

LISTENING

1 A Which of the following do you think has the biggest impact on your general health? Why? diet exercise genetics stress

B  5.1 Listen to part of a discussion between two researchers talking about theories of what makes a body healthy. For questions 1–5, choose the best answer a), b), c) or d) according to what you hear.

- 1 What point does Charlotte de Witte make about general understanding of the microbiome?
 - a) The importance of genetics is overstated.
 - b) The definition of the concept has been oversimplified.
 - c) It isn't as detailed as researchers would like.
 - d) It requires increased investment before it will offer any answers.
- 2 When discussing the Human Microbiome Project, Luke Slater reveals
 - a) his displeasure that the media had little interest in its findings.
 - b) his frustration that its successes had only a momentary impact.
 - c) his doubt that anyone will be interested in it long-term.
 - d) his enthusiasm for the scope and breadth of resulting research.
- 3 What view is stated about emergent technology in the field?
 - a) It is only useful when it has a defined role.
 - b) It tends to fail on a regular basis.
 - c) It provides ongoing detailed insights into investigation.
 - d) It has a theoretical use but little else.
- 4 When discussing promoting microbiome health, both researchers agree that
 - a) the public response is often depressing.
 - b) people are well aware of the issues surrounding it.
 - c) there is a need to fight public preconceptions.
 - d) interest is generally higher among those who exercise regularly.
- 5 What final conclusion do the researchers reach about diet?
 - a) Minimal changes to diet could positively affect the microbiome.
 - b) Poor diet directly causes autoimmune and allergic diseases.
 - c) The more fat you have, the more bacteria exist in your gut.
 - d) The most successful and healthy diets are voluntary.

GRAMMAR

NOUN PHRASES

2 Complete the noun phrases using the correct form of the words in brackets and add any words where necessary.

- 1 The film is (late / series / adaptations / Marvel studios).

- 2 I took part in (organise / class / focus / high impact / calorie / burn / exercise).

- 3 He thinks it is a (rapid / change / market / offer / potential / massive / sales).

- 4 This book is ideal for anyone (try / be / better / organise / and / seek / long-term / success).

- 5 (Ground / break / experiment / research / conduct / Europe) proved the theory.

- 6 She gave (series / talks / environment / protect / relevant / general public).

3 Rewrite the sentences using a suitable noun phrase to replace the underlined phrase.

- 1 Theirs is an industry whose importance is increasing.

- 2 She works for an organisation which is international but little known.

- 3 To cook it really well, use one cup of rice to two cups of water in that ratio.

- 4 I'd rather not go to classes that are organised – they don't suit the plans which I have for the long-term.

- 5 His speeches are brilliant, but he often has opinions that are frustrating because they are ambiguous.

- 6 Try to avoid products with sugars that are added, or salt contents that are high.

- 7 I find that foodie forums online are one of the ways of learning about recipes that is best.

- 8 Most of the issues that people in the article mentioned were completely irrelevant.

- 9 Their fashion campaign which happened recently attracted criticism by members of the public.

- 10 Having read your proposal, I think that's a solution which is practical and has a low impact on cost.

VOCABULARY

COLLOCATIONS

4 Match words from boxes A and B to make collocations to complete the sentences. Use the correct form.

A
achieve deliver (x2) discuss
enhance (x2) trigger (x2) sustain (x2)

B
a host of benefits a memory
an aspect of appearance capacity
interest in long-term motivation
rapid weight gain success
tangible results

- 1 A combination of a lack of exercise and poor diet was sufficient to _____ in the control group.
- 2 The renovation of the concert hall was intended to _____ to accommodate bigger events.
- 3 Looking at the photographs suddenly _____ of long-forgotten childhood holidays.
- 4 There are serious questions being asked about whether the policy will ever _____ promised to the electorate.
- 5 A gluten-free diet is supposed to _____ to anyone who has experienced food intolerances.
- 6 My problem is that I'm so capricious. I can barely _____ one activity before growing tired of it.
- 7 Could we _____ your study which I disagree with? Your findings on weight loss seem inconclusive.
- 8 It's doubtful that she'll _____ to continue with her training after the marathon. Her results aren't satisfactory.
- 9 _____ by using subtle skin tones and creams to help you stay hydrated.
- 10 Of the people I spoke to, none _____ by dieting alone. Most had also followed a strict exercise regime.

