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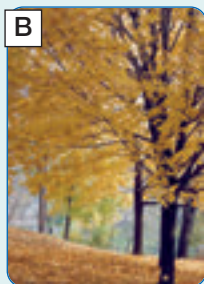
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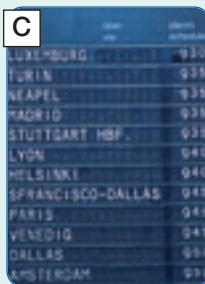
Present simple – Present continuous – Adverbs of frequency



A It's Sunday and they're playing basketball. They only play basketball on Sundays. They don't play on any other day.



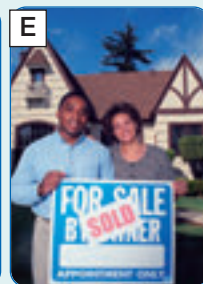
B It's autumn and the trees are losing their leaves. Some trees always lose their leaves in autumn.



C What time does the flight to Madrid depart?



D Flo isn't meeting her friend today. She is planting trees in her garden.



E They are moving into their new house next week.



F Why is this bus always running late?

Present simple

Form: main verb (+ -s in the third person singular)

AFFIRMATIVE	I eat, He/She/It eats, We/You/They eat
NEGATIVE	I don't eat, He/She/It doesn't eat, We/You/They don't eat
INTERROGATIVE	Do I eat? Does he/she/it eat? Do we/you/they eat?
SHORT ANSWERS	Yes, I/we/you/they do./ No, I/we/you/they don't. Yes, he/she/it does./ No, he/she/it doesn't.

Time expressions we use with the present simple: usually, often, always, every day/week/month/year, etc, in the morning/afternoon/evening, at night/the weekend, on Mondays, etc.

Present continuous

Form: to be + main verb + -ing

AFFIRMATIVE	I'm running, He/She/It's running, We/You/They're running
NEGATIVE	I'm not running, He/She/It isn't running, We/You/They aren't running
INTERROGATIVE	Am I running? Is he/she/it running? Are we/you/they running?
SHORT ANSWERS	Yes, I am./No, I'm not. Yes, he/she/it is./No, he/she/it isn't. Yes, we/you/they are./ No, we/you/they aren't.

Time expressions we use with the present continuous: now, this week/month/year, etc, at the moment, at present, these days, nowadays, still, today, tonight, etc.

Use

1 Match each use of the present simple (a-e) to its corresponding example (1-5).

- | | |
|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|
| 1 <input type="checkbox"/> d Water freezes at 0°C. | a a permanent state |
| 2 <input type="checkbox"/> The last train to London leaves at 9:15. | b a habit or routine (with <i>always</i> , <i>usually</i> , etc) |
| 3 <input type="checkbox"/> Jean works at a bank. | c a timetable or programme (future reference) |
| 4 <input type="checkbox"/> In the end, Gail finds her mother and they all live happily ever after. | d a general truth or law of nature |
| 5 <input type="checkbox"/> She always takes the bus to school. | e a sports commentary, review or narration |

2 Match each use of the present continuous (a-e) to its corresponding example (1-5).

- | | |
|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 <input type="checkbox"/> c We're going to the theatre on Saturday. | a a temporary action or situation |
| 2 <input type="checkbox"/> The Earth is becoming more and more polluted. | b an action taking place at or around the moment of speaking |
| 3 <input type="checkbox"/> You're always losing your keys. | c a fixed arrangement in the near future |
| 4 <input type="checkbox"/> Pat is working at a clothes shop this summer. | d a currently changing or developing situation |
| 5 <input type="checkbox"/> Kim is having a shower at the moment. | e an expression of anger or annoyance at a repeated action (with adverbs such as <i>always</i> , <i>continuously</i> , <i>constantly</i> , etc) |

Present simple – Present continuous – Adverbs of frequency

1

3 Look at the pictures (A-F) on p. 4 and underline all the verbs.

- Identify in which tense each verb is.
- How do we form the affirmative, negative and interrogative of these tenses?
- Which of the uses of these tenses does each verb show?

