



INSTITUCIÓN EDUCATIVA MIGUEL DE CERVANTES SAAVEDRA

Reconocida oficialmente por la Secretaría de Educación Municipal de Ibagué
Según Resolución N° 2729 del 13 de octubre 2017
Código DANE: 173001002475 Nit: 809.001.097-3
Código ICFES 078337

EJERCICIOS

1. HIGHLIGHT THE MOST IMPORTANT FOR YOU IN EACH PARAGRAPH AND CHECK THE NEW WORDS FOR YOU.

ESL SHOPPING

Shopping is a necessary part of life, which very few people can avoid. It is a daily routine for some people. Some people shop for pleasure while other people go shopping just to buy the necessary items in order to survive. The weekend is usually a good time to go shopping because people have free time from work. At this time, the shops are usually very busy because people try to get the best items for the lowest price before the item runs out of stock

Some people go shopping more regularly than other people to browse products in shops even when they do not have much money. This is known as window-shopping and allows people to plan ahead and save for the things they want to buy in the future or wait the items to drop in price. Some people spend a lot of time looking for bargains while others do not think of the price and are happy to spend a lot. Some people believe that the more expensive the item, the better the quality, but this is not always true. It is sensible to buy items, which are affordable, but some people use a credit card or borrow money from the bank so that they can buy the items they really want rather than wait for it.

Sometimes shopping can be stressful when choosing a gift to buy other people for a special occasion. It is common to buy a gift voucher so that a friend or loved one can go shopping themselves at their own convenience. Shopping online is often popular with people who have a busy lifestyle. People are able to order their necessary and luxury items from the comfort of their own home, or even on the move. Delivery is usually free and items are often cheaper than in shops on the high street. The only real problem is that the item description and quality may be different than what they hoped for. This could mean the customer may become disappointed with the item they receive and will need to return it at their own cost. People who go to shops to do their shopping often use self-service payment machines. This usually saves time, as the shopper does not need to join a long queue. However, it can be frustrating when the machine has a problem and the sales assistant is not always available to help.



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2. CHOOSE THE BEST ANSWERS

1) Why is the weekend a good time to go shopping?

- A. It is very busy on the weekend.
- B. People are free from work.
- C. Things are usually cheaper.
- D. The shops are closed.

2) What are people doing when they go shopping just to have a look and not to buy?

- A. Bargain hunting
- B. Window shopping
- C. They do not have much money
- D. Looking for the best quality

3) What do some people usually think about items of better quality?

- A. They are cheaper
- B. They are harder to find
- C. They are more expensive
- D. They are on sale

4) When can shopping be stressful?

- A. When shops are about to close
- B. When it is very busy
- C. When buying a gift for someone
- D. On the weekend

5) Is there sometimes a problem with online shopping?

- A. No the shops are open 24 hours a day
- B. Yes with the quality and description of the item
- C. Yes there are too many queues
- D. No there are no problems

3. CHOOSE THE BEST TITLE FOR EACH PARAGRAPH. THERE IS ONE YOU DON NOT NEED



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- A The reason we dream
- B Changes in sleep routine
- C Sleep and learning
- D How much we sleep
- E Different types of sleep
- F Sleep and good health

Paragraph 1

Sleep is essential for human life. We can actually live longer without food than without sleep. Most people spend about a third of their life sleeping. That means during our life we will spend about twenty-five years asleep. While the average person sleeps about seven hours a night, some people can manage with as little as four hours. We don't all need the same amount of sleep.

Paragraph 2

So what happens when we are asleep? There are five stages in a cycle of sleep. Each cycle lasts about 90 minutes and we often repeat this cycle five times a night. In the first two stages, we fall into a light sleep. In stages three and four, we are in a deep sleep and our heart rate and breathing slows down. In stage five, our brain becomes active and our eyes move around quickly. This stage of sleep is called REM, which stands for rapid eye movement. It is during REM sleep that we do all our dreaming.

Paragraph 3

We all know that sleep is good for us, but what are the benefits? One benefit is that it helps us to resist illness. Without enough sleep, our body cannot fight off colds and the flu as easily. Your sleep pattern can also affect your diet. Researchers at the University of Chicago discovered that poor sleep increased a hormone in the body that makes us hungry. This means that people who sleep badly often eat more high calorie foods and gain more weight.

Paragraph 4

Sleep also plays a part in our performance at school and at work. A number of reports have shown that children who get a good night's sleep do better in school. Obviously, one reason for this is that if you are very tired you cannot focus. However, there is another important reason. Scientists believe that sleep is important for our memory. While we are asleep our brain deals with information we have learnt and sleep helps strengthen our memories.

