

## 2.3 Vocabulary and skills development

GOALS ■ Understand conjunctions in reading ■ Use verb + preposition phrases

### Reading & Speaking understanding conjunctions

- 1 Work in small groups. When do you think is the best time to do the things in the box? Why?

go to sleep   have breakfast   have dinner   wake up

- 2a Read the sentences about sleep. Look at the words in **bold** and answer questions 1–4.

- I usually only sleep five **or** six hours a night, **but** I sleep well.
- I sleep for a long time, **but** I don't always feel good in the mornings.
- I am often worried about something **and** wake up in the night.
- I never get enough sleep **because** I am always busy.

- 1 Which word joins two similar ideas?
- 2 Which word do we use to show something different?
- 3 Which word answers the question *Why*?
- 4 Which word joins two possibilities?

- b Read the information in the Unlock the code box about conjunctions. Check your answers to exercise 2a.

#### UNLOCK THE CODE understanding conjunctions

- Understanding conjunctions in sentences, e.g. *and*, *but*, *because*, and *or*, helps you understand a text.
- We use:
  - and** with similar ideas
  - or** with two or more choices or possibilities
  - because** to say why something happens
  - but** to contrast two different pieces of information.

- 3a Match beginnings 1–4 to endings a–d. Use the conjunctions to help you.

- |                               |                         |
|-------------------------------|-------------------------|
| 1 I have lunch at one or      | a have breakfast.       |
| 2 I wake up and               | b it's difficult!       |
| 3 People eat because          | c they're hungry.       |
| 4 I try to wake up early, but | d two in the afternoon. |

- b 2.12 ))) Listen, check and repeat.

- 4a Complete each sentence with a different conjunction.

- 1 Some scientists say to eat small meals often, \_\_\_\_\_ others say it is important to eat only three meals a day.
- 2 Some scientists believe it's a bad idea to drink tea \_\_\_\_\_ coffee late in the evening.
- 3 I go to bed early \_\_\_\_\_ I wake up early.
- 4 There is no perfect time to wake up \_\_\_\_\_ people are different.

- b Work with a partner. Discuss the sentences in exercise 4a.

- 5a Read the article and answer questions 1–5.

- 1 What can happen if we sleep or eat at the wrong time?
- 2 Is there a perfect time to sleep? Why/Why not?
- 3 When is the best time to sleep? Why is this often difficult to do?
- 4 When is the best time to eat?
- 5 '*... if you listen to your own body clock, you can live a healthier life.*' What does this mean?

- b Work in small groups. Do you agree with the ideas in the article?

## Know your body clock

Many of us get enough sleep and food, but still feel tired and hungry during the day. Perhaps this is because we sleep or eat at the wrong times.

There is no perfect time to sleep because everyone's body clock is different, but sleep expert Dr Michael Howell says the best sleep is six hours at night and two hours in the afternoon. The best time to have your afternoon sleep is six hours after you wake up, but this is not possible for most people because they are at work.

It is also useful to think about what time you eat. It is important to eat breakfast two hours after you wake up and dinner three hours before you go to sleep.

Perhaps the most important thing to remember is that if you listen to your own body clock, you can live a healthier life.



## Vocabulary & Speaking verb + preposition

6a Complete the two sentences with prepositions.

1 It is also useful to think \_\_\_\_\_ what time you eat.

2 ... if you listen \_\_\_\_\_ your own body clock, you can live a healthier life.

b Check your answers in the article in exercise 5a.

c Read the information in the Vocabulary focus box about verbs and prepositions.

### VOCABULARY FOCUS verb + preposition

- Some verbs have a preposition, e.g. *with, for, about, to*, after them. These verbs need an object after the preposition.  
*I **listen to** music every day.*  
*He never **agrees with** her.*  
*Are you **looking for** your keys?*
- We don't use a preposition when there is no object.  
*Wait!* NOT *Wait for!*  
*Listen!* NOT *Listen to!*

7a Work with a partner. Match beginnings 1–8 to answers a–h to make eight short conversations.

- I watch the news on TV every morning.
  - It's a good idea.
  - Do you pay for tea and coffee at work?
  - Do people often wait for buses and trains in your city?
  - I'd like to talk to you before the meeting tomorrow.
  - Do we have a reply from them?
  - It's not nice to laugh at other people.
  - Do students often ask for a discount?
- No, they want more time to think about it.
  - I listen to it on the radio.
  - OK, are you free after lunch?
  - I agree with you.
  - No, they're free, but we buy sandwiches at lunchtime.
  - I know, my grandmother always says that!
  - Yes, but they need to show their student card.
  - No, not often. They're usually on time.

b 2.13 ))) Listen and check your answers.

c Work with a partner. Take turns to practise the conversations.

8a Work with a partner. Complete sentences 1–8 with a verb and preposition phrase from the box. Change the form of the verb if necessary.

agree with   ask for   laugh at   listen to   pay for  
~~talk to~~   think about   wait for

- Tarik talks to his family on the phone every day.
- Kristofer never \_\_\_\_\_ funny films. He doesn't enjoy them.
- My sister never \_\_\_\_\_ people who are late.
- I usually \_\_\_\_\_ my friends but we sometimes have different ideas.
- Gregorja \_\_\_\_\_ pop and classical music.
- When he's alone, he \_\_\_\_\_ his friends and family.
- We always \_\_\_\_\_ our shopping in cash.
- Intira always \_\_\_\_\_ help when she doesn't understand something in class.

b 2.14 ))) Listen and check your answers.

9a **TASK** Make the sentences in exercise 8a true for you. Give more information by using conjunctions.

*I don't talk to my family on the phone every day, but I talk to them every week.*

b Compare your sentences with a partner. Tell the class two things that are similar and two things that are different.

*We both talk to our families on the phone every day.*

### the International

