

Pre-Intermediate English B1.1

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Pre-Intermediate English B1.1 Objectives

Irregular Plurals

- To understand the difference between singular and plural
- To identify words that require an irregular plural ending
- To correctly change an irregular noun from its singular form to plural form and vice-versa

Minimal Pairs

- To learn what a minimal pair is
- To learn the most common minimal pairs in English and how to avoid mixing them up in conversation

Used to, Usually and Use

- To understand the definitions and functions of used to, usually and use
- To use the words used to, usually and use correctly in conversational and written English
- To pronounce used to, usually and use correctly as different parts of speech

Past Simple v Past Continuous

- To review the forms, structure and uses of the past simple and past continuous tenses
- To understand the similarities and differences in use of the past simple and past continuous tenses
- To correctly use both the past simple and past continuous tenses in conversation

Films

- ➡ To learn film genres in English
- To learn vocabulary to talk about films in English
- To write a film review in English



Quantifiers

- To define a quantifier and understand its function in a sentence
- To understand the difference between long and short form quantifiers and their position in a sentence
- To understand and use quantifiers and indefinite articles to express zero, small and large quantities for countable and uncountable nouns
- To learn how to adapt quantifiers to sentences grammatically, including using the preposition "of"

At The Restaurant

- To learn vocabulary for basic items in a restaurant, including cutlery and crockery
- To know the jobs of people who work in a restaurant
- To learn basic phrases to order food at and communicate effectively in a restaurant
- To learn basic phrases to order at a till in a café and learn basic food items at a café

Cinema

- To learn basic vocabulary to describe a cinema in English
- To feel confident talking about the film and cinema industry in conversation
- To be able to book tickets at a cinema in English

Adjectives and Adverbs

- To review the grammatical forms and sentence position of adjectives and adverbs
- To understand whether to use an adjective or an adverb in an English sentence
- To use adjectives and adverbs correctly in both comparative and superlative forms

Articles

- To understand the difference between zero, definite and indefinite articles in English
- To be able to use the correct article in any sentence in English
- To pronounce all articles correctly in English



Connected Speech

- To understand the theory behind elision, liaison and assimilation in English pronunciation
- To feel confident using connected speech when reading out loud in English
- To feel confident using connected speech in conversation in English

Present Perfect Continuous

- To understand the situations when the present perfect continuous is required.
- To use the present perfect continuous in the affirmative, negative, questions and short responses.
- ➡ To identify keywords that are used in the present perfect continuous
- To avoid common mistakes that learners make with the present perfect continuous tense

Adjective Endings

- To learn when to use the ING and ED adjective endings
- To learn the difference in meaning between ING and ED adjective endings
- To learn the most common adjectives that take both the ING and ED adjective ending
- To use ING and ED adjective endings confidently in conversational and written English

Culture

- To understand key vocabulary to talk about your culture
- To discover and present your culture in conversation and spoken English
- To learn about the British culture, customs and traditions

Present Perfect v Present Perfect Continuous

- To understand when the present perfect tense and the present perfect continuous tense is required
- To use the present perfect and the present perfect continuous in the affirmative, negative, questions and short responses
- To identify keywords that are used in the present perfect and present perfect continuous tenses
- To avoid common mistakes that learners make with the present perfect and present perfect continuous tenses



Using Let's

- ➡ To learn how to use the expression "let's" correctly in English
- To understand the differences between let's, lets and let us

Weak Forms

- To learn what a weak form is and feel confident using them in English
- To learn the correct pronunciation of the most common weak forms in English and use them in spoken English

Fashion

- To expand clothes and accessories vocabulary
- To learn materials vocabulary in English
- To feel confident talking about fashion and trends with essential vocabulary in English, including phrasal verbs

Modals of Probability

- To learn the grammatical functions of a modal verb in English
- To learn the most common modal verbs of probability in English and understand the differences in meaning
- To learn the correct forms and pronunciation of all modal verbs of probability

Comparative v Superlative

- To review the grammatical structures of the comparative and superlative
- To understand when to use the comparative and the superlative forms in written and spoken English
- To use the comparative and superlative with both adjectives and adverbs

Make and Do

- To learn the correct conjugations of the verbs make and do
- To understand when to use make and do in phrases in English
- To learn the typical conjugations in English with the verbs make and do

