

C1 English **in Real-Life** **Contexts**

Learn the grammar and vocabulary you need to navigate advanced English in everyday situations!

Daily
Routines



Ordering
Food & Drink



Navigating
Relationships

C1 English in Real-Life Contexts

Get ready to skyrocket your English skills and speak naturally in everyday situations! In this epic ebook, we'll guide you through a series of real-life scenarios at a mind-blowing C1 level. From mastering your morning routine to ordering food and navigating relationships, you'll gain the confidence to express yourself with ease. We'll even explore the art of flirting and the challenges of breaking up, all while learning advanced vocabulary and grammar. So, get ready for an incredible lesson that will surely give your English skills an advanced-level boost!

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DAILY ROUTINE: C1 LEVEL

Learning how to talk about your daily routine is typically one of the first things you learn when you begin learning English. However, in this lesson, I'm going to walk you through my daily routine using C1-level grammar and vocabulary. I will then go through some of these advanced grammar topics and give you the definitions and example sentences of loads of C1-level vocabulary. I've also included a quiz at the end to wrap it all up!

My Routine: Part 1

Upon waking up to the **melodious** chimes of my alarm clock, I **embark** on my well-established morning routine that I've perfected over the years. **First and foremost**, I **indulge** in a brief meditation session, allowing me to clear my mind and start the day with a sense of calm. In addition to my mental exercise, I **dive into** a challenging 30-minute workout session, but I guess it isn't so much challenging as it is **invigorating**. After **freshening up**, I **pamper** myself with my **nourishing** skincare **regimen**, ensuring a well-hydrated and glowing **complexion**.

● GRAMMAR BREAKDOWN

Let's look at this first paragraph a bit deeper. We can start by looking at these three clauses:

- *Upon waking up to the melodious chimes of my alarm clock*
- *allowing me to clear my mind and start the day with a sense of calm*
- *ensuring a well-hydrated and glowing complexion*

They are known as **non-finite clauses**. This is a topic we cover in-depth in my C1 programme, but here is a quick explanation of non-finite clauses.

Non-finite clauses

A non-finite clause is a type of clause that **doesn't have a subject and a finite verb** (a verb with tense and agreement). In other words, it's an incomplete sentence that can't stand alone as a complete thought. Non-finite clauses use



the **base form** (infinitive) or the **-ing form** (present participle) without specific subject information.

Advanced Comparative Structures

Now, let's take a minute to look at this structure:

- *it isn't so much challenging as it is invigorating...*

Using **not so much + adjective + as + adjective** is an advanced comparative structure we use to compare two related qualities.

Compound Adjectives

Okay, let me address one more grammar concept before we move on to the rest of my routine: compound adjectives, like—

- ***well-established***
- ***30-minute***
- ***well-hydrated***

Compound adjectives are adjectives that are formed by combining two or more words to create a single descriptive term. These adjectives are commonly used to **convey complex or specific qualities** that may not be easily expressed with a single word.

I used several hyphenated compound adjectives in this first paragraph. We use the hyphens to clarify that the words are meant to be taken together as a single descriptive unit. There are other forms of compound adjectives that I cover in my C1 programme.

● VOCABULARY

melodious /mə'ləʊdiəs/ - having a pleasant and harmonious sound
Whitney Houston's melodious voice captivated the audience.



to embark /ɪmˈbɑːk/ - to begin or start a journey or other task, often with a sense of enthusiasm

They decided to embark on a round-the-world trip to explore different cultures.

first and foremost - primarily or above all; the most important thing to consider

First and foremost, the health and safety of our passengers is our top priority.

to indulge /ɪnˈdʌldʒ/ - to allow oneself to enjoy or partake in something pleasurable

I decided to indulge in a rich chocolate cake on my birthday.

to dive into - to enthusiastically start something like an activity or project

He couldn't wait to dive into the new novel he had just bought.

invigorating /ɪnˈvɪɡəreɪtɪŋ/ - energising or refreshing; a feeling of renewed energy

The only way she can fully wake up is by taking an invigorating morning jog in the crisp air.

to freshen up - to clean or revitalise oneself by washing or tidying up, often in relation to personal appearance

After the long flight, he took a quick shower to freshen up before his big meeting.

to pamper /ˈpæmpə/ - to treat someone or oneself with special care, attention and indulgence

As it was her birthday, Emma decided to pamper herself with a relaxing spa day.

nourishing /ˈnʌrɪʃɪŋ/ - providing essential nutrients and promoting health and well-being

Mum's famous hearty vegetable soup was not only delicious but also nourishing.

regimen /ˈredʒɪmən/ - a structured and planned routine or set of activities

Samuel followed a strict exercise regimen to stay fit and healthy.

complexion /kəmˈplekʃn/ - the natural colour, texture and appearance of the skin on a person's face

What moisturiser do you use to maintain such a smooth complexion?



My Routine: Part 2

No sooner have I got dressed in my most casual yet professional **attire** than I am **wolfing down** a hearty breakfast to fuel my day ahead. With a steaming cup of herbal tea in hand, I **scan** the morning headlines to stay informed on the happenings of the world. Meanwhile, as I **commute** to work, I **immerse** myself in an audiobook, **relishing** the well-written **prose** and captivating storytelling. Thus, I arrive at work ready **to tackle** the day ahead of me.

● GRAMMAR BREAKDOWN

Negative Inversion

In the first sentence, "**No sooner have I got dressed in my most casual yet professional attire than I am wolfing down a hearty breakfast to fuel my day ahead,**" the construction "*No sooner have I got dressed*" is an example of **negative inversion**.

Negative inversion is a grammatical structure where the usual word order of a sentence is inverted or changed when a negative adverbial expression is used at the beginning of the sentence. Instead of the regular word order **subject-verb**, we use the inverted order **adverb-verb-subject**.

The construction is important because it adds emphasis. I'm not just saying, "I have got dressed," but I'm highlighting the immediacy of the action by using "no sooner."

