

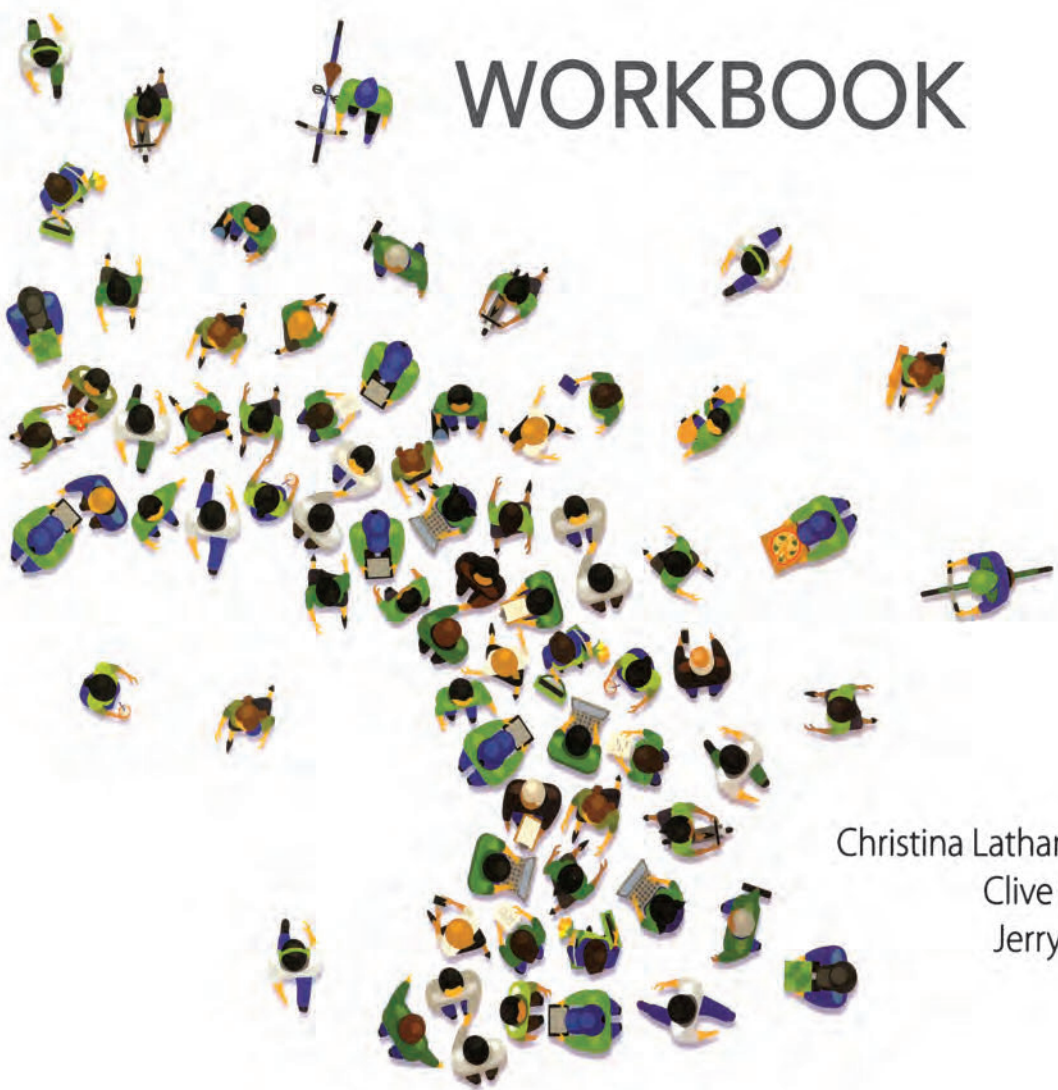
OXFC

American English File

Third Edition

3

WORKBOOK



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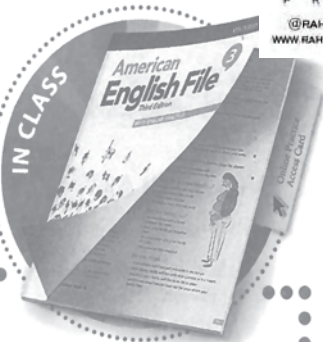
How to use your Workbook and Online Practice

American English File

Third Edition

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ACTIVITIES AUDIO VIDEO RESOURCES



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Workbook

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

Practice 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 Book before you do the Workbook exercises.
 - Listen to the audio for the Pronunciation exercises.
 - Use the Sound Bank video to practice English sounds.
-
- ← Watch the Practical English video 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.
- Practice Reading, Listening, Speaking, and Writing.