Health

- To learn key phrases and vocabulary to talk about a healthy lifestyle
- To learn idioms and phrasal verbs to talk about health
- To feel confident talking and writing about health in English



At The Gym

- To learn gym equipment vocabulary in English
- To learn the actions and exercises at the gym
- To learn phrasal verbs to talk about exercise and activities at the gym

The Office

- To learn vocabulary for typical items in the office
- To learn key phrases to use in the office in English
- To feel confident using basic English in the workplace

Connectives

- To learn the typical connectives in English
- To understand the difference in meaning, grammar and use of the common connectives in English
- ➡ To feel confident using these connectives in conversation and written English



Irregular Plurals

Most plurals are formed in English by adding S or ES to the end of the word. There are also many specific Latin endings which require a change when forming the plural, but these are strict rules and patterns. Unfortunately, not all of the nouns in English follow these patterns. These are called irregular plurals. We have categorised the irregular plurals into groups to help you learn them.

00 → EE

foot → feet goose → geese tooth → teeth

OUSE → ICE

mouse → mice louse → lice

Plurals only

These words only exist in the plural form and always require a plural noun.

Glasses
Shorts
Jeans
Scissors
Pants
Tweezers
Binoculars

No Change

fish → fish
sheep → sheep
deer → deer
bison → bison
moose → moose
swine → swine
series → series
species → species

Hebrew IM

cherub → cherubim seraph → seraphim

Two-part plurals

The noun should always become plural and never the adjectives or prepositions.

Son-in-law → sons-in-law Runner-up → runners-up

EN Ending

child → children
ox → oxen
man → men
woman → women

French X

beau → beaux
chateau → chateaux
bureau → bureaux

Italian O → I

libretto → libretti tempo → tempi virtuoso → virtuosi

Completely Irregular

person → people penny → pence



Minimal Pairs

Minimal pairs are a pair of words with only one phonological difference. The pronunciation changes, but also the meaning. This could be in any part of the word and it could be a consonant or a vowel.

Sound 1	Sound 2	Examples
/1/	/i:/	bit - beat, fill - feel, it - eat, sit - seat, his - he's
/æ/	/^/	cap - cup, fan - fun, hat - hut, ran - run, sang - sung
/æ/	/e/	bad - bed, man - men, pan - pen, bag - beg, dad - dead
/æ/	/a:/	cat - cart, hat - heart, pack - park, back - bark
/əʊ/	/ɔ:/	bowl - ball, so - saw, show - sure, boat - bought
/a/	/ɔ:/	cot - court, spot - sport, shot - short, pot - port
/w/	/g/	wood - good, weight - gate, won - gun, wave - gave
/b/	/v/	ban - van, boat - vote, berry - very, bet - vet
/d/	/dʒ/	dog - jog, door - jaw, bad - badge, paid - page
/d/	/ð/	day - they, dare -their, den - then, sudden - southern
/n/	/ŋ/	sin - sing, thin - thing, win - wing, ban - bang
/ŋk/	/ŋ/	think - thing, sink - sing, bank - bang, brink - bring
/f/	/v/	fan - van, leaf - leave, off - of, safe - save, ferry - very
/f/	/0/	free - three, first - thirst, deaf - death
/k/	/g/	back - bag, duck - dug, pick - pig, frock - frog
/dʒ/	/j/	jewel - you'll, jaw - your, juice - use, gel - yell
/s/ (end)	/z/ (end)	ice - eyes, place - plays, bus - buzz, piece - peas
/t/	/d/	town - down, two - do, hat - had, write - ride
/t/	/0/	tree - three, mats - maths, fort - fourth, tie - thigh
/v/	/w/	veil - whale, vest - west, vet- wet, vine - wine



Used To, Usually and Use

All three words have entirely different functions and definitions in an English sentence.

Word	Pronunciation	Use/ Definition	Example Sentence
Used to	juːzd tuː	A past habit that no longer happens (plus infinitive verb)	I <u>used to go</u> to school
Usually	<u>juː</u> ʒชəli	Generally, a present habit	I <u>usually</u> do my homework at night
To use (verb)	tu: ju:z	To employ something Past tense: used	How do I use my laptop?
Use (noun)	ju:s	Value/purpose	What's the use of being sad?



LOOK OUT

 \triangle "Used to" requires the infinitive "use to" (no D) in the negative and questions.



