpose of Bayt Lothan.
2 Artists who have worked at Bayt Lothan.
3 Things to do at Bayt Lothan.

c Which of these statements could be inferred from the text?
1 The art classes are extremely diverse and enjoyable.
2 The coffee shop isn't worth visiting.
3 Bayt Lothan costs money to join.

4 In a few sentences, summarise the changes of usage that have occurred at Bayt Lothan and its surroundings. Use information from the text.

Students' own answers

Over to you

5 Is it better to reuse old buildings, or build entirely new ones that perfectly suit a community's needs? Students' own answers

Language practice

1 Complete the sentences with the missing words, then use them to fill the crossword puzzle. Remember, answers in crosswords don't usually include spaces or punctuation.

Across

2 For homework, our teacher asked us to research the life of our favourite author and write a biography .

3 Both my parents are professionals. We're a middle - class family.

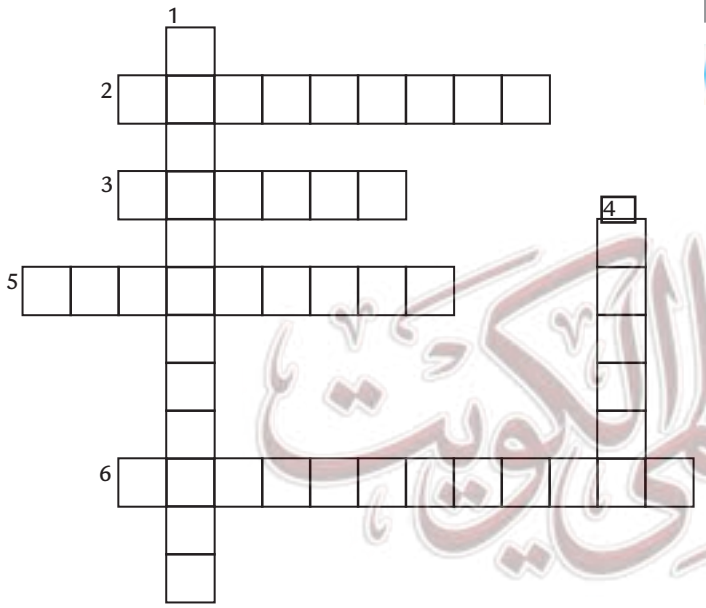
5 My mother looks after our home. She's a housewife .

6 Items made in large quantities are mass produced .

Down

1 My father works for the government. He is a civil servant . (2 words)

4 No one else has a car like this. It's unique .



2 Complete these sentences using the correct form of these idioms. There is one extra idiom.

to call the shots *to be neck and neck*
to toe the line *below par* *just not cricket*

a She isn't working well with others and doesn't follow the instructions. She needs to learn to toe the line .

b Your homework is below par . I'd like you to do it again.

c You should do what the manager says. He's the one who calls the shots .

d Behaviour like that should not be allowed. It's just not cricket when someone acts like that.

Grammar assistant

Causative verbs

- Causative verbs can be used to show how an action was arranged.
- To form the causative use the verb ***have*** + object + past participle.
  *She's **had** her dress altered.*
  *They **had** their car fixed by the mechanic.*

3 Complete these sentences using the correct form of *having something* done. You may also have to think of a verb.

a I couldn't repair my computer myself. I had to have it repaired by a computer expert.

b We didn't build our own house. We had it built by a local construction company.

c People don't service their cars themselves; they have them serviced professionally two or three times a year.

d Do you like this photograph of our family? We had it taken/ done by a local photographer.

4 Use the expressions in the box to complete the dialogue below.

we walked everywhere
people have less respect these days *wow*
and most people didn't have a telephone
compared to when I was a lad
if you wanted to see your friends
I didn't mean you
for one

Granddad: The world's a different place compared to when I was a lad

Grandson: What do you mean, Granddad?

Granddad: Well, for one; there weren't as many cars.

Grandson: Wow ! ! I don't think I'd have coped with that. What did you do ifyou wanted to see your friends ?

Granddad: All our friends lived nearby. We didn't have the Internet and most people didn't have a telephone, so it was hard to stay in touch with people a long way away, but we were used to it. Knowing everyone nearby made people friendlier. I think people have less respect these days

Grandson: What about me?

Granddad: Ha ha! I didn't mean you, of course.

5 Read the sentences below. Insert the correct phrase from the box and correct any incorrect quantifiers.

used to have (x2) *used to earn* *used to eat*

a I used to earn a little money, but now I earn a lot. I'm wealthy.

b I used to have few friends. Now I have too many. I hardly have time to see them all.

c I used to eat too much fatty food. Now I eat lots of salad. I'm much healthier.

d I used to have too much free time. Nowadays, I don't have any. I never get a moment to myself.

