

8A

Treat yourself

I love your nails! Where did you have them done?

At that nail bar near my office.

G have something done **V** looking after yourself **P** sentence stress

1 GRAMMAR *have something done*

a Look at the photos. Who...?



- | | |
|-----------------------------------|--|
| 1 is cutting his hair | 5 are painting their flat |
| 2 is having his hair cut | 6 are having their flat painted |
| 3 is doing her nails | 7 is taking a photo |
| 4 is having her nails done | 8 is having her photo taken |

b **G** p.146 Grammar Bank 8A

c Cover the sentences in a and say what's happening in each photo.

2 PRONUNCIATION & SPEAKING *sentence stress*

a **8.2** Listen and repeat the sentences. Copy the rhythm. Then say if any of them are true for you.

- I **had** my hair cut last week.
- I **usually have** my food shopping delivered.
- I **ought to have** my eyes tested.
- I'm **going to have** my flat repainted soon.
- I **hate having** my photo taken.

b Ask and answer the questions with a partner. Give more information where you can.

Do you ever...? How often?

have your hair dyed

have your clothes dry-cleaned

have your passport or ID card renewed

have your car washed

have prints made of your digital photos

have takeaway food delivered

Have you ever...?

had clothes made for you

had your bedroom redecorated

had your photo taken by a professional photographer

had your fortune told

3 VOCABULARY & LISTENING *looking after yourself*

a Have you ever had any of these hairstyles? Would you like to have any of them?



b **V** p.163 Vocabulary Bank Looking after yourself Do Part 1.

- c You're going to listen to an interview with Dino Karveli, a hairdresser. First, in pairs, read the interview questions and guess the missing words.

DINO | KARVELI

DINO KARVELI

is a hairdresser in London. His parents are Greek, and he came to live in London in 1990. He has been working as a hairdresser since 1993.



- Q What made you ¹ _____ hairdressing?
- Q What sort of ² _____ did you do?
- Q What sort of things do you ³ _____ or ⁴ _____ doing in hairdressing?
- Q What do you think are important ⁵ _____ for a hairdresser?
- Q Are ⁶ _____ clients very different from ⁷ _____?
- Q What do you do if a client doesn't like the ⁸ _____?
- Q Have you ever had a really bad ⁹ _____?
- Q Is it true that hairdressers always want to ¹⁰ _____ off more hair than their clients want?
- Q If you completely ¹¹ _____ with what a client wanted, would you still do it?
- Q Do you have any ¹² _____ for having good hair?

- d 8.4 Listen and check.

- e 8.5 Now listen to the whole interview. Mark the sentences **T** (true) or **F** (false). Correct the **F** sentences.

- 1 Dino's father was a barber in Greece.
- 2 When he came to the UK, he trained with Vidal Sassoon for two years.
- 3 He does a wide variety of hair treatments.
- 4 He thinks it's important for hairdressers to be good listeners.
- 5 He thinks men get just as stressed about their hair as women.
- 6 It's difficult to fix a mistake in hair colour.
- 7 A woman once got very upset with him because he cut her hair very short.
- 8 Hairdressers often think a client's hair needs to be cut more.
- 9 Dino would never say no to a client's request.
- 10 He thinks to have good hair, you need to go to a good hairdresser.

- f Do you usually go to the same hairdresser? Do you think he / she would agree with what Dino says? Do you think it's true that women care more about their hair than men?

4 SPEAKING

- a What do you think the phrase 'to have a bad hair day' means? Have you had one recently?



- b Ask and answer the questions with a partner.

Which hairstyles are very popular at the moment for a) men, b) women?

How long have you had your current hairstyle or colour? What was your hair like before?

What's the best or worst haircut you've ever had?

