Health and lifestyle

A Diet

Some types of food are **considered** to be **good for** our health. Others can cause **long-term**[1] health problems if they are **consumed**[2] **in large quantities**. Here are some examples.

healthy ...	not so healthy ...
oily fish (e.g. salmon)	sugary foods (e.g. **fizzy**[3] drinks)
fruit and **nuts**[4]	food with a high **fat** or high salt **content**[5]
wholemeal[6] bread	**processed**[7] food

[1] lasting a long time into the future   [2] eaten (*fml*)   [3] with a lot of bubbles   [4] dry fruits of some trees with a hard shell   [5] amount that is in the food   [6] containing all the grain, with nothing taken out   [7] treated with chemicals to preserve the food or to add taste or colour

A website recently **listed** a range of **superfoods** – foods that may prevent diseases and improve **mental**[1] as well as **physical**[2] health. The list included:

- Blueberries: may improve **short-term**[3] memory and **slow**[4] the **ageing process**[5].
- Apples: a good **source**[6] of **vitamin** C; they can also **lower**[7] **cholesterol**.
- Spinach: high in vitamin A; it can **boost**[8] **the immune system**.
- Vegetable juice (especially tomato): can **reduce the risk**[9] of heart disease.

[1] of the mind   [2] of the body   [3] lasting a short time   [4] make it happen more slowly   [5] the changes to our body and mind by which we grow old   [6] the place it comes from   [7] reduce/take the level down   [8] improve or increase   [9] make less likely that it will happen

B Lifestyle

Read the magazine extracts about lifestyle issues. Note the use of the adjective and noun forms of the same word.

> There has been **a sharp rise**[1] in the number of children who are **obese**[2]. Child **obesity** is now a **major**[3] problem. Children often take too little exercise.

> Keeping **fit** need not be difficult. You can **maintain**[5] a good **level** of **fitness** with a simple routine of daily **exercise**. Start **exercising** now!

> People often do not realise how **stressful** their jobs are. **Stress** can cause high blood pressure, increased risk of heart attacks and depression[4].

> Bad habits can cause serious **harm**[6] to the body. Alcohol and tobacco are particularly **harmful** if consumed in large quantities over a long period.

[1] an increase that is sudden and quick   [2] extremely fat   [3] very big and serious   [4] a mental illness when someone is extremely unhappy and anxious for a long period   [5] keep (*fml*)   [6] injury or damage

Language help

The nouns *food* and *fruit* can be both uncountable and countable. When we refer to food and fruit in general we use the uncountable form (e.g. *That restaurant serves good food / I love fruit*). The plural forms, *foods/fruits*, are used to refer to individual types or examples of food (e.g. *fatty foods, citrus fruits*). We always use *fish* in the singular.

Exercises

29.1 Rewrite the words in bold using words from A opposite.

1 If people eat these foods in **big amounts** ..large..quantities.............. , it may be dangerous.
2 Certain foods are **thought** .... by scientists to **have a positive effect on**
.... our bodies.
3 Foods with a **lot of fat in them** .... may cause health problems.
4 Some foods may cause .... health problems **that last long into the future**.

29.2 Match the adjectives and nouns to make five collocations to fill the gaps in the sentences below.

adjectives					nouns				
oily	processed	~~wholemeal~~	mental	fizzy	drinks	~~bread~~	fish	health	foods

1 ..Wholemeal..bread............. is usually considered to be healthy because it contains the complete grain, with nothing taken out.
2 .... may taste good when you're very thirsty, but they often have a high sugar content.
3 Types of .... include salmon.
4 .... often contain artificial colours to make them look more attractive.
5 Some foods can be good for our .... as well as our bodies.

29.3 Verb–noun collocations. Match the sentence beginnings on the left with the endings on the right.

1 Certain foods can slow   [d]   **a** cholesterol.
2 Some foods can boost   ☐   **b** the risk of heart disease.
3 Some foods can lower   ☐   **c** the immune system.
4 Other foods can reduce   ☐   **d** the ageing process.