This construction often indicates that one action happens immediately after another, almost without any delay. Using negative inversion helps to add a little flair to the story instead of sticking to the same subject-verb type construction — but it should be used sparingly.

Signposts

The final two sentences featured **signposts**, words like '**meanwhile**' and '**thus**'.



Using signposting language is like giving your writing a GPS – it helps steer your audience smoothly along and keeps your thoughts organised. These little words and phrases act as the glue that holds your writing together.

Think of it this way: without these signposting cues, your writing could get all jumbled up and end up sounding like a bunch of random thoughts.

COMPREHENSION CHECK!

Can you identify the signposting language in our first paragraph?

Upon waking up to the melodious chimes of my alarm clock, I embark on my well-established morning routine that I've perfected over the years. First and foremost, I indulge in a brief meditation session, allowing me to clear my mind and start the day with a sense of calm. In addition to my mental exercise, I dive into a challenging 30-minute workout session, but I guess it isn't so much challenging as it is invigorating. After freshening up, I pamper myself with my nourishing skincare regimen, ensuring a well-hydrated and glowing complexion.

Here is the signposting language used in this paragraph:

- **First and foremost**
- **in addition to**
- **after**

If that gave you a bit of trouble, don't worry! You will learn all about signposting in my C1 programme.

● VOCABULARY

attire /ə'taɪə/ - clothing; garments or outfits worn by a person

The description for the event said 'casual cocktail attire', but what does that mean?

to wolf down - to eat something quickly

He was so hungry that he wolfed down his burger in a matter of seconds.



to scan /skæn/ - to examine or look over something quickly and systematically, often to find specific information or details

Brenda scanned the document quickly to see if the information would jump out at her.

to commute /kə'mju:t/ - to travel regularly between one's home and workplace
It gets a bit tiring having to commute by train to the city every day.

to immerse /ɪ'mɜ:s/ - to deeply involve or engage oneself in an activity, subject or experience

After her break-up, she chose to immerse herself in meditation and self-care.

to relish /'relɪʃ/ - to take great pleasure in or appreciate

We relished the opportunity to travel and explore new cultures.

prose /prəʊz/ - written or spoken language in its ordinary form, without the rhythmic and metrical structure of poetry

The novel is written in beautiful prose that captivates the reader.

to tackle /'tækl/ - to confront or deal with in a determined manner

With a cup of coffee in hand, she was ready to tackle the mountain of paperwork on her desk.

My Routine: Part 3

Upon arriving at the office, I **buckle down** and **get on with** my work, **meticulously** completing my tasks in the most efficient way possible. It is knowing that I am contributing in a meaningful way that I **thrive on**, and I actively seek opportunities to enhance my skill set. Throughout the day, I **engage** in productive **dialogues** with colleagues, **synergising** ideas and learning from their unique perspectives.

● GRAMMAR BREAKDOWN

Post-modified Adjectives

First, we have the clause “**meticulously completing my tasks in the most efficient way possible**”, which utilises a **post-modified superlative adjective**.



A post-modified superlative adjective is **placed after the noun**. It modifies and adds emphasis or specific information about the noun. This construction is **used to highlight the extreme quality** of the noun in comparison to others of its kind.

Cleft Sentences

The structure of the second sentence was a bit of an odd one: ***It is knowing that I am contributing in a meaningful way that I thrive on, and I actively seek opportunities to enhance my skill set.***

We call this a **cleft sentence**, a grammatical construction **used to emphasise a particular element in a sentence by dividing it into two clauses**. The purpose of a cleft sentence is to bring attention to a specific part of the sentence, often by reorganising the structure to highlight that element.

In this case, I wanted to highlight 'knowing that I am contributing in a meaningful way', so I was able to restructure my sentence to make sure that this portion of the sentence was the main focus.

● VOCABULARY

to buckle down - to apply oneself diligently and with determination to a task
With exams approaching, Ben decided it was time to buckle down and study.

to get on with something - to start or continue with a task or activity, often without unnecessary delay
Can we get on with the meeting, or are we going to wait for Amir?

meticulously /mə'tɪkjələsli/ - in a very careful and precise manner, paying great attention to details
He meticulously arranged the flowers on each table.

to thrive on - to succeed or find enjoyment and motivation in a particular situation, challenge or environment
Greg truly thrives on the fast-paced nature of his job.



to engage /ɪn'geɪdʒ/ - to become involved, participate or interact with something or someone actively

He's been engaged in a riveting game of poker for the past three hours.

dialogue /'daɪəlɒɡ/ - a conversation or discussion between two or more people

After months of dialogues with the higher-ups, we are all getting pay rises!

to synergise /'sɪnədʒaɪz/ - to combine different elements or efforts to create a mutually beneficial outcome

The marketing team spent months figuring out how to synergise their skills to produce outstanding results.

My Routine: Part 4

As the day **draws to a close**, I **reflect** on my **achievements**, striving to be **the best version of myself** both personally and professionally. All I hope is that I outdo my previous **accomplishments** each day as I **embrace** life with **unwavering determination**. By **adopting** this disciplined and purposeful routine, I feel confident that I can continue on a path of self-improvement and well-being.

● GRAMMAR BREAKDOWN

Let's look at our first sentence—

As the day draws to a close, I reflect on my achievements, striving to be the best version of myself both personally and professionally.

We have a few different things going on. First, we have 'as the day draws to a close', which is a **subordinate clause**, but you should already be familiar with those. These are **clauses that can't stand on their own as individual sentences**. They have to be attached to a main or independent clause.

But, we also have a participle clause: ***striving to be the best version of myself both personally and professionally.***

A **participle clause** is a **type of non-finite clause**. The example consists of a present participle — striving.



We also have a participle clause in our last sentence: **By adopting this disciplined and purposeful routine...**

This participle clause also functions as an adverbial phrase because I used the preposition 'by', explaining how the action in the main clause is achieved.