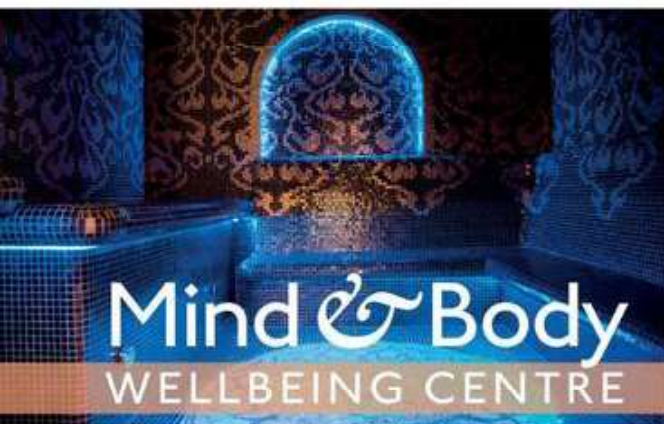
Is there a hairstyle you would never have?

Do you know anyone (friends, family, celebrities) who has really great or really terrible hair? What's it like?

Do you think having a good hairstyle is important? Why (not)?

5 VOCABULARY looking after yourself

- a Look at the advert for a spa and gym. Would you like to go there? Do you have any similar places near where you live?



Our 1,200 m² Wellbeing Centre offers you everything you need to recharge your mind and body.

- The spa area has a large pool, a hammam, and massage rooms offering a variety of treatments for the body, facials, and manicures and pedicures. The whole area is beautifully illuminated, with relaxing music, aromas, and gentle lighting.
- The gym has the most advanced fitness equipment and a spacious aerobics studio. Yoga, t'ai chi, and Pilates classes are also offered, either individually or in groups.



- The lounge and bar area offers a healthy assortment of all-organic snacks and juices.

- b **V** p.163 **Vocabulary Bank** Looking after yourself Do Parts 2 and 3.
- c If you went to the Wellbeing Centre in a for a day, what would you choose to do and why?

6 READING & LISTENING

SPA TREATMENTS – WOMEN LOVE THEM. CAN MEN ENJOY THEM TOO?



The Sunday Times decided to find out. Two of their journalists, Joanna Duckworth and Stephen Bleach, went to spend a day at a health spa and try out the treatments. These are some of the treatments they had:

KANEBO KAI ZEN FACIAL

Deep intensive cleaning with face and neck massage. 1 hr 40 minutes.

BANANA, PAPAYA, AND STRAWBERRY BODY POLISH

Leaves your skin feeling smooth and hydrated. Includes head massage. 40 minutes.

ELEMIS FOOT TREATMENT

Pedicure and foot massage. 55 minutes.

- a Read the introduction to the article. Why did the journalists go to the spa? Which treatments do you think a) Joanna, b) Stephen will like best?
- b Read about the facial. Why did Stephen score the treatment only 4/10? Why did Joanna give it 9/10?
- c **8.8** You're going to listen to Stephen and Joanna talking after two more treatments. First, listen to some extracts and write the missing words. Which comments are positive and which are negative?
- 1 It was hot and _____, and incredibly _____.
 - 2 And the head massage was _____.
 - 3 _____ the time and money.
 - 4 A real _____.

THE FACIAL

STEPHEN


Laura, the therapist, started by suggesting five different products for me to use every morning, and five more at night. I was shocked – it normally only takes me a minute to wash my face in soap and water in the morning. The actual treatment took nearly two hours. Laura used 12 different creams and things on my skin and I was very bored indeed. Afterwards, I had to admit my face felt quite different: it was much smoother and quite shiny. But I'm not sure I liked it. I don't think smooth and shiny is a good look for me.

My score: 4/10. *Quite nice, but it went on forever.*

JOANNA

The therapist told me that the treatment would last nearly two hours. Total bliss! But I knew Stephen would be bored, and we weren't having lunch until after the session, so he wouldn't be able to relax. He's terrible when he's hungry. I had more processes (exfoliation, cleansing, masks, massages, more masks, more massages) than I ever thought possible for a facial, and I enjoyed every second.

