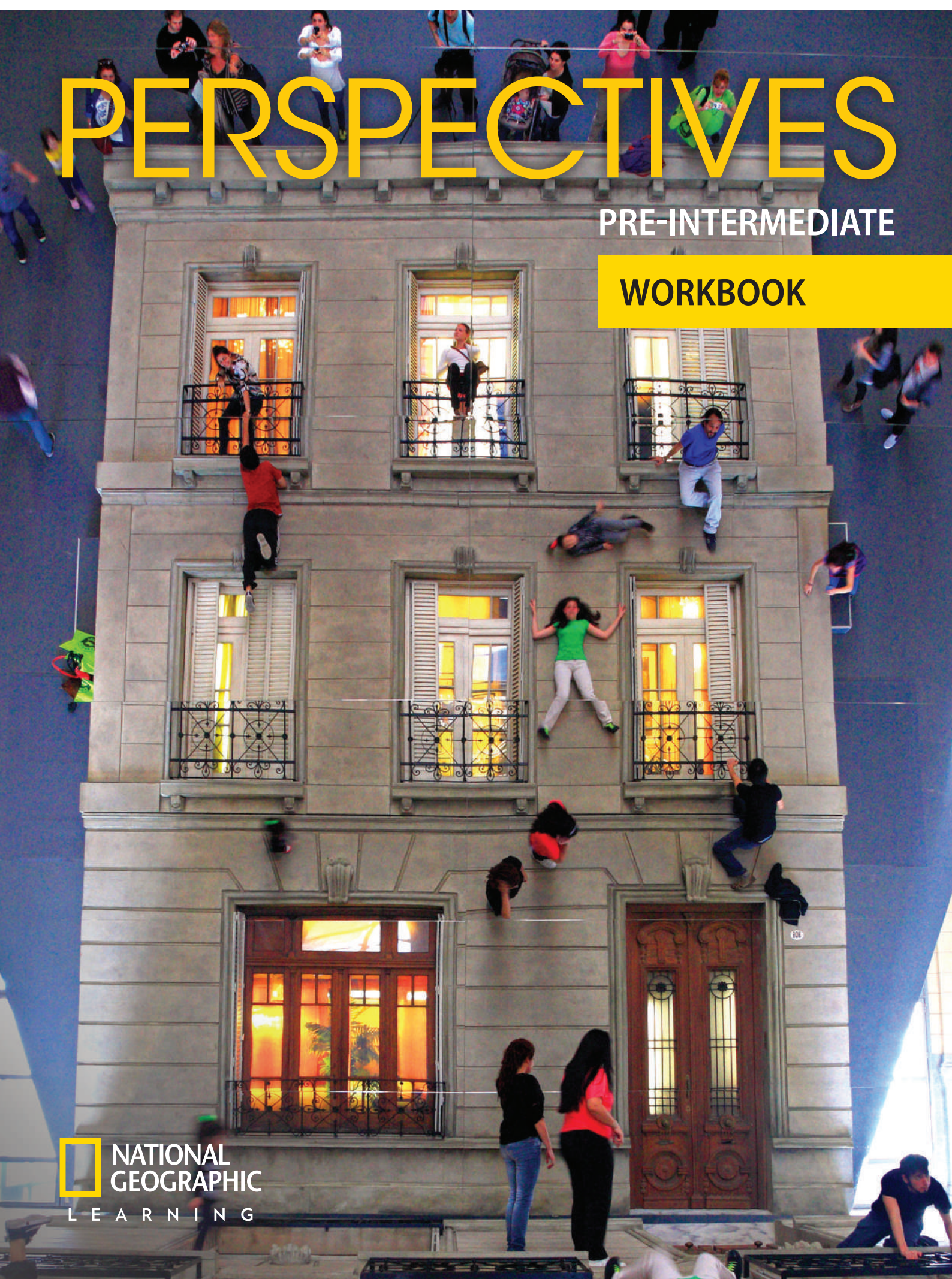


PERSPECTIVES

PRE-INTERMEDIATE

WORKBOOK



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ON THE COVER

This exhibit at the Usina del Arte in Buenos Aires, Argentina, isn't what it seems at first. The work, by artist Leandro Erlich, uses mirrors to reflect the image of a building from the floor to the wall.

