1 Look at the photos of children eating. Which do you think is important for your health as an adult? Tick (✓) a, b or c.

a ✓ your diet as an adult
b ✓ your parents’ diets and habits during childhood
c ✓ both of the above

Now read the article and check your answer.

HEALTH ACROSS GENERATIONS

Today many people know that there is a link between what you eat and your health. Scientists tell us that what you eat in childhood affects how you grow and your health in later life, and that a diet with the right balance of vitamins and minerals can help us to fight disease and help to prevent serious illnesses developing. However, scientists are now discovering that our diet and environment can also affect future generations. This means that our health might depend on our parents’ and our grandparents’ diet and environment.

It appears that what girls do between the ages of eight and ten, and what boys do from age nine to twelve, is particularly important for the next generation. Scientists call these stages ‘Slow Growth Periods’. Scientists know that environment is more important during this phase. They also think that the effect is passed from father to son and from mother to daughter. For example, for men, smoking during this period is bad for the smoker’s health and also for their son’s health, although it may be many years before they have a child. The sons of young male smokers are often overweight, as are the sons of men who ate a lot in their pre-teen years. Having enough food to eat is not always good for you.

In contrast, for women, eating well during this pre-teen period seems to improve the health of their daughters, but scientists don’t know why there is a difference between the sexes. What they do know is that diet and environment influence the way our genes work. These factors switch some genes on and switch other genes off. This means we should all remember that it’s not just the colour of our hair and eyes we’ll pass on to the next generation, but also the state of our health.

Choose the correct answer, A, B, C or D.

1 Scientists … that there is a link between diet and health.
A are sure
B suspect
C believe
D doubt

2 Healthy diets…
A stop us getting all serious diseases.
B encourage serious diseases.
C help to prevent many kinds of illness.
D limit the length of any serious disease.

3 During the ages of nine and twelve, boys...
A grow slowly.
B grow fast.
C stop growing.
D put on weight.

4 Boys who eat too much between the ages of nine and twelve may harm the health of...
A all their children.
B their sons.
C their daughters.
D their granddaughters.

5 Between the ages of eight and ten girls should...
A limit what they eat.
B eat well.
C eat only vegetables.
D eat too much.
1 Read the article about love songs and complete it with the words from the box.

singing  printing  sweet
relationships  players  splitting up
sang  ballads

Songs of love

Have you ever noticed how many songs are about 1________? They cover the whole cycle of meeting someone, going out together, getting married, and even 2________. Today, these songs touch on our own experiences and so have greater meaning for us than songs about other topics. So how long have people been expressing themselves like this?

The oldest love songs we know about come from Egypt, where archaeologists have found lyrics that are 3,500 years old. In those days people 3________ poetry, because it was easier to remember the words and no one had printed books. These songs had titles such as Sick in love and My honey 4________ and they followed some of the patterns of modern songs, such as repeating lines. Unfortunately, while the words have survived, the music hasn’t.

Love songs weren’t only found in Egypt. Songs have been found in archaeological sites in India, Greece and in old Roman ones. This suggests that 5________ about love is something many civilisations have done in history. However, during some periods they’ve been more popular than at other times. Following the end of the Roman Empire, the church in Europe disapproved of love songs and music was largely religious. But after 1000 AD, ‘troubadours’ from Spain started travelling across Europe. Their songs told stories of love and are often thought to be the start of love 6________ as we know them today.

By the 1800s people were earning money by writing songs and love songs were some of the most popular. Publishers also started 7________ the music for people to play on instruments at home, because people didn’t have CD or MP3 8________ in those days.

Since then, music has become a huge global industry. But even though it is essentially about making money, love songs are still popular today as they allow us to explore the emotions we all share.

2 Answer the questions. Write complete sentences.

1 When were the oldest love songs written?
2 Who found them?
3 Why did people sing poetry?
4 Which other ancient civilisations sang love songs?
5 Why did love songs disappear after the end of the Roman Empire?
6 What music was popular after the end of the Roman Empire?
7 Why did publishers start printing the music for love songs?
8 Why are love songs still so popular?
1 Read Tanya’s email. True or False? Write T or F. Correct the false sentences.

