

Contents – Sisällys

LEAD IN	8
Ice breakers	10
Getting started	13
THEME 1 INTERESTS	20
Chapter 1 Family	22
Chapter 2 Hobbies	28
Chapter 3 Time	38
Chapter 4 Home	46
Chapter 5 At the cabin	54
THEME 2 LIFESTYLE	62
Chapter 6 Health	64
Chapter 7 Feelings	74
Chapter 8 Food	82
Chapter 9 Art and culture	96
THEME 3 WORK	104
Chapter 10 The journey to employment	106
Chapter 11 Careers	116
Chapter 12 In the office	126
THEME 4 ON THE GO	136
Chapter 13 Travel	138
Chapter 14 Small talk and humour	146
Chapter 15 Shopping	154
Chapter 16 Eating out	164
THEME 5 CURRENT AFFAIRS	170
Chapter 17 Media	172
Chapter 18 The news	182
Chapter 19 The environment	188
Chapter 20 Society	196
STRUCTURES – RAKENTEET	205
ALPHABETICAL VOCABULARIES – AAKKOSELLISET SANASTOT	
English-Finnish	228
Finnish-English	244





THEME 2

LIFESTYLE

In this theme we are going to look at how you live and what you do in your spare time.

You will learn how to talk about your health, body and feelings and will also practise arranging an appointment and speaking to a doctor. You will talk about food and how to make it and also have chance to discuss both classical and popular culture.

Afterwards, you will:

- know more about adjectives used to describe feelings,
- know more about verbs to do with cooking processes and
- have been given extensive vocabularies to do with the body and food.

Tässä teemaosiossa aiheena on elämäntavat ja ajanvieteet.

Opit kertomaan terveydentilastasi, kuvailemaan tuntemuksiasi ja varaamaan ajan lääkäritä. Tulet myös keskustelemaan ruuasta ja sen valmistuksesta sekä lopuksi klassisesta ja populaarikulttuurista.

Tämän osion jälkeen:

- osaat käyttää eri adjektiiveja kuvaamaan olotilaasi,
- olet oppinut monia ruuanlaittoon liittyviä verbejä ja
- olet oppinut monia uusia terveyteen ja ruokaan liittyviä sanoja.



CHAPTER 7

Feelings

"The best and most beautiful things in the world cannot be touched or even seen. They must be felt with the heart."

– Helen Keller

"Thoughts are the shadows of our sentiments always however obscurer, emptier and simpler."

– Friedrich Nietzsche



1. Warm-up

Discuss, what do you think these quotes mean?

Keskustele parisi kanssa yllä olevista sitaateista. Mitä ajatuksia ne herättävät?



2. How do you feel?



- a) Look at the pictures above, how do you think these people feel? Discuss your ideas with a partner. Use the adjectives in the box and your own ideas.

Katso pariisi kanssa yllä olevia kuvia. Miltä näistä ihmisistä tuntuu? Käyttäkää laatikossa olevia adjektiiveja tai keksikää omia.

excited	timid	down in the dumps	under the weather
puzzled	frustrated	comfortable	tired
furious	envious	proud	ill
glad	over the moon	unhappy	happy
upset	tense	stressed	relaxed
shocked	surprised	apprehensive	worried
nervous	embarrassed	angry	ashamed

- b) Have a look at the adjectives in the box. Work with your partner, choose one adjective and ask each other.

Katso pariisi kanssa laatikossa olevia adjektiiveja. Valitkaa vuorotellen yksi adjektiivi ja kysykää toisiltanne mallin mukaan.

When was the last time you felt tense / embarrassed / unhappy...

The last time I felt tense was at work last week...

3. Emotions

Discuss with a partner. How do you feel when...

Keskustele parisi kanssa. Miltä teistä tuntuu kun...

1. somebody lies to you?
2. someone offers to take you out for dinner?
3. you have lost something valuable?
4. someone compliments your appearance?
5. you learn new words in English?
6. you have an argument with someone?
7. you are promoted at work?
8. you are stressed?
9. you fail an important exam?
10. you go for a walk in a forest?





