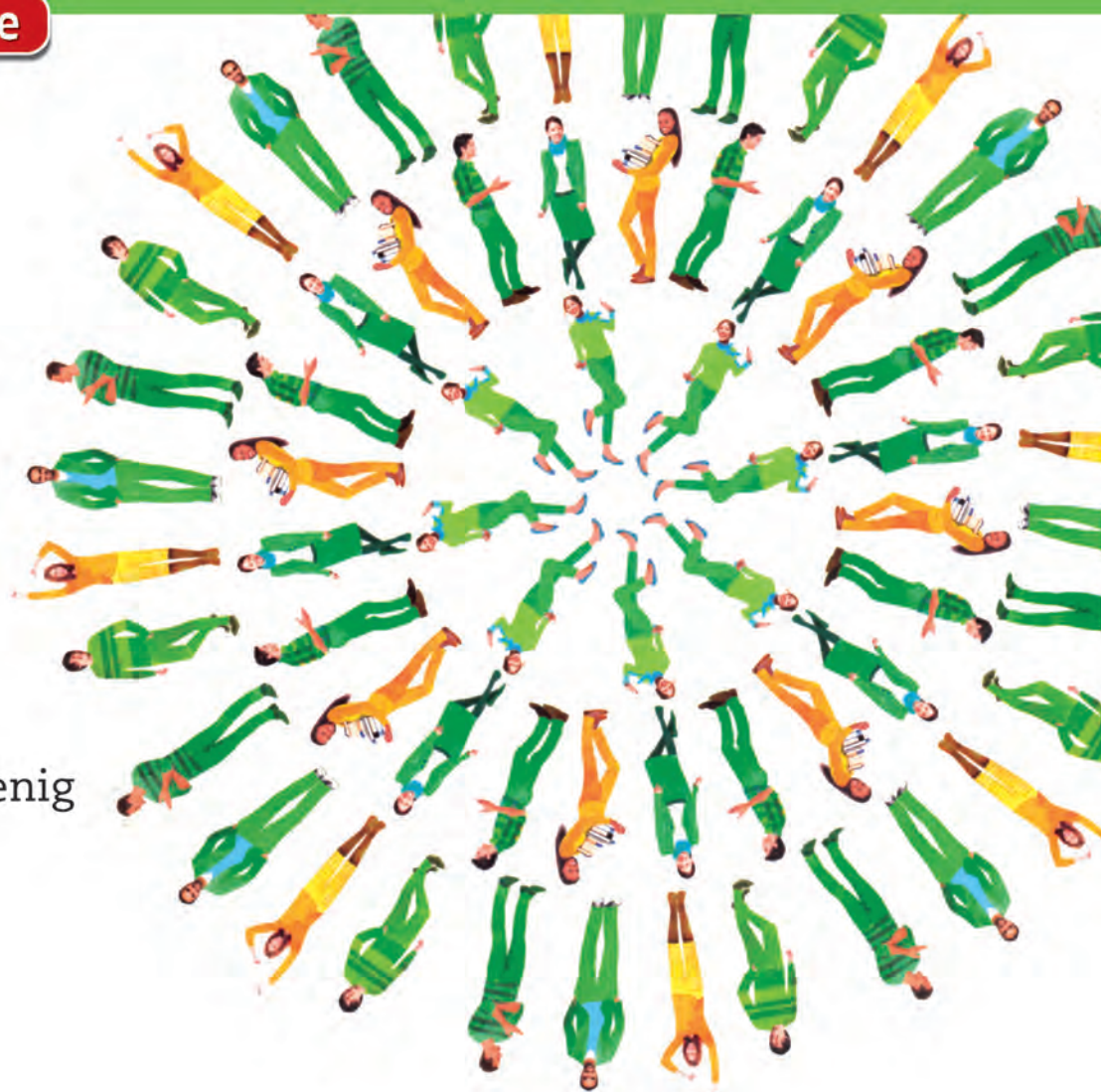




SECOND EDITION

# American ENGLISH FILE

Online Practice



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OXFORD

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G simple present and continuous, action and nonaction verbs

V food and cooking

P vowel sounds

# 1A Mood food

Do you drink  
a lot of coffee?

Yes,  
trying to  
right now.