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PERSPECTIVES

PRE-INTERMEDIATE

Workbook

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1 Who are you?

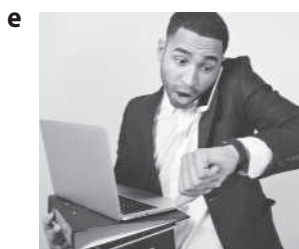
1A He's really into music

VOCABULARY Personality

1 **Revision** Choose the best words to complete the sentences.

- 1 My father has no hair. He's *bald* / *beard* / *brown*.
- 2 My sister is *long* / *tall* / *curly*. She can touch the ceiling in her bedroom.
- 3 **A** Does your brother have *bald* / *a beard* / *glasses*?
B No, he doesn't like hair on his face.
- 4 My hair isn't straight. It's *short* / *blonde* / *curly*.
- 5 My mother, brother and I all have dark hair, but my father's hair is different. It's *black* / *blonde* / *long*.
- 6 I wear *a beard* / *glasses* / *short hair*, but only when I'm reading.

2 **Revision** Look at the photos. Match the descriptions with the people.



- 1 Carlos has long, curly brown hair and a beard. _____
- 2 Angela is tall and has long, curly blonde hair. _____
- 3 Richard has very short dark hair. _____
- 4 Lily has short, straight, dark hair. _____
- 5 Nick is tall and bald, and he has a beard. _____
- 6 Emma has long, straight, brown hair and glasses. _____

3 **Complete the adjectives to describe personality.**

- 1 fr ____ n ____ _
- 2 s ____ c ____ ab ____ _
- 3 con ____ _ en ____ _
- 4 t ____ _ en ____ _ d ____ _
- 5 e ____ s ____ -g ____ _ g ____ _
- 6 n ____ _ v ____ _ s ____ _
- 7 p ____ _ u ____ _ r ____ _
- 8 in ____ _ ____ _ g ____ _ t ____ _
- 9 ch ____ _ ____ _ f ____ _ ____ _
- 10 r ____ _ ____ _ x ____ _ ____ _

4 **Write the word that means the opposite of each description. There is one word you don't need.**

intelligent	lazy	loud	nasty
nervous	serious	shy	weak


- 1 kind, helpful _____
- 2 active, hard-working _____
- 3 funny, cheerful _____
- 4 sociable, confident _____
- 5 calm, relaxed _____
- 6 quiet _____
- 7 strong _____

5 **Look at the sentences and photos in Exercise 2. Choose the best word to describe each person.**

- 1 Lily is *active* / *lazy*.
- 2 Emma is *intelligent* / *loud*.
- 3 Angela is *kind* / *nervous*.
- 4 Carlos is *serious* / *funny*.
- 5 Richard is *calm* / *hard-working*.
- 6 Nick is *cheerful* / *nasty*.

6 Read the sentences. Are the adjectives logical (L) or not logical (N)?

- 1 I don't understand the maths lesson and I don't have time to study. I'm very confident about the test tomorrow! _____
- 2 A nasty friend is usually fun to be with. _____
- 3 Good teachers are kind to their students. _____
- 4 A good worker is lazy. _____
- 5 It's always good to be honest when you answer a question. _____
- 6 A popular person is usually very sociable. _____
- 7 A shy person feels nervous talking to new people. _____
- 8 It's not easy for an intelligent person to understand new ideas. _____

7 Listen to the descriptions. Complete the sentence with the correct form of *be* and the adjective that best fits each description. There are two adjectives you don't need.  **1**

active	easy-going	funny	helpful	honest
lazy	loud	nasty	shy	talented


- 1 Our teacher _____.
- 2 We _____.
- 3 The neighbours _____.
- 4 My flatmate _____.
- 5 My aunt _____.
- 6 You _____.
- 7 My boss _____.
- 8 I _____.

