

SHAPE THE FUTURE/

WORKBOOK

→ 01

BACHILLERATO
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BATXILERGOA
BACHARELATO

AUTHOR

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WORKBOOK

→ 01

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The Workbook audio can be downloaded from
the Resources area on cambridge.es/shapethefuture

UNIT 1



Quiz

Answer the quiz questions. Then check your answers below.

- 1** How many texts do you send and receive each day?
- a about 10 b between 10 and 25
c between 50 and 100

- 2** What do you use your mobile phone for?
- a I hardly ever use it.
b Sending messages and listening to music.
c Everything!



- 3** How many hours do you spend online each week?
- a about 5 b between 10 and 15 c more than 25

- 4** You want to buy some new trainers. What do you do?
- a Ring a friend and arrange to go into town.
b Text a friend and ask them to come around to help me choose a pair online.
c Order a pair online while I'm texting a friend and updating my profile.

- 5** Which gadgets do you own?
- a just a mobile
b a mobile and an MP3 player
c a mobile, a laptop, a games console, a tablet, an e-reader ... and more

- 6** A friend posts a rude comment on your social media profile. What do you do?
- a I'm not on social media!
b Ring my friend and arrange to see them to talk about it.
c Post a comment on their profile straight away and tell them what I think.



Mostly cs: You're a techogeeek! You live life online and you love it! Try spending a few hours each week away from a screen.

Mostly bs: You're a sensible technology user. You enjoy spending time online but you also value your friendships and see people offline.

Mostly as: You're a technophobe! You enjoy spending time with real people and prefer to see people face-to-face.

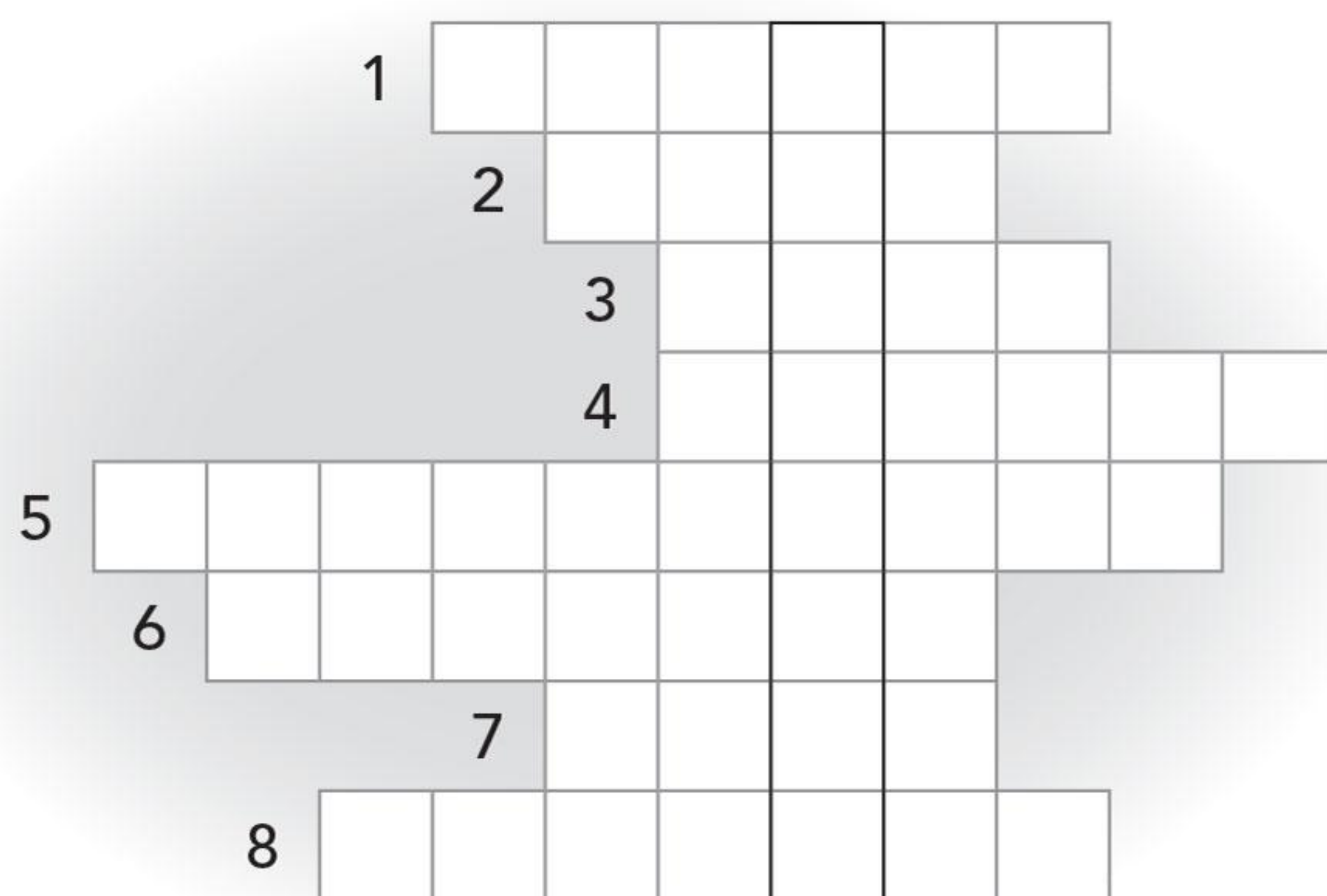
What does your score say about you?