VOCABULARY PLUS

COMPOUNDS

5 Circle the correct options to complete the text.

Fashions, fads, proverbial flashes in the pan. It seems that every household across the country is, at some point or another, destined to be littered with the discarded remnants of somewhat tacky and ¹ _____ cost possessions that once signalled today's biggest trends. ² _____ suffering parents might be inclined to nostalgically muse over the baffling, now broken, ³ _____ tech gadgets which once occupied hours of their children's time. Yo-yos, fidget-spinners, loom bands – all ⁴ _____ profile pastimes that have now lost their lustre. No doubt to be replaced by a similar and annoyingly ⁵ _____ maintenance gimmick which is now all the rage. Over the years, I've been faced with numerous requests for these kinds of toys, and often wondered, sometimes out loud, why they hold such appeal. A ⁶ _____ tempered parent may respond, 'Who cares?', but the psychology of fads is an interesting area of human behaviour. Studies by ⁷ _____ powered economists have revealed that when we are faced with a situation where there is limited choice regarding the best product, we tend to look at the behaviour of others and imitate them. Going it alone is considered a ⁸ _____ risk strategy, so we feel more comfortable copying the fashions and fads around us. When one influential child in the playground takes up a new fad, then his or her peers will follow suit. And so the herding mentality protects from social embarrassment and reinforces the importance of inclusion. When I asked my ten-year-old daughter for her take on things, she was slightly less ⁹ _____ winded. 'Why? Why not? We all like them. It's just ... fun.' And so fads, it would seem are here for the ¹⁰ _____ haul.

- | | | |
|------------|----------|----------|
| 1 a) high | b) low | c) long |
| 2 a) long | b) high | c) low |
| 3 a) short | b) long | c) low |
| 4 a) high | b) low | c) short |
| 5 a) high | b) long | c) low |
| 6 a) high | b) low | c) short |
| 7 a) high | b) long | c) low |
| 8 a) short | b) long | c) high |
| 9 a) low | b) long | c) short |
| 10 a) high | b) short | c) long |

6 Underline the correct alternative to complete the compounds.

- 1 This week sees the release of the *long/short* awaited sequel to 1982's sci-fi classic.
- 2 According to the *long/short* range forecast, tomorrow's weather should be good.
- 3 Although fans had been expecting great things for the final date of the tour, the concert was a rather *high/low* key affair.
- 4 She'll be off work for the rest of the week, but it's nothing too serious – just a *high/low* grade fever.
- 5 We've been incredibly *long/short* staffed this week. Unfortunately, we've not been able to process your order.
- 6 It's not the kind of place where I'd usually shop. It's quite a *high/low* end boutique, and the extortionate prices match.
- 7 We're trying to limit the number of *long/short* haul flights we do in a year. We find them thoroughly exhausting.

VOCABULARY

FASHION AND LOOKS

1 Match the sentence halves.

- 1 Despite the technical challenges and inclement weather, the fashion
- 2 I really wouldn't wear shoes like that – they went
- 3 He wasn't the most attractive actor, but his incredibly
- 4 Try as I might, I can't feel that sorry for fashion
- 5 I would definitely agree that the industry as a whole is responsible for distorting
- 6 While she's interested in dressing well, I wouldn't say that she
- 7 Now that the kids have gone to school, they're becoming more fashion
- 8 Single-breasted suits are a classic cut; it won't be long until they are back
- 9 Would you look at that magazine cover! There's no way that image
- 10 I always thought that he was in his 30s, but looks can be
 - a) hasn't been retouched. Nobody has skin like that!
 - b) society's view of what a beautiful woman is.
 - c) conscious and there are certain brands that they avoid like the plague.
 - d) out of fashion years ago.
 - e) photogenic features made him a regular in the fashion pages of the day.
 - f) in fashion, and showing up on the catwalk.
 - g) deceiving. It's possible that he's much older than that.
 - h) particularly follows the latest fashions.
 - i) shoot took place in February to ensure the photographer had the best light.
 - j) victims who blow their savings on something that is in style for mere weeks.

READING

2 A Read the article. Are the statements below true (T) or false (F) according to the writer?

Me, my selfie and I

There is one ubiquitous feature of social media that seems to truly stand the test of time, a form that lasts longer than other fads, memes and fleeting crazes. It is, of course, the selfie. A recent study revealed that around 90 percent of women's profile pictures, and 54 percent of men's, make use of a selfie. So, what does our propensity for pout-mouthed portraiture say about how we want to be regarded? And what do these images convey to others?

