

The present perfect

- A Do you think people were fitter in the past than they are today?
- B What kind of things can people do to stay fit and healthy?

1 Health and fitness

Look at the example of the present perfect underlined in this questionnaire from a leaflet for people joining a health club. Underline all the other examples of the present perfect.

Health and Fitness Centre

Please complete this questionnaire and bring it with you on your first visit to the club.

Name: _____ Male Female

Address: _____

Contact telephone number: _____

Age: _____ Height: _____ Weight: _____

- 1 How long have you lived in this area?
Less than a year More than a year
- 2 Have you ever been a member of a fitness club before?
Yes No
- 3 Have you had any illnesses over the last year?
Yes No
If 'Yes', please give details below.

- 4 If you have just finished taking some physical exercise, e.g. you've just had a swim or played a game of tennis, how do you feel?
a the same as usual
b a little out of breath
c quite tired
d completely exhausted
- 5 Which of these sentences describes you?
a I exercise every day.
b I exercised last week.
c I exercised about two months ago.
d I haven't exercised for at least a year!

2 The present perfect

Grammar check

Form

Write these sentences in their negative and question forms. Use the examples in the questionnaire to help you.

- 1 You have forgotten your swimming things.
Negative _____
Question _____
- 2 We have completed the club's questionnaire.

- 3 Pete has been to the health club.

- 4 Sue and Mick have gone to the gym.

Uses

Match the examples of the present perfect underlined in the questionnaire with the three uses A–C below.

- A To talk / ask about an action which is finished but which still has an effect in the present.
- B To talk / ask about an experience which started in the past but is still going on or still true now.
- C To talk / ask about an experience that has or hasn't happened (without a time reference).

3 Three uses of the present perfect

- A An action which is finished but which still has an effect in the present often with *just*, *already* and *(not) yet*.

Match the sentences to the pictures.

- 1 I've broken my tennis racket!
(It's broken now.)
- 2 He's already eaten.
(His stomach has food in it.)
- 3 I've just won the lottery!
(I've got lots of money now.)



Rewrite these sentences using the present perfect and the words in brackets.

- 1 Tom finish his project (not yet).
- 2 Sarah phone her friend (just).
- 3 The film on TV finish (not yet).
- 4 My brother swim ten lengths (already).
- 5 You have dinner (not yet)?
- 6 Mary show you the gym (yet)?
- 7 You finish having your shower (already)?
- 8 We fill in the questionnaire (just).

- B An experience which started in the past but is still going on or still true now, usually with *for* and *since*.

We use *for* and *since* to talk about the length of an action. Look at the examples and match 1–2 with explanations a–b.

I have lived in Italy for three years.
I haven't been to Greece since July 2000.

- 1 We use *for* _____
- 2 We use *since* _____
- a to say when an action started.
- b to say how long the action took.

Write sentences using the verb in the present perfect and *for* or *since* in the gaps.

- 1 My family _____ (live) here _____ five years.
- 2 I _____ (attend) this school _____ last summer.
- 3 I _____ (not see) my relatives _____ a very long time.
- 4 We _____ (not have) fish for dinner _____ two weeks.
- 5 Tracy _____ (be) in England _____ 2001.

- C An experience that has or hasn't happened in the past often with *ever* or *never*.

Use these notes to make sentences using the present perfect.

Example

I / never / be / health club

I have never been to a health club.

- 1 Jan / ever / visit / London?
- 2 Bella / never / drive / a car
- 3 my friends / never / do / aerobics / before
- 4 your parents / ever / be / abroad?
- 5 no one in my family / ever / ride / bicycle
- 6 I / see / the team / play / three times
- 7 Paul / break / leg / skiing / twice
- 8 How many times / you / be / to the club?

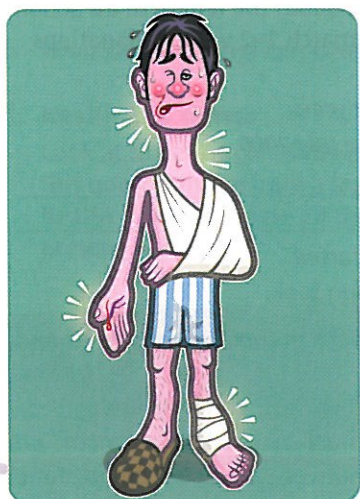
Activate

4 Writing about experiences

Think of three interesting, or exciting experiences you have had in your life, and three things that you have never done but would like to do. Write six sentences: one about each experience.



