

LBRIS

We know
books

NEW

Total English

PRE-INTERMEDIATE

Workbook with Key

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with Will Moreton

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Vocabulary | everyday actions

1 Match a verb from A with a word or phrase from B.

A	B
1 read	a a bus
2 listen	b to bed late
3 get up	c on the phone
4 stay	d early
5 go	e your emails
6 chat	f nothing
7 watch	g in bed late
8 check	h to the radio
9 do	i TV
10 take	j a magazine

2 Complete the sentences with the missing verbs.

- She _____ her emails when she gets to work in the morning.
- We _____ in on Saturday nights – we don't like going clubbing.
- I normally _____ the train at 9.00 a.m.
- Do you ever _____ a lie-in on Saturday morning?
- I _____ for a swim on Saturdays.
- I like to _____ a nap after lunch.
- What newspaper does he _____ ?
- They usually _____ their friends over for dinner on Friday evenings.
- He _____ to the radio in the car on the way to work.
- I always _____ the shopping on the way home from work.



Reading

3 a Read the text quickly and match the headings in the box to the correct time of day.

Eat your dinner
Stretch
Think about a problem
Visit the dentist

A time for everything ...

What is the right time of day for your body to do everything?

Noon _____

Your brain works best at around midday. It's a good time to talk to your boss about a problem or do a difficult crossword.

2 p.m. _____

Do you hate going to the dentist? Make an appointment in the early afternoon. You don't feel pain so badly at this time of day.

5 p.m. _____

Are you very hungry when you finish work? This is because food tastes better in the early evening. Eating late is a bad idea. After midnight it is more difficult for our bodies to process fat, and this can give you heart problems.

8 p.m. _____

The best time to do exercise is around 8 p.m. At this time our body temperature is at its maximum, so our muscles are warmer.

b Read the text again. Mark the sentences true (T) or false (F).

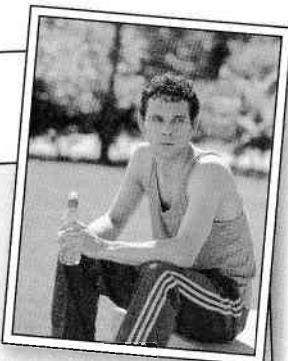
- Your brain works best in the middle of the day.
- The best time to do a crossword is early morning.
- It's a good idea to go to the dentist between 1 and 3 p.m.
- Food tastes good in the early evening. This makes you hungry.
- The best time to eat dinner is just before you go to bed.
- It is good to do exercise in the evening because your muscles are warm.

Grammar | likes and dislikes

4 a Complete the texts with words from the boxes.

hate keen like love stand

Andreas (26) Germany



'I can't stand doing nothing. I really (1) _____ holidays where people lie on the beach all day – I can't understand it. I absolutely (2) _____ doing exercise so I get up early every day and run for ten kilometres before breakfast. I'm not very (3) _____ on team sports like football. When I go on holiday, I do water-sports like surfing and sailing. I quite (4) _____ walking and cycling too!'

like love mind quite stand

Seung Ah (24) South Korea



'I absolutely (5) _____ eating good food. Cooking is very important in my culture. Usually my mother and my grandmother do all the cooking. They don't (6) _____ doing this but sometimes I (7) _____ helping them too. I can't (8) _____ fast food, especially hamburgers, but I do (9) _____ like Italian food, like pizza!'

b Listen and check your answers.

5 Complete the sentences with one word from the box.

absolutely can't keen (x2) like
mind really

I absolutely love playing tennis.

- I'm not very on watching TV because there are so many bad programmes.
- She doesn't going to the cinema if it is an action film. It can be fun!
- I'm quite on sports in general but especially football.
- He stand boxing – he hates to watch people hit each other.
- I like reading, especially novels.
- I quite going to the theatre but it's very expensive.

6 Put the words in the correct order to make sentences.

- love going museums to they absolutely.
- he works having the radio doesn't he mind on while.
- like early getting she doesn't up.
- eating out at I like weekends.
- we like together working quite.
- quite she's keen gymnastics on.
- not we're very on dancing keen.
- really sports hates she.
- can't I playing stand chess.

Vocabulary | going out

7 Complete the sentences with *go*, *go to* or *go on*. You may need to change the form of the verb.

I don't like going to musicals.

- I usually _____ clubbing on Saturday night with my friends.
- I absolutely love _____ the theatre.
- I never _____ concerts. I prefer listening to music at home.
- You don't _____ bowling very often, do you?
- I sometimes _____ ice skating at the weekend.
- My mother always _____ a guided tour of the cities she visits on holiday.
- Whenever a new Brad Pitt film comes out I _____ the cinema to see it.
- My brother works in a museum so I _____ the exhibitions for free.

Listening

1 a    Cover the audioscript. Listen and make notes in the table.

