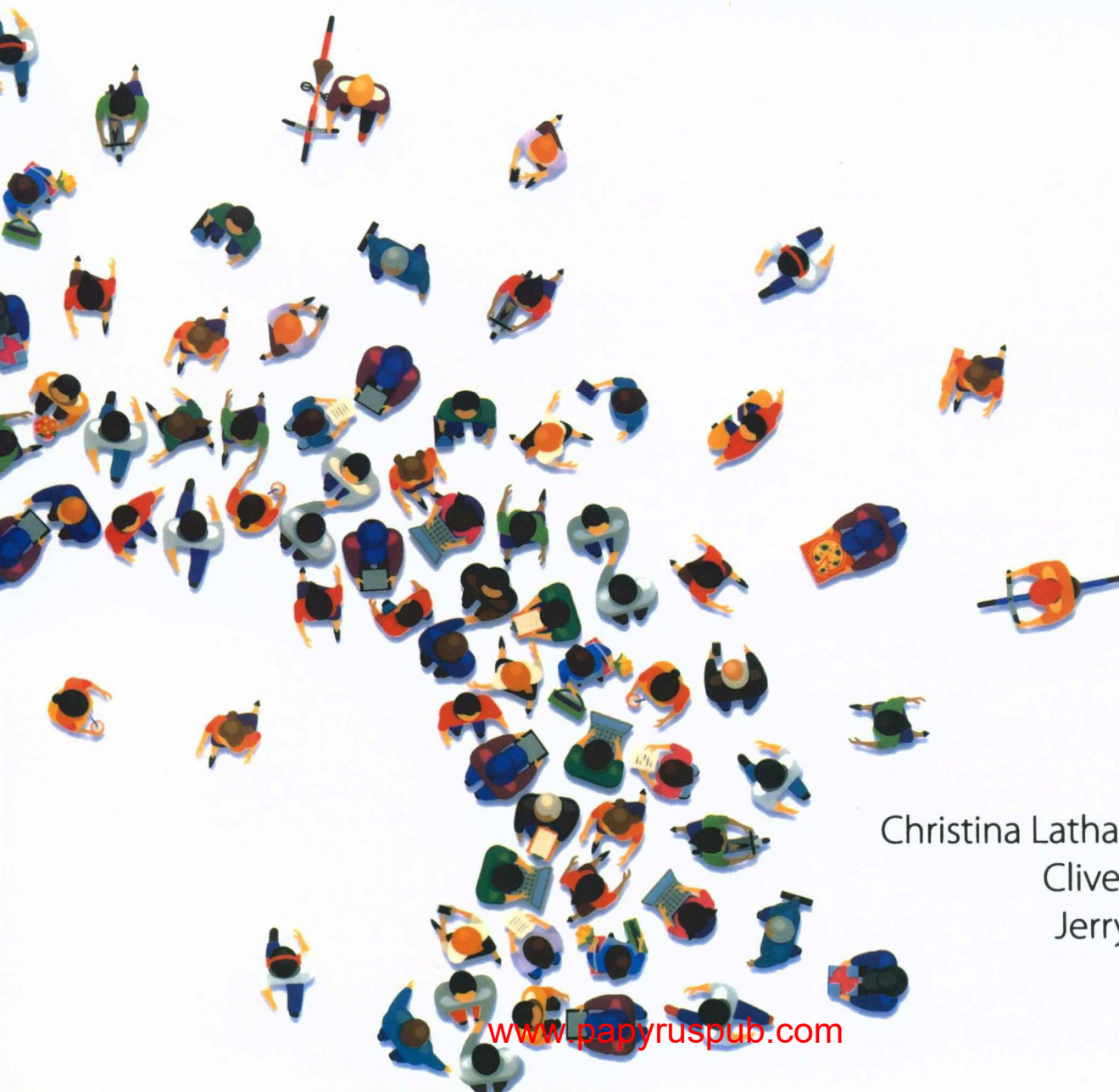


American English File

5

Third Edition

WITH ONLINE PRACTICE



Christina Latham-Koenig
Clive Oxenden
Jerry Lambert

American English File ⁵

Third Edition

Christina Latham-Koenig
Clive Oxenden
Jerry Lambert

Paul Seligson and Clive Oxenden
are the original co-authors of
English File 1 and *English File 2*



OXFORD
UNIVERSITY PRESS

	GRAMMAR	VOCABULARY	PRONUNCIATION
1			
6	A Self-portrait	have: auxiliary or main verb?	personality
10	B Nice work!	discourse markers (1): linkers	work
14	Colloquial English 1 Work and family		
2			
16	A Changing language	pronouns	learning languages
20	B Do you remember...?	the past: habitual events and specific incidents	word building: abstract nouns
24	Review and Check 1&2 Short movie <i>The history of English</i>		
3			
26	A Don't get mad, get even	get	phrases with get
30	B History in the making	discourse markers (2): adverbs and adverbial expressions	conflict and warfare
34	Colloquial English 2&3 History		
4			
36	A Sounds interesting	speculation and deduction	sounds and the human voice
40	B From cover to cover?	adding emphasis (1): inversion	describing books and movies
44	Review and Check 3&4 Short movie <i>The comic book writer</i>		
5			
46	A One thing at a time	distancing	expressions with time
50	B A material world	unreal uses of past tenses	money
54	Colloquial English 4&5 Stress and relaxation		

Practice listening and speaking activities in the audio CD-ROM.

