



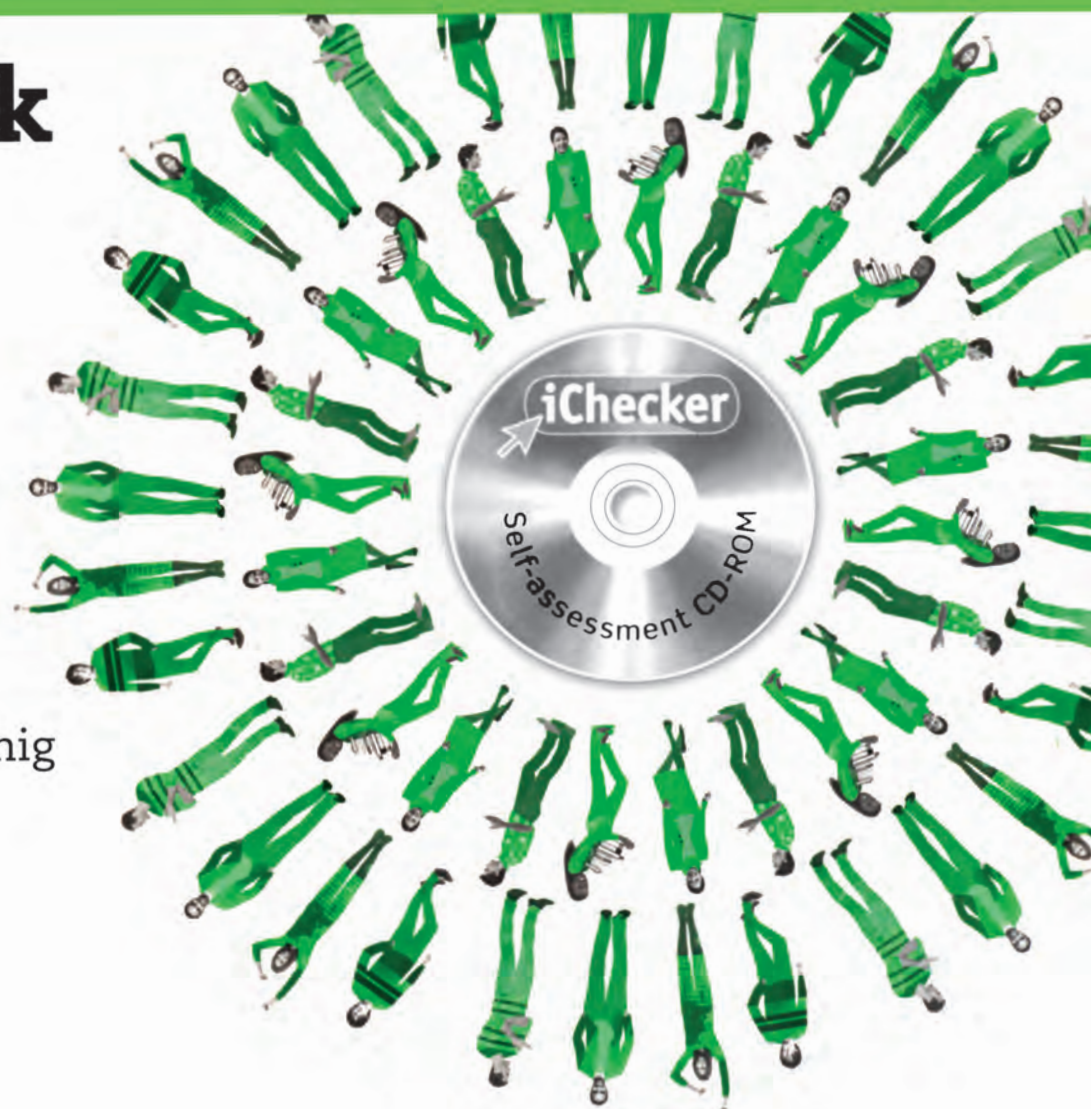
SECOND EDITION

American ENGLISH FILE

Workbook

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OXFORD



Contents

1

- 4 **A** Mood food
- 7 **B** Family life
- 10 **PRACTICAL ENGLISH** *Meeting the parents*

2

- 11 **A** Spend or save?
- 14 **B** Changing lives

3

- 17 **A** Race across Florida
- 20 **B** Stereotypes – or are they?
- 23 **PRACTICAL ENGLISH** *A difficult celebrity*

4

- 24 **A** Failure and success
- 27 **B** Modern manners?