Research has provided some fascinating perspectives on identity and perception. Evidently, when asked to assess a series of images in terms of how photogenic they are, adherents of selfie culture tend to view pictures that they have taken themselves as more attractive than images of them captured by others. Conversely, when the same group was asked to evaluate a disparate collection of online images, they showed bias against selfies. Test subjects tended to rate people depicted in selfies as less trustworthy or socially attractive than those in standard photography. Research also indicated that while nearly 80 percent of people surveyed regularly took selfies, 82 percent would prefer fewer such images on social media. It would appear that we love to take selfies but hate to see selfies that others take!

Psychologists have postulated that this occurs due to our cultural understanding of what a selfie means. For the individual, the image is a genuine act of self-expression while other people's selfies signify self-advertising or narcissism. This is known as a self-serving bias, a cognitive or perceptual process that is distorted by the need to maintain and enhance self-esteem. As we allow this bias to affect us, we show a tendency to perceive ourselves in an overly favourable manner – and in doing so critique others.

Interestingly though, there are patterns to our online behaviour that show while we may wish to be perceived as an individual, we do follow fashions when it comes to taking selfies and the majority of us choose to be depicted in very similar ways.

On the whole, men tend to photograph themselves from below, giving their jaw greater prominence, a feature conventionally associated with power or masculinity. Women's profile selfies are usually photographed from slightly above the eyeline. This affects the viewer's perception of head to body proportions – making the person depicted seem to weigh less. So, while we might think that we are curating our own image on our terms, in reality, we tend to play out age-old gender stereotypes.



- 1 The selfie is a transitory craze which will eventually become outmoded.
- 2 People have the same perception of selfie images of themselves as of others.
- 3 Surveys into attitudes about selfies provide a compelling insight into human behaviour.
- 4 People tend to view their own selfies as a method of self-promotion.
- 5 We often interpret other people's expressions in selfies negatively.
- 6 People aspire to portray an image of originality, but selfies are influenced by the latest trends.
- 7 Men and women have the same considerations when it comes to taking selfies.
- 8 The selfie isn't a mode of self-expression free from conventions and clichés.

GRAMMAR

FRONTING, HEADERS AND TAILS

3 Rewrite each sentence with a suitable header or tail.

- 1 Trainers like that are pretty hard to come by.
They _____.
- 2 Claire's a really stylish individual.
She _____.
- 3 Is that apartment where your cousin lives?
That _____.
- 4 My friend Anna loves going round markets and getting bargains.
Going _____.
- 5 My brother's really happy at work now.
He _____.
- 6 Moving to live abroad has been a long-term goal of mine.
It _____.
- 7 What keeps her motivated is going to the gym.
Going _____.
- 8 Can you remember where you first heard this song?
This _____.

4 Complete the conversation with words and phrases in the box. There are two extra items you don't need.

it it's a pretty warm remember where that
that there's a this one those what it's

- A: Very stylish, ¹ _____ jacket. How much was it?
- B: A couple of hundred pounds
² _____ cost me.
- A: New?
- B: No, ³ _____, I've had it for ages.
- B: Is it merino wool? ⁴ _____ that stuff.
- A: ⁵ _____ made of, I have no idea.
- B: ⁶ _____ you bought it, do you?
- A: ⁷ _____ I do. It was in Manchester.
- B: Right! ⁸ _____ great place, Manchester, don't you think?
- B: Yeah, lovely city.



WRITING

A DESCRIPTION; LEARN TO USE FRONTING

5 A Read the description. When do you think the description occurs? Why?

- a) in the past
- b) in the present
- c) in the future

¹We climbed steadily, our pace now slowed by the heat of the midday sun. ²Xeno scrambled up the slope more urgently, ignoring our warnings of loose rock and steep drops. Each eager footfall marked the dust, leaving staccato tracks as excitement mounted. After a short time, the brush began to thin, ³and we were suddenly in a clearing, light-scorched retina adjusting to our new surroundings. We put down our packs and walked towards the edge. ⁴An outcrop of rock jutted out from the hillside and offered views for mile upon mile.

⁵We looked down from our vantage point and saw the broad valley spread out below us. A scattering of shelters, their flimsy walls of scavenged wood offering a splash of colour. Beyond that, a vast expanse of sand. ⁶A large, skeletal building stood on the edge of the desert. ⁷The burnished roof gleamed in the harsh light and looked like a candle moments before it gutters and dies. Tiny, slender figures, like ghosts or wind-blown smoke, toiled in the shade it offered. ⁸There was a great heap of machinery ahead of them, which they picked through. Harvesting remains, searching for whatever fuel they could find.

⁹A shrill cry came from among the rocks behind us, momentarily causing panic. The crackle and hiss of static, and then the voice over the radio. Our signal. 'Come on, it's time we left, our work is done.'
'Wait. One more second. Tell me, what did they call this place?'
'Earth. They called it Earth.'