6			
56	A Change your life!	verb + object + infinitive or gerund	compound adjectives main and secondary stress
60	B Can't give it up	conditional sentences	phones and technology; adjectives + prepositions <i>/æ/ and /ʌ/</i>
64	Review and Check 5&6 Short movie <i>Giving presentations</i>		
7			
66	A Quite interesting	permission, obligation, and necessity	word formation: prefixes intonation and linking in exclamations
70	B A beautiful idea	verbs of the senses	art; color idioms <i>-ure</i>
74	Colloquial English 6&7 Illustration		
8			
76	A Doctor's orders	gerunds and infinitives	health and medicine; similes <i>/ə/</i>
80	B Traveler or tourist?	expressing future plans and arrangements	travel and tourism homophones
84	Review and Check 7&8 Short movie <i>The history of penicillin</i>		
9			
86	A Animal planet	ellipsis	animal matters auxiliary verbs and to
90	B How to eat out...and in	nouns: compound and possessive forms	preparing food; food adjectives with -y words with silent syllables
94	Colloquial English 8&9 Insects and animals		
10			
96	A Where do I belong?	adding emphasis (2): cleft sentences	words that are often confused intonation in cleft sentences
100	B A good sport	relative clauses	word building: adjectives, nouns, and verbs homographs
104	Review and Check 9&10 Short movie <i>Ellis Island</i>		

106 **Communication**

114 **Writing**

128 **Listening**

142 **Grammar Bank**

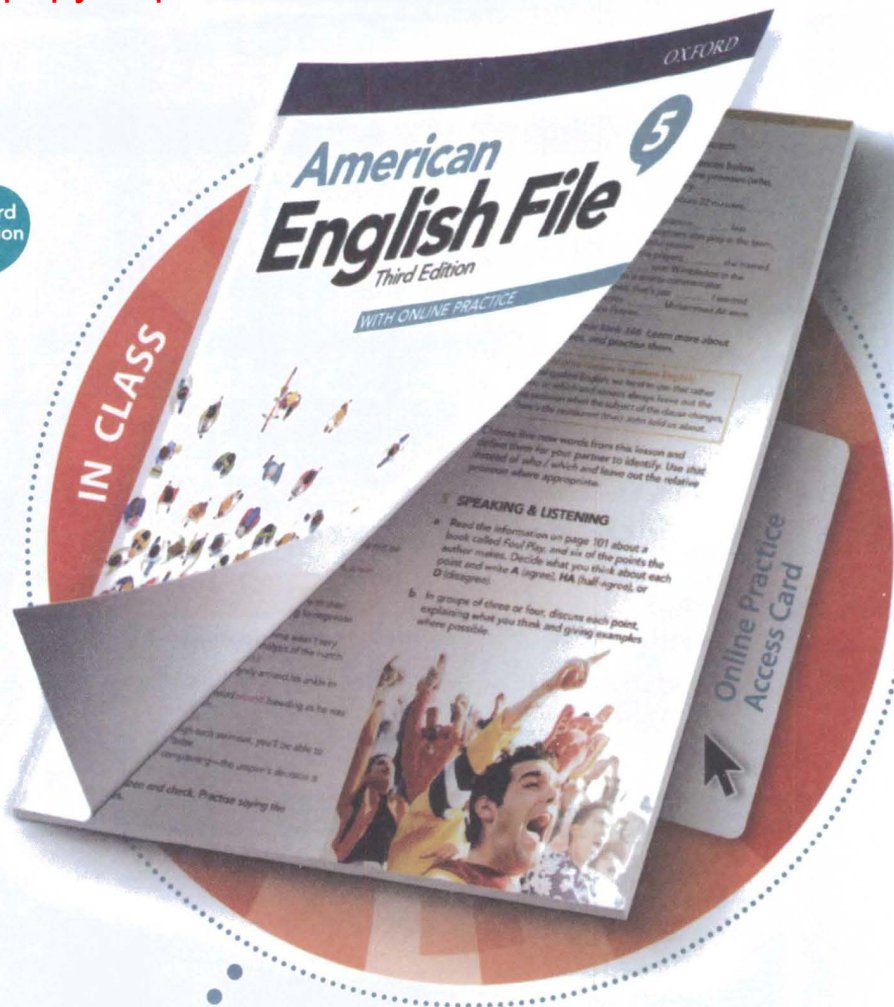
162 **Vocabulary Bank**

174 **Sound Bank**

Course overview

American English File ^{Third Edition}

Welcome to **American English File Third Edition**. This is how to use the Student Book, Online Practice, and the Workbook in and out of class.



Student Book

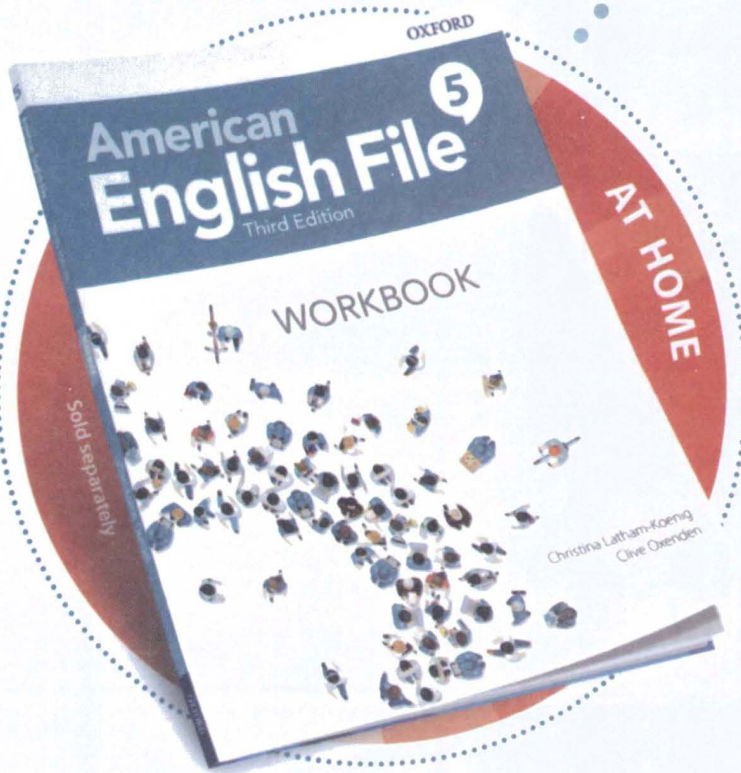
All the language and skills you need to improve your English, with Grammar, Vocabulary, Pronunciation, and skills work in every File.

Use your Student Book in class with your teacher.

Workbook

Grammar, Vocabulary, and Pronunciation practice for every lesson.

Use your Workbook for homework or for self-study to practice language and to check your progress.



