



Unit 01 Part C

OPEN WORLD

Objectives of The Lesson

By the end of this lesson, students will be able to;

1. identify the structure of Part 7 of reading and complete a training task accurately.
2. identify the structure of Part 4 Use of English and complete a training task accurately.
3. practice speaking Part 2 in the context of consuming food in two different places methodically.

Gratitude Wall



Let's recap the year and set goals!

- Think about two (2) things that you're grateful for, in the last year.
- Think about three (3) realistic goal that you hope to achieve this year.
- Visit the sent link on Canva and use a sticky note to type.

Use this text box
to type

Gratitude Wall

Use this text box
to type

Use this text box
to type

Use this text box
to type

Use this text box
to type

Use this text box
to type

Use this text box
to type

- I'm grateful for all of my friends I met last year.
- I'm grateful for myself taking steps to develop myself

Goals:

- Earning a seven figure salary
- Completing the post-grad
- Doing IELTS Academic

Canva Link

Healthy Living Quiz

- Share the category you received after completing the healthy living quiz.
- Complete additional quiz items from 4th - 7th on textbook, 20pg.



Quiz Complete!

11 / 21

Healthy Minus 0.1

us on healthier choices to improve your score

Retake Quiz

- 4 What is your preferred after-dinner activity?
☐ a Eating dessert
☐ b Lying on the sofa and watching TV
☐ c A walk and chat with a friend
- 5 What do you consider first when choosing meals?
☐ a The taste
☐ b The calorie count
☐ c Whether it's balanced
- 6 You're really tired at school or work. Do you ...
☐ a take a nap in your lunch break?
☐ b grab a coffee or an energy drink?
☐ c go for a quick walk in the fresh air?
- 7 You wake up an hour before the alarm goes off in the morning. Do you ...
☐ a close your eyes and go back to sleep?
☐ b stay in bed and check social media?
☐ c get up and get active?

Grammar: Workbook

1 Tick the correct sentences. Correct those which contain an error.

- 1** I refuse joining a gym – it's too expensive! **refuse to join**
- 2** Serge dislikes playing any kind of team game. ✓
- 3** Olympic athletes start training at a very early age. ✓
- 4** I've given up horse riding. I can't risk to fall off at my age! **risk falling off**
- 5** Stop to play on the ice! It might break. **Stop playing**
- 6** Have you managed to lose any weight yet? ✓
- 7** Many people avoid to eat a lot of red meat. **avoid eating**

