

CEFR B1

Ingrid Wisniewska

JETSTREAM

intermediate



Real language &
memory training



Writing skills



JETSTREAM Cloud
with LMS



Workbook

VOCABULARY *-ed / -ing* adjectives**1 Complete the sentences with the -ed or -ing form of the verbs in the box.**

bore challenge confuse excite exhaust
frustrate interest relax tire

- It was _____ because I didn't have time to finish all the questions.
- The instructions were so complicated that I got _____ !
- I listened to some _____ music before going in and that helped a lot.
- Most of the questions were easy, but a couple were quite _____ .
- I knew all the answers – it was so easy that I found it quite _____ .
- I read an _____ article about test-taking and I got several helpful tips.
- The test took a really long time – I was very _____ at the end.
- But when the results came out and I passed, I was so _____ .
- All in all, it was a completely _____ experience!

VOCABULARY Words connected with the body**2 Label the picture with words connected with the body.****Six common symptom of stress**

- frequent h_____ aches

- tense n_____ and s_____

- dry m_____ and t_____

- damp h_____

- rapid h_____ beat

- butterflies in your s_____

**GRAMMAR** First conditional**3 Choose the correct words to complete the rules.**

To form the first conditional, we use ...

- the present tense / 'will' + verb* in the 'if' clause.
- the present tense / 'will' + verb* in the 'non-if' clause.
- a comma / no comma* after the 'if' clause if it starts the sentence.
- a comma / no comma* after the 'non-if' clause if it starts the sentence.
- We use the first conditional to talk about *likely / unlikely / imaginary* events.

4 Write sentences with the correct form of the verbs in brackets.

- If / Sam / (get up) / early / he / (catch) / the bus

- If / you / (not drink) / enough water / you / (feel) / tired

- If / we / (not exercise) / we / (not lose) / any weight

- You / (not sleep) / well / if / you / (drink) / too much coffee

- Kirsty / (not feel stressed) / if / she / (get) / enough sleep / this weekend

- If I / (not get) / a holiday / soon / I / (feel) / really depressed

5 Write true sentences.

- If I get up early tomorrow, _____

- If I have time this weekend, _____

- I won't feel stressed today if I _____

- I'll feel more relaxed this weekend if I _____

6 Complete the first conditional sentences with *unless* and the verbs in the box.

finish go have start stop work

- You'll lose your job _____ on time.
- He won't get promoted _____ harder.
- We'll get into trouble _____ chatting to friends on the phone.
- She won't finish her project on time _____ to the office this weekend.
- _____ we stop wasting time, _____ our work!
- _____ you calm down, _____ a heart attack!

7 Rewrite the sentences with *unless*.

- If I don't work at the weekend, I won't get promoted.

- He won't get the job if he doesn't have a car.

- Janet won't stay in her job if she doesn't get a raise.

- If we don't finish this report on time, we won't get the contract.

- If they don't fix my computer, I won't be able to finish my work.

LISTENING

8 15 Listen to three conversations about problems at work. What two problems are mentioned in each one?