RESULTS

Computer words

1 Answer the clues to complete the puzzle. Then find the hidden word.

- 1 a separate area on a computer screen that shows information and can be moved around
- 2 a personal space online to write about things
- 3 a small symbol or picture on your phone screen
- 4 the small line that moves on a computer screen when you move the mouse
- 5 you can download this from an email
- 6 you can use this to search the Internet
- 7 a connection between documents on the Internet
- 8 the symbol you use when you leave a comment on some social media sites or send a tweet



Hidden word: _____

2 Choose the odd word out in each group.

- 1 open a *folder* / *hashtag* / *web browser* / *link*
- 2 delete a *cursor* / *folder* / *file* / *message*
- 3 drag the *folder* / *password* / *file* / *icon*
- 4 click on a *keyboard* / *file* / *blog* / *link*
- 5 download a(n) *file* / *photo* / *attachment* / *link*

3 Choose the best answers to complete the sentences.

- 1 **A:** My computer isn't working.
B: You need to *enter* / *delete* / *install* new software.
- 2 **A:** Look at these photos on Sophie's blog.
B: They're so cool. Let's *open* / *post* / *press* a comment.
- 3 **A:** OK. What do I need to do to apply online?
B: Write an email and *attach* / *drag* / *click* your CV!
- 4 **A:** How do I move to the next page?
B: Just *press* / *read* / *type* the button at the bottom of the page.
- 5 **A:** Where can I find a cheap mobile phone contract?
B: It's best to *press* / *search* / *enter* online.

4 Complete the chats with the words from the box.

blog · click · delete · download · link
open · password · search

- 1 **Q:** I want to start writing my own ¹ _____.
I'm not sure what to do. Can anyone help me?
A: ² _____ a programme called *Easybloggr* from the Internet and follow the instructions.
It's easy!
- 2 **Q:** I want to ³ _____ for a pair of vintage jeans online. Can you recommend a good website?
A: I use *CoolVintage* all the time. Just ⁴ _____ on this ⁵ _____ and see for yourself!
- 3 **Q:** I'm getting lots of strange emails with attachments. Should I ⁶ _____ them?
A: Definitely not. If you don't recognise the name and it looks odd, ⁷ _____ it immediately.
- 4 **Q:** My ⁸ _____ isn't working. It says it doesn't match my username! What can I do?
A: Have you tried resetting it?

5 Answer the questions so they are true for you.

1 What do you search for online?

2 How often do you post comments on friends' social media pages?

Phrasal verbs

6 Complete the sentences with the prepositions from the box.

into · on · out (x2) · up · with

- 1 The writing was so small that we couldn't make it _____.
- 2 I haven't been able to download this message yet but I'm going to keep _____ trying.
- 3 When you click this button, the link turns _____ an icon on your screen.
- 4 This app came _____ in 2015 and has been downloaded millions of times.
- 5 It's very difficult for teenagers to deal _____ online bullying.
- 6 The gas oven blew _____ and destroyed the whole building.

- 1 Look at the photos and the title of the text. What do you think the text is about?
- 2 Read the text and check your ideas in Exercise 1. Which sentence best summarises the main idea of the text?
 - a Robots are replacing humans.
 - b Robots are more efficient than humans.
 - c Robots can help us live longer.
 - d Robots are not as skilled as humans.
- 3 Which of the following things can each type of robot do? Tick (✓) the correct box(es).

They can ...	caregiver robot	babysitter robot
talk to you.	<input type="checkbox"/>	<input type="checkbox"/>
interact with you.	<input type="checkbox"/>	<input type="checkbox"/>
play games with you.	<input type="checkbox"/>	<input type="checkbox"/>
check your medication.	<input type="checkbox"/>	<input type="checkbox"/>
deal with emergencies.	<input type="checkbox"/>	<input type="checkbox"/>
cook meals.	<input type="checkbox"/>	<input type="checkbox"/>
drive a car.	<input type="checkbox"/>	<input type="checkbox"/>
wash your clothes.	<input type="checkbox"/>	<input type="checkbox"/>

- 4 In which paragraph does this sentence best fit?
Tests with several groups of children have so far received a very positive response.
- 5 Choose the correct synonym of the underlined words and phrases from the text.
 - 1 ... science fiction of the past is rapidly turning into reality.
 - a changing b becoming c returning
 - 2 ... especially if they want to keep on living in their own homes.
 - a continue b allow c maintain
 - 3 ... they need the support of caregivers, ...
 - a help b protection c security
 - 4 ... robots can never provide the kind of companionship ...
 - a partnership b relationship c friend
 - 5 ... routine tasks such as reminding patients to take their medication ...
 - a boring b ordinary c important
 - 6 ... without human supervision.
 - a cooperation b organisation c control

- 6 Find words or phrases in the text that mean:

1 was published (v, paragraph 1)

2 everyday (adj, paragraph 1)

3 manage (v, paragraph 2)

4 look after (v, paragraph 3)

5 man-made, not natural (adj, paragraph 4)

6 childcare providers (n, paragraph 4)

- 7 Answer the questions in your own words.

1 What are the advantages of social robots compared with humans?

2 Why are caregivers for the elderly in high demand?

3 Why could babysitter robots be a problem?

4 What prediction is made in the text about the future?

- 8  **Critical Thinking**

Answer the questions.