5

- 30 **A** Sports superstitions
- 33 **B** Love at Exit 19
- 36 **PRACTICAL ENGLISH** *Old friends*

6

- 37 **A** Shot on location
- 40 **B** Judging by appearances

7

- 43 **A** Extraordinary school for boys
- 46 **B** Ideal home
- 49 **PRACTICAL ENGLISH** *Boys' night out*

8

- 50 **A** Sell and tell
- 53 **B** What's the right job for you?

9

- 56 **A** Lucky encounters
- 59 **B** Too much information!
- 62 **PRACTICAL ENGLISH** *Unexpected events*

10

- 63 **A** Modern icons
- 66 **B** Two crime stories
- 69 **LISTENING**

STUDY LINK **iChecker** SELF-ASSESSMENT CD-ROM

Powerful listening and interactive assessment CD-ROM

Your iChecker disc on the inside back cover of this Workbook includes:

- **AUDIO** - Download ALL of the audio files for the Listening and Pronunciation activities in this Workbook for on-the-go listening practice.
- **FILE TESTS** - Check your progress by taking a self-assessment test after you complete each File.

Audio: When you see this symbol , go to the iChecker disc in the back of this Workbook. Load the disc in your computer.



Type your name and press "ENTER."



Choose "AUDIO BANK."



Click on the exercise for the File. Then use the media player to listen.

You can transfer the audio to a mobile device from the "audio" folder on the disc.



File test: At the end of every File, there is a test. To do the test, load the iChecker and select "Tests." Select the test for the File you have just finished.



Dictation: At the end of every File, there is a dictation exercise. To do the dictation, select "Dictations" from the "File" menu.

1A Mood food

1 VOCABULARY food and cooking

a **Circle** the word that is different. Explain why.

1 **beans** grapes peach raspberry

The others are all fruit.

2 beef pork lamb salmon

The others are all _____.

3 beet cabbage pear pepper

The others are all _____.

4 eggplant lemon mango melon

The others are all _____.

5 crab mussels beef shrimp

The others are all _____.

6 cabbage cherry zucchini cucumber

The others are all _____.

b Complete the crossword.

Clues down ↓



Clues across →



c Complete the sentences with the words in the box.

canned fresh frozen low-fat raw spicy take-out

1 Canned tomatoes usually last for about two years.

2 I don't feel like cooking. Let's get _____ for dinner.

3 Are there any _____ peas in the freezer?

4 I'm don't really like _____ fish, so I never eat sushi.

5 Hannah's on a diet, so she bought some _____ yogurt to have for dessert.









6 They eat a lot of _____ food in Mexico.

7 We buy _____ bread from the bakery every morning.

2 PRONUNCIATION vowel sounds

a Write the words in the chart.

beef carton chicken chocolate cook crab
soup jar mango peach raw salt
sausage squid sugar tuna

1  fish	2  tree	3  cat	4  car
	beef		
5  clock	6  saw	7  bull	8  boot

b **iChecker** Listen and check. Then listen again and repeat the words.

Pronouncing difficult words

c Write the words.

- /bɔɪld/ boiled
- /ˈkæbɪdʒ/
- /ˈspɑːsi/
- /rəʊstɪd/
- /greɪps/
- /frʊt/
- /beɪkt/
- /ˈmelən/
- /zuˈkɪni/

d **iChecker** Listen and check. Then listen again and repeat the words.

3 GRAMMAR simple present / continuous action and nonaction verbs

a Are the **highlighted** phrases right (✓) or wrong (X)?
Correct the wrong phrases.

- Does **your girlfriend like** seafood? ☒
- Lucy's in the kitchen. **She makes** a cup of coffee. ☒
She's making
- Are you eating out** every weekend? ☐
- I don't know** what to cook for dinner. ☐
- Are you thinking** the fish is cooked now? ☐
- We're having** lunch with my parents every Sunday. ☐
- My mother's in the yard. **She's mowing** the lawn. ☐
- I'm not wanting** any potatoes with my fish, thanks. ☐
- Do you prefer** steamed rice to fried rice? ☐
- Jack's on the phone. **He orders** some pizzas. ☐

b Complete the sentences with the simple present or continuous form of the verbs in parentheses.

