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NEW

Total English

PRE-INTERMEDIATE

Workbook with Key



AUDIO CD



Antonia Clare and JJ Wilson
with Will Moreton

ALWAYS LEARNING

PEARSON

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Vocabulary | everyday actions

1 Match a verb from A with a word or phrase from B.

A	B
1 read	a a bus
2 listen	b to bed late
3 get up	c on the phone
4 stay	d early
5 go	e your emails
6 chat	f nothing
7 watch	g in bed late
8 check	h to the radio
9 do	i TV
10 take	j a magazine

2 Complete the sentences with the missing verbs.

- 1 She _____ her emails when she gets to work in the morning.
- 2 We _____ in on Saturday nights – we don't like going clubbing.
- 3 I normally _____ the train at 9.00 a.m.
- 4 Do you ever _____ a lie-in on Saturday morning?
- 5 I _____ for a swim on Saturdays.
- 6 I like to _____ a nap after lunch.
- 7 What newspaper does he _____ ?
- 8 They usually _____ their friends over for dinner on Friday evenings.
- 9 He _____ to the radio in the car on the way to work.
- 10 I always _____ the shopping on the way home from work.

Reading

3 a Read the text quickly and match the headings in the box to the correct time of day.

Eat your dinner Stretch
Think about a problem Visit the dentist

A time for everything ...

What is the right time of day for your body to do everything?

Noon _____

Your brain works best at around midday. It's a good time to talk to your boss about a problem or do a difficult crossword.

2 p.m. _____

Do you hate going to the dentist? Make an appointment in the early afternoon. You don't feel pain so badly at this time of day.

5 p.m. _____

Are you very hungry when you finish work? This is because food tastes better in the early evening. Eating late is a bad idea. After midnight it is more difficult for our bodies to process fat, and this can give you heart problems.

8 p.m. _____

The best time to do exercise is around 8 p.m. At this time our body temperature is at its maximum, so our muscles are warmer.

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

- 1 Your brain works best in the middle of the day.
- 2 The best time to do a crossword is early morning.
- 3 It's a good idea to go to the dentist between 1 and 3 p.m.
- 4 Food tastes good in the early evening. This makes you hungry.
- 5 The best time to eat dinner is just before you go to bed.
- 6 It is good to do exercise in the evening because your muscles are warm.



lar | likes and dislikes

4 a Complete the texts with words from the boxes.

hate keen like love stand

Andreas (26)
Germany

'I can't stand doing nothing. I really (1) _____ holidays where people lie on the beach all day – I can't understand it. I absolutely (2) _____ doing exercise so I get up early every day and run for ten kilometres before breakfast. I'm not very (3) _____ on team sports like football. When I go on holiday, I do water-sports like surfing and sailing. I quite (4) _____ walking and cycling too!'



like love mind quite stand

Seung Ah (24)
South Korea

'I absolutely (5) _____ eating good food. Cooking is very important in my culture. Usually my mother and my grandmother do all the cooking. They don't (6) _____ doing this but sometimes I (7) _____ helping them too. I can't (8) _____ fast food, especially hamburgers, but I do (9) _____ like Italian food, like pizza!'



b  **2** Listen and check your answers.

5 Complete the sentences with one word from the box.

absolutely can't keen (x2) like
mind really

I absolutely love playing tennis.

- 1 I'm not very on watching TV because there are so many bad programmes.
- 2 She doesn't going to the cinema if it is an action film. It can be fun!
- 3 I'm quite on sports in general but especially football.
- 4 He stand boxing – he hates to watch people hit each other.
- 5 I like reading, especially novels.
- 6 I quite going to the theatre but it's very expensive.

6 Put the words in the correct order to make sentences.

- 1 love going museums to they absolutely.
- 2 he works having the radio doesn't he mind on while.
- 3 like early getting she doesn't up.
- 4 eating out at I like weekends.
- 5 we like together working quite.
- 6 quite she's keen gymnastics on.
- 7 not we're very on dancing keen.
- 8 really sports hates she.
- 9 can't I playing stand chess.

Vocabulary | going out

7 Complete the sentences with *go*, *go to* or *go on*. You may need to change the form of the verb.

I don't like going to musicals.

- 1 I usually _____ clubbing on Saturday night with my friends.
- 2 I absolutely love _____ the theatre.
- 3 I never _____ concerts. I prefer listening to music at home.
- 4 You don't _____ bowling very often, do you?
- 5 I sometimes _____ ice skating at the weekend.
- 6 My mother always _____ a guided tour of the cities she visits on holiday.
- 7 Whenever a new Brad Pitt film comes out I _____ the cinema to see it.
- 8 My brother works in a museum so I _____ the exhibitions for free.

Listening

1 a 3 Cover the audioscript. Listen and make notes in the table.

	Sleep weekdays (hours)	Sleep weekend (hours)	Insomnia (yes/no)	Alarm clock (yes/no)
Liz				
Paul				

b Answer the questions.