4 Match the tenses in bold to the correct description.

- | | | |
|----|---|--------------------------------------------------------------------------------------------------------|
| 1 | b | Linda is picking us up from the train. |
| 2 | | Reptiles lay eggs. |
| 3 | | Carl is always interrupting me. |
| 4 | | She often works out at the gym on Fridays. |
| 5 | | The evening performance starts at 9 o'clock. |
| 6 | | Bill and Rob are repairing the cottage roof at the moment. |
| 7 | | The black car stops in front of the bank and three suspicious-looking men get out of it. |
| 8 | | More and more plant and animal species are becoming endangered. |
| 9 | | Oxfam is a charity that helps people in need. |
| 10 | | Stephen isn't working this week; he's on leave. |

- a timetable or programme
- a fixed arrangement in the near future
- a habit or routine
- a general truth or law of nature
- a temporary situation
- an expression of anger or annoyance at a repeated action
- an action happening at or around the moment of speaking
- a permanent state
- a changing or developing situation
- a sports commentary, review or narration

5 Choose the correct tense.

- More and more people **use/are using** their mobiles to access the Internet these days.
- Sheila **runs/is running** a successful business.
- Computec* **holds/is holding** a five-day seminar on new computer systems next week.
- Lauren **doesn't leave/isn't leaving** her house before 9 o'clock in the mornings.
- No wonder your phone bill is so high! You **always talk/'re always talking** on your mobile.
- I **don't teach/'m not teaching** in the evenings at present.
- Do polar bears live/Are polar bears living** only in the Arctic?
- I **never set/'m never setting** foot in that restaurant again! The food was horrible!
- He **takes/is taking** the ball from Ben, shoots and scores.
- Are you having/Do you have** a meeting tomorrow morning?
- Liam **walks/is walking** his dog every morning.
- Astronomers **study/are studying** objects in the sky or in space, such as planets, stars and galaxies.
- Antarctica **is staying/stays** frozen all year round.

6 Choose the correct tense.

- A:** Welcome back to the show. Today, **1) we're talking/talk** live to Dr Jones in the Arctic! Could you tell our viewers about your adventure?
- B:** Of course! This month, I **2) 'm staying/stay** with the Inuit people in Greenland.
- A:** That sounds amazing! **3) Are you researching/Do you research** Inuit culture at the moment?
- B:** Yes. Actually, my research team and I **4) visit/are visiting** an Inuit village on Sunday. However, we **5) aren't focusing/don't focus** on Inuit art or traditions right now. This year we **6) 're looking/look** at how the modern world sometimes **7) is affecting/affects** Inuit people.
- A:** Do you think that contact with the modern world is a problem for the Inuit?
- B:** Yes, I think so. Modernisation **8) is playing/plays** a large part in the difficulties that these people face. For example, more and more young Inuit **9) are experiencing/experience** social problems because they often **10) are working/work** in big cities.
- A:** That must be hard for people to deal with. Dr Jones will tell us more after this short break.

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Present simple – Present continuous – Adverbs of frequency

Stative verbs

Stative Verbs are verbs which describe a **state** rather than an action and do not normally have continuous tenses. These verbs include:

- verbs of the senses (*see, hear, smell, taste, feel, look, sound, seem, appear*, etc.). *You seem very tired.*
- verbs of perception (*know, believe, understand, realise, remember, forget*, etc.). *I don't know what you're talking about.*
- verbs which express feelings and emotions (*like, love, hate, enjoy, prefer, want*, etc.). *Kim loves this cartoon show.*
- some other verbs: *agree, be, belong, contain, continue, cost, fit, have* (= possess), *include, matter, need, owe, own, require, suppose, weigh, wish*, etc. *These jeans don't fit me; I'll try on another pair.*

Some of these verbs can be used in continuous tenses when they describe actions and not states, but there is a difference in meaning.