Taking care of yourself



- A** Match these illnesses to the correct parts of the body.
- a I've cut my thumb.
 - b I've got toothache.
 - c I've got a sore throat.
 - d I broke my arm yesterday.
 - e I twisted my ankle this morning.
 - f I've got a temperature.

- B** Match the words on the left (1–5) with those on the right (a–g) to make comments like those in A.
- | | |
|-------------------------|----------------|
| 1 I feel | a arm |
| 2 I've got a sore | b wrist |
| 3 I've got a pain in my | c ill |
| 4 I broke my | d finger |
| 5 I've got a | e sick |
| | f stomach-ache |
| | g headache |

- C** There are six parts of the body that go with *ache*. There are three in A and B, what are the other three?

1 Multiple choice questions 25

Quick Tip!

As you listen for the first time, put a dot ● beside the multiple choice answer you think is correct. On the second listening decide which is the correct answer.

You will hear people talking in four different situations. As you listen, choose the best answer to the questions, a, b or c.

- Listen to someone telling a friend about an accident. What's happened to him?
 - a He's got a stomach-ache.
 - b He's twisted his ankle.
 - c He's broken his arm.
- Listen to someone talking to a friend at school about not feeling well. How does he feel now?
 - a He's got a temperature.
 - b He feels sick.
 - c He's got a headache.
- Listen to someone talking to her mum. What's wrong with her?
 - a She has a stomach-ache and a headache.
 - b She has a stomach-ache and she feels sick.
 - c She has a headache and a toothache.
- Listen to a doctor talking to a man who has cut his hand. What is she advising the man to do?
 - a Not to use his right hand.
 - b Take the plaster off after a few days.
 - c Leave the plaster on until the evening.

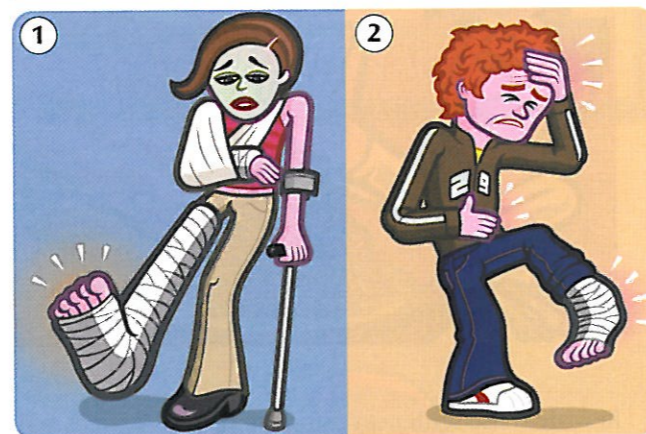
2 Which is which? 26

Listen to these sentences and circle the word that you hear. Which words sound the same? What is the difference in meaning?

- | | | |
|-------------------|-----------------|-----------------|
| 1 arm / harm | 2 where / wear | 3 hurt / heart |
| 4 polish / Polish | 5 heals / heels | 6 right / write |
| 7 wash / watch | | |

3 Memory game

Work in pairs. Student A look at picture 1 for one minute, then close your book and try to remember what is wrong with the woman. Student B check. Now change roles for picture 2.



Soundbites 27

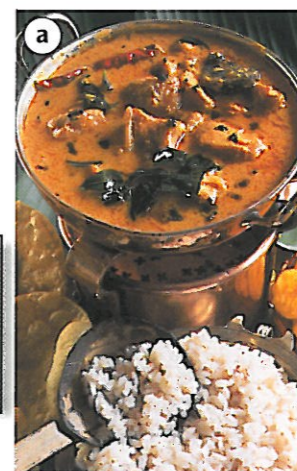
I feel fine

Listen to *I feel fine*, a song by the Beatles, then answer these questions.

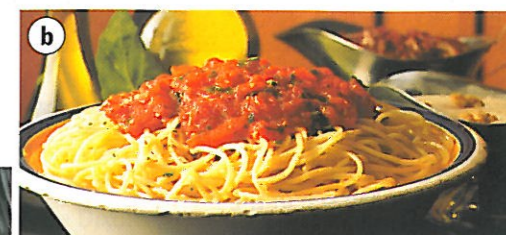
- Why does the singer feel happy?
- What does he buy his girlfriend?
- How does his girlfriend feel about him?
- Do you think it is necessary to buy people presents to tell them how you feel about them? Why? Why not?

Eating habits

1 This dish is simple to prepare and very cheap, but very tasty. Golden fried potatoes and fish in batter with garden peas. A traditional favourite for all the family!



