

level B2

PIONEER

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workbook



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A. Choose a, b, c or d.

- All contestants are ____ to be at the venue an hour before the game begins.
 - registered
 - obliged
 - needed
 - wanted
- It has been described as the ____ test of endurance and speed.
 - essential
 - scorching
 - strenuous
 - ultimate
- It took her three separate ____ to reach the summit.
 - attempts
 - challenges
 - feats
 - struggles
- When the wind carried away our tent, the only ____ left to us was sleeping under the stars.
 - equivalent
 - potential
 - alternative
 - replacement
- The route will turn back at the French ____ without actually crossing it.
 - country
 - coast
 - border
 - land
- All the athletes are under a lot of ____ from fans back home to claim the title for their country.
 - concern
 - stress
 - order
 - pressure
- By nightfall, these hills will be teeming ____ insects.
 - with
 - for
 - towards
 - over
- You should allow children to learn to speak at their own _____.
 - time
 - pace
 - space
 - moment
- To say I almost died is no ____ in this case.
 - suggestion
 - completion
 - disqualification
 - exaggeration
- I was so out of shape that I finished the race second ____ last - but I suppose it could have been worse!
 - after
 - to
 - at
 - but

B. Match. Then complete the sentences with the correct form.

- get
- give it
- recharge
- pushed himself
- make

- to the limit
- my batteries
- their way
- the hang of
- my best shot

- On the second day, the athletes will _____ down into the canyon.
- He _____ during the marathon and ended up in hospital.
- It's not the winning that's important. As long as I _____, I can go home satisfied.
- It took a while for me to _____ rock climbing. Nevertheless, when I finally did, I loved it.
- Far from leaving me tired, yoga actually _____.

C. Complete with the words in the box. There are two extra words which you do not need to use.

provisions trail inhospitable altitude fellow prevent self-sufficient navigational encounter effort

The Duke of Edinburgh's Award: The Expedition



The Duke of Edinburgh's (DofE) Award is widely known in the UK. It encourages young people, between 14-24 years old, to make a(n) 1 _____ to participate in activities aimed at improving physical and practical skills, as well as creating compassionate and responsible citizens.

One of the most challenging sections is the expedition. The number of days it lasts varies depending on the level, with the highest level consisting of a four-day trek with a team of 2 _____ participants through 'wild country'. Far from civilisation and help, the team must be 3 _____ and prepared for the unexpected - whether that's injury, 4 _____ weather, or simply getting lost. The team's 5 _____ skills are put to the test as they follow an unmarked route, carrying all necessary 6 _____. What's more, the expedition must have a purpose - for example, a team following a(n) 7 _____ through a forest could record the varieties of plant life they 8 _____.

Whether it is completed for personal satisfaction or to enhance a CV, a DofE award is a sign of not only practical abilities but also leadership, teamwork and problem-solving skills.

R. Choose a, b, c or d.

Nothing Beats a Banana

When tennis players stop for a break, it is common for TV channels to 1 ___ replays of some highlights. This means 2 ___ miss out on what is happening on the court. Those at the 3 ___ will notice that most of the players have something to eat during the break. 4 ___ will see that players usually reach for their bags and take out a particular kind of fruit: a banana. During a long 5 ___, tennis players often get so tired

that they can 6 ___ walk, not to mention play a high standard of tennis. This is why they eat a banana. It is perfect as it is full of nutrients they need. Also, when you sweat, you lose a lot of sodium and potassium, which the humble banana provides plenty of. So, if you really want to 7 ___, you know what you have to eat to get the upper-hand over your 8 ___.

- | | | | |
|----------------|-------------|-----------------|---------------|
| 1. a. spot | b. applaud | c. broadcast | d. cheer |
| 2. a. audience | b. viewers | c. participants | d. players |
| 3. a. venue | b. location | c. site | d. position |
| 4. a. Viewers | b. Audience | c. Spectators | d. Opponents |
| 5. a. contest | b. race | c. competition | d. match |
| 6. a. usually | b. barely | c. greatly | d. difficulty |
| 7. a. beat | b. defeat | c. lose | d. win |
| 8. a. opponent | b. fan | c. participant | d. audience |



B. Complete with the correct form of the idioms in the box.

below the belt no sweat be skating on thin ice
 get the ball rolling keep my head above water
 go the full distance show me the ropes
 the ball is in your court jump the gun
 saved by the bell

- You _____ if you continue to eat junk food because you will eventually get sick.
- _____ ; it isn't a problem for me to cut out sugar and start using honey.
- The cost of living has gone up so much that I can barely _____.
- I hope someone can _____ in this new job; I really don't know where to start.
- Tina was _____ when her phone rang and allowed her to excuse herself from the meeting.
- Your doctor explained what you should stop doing; now _____.
- Let's not _____ and announce the news before the time is right.
- It was really _____ to use what Patty had told you in secret to hurt her.
- I think we'd better _____ if we want to get into shape before summertime. Let's sign up at a gym today.
- When one decides to go on a diet, one should be prepared to _____ no matter how difficult it may be.