1 Do you think that elderly people would like to be taken care of by a robot?

2 Do you think it is safe for robots to take care of children without human supervision?

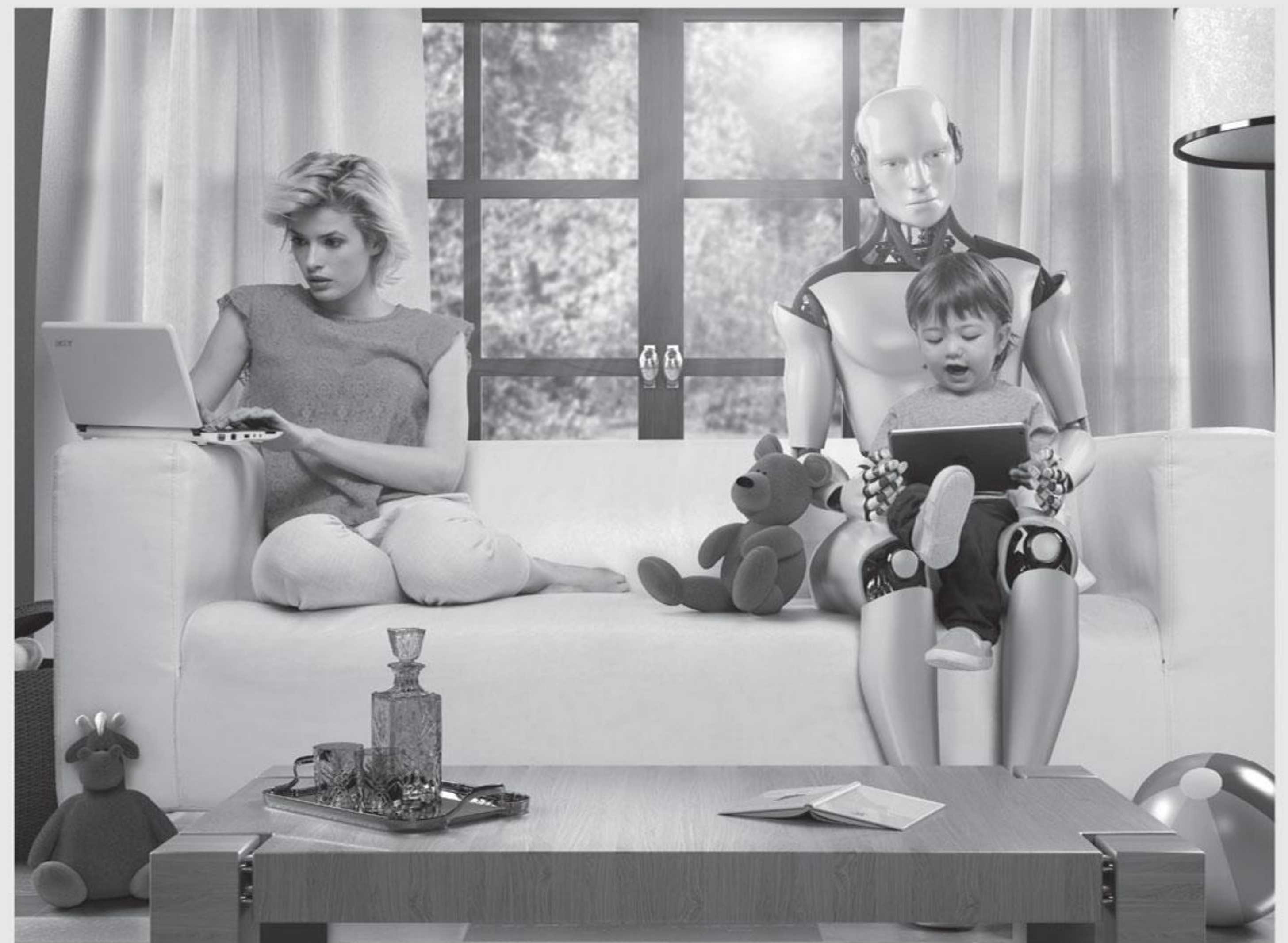
3 What other types of jobs are being taken over by robots? What effect is this having on society?

- 9 What other developments are there in the use of social robots? Go online and find more information. Choose one interesting development and tell your class about it.

Can robots take care of humans?

1 Factory workers, farmworkers, cleaners, waiters, bank clerks and sales assistants; these are just some of the jobs that are starting to disappear as robots replace humans in the workplace. It seems that science fiction of the past
5 is rapidly turning into reality. Robots can do these jobs as efficiently as humans and are much cheaper – they don't need lunch breaks, holidays or healthcare, for example. Martin Ford, author of *Rise of the Robots*, a book which came out in 2015, predicted that although robots will
10 take over more routine jobs, there are some jobs that only humans can do. These include jobs that involve social interaction and building relationships. Yet now researchers are developing robots that will be capable of carrying out even some of these jobs.