- Our neighbors grow all of their own vegetables. (grow)
- My mother usually cooks on the weekend. (not cook)
- Do you want to come for lunch on Sunday?
We are having roast chicken. (have)
- We are watching tonight because there's a soccer game on TV. (not go out)
- Are you celebrating your birthday with your family? (spend)
- That restaurant serves delicious mussels at lunchtime. (serve)
- How often do you eat out in a typical week? (eat out)
- I don't have an appetizer because I'm not hungry. (not have)
- We don't buy often steak. (not buy)
- My boyfriend's on a diet so he doesn't eat on fried food. (cut down)

4 READING

- a Read the article once and put the headings in the correct place.

- A Can I eat apples?
B How can I prevent serious illnesses?
C How should I start the day?
D Do I really need to eat five a day?

The truth about healthy eating

Food experts are always telling us what we should and shouldn't eat, but they often give us different advice. Our food writer, Teresa Gold, has taken a look at all the information to figure out what is fact and what is **fiction**.

1 C

A typical American breakfast of fried eggs, bacon, toast, pancakes, and orange juice will certainly stop you from feeling hungry, but it's high in calories, which means that you'll gain weight if you eat it regularly. A healthier option is to have just an egg. Boil it instead of frying it, and eat it with a piece of toast made with whole-wheat bread. Breakfast cereals are very high in sugar, so if you feel like cereal, have granola – with no added sugar. You can also get your first vitamins of the day by drinking a glass of **freshly squeezed** orange juice.

2 _____

Fruits and vegetables contain the vitamins and minerals we need to stay healthy. But five is actually a fictional number thought up by an American nutritionist. She looked at what the average person ate and doubled it. According to more recent research, the right number is actually eight. The research shows that people who have eight pieces of fruit and vegetables a day are much less likely to suffer from heart **disease** than those who eat three.

3 _____

This particular fruit has had some bad publicity because dentists say it can **harm** our teeth. While it's true that apples do contain a little sugar, they are also a source of fiber. Nutritionists say that we need about 18 grams of fiber a day, and a medium apple – **peel** included – contains about 3 grams. Some varieties contain more fiber than others, so you should choose carefully.

4 _____

The key to good health is a balanced diet that contains fats and carbohydrates as well as proteins, vitamins, and minerals. Fats may be high in calories, but they also contain vitamins. According to the World Cancer Research Fund, you should only have about 500 grams of red meat per week – a steak is about 100 grams. One type of food on its own won't kill or **cure** you, but eating the right amount of the right food will stop you from getting sick.

- b Read the article again. Mark the sentences T (true) or F (false).

- 1 A typical American breakfast every morning isn't good. —
- 2 The best breakfast is any type of cereal. —
- 3 An American nutritionist carefully calculated the amount of fruits and vegetables we should eat. —
- 4 We should eat more than five servings of fruits and vegetables per day. —
- 5 Apples contain a lot of sugar. —
- 6 All apples have the same amount of fiber. —
- 7 Fats can be good for us. —
- 8 You can eat as much red meat as you want to. —

- c Look at the **highlighted** words and phrases. What do you think they mean? Use your dictionary to look up their meaning and pronunciation.

5 LISTENING

- a **Checker** Listen to a radio call-in program about the article in exercise 4. Check (✓) the caller(s) who completely agree with it.

- | | | | |
|---------|--------------------------|---------|--------------------------|
| A Kevin | <input type="checkbox"/> | C Derek | <input type="checkbox"/> |
| B Kate | <input type="checkbox"/> | D Rosie | <input type="checkbox"/> |

- b Listen again and answer the questions.

Which caller...?

- 1 thinks that some fruits and vegetables are unhealthy —
- 2 says that most children prefer fast food —
- 3 eats very little fruit —
- 4 is very healthy because he/she eats a lot of fruits and vegetables —

- c Listen again with the audioscript on p. 69.

USEFUL WORDS AND PHRASES

Learn these words and phrases.

- carbohydrates /kɑr'baʊ'haidreɪts/
protein /'prəʊtɪn/
awake /ə'weɪk/
oily /'ɔɪli/
powerful /'paʊəfʊl/
relaxed /rɪ'læksɪd/
sleepy /'slipi/
stressful /'stresfʊl/
beneficial /benə'fɪʃl/
ready-made food /'redi meɪd 'fud/

1B Family life

1 GRAMMAR future forms

a Complete the sentences with the correct form of the verbs or phrases on the right.