G simple present and continuous, action and nonaction verbs **V** food and cooking **P** vowel sounds

1 VOCABULARY food and cooking

a Circle the word that is different.
Explain why.

 1 peach chicken raspberries pear
The others are all fruit.

 2 chicken lamb squid beef
The others are all _____.

 3 melon cherries peach cucumber
The others are all _____.

 4 green beans beets cabbage duck
The others are all _____.

 5 lemon salmon grapes cherries
The others are all _____.

 6 zucchini crab mussels shrimp
The others are all _____.

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

 avocado eggplant lobster mango
melon red pepper squid tuna

 1 a large sea fish that we eat
tuna

 2 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

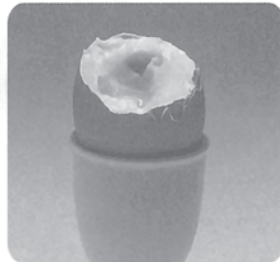
 5 a red vegetable that is empty inside

 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.

canned fresh frozen low-fat raw spicy

 1 We don't need canned 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 bought some _____ yogurt 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 good green tea when I go on vacation.
- 2 My favorite pizza t_____ are sausage and peppers.
- 3 I eat chocolate when I'm unhappy to ch_____ myself u_____.
- 4 We sometimes eat r_____ -m_____ food for dinner when we get home from work late.
- 5 I'm a_____ to peaches, so I never eat them.
- 6 Do you ever get t_____ -o_____ food from the Chinese restaurant on the corner?
- 7 I don't like tuna as a sandwich f_____.

2 PRONUNCIATION vowel sounds

a Write the words in the chart.

beef carton chicken chocolate cookie
crab fork jar mango lobster peach pork
squid sugar tuna zucchini

			
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 /'spɑɪsi/ _____
- 4 /'rəʊstɪd/ _____
- 5 /greɪps/ _____
- 6 /frʊt/ _____
- 7 /beɪkt/ _____
- 8 /'melən/ _____
- 9 /'tʃuːplænt/ _____

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

3 GRAMMAR simple present and continuous, action and nonaction verbs

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

- I sometimes feel _____ tired after lunch. (feel)
- We _____ usually _____ late on the weekend. (not get up)
- _____ you _____ the TV or can I turn it off? (watch)
- My boss _____ to work every morning. (walk)
- Can you call back later – I can't hear you. We _____ a party, and the music is very loud. (have)
- There's a man in our neighbors' yard. What _____ he _____? (do)
- How often _____ your teacher _____ you homework? (give)
- I _____ chocolate this month. I need to cut down on sweet things. (not eat)
- My mother _____ often _____ yoga. (not do)
- My friend has stopped eating snacks. He _____ to be healthier. (try)

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

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

c Complete the sentences using the correct a verb from the list.

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

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

d Write questions.

- what / you / do right now
What are you doing right now _____?
- where / you / usually do your homework
_____?
- why / you / study English
_____?
- you / think English is easy
_____?
- you / enjoy the classes right now
_____?
- 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 spoiled stubborn

- 1 "When I want something, my parents always give it to me."
spoiled
- 2 "I find it very hard to relax. Sometimes I lie awake at night for hours worrying about things."

- 3 "There aren't any cookies 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."

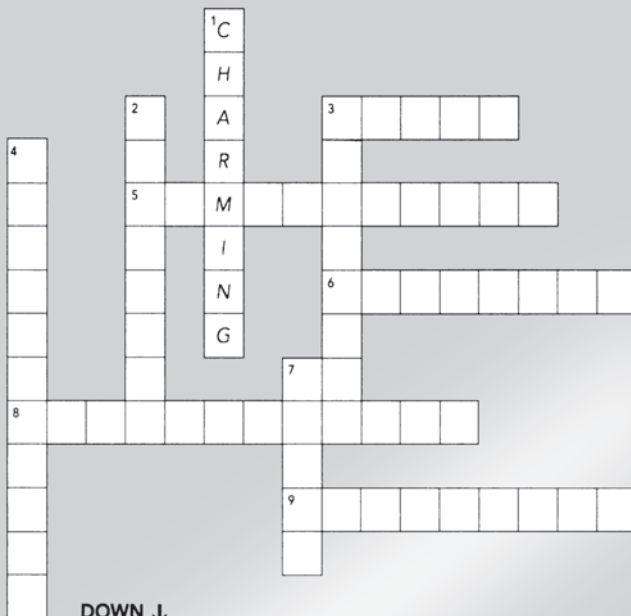
- 9 "I was a really difficult teenager. I didn't obey any rules at school or home."