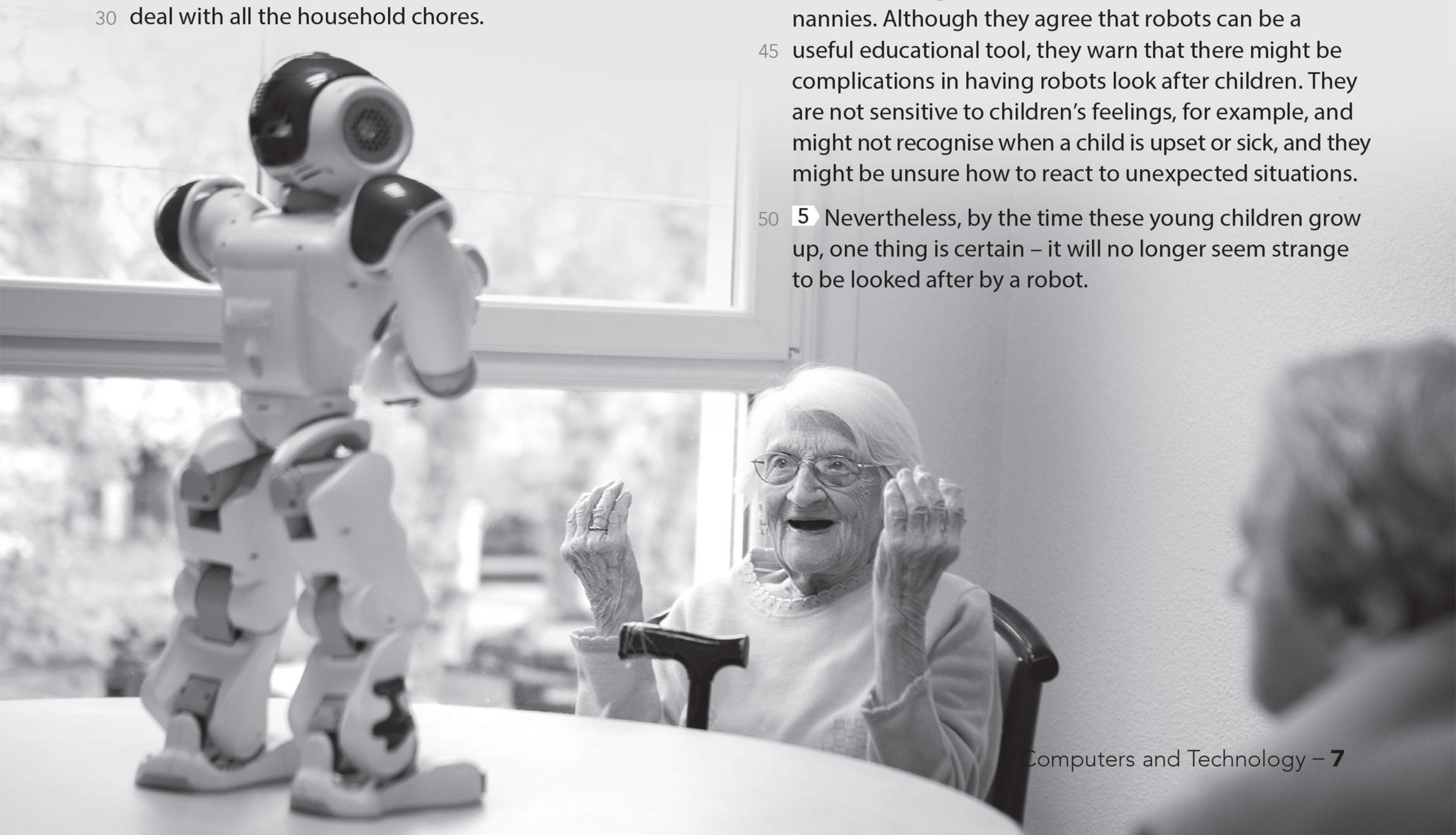
15 2 The ageing population in many countries has meant that there is a rising demand for caregivers for the elderly. People are living longer, but in their old age they need the support of caregivers, especially if they want to keep on living in their own homes. These caregiver
20 robots can do routine tasks such as reminding patients to take their medication, taking blood pressure and temperature and even preparing and serving food. Although these robots can never provide the kind of companionship you can get from a human caregiver,
25 they can chat with you and obey simple requests and can remember your likes and dislikes to provide personalised care. Not just for the elderly, caregiver robots may also become common in our everyday households, as they can cook, clean, do the laundry and
30 deal with all the household chores.



3 A second type of social robot that shows a great deal of promise is one that has been developed especially for children. It's a child-sized robot that can take care of children aged three to eight without human supervision.
35 It's perfect for babysitting children for two or three hours after school before their parents come home from work. They can sing and dance and play games to keep children entertained and they even have a screen that provides a video link to their parents. Children are
40 already used to tablets and computer toys, but this is far more interactive.

4 Some researchers in the field of robotics and artificial intelligence have raised concerns about robotic nannies. Although they agree that robots can be a
45 useful educational tool, they warn that there might be complications in having robots look after children. They are not sensitive to children's feelings, for example, and might not recognise when a child is upset or sick, and they might be unsure how to react to unexpected situations.

50 5 Nevertheless, by the time these young children grow up, one thing is certain – it will no longer seem strange to be looked after by a robot.



Present simple and present continuous

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

1 year / Zaragoza / is / Lidia / this / in / studying / .

2 class / phones / don't / in / check / our / we / .

3 our / week / online / we're / tickets / next / booking / .

4 car / father / my / a / in / factory / works / .

5 moment / revising / at / isn't / the / Will / .

6 friends / time / love / my / I / with / spending / .

2 Match the sentences 1–6 in Exercise 1 with the uses a–f.

a something which happens / doesn't happen regularly

b an activity (not) happening now

c a state

d a definite future plan

e a temporary situation

f a permanent or long-term fact

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3 Choose the best answers to complete the sentences.

1 I always *have* / *'m having* cereal for breakfast.

2 We *don't play* / *aren't playing* football this weekend.

3 My grandparents *live* / *are living* in a small village near Granada.

4 They *travel* / *'re travelling* round Europe for a month by train at the moment.

5 Their class *goes* / *is going* to the cinema tomorrow.

6 My mum *doesn't text* / *isn't texting* me. She always *rings* / *is ringing* me.

7 I *don't throw away* / *'m not throwing away* my old gadgets. I *give* / *'m giving* them to a charity.

4 Complete the text messages with the correct form of the verbs in brackets.

Mum

What time ¹ _____
(the concert / finish)?

Jake

The last band ² _____
(play) at 10pm – in an hour.

Mum

³ _____ (you / get)
a taxi home after that?

Jake

I ⁴ _____ (not know).

Mum

⁵ _____ (you / want)
me to pick you up?

Jake

No way! That's embarrassing. See you later.

5 Complete the email with the correct form of the verbs from the box.

do · drive · go · leave · not do · not have · not like
not look forward · revise · spend · travel · work

Hi Marisa,

How are you? ¹ _____ you
_____ for your exams just now? I hope
so! I ² _____ any exams this year, so I
³ _____ much work at the moment. 😊
I ⁴ _____ a lot of time online though.
What ⁵ _____ you _____ in
the summer after your exams? ⁶ _____
you _____ in the museum café again?
My parents and I ⁷ _____ to Spain
this summer, so I hope you're around! We usually
⁸ _____ on a beach holiday, but this
year we ⁹ _____ through France all the
way to Spain. I ¹⁰ _____ travelling by
car so I ¹¹ _____ to 24 hours on the
road! 😞 Never mind! We ¹² _____ the
UK on 28 July, so hopefully we'll be in Spain by the
beginning of August!