B Rewrite the underlined phrases in the description using fronting.

C Which of the sentences you rewrote include an adverb at the beginning of the clause and which include a prepositional phrase?

D Write a description of your own (220–280 words) for a university creative writing magazine. Write about a person or place. Use some of the ideas from this unit to help you.

VOCABULARY

WELL-BEING

1 Complete the texts with the words and phrases in the box.

cure-all exert myself physically
 get engrossed in
 incorporate into my daily routine
 magic bullet out of synch with myself
 panacea restoring my piece of mind

A

I suppose I didn't really get into it until I was recuperating from an injury. Sport and exercise have always been important to me, but up to that point it was predominantly something I'd ¹ _____ – a run during my lunch hour, or maybe a bit of swimming to wind down after work. My physio explained that to build up any lost muscle mass I had to ² _____, so that's when I started looking at high-intensity options. Lifting weights has helped a great deal, but it's no ³ _____; you need to consider the way you look after yourself holistically.

B

For me, taking up tai-chi was all about ⁴ _____ – I needed something to give me a bit more balance, and help to provide a welcome rest from the anxieties of everyday life. I work in a high-pressure results-driven environment, so stress is constant. Last year came the crunch. I just felt so ⁵ _____ that getting out of bed each day was a challenge. Fortunately, a close friend turned me on to it. From this vantage point, I can certainly say that any form of rest and reflection does you the world of good. Meditative activities are a bit of a ⁶ _____.

C

Trail running has been a revelation to me. Jogging and park running have their place, but compared with getting out there in the hills and woodland, they are a second best. It's one of those activities that you can ⁷ _____ so easily. Working out different routes, checking weather forecasts or deciding on what gear you need for each excursion. But, once you are pounding through the wilderness you feel incredibly alive. Having said that, it's certainly not a ⁸ _____ – I've probably picked up more knocks in the last six months than any time running on city streets.

FUNCTION

INFORMAL TURN-TAKING

2 Underline the correct alternative to complete the sentences.

- As I was *saying/telling* before you interrupted, it's a really good opportunity to find out about the latest fashions.
- Going *on/back* to your studies, have you thought anymore about what you want to write your thesis on?
- Like I *told/said*, there's no point doing all that work and then just giving up the first time it gets difficult.
- I just *want/wish* to add a few points about that, too. Have you thought about the cost?
- Oh, I *mean/meant* to add that there are lots of opportunities to explore the nightlife, too.
- Good point. *Apparently/Actually* that's like something I read online this afternoon.
- Oh that *reminds/remembers* me. I heard that 90s stuff is back in fashion.
- Funny you should *tell/mention* that. I read an article saying much the same thing.

LEARN TO

JUSTIFY YOUR POSITION

3 A Put the underlined words in the correct order to complete the conversation.

- A:** So, I hear that you've been following a Paleo diet recently. What's that all about then? Isn't it loading up on protein, and getting all prehistoric? What's the appeal of eating like a caveman?
- B:** ¹about / just / it's / not eating meat, there's a bit more to it than that. It's more to do with excluding or avoiding anything that is processed – and there's no dairy, added salt or sugar. You only eat things Paleolithic people would have had, about 10,000 years ago ...
- A:** Sounds like it's very limiting. Why would you want to put yourself through something like that?
- B:** Well, ²from / loss / apart / the / weight, proven / for / benefits / does / it / have increasing energy levels. It's a pretty healthy option, overall.
- A:** Really? I would have thought that you'd be missing out on all the vitamins and minerals from dairy stuff.
- B:** Well, you get plenty of those from fresh fruit and nuts. And seafood. That's a big part of the diet. I really do think Paleo ³forward / the / is / way.
- A:** Well, if you ask me, it sounds like a fad. I'm sure that modern food production can't be all that bad. And aren't there really valuable nutrients in wheat products? You can't be eating any of those.
- B:** ⁴tried / if / you've / but / it / don't / I / know you can get lots of nutrients from raw seaweed. It's a bit tricky to track down, but I've got a tub of stuff from the local beach.
- A:** No thanks, I think I'll stick to my usual 21st-century snacks.
- B:** Don't be so dismissive. ⁵is / advantage / like / something / the / of / this you'll lose weight quickly, and feel more energised.
- A:** And end up with skin like a cavewoman. Great! ⁶'ve / found / is / what / works / me / really / for a nice pasta salad!

B 5.2 Listen and check.