## 1 VOCABULARY food and cooking

a Take the quiz in pairs.

### FOOD QUIZ

Can you think of...?

**ONE** red fruit, **ONE** yellow fruit, **ONE** green fruit

**TWO** kinds of food that some people are allergic to

**THREE** kinds of food that come from milk

**FOUR** vegetables that you can put in a salad

**FIVE** containers that you can buy food in

**SIX** things that people sometimes have for breakfast

b ➤ p.152 Vocabulary Bank Food and cooking.

c 1 4))) Listen to these common adjectives to describe food. Do you know what they mean? Then say one kind of food that we often use with each adjective.

canned fresh frozen low-fat raw spicy take-out









## 3 LISTENING & SPEAKING

### FOOD & EATING

- 1 Is there any food or drink that you couldn't live without? How often do you eat / drink it?
- 2 Do you ever have
  - a ready-made food?
  - b take-out food? What kind?
- 3 What's your favorite
  - a fruit?
  - b vegetable?
 Are there any that you really don't like?
- 4 When you eat out do you usually order meat, fish, or vegetarian?
- 5 What food do you usually eat
  - a when you're feeling a little down?
  - b before playing sports or exercising?
  - c before you have an exam or some important work to do?

## 2 PRONUNCIATION vowel sounds

a Look at the eight sound pictures. What are the words and sounds?

1 	squid chicken spicy grilled	5 	sausage roast chocolate box
2 	beef steamed beans breakfast	6 	pork fork boiled pour
3 	grapes salmon lamb cabbage	7 	cook sugar pudding food
4 	margarine carton jar warm	8 	spoon zucchini fruit duck

b Look at the words in each list. Cross out the word that doesn't have the sound in the sound picture.

c 1 5))) Listen and check.

d ➤ p.166 Sound Bank. Look at the typical spellings of the sounds in a.

a 1 6))) Listen to five people talking. Each person is answering one of the questions in Food & Eating above. Match each speaker with a question.

- |                                      |                                    |
|--------------------------------------|------------------------------------|
| <input type="checkbox"/> 4 Speaker A | <input type="checkbox"/> Speaker D |
| <input type="checkbox"/> Speaker B   | <input type="checkbox"/> Speaker E |
| <input type="checkbox"/> Speaker C   |                                    |

b Listen again and make notes about their answers. Compare with a partner.

c Ask and answer the questions with a partner. What do you have in common?





#### 4 READING

- a Are the foods in the list **carbohydrates** or **proteins**? With a partner, think of four more kinds of food for each category.

cake chicken pasta salmon

- b With a partner, answer the questions below with either **carbohydrates** or **proteins**.

What kind of food do you think it is better to eat...?

- for lunch if you have an important exam or meeting
  - for breakfast
  - for your evening meal
  - if you are feeling stressed
- c Look at the title of the article. What do you think it means? Read the article once to find out, and to check your answers to **b**.
- d Read the article again. Then with a partner, say in your own words why the following people are mentioned. Give as much information as you can.

- 1 Dr. Paul Clayton
- 2 people on diets
- 3 schoolchildren
- 4 Paul and Terry
- 5 Swiss researchers

- e Find adjectives in the article for the verbs and nouns in the list. What's the difference between the two adjectives made from *stress*?

stress (noun) (x2) relax (verb) wake (verb)  
sleep (verb) power (noun) benefit (noun)

- f Ask and answer the questions with a partner.

- 1 What time of day do you usually eat protein and carbohydrates? How do they make you feel?
- 2 How often do you eat chocolate? Does it make you feel happier?
- 3 After reading the article, is there anything you would change about your eating habits?



**We live in a stressful world, and daily life can sometimes make us feel tired, stressed, or depressed. Some people go to the doctor for help, others try alternative therapies, but the place to find a cure could be somewhere completely different: in the kitchen.**

**D**r. Paul Clayton, a food expert from Middlesex University, says "The brain is affected by what you eat and drink, just like every other part of your body. Certain types of food contain substances that affect how you think and feel."

For example, food that is high in carbohydrates can make us feel more relaxed. It also makes us feel happy. Research has shown that people on diets often begin to feel a little depressed after two weeks because they are eating fewer carbohydrates.

