

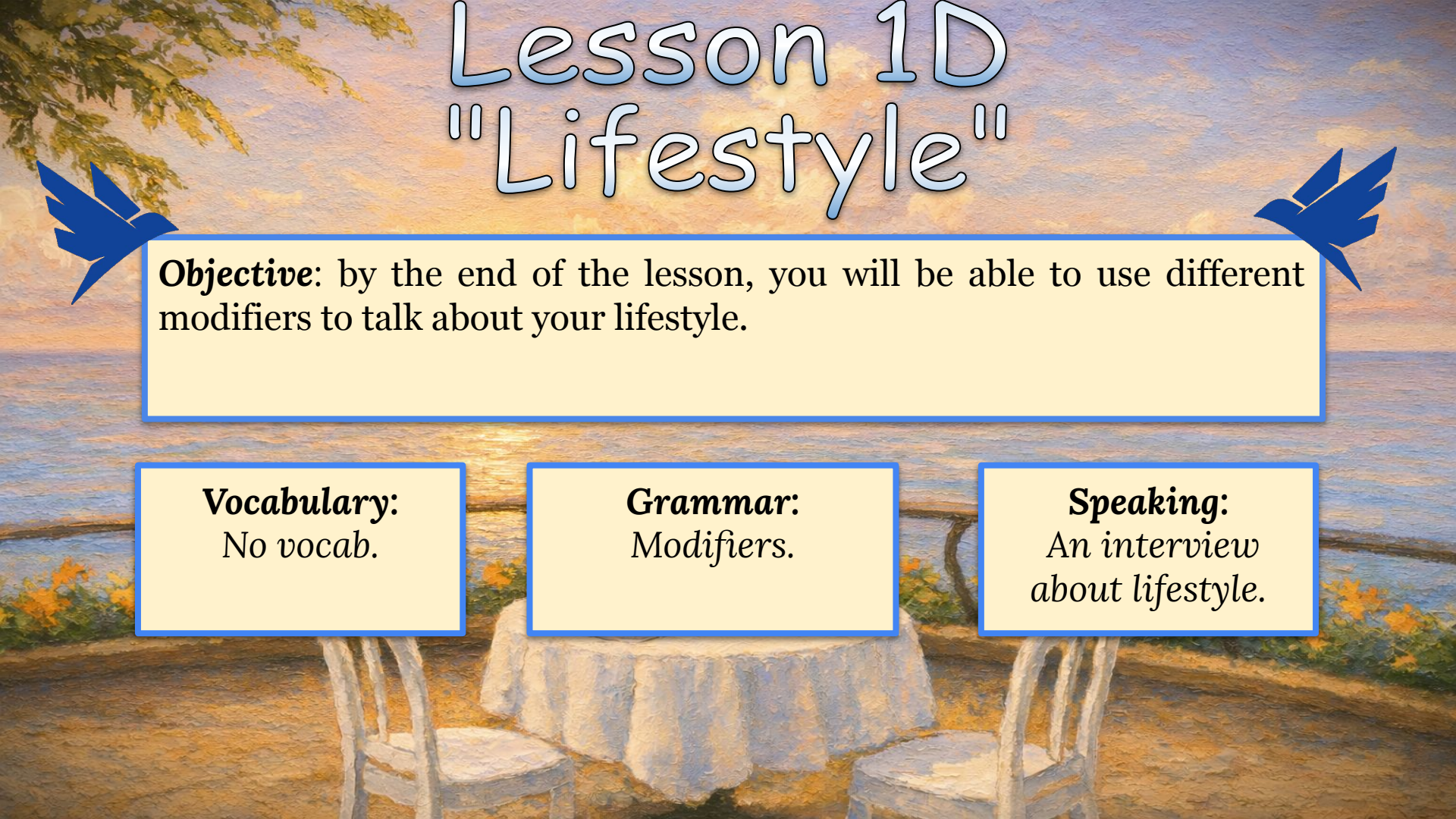
Unit 1 - People



Lesson 1D

"Lifestyle"





Lesson 1D

"Lifestyle"

Objective: by the end of the lesson, you will be able to use different modifiers to talk about your lifestyle.