29.4 Can you remember which positive effect each of these foods may have? Choose your answers from 29.3 (a–d).

1 spinach [c]   2 vegetable juice ☐   3 apples ☐   4 blueberries ☐

29.5 Correct the mistakes in these sentences. There may be more than one.

1 Blueberries can improve short-~~time~~ memory. term
2 Many fruits are a good sauce of vitamin C and provide mayor health benefits.
3 Oily fishes should form part of a healthy diet.
4 Which do you prefer to eat as a snack if you're hungry, fruits or nuts?
5 A: There's a new Chinese restaurant in town. B: Good! I love Chinese foods.
6 There has been a sharp raise in the number of people suffering from depresion.

29.6 Complete the two versions of each sentence. Use related word forms, as in the example.

1 Tobacco and alcohol **can cause a lot of** ..harm............... / **can be** ..harmful........... to our health.
2 Children **who are** .... / **who suffer from** .... need to exercise more.
3 Her job **is very** .... / **causes her a lot of** .... and is very tiring.
4 How can we **keep** .... / **maintain a good level of** ....? The answer is **to get regular** .... / **to** .... regularly.

A Here is some basic vocabulary for different kinds of travel

transport	kinds of vehicle	parts of vehicle	people working with it	associated words
road	car, bus, coach, tram, van, lorry	boot, steering wheel	driver, motorist, mechanic, chauffeur	petrol station, break down, breakdown service
rail	high-speed train, express	sleeping car, buffet, coach	ticket collector, conductor	platform, seat reservation
sea	liner, ferry, yacht	deck, bridge, gangway	captain, steward(ess)	port, cabin, cruise
air	aircraft, jumbo jet, helicopter	cockpit, wings, aisle /aɪjəl/	ground staff, cabin crew, air traffic controller	duty-free shop, terminal, runway, security

B Journey, trip, travel, voyage

A **trip** is usually shorter than a **journey**. We **had a long journey** by coach from the north to the south of the country. We usually say **business trip** (NOT ~~business journey~~). We **took a trip /**
went on a trip to the beach last weekend. (**Go on a trip** suggests an organised short excursion, whereas **take a trip** or **have a trip** could be something you do yourselves in your own car.)

Travel is a general word. It is an uncountable noun and a verb. **Travel** broadens the mind. How did you **travel** round Australia? We hitch-hiked.

Voyage means a long journey usually by sea, though this use is quite formal. It is often used in other contexts with discovery. Learning English is a voyage of discovery!

C Collocations and expressions connected with travel

Elena: 'My flight from New York to Tokyo was **severely delayed**[1] because of bad weather, then later it was cancelled and I was **stuck**[2] at the airport. The airline **put me up**[3] in a hotel overnight, and they **put me on standby**[4] for the **early morning** flight the next day. Luckily, I managed **to get a seat** and the flight left **on time**[5] at 10.00 am. When we finally got to Tokyo, the weather was bad and we had **a bumpy landing**[6]. Luckily, I don't **get airsick**[7] but I **had** terrible **jetlag**[8] for days afterwards.'

[1] delayed for a very long time   [2] unable to move from   [3] paid for me to stay   [4] promised me a seat if one became available   [5] punctually   [6] we landed in a way that was not smooth   [7] feel sick because of the movement of the plane; more formal = **suffer from airsickness**   [8] feeling of tiredness caused by moving quickly from one time zone to another

Pieter: 'I'd always wanted to **sail** across the Mediterranean, though I was worried I might **get seasick**. Anyway, I volunteered to work as a **crew member on board** a yacht and it was an amazing experience. Everything **ran** very **smoothly**, even when the sea was **rough**[1] and I never **suffered from seasickness**[2].'

[1] *opp* = a **calm** sea   [2] less formal = I never **got seasick**

> ### Common mistakes
> We don't say 'a travel'. *Travel* is an uncountable noun.
> After we left the airport, we had a long **journey** by car. (NOT we had ~~a long travel~~)
> Remember, we say **on time**, not *in time* when we mean 'punctually'.
> The train arrived **on time** and I picked her up at the station. (NOT The train ~~arrived in time~~)

Exercises

30.1 Match the sentence beginnings on the left with the endings on the right.

1 The customs officer stopped the car   ☑ d   a and they couldn't get a cabin.
2 The car broke down   ☐   b and they had nothing to eat.
3 The air traffic controllers went on strike   ☐   c and they had a wonderful cruise.
4 The buffet was closed   ☐   d and the driver had to open the boot.
5 The ferry was full   ☐   e and a mechanic came to help them.
6 The liner was very modern   ☐   f and their flight was cancelled.