Finally, we saw another common construction of a cleft sentence: **All I hope is that I outdo my previous accomplishments each day as I embrace life with unwavering determination.**

The structure **what/all + clause + be + clause** is quite commonly used, so it's a good one to have in your back pocket.

● VOCABULARY

to draw to a close - to come to the end of an event, period or activity

As the sun set, the day began to draw to a close, and everyone started heading home.

to reflect /rɪ'flekt/ - to think deeply about something

We took some time to reflect on what happened before making a decision.

achievement /ə'tʃi:vmənt/ - an accomplishment or success gained through effort or hard work

His academic and professional achievements are truly remarkable.

the best version of oneself - striving to reach one's highest potential

Through dedication and self-improvement, Glenda aspired to be the best version of herself.

accomplishment /ə'kʌmplɪʃmənt/ - the successful completion of a task, project or goal

His numerous accomplishments in the field of science were recognised with prestigious awards.

to embrace /ɪm'breɪs/ - to accept something with enthusiasm and openness

They decided to embrace the new challenges at work and make the most of the situation.



unwavering /ʌn'weɪvərɪŋ/ - steady, resolute and not faltering

Your unwavering dedication to your morals is truly commendable and deserving of respect.

determination /dɪ'tɜːmɪ'neɪʃən/ - the quality of being firm and committed to achieving goals, often in the face of challenges or obstacles

Her determination to succeed drove her to overcome every obstacle in her path.

to adopt /ə'dɒpt/ - to take up, accept or embrace a practice, belief or approach, often incorporating it into one's own life or routine

My aunt has decided to adopt a healthier lifestyle by exercising regularly and eating nutritious foods.



Activity

Choose the correct phrases from the Word Bank to complete the conversation.

Johan, a dedicated baker, starts each day with an (1) _____ dedication to creating delicious treats. First and foremost, he puts on his baking (2) _____: a white coat that reflects his professionalism. With a cup of coffee in hand, he (3) _____ into the day's tasks, (4) _____ himself in the joy of crafting exquisite pastries. Johan (5) _____ on the (6) _____ aromas that fill his bakery as the ovens warm up.

He (7) _____ measures ingredients, embracing each step of the baking process with care. Nourishing creations like hearty bread and muffins are his specialities, providing customers with a taste of comfort and health. As the morning draws to a close, Johan takes a moment to reflect on his (8) _____ and to relish the satisfaction of a well-baked batch.

After lunch, he (9) _____ on experimenting with new recipes, taking the opportunity to indulge his creativity. With his apron dusted with flour, he (10) _____ the challenge of crafting delicate pastries. Later, he takes a short break to pamper himself with a warm cup of tea and a moment of peace.

As the sun sets, Johan embraces the satisfaction of a productive day. He believes in embracing the journey and thoroughly enjoying the process. With his bakery humming along, Johan is ready to take on another day of creating delectable delights.

Word Bank

- | | |
|--------------------|--------------|
| a. accomplishments | f. thrives |
| b. meticulously | g. dives |
| c. invigorating | h. immersing |
| d. unwavering | i. tackles |
| e. attire | j. embarks |

Answers:

1 (d) 2 (e) 3 (g) 4 (h) 5 (f) 6 (c) 7 (b) 8 (a) 9 (i) 10 (j)



FOOD & DRINK VOCABULARY: C1 LEVEL

In this lesson, I will take you on a culinary voyage of words because we are about to embark on a journey to uncover advanced-level vocabulary to discuss everyone's favourite topic: food and drink. While you're likely familiar with everyday terms, this lesson will teach you a wealth of high-level words to add to your ever-growing vocabulary bank. And then you can show off how much you've learnt with my quiz at the end.

Part 1

I consider myself a bit of a foodie, but I'm definitely not a food snob. I'm just as happy **tucking into** a simple homemade meal as I am **polishing off** a Michelin-starred work of art. On a normal day, when I wake up, I force myself to **gulp down** a big glass of water before I indulge my caffeine addiction and **brew** an **aromatic** cup of coffee. That first **swig** always hits the spot. Fellow caffeine addicts, raise your hands. Sometimes I like to **work up an appetite** before breakfast by going for a run. Other times, I can't wait, and I **gobble down** a steaming bowl of porridge immediately.

● VOCABULARY

1) **to tuck in/into** /ˌtʌk 'ɪn/ - to start eating enthusiastically

After hours of preparation, everyone was ready to tuck into the roast dinner.

2) **to polish off** /ˌpɒlɪʃ 'ɒf/ - to finish all of something, especially food

I can't believe you polished off that entire pizza by yourself!

3) **to gulp down** /ˌɡʌlp 'daʊn/ - to drink very quickly

After a run, I often gulp down a big glass of juice.

4) **to brew** /bruː/ - to make coffee or tea by adding hot water to the beans or bag

The highlight of my morning is the fresh pot of coffee my husband brews every day.



5) **aromatic** /,æɹə'mætɪk/ - having a pleasant and distinctive smell
Spices like cardamom and cinnamon make curry an aromatic dish.

6) **swig** /swɪg/ - (noun) an amount of something that you drink quickly; (verb) to have a large, quick drink
After reaching the peak of the mountain, he took a big swig from his flask of iced tea.

7) **to work up an appetite** /,wɜ:k 'ʌp ən 'æpɪtaɪt/ - to do something that makes you feel hungry
I was gardening all morning, and I really worked up an appetite.

8) **to gobble down** /,gɒbl 'daʊn/ - to eat very quickly
My dog always gobbles down his dinner as soon as I give it to him.

Part 2

When I have time, I love nothing more than **whipping up** some dishes in the kitchen. When I was in Tuscany recently, I learnt to make this incredibly **flavoursome** pasta sauce. The ingredients are so simple but fresh, and it's **mouth-watering**. I love cooking **one-pot meals**, too, because they're so easy, and there's minimal clean-up. Speaking of, we're very lucky to have a dog who hoovers up any stray **crumbs**, so our kitchen is usually pretty clean!