Vocabulary:
No vocab.

Grammar:
Modifiers.

Speaking:
An interview
about lifestyle.

Speaking!

Which of the following
words would you use to
describe your lifestyle?

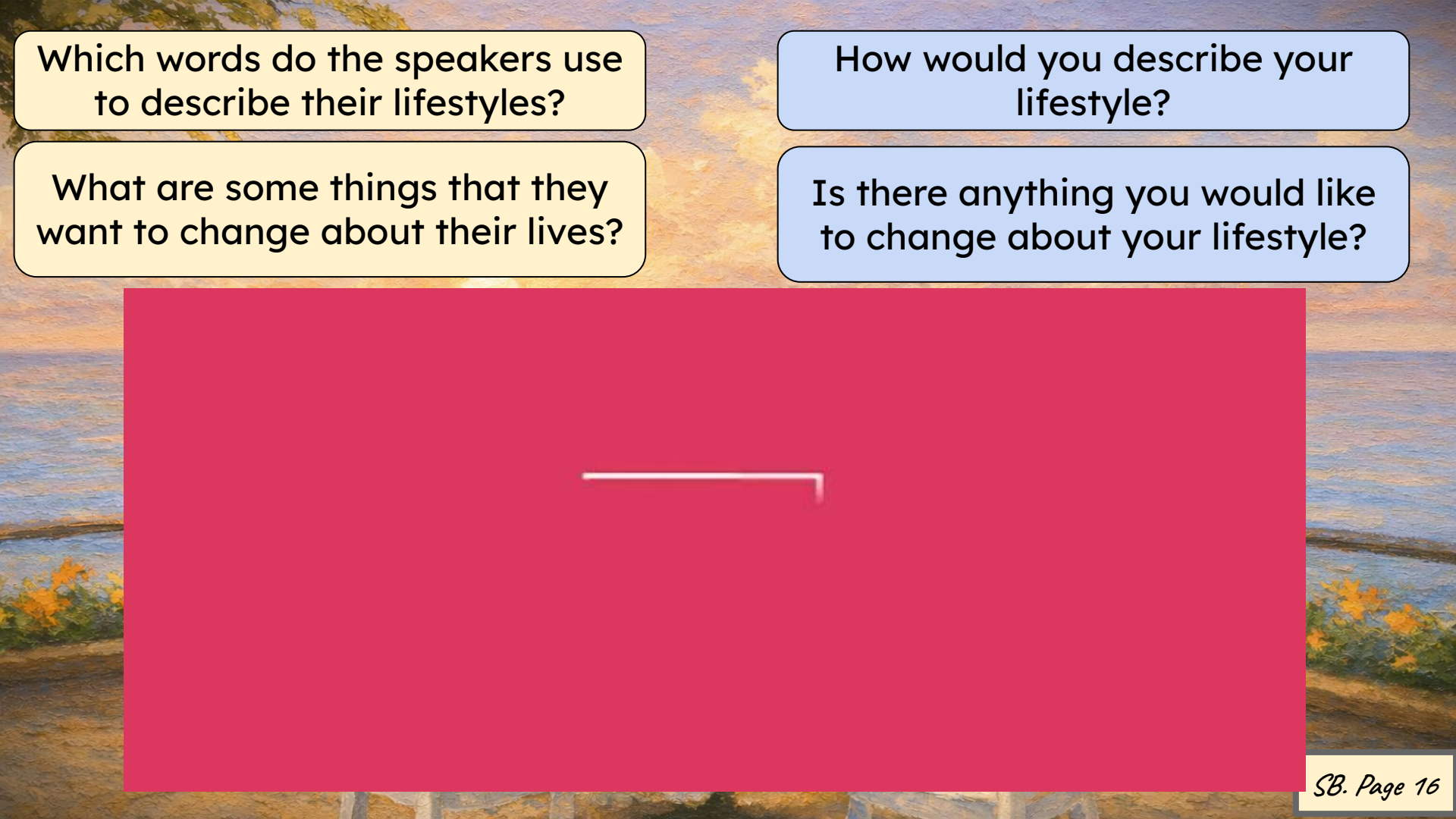
Busy or relaxed?

Quiet or social?