Past Simple v Past Continuous

Past simple and past continuous tenses are used to express something in the past time.

Past Simple	Past Continuous
Single past event I went to Mexico last summer *A specific finished time	Before/after structure It was 7pm and I was having dinner *An approximate time
Series of past events I woke up, got dressed, had breakfast	2 actions I was cooking while he was watching TV
*Each action is finished before the next one	*Two events could be happening at the same time
Past duration I lived in Barcelona for 3 years	Long past action It was raining all morning
Repeated past event I drove to work every day	Setting the scene It was raining, the trees were blowing, the wind was howling
Changed state She was short as a child, but now she's tall *Past event compared to present	Change and growth They were growing up so quickly *Two past events compared
Stative verbs I wanted a puppy	Verb "to wonder" I was wondering if you'd like a coffee?



Films

Film genres

adventure action animation cartoon comedy crime documentary drama family film horror melodrama musical

terror thriller science fiction (sci-fi)

romantic comedy (romcom) war western

zombie

Film vocabulary

award big-budget box office cast character cinema costume director genre lighting film star nomination Oscar plot premiere producer pyrotechnics release review role scene set score screen screenplay screenwriter to shoot soundtrack special effects to star

trailer

Film adjectives (positive)

fascinating first-class gripping hilarious imaginative intriguing mind-blowing original powerful thought-provoking thrilling

uplifting

Film adjectives (negative)

bland clickéd disappointing dreadful dull flawed forced lifeless mediocre predictable slow unoriginal

Film phrasal verbs

to come out to be played at to be based on to act out to talk to to go for it

to live up to



Quantifiers

A quantifier is a small word that normally goes directly before a noun and it normally tells us an imprecise quantity. To talk about an unknown quantity, we can use the word some. If there is an article, a possessive adjective, a demonstrative or an object pronoun before the noun, we must put "of" in between the quantifier and the noun.

ZERO QUANTITY

Singular Countable Nouns There isn't a banana

Negative a singular verb an noun

SHORT FORM: None

Plural Countable Nouns

There aren't any tomatoes
There are no tomatoes

Negative	any	plural
verb		noun
Affirmative	no	plural
verb		noun

Uncountable Nouns

There isn't any yoghurt
There is no yoghurt

There is no yoghare		
Negative	any	noun
verb		
Affirmative	no	noun
verb		

QUANTITY OF 1

Singular Countable Nouns

There is a pineapple on my desk
There is avocado on my desk

Affirmative	а	consonant
verb	an	vowel

SHORT FORM: One

SMALL QUANTITY

Plural Countable Nouns

There are a few lemons here There aren't many lemons here

There aren't many lemons here		
Affirmative	a few	Plural
verb		noun
Negative	many	plural
verb		noun

SHORT FORM: A few / many

Uncountable Nouns

There is a little chocolate left
There isn't much chocolate left

There ish t mach chocolate lejt		
Affirmative	a little	noun
verb		
Negative	much	noun
verb		

SHORT FORM: A little / much

Plural Countable Nouns

There are several peaches
There are a number of peaches

Affirmative		Plural
verb	A number of	noun

SHORT FORM: Several/a number

LARGE QUANTITY

Both		
Affirmative	plenty of	noun
verb	a lot of	
	lots of	

SHORT FORM: Plenty/ a lot/ lots

Uncountable Nouns

There is a great deal of butter There is a large amount of butter

Affirmative	a great deal of	noun
verb	a large amount of	

SHORT FORM: A great deal/ a large amount



At The Restaurant

table chair menu tablecloth salt and pepper bread knife dinner knife steak knife bread plate salad fork dinner fork plate dessert fork napkin ring dessert spoon napkin champagne flute wine glass wine goblet cocktail glass highball glass shotglass old-fashioned decanter beer mug glass coffee cup bowl mug teapot egg cup saucer



Restaurant Phrases

Arriving at a restaurant	Hello, we have a table reservation under the name of Wilkinson
	⇔ Hello, we have a table for 4 people. It's Wilkinson.
	□ Do you have any tables for two?
	□ Can we come in for lunch?
	What is the name of your reservation?
	Can I take your coats/jackets?
	Do you have a reservation?
Finding your table	Do you have any table preferences?
	May I show you to your table?
	Your table isn't quite ready, would you like to wait at the
	bar?
	Sorry, that table is reserved
	Right this way
	May we sit at this table?
	□ Can we sit here?
	□ Is this table taken?
	Any table is fine!
Sitting at the table	➡ Would you like a drink to start?
	Can I start you off with anything to drink?
	🖶 I'll have / get / take
	□ I'd like
	➡ What's on the menu?
	What are the specials?
	➡ What can you recommend?
	I recommend
	Would you like some bread for the table?
	Yes, please



