

# Answer key

## Unit 1 Lifestyle

### Reading and Use of English: Multiple matching, pages 4–5

1

1 B 2 A 3 B 4 C 5 D 6 A 7 D 8 C 9 B  
10 A

2

1 side 2 nerves 3 feet, end 4 place 5 holiday  
6 lifestyle 7 own 8 shows

3

b on my own  
c on our feet for hours on end  
d get on each other's nerves  
e putting on shows  
f go on with this lifestyle

### Vocabulary, pages 6–7

#### A Lifestyle

1 healthy 2 luxurious 3 chaotic 4 sedentary  
5 alternative

#### B Clothes

1

1 scruffy 2 scarf 3 casual 4 tight 5 plain  
6 socks 7 trainers 8 baggy 9 belt 10 helmet  
11 bracelet 12 fashionable

2

1 a pleated skirt 2 a checked waistcoat  
3 a flowery dress 4 striped swimming trunks  
5 spotted socks

#### C Get

1

1 by 2 over 3 back 4 away 5 off 6 out of

2

1 touch 2 paid 3 rid 4 ready 5 worse  
6 impression 7 exercise

#### D Word combinations

1

1 party 2 interview 3 event 4 premiere 5 life

2

1 sporting event 2 social life 3 dinner jacket  
4 world premiere 5 radio interview 6 political party

### Language focus, page 8

#### A Adverbs of frequency

1 I always set my alarm clock.  
2 I am never late.

3 I rarely drink it.

4 My mum cooks paella once a week.

5 we have never been to Paris.

#### B Be used to, get used to and used to

1 Lucy used to use a bike to get to school.

2 She's got used to getting up early in the morning.

3 My dad used to get me to clean his car every Sunday.

4 Paul didn't use to get paid much when he worked as a waiter.

5 Many young people are not used to doing hard work.

### Reading and Use of English: Transformations, page 8

1 hardly ever stay/am hardly ever

2 used to getting

3 looking forward to going

4 has/s taken (me) so

5 is/s rare for Anna to

6 not like Richard/him to be

### Reading and Use of English: Multiple-choice cloze, page 9

1 A 2 C 3 D 4 C 5 B 6 D 7 A 8 C

### Writing: Informal letter and email, pages 10–11

1

	Formal	Informal
Complaining	7	4
Asking for information	1	10
Giving information	5	9
Apologizing	3	6
Giving advice	8	2

2

Formal	Informal
1 inform me	10 let me know
8 We strongly advise you not to	2 You really shouldn't
3 for the delay in responding to you	6 it's taken me so long to get back to you
7 Moreover	4 And
5 I have a wide range of experience in working	9 I've done loads of jobs in hotels

#### Informal letter

2

Paragraph 1 a Paragraph 2 c Paragraph 3 b

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**Lei Huang**



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web feb 4 2021 dann bist du hier genau richtig in diesem video zeige ich euch 6 rezeptideen für ein abwechslungsreiches vielfältiges gesundes frühstück aus haferflocken damit ihr mehr variation in eurer

12 gesunde porridge rezepte die satt machen fit for fun - Sep 15 2023

web 12 gesunde porridge rezepte die satt machen haferflocken banane apfel beeren zimt und erdnussmus in diesem einfachen und schnellen porridge rezept vereinen sich nur gute zutaten zudem sorgt der haferbrei dafür dass du bis zum mittagessen satt bleibst und zwischendurch nicht naschen musst

**porridge selber machen 8 tipps feine rezepte swissmilk** - Jul 01 2022

web porridge selber machen 8 tipps feine rezepte gesund und warm in den tag porridge ist mein zmorger star in der kalten jahreszeit ich zeige dir mein liebstes porridge rezept inklusive tipps und entwirre für

porridge das rezept für ein gesundes frühstück energievoll - Feb 08 2023

web jul 22 2021 ist porridge gesund das klassische porridge wird mit haferflocken zubereitet hafer enthält viele vitamine reichlich eiweiß mineral und ballaststoffe die verdauung wird hierdurch bereits am morgen ordentlich angekurbelt zusätzlich sorgt der haferbrei für einen gleichbleibenden blutzuckerspiegel sodass du lange satt und

**healthy porridge recipes bbc good food** - Sep 03 2022

web baked banana porridge 46 ratings start the day right with this healthy baked banana porridge containing walnuts banana and cinnamon bananas are a good source of the amino acid tryptophan which the body needs to make the feel good hormone serotonin when eaten with a carb source such as oats the brain can absorb the tryptophan easily

*porridge rezepte für ein gesundes frühstück lecker* - Oct 16 2023

web sep 20 2023 für das traditionelle porridge grundrezept brauchst du nur 4 zutaten haferflocken milch oder wasser eine prise salz sowie zimt die zubereitung von klassischem porridge gelingt in 10 minuten klassisches porridge

*porridge recipes bbc food* - Feb 25 2022

web porridge recipes porridge is a british breakfast staple in its simplest form it consists of just oats and water or milk these are heated in a pan or microwave until the oats are soft and

das perfekte frühstück mit porridge porridge rezepte - Apr 29 2022

web das perfekte fitness frühstück dass porridge gesund ist und für einen guten start in den tag sorgt ist gemeinhin bekannt

auch viele sportler setzen auf porridge als power frühstück doch eignet sich porridge für fitness fitness porridge der richtige brennstoff für das workout

**porridge recipes bbc good food** - Nov 24 2021

web 8 ratings start off the day with a warm tummy this porridge is packed with energy giving oats and fat free greek yogurt start the day with a bowl of porridge for a comforting high fibre breakfast to keep you going jazz up your oats with fresh fruit and nut toppings

porridge rezepte 8 leckere varianten zum abnehmen gesund - Jul 13 2023

web die 8 leckersten porridge rezepte perfekt zum abnehmen und für eine gesunde ernährung brötchen butter marmelade porridge der aus england stammende haferbrei hat sich nicht ohne grund zu einem angesagten frühstück entwickelt porridge ist ein gesunder sattmacher liefert wertvolle nährstoffe und schmeckt außerdem wahnsinnig gut

**zuckerfreies porridge selber machen grundrezept mit topping** - May 11 2023

web apr 13 2021 egal ob du lieber ein süßes oder herzhaftes porridge selber machen willst durch das salz werden auch die anderen aromen nochmal hervorgehoben und mein persönlicher trick besonders lecker wird das porridge grundrezept wenn du die haferflocken vorher kurz in einer pfanne anröstest topping ideen so wird s bunt auf

*kreative porridge rezepte für ein gesundes frühstück* - Aug 14 2023

web bekomme leckere porridge und overnight oat rezepte um gesund in den tag zu starten fruchtig vollwertig und leicht vorzubereiten

die besten porridge rezepte ichkoche at - Dec 06 2022

web starten sie mit einem gesunden power frühstück in den tag der haferbrei porridge kommt aus schottland und wird traditionell mit haferflocken und wasser zubereitet es gibt aber zahlreiche abwandlungen etwa mit milch mandelmilch hafermilch co sowie mit anderen getreidesorten wie dinkel hirse oder amaranth