Present Simple	Present Continuous
<i>She is very polite.</i> (= character – permanent state)	<i>He is being very nice.</i> (= he is behaving – temporary state)
<i>I think his car is fantastic.</i> (= I believe)	<i>I'm thinking about going to Scotland.</i> (= I am considering)
<i>They have a sailing boat.</i> (= they possess)	<i>We're having a good time.</i> (= are experiencing) <i>They're having a meeting.</i> (= are holding) <i>He's having some crisps.</i> (= is eating)
<i>This house looks very modern.</i> (= appears)	<i>I'm looking at the photos we took in Rome.</i> (= I am taking a look at)
<i>I see that you got flowers from someone.</i> (= it is visible) <i>I see why you like working here.</i> (= understand)	<i>I'm seeing an old school friend tomorrow.</i> (= I am meeting)
<i>This scarf feels like silk.</i> (= it has the texture of)	<i>Ben is feeling the wall to see if the paint is dry.</i> (= is touching)
<i>This biscuit tastes very sweet.</i> (= it has a sweet flavour)	<i>She's tasting the sauce to see if it's OK.</i> (= she is testing the flavour)
<i>These roses smell nice.</i> (= they have a nice aroma)	<i>Ben is smelling the milk to see if it's gone off.</i> (= he is sniffing)
<i>She appears to be very upset.</i> (= she seems)	<i>My brother's band is appearing live on TV.</i> (= they are performing)
<i>This dress fits you very well.</i> (= it is the right size)	<i>Tom is fitting a bike rack on his car.</i> (= he is installing)

Notes:

- The verb **enjoy** can be used in continuous tenses to express a specific preference. *Beth is enjoying tonight's performance.* (specific preference) **BUT** *Beth enjoys going to the theatre.* (general preference)
- The verb **feel** can be used in either the simple or the continuous tenses when it means to *experience a particular emotion*. *She feels sick.* = *She's feeling sick.*
- The verb **look** can be used either in the simple or in the continuous tenses when we refer to a person's appearance. *You look fabulous today.* = *You're looking fabulous today.* **BUT** *You look angry.* (= you seem angry)
- The verb **hurt** can be used in either the simple or the continuous tenses with no difference in meaning. *My tooth hurts.* = *My tooth is hurting.*

7 Put the verbs in brackets into the present simple or the present continuous.

- 1 My new jacket *fits* (**fit**) me perfectly.
- 2 I (**not/feel**) very well;
I (**think**) I'll lie down for a few minutes.
- 3 Orange juice (**contain**) vitamin C as well as many other vitamins.
- 4 (**you/realise**) how late it is? It's time for us to leave.
- 5 The children (**enjoy**) the cupcakes I made for them.
- 6 Ed (**fit**) new tyres on his car now.
- 7 Jerry (**not/believe**) that aliens exist.
- 8 Jason (**take**) us to lunch tomorrow. Where (**you/want**) to go?

8 Choose the correct verb tense.

- 1 A: I **don't think**/**'m not thinking** I should apologise to Michael first. He was the one who was mean to me.
B: Come on! Both of you **are/are being** very unreasonable about the whole thing.
- 2 A: These towels **feel/are feeling** as soft as silk and **are smelling/smell** wonderful.
B: That's because of the new fabric softener. It **is costing/costs** less and it's great.
- 3 A: Mary **is appearing/appears** in the local theatre production of *Mamma Mia!* tomorrow night. Let's go and see her.
B: I can't. I **see/'m seeing** my grandparents for dinner.
- 4 A: Why **do you feel/are you feeling** your forehead? **Are you/Are you being** ill?
B: Yes, and it **is appearing/appears** that I'm running a fever.

Adverbs of frequency

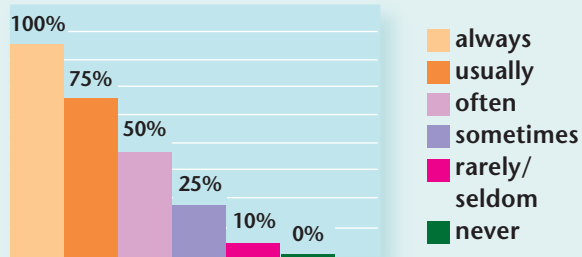
The **adverbs of frequency** show us how often something happens. They answer the question *How often ...?*
We often use adverbs of frequency with the **present simple**.