8 Extension Put the adjectives into the correct category.

affectionate	annoying	careless	generous
impatient	organized	patient	polite
rude	selfish		


Positive personality traits

Negative personality traits

9 Extension Listen to the descriptions. Circle all the adjectives that describe each person.  **2**

- 1 Homer intelligent / lazy / careless / organized / helpful / selfish / generous
- 2 Marge kind / helpful / active / affectionate / annoying / patient / selfish
- 3 Bart generous / rude / clever / funny / honest / annoying / hard-working
- 4 Lisa talented / intelligent / nasty / hard-working / polite / impatient / neat

PRONUNCIATION -s verb endings

10 Listen and choose the verb that has the same ending sound.  **3**

- | | |
|-------------|-------------|
| 1 a goes | 5 a feels |
| b thinks | b jumps |
| c dances | c misses |
| 2 a follows | 6 a sees |
| b acts | b puts |
| c fixes | c practises |
| 3 a enjoys | 7 a calls |
| b sits | b stops |
| c touches | c changes |
| 4 a plays | 8 a wears |
| b looks | b laughs |
| c watches | c wishes |

LISTENING

11 Listen and choose the correct words to complete the sentence. 4

- | | |
|---|--|
| 1 He's _____.
a honest
b friendly
c hard-working | 5 She's very _____.
a popular
b fit
c kind |
| 2 She's into _____.
a music
b art
c sport | 6 She enjoys _____.
a writing
b walking
c drawing |
| 3 He's a bit _____.
a intelligent
b loud
c shy | 7 He's _____.
a cool
b serious
c nervous |
| 4 He's into _____.
a sport
b books
c photography | 8 She really likes _____.
a dancing
b singing
c reading |

12 Listen and complete each sentence with the name(s) and the correct verb in the present tense. 5

be	like (x2)	paint
think	want (x2)	

- _____ to go to the cinema.
- _____ busy this afternoon.
- _____ fruit and flowers.
- _____ painting is difficult.
- _____ action movies.
- _____ DJ Spooky.
- _____ to meet up tomorrow.



13 Listen. Are the sentences true (T) or false (F)? 6

- The passage explains why we don't like some things. _____
- People like something only because it looks, smells, sounds or tastes good. _____
- What people think about something makes them like or dislike something. _____
- People often believe that expensive things are good. _____
- People like things that they connect with positive experiences. _____

14 Correct the false sentences in Exercise 13. Listen again if necessary. 6

15 Listen to the lecture and choose the correct options. 7

- What is the lecture mainly about?
a the United States of America in the 1930s
b different characters from California
c characters and personalities in a book
d being a leader of a family
- Why does the professor say this: 'novel or long story'?
a The students had two tasks.
b The novel is not true.
c The book has many stories.
d A novel is a long story.
- Why did farmers leave their homes?
a There was not enough rain.
b Land was cheap in California.
c They were angry with their neighbours.
d A fire burned their crops and fields.
- What does the professor probably think when he says this:
'It's not easy to leave your home?'
a People move around a lot.
b Most of the professor's students live abroad.
c Most people enjoy staying in the place they know.
d Some people enjoy the weather at home.
- What does the professor mean when he says this:
'move their whole family across the country?'
a The farmers had to move to a new country.
b The farmers had to leave the United States of America.
c The farmers had to move to a new place in the United States of America.
d The farmers had to find a state with more rain.
- There are two answers for the next question. Mark two answers.
Which personality words does the professor say in the lecture?
a fearful d helpful
b calm e shy
c brave f honest

GRAMMAR Present simple and present continuous

16 Read the sentences and decide if the action is taking place right now (RN) or is a general truth (GT).

- 1 Julia is working on an article for her school's website. _____
- 2 She is writing about the new students in her class this term. _____
- 3 Julia's school welcomes new students at the beginning of each term. _____
- 4 There are three new students in Julia's class this term. _____
- 5 Alex is funny, laughs a lot and tells jokes when he meets new people. _____
- 6 Min smiles a lot and seems really happy to be in the class. _____

17 Complete the sentences with the present simple form of these verbs.

be	create	go	hope
mind	practise	study	think
want			

- 1 Naomi _____ to the best school in the city.
- 2 She _____ a lot because she wants to go to university.
- 3 She _____ to study computer science.
- 4 Sometimes she _____ the only girl in her class.
- 5 But she _____ not _____ because she _____ computers are really interesting.
- 6 She _____ that she can show other girls that computer science is cool.
- 7 Naomi _____ coding at home.
- 8 She _____ new apps for her friends to try.