	 No thank you! Shall I bring some water for the table? Yes please, just tap water is fine! No thank you!
Ordering Food	 Are you ready to order yet? Can I take your order? Yes I'll have the The for me, please I'll have the same! No We're not ready yet! Could you give us a few more minutes? Would you like any sauces? Yes please (ketchup, mayonnaise) Would you like any sides? Yes please (chips, salad, potatoes) How would you like it cooked? Rare, medium, well-done Does this come with chips? Does it come with anything else? Is this a vegan/vegetarian dish? What is in this dish? Sorry, what is "crème brûlée" Sorry, we don't have any more steak left. Let me check with the kitchen, but I think we've run out! I'm sorry, the steak is finished. Sorry, that's off the menu.
The food arrives	 Who's having the? Who's got the? That's me! Yes, here please! Is there anything else you need? Enjoy your meal! Please could I get another beer Could we get some ketchup, please?



Main course is finished	■ Was everythir	ng alright?
	⇔ Would you lik	e to see the dessert menu?
	Is there any ro	om for dessert?
		e any dessert?
	Can I get you	some tea or coffee?
	□ I'm full!	
	That was deli	cious, thank you!
	Can we see th	e dessert menu, please?
	□ Do you have a	drinks menu?
		now!
Paying	➡ Please could \	ve get the bill?
	Can we get th	e bill, please?
	Could we have	e the bill, please?
	We'll take the	bill
	Are you payin	g together or separately?
	⊜ How are you p	paying?
	Can I pay by c	ard? Do you take card?
	Is service inclu	ıded?
	Can we split t	he bill, please.
Complaints	Excuse me, I c	idn't order this!
	This is the wro	ong order!
	Excuse me, m	y meal is cold
	This is too sal	ty/hot/spicy/dry
	The service w	as very slow
	It's very cold,	could you close the door?
	Let me take th	is back to the kitchen for you
	Let me get the	e right order, I'm so sorry!
	We'll change	t straightaway
	I'm so sorry to	hear this



Café Vocabulary



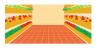


Cinema

3D glasses



aisle



audience



auditorium



blockbuster



to book



credits



curtain



discount



drinks stand



front row



pick n'mix



popcorn



premiere



projector



screen



seat



snack kiosk



sound system



speakers



subtitles



ticket



to usher



dubbed top billing

flop

hit



Adjectives v Adverbs

Adjectives are describing words that add information to a noun. E.g. I like dark chocolate. They can be placed immediately before a noun or after a linking verb.

Adverbs are words that typically modify a verb and describe the way it happens. E.g. She sings beautifully. They can be placed immediately after an intransitive verb, after the object with a transitive verb or before a transitive verb.

- Adjective + Noun
 Look at those happy people
- Adverb + Verb
 She plays the piano well
- 3) Linking verb + AdjectiveShe looks sad*When the focus is the person (she)
- 4) Linking verb + AdverbShe looks sadly at her dog*When the focus is the way the verb happens (looks)



LOOK OUT

⚠ Comparative and superlative forms of adjectives and adverbs are used in the same way



Articles

Articles are short words that provide us with more information about a noun. In English, articles tell us the definiteness of a noun.

Indefinite articles (a, an, some)

- The first time you talk about something
- Jobs
- Nationalities (nouns)
- Religions
- Expressions with what
- Expressions meaning per/for each
- Letters
- Comparative noun phrases
- Quantifiers

Definite article (the)

- The second time you talk about something
- It's clear what you're talking about
- Prepositional noun
- Definite noun + adjective clause
- Only one exists
- Places in town and specific names of places
- The superlative
- Ordinal numbers
- Musical instruments
- Groups of people
- Institutions
- Nations
- Rivers, oceans, seas and deserts
- Newspapers
- Family names
- Times of the day
- Prepositions (in, on, at, to, from) + compass direction
- Specific time periods
- Before "same"
- Body parts with direct object



Zero article

- Next and last
- Plural or uncountable nouns
- Names of hospitals, schools, churches, shopping centres
- Meals
- Days and months
- Names of streets and roads
- Abstract nouns
- Countries, cities, towns
- Names of lakes, mountains and islands
- Languages
- Go, walk, move + compass direction
- Diseases



Connected Speech

Connected speech is the act of connecting two words or sounds together.