- | | |
|--|---|
| 1 My brother hates his job. <i>He's going to look for</i> a new one. | he / look for (an intention) |
| 2 Don't worry about the drinks. _____ for them. | I / pay (an offer) |
| 3 _____ some more coffee. | I / make (an offer) |
| 4 Do you think _____ before you're 30? | you / get married (a prediction) |
| 5 _____ to my cousin's wedding. We'll be on vacation. | we / not go (an arrangement) |
| 6 A Are you ready to order? | |
| B Yes, _____ the steak. | I / have (an instant decision) |
| 7 _____ 21 on my next birthday. | I / be (a fact) |
| 8 _____ for dinner tonight. You paid last time. | we / pay (an offer) |
| 9 I'm going to the mall. _____ long. | I / not be (a promise) |
| 10 _____ a party for my grandmother's 80th birthday tomorrow. | we / have (an arrangement) |

b Complete the dialogues with the correct future form of the verbs in parentheses.



- 1 A *Are you going away* this weekend? (go away)
 B No, we _____ here. Why? (stay)
 A We _____ a barbecue. Would you like to come? (have)



- 2 A I'm too tired to cook. I _____ some Chinese take-out food tonight. (order)
 B Good idea. I _____ the restaurant. What do you want for an appetizer? (call)
 A I _____ the spring rolls, please. (have)



- 3 A What time _____ you _____ in the morning? (leave)
 B I _____ the six o'clock train. (take)
 A I _____ you a ride to the train station. (give)



- 4 A What _____ you _____ tonight? (do)
 B I _____ the new James Bond movie. Do you want to come? (see)
 A No, thanks. I've already seen it. You _____ it! (love)




- 5 A I _____ you with the dishes. (help)
 B OK. I _____ and you can dry. But please be careful with the glasses. (wash)
 A Don't worry. I _____ anything! (not break)

2 each other

Rewrite the sentences with *each other*.

- 1 My brother's shouting at my sister and she's shouting at him.
My brother and sister are shouting at each other.
- 2 Rob doesn't know Alex and Alex doesn't know Rob.
Rob and Alex _____.
- 3 I'm not speaking to my sister and she isn't speaking to me.
My sister and I _____.
- 4 I don't understand you and you don't understand me.
We _____.
- 5 The coach respects the players and they respect him.
The coach and the players _____.

3 PRONUNCIATION sentence stress

a  **Checker** Listen and complete the sentences.

- 1 When are you going to book your vacation?
- 2 I'm _____ going to _____ the _____ yet.
- 3 I'm going to _____.
- 4 _____ are you _____?
- 5 I'm _____ some _____.
- 6 I'm _____ my _____.
- 7 _____ will you _____ your test _____?
- 8 I _____ get them _____.
- 9 I'll _____ them on _____.

b Listen again and repeat. Copy the rhythm.

4 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 on _____ ch _____.
- 4 Your brother's daughter is your n _____.
- 5 Your father's sister is your a _____.
- 6 Your spouse, children, parents, and brothers and sisters are your im _____ f _____.
- 7 Your father's new wife is your s _____.
- 8 Your wife's or husband's father is your f _____ -i _____ -l _____.
- 9 Your aunts, uncles and cousins are your ex _____ f _____.
- 10 Your brother's or sister's son is your n _____.

b Match the comments with the adjectives in the box.

aggressive ambitious indepen
jealous reliable self-confident seisi
sensible spoiled stubborn

- 1 "When I want something, my parents always give it to me."
spoiled
- 2 "I don't like my boyfriend talking to other women."

- 3 "I'm always there when my friends need my help."

- 4 "Those are my pens and you can't borrow them."

- 5 "I'm going to go to bed early so I can sleep well before my test tomorrow."

- 6 "I'll hit you if you do that again!"

- 7 "I feel very comfortable when I'm speaking in public."

- 8 "I'd like to be the manager of a big multinational company."

- 9 "That's what I think and I'm not going to change my mind."