Conversation 1

1 n_____e_____ 2 u_____b_____

Conversation 2

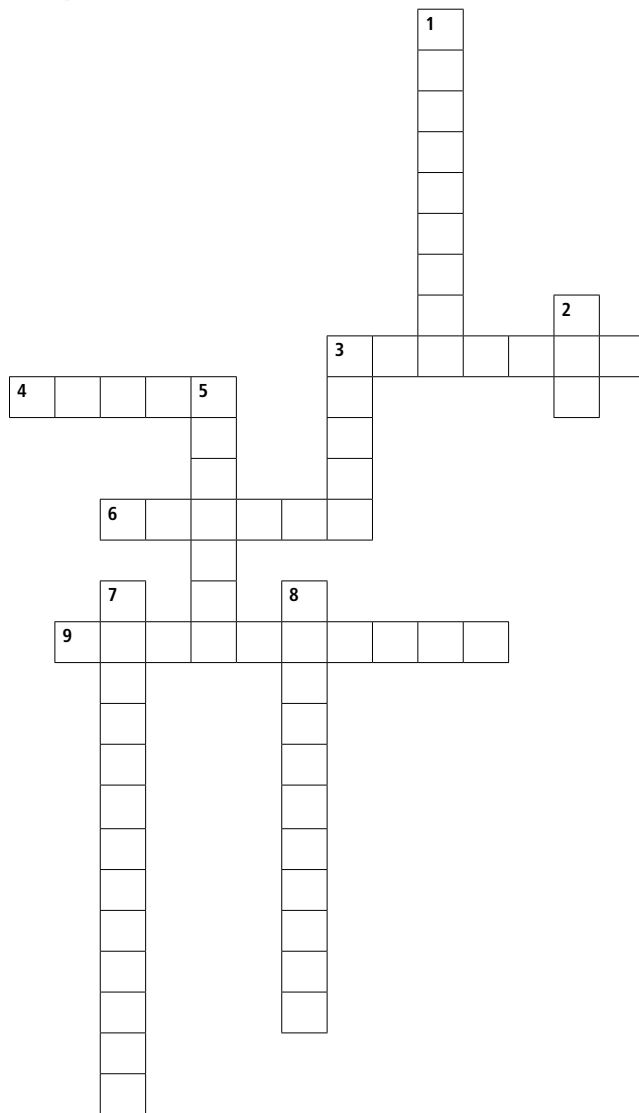
3 l_____w_____h_____ 4 t_____d_____

Conversation 3

5 l_____s_____ 6 d_____c_____

VOCABULARY Words connected with work

9 Complete the crossword.



ACROSS →

- A _____ is in charge of a business.
- A _____ flies a plane.
- A _____ helps people get well.
- A _____ writes for a newspaper.

DOWN ↓

- A _____ lends you books.
- A _____ takes care of sick animals.
- A _____ digs for gold, coal or diamonds.
- A _____ helps people learn.
- A _____ helps to keep us safe.
- A _____ cuts your hair.



10 The words in bold are in the wrong places. Write them in the correct places.

My friend really hates her job. For a start, she has a very difficult **deadlines** ¹ _____. He gives her negative **boss** ² _____ all the time and really tight **working hours** ³ _____ – sometimes the same day! She has to work in a very noisy **feedback** ⁴ _____ and her colleagues are really **low** ⁵ _____ – they hardly talk to her at all! It's not like she gets paid a lot either – she's on a very **unfriendly** ⁶ _____ salary, and has very long **environment** ⁷ _____. I think she should look for a new job!



READING

1 Read the article on page 32. Match the problems (1–3) with the correct advice (a–c).

1 _____ 2 _____ 3 _____

2 Find words in the article that mean the following.

- | | |
|--------------|-------|
| 1 usual | _____ |
| 2 completely | _____ |
| 3 increases | _____ |
| 4 be sick | _____ |
| 5 severe | _____ |
| 6 hurt | _____ |
| 7 worried | _____ |

3 Write the number of the correct problem (1, 2 or 3). Sometimes more than one is possible.

Who ...

- | | |
|-------------------------|-------|
| 1 dislikes a colleague? | _____ |
| 2 wants a new job? | _____ |
| 3 feels afraid? | _____ |
| 4 feels ill? | _____ |
| 5 feels ashamed? | _____ |
| 6 cannot do their work? | _____ |

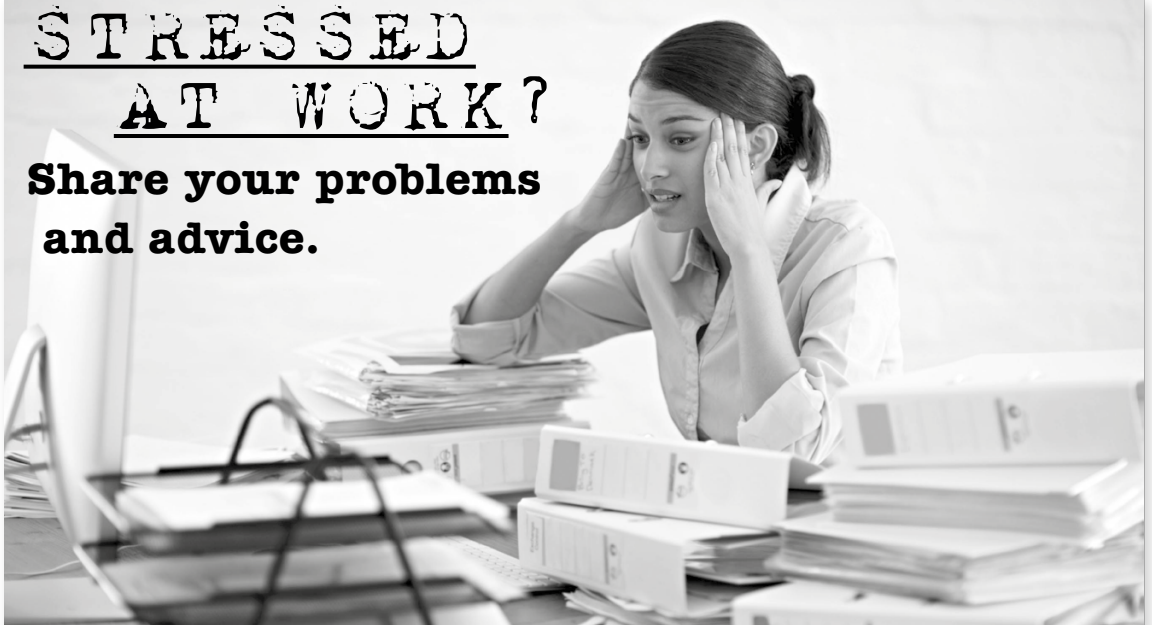
4 Match the summaries with the correct advice from the article (a, b or c) .