My score: 9/10. *My skin felt fantastic, really healthy, and afterwards, I was completely relaxed.*

d  8.9 Now listen to them talking and complete the chart.

		Stephen	Joanna
The body polish	Score out of 10		
	Reasons		
The foot treatment	Score out of 10		
	Reasons		

e Did you predict correctly in a which treatments Joanna and Stephen would like best? Which of the three treatments do you think you would enjoy the most?

f Do you know anyone who has health and beauty treatments regularly? How important do you think it is to look after a) your face and skin, b) your hair, c) your hands and feet?

7 SPEAKING

a Look at the categories below. In pairs, add more ways of looking after yourself to each category. Then try to agree on the three things that you think are the most important.

keeping fit

walking, e.g. to work

being healthy

using sunscreen

boosting your brainpower

reading (books / newspapers, etc.)

I think it's really important to walk a little bit every day.

(Yes, but going to the gym regularly is better exercise.)

b Read the ideas below about encouraging healthy eating in schools. Which ideas do you think would work best?

- Offer all children a healthy breakfast at school.
- Make all pupils and teachers eat school lunches together.
- Produce a free recipe book of easy meals to encourage parents not to buy ready-meals.
- Set up classes to teach children how to cook cheap, healthy meals.
- Ban machines selling sweets, crisps, or soft drinks in schools.
- Provide free, healthy snacks such as fresh fruit or cereal bars.
- Stop fast food restaurants opening near schools.

c You're going to create and present a campaign to help young people to eat healthily. In groups of three, plan your campaign:

- 1 Choose **three** main proposals for the campaign. Use some of the ideas in b, or your own ideas.
- 2 Think of a name for your campaign. Decide why your campaign is important.
- 3 Think of reasons why people should support your campaign.

d In your groups, decide what each person is going to say. Then practise presenting to each other. Use the language from the **Presenting a campaign** box.

Presenting a campaign

Our campaign is called...

We think this campaign is vital because...

Recent research suggests that...

Our plan has three main proposals. Firstly..., Secondly..., Lastly...

We think you should support our campaign because...

e Present your campaign to the class, and listen to the other groups. Have a class vote to choose the best campaign.

(Our campaign is called 'Cook at school'. We think this campaign is vital because nowadays, many young people and their parents don't know how to cook real food...)



G the passive **V** wars and battles, historic buildings **P** silent consonants

1 GRAMMAR the passive

- a Read the History Quiz questions and check you understand them. Then do the quiz in small groups.

History Quiz

- Napoleon was defeated in the battle of Waterloo. Where is Waterloo?
a Belgium b France c England
- Whose fleet was attacked in Pearl Harbor in 1941?
a the British fleet b the Japanese fleet
c the American fleet
- Which city, which had been divided by a wall for 28 years, was reunified in 1989?
a Belfast b Berlin c Sarajevo
- Which city has a church which was started in 1882 and is still being built?
a Barcelona b Florence c Paris
- Which city, which according to legend fought a famous war against Greece, has never been located for certain?
a Atlantis b Timbuktu c Troy
- Which pre-Columbian city was built by the Mayans between 750 and 900 AD?
a Machu Picchu b Chichen Itza c Tenochtitlan
- Which American president was assassinated while he was being driven through Dallas in 1963?
a Gerald Ford b John F Kennedy c Richard Nixon
- Which city had to be evacuated in 1986 after a catastrophic nuclear accident?
a Chernobyl b Fukushima c Pripyat

