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Jack C. Richards & Chuck Sandy

Passages

Third Edition

Workbook **2**



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RELATIONSHIPS

LESSON A ► *The best of friends*

1 GRAMMAR

Read this paragraph from a blog post about friendship. Find the phrasal verbs and write them in the correct columns in the chart.

I have a lot of friends, but my best friend is Anna. She is one of those great friends you come by only once in a while. Anna knows how to cheer me up when I'm feeling bad, and she brings out the best in me when I'm feeling happy. Whenever I run into a problem, she always has great advice, and she usually helps me solve it. She never puts me down when I do something silly or embarrassing. I guess the thing I like best about Anna is that I can open up to her and talk about anything, like bad grades in school or family problems. I would never turn her down if she needed my help. I would stand up for her in just about any situation. I really hope that we don't drift apart in the future. I don't think I could do without her friendship!



Separable	Inseparable	Three-word verbs	
	<i>come by</i>		

2 VOCABULARY

Choose the words that best complete the sentences.

- When Mike's and Ed's ideas about art clash / *admire*, they argue.
- My sister is a truly *admirable* / *beneficial* person. She works two jobs, goes to school at night, and still has time to help me with my problems.
- Jon and Scott *empathize* / *harmonize* well as a team since they have similar working styles.
- Kim and Emily have a truly *clashing* / *enduring* relationship. They have been best friends for more than 10 years.
- Catherine has *benefited* / *endured* a lot from living with her grandmother, who is very understanding and a great listener.
- Lara is good with teenagers. She is very *empathetic* / *harmonious*, really listening to their problems and helping them find their own solutions.

3 GRAMMAR

Complete these conversations with the correct form of the phrasal verbs in the box. Use an object pronoun where needed.

cheer (someone) up drift apart stand up for
do without run into turn (someone) down

- A: I'm surprised that Tom didn't support what you said in the meeting. I thought he agreed with you.
B: He does agree with me, but he was afraid of what our boss would say. I can't believe he didn't stand up for me!
- A: What's wrong with Carmen? She looks so sad.
B: I'm not sure. Let's ask her to go to lunch with us. Maybe we can _____.
- A: Did Eric ask you to present your work at the conference next week?
B: Yes, he did, but I _____ because I have other things to take care of at work.
- A: Sam isn't serious about anything. I think we could really _____ him on our team.
B: I agree. Let's talk to the others about it and make a decision.
- A: Have you seen Yuki lately?
B: Actually, I _____ her when I was downtown today.
- A: Is it true that you and Roger aren't in touch anymore?
B: Yes, it is. We kind of _____ when I moved to Los Angeles.

4 GRAMMAR

Complete these sentences to make them true for you.

- Nothing cheers me up as much as going out to dinner with a few of my good friends!
- I like to hang on to friends who _____
- When someone puts me down, I _____
- I will stand up for anyone who _____
- I can do without people who _____
- I open up around people who _____

5 WRITING

A Read the thesis statements. Find the three best paragraph topics to support each one. Write the topics below the thesis statements.

Paragraph Topics

- ✓ Keep in touch through social media, video calls, and email.
- ✓ Be a person that your friend can trust.
- ✓ Join clubs and other organizations related to your interests or hobbies.
- ✓ Know when to give advice and when to keep silent.
- ✓ Sign up for a class, such as painting or cooking.
- ✓ Participate in community service activities, such as working with the elderly.
- ✓ Pay attention to what your friend thinks and feels.
- ✓ Get together and travel whenever possible.
- ✓ Send cards and presents for special occasions such as birthdays and holidays.



Thesis statements

1. Developing a friendship requires attention and work.

Be a person that your friend can trust.

2. People living in big cities often have trouble making friends, but there are ways to solve this problem.

3. Maintaining a long-distance friendship is difficult, but it can be done.

B Write one additional topic for each thesis statement in part A.

1. _____
2. _____
3. _____

C Choose one of the thesis statements and write a composition. Use three paragraph topics that best support your thesis.

LESSON B ▶ Make new friends, but keep the old . . .

1 GRAMMAR

Read these online profiles. Underline the verb + gerund constructions, and circle the verb + infinitive constructions.

 <p>1 Naomi</p> <p>My name is Naomi. I'm 30 years old, and I'm a teacher. I <u>tend to be</u> on the shy side, so I'm <u>considering starting</u> a book club so I can meet some new people. I plan to start this club as soon as possible, so email me if you're interested!</p> <p>Naomi247@cup.org</p>	 <p>2 Renee</p> <p>I just moved here, and I'm looking for some new friends. I appreciate spending evenings at home cooking and listening to music. People say I tend to be kind of quiet, but I'm fun once you know more about me. If you enjoy sharing recipes, email me.</p> <p>Renee8334@cup.org</p>	 <p>3 Alex</p> <p>I'm Alex Ramirez, an engineering student at National University. I really enjoy biking. Can I suggest starting a bikers' meet-up group? I'm considering entering a race, and therefore, I intend to start riding my bike every day. I hope others will join me!</p> <p>alex.ramirez@cup.org</p>
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2 GRAMMAR

Complete the questions using the gerund or infinitive form of the verbs. Note that one of the constructions uses the passive voice. Then answer the questions and give reasons.

- Do you get annoyed when friends ask _____ *to borrow* _____ (borrow) your clothes?
No, I don't get annoyed because I know my friends will return the clothes.
- Would you give up _____ (practice) an instrument or sport if you got to spend more time with friends?

