

In touch

1 Work in groups. Discuss the questions.

- How do you keep in touch with friends and family – in person, by phone, by text message?
- Do you use social media? If so, which platforms do you use? What kind of things do you share?
- How has communication and friendship changed in the past 20 years?

2a Read the article. Which different means of communication are mentioned?

Is technology killing our friendships?

With social media, people can connect (a) each other more than ever. But some experts worry that we are actually more alone.

Kaylee, 13, has 532 friends—if you count her Instagram followers and Facebook friends. ‘In one day, I can connect with 50 different people,’ Kaylee says.

But some experts believe that for people like Kaylee, online friendships could actually result (b) loneliness. They worry that connecting online is not the same as seeing friends in person, and that kids like Kaylee are missing (c) on genuine friendships.



has stated that constantly checking online ‘leaves little time for our real-world relationships’.

Rosen also worries that ‘friends’ on social media are not the same as true friends, because in tough times, you don’t need someone to like your picture or share your tweet. You need someone who will keep your secrets and hold your hand.

Alone together

When your parents were growing up, connecting with friends usually involved spending time together. When friends missed each other, they talked on the telephone. Nowadays, most communication happens online or through texting. Teens send an average of 2,000 texts every month and spend about 44 hours per week in front of a screen. Experts say that kids are spending too much time alone with their devices, and that this behaviour gets (d) the way of forming deep friendships. Larry Rosen, a professor of psychology,

Connecting with friends

Not everyone thinks that social media is harmful to friendships – after all, these platforms help people stay connected like never before. You can keep (e) with your friend who moved far away, watch your baby cousin grow up on Instagram, and stay up to date (f) hundreds of people. Online communication can make friendships stronger, asserts Katie Davis, co-author of *The App Generation*. Says Davis, ‘Kids can stay (g) constant contact, which means they can share more of their feelings (h) each other.’

2b Work in groups. Find reasons in the article to support each side of this debate. Write them below.

YES Too much screen time is bad for friendships.

NO Technology isn’t harmful to friendships.

- 1 *People don't spend enough time together in person.*
- 2
- 3
- 4

- 1
- 2
- 3
- 4

2c Discuss which point of view you most agree with. Present your position to the class.

3a Complete the gaps in the article using prepositions from the box. Not all the prepositions are needed and some may be used more than once.

at in on out to up with

Exam tip

Look out for phrases and phrasal verbs when you read. These may be paraphrased in exam questions using a single word synonym or another phrase with a similar meaning, e.g. *stay in contact* - *communicate*.

3b Match the question halves.

- | | |
|---|--|
| 1 Is technology starting to get ... | a) in the way of face-to-face communication? |
| 2 Is it harmful for employees to stay ... | b) up to date with the news 24/7? |
| 3 Are screen-obsessed children missing ... | c) in relationship breakdowns? |
| 4 Is it always desirable for us to stay ... | d) out on other important childhood experiences? |
| 5 Could too much focus on technology result ... | e) in constant contact with their work email? |

3c Work in groups. Discuss your answers to the questions in exercise 3b.

4 Complete the sentences using a single verb in each gap.

- a) The survey investigated how much time teenagers online each day.
- b) After everyone's checked their email and text messages and caught up on Facebook and Twitter, it doesn't much time for conversation.
- c) You can always rely on a good friend to a secret.
- d) The funeral was a difficult experience and it was good to have my partner there to my hand.
- e) Some of the friendships we during adolescence can last throughout our lives.

5 Match the general words and phrases in the box to the sets of more specific items they describe.

device means of communication relationship social media platform

- a) texting, telephone, in person
- b) tablet, mobile, laptop
- c) Instagram, Facebook, Twitter
- d) friendship, marriage, network

 **EXAM TASK: Reading (matching features)**

6 Look at the statements of views expressed in the article opposite (1–5) and the list of people. Match each statement with the correct person A, B, C or D.

