


Lesson 1: Rashid & Rana Designs

1 Complete the email with the correct words.

- | | | |
|---------|---------|---------|
| 1 _____ | 4 _____ | 7 _____ |
| 2 _____ | 5 _____ | 8 _____ |
| 3 _____ | 6 _____ | 9 _____ |

A Complete the sentences with the past simple of an appropriate verb.

- 1 Rana _____ an email to Bidor to tell her about her new clothes company.
- 2 She and her brother, Rashid, _____ the company last September.
- 3 They _____ to Lebanon and Morocco to choose cloth two months ago.
- 4 They _____ a lot of success at London Fashion Week.
- 5 They _____ important new contacts there and _____ a lot of shirts to influential people.
- 6 At Heathrow Airport, they _____ an old school friend called Muna.
- 7 Muna _____ married to Ghassan two years ago.

B  Imagine you are Bidor. You want to ask Rana some questions about her recent trip to Lebanon and Morocco. Write questions about Rana's trip. Ask about: the country she preferred, who travelled with her, the food, Morocco, the hotels, sightseeing, language for business meetings. Then ask and answer the questions in pairs, using your imagination for the answers.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____

A Read the article on page 43 of the Student's Book and answer the following questions:

- 1 Why is it now easier for people to work out from home?
- 2 What are some ways technology has changed fitness?
- 3 How do modern fitness apps help people track their workouts?
- 4 Who do gym owners have to compete with nowadays?
- 5 Where can people use workout mirrors to improve their exercise routines?


B Read the article again. Choose the correct option.

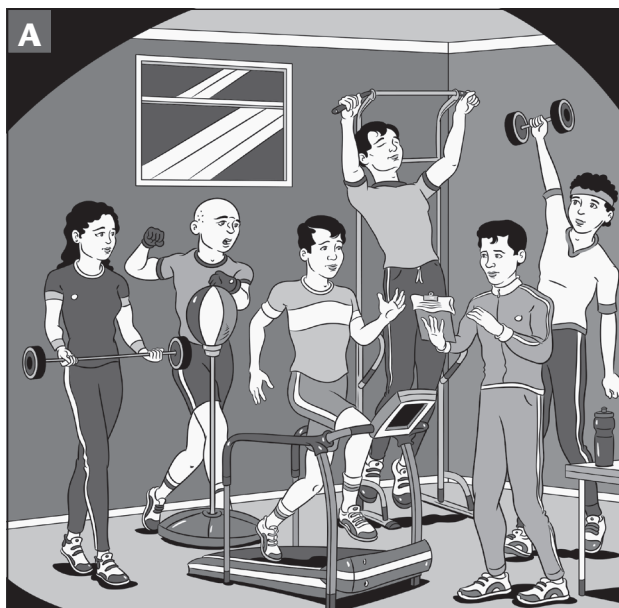
- 1 Nowadays, more and more people are working out *at the gym / from home*.
- 2 *The first / Modern* fitness apps measured just how far you ran and how fast.
- 3 Experts say it's *easier / harder* than before for gym owners now.
- 4 In the past, gyms only used to have *other gyms / home gyms* to compete with.
- 5 The writer believes there will be *less / more* technology in fitness in the future.

C Read again. Complete the sentences with words from the article.

- 1 Before, people used to be part of a _____ to cycle with others.
- 2 Modern fitness apps can even measure the quality of your _____.
- 3 Gyms now have equipment that most clients can't _____ to buy themselves.
- 4 Some mirrors now can _____ people how to exercise.
- 5 _____ now have to be more familiar with technology to do their job.
- 6 AI is providing a lot of _____ about the clients of a gym.



D  Look at the pictures of how a gym looked before and how it looks now, and notice the differences. Then close your books. How much can you remember about how the gym used to be? Take turns making sentences with *used to/didn't use to*.



There used to be more people at the gym.

The trainer didn't use to have a tablet.

E Imagine you are interviewing a businessman who turned his gym into a smart gym. Write five questions with *did ... use to*.