Normal or alternative?

Healthy or unhealthy?





Which words do the speakers use to describe their lifestyles?

What are some things that they want to change about their lives?

How would you describe your lifestyle?

Is there anything you would like to change about your lifestyle?

Watch the first part of the interviews again. Who does the following things? Write the names of the speakers.

1. lives with their parents **Alice**.
2. cooks for herself **Vambai**.
3. works in an office, in finance **Philip**.
4. does quite a lot of studying for university **Lotte**.

Watch the second part of the interviews again. Are the statements True or False?

- | | |
|---|----------|
| 1. Elliot would like to go for a run every day. | T |
| 2. Vambai would like to visit different places. | T |
| 3. Tom would like to spend more money. | F |
| 4. Kayla would like to travel more. | T |
| 5. Jack would like to work more. | F |
| 6. Philip would like to have a more exciting job and live somewhere warmer. | T |
| 7. Adam would like to have more time to himself. | T |



Jack



Elliot



Vambai



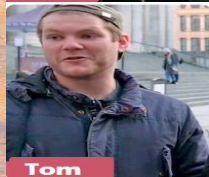
Philip



Saffi



Adam



Tom



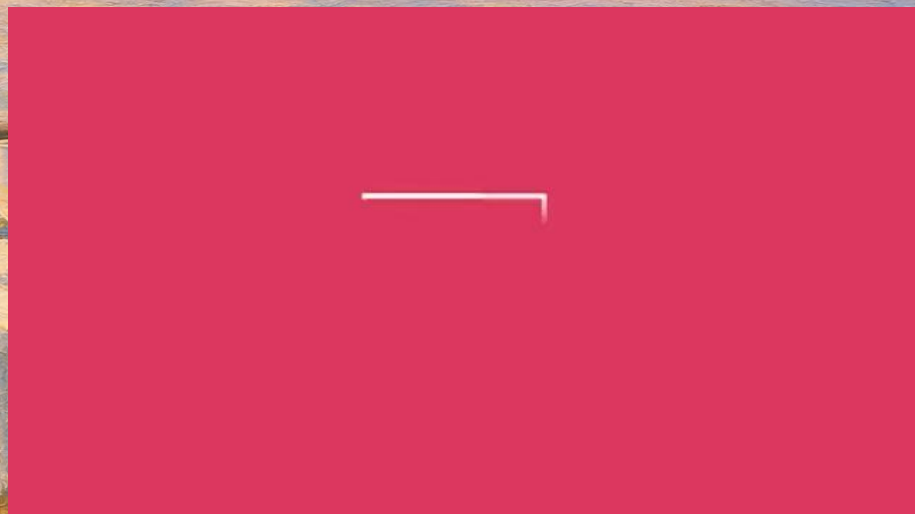
Kayla



Alice



Lotte



3A. Read the sentences from the first part of the video (a-e) and answer the questions.

- a. I would describe my lifestyle as **quite** normal.
- b. I have **quite a** normal lifestyle.
- c. My lifestyle is **pretty** normal.
- d. I think my lifestyle is **relatively** normal and conservative.
- e. I guess my life is **fairly** comfortable.

- 1.- What are the meanings of the words in bold?
- 2.- Do they intensify the sentences?



Grammar!



Modifiers of degree

Modifiers of degree are words that change the strength or intensity of an adjective or adverb.

Example: very bad.

fairly good.

quite difficult



Modifiers of degree

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quite, quite a / an ...

In British English, “quite” has a meaning which is less strong than *very*.

That's quite interesting. (but not very interesting)

That's quite an expensive hobby.

That's quite a noisy baby.

But in American English, it has the same meaning as “*very*”.

Modifiers of degree



quite + adjective

It's quite difficult to find a job at the moment.

The exam was quite easy.

quite a / an + adjective + noun

That's quite a difficult language to learn.

She's quite an easy-going person.

Modifiers of degree

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pretty + adjective

My life is pretty good at the moment. (but not very good)

My close friends are pretty hard-working.

fairly + adjective

The price is fairly cheap.

He's fairly tall.

In spoken English (specially American), “pretty” can approach the intensity of “very” depending on the intonation, stress and rhythm.