*"Do you **always** drive to work?"*
*"No, I **usually** take the bus."*

Use

We use **adverbs of frequency**:

- before the main verb.
*Penny **never** reads the paper on her way to work.*
- after the auxiliary verbs **be, have, do** and **modal verbs** such as **can, will, must**, etc. *Frank **is often** at the gym in the afternoons. We **don't usually** go abroad for our holidays. You **can always** count on me to help you.*



Note:

The adverbs *rarely, seldom* and *never* have a negative meaning and they are never used with the word **not**.
*David **rarely** drinks coffee.* (NOT: *David **doesn't rarely** drink coffee.*)
*They **seldom** throw parties.* (NOT: *They **don't seldom** throw parties.*)

9 Susan and Pam are sisters but they are different. Use the ideas to make sentences about them.



Susan

- 1 She *is usually* (**usually/be**) late for school.
- 2 She (**seldom/do**) her homework.
- 3 She (**always/help**) her sister.
- 4 She (**never/play**) computer games.
- 5 She (**sometimes/listen**) to music.



Pam

- 1 She (**always/be**) on time for school.
- 2 She (**never/will/lie**) to anyone.
- 3 She (**sometimes/babysit**) her little brother.
- 4 She (**rarely/sleep**) late.
- 5 She (**usually/study**) in the afternoon.

10 Tick (✓) the appropriate gap in the sentences below to indicate the correct position of the *adverb of frequency*.

- 1 Katie ✓ eats at the work canteen. (**sometimes**)
- 2 Helen wakes up early (**never**)
- 3 Jack has enough time to talk on the phone at work. (**seldom**)
- 4 He is home at this time of day. (**usually**)
- 5 Paul doesn't remember to charge his mobile phone. (**always**)
- 6 Rachel leaves her house without locking the door. (**sometimes**)
- 7 We can have a picnic in winter. (**rarely**)
- 8 we don't argue about what to eat. (**often**)
- 9 I appreciate all the help and support you give me. (**always**)
- 10 Gary has expressed the desire to move to the countryside. (**often**)

11 Read the exchanges. Then put the *adverbs of frequency* in the correct position.

- 1 A: We **a) often** go out **b)** on Friday evenings. (**often**)
B: I don't. I **a)** stay in **b)** . (**usually**)
- 2 A: Are **a)** you **b)** so patient? (**always**)
B: Yes, I **a)** lose my temper **b)** . (**seldom**)
- 3 A: Ben can **a)** be **b)** rude. (**sometimes**)
B: I know. And **a)** he **b)** apologises. (**never**)
- 4 A: Do you **a)** drive **b)** to work? (**usually**)
B: No, I **a)** take the bus **b)** . (**always**)

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Present simple – Present continuous – Adverbs of frequency

12 Tick (✓) the correct sentence, as in the example.

- 1 a I see what you are trying to say. ✓
b I am seeing what you are trying to say.
- 2 a They live in New York.
b They are living in New York.
- 3 a Alex never arrives on time.
b Alex arrives never on time.
- 4 a Smartphones are becoming more and more popular with teens these days.
b Smartphones become more and more popular with teens these days.
- 5 a Kate is eating cereal for breakfast every morning.
b Kate eats cereal for breakfast every morning.
- 6 a Milton Street is closed because they are carrying out some repairs this week.
b Milton Street is closed because they carry out some repairs this week.
- 7 a Nick doesn't seldom play computer games online.
b Nick seldom plays computer games online.
- 8 a I hope you aren't believing everything you read in the newspapers!
b I hope you don't believe everything you read in the newspapers!
- 9 a He hasn't always been completely honest with me.
b He always hasn't been completely honest with me.

13 Complete the sentences using the verbs: *tastes, are appearing, has, looks, is having, is tasting, appear, is looking.*

- 1 Bob *is having* coffee with his friends at the moment.
- 2 This ice cream fantastic!
- 3 Nicole at the TV guide to see what's on TV tonight.
- 4 Where can I find a list of the bands that in next month's music festival?
- 5 The baby yoghurt for the first time; let's see if he likes it.
- 6 Your hair amazing!
- 7 The new neighbours to be very nice people. Let's go over to welcome them to the neighbourhood.
- 8 The hotel an Olympic-sized swimming pool.