4. What do you do when you get...?

Discuss with your partner.

Keskustele parisi kanssa.

What do you do when you get...



1. stressed



2. angry



3. scared



4. nervous



5. worried



6. sad?



5. Agony Aunt



- a) Read the following text which appeared in Ann the Agony Aunt's weekly column.
Lue alla oleva teksti, joka on julkaistu viikottaisessa lehtikolumnissa.

Ann the Agony Aunt

Dear Ann,

I feel so sad. I feel as though I have no one to talk to. I have never had many friends and as I have got older, I have found it even more difficult to make new ones. I spend most of my days alone. There are days when I don't even leave the house! I wish there was something I could do... I feel so lonely.

Lonely Wolf

Dear Lonely Wolf,

I am very sorry to read about your problem. I understand that as you get older it becomes more and more difficult for you to talk to other people.

What about starting a new hobby? Have a look at your local Adult Education Centre to see if they have some courses you would like. I am sure that you would meet many new

people there. Hobbies are a great way to get out of the house and socialise! You have to think how much you really want this and accept that it is going to be uncomfortable until you get used to meeting new people but it is worth it, trust me.

Best of luck!

Ann

- b) Work with your partner and read the following texts. What advice would you give to these people? Discuss.

Lue pariisi kanssa seuraavat tekstit. Miettikää, millaisia neuvoja itse antaisitte näille ihmisille?

You should...

You could...

It would be a good idea to...

An agony aunt is a newspaper columnist who gives advice to people having problems, especially personal ones.

'Agony aunt' on sanomalehtikolumnisti, joka antaa palstallaan neuvoja erilaisten ongelmien kanssa kamppaileville henkilöille.

1. Dear Ann,

I have been very busy at work for the past 7 months. I have a new boss and he likes to give me a lot of tasks to do. The problem is that I can't say "NO". It seems to be a word missing from my vocabulary! I find myself in situations where I say yes to everything and then have no free time. I am so tired and stressed but I don't want to say "no" because I am afraid my boss won't like me anymore or will think I am too lazy... I don't want to be this stressed anymore. What can I do?

Workaholic

2. Dear Ann,

I think I am in love with food. I mean, seriously in love with it. I find myself thinking about food all the time: in the morning when I wake up, in the shower, at work, when I am out with my friends... There is just food on my mind all the time! I eat chocolate, doughnuts and cakes every day and I don't do any exercise and yes, I am overweight. Being overweight makes me feel very embarrassed and unhappy. What can I do?

Foodie

3. Dear Ann,

I recently had a really bad argument with my husband. We said some very mean things to each other and now we haven't spoken for a week. He said some awful things and he hurt my feelings terribly. He has been really tense lately and I have been really down in the dumps for months now because we argue all the time. The thing is, I really love him and miss him... I know my words hurt him but I would like him to be the first one to apologise. After all, I don't think I have done anything wrong. What should I do?

Betty

lonely [ləʊnli]	yksinäinen
wolf [wʊlf]	susi
Adult Education Centre [ædʌlt edʒu'keɪʃən sentə]	aikuiskoulutus- keskus, työväen- opisto
socialise [səʊʃəlaɪz]	seurustella, olla ihmisten kanssa tekemisissä
accept [ək'sept]	hyväksyä
uncomfortable [ʌn'kʌmfətəbəl]	epämukava
get used to [get ju:st tu:]	tottua jhk
trust [trʌst]	luottaa
task [tɑ:sk]	tehtävä
vocabulary [və'kæbjʊləri]	sanasto, sanavarasto

situation [sitʃu'eɪʃən]	tilanne
lazy [leɪzi]	laiska
workaholic [wɜ:kə'hɒlik]	työnarkomaani
seriously [sɪəriəsli]	vakavasti, tosissaan
doughnut [dəʊnʌt]	donitsi
overweight [əʊvə'weɪt]	ylipainoinen
mean [mi:n]	ilkeä, myös: tarkoittaa
miss [mis]	kaivata
hurt [hɜ:t]	loukata
argue [ɑ:gju:]	riidellä
apologise [ə'pɒlədʒaɪz]	pyytää anteeksi
advice [əd'vaɪs]	neuvot



6. Money can't buy you love

Work in pairs or groups and discuss the following questions.