6 Read the sentences below. Find the errors in the verb tenses and correct them.

a I was making two mistakes in the last quiz. I **made** two mistakes in the last quiz

b Next week, I got up at 7:30 every morning. Next week, I **will get up / am going to get up** at 7:30 every morning.

c Please don't call around 6:00 tomorrow evening because we will visit our grandparents. Please don't call around 6:00 tomorrow evening because we **will be visiting** our grandparents

d He is living alone since his parents died. He **has lived / has been living** alone since his parents died.

e Our daughter, who is 22 years old, hadn't graduated from school yet. Our daughter, who is 22 years old ,hasn't graduated from school yet.

7 Complete sentences **a-d** with the correct form of the words from the box.

calligraphy *pottery* *craftsman* *artist*
exhibition *traditional* *contemporary*
director

a Arabic calligraphy is a traditional art which uses stylised writing.

b Exhibitions for artists are held at Bayt Lothan and organised by the director .

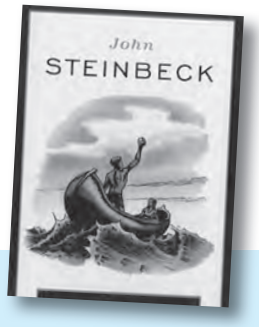
c Craftsmen make items such as clay pottery, which is displayed at the centre.

d Although old artistic methods of art are often better respected, many artists have adopted contemporary styles with interesting results.

Self-assessment

Writing A book review

The purpose of the other recommendations at the end is to suggest alternative books that may interest the reader if they liked The Pearl



1 Read the book review below. What is the purpose of the other recommendations at the end?

The Pearl by John Steinbeck

The Pearl (1947) was the 17th of 27 books published by the prolific American writer, John Steinbeck. Many of his most renowned books take place against a backdrop of real social situations in the American West of the 1930s, 40s and 50s. When Steinbeck won the Nobel Prize for literature towards the end of his life, in 1962, the awarding committee stated that Steinbeck was being honoured for his 'realistic and imaginative writing, combining as it does sympathetic humour and keen social perception.'

The Pearl, however, is in some respects an atypical work. Although it is based on a real story that Steinbeck actually heard in La Paz, Mexico (where the novella is set), the story is not told in an especially realistic way. As Steinbeck himself wrote, the story he originally heard in La Paz was 'so much like a parable that it almost can't be.'

The Pearl tells of Kino, a poor Mexican fisherman who lives in a simple dwelling on the beach with his wife Juanita and his infant son Coyotito. One day, the baby is stung by a scorpion and Kino takes him to a doctor, who refuses to treat Coyotito because Kino has no money to pay for the treatment. Kino takes his canoe along the seashore, looking for a pearl valuable enough to pay for the treatment that Coyotito needs. He is astonished to find the biggest and most perfect pearl he has ever seen. At the same time, Coyotito appears to recover somewhat. Kino and Juantia believe they are about to become rich, and begin to imagine a wonderful future for themselves and their baby son. However, news of their discovery travels fast, and many of their neighbours become envious and try to think of ways of taking the pearl from Kino, so as to become wealthy themselves. People try to cheat Kino, but he refuses to sell the pearl for a low price.

Kino is attacked, and his canoe and home are destroyed. He and his family have to flee. Coyotito becomes feverish again. Another group of men attack them to try to take away the pearl. Poor Coyotito dies. At last, Kino and Juantia realise that the pearl is not bringing them wealth or success, but is leading to endless trouble. So they return home and throw the pearl back into the sea from where it came.

The Pearl is a moral story that teaches us that we should learn to be satisfied with what we have, instead of striving for wealth or power. Despite its lack of realism, the narrative is told with great tension, suspense and flair. The pearl comes to symbolise the lure of the material world, together with the fear and darkness that lie behind a materialistic view of life. Overall, the story is a wonderful illustration of the dangers and consequences of greed.

Other recommendations

If you enjoyed this story, you will probably also like some of Steinbeck's other books, such as *Tortilla Flat* (1935), *Of Mice and Men* (1937), *East of Eden* (1952). You might also enjoy Ernest Hemingway's *The Old Man and the Sea* (1952). If you develop an interest in Steinbeck's life, there is a good biography of him by Jay Parini (1996).

2 a What positive and negative descriptive words and phrases does the reviewer use to describe the book?

positive: moral story, great tension, suspense and flair, wonderful illustration
negative: not told in an especially realistic way, lack of realism

b How is the review structured?

Paragraph 1: Introductory information about the author Paragraph 2: The origin of the story, The Pearl
Paragraphs 3-4: Summary of the plot of the story Paragraph 5: Conclusion , including reviewer's opinion of The Pearl

c Is the review generally positive, negative or mixed? Give examples.