Email me back soon and let me know your plans.

See you in the summer – I hope!

Love, Emma

State verbs

- 6** Complete the sentences with the present simple or the present continuous form of the verbs in brackets.

- 1 I _____ (hope) I get a new phone for my birthday.
- 2 _____ (you / like) the new Bustamante album?
- 3 This bread _____ (taste) delicious. Where did you buy it?
- 4 We _____ (not know) the answer to this question.
- 5 They _____ (have) dinner at home this evening.
- 6 This new game app _____ (look) interesting!

- 7** Complete the sentences with the present simple or present continuous form of the verbs from the box. Use each verb twice.

look · see · think

- 1 They _____ that the new Samsung phone is very cool.
- 2 _____ they _____ of going to the USA this summer?
- 3 He _____ for a present for Tina's birthday.
- 4 This blog _____ very interesting. Have you read it?
- 5 I _____ that advert every day on my way to school.
- 6 I _____ Mason and Luke tomorrow night.

- 8** Correct the mistakes in six of the sentences.

- 1 I'm not understanding this maths homework.

- 2 We are wanting you to be happy.

- 3 They are thinking of going to the beach at the weekend.

- 4 Are you knowing my friend Tony?

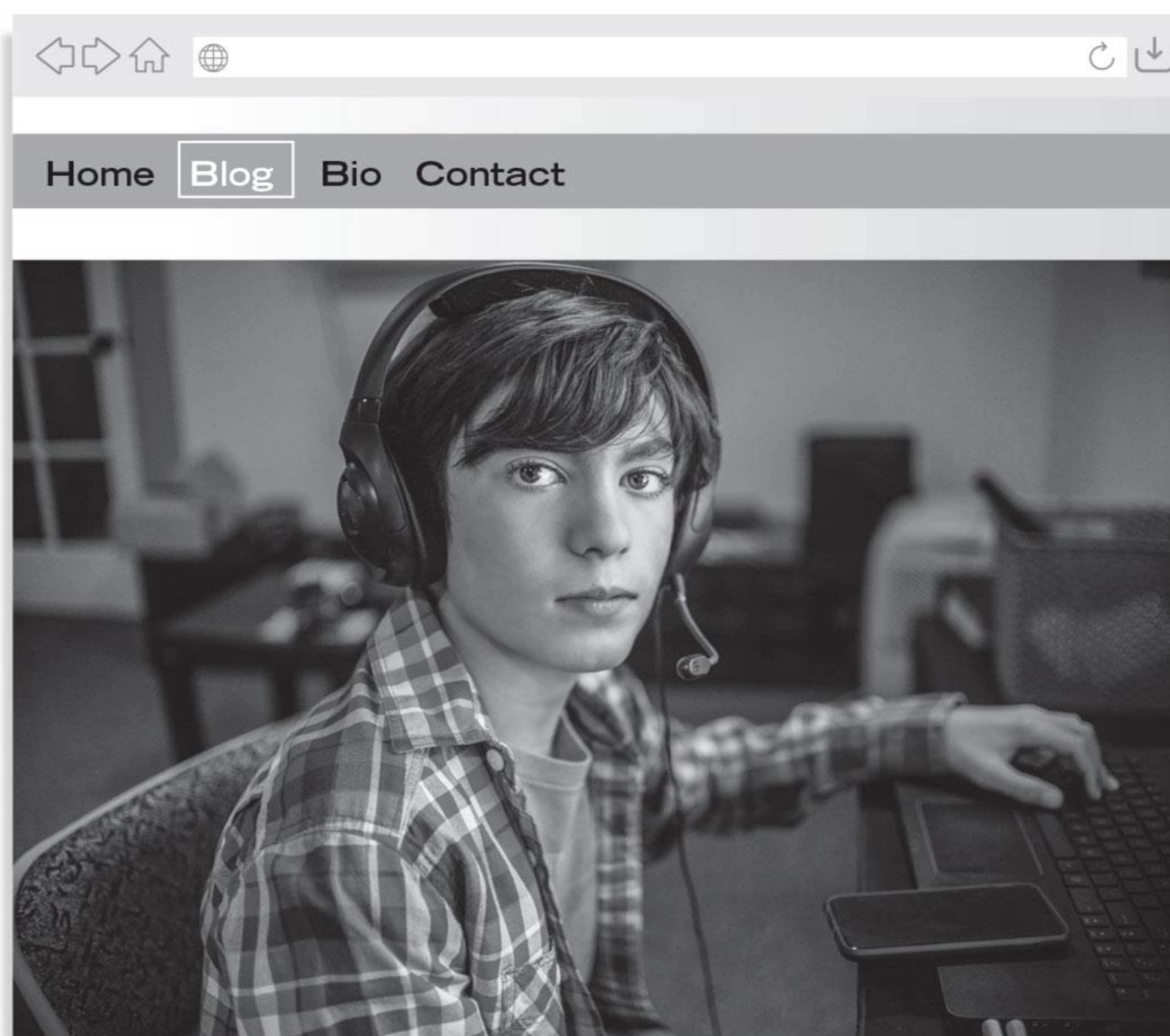
- 5 What's that music? It's sounding good!

- 6 Are you liking my new profile photo?

- 7 Nick's parents aren't having a new car.

- 8 Did you hear about Beth? She's going out with Toni.

- 9** Complete the blog with the present simple or present continuous form of the verbs in brackets.



Life with Cormac

I **1** _____ (spend) a lot of time online but I also **2** _____ (do) other things at the same time. For example, at the moment I **3** _____ (write) this post but I also **4** _____ (have) five windows open at the same time on my screen. I **5** _____ (like) seeing what my friends are up to. Georgia **6** _____ (watch) TV and she's bored, Max **7** _____ (post) some new photos on his profile page. He **8** _____ (think) that he **9** _____ (look) like Bradley Cooper in one of them (I must have a look later!) and Andrea's upset because her cat **10** _____ (miss). She **11** _____ (not know) where it is. Now my phone **12** _____ (ring) too – it's my friend Harry. I **13** _____ (hope) he leaves a message because I can't talk to him right now! He probably **14** _____ (want) to borrow my football boots – again. Anyway, must dash, I've got so much to do!