Go to
americanenglishfileonline.com
and use the code on
your Access Card to
log into the Online
Practice.



ACTIVITIES AUDIO VIDEO RESOURCES



ONLINE



LOOK AGAIN

- Review the language from every lesson.
- Watch the video and listen to all the class audio as many times as you like.

PRACTICE

- Improve your skills with extra Reading, Writing, Listening, and Speaking practice.
- Use the interactive video to practice Colloquial English.

CHECK YOUR PROGRESS

- Test yourself on the language from the File and get instant feedback.
- Try a Challenge activity.

SOUND BANK

- Use the Sound Bank video to practice and improve your pronunciation of English sounds.

Online Practice

Look again at Student Book language you want to review or that you missed in class, do extra **Practice** activities, and **Check your progress** on what you learned so far.

Use the Online Practice to learn outside the classroom and get instant feedback on your progress.

1 READING & SPEAKING

a Read problems 1–5.

- 1 your Wi-fi isn't working
- 2 you're having problems with your classmate
- 3 you have some health symptoms you're worried about
- 4 you want to know the best way to invest a sum of money you've inherited
- 5 your two-year-old child wakes up a lot at night

Where would you go to get advice for each problem? Would you...?

- ask a friend, colleague, or family member
- look on the internet
- read a self-help book, newspaper, or magazine
- call a helpline or an expert

(If my Wi-fi wasn't working, I'd probably...)

- b Work in pairs, **A** and **B**. You are going to read two different texts giving advice. Read your text carefully and try to figure out the meaning of any new words and expressions.
- c Use your own words to explain to each other the tips and the reasons for them.

LEXIS IN CONTEXT

- d Now read both texts. Underline idiomatic expressions or phrasal verbs that mean:

Text A

- 1 behave like a child
- 2 do the part that is your responsibility
- 3 save (money)
- 4 (in a way that is) impossible to believe

Text B

- 5 make you feel very stressed
- 6 without having eaten anything
- 7 panic
- 8 gave something to somebody in authority

- e To what extent do you agree with the tips? Was there any advice that you think you might put into practice?



How to survive... living with your parents

Nearly a third of young adults are still living at home with mom and dad. Are you one of them?

Thirty-three percent of US adults from the ages of 25 to 29 still live with their parents or grandparents. This is the highest percentage since 1939. Some researchers think this number is so high because it's difficult for young people to find jobs that pay well. Other researchers think it's because young adults are waiting until their 30s to get married. Here are some survival tips for those of you who have reluctantly moved back to your childhood bedroom in mom and dad's house.

Do your share of the cooking, cleaning, and dishes. Don't let yourself go into "child mode" just because it's the house you grew up in. Housework is just as tedious for your parents as for the rest of us. Do your share, or you lose the right to call yourself an adult.

Save, save, save. The major advantage of living at home is the price. Unless your parents are charging you full market-rate rent (in which case, surely move?) you should be able to squirrel away some money. If you're working, living at home, and not saving any money, you aren't planning for the future at all. It won't end well.

Have an exit plan. Know how, if not exactly when, you plan to leave. In the darker moments of parent-child co-habitation, when you see in your parents' behavior a worrying image of the kind of person you might end up being, the knowledge that you have an escape plan will be the only thing that keeps you sane.

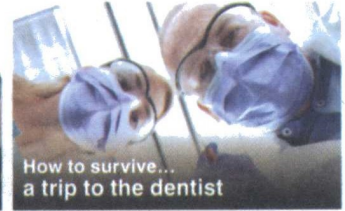
Go out. A lot. Of course you and your parents love each other very much, but that doesn't mean you like each other. Frankly, if you've lived together all your life and you don't sometimes hate them, you haven't been paying attention. So go out.

Get to know these strange new housemates. This is as good a time as any to find out about your parents' past history. Learning to see them as individuals, and not just as people who are there solely to look after you both physically and emotionally, will make you a better person. It will also make it easier to forgive them when they irritate you beyond belief.

From The Guardian

2 WRITING

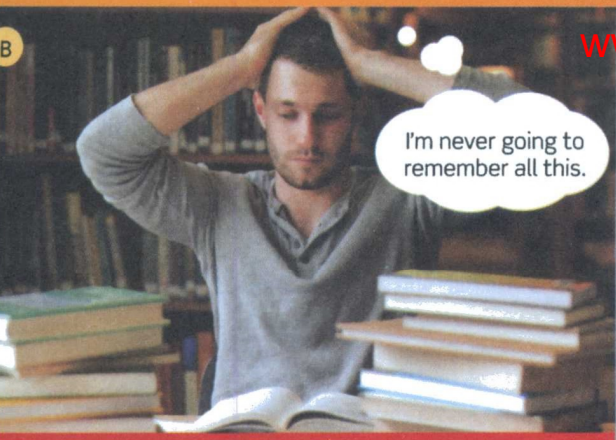
- a With a partner, choose one of the topics below that you have some experience with. Think of some advice that you could post on wikiHow. Write headings for at least four tips and plan what information to give under the headings, e.g., reasons for the advice, examples, etc.



- b Tell your tips to another pair. See what they think of your tips and if they have anything to add.
- c Using all the ideas, write a short paragraph for each heading.

3 GRAMMAR verb + object + infinitive or gerund

- a Right (✓) or wrong (X)? With a partner, correct any mistakes in the **bold phrases**.
 - When I lived with my parents, **I was always made load** the dishwasher.
 - If your parents are fussy about mealtimes, try **not to keep them waiting**.
 - I don't mind you not clean** your room, but at least make your bed!
 - I hate my parents talk to me** as if I was five years old.
 - Our teacher always **recommends that we go** to bed early the night before an exam.
 - I want that you stop** writing now.
 - I suggest you studying** for two hours a day, no more.
 - Could you let me have** five more minutes just to finish this question?
- b **G p.152 Grammar Bank 6A** Learn more about verb + object + infinitive or gerund, and practice it.
- c Answer the questions with a partner.
 - Is there anything you would prefer people not to do when they are invited to your house? What kinds of things do you expect them to do?
 - When you were a child, were you ever made to eat something you really disliked? Why do you think your parents tried to make you eat it?
 - Do you ever need to spend time at home waiting for something to be delivered? What happens if you are out when someone tries to deliver something?
 - Can you imagine yourself living in another country? How far and how different from your country would you prefer it to be?
 - What kind of things do you dislike people helping you to do? Why would you rather do them yourself?