Assimilation	Change a sound	$T + M/B/P \rightarrow P$ $T + K/G \rightarrow K$ $D + M/B/P \rightarrow B$ $D + K/G \rightarrow G$ $N + M/B/P \rightarrow M$ $N + K/G \rightarrow \eta$ $S + \int \rightarrow \int$ $Z + \int \rightarrow 3$
Liaison	Add a sound	/æ/ or /ə/ \rightarrow R /u:/ or /ʊ/ \rightarrow W /i:/, /ɪ/ or /eɪ/ \rightarrow Y
Elision	Eliminate a sound	Typically H or ED



Present Perfect Continuous

The present perfect continuous tense is used to talk about a duration of time that started in the past and is unfinished, temporary situations and events that have recently finished in the past but directly impact the present situation.

Keywords include all, how long, recently, lately, for, the whole, since, for and only.

Affirmative	Negative	Question
I have been walking	I haven't been walking	Have I been walking?
You have been walking	You haven't been walking	Have you been walking?
He has been walking	He hasn't been walking	Has he been walking?
She has been walking	She hasn't been walking	Has she been walking?
It has been walking	It hasn't been walking	Has it been walking?
We have been walking	We haven't been walking	Have we been walking?
They have been walking	They haven't been walking	Have they been walking?



Adjective Endings

Adjectives can use an ED or ING adjective ending. The spelling rules are the same as for the past participle and present participle but the functions are different.

ED Ending	Recipient of emotion Refers to people	
	I am really bored today.	
ING Ending	Source of emotion Refers to objects	
	The film was really boring.	

Common adjectives

•		
aggravated/ing	alarmed/ing	amazed/ing
annoyed/ing	astonished/ing	astounded/ing
bored/ing	captivated/ing	challenged/ing
charmed/ing	comforted/ing	confused/ing
convinced/ing	depressed/ing	disappointed/ing
discouraged/ing	disgusted/ing	distressed/ing
disturbed/ing	embarrassed/ing	encouraged/ing
entertained/ing	excited/ing	exhausted/ing
fascinated/ing	frightened/ing	frustrated/ing
fulfilled/ing	gratified/ying	horrified/ying
humiliated/ing	inspired/ing	insulted/ing
interested/ing	intrigued/ing	irritated/ing
moved/ing	overwhelmed/ing	perplexed/ing
pleased/ing	puzzled/ing	relaxed/ing
relieved/ing	satisfied/ying	shocked/ing
sickened/ing	soothed/ing	surprised/ing
tempted/ing	terrified/ying	threatened/ing
thrilled/ing	tired/ing	touched/ing
troubled/ing	unsettled/ing	worried/ying



Culture

behaviour
civil unrest
cultural diversity
culturally acceptable
ethics
global village
organisational culture
value

belief
cultural barrier
cultural misconception
culture clash
globalisation
humanity
stereotype

characteristic
cultural conflict
cultural uniqueness
culture shock
global culture
local culture
trait



Present Perfect v Present Perfect Continuous

The present perfect connects the past time to the present whilst the present perfect continuous talks about long past and present events.

Present Perfect	Present Perfect Continuous
Past event impacts present I've lost my wallet and I need it now	Past event impacts present It's been raining all morning and it's flooded my garden
Recent past event We've just arrived home *Not very regularly	Recent past event We've been swimming a lot recently *Regularly
Change in state I have improved my English *Long-term events	Temporary situation I've been watching the news a lot recently *Temporary, short-term events
Unfinished duration of time I haven't been to the cinema this year *Assume the time is finished *Focus is the end result	Unfinished duration of time I've been learning English for 10 years *Assume the event isn't finished yet *Focus is on the time/duration
Stative verbs I have known her for a long time	
Life experience I have visited France before	



Using Let's

Let's	This is a contraction for "let us" and it's used to make a suggestion. It's followed by the infinitive form of the verb. Let's go to the cinema!
Lets	The verb "to let" becomes "lets" in the present tense, third-person singular. This means to give permission. My mum lets me drive her car.
Lets	As both a noun and a verb, this means "to rent out property". (noun) We have a few lets in the city. (verb) We are letting our flat out now.