A conversation about game apps



- 1 > 1.01 Listen to the first part of a conversation between Victoria and Lucas about a game app. What is Victoria explaining?
- a Why game apps are addictive
 - b Why this game is fun
 - c Why game apps are useful
 - d Why everyone should try this game

- 2 > 1.01 Listen again. Complete the rules for the game.
- When you start the game, you see lots of little 1 _____ of different 2 _____. You 3 _____ the 4 _____ which are the same 5 _____. If you join 6 _____ or more dots, they 7 _____. The aim of the game is to get 8 _____ the dots to disappear – within 9 _____ seconds.

- 3 > 1.02 Listen to the whole conversation. Are the following statements true (T), false (F) or doesn't say (DS)?
- 1 Lucas has never heard of this game. _____
 - 2 It takes a long time to learn how to play the game. _____
 - 3 You compete with other players online. _____
 - 4 The inventors of the game are extremely rich. _____
 - 5 There is no cost for downloading the game. _____
 - 6 You can buy extra items in the game. _____
 - 7 A 'freemium' game has no extra charges. _____
 - 8 This game makes money from advertising. _____

- 4 Why does Lucas suggest they should design a game app?
- _____
- _____

Real English

- 5 Complete the sentences with the idioms from the box.
- make a living from it · make it big · rolling in it
- 1 He's making loads of money. He's _____.
 - 2 You can come up with a brilliant idea but that doesn't mean you can _____.
 - 3 If your YouTube video is really popular, you could _____ as a singer or actor.

Exchanging opinions

- 6 Complete the dialogue with the expressions from the box.
- don't agree with · I think that · In my opinion
not sure about · suppose you're right
what do you think

Sara

So, Mia, 1 _____ about not being allowed to bring your mobile phone to school?

Mia

2 _____, that's a really stupid idea. I can't survive a whole day without checking my phone.

Really? 3 _____ it's quite a good idea not to have phones in school.

I 4 _____ you at all. I can't see how it will ever work.

Well, we can all leave them at reception at the start of each day and collect them at the end.

I'm 5 _____ that. There will be loads of students and we'll all end up being late for our classes.

Hmm, I 6 _____. Maybe there's a better way of managing the situation.

Yeah, we can all just put our phones on silent or turn them off – like we do now!

- 7 > 1.03 Listen to the dialogue and practise saying both parts.

Adjectives ending in *-ed* and *-ing*

- 1** Choose the best answers to complete the sentences.



- Wow! That cake looks *amazed* / *amazing*. Did you make it?
- My parents are *pleased* / *pleasing* with my exam results.
- I thought the talk was really *entertained* / *entertaining*.
- What's in that sandwich? It looks *disgusted* / *disgusting*.
- You look a bit *confused* / *confusing*. What's the problem?
- I can't find my phone. I'm so *annoyed* / *annoying*.

- 2** Complete the sentences with the *-ed* or the *-ing* form of the verbs in brackets.

- I was very _____ (alarm) when I couldn't delete my online profile.
- That's a very _____ (amuse) story about Carla. Let's tell Jack.
- It's a really _____ (worry) situation to think that teenagers spend so much time online.
- I'm _____ (surprise) that you don't have a mobile phone.
- I'm _____ (excite) about the party tonight.
- This film is a little _____ (frighten). Can we watch something else?

- 3** Complete the sentences with the correct adjective from each pair from the box.

bored / boring · embarrassed / embarrassing
entertained / entertaining · frightened / frightening
interested / interesting · shocked / shocking

- Your little brother is very _____. He makes everyone laugh!
- What are you _____ in doing when you leave school?
- I was _____ to hear about Tom's bike accident. I hope he's OK.
- My mum always picks me up after parties. It's very _____.
- This programme is so _____. What else is on TV tonight?
- My mum is _____ of spiders! It's hilarious.

- 4** Choose one of the options. Then complete the sentences so they are true for you.

- I always feel *bored* / *entertained* when _____.
- It's *exciting* / *disgusting* when _____.
- I'm / 'm not frightened of _____.
- I find _____ *tiring* / *relaxing*.
- The most *surprising* / *disappointing* thing I've heard this week is _____.

- 5** Complete the email with *-ed* or *-ing* adjectives formed from the verbs from the box.

alarm · amaze · annoy · disgust · embarrass (x2)
entertain · frighten · interest · please

✉	📎	...	🖨
<p>From: David</p> <p>Subject: Help!</p> <p>To: George</p>			
Date: 16 September			
<p>Hi George,</p> <p>I'm a bit 1 _____ to have to ask you for help. Don't be 2 _____, it isn't anything serious! I want to organise a surprise party for Emma's 18th. I think she'd be very 3 _____, especially if we can keep it a surprise. The problem is I can't do it all myself. I'm already a little 4 _____ about being in charge! You're a calm and organised kind of person and I'm sure you'll have some 5 _____ ideas, so, what are you doing tomorrow evening? Are you 6 _____ in helping me organise things? Maybe we could find some 7 _____ photos of us all from primary school and make some posters. That could be very 8 _____ and would make everyone laugh! Let me know what you think.</p> <p>Bye for now,</p> <p>David</p> <p>P.S. I've found your memory stick with the photos from our camping trip on it. I hope you weren't too 9 _____ with me for not bringing them to school yesterday. And yes, the photo of you eating that insect is there. I don't know how you did that, it looked so 10 _____.</p>			

A for and against essay

- 1 Read Elena's essay. Put paragraphs A–D in the correct order.