How to survive... exam stress

1 Organize

Make sure you have all the things you need for the exam the night before: stationery, your ID card, etc. Last-minute searching for things can really stress you out before an exam.

2 Diet

Never go to an exam on an empty stomach, as you can end up concentrating more on your hunger than your exam paper. Before the exam, eat foods that are energy producing, like fruit and protein, and not too heavy so that they won't make you sleepy. If possible, take a water bottle to the exam hall to rehydrate.

3 Relax

One hour before the exam, relax! Don't feed yet more information to your already over-filled brain. Whatever you have learned, be confident of it and try to picture a calm stream, or take some deep breaths. You have done your preparation and now you should prepare yourself to give your best.

4 Plan

Once you get the question paper in your hand, read all the questions and make a quick rough plan of how you are going to invest your time in order to do your best. Mark the questions which you know you can answer easily and do them first. This will make you feel more confident. Never lose your cool if a question comes up which you didn't prepare for. It is too late now and your focus should be on the present moment.

5 Cross-check

It is very, very important to check your answers again at the end. Try to allow yourself a final 15 minutes to read through your paper and make any necessary corrections.

6 Forget

Often after an exam is over, people worry about the results or waste time discussing what their friends have written. Realize that the time to do something about the results was over when you handed in the answer sheet, and knowing how your friend did isn't going to help you. Concentrate on how you will face your next exam, if you have one, or just relax and be happy that it's over!

From www.wikihow.com

Glossary

stationery materials for writing, e.g., paper and pens or pencils

4 LISTENING

a Read about The School of Life. Why do you think it's been successful? Would you like to do one of their courses?

Login Sign up

The School of Life is an educational company that offers advice on life issues. It was founded in London in 2008 and now has branches around the world, including Berlin, Istanbul, São Paulo, Seoul, and Sydney. The School offers a variety of programs, courses, videos, and presentations covering finding fulfilling work, mastering relationships, achieving calm, and enjoying leisure time.


b 6.1 Listen to a School of Life presentation called *Why small pleasures are a big deal*. Number the slides the presenter mentions in order, 1–9. Which things from the slides does he say are 'small pleasures'?

- c Listen again and complete the sentences with a word or short phrase.
- 1 We don't believe that _____ things will give us much pleasure.
 - 2 People don't get excited about pineapples because they aren't _____ any more.
 - 3 The famous violinist was ignored because he was wearing _____ and playing _____.
 - 4 'Marriage, career, travel, getting a new house' are examples of _____.
 - 5 We assume that someone who cycled to the local park didn't enjoyed themselves as much as someone who _____.
 - 6 We think that spending time looking at a cloudy sky can't be as exciting as _____.
 - 7 An expensive vacation can be ruined by _____.
 - 8 If we focus on everyday pleasures, they can be very _____.
- d In pairs, summarize the central message of the presentation in one sentence. Then compare with another pair. Are your summaries similar?

Glossary

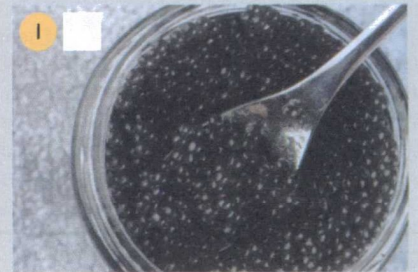
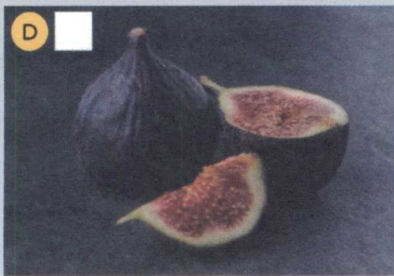
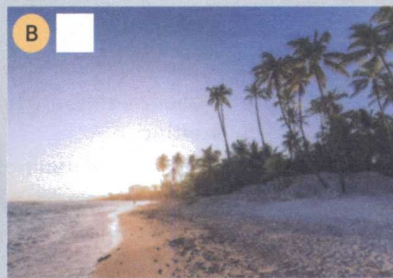
the Uffizi Gallery an important art museum in Florence, Italy

Lobster Thermidor a rich French dish made with lobster, egg yolks, and brandy



lily of the valley

Why small pleasures are a big deal



5 SPEAKING

a Look at the statements below. Choose one of them to talk about and make notes under the following headings:

- Whether you agree with the statement or not, and why
- Examples from your personal experience
- Any arguments on the other side
- Advice for your audience

Everyday life is full of small pleasures.

The best things in life are free.

Traveling abroad is more enjoyable than traveling in your own country.

A weekend at home is better than a weekend away.

b Read the tips for giving a presentation. Then, in small groups, give a short presentation about your statement. Listen to other people's presentations and ask questions.

Presentation tips

- 1 Organize your presentation logically, so you can remember what you're going to say.
- 2 Don't read your notes – use your own words.
- 3 Speak slowly, and pause between important points.
- 4 Make eye contact with the people you're talking to.
- 5 If the audience asks you questions, answer them clearly and concisely.

6 VOCABULARY & PRONUNCIATION

compound adjectives; main and secondary stress

Compound adjectives

A **well-known** violinist once donned **scruffy** clothes and performed at a street corner.

Small-scale pleasures can be anything but small.