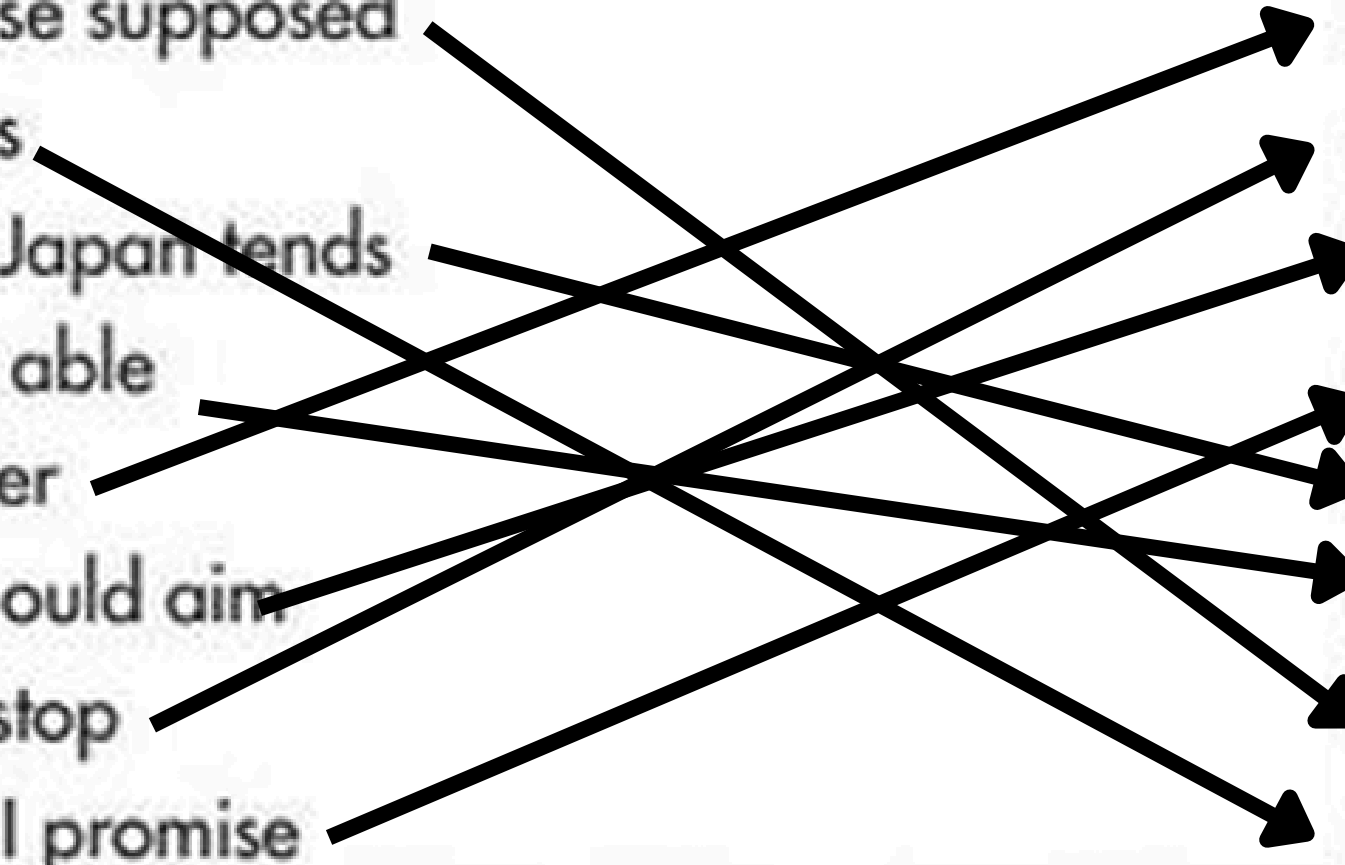
I refuse to join a gym	Verb “refuse” is always followed by infinitive.
Serge dislikes playing	Both verbs “like” & “dislike” are followed by gerund (-ing)
Olympic athletes start training at a very early age	Both verbs “start” & ”stop” are followed by gerund (-ing)
I can’t risk falling off at my age	“Can’t risk” is followed by gerund (-ing) similar to other expressions with “can’t stand” / “can’t help” / “can’t bear”

Stop playing on the ice!	Both verbs “start” & ”stop” are followed by gerund (-ing)
Have you managed to lose any weight	Verb manage is always followed by infinitive (to + verb)
Many people avoid eating a lot of red meat	Verb avoid is always followed by gerund (-ing)

Complete the extra tasks sent to the zoom chat.

Grammar: Workbook

2 Match the parts of the sentences.

- | | | | |
|----------|---------------------------|----------|--|
| 1 | Is this exercise supposed | A | going to the cinema or the gym? |
| 2 | Saira regrets | B | eating meals after 8pm. |
| 3 | The food in Japan tends | C | to eat five portions of fruit or vegetables a day. |
| 4 | Are you still able | D | not to eat any more sweets! |
| 5 | Do you prefer | E | to be healthier than in other countries. |
| 6 | Everyone should aim | F | to touch your toes? |
| 7 | You should stop | G | to hurt this much? |
| 8 | Yes, doctor, I promise | H | eating junk food when she was young. |
- 

PRACTICE

1 Tick the correct sentences. Correct the sentences with mistakes.

- 1 He decided make a high offer to be sure he could buy the second-hand car.
- 2 I intend to continue to improve my level of spoken English.
- 3 They persuaded me applying for the position of assistant manager.
- 4 It's recommended to book a table in advance.
- 5 Can I remind you not driving without having your licence on you.
- 6 The lawyers advised him say he was guilty of the crime.

2 Choose the correct option in *italics*.

- 1 I can't stop *to speak/speaking*. I'm in a hurry.
- 2 He's completed the design on time by closely *follow/following* the brief he was given.
- 3 I'm looking forward to *joining/join* the expedition to the North Pole.
- 4 I admit to foolishly *celebrate/celebrating* victory before the game was over.
- 5 I regret not *taking up/take up* the place I was offered at university.
- 6 I can't bear *watching/watch* politicians being dishonest.
- 7 If you forget *to do/doing* the homework, you will have problems with the teacher.

