

B1 Preliminary for Schools

Optimise Stars

B1

Workbook

with Digital Workbook



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Workbook

B1



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1

How we live

READING

Gapped text | An article

► Student's Book, pages 10–11

1 Read the text quickly, ignoring the gaps and the removed sentences. Choose the topics that are mentioned.

- 1 Being outside your home.
- 2 Eating at home with your family.
- 3 Bringing light into your home.
- 4 Getting rid of things in your home.
- 5 How to choose a new home.

2  Read the text. Five sentences have been removed. For each question, choose the correct answer. There are three extra sentences which you do not need to use.

- A This is about the joy of being outdoors.
- B Research shows there are **benefits** from bringing plants into your home too.
- C What they don't understand is that we all need our own space.
- D Even small things may improve how you feel about your home.
- E Winter is a time when many people feel more depressed.
- F A nice **smell**, like lavender, also helps to lift your mood.
- G In other words, it means you can make as much noise as you want.
- H It's about **clearing out** unnecessary items and living more simply.

3 Complete the sentences with highlighted words or phrases from the text.

- 1 My house is in a pleasant _____ with lots of trees nearby.
- 2 I thought the pink flowers, in particular, had a wonderful _____!
- 3 There are lots of health _____ from living in the country.
- 4 Finland is the happiest country in the world, _____ this magazine.
- 5 This weekend, I'm _____ all the clothes I don't need any more.
- 6 It's important to _____ we have enough time for relaxing regularly.
- 7 I could see an orange _____ lighting up a small part of the dark room.
- 8 A recent report _____ that the scientist's theory is correct.



HAPPY HOME

happy you!



Do you ever think about making changes to your living room or your bedroom? (1) ____ Denmark, Sweden and Norway are all in the top seven happiest countries in the world, **according to** the World Happiness Report in 2024. So, how do people in these countries create a cosy home and a happy life?

The Danish word 'hygge' describes the idea of happiness you can get from simple things. Many Danish people **make sure** they have a space in their home where they feel warm and comfortable, often with candles to add to the atmosphere. Research shows that looking at the **flame** of a candle makes you calmer. (2) ____ That can be especially important when it's dark and cold outside.

The Swedish idea of 'lagom' can also help us think about how our **environment** has an impact on our mood. 'Lagom' translates as 'not too much and not

too little'. (3) ____ Research shows that if we focus on fewer things and a balanced lifestyle, we can relax and enjoy time with people more.

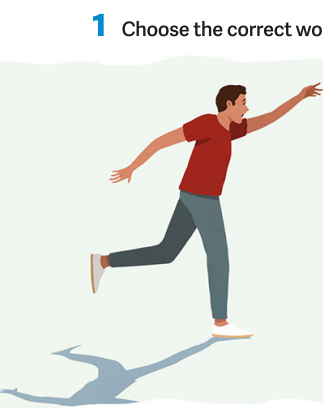
Lastly, let's move away from the home and look at the Norwegian idea of 'friluftsliv', meaning 'open-air living'. (4) ____ In Norway, it often means hiking in the mountains, but it can also mean going for a quick walk around your neighbourhood. Scientific research **proves** that getting natural sunlight every day makes us feel better. (5) ____ For example, they improve air quality and can reduce tiredness.

So, where and when could you light some candles? What could you throw away to clear space in your home? And how about putting some plants in your bedroom? These are just some of the small changes which could make your home environment a happier place to spend time in.

1 / GRAMMAR 1 Past simple and past continuous

► Student's Book, page 12 ► Grammar reference, Unit 1, Student's Book, page 137

1 Choose the correct words.



A BAD DAY For Charlie

The weather was awful! It (1) **rained** / was raining, and Charlie (2) **hurried** / was hurrying to get home. He (3) **held** / was holding his umbrella tightly when the wind (4) **blew** / was blowing it away. Then he (5) **stepped** / was stepping into a puddle of water. He (6) **shook** / was shaking his feet to get the water out of his shoes when a bus (7) **drove** / was driving past and (8) **splashed** / was splashing him from head to toe. Poor Charlie! He was wet and cold, and he (9) **had** / was having a headache. When he finally (10) **arrived** / was arriving at his home, a nasty surprise (11) **waited** / was waiting for him – the front door was open. (12) **Did he forget** / Was he forgetting to close and lock it in the morning? He couldn't remember, but when he (13) **walked** / was walking into the living room, his TV, computer and tablet were gone!

2 If a word or phrase in bold is correct, put a 0. If it is incorrect, rewrite it correctly.

- What **were you doing** when you heard the explosion? 'I jumped out of my bed!'
- While Miranda was watching TV, she **had** a brilliant idea.
- It was late when I called my friend Simon last night, but he **didn't sleep**.
- Mario's teacher was impressed because his English **was improving** very quickly.
- What an awful day! The wind **blew** and the rain was coming down hard.
- Where **did you go** when I saw you yesterday? 'To my grandmother's house.'