30.2 Sort the words according to the type of transport. One of the words fits in two places. Which is it?

jumbo jet   port   express   ~~steering wheel~~   coach   helicopter   gangway   runway
tram   wing   chauffeur   platform   ground staff   van   cockpit   lorry   liner   deck

road	rail	air	sea
steering wheel			

30.3 Choose the best word *flight, journey, trip, travel* or *voyage* to fit these gaps.

1 I would love to ..*travel*.............. round the world in a balloon.
2 The liner *Titanic* sank on its very first ....
3 How long does the .... from New York to Rio take?
4 She says her hobbies are reading, golf and ....
5 When they were in Cairo they took a .... to see the Pyramids.
6 Getting from London to the north of Scotland involves a long overnight train ....

30.4 Read these travel blogs and fill the gaps with words from the opposite page.

M◻ ⬛🇫🇮💬 🔘 0

Erik's blog (24 June)

The flight from Huascal to Puerto Amlugo was s̲e̲v̲e̲r̲e̲l̲y̲_____ delayed (six hours!). I was
worried I'd get s_____ at the airport (and hoped that the airline would
p_____ me u_____ in a nice hotel☺) but anyway the flight wasn't
c_____ and we finally took off. The weather was awful, so the flight was
b_____ and I got a_____ (very unpleasant!). But the c_____
c_____ were very friendly and helpful, which made me feel better. The
l_____ was not so bad and soon we were at the t_____ collecting our
baggage. I slept well last night – I think I've got over the j_____ I had after my 12-hour
flight from Europe.

M◻ ⬛🇫🇮💬 🔘 0

Mona's blog (5 July)

I didn't have a reservation for the Eurostar train from Paris to London, but they put me on
s_____ and I got a s_____ on a later train. It was a good journey, everything
ran s_____ and it arrived _____ time. In London, I enquired if there was a
s_____ c_____ on the train to Scotland so I could travel overnight. The
alternative was a hotel and the e_____ m_____ train at 6.30 am (too early for
me!). When I get to Scotland I want to go to some of the islands. I hope the sea is
c_____. I hate r_____ seas – I always get s_____!

30.5

Over to you

Give answers that are true for you, and reasons.

1 How often do you travel by train? Have you ever been on a high-speed train?
2 Which do you prefer on a plane, a window or an aisle seat? Why? Do you usually visit the duty-free shop? What do you look for? What do you do before going through security?

A Places to stay and types of holiday

campsite: a place where you can **pitch a tent** or park a **caravan**
self-catering flat: a flat which you rent; you cook for yourself
guesthouse: accommodation like a hotel but cheaper and with fewer services
youth hostel: cheap accommodation, mainly for young people, with, perhaps, ten or more people sleeping in **bunk beds** in one room
package holiday: a holiday in which you pay for travel, accommodation and food (even occasionally **excursions**) in advance
cruise: a holiday spent touring (or **cruising**) on a boat, stopping off to go sightseeing at different ports
an **adventure holiday:** a holiday involving unusual, exciting and possibly dangerous activities – suitable for **adventurous** people
an **overseas holiday:** a holiday spent in another country

B Holiday postcards

Dear Zara
Having a wonderful holiday. It's so nice to get away[1]. We're staying at an amazing campsite up in the mountains. It's very remote[2] and we had to drive up an unbelievably winding[3] road to get here. But once we made it, the views over the surrounding[4] countryside made the terrifying[5] drive worthwhile.
Love
Sami

[1] go somewhere different   [2] far from other places   [3] with lots of bends, not at all straight   [4] all around   [5] very frightening

Dear Nico
This is turning out to be probably the most memorable[1] holiday I've ever had. The town is absolutely fascinating[2] with lots of very impressive[3] buildings. Our hotel is delightful[4] – if a little inconvenient[5] from the transport point of view – and the food in this area is exceptional[6].
Wish you were here too!
Francesca