● VOCABULARY

9) **to whip up** /,wɪp 'ʌp/ - to cook something quickly, especially using whatever ingredients you have to hand
Don't worry, everyone, I'm going to whip up a gourmet feast of beans on toast!

10) **flavoursome** /'fleɪvəsəm/ - delicious and full of flavour
The sauce proved incredibly flavoursome, transforming the mundane dish into a culinary masterpiece.



11) **mouth-watering** /'maʊθ wɔ:tərɪŋ/ - describes food that looks so good you want to eat it right then

They served up a mouth-watering dish that tasted just as good as it looked.

12) **one-pot meal** /wʌn pɒt mi:l/ - a meal that can be cooked in one pot

The beauty of a one-pot meal is that there's barely any washing up to do afterwards.

13) **crumb** /krʌm/ - a very small piece of cake, bread or biscuit that has fallen off

Get a plate! You're dropping crumbs everywhere!

Part 3

According to my husband, Will, my best dish is a chicken recipe by Ottolenghi, one of my favourite chefs. Whenever I make it, Will practically **inhales** it. It's incredibly **moreish**, too, so we never have leftovers. What about my favourite foods? Some of you may know that I adore fruit, especially watermelon, but I also love blue cheese, especially some good Stilton. It's got quite a **pungent** smell, and I would say it's an **acquired taste**, but it's really yummy. I always put it out when I do **nibbles** when guests are coming over.

● VOCABULARY

14) **to inhale** /ɪn'heɪl/ - to breathe in; to eat very quickly

He was so hungry he seemed to inhale his sandwich.

15) **moreish** /'mɔ:riʃ/ - something that is so delicious that you want more of it

This cake is so moreish; I can't stop eating it!

16) **pungent** /'pʌndʒənt/ - having a strong smell or taste

The durian fruit has quite a pungent smell.

17) **an acquired taste** /æn əˈkwɑɪəd teɪst/ - something that you might not like at first but you start to enjoy over time

Olives are an acquired taste, and children often don't like them.

18) **nibbles** /ˈnɪblz/ - small items of food that are usually eaten with your fingers

I put out some nibbles like cheese and crackers before dinner.

Part 4

Will and I also love eating out. If I know we're going somewhere special, I make sure not to **spoil my appetite** beforehand. Even so, **my eyes are often bigger than my stomach**, and I end up with too much food. **Doggy bags** aren't much of a thing in the UK, but I wish they were. I always walk out of a restaurant completely **stuffed**.

● VOCABULARY

19) **to spoil one's appetite** /spɔɪl wʌnz 'æpɪtaɪt/ - to eat something before a meal that causes you to not feel hungry

Don't have that chocolate bar — it'll spoil your appetite!

20) **one's eyes are bigger than one's stomach** /wʌnz aɪz ə 'bɪgə ðən wʌnz 'stʌmək/ - order or put more food on your plate than you can eat

Sorry, I really can't finish this. My eyes were bigger than my stomach.

21) **doggy bag** /'dɒgi bæɡ/ - a bag or box you get from a restaurant to take home your leftovers in

Could I have a doggy bag, please? It was delicious, just a huge portion!

22) **stuffed** /stʌft/ - very full

I couldn't eat another bite; I'm absolutely stuffed!

Activity

Choose the correct answer for each question.

1) The kitchen was filled with the _____ scent of freshly baked bread, enticing everyone in the house.

- a. pungent
- b. aromatic
- c. flavoursome

2) We enjoyed a selection of _____, including olives, nuts and cheese, while sipping on wine before dinner.

- a. crumbs
- b. moreish
- c. nibbles

3) What does it mean for a food to be "an acquired taste"?

- a. it's universally loved
- b. it's something you don't like initially but grow to enjoy
- c. it's easy to prepare

4) What does it mean to "inhale" food?

- a. to eat very quickly
- b. to chew thoroughly
- c. to eat only small bites

5) With limited ingredients in the pantry, she managed to _____ a delightful stir-fry for dinner.

- a. whip up
- b. gulp down
- c. tuck in

6) If you say, "No more for me, thanks. I'm stuffed!" you are saying that you are—

- a. feeling ill
- b. quite full
- c. lying about not being hungry

7) I've got some coffee _____ in the kitchen. It should be ready in about 5 minutes.

- a. whipping up
- b. brewing
- c. gobbling down

8) Replace the underlined portion of the sentence with the correct word or phrase.

You already finished all of the biscuits? I thought you'd have saved me at least one!

- a. gulped down
- b. gobbled down
- c. polished off

Answers:

1) b 2) c 3) b 4) a 5) a 6) b 7) b 8) c



ORDER A COFFEE AT C1 LEVEL

Are you ready for a caffeinated adventure of a lesson? You are about to learn how to order a cup of coffee and help elevate your C1-level English at the same time. We will look at advanced grammar structures and vocabulary that'll have you ordering your 'cup of joe' in ways you never thought possible. I've also included the definitions and example sentences of all of the new vocabulary. And don't forget the quiz at the end!

How to order a coffee

Ordering a coffee is probably one of the first things you learn in English, and it can be very simple:

Can I have a coffee, please?

This way of ordering is absolutely **fine**. It's **perfect**, in fact! ✓

But today, I want to order a normal coffee in **advanced English**. And I know what you're going to say when you hear my order... "People never speak like that!" And I agree, especially for this lesson:

DO NOT order a coffee like I show in the most advanced examples!

But I wanted to make this lesson because—

1. **I wanted to see how far I could take it!**
2. **And more importantly for you, I think it's a fun and memorable way to introduce some advanced grammatical structures and vocabulary.**

Ready? We're going to move up through the levels.



LEVEL 1

Black coffee, please.

This is **the simplest way to order a coffee**. It's perhaps not the most polite way to order in a coffee shop, but if you're ordering as part of a group, after dinner, for example, I think it's fine. The addition of '**please**' at the end is important.