- 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."

- c Read the sentences and complete the crossword with the missing adjectives.



DOWN ↓

- 1 Omar's attractive, friendly, and – everybody loves him!
- 2 Naomi's really . She loves going out, and she has a lot of friends.
- 3 My niece is very for her age – you'd never guess she was only 12.
- 4 Laura's very – she writes some wonderful stories.
- 7 Laila's so . She's always telling other people what to do.

ACROSS →

- 3 My boss is really . Sometimes he's fine, but other times he gets angry about the smallest thing.
- 5 It isn't fun playing tennis with my brother because he's so . He hates losing.
- 6 I'm lucky to have a friend like Paul because he's very . He's always there when I need his help.
- 8 My grandma's very . She loves us all very much, and she gives us lots of hugs and kisses.
- 9 It's very easy to make Sofia cry because she's very .

- d Write the opposite adjectives. Use a negative prefix.

- | | | | |
|---------------|----------------|---------------|-------|
| 1 clean | <u>unclean</u> | 8 organized | _____ |
| 2 honest | _____ | 9 responsible | _____ |
| 3 mature | _____ | 10 sociable | _____ |
| 4 reliable | _____ | 11 friendly | _____ |
| 5 sensitive | _____ | 12 kind | _____ |
| 6 ambitious | _____ | 13 patient | _____ |
| 7 imaginative | _____ | 14 selfish | _____ |

- e Complete the sentences with **sensitive**, or **sympathetic**.

- 1 Don't be so _____! I didn't mean to make you cry.
- 2 Be _____! There are only three three extra spaces in our car. We can't take the whole soccer team home!
- 3 Be _____! Her hamster died, and she's very upset!

2 GRAMMAR future forms

- a Complete the sentences with the correct form of the verbs or phrases in **bold**.

- 1 **he / look for** (an intention)
My brother hates his job.
He's going to look for a new one.
- 2 I / **pay** (an offer)
Don't worry about the drinks.
_____ for them.
- 3 I / **make** (an offer)
_____ some more coffee.
- 4 **you / get married** (a prediction)
Do you think _____ before you're 30?
- 5 **we / go** (an arrangement)
_____ on vacation tomorrow.
I can't wait!
- 6 I / **have** (an instant decision)
A Are you ready to order?
B Yes, _____ the steak.
- 7 I / **be** (a fact)
_____ 21 on my next birthday.
- 8 **we / meet** (an arrangement)
_____ your parents for a meal this weekend.
- 9 I / **not be** (a promise)
I'm going to Maria's house for dinner, but I _____ home late.
- 10 **it / break** (a prediction)
There are too many groceries in this bag.
I think _____.

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



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



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



- 3 A What time are you leaving this morning? (leave)
B I am the six o'clock train. (get)
A I am you a ride to the train station, then. (give)



- 4 A What are you doing tonight? (do)
B I am to the movies with some friends. (go)
A What movie are you seeing? (see)
B The new Star Wars movie.
A Oh, I've seen it. You love it! (love)



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

c Answer the questions. Use the correct future forms.

- 1 What are you going to do after the class?
First, I'm going to go shopping.
Then, I'm going to go home and make dinner.
- 2 What do you think the weather will be like tomorrow?
In the morning, it is.
In the afternoon, I think it is.
- 3 What are you doing this weekend?
I am.
- 4 What are your plans for next summer?
I am.

3 PRONUNCIATION sentence stress

a 1.3 Listen and complete the sentences.

- 1 When are you going to book your vacation?
2 I'm going to the.
3 I'm going to the.
4 are you going to?
5 I'm some.
6 I'm my.
7 She's her.
8 will you your?
9 I them.
10 I'll them on.

b 1.3 Listen again and repeat. Copy the rhythm.

reacting to what people say

1 REACTING TO WHAT PEOPLE SAY

- a Circle the correct answers. ONE or TWO answers may be correct.

- 1 A Kate's going to study abroad for a year!
B What a great idea! / Oh, no! / What a pity.
- 2 A I left my wallet at home again!
B How fantastic! / I don't believe it. / You're kidding.
- 3 A I didn't get the job.
B That's great news! / What a pity. / Never mind.
- 4 A We're getting married!
B How fantastic! / That's great news! / Oh, no!
- 5 A Dave bought a new car.
B Never mind. / Really? / What a pity.
- 6 A I lost my phone.
B Oh, no! / How fantastic! / That's great news!

- b Complete the chart with the correct phrases from a.