[1] one that will always be remembered (*a memorable holiday* is a strong collocation)   [2] extremely interesting   [3] grand, making an impact   [4] charming   [5] hard to get to   [6] unusually good

C Holiday brochures

These are often written in quite exaggerated language. Here are some typical adjectives with nouns that they collocate with.
breathtaking views / scenery / pistes (ski slopes) [breathtaking (like **stunning**) suggests that something is so magnificent that it takes your breath away]
exclusive access / club / shops [only the most special people can use the facilities]
exhilarating feeling / ride / walk [makes you feel excited and full of energy]
exotic beauty / charm / location [unusual and more exciting than one's everyday reality]
glamorous surroundings / film star / hotel [especially exciting and attractive]
luxurious cruise ship / accommodation / lifestyle [provides great comfort]
picturesque streets / villages / cottage [very pretty; attractive to look at – **as pretty as a picture**]
unspoilt charm / village / woodland [still in a beautiful and natural state]
unique opportunity / charm / facilities [so special it does not exist anywhere else]

Exercises

31.1 Complete this table. Use a dictionary to help you, if necessary.

adjective	noun	verb
fascinating	fascination	
delightful		
exhilarating		
glamorous		
luxurious		

31.2 Fill in the gaps in this postcard with appropriate adjectives from the opposite page.

Hi,

Am having a wonderful holiday here. The town here is very old and quite ¹_fascinating._ The guidebook says it is remarkable for its ²_____ charm and it is right! It is surrounded by magnificent mountains and yesterday I went for an ³_____ climb. Even though it isn't too expensive, the hotel is quite ⁴_____ and the view from my balcony is ⁵_____ .

Wish you were here!
Love, P

31.3 Complete these sentences with a word from the opposite page.

1 At the youth hostel Anya insisted on sleeping in the top _bunk_ .
2 As soon as we got to the campsite we _____ our tent.
3 Visitors to our hotel have _____ access to our own private beach.
4 When I was a child, we spent all our holidays with my grandparents and I had my first _____ trip when I was 17.
5 I'd love to hire a boat and spend a month _____ round the Mediterranean, wouldn't you?
6 I wouldn't recommend that hotel. It's extremely _____ ; it's seven miles to the nearest beach and ten miles to the town.
7 Our trip to South Africa was undoubtedly the most _____ holiday I've ever had.
8 A narrow _____ road led up the mountain to the cottage we'd rented.

31.4 Which of the adjectives from C could describe each of these?

1 a club which only a select group of members can go to _an exclusive club_
2 a hotel with very expensive facilities and very attentive staff _____
3 a village with very pretty buildings and lots of flowers _____
4 a view from the top of a mountain over a magnificent landscape _____
5 the opportunity to go on a once-in-a-lifetime holiday _____
6 a walk along a windswept beach _____

31.5
Over to you

Answer these questions. Write sentences.

1 Which of the holiday places and types of holiday in A have you or your friends experienced?
2 Which would you prefer and why – a holiday in the centre of a historic city or one in a remote village with spectacular surrounding countryside?
3 What's the most memorable holiday you've ever had?
4 Which would you say is the most impressive city you've visited?
5 What would you say is the most fascinating place you've been to?
6 Have you ever had a holiday experience you'd describe as terrifying?

Science and technology

A New sciences

You are probably familiar with the **traditional branches** of science, e.g. chemistry, physics, botany and zoology. But what about these more recently **established** fields?

field	definition / applications
genetic engineering	Works with genetic material (DNA) of living things to **alter**[1] **features**[2]. **GM foods** (**genetically modified** foods) are grown in some parts of the world.
ergonomics	Studies the design of physical working spaces and how people **interact**[3] with them.
molecular biology	The study of the **structure**[4] and **function**[5] of the **molecules**[6] **associated**[7] with living things.
voice technology	Technology which **enables**[8] machines to **interpret**[9] speech, e.g. voice-to-text software.
stem cell research	The study of the use of human **cells**[10] to treat diseases and injury and to repair the body.
cloning	The **creation**[11] of exact copies of plants or animals with the same genes as the original plants or animals.
hydroponics	The science of growing plants without using **soil**[12].