A Experts B Teenagers C Larry Rosen D Katie Davis

- 1 Young people could feel lonely as a result of the focus on online relationships.
- 2 Too much time spent online is at the expense of time spent with friends.
- 3 Young people are at risk of not developing meaningful relationships.
- 4 Young people are now more able to share their feelings with others.
- 5 It is now easier for friends to communicate regularly.

Exam tip

In matching questions, scan the text to find the key words from the options in the text. In this case, underline the names of the people, then identify what opinions they express. Remember that some options may not be needed and some may be used more than once.

Just a game

1a Do you take part in or enjoy watching any of the sports below?

athletics football golf gymnastics karate motor racing
rugby skateboarding surfing swimming volleyball

1b How much do you know about these sports? Working in groups, discuss whether they are ...

- individual or teams sport
- professional or amateur sports
- popular or niche sports
- spectator sports or mass participation sports
- Olympic sports.

2a Read the article and choose the best subheading.

- Why golf should be an Olympic sport.
- How do new sports get added to the Olympic Games?
- Which sports will be added to the Olympic Games for 2020?

Vocabulary tip

Sporting idioms and metaphors are common in English. 'Make the cut' is an expression used in golf. If a player finishes the first part of a competition in the top half of all the players, they 'make the cut' and can continue to the second part of the competition.

Making the cut

A Winning an Olympic medal is one of the highest honours in sports. In August, thousands of athletes were going for gold at the 2016 Olympic Games in Rio de Janeiro, Brazil. Along with competitors in classic summer sports like gymnastics and volleyball, you might have noticed the newcomers: golfers and rugby players!

B Both golf and rugby have previously appeared in the Olympics, but were removed in the early 1900s. A ruling by the International Olympic Committee (IOC) put these sports back on the roster for 2016 – bumping the total number of sports up to 28.

C Since the first modern Olympics in 1896, the IOC has made many changes to the games. Sports are often added or removed to keep the competition exciting. To be recognised by the IOC, a sport must have an international organisation that sets rules. But being recognised by the IOC isn't all it takes to join the Olympic lineup. To make this final leap, the sport must be very popular worldwide, and played by both men and women. Most importantly, the sport must reflect the Olympic values of friendship, respect, and excellence.

D However not all IOC-recognised sports have made it onto the Olympic roster yet. Skateboarding,



surfing, karate are among those waiting for a chance to shine – and they may soon get it. This summer, the IOC will announce which (if any) of these sports will appear in the 2020 Olympics in Tokyo, Japan.

E Tom Scott, team captain for USA karate, thinks karate has a fighting chance. 'Karate is an exciting sport, and the discipline and courtesy required make it a great fit for Olympic competition,' says Scott. 'I think we've got a good shot.'

2b Work in groups. Which sport do you think should be included in future Olympic Games? Give your reasons.



3a Choose the best word to complete the idioms in the sentences below. All the idioms appear in the article.

- a) We want all children to **have a battling / fighting chance** of getting to university.
- b) The site offers advice for employees who want to **do /make the leap** into entrepreneurship.
- c) This event gives local talent **the chance to glow / shine**.
- d) Lots of great ideas don't **make / take the cut** because the resources aren't available.
- e) I think Anna **has / takes a good shot at** getting the job.

3b Work in pairs. Discuss the meaning of each idiom in exercise 3b.

4a Match the highlighted idioms in the sentences to their meanings.

