

Unit 1 – Dorothy

1 Pre-Listening Comprehension

A. Normalisation – sentence stress

1. if you're interested in what my husband has...
2. and two slices of toast with marmalade on them
3. And if it's raining, I might do some housework.
4. if it's a shopping day we go out and do our shopping together
5. we always take a list
6. we have our evening meal quite early

B. Normalisation – anticipating the next word

1. 'So one day I might clean downstairs and another day I might clean upstairs'.
2. 'So at about 11 o'clock I will usually say to my husband'
3. 'Would you like a cup of coffee' (accept tea)
4. 'Um, if it's a shopping day we go out and do our shopping together. We go to the supermarket'
5. 'And then in the evening um, we might sit and watch television'

2 Listening Comprehension

A. Part 1 – Ticking boxes

1. eight
2. shower
3. trousers
4. an orange
5. two
6. cup of coffee

B. Part 2 – Ticking boxes

1. the newspaper
2. 30
3. cup of coffee
4. 10
5. a banana

C. Part 3 – Ticking boxes

1. three
2. reads a book
3. half-past six
4. a glass of wine
5. 11 to 11.30pm

4 Further Listening Practice

B. Discriminating between minimal pairs of sounds 1

1. I like your new skirt/shirt.
2. What a beautiful cup/cup!
3. Here's your pole/bowl.
4. I always clean/cream my face before I go to bed.
5. I can't see the wheel/veal.
6. Have you seen my list/wrist?
7. What a big loom/room!
8. Where's the cart/card?
9. I don't know where to place my bet/bed.
10. The name of the film is The Big Slip/Sleep.

C. Intonation – falling intonation for statements

1. my breakfast never varies[down]
2. the porridge is, is good[down] for him
3. we go out and do our shopping together[down]
4. I sit and read the paper[down].
5. We take the Guardian[down].

D. Recognising individual words in a stream of speech 1 – dictation

1. I usually have a shower.
2. We have breakfast around a quarter to nine...
3. the house doesn't get very dirty
4. We don't usually have lunch.
5. If it's a shopping day, we go out and do our shopping together.
6. We have our evening meal quite early.
7. So we eat quite a lot of salad and quite a lot of vegetables.

E. Contractions

1. I always um, clean and cream my face, because that's supposed to be a good thing for your skin, so I don't forget to do that.
2. Then I decide what I'm going to wear...
3. Um, if you're interested in what my husband has...
4. Um, when I've read the paper then that's the point when I decide what I'm going to do for the day.
5. And if it's raining, I might do some housework.
6. If it isn't raining, I don't want to waste time indoors...

Answer Key

- the house doesn't get very dirty because there's only my husband and I um, to make a mess in it
- it takes about 10 minutes because it's a very easy crossword
- We don't usually have lunch.
- Um, if it's a shopping day we go out and do our shopping together.
- We always take a list so that we're not wasting time...
- we might sit and watch television, if there's anything interesting to watch

F. Recognising individual words in a stream of speech 2 – elision

- my breakfast never varies
- Summer and winter?
- What paper do you get?
- they get cleaned more frequently than the rest of the house
- a soft drink
- We have it at about half-past six.
- I tend to alternate between a cooked meal one day and a salad meal the next day.

H. Discriminating between minimal pairs of sounds 2

- right, light, right, light, right
- always, hallways, always, always, hallways
- tend, tend, tent, tent, tend
- has, as, has, as, has
- seat, seat, sit, seat, sit
- tame, time, tame, tame, time

I. Recognising individual words in a stream of speech 3 – weak forms

- So, Dorothy, can you tell me about a typical day?
- that's supposed to be a good thing for your skin, so I don't forget to do that
- we have breakfast around a quarter to nine
- the porridge is, is good for him
- What paper do you get?
- that's the point when I decide what I'm going to do for the day
- I might do some housework.
- so I go out and do something in the garden
- they get cleaned more frequently than the rest of the house
- And I make coffee for both of us.
- We always take a list so that we're not wasting time...

- We will often have a glass of wine er, with our, our evening meal.
- we might sit and watch television...
- And er, usually that's enough to send us off to sleep.