[1] change, usually slightly   [2] typical qualities or important parts   [3] communicate with or react to
[4] the way that parts of a system are organised   [5] purpose   [6] the basic chemical units / groups of atoms   [7] connected in our mind   [8] makes possible   [9] decide the intended meaning of   [10] smallest basic part of a plant or animal   [11] making something new that did not exist before   [12] the top layer of the earth's surface, in which plants grow

B Everyday technology

smartphone

tablet   **3D TV**   **high-definition (HD) camcorder**   **satnav/GPS** [satellite navigation / Global Positioning System]   **digital photo frame**

C Verbs used in science and technology

Note the collocations in **bold**.
He **experimented with** different materials before **utilising**[1] the most suitable one.
The technician **pressed a button** and **lights** started **flashing**.
When she **pulled** the large **lever**[2], the **wheel** began to **rotate**[3].
The zoologist **dissected**[4] **the animal** and **extracted**[5] its organs.
When they were **combined**, the two **chemicals reacted** violently with each other.
After **analysing the problem**, she **concluded** that there was a **flaw**[6] **in the theory**.
Insert[7] **the disk** into the DVD drive to **install**[8] **the software**.

[1] use (*fml* technical/scientific)   [2] bar or handle that moves in order to control something (e.g. a machine)   [3] turn (*fml* technical/scientific)   [4] cut open (usually a dead body or plant) to study its parts   [5] took out (*fml* technical/scientific)   [6] fault, mistake or weakness   [7] put in (*fml* technical/ scientific)   [8] make it ready to use

Exercises

32.1 Fill the gaps with words from A. Then say what branch of science each person is probably talking about.

1 We grow the plants in liquids, without using s**oil**.................... . Science: ..**hydroponics**......

2 The software i........................ your speech and e........................ you to turn it into text. Science: ....

3 We're interested in workplaces and how people i........................ with their working environment. Science: ....

4 People are often worried. They feel that the c........................ of an exact copy of an animal is not morally right. Science: ....

5 We study how human c........................ can be used to rebuild our bodies and to repair them when they are injured. Science: ....

6 My work is concerned with the s........................ and f........................ of the organic molecules a........................ with living organisms. Science: ....

7 Many people refuse to eat g........................ m........................ foods. They consider GM foods to be unnatural. Science: ....

8 By manipulating DNA, we can a........................ hereditary f........................ . Science: ....

32.2 What item do you think each person needs from B?

1 'I keep losing my way and I'm not good at reading maps.' Needs: ..**a satnav**..........

2 'My phone is so old I can't take any videos with it.' Needs: ....

3 'I'd love to be able to look at my photos any time I want to.' Needs: ....

4 'My old camcorder doesn't produce really sharp movies.' Needs: ....

5 'It was a fantastic film. I didn't mind wearing the special glasses. It was so realistic. I'd love to be able to do that at home.' Needs: ....

6 'I want something like a laptop with a touch screen that I can watch films on or read e-books.' Needs: ....

32.3 Match the sentence beginnings on the left with the endings on the right.

1 These chemicals — [c] — a that button, it turns the printer on.
2 If you pull — [ ] — b to flash after a few seconds.
3 The zoologist extracted — [ ] — c react with each other.
4 When you press — [ ] — d in the theory.
5 They experimented — [ ] — e that lever, it starts the machine.
6 I believe there is a flaw — [ ] — f the animal to see why it died.
7 They had to dissect — [ ] — g the organs from the animal.
8 A red light started — [ ] — h with different liquids.

32.4 Use technical/scientific words from C instead of the words in bold.

1 The wheel began to ~~turn~~ ..**rotate**.......... very quickly.

2 **Put in** .... the disk to **get the software ready to work** ....