- | | |
|---|--|
| <p>1 The food was disappointing and the service was well below par; the staff were slow and unhelpful.</p> <p>2 The banks keep moving the goalposts and making it ever more difficult for consumers to access free accounts.</p> <p>3 The food retailer has finally thrown in the towel and announced the closure of all 500 of its loss-making stores.</p> <p>4 We need to keep our eye on the ball and stay focussed on exactly what we're here to do.</p> <p>5 The university needs to provide the resources and support to create a level playing field for students from different backgrounds.</p> <p>6 The interview has been described by many as an own goal for the politician who far from winning support, has simply exposed his ignorance.</p> <p>7 Solar power and biofuels were neck and neck in terms of investment last year, with roughly \$170 million invested in each area.</p> <p>8 It soon became clear that Tokyo was the clear frontrunner in the bid for the 2020 summer Olympics.</p> | <p>a) your own error that makes you suffer</p> <p>b) equally successful or popular</p> <p>c) not as good as expected</p> <p>d) the most likely winner of a contest</p> <p>e) to keep your attention on something important you're doing</p> <p>f) to change the rules or aims of something in an unfair way</p> <p>g) to give up</p> <p>h) a fair situation for everyone</p> |
|---|--|

4b Work in pairs. Which sports do you think the idioms come from?



EXAM TASK: Reading (matching information)

5 Re-read the article. Which paragraph contains the following information? Write the correct letter A–E.

- 1 The criteria for a sport to be included in the Olympic Games.
- 2 The perspective of someone from a particular sport.
- 3 Plans for inclusion at the 2020 Olympic Games.
- 4 The history of golf and rugby at the Olympic Games.
- 5 The total number of sports featuring in the 2016 games.

Exam tip

In this type of task, you are looking for specific information, not just the main idea of each paragraph. There may be more than one piece of information in the same paragraph, so you may need to use the same letter more than once.

New to science

1 Work in groups. Brainstorm names of animals from your own country in each category.

- mammals
- birds
- insects
- reptiles & amphibians
- fish & marine life

2a You are going to read an article about new species of plants and animals. Before you read, guess how many different species there are on Earth. Write down your estimate.

2b Read the article to check. When you find the answer, stop reading and put your hand up.

STUNNING SPECIES

Scientists discover new creatures in surprising places

What do a striped frog, a rat-eating plant, and a poisonous, hot pink millipede have in common? They're all strange, recently discovered species.

Even after centuries of exploration, scientists are naming new species at a rate of 15,000 to 20,000 each year – with no sign of slowing down. 'We live on an amazingly biologically diverse planet,' says Quinton Wheeler, a taxonomist who classifies species at Arizona State University. 'So almost everywhere you look, species have found a way of carving out a living.'

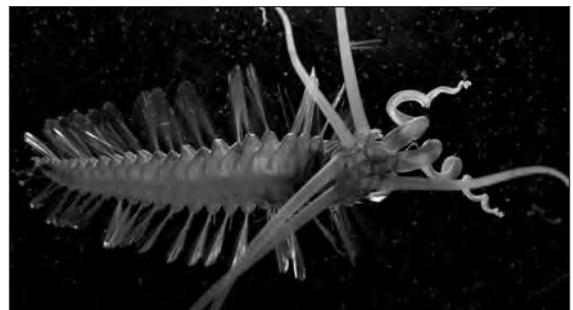
Taxonomists have identified about 2 million plant and animal species. They estimate that another 10 million to 100 million remain undiscovered – and they warn that we need to find them fast. Habitat loss, climate change, and other issues threaten biodiversity – the variety of different species. 'We fear that we are losing species faster than were actually discovering and describing them,' says Wheeler. So the race is on to find new species and explorers are getting help from modern technology.

Little explored biodiversity hotspots are obvious places to search, but the challenge is reaching them. 'It's not too difficult to run across new species, if you're looking in places that haven't been very well studied,' says Laurence Madin, a marine biologist. High-tech tools helped Madin's team on a 2007 expedition to the Celebes Sea near the Philippines. He says, 'We used deep sea exploration robots – remotely operated vehicles that would enable us to go down to a depth of 3000 metres and look around and collect things without having to send a person down there.'

The remotely operated submarine relayed video to the scientists on the ship above. That's how they spotted the previously unknown squid worm – a bizarre-looking marine worm with what look like tentacles growing from its head.