J. Recognising individual words in a stream of speech 4 – linking

- a cup of coffee
- I sit and read the paper.
- there's only my husband and I um, to make a mess in it
- it takes about 10 minutes because it's a very easy crossword
- a drink of something
- We go to the supermarket which is about three miles away...
- We have it at about half-past six.
- usually that's enough to send us off to sleep

5 Further Language Development

A. Gap-fill

So at about 11 o'clock I will usually say to my (1) **husband**, 'Would you like a (2) **cup** of coffee?' And I (3) **make** coffee for both of us. And then we (4) **sit** down together and do the Quick Crossword in The Guardian newspaper which, on a bad day, it (5) **takes** about 10 minutes because it's a very (6) **easy** crossword.

Um, we don't (7) **usually** have lunch. Um, we might have a banana at lunchtime and a (8) **drink** of something, a soft drink or, or tea or coffee.

Um, if it's a shopping day we go out and do our shopping (9) **together**. We go to the (10) **supermarket** which is about three (11) **miles** away, and um, we wheel the trolley round together. We always take a (12) **list** so that we're not wasting time and er, find when we get (13) **home** that we've forgotten something.

And er, and then um, what do we do then? Um, well (14) **my** husband will (15) **often** disappear upstairs to do things on the computer. And I will often settle myself down in the sitting room with a (16) **book**.

Um, we have our (17) **evening** meal quite (18) **early**. We have it at about (19) **half-past** six. And, um, I tend to alternate between a cooked meal one day and a salad meal the next day. So we eat quite a lot of salad and quite a lot of (20) **vegetables**. Um, and we will often have a (21) **glass** of wine er, with our, our evening meal.

And then in the evening, um, we might sit and (22) **watch** television, if there's anything interesting to watch.

B. Extension exercise

1. We get up at about 10 o'clock on Sundays.
2. My husband always has a bath in the morning, but I prefer a shower.
3. He always forgets to clean the bath afterwards.
4. Don't forget to get some milk!
5. My father retired when he was 65, but before that he worked in a factory.
6. How many slices of toast do you want?
7. I have a box of cornflakes for breakfast every morning.
8. The only housework I like is ironing. I can't stand cleaning or polishing.
9. My daughter keeps her room very tidy – everything is always in its place.
10. Your shoes are very dirty – can you take them off, please?
11. I'm sorry I made a mess in the kitchen – I'll clean it up in a minute.
12. It takes about 10 minutes to walk to the shops from here.
13. "Hi, Clare. I'm in the supermarket but I've forgotten the shopping list. What do we need?"
14. Would you like a cooked meal, or shall we just have some salad as it's so hot?

C. Prepositions and adverbs

1. What time do you normally get up on a Sunday?
2. I'm just going to put on a warmer jacket.
3. We're hoping to have a barbecue, but it depends on the weather.
4. Could I have another slice of toast, please?
5. You should meet my sister. She's really interested in politics, too.
6. Have some more carrots. They're good for you.
7. What would you like to drink with dinner?
8. I was really lazy yesterday. I stayed in bed in all morning.
9. I think James is in his room playing games on his computer.

D. Transformations

1. We're not expecting rain – just a few (shower) showers.

2. My boyfriend's mother is very house-proud. She's always (clean) cleaning the kitchen when I go round.
3. Oh no! I've (forget) forgotten to buy Sam a birthday present.
4. Can you put another slice of bread in the (toast) toaster for me?
5. This book's really (interested) interesting. You must read it after me.
6. There are more (weeding) weeds than flowers in my garden!
7. If you're a (frequently) frequent flyer then you can get cheaper plane tickets.
8. Hurry up! There's no time to (wasting) waste!
9. I love (cooked) cooking, but I never seem to get to do any these days.
10. His new girlfriend's a (vegetables) vegetarian which is a bit difficult when we have them over for dinner.
11. Sorry, can I call you back? I'm (watch) watching a really interesting programme on television.