3 We can **put these chemicals together** ....

4 You should **use** .... the strongest material.

5 We **looked into** .... the problem and **decided** .... that it was a computer virus.

3 Computers

A Hardware [computer equipment or machinery]

personal computer / PC / desktop computer: a computer that fits on a desk, used by individuals at work or at home
laptop (computer): a lightweight portable computer that usually fits in a briefcase
tablet: a portable personal computer operated by a touch screen
hard disk: a **device** [piece of equipment] inside a computer that stores large amounts of information
disk drive: a device that allows information to be read from a disk or stored
scanner: device for transferring pictures and texts into a computer
memory stick: a small device that lets you carry computer data anywhere conveniently; you can then **plug** the stick **into** any machine.
RAM (random access memory / memory): the **memory** available on a computer to store and use information temporarily; can be measured in **gigabytes**
(micro)chip: a very small piece of semiconductor, especially in a computer, that contains extremely small electronic circuits and devices, and can perform particular operations
network: when a number of computers, for example, in one office, are connected together (or **networked**) so that they can share information

B Software [computer programs that you install]

An **application** is a piece of software designed for a specific purpose. This is often shortened to **app**. You can get mobile phone apps for all sorts of things these days.
word-processing: writing and storing printed text on a computer
spreadsheet (program): a program, or the grid you create with it, to perform mathematical operations
database: a large amount of information stored in a computer system in such a way that it can be easily looked at or changed
(computer) graphics: pictures, images, and symbols that you can form on a computer
virus: hidden instructions in a program designed to destroy information
display: what you see on the screen of an electronic device
A computer shows a range of **icons** on its **display**. You put the **cursor** on the one you want to use and click on it to open it.

C Some computing verbs

You probably **store** a lot of important information on your computer. So, it's sensible to **back up** all your files on a regular basis. Then it'll be less of a problem if you **delete** something accidentally or if your computer **crashes**.

A particularly useful feature of most applications is the one that allows you to **undo** what you have just done – just **click** on Undo and it's quick and easy to correct anything that you have **keyed in** by mistake.

After a few years you may want to **upgrade** your computer as they are always developing machines which are faster and more powerful. If you don't do this you may not be able to **run** all the software you need. You can usually just **download** upgrades to your computer's operating system or to your applications from company websites.

Exercises

33.1 Match the words in the box to the pictures below.

laptop	desktop computer	tablet	icon	~~scanner~~	memory stick	microchip
cursor	spreadsheet					

1 scanner   2   3   4   5

6   7   8   9

33.2 Fill in the blanks with appropriate words from the opposite page.

1 It's so easy to use a ....scanner.......... when you want to send a handwritten document to someone by email. It's just like using a photocopier.
2 I've lost a lot of data. I wonder if my computer has a ....
3 I'm always impressed by people who carry their .... on aeroplanes and work on them during the flight.
4 I've got such a lot of photos, music and videos stored on my computer that my .... is almost full.
5 That computer game you gave me has got amazing .... – the people just look so realistic!
6 One of my most important tasks at work is to keep the .... up to date so that customers' contact details are always accurate.
7 If you put the .... in the middle of a paragraph of text and double click, you select the whole paragraph.
8 I downloaded a fantastic .... the other day – it tells me where the nearest cash machine is to wherever I am in the world.
9 .... programs make it very easy to write text and to format it.
10 It's miraculous how much data can be stored on that tiny little computer .... inside your mobile phone.

33.3 Answer the questions using a verb from C opposite.

1 What do you do when you want to add new information to, for example, a database?
You key it in.
2 If you don't want to lose computer data, what must you do?
3 If you notice you've repeated a paragraph in an essay, what can you do?
4 You want to open your spreadsheet program, so what should you do?
5 If your computer is old and working very slowly, what might you consider doing?
6 If you accidentally delete some text you've just been working on, what can you do?
7 What can you do to immediately get hold of music or a film from an internet store?
8 If you buy new software when you have an old operating system, what may you find?

33.4

Over to you

Answer these questions.

1 Do you use a desktop, a laptop or a tablet?
2 How much RAM do you have?
3 Which applications do you use most frequently?
4 How often do you back up your data?
5 Has your computer ever crashed?
6 Have you ever accidentally deleted anything?

Communications and the Internet

A The Internet

The Internet / the net is a network connecting millions of computer users worldwide. **The World Wide Web / the Web** is a huge portion of the Internet containing linked documents, called **pages**.

If you have a **broadband** connection then your **access** to the Internet should be fast. Many cafés and other public places now offer people a **wi-fi** /waɪfaɪ/ connection to the Internet – this means that you can **access** the Internet through a **wireless network**, i.e. without needing a **cable** of any kind.