Paragraph 5

Another essential part of sleep to understand is our circadian rhythm, or 'body clock'. This is our body's natural rhythm of sleep. Generally, our body clock tells us to sleep when it is dark and wake when it is light. However, studies now suggest that young people's body clocks change when they become teenagers. Some scientists believe that teenagers are not lazy, but biologically programmed to go to bed later and wake up later.

4. READ THE ARTICLE ABOUT A FAMILY CASTLE AND ANSWER THE QUESTIONS.

My name is Will, and our family decided that we all wanted to live together, so we looked online. We eventually found a castle we could buy. There are 20 of us altogether, including my aunts, uncles and grandparents, and we all have a room each. The castle is huge - it takes about ten minutes to walk from one side to the other. It's really cold inside the castle, especially in winter. My gran wears a coat inside, as it's so cold. We had no heating at first and only one toilet when we moved in either!

When I lived in Manchester, the shops and the school were very near. Here at the castle, the nearest village is 10 minutes away, and it takes 30 minutes to get to the



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nearest town to do our weekly shopping. At first, I took the bus to school, but it took too long. Now my mum takes me there as she has just got a job at the school. The best thing about living in the castle is that there is a lot of space - I can ride my bicycle all day on our large ground. I don't play online games as much as I did. We now have heating and bathrooms along with a modern kitchen, so things are much better than they were. I love living in a castle with my whole family, and I hope to stay here for a long time

1. Where did Will's family find the castle?

- A. on the internet
- B. in a newspaper
- C. in Manchester

2. What did the castle not have when they moved in?

- A. a toilet
- B. heating
- C. a kitchen

3. Where does Will's family go shopping?

- A. The nearest town
- B. Manchester
- C. The nearest village

4. How does Will get to school?

- A. By car
- B. By bus
- C. On his bicycle

5. What does Will like most about living in the castle?

- A. Not playing online so much now.
- B. The new modern bathroom and kitchen.
- C. Riding his bike around the castle.

6. READ THE INTERVIEW ABOUT SPOKEN VERSUS WRITTEN ENGLISH AND



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CHECK THE UNKNOWN WORDS AND LOOK UP THE MEANING ON YOUR DICTIONARY. PLEASE WRITE THE WORDS AND THE SPANISH MEANING

A Presentation about Language and Communication Spoken Versus Written English

Q Are there any real differences between written and spoken English?

A Well, essentially they are the same language, but there are some differences in use and organisation. As you can imagine, written English is a lot more organised. You have time to research what you write, time to structure it, conventions to help you construct it and the chance to draft it. But spoken English happens on the spot and is totally spontaneous. The key thing here is that you don't have very much time to construct speech.

Q Is spoken English less formal than written?

A A lot less formal. You use fewer words, simpler language and more intonation and body language to get your message across.

Q Do people use complete sentences in spoken English?

A We speak more in small phrases because we need time to breathe and to think. And we make noises when we pause to think; 'erm' is typical. There is a lot of repetition of words in spoken English to help you buy time. There are lots of stops ... and starts.

Q Are spoken interactions different?

A They're face to face and in real time. If you see a transcript of a normal day-to-day conversation, it's very messy and looks like chaos. When you speak, you have to participate and manage your content while thinking on your feet.

Q Do English speakers use the same grammar when they speak?

A Speakers love 'simplicity'. In speech we use the present tense twice as much as the past tense. And get this one, we use simple forms, like the present simple or past simple, ten times more than continuous tenses or perfect tenses. In fact, the past perfect or the present perfect continuous tenses are rarely used when we speak. Question tags are used a lot to show interest or to make sure the other person is listening to you!

Q Are there differences in vocabulary?



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A There is higher use of phrasal verbs, slang words and less use of words of Latin origin. So for example in spoken English instead of Latin words like explode, demolish and resemble, you might use blow up, pull down and look like. In writing you use lots of rich structures and vocabulary, for example adverbs of manner (She opened the door quietly); or words to organise text such as furthermore or moreover. This is either less formal in speech, or it doesn't happen.

Q Are set phrases important to manage your conversation?

A Essential. These fill up time and help you get to your next thought. It's useful to have little phrases like The thing is ..., As I was saying ..., or Anyway, to cut a long story short ...

Q What is the most important thing you should always remember about spoken English?

A Speaking is performing and it is a physical activity; you need to use your vocal cords and breathe. And it's a social activity, you need to interact. You compensate for time with simple language, gestures, intonation and tone, and you hesitate, repeat, rephrase and make false starts all the time.