LEVEL 2

Can I have a black coffee, please?

Here, the request is formulated as a question using the modal verb 'can', which makes it more polite than the first one. You will often hear this said as—

*Can I **get** a black coffee, please?*

This is more common in **American English**, but it's making its way into British English. Some people don't like the use of 'get' here, but a lot of native speakers use it.

LEVEL 3

May I please have a black coffee with a splash of milk?

We're getting a little more complex now. This is a very polite way to order a coffee using the modal verb '**May**'. You can also replace 'may' with the modal verb '**could**', which is a more polite way to make requests than '**can**'.



You can also see that the word **'please'** has moved from the end to directly after **'May I'**. This front-loading of **'please'** emphasises the politeness of the request and sets a formal tone from the outset.

We are also now asking for **'a splash of milk'** —

- **splash** n /splæʃ/ - a small amount
 - *Rather than drowning the salad in dressing, Geraldine opted for a modest **splash** of balsamic vinegar.*

LEVEL 4

Could you kindly prepare a black coffee with a splash of milk and two sugars?

OK, we're getting closer to an **advanced level** (*and further from reality*) now. We have the modal verb **'Could'**, which I talked about in the third example. And instead of **'please'**, we can see the adverb **'kindly'**. This is another way to soften a request and make it more polite.

LEVEL 5

Would it be possible for you to brew a medium-sized black coffee with a splash of milk, two sugars and a sprinkling of cinnamon on top?

Alright, this one is even more polite and a bit poetic as well. **'Would it be possible...'** is a very polite way to form a question.

We also have some more advanced vocabulary, including—



- **to brew** v /bru:/ - to make a hot drink like coffee or tea
 - *Emily took great care **brewing** her pot of exotic oolong tea.*
- **sprinkling** n /'sprɪŋklɪŋ/ - a small amount of liquid or powder that is dropped onto a surface
 - *The recipe called for a **sprinkling** of cocoa powder atop the cappuccino foam.*

LEVEL 6

If it's not too much trouble, could you please craft a medium-sized black coffee, enriched with a splash of organic milk and precisely two cubes of raw sugar, while ensuring it's brewed to the optimum temperature, and then garnish it with a delicate sprinkling of cinnamon on top?

We're moving into **nightmare customer territory** now.

'**If it's not too much trouble...**' is a very polite way of asking someone to do something; we often add it to the beginning of a request.

Now we're asking for the barista '**to craft**' the coffee -

- **to craft** v /kra:ft/ - to make objects in a skilled way, especially with your hands
 - *Drawing from ancient techniques, the master glassblower **crafted** a series of delicate ornaments that shimmered in the sunlight.*

And the coffee is to be '**enriched**' with a splash of milk—



- **to enrich** v /ɪnˈrɪtʃ/ - means to make the quality of something better by adding something else
 - To **enrich** the soil and promote healthy plant growth, the gardener incorporated well-rotted compost into the flower beds.

Then, it is to be brewed to the **optimum** temperature -

- **optimum** adj /ˈɒptɪməm/ - the best possible
 - In wine-making, choosing the **optimum** moment to harvest the grapes is crucial for capturing the desired flavour profile.

You might hear the synonym 'optimal' /ˈɒptɪməl/ used in American English.

LEVEL 7

Would you be so kind as to commence the artisanal preparation of a medium-sized black coffee, sourced, if possible, from single-origin beans and brewed at precisely 89 degrees Celsius? It should be complemented with a splash of organic, locally sourced milk, sweetened to a modest degree with exactly two cubes of raw sugar and adorned with a subtle yet discernible sprinkling of hand-ground cinnamon. Finally, I request that it be presented in a ceramic mug featuring a handle ergonomically designed for a right-handed individual.

Someone is **definitely** going to spit in this customer's coffee.

Let's look at the grammar: '**Would you be so kind as to...**' is a very, very polite and formal way to make a request. And in the final sentence, you saw



the structure '**I request that it be presented**'. This sentence uses the **subjunctive mood**, which is a formal structure in English and appears after certain verbs, like '**request**'.

And the vocabulary:

- **to commence** v /kə'mens/ - to begin
 - *The university's academic year will **commence** with an orientation week designed to familiarise new students with campus life.*
- **artisanal** adj /ɑ:'tɪzənəl/ - prepared in a traditional way
 - *The resurgence of **artisanal** crafts is perceived as a response to the overabundance of mass-produced items.*
- **to complement** v /'kɒmplɪment/ - to go well with another thing and make it better
 - *Our interior designer chose muted earth tones to **complement** the natural light pouring in through the large windows.*
- **to adorn** v /ə'dɔːn/ - to add something decorative to a person or thing to make it more attractive
 - *To mark the festive season, the town square was **adorned** with strings of fairy lights and elaborate wreaths.*
- **subtle** adj /'sʌtl/ - not obvious or noticeable
 - *The aroma of the dish was **subtle**, featuring delicate notes of saffron and thyme that enhanced the dish without overwhelming it.*
- **discernible** adj /dɪ'sɜːnəbl/ - to be recognised
 - *Though the renovations were minor, they had a **discernible** impact on the overall aesthetic of the room.*

And finally, perhaps the most **egregious** request: ***an ergonomically designed handle***—

Lucy's Note

egregious = extremely bad in a noticeable way

- **ergonomically** adj /,ɜːgə'nɒmɪkli/ -
in a way that makes something, often equipment or furniture, comfortable and effective for people who use it
 - *The new gym equipment is **ergonomically** superior and allows users to maximise their output.*

Activity

Choose the correct answer for each question.

1) Excuse me, _____ you be so kind as to pass the salt?

- a. do
- b. would
- c. may

2) What is an 'optimum' temperature?

- a. the lowest possible
- b. the best possible
- c. the highest possible

3) "I request that it be presented..." is an example of which grammatical mood?