When you **browse**, you look for information on the Internet. The software that helps you do this can be called a **browser** (e.g. Internet Explorer® or Firefox®). You use a **search engine** to help you locate what you want. Google® is one of the best known search engines and people now talk about **googling** someone or something. You can easily spend a lot of time **surfing the net / the Web**. [navigating around the Internet, sometimes aimlessly]

A **website** is a document on the Web giving information about a particular subject, person or institution. The introductory page is called the **home page**. From this there are **links** to other pages. Good websites are easy to **navigate** or find your way around. One option on many websites is an **FAQ** page. This stands for 'frequently asked questions', a list of common questions and helpful answers. You can **bookmark** websites that you **log on**[1] to frequently. If a website gets a lot of **hits**, that means that it has been visited by a lot of people.

Sometimes you need to **subscribe to** a site, which means you become a member of it. This may involve having a special **username** and choosing a **password**. You will only be able to **log in**[2] to the site if you **enter** this information correctly.

[1] *opp* = **log off**   [2] *opp* = **log out**

B Online communication

| Home | Links | News | Help |

You can communicate with others by email. With an email you can include an **attachment**. You can **attach** a photo, for example. You can also send someone an **e-card**. A **server** is a powerful central computer from which other computers get information. If your **(ISP) internet service provider**'s server is **down** [not functioning], you may not be able to send emails.

You can use your computer to **Skype** friends and family – the software allows you to make phone calls using your computer and the Internet, and you can see which people on your **contact list** are online at the same time. If you each have a **webcam**, you can see each other as you talk.

Many modern online programs can be called **interactive**, i.e. they allow users to become involved in the exchange of information. For example, **social networking** sites like Facebook are a popular way for people to keep in touch with their friends.

A **wiki** is a website which allows users to add, delete and edit its contents. Wikipedia is perhaps the world's largest wiki. **Blogs** are also interactive as they are a kind of online diary that readers can add comments to. Many people are involved in **online gaming**, playing with people who they have never met. Often these games make use of **virtual reality**. [a set of images and sounds produced by a computer, which represent a place or a situation that the gamer can take part in]

Exercises

34.1 Which word from the box matches each definition?

| attachment | bookmark | browser | ~~contact list~~ | navigate | internet service provider |
| password | search engine | server |

1 email addresses, phone numbers, etc. for the people you know ...contact list......
2 something that you send with an email ....
3 an individual combination of letters and digits that you use to log in to a
   website ....
4 a way of accessing a favourite website quickly ....
5 software that allows you to surf the web ....
6 a company that enables you to use the web ....
7 software that helps you to locate the websites that you need ....
8 a large computer that holds information that can be accessed by smaller
   computers ....
9 to find your way around a website or between websites ....

34.2 Choose a word from the opposite page to complete each sentence.

1 WWW stands for World Wide ..web....................... .
2 I read that journalist's .... every day – he's always got something interesting to
   say and often readers add some very interesting comments.
3 I couldn't .... the Internet last night. The server must have been ....
4 It's wonderful being able to .... my cousins who live in Australia – I love seeing
   them as well as talking to them.
5 I've decided to .... to my favourite newspaper's website. It doesn't cost much and
   it has lots of interesting stuff there.
6 I like this website because it has lots of very useful .... to all sorts of other sites
   that interest me.
7 My brother loves online gaming, particularly .... reality games.
8 An .... website is one which allows users to add comments to it or edit its
   content in some way.

34.3 Are these statements true or false? If they are not true, correct them.

1 Google® is the name of a browser. False – Google is the name of a search engine.
2 FAQ stands for Fast Answers to Questions.
3 If a café says that it has wi-fi access, you can get online with your laptop there.
4 A wiki is a kind of computer device.
5 When you want to use some websites you may be asked to enter a password.
6 If you send someone an e-card they will receive it in the post.
7 When you want to stop using the net, you log on.
8 A website's home page is the one where you will find key information about the site
   and links to its other pages.

34.4

Over to you

Answer these questions about yourself.

1 What do you mainly use the Internet for?
2 What is your search engine of choice?
3 Which websites have you bookmarked?
4 How often do you use social networking sites?
5 Do you write a blog or read anyone else's blog?
6 Do you enjoy online gaming?