On the other hand, food that is rich in protein makes us feel awake and focused. Research has shown that schoolchildren who eat a high-protein breakfast often do better at school than children whose breakfast is lower in protein. Also, eating the right kind of meal at lunchtime can make a difference if you have an exam in the afternoon or a business meeting where you need to make some quick decisions. In an experiment for a TV show, two chess players, both former champions, had different meals before playing each other. Paul had a plate of prosciutto and salad (full of protein from the red meat), and his opponent Terry had pasta with a creamy sauce (full of carbohydrates). In the chess match Terry felt sleepy and took much longer than Paul to make decisions about what moves to make. The experiment was repeated several times with the same result.

Another powerful mood food could become a replacement for some medications doctors prescribe for stress. In a study, Swiss researchers discovered that eating one dark chocolate candy bar (about 1.4 ounces) had beneficial effects on highly stressed people. Not only did eating the dark chocolate help reduce stress, it was also shown to improve mood and reduce high blood pressure.

Why does chocolate make people less stressed? First, it causes the body to reduce the level of the stress hormone cortisol. Second, it reduces the "fight or flight" hormone—a hormone that makes people want to start a fight or run away when they are very stressed. In addition, it contains other compounds that lower blood pressure and improve your mood. These three things, along with its delicious taste, make chocolate a powerful mood changer.

#### **Mood food – what the experts say**

- Blueberries and cocoa can raise concentration levels for up to five hours.
- Food that is high in protein helps your brain to work more efficiently.
- For relaxation and to sleep better, eat carbohydrates.
- Dark green vegetables (e.g., cabbage and spinach) and oily fish (e.g., salmon) eaten regularly can help to fight depression.





## 5 LISTENING & SPEAKING

- a Ask and answer the questions with a partner.

### RESTAURANTS

- 1 How often do you eat out?
- 2 What's your favorite...?
  - a kind of food (Chinese, Italian, etc.)
  - b restaurant dish
- 3 How important are these things to you in a restaurant? Number them 1–4 (1 = the most important).
  - ☐ the food
  - ☐ the service
  - ☐ the atmosphere
  - ☐ the price
- 4 Have you ever tried English food? What did you think of it?

- b **17**) Read the text about Steve Anderson. Then listen to **Part 1** of an interview with him, and number the photos in the order he mentions them.
- c Listen again. Why does he mention each thing?
- d **18**) Now listen to **Part 2** and answer the questions.
- 1 What does he say is the best and worst thing about running a restaurant?
  - 2 What's the main difference between British and Spanish customers?
  - 3 What kinds of customers does he find difficult?
  - 4 How does he think eating habits in Spain are changing?
- e What about you? Answer the questions with a partner.
- 1 What was your favorite food when you were a child?
  - 2 Is there anything that you like / don't like cooking?
  - 3 In your country, when people eat out would they usually tell the chef what they really think about the food?
  - 4 Do you know anyone who is a "difficult customer" in restaurants?

A



**STEVE ANDERSON** has always had a passion for food. He was first taught to cook by his mother, who is half Burmese. After studying physics in college, he got a summer job helping with a cooking course in Italy, where he met several famous chefs. One of them, Alastair Little, later hired him as a trainee chef. Two years later, he moved to Valencia in Spain and opened a restaurant, *Seu Xerea*, now one of the most popular restaurants in town.







B

## 6 GRAMMAR

simple present and continuous, action and nonaction

- a 19)) Listen again to some of the things Steve said. Circle the form of the verb he uses.

- 1 This week for example, *I cook* / *I'm cooking* nearly every day. We *usually close* / *are usually closing* on Sundays and Mondays, but this Monday is a public holiday.
- 2 The British always *say* / *are saying* that everything is lovely.
- 3 Actually, I think *I prefer* / *I am preferring* that honesty, because it helps us to know what people like.
- 4 Unfortunately, I think *they get* / *they're getting* worse. People *eat* / *are eating* more unhealthily.

- b With a partner, say why you think he has chosen each form.

- c ➤ p.132 Grammar Bank 1A. Learn more about the simple present and the present continuous, and practice them.

- d Make questions to ask your partner with the simple present or continuous. Ask for more information.

### On a typical day

- What / usually have for breakfast?
- / drink soda? How many glasses / drink a day?
- Where / usually have lunch?
- What / usually have for lunch during the week?
- / ever cook? What / make?
- / prefer eating at home or eating out?