A compound adjective is an adjective made up of two parts. It can sometimes be written with a hyphen.

a Combine words from each box to make ten compound adjectives and use them to complete questions 1–10.

air	narrow	distance	made
high	second	hand	conditioned
home	self	risk	behaved
last	well	minute	minded
long	worn	out	conscious

- 1 Have you ever bought clothing or shoes from a _____ store? Did you have any problems with them?
- 2 Do you think it's possible for people to maintain a _____ relationship?
- 3 Do you usually do a lot of _____ studying the night before a test?
- 4 Do you usually feel _____ when you are having your photo taken? What do you do to try to be more natural?
- 5 Do you have any old clothes that you still like wearing even though they're a little _____?
- 6 Do you prefer _____ food to restaurant meals? Why (not)?
- 7 In the summer, do you spend much time in _____ buildings or cars? Do you consider it a necessity or a luxury?
- 8 Do you play any _____ sports? What attracts you to them?
- 9 Do you think as people get older they tend to get more _____ and intolerant?
- 10 Do you think children should be asked to leave restaurants if they are not reasonably _____?

b **6.2** Listen and check.

Fine-tuning your pronunciation: main stress and secondary stress

Some words, especially compounds or words with suffixes and prefixes, have both main stress and secondary stress. Secondary stress is shown by , in a dictionary, e.g., /,self 'kʌnfəs/.

c Listen again. Which word usually has the main stress in compound adjectives? Then ask and answer questions 1–10 in a with a partner and give examples.

d Use these compound adjectives to complete some high-frequency collocations.

dead-end eco-friendly feel-good groundbreaking
hands-free high-heeled high-pitched labor-saving
life-changing low-cost

- 1 a _____ phone
- 2 a _____ job
- 3 a _____ movie
- 4 _____ research
- 5 a _____ voice
- 6 a _____ device
- 7 _____ shoes
- 8 a _____ airline
- 9 _____ detergent
- 10 a _____ experience

e **6.3** Listen and check. Now use three compound adjectives from a or d to write questions to ask your partner.

1 VOCABULARY phones and technology

- a Talk to a partner.
- What kind of phone do you have? How often do you upgrade? Would you like to upgrade right now?
 - What apps do you have that you use a lot?
 - What do you use your phone for apart from making calls?
 - Do you use the internet most on your phone, a tablet, or a computer?

b **Vp.169 Vocabulary Bank** Phones and technology.

2 PRONUNCIATION /æ/ and /ʌ/

Fine-tuning your pronunciation: /æ/ and /ʌ/
The sounds /æ/ and /ʌ/ are very similar and it can be difficult to hear and produce the difference. The /æ/ sound is always spelled with the letter a, and the /ʌ/ sound is usually spelled with the letter u, though it can also be o, e.g., *come*, or *ou*, e.g., *touch*.

a **6.6** Listen to the difference between the two vowel sounds.

- | | |
|-------------|-----------|
| 1 a rang | b rung |
| 2 a app | b up |
| 3 a hang up | b hung up |
| 4 a cat | b cut |
| 5 a ran out | b run out |
| 6 a match | b much |
| 7 a track | b truck |

b **6.7** Listen. Which word or phrase did you hear?

c Practice saying the sentences.

- 1 What is the **number one** **app** in your **country**?
- 2 Jack was **cut** off so he **hung** up.
- 3 My cell phone **ran** out of memory so I **had** to **up**grade to a new **one**.

3 READING & SPEAKING

- a Approximately how many hours do you think you spend a day using your phone? Are you happy with the amount of time you spend, or would you like to cut down?
- b Read the article and fill in the blanks in the Rules and Challenges text with suitable verbs.

A beginner's guide to divorcing your phone

What's the first thing you do when you wake up? Read the news? Check your emails? Scroll through social media? Now, imagine your phone's not in the room. If that makes you feel uncomfortable, it may be time for a digital detox.

Tanya Goodin, a digital detox specialist, has devised a seven-day detox. She recommends first downloading a tracking app that measures how much time you spend looking at your screen and how many times a day you pick up your phone, so then you can compare your normal phone use with the end results.

Rules for a digital detox

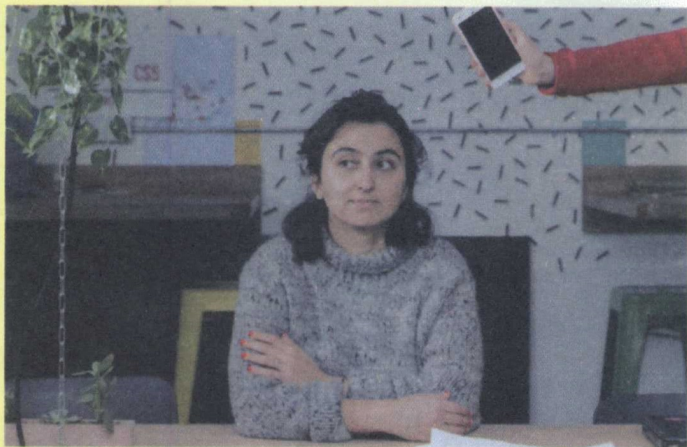
- | | | | |
|------------------|--|----------------------|--|
| ▶ ¹ D | all social media apps from your phone; check these only from a desktop computer. | ▶ ³ L | your phone in your pocket or somewhere where you can't see it for meetings / get-togethers / conversations / meals involving other people. |
| ▶ ² T | off all banner-style / pop-up / sound notifications from all other apps. | ▶ ⁴ K | your phone out of sight during your commute. |
| | | ▶ ⁵ Don't | your phone with you into the bathroom. |

Challenges

Day 1	Day 2	Day 3
Leave your phone outside your bedroom overnight; get an alarm clock or ⁶ t up the volume on your phone, so you can hear its alarm easily from your bed through the door. Continue this all week.	Put your phone in a central place when you return home and go to the location of the phone (rather than carrying it around with you) if you need to ⁷ ch it.	⁸ T your work email account off your phone (notify everyone in advance that you're doing this.)
Day 4	Day 5	Day 6 and 7
Go out to dinner, lunch, or to an evening event / gym session and ⁹ l your phone behind.	¹⁰ K your phone on airplane mode as default all day; take it off this mode only when you need to use it.	Your complete digital detox: ¹¹ t off your phone and put it away from 7:00 p.m. Friday to 8:00 a.m. Monday.



c Read about Anisah Osman Britton. Underline all the positive effects and circle all the negative ones.



Anisah Osman Britton, 24, is the founder of 23 Code Street, a coding school for women. She has lived on a boat for the last five years, with her dog.

