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# Unit 1

## In Harmony with Yourself

Personal  
Identification

Hobbies  
and Pastimes

A Sound Mind  
in a Sound Body

### Step 1

#### DO IT TOGETHER

- 1** We often have to introduce ourselves to strangers. Practise doing it. Mention the following.

##### Formal information

- Full name
- Age
- Place of birth
- Permanent address
- Occupation
- Family

##### Informal information

- Character
- Appearance
- Interests
- Likes and dislikes
- Plans and ambitions

- 2** **Work in pairs.** One of you has won in a sports (singing, dancing etc) competition. The other is a TV journalist whose aim is to introduce the winner to the viewers. Act out their interview.



**3 A.** Match the words (1—10) with their definitions (a—j).

- |                  |  |
|------------------|--|
| 1) caring        | a) knowing a lot about many different subjects       |
| 2) cheerful      | b) giving pain to other people or animals            |
| 3) courageous    | c) kind and helpful to other people                  |
| 4) cruel         | d) happy and smiling                                 |
| 5) honest        | e) not polite  |
| 6) inventive     | f) wanting more money, things or power than you need |
| 7) knowledgeable | g) very brave  |
| 8) rude          | h) always telling the truth                          |
| 9) greedy        | i) feeling happy about your achievements             |
| 10) proud        | j) good at thinking of new and original ideas        |

**B.** Say what your personality is like.

I think I hope	I am	very quite fairly not very not at all	caring. cheerful. cruel. honest. inventive. knowledgeable. rude. selfish. curious.
-------------------	------	---	--

**4 Work in pairs.** Discuss your personality as in the example. Use the adjectives from the box.

- Example:** **A:** Do you think I'm popular?  
**B:** You certainly are.  
 Yes, quite often.  
 Well, sometimes.  
 I'm afraid not very.  
 Not usually.  
 Sorry, but no, not at all.

courageous, charming, cheerful, cruel, quiet, noisy, funny, helpful, kind, stupid, rude, nervous, romantic, serious, tidy, honest, caring, inventive, knowledgeable, clever, selfish

**5 A.** Read the sentences and try to guess what the underlined words mean. What are their Russian equivalents?

1) Jack is really big-headed, thinking too highly of himself. 2) Linda is an easy-going girl, she is usually friendly and pleasant to everybody. 3) He is really stubborn. You can't make him change his mind. 4) Alice can look after the children. You can trust<sup>1</sup> her: she is responsible and very reliable. 5) Jeff is more mature than the other boys in his class: he always takes responsible grown-up decisions. 6) My uncle becomes angry very easily. Mum says he has always been quick-tempered. 7) Julia wants to be successful, rich and famous. She is quite an ambitious girl.

**B.** Use the underlined words in your own sentences.

<sup>1</sup> to trust [trʌst] — доверять

### Some English Structures

Словосочетания *I'd rather* (я бы лучше), *he'd rather* (он бы лучше), *we'd rather* (мы бы лучше) выражают предпочтение. В них глагол *would* часто сокращается до *'d*. После подобных словосочетаний глаголы употребляются без частицы *to*:

**I'd rather talk** about it later.

**We'd rather go** home than stay here.

She **would rather not go** there alone.

**Would you rather fly** there or go by car?

Тот же смысл можно передать сочетанием глагола *prefer* с инфинитивом, который в этом случае употребляется с частицей *to*.

Сравните:

**I prefer to talk** about it later.

She **prefers not to go** there alone.

**6** Complete the sentences using *to* where necessary.

1) Would you rather ... stay at home or ... go out? 2) Which would you prefer ... wear: jeans or smart trousers? 3) Where would they prefer ... live: in the town or in the country? 4) I would rather ... do it myself. 5) They would rather not ... speak of it. 6) We prefer ... stay where we are. 7) I know he prefers ... be a pilot. 8) And she'd rather ... be a journalist.

**7** **A.** Listen to the song "If I Could", (1), and sing it along.

#### If I Could

I'd rather be a sparrow than a snail.

