Complete English as a Second Language for Cambridge IGCSE®

Workbook

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1. You are advertising your local carnival for the local community you live in. Write an advertising leaflet describing what will be available for people to see, do and buy at the festival. You need to make sure it is appealing and use adjectives to help give detail to the leaflet.

2. You see the advert to the carnival. What three pieces of information in the leaflet make you want to go to the carnival? List them here:

   - 
   - 
   - 
You wrote your competition entry for the Let’s Cook Festival (Student Book, p. XX); well, congratulations! You won the competition!

Now, you have been to the Let’s Cook Festival. Update your blog to tell your friends about it and include the following:

- what you did at the festival
- who you went with
- which famous chef, or chefs, you met
- how you feel about your time at the festival
Building your vocabulary

The words below appear in the restaurant review that you are about to read. Check their meanings and then use them to fill in the gaps in the practice sentences that follow.

prime virtually achievement celeb stable renovated influences intrusive

When Jack was younger, he was ___________ unknown; only those in his home town knew he was talented. He had several ___________ on his style of acting, and even when he was famous, he never forgot those who had helped him. Then his television show moved to ___________ time, became a well-known ___________ and won many awards for his acting, although his main ___________ was setting up a charity to help sick children. He also earned a lot of money, so bought a ___________ which he then ___________ to make into a lovely home. It was in the middle of the countryside, far away from the ___________ photographers who had followed him in the city.

We went into RSJ again last night and it is still as good as ever. It has been in a prime location on the Southbank in London for over thirty years and in that time virtually every table has been booked every day it has been open. It took only a year for them to be included in the Good Food Guide, which is quite an achievement. It continues to be hugely popular with theatre-goers, as well as the occasional celeb – you never quite know who you will be dining with.

The restaurant itself is a former stable which has been lovingly renovated and there is plenty to do if you don’t want a meal. There are regular cookery and wine courses as well.

Onto the food – a mixture of European influences here, all perfectly cooked. An advantage of this restaurant is that there are always plenty of vegetables available – some restaurants serve up little more than a spoonful and charge it as a portion. Another advantage is the knowledgeable staff, who can guide but are not too pushy. The staff are attentive without being intrusive, and the food is expertly cooked every time. Hugely recommended!
Check your understanding

1 In which city is RSJ?

2 How long has the restaurant been open?

3 How long had it been open before it was included in the Good Food Guide?

4 Name one group of people who enjoy going to RSJ.

5 What was the building before it was a restaurant?

6 Give an example of a course you can take at RSJ.

7 What is the main influence on the food at RSJ?

8 Give one advantage of going to RSJ, according to the reviewer.

You have now read the restaurant review – underline four details in the review which make you want to go there.

How would you like to be a top chef for a day? Where would you like to do this and for whom would you cook? Write a diary entry about your perfect chef day. Include the name of the restaurant you have been working in, and its location; if you have been cooking for a private individual or family, say who they are and where they live.
Every top chef has a signature dish – a meal for which they are famous. What would yours be? You will describe your recipe, including amounts. You also need to include some adjectives, to better describe your recipe. Now blog your recipe.
Health and safety

Track 2.1

Health and safety in food is important, especially when people are paying for the food. So food standards officers go to all places which prepare and sell food to check the kitchens and eating areas are hygienically clean. Listen to a food standards officer talking about his daily life.

Check your understanding

1. Give one example of what the Food Standards Agency does.

2. Why do we need to use a separate fridge thermometer to check its temperature?

3. How cold should a fridge be?

4. How cold should a freezer be?

5. Before preparing food, what do you need to do?

Speaking

You are a farmer and a local television crew have come to your farm to ask about your farm and daily life. Here are the questions they ask you – how would you reply?

1. Why did you become a farmer?
2. What part of your job do you enjoy the most?
3. What is the hardest part of your job?
4. What one thing about your job would you change and how?
5. What do you do in your free time?
Fitness

Track 2.2
Listen to an interview with a personal trainer at a local gym.

Check your understanding

1. What is the first thing Ash does with new gym members?

2. How often does Ash tell Ben to go for a run?

3. What must Ben do if he wants to use the lifting equipment?

4. How does he measure his heart rate on the running machine?

5. What is spinning?

Language focus

Collocations

We need to choose the most appropriate word we can to suit our sentence context. Sometimes, two words might be synonyms, but in the given context, only one fits well.

For each of the examples below, which sentence works and which does not fit? Circle the correct sentence from each pair.

1. Verbs – make and do
   - He set up the charity because he wanted to make a difference.
   - He set up the charity because he wanted to do a difference.

2. Nouns – applause and clapping
   - After the performance, there was a long round of applause.
   - After the performance, there was a long round of clapping.

3. Adjectives – fast and quick
   - He went into the restaurant but then decided to go and eat some quick food
   - He went into the restaurant but then decided to go and eat some fast food
Building your vocabulary

Check the meaning of the words in the table and then substitute them for one of the synonyms (in bold) in the passage by writing them next to the word with a similar meaning:

prize-winning  martial arts  blended  recreational  self-defence  outbreak  devotee  posture

Alan was an award-winning _________________ sportsman who was interested in Eastern forms of sport _________________, when it is combined _________________ with Western forms of sport.