- Who is always tired?
_____.
- Who likes to stay in bed late on Sundays?
_____.
- Who has problems sleeping when they are worried?
_____.
- What happens to Liz when she drinks a lot of coffee?
_____.
- Why does Liz use two alarm clocks?
_____.
- When does Paul use an alarm clock?
_____.

AUDIOSCRIPT

Interviewer: So, how many hours do you sleep, Liz?

Liz: Not enough. I usually sleep about six hours on weekdays. That's why I'm always tired.

Interviewer: And you, Paul?

Paul: I get seven or eight hours sleep on weekdays. It depends what time I go to bed.

Interviewer: What about weekends?

Liz: Oh, I get more sleep at weekends – about ten hours. Sometimes I don't get up until lunchtime!

Paul: Really? I can't stay in bed that long. I usually sleep a bit less at weekends, about an hour less. Sometimes I try to stay in bed but then I just get up and start doing things in the house.

Interviewer: Did you know that ten percent of the population suffer from insomnia – when you can't fall asleep. Do you ever get that?

Paul: Yeah, sometimes. When I'm worried about work.

Interviewer: And you, Liz?

Liz: No. I don't usually have any problems falling asleep. Very occasionally, I can't sleep if I've drunk too much coffee.

Paul: Yes, drinking coffee is a bad idea.

Interviewer: And do you use an alarm clock to wake up in the morning?

Liz: Absolutely. Yes. I can't wake up without an alarm clock. In fact, I have two because I turn the first alarm clock off, and fall asleep again.

Paul: I don't need an alarm clock usually. Sometimes I use one if I have to get up very early, to catch an aeroplane or something.

Vocabulary | describing your day and lifestyle

2 a Match the words (1–8) with their definitions (a–h).

- boring
 - busy
 - fun
 - exciting
 - lazy
 - relaxing
 - stressful
 - unusual
- lots of time to do nothing
 - something which makes you feel calm
 - not interesting
 - occupied with lots of things to do
 - strange or different
 - enjoyable
 - interesting and stimulating
 - something which makes you worry a lot

b Complete the sentences with the correct adjective from exercise 2a.

I think maths is really boring. I fell asleep in class last week.

- My job is really _____. I have so many things to worry about.
- He's a(n) _____ person. He acts in such a strange way.
- I like _____ hobbies like painting and listening to classical music.
- He has a really _____ lifestyle because he's not working at the moment.
- The new Harry Potter film is so _____ - it's got lots of action.
- He's very _____ - he's got a lot of work at the moment.
- I love playing cards with friends. It's great _____.

Grammar | Present Simple; adverbs of frequency

- 3** Complete the sentences using the correct form of the verbs in brackets.



Sylvie studies (study) French at university. She

- (1) _____ (not know) what she wants to do when she (2) _____ (finish) her degree. Sylvie (3) _____ (live) at home with her family.



Max (4) _____ (work) in the city. He (5) _____ (have) a new sports car, and a big house. He (6) _____ (enjoy) going out and spending lots of money. He (7) _____ (not smoke) and he (8) _____ (do) a lot of exercise in the gym.



Albert (9) _____ (not work). He's 75 years old. He usually (10) _____ (spend) his time at home. He (11) _____ (watch) TV and (12) _____ (read) the newspaper. Sometimes he (13) _____ (go) for a walk or (14) _____ (do) some shopping. He (15) _____ (not cook), so his daughter (16) _____ (bring) him food to eat.

- 4** Write the questions for these answers.

A: *Where do you live?*

B: I live in Madrid.

1 A: _____?

B: I have breakfast at about 10 o'clock on Saturdays.

2 A: _____?

B: They work outside London.

3 A: _____?

B: She goes to the gym once a week.

4 A: _____?

B: On Friday night I often go out.

5 A: _____?

B: No, they never go clubbing.

- 5** Put the words in the correct order to make sentences.

1 to books take my I ever forget to hardly college.

2 in school the is never late for morning Jake.

3 see Pablo after and Juan we often the game.

4 drink the coffee do you always in mornings?

5 visit in my we sometimes grandmother France.

Pronunciation | do/does

- 6 a**  4 Listen and write the questions you hear.

1 A: _____?

Your answer: _____.

2 A: _____?

Your answer: _____.

3 A: _____?

Your answer: _____.

4 A: _____?

Your answer: _____.

5 A: _____?

Your answer: _____.

6 A: _____?

Your answer: _____.

- b** Now write answers that are true for you on the lines under the questions.

c Listen again. Underline the stressed form of *do/does/don't* or *doesn't* in the questions. Practise saying the questions and the answers.

Grammar | Present Continuous: now and around now

- 1** Answer the questions about each picture. Write sentences.



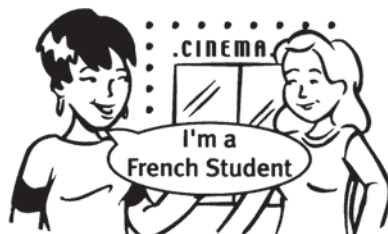
Does he teach? Yes, he does.
Is he teaching now? No, he isn't.
What is he doing? He's painting his house.