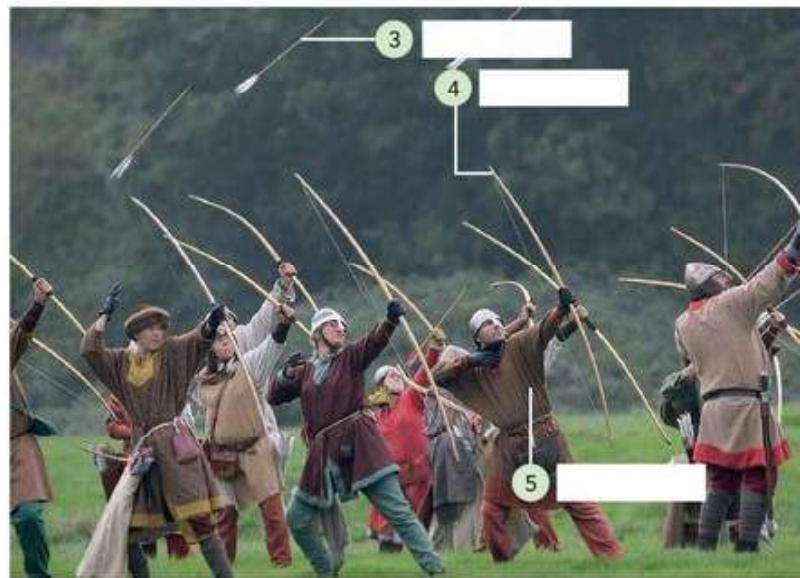
- b  8.10 Listen and check.
- c Underline all the examples of the passive in the quiz questions. What form of the passive are they?
- d  p.147 Grammar Bank 8B
- e In pairs, write three questions for a History Quiz about your country. Ask the class your questions.

2 READING & VOCABULARY

wars and battles

- a Look at the photos and label 1–5 with words from the list. What do you think is happening?

archer arrow bow helmet shield



- b Read the information on p.81 from a website about the Battle of Hastings. Were you right about what was happening in the photos in a? Then match 1–5 on the map to the places from the list.

 Battle  Bayeux  Hastings
 Norway  Stamford Bridge

THE BATTLE THAT CHANGED ENGLAND'S HISTORY



Every year, on 14th October, a famous battle is re-enacted on the exact site where the original battle took place. Over 600 people dress up in period costumes and bring the story of an 11th century battle to life. The Battle of Hastings, which was fought in 1066, is one of the best-known events of English history, when William of Normandy defeated the army of King Harold of England. This marked the end of the Anglo-Saxon era and the beginning of Norman rule.

1066 was a turbulent year for England. King Harold had succeeded his brother-in-law, Edward, as King of England, but he was being

attacked by others who wanted to rule the country – the King of Norway, and Duke William of Normandy (in what is now France). The Norwegians invaded in the north, and were defeated by the English army at the battle of Stamford Bridge on 25th September, but soon after, the Normans landed in Sussex on the south coast, and made their camp near the small seaside town of Hastings.



The English army immediately travelled south. On 13th October, after covering 275 miles, they arrived exhausted near Hastings, and on the morning of 14th, the two armies met in a field about 7 miles north-west of the town. Each army had between 5,000 and 7,000 men. They had similar armour and weapons, but William had over 2,000 cavalry, whereas the English fought on foot. William also had archers with powerful bows.

The battle lasted all day. The English soldiers used their shields to protect themselves against the Normans' arrows, but gradually the Normans gained control, and in the last attack, King Harold was killed. The English lost the battle, and on Christmas Day, William of Normandy was crowned King of England. He later became known as William the Conqueror.

In 1071, King William built an abbey on the site where the battle had taken place, as a memorial to all those who had died. Although no relics of the battle have ever been found there, we have very strong evidence that it took place, because an enormous tapestry was made – nearly 70 metres long – showing the story of the battle. This tapestry, which was completed in about 1077, is known as the Bayeux tapestry, and it has been kept in France for nearly 1,000 years. It can be visited in a museum in the town of Bayeux, Normandy.

William's abbey was called Battle Abbey, and the town that grew up nearby was also called Battle. The whole of the town would once have been part of the battlefield; for example, Harold's soldiers almost certainly retreated up what is currently Battle high street. Although the abbey was destroyed by King Henry VIII in the 16th century, the ruins and the battlefield remain one of the most atmospheric historical sites in Britain today.