Before detox

Daily phone screen time: 3 hours 50 minutes
Number of pick-ups a day: 88

I rely on my phone for everything; I leave my laptop at work because there is no wi-fi on the boat. My top four apps are WhatsApp, Telegram, Instagram, and Twitter, and when it comes to deleting them, I think, "I can do this!" I substitute Instagram with reading books and finish two by the end of the week, which makes me cringe at how much time I must waste on my phone.

I struggle with insomnia and often wake up at 4:00 a.m. and scroll through my phone. I'm amazed that, without it at hand, I simply go back to sleep. I set the alarm on my old-fashioned Casio watch now, and stay asleep a lot longer.

By day three, I'm feeling left out of my family's WhatsApp group, but I welcome taking work emails off my phone. Things take a turn for the worse on day four, when I'm sick and have to stay home. I decide there is no way I'm doing it without my phone—I need it in bed with me—and I go back to checking work emails, WhatsApp-ing my family, and watching dog videos on YouTube.

I'm not worried about switching my phone off on the weekend. I tell my family, and my business partner, Tom, that I'll speak to them on Monday. By Saturday lunchtime, I have a meltdown. It's so dead and quiet; I can't even listen to music because my only source is my phone. I don't see a single person until my neighbor knocks on my door on Sunday morning with some chocolate. I almost cry. Later, I walk to the supermarket, just so I can speak to someone. This is the worst weekend of my life.

After the detox...

I couldn't cope with... not being able to take photos. I missed that so much.

I can now do without... flicking through social media in bed before getting up. I've given myself an extra hour in the morning.

After detox

Daily phone screen time: 3 hours
Number of pick-ups a day: 70

LEXIS IN CONTEXT

d With a partner, say what you think the writer means by the following words and phrases:

- 1 makes me cringe (line 5)
- 2 at hand (line 8)
- 3 take a turn for the worse (line 12)
- 4 have a meltdown (line 19)
- 5 cope with
- 6 flicking through social media

e Answer the questions with a partner.

- 1 How would you score for "daily phone screen time" and "number of pick-ups a day"? How dependent is your work or social life on having a phone?
- 2 Have you ever spent a long time without your phone, either as a detox, or because of circumstances? How did you feel?
- 3 Which of the rules and challenges would you find the most difficult?

4 GRAMMAR conditional sentences

a Match the halves of the conditional sentences.

- 1 If I'd had my phone with me,
- 2 If my laptop wasn't so new,
- 3 If they bring out a new iPhone,
- 4 If I didn't have fast broadband,
- 5 If my phone numbers weren't all in my phone,
- 6 If I hadn't sent you a message,

- A you wouldn't have known where I was.
- B I wouldn't be able to work from home.
- C I'd have texted you to say where I was.
- D I might be able to remember some of them.
- E I'm definitely going to get one.
- F I wouldn't have bothered to get it repaired.

b Which sentences refer to present or future situations and which ones refer to the past? What is different about sentence 2?

c **G p.153 Grammar Bank 6B** Learn more about conditional sentences, and practice them.

d Complete the sentences so that they are true for you. Then compare with a partner.

- 1 I could manage for a week without the internet provided that...
- 2 I would only lend someone money on the condition that...
- 3 Even if I had all the time in the world, I would never...
- 4 Had I not decided to learn English, I...
- 5 I'd be prepared to move abroad as long as...



5 VOCABULARY adjectives + prepositions

🔍 Adjectives + prepositions

I'm not **worried about** switching my phone off on the weekend...

Some adjectives need a certain preposition when they are followed by a noun or gerund. It is essential to learn these prepositions with the adjectives.

a Complete the prepositions column.

	Prepositions
1 Our country depends on young people to come up ___ new ideas.	with _____
2 Many 30-year-olds are still dependent ___ their parents.	_____
3 People are totally fed up ___ the number of reality shows on TV.	_____
4 Older people aren't as open ___ new ideas as younger people are.	_____
5 People are sick ___ being bombarded with depressing news.	_____
6 A lot of people are hooked ___ superhero movies.	_____
7 As a nation, we are very proud ___ our sporting achievements.	_____
8 A lot of young people are addicted ___ social networking.	_____
9 A lot of people are obsessed ___ celebrities and their lifestyles.	_____
10 People are usually very kind and helpful ___ foreign tourists.	_____

b 6.8 Listen and check.

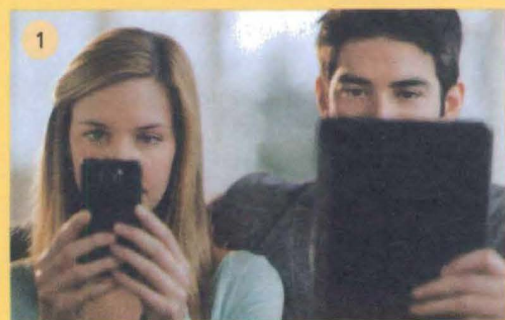
c Cover the **Prepositions** column and say the sentence with the correct preposition.

d With a partner, say to what extent sentences 1–10 are true for your country, giving examples.

6 LISTENING

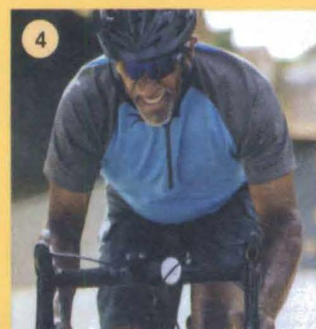
a Read the website information and look at the photos of people who are addicted to certain types of behavior. With a partner, for each picture, discuss:

- 1 what kind of behavior the person is addicted to.
- 2 what effect this addiction might have on their daily life.



Hooked

When most people hear the word "addiction," they think of dependence on a substance such as drugs or alcohol. But if you just substitute the word "behavior" for "substance," you open up the definition of addiction to all kinds of dependencies, some of which may surprise you. Whether it's food, the internet, or bungee-jumping, the desire to experience that "high" becomes so strong that the addict loses control and seeks the activity despite all negative consequences.