C. Circle the correct options.

- A:** Look at that rain. You **1 ought to / would** take a taxi home. Let me call for one.

B: No, you **2 needn't / mustn't** bother. I have my umbrella.

A: But you **3 can't / don't have to** go out in this weather. The road has turned into a river. Look!

B: It does look bad.

A: Maybe you **4 should / need** wait until it stops.

B: But I **5 have to / might** be home by 6 o'clock. My sister is expecting me to be there.

A: Let me ask if Dan **6 is able to / might** give you a lift.

B: No, it's OK. Let's have another cup of tea and wait.

- A:** Who is it at this time of the morning?

B: It **7 had better / might** be Jane.

A: No, it **8 mustn't / can't** be Jane. She's out of town.

B: Oh, it **9 must / can** be Shelly. She said she'd be dropping by sometime this week.

A: Well, we **10 had better / could** open the door if we want to find out, right?

B: **11 May / Could** you open, please? I'm still in my pyjamas.

D. Choose a, b, c or d.

- Those bags look really heavy; ____ I help you with them?
a. ought c. may
b. will d. would
- The doctor said you ____ eat so late at night.
a. needn't c. won't
b. mustn't d. wouldn't
- Yesterday, Henry ____ be at the conference by 7 a.m. so he left the house early.
a. has to c. had to
b. must d. needed
- I'm sorry, Mr Jones isn't in his office today; he ____ definitely be back tomorrow.
a. may c. can
b. could d. will
- You ____ call Linda; I've already done that.
a. don't need to c. won't
b. can't d. aren't able to
- They ____ find a good excuse not to go to Tom's barbecue, so they ended up going.
a. ought not c. didn't have to
b. weren't able to d. didn't need to
- ____ I borrow your black boots? I promise to return them tomorrow.
a. Need c. Will
b. Would d. Could
- Bill ____ be home; I just bumped into him a few minutes ago at the gym.
a. had better not c. mustn't
b. can't d. shouldn't

E. Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words, including the word given.

- It was impossible for Sandra to lose ten kilos in a week. **able**
Sandra _____ ten kilos in a week.
- This weekend, there's a possibility that Diane won't come. **might**
Diane _____ this weekend.
- If I were you, I wouldn't be late on my first day of work. **better**
You _____ on your first day of work.
- It's not a good idea to do so much exercise on the first day. **ought**
On the first day, you _____ so much exercise.
- Jane's been in the water for hours; she obviously enjoys swimming. **must**
Jane _____ because she's been in the water for hours.
- It isn't necessary to brush your teeth every time you eat. **have**
You _____ brush your teeth every time you eat.

5b Student's Book pp. 60-61**R. Choose a, b, c or d.****Turned On Your Head**

Believe it or not, turning your body on its head can lead **1** ____ a happy, healthy life. Inversion therapy - literally, hanging upside down - is an activity which many people **2** ____ in for a variety of reasons. When standing, the spine is constantly under pressure from gravity; therefore reversing this position means that the pressure is applied from the opposite direction instead. This reduces the effects of gravity and **3** ____ the tension put on a person's spine. Many studies have found **4** ____ that extending the body in this way results **5** ____ fewer backaches. Furthermore, it allows the spine to settle in a natural position, which can also help with poor **6** ____ . Also, improved circulation in this position stimulates the brain, helping one to **7** ____ stress and improve overall mental health. With all these benefits it's easy to see why inversion therapy is catching **8** ____ . However, it can be dangerous for people with certain medical conditions, so consult a doctor before you take it up.

