

fourth  
edition

# English File

Intermediate  
Workbook

e-book

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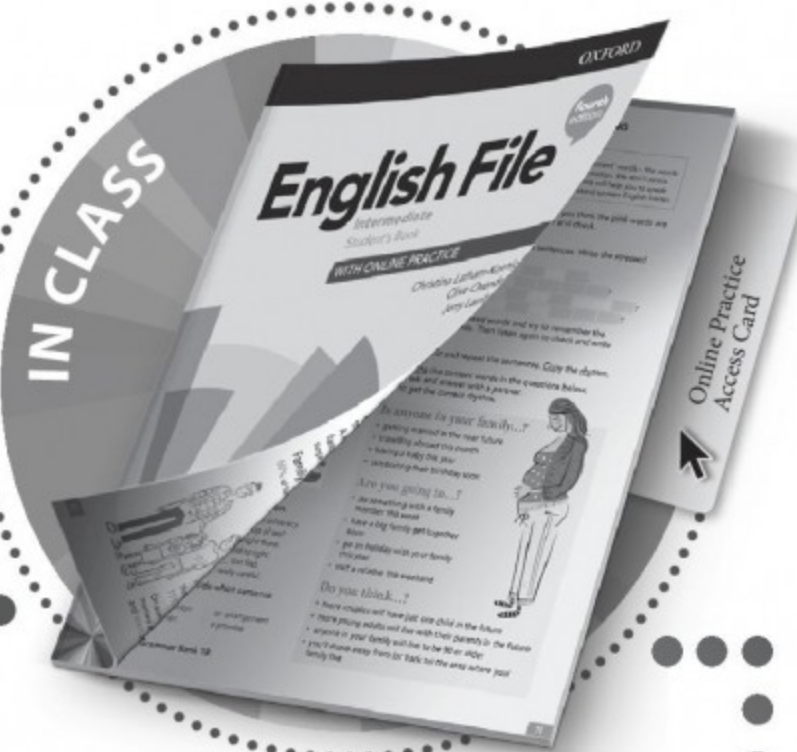


# How to use your Workbook and Online Practice

## English File<sup>fourth edition</sup>

### Student's Book

Use your Student's Book in class with your teacher.



ACTIVITIES AUDIO VIDEO RESOURCES



ONLINE

Go to **englishfileonline.com** and use the code on your Access Card to log into the Online Practice.

### Workbook

Practise **Grammar, Vocabulary**, and **Pronunciation** for every lesson.

Practise the **Practical English** for every episode.

Do the **Can you remember...?** exercises to check that you remember the Grammar, Vocabulary, and Pronunciation every two Files.

### Online Practice

Look again at the Grammar, Vocabulary, and Pronunciation from the Student's Book before you do the Workbook exercises.

Listen to the audio for the Pronunciation exercises.

Use the Sound Bank videos to practise English sounds.

Watch the Practical English videos before you do the exercises.

Use the interactive video for more Practical English practice.

Look again at the Grammar, Vocabulary and Pronunciation if you have any problems.

Practise Reading, Listening, Speaking and Writing.



G present simple and continuous, action and non-action verbs V food and cooking P short and long vowel sounds

1 **VOCABULARY** food and cookinga Circle the word that is different.  
Explain why.1 peach chicken raspberries pear  
The others are all fruit.2 pork lamb squid beef  
The others are all \_\_\_\_\_.3 melon cherries peach cucumber  
The others are all \_\_\_\_\_.4 green beans beetroot cabbage duck  
The others are all \_\_\_\_\_.5 lemon salmon grapes cherries  
The others are all \_\_\_\_\_.6 courgette crab mussels prawns  
The others are all \_\_\_\_\_.

b Match the words from the list to definitions 1–8.

aubergine avocado lobster mango  
melon red pepper squid tuna1 a large sea fish that we eat  
tuna2 a vegetable with dark purple skin  
\_\_\_\_\_3 a tropical fruit with hard, dark green skin,  
soft, light green flesh, and a large seed  
inside  
\_\_\_\_\_4 a sea animal with a soft body, eight arms,  
and two tentacles  
\_\_\_\_\_5 a red vegetable that is empty inside  
\_\_\_\_\_6 a tropical fruit, which has a yellow and  
red skin and is yellow inside  
\_\_\_\_\_7 a sea creature with a hard shell and  
eight legs  
\_\_\_\_\_8 a large round fruit with a thick yellow or  
green skin and a lot of seeds  
\_\_\_\_\_

c Label the pictures.