- Would you refuse _____ (go out) with a friend if he or she wanted to see a movie you weren't interested in seeing?

- Do you expect _____ (invite) every time your best friend goes out?

- Which friend do you prefer _____ (hang out) with the most?

- When a friend treats you to lunch, do you enjoy _____ (go) to a casual restaurant or a more formal one?

- Would you continue _____ (talk) to a friend if he or she never answered your texts or emails?

3 VOCABULARY

Choose the words that best complete the sentences.

1. Maria and Emma (rekindled) / *resurfaced* their friendship after drifting apart from each other for many years.
2. Good friends are impossible to *replace* / *resurface*. They share so many of our memories.
3. Too much damage has been done to Al and Sam's friendship to *redefine* / *rebuild* it.
4. I can't *rehash* / *recall* the name of my tenth-grade English teacher.
5. Tim has *reconnected* / *redefined* his outlook on life. He's more optimistic now.
6. Don't bring that subject up again. I don't want to *rehash* / *rebuild* it with you.
7. After studying for the exam for two days, Cara *redefined* / *resurfaced* to eat dinner with her family.
8. I'm glad I came home for spring break. I've been *recalling* / *reconnecting* with friends that I haven't seen since last summer.

4 GRAMMAR

Imagine your friend is coming to visit you for the weekend. Write sentences describing some possible activities you can do together. Use the cues and the gerund or infinitive form of the verbs.



1. plan / take a walk somewhere nice

We should plan to take a walk
somewhere nice.



2. suggest / relax at a cozy café



3. consider / go to a club



4. prefer / get tickets to a concert

5 READING

A Read the article. Find the words in boldface that match the definitions.

- | | |
|------------------------------------|---|
| 1. causes _____ <i>spurs</i> _____ | 4. a good indication of _____ |
| 2. thin _____ | 5. more commonly affected by _____ |
| 3. annoying reminders _____ | 6. take care of and engage socially _____ |

Your FRIENDS & Your HEALTH «

"You're not what you eat – you're who you eat with," wrote *Scientific American's* Christie Nicholson, reporting on research examining why our friends' weight influences our own. The study found that overweight students were more likely to lose weight if they hung out with **lean** friends – **a clear nod to** the influence of our social networks on our waistlines. But helping you lose weight isn't the only way your friends can affect you. Here are some other ways friends are good for our health:

FRIENDS GET YOU MOVING Research has found that something you might expect from your family – **nagging** – can actually work when it's coming from a pal pushing you to move more. Also, working out with a friend has the added benefit of keeping you committed to your workout plan. There's no rolling over to hit the snooze button on that early morning run if someone's waiting for you to show up!

FRIENDS KEEP YOU RELAXED Talking with friends really can help you get through troublesome times. Women in particular may be **predisposed to** the calming benefits of friendship. Researchers found that women release the hormone oxytocin when stressed, which encourages "**tend and befriend**" behavior, the *San Francisco Chronicle* reported. Chatting with friends when stressed **spurs** the release of more oxytocin, which can have a calming effect.

FRIENDS KEEP YOUR HEART HEALTHY Perhaps because they help us relax, friends are also good for the heart. Stronger social ties in general seem to lower blood pressure, which helps the heart. Married men, for example, seem to experience particular boost in heart health, WebMD reported.

FRIENDS HELP YOU LIVE LONGER In an analysis of 148 studies, researchers found that people with stronger relationships had a 50 percent greater chance of long-term survival than those with weaker social networks. It's not quite as simple as connecting with friends and, poof, you're guaranteed to live to 100, but there is a significant body of research linking strong social ties to a longer lifespan.



B Choose the statements that are supported by information in the article.

- 1. Men don't seem to benefit from the relaxing effects of friendship.
- 2. The eating habits and lifestyle of our friends can have an influence on our own health.
- 3. Making plans to exercise with a friend increases the likelihood that you will.
- 4. Having strong social ties does not seem to have an effect on women's blood pressure.
- 5. Evidence suggests that strong social ties can lead to a longer life.

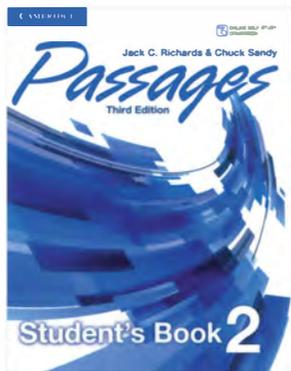
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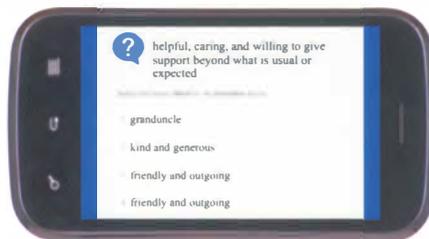
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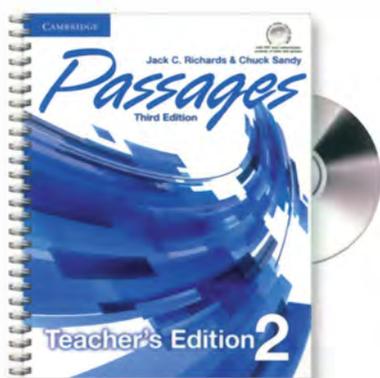
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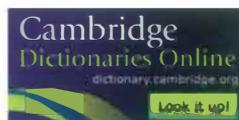
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