Oceans aren't the only hard-to-reach environments that can be accessed with modern tools. Helicopters drop scientists into remote areas such as the mountaintop forest in Papua New Guinea where researchers found a lime-green jumping spider in 2008. And satellite imagery helps researchers plan their trips. Ironically, deforestation, or clearing away trees, sometimes leads to discovery, since logging roads open the way into previously undisturbed forests.

New species aren't only found in exotic places. 'People sometimes find them in places where they've gone all their lives,' says Madin. 'They just happen to look under the right leaf, or they happen to have the right type of instrument or microscope.' That's what happened in the US state of Georgia in 2007, when a researcher discovered the tiny patch-nosed salamander under a pile of leaves.



Squid worm

Vocabulary tip

Sometimes when you come across an unknown word in a text, the writer has actually explained its meaning within the text. For example, in this text, a *taxonomist* is someone 'who classifies species'. Writers also use noun phrases to get across a lot of detail. For example, *strange, recently discovered species* is more concise than *species which are strange and which were discovered recently*.

3a Read the full article and underline explanations of these terms.

- a) biodiversity b) deep sea exploration robots c) deforestation

3b 'Unpack' the meanings of the noun phrases from the article.

- a) a rat-eating plant: a plant which
- b) an amazingly biologically diverse planet: a planet which
- c) little explored biodiversity hotspots: hotspots of
- d) the remotely operated submarine: the submarine which
- e) the previously unknown squid worm: the squid worm which
- f) previously undisturbed forests: forests which

3c Underline examples of plants and animals mentioned in the article. In pairs, discuss what they might be like.

4 Match the highlighted expressions in sentences 1–6 to the paraphrases a–i. Not all the paraphrases are needed.

- | | |
|---|--|
| <p>1 Some of the features that insects have in common are a body divided into three parts, three pairs of legs and large compound eyes.</p> <p>2 A young blue whale gains weight during its first 6 to 12 months of life at a rate of 90 to 115 kilograms per day.</p> <p>3 This upward trend has continued for 10 years now and shows no sign of stopping.</p> <p>4 It's amazing how animals find a way of overcoming the most extreme obstacles to thrive.</p> <p>5 As winter approaches, the race is on for many animals to build up reserves before the freezing weather sets in.</p> <p>6 We were very lucky that we just happened to be visiting during the annual butterfly migration.</p> | <p>a) there isn't much time to do something</p> <p>b) manage to do something difficult</p> <p>c) to occur or exist</p> <p>d) to be usual or frequent</p> <p>e) to do something that was not planned</p> <p>f) seem unlikely to</p> <p>g) to be the same or similar</p> <p>h) to be in competition with someone</p> <p>i) at a particular speed</p> |
|---|--|

Exam tip

For any question that specifies the number of words you can use, numbers count as one word. 15,000 = one word

 **EXAM TASK: Reading (note completion)**

5 Re-read the article and complete the notes. Choose **NO MORE THAN THREE WORDS** from the passage for each answer.

- 1 New species identified annually:
- 2 Known species to date:
- 3 Estimated further possible species:
- 4 Maximum depth of deep-sea exploration vehicles:

Animal	Features	Location	Date discovered
millipede	pink, (5).....		
squid worm	tentacles	the Celebes Sea, (6)	2007
7)	lime-green, jumps	Papua New Guinea	8)
salamander	tiny, patch-nosed	(9), USA	10)

Caffeine kick

1a Work in groups. Discuss the differences between the words in the box. Use a dictionary if necessary.

- beverage caffeinated drink energy drink
fizzy drink soda soft drink sports drink

Vocabulary tip

Some words are used differently in British and American English. In British English, *soda* or *soda water* is sparkling water. In American English, *soda* is any kind of sweet, fizzy drink, such as cola.

1b Write examples of drinks for the words in the box. They could be general types of drinks (e.g. *coffee*) or brand names. Some will fit into more than one group.