7 SPEAKING

- a What is the difference between being *addicted to* or *hooked on* something, and being *obsessed with* something (or someone)?
- b Look at some tweets about obsessions. What do you think the **highlighted** phrases mean?

b You're going to listen to a doctor talking about addiction. First look at some words and phrases that he uses related to addictions. Do you know what any of them mean? How are they pronounced?

- | | |
|-------------------------------------|----------------------|
| 1 dopamine | 5 cravings |
| 2 to quit a substance or a behavior | 6 to go cold turkey |
| 3 depression | 7 nicotine patches |
| 4 brain chemistry | 8 to have counseling |
| | 9 to have a relapse |

c **6.9** Listen and check.

d Look at statements 1–8. Do you think they are true or false?

- 1 You get "a flood of dopamine" when you take or do something you are addicted to.
- 2 The more dopamine there is in your brain, the less effect it has and the more you need of what you are addicted to.
- 3 When people give up an addiction their first reaction is pleasure at their achievement.
- 4 People's addictions not only make them feel good, they stop them from feeling bad.
- 5 The best way of quitting all addictions is to go cold turkey.
- 6 It is helpful to use aids such as nicotine patches when trying to stop some addictive behavior.
- 7 All addicts need to be treated with a combination of medication and counseling.
- 8 Family support is important to stop addicts from having a relapse.

e **6.10** Now listen to the doctor and mark the statements **T** (true) or **F** (false). Say why the **F** statements are false.

f Do you know anybody who is addicted to any of the things in the photos? How does it affect their lives? Are they doing anything about it?

#imobsessed

Tweets Top / All

- 1 My best friend's completely obsessed with her new friend. **She goes on and on** about him the whole time. #imobsessed
- 2 I have to admit **I've got a little bit of an obsession** with bikes. I'm always looking at websites and checking out new models. #imobsessed
- 3 My sister always has her phone either in her hand or on the table next to her and **she keeps checking it** the whole time. #imobsessed
- 4 I always look at my reflection whenever I walk past a store window. I don't think I'm vain, but **I just can't help it**. #imobsessed
- 5 A friend of my brother's is an **absolutely rabid** New England Patriots fan. He goes to all their games. #imobsessed
- 6 My sister-in-law **has a thing about** not eating any processed food. She doesn't let her kids eat anything that's not homemade. #imobsessed

c Talk in small groups. Use some of the phrases from **b**.
Are you / Do you know anyone who is (a little bit) obsessed with...?

- their appearance
- a celebrity
- a sportsperson or team
- a particular object, e.g., their car, their phone, etc.
- staying in shape
- healthy eating
- organizing or cleaning
- a hobby or free-time activity
- anything else

8 WRITING

Wp.120 Writing A discursive essay (1): A balanced argument Analyze a model essay and write a discursive essay about online shopping or ready-made meals.

GRAMMAR

a Circle a, b, or c.

- It ____ that the senator is to retire at the end of her term.
a has announced b announced it
c has been announced
- Excuse me. ____ to be a problem with this seat—I can't change its position.
a It seems b There seems c It appears
- ____ to a recent article, eating a lot of salt may not cause long-term health problems.
a According b Apparently c Considering
- ____ that the murderer is being concealed by friends.
a There is thought b It is thought c It thought
- My house is a mess—if only I ____ so messy!
a 'm not b weren't c was
- I'd ____ you didn't come in with your muddy shoes.
a rather b prefer it c wish
- I really wish we ____ that white sofa—it gets dirty much too easily.
a haven't bought b hadn't bought c don't buy
- I'd like ____ it in the morning, if that's possible.
a that they deliver b them delivering
c them to deliver
- If we hadn't had to work late, ____ the game now.
a I'd be watching b I'd have watched c I'll watch
- I'll pay for the classes ____ you agree not to miss any.
a supposing b unless c providing

b Complete the sentences with the right form of the verb in parentheses.

- The president is believed _____ his vacation in the Caribbean currently. (spend)
- It's time you _____ to think about what subjects you want to study next year. (start)
- My parents always encouraged me _____ foreign languages. (learn)
- My new job involves me _____ to South America two or three times a year. (travel)
- They're incredibly generous people and they wouldn't let me _____ for anything. (pay)
- Daniel can stay the night as long as he _____ sleeping on the sofa. (not mind)
- Supposing the Yankees lost their last two games, _____ they still _____ the division? (win)
- Marcus might have hurt his head badly if he _____ a helmet when he fell off his bike. (not wear)
- _____ you _____ me earlier that you were coming, I would have taken the day off. (tell)
- If my wife hadn't inherited a lot of money, we definitely _____ in a house like this now. (not live)

VOCABULARY

a Complete the sentences with a preposition.

- We arrived _____ time to spare.
- Don't tell me you're still listening to Nickleback! You're really _____ the times.
- Let's set off early. There's so much to see, and I don't want to run _____ of time.
- We've decided to stay here _____ the time being.
- We missed the bus, so _____ the time we got to the theater the play had started.
- The reservation is for 8:30, so please make an effort to be _____ time.
- He met Lara in Moscow, where he was working _____ the time.
- It's _____ time you started studying.

b Circle the right word or phrase.

- The *standard* / *cost* of living is higher in the city than it is in the suburbs. Rents are almost double.
- Liz spent a fortune on her new bag! She must be *loaded* / *affluent*.
- Fares* / *Fines* on the New York City subway have gone up a lot recently. The cost of a SingleRide ticket is now \$3.
- A This hat cost \$20.
B Twenty *bucks* / *spots*? You're kidding!
- They wanted to buy a house, but the bank wouldn't give them *an installment* / *a mortgage*.
- The highest rate of *income* / *inflation* tax in the US is currently 37%.
- Our vacation *budget* / *grant* is only \$1,500, so we won't be able to go abroad.
- Would you like to make a *donation* / *deposit*? It's for UNICEF.

c Complete the compound adjectives.