3 Match the beginnings and endings of these sentences.

- | | |
|----------------------|--|
| 1 It's not | a not taking driving lessons. |
| 2 It's a waste of | b people talking about money all the time. |
| 3 It's no use | c time learning foreign languages. |
| 4 I can't stand | d worth complaining to the manager. |
| 5 She prefers to | e eat fish rather than seafood. |
| 6 I very much regret | f buying property. It's better to rent. |

4 Complete the sentence with the correct form of the verbs in brackets. In which sentence are two answers possible?

- 1 I meant _____ (buy) my grandfather a birthday present, but I forgot.
- 2 I remember _____ (carry) the painting I bought you all round Mexico!
- 3 She's stopped _____ (take) sandwiches to work. She eats in the canteen now.
- 4 Camping isn't for me. I prefer _____ (stay) in a comfortable hotel.
- 5 _____ (analyse) the problem is not enough – what we need is a solution.
- 6 Tom doesn't believe in _____ (pay) for anything if he can get it for free.

Speaking: Open Class Discussion



- In what ways are the photos similar / different?
- How would you describe the peoples' lifestyle?
- Do you know anyone who has a similar lifestyle

Reading Part 7

Part 7 of the reading test requires evaluating details of given four paragraphs as in A, B, C, D under one topic of interest.

Ten statements will be given to which you should read and sort the letter (A,B,DC,D) of the relevant paragraph.

Reading Part 7

Make sure you

- complete the task by approaching paragraph by paragraph.
- read & underline important details & match the underlined details that address as an answer to given statements.

Avoid

- reading the entire text first.

Sample 01

What's the best advice your father ever gave you?

A Tony: Racing driver

'Drive it like you stole it and keep it on the black stuff!' I was quite nervous when I first started racing, but those were my dad's jokey words of wisdom and they made me feel better at the time.

In the beginning, I had quite a few spins on the circuits – the very first one was particularly scary because the car left the track, but he never said it was my fault. I used to drive a Porsche 924 and pretty much every single race something would break, but Dad would just say: 'Don't worry about the car, we can always fix it.' I didn't like people behind me when I went round corners, but Dad was always telling me not to take any notice, to focus on what I was doing. I've got a long way to go, but Dad's really good – he's hardly the most polite person to have around if things don't go well, but he's my role model.

Which person's father ...

always had faith in his son's abilities?

43

encouraged his son not to give up in the face of disappointment?

44

gave his son advice in a light-hearted way?

A

45

made his son realise the need to try harder?

46

may not have succeeded in passing on certain ideas to his son?

47

never blamed his son for mistakes that he made?

A

48

put no pressure on his son to follow in his footsteps?

49

reassured his son when equipment let him down?

A

50

showed his son how to perform practical tasks?

51

was willing to listen to his son's suggestions?

52

A Tony: Racing driver

'Drive it like you stole it and keep it on the black stuff! I was quite nervous when I first started racing, but those were my dad's jokey words of wisdom and they made me feel better at the time.

In the beginning, I had quite a few spins on the circuits – the very first one was particularly scary because the car left the track, but he never said it was my fault. I used to drive a Porsche 924 and pretty much every single race something would break, but Dad would just say: 'Don't worry about the car, we can always fix it.' I didn't like people behind me when I went round corners, but Dad was always telling me not to take any notice, to focus on what I was doing. I've got a long way to go, but Dad's really good – he's hardly the most polite person to have around if things don't go well, but he's my role model.

Textbook Task

NO AGE, NO LIMIT

A Dr Peggy Styles

At 86, Peggy Styles has become the oldest ever person to graduate from Bristol University. To say it was an uphill struggle at times is an understatement. Midway through her program, Peggy needed to take a few years out to rest after suffering severe kidney failure. At one stage, it was **touch and go** whether she'd make it. Although Peggy's physical health suffered and she even had to learn to walk again, it appears her brain continued to function effectively. The title of her dissertation for her doctorate was, "Changing perceptions: higher education amongst elderly populations" and, although it took eight years to complete, Peggy has confessed that she's now hooked on writing and research.