1 ____ 2 ____ 3 ____ 4 ____

Is online shopping good or bad? By Elena Rodríguez

- A *In contrast, going to a shopping centre is more time-consuming. Nevertheless, there are some items that most people find easier to buy in shops. When buying clothes or shoes, for example, it is far preferable to try them on before buying. In my view, this is an experience that cannot be imitated online. In fact, it seems to me that more shops are focusing on this social aspect of shopping which emphasises a comfortable and relaxing environment while we shop.*
- B *Most of us have tried online shopping, but we still seem to enjoy shopping in real shops. Which has more advantages, online shopping or shopping in real-life shops?*
- C *All things considered, shopping online provides convenience and time-saving benefits. Even so, I doubt very much if it will ever replace the enjoyable experience of shopping in real-life shops.*
- D *On the one hand, shopping online is very convenient and can save time and energy. It's perfect for people who work long hours and also for the physically challenged who may have difficulty walking to the supermarket. Shopping online is also convenient for hard-to-find items that are not available in our local shops.*



- 2 Read the essay again. Which highlighted phrases(s) does Elena use to ...

1 introduce her opinion _____, _____

2 express contrast _____, _____,

3 express a conclusion _____

- 3 Complete the sentences with the phrases from the box.

my view · nevertheless · seems to me
the one hand · things considered

In 1 _____, photo messaging is an excellent way to stay in touch with all your friends. On 2 _____, it's easy and fun to use. You can send pictures instantly and tell people your news. 3 _____, it can become addictive and you can end up checking your account every ten minutes. All 4 _____, it 5 _____ that the positives outweigh the negatives, but you need to make sure it doesn't take over your life!

Write!

- 4 Choose a title below or invent your own. Then write a for and against essay (100–120 words).

- ban mobile phones on public transport
- schools should give every student a laptop or tablet

Use the steps below to help.

Plan and write!

STEP 1: Get ideas: make a note of all the arguments for and against.

STEP 2: Organise your ideas and write a first draft.

STEP 3: Review your writing.

STEP 4: Write a final draft.

Vocabulary

1 Choose the best answers to complete the sentences.

- 1 I'm writing a new post on music for my *blog* / *cursor* just now.
- 2 I need to change my *icon* / *password*. The one I use is too obvious.
- 3 I can't open this *attachment* / *cursor* because it's in the wrong format.
- 4 Let's *download* / *install* that song from iTunes and listen to it again.
- 5 Why don't you *drag* / *share* that file into the recycling bin?
- 6 You need to use an *icon* / a *hashtag* before a group name when tweeting about them.
- 7 Click on the *window* / *link* in the email and it takes you to the website.
- 8 You can *attach* / *press* those photos to your email and send them to your cousin.

2 Complete the dialogues with -ed or -ing adjectives formed from the verbs from the box.

amaze · annoy · confuse · disgust
embarrass · entertain

- 1 **A:** Did you say anything to Jamie about losing his essay?
B: No. I was too _____.
- 2 **A:** What did you think about Laura's presentation?
B: It was quite funny but I'm still _____ about how the app will actually work.
- 3 **A:** What do you think about people using mobile phones on the bus?
B: I think it's really _____, especially when you can hear their conversation.
- 4 **A:** Shall we order the soup?
B: No, it's potato and curry soup and that sounds _____. I'll have a sandwich.
- 5 **A:** Have you seen this comedian before?
B: Oh yes, he's hilarious and his shows are always very _____.
- 6 **A:** That new revision app is so cool.
B: I know, it's _____, isn't it?

Grammar

3 Complete the text with the correct form of the verbs from the box.

become · download · find · happen
hide · look · not need · use

'Geocaching' ¹ _____ right now in front of your eyes! It ² _____ one of the world's most popular outdoor activities. So, what is it? Geocaching is a treasure hunt. You ³ _____ a lot of people to take part in one. People ⁴ _____ GPS devices and information they ⁵ _____ from a website. They then ⁶ _____ a box with a secret message in a specific location. Right now, people ⁷ _____ 'caches' in parks or streets all around the world, and other people ⁸ _____ for them.

4 Choose the best answers to complete the sentences.

- 1 *Do you know* / *Are you knowing* if Jane is on Facebook?
- 2 *I want* / *am wanting* to sign up to the IT class.
- 3 Adele *owns* / *is owning* a small flat in Barcelona.
- 4 She *doesn't believe* / *isn't believing* that I can write code.
- 5 *Who do you see* / *are you seeing* tonight?
- 6 This cake *tastes* / *is tasting* very good!

Writing

5 Complete the text with the words and phrases from the box.

all things considered · furthermore
however · in my view · it seems to me
nevertheless · on the one hand

There are lots of language learning-game apps available nowadays, and ¹ _____ that they are getting more interesting. ² _____, are they a good way to learn a language? ³ _____, you can play the games whenever you have some free time. ⁴ _____, you don't need to be afraid of making mistakes. ⁵ _____, these apps can't provide real feedback on your communication skills. ⁶ _____, they can never replace interaction with other people. ⁷ _____, speaking to a real person is much more motivating than playing on the phone.

UNIT 2



Quiz

Answer the quiz questions. Then check your answers below.

Are you cool, calm and collected in the face of danger? When there's a crisis or a danger, are you the perfect person to have around?

- 1

You're walking home on your own after a party. You don't have your phone. You see a figure walking behind you. What do you do?

 - a Cross the road immediately and run home.
 - b Carry on normally but be aware of the person behind you.
 - c Hide in a nearby doorway until the person passes you by and then continue walking on your own.

- 2

You're camping with friends in the woods. You hear a loud noise outside the tent. Your tent starts shaking violently. What do you do?

- a Lie very still and breathe quietly until the shaking and the noise stops.
- b Run outside looking for your friends.
- c Scream loudly and run outside the tent looking for a wild animal.