### Right now / nowadays

- / need to buy any food today?
- / want anything to eat right now? What?
- / take vitamins or food supplements right now?
- / try to cut down on anything right now?
- / the diet in your country / get better or worse?



C



D



E



F

## 7 SPEAKING

### WHAT DO YOU THINK?

- 1 Men are better cooks than women.
- 2 Both boys and girls should learn to cook at school.
- 3 Cheap restaurants usually serve bad food.
- 4 On a night out with friends, where and what you eat isn't important.
- 5 Not all fast food is unhealthy.
- 6 Every country thinks that their cuisine is the best in the world.

- a 113)) Listen to two people discussing sentence 1. Who do you agree with more, the man or the woman? Why?

- b 114)) Listen to the phrases in the Useful language box. Copy the intonation.

### Useful language: Giving your opinion (1)

- |                |                       |                  |
|----------------|-----------------------|------------------|
| I agree.       | I'm not sure.         | For example,...  |
| I don't agree. | (I think) it depends. | In my opinion... |

- c In small groups, say what you think about sentences 2–6. Try to use the Useful language phrases.



**G** future forms: present continuous, going to, will / won't  
**V** family, adjectives of personality  
**P** sentence stress, word stress, adjective endings

Are you seeing  
your grandparents  
this weekend?

No, I'm g  
stay ho  
probably :  
next weekend.

# 1B Family life

## 1 VOCABULARY & SPEAKING

### family

- a Look at some photos showing family members. What's happening in each one? What do you think the relationship is between the people?
- b With a partner, explain the difference between each pair.
- 1 a father and a parent
  - 2 a mother and a stepmother
  - 3 a brother and a brother-in-law
  - 4 a grandfather and a great-grandfather
  - 5 a nephew and a niece
  - 6 a child and an only child
  - 7 your immediate family and your extended family
- c Read *Changing—for the better* and try to guess what the missing percentages are. Choose from the list.
- 11% 43% 60% 67% 75%**
- d 1 15)) Listen and check. Do any of the statistics surprise you? Which ones do you think would be very different if the survey was taken in your country?
- e Work in small groups. Say what you think and give reasons.

### Do you think that...?

- families should have a meal together every day
- children should leave home as soon as they can afford to
- parents and their teenaged children should spend a lot of time together
- parents should be friends with their children on social networking sites, e.g., Twitter
- elderly parents should live with their children when they are too old to live alone



### Useful language:

#### Giving your opinion (2)

We often use *should* + verb to say what we think is the right thing or a good thing (to do), e.g.,  
*I think families **should have** dinner together every day because...*

*I don't think parents **should be** friends with their children on Twitter because...*



## Changing – for the better?

**F**amily life is changing in the US, but not in the way we might think. The results of several different US surveys expected to find that family relationships were suffering because of the decline in traditional family structures.

However, some of the results were very surprising...

**32%**

of young  
adults under  
25 and

**10%**

of adults 30-34  
still live at home  
with their parents.

**143%**

of families eat together every day.

**33%**

say they have the TV on during  
dinner.

**50%**

think a new baby in  
the family brings more  
happiness.





## 2 GRAMMAR future forms

- a 1 16)) Listen to three dialogues between different family members: talking to who (e.g., brother to sister)? What are they talking about?
- b Listen again and match two sentences with each dialogue (1–3).
- |  |   |
|--|---|
| A <input type="checkbox"/> I'll make you a cup of tea.         | D <input type="checkbox"/> I'm staying overnight there.   |
| B <input type="checkbox"/> You'll drive too fast.              | E <input type="checkbox"/> I'll drive really slowly.      |
| C <input type="checkbox"/> I'm not going to go to college yet. | F <input type="checkbox"/> It's going to be cold tonight. |
- c With a partner, decide which sentence (A–F) is...
- |  |                                       |                                   |
|--|---------------------------------------|-----------------------------------|
| <input type="checkbox"/> a plan or intention | <input type="checkbox"/> a prediction | <input type="checkbox"/> an offer |
| <input type="checkbox"/> an arrangement      | <input type="checkbox"/> a promise    |                                   |
- d ➤ p.133 Grammar Bank 1B. Learn more about future forms, and practice them.