Weak Forms

A weak form is a form of connected speech to sound more fluid when speaking. A syllable in a word becomes unstressed and we change it to the schwa sound.

- Weaks forms are typically auxiliary verbs, determiners, pronouns, prepositions and conjunctions
- Weak forms are used in written English too (contractions)
- Weak forms are only ever on unstressed words or syllables



Fashion

anklet



beanie



blouse



bomber jacket



boxers



bra



brogue



cardigan (cardy)



chinos



crocs



cufflink



dressing gown



flat cap



flats



floppy hat



gown



hoodie



kilt



knickers pants



lace-ups



leggings



panama hat



sandals



sarong



slippers

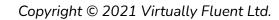


stockings



strappy top







suit



sweatshirt



top hat



trainer socks



tuxedo



underwear



vest



wedges



wristband



Fashion Vocabulary

à la mode chic influencer fashion victim luxury off the peg a sense of style bespoke
designer
fashionable
the latest
made to measure
outfit
to hit the shops

catwalk
high-street
fashionista
trend
model
range

Fashion Phrasal Verbs

to be in to dress up to try on to take up to be out to dress down to let in to take down to have on to put on to let out



Shopping Phrases

	For you	For the shop assistant
	Where can I find? Where is the nearest? Can you recommend a good? Do you know where a is? What's the name of this shop? Do you sell here? I collect do you have any?	
	Yes, I'm looking for No, I'm just looking, thank you!	Can I help you find something?How can I help you today?May I help you?
	Excuse me, please can you help me? I'm looking for	What size/colour would you like?What size/colour are you looking
	Please can you tell me where to find	for? Would you like to try it on?
	I'm in need of where can I find it?	➡ What about this one?
	I can't seem to find could you point me in the right direction?	
	Do you sell?	
	Do you have a bigger/smaller size?	I'm afraid that's the only size/colour we have
•	Does this come in yellow/small?	Sorry, we're out of stock
	Do you have anything slightly cheaper?	Sorry, we don't have anything left
		Sorry, that's the last one
	Can I try it on? Where are the changing rooms?	 Of course, the changing rooms are over there They're over there They're that way

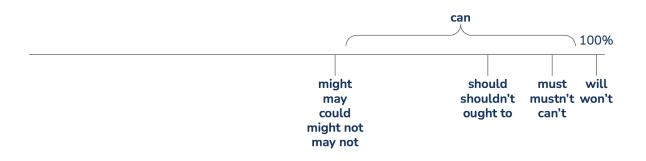


For you		For the shop assistant
Is this on discount?		How would you like to pay?
How much is/are?		Are you paying in cash or by
How much does it cost?		card?
Can you lower the price a little?	€	Do you have anything smaller?
How much is tax here?		That's That'll be that comes
Is this in the sale?		to
Do you take card/ cash?		
Can I pay in dollars?		
lt's a gift, can you wrap it up for		Who's next please?
me?		Are you being served?
Can you set this aside for me?		Do you have a loyalty card?
Do you have a refund policy?		Would you like a bag?
Does it come with a		Would you like a receipt /gift
guarantee/warranty?		receipt?
		Would you like me to gift wrap it
		for you?



Modals of Probability/ Possibility

Modals of possibility/ probability explain the likelihood that an event is going to happen.



Affirmative	Negative	Negative Contraction
might	might not	mightn't
may	may not	
should	should not	shouldn't
ought to	ought not to	oughtn't
must	must not	mustn't
can	can not	can't
will	will not	won't



Comparative v Superlative

The comparative form is used to compare two nouns whilst the superlative form is used to compare three or more nouns.