- | | | | |
|------------------|----------------|------------------|---------------|
| 1. a. with | b. to | c. down | d. in |
| 2. a. contribute | b. invest | c. engage | d. insist |
| 3. a. alleviates | b. strengthens | c. rehabilitates | d. transforms |
| 4. a. figures | b. links | c. roots | d. proof |
| 5. a. on | b. to | c. in | d. with |
| 6. a. innovation | b. obesity | c. flexibility | d. posture |
| 7. a. break down | b. overcome | c. win | d. lose |
| 8. a. on | b. in | c. up | d. off |

Student's Book pp. 64-65

A. Complete with the words in the box. There are two extra words which you do not need to use.

proposal	workshop	mandatory	freshman	opposition
push	obese	head	committee	disagreement

- Please don't _____ me into making a decision I'm not ready to make.
- Most _____ people end up having serious health problems sooner or later.
- The members of the _____ are discussing how to increase the number of students playing sports.
- This is a one-day _____ where students can learn to make bread.
- Our son is a(n) _____ so he still has a few years before he graduates.
- Who is the _____ of the English Department in this university?
- Just because we had a(n) _____ it doesn't mean we can't be friends.
- Wearing a helmet is _____ for all cyclists in this city.

B. Read the e-mail below which a student wrote to the Director of Student Activities and circle the correct words/phrases

Hi Ms Jones,

As captain of the university football team, I am writing to give my views on the decision to withdraw from the regional football tournament.

Firstly, I think your idea is dumb. **1 Since / Specifically** the university has been participating in the event for over 20 years, it has become part of our sporting culture. **2 In fact / Because**, we are known for having some of the best players. Therefore, it would be a huge loss for the players, but **3 above all / as** the spectators **4 because / especially** so many look forward to the event.

Secondly, I am convinced that not taking part will send out the wrong message to students. What could be worse than the university discouraging physical activity? **5 More importantly / As**, keep in mind that many students apply to this university **6 particularly / due to the fact that** it has a good sporting reputation. So, ruining this reputation means risking the loss of students.

Anyway, the decision not to participate can only have a negative impact on the university. For this reason, I hope it will be reversed and the university will participate next year.

Bye for now,
Steve



C. Read the e-mail above and the tips below. Tick the ones which the writer doesn't follow.

- | | | | |
|---|--------------------------|---|--------------------------|
| 1. use an appropriate greeting and signature ending | <input type="checkbox"/> | 5. state your opinion in a polite and respectful manner | <input type="checkbox"/> |
| 2. state why you are writing in the introduction | <input type="checkbox"/> | 6. use linking words/phrases | <input type="checkbox"/> |
| 3. justify your opinion and give examples | <input type="checkbox"/> | 7. group related ideas together | <input type="checkbox"/> |
| 4. use rhetorical questions for emphasis | <input type="checkbox"/> | | |

A. Choose a, b, c or d.

- This ____ be Frank's jacket. It was on the chair where he was sitting.
 - must
 - ought
 - can't
 - will
- There is no fee, but everyone who wants to enter the marathon ____ to prove that they are in good overall health.
 - must
 - have
 - has
 - need
- I ____ that race easily, but unfortunately I didn't.
 - must have won
 - could have won
 - might have won
 - may have won
- Robert ____ you in the morning, but I'm not sure.
 - ought to have called
 - must have called
 - should have called
 - might have called
- I ____ more adventurous when I was younger and had more fun.
 - should have been
 - must have been
 - should be
 - must be
- He ____ have made the meeting on time because he overslept this morning.
 - oughtn't
 - needn't
 - can't
 - shouldn't
- Robert ____ practise more if he wants to win the tennis match.
 - had better
 - needs
 - is able to
 - may
- You ____ take the train to work tomorrow. I'll give you a lift.
 - might not
 - may not
 - couldn't
 - needn't
- Peter ____ forgotten about his dentist's appointment, because he's still sleeping.
 - needn't have
 - can't have
 - must have
 - should have
- ____ you close the window, please? It's a bit chilly in here.
 - Might
 - Could
 - Must
 - Should

B. Complete with the correct form of the words in capitals.

EGGCELLENT
SUPERFOOD

If we follow scientific attitudes towards food, it can be 1 _____ to keep up with what the experts consider healthy and what unhealthy. Especially, since they don't always get it right.

TRICK

Once, eggs were promoted as the ideal breakfast, rich in proteins and vitamins. Fast-forward a few years, and people began to express 2 _____ as they became concerned about the amount of cholesterol eggs contained. Soon, 3 _____ were warning the public that it was 4 _____ to eat eggs because overconsumption could cause heart disease.

AGREEMENT

NUTRITION
WISE

Today, this is considered incorrect. While eggs are high in a specific cholesterol, there is 5 _____ that heart disease is more-closely linked to the consumption of saturated fat - which eggs are low in - and that the previous data was 6 _____. In fact, eggs have reacquired their 'superfood' status - for now. Eggs are said to protect our eyes and 7 _____ the immune system and they're now even recommended to fight 8 _____. How long until something new is discovered and opinion changes again? Time will tell.

PROVE

ACCURATE

STRENGTH

OBESE