	Sleep weekdays (hours)	Sleep weekend (hours)	Insomnia (yes/no)	Alarm clock (yes/no)
Liz				
Paul				

b Answer the questions.

1 Who is always tired?

2 Who likes to stay in bed late on Sundays?

3 Who has problems sleeping when they are worried?

4 What happens to Liz when she drinks a lot of coffee?

5 Why does Liz use two alarm clocks?

6 When does Paul use an alarm clock?

AUDIOSCRIPT

Interviewer: So, how many hours do you sleep, Liz?**Liz:** Not enough. I usually sleep about six hours on weekdays. That's why I'm always tired.**Interviewer:** And you, Paul?**Paul:** I get seven or eight hours sleep on weekdays. It depends what time I go to bed.**Interviewer:** What about weekends?**Liz:** Oh, I get more sleep at weekends – about ten hours. Sometimes I don't get up until lunchtime!**Paul:** Really? I can't stay in bed that long. I usually sleep a bit less at weekends, about an hour less. Sometimes I try to stay in bed but then I just get up and start doing things in the house.**Interviewer:** Did you know that ten percent of the population suffer from insomnia – when you can't fall asleep. Do you ever get that?**Paul:** Yeah, sometimes. When I'm worried about work.**Interviewer:** And you, Liz?**Liz:** No. I don't usually have any problems falling asleep. Very occasionally, I can't sleep if I've drunk too much coffee.**Paul:** Yes, drinking coffee is a bad idea.**Interviewer:** And do you use an alarm clock to wake up in the morning?**Liz:** Absolutely. Yes. I can't wake up without an alarm clock. In fact, I have two because I turn the first alarm clock off, and fall asleep again.**Paul:** I don't need an alarm clock usually. Sometimes I use one if I have to get up very early, to catch an aeroplane or something.Vocabulary | describing
your day and
lifestyle**2 a** Match the words (1–8) with their definitions (a–h).

1 boring

2 busy

3 fun

4 exciting

5 lazy

6 relaxing

7 stressful

8 unusual

a lots of time to do nothing

b something which makes you feel calm

c not interesting

d occupied with lots of things to do

e strange or different

f enjoyable

g interesting and stimulating

h something which makes you worry a lot

b Complete the sentences with the correct adjective from exercise 2a.I think maths is really boring. I fell asleep in class last week.

1 My job is really _____. I have so many things to worry about.

2 He's a(n) _____ person. He acts in such a strange way.

3 I like _____ hobbies like painting and listening to classical music.

4 He has a really _____ lifestyle because he's not working at the moment.

5 The new Harry Potter film is so _____ - it's got lots of action.

6 He's very _____ - he's got a lot of work at the moment.

7 I love playing cards with friends. It's great _____.

Grammar | Present Simple; adverbs of frequency

- 3** Complete the sentences using the correct form of the verbs in brackets.



Sylvie studies (study) French at university. She (1) _____ (not know) what she wants to do when she (2) _____ (finish) her degree. Sylvie (3) _____ (live) at home with her family.



Max (4) _____ (work) in the city. He (5) _____ (have) a new sports car, and a big house. He (6) _____ (enjoy) going out and spending lots of money. He (7) _____ (not smoke) and he (8) _____ (do) a lot of exercise in the gym.



Albert (9) _____ (not work). He's 75 years old. He usually (10) _____ (spend) his time at home. He (11) _____ (watch) TV and (12) _____ (read) the newspaper. Sometimes he (13) _____ (go) for a walk or (14) _____ (do) some shopping. He (15) _____ (not cook), so his daughter (16) _____ (bring) him food to eat.

- 4** Write the questions for these answers.

A: *Where do you live?*

B: I live in Madrid.

1 A: _____?

B: I have breakfast at about 10 o'clock on Saturdays.

2 A: _____?

B: They work outside London.

3 A: _____?

B: She goes to the gym once a week.

4 A: _____?

B: On Friday night I often go out.

5 A: _____?

B: No, they never go clubbing.

- 5** Put the words in the correct order to make sentences.

1 to books take my I ever forget to hardly college.

2 in school the is never late for morning Jake.

3 see Pablo after and Juan we often the game.

4 drink the coffee do you always in mornings?

5 visit in my we sometimes grandmother France.

Pronunciation | do/does

- 6 a** 4 Listen and write the questions you hear.

1 A: _____?

Your answer: _____.

2 A: _____?

Your answer: _____.

3 A: _____?

Your answer: _____.

4 A: _____?

Your answer: _____.

5 A: _____?

Your answer: _____.

6 A: _____?

Your answer: _____.

b Now write answers that are true for you on the lines under the questions.

c Listen again. Underline the stressed form of *do/does/don't* or *doesn't* in the questions. Practise saying the questions and the answers.