Word Form	Comparative	Superlative	
1-syllable *Ends in E *Ends in CVC	+ ER (old → older) + R (large → larger) + Double C + ER (big → bigger)	+ EST (old → oldest) + ST (large → largest) + Double C + EST (big → biggest)	
3-syllables	more + adjective (comfortable → more comfortable)	most + adjective (comfortable → most comfortable)	
2-syllables	either + ER or more + adj (clever → cleverer/more clever)	either + EST or most + adj (clever → cleverest/most clever)	
*Ends in Y *Ends in ED/FUL/ING/LESS/AL/IVE /OUS	eliminate Y + IER (happy → happier) more + adj (tired → more tired)	eliminate Y + IEST (happy → happiest) most + adj (tired → most tired)	
Irregular adjectives	good → better bad → worse far → further/farther many → more little → less	$good \rightarrow best$ $bad \rightarrow worst$ $far \rightarrow furthest/farthest$ $many \rightarrow most$ $little \rightarrow least$	



LOOK OUT

A Remember to use adjectives to describe a noun or after a linking verb and adverbs to describe a verb.



Make and Do

Make is used when we construct something and change the form of materials, whilst do is used when we complete a physical task. Make focuses on the action, whilst do focuses on the outcome.

Make

• Present participle: making

Past simple: madePast participle: made

Food / Drink	Money	Sound	Joke	Mistake	Reaction	Conversation	Organisation
Breakfast Lunch Dinner A cake A coffee A tea	A profit A loss A payment Money A success A fortune	A noise A sound A speech A suggestion	A joke Fun of sb A face A fool	A mistake An error A mess	Sb + adjective Your eyes water	A remark A comment An announcement An apology A complaint A good point An impression A promise	An appointment A reservation A plan A decision An arrangement Progress A change An effort

Do

• Present participle: doing

• Past simple: did

• Past participle: done

Work	Chores	Appearance	Sports	Journeys	Good / bad	Thing
A job Some work Homework Administration An exam A course A test Paperwork A sum Business	The housework The hoovering The cleaning The laundry Service The dishes The shopping	My nails My hair My makeup	Exercise A workout Aerobics Gymnastics	A trip An excursion	Well Badly My best My worst Damage Harm Wonders Better / worse The right thing	Something Everything Anything Nothing



Health

anxiety avoid balanced diet be in good shape body mass index (BMI) bottled up breath calorie check-up dull fizzy drink go on a diet keep fit loss of appetite medical condition mental health metabolism mood nutrition overweight obese

personal hygiene relax portion saturated fat stress time out vaccination well being workout maintain a healthy body weight strengthen your muscles

Health Idioms

- To be as fit as a fiddle
- □ To be at the prime of life
- To have a new lease of life
- To have a clean bill of health
- An apple a day keeps the doctor away
- To feel on top of the world



At The Gym

ball



barbell



chest-fly machine



cross trainer



dumbbell



exercise bike



gym ball



gym mat



hula hoop



kettlebell



medicine ball



pull-up bar



resistance band



rowing machine



skipping rope



training bench



trampoline



treadmill



weight disc



weights



Gym Exercises

crunch
lunge
push-up
set
stretch

curl the plank rep squat

lift weights pull-up sit-up star jump



Gym Phrasal Verbs

to sign up	to work out	to tone up
to warm up	to cool down	to give up
to cut down on	to bulk up	to build up



The Office

blutack



briefcase



bulletin board



business card



chalk



file divider



file pocket



filing cabinet



flipchart



hole punch



ink



laminator



meeting room



paper clip



paper tray



photocopier



pin



projector



post-it note



sellotape



sharpener



shredder



stapler



staples



sticker

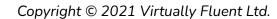


tipp-ex



water cooler







Office Phrasal Verbs

to kick off to push back to take on to bring up to call off to come up with to call back



Connectives

Connectives are words that connect two words, phrases, clauses or sentence together.

Coordinating conjunctions are used to connect two words or clauses of equal importance. The most common ones are for, and, nor, but, or, yet and so. If the subject is the same in both parts of the sentence, you can eliminate the second subject. These words don't typically start a sentence.

Subordinating conjunctions are used to connect an independent clause and a dependent clause together.

- Reason → as, because, in order that
- Time \rightarrow after, as long as, as soon as
- Place → where, wherever
- Condition → assuming that, even if, if
- Concession → although, even though, though
- Manner → as if, as though, how

Conjunctive adverbs are used to connect two independent clauses together. They are followed by a comma and preceded by a semicolon or full stop.

- Addition → additionally, also, besides
- Logic → accordingly, as a result, consequently
- Sequence → after, first of all, following this
- Comparison → also, comparable, equally
- Contrast → granted, however, instead
- Example → for example, for instance, for one thing
- Summary → all in all, clearly, in brief
- Emphasis → again, anyway, certainly