1 grilled salmon

2 \_\_\_\_\_ egg



3 \_\_\_\_\_ potato



4 \_\_\_\_\_ egg



5 \_\_\_\_\_ chicken



6 \_\_\_\_\_ peas

d Complete the sentences with a word from the list.

fresh frozen low-fat raw spicy tinned

1 We don't need tinned tomatoes, we need fresh ones.

2 Are there any \_\_\_\_\_ peas in the freezer?

3 I don't like \_\_\_\_\_ fish, so I never eat sushi.

4 Hannah's on a diet, so she's bought some \_\_\_\_\_ yoghurt  
to have for dessert.

5 We buy \_\_\_\_\_ bread from the baker's every morning.

6 Mexican food can be very \_\_\_\_\_.



- e Match the phrasal verbs in **bold** in questions 1–3 to definitions a–c.
- 1 Are there any food or drinks you'd like to **cut down on**? Which one(s)? c
  - 2 Have you ever tried to **cut out** any food or drinks completely? Which one(s)? \_\_\_\_\_
  - 3 Where do you usually go when you want to **eat out**? What do you usually have? \_\_\_\_\_
- a to stop eating something completely  
b to have lunch or dinner in a restaurant  
c to eat less of something
- f Answer the questions in e.
- 1 \_\_\_\_\_
  - 2 \_\_\_\_\_
  - 3 \_\_\_\_\_

VOCABULARY FROM LISTENING

- g Complete the sentences.







- 1 I miss drinking English tea when I go abroad.
- 2 My favourite pizza topping is ham and mushroom.
- 3 I eat chocolate when I'm unhappy to cheer myself up.
- 4 We sometimes eat ready-made food for dinner when we get home from work late.
- 5 I'm allergic to peaches, so I never eat them.
- 6 Do you ever get traditional food from the Chinese restaurant on the corner?
- 7 I don't like tuna as a sandwich filling.





2 PRONUNCIATION short and long vowel sounds

- a Write the words in the chart.

beef carton chicken chocolate cookie  
crab cucumber jar mango peach pork  
prawns sausage squid sugar tuna

			
1 fish	2 tree	3 cat	4 car
	beef		

			
5 clock	6 horse	7 bull	8 boot

- b 1.1 Listen and check. Then listen again and repeat the words.

- c Write the words.

- 1 /bɔɪld/ boiled
- 2 /'kæbɪdʒ/ \_\_\_\_\_
- 3 /'spɑːsi/ \_\_\_\_\_
- 4 /rəʊst/ \_\_\_\_\_
- 5 /greɪps/ \_\_\_\_\_
- 6 /fruːt/ \_\_\_\_\_
- 7 /beɪkt/ \_\_\_\_\_
- 8 /'melən/ \_\_\_\_\_
- 9 /'əʊbəʒiːn/ \_\_\_\_\_

- d 1.2 Listen and check. Then listen again and repeat the words.



### 3 GRAMMAR present simple and continuous, action and non-action verbs

#### a Complete the sentences with the present simple or continuous form of the verbs in brackets.

- 1 I sometimes feel tired after lunch. (feel)
- 2 We \_\_\_\_\_ usually \_\_\_\_\_ late at the weekend. (not get up)
- 3 \_\_\_\_\_ you \_\_\_\_\_ the TV or can I turn it off? (watch)
- 4 My boss \_\_\_\_\_ to work every morning. (cycle)
- 5 Can you call back later – I can't hear you. We \_\_\_\_\_ a party, and the music is very loud. (have)
- 6 There's a man in our neighbours' garden. What \_\_\_\_\_ he \_\_\_\_\_? (do)
- 7 How often \_\_\_\_\_ your teacher \_\_\_\_\_ you homework? (give)
- 8 I \_\_\_\_\_ chocolate this month. I need to cut down on sweet things. (not eat)
- 9 My mother \_\_\_\_\_ often \_\_\_\_\_ exercise. (not do)
- 10 My girlfriend has stopped eating snacks. She \_\_\_\_\_ to be healthier. (try)

#### b Correct any mistakes in the highlighted phrases. Tick (✓) the correct sentences.

- 1 I like your jacket. Is it new? ☒
- 2 Something is smelling good. What are you making? ☒  
Something smells good.
- 3 That cake is looking delicious. Did you make it? ☐
- 4 I don't know what to cook for dinner. ☐
- 5 Are you thinking the fish is cooked now? ☐
- 6 Can I call you back? I'm having lunch right now. ☐
- 7 This soup tastes quite spicy. What's in it? ☐
- 8 I'm loving all kinds of vegetables. There aren't any I don't eat. ☐