- My father is very intolerant and **narrow-**_____.
- Don't say anything about her new hairstyle. She's feeling very _____-**conscious**.
- Jane gets her vintage clothes from **second** _____ stores.
- You shouldn't have gone to the interview in those _____-**out** jeans.
- Their kids are really **badly-**_____. They never do what they're told.
- Our trip to Uganda was a _____-**changing** experience.
- The local bakery sells good _____**made** cakes.

d Complete the sentences with a verb or adjective.

- I was on the phone when we suddenly got _____ off and the line went dead.
- I tried to call Bill at the office, but I couldn't _____ through. The line was busy.
- You'll have to _____ up a little. My grandmother is very deaf.
- I'm so _____ of you. That was a wonderful performance.
- My sister is totally _____ on that new reality show on TV.
- I'm completely _____ to potato chips. I buy a package almost every day.
- I hope Franz and Amy _____ up with some great ideas for the April meeting.

CAN YOU understand this text?

a Read the article once. What two strategies do the people have in common?

b Read the article again and choose a, b, or c.

- 1 a But b And c So
- 2 a easily b hardly c never
- 3 a less valuable than b as valuable as c more valuable than
- 4 a rather than b in addition to c despite
- 5 a after b without c instead of
- 6 a neck b behalf c shoulders
- 7 a in spite of b as well as c because of
- 8 a in my control b out of my control c under control
- 9 a Nor will I ask b I will also ask c I love asking
- 10 a at home b at the front door c in the kitchen

c Look at the highlighted words and phrases and figure out their meaning. Check with your teacher or with a dictionary.

▶ CAN YOU understand this movie?

Watch or listen to a short movie on giving presentations. Complete the sentences with two or three words.

- 1 The one thing Louise hates about her job is _____.
- 2 Nowadays in most jobs you need to be able to deliver a message _____ and _____.
- 3 RADA opened in the Haymarket in _____ in the year _____.
- 4 Actors and public speakers use a lot of the _____ to engage an audience.
- 5 The RADA approach can be summarized as "_____, _____, _____."
- 6 After Louise's first presentation, the instructor gives her some _____.
- 7 If you can get your _____ right it will help your breathing.
- 8 In public speaking it's important to _____ an _____ from the beginning.
- 9 It's equally important to end on a _____.
- 10 The RADA technique gives you the skills to _____ in _____.



How I stay calm

The school principal

Education transformed my life. I wasn't academic, I was a plodder. ¹_____ I had the most fantastic teachers. In a way, that's where the stress and worry of this job comes from, the knowledge that a school can make a huge difference to the lives of young people. Children are here for only a fixed period; any time that is lost, they'll ²_____ get back.

There are 1,100 people in the building whose jobs are all essential to the running of the school, and I need to make sure that every single one of them is doing what they need to be doing. Our cleaners are ³_____ our teaching staff. Nothing can prepare you for being responsible for it all. However, most stressful situations that arise, be it with antisocial behavior or angry parents turning up, we have systems to deal with them. When I arrived in 2012, I introduced a policy for both teachers and students of always remaining calm and non-confrontational. The minute you shout, people don't listen to you; they just focus on the noise you're creating ⁴_____ what you're saying. The other thing that helps me remain calm is being highly visible, so that everyone—parents and those in school—can talk to me as soon as something is niggling them. It's when things fester that they create the most stress. So I'm at the school gate at the start and end of every day.

I'm an organized person; I won't leave my office ⁵_____ getting everything ready for the next morning. One rule I try to stick to is that I do my work at work; I'll stay late to get it finished, but I won't take it home. And I run. If there's something I need to deal with, I can usually find a solution on my run, and by the time I get home I'm relaxed.

The high school wrestling coach

When I'm watching one of my guys wrestle a match, my heart is usually racing pretty fast. I can get pretty worked up if I think the referee made a bad call, but most of the time I can stay calm and in control. I'm no use to my guys if I'm constantly yelling at the referee.

As a junior varsity wrestling coach, I have a lot of responsibility resting on my ⁶_____. I'm teaching my guys how to wrestle, ⁷_____ how to balance practice with schoolwork. I also have to deal with the kids' schedules—who can't make a practice because their mom scheduled a dentist appointment, who can't come to an important match on a Saturday because he's going to a family wedding. Most of these things are ⁸_____, and there's really nothing I can do about them, so I just try to just go with the flow.

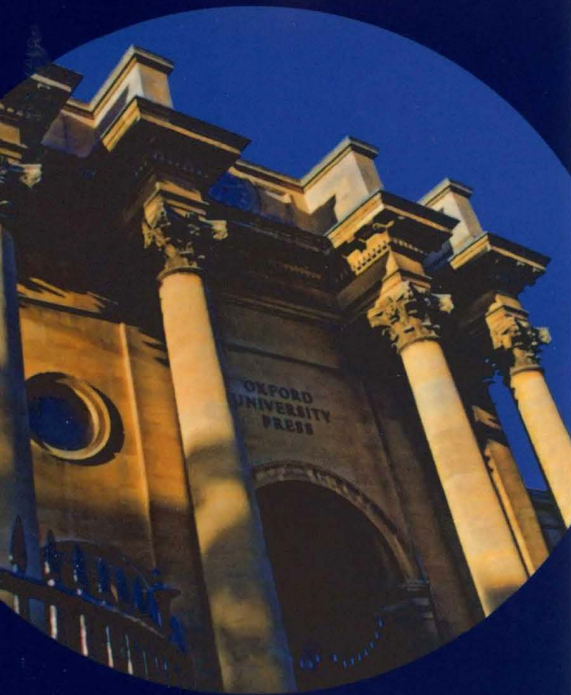
The best way for me to stay calm while surrounded by 23 energetic boys is to remind myself that they wouldn't be on the team if they weren't interested in the sport. When the kids are showing effort and staying focused in practices, I won't discourage them by yelling or being mean. ⁹_____ them to do moves they're not ready for yet.

When I was a wrestler in college, there was a period when I was injured and I felt I was letting my coaches down. Then one of them told me the best thing I could do was to give my injury time to heal. He told me to go home, rest up, and leave all my stress ¹⁰_____. And I did. So, I guess the point is whether I'm dealing with 23 high school kids or a season-ending injury, as long as I'm calm and I have a good attitude, I can handle anything!

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