18 Choose the correct verb forms for each sentence.

- 1 Bo has a new camera and _____ how to take better photos. He _____ to take photos of people.

a is learn; liking	c are learning; is like
b is learning; likes	d learning; like
- 2 His friends Mina and Jacob _____ him. They _____ to have their photo taken.

a help; liking	c help; are liking
b is helping; is liking	d are helping; like

- 3 Right now, Mina and Jacob _____ in front of a statue. They _____ taking selfies.

a standing; enjoying	c stand; enjoying
b are standing; enjoy	d stands; enjoys

- 4 For some reason, Mina and Jacob _____, and Bo _____ annoyed.

a not smiling; be	c are not smiling; is
b is not smiling; is being	d doesn't smile; being

- 5 Now he _____ them to smile because they _____ happy.

a ask; not looking	c is ask; look
b is asking; do not look	d is asking; no looking

- 6 They _____ to the park now because Bo _____ to take photos in front of the fountain.

a walks; want	c are walking; wants
b is walking; is wanting	d walking; wanting

19 Complete the sentences with the correct form of the verbs in brackets.

- 1 My brother really _____ (like) music and _____ (listen) to it all the time.
- 2 He _____ (play) the electric guitar and the drums. He's really talented!
- 3 He and his friends _____ (be) in a band and _____ (write) cool new songs.
- 4 My friend Mei plays keyboard and _____ (sing) in a band with my brother and his friend Maia. The name of their band _____ (be) Victory.
- 5 This month, they _____ (practise) all day every Saturday for their concert.
- 6 I _____ (not, can) watch them every time they practise because I _____ (study) for an important exam.
- 7 But I _____ (want) to go to their big concert on the 25th!
- 8 I _____ (not, know) how to play any instrument at the moment, but I _____ (learn) the keyboard. If I'm good, maybe I can join my brother's band!

20 Choose the correct words to complete the questions.

- 1 *Is / Does* he intelligent?
- 2 *Is / Are* your classmates kind?
- 3 *Do / Does* you like cool music?
- 4 *Does / Do* Simon play the guitar?
- 5 *Am / Is* I late for class?
- 6 *Does / Is* it raining?
- 7 *Do / Does* the DJs play good music?
- 8 *Are / Do* you a good singer?

1B How are you feeling?

VOCABULARY BUILDING Adjective complements

- 1 Put the words in the correct order to make sentences and questions.
- you / angry / Are / results / your / about
_____?
_____?
 - the / She's / about / test / worried

_____.
 - get / easily / children / Do / frightened

_____?
 - They're / about / presentation / nervous / the

_____.
 - excited / holiday / about / We're / our

_____.
 - by / students / The / the / seemed / lecture / bored

_____.
 - news / I / when / on TV / watch / upset / I / become / the

_____.
 - looks / about / He / angry / something

_____.
 - Karen / Is / of / dogs / afraid / big

_____?

READING

- 2 Read the text and choose the correct options.
- Why do Finnish researchers recommend that people spend about five hours a month outdoors?
a in order to learn more about urban areas
b so that they can stay healthy
c because winters in Finland are very cold
d because they work for the government
 - According to paragraph 4, which of the following is not true of the Saneum Healing Forest?
a Visitors are offered a tea made from elm bark.
b Visitors hike along creeks and through the forest.
c Firefighters fought a fire there for three days.
d Firefighters practise yoga in order to relax.

- Which of the following best restates the saying 'Body and soil are one' in paragraph 4?
a Being aware of our natural surroundings can help us remain healthy.
b It's important to wash your hands at least once every day.
c People who are careful about what they eat sometimes grow their own food.
d Being clean is the most important thing you can do in order to stay healthy.
- What did a study in Japan show about the effects of being outdoors?
a A walk in the woods takes at least fifteen minutes.
b Spending time outdoors can cause measurable changes in the body.
c Forests and natural places are usually far from city centres.
d People who live in city centres have high blood pressure.

- 3 Write the name of each country next to the correct statement.

Canada	Finland	Japan	South Korea
--------	---------	-------	-------------

- Researchers measured changes in the body caused by spending time outdoors.

- The government wants to know more about its people's moods.

- Researchers have found evidence that being outdoors contributes to the 'happiness effect'.