Yes I would.

If I could,

I surely would.

I'd rather be a hammer than a nail.

Yes I would.

If I could,

I surely would.

*Chorus*

Away, I'd rather sail away

Like a swan that's here and gone.

A man grows older every day.

It gives the world

Its saddest sound,

Its saddest sound.

I'd rather be a forest than a street.



Yes I would.

If I could,

I surely would.

I'd rather feel the earth beneath my feet.

Yes I would.

If I could,

I surely would.



Originally "If I Could" was a ritual song of Peruvian Indians performed to ask gods for rain. The music of the song is still very popular in Latin America. The English text was written by the famous singer Paul Simon. Soon the song became popular all over the world.



Paul Simon

**B. Optional task.** Try to translate the lyrics into Russian. Then compare your translations and decide whose is more successful. You may also see some translations on the Internet and analyse them.

## DO IT ON YOUR OWN

**8** Match the opposites.

- |              |                 |                |
|--------------|-----------------|----------------|
| 1) silly     | 4) reasonable   | 7) careful     |
| 2) deep      | 5) attentive    | 8) ambitious   |
| 3) talkative | 6) hard-working | 9) responsible |
- 
- |                 |           |                  |
|-----------------|-----------|------------------|
| a) unreasonable | d) lazy   | g) quiet         |
| b) careless     | e) modest | h) shallow       |
| c) inattentive  | f) clever | i) irresponsible |

**9** Complete the sentences with the new words: *stubborn, mature, quick-tempered, big-headed, ambitious, easy-going, reliable*.

1) Jack knew he would become successful one day. He was very ... , and even at the age of 21 he had already planned out his career in great detail. 2) Little Alice is very ... , she never changes her mind and always wants to do everything her own way. 3) Everybody wants to work with him. He is so pleasant, nice and ... . 4) Nicholas was violent, ... , and always seemed to be shouting at people. 5) Girls tend to become ... more quickly than boys. They become more like adults at an earlier age. 6) Jane always does what she promises to do. She is very ... . 7) Fred is really ... . He believes that he is very clever and very good at everything he does. But in fact this is not so.

**10** Complete these sentences about your preferences.

- |                                    |                                    |
|------------------------------------|------------------------------------|
| 1) I'd rather be ... than ... .    | 5) I'd rather watch ... than ... . |
| 2) I'd rather feel ... than ... .  | 6) I'd rather die ... than ... .   |
| 3) I'd rather visit ... than ... . | 7) I'd rather ... .                |
| 4) I'd rather play ... than ... .  | 8) I'd rather not ... or ... .     |

## Step 2

### DO IT TOGETHER

**1** Listen to what Denis says about his friends,  (2), and match their names with their qualities.



1) Anthony



2) Michael



3) Norma



4) Lydia

- |                               |                          |
|-------------------------------|--------------------------|
| a) hard-working and ambitious | c) talented and mature   |
| b) easy-going and reliable    | d) cheerful but stubborn |



## Structures *Would Rather* and *Had Better*

Следует различать два английских выражения *would rather* и *had better*, которые соответствуют русскому «уж лучше бы». Как вы уже знаете, первое из них используют, говоря о предпочтениях. Что же касается второго (*had better*), то оно употребляется в том случае, когда нужно сказать о необходимости сделать что-либо или дать рекомендацию, совет. Например:

Jane **would rather stay** here for another week. (Джейн хотела бы остаться здесь ещё на неделю = она предпочла бы остаться.)

Alan **had better see** his doctor as soon as he can. (Алану лучше бы как можно скорее обратиться к врачу = это вынужденная необходимость, совет.)

В устной речи *would* и *had* сокращаются до одной буквы 'd:

He doesn't like the make of this camera. He'd **rather** not buy it.

You'd **better** read more in English, it's very helpful in language learning.