2 At last, a low-fat dish with maximum flavour! An Italian-style tomato and herb sauce on fresh vegetables and pasta. Now you can be healthy, but still enjoy yourself.



3 delicious potatoes and tender meat served in a spicy sauce made with chillies and pepper. be careful of your mouth, as this one is hot!

4 This is real temptation! A sweet and sticky pudding with chocolate sauce and spoonfuls of cream. Great served with ice cream.

5 An authentic Japanese feast of fresh raw fish and sticky rice served with nori (seaweed) and wasabi (a hot sauce).



1 Food labels

- A** Look at these food labels and match them to their pictures.
- B** Find words and phrases in the labels that mean the opposite of these words.
- full-fat • rotten • salty / savoury • tasteless • tough
 - artificial • difficult to prepare • expensive • unhealthy
 - minimum • mild
- C** Use some of the words and phrases from the food labels in A to describe your favourite food to your partner. Can they guess what food it is?

2 Talking about food

- A** Listen to or read the dialogue. Practise the dialogue replacing *I love* and *I hate* with these phrases. What difference do they make to the meaning?
- I adore • I detest • I can't stand • I like • I don't like
 - I really like

1 Giving reasons 28

Jane I love curry, it's delicious.
 Jim I hate it because it's too hot and spicy.
 I like mild food like fish and chips.
 Jane I don't like eating fried food, it's unhealthy, and it looks very greasy.

- B** In pairs, talk to your partner about foods you like and hate and why. Use the phrases in A and the dialogue box to help you.

3 Setting up a snack bar

- A** Listen to or read the dialogue. Why doesn't Jane want to sell just chips and chocolate?

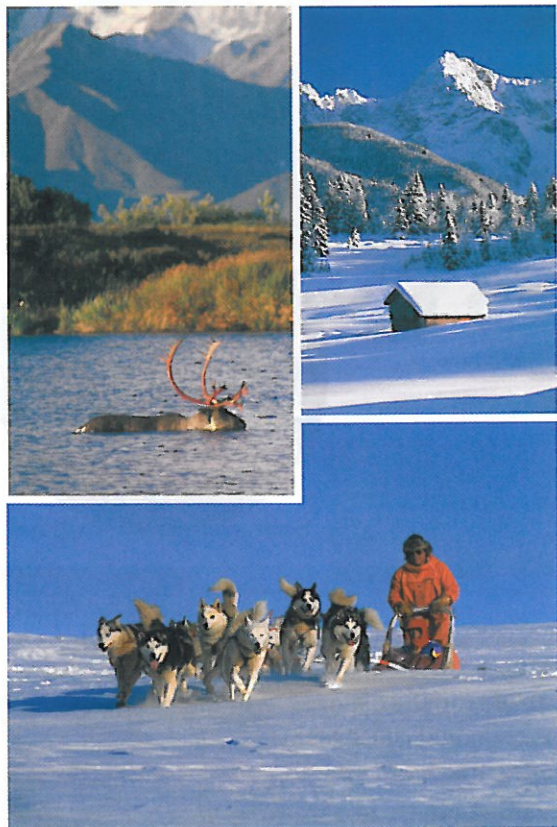
2 Persuading others to agree 29

Jim I think we should just sell chips and chocolate. Young people love them.
 Jane But don't you think that's a bit unhealthy. Perhaps we should sell fruit too.
 Jim I suppose so, but that does seem a bit boring.
 Jane How about selling unusual kinds of food like pineapple?
 Jim I suppose that's OK, as long as we sell chocolate as well.

- B** Work in small groups. You are going to set up a snack bar in your school. Use the dialogue box to help you and decide together:
- five kinds of food and drinks to sell (think about health, what's popular, etc.)
 - how much to charge students for the five products (discuss whether it's too expensive, or too cheap, etc.)
 - where to set up the snack bar (outside, in a classroom, etc.)
 - when it will be open for buying food and drinks (what are the best times)
- C** When you have made your decisions, talk to another group of students and compare what you have decided. Have you made the same or different decisions?

Living in the extreme

1 Describe what you can see in the pictures.



B What do you think it would be like to live in a place like the one in the photographs? What problems might you have? Think about:

- being ill • travelling to school • making friends
- finding a job • shopping • the weather

Quick quiz

C Read the article about a family who live in Alaska then cover the text and do this quick quiz.

- How long have Kirsten, Carl and their daughters lived in Alaska?
- How do people get there?
- How far away are their nearest neighbours?
- What is sometimes dangerous about living there?
- What does a typical celebratory meal at the Dixons' house consist of?
- How do the Dixons feel about living in a place like this?
- How many people live in Alaska?
- What happened to the area in the 1600s, and in 1867?
- What happened at the beginning of the 20th century, and in 1959?