1 ___ Sonja and Martin used to go out together.
2 ___ Lisa thinks that Sonja and Martin had a lot in common.
3 ___ Sonja was happy when she was with Martin.
4 ___ Lisa doesn’t think it’s possible to change people.
5 ___ Lisa thinks it’s important to have a boyfriend.
6 ___ Lisa thinks Sonja should never speak to Martin again.
7 ___ Lisa and Julia like to go out on Saturdays.
8 ___ Lisa invites Sonja to go out the following Saturday.

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2 Write an email (200–250 words) giving advice to a friend who has split up with someone. Answer these questions:

- Are you happy or sad to hear the news?
- What do you think the problem was between them?
- How did the relationship affect your friend’s happiness?
- What should he/she do now? Why?
- How can you help him/her?

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Email

To: Sonja
From: Lisa
Subject: You and Martin

Dear Sonja

You probably don’t want any advice at the moment, but I’m worried about you. I’m sorry to hear that you and Martin have argued and that you’ve split up. But maybe it’s for the best. You say he was nice, but perhaps he isn’t the right person for you. You don’t seem to have a lot in common. For instance, he likes sport while you hate it. You like films, but he thinks going to the cinema is a waste of money. You used to laugh a lot, but for the last two months – since you’ve been together – neither of you has seemed very happy. You can’t change each other, so maybe it’s best to move on. It’s better not to go out with anyone than to go out with someone you don’t get on well with.

I’m sure one day you can both be friends again – if you want to be – but for now I think you should try to find other things to do. Julia and I often go into town on Saturdays and we have a real laugh. Why don’t you come with us this weekend? We could go and see a film or just have a pizza. What do you reckon? It would be great to see you. Give me a call and we can decide where to go.

Lisa
Write

1 Read the story about Carmen’s date and number the adjectives (a–h) in the order they occur (1–8).

a __ surprised
b __ relieved
c __ fair
d __ pretty
e __ terrified
f __ disappointed
g __ unforgettable
h __ sorry

2 Which adjectives (a–h) from Ex.1 refer to the following people and things?

1 ___ Matt
2 ___ Dan
3 __, __, ___ Carmen
4 ___ Matt’s hair
5 ___ Matt’s smile
6 ___ Matt’s girlfriend

3 Now write a story (200–250 words) about a disappointing date. Use adjectives to describe people and things. Answer these questions:

- Who were the two people on the date?
- Who suggested it?
- What was the other person’s reaction?
- Where was the date?
- What happened?
- How did they feel at the end of the date?

A disappointing date

Last year I really liked one of my cousin Dan’s friends. His name was Matt and he was tall with fair hair and an unforgettable smile.

One day I was going to visit Dan when I met Matt on the bus. He told me Dan wasn’t at home, but they were going to meet at the sports centre to go climbing. Then he said ‘Carmen, do you fancy coming with us?’ How exciting – was Matt asking me out on a date?!

I immediately replied ‘That would be great!’ Why did I say it? I don’t know. I’m frightened of heights and as soon as I said ‘Yes’ I was terrified.

When we got off the bus at the sports centre, Dan was already waiting for us at reception. He was surprised to see me, but luckily he didn’t say anything about my fear.

I hired climbing shoes and followed the boys to the climbing wall. I was putting on the climbing harness when I heard a girl’s voice from the door. ‘I knew it!’ She shouted. ‘You’re here! We had a date! Remember?’ She was very pretty. Matt went bright red and walked over to talk to her. After a couple of minutes he came back. He was still red. He gave us his harness and said he was sorry, but he had to go.

‘So Carmen, do you still want to climb?’ asked Dan. ‘Perhaps not’, I said.

I was disappointed that Matt had a girlfriend, but I was really relieved that I didn’t have to climb!
**Speaking**

**Student A**

1 Find out information about two pop stars, Harry and Chris, who used to be in a band together. Ask Student B questions using the Present perfect or Past simple and write the answers.

<table>
<thead>
<tr>
<th>Harry and Chris</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 how long/they/know each other?</td>
</tr>
<tr>
<td>2 how/they/meet?</td>
</tr>
<tr>
<td>3 when/band/split up?</td>
</tr>
<tr>
<td>4 what/boys/do/since then?</td>
</tr>
<tr>
<td>5 why/they/stop speaking to each other last year?</td>
</tr>
<tr>
<td>6 they/speak/yet?</td>
</tr>
</tbody>
</table>

**Useful language**

A How long have they known each other?
B They’ve known each other for…

2 Now read about the celebrity couple, footballer Dave Price and actress Paulette Deakin. Answer Student B’s questions.

Footballer Dave Price and his actress wife Paulette Deakin have been together for five years. They met at a party for celebrities in Ibiza. They got married three years ago and paid £3 million for the wedding! Their son, Manhattan, is two and their daughter, Rioja, is six months. They’ve had their own family reality TV show since last year.