### 4 Work in pairs. Act out the dialogues. Then make up similar ones.

- 1) A: Wouldn't you rather have tea than coffee?  
I thought you didn't drink coffee.  
B: You are right. I never have it in the evening, but I don't mind a cup in the morning.  
A: I see. I'll make you some coffee then.  
B: Thanks.
- 2) A: I think you'd better take the umbrella. I'm sure it's going to rain.  
B: What are you talking about? It's such a bright and sunny day.  
A: I know. But there'll be heavy showers in the evening. I've just heard it on the radio.  
B: Oh, thank you. I will if you're so sure.
- 3) A: I'd rather buy this computer.  
B: You'd better think it over again. In my opinion it's too expensive.  
A: But it's the latest model and I really like it.  
B: Don't make a decision now. You'd better consult your family. You can buy such computers at a cheaper price.



### 5 Listen, (3), and read.

- A.**
- |   |   |
|---|---|
| <b>admit</b> [əd'mɪt] — признавать                                      | <b>solve</b> [sɒlv] — решать  |
| <b>appreciate</b> [ə'pri:ʃieɪt] — ценить                                | <b>have something in common with somebody</b> — иметь что-либо общее с кем-либо |
| <b>beat</b> [bi:t] — бить   | <b>out of the blue</b> — неожиданно   |
| <b>familiar</b> [fə'mɪliə] — знакомый                                   | <b>so far</b> — пока что, до сих пор  |
| <b>familiarity</b> [fə'mɪli'ærɪti] — 1) знакомство;<br>2) фамильярность | <b>to some extent / to a certain extent</b> — в какой-то степени                |
| <b>female</b> ['fi:meɪl] — женский                                      |   |
| <b>male</b> [meɪl] — мужской  |   |
| <b>precious</b> ['preʃəs] — драгоценный                                 |   |
- B.**
- admit (admitted, admitted):** to admit something, to admit doing something, to admit that ... . I admit I'm having a hard time now. "I can't sing at all," Andrew admitted. We should admit our mistake. Rose admits lying to us.
- appreciate:** to appreciate something, to appreciate the difficulty, to appreciate that... , to fully appreciate. She feels that her family doesn't really appreciate her. I don't think he fully appreciates the difficulty of the problem.
- beat (beat, beaten):** to beat the record, to beat the drum. England needed to beat Scotland to get to the final. The shock made my heart beat faster.
- familiar:** a familiar face, a familiar voice, to be familiar **to** somebody, to be familiar **with** something or somebody. This book is familiar to many readers. Are you familiar with this music?

**Familiarity:** 1) You should show your familiarity with these historic events. Students should demonstrate a familiarity with the main laws of nature. 2) Familiarity is friendly behaviour to someone you do not know very well, especially when it makes them feel that you do not respect them.

**female:** a female person, a female animal. They only have female workers.

**male:** a male person, a male animal. Until recently, sport has been a male activity. And where are your male colleagues, lady?

**precious:** a precious ring, a precious painting, precious memories. Her daughter is the most precious thing in the world to her.

**Preciousness:** preciousness of time, preciousness of a human life. He could speak for hours about the preciousness of the moment.

**solve:** to solve a crossword puzzle, to solve a crisis, to solve a mystery, to solve a crime. He hopes to solve the mystery of their disappearance.

**have something (much, nothing) in common:** I have nothing in common with my cousin. We are absolutely different. This area has a lot in common with other inner-city areas.

**out of the blue:** Out of the blue she said: "You're Greg, aren't you?" Philip arrived absolutely out of the blue.

**so far:** I don't have any information so far. He hasn't explained anything so far.

**to some/a certain extent:** I knew I was to blame to some extent. To a certain extent I believed the story.

**6** Complete the sentences. Use the prepositions from the box where necessary.

1) Who could solve ... mysteries better than Sherlock Holmes? 2) ... of the blue he appeared in our flat. 3) ... what extent can we believe him? 4) The brothers had a lot ... common. 5) Do you admit ... everything? 6) I can't say I'm familiar ... the latest discoveries in this field. 7) I appreciate ... the help you have given me. 8) His poems are familiar ... many young people. 9) Many of us are familiar ... his poems. 10) I know I can solve ... this problem myself. 11) He demonstrated his familiarity ... a lot of subjects. 12) Out ... the blue he began to speak.

in  
out  
of  
with  
to

## Grammar

### Revision of Tenses

Вспомните, как образуются грамматические времена *present simple (indefinite)* и *present progressive (continuous)*, а также основные случаи их использования.

