

3.3 Vocabulary and skills development

GOALS ■ Recognize complex noun phrases (1) ■ Use compound adjectives

Reading & Speaking complex noun phrases (1)

- 1 Work with a partner. Have you ever done any of these things? How did you feel?
- taken a very important exam
 - made a speech or presentation to a large number of people
 - sung in public
 - had an interview for a job you really wanted
- 2a Read the information in the Unlock the code box about recognizing complex noun phrases.



UNLOCK THE CODE

recognizing complex noun phrases (1)

Sometimes the subject of a sentence can be very long or contain another verb.

Subject	Main verb	
Making a speech	is	sometimes hard to do.
Learning these new techniques	helps	in later life.
One of the test groups	experienced	symptoms of stress.
One group who took part in the experiment	were told	nothing.

When you read, it is important to be able to identify the subject and the main verb quickly.

- b Look at the statements. Underline the subjects and circle the verbs.
- Stress can actually be good for you.
 - Taking an important exam often causes people to lose sleep.
 - Speaking in front of a large group of people can be very stressful.
 - People who are most under stress show physical signs such as shaking or sweating.
- 3a Look at the photos and the title of the article. What do you think the article will say? Discuss with a partner.
- b Read the article. Were your ideas in the article?

- 4a Look at the numbered sentences in the article. Underline the subject and circle the verb.
- b Decide if the statements are true (T) or false (F). Correct the false statements.
- It's difficult to find information on the internet about how to reduce your stress.
 - The Social Stress Test is a way of measuring stress.
 - The signs of stress show that you are ready for a difficult experience.
 - Only one group had some damage to their body.
 - Some people think these results are difficult to prove.
- 5 Work with a partner and discuss the questions.
- How would you feel in the situations in the Social Stress Test?
 - Do you agree that stress can sometimes be good for you?
 - How do you feel after a challenging experience?

Health and Fitness > Stress



Stress could be good for you – if you believe it is

Have you ever given a talk or speech to a large group of people? If so, you'll probably remember it as a very stressful experience ... you sweat, your mouth goes dry, your heart starts beating fast.

Vocabulary & Speaking compound adjectives

6a Look at these compound adjectives from the article. Which nouns do they describe?

- a stress-producing
- b five-minute

b Can you think of compound adjectives which match definitions 1–6?

1 describes somebody who uses their left hand to write	_____ -handed
2 another word for beautiful or handsome	good-_____
3 the opposite of part-time	_____ -time
4 an adjective which means that something lasts two minutes	two-_____
5 describes a shirt which has short sleeves	short-_____
6 describes a person who works hard	hard-_____

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And most people believe that stress is bad for you.

¹ Putting 'reduce your stress levels' into Google gets you 34 million hits. Articles in the newspapers or on health websites are always telling us how to reduce our stress levels.

² Titles like '23 scientifically proven ways to reduce stress right now!' are common. But what if it isn't actually true?

³ Experiments with a technique called the Social Stress Test suggest that stress is only harmful if you believe that it is. In the experiment, two groups of people were asked to perform a series of stress-producing actions, such as doing a maths test while the 'instructor' shouted, 'Faster! faster! That's not very good!' Or giving a five-minute talk to a group of 'experts' who were pretending to be bored.

But the two groups had been treated differently before they took the test. The first group had not been told anything, whereas the second group were told that stress is good for you, and that ⁴ the dry mouth and beating heart are the body's way of preparing you for a challenge.

Amazingly, the results were quite different. ⁵ The people who had been told nothing showed signs of damage to the blood vessels around the heart, while those of the other group were normal – as if they were not under stress at all.

⁶ These results have been confirmed by other tests. It seems that the effects of stress depend on what you believe about stress!

c Read the information in the Vocabulary focus box about compound adjectives and check your answers.

VOCABULARY FOCUS compound adjectives

Compound adjectives are generally made up of two words, usually either becoming a single word or joined by a hyphen. Here are some of the most common forms they can take.

- 1 ending in a past participle: *left-handed, short-sleeved*
- 2 ending in *-ing*: *good-looking, hard-working*
- 3 ending in a noun: *two-hour, full-time*

7a Add a word from the box to make a compound adjective.

going hand known made page priced
speaking star

- 1 easy- _____ 5 500- _____
- 2 home- _____ 6 second- _____
- 3 five- _____ 7 English- _____
- 4 over- _____ 8 well- _____

b Work with a partner. What do you think the compound adjectives mean?

c 3.6))) Listen and mark the main stress in each one.

d 3.6))) Listen again and practise saying the words.

8 Complete the questions with the compound adjectives in exercise 7a. Sometimes more than one answer is possible.

- 1 Have you ever bought a _____ car?
- 2 When you were young, did you ever wear _____ clothes?
- 3 Would you rather read a _____ novel or watch a six-hour film?
- 4 When was the last time you thought something was _____ in a shop?
- 5 Who is the most _____ musician in your country? Do you like him/her? Why/Why not?
- 6 Do you prefer a very strict or a very _____ teacher? Why?
- 7 Have you ever stayed in a _____ hotel? Where? When?
- 8 Can you name five _____ countries?

9 **TASK** Work with a partner. Ask and answer the questions in exercise 8. Report the most interesting answers to the class.