1c Conduct a short survey to find out what type of drinks members of your group drink most regularly.

2a Read the first paragraph of an article about caffeinated drinks. Why might some adverts be misleading?

Jittery drinks

Caffeinated soda and energy drinks might give you a boost, but they could also cause your grades to plunge

Commercials on TV make soda and energy drinks look appealing. They show people guzzling the beverages while playing extreme sports and hanging out with friends. But

what these ads don't tell you is that too much caffeine, the chemical stimulant drug added to these beverages to give you that lift, could be harmful to your health – and your grades.

2b Find words in the paragraph that mean ...

- a) advertisements *commercials*, b) a short-term increase in energy
c) to fall suddenly d) to drink something quickly

3a Read the next paragraph. What is the link between caffeinated drinks and poor performance at school?

Researchers recently found that middle school students who consumed even one energy drink per day was 66 percent more likely to show signs of hyperactivity. Symptoms of hyperactivity include a lack of focus, increased

anxiety and heart rate, and disrupted sleep. This could be a big problem, because a 2014 study found that 73 percent of American kids consume caffeine daily.

3b Find synonyms in the paragraph for these words and phrases.

- a) eat or drink b) worry
c) insomnia d) children

3c Which synonym in each pair is more formal?

4 Work in pairs. Read the rest of the article. How do you think this issue could be addressed?

Caffeine complications

Jeanette Ickovics is a professor of public health at Yale University. She led the study examining the relationship between caffeine and hyperactivity in middle school students. She says her findings provide strong evidence that caffeine's side effects can cause symptoms that make it difficult for students to pay attention and do well in school.

To find out if there is a connection between hyperactivity and caffeine consumption, Ickovics interviewed more than 1,600 middle school students. She asked how many and which types of caffeinated drinks each student had drunk within the past 24 hours.

Then Ickovics asked each student a list of questions that could help diagnose hyperactivity. 'As the number of drinks went up, so did the number and severity of symptoms,' says Ickovics. She found that even one additional drink per day could heighten the level

of hyperactivity in the students by an average of 14 percent.

Other findings from the study showed that boys are more likely to drink caffeinated drinks. Ickovics suspects that this is because companies market drinks with ads that are targeted at boys.

Sweet symptoms

The dangers of caffeine rich beverages go beyond hyperactivity. Each drink can also contain up to 40 grams of sugar. That's the equivalent of 10 teaspoons. The American Heart Association recommends that children limit themselves to 21 to 33 grams of sugar each day. Eating too much sugar could lead to an increased risk of obesity, heart disease, diabetes and digestive illnesses. 'So if you have one soda, you're already exceeding that daily recommendation,' says Ickovics.

5 Match the words in the box to the examples.

diagnosis recommendation side effect symptoms

- a) During pregnancy, women should avoid raw or undercooked meats.
- b) These painkillers may cause tiredness.
- c) The doctor said that I've got a chest infection.
- d) She was suffering from severe headaches and dizziness.

Exam tip

Check that each statement matches an idea expressed in the text. There may be more endings than you need.



EXAM TASK: Reading (matching sentence endings)

6 Complete each sentence with the correct ending A-H.

- | | |
|---|--|
| <p>1 The study set out to explore the relationship</p> <p>2 The findings of the research provided strong</p> <p>3 Ickovics found that consuming these drinks may lead to</p> <p>4 The research also found that boys are more likely</p> <p>5 Ickovics also suggests that these drinks could be damaging because</p> | <p>A symptoms such as anxiety, insomnia and lack of concentration.</p> <p>B to consume drinks that contain caffeine.</p> <p>C between hyperactivity and caffeine consumption.</p> <p>D connection between caffeine intake and poor grades.</p> <p>E of high sugar content.</p> <p>F evidence of a link between caffeine consumption and hyperactivity.</p> <p>G to experience severe side effects from caffeinated drinks.</p> <p>H they contain high levels of sugar.</p> |
|---|--|