The Present Simple Tense	The Present Progressive Tense
+	
<b>V/Vs</b>	<b>be (am/is/are)+Ving</b>
I always go... He/She always plays... We/You/They always go.	I am going... He/She is going... We/You/They are playing...
-	
<b>don't +V/doesn't +V</b>	<b>am not/is not/are not+Ving</b>
I don't often go He/She doesn't often play We/You/They don't often play...	I am not going... He/She is not going... We/You/They are not playing...
?	
<b>Do/Does...V?</b>	<b>Am I/Is he, she+Ving? Are we, you, they + Ving?</b>
Do I go...? Do you/we/they go...? Does he/she play...?	Am I speaking...? Is he/she going...? Are you/we/they playing...?

**7** Complete the sentences using the verbs in brackets in *present simple* or *present progressive*.

- 1) Grandma is in the kitchen. She (cook). She always (cook) in the morning.
- 2) Where is Dad? — He (watch) TV in the living room.
- 3) Ice (melt) in water.
- 4) I usually (not eat) sweet things. But today is my birthday and I (eat) some birthday cake as you (see).
- 5) Where Mr Ross (live)? — I (not know). I (think) he (live) at 20 Oxford Street.
- 6) Be quiet. I (think).
- 7) Could you speak louder? I (listen) to you but (hear) nothing.
- 8) When you (meet) Bob? — I (meet) him at noon.
- 9) Let's go out. It (not rain) any more.
- 10) What Bob-by (do)? — He (have) a shower.

### DO IT ON YOUR OWN

**8** Complete the sentences with the words and word combinations from the box. Change their forms where necessary.

female, precious, some extent, out of the blue, familiar, appreciate, in common, solve, male, beat, admit, so far

- 1) The terrible crime has never been ...
- 2) He arrived ... without phoning first.
- 3) Every time I hear this tragic music my heart begins ... faster.
- 4) His face looks ... to me. Where could I see him?
- 5) Gold and silver are ... metals.
- 6) ... birds are not so brightly coloured as ... ones.
- 7) He ... that he had told a lie.
- 8) He and his girlfriend have a lot ...
- 9) ... we have been quite successful. But I'm not so sure about the future.
- 10) Mothers sometimes complain that their children don't ... them enough.
- 11) I can understand his problem to ... but I don't see how I can help him.

**9** Complete the dialogues. Use *present simple* or *present progressive*.

- 1) — What you (do) at about 9 o'clock tonight?  
— I (not know) yet.
- 2) — What you (think) about?  
— My brother. I often (think) about him these days.
- 3) — You (fly) to the sea or (go) there by train?  
— I (fly); my flight is tomorrow morning.
- 4) — It's five p.m. Where is John? He always (come) home about this time.  
— I (think) he (work) in the library. He (have) a test tomorrow.
- 5) — Usually Mary (not make) mistakes in her spelling, but her yesterday's quiz was rather bad.  
— Was it? She (know) the result? If she (do), I'm sure she (learn) the words at the moment.

**10** Complete these sentences with *would* or *had*.

- 1) You ... better write to her: she loves getting your letters.
- 2) She says she ... rather do the work now than tomorrow.
- 3) ... you rather have the blue balloon than the green one?
- 4) Which of the two songs ... I better sing? I'm in two minds.
- 5) We ... better get up early tomorrow: we have a lot of things to do.
- 6) ... you rather go out tonight or stay at home and watch TV?
- 7) I think he ... better not tell lies any more if he wants people to believe him.
- 8) He ... better talk to someone who can help him.
- 9) I ... better not waste more of your time.
- 10) We ... rather fly than go by train: it will take us less time.