Modifiers of degree



relatively + adjective

That football player is relatively good.

This area is relatively cheap to live in.

reasonably + adjective

She writes reasonably good children's books.

I'm reasonably happy with my job.

Modifiers of quantity

Modifiers of quantity are words that show how much more or less something is.

Example: a lot more money.

a bit more time.

a lot less noise.





Modifiers of quantity

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a bit more

We use a bit more for a small amount more.

I'd like to travel a bit more.

I need a bit more time to finish the project.

a bit less

We use a bit less for a small amount less.

Could I have a bit less food, please?

This is a bit less expensive than the other ones.

Modifiers of quantity

SB. Page 107

a lot more

We use a lot more for a large amount more.

I'd like to see my friends a lot more.

He improved a lot more after practicing.

a lot less

We use a lot less for a large amount less.

I have a lot less work today.

I feel a lot less stressed now.

Modifiers

1. Choose the correct word(s) to complete the sentences.

1. I think I have **quite an** interesting job.
2. My lifestyle is **quite** busy.
3. I live **fairly** near to my work.
4. I would say I'm **pretty** happy at the moment.
5. I would like to go out with friends **a bit more**
6. She reduced her hours at work so now she works **a bit less**
7. He wants to travel **a bit more** and see the country.
8. For the lifestyle I would like, I need to earn **a lot more**

2. Put the words in brackets in the correct place in the sentences.

1. I live in a small flat. (**quite**)
I live in quite a small flat
2. We have a comfortable life. (**relatively**)
We have a relatively comfortable life
3. I work more these days. (**a lot**)
I work a lot more these days
4. My new car was expensive. (**quite**)
My new car was quite expensive
5. It's cheap to live in an area like this. (**reasonably**)
It's reasonably cheap to live in an area like this
6. I have an easy job at the moment. (**quite**)
I have quite an easy job at the moment
7. My life is boring most of the time! (**pretty**)
My life is pretty boring most of the time!
8. I'd like to exercise more. (**a bit**)
I'd like to exercise a bit more

Modifiers

3. Complete the sentences with the phrases below.

a bit more healthily

a bit more productive

a bit more time

fairly healthy

pretty bored

quite a creative

quite an alternative

work a bit less

1. I'm **quite a creative** person – I love to paint and write my own music.
2. I think I live **quite an alternative** lifestyle because I don't have a traditional job.
3. I wish I could be **a bit more productive** with my days. I'm always wasting time.
4. I think I'm **fairly healthy** at the moment. I eat well and exercise every day.
5. I'd really like to apply for a part-time job so that I could **work a bit less**.
6. I'd like to have a more exciting job – I'm **pretty bored** with my work at the moment.
7. We should really try to eat **a bit more healthily** because we eat too many takeaways.
8. I spend a lot of time looking after my family, so it would be nice to have **a bit more time** to myself.

4. Use the prompts to make sentences.

1. I'm / quite / positive / person.

I'm quite a positive person.

2. We'd like / have / bit / more / time with our grandchildren.

We'd like to have a bit more time with our grandchildren

3. We / had / quite / nice / time / at the beach.

We had quite a nice time at the beach

4. I / need / start / spending / lot / less / money.

I need to start spending a lot less money

5. This / is / quite / useful / app.

This is quite a useful app.

6. Raisa / would like / be / bit / more / easy-going.

Raisa would like to be a bit more easy-going

Modifiers

1A. Choose the correct word or phrase to complete the sentences.

1. My life is ___ boring these days.

- ☐ a. quite a ☒ b. fairly ☐ c. a lot of

2. I'd love to have ___ free time during the week.

- ☒ a. a lot more ☐ b. relatively ☐ c. quite a

3. We're all ___ busy at the moment.

- ☒ a. quite ☐ b. quite a ☐ c. quite a a lot

4. I live in a ___ cheap flat close to here.

- ☐ a. a bit more ☐ b. quite a ☒ c. relatively

5. Alex is ___ happy person most of the time.

- ☐ a. quite an ☐ b. quite ☒ c. quite a

6. I'd like to spend ___ more time outdoors, but not much more.

- ☐ a. a lot of ☒ b. a bit ☐ c. a lot less

1B. Put the words in the correct order to make sentences.