B Dr Allan Stewart

Australian born Allan broke his own age record when he successfully completed his degree at the advanced age of 97. Alan, who has now completed his fourth degree, returned to education in his 80s after retiring from work in order to **keep his brain sharp** and stay mentally active. While he's more famous for his mental rather than physical agility, Allan keeps himself in shape by walking, fishing and swimming. Allan says this will be his last degree as he's getting bored with studying, although he has said that at least once before so who knows – perhaps he's obsessed!

C Doreen Pechey

Doreen, who had to rethink her diet and fitness plan when she took up ballet at 61, became the oldest ballerina in Britain to pass the Royal Academy Grade 6 dance exam just ten years later. The semi-retired electrical engineer, who despite recently having knee replacement surgery, **is now back on her feet** and claims to have more agility than ever. In fact, she believes without ballet she'd have been out of action for some time. Not only that, Doreen has dropped two dress sizes too. Although in her 70s, Doreen has chosen to train with teenagers who don't appear to mind the age difference at all. And, why should they?

D Lou Batori

Although he's never taken an exam, Hungarian born Lou Batori, 106, has been skiing for over 96 years. He puts his good health down to a healthy diet, a love of good food and drink and a healthy marriage. Nevertheless, the risk-taking grandfather, who can be seen speeding down the slopes in the USA, clearly **keeps in shape** by doing tough physical exercise. Although he still skis regularly, Lou has slowed down to **recharge his batteries** and enjoys reading to relax. After all, he doesn't want to get injured, does he?

Who

takes time out to relax?

1 D

tries to keep their brain and body in good health?

2 B

is the most senior person to have graduated from university?

3 B

has become addicted to what they are doing?

4 A

recovered more rapidly because of what they're doing?

5 C

Textbook Task

IDIOMS

1 Match the expressions in red in the texts with the correct definitions.

- A** to be well again after an illness
- B** to stay physically healthy
- C** an uncertain situation
- D** to rest for a period of time
- E** to stay mentally active

A – back on her feet B – keeps in shape C – touch and go D – recharge his batteries E – keep his brain sharp

A Dr Peggy Styles

At 86, Peggy Styles has become the oldest ever person to graduate from Bristol University. To say it was an uphill struggle at times is an understatement. Midway through her program, Peggy needed to take a few years out to rest after suffering severe kidney failure. At one stage, it was **touch and go** whether she'd make it. Although Peggy's physical health suffered and she even had to learn to walk again, it appears her brain continued to function

the title of her dissertation for her doctorate
g perceptions: higher education amongst
tions" and, although it took eight years to
gy has confessed that she's now hooked
research.

Ian Stewart

Alan broke his own age record when he completed his degree at the advanced age of 86. He has now completed his fourth degree, his first in education in his 80s after retiring from work in 1970. **His brain sharp** and stay mentally active. He is more famous for his mental rather than physical achievements. However, Allan keeps himself in shape by walking, swimming and fishing.

fish and fishing and swimming. Allan says this will be his last

th studying, although he
re so who knows – perhaps

C Doreen Pechey

Doreen, who had to rethink her diet and fitness plan when she took up ballet at 61, became the oldest ballerina in Britain to pass the Royal Academy Grade 6 dance exam just ten years later. The semi-retired electrical engineer, who despite recently having knee replacement surgery, **is now back on her feet** and claims to have more agility than ever. In fact, she believes without ballet she'd have been out of action for some time. Not only that, Doreen has dropped two dress sizes too. Although in her 70s, Doreen has chosen to train with teenagers who don't appear to mind the age difference at all. And, why should they?

D Lou Batori

Although he's never taken an exam, Hungarian born Lou Batori, 106, has been skiing for over 96 years. He puts his good health down to a healthy diet, a love of good food and drink and a healthy marriage. Nevertheless, the risk-taking grandfather, who can be seen speeding down the slopes in the USA, clearly **keeps in shape** by doing tough physical exercise. Although he still skis regularly, Lou has slowed down to **recharge his batteries** and enjoys reading to relax. After all, he doesn't want to get injured, does he?

Speaking Task

Think about your answers and share answers in the main session.

Let's describe the given photos. You will be given a minute to do this.