## 3 PRONUNCIATION sentence stress



### Sentence stress

An important aspect of speaking English is stressing the words in a sentence that carry the information, and not stressing the other ones. This will help you to communicate better and to speak with good rhythm.

- a 1 21)) Listen to the rhythm in these three dialogues.
- A Are you **coming home** for **dinner tonight**?  
B **No**. I'm **going out** with my **friends**.
  - A **What** are you **going to do** in the **summer**?  
B We're **going to rent** a **house** with my **sister** and her **husband**.
  - A Do you **think** they'll **have children soon**?  
B I **don't think** so. **Not** for a **few years** anyway.
- b Practice them with a partner. Copy the rhythm.
- c Ask and answer the questions below. Give as much information as possible.

### ARE YOU...?

- having dinner with your family tonight
- or is anyone in your family getting married soon
- doing something with a family member this week
- visiting a relative this weekend

### ARE YOU GOING TO...?

- have a new nephew or niece soon
- have a big family get-together soon
- go on vacation with your family this year
- buy a present for a member of your family this month

### DO YOU THINK...?

- the number of people getting divorced will go up or down in the future
- the birthrate will go up or down in your country
- anyone in your family will live to be 90 or more
- you will move away from (or back to) the area where your family lives

## 4 1 22)) SONG Our House 🎵

49%

of adults are happy and enjoy their lives without a lot of stress.

2

of adults are not happy and have a lot of stress or worry in their lives.

3

of teens feel close to their family.

4

of teens want to spend more time with their parents.

5

of parents stay connected with their children on social networks.

40%

of parents worry about what their kids post on social networks.

17%

of elderly women live with a relative such as a daughter, daughter-in-law, or grandchild.



## 5 READING

- Which do you think has more advantages, being an only child, or having brothers and sisters? Why?
- Work in pairs. A read *The Younger Brother*, B read *The Only Child*.
- Tell your partner about 1 and 2 below. Whose childhood sounds happier?
  - other family members who are mentioned
  - how the writer's experience as a child affects him / her now

- Look at the **highlighted** words in the two texts. Try to figure out their meaning from the context. Then match them with definitions 1–12.

- \_\_\_\_\_ *adj* ill
- \_\_\_\_\_ *it's no surprise that*
- \_\_\_\_\_ *noun* competition between two people
- \_\_\_\_\_ *noun* the time when you were a child
- \_\_\_\_\_ *noun* a meeting of people, e.g., family
- \_\_\_\_\_ *noun* people who are fully grown
- \_\_\_\_\_ *adj* knowing about or being conscious of something
- \_\_\_\_\_ *noun* a school where children can live during the year
- \_\_\_\_\_ *verb* think that somebody or something is important
- \_\_\_\_\_ *verb* divided something between two or more people
- \_\_\_\_\_ *verb* try to hurt somebody else
- \_\_\_\_\_ *noun* a group of friends

### **each other**

When brothers and sisters get older they value **each other** more.

Use **each other** to talk about an action between two people or groups of people, e.g., *I don't get along very well with my father. We don't understand **each other**.*

- Talk to a partner. Do you have brothers and sisters, or are you an only child? Do you feel positive or negative about it?

## Younger brother or only child HOW WAS IT FOR YOU?

### THE YOUNGER BROTHER NOVELIST TIM LOTT

**Rivalry** between brothers is normal, but there was a special reason for the tension between us. I was very ill when I was born, and spent three months in the hospital with my mother. My brother did not see her at all during that time because he went to stay with an aunt. When our mother returned home, it was with a **sick** newborn baby who took all the attention. **No wonder** he hated me (although if you ask Jeff, he will say that he didn't – we remember things differently).

My brother and I were completely different. We **shared** the same bedroom, but he was neat, and I was really messy. He was responsible; I was rebellious. He was sensible; I was emotional. I don't have any positive memories of our **childhood** together, though there must have been good moments. Jeff says we used to play "Cowboys and Indians," but I only remember him trying to suffocate me under the bedcovers.

My relationship with Jeff has influenced my attitude toward my own four daughters. If the girls **fight**, I always think that the younger child is innocent. But the good news about brothers and sisters is that when they get older, they **value** each other more. Jeff is now one of my best friends, and I like and admire him greatly. For better or for worse, we share a whole history. It is the longest relationship in my life.