**Student B**

1 Read about the pop stars, Harry and Chris. Answer Student A’s questions.

Pop stars Harry and Chris first met when they joined the same band ten years ago. At first, the boys were good friends and they shared a flat together in London, but the band split up six years ago. Since then, both boys have become solo artists. Their friendship ended last year after a big argument. It happened because Harry released a horrible song about Chris. They haven’t spoken since then.

2 Now find out information about a celebrity couple, footballer Dave Price and actress Paulette Deakin. Ask Student A questions using the Present perfect or Past simple and write the answers.

<table>
<thead>
<tr>
<th>Dave and Paulette</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 how long/they/be together?</td>
</tr>
<tr>
<td>2 where/they/meet?</td>
</tr>
<tr>
<td>3 when/they/get married?</td>
</tr>
<tr>
<td>4 how much/they/pay/for their wedding?</td>
</tr>
<tr>
<td>5 they/have children/yet?</td>
</tr>
<tr>
<td>6 what/they/appear in/since last year?</td>
</tr>
</tbody>
</table>

**Useful language**

A How long have they been together?
B They’ve been together for…
Extra fast finishers 1–3

Speaking T

Student A

1 Read the story. Student B has the same story, but with different sections missing. Prepare questions to ask Student B to complete your text.

How a can of paint changed two people’s lives

At one o’clock, Julie finished work. At the same time, Charlie was on Baker Street, where he was reading a newspaper in a café. Meanwhile on Cheddar Road, Mr Brown decided to paint his windows.

At 1.15, Julie walked past the café. Charlie looked up as she was walking past. He saw some keys fall from her pocket. He left the café and ran after her. Julie turned into Cheddar Road, where Mr Brown was standing on his ladder. He wanted to scratch his nose, but he was holding a can of paint. Outside Mr Brown’s house, Julie realised that her keys weren’t in her pocket. She stopped walking and started looking in her bag. A few metres away, Charlie saw Julie and Mr Brown. Then Mr Brown dropped the paint by accident. Charlie ran forward and pushed Julie away from the paint to save her. They fell to the ground.

A year later, Charlie was waiting for his future wife, Julie, inside a church. She arrived in a big car. She was wearing a beautiful white dress. Mr Brown was sitting in the church as their guest. He was holding a wedding present for them – it was some paint!

2 Ask Student B your questions and complete the text.

3 Now answer Student B’s questions. Answer with complete sentences.

Useful language

A What did Julie finish at one o’clock?
B She finished work.

B What was Charlie doing in a café?
A He was reading a newspaper.

Student B

1 Read the story. Student A has the same story, but with different sections missing. Prepare questions to ask Student A to complete your text.

How a can of paint changed two people’s lives

At one o’clock, Julie finished work. At the same time, Charlie was on Baker Street, where he was reading a newspaper in a café. Meanwhile on Cheddar Road, Mr Brown decided to paint his windows.

At 1.15, Julie walked past the café. Charlie looked up as she was walking past. He saw some keys fall from her pocket. He left the café and ran after her. Julie turned into Cheddar Road, where Mr Brown was standing on his ladder. He wanted to scratch his nose, but he was holding a can of paint. Outside Mr Brown’s house, Julie realised that her keys weren’t in her pocket. She stopped walking and started looking in her bag. A few metres away, Charlie saw Julie and Mr Brown. Then Mr Brown dropped the paint by accident. Charlie ran forward and pushed Julie away from the paint to save her. They fell to the ground.

A year later, Charlie was waiting for his future wife, Julie, inside a church. She arrived in a big car. She was wearing a beautiful white dress. Mr Brown was sitting in the church as their guest. He was holding a wedding present for them – it was some paint!

2 Answer Student A’s questions. Answer with complete sentences.

3 Now ask Student A your questions and complete the text.

Useful language

B What was Charlie doing in a café?
A He was reading a newspaper.