- | | |
|-----------------------------------|-------|
| 1 Practice makes perfect | _____ |
| 2 Rationalise your feelings | _____ |
| 3 Ask for help to find a solution | _____ |
| 4 Understand your fear | _____ |
| 5 Don't give up! | _____ |
| 6 Think of alternative solutions | _____ |

5 Have you ever experienced problems with stress at work? Describe the problem. What was the solution?

STRESSED AT WORK?

Share your problems and advice.



- 1 Why do I always get so nervous in job interviews? Whenever I get a job interview, I feel stressed and anxious. My heart rate goes up. My stomach is tense and I feel like I'm going to throw up. When I get into the interview, I'm so stressed I can't speak – and of course I don't get the job! What can I do?

Lucy

- 2 I've got a real problem with one of my colleagues. She bullies me! I'm 29 years old and I'm not a kid any more, but I'm just really scared of her. Whenever I see Annette, my hands start to shake and I break out into a sweat. She always finds something nasty to say to me, and I'm so afraid of her that I don't say anything at all. It's really embarrassing. What can I do?

Harriet

- 3 I work in a very busy office environment where there's a lot of background noise from machines and I'm just finding it very hard to concentrate on my work. Every day I come home with a splitting headache and get severe rashes on my hands and face. I'm sure it's because of stress. I'm worried that if I complain, I'll lose my job or get into trouble. What can I do?

Andrew

-
- a **There's no need to feel embarrassed. Workplace bullying is more common than you'd think. And your reactions are a normal 'fight or flight' response to a stressful situation. The problem is, if this continues for a long time, it will have a negative effect on your health. Ask yourself what she can possibly do to harm you. Your fear may be totally irrational. If you can't think of any way she can hurt you, you won't feel afraid of her any more.**
 - b **You're spending a large part of every day in a stressful environment. If you don't do something about it, you'll suffer long-term health problems. Have you tried talking to the human resources manager? Perhaps they can suggest a different office space for you, or more flexible working hours. It may not be possible, but you won't find out unless you ask!**
 - c **I have one word of advice for you: Practise! If you practise more, you'll gradually start to feel less anxious. So apply for as many jobs as you can, even ones that don't interest you. Practise with friends or relatives. And ask them for feedback on what you're doing right as well as wrong! Good luck!**

5 Vocabulary plus

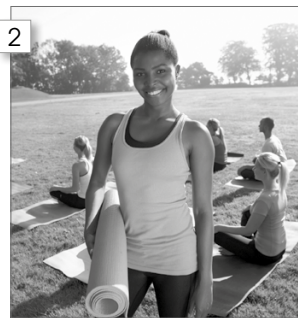
PARTS OF THE BODY REVIEW

1 Match pairs of letter combinations to make words for different parts of the body.

blo bra he lu mo mus thr stom ne shoul
ach art ck der in ng oat od cle uth

JOBS REVIEW

2 Look at the photos. Complete the words in bold. Then find two more words that can go with each one.



- 1 marketing / _____ / _____ m _____ er
2 yoga / _____ / _____ i _____ or
3 heart / _____ / _____ s _____ eon
4 lorry / _____ / _____ d _____ r

WORDBUILDER Affixes

3 Complete the sentences with words ending in **-less** or **-ful**.

- It didn't hurt at all – it was p_____.
- You needn't be afraid of that spider – it's totally h_____.
- Thank you for the get-well card. That was very t_____ of you.
- I hate job interviews. They're really s_____.
- You dropped my favourite vase! You're so c_____.
- She was a millionaire by the age of 25 – she's so s_____.

WORDBUILDER over

4 Replace the words in bold with words that use **over**. Then answer the questions.

- What do you do if someone **charges** you **too much**? _____
- When was the last time you **didn't wake up on time**? _____
- How do you feel if a room is **too full of people**? _____
- Do you dislike food that has been **cooked for too long**? _____
- When was the last time you had to work **extra hours**? _____
- What kind of present would make you feel **extremely happy**? _____

FOCUS ON get

5 Complete the email with the correct form of expressions with **get**.

Hi, Alison! How are you? I saw you ¹ _____ the bus yesterday and I ran to catch it, but couldn't ² _____ the bus stop in time. I've just ³ _____ from my new yoga class. It's a really great way to ⁴ _____ stress. The class starts at 7am, so I have to ⁵ _____ early, but it's worth it! How are you ⁶ _____ your new bike?