- a. indicative
- b. imperative
- c. subjunctive

4) The wine we have chosen _____ the meal perfectly.

- a. complements
- b. supplements
- c. discerns

5) _____ I have another cup of tea, please?

- a. Shall
- b. Must
- c. May

6) Which of the following is a very polite way to make a request?

- a. Get me a serviette.
- b. Would you be so kind as to get me serviette?
- c. Can you get me a serviette?

7) Which of these is a subtle sound?

- a. a siren blaring
- b. a cat purring
- c. a baby crying

8) What might you adorn a Christmas tree with?

- a. ornaments and lights
- b. fruits and vegetables
- c. cleaning supplies

9) The ceremony will _____ at noon.

- a. comments
- b. commence
- c. complements

10) My life has been greatly _____ by my friendship with Sarah.

- a. enriched
- b. garnished
- c. adorned

Answers:

1) b 2) b 3) c 4) a 5) a 6) b 7) b 8) a 9) b 10) c



How to Flirt at C1/C2 Level

It's time for you to iron your smartest outfit and shine up your shoes because in today's lesson, you are going to learn advanced English to master the art of flirting and dating. We'll explore how to use real British slang and phrases for dating, making your language as charming as your intentions. Get ready to learn how to express interest and invite someone on a date with style and confidence. Let's get started!

Level 1

This lesson is extra special because, unlike my videos about ordering a coffee or in McDonald's at a C1 or C2 level, today's lesson is actually quite realistic.

I think you could say these things and get a date if you were in the UK. And that's because we're focusing on **advanced British slang** today.

The first one is a baseline - it doesn't have any slang. It's just a starting point so you can make comparisons with later passages.

**My friend doesn't think you'll agree to go on a date with me.
But I'd love to take you out for dinner sometime.**

Level 2

Now, let's add some advanced **slang** in text two.

I've been wanting to ask you out all night, but my mate told me I had no chance of getting a date with you. He'll be absolutely speechless if you say yes. So, you wanna get a bite to eat? No pressure.



So, did you understand all of that? It wasn't too advanced, but there are a few words I want to look at.

The first is **'mate'**, which means **'friend'**. It's common in British English but is even more common in Australian English.

1. **mate** /meɪt/ - friend

- My **mates** encouraged me to ask you out.

The second word is the **informal contraction 'wanna'**.

2. **wanna** /'wɒnə/ or /'wʌnə/ - the informal contraction of 'want to'

- Do you **wanna** go for a drink sometime?

And the final phrase from that text is **'a bite to eat'**. Notice the pronunciation.

In fast speech, when one word **ends in a vowel**, and **the next one starts with a vowel**, we often add an extra sound to make it easier to say. In this case, **the extra sound is /w/** - /ə baɪt tu (w) i:t/.

3. **a bite to eat** /ə baɪt tu (w) i:t/ - a small meal, also used in conversation to ask if someone wants to go out for something to eat, not necessarily something small

- Fancy getting **a bite to eat** at the local pub?

Note: You will also often hear **'a bite'** on its own.

- Fancy **a bite** later?

Before I move on, I also want to talk about this question: **You wanna get a bite to eat?**

You might have noticed that **'Do' is missing** from the beginning of that question. (Do you wanna get a bite to eat?) In informal speech, we often omit auxiliary verbs like **'do'** from questions.

Level 3

You are by miles the most stunning person in the room, and I've been weighing up whether to come over all night. My mate over there, the slightly trolleyed one, told me I didn't have a chance in hell of getting you to go out with me. He's gonna be gobsmacked if you agree. So, what do you reckon? You wanna go out for a slap-up meal sometime? No worries if not.

How did you do with that one? It's definitely getting more advanced. Let's look at some of the vocabulary together.

The first phrase is '**by miles**'.

4. **by miles/far** /baɪ maɪlz/faː/ - by a very large amount
- You're the funniest person I've ever met **by miles**.

No, you cannot use '**kilometres**' in this phrase. You must use '**miles**' or you are going to get some pretty interesting looks from people.

5. **to weigh up** /ˌweɪ (j) 'ʌp/ - to think carefully about doing something before making a decision
- I was **weighing up** if I should ask her out because I'm sure she's going to say no.

There is another linking sound in that phrase - /j/. /ˌweɪ (j) 'ʌp/

6. **trolleyed** /'trɒlɪd/ - colloquial expression meaning very drunk
- Ben's **trolleyed**. Get him a taxi.



Lucy's Tip!

In British English, 'slightly' is sometimes used for emphasis in an ironic way. In our text above, 'the slightly trolleyed one' means that my mate is actually very drunk, not just a little. This is classic British understatement at its finest.

7. **to not have a chance in hell** /nɒt hæv ə tʃɑ:ns ɪn hel/ - to not have a chance

- There **is no chance in hell** that he will go on a date with you.

We also use this phrase with '**to be**' as you saw in the example sentence. The example also demonstrates British **banter** - we often say these kinds of things to close friends, knowing they will know that it's a joke.

Other alternatives to this phrase -

- **to not have a chance** ('hell' is omitted)
- **to not stand a chance**

8. **gonna** /'gənə/ - the informal contraction of 'going to'

- You **gonna** ask him out or not?

Another great British slang word in the text was '**gobsmacked**'. Your **gob** is your mouth, but that's a very informal word, and it's not very polite.

9. **gobsmacked** /'gɒbsmækt/ - so surprised that you can't speak

- I was **gobsmacked** when he turned up to our date wearing a tuxedo!

And the final word I want to point out from that text is the adjective '**slap-up**', which often comes before the word 'meal'

10. **slap-up** /'slæp ʌp/ - a very large and delicious meal

- I'd love to take you out for a **slap-up** meal sometime.