*Adapted from The Times*



### THE ONLY CHILD JOURNALIST SARAH LEE

I went to **boarding school** when I was seven, and the hardest thing I found was making friends. Because I was an only child, I just didn't know how to do it. The thing is that when you're an only child, you spend a lot of your time with **adults**, and you're often the only child in **a gathering** of adults. Your parents go on living more or less the way they have always lived, only now you are there, too.

I found being an only child interesting because it gave me a view of the world of adults that children in a big family might not get. And I know it has, at least partly, made me the kind of person I am – I never like being one of a group, for example. If I have to be in a group, I will always try to go off and do something on my own, or be with just one other person – I'm not comfortable with being one of **a gang**.

My parents are divorced now and my mother lives in the US and my father in the UK. I feel very responsible for them – I feel responsible for their happiness. I'm the closest relative in the world to each of them, and I am very **aware of** that.

*Adapted from The Guardian*





## 6 VOCABULARY

adjectives of personality

- a Without looking back at *The Younger Brother* text, can you remember who was *neat*, *responsible*, and *sensible* and who was *messy*, *rebellious*, and *emotional*? Do you know what the adjectives mean? Would you use any of them to describe yourself?
- b ➤ p.153 Vocabulary Bank *Personality*.
- c Write down the first three adjectives of personality that come into your head. Don't show them to your partner. Now go to ➤ **Communication** *Personality* p.104.

## 7 PRONUNCIATION

word stress, adjective endings

- a 1 26)) Underline the stressed syllable in these multisyllable adjectives. Listen and check.

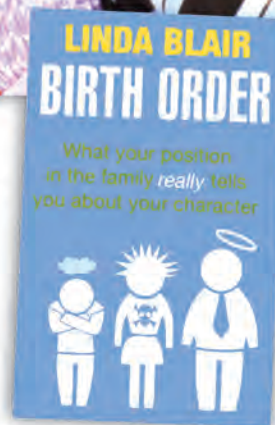
- 1 jea|lous an|xious am|bi|tious  
ge|ne|rous re|bell|ious
- 2 so|cia|ble re|li|a|ble
- 3 re|spon|si|ble sen|si|ble
- 4 com|pe|ti|tive tal|ka|tive  
a|ggre|ssi|ve sen|si|tive
- 5 un|friend|ly in|se|cure  
im|pa|tient i|mma|ture

- b Listen again and answer the questions.

- 1 Is **-ous** pronounced /aus/ or /əs/?
- 2 Is **-able** pronounced /əbl/ or /eɪbl/?
- 3 Is **-ible** pronounced /əbl/ or /ɪbl/?
- 4 Is **-ive** pronounced /əv/ or /ɪv/?
- 5 Are **-ous** / **-able** / **-ible** / **-ive** stressed?
- 6 Are **un-** / **in-** / **im-** stressed?



## 8 LISTENING & SPEAKING



- a What's your position in the family? Are you the oldest child, a middle child, the youngest child, or an only child?
- b 1 27)) Look at the cover of Linda Blair's book. Now listen to a journalist talking about it on a radio program. Complete the chart by writing four more adjectives of personality in each column.

Oldest children	Middle children	Youngest children	Only children
sensible	relaxed	outgoing	self-confident

- c Compare with a partner. Then listen to the four sections one by one. Check your answers. What reasons or examples does the journalist give?
- d Look at the completed chart above. In pairs, say...

...if you think it is true for **you** – and if not, why not?

...if you think it is true for **other people** you know (your brothers and sisters, friends, etc.)

## 9 WRITING

- p.113 Writing *A description of a person*. Write a description of a friend you know well.



# Practical English Meeting the parents

EPISODE 1


## 1 VIDEO INTRODUCTION

- a Look at the photos. Describe Jenny and Rob.




- b 1 28)) Watch or listen to Jenny and Rob talking. Fill in the blanks.