E. Matching words with definitions

1. Something which covers your whole body, from head to foot: skin
2. The front of your head: face
3. Bread made warm, brown and crisp by being near a high heat: toast
4. A kind of jam made from oranges: marmalade
5. Cooking, cleaning, ironing, etc.: housework
6. The unwanted plants which grow in a garden: weeds
7. The opposite of clean: dirty
8. A non-alcoholic drink: a soft drink
9. A shop which sells food items and items for the home where the customer takes things from the shelves and pays at a till: a supermarket
10. A unit of distance equal to 1.6 kilometres: a mile

Unit 2 – Peter

1 Pre-Listening Comprehension

A. Normalisation – two typical features of a London accent

1. Leave home, drive to Stevenage in Hertfordshire...
2. read my post an' then start whatever's at hand for the day
3. So something between 12 an' 2, normally.
4. An' then back in the car...
5. I normally 'ave a cup of tea...
6. Then I go an' 'ave a shower or a bath...
7. take up some strange habits and hobbies down there
8. Between half-eleven an' 12 o'clock

B. Normalisation – anticipating the next word

1. 'don't shower or bath in the.....' morning
2. 'Normally I always have a cup of tea and something to.....' eat
3. 'Switch on the computer, look at emails read my...' post
4. 'Do you have dinner as soon as you get...?' home
5. 'Watch telly for an hour or so, then I go and have a shower or.....' a bath

2 Listening Comprehension

A. Part 1 – Ticking boxes

1. 6.45am
2. wash
3. 7.45am
4. drives
5. 9am
6. the kettle
7. 30 minutes
8. 12 and 2pm

B. Part 2 – Ticking boxes

1. 5 and 5.30pm
2. a cup of tea
3. wife
4. 7 and 7.30pm
5. watches television
6. 11.30 and midnight

4 Further Listening Practice

A. Recognising individual words in a stream of speech 1 – dictation

1. Do you get a lunch break?
2. Do you have to take your lunch between those hours?
3. What time do you leave work?
4. And do you have dinner as soon as you get home?
5. What time do you go to bed?

B. Making the 'er' sound when pausing

1. Example
2. I'm normally ready to leave home about *er*, seven forty-five.
3. I do have a lunch break but it's *er*, half an hour...
4. I have *er*, a workshop...

D. Discriminating between minimal pairs of sounds 1

1. You must wash/watch this.
2. This work/walk is very hard.
3. I am very angry/hungry.
4. This is the back/pack.
5. What a long bath/path!

E. Sentence stress

1. Leave home, drive to Stevenage in Hertfordshire.
2. Locate myself at my desk, and switch on the computer, look at emails, read my post.
3. It's not at a regular time.
4. From the time I get hungry to the time I'm not.
5. And then back in the car, back down the motorway.
6. I normally have a cup of tea, a chat with the wife.
7. Watch telly for an hour or so. Then I go and have a shower or a bath and watch some more telly.
8. Sometimes I do other things.

F. Recognising individual words in a stream of speech 2 – weak forms

1. quarter to seven
2. have a cup of tea and something to eat
3. and arrive at work approximately nine, nine o'clock
4. locate myself at my desk

Answer Key

5. look at emails, read my post
6. It's not at a regular time.
7. It can be anything between... from... well, from the time I get hungry to the time I'm not.
8. back to Walthamstow for about six-thirty
9. Watch telly for an hour or so.
10. I have er, a workshop that I disappear to from time to time.

G. Contractions

1. I'm normally ready to leave home about er, seven forty-five.
2. ...and it varies. It's not at a regular time.
3. from the time I get hungry to the time I'm not
4. until I feel it's time to come back
5. That's the average.

I. Discriminating between minimal pairs of sounds 2

1. leave, leaf, leaf, leave, leaf
2. and, hand, and, hand, hand
3. shoes, shoes, choose, choose, shoes
4. feel, feel, file, feel, file

J. The glottal stop

1. a light breakfast
2. and then start whatever's at hand for the day
3. Well, yes, I do have a lunch break, but it's er, half an hour and it varies...
4. It's not at a regular time.
5. from the time I get hungry to the time I'm not
6. and then I normally eat round about seven o'clock...
7. until I feel it's time to come back ready for bed

5 Further Language Development

A. Extension exercise

1. I'm really hungry. Can I have a sandwich, please?
2. It's very dark in here. Can you switch on the light?
3. Shall we have tea or coffee? You choose.
4. I usually phone my mother for a chat every Thursday.
5. Are you ready to leave? Omar's waiting in the car.
6. I have lunch at approximately 1 o'clock.
7. We don't normally go out in the evenings.