Generally positive, but with a few minor negative remarks. (See answer to a above.)

3 Now, using the cues on the page, write your own review of a book you recently read. You should write 200-220 words.

This is a book review of Students' own answers by .....

This book is about .....

.....

.....

.....

.....

.....

The book is extremely enjoyable because .....

.....

.....

.....

.....

.....

.....

However, it does have some problems. For example, ...

.....

.....

.....

.....

Overall, this book is .....

.....

.....

.....

.....

If you enjoyed this book you may also like: .....

.....

.....

.....

صفوة معالكويت

Progress test 3

Reading

1 Complete the article below with words from this list. Use each word only once.

but can from got has me my of so to used was

City or Country?

I was born in the country, and for the first eighteen years of **(1)** ___my___ life I lived there. My family's farm was in the middle of nowhere, five kilometres **(2)** ___from___ our nearest neighbours and ten from the nearest school, shops and post office. As a child, I enjoyed life in the open air, but when I was eighteen I went **(3)** ___to___ university and couldn't believe how incredible city life **(4)** ___was___ . In comparison with my life on the farm, my new life was exciting, challenging and very varied. I **(5)** ___got___ to know a lot of new people and I went to many places. **(6)** ___of___ course everything moves much more quickly in the city, and ***that*** **(7)** ___can___ sometimes be stressful, but at least you know you're alive. In the country, you sometimes forget!

Obviously, city life **(8)** ___has___ its disadvantages, like the noise, the traffic and the crowds of people, but these things don't worry **(9)** ___me___ too much. I don't drive, **(10)** ___so___ traffic problems and parking difficulties don't affect me. It only takes me ten minutes by taxi. I can get to the supermarket in a few minutes, whereas in the old days, in the country, a shopping trip **(11)** ___used___ to take half a day.

Maybe I'll want to go back to the peace and quiet of the country one day, **(12)** ___but___ for now I'm enjoying ***the hustle and bustle of*** city life.

2 Read the article again and answer these questions.

a Where did the writer live as a child?
on a farm in the country, in the middle of nowhere

b How far did he have to travel to go to school?
ten kilometres

c Why did he first move to the city?
to go to university

d How was his life different when he moved to the city?
His new life was exciting, challenging, and very varied. He got to know a lot of new people and went to more places.

e What disadvantage of city life does the writer mention?
It can be stressful (noise, traffic, crowds of people).

3 Choose the correct answer from the article above.

a The word *that* in line 8 refers to
1 everything moving more quickly. 2 the city. 3 the country.

b The expression *the hustle and bustle* in the last line means
1 liveliness. 2 mess. 3 happiness.

c One can infer from the article that the writer
1 would prefer to live in the country for the rest of his / her life.
2 is satisfied with city life despite all its disadvantages.
3 finds the city to be the perfect place to live in.

Language practice

1 Report this conversation. Start each reported question with *I asked* ..., and each reply with *He said* ...

a Q What's your name?
I asked him what his name was.
A (Sabeeh)
He said it was sabeeh .

b Q Where do you live?
I asked him where he lived.
A (city centre)
He said he lived in the city centre.

c Q Where did you live before that?
I asked him where he had lived before that
A (in the country)
He said he had lived in the country.

d Q Did you enjoy living there?
i asked him ifl whether he had enjoyed living there.
A (Yes / most of the time)
He said he had / he'd enjoyed it / living there most of the time .

e Q Are you married?
I asked him if / whether he was married.
A (not yet / next month)
He said he wasn't (married) yet, but that he was getting married next / the following month.

f A What is your job?
I asked him what his job was.
B (teacher)
He said he was a teacher.

g A Do you work in a school?
I asked him ifl whether he worked in a school.
B (No, university)
He said he didn 't. / He said he worked in a university.

h A What subject do you teach?
I asked him what subject he taught.
B (economics)
He said he taught economics.

2 Rewrite the following sentences in the inverted form.

a Tourists seldom visit this old city.
Seldom do tourists visit this old city.

b I was treated so poorly that I left in disgust.
So poorly was I treated that I left in disgust.

c I could scarcely believe what was happening.
Scarcely could I believe my eyes / what was happening.

d I have never been so sure of something.
Never have I been so sure of something.

3 Answer these questions, starting with 'No, ...'. Follow the example.

a Did Waleed repair the computer himself?
No, he had it repaired.

b Did Hameed take his own tooth out?
No, he had it taken out.

c Are they going to build their own house?
No, they're going to have it built.

d Did you put that TV aerial up yourself?
No, I had it put up

e Will you cut down those trees yourself?
No, I' ll I we 'll have them cut down.

f Did you clean the car?
No, I had it cleaned.