Jenny Zielinski and Rob Walker work for a <sup>1</sup> \_\_\_\_\_ called *New York24seven*. She's American, and he's <sup>2</sup> \_\_\_\_\_. Rob came to New York a few <sup>3</sup> \_\_\_\_\_ ago. He had met Jenny when she went to <sup>4</sup> \_\_\_\_\_ on a work trip. They got along very well, and he was offered a job for a month in <sup>5</sup> \_\_\_\_\_. Later he was offered a <sup>6</sup> \_\_\_\_\_ job. Jenny helped Rob <sup>7</sup> \_\_\_\_\_ an apartment, and they are enjoying life in the US, although Rob misses his friends and <sup>8</sup> \_\_\_\_\_.


**American and British English**
  
*apartment* = American English
   
*flat* = British English

## 2 VIDEO REACTING TO WHAT PEOPLE SAY

- a 1 29)) Watch or listen to Jenny introducing Rob to her parents. What bad news does Rob have for Jenny? What good news does Jenny have for her parents?


**American and British English**
  
*mom* = American English
   
*mum* = British English

- b Watch or listen again and mark the sentences T (true) or F (false). Correct the F sentences.

- 1 Rob left the chocolates at the office.
- 2 Rob's desk is usually very neat.
- 3 It's the second time that Rob has met Jenny's parents.
- 4 Sally has prepared a big dinner.
- 5 Jenny's new job is managing director.
- 6 Jenny is going to be Rob's manager.





c 1 30)) Look at some extracts from the conversation. Can you remember any of the missing words? Watch or listen and check.

- 1 Jenny Don't forget the chocolates.  
Rob OK. Oh, \_\_\_\_\_!  
Jenny I don't \_\_\_\_\_ it. Don't tell me you forgot them?  
Rob I think they're still on my desk.  
Jenny \_\_\_\_\_ kidding.
- 2 Jenny Mom, I'm really sorry – we bought you some chocolates, but we left them at the office.  
Sally What a \_\_\_\_\_ mind.
- 3 Jenny But I also have some good news.  
Sally \_\_\_\_\_? What's that?
- 4 Sally So you've got a promotion? \_\_\_\_\_  
fantastic!  
Harry That's great \_\_\_\_\_!
- 5 Sally Let's go and have dinner.  
Jenny What a \_\_\_\_\_ idea!

d 1 31)) Watch or listen and repeat the phrases in the chart below. Copy the rhythm and intonation.


#### REACTING TO WHAT PEOPLE SAY

##### What you say when you hear...

something surprising	You're kidding. I don't believe it.
something interesting	Really?
some good news	How fantastic! That's great news! What a great idea!
some bad news	Oh, no! What a pity. Never mind.

○ **How + adjective, What + noun**  
We often use *How* + adjective or *What* + noun to respond to what people say.  
*How interesting! How awful! How amazing!*  
*What a pity! What a good idea! What terrible news!*

e Practice the dialogues in c with a partner.

f  **Communication** *How awful! How fantastic!* A p.104 B p.109.

### 3 VIDEO HARRY FINDS OUT MORE ABOUT



a 1 32)) Watch or listen to the after-dinner conversation. Does the evening end well or badly?

b Watch or listen again and answer the questions.

- 1 What school did Jenny go to?
- 2 Is Harry impressed by Rob's job? Why (not)?
- 3 What does Harry like doing in his free time?
- 4 Who are most of the photos in the dining room of?
- 5 Who are Miles Davis, John Coltrane, and Wynton Marsalis?
- 6 What surprises Harry about Rob?

c Look at the **Social English phrases**. Can you remember any of the missing words?

#### Social English phrases

Harry How do you \_\_\_\_\_ your career?  
Rob Not \_\_\_\_\_. I'm more of a writer.  
Rob Oh, you know, interviews, reviews, \_\_\_\_\_ like that...  
Rob I \_\_\_\_\_, I like photography.  
Harry That's \_\_\_\_\_ most of them are of Jenny.  
Harry How \_\_\_\_\_!  
Rob Well, he's a really nice \_\_\_\_\_.  
Harry Go \_\_\_\_\_, son!

d 1 33)) Watch or listen and complete the phrases.

e Watch or listen again and repeat the phrases. How do you say them in your language?



#### Can you...?

- ☐ react to good news, bad news, unexpected news, and interesting news
- ☐ introduce yourself and other people
- ☐ use phrases that give you time to think, e.g., *you know, I mean*, etc.





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