Everyday English

GIVING ADVICE AND MAKING SUGGESTIONS

6 Match the two parts of the pieces of advice.

- | | |
|-------------------------------|----------------------------|
| 1 Why don't you try | a can relax more. |
| 2 Maybe you | b doing more exercise. |
| 3 If you eat more vegetables, | c doing yoga? |
| 4 I suggest | d should change your diet. |
| 5 See if you | e you'll have more energy. |

7 16 Listen to the conversation. What's the problem? What are the four pieces of advice?

8 16 Listen again and write down the sentences that are used to give advice.

- You should _____
- If you're _____
- Try _____
- See if _____
- I suggest _____
- Why don't _____?

5-6 Review quiz

WHAT CAN YOU REMEMBER?

1 Choose a, b or c. Then look back at Units 5 and 6 to check.

- 1 When we feel stressed, our _____ beats faster.
a heart b breathing c stomach
- 2 A 'fight or flight' response means that you either defend yourself or you _____.
a stay still b fall over c run away
- 3 When we get stressed, we get more _____ in our brains and muscles.
a blood b swelling c antioxidants
- 4 Honey bees help to pollinate _____.
a wax b vegetables c trees
- 5 *Super Size Me* is a documentary about _____.
a fast food b fat people c healthy food
- 6 _____ is good for your digestion and helps to lower cholesterol.
a Coconut b Turmeric c Pineapple

2 Write the name of the animal or food in each picture.



1 _____



2 _____



3 _____



4 _____



5 _____



6 _____

PRONUNCIATION POINT

19 Read each pair of sentences. Practise the short form of 'll. Then listen and repeat.

- 1 She'll love it. / She will love it.
- 2 I'll see him tomorrow. / I will see him tomorrow.
- 3 They'll finish at six o'clock. / They will finish at six o'clock.
- 4 It'll rain this weekend. / It will rain this weekend.

EXPLORE

1 Answer these questions.

- 1 What is your favourite fruit or vegetable?
 - 2 How do you eat this food: raw or cooked?
 - 3 Where and how is this food grown?
 - 4 What are some of the healthiest and most delicious superfoods?
- Look online to find out.

2 Prepare a mini-presentation with your answers from 1. Write/Record your talk.

Check your progress 3

Grammar

1 Write sentences using the words given.

- 1 you / eat / garlic / you / not get colds (if)
_____.
 - 2 I / not be alert tomorrow / get enough sleep (unless)
_____.
 - 3 Tim / not have to work / travel all over the world (if)
_____.
 - 4 I / not eat / a snake / be very, very hungry (unless)
_____.
 - 5 Sue / have more free time / exercise more (if)
_____.
- ____ / 5

2 Complete the sentences using the past form of the words given.

- 1 They _____ get up early when they were at school. (have to)
 - 2 Max _____ play video games when he was ten, but only at the weekend. (allow to)
 - 3 We _____ eat sweets when we were children. (not allow to)
 - 4 Sally _____ wear a uniform when she was at primary school. (not have to)
 - 5 I _____ watch TV until I had finished my homework. (not allow to)
- ____ / 5

Vocabulary

3 Choose the correct words.

- 1 I never feel *relaxed* / *relaxing* when I'm doing a test.
 - 2 Nervous people feel as if they have butterflies in their *stomach* / *throat*.
 - 3 The instructions were very *confused* / *confusing*.
 - 4 I left my job because of the low *salary* / *environment*.
 - 5 I can't concentrate at work because of noisy *working hours* / *colleagues*.
 - 6 Bees and wasps are two types of *insect* / *reptile*.
 - 7 Dolphins are *amphibians* / *mammals*.
 - 8 The Earth is affected by *climate* / *weather* change.
 - 9 Ginger and turmeric are two kinds of *spice* / *fruit*.
 - 10 Some *bacteria* / *medicines* are resistant to antibiotics.
- ____ / 10

Functions

4 Complete the conversations with the phrases in the box. There are two phrases for each gap.

a little how about kind I suggest
see if you can rather sort why don't
why not try you could

- 1 A I feel so tired all the time!
B _____ drinking more water? That might help!
 - 2 A I always feel so stressed. What can I do?
B _____ do some yoga, or exercise more.
 - 3 A I can't sleep well at night. What can I do?
B _____ you stop drinking coffee and tea in the evening.
 - 4 A I've never tried paella. What _____ of food is that?
B It's a kind of rice dish, _____ like risotto, but with seafood.
- ____ / 10

Writing

Write an email to a friend about a free-time activity that you enjoy.

- What is the activity, and why is it enjoyable?
- What is sometimes stressful about it?
- If you get better at this activity, what will you do?

Write about 100 words.

____ / 10

Total: ____ / 40

I can:

- use first conditional, *if* / *unless* and second conditional
- use verbs for past obligation and permission
- use *-ed* / *-ing* adjectives
- use words connected with the body, work, animals, the natural world, superfoods, medicine and health
- give advice, make suggestions and use language for identifying things and being vague
- write about what I do and why it's enjoyable or stressful.