1. a / got / family / I've / big / quite

I've got quite a big family

2. time / my friends / spend / I / less / now / lot / a / with

I spend time with my friends a lot less now

I spend a lot less time with my friends now

3. I'd / relaxed / bit / like / a / to / be / more

I'd like to be a bit more relaxed

4. alternative / quite / We / an / lifestyle / have

We have quite an alternative lifestyle

5. lot / to do / I / these days / more / have / a / work

I have a lot more work to do these days

6. with / want / a house / more / lot / We / space / a

We want a house with a lot more space

Modifiers

1C. Complete the sentences with the phrases below.

a bit more

a lot less

pretty good

quite

quite a

quite an

1. Being a journalist can be **quite a** difficult job.
2. I'd like to spend **a lot less** time doing boring housework. I hate it!
3. Ahmed is **quite an** interesting person.
4. I think we need to think **a bit more** about this before we make a decision.
5. This food you've made is **pretty good**.
6. The final level of this game is **quite** hard.



Speaking!

Lifestyle
Interview

SPEAKING

an interview about lifestyle

- 4A** You are going to interview your partner to find out more about their lifestyle. Use the topics in the box and write six questions about their lifestyle now and things they would like to change.

books food free time friends/family
health hobbies/interests music
social media sports TV

- 1 Do you spend your free time with friends or with family?
- 2 What does your social media tell us about your lifestyle?

- B** Work in pairs. Take turns to interview your partner about their lifestyle. Make notes on their answers. Use the Key phrases to help you talk about your lifestyle.

KEY PHRASES

I think I'm quite/relatively/fairly healthy because ...
My lifestyle is quite normal/alternative because ...
I spend quite a lot of time ...
I'd like to ... a bit more.
Something I'd like to do is travel more/work less/
be a bit more healthy.

- C** What kind of lifestyle does your partner have? Tell the class about the person you interviewed.

Example

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Student A: Do you spend your free time with friends or family?

Student B: I spend a lot of my free time with friends. We usually play sports or video games together.

Student A: What does your social media tell us about your lifestyle?

Student B: My social media, Instagram, for example, shows photos of myself playing sports, books, food, and TV shows I like. I'm quite healthy because I eat a lot of vegetables and do exercise regularly. I'd like a bit more time for travel and work less, though. My lifestyle is fairly normal, in my opinion.

Student A: "my partner has a fairly healthy and normal lifestyle. He spends his free time with friends playing sports and video games. He shares about books, food, and TV on social media. He'd like to travel a bit more and work less to relax."



Speaking!

The Ultimate
Lifestyle



In groups or pairs, you will have to create and present one lifestyle profile for these:

Digital nomad - Fitness-focused lifestyle

Party lifestyle - Quiet countryside life

~~Urban Professional Lifestyle~~

You must include:

- Daily routine
- Free-time activities
- Social life
- Work-life balance
- Health habits
- Income level

Example

Urban Professional Lifestyle:

- The daily routine is quite busy. You usually wake up early and go to work around 8 a.m.
- Free time is relatively limited, but you still try to relax. Some people go to the gym or meet friends after work.
- Social life is fairly active. You meet colleagues or friends for dinner or drinks.
- Work-life balance is reasonably good, but sometimes you work overtime. Some months are a lot more stressful than others.
- Health is relatively important, but it's not always easy to eat well.
- Income is fairly high compared to other lifestyles. You earn a lot more money than people in small towns, but living in the city is also pretty expensive.

Use modifiers to present your lifestyle.

Attack round!

After your presentation, other groups will challenge you (and your lifestyle). You must defend your lifestyle using modifiers.

You will lose points if you don't answer with modifiers!!!

Other teams will challenge you with sentences like these:

"Isn't your lifestyle a lot more stressful?"

"In my opinion, it's pretty expensive."

"I think it's fairly unrealistic."

"It's quite a boring lifestyle."

Examples of how to defend yourselves:

"It's pretty expensive, but you earn a lot more."

"It's quite stressful, but it's pretty rewarding."

"It might be boring for you, but for others it's relatively fun."