Level 4

My mate - the tipsy one by the bar - is absolutely sick of me banging on about how stunning you look and told me to shut my cakehole and do something about it. Anyway, I decided, nothing ventured, nothing gained, so I'm here to ask you out for dinner. He'll be floored if you say yes (maybe literally - he's more than tipsy, to be honest). And I'll be well chuffed to get a date with the fittest person in London. No stress if you don't fancy it, though.

How was that one? It was packed full of slang, so let me break some of it down for you.

Our first phrase is **'to be sick of something'**. You will also hear people say, **'I am sick of it'**.

11. **to be sick of sth. (or somebody)** /bi: sɪk əv/ - to be bored of something because it is annoying

- **I'm sick of you talking** about Dylan. Either ask him out or stop.

There are also other phrases you could use that have similar meanings:

- **to be sick and tired of something**
- **to be sick to the back teeth of something** (British English)
- **to be sick to death of something**

12. **to bang on about sth./sb.** /ˌbæŋ 'ɒn ə'baʊt/ - to talk for a long time about something in a way that is annoying

- Ruth's been **banging on about her date** for hours.



The next word is perhaps the funniest one on my list: **'cakehole'**, though it's not a very polite word.

13. **cakehole** /'keɪkhəʊl/ - British slang for mouth

- Shut your **cakehole**!

'Cakehole' literally refers to the hole in which you put cake. In American English, they often say **'piehole'**, which maybe means that Americans prefer pie over cake.

14. **nothing ventured, nothing gained** /'nʌθɪŋ 'ventʃəd 'nʌθɪŋ geɪnd/ - a proverb meaning you have to take risks to achieve something or get something good

- Just ask Ravi on a date! **Nothing ventured, nothing gained.**

Next, I want to look at the verb **'to floor'**. You saw this phrase in the passive voice, 'He'll be floored', but you can also use it in the active voice.

15. **to floor** /flɔː/ - to confuse or surprise someone so much that they don't know what to say

- Amelia **floored** me when she asked me if I wanted to dance. I didn't think she knew who I was.

16. **chuffed** /tʃʌft/ - very happy, proud or satisfied

- I was really **chuffed** when Tom gave me his phone number.

We often say 'well chuffed' or 'chuffed to bits' for emphasis.

Keep in mind that it's not traditionally grammatically correct to use 'well' like this, but it's a common feature in many dialects.



17. **fit** /fɪt/ - physically attractive

- We met some really **fit** guys at the pub last night.

And here's a final bonus term for you -

- **tipsy** /'tɪpsi/ - slightly drunk
 - I'm not drunk, I'm just **tipsy**!



Activity

Choose the correct answer for each question.

1) You were _____ the most stunning person at the wedding - more so than the bride.

- a. long and goodbye
- b. far and gone
- c. by miles

2) What does the informal contraction 'wanna' stand for?

- a. want to
- b. was not
- c. will not

3) The idiom 'to not have a chance in hell' means:

- a. to be very religious
- b. to have a good chance
- c. to have no chance

4) If you say yes to a date, he'll be absolutely _____.

- a. gobsmacked
- b. trolleyed
- c. slapped up

5) 'Chuffed' means:

- a. embarrassed
- b. very happy or proud
- c. disappointed

6) Do you fancy getting a _____ at the curry spot up the road?

- a. bite to eat
- b. mate
- c. cakehole

7) I've been _____ up whether to ask you out all night.

- a. giving
- b. making
- c. weighing

8) I'm _____ of hearing about his new car.

- a. sick
- b. excited
- c. ill

9) To 'bang on about' something means to:

- a. talk briefly about it
- b. talk annoyingly for a long time about it
- c. completely ignore it

10) Are you _____ walk me home or not?

- a. gonna
- b. wanna
- c. must

Answers:

1) c 2) a 3) c 4) a 5) b 6) a 7) c 8) a 9) b 10) a



How to Break Up at C1/C2 Level

It is time to gather your thoughts and steady your heart because we are venturing into the delicate territory of ending relationships using advanced C1/C2 level English. We'll unravel clichés, translate indirect phrases and learn how to express advanced phrases with clarity. I am going to help you navigate the tricky waters of breaking things off with honesty and sensitivity. So, brace yourself for an emotional yet enlightening English journey.

Clichéd Breakup Lines

Before I get into the speeches that I've created to break up with someone, I want to talk about a few **clichés** that you might have heard in films or on TV or read in books (or maybe you've heard them in real life, though I hope not).

- **cliché** /'kli:ʃeɪ/ - a phrase or an opinion that has been used so many times that it is not interesting and doesn't have much meaning any more

These are phrases people often say to end a relationship, but they don't usually express what the speaker really means. So I'm going to translate them for you.

It's not you. It's me.



Translation: It's you.

I love you. I'm just not in love with you.



Translation: I see you as a friend.

I need space.



Translation: I need space away from you.



I don't think they're good ways to break up with someone. It's much better to **be direct**. Here is a very basic way to break up with someone:

Level 1

I'm not happy. This isn't working. We need to break up.

Now, I'm going to take that as a baseline for my super advanced ways to break up with someone.

Before I start, I need to add my disclaimer, as I have done before almost all of these C1/C2 videos.

The following texts are not realistic. These texts are just fun ways for me to teach you some useful advanced vocabulary and grammatical structures in a memorable way.

Level 2

You're a fantastic person, and I've treasured the moments we've shared. But I've been reflecting a lot lately, and it's become clear that we're as different as chalk and cheese. Let's call a spade a spade – our paths are heading in completely different directions. The odds are that we're just going to make each other miserable in the future. This has been as good a relationship as I've ever had, but I think we have to acknowledge reality and go our separate ways.



● Vocabulary

That's a fairly advanced text, and there's a lot to unpack there. First, there were two idioms that I want to point out.

The first is '**chalk and cheese**', which means **completely different**. We can say people or things '**are like chalk and cheese**' or '**are as different as chalk and cheese**'.

Notice the pronunciation of '**and**' - in this phrase, I drop the /d/ sound and say /ən/ - /tʃɔ:k ən tʃi:z/.