DECIDE ON THE BEST OPTION TO COMPLETE THE SENTENCES.

1 Written English is ...

- a) spontaneous in construction.
- b) totally different to spoken English.
- c) not constructed in real time.

2 In spoken English you use ... to express yourself.

- a) more words and slang
- b) more than just words
- c) formal structures

3 A transcript of spoken English ...

- a) has long sentences.
- b) looks disorganised.
- c) is complicated to write down.

4 In terms of grammar, in spoken English ...

- a) only simple tenses are used.
- b) reported speech is common.



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c) the past perfect is unusual.

5 Regarding vocabulary, in spoken English common words are ...

- a) words like renovate or illustration.
- b) adverbs.
- c) shorter words of Saxon origin and phrasal verbs.

6 Set phrases like the thing is are ...

- a) used to organise writing.
- b) typical in spontaneous speech.
- c) very colloquial.

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7. CHECK THE WORDSEARCH AND IDENTIFY THE WORDS INSIDE IT. CHECK THE MEANING OF THE UNKNOWN WORDS

Name: _____ Date: _____

CHRISTMAS WORD SEARCH

C O O K I E S T N I C K E N E Z T I L B V G E A
E P G V E O T E L T S I M G L B X K L I M L G M
K R K S H O P P I N G Y L L O H S U A L C S R M
A A S Y G C H R I S T M A S T R E E R I E W S G
L N N Y T H G U A N Y B O Q E C I N C L F T R I
F C O E G G N O G T W A C Z A S S I F S K E S N
W E W C K W N E R O F Y R A O L O A Q K E K N G
O R M O A K L A N V A Y E S H E T G N N A U Y E
N C A N K Y P S C Q M O F T O D H E H T D K S R
S S N O W M S F A D I J F R T Y G G E G A X L B
N O R T H P O L E A L R U O C E I O D O N N E R
H O L I D A Y S B N Y G T F H N N O K H Y D I E
L E N A C Y D N A C S V S W O M Y R Y A N E G A
L A C R E I N D E E R N G O C I L C I O J C H D
R I E S T N E S E R P I N N O H O S E A R O H S
E E P M N O I S A C C O I S L C H L C R U R U Y
K K Q O R T A M E N T S K P A C I K T E D A M O
C J I N G L E B E L L S C Y T N F B D H O T B T
A Z P O H S K R O W V W O T E R L L O S L E U Y
R N A M W O N S E H T Y T S O R F K L A P C G R
C P W F I R E W O O D M S S J M I S V D H I D R
T S T H G I L P K C C D T D R A Z Z I L B L E E
U P M G N I K C O T S N O I T I D A R T G Y R M
N A E C A L P E R I F W R A P P I N G P A P E R

HOLY NIGHT
TRADITION
STNICK
WORKSHOP
DONNER
HOLIDAYS
GINGERBREAD
WRAPPING PAPER
TOYS
STOCKING
MILK

NORTH POLE
OCCASION
PARTY
SKATE
PRANCER
DECORATE
MRS. CLAUS
SNOW
NOEL
PRESENTS
REINDEER

HUMBUG
STOCKINGSTUFFER
BLIZZARD
SLED
DANCER
HOT CHOCOLATE
MERRY
SNOWFLAKE
JINGLE BELLS
CHRISTMAS TREE
ELF

SCROOGE
FIREWOOD
JACK FROST
SHOPPING
DASHER
HOLLY
NUTCRACKER
CHIMNEY
FAMILY
CANDYCANE
SANTA

SNOWFORTS
FIREPLACE
ICICLE
MISTLETOE
NAUGHTY
FROSTY THE SNOWMAN
GREEN
SNOWMAN
JOY
SLEIGH
RUDOLPH

SNOWBALL
MEAL
COAL
BLITZEN
NICE
LIGHTS
RED
ORTAMENTS
EGGNOG
COOKIES

8. DISCOVER THE MESSAGE OF THE CRYPTOGRAM

Merry Christmas

a	b	c	d	e	f	g	h	i	j	k	l	m
n	o	p	q	r	s	t	u	v	w	x	y	z

Look at the table and write the correct letters below the pictures.

- □ □ □ □ □ □ □ □ □ □ □ □ □
- □ □ □ □ □ □ □ □
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Now match the words and pictures. Write the correct numbers in the boxes.

□ □ □ □ □ □ □ □ □

9. CREATE YOUR OWN CRYPTOGRAM ABOUT CRISTMAS

10. COMPLETE THE CROSSWORD





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11. READ THE TEXT CAREFULLY AND ANSWER THE QUESTIONS, BELOW.