## Step 3

### DO IT TOGETHER

- 1** Listen to the interview with Taylor Swift, a young singer and a role model, (4), and complete the following sentences choosing the appropriate items.

**1) Taylor has a lot of ...**

- a) friends  
b) relatives  
c) admirers

**2) Taylor ... in public.**

- a) doesn't like to show that she's unhappy  
b) often shows that she's unhappy  
c) never feels unhappy

**3) Taylor thinks it's important ...**

- a) to have a lot of friends  
b) to have a lot of girlfriends  
c) to have friends whom she can trust

**4) Taylor's friends are ...**

- a) mostly from entertainment industry  
b) people of different occupations  
c) actors

**5) Some of Taylor's former relationships ...**

- a) didn't develop successfully  
b) made her very happy  
c) are hard to remember

**6) Taylor's songs ...**

- a) always sound sad  
b) help her to forget sad things that happened  
c) are not always sad



- 2** Two of the interviewer's questions were: "How do you think your friends could describe you?" and "What do you appreciate most about your friendships?" How would you answer these questions?

- 3** **A.** Express your opinion. What would you rather do?  
Would you rather:

- stay in your home town or leave it after you finish school?
- live with your parents or have a home of your own?
- get married or live alone?
- get married and have a lot of kids or get married and have one or two kids?
- live in a big city or in the countryside?
- work for someone or be your own boss?
- work hard and have a lot of money or have an easy life and earn little?

**B.** What had this person better do if ...

- he/she doesn't know what to do after school?
- he/she badly needs some pocket money?
- he/she has a lot of free time?
- he/she hasn't got any friends and feels lonely?
- he/she finds studying at school difficult?
- he/she is too fond of playing computer games?
- he/she is in love with someone who doesn't love him/her?
- he/she is a shopaholic<sup>1</sup>?

<sup>1</sup> **a shopaholic** [ˌʃɒpəˈhɒlɪk] — человек, который любит делать покупки и делает их постоянно (даже когда в этом нет необходимости)

**4** **A.** You know the words and word combinations in the left column. All of them have synonyms in the right column. Match them.

- |   |  |
|---|--|
| <p>1) for example<br/>         2) a lot of times<br/>         3) to think<br/>         4) a thin boy<br/>         5) to make somebody do something<br/>         6) zero</p> | <p>a) to get somebody to do something<br/>         b) to suppose<br/>         c) a skinny boy<br/>         d) a bunch of times (<i>AmE, informal</i>)<br/>         e) for instance<br/>         f) nil</p> |
|---|--|

**B.** Say what these sentences mean in Russian.

- 1) You may ask them some questions, for instance where they come from or when they arrived.  
 2) At fifteen John was very thin, in a way that was not attractive and we called him skinny.  
 3) James says he has a bunch of things to do before breakfast. 4) I suppose Ron is a very reliable and honest person. 5) Birmingham won three to nil. 6) Our chances are practically nil. 7) I'll get Andrew to give you a call. 8) She couldn't get them to understand what she was saying.

**5** **A.** You are going to read an entry from a diary written by Mia, a fourteen-year-old girl, the main character of Meg Cabot's book series "The Princess Diaries". Have you read the books or seen the films based on them? If you have, speak about your impressions.

**B.** Read the title and the first paragraph. Try to guess why the girl thinks her life is over now that she has a boyfriend. Read the text to find out if your guess is right.

### Be Careful What You Wish For

(after Meg Cabot)



Saturday, December 5

Over.

*That is what my life is. O-V-E-R.*

*I know I have said that before, but this time I really mean it. Why is my life over?*

*Because I have a boyfriend.*

*And, yes, at fourteen years of age, I suppose it's about time. I mean, all my friends have boyfriends. All of them, even Lilly, who blames the male sex for most, if not all, of society's ills.*

*I have to admit, when Lilly — possibly the choosiest person on this planet — got a boyfriend and I still didn't have one, I pretty much started to think there was something wrong with me.*