8. I need you to help me choose what to wear for my interview on Friday.
9. If you're hungry make yourself some toast.
10. Our plane leaves at 10, so we must be ready to leave here at six o'clock.
11. Can you switch on the television?
12. I don't like dogs, but I love cats.

B. Prepositions

1. Could I have another cup of coffee, please?
2. I don't know if I'm going to have lunch today. It depends on how busy we are.
3. We didn't get up until 10 o'clock this morning, so we'd slept for nearly 10 hours.
4. There wasn't much traffic so we arrived at the airport nearly three hours early.
5. I'm going to bed. I've got a busy day tomorrow.
6. Would you like a chat with your dad? He's just got in.
7. We're going shopping in the morning. Do you need anything?
8. Could you switch on the light? It's a bit dark.
9. Came and look at this photo of James. It's brilliant.

C. Transformations

1. I'm doing some (wash) washing later. Have you got any dirty clothes?
2. We've stopped (eat) eating chocolate because we're trying to lose weight.
3. Petra's got her (drive) driving test next week. I hope she passes this time.
4. I (switch) switched on my computer yesterday and nothing happened, so I had to call an engineer out.
5. You've got a (choose) choice of sandwiches – ham, cheese or beef.
6. I (leave) left work early today because of the snow.
7. The (soon) sooner you go to the dentist the better.
8. This book is really (interests) interesting. You'll have to read it after me.
9. Police are investigating the (disappear) disappearance of a 17-year-old girl from Devon.
10. How are you (feel) feeling? Have you got over your cold?

Unit 3 – Jill

1 Pre-Listening Comprehension

B. Normalisation – anticipating the next word

1. 'I leave the house at seven...' thirty
2. 'walk to the bus...' station
3. 'we're allowed half an hour for...' lunch
4. 'Then you have er, a 15-minute break in the...' afternoon
5. 'Meet some...' friends.

2 Listening Comprehension

A. Putting events in order

- 1 brushes her teeth
3 has a cup of coffee
2 goes downstairs

B. Corrections 1

1. Jill lives in a flat. a house ('I leave the house')
2. She leaves home at 7.15. 7.30
3. She catches the W50 bus to work. W15
4. She starts work at 7.45. 8 o'clock
5. She has a cup of tea at about 8.30. cup of coffee
6. She has an hour for lunch. half an hour

C. Ticking boxes

1. She has a cup of tea.
2. She sleeps for half an hour.
3. She watches TV.
4. She reads a book.
5. She has a bath or a shower.
6. She cooks dinner.
7. She reads a newspaper.
8. She talks to her friend.

D. Corrections 2

1. Jill goes to the pub at about 9.30pm. about 10 o'clock
2. She meets her sister in the pub. 'Meet some friends.'
3. She comes home about 10.30. about 11.30
4. She goes to bed between 11pm and midnight. between midnight and one o'clock

4 Further Listening Practice

B. Discriminating between minimal pairs of sounds 1

1. I must wash/watch this.
2. This cup/cub is really small.
3. I can't believe she's thirty/dirty already.
4. You can see the bus/pus.
5. The pup/pub is called Bentleys.
6. That's a very large bed/bet.

C. Sentence stress

1. when I'm working, I get up at 7 o'clock
2. I go to the bathroom and have a wash and brush my teeth.
3. And if I have time, I make myself breakfast.
4. we then do the operations during the course of the day
5. If you can, you take a break round about 10 to ten-thirty.
6. Watch a bit of television, talk to my friend, talk about my day...

D. Recognising individual words in a stream of speech 1 – linking

1. I get_up_ at seven o'clock.
2. have a wash _and brush my teeth
3. a cup _of coffee
4. the course _of the day
5. we're allowed half _an_ hour for lunch
6. my shift finishes _at six o'clock

E. Recognising individual words in a stream of speech 2 – dictation

1. I go to the bathroom and have a wash and brush my teeth.
2. And if I have time I make myself breakfast.
3. What kind of things do you have for breakfast?
4. The night staff will come on at eight and take over from you.
5. How do you get home from the hospital?
6. What do you do when you get home?
7. I generally have a bath or a shower and relax.