- 3

You're in a lift on your own. It stops suddenly. You press the alarm button but nothing happens. You have your mobile with you. What do you do?

- a Call the fire brigade.
- b Panic, start shouting and banging on the door.
- c Call the emergency number in the lift.



- 4

You're at the beach with friends. There's a red danger flag but your mates want to go swimming. What do you do?

- a Talk to the lifeguard and then ignore what he says and go into the water anyway.
- b Turn around and head straight home – you don't care if your friends get into difficulty.
- c Tell them it's a silly idea but stay on the beach and watch while they go swimming.

- 5

You're out with friends. One of them has a peanut allergy. He/She eats something that has nuts in it and has a very bad reaction. What do you do?

- a Ask your other friends what to do.
- b Stay calm, find your friend's medication and give it to him/her.
- c Panic, ring an ambulance, then start to cry.

1	a 5 points	20-25: You're not the best person to have around in a difficult situation. You have lots of good qualities but try not to panic first. Take a deep breath and count to ten next time you're in a tricky situation!
b 1 point		
c 3 points		
2	a 1 point	
b 3 points		
c 5 points		
3	a 3 points	10-20: You're not as calm as you could be but you sometimes do the right thing and make the right decisions. You need to learn to trust your judgement all the time and not panic after you've made a decision.
b 5 points		
c 1 point		
4	a 3 points	5-10: You're the perfect person to have around in a crisis! You take control of a situation and never panic. Your friends could learn a lot from you. Maybe you could teach them how to act in a crisis.
b 1 point		
c 5 points		
5	a 3 points	

Injuries

1 Match 1–6 with a–f. Sometimes more than one answer is possible.

- | | | |
|--------------|--------------------------|---------|
| 1 a nose | <input type="checkbox"/> | a ankle |
| 2 a wasp | <input type="checkbox"/> | b face |
| 3 a sprained | <input type="checkbox"/> | c bleed |
| 4 a sunburnt | <input type="checkbox"/> | d sting |
| 5 a broken | <input type="checkbox"/> | e burn |
| 6 a painful | <input type="checkbox"/> | f foot |

2 What's wrong with the people? Look at the photos and complete the sentences.



1 He's got a b_____ a_____.



2 He's got a s_____ n_____.



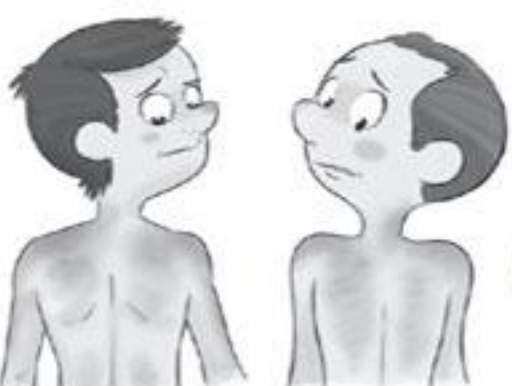
3 I've got a s_____ f_____.



4 She's got a w_____ l_____.



5 He's got a b_____ t_____.



6 They've got s_____ b_____.

3 Complete the dialogues with the words from the box.

bandage · burn · cut · sting · stitches

- 1 A: What's that red mark on your arm?
B: It's a _____. I touched a hot iron.
- 2 A: Ouch! What was that?
B: I think it's a bee _____. Look, there's the bee!
- 3 A: I was chopping vegetables last night when I cut my finger. Look!
B: That looks very sore. I think you need to put a _____ on to protect it.
- 4 A: There's a lot of blood and it's a very deep _____. I think you'll need _____.
B: Really? Should I phone an ambulance?

4 Choose the best answers to complete the sentences.

- 1 There are lots of blue marks on Harper's leg: it's *broken* / *bruised*.
- 2 I fell last night and I *wounded* / *sprained* my wrist.
- 3 Tom woke up this morning and his wrist was *bruised* / *swollen*. It was huge.
- 4 Marco fell and now his leg *hurts* / *injures*.
- 5 The *wound* / *cut* from the gunshot was very deep.

5 Complete the text with the words from the box.

bandages · broken · sore neck
stitches · swollen · wounded

Treating injuries ...

Egyptian style!



The ancient Egyptians were very practical and were good at first aid. They worked out how to fix ¹ _____ bones and Egyptian surgeons used ² _____ to join the edges of cuts. To help a ³ _____ knee or other part of the body heal, Egyptian doctors used honey, because it's a natural antiseptic! Instead of ⁴ _____, they covered wounds with bark from willow trees. They also had two different ways of treating ⁵ _____ ankles, arms and legs – they used fire or a knife to reduce them in size. Neither sounds very pleasant! For a ⁶ _____, they used a mixture of different plants and salt to ease the pain. What do you think? Nice or nasty?

Phrasal verbs

6 Match the phrasal verbs 1–6 with meanings a–f.

- | | | | |
|-----------|--------------------------|---------------|--------------------------|
| 1 run out | <input type="checkbox"/> | 4 get through | <input type="checkbox"/> |
| 2 give up | <input type="checkbox"/> | 5 pick up | <input type="checkbox"/> |
| 3 set out | <input type="checkbox"/> | 6 make up for | <input type="checkbox"/> |

- a stop doing something
b compensate for
c start a journey
d not have anything left
e collect in a car, taxi, etc.
f succeed in a difficult test or period

7 Complete the sentences with the correct form of the phrasal verbs from Exercise 6.

- 1 My dad _____ drinking coffee on January last year.
- 2 I _____ of time during the exam so I didn't answer all the questions.
- 3 I'll take you out for lunch tomorrow to _____ missing our meeting today.
- 4 The climbers _____ at 6am in order to reach the summit before lunchtime.
- 5 A rescue ship _____ the sailors after 21 days at sea.
- 6 The explorers had to _____ extreme weather conditions to reach the North Pole.