14 Choose the correct item.

- 1 "Does Mr Harper work in a bank?"
"No, he"
A isn't C doesn't
B aren't D don't
- 2 "What perfume are you wearing?"
"It's called Beautiful. I love the way it"
A is smelling C smell
B smells D does smell
- 3 "Do you often eat out?"
"No, I do."
A often C always
B sometimes D rarely
- 4 "Have you made plans for Saturday yet?"
"Yes, Mary and I to the cinema."
A are going C am going
B go D going
- 5 "These days technology faster than ever before."
"That's so true."
A develops
B is developing
C is always developing
D develop
- 6 "Can Tom come out and play?"
"I'm sorry, he can't. He his homework."
A do C 're doing
B does D 's doing
- 7 "Patrick and Sharon with us these days."
"How come?"
A are staying C is staying
B stay D staying
- 8 "Have you seen the new *Star Wars* film yet?"
"No, to the cinema any more."
A I rarely don't go C I go rarely
B rarely I go D I rarely go
- 9 "Whose CDs are these?"
"They to Nathan."
A are belonging C belongs
B belonging D belong
- 10 "What time for York?"
"At half past three."
A the bus leaves
B the bus is leaving
C is the bus leaving
D does the bus leave
- 11 "The weather is terrible!"
"Well, it heavily at this time of year."
A often rains C often is raining
B rains often D is raining often



15 Put the verbs in brackets into the *present simple* or the *present continuous*.

- 1 The flight from Rome *lands* (**land**) at 7:00 am.
- 2 It (**snow**) heavily today.
- 3 Why (**he/constantly/ tell**) others what to do?
- 4 Josh (**not/come**) to the cinema tonight; he's busy.
- 5 It (**not/rain**) very often in the Sahara Desert.
- 6 Brenda (**do**) the household chores every Saturday.
- 7 What time (**the library/open**)?
- 8 Why (**Ben and Carl/argue**) again?
- 9 Our friend from Barcelona (**stay**) with us for two weeks.
- 10 Belinda (**send**) her friend a birthday card every year.

16 Put the verbs in brackets into the *present simple* or the *present continuous*.

Dear Samantha,
 How **1** *are you* (**you/be**)? The weekend is here at last, so I can relax and do the things I **2**
 (**often/not/have**) the time to do during the week.
 As you already **3** (**know**), apart from going to college I also **4** (**volunteer**) at the local animal shelter at weekends. This Saturday at the shelter, we **5** (**have**) a "Furry Friends' Day" to help raise money for the shelter. It's a lot of fun and everyone **6** (**enjoy**) helping the animal centre. It will be a nice change from my busy school programme. I **7** (**study**) at least 3-4 hours every afternoon, except on Thursdays when my friend Jane **8** (**invite**) everyone to her house. We **9** (**sometime/play**) basketball or **10** (**watch**) DVDs until late. Fortunately, the next day my classes are in the afternoon so I **11** (**usually/not/wake up**) early.
 What are your plans for the weekend? **12** (**you/go**) to George's graduation party on Saturday night? I **13** (**think**) of going with my sister. **14** (**you/want**) to go together? Let's talk soon.
 Pam

17 Complete the second sentence so that it means the same as the first. Use two to five words, including the word in bold.

- 1 George has a doctor's appointment tomorrow morning. **SEEING**
 George *is seeing* a doctor tomorrow morning.
- 2 Ann's plans for this weekend include going to the theatre. **IS**
 Ann theatre this weekend.
- 3 Andy can't afford to buy a new smartphone. **NOT**
 Andy enough money to buy a new smartphone.
- 4 The rain hasn't stopped, so we can't go for our jog. **STILL**
 It , so we can't go for our jog.
- 5 It isn't necessary to book tickets in advance. **NEED**
 We tickets in advance.
- 6 Alexandra is busy with her chores right now. **DOING**
 Alexandra at the moment.
- 7 You will only see emperor penguins in Antarctica. **DO**
 Emperor penguins anywhere else but Antarctica.
- 8 Playing squash is a regular habit of hers. **USUALLY**
 She squash.

Speaking

In pairs, act out dialogues, as in the example. Talk about what you usually do in your free time, and what you're doing this weekend.

- A: *What do you usually do in your free time?*
 B: *Well, I usually surf the Net. I sometimes read a book. What about you?*
 A: *I don't like surfing the Net so I usually listen to music or play board games.*
 B: *What are you doing this weekend?*
 A: *I'm visiting my grandpa. How about you?*
 B: *I'm going to the cinema.*

Writing

Using your answers from the Speaking activity, write an email to a friend telling him/her about your free-time activities and your plans for this weekend. Use Ex. 16 as a model.