



Name: _____

Class: _____

Date: ____/____/____

UNIT 6 – Extra Practice

1. Complete this text about relaxation techniques using the verbs in brackets.

(1) _____ (deal) with stress can be very difficult. Some people try to ignore the problem by (2) _____ (drink), (3) _____ (sleep) or (4) _____ (isolate) themselves to forget about it. Other people seek for more positive solutions. This can include (5) _____ (look for) professional help or (6) _____ (get) emotional help from friends and family. (7) _____ (identify) the problem and so the source of (8) _____ (suffer) to be able to find a solution. (9) _____ (do) recreational activities like (10) _____ (garden), (11) _____ (listen) to music, (12) _____ (take) photography classes can also be of help. (13) _____ (do) physical exercise like (14) _____ (walk), (15) _____ (practise) yoga or tai-chi, (16) _____ a sport or (17) _____ (practise) relaxation techniques like (18) _____ (meditate) can be other techniques to get rid of stress.



2. What do you do to relax when you are stressed? Write a paragraph.

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3. Write the comparative form of the adjectives in brackets.

1. Monkeys are much _____ (noisy) than kittens but _____ (intelligent) than kangaroos.
2. Do you think Los Angeles is _____ (big) than New York? And do you think it's _____ (crowded) than New York?
3. Crocodiles are _____ (dangerous) than alligators.
4. Elephants are _____ (heavy) than giraffes.
5. Small towns are usually _____ (safe) than big cities. But big cities are _____ (expensive) than small towns.
6. Dogs are _____ (friendly) than cats.

4. Spot the mistake in each sentence and correct it.

1. Sports cars are more fast than family cars.
_____.
2. Big cities are noisyer than small towns.
_____.
3. Italian food is more good than Japanese food.
_____.
4. New York City can be hotter than Mexico City.
_____.
5. Read books is my favourite free time activity.
_____.
6. I think that go shopping can be boring for many people.
_____.

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5. Write sentences about people you know using some of the adjectives in the box in the comparative form.

sociable	active	kind	enthusiastic
energetic	tall	athletic	young
old			

6. Complete this conversation by comparing the items below using the adjectives and the expressions to give and ask for opinion in the boxes.

- ✓ the Eiffel Tower in Paris / the Obelisk in Buenos Aires
- ✓ new age / heavy metal
- ✓ traffic in a big city / traffic in a small town
- ✓ travelling by taxi / travelling by bus
- ✓ parks / shopping centres

eco-friendly tall crowded
relaxing quiet expensive

I think... I agree...

I don't agree Do you think...?

I'm sure... In my opinion..

A: I think _____ is taller than _____.

B: I'm not sure. In my opinion _____ music is _____
than _____.

A: _____

B: _____

A: _____



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7. Read this fact file about Rio de Janeiro and write a similar one about a city in your country. Add a map and a photo as well. Then write sentences comparing both cities.



Rio de Janeiro - Brazil

Population: 6748 million

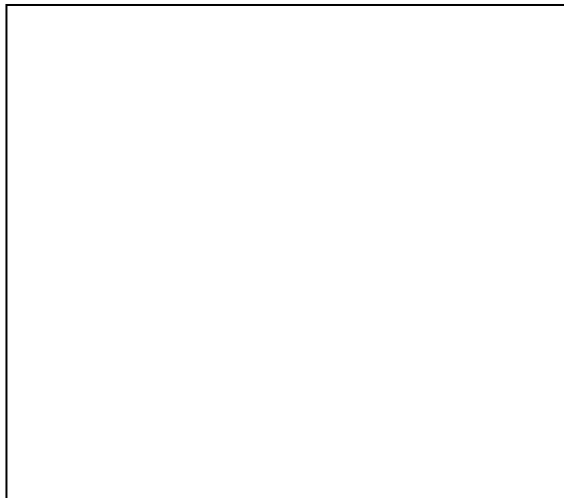
Area: 1255 km²

Average temperature: 28°C summer, 22°C winter

Public transportation: buses, underground, taxis

Schools / Universities: 1456 schools, 40 colleges and universities

Economy: mining, agriculture, industry, commerce, tourism



Population: _____

Area: _____

Average temperature: _____

Public transportation: _____

Schools / Universities: _____

Economy: _____