- 1 Does he manage a bank? _____
Is he working now? _____
What is he doing? _____



- 2 Do they play guitar? _____
Are they playing guitar now? _____
What are they doing? _____



- 3 Does she study French? _____
Is she studying French now? _____
What is she doing? _____

- 2** Write answers to the questions that are true for you. Write complete sentences.

What are you doing at the moment?

I'm studying English at the moment.

- 1 Are you watching TV now?

- 2 What time do you start English class?

- 3 Are you learning another language?

- 4 Do you study English every day?

- 5 Are you looking for a job at the moment?

- 6 Do you play football on Saturdays?

- 7 Do you like Indian food?

- 3** Complete the email by choosing the correct form of the verb.

From: Jo

To: Gloria

1 Hello Gloria

How are things in Canada? I hope you are well. Here everything (1) *changes/is changing*. Juan and I got married, and

5 we (2) *start/are starting* a new business too. It's very exciting! We (3) *open/are opening* an Indian restaurant in the city centre called Juan's. Everyone

(4) *loves/is loving* Indian food but there

10 are no restaurants here at the moment. We are opening next month, so we

(5) *are/are being* really busy looking for staff. (6) *It's/It's being* very difficult to find good waiters. What about you?

15 (7) *Are you working/Do you work* hard at the moment? Write and tell me. Hope to hear from you soon.

Take care,
Paola

Vocabulary | time phrases

- 4 Complete the sentences with the correct prepositions.



Mina

She gets up at 11 o'clock every day.

- 1 _____ the afternoon she watches TV.
- 2 _____ about 8 p.m. she has a pizza at home.
- 3 _____ Saturdays she stays at home chatting on the phone.



Dan

- 4 _____ the summer, he goes to the beach to meet people.
- 5 He always goes out with friends _____ the evenings.
- 6 _____ weekends, he goes to parties or out to the cinema.



Sofia

- 7 _____ the mornings she reads the newspaper.
- 8 _____ Mondays she always goes to a museum.
- 9 _____ lunchtime she likes going to art galleries.

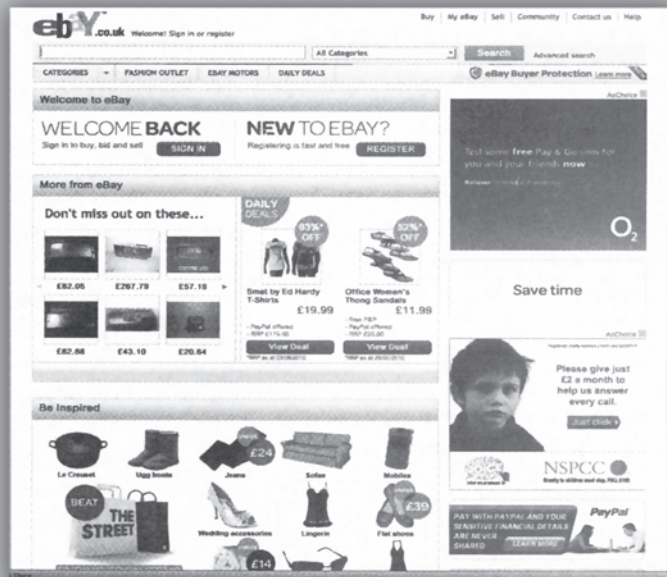
Reading

- 5 Read the text. Mark the sentences true (T) or false (F).

eBay is an Internet webpage where people buy and sell almost anything at any time of day or night. Millions of people all round the world use eBay to find telephones and clothes, computers and cars.

How does it work? Imagine you want to buy a camera on eBay. You enter the keyword 'camera' and the type of camera you want. When you see the camera you like, you click on it to see a picture. If you decide you want to buy the camera you enter the amount of money you want to pay. This is called a bid. If your bid is the highest one, you get the camera. There is also a 'Buy it Now' price. If you pay the Buy it Now price, there are no more bids and you get the camera. The person who sells the camera sends it directly to you.

If it is easy to buy things on eBay, it is easy to sell things too. Lots of people sell their old computer when they get a new one. When children grow and their clothes are too small for them, parents often sell the clothes on eBay. In fact, you can sell anything you want. Some people even open their own 'eBay shop' where they sell lots of different things. The best thing about eBay? You don't have to be a computer expert to use it.



- 1 On eBay you can shop 24 hours a day.
- 2 If you pay the 'Buy it Now' price other people can continue making bids.
- 3 Selling on eBay is complicated.
- 4 Parents often sell their children's clothes on eBay.
- 5 It is possible to open your own eBay shop.
- 6 You need to be an expert to use eBay.

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CEFR	
A1	Beginner
A2	Elementary
B1	Pre-intermediate
B1+	Intermediate
B2	Upper intermediate
C1	Advanced

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