

HAS Introduction Days

Refresh your English skills!

Below, you'll find a number of different English tasks to refresh your English skills. Have fun!

1. Reading exercises

A. At the restaurant

Look at the menu and do the exercises to practise your reading skills.


Preparation

Write the name of the food or drink in the boxes below the picture.


mushroom	fruit cake	ice cream	cheese burger	coffee	salad
seafood	pizza	curry	macaroni cheese	tea	chicken

Main Courses



Cheese burger	£4.39
Double cheese burger	£4.99
Chicken curry with rice	£3.99
Macaroni cheese	£4.19
Seafood salad	£4.49
Egg salad 	£3.99
Fish and mushroom pie	£4.69



 = vegetarian

Pizza

Chicken pizza £4.55

Mushroom pizza 	£4.60
Four cheeses pizza 	£4.10
Meat pizza	£4.75
Seafood pizza	£4.75

Desserts

Ice cream (vanilla, chocolate, strawberry)	£1.99
Banana cake	£2.39
Fruit cake	£2.29

Fruit

Apple	£0.59
Orange	£0.59
Banana	£0.69
Pear	£0.69
Mixed fruits (3 fruits)	£1.29

Drinks

Orange juice	£0.99	Tea	£0.59
Apple juice	£0.99	Coffee	£0.59
		Water	£0.49



2. Check your understanding: true or false

Circle *True* or *False* for these sentences.

- | | | | |
|----|--|-------------|--------------|
| 1. | You can eat salad in this restaurant. | <i>True</i> | <i>False</i> |
| 2. | This restaurant sells seafood. | <i>True</i> | <i>False</i> |
| 3. | There are four different types of pizza. | <i>True</i> | <i>False</i> |
| 4. | They don't have desserts in this restaurant. | <i>True</i> | <i>False</i> |
| 5. | The water is free in this restaurant. | <i>True</i> | <i>False</i> |

B. Working for an airline

Read the article about a British Airways manager and then answer the questions.
For questions 21–27, mark A, B or C on the answer sheet.

WORKING FOR AN AIRLINE

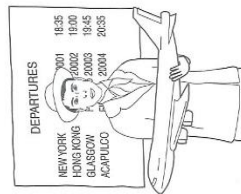
Nicola Peet left school at eighteen, went to college and then worked at a local airport. After nine months, she went to work for Saudi Arabian Airlines and then she joined British Airways as an air hostess. Four years later, she got her present job as a manager.

This is what she told us about her job:

'My office is at Heathrow Airport, but I spend 60% of my time in the air. I teach air hostesses and help them with any problems. I also go to lots of meetings.

My hours are usually from 8 a.m. to 4 p.m. but sometimes I work from 1 p.m. to 9 p.m. At work, the first thing I do is check plane times on my computer and then I speak with some of the air hostesses.

Sometimes I go on long flights to check how the air hostesses are doing. That's my favourite part of the job, but I like office work, too. Travelling can be hard work. When I get back from a long journey, all I can do is eat something and then go to bed! I don't earn much money, but I'm happy with British Airways and want to stay there and continue to travel.'



EXAMPLE

- 0 Nicola's first job was
- A at a college
B with Saudi Arabian Airlines
C at a local airport.

ANSWER

C

- 21 When Nicola first started working for British Airways, she was
- A a manager.
B an air hostess.
C a pilot.
- 22 Nicola does most of her work
- A in the office.
B in aeroplanes.
C in meetings.
- 23 Most days, Nicola starts work at
- A 8 a.m.
B 1 p.m.
C 4 p.m.
- 24 At the beginning of each day, Nicola
- A goes to a meeting.
B talks to air hostesses.
C works with her computer.
- 25 What does Nicola like best?
- A flying
B working in the office
C helping people
- 26 The first thing Nicola does after a long journey is
- A go to bed.
B have a meal.
C go to the office.
- 27 Nicola would like to
- A stay in the same job.
B stop travelling.
C earn more money.

C. Daily routine

Read the information about Paula and answer the questions.

A day in the life of Paula Radcliffe - Marathon Runner

8.30am

Sometimes, my daughter Isla wakes me and my husband, Gary, up, or, more often, we wake her up. After I get up, I always check my pulse. It's usually 38-40 beats per minute. If it is too high, I rest for the day. It's so important to listen to my body. I have a drink and a snack while giving Isla her breakfast.

9.30am

We take Isla to nursery and then I start my training. I run, and Gary rides his bike next to me and gives me drinks. Four times a week, I have a cold bath or go for a swim in a lake after training.

12.30pm

I pick up Isla from nursery and we go home and I eat a big lunch of cereal and fruit. Then I have rice and salmon, or toast and peanut butter. I try to eat as soon as possible after training. After lunch, I play with my daughter.

2pm

I have a nap in the afternoon, and Gary usually takes Isla out while I sleep. When I wake up, I have a drink and a snack while Isla has milk. I eat a lot during the day, especially bananas and dark chocolate.

5pm

I go running again. In total, I run about 145 miles every week. I write about all my runs in my training journal. I record everything, including how I feel and what the weather is like. I train hard every other day, go on an extra long run every four days and rest every eighth day.

7pm

In the evening, I do my exercises. These keep me strong during long runs. Isla likes to climb on me while I stretch. Gary gives Isla her tea and cooks mine while I finish my exercises. Then I finish cooking dinner while Gary gives Isla her bath.

7.30pm

Gary and I eat our dinner. I have red meat four times a week with rice, pasta or potatoes, and lots of vegetables. We also eat a lot of stir-fries, because they're quick and healthy.

8pm

We put Isla to bed and relax. I check my emails and watch TV or chat with Gary. I love police and hospital dramas!

10.30pm

Time for bed. As I brush my teeth, I stand on one leg and then the other. This keeps my legs strong. I enjoy reading, but I haven't read much since Isla was born.

QUESTIONS

1 Usually,...

- Paula and Gary wake up Isla.
- Gary wakes up Paula and Isla.
- Isla wakes up Paula and Gary.

2 While Paula has her morning run, Gary...

- takes Isla to nursery.
- cycles next to her.
- goes to work.

3 After training, Paula...

- has lunch, bathes, then collects her daughter.
- bathes, collects her daughter, then has lunch.
- collects her daughter, bathes, then has lunch.

4 After lunch, Gary looks after Isla while Paula...

- trains.
- sleeps.
- eats.

5 Paula...

- eats large meals but never eats snacks.
- eats large meals and often eats snacks.
- eats small meals but often eats snacks.

6 Every two days, Paula

- goes for a long run.
- runs 145 miles.
- trains extra hard.

7 While Paula does her exercises, her daughter...

- has dinner.
- climbs on her.
- plays with Gary.

8 In the evening,...

- Gary bathes Isla, then Gary and Paula eat, then Isla goes to bed.
- Gary bathes Isla, then Isla goes to bed, then Gary and Paula eat.
- Gary and Paul eat, then Gary bathes Isla, then Isla goes to bed.

9 Paula does exercises to strengthen her legs while she...

- cooks dinner.
- brushes her teeth.
- watches TV.

10 Now Paula has a daughter, she rarely...

- reads.
- watches TV.
- spends time with Gary.