Living in the extreme: Alaska

For Kirsten and Carl Dixon and their teenage daughters Carly and Mandy, it looks like Christmas for most of the year. In fact, the countryside is covered in white in winter, spring and autumn, too, but it doesn't always feel like Christmas!

Anyone or anything that needs to reach the place has to come by a small skiplane from the city of Anchorage, or by dogsled. The nearest neighbours are 40 miles away and temperatures can reach 40 degrees below zero, and there is always the danger of wild bears. The family have lived at Winterlake Lodge in the Alaskan wilderness for many years. They came to open the first of their three lodges in 1983. Still, in this isolated, snowbound place, the Dixons are happy.

Kirsten, who is an award-winning chef, and Carl, who organises outdoor activities, have made sure their home is as comfortable as any other. But it is important to be self-sufficient. They could probably exist without bringing in things from outside, with the exception of petrol. They keep chickens, catch fish, and grow vegetables and herbs, and gather wild fruits in late summer. On special occasions such as Christmas, they fly in some special treats such as king crabs and

oysters, which Kirsten makes into delicious creamy soup. Dinner consists of goose or reindeer, and blueberry muffins and chocolate brownies are always popular. The best part of any celebratory meal is, of course, ice-cream pudding – called, you've guessed, Baked Alaska!



Facts about Alaska

Alaskans have no specific national traditions because the current population of about 600,000 is so mixed. The Russians took over the area in the 1600s, and sold it to the American government in 1867. Western customs and traditions didn't begin until Americans and Scandinavians started to arrive there in the early 20th century. In fact, Alaska has only been an American state since 1959.

2 Talking about your country

Discuss these questions.

- What would you enjoy about living in a place like Alaska?
- How does the lifestyle and climate in your country compare with the life the Dixons live in Alaska?
- Which would you prefer to live in: a very cold or a very hot climate? Why?
- When do you have celebratory meals in your country? How are they different from the meals Kirsten and Carl have?

The present perfect or the past simple? > P137

3 Which tense?

Remember!

We use the present perfect to talk about a past experience, but we use the past simple to talk about an action which happened at a specific time in the past, often with a time reference.

Q Have you tried the new swimming pool?

A Yes. I went there for a swim last night.

A Look at these two sentences from the text and answer the questions.

The Russians sold Alaska to the American government in 1867.

Alaska has only been an American state since 1959.

- Which tense is used to talk generally about a past experience? _____
- Which tense is used to give specific details about a past experience? _____



B Complete these sentences using either the present perfect or the past simple.

- Boris _____ (already see) the film *Lord of the rings* three times.
- Sally _____ (watch) a video last night.
- I _____ (just / write) a letter – can you post it?
- Maria _____ (send) a postcard to her grandmother last week.
- James _____ (buy) some new trainers and he's very happy with them.
- Peter _____ (run) a marathon yesterday.
- Sarah _____ (never / go) ice skating before.
- Everyone in the class _____ (go) climbing in Wales last summer.

4 The present perfect or the past simple?

Put the verbs into the correct tense: the present perfect or the past simple.

- The Dixons _____ (live) at Winterlake Lodge in the Alaskan wilderness for many years. They _____ (open) their first lodge in 1983.
- They _____ (come) face to face with many bears more than once. One winter, a bear _____ (come) into the house at night, _____ (eat) some fruit and _____ (break) a window before leaving.
- The teenage daughters _____ (learn) how to cook using their home-grown produce.
- Until a few years ago, they _____ (keep) honeybees, but the honey _____ (attract) too many bears!
- Nature _____ (always / play) an important part in their everyday lives.
- The family _____ (just / celebrate) Christmas.

5 Talking about the news

Complete these extracts from news stories with the correct form of the present perfect or the past simple.

John Buster _____ (live) in a tree for thirteen years. Sadly, yesterday he _____ (climb) down for the last time.

Yesterday, Martin Jones _____ (find) a man climbing into his house. The man _____ (run) away, but police say they _____ (already find) some clues.

Scientists say we _____ (have) record temperatures so far this summer. Last Tuesday _____ (be) the hottest day.

Activate

In pairs, find out about each other's experiences by asking and answering questions like this:

What have you never done that you would like to do?

Make sure you use the correct tense (past simple) to talk in more detail about the experiences you have had.