#### c Complete the sentences using the correct form of a verb from the list.


believe not belong drive play not recognize  
not sleep sound not use

- 1 I can't talk now, I'm driving. I'll call you when I get to the office.
- 2 I think your boyfriend is telling the truth – I \_\_\_\_\_ him.
- 3 Can you turn off your computer if you \_\_\_\_\_ it?
- 4 This bag \_\_\_\_\_ to me. Is it yours?
- 5 Sarah isn't at home. She \_\_\_\_\_ tennis.
- 6 I'm tired because I \_\_\_\_\_ well at the moment.
- 7 I \_\_\_\_\_ that woman. Do you know who she is?
- 8 That music \_\_\_\_\_ awful. Would you mind turning it down?

#### d Write questions.

- 1 what / you / do right now  
What are you doing right now?
- 2 where / you / usually do your homework  
\_\_\_\_\_?
- 3 why / you / study English  
\_\_\_\_\_?
- 4 you / think English is easy  
\_\_\_\_\_?
- 5 you / enjoy the classes at the moment  
\_\_\_\_\_?
- 6 what / you / usually do after the class  
\_\_\_\_\_?

#### e Write an email to your teacher. Use the questions in d to help you.



Hi \_\_\_\_\_,

Right now, I'm doing my English homework.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Hope you're well.

Best wishes

\_\_\_\_\_



**G** future forms: present continuous, be going to, will / won't

**V** family, adjectives of personality

**P** sentence stress, word stress

# 1 VOCABULARY family, adjectives of personality

## a Complete the sentences with a family word.



- 1 Your mother and father are your parents.
- 2 Your grandfather's father is your gr\_\_\_\_\_ -gr\_\_\_\_\_.
- 3 A child who has no brothers or sisters is an o\_\_\_\_\_ ch\_\_\_\_\_.
- 4 Your brother's or sister's daughter is your n\_\_\_\_\_.
- 5 A child who parents take into their family and treat as their own is an a\_\_\_\_\_ ch\_\_\_\_\_.
- 6 Your partner, children, parents, and brothers and sisters are your i\_\_\_\_\_ family.
- 7 Your father's new wife is your st\_\_\_\_\_.
- 8 Your wife or husband's brother is your br\_\_\_\_\_ -i\_\_\_\_\_ -l\_\_\_\_\_.
- 9 A sister who shares one parent with you is your h\_\_\_\_\_ -s\_\_\_\_\_.
- 10 Your brothers and sisters are your s\_\_\_\_\_.
- 11 Your grandparents, aunts, uncles and cousins are your e\_\_\_\_\_ family.
- 12 Your brother's or sister's son is your n\_\_\_\_\_.
- 13 Your stepmother's or stepfather's daughter from an earlier relationship is your st\_\_\_\_\_.

## b Match the comments to the personality adjectives from the list.

ambitious anxious honest independent  
 insecure patient rebellious self-confident  
 selfish sensible ~~spoilt~~ stubborn

- 1 'When I want something, my parents always give it to me.'  
spoilt
- 2 'I find it very hard to relax. Sometimes I lie awake at night for hours worrying about things.'  
 \_\_\_\_\_
- 3 'There aren't any prawns left for you. I was hungry, so I ate them all.'  
 \_\_\_\_\_
- 4 'I'm going to go to bed early so I can sleep well before my exam tomorrow.'  
 \_\_\_\_\_
- 5 'I feel very comfortable when I'm speaking in public.'  
 \_\_\_\_\_
- 6 'I'd like to be the manager of a big multinational company.'  
 \_\_\_\_\_
- 7 'That's what I think, and I'm not going to change my mind.'  
 \_\_\_\_\_
- 8 'I'd prefer to do this on my own, thanks.'  
 \_\_\_\_\_
- 9 'I was a really difficult teenager. I didn't obey any rules at school or home.'  
 \_\_\_\_\_
- 10 'Take your time, I can wait. I'm not in a hurry.'  
 \_\_\_\_\_
- 11 'Excuse me. You dropped some money. Here it is.'  
 \_\_\_\_\_
- 12 'I'm not sure if Jess is my friend or not. She says she is, but I don't really know.'  
 \_\_\_\_\_