3 Complete the sentences with the correct form of the verbs in brackets. Use the past simple or the past continuous.

- _____ (he / clean) the bathroom when he _____ (slip) and _____ (fall)?
- I don't know what's wrong. The washing machine _____ (work) and then it suddenly _____ (stop).
- When I _____ (look) for information about ancient Rome, I _____ (learn) that poor people _____ (not have) bathrooms in their homes.
- The children _____ (not watch) television when I _____ (arrive) last night – they _____ (be) already in bed.
- When I was younger, my family _____ (go) to Greece every year for our summer holiday and we always _____ (have) a great time.
- While Jack _____ (shop) for furniture for his new flat, his parents _____ (paint) the walls.

1 / VOCABULARY Working with words

► Student's Book, page 13 ► Vocabulary reference, Unit 1, Student's Book, pages 150–151

1 Complete the words in the sentences. The first letter is there to help you.

- Look! There's a rabbit under the h _____. I think it's stuck and can't get out.
- We don't use the d _____ r _____ every day; we usually eat in the kitchen.
- I opened the door and stepped out onto the b _____ for some fresh air.
- Above the old cottage, I could see smoke; it was coming out of the c _____.
- There are so many things in the g _____ that there's no room to park the car.
- She put the old books into boxes and carried them up to the a _____.
- He ran down the stairs to the b _____, grabbed his tennis racket and left the house.
- In the s _____, we have a computer that we all use, a printer and lots of books.
- We were sitting in the garden when a ball flew over the f _____ and hit James on the head!



2 Match to make sentences. Use the words in *italics* to help you.

- | | |
|--|---|
| 1 His friends in London <i>put</i> _____ | a) <i>out</i> a room to students at the local university. |
| 2 It took him a while to <i>settle</i> _____ | b) him <i>up</i> whenever he visits the city. |
| 3 The family had to <i>move</i> _____ | c) <i>up</i> the living room before his visitors arrived. |
| 4 He bought paint to <i>do</i> _____ | d) <i>out</i> when a storm badly damaged the house. |
| 5 He quickly <i>tidied</i> _____ | e) <i>down</i> the old library and build shops there. |
| 6 They decided to <i>rent</i> _____ | f) <i>in</i> when his family moved to another town. |
| 7 It was wrong to <i>pull</i> _____ | g) <i>in</i> to their house a few days ago. |
| 8 Our new neighbours <i>moved</i> _____ | h) <i>up</i> the lovely old house he bought. |

3 Choose the correct word or phrase to complete each sentence.

- | | |
|---|--|
| 1 Shayna is keen _____ designing homes; she can give you good advice.
a) on b) for c) to | 4 My dad made me _____ my room white, but I wanted purple walls!
a) paint b) to paint c) painting |
| 2 Where you choose to buy a house depends _____ a lot of things.
a) by b) from c) on | 5 Zach told us _____ him from the party when we got there.
a) call b) to call c) calling |
| 3 It's really not worth _____ a car if you live in the city centre.
a) own b) to own c) owning | 6 How can we stop the birds _____ eating the fruit on our trees?
a) in b) from c) with |

1 GRAMMAR 2 *used to and would*

► Student's Book, page 15 ► Grammar reference, Unit 1, Student's Book, page 137



Grammar video

1 Choose the correct word or phrase to complete each sentence.

- | | |
|--|--|
| 1 Tom _____ to eat at restaurants all the time, but now he cooks at home.
a) was used b) would c) used | 4 My friend Katy _____ live in my street, but then her family moved.
a) used b) would c) used to |
| 2 My sister _____ always go to sleep at night with the radio on.
a) used b) would c) use to | 5 Joanne _____ tidy her bedroom and it was always a mess.
a) never use to b) never used to c) didn't used to |
| 3 Grant _____ have a dog, but then his friend gave him a puppy.
a) didn't use to b) wouldn't c) used not to | 6 _____ think it was better to live in the countryside than the city?
a) Did you use to b) Would you c) Did you used to |

2 Read the situations and write them as one sentence, using the word given in **bold**.

- Jason didn't read fantasy books. He reads them now. (**never**)
Jason _____.
- We fell asleep on the sofa. It happened often. (**would**)
We _____.
- They washed the windows. They did it every week. (**to**)
They _____.
- There weren't a lot of cafés here. It's different now. (**use**)
There _____.
- He's got cousins in France. Did he visit them? (**did**)
_____ in France?
- There was a park near her home. She went there often. (**would**)
She _____.