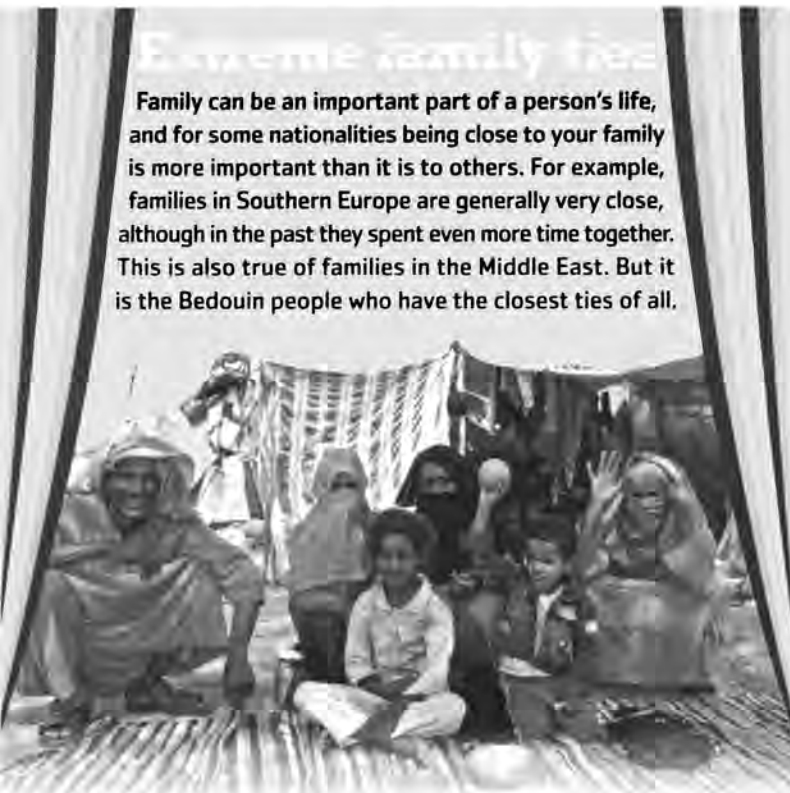
- 10 "I'd prefer to do this on my own, thanks."

c Write the opposite adjectives. Use a negative prefix if necessary.

- | | |
|-------------|--------------|
| 1 generous | <u>cheap</u> |
| 2 kind | _____ |
| 3 lazy | _____ |
| 4 mature | _____ |
| 5 organized | _____ |
| 6 sensitive | _____ |
| 7 talkative | _____ |
| 8 clean | _____ |

5 READING

- a Read the article once. Why do the Bedouins prefer to live together in a big family group?



Extreme family ties

Family can be an important part of a person's life, and for some nationalities being close to your family is more important than it is to others. For example, families in Southern Europe are generally very close, although in the past they spent even more time together. This is also true of families in the Middle East. But it is the Bedouin people who have the closest ties of all.

Traditional Bedouin families live in large tents about half the size of a basketball court. The tents are divided into two sections: the first is for receiving guests in true Bedouin style – they have the reputation of being the world's most generous **hosts**. Visitors are always served a big meal as soon as they arrive. The second part of the tent is the family's shared kitchen, living room, dining room, and bedroom. They don't have tables and chairs, as the whole family sits on the floor to eat. And instead of beds, everybody sleeps on **mattresses**, which are piled into a corner of the room during the day.

Several generations usually share the tent. The head of the family is the mother, and she is the one who gives the orders. Her husband and her children live with her, even when the children are married and have their own children. The sons and sons-in-law look after the animals, while the daughters and daughters-in-law clean the tent, cook the meals, and take care of the younger grandchildren. The older ones are left to run around outside. There may often be as many as 30 people under the same roof.

The few young people who have left the family to live in the city visit their mothers nearly every day. It can be quite a surprise to see a **shiny** new Mercedes **pull up** outside one of the tents and watch a well-dressed man get out to greet his relatives.

Bedouin people do not like to be separated from their families and there is a very good reason why. If they are poor, sick, old, or unemployed, it is the family that **supports** them. Elderly people are never **left alone**, and problems are always shared. Children who work in the city are often responsible for their families financially. In this way, Bedouin families aren't just close; they are a lifeline.

- b Read the article again. Choose the correct a according to the information given.

- In the past, most families in Southern Europe and the Middle East were...
a smaller. **(b) closer.** c richer.
- There isn't much ... in a Bedouin tent.
a furniture b light c space
- Bedouin ... spend most of the day inside.
a men b women c children
- Young Bedouins who live in the city...
a hardly ever go home.
b don't earn much money.
c don't lose touch with their families.
- Members of a Bedouin family help each other to...
a survive. b get a job. c choose clothes.

- c Look at the **highlighted** words and phrases. What do you think they mean? Use your dictionary to look up their meaning and pronunciation.