G. Discriminating between minimal pairs of sounds 2

1. teeth, tease, teeth, teeth, tease
2. leaf, leave, leaf, leave, leaf
3. catch, cash, cash, catch, catch
4. walk, walk, work, work, walk
5. send, sent, sent, send, sent

H. Contractions

1. when I'm working I get up at 7 o'clock

Answer Key

2. In the winter I'll have porridge...
3. It's round about 20 minutes... 15 minutes if you're very busy.
4. And then we're allowed half an hour for lunch.
5. Sometimes if you're busy you can't take your lunch.
6. and then round about 10 o'clock we'll go up to the pub
7. but I don't like going to bed early

I. Recognising individual words in a stream of speech 3 – weak forms

1. I go to the bathroom and have a wash and brush my teeth.
2. And if I have time I make myself breakfast.
3. What kind of things do you have for breakfast?
4. walk to the bus station
5. I generally will have a cup of coffee about eight-thirty...
6. And then we're allowed half an hour for lunch.
7. So, how do you get home from the hospital?

K. Discriminating between minimal pairs of sounds 3

1. hate, hate, eight, hate, eight
2. pick, Bic, Bic, pick, pick
3. safes, saves, safes, saves, safes
4. bit, bid, bit, bid, bit
5. bed, bed, bet, bed, bet

L. Making the 'er' and 'um' sounds when pausing

1. Example
2. Interviewer: What kinds of things do you have for breakfast?
Jill: Um, toast or cereal.
3. Um, I leave the house at seven-thirty and er, walk to the bus station.
4. Er, we then do the operations...
5. Then you have er, a 15-minute break in the afternoon.
6. I can get a bus. The W15 again. Or er, my friend comes to pick me up in the car.

5 Further Language Development

A. Extension exercise

1. In the summer I usually walk to work.
2. Would you like some orange juice?

3. We live near a train station, but we go to work by bus.
4. Jan is in hospital with a broken leg.
5. I am very busy at the moment. Can I call you back later?
6. My husband gets up very early in the morning – at 5 o'clock.
7. Is anyone in the bathroom? I want to have a shower.
8. We normally have dinner with friends every Sunday.
9. It's late and I'm going to bed. I need to get up early tomorrow.
10. We have a big bathroom downstairs and a shower room and toilet upstairs.
11. I don't want to walk. Can we take a taxi? I'll pay.

B. The simple past of regular and irregular verbs

1. I (work) worked nearly 10 hours yesterday, so I was exhausted when I (get) got home.
2. We (go) went to Spain last month for a short holiday last month and it (be) was great. We (have) had a wonderful time.
3. I (make) made a fruit cake yesterday. Would you like a slice?
4. We (leave) left here at 4am and we (be) were in Paris at lunchtime.
5. I (walk) walked to work yesterday because it (be) was such a beautiful day.
6. Sorry I'm late. I (catch) caught the wrong bus.
7. Sarah says she (start) started her Christmas shopping in June! Can you believe it?
8. We (organise) organised a surprise party for our father's 60th birthday as well and it (go) went really well.
9. We (send) sent out a hundred invitations and nearly everyone (come) came.
10. We (do) did a lot of sailing when we were younger, but not any more.
11. I (take) took this photograph on holiday in Japan.
12. Thierry (start) started the marathon at 8am and (finish) finished six hours later.
13. We (save) saved nearly £200 last month for a new car.
14. We (watch) watched a brilliant programme on telly last night called *Miranda*. Did you see it?
15. It (be) was lovely to see her again, but all she (talk) talked about was her new boyfriend, so I (get) got a bit bored.
16. I (meet) met a really nice man at a party last week. He (say) said he'll give me a call

Answer Key

when he's next in New York and we can go out for a drink.

17. I (know) knew it was a bad idea to come here on a Saturday night!

Unit 4 – Catherine

1 Pre-Listening Comprehension

Normalisation – questions

1. between 7 and 7.45am
2. mushrooms, tomatoes, bacon and egg
3. at 9 o'clock

2 Listening Comprehension

Gap-fill

1. Catherine works in an office by herself.
2. She usually has a cup of coffee at 9.45 and then again at 11.15.
3. She often goes to the bank, the post office and then back to the office.
4. She works from nine to 12.
5. When she gets home she has a light lunch – just something on toast or salad.
6. On Mondays and Wednesdays Catherine and her husband go to Conway at about two o'clock.
7. Catherine's sister-in-law works in a shop in Conway.
8. Catherine goes swimming at five o'clock on Mondays.
9. When she gets home she watches the news on television.
10. Catherine normally goes to her friend's house on Monday evenings.
11. She gets home at about 10.30 and her husband gets home at 10.45.