1 Work with a partner and answer the questions.

- 1** What's the difference between mental and physical health?
- 2** What are two ways someone might stay mentally active and two ways they might stay physically active?
- 3** Why is it important to stay in good physical and mental shape?



Listening

2  005 Listen and decide which question Maria is answering.

- 1** What do you think these people like about these types of food?
- 2** Why have these people chosen to eat these types of food?
- 3** What are the advantages and disadvantages of eating in these different ways?

AUDIOSCRIPT 005

Well, in **both** photos, food is being consumed. The first photo shows two women sitting in a restaurant or café, enjoying what looks to be fast food, **while** the second photo shows a woman eating on the move. I think the women in the first photo have decided to eat this type of meal because they enjoy it. **Even though** they look happy, it doesn't **look as though** the food they're eating is too healthy. The woman in the second photo appears to be eating fast food, possibly a burger or a sandwich. It **looks like** she's commuting to or from work and so it's possible that she doesn't have the time to sit down and enjoy her meal. Personally, I think the women in both photos should try to eat a more balanced meal **rather than** food which is high in salt and fat.

Complete 3rd, 4th & 5th tasks on 17pg.

Use of English

Part 02, 03 & 04 of the reading test is considered as Use of English as the objectives behind these parts of the test are to evaluate a candidate's understanding on how language is systematically used in everyday contexts.

- Part 02 - gap filling task on grammatical words
- Part 03 - gap filling task on word modification
- Part 04 - sentence modification task

Use of English

Structure of Part 4 of Use of English.

You will be given three things to work on

- An original sentence [for reference]
- A key word in bold font [add it to the answer]
- An alternative structure to replace what was missing from the original sentence using the key word (without modifying it)

Use of English

Each answer must be written in capital letters.

Key word must be utilized (not modified)

Word count per answer must contain a minimum of two (2) words & a maximum of (5) **[including the key word in bold]**

You will be given a separate answer sheet to transfer the answers.

Use of English

Part 4		Do not write below here			
25		25	2	1	0
			○	○	○
26		26	2	1	0
			○	○	○
27		27	2	1	0
			○	○	○
28		28	2	1	0
			○	○	○
29		29	2	1	0
			○	○	○
30		30	2	1	0
			○	○	○

Preview of answer sheet of Part 04 of UE

25 Tania hasn't played volleyball for three years.

SINCE

It Tania last played volleyball.

Let's do one together.

25. is the original sentence

“Tania hasn't played volleyball for three years.”

SINCE [The given key word in bold font in capital]

It _____ Tania last played volleyball.

This is the alternative sentence pattern you must complete.

Expectations.

- Read the original & the alternative sentence.
- Identify the missing words.
- Replace the exact missing idea using the key word.
- You **mustn't change the key word** in bold.
- Adhere to the word count. (2 - 5)
- You **may(not) imitate the grammar structure** of original sentence where applicable.
- **Contracted forms are considered as “Two (2) words” in Cambridge Assessment.**

25 Tania hasn't played volleyball for three years.

SINCE

It Tania last played volleyball.

Let's do one together.

“Tania hasn't played volleyball for three years.”

SINCE

It _____ Tania last played volleyball.

Replace the words in red using the given key word.

“**HAS BEEN THREE YEARS SINCE**”

26 The only thing Carl forgot to buy was a new battery for his watch.

EVERYTHING

Carl remembered to a new battery
for his watch.

27 Declan was angry because Claire arrived late.

TIME

If Claire , Declan would not have
been angry.

28 I don't usually wear a hat and so it feels strange.

USED

I am a hat and so it feels strange.

Now try completing these three items. (B2 Prep T2)

Use of English Part 04

2 Complete the second sentence with a phrase from Exercise 1 so that it has a similar meaning to the first sentence. Use between two and five words for each sentence, including the word in bold. The first one has been done for you.

1 He's now well again after his recent operation.

BACK

He's now back on his feet after his recent operation.

2 I've been doing a lot of puzzles to stay mentally active.

SHARP

I've been _____ by doing a lot of puzzles.

3 She feels much better after resting for two weeks in Italy.

RECHARGE

After _____ for two weeks in Italy, she feels much better.

4 I stayed physically active by running in the local park.

SHAPE

I ran in the local park _____.

Complete the 2nd task on pg. 17.
You may use the completed idioms from the vocabulary & the reading task.