6 just, already and yet

A Ricky is going to the Czech Republic with his local football team. Look at the picture and the list of things he has to do before he goes away, and write sentences with *just*, *already* and *yet*. You may need to add other words as well.



- 1 clean football boots ✓
- 2 phone Liz to say goodbye ✓
- 3 wash football kit ✓
- 4 prepare snack for the journey ✓
- 5 find passport ✓
- 6 collect Jake's backpack ✓
- 7 wrap up present for my host family ✓
- 8 buy film for camera ✓
- 9 pack clothes ✓
- 10 change money ✓
- 11 leave Mum note with host family's phone number ✓

Example

He's just cleaned his football boots.
He hasn't phoned Liz to say goodbye yet.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9

B Ricky's mum phones him from work to ask him how he's getting on. Write questions with the words in brackets and yet. Write Ricky's short answers.

Example

Mum (clean football boots) Have you cleaned your football boots yet?

Ricky Yes, I have.

Mum 1 (change money)

Ricky 2

Mum 3 (find passport)

Ricky 4

Mum 5 (prepare snack for the journey)

Ricky 6

Mum 7 (collect Jake's backpack)

Ricky 8

Mum 9 (leave note with host family's phone number)

Ricky 10

7 ever and never

Write sentences and questions in the present perfect with *ever* or *never*.

Example

Henry / see a famous person X
Henry has never seen a famous person.

Maria / study art history ?
Has Maria ever studied art history?

- 1 Tina / eat a curry X
- 2 Ben / do a bungee jump ?
- 3 you / leave a scary horror film ?
- 4 my grandparents / use a computer X
- 5 people in my family / learn to speak a foreign language X
- 6 Meg / visit a museum X
- 7 my father / drive a car X
- 8 you / find the perfect holiday resort ?

Functions

8 Food adjectives

A Replace the adjectives in *italic* with suitable opposites.

Fruit salad: the traditional *unhealthy, full-fat* favourite

1

Tagliatelle primavera: pasta with a *tasteless* sauce of *rotten* spring vegetables.

2

A satisfying, *expensive* dish, quick to prepare with a *mild* flavour.

3

A traditional *savoury* English pudding, which is extremely *difficult* to prepare.

4

B Now complete sentences 1–8 with some of the adjectives in A. Use the adjectives in the texts or the opposites.

- 1 I love cakes and biscuits, and anything and sugary.
- 2 Mark's trying to lose some weight, so he's on a diet.
- 3 If you like food, then you'll love the chicken curry in this restaurant.
- 4 They buy vegetables from the market every day.
- 5 You'll love this recipe for spaghetti; it's really quick and to prepare.
- 6 The lunches at school are awful; the food's and it's often cold.
- 7 Joe only eats chips, burgers and chocolate, which are all very foods.
- 8 No cake for me, please. I prefer snacks, so could I have a cheese sandwich?

9 Talking about food

Jim and Jane are having lunch with Beth and Steve. They are looking at a menu. Complete their dialogue with these phrases. Use each phrase once.

- adore • detest • can't stand • like • don't like • really like

Jane I think I'm going to have the hot chicken salad.

I ¹ hot chicken and fresh salad – it's my favourite! What are you having Beth?

Beth I don't know. I ² fish and chips because it's so greasy and unhealthy. I might have the pasta, because I ³ parmesan cheese – it's delicious, but I ⁴ garlic bread much. The taste's too strong for me.

Jim Well, I'm going to have fish and chips. I love fish. What about you, Steve?

Steve I suppose it has to be the curry. I ⁵ pasta – I think it's tasteless and boring, and I don't want a salad. I had fish and chips last night. Anyway, I ⁶ curry sometimes, especially if it's spicy.

10 Persuading others to agree

Jane is organising an international food evening at school. Complete the conversation with phrases a–e. You will need to use two of them twice.

- a I think we should
- b perhaps
- c how about
- d but don't you think
- e I suppose so but

Jane ¹ have an American theme. There are many different dishes we could serve, like burgers, fried chicken and chips.

Sara ² it's not very healthy, is it.

Tony We could do that, ³ it's a bit boring, too? We all eat burgers a lot anyway.

Sara ⁴ Italian food? Everyone loves pizza and pasta and we could do lots of different sorts.

Jane ⁵ that's a bit like the American theme? We all eat pizzas a lot, too.

Tony I think it's a great idea. ⁶ cook pasta dishes from different parts of Italy, and tell everyone where each dish is from.

Sara ⁷ we could have one or two dishes which are very special.

Jane OK, as long as there's plenty of different food, that's what the evening is all about.