

<p>Grammar: Mixed Vocabulary: Phrasal verbs / Colour idioms Skill(s): Reading Activities: Multiple choice / Matching / Sentence completion Level: CAE (Adult)</p>	<p>General English</p>
<p>1. Match the phrasal verbs in the list to their definitions.</p> <p>work something out fight it out with somebody face up to a difficult situation fall back on something tune in steer away from the subject or an action put down words or numbers pick somebody or something out</p> <p>a) accept or deal with it b) write them down c) recognise someone or something in a group of people or things d) avoid talking about it or doing it e) argue or fight until one of you wins f) choose a radio station or TV channel g) use it when other things have failed h) think about it and manage to understand it</p> <p>2. Read the following text and then choose the word that fits each space best. There is an example at the beginning.</p> <p>A Change of mood</p> <p>Most of us (0) ____ our moods as being rather like the weather - it is something that colours the whole day, comes from somewhere else and over which we have little (1) ____ . Not that there isn't a range of folk (2) ____ for dealing with a bad one: 'Just snap out of it. Talk to a friend - a problem (3) ____ is a problem halved. Pamper yourself.'</p> <p>The problem is, as the latest American research (4) ____, all these favourite mood-swinging ploys are very ineffective. In his new book, Robert Thayer, professor of psychology at California State University, (5) ____ forward a new theory about what to do to change our moods and why. There are a few surprises. For instance men, (6) ____ to popular opinion, are actually better at dealing with their moods than women. Not only that, but the time-honoured female techniques of (7) ____ it all out to a friend or (8) ____ a good cry are often a waste of time.</p> <p>His approach makes it possible to forecast moods and be much more precise about controlling them. For instance, we all have a daily energy rhythm - on (9) ____, we start low, build up to a (10) ____ around midday, dip down, (11) ____ up a bit in the later afternoon and tail off towards the evening. So, because of the (12) ____ between energy levels and mood, we can predict that an (13) ____ in tension will produce a more gloomy (14) ____ at those times of the day when our energy regularly takes a dip. Knowing that, you can take it into (15) ____.</p> <p>0 A regard B take C think D assume 1 A selection B ability C decision D control 2 A remedies B medicines C solutions D treatments 3 A distributed B spread C divided D shared 4 A informs B reveals C exposes D discovers 5 A brings B gives C puts D calls 6 A opposite B contrary C against D different 7 A pouring B draining C dropping D spilling 8 A giving B doing C having D making 9 A general B ordinary C normal D average 10 A point B height C peak D limit</p>	<p>Notes:</p>

- 11 A pick B get C rise D lift
12 A tie B link C line D combination
13 A addition B improvement C enlargement D increase
14 A vision B outlook C aspect D review
15 A attention B mind C account D notice

3. Choose the right **colours** from the list to complete the sentences.

pink red white black green blue

1. I was completely _____ when I first started my own business, and I had to learn some important things the harder way.
2. Things are going great for Rupert. when I saw him, he really looked in the _____.
3. He was my best friend at unversity but now I only see him once in a _____ moon.
4. His family were respectable, honest people, but he was constantly looking for trouble. He was a _____ sheep.
5. It was only a _____ lie as she didn't want to hurt her friend's feelings.
6. When I see people spitting in the street, it really makes me see _____.

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