The Effects of Stress

'Stress' means pressure or tension. It is one of the most common causes of health problems in modern life. Too much stress results in physical, emotional, and mental health problems. There are numerous physical effects of stress. Stress can affect the heart. It can increase the pulse rate, make the heart miss beats, and can cause high blood pressure. Stress can affect the respiratory system. It can lead to asthma. It can cause a person to breathe too fast, resulting in a loss of important carbon dioxide. Stress can affect the stomach. It can cause stomachaches and problems digesting food. Emotions are also easily affected by stress. People suffering from stress often feel anxious. They may have panic attacks. They may feel tired all the time. When people are under stress, they often overreact to little problems. Long-term stress can lead to a variety of serious mental illnesses. Depression, an extreme feeling of sadness and hopelessness, can be the result of continued and increasing stress. Alcoholism and other addictions often develop as a result of overuse of alcohol or drugs to try to relieve stress. Eating disorders, such as anorexia, are sometimes caused by stress and are often made worse by stress. If stress is allowed to continue, then one's mental health is put at risk. It is obvious that stress is a serious problem. It attacks the body. It affects the emotions. Untreated, it may eventually result in mental illness. Stress has a great influence on the health and well-being of our bodies, our feelings, and our minds. So, reduce stress: stop your activities, relax and rest for a while

- 1.- What does stress mean?
- 2.- How does stress affect the heart?
- 3.- How does stress affect the respiratory system?
- 4.- How does stress affect the stomach?
- 5.- how does stress affect emotions?



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6.-What are the effects of long term stress?

12. READ THE TEXT CAREFULLY AND WRITE YOUR OWN SUMMARY

The Right Job for You

What are some important considerations when you look for a new job? According to experts, you ought to think about these things: First, know yourself! You should ask yourself exactly what you want from a job. Is it money, interesting work, nice co-workers, or something else? Different people want different things from a job. Assess yourself. Where are you now, and where do you want to be? You also might want to think about your personal relationships. Consider which relationships are going well, which ones are not, and, most importantly, why. This will help you understand how you relate to people you work with.

Make changes! If you had problems in another job (maybe you were always late, or you did not finish projects), then you should make changes before you take a new job. It is too late when you are in the job. Decide what you do not want! If you just want a nine-to-five job, you had better not work for a company that expects you to be on call if you have an interview, prepare! You should find out about an employer's business before your interview.

Study the company's website. You could also call the company. Ask to speak with someone about the job. Of course, many of these ideas are common sense, but a lot of people just don't think about them. As a result, they are very unhappy in their jobs.

13. READ AND ANSWER THE QUESTIONS



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Who let the dogs out? **Woot!**



It was night. A dark figure carefully unlocked the door and went out. He looked around. Was there anybody there? No, all was quiet. He ran quickly to some other doors and opened them. Then he went straight to the kitchen ...

Last month, strange things began to happen at London's Battersea Dogs' Home. Every morning when the staff arrived, they saw that a lot of the dogs were out of their cages. It was a mystery. 'It happened so many times,' said Amy Watson, one of the staff. 'We even thought that perhaps it was the ghost of Mary Tealby.' They say that Mary Tealby, who started the Home in 1860, comes back at night to haunt it. So they put cameras in all the cages and filmed what happened.

Next day the staff watched the film. They were amazed at what they saw. Red, a four-year-old lurcher*, used his teeth to open the door of his cage. Then he did the same for his friends in the next cages. All the dogs got out and had a great time. Amy told us, 'They ate lots of food, had lots of fun and games, and made lots of mess!'

Reporters from Japan, Germany, and America came to film Red, and 400 people phoned because they wanted to give him a home. Red's a famous film star now. 'He's a real celebrity!' said Amy.

*A type of dog

22 Unit 3 • What happened next?

5 Complete the questions.

- 1 What did Red do?
He opened all the cage doors.
- 2 Why opened he the doors?
Because he wanted to go to the kitchen.
- 3 How often did he open?
Many times.
- 4 Who said Amy thought it was?
The ghost of Mary Tealby.
- 5 What did they put in the cages?
Cameras.
- 6 How did he open the doors?
With his teeth.
- 7 Did they have a good time?
Yes, they did. They had a great time.
- 8 Why did they phone the dogs' home?
Because they wanted to give Red a home.



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***14. PLEASE ENTER TO THIS LINK AND PRACTICE THE LISTENING EXERCISE AND
READ THE TEXT IN THE CLASSROOM***

<https://www.esl-lab.com/easy/sightseeing-tours-script/>