Adapted from the English Heritage website

c Read the information again. Number the events in chronological order.

- Battle Abbey was built.
- Battle Abbey was destroyed.
- 1 Harold became King of England.
- King Harold was killed.
- The Bayeux tapestry was finished.
- The Battle of Hastings was fought between the English and the Normans.
- The Normans landed in Sussex.
- The town of Battle was named after the battle that took place there.
- The Norwegians attacked the north of England.
- William became King of England.

d Look at the highlighted verbs related to wars and battles. Which one is irregular? What is the infinitive? Guess their meaning from the context.

3 SPEAKING

a Talk to a partner.

- 1 Have you ever visited a famous historical site? Where? When? What happened there?
- 2 In your country, are there any famous historical events that are re-enacted? Have you ever watched or taken part in one?

b **C Communication** Local history **A p.110 B p.114**
Role-play being a tourist and ask your partner about the history of your local area.

4 VOCABULARY & PRONUNCIATION

historic buildings; silent consonants

- a Complete the names of five historic British buildings with a word from the list.

Abbey Castle Cathedral Palace Tower



- b **8.12** Listen and check. Which are the two oldest buildings?
- c Read the definitions for parts of a building. Then look at all the photos on p.82–3. Which things can you see?
- aisle** /aɪl/ a side passage between rows of seats in a church or theatre
- column** /ˈkɒləm/ a tall, solid, vertical post, usually round and made of stone
- crypt** /kript/ a room under the floor of a church, used especially in the past for burying people
- dome** /dɒm/ a round roof with a circular base
- gallery** /ˈgæləri/ a raised platform along the inner wall of a building
- nave** /neɪv/ the long central part of a church where most of the seats are
- tomb** /tu:m/ a large grave, especially one built of stone above or below the ground
- d Which consonants are not pronounced in these words? Cross them out.

aisle castle column tomb

- e **8.13** Listen and write five sentences which include common words with silent consonants. Be careful with your spelling!

5 LISTENING

- a Read about St Paul's Cathedral in London and look at the photos. What famous event took place here in 1981? Do you know anything else about the cathedral?