His interest was started after the start _________________ of a childhood illness. The leisure _________________ activities he does include learning to look after yourself _________________ and he has become a fan _________________ of making sure he uses the correct spine position _________________ whenever he is at work.

Read the following passage about the fitness guru, Joseph Pilates.

Joseph Pilates was a man who believed completely in his method and practised what he said to others well into his eighties. Even as an older man, he was quite healthy until his death, at the age of 87.

In 1880 near Dusseldorf Germany, Joseph Pilates was born to a prize-winning gymnast father and a mother who used natural forms of healing. As a child, Joseph suffered from several health ailments and in an effort to restore his own health, he studied anatomy and reinforced what he learned by observing animals in the woods. Joseph studied Eastern disciplines, like yoga and martial arts, and blended them with more Western forms of physical activities, such as bodybuilding, gymnastics, boxing and recreational sports; even incorporating ancient Greek and Roman forms of fitness practices.

As a young man, Joseph boxed, and taught self-defence. In 1912 he moved to England where he continued to box and taught self-defence at police schools. He also performed a Greek statue act in the circus with his brother to earn money. One of the greatest examples of the immense benefits of practising Joseph Pilates’ approach to health is the outbreak of a terrible influenza in 1918. The 1918 influenza epidemic destroyed populations all over the world. However, all those who followed Joseph’s routine survived due to their good health.

He met Clara, a nurse, and they married. Joseph and Clara taught their method of using the mind to control the muscles to a devout following in New York. Local dancers came regularly to heal injuries quickly and improve their strength while maintaining their flexibility. Choreographer George Balanchine and ballet dancer Martha Graham became devotees to Joseph Pilates’ method.
Breathing, proper **posture**, and the correction of various physical ailments were the focus at Joseph’s studio and in his two books published in 1945. The essence of his work continues to change bodies and lives today through his publications and those individuals committed to furthering his revolutionary ideas.

Dance companies all over the world use Pilates’ exercises to keep their dancers in top form. Today his method is taught around the world in studios, gyms, in universities and even grade schools. Due to the attention the mainstream public gives to Hollywood celebrities, the name Pilates is now a household word thanks to the many film and television stars who credit Pilates for their toned-physique.


Check your understanding

1. What did Joseph Pilates’ father do?

2. Why did Joseph study anatomy?

3. Name two Western form of physical activity which influenced him.

4. What act did he perform at the circus?

5. Which ballet dancer followed Pilates’ methods?

6. Give one of the areas which were the main focus at Pilates’ studio.

7. When did Pilates publish his books?

8. Give an example of where Pilates exercises are taught today.
Building your vocabulary
Match these words to their correct definitions. The first one has been done for you:

<table>
<thead>
<tr>
<th>word</th>
<th>definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>record</td>
<td>the top person in a competition</td>
</tr>
<tr>
<td>champion</td>
<td>what you give to something</td>
</tr>
<tr>
<td>debut</td>
<td>persuaded</td>
</tr>
<tr>
<td>adolescents</td>
<td>best achievement</td>
</tr>
<tr>
<td>contribution</td>
<td>young teenagers</td>
</tr>
<tr>
<td>convinced</td>
<td>first time at an event or competition</td>
</tr>
<tr>
<td>promotes</td>
<td>people who gain from something else</td>
</tr>
<tr>
<td>beneficiaries</td>
<td>highlights and encourages</td>
</tr>
<tr>
<td>collaborating</td>
<td>make happen</td>
</tr>
<tr>
<td>implement</td>
<td>partnering</td>
</tr>
</tbody>
</table>

Read about this sporting hero and answer the questions which follow:

When Bjorn Borg won his sixth Roland Garros French Open tennis title in 1981, many believed his record would last forever. “Nobody ever thought that anyone would ever come close to beating that record,” admitted Michael Chang, the 1989 champion. Rafael Nadal proved himself one of the clay-court greats as he lifted the Roland Garros trophy for the eighth time. “For me, it’s really an honour,” said the Mallorcan on court, following his victory. “Borg is one of the greatest of history, so for me, the comparison with the great Bjorn is fantastic.”

Since making his Paris debut as an 18-year-old in 2005, Nadal has virtually owned Roland Garros. In eight appearances, he has compiled 59 wins to one loss won the title twice without the loss of the set. Just how tough is Nadal at Roland Garros? Novak Djokovic, who nearly won all four Grand Slam titles but lost to Nadal in the final, said: “He’s definitely best player in history, on this surface, and results are showing that he’s one of the best ever players that played this game.”

While Borg essentially retired at the age of 26, Nadal has shown no signs of slowing down. There’s no telling how many more titles he could win in Paris before he hangs up his racquets. When asked whether there would be enough room to accommodate all his silverware, Nadal said with a smile, “Sure, there is space. There’s always space for a Roland Garros trophy.”
The Rafa Nadal Foundation was founded in November 2007. It came from the desire of the player and his family to help socially disadvantaged children and adolescents at risk of being excluded from society. Their contribution gives hope to people around the world. The headquarters for the foundation is in Manacour, Mallorca, which is also Rafa’s home town.