6 LISTENING

- a **iChecker** Listen to a couple, Terry and Jane, talking about going to live with the in-laws. What do they decide at the end of the conversation?
- b Listen again and mark the sentences T (true) or F (false).
- Terry and Jane are both very tired. **T**
 - Terry is more optimistic about the future than Jane. **—**
 - Terry's parents have suggested the family move in with them. **—**
 - Terry says that if they all lived together, his parents would babysit. **—**
 - Jane thinks that the new plan would mean less housework for her. **—**
 - Jane worries that the grandparents would spoil the children. **—**
- c Listen again with the audioscript on p. 69.

USEFUL WORDS AND PHRASES

Learn these words and phrases.

boarding school	sick /sɪk/
/'bɔːdɪŋ skul/	value /'vælju/
childhood /'tʃaɪldhʊd/	fight /faɪt/
gang /gæŋ/	aware of /ə'weɪ əv/
gathering /'gæðərɪŋ/	no wonder /nəʊ 'wʌndər/
rivalry /'raɪvəlri/	

Practical English Meeting the parents

1 REACTING TO WHAT PEOPLE SAY

Complete the dialogues.

- 1 Ben** Oh, ¹ no! I don't ² b_____ it!
Charlotte What's wrong!
Ben I didn't tell my mom that you don't eat meat.
Charlotte You're ³ k_____.
Ben No, I'm not. Never ⁴ m_____. I'll tell her now.
 Mom! Charlotte's a vegetarian.
Mom ⁵ R_____.
Charlotte Yes, but it isn't a problem.
Mom What a ⁶ p_____. I made a meat lasagna. But there's plenty of salad.
Charlotte That's fine. Thanks, Mrs. Lord.
- 2 Steve** We have something to tell you. We found a house that we like.
Jill ⁷ H_____ fantastic!
Steve And it isn't too expensive.
Jill That's great ⁸ n_____. Could I see it some time?
Steve ⁹ W_____ a great idea! I'll call and make an appointment.

2 SOCIAL ENGLISH

Complete the dialogues with the phrases in the box.

a really nice guy Go ahead How do you see I mean
 How incredible Not really That's because things like that

- 1 A** What did you think of my dad?
B He's a really nice guy.
- 2 A** _____ your future?
B I think we'll be very happy together.
- 3 A** I hear you speak Spanish. Are you bilingual?
B _____. But I can speak it well.
- 4 A** I'm sorry. I'm not very hungry.
B _____ you ate too much for lunch!
- 5 A** You know, I think we went to the same school.
B _____.
- 6 A** Can I have another piece of chicken, please?
B _____. There's more in the kitchen.
- 7 A** What kind of books do you read?
B Biographies, history books, _____.
- 8 A** You wouldn't want to go to the concert with us.
B Yes, I would! _____, I love classical music.

3 READING

a Read the text and answer the questions.

In which place...?

- 1 can you see a celebrity Café Carlyle
 2 do musicians come to hear other musicians perform _____
 3 can you hear international styles of jazz _____
 4 can you see what's happening online _____
 5 should you buy a ticket before you go _____
 6 does the music finish very late _____

Jazz in New York

New York is famous for its jazz, and for music fans no trip to the city is complete without a visit to one of the many jazz venues. Here are four of the many places you can go to hear jazz being performed.



Barbès

Barbès is a bar and performance venue in the Park Slope neighborhood of Brooklyn. Come here to listen to musical styles from all over the world, such as Mexican, Lebanese, Romanian, and Venezuelan along with traditional American styles. Usually \$10 to get in.

55 Bar

Located in Greenwich Village, this small club, which started in 1919, has a very interesting history. Come to hear jazz guitarists play, and expect to see lots of serious jazz fans and music students from local colleges and music schools. Usually \$10–20.

Smalls

This club was created in 1994, but has already become very famous in New York because well-known players such as Norah Jones began their careers here. The club closed in 2002, but opened again in 2004, with a more comfortable room and a website that features live streaming video of all performances. It opens from 4 p.m. to 4 a.m. \$20 to get in.

Café Carlyle

Come to the first floor of the famous Carlyle Hotel to visit the Café Carlyle. It's particularly worth going on Monday nights – not only will you hear jazz from the Eddy Davis New Orleans Jazz Band, but you will also hear the famous movie director Woody Allen play with them. As well as being a director, Woody Allen is also a jazz musician. Sets at 8:45. The venue holds only 90 and is often sold out, so it's a good idea to book ahead. But it isn't cheap – tickets start at \$100.

b Underline five words or phrases you don't know. Use your dictionary to look up their meaning and pronunciation.



American ENGLISH FILE

SECOND EDITION

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B2
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