3 Further Language Development

A. Extension exercise

1. Stephen is actually my second husband. We've only been married for two years.
2. Do you want half of this pie or just a quarter?
3. We've got some mushrooms growing in our garden, but we don't know whether we can eat them or not.
4. How would you like your egg? Fried or poached?
5. I normally drive to work, but sometimes I walk if it's nice weather.
6. There are 10 of us in one small office the size of your living room.
7. I'm going to make some tea. Would you like a cup?
8. I need to go to the bank to pay a cheque in, or I won't have any money next week.
9. Could you post this letter for me on your way to work?

10. What would you like for lunch today? Beans on toast or a pizza?
11. Do you feel like going for a walk? It's such a beautiful day.
12. I've only got two more days at work and then I'm going on holiday!
13. We need to get a bigger kitchen table so that we can all sit down together when our families come over.
14. We're going shopping tomorrow. Is there anything you need?
15. I used to go swimming two or three times a week, but then I got bored with it.

B. Words which go together

1. I normally have breakfast at 10 on Sundays.
2. I go to work by bus.
3. We make a pot of coffee every morning.
4. I don't feel like going out tonight.
5. Can we go home now? I'm tired.
6. I need to have a sit-down. I've been working in the garden for hours.
7. We usually do out neighbour's shopping as well because she's not very well.
8. I come home from the gym at seven o'clock and then have something to eat.
9. My friend and I go swimming on Tuesdays.
10. We don't normally go out on Friday evenings. We just stay at home and watch television.

Unit 5 – Danny

1 Pre-Listening Comprehension

Normalisation – questions

1. 11 till 7
2. about 10 o'clock
3. a couple slices of toast and a cup of tea
4. 10 minutes

2 Listening Comprehension

Corrections

1. If it's raining Danny takes a bus to work. takes a cab
2. The first customer arrives at 11.15. at 11 o'clock
3. He is a Welshman called Alan. a Scottish man
4. Danny often has a bag of sweets for lunch. a bag of crisps
5. Sometimes Nick gives Danny a lift home after work. Mick
6. When he gets home, Danny has a sleep. has a shower.
7. He relaxes in the evenings by watching a film or listening to music on his iPod. on his PC.
8. Sometimes Danny cooks some chicken with rice or potatoes. with rice or pasta
9. Danny is staying with friends at the moment. with his father
10. He is living on Spruce Hills Street. Spruce Hills Road
11. His road is near the Town Hall and the church. the Town Hall and the college

3 Further Language Development

A. Extension exercise

1. I'm trying to save money at the moment because I'm going on holiday next month.
2. We're not allowed to make personal calls at work.
3. Do you want toast or bread and butter?
4. Can you wait a couple of minutes? I just want to change my shoes.
5. We usually go for a long walk after Sunday lunch if the weather is OK.
6. I'm going to get a cab home. It's too cold to wait for a bus.
7. We opened the shop at nine and our first customer came in at two minutes past.
8. Sorry, I didn't hear the bell. I had my music on too loud.

9. Would you like a lift home as it's raining? My car's just round the corner.
10. Would you like to come round for a meal sometime? I'm a really good cook.
11. I don't feel like watching television. Can we go out?
12. We normally have mint sauce with lamb, but the children hate it.
13. I'm feeling a bit peckish. Have we got anything to eat? I need something to tide me over until dinner.
14. Whenever I do a night shift then I get the next day off.

B. Transformations

1. The children are really (exciting) excited about Christmas.
2. I haven't got much money in my (save) savings account at the moment.
3. Is it going to (raining) rain tomorrow?
4. Why don't you sit over here? It's (nice) nicer in the sunshine?
5. The telephone (rings) rang for ages before he answered it.
6. Why don't you have a break? I think you're (work) working too hard.
7. We had a great time in Spain. It was the most (relax) relaxing holiday we've ever had.
8. Why is it boys never wash their necks (proper) properly?
9. I'm not (eat) eating eggs at the moment because I'm on a low cholesterol diet.
10. What is the main (ingredients) ingredient in béchamel sauce?