The Rafa Nadal Foundation offers education programs to the poor by using sport, and is convinced that sport is a basic tool of personal and social integration which therefore becomes the main focus on which we base our actions. It also promotes personal training each of our beneficiaries: the spirit of achievement, effort, respect and trust.

The foundation is currently collaborating with foundations and organizations that have proven experience in similar projects. They join together to implement new integration and development programs, both nationally and internationally.

Check your understanding

1. Before Nadal, who was one of the greatest clay-court tennis players?

2. When did Nadal first play the French Open tennis championship?

3. How many matches has he lost at the French Open, according to the article?

4. When did he start the Rafa Nadal Foundation?

5. Why did he start the Rafa Nadal Foundation?

6. In which town is the Rafa Nadal Foundation based, and why?

7. What does the foundation use to help young people?

8. Give an example of who the foundation collaborates with.
Angus Macfadyen

Track 2.3

Other sporting heroes are less internationally known than Nadal. In the Student Book, we read about Angus, who did the Marathon on crutches. But what did he do next?

As a non-swimmer, there was an obvious choice for Angus – his next feat for charity would be to swim the English Channel, a 21-mile swim between England and France. Listen to the interview with Angus.

Check your understanding

1. What made Angus decide to swim the Channel?

2. How far could Angus swim after six months?

3. How long is the Channel swim?

4. Apart from swimming, give two things Angus did to help train.

5. Give three words Angus uses to describe the Channel swim.
Fitness trends

Building your vocabulary

Choose and circle one word from the three given which gives a close synonym to the words you will see in the reading text. The first one has been done for you:

<table>
<thead>
<tr>
<th>Word</th>
<th>Synonyms</th>
</tr>
</thead>
<tbody>
<tr>
<td>global</td>
<td>large / worldwide / popular</td>
</tr>
<tr>
<td>exhilarating</td>
<td>exciting / interesting / unusual</td>
</tr>
<tr>
<td>blend</td>
<td>add / include / mix</td>
</tr>
<tr>
<td>quarterly</td>
<td>four times per year / twice a year / once a year</td>
</tr>
<tr>
<td>impact</td>
<td>change / influence / design</td>
</tr>
<tr>
<td>initiatives</td>
<td>thoughts / plans / ideas</td>
</tr>
<tr>
<td>motor neurone disease</td>
<td>disease mainly affecting the muscles / disease mainly affecting the heart / disease mainly affecting the bones</td>
</tr>
<tr>
<td>vision</td>
<td>idea for the future / past plans / present hopes</td>
</tr>
</tbody>
</table>

Read the following passage about Zumba, a recent fitness trend.

Founded in 2001, Zumba Fitness is a **global** lifestyle brand that mixes fitness, entertainment and culture into an **exhilarating** dance-fitness sensation! Zumba® exercise classes are “fitness-parties” that **blend** upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration. We offer different types of Zumba classes, plus DVD workouts, original music collections, clothing and footwear, video games, Interactive Fitness-Concert™ events, a **quarterly** lifestyle magazine and more.

Are you ready to party? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you’ll be getting fit and your energy levels will be soaring! It’s easy to do, effective and totally exhilarating.

14 million people now do Zumba worldwide, in 151 countries and in 140,000 locations.

Each day around the world, the Zumba® program makes a positive **impact** on millions of people’s lives, and it’s in this spirit that Zumba Love was founded. The mission of Zumba Love is to foster charitable **initiatives** that raise funds and awareness for important global health causes, and to celebrate the joy of giving through dance, fitness, friendship and love.

Powered by the energy and passion of our Zumba Instructor Network (ZIN™) and Zumba fans worldwide, Zumba Love has raised millions of dollars for breast cancer, **motor neurone disease**, heart health and more through thousands of Zumbathon® charity events and other Zumba activities. And this is only the beginning. Zumba Love will touch more and more people around the world as we continue to grow our **vision**.

[www.zumba.com](http://www.zumba.com)
Check your understanding

1. In which year did Zumba start?

2. Give two examples of things which combine to make Zumba.

3. How often is the Zumba magazine published?

4. In how many countries is Zumba available?

5. Name one charity Zumba Love has helped.

Discussion topic

Your class is opening a gym in your local area. Each group will contribute to the success of the opening:

Group One - you will plan which fitness classes will be available at the gym – make a list, including how long each class will be, how much each class costs and an explanation of how people can book to go.

Group Two – you will plan which music will be suitable for each class and how it will be played during the class. Each class will be different, so make sure you choose appropriate music to each class. You also need to decide what music will be playing in the changing rooms and other public areas of the gym.

Group Three – you will decide which other facilities will be available at the gym (for example, a café) and how much discount members get when they go there.

Group Four – you will design ways of promoting the gym before it opens – leaflets and posters. Include a discount voucher and an explanation of how to use it and by when.