- Local governments pay for healthy outdoor experiences for their people.

- 4 Match the information (a–e) with the paragraphs (1–5).

- measurable effects of being outdoors _____
- a question we all want answered _____
- the 'happiness effect' _____
- a weekly dose of nature _____
- a 'Healing Forest' _____

This is your brain on nature



- 1**  **8** What makes you happy? It's a question we all want an answer to. Does food make you happy? Do pictures of puppies make you feel calm? What about being outdoors, walking in the sun or hiking in a forest?
- 2** 'People underestimate the happiness effect' of being outdoors, says Lisa Nisbet, a psychology professor at Canada's Trent University. 'We don't think of it as a way to increase happiness. We think other things will do this, like shopping or TV.' But there's a lot of evidence* to show that being outdoors in nature makes people feel better. In fact, some countries are promoting nature experiences as one way to help people stay healthy.
- 3** In Finland, a large number of people become sad or depressed in winter. The Finnish government wants to know why. It pays researchers to ask people about their moods after visiting natural and urban areas. Do they feel more nervous or more relaxed? The researchers studied people's responses. They are recommending a minimum nature dose* of five hours a month, or several short visits a week, to a natural place.
- 4** In South Korea, many people deal with stress from work and school. But this very hard-working nation respects nature. A very old saying reminds

South Koreans that '*Shin to bul ee* – Body and soil are one.' At the Saneum Healing Forest, east of Seoul, 'health rangers' offer visitors elm-bark tea, then take them on hikes along creeks and through forests of red maple, oak and pine-nut trees. During one visit, 40 firefighters take part in a free, three-day programme sponsored by the local government. After a morning of hiking, they enjoy practising yoga and arranging delicate dried flowers. Among them is Kang Byoung-wook, a 46-year-old firefighter from Seoul. 'It's a stressed life,' he says. 'I want to live here for a month.'

- 5** Researchers can measure how a fifteen-minute walk in the woods causes changes in the body. A study in Japan compares people who spend time in forests and in city centres. The people who spend time in nature show a lower level of stress, and lower blood pressure and heart rate. Yoshifumi Miyazaki, one of the researchers, believes our bodies relax in pleasant, natural surroundings because they are originally from natural places. When we slow down, stop working and take in beautiful natural surroundings, we often feel more cheerful and our mental* performance improves. Our senses are better at interpreting information about plants and streams, Miyazaki says, than traffic and high-rises!

evidence a sign that shows something is true or correct
dose an amount of something, usually medicine

mental related to the mind

1C I expect my friends to understand

GRAMMAR Verb patterns: verb + *-ing* or infinitive with *to*

1 Listen and complete the sentences. 9

- 1 When the musicians begin _____, you must stop talking.
- 2 Do you plan _____ after you graduate?
- 3 I always enjoy _____ to my friends after school.
- 4 He prefers _____ before dinner.
- 5 Oscar can't help _____ when he hears sad music.
- 6 Mei tries _____ her grandfather every week.
- 7 I hope _____ ten countries before my 21st birthday.
- 8 Young children learn _____ by listening to other people.

2 Choose the correct words to complete the sentences.

- 1 She usually manages *studying* / *to study* during the week so that she can relax at weekends.
- 2 I don't want *arguing* / *to argue* with you.
- 3 She enjoys *helping* / *to help* her younger sister.
- 4 He enjoys *going* / *to go* for a long run at the weekend.
- 5 Taavi wants *writing* / *to write* an email to his friend in Canada.
- 6 Can you learn *speaking* / *to speak* English on your own?
- 7 I don't mind *seeing* / *to see* that film again with you.
- 8 Lana avoids *going* / *to go* to the gym at weekends. It's so busy!

3 Complete the sentences with the verb + *-ing* or the infinitive with *to* form of the verbs in brackets.

- 1 My dad plans _____ (read) five books while he's on holiday.
- 2 Does he enjoy _____ (study) history?
- 3 I think it's possible to avoid _____ (tell) her about the surprise party.
- 4 Frank wants to start _____ (exercise) more, starting on 1st January.
- 5 Ted can't help _____ (laugh) every time Seth tells a joke.
- 6 Cara doesn't want _____ (share) a room with her younger sister.