Example: *What equipment did you use to have in the gym?*

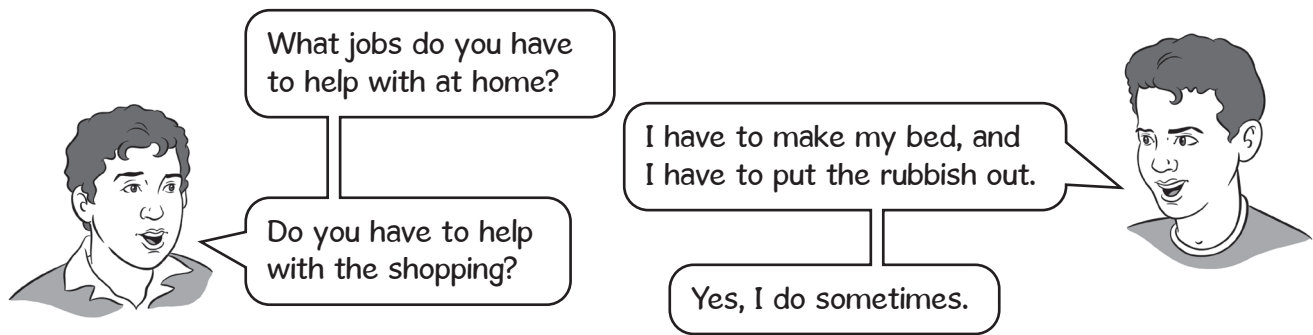
- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

1 Match the sentence halves.

1 _____ 3 _____ 5 _____ 7 _____
 2 _____ 4 _____ 6 _____ 8 _____

2 Match six of the sentences with the pictures.


A _____ C _____ E _____
 B _____ D _____ F _____

A  Work with a partner. Ask and answer about what you have to do at home.**B** Make a list of six things that you know you have to do in the next week or two.

I have to call my cousin about our plans for the weekend.

I have to look for my photos of Samira's party.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

- C**  Play the *Had to* chain game in teams of six or more students. First, give the whole team a job, profession or business. Then each student in the team has to say what they had to do in their job last week. The next student has to repeat what the previous student said and add something.

Example: Owner of a restaurant

Student A: Last week, I had to go to the market with the chef.

Student B: Last week, I had to go to the market with the chef, and I had to order a new fridge.

Student C: Last week, I had to go to the market with the chef, I had to order a new fridge and I had to interview two waiters.

- D** Complete the sentences about Birchwood International College with *have to*, *don't have to*, *mustn't*, *should* or *shouldn't*.

BIRCHWOOD INTERNATIONAL COLLEGE

Information for new students

Accommodation

- 1 You _____ share a room with other students, but the price of accommodation is lower if you do.
- 2 Breakfast is from 7 to 9 a.m. You _____ eat it, but the price is included.
- 3 All students _____ be out of their rooms by 9:30 a.m. so that the cleaners can get in and clean them.
- 4 You can eat snacks and have drinks in your rooms, but you _____ cook.
- 5 You can listen to music in your rooms, but you _____ make noise after 1 a.m.

Courses

- 1 Classes start at 9:30 a.m. every day. Students _____ be late.
- 2 If you are late, you _____ go to the office and sign the late book before joining your class.
- 3 We provide all the books for our courses. You _____ bring any books besides a dictionary.
- 4 You _____ take the special computer course, but we think all our students will find it useful.
- 5 There are social activities, sports and excursions after class every day. You _____ do any of these, but if you want to, you _____ sign the list by 11 a.m.

1 Read about three people with regrets. Match sentences 1–9 with the correct people.

A _____ B _____ C _____

2 Use each question to make: one sentence with *I wish* and one sentence using the third conditional.

2 a _____

b _____

3 a _____

b _____

4 a _____

b _____

5 a _____

b _____

6 a _____

b _____

A Practise past regrets using *I wish*, *If only* and the third conditional.

1 I'm not feeling very well.

Well, you did have six slices of cake! I bet you wish you (not eat) _____ so much now.

2 Mum said she'll be here in about an hour.

We'll have to wait then. If only I (not forget) _____ my key when I left home.