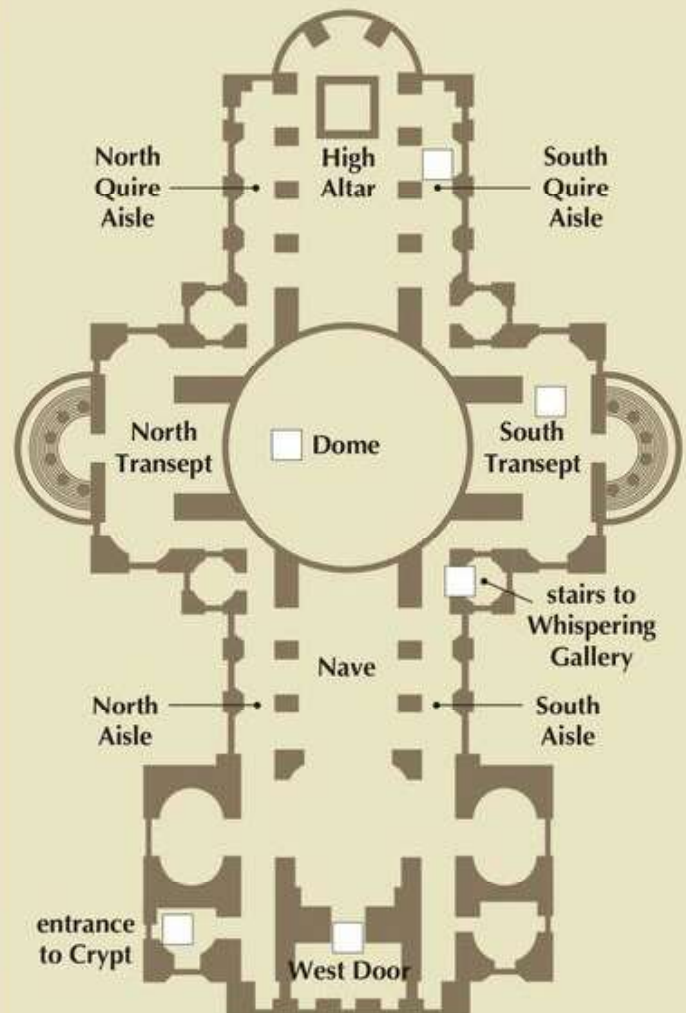
Welcome to ST PAUL'S CATHEDRAL



When you come to St Paul's, we hope to give you a visit you will remember. With your sightseeing ticket, you can walk in the footsteps of royalty on the Cathedral floor, climb the dome to try the unique acoustics of the Whispering Gallery, go even higher to enjoy some of the most spectacular views over London, or head down to the crypt where our nation's heroes are buried. Guided tours available on request.

Adapted from the St Paul's Cathedral website

- b **8.14** Listen to extracts from a guided tour of St Paul's Cathedral. Follow the route and number the places the guide talks about 1–6.





6 SPEAKING & WRITING

- a Tell a partner about a famous building you've visited. Use the questions to help you and add your own ideas. Include any interesting details or anecdotes that you can remember.

A FAMOUS BUILDING

- Where is it?
- When was it built?
- What was it used for originally?
- What is it used for now?
- What did you learn about it while you were there?
- How long did you spend there?
- How much did you have to pay to visit it?
- Would you recommend visiting it?

- b p.121 **Writing** Describing a building Write a description for a tourism website of a building in your town or country.

7 VIDEO LISTENING

- a Watch a documentary about the Globe Theatre. Who was Sam Wanamaker? Why did he decide to rebuild the Globe Theatre?



- b Watch again. Mark the sentences **T** (true) or **F** (false). Correct the **F** sentences.

- 1 The first Globe Theatre was built by the Lord Chamberlain's Men in 1599.
- 2 The first theatre burned down in 1630.
- 3 It was rebuilt, but the second theatre also burned down.
- 4 Sam Wanamaker was not allowed to act in the USA.
- 5 He wanted to rebuild the Globe in Shakespeare's birthplace, Stratford-upon-Avon.
- 6 Everyone encouraged him to go ahead with his plan to reconstruct the Globe.
- 7 He died in the same year as the Globe opened.
- 8 The indoor theatre is named after Sam Wanamaker.

- c Watch some extracts from the documentary. Then, with a partner, say what the **bold** words mean.

- 1 And it has a **thatched roof**...
- 2 He was shocked when all he found was a dirty old **plaque**.
- 3 There are 857 seats in the stalls, and 700 people can stand in the **pit**...
- 4 All the lighting is provided by **candlelight**.

- d Have you ever seen a Shakespeare play? Where did you see it? Was it in your language or in English? Did you enjoy it?

- c 8.15 Now listen to the first part of the tour and complete the notes.

The West Door and the Nave

- The previous church burned down in ¹ _____, in the Great ² _____ of ³ _____.
- The new ⁴ _____ was designed by Sir ⁵ _____ Wren.
- The doors are ⁶ _____ metres tall and are only opened when, e.g. the ⁷ _____ visits.
- The Nave is a good place to see the ⁸ _____ of the cathedral.

- d 8.16 Now listen to the rest of the guided tour. Pause after each area and take notes. What does the guide say about these people and things?

The Dome

- the cross
- the height of the Dome
- something that was true until the 1960s

The South Transept

- Horatio Nelson

The South Quire Aisle

- the statue of John Donne

The Whispering Gallery

- the number of steps you have to climb
- the reason the gallery gets its name

The Crypt

- the famous people in the tombs
- the Latin words on Wren's tomb

- e Would you like to do the tour of St Paul's Cathedral? Are there any other historic buildings in London that you would like to visit?