1 / LISTENING 3-option multiple choice | Interview

► Student's Book, page 14

1 Choose the correct words to complete the meaning of the underlined words.

- 1 An archeologist studies **buildings and objects / myths and stories** from the past.
- 2 A volcano is a **forest / mountain** that hot lava and gases come out of.
- 3 When something erupts, it **explodes / falls** and can cause damage.
- 4 A courtyard is **an open space / a small room** in the middle of a building.
- 5 A place that is crowded **has no-one in it / is full of people**.
- 6 When we talk about society, we mean **all / some** of the people in a country.

2 You are going to listen to an interview with an expert on ancient Roman houses. Read the questions in Exercise 3 and decide if the predictions are T (True) or F (False).

- 1 The interviewer is going to introduce Georgia. T / F
- 2 The expert is going to talk about the importance of houses. T / F
- 3 The expert will only mention Roman houses. T / F
- 4 The interview will mention apartments before Roman houses. T / F
- 5 The interviewer is going to ask her what experts can learn from us. T / F

3   **1.01** For each question, choose the correct answer.

- 1 Georgia first become interested in Roman houses when
 - A she became an archeologist.
 - B she read about them in books.
 - C she saw some in an ancient city.
- 2 Why does she think houses are important?
 - A They provide information about people.
 - B Some are impressive to look at.
 - C Many still exist after such a long time.
- 3 How were Roman houses different from ours?
 - A They were surprisingly varied.
 - B The design inside was unlike ours.
 - C There were more rooms.
- 4 The apartments that the poor people lived in
 - A had many families in each one.
 - B were only used for sleeping.
 - C were close to public toilets.
- 5 What does Georgia think archeologists will discover when they study us in the future?
 - A That society doesn't really change.
 - B That it is possible for lives to improve.
 - C That our time in history was different.

4  **1.01** Listen again and check your answers.

1 / SPEAKING Extended turn | Photos

► Student's Book, page 16 ► Speaking reference, Unit 1, Student's Book, page 164

1 Choose the correct words.

It's a picture of a cottage in the countryside. (1) **At / In** the foreground, there's a lovely garden. (2) **In / To** the left of the cottage, there are some trees. I think they're apple trees because I can see the fruit. There are some teenagers sitting (3) **below / front** the trees and they're laughing and having a good time. There's something (4) **behind / right** the tree, but I can't see it clearly. Maybe it's a chair, but I'm not sure. (5) **At / On** the bottom of the picture, I can see a dog. It's running after a ball. I think one of the teenagers has thrown the ball. (6) **In / On** the right, there is a car. It probably belongs to the family that lives there. I think the cottage is (7) **close / near** the beach and the family probably goes there every weekend. In the (8) **background / top**, I can see the sea and some mountains.

2   **1.02** Listen to a boy describing what he can see in a photo. Is he talking about photo A or photo B?

A



B



- 3**  **1.03** Write where these things are in the photo. Listen and check.

- 1 rug _____
- 2 basketball _____
- 3 bed _____
- 4 shelf _____
- 5 photos _____
- 6 window _____



1 / LANGUAGE IN USE

Open cloze

- Student's Book, page 17 ► Grammar reference, Unit 1, Student's Book, page 138

1 Match to make sentences.

- 1 It's such _____
- 2 There is so much _____
- 3 He sings so loudly _____
- 4 It's really lovely _____
- 5 There are so _____
- 6 It's so _____
- 7 There is such _____

- a) many sofas to choose from that I can't decide.
- b) a small flat that only one person can live in it.
- c) hot today that even my dog doesn't want to go outside.
- d) snow outside that we can't possibly leave the house.
- e) that his neighbours often complain about it.
- f) a lot of graffiti now that the town centre is really ugly.
- g) to walk in the park on a sunny day like today.

2 Choose the phrase that cannot fill each gap.

- 1 Living in a small apartment would be _____ for me.
 - a) very uncomfortable
 - b) too uncomfortable
 - c) uncomfortable enough
- 2 He _____ to reach the highest shelf in the kitchen.
 - a) is very short
 - b) isn't tall enough
 - c) is too short
- 3 It's _____ that we should have our lunch in the garden.
 - a) such a nice day
 - b) so a nice day
 - c) so nice today
- 4 There are _____ people at the party that I can't move.
 - a) so much
 - b) such a lot of
 - c) so many

- 3**  Write one word in each gap to complete the text.

Living on an island

by Connor Murphy

When I was eight, my family and I moved from Dublin, the capital, to live in a lighthouse on a tiny island off the west coast of Ireland. My brother was (1) _____ young to remember it, but I'll never forget it.

There were only three families living on the island. At first, I missed my friends and didn't know what to do (2) _____ all the free time I had, but soon I began to love it. It was such (3) _____ beautiful place. There were lots of birds, and sometimes you could see dolphins and whales in (4) _____ sea.

In Dublin, I wasn't old (5) _____ to go out by myself, but on the island it was (6) _____ safe that I was free to go wherever I wanted. We spent two years there. It was the best time of my childhood.