- 1 Reacting to something surprising
I don't believe it!
- 2 Reacting to something interesting
- 3 Reacting to some good news
- 4 Reacting to some bad news

2 HOW + ADJECTIVE, WHAT + NOUN

Complete the phrases with *How* or *What*.

- 1 How interesting!
- 2 _____ a good idea!
- 3 _____ terrible news!
- 4 _____ awful!
- 5 _____ amazing!
- 6 _____ a pity!

3 SOCIAL ENGLISH

Complete the conversations with the phrases from the list.

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

- 1 A What do you think of Isabel's new boyfriend?
B He's a really nice guy.
- 2 A _____ your life in ten years?
B I think I'll be married and have my own company.
- 3 A I hear you're an excellent swimmer. Would you like to be a professional?
B _____. I don't have enough time to train.
- 4 A I'm sorry. I'm not feeling hungry.
B _____ you ate too much for lunch!
- 5 A You know, I think we went to the same school.
B _____! What a coincidence!
- 6 A Can I have another piece of chicken, please?
B _____. There's more in the kitchen.
- 7 A What kinds of books do you read?
B Biographies, historical fiction, _____.
- 8 A Would you like to come to the concert with us?
B No, sorry. _____, I'd love to, but I'm busy.

Can you remember...? 1

1 GRAMMAR

Complete the sentences.

- Excuse me. The ticket office is closed. What time _____ it _____?
- Tony's in his room. He _____ his homework.
- Sorry, I _____ with you. I think you're wrong.
- _____ you _____ a suit to the wedding next Saturday?
- We _____ a barbecue on Friday. Would you like to come?
- Don't worry. I promise I _____ home late tonight.






2 VOCABULARY

Circle the word that is different.

- crab duck lobster squid
- beef chicken lamb salmon
- stepsister niece nephew half-sister
- aunt uncle cousin mother
- affectionate bossy honest patient
- charming moody selfish stubborn

3 PRONUNCIATION

Circle the word with a different sound.

 fish	1 grilled siblings reliable squid
 tree	2 beef great niece steamed
 cat	3 anxious family imaginative mature
 car	4 carton charming father jar
 horse	5 four organized pork spoiled

4 GRAMMAR & VOCABULARY

Read the article. Circle a, b, or c.

CHANGING EATING HABITS

Eating habits ¹ _____ healthier, according to the results of a government survey. The study ² _____ the food bought by the average family over the last 40 years. One of the greatest differences is the type of milk that people are drinking. Today, many ³ _____ buy skimmed milk rather than full-fat milk for their families. This is probably because of campaigns to help people ⁴ _____ the amount of fat they eat. Another type of food that contains less fat and is very popular today is oven French fries. These are French fries that are ⁵ _____ in the oven without adding fat. It ⁶ _____ that people today are also more adventurous in what they eat. Instead of frozen fish, they're now buying more fresh seafood, such as shrimp and ⁷ _____. As for meat, people are eating less ⁸ _____ and lamb, and more chicken and ground beef. Italian food is extremely popular today and ⁹ _____ pasta is available in supermarkets, as well as the cheaper dried version. In general, nutritionists are happy with the results of the survey and hope that people ¹⁰ _____ eating healthily in the future.

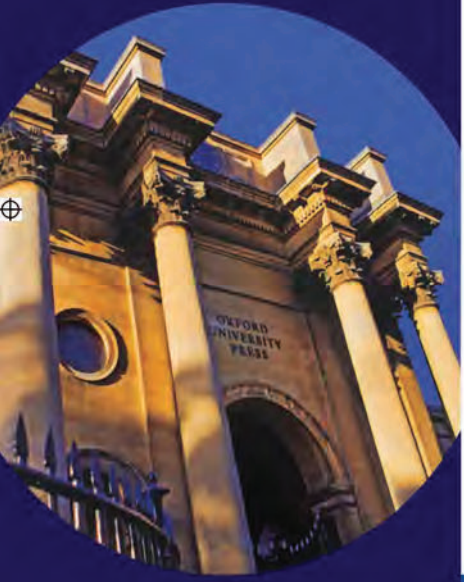


- | | | |
|------------------|-----------------|-----------------|
| 1 a are becoming | b become | c is becoming |
| 2 a compare | b is comparing | c compares |
| 3 a nephews | b parents | c siblings |
| 4 a cut down on | b cut down | c eat out |
| 5 a baked | b boiled | c steamed |
| 6 a is seeming | b seem | c seems |
| 7 a cherries | b grapes | c mussels |
| 8 a lobster | b peach | c pork |
| 9 a fresh | b grilled | c raw |
| 10 a continues | b is continuing | c will continue |

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