- 7 Do you think you can manage _____ (get) your work done before Friday?
- 8 I promise _____ (come) to your party early. Then I can help you get ready.
- 9 Devan is beginning _____ (look) for a job.

4 Are the verbs in bold correct? Correct the incorrect verbs.

- 1 He enjoys **to go** on holiday with his family.

- 2 I want **to see** that new film next weekend.

- 3 Do you enjoy **trying** new restaurants?

- 4 She needs to learn **eating** with chopsticks.

- 5 Jim hates **going** to the cinema alone.

- 6 I need **talking** to you about our homework for tomorrow.

- 7 Does she want **to call** him or **to speak** to him in person?

- 8 I'm trying to avoid **to spend** too much money on holiday.

5 Put the words in the correct order to make sentences and questions.

- 1 hates / class / Jean / being / late / for
_____?
- 2 job / He / have / before / he / hopes / a / graduates / to
_____?
- 3 the / at / I / stop / need / shop / to
_____?
- 4 us / with / come / he / Does / to / want
_____?
- 5 loves / She / history / about / reading
_____?
- 6 checking / after / dinner / avoids / Emily / email / her
_____?
- 7 salad / He / a / eating / prefers / lunch / for
_____?
- 8 enjoy / you / subjects / difficult / Do / studying
_____?

6 Complete the conversations with the verb + *-ing* or the infinitive with *to* form of the verbs in brackets. Some sentences have two correct answers.

- 1 **A** What can I do when I feel sad?
B I suggest _____ (go) for a long walk.
- 2 **A** Are you going to the beach this weekend? I really want to go!
B I don't know. I promise _____ (call) you if I go.
- 3 **A** How's your homework going?
B Well, I hate _____ (ask) for help, but it's really hard.
- 4 **A** Why don't you cycle to work?
B I want to, but I need _____ (buy) a bike first!
- 5 **A** Do you read books by the author Isabelle Youngman?
B I do. I often begin _____ (laugh) when I'm reading because her books are so funny.
- 6 **A** Do you want to get some sushi with me?
B Yes! I love _____ (eat) sushi!

7 Read the questions. Choose the correct answer.

- 1 What are you doing?
a I'm starting to make dinner.
b I'm starting make dinner.
- 2 What are you doing this weekend?
a I hope to see a film with my sister.
b I hope seeing a film with my sister.
- 3 Do you want to study together for the test?
a Sure! I don't mind to study with other people.
b Sure! I don't mind studying with other people.
- 4 Do you have enough money to pay for the trip?
a I think I can manage to save enough by next year.
b I think I can manage saving enough by next year.
- 5 What should we do for dinner?
a I want to go to the new Thai restaurant in town.
b I want going to the new Thai restaurant in town.
- 6 Can you play the piano?
a A little. I'm learning to play now.
b A little. I'm learning playing now.
- 7 Do you want cake for dessert?
a It looks so good! I'd like to trying a piece.
b It looks so good! I'd like to try a piece.
- 8 Can you come to the party?
a Yes, and I promise bringing some food.
b Yes, and I promise to bring some food.



8 Choose the correct words to complete the sentences. In some sentences both answers are correct. Are any of the sentences true for you?

- 1 My friends and I like *helping* / *to help* each other.
 2 I want *visiting* / *to visit* my grandparents in Poland this summer.
 3 My parents want me *spending* / *to spend* more time studying.
 4 They're right. I need *studying* / *to study* more.
 5 It's easy *wasting* / *to waste* time on social media.
 6 I avoid *using* / *to use* social media.
 7 I don't enjoy *watching* / *to watch* films on my laptop.
 8 I prefer *watching* / *to watch* them on TV or at the cinema.
 9 In fact, the best place *watching* / *to watch* films is the new multi-screen cinema in my city.
 10 I usually have a chance *going* / *to go* there every month.

9 Complete the sentences with a verb + *-ing* or an infinitive with *to* so they are true for you.

- 1 My family needs _____.
- 2 I need _____.
- 3 I want _____.
- 4 My friend wants _____.
- 5 I like _____.
- 6 I don't like _____.
- 7 I enjoy _____.
- 8 My friends and I enjoy _____.