

A2.1 UNIT 6

1. Complete the sentences with the verbs given in simple past.

1. Last year I _____ (go) to England on holiday.
2. It _____ (be) a fantastic show.
3. In the morning, we _____ (walk) in the streets of Paris.
4. I _____ (read) a science magazine this morning.
5. My cousins _____ (not be) at home last weekend.
6. It _____ (not rain) a lot while we were in London.
7. They _____ (see) a beautiful rainbow.
8. Tim _____ (spend) his holidays in Florida.
9. She _____ (not tell) me the truth.
10. Jane _____ (miss) the bus last night.

2. Read the text and say if the following statements are true (T) or false (F). Use the dictionary if necessary.

1. Listening to your favorite music can put you in a good mood.
2. Music doesn't work on the autonomic nervous system.
3. The autonomic and limbic systems react sensitively to music.
4. Listening to music when you are doing exercise can increase your endurance.
5. Music can't help patients who suffer memory loss to remember tunes and connect them to their histories.

Why is listening to music the key to good health?

It's the weekend and at some point you'll probably relax to your favorite music, watch a film or hit the dance floor.

There's no doubt that listening to your favorite music can instantly put you in a good mood. But scientists are now discovering that music can do more for you than just lift your spirits. Research is showing it has a variety of health benefits. Here, we present three proven ways that music can help you and your family's health

1. CHRONIC BACK PAIN

How it helps: Music works on the autonomic nervous system - the part of the nervous system responsible for controlling our blood pressure, heartbeat and brain function - and also the limbic system - the part of the brain that controls feelings and emotions. According to one piece of research, both these systems react sensitively to music.

2. IMPROVES YOUR WORKOUT

How it helps: Experts say listening to music during exercise can give you a better workout in several ways. Scientists claim it can increase your endurance, change your mood and can distract you from any discomfort experienced during your workout.

3. MEMORY LOSS

How it helps: For many people suffering from memory loss the spoken language has become meaningless. Music can help patients remember tunes or songs and get in touch with their history. This is because the part of the brain which processes music is located next to memory.

3. Unscramble the names of the musical instruments.

1. opnia
2. vinilo
3. rusmd
4. teluf
5. samacar
6. ratigu
7. Enoxlyhop

4. For each image choose the most suitable vocabulary.

1. If I go to live in Scotland, I will play the



2. The



is played in Spain for Christmas.

3. My sister plays the

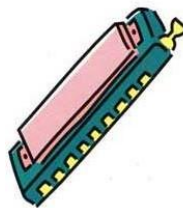


very well.

4. I would love to play the



5. It is very difficult to play the



6. Before I went to piano classes I had a



at home.

5. Complete the sentences using a verb from the box.

die	go	stay	want	finish	start	rain	open	happen
-----	----	------	------	--------	-------	------	------	--------

1. I *cleaned* my teeth three times yesterday.
2. It was hot in the room, so I _____ the window.
3. The film was very long. It _____ at 8 and _____ at 11 o'clock.
4. When I was a child, I _____ to be a doctor.
5. The accident _____ last Sunday afternoon.
6. It's a nice day today, but yesterday it _____ all day.
7. We _____ our holiday last year. We _____ at a very nice place.
8. Anna's grandfather _____ when he was 90 years old.

6. Write six sentences about your past. Use the following verbs; *visit, study, work, participate, paint and climb*.