Keskustelkaa parin kanssa tai pienryhmässä seuraavista kysymyksistä.

1. Can money buy happiness? Why / Why not?
2. Is it acceptable to express negative feelings in your culture?
3. How do you feel when you speak English?
4. How are feelings expressed in different cultures?
5. Is stress good for you?
6. What does "every cloud has a silver lining" mean? Do you think it is true?

7. Homework

Write down what you would recommend as 'the ten easy steps to happier living'.

Mitkä ovat mielestäsi kymmenen askelta onnellisempaan elämään?

Example:

Step 1. Make sure that you take care of yourself. Get enough sleep, eat well and exercise regularly. Your body is your temple - treat it with respect.

Be prepared to present your ten steps to happier living in small groups in the following lesson.

Valmistaudu esittelemään kymmenen askeltasi pienryhmällesi ensi kerralla.



VOCABULARY

shadow [ʃædəu]	varjo	be / feel under the weather [bi: / fi:l ʌndə ðə weðə]	tuntea olonsa sairaaksi / huonovointiseksi
sentiment [sentimənt]	tunne	ill [il]	sairas, kipeä
obscure [əb'skjuə]	hämärä, epä- määräinen, epäselvä	worried [wʌrɪd]	huolestunut
puzzled [pʌzəld]	hämmentynyt	ashamed [ə'feɪmd]	häpeissään
furious [fjuəriəs]	raivostunut	lie [lai]	valehdella
glad [glæd]	iloinen	offer to do something [ɔfə tə də smθɪŋ]	tarjoutua tekemään jtkn
upset [ʌp'set]	järkyttynyt, poissa tolaltaan	valuable [væljueəbəl]	arvokas, kallis
nervous [nə:vəs]	hermostunut	compliment [kɒmplɪmənt]	kehua, lausua kohteliaisuuksia
timid [tɪmɪd]	arka, ujo	appearance [ə'piərəns]	ulkonäkö, olemus
frustrated [frʌ'streɪtɪd]	turhautunut	argument [ɑ:gjumənt]	riita
envious [enviəs]	kateellinen	be promoted [bi: prə'məʊtɪd]	saada ylennys
over the moon [əʊvə ðə mu:n]	onnensa kukkuloilla	fail [feɪl]	reputtaa (koe)
tense [tens]	kireä, jännittynyt	acceptable [ək'septəbəl]	hyväksyttävä
embarrassed [ɪm'bærəst]	hämillään, vaivautunut	express [ɪk'spres]	ilmaista
down in the dumps [daʊn ɪn ðə dʌmps]	alamaissa, masentunut	cloud [klaʊd]	pilvi
comfortable [kɒmftəbəl]	mukava, turvallinen	silver [sɪlvə]	hopea
proud [praʊd]	ylpeä	lining [laɪnɪŋ]	reunus
unhappy [ʌn'hæpi]	onneton	temple [tempəl]	temppeli
apprehensive [æpri'hensɪv]	peloissaan, ahdistunut	treat [tri:t]	kohdella
		respect [rɪ'spekt]	kunnioitus



PRONUNCIATION

In pairs look at the following phonetic spellings from the vocabulary list for this chapter.
Can you say the word without looking at the normal spelling?

Tutustu parisi kanssa seuraaviin ääntämisohjeisiin. Sanat ovat esiintyneet tässä kappaleessa. Osaatteko sanoa sanat näkemättä niiden kirjoitusasua?

- [æpri'hensɪv]
- [ək'septəbəl]
- [fjuəriəs]
- [frʌ'streɪtɪd]
- [ɪm'bærəst]
- [ə'pələdʒaɪz]
- [ʌn'kɒmftəbəl]
- [væljueəbəl]
- [ləʊnli]
- [tens]