4 What would you say in the following situations?

a You work at a shop and you are offering help to a customer.
Can I help you at all?

b You want to ask when the next train leaves.
Excuse me. When does the next train leave, please?

c You're giving advice to your friend who looks tired from overwork.
You should take a break. You look exhausted.

d You need directions to the city centre.
Excuse me. Could you tell me how to get to the city centre, please?

5 Choose the correct words in these sentences.

a Before we can sell the flat, we'll have to ***do it up*** / ***do without it***.
b The students had to ***make of*** / ***make up*** a story for their homework.
c If everyone banks online, they'll ***do away with*** / ***do without*** banks.
d Are you happy with the decision you ***did*** / ***made***?
e Was that ***bang*** / ***splash*** the sound of someone jumping into the swimming pool?
f We usually ***do*** / ***make*** the shopping at the weekend.
g Let's turn the television off and have some peace and ***bustle*** / ***quiet*** for a change.
h He said he didn't want to swim, but he changed his ***music*** / ***tune*** when he saw the pool.
i People came from far and ***long*** / ***wide*** to see the exhibition.

6 One word in each of these conversations is wrong. Underline it and write the correct word at the end of the sentence.

a A What's that you're throwing out?
B Oh, it's just some evens and ends.
X even ☺ odds

b A What do you enjoy most about city life?
B I think it's probably the hustle and whistle.
X whistle ☺ bustle

c A Do you take sugar in your tea?
B Yes, I've tried to do within it, but I can't.
X do within it ☺ do without it

d A I'm fed up with all this noise.
B Why don't you go next door and sit in piece?
X piece ☺ peace

7 Rewrite the following sentences inserting one of the sports idioms below.

a It's up to you to decide whether to accept the job offer.
The ball is in your court whether to accept the job offer.

b If we practise every day, we will win the match very easily.
If we practise every day, we will blow the competition away.

c I'm so busy during the tourist season I can barely keep up with my work.
I'm so busy during the tourist season I can barely keep my head above water.

d During the first week of your new job, just try to understand the new things.
During the first week of your new job, just try to learn the ropes.

e He blamed me even though he broke the lamp. It's not fair!
He blamed me even though he broke the lamp. It's just not cricket.

1 the ball is in your court
2 keep my head above water
3 it's just not cricket
4 blow the competition away
5 learn the ropes

8 Match the expressions **a-e** with their appropriate response **1-5**.

a What do you think is the cause of immigration? 3
b Ahmed is absent today, isn't he? 2
c In my opinion, the consequences of global warming will be fatal. 1
d Mum, I'm going to the library with Faisal. 5
e You look pale! Are you okay? 4

1 Yes, he wasn't feeling very well this morning.
2 I couldn't agree more.
3 Personally, I think it is caused by unemployment.
4 Not really! I should see the doctor.
5 It might be a good idea to put on your coat. It's cold outside.

Writing Promoting a tourist attraction

Students' own answers

1 Make a poster to promote a tourist attraction in Kuwait. Choose one of these places:

- a historical town or city
- an interesting old building
- an area of natural beauty

a Describe the place you have chosen in 200–220 words.
b Draw a small map showing where the place is.
c Give information which will be useful for visitors, for example:
- how to get to the place
- opening times
- cost

Learning log

1. **Look at the outcomes on page 55 of the Student's Book.**
How did you find:

	easy?	difficult?	useful?	not useful?	interesting?	not interesting?
listening to a talk and a description?	☐	☐	☐	☐	☐	☐
comparing and contrasting?	☐	☐	☐	☐	☐	☐
inferring meaning?	☐	☐	☐	☐	☐	☐
writing a biography?	☐	☐	☐	☐	☐	☐
giving advice?	☐	☐	☐	☐	☐	☐
writing a magazine article?	☐	☐	☐	☐	☐	☐
reading a biography?	☐	☐	☐	☐	☐	☐
reading an article about respecting your elders?	☐	☐	☐	☐	☐	☐

2. **Was the reading** in this module
easy? ☐ difficult? ☐
interesting? ☐ not interesting? ☐
What was your favourite passage in this module?----------

3. **Was the listening** in this module
easy? ☐ difficult? ☐
interesting? ☐ not interesting? ☐
What was your favourite passage in this module?----------

4. **Was the writing** in this module
easy? ☐ difficult? ☐
What did you do to plan your writing? How can you improve?
----

5. **Was the vocabulary** in this module
easy? ☐ difficult? ☐
Are there any words or sounds that you have difficulty with?----------
----

6. Write your result from your Progress test ----------
What did you do well in?----------

What do you need to revise?----------
----

7. **Was the grammar** in this module
easy? ☐ difficult? ☐