*And then, one day, out of the blue, I got one. A boyfriend, I mean.*

*Well, OK, not out of the blue. Kenny, from my Bio class, started sending me all these anonymous love letters. I didn't know it was him. I kind of thought (OK, hoped) someone else was sending them. But in the end, it turned out to be Kenny. And by then I was in too deep, really to get out. So voila! I had a boyfriend.*

*Problem solved, right?*

*Not. So not.*

*It isn't that I don't like Kenny. I do. I really do. We have a lot in common. For instance, we both appreciate the preciousness of not just human, but all life forms. And we both like science fiction. Kenny knows a lot more about it than I do, but he has been very impressed so far by the extent of my familiarity with the works of Robert A. Heinlein and Isaac Asimov.*

*I haven't told Kenny that I actually find most science fiction boring, since there seem to be very few girls in it. Mostly, we get along great. We have a fun time together. And in some ways, it's very*

<sup>1</sup> **voila** [vɔwæ'la:] = here it is

*nice to have a boyfriend, you know? Sometimes I think I must be the luckiest girl in the whole world. Think about it: I may not be pretty, but I am not ugly. I live in New York City, the coolest place on the planet; I'm a princess; I have a boyfriend! What more could a girl ask for?*

*Oh, God.*

*Who am I kidding?????*

*This boyfriend of mine? I don't even like him. Well, OK, it's not that I don't like him. But this boyfriend thing, I just don't know. Kenny's a nice enough guy, I mean, he is funny and not boring to be with, certainly. And he's pretty cute, you know, in a tall, skinny sort of way.*

*It's just that when I see Kenny walking down the hall, my heart doesn't start beating faster, the way girls' hearts start beating faster in those teen romances my friend Tina is always reading.*

*And when Kenny takes my hand, at the movies or whatever, it's not like my hand gets hot in his, the way girls' hands do in those books. And when he kisses me? Yeah, you know those fireworks people always talk about? OK, forget it.*

*No fireworks. Nil.*

*It's funny because before I got a boyfriend I used to spend a lot of time trying to figure out how to get one and, once I got him, how I'd get him to kiss me.*

*But now that I actually have a boyfriend, mostly all I do is try to figure out how to get out of kissing him.*

*So I decided I have to tell him. Kenny, I mean. About how I really feel. That's why my life is over. Because how do you say to somebody who wants to hold your hand in the movies that you don't like him in that way? Especially when he's already asked you out a bunch of times and you've gone. And you knew the whole time that he wasn't asking you as a friend — he was asking you as a potential life mate. And now everybody considers us this big thing. You know? Now we're Kenny-and-Mia.*

*All I can say is, be careful what you wish for. It just might come true.*

**6** Say which of the following facts are true, false or not mentioned in the text.

- 1) Mia thinks that it is important for a teenager girl to have a boyfriend.
- 2) Lilly is Mia's best friend.
- 3) Mia had always wanted Kenny to be her boyfriend.
- 4) Mia enjoys all science fiction books.
- 5) Mia is not really in love with Kenny.
- 6) Mia doesn't intend to tell Kenny about her feelings.
- 7) Kenny is serious about their relations.
- 8) Mia is quite confused about how to behave in this situation.

**7** Decide what the following words and word combinations from the text mean.

- |  |                                  |
|--|----------------------------------|
| 1) Choosey:                                    | 5) To figure out:                |
| a) careful in choosing                         | a) to make a decision            |
| b) careless in choosing                        | b) to make a plan                |
| c) choosing things easily                      | c) to consider or believe        |
| 2) Ills:                                       | 6) Actually:                     |
| a) sick people                                 | a) really                        |
| b) bad things or problems                      | b) probably                      |
| c) diseases                                    | c) importantly                   |
| 3) Romance:                                    | 7) Life mate:                    |
| a) a love song                                 | a) a life-long friend or partner |
| b) a poem about love                           | b) a living friend or partner    |
| c) a story of love                             | c) a friend who lives next door  |
| 4) It's about time:                            |                                  |
| a) to talk about some period of time           |                                  |
| b) to think that time to do something has come |                                  |
| c) to dream about the future                   |                                  |