3 I can't believe you're going to be an aunt!

I know! If only I (not throw away) _____ my old toys. I could give them to the baby.

4 Did you see the prices of the tickets to the concert now?

Yeah. Now I wish I (buy) _____ them earlier, when they were cheaper.

5 I can't believe we're lost! And no phone signal!

If you had listened to me, you (bring) _____ the map.

B Complete these sentences to express regret.

1 I didn't buy the jacket while it was on sale.

If only _____ while it was on sale.

2 My dad didn't check the oil, and the car broke down.

The car _____ the oil.

3 Qais didn't make a copy of his essay, so he had to write it all again.

If Qais _____ to write it all again.

4 Hazem spent all his money on video games.

Hazem wishes _____ on video games.

5 I didn't pay attention in class and failed the exam.

I wish _____. I wouldn't have failed the exam.

6 I didn't take many photos of my trip.

If only _____ of my trip.

C  **Work in pairs. Discuss what you would have done in the following situations.**

1 Ahmed was answering an important phone call. He was travelling on a bus, and the people next to him started singing loudly. He asked them to stop singing.

I would have moved to a different seat.

2 Salima invited two friends to dinner on Saturday. They came on Friday. Salima told them to come back the next day.

But what if the bus had been full?

3 Safia broke her friend's beautiful glass vase. She decided not to say anything about it and hid the pieces.

4 Kerim was not pleased with the food or service he got in a restaurant. He left without finishing his meal and didn't pay.

Then I would have complained to the driver.

D **Now write what you would have done in each of the situations above.**

1 *I would have moved to a different seat. If the bus had been full, I would have complained to the driver.*

2 _____

3 _____

4 _____

A Match the words in the box with their definitions.

ambitious	calories	compete	designer	fitness app	personal assistant
personal trainer	previous experience	profit	punctual	score	stationary bike

- _____ = a professional who supervises how you exercise in a gym
- _____ = the money you make in a business
- _____ = what you have done before (companies you worked for, etc.)
- _____ = a program that helps you do exercise
- _____ = always arriving on time
- _____ = a person who decides what clothes will look like
- _____ = determined to be successful
- _____ = a fitness machine that looks like a bicycle
- _____ = to win goals in a game
- _____ = a person who works as a secretary for another
- _____ = a unit that measures how much energy people burn with exercise
- _____ = to try to be more successful than other businesses in the same area

B Complete the sentences with the correct conditional form of the verbs in brackets.

- If I (be) _____ you, I would apply for that course this week.
- I (help) _____ you with your application form if you bring it round on Saturday.
- What (you do) _____ if you (wake up) _____ and (find) _____ you had turned into a fly?
- Ali would be really happy if he (can) _____ spend the summer studying in London.
- Which course (Muna apply) _____ for if she passes all her exams this year?
- (your brother get) _____ annoyed if he doesn't win at chess?

C Complete each word with the right ending.

-age -al -ate -ent -fy -ient -ness -tion -ure -vise

- | | |
|-----------------|-----------------|
| 1 fract_____ | 6 identi_____ |
| 2 ineffic_____ | 7 super_____ |
| 3 unfortun_____ | 8 wit_____ |
| 4 independ_____ | 9 applica_____ |
| 5 unusu_____ | 10 discour_____ |

D Complete the sentences with one word in each gap.

- You don't have _____ go to the office every day in this job.
- You would _____ passed the driving test if you hadn't made that mistake.
- If you _____ not feeling better by tomorrow, you can stay at home.
- If _____ we had known she needed help.
- You _____ go to the hospital right now.
- _____ we go for a coffee after the lesson today?
- _____ you give me a hand with this report later?
- We are _____ our house painted this week.

E Find the mistakes in the sentences and rewrite them correctly.

- We played football when it started to rain, and we had to stop.

- This gym used to had the best equipment in town, but not anymore.

- Amjed didn't used to work out, but now he's really fit.

- My brothers and I have help my parents with the housework.

- If only you told me about your problem before. I could have helped you.