We call 'chalk and cheese' a **binomial**. In a binomial, there are two words separated by a conjunction. The conjunction is often '**and**'. The word order is usually fixed; it's always **chalk and cheese**, never cheese and chalk.

Chalk and cheese is an **alliterative** phrase, meaning the two words start with the same sound: /tʃ/ /tʃ/. There are lots of other binomials in English, and they are not always idioms like in this case.

They include ones that use -

- **synonyms** — pride and joy /praɪd ən dʒɔɪ/
- **opposites** — ups and downs /ʌps ən daʊnz/

1. **chalk and cheese** /tʃɔ:k ən tʃi:z/ - completely different

- Even though they are twins, Max and Charlie are like **chalk and cheese**.

The other idiom I want to talk about is **to call a spade a spade**.

2. **to call a spade a spade** /kɔ:l ə speɪd ə speɪd/ - to tell the truth and say exactly what you think, even if it's not polite

- Let's **call a spade a spade**, this cake is burnt.



Here are some additional advanced words and phrases from the text.

- **to treasure** /'trezə/ - highly valued or important
 - He lost his **treasured** necklace while swimming in the ocean.
- **to go one's separate ways** /gəʊ wʌnz 'seprət weɪz/ - to start moving or acting independently of each other; to part company
 - After graduation, the friends promised to keep in touch even as they **went their separate ways**.

● Grammar & Structure

- **the odds are** - /ðɪ: (j) ɒdz ɑ:/

The first structure I want to touch on is '**the odds are**'. This is a phrase we use to say how likely it is that something will happen.

You saw this phrase in the sentence, 'The odds are that we're just going to make each other miserable in the future', meaning it's likely that this will happen.

- **The odds are** that Jane and Ellie will break up soon.

- **Comparative**

The second phrase is an advanced comparative: '**as good a relationship as**'.

You saw this in the sentence, 'This has been as good a relationship as I've ever had.'

This means that the relationship was **as good as** or **equally as good as** any other relationship the person has had.



The structure is -

as + adjective + a/an + noun + as

- You're as patient a partner as I could wish for.
- You're as perfect a match as I could ever hope for.

Level 3

Our relationship has experienced its share of waxing and waning. You know that I've always had a jealous streak, but lately, I've been feeling like there's a lack of trust between us. It's been an honour to have been part of your life, and I've cherished our time together. However, given that trust is fundamental, we would be better off parting ways.

● Vocabulary

OK, now let's look at some of the vocabulary in that text.

The first one I want to mention is **to wax and wane**, which you saw in the text as 'waxing and waning'. This is another binomial with two words with opposite meanings.

To wax means to grow stronger, and **to wane** means to grow weaker. It comes from the phases of the moon - when the moon is getting bigger, it's **waxing**; when it's getting smaller, it's **waning**.



3. **to wax and wane** /wæks ən weɪn/ - to increase and then decrease in strength or importance
- The popularity of the television show tended **to wax and wane** over the years.

Next, I want to point out a strong collocation: a **jealous streak**. A 'streak' is a **characteristic**, often an unpleasant one. If someone has a jealous streak, they have a tendency to be jealous. Other strong collocations include -

- a stubborn streak
 - a vicious streak
 - an independent streak (this one can be used positively or negatively.)
4. **a jealous streak** /ə 'dʒeləs stri:k/ - a tendency to feel envious or resentful
- You've been having quite the **jealous streak** since Chelsea has been spending more time with her coworkers.

Here are a few more additional terms I think you should know.

- **to cherish** /tʃerɪʃ/ - to feel or show great love for something; to value highly
 - She cherishes the time spent with her family above all else.
- **to be better off** /bi: 'betər ɒf/ - to be in a more favourable or advantageous position
 - He realised he was better off working as a freelancer than in his previous job.
- **to part ways** /pɑ:t weɪz/ - to end a relationship or association, typically by mutual agreement
 - After the project was complete, the team members parted ways, each moving on to different ventures.



● Grammar & Structure

• Conditionals

Finally, I want to touch on an **advanced conditional sentence** from the text. You saw, 'Given that trust is fundamental, we would be better off parting ways.'

'**Given that**' means when you consider that...

- **Given that** Helen is in love with you, she will be devastated when you break it off.

Level 4

It seems that our paths in life are diverging. We've indisputably had some incredible moments together, but it's imperative that I be true to myself. Recently, it's become apparent to me that variety is the spice of life, and I feel a powerful need to explore diverse relationships. This decision hasn't been taken lightly, but it's essential for both of us to prioritise our individual happiness and fulfilment.

● Vocabulary

Good riddance! What a horrible speech for a breakup. Horribly advanced, too. Let's take a look at some of the vocabulary and structures I used in that text.



First, I want to highlight the verb **'to seem'**. This isn't an advanced verb, so you may already know that it means to appear.

One common use of this verb is to make what we are saying less forceful, often when we are not sure whether what we're saying is true or if we want to be polite. This is a skill we call **hedging**.

You often see 'to seem' in the structure **It seems that...** or **It seems to me that...**

5. **to seem** /si:m/ - to appear

- It **seems** to me she's not entirely happy in her relationship these days.

The next word I want to draw your attention to is **'indisputably'**.

The adverb 'indisputably' emphasises or boosts what we are saying. Other similar adverbs include **undeniably** /ˌʌndɪˈneɪəbli/ and **unquestionably** /ʌnˈkwestʃənəbli/.

Hedging and boosting are important skills to learn when you reach an advanced level in English and in academic writing. We cover them in my C1 programme.

6. **indisputably** /ˌɪndɪˈspju:təbli/ - in a way that is true or cannot be disagreed with

- It is **indisputably** true that regular exercise benefits overall health.

Now, I want to talk about the phrase **'variety is the spice of life'**. It's a **proverb** and is probably one of the worst things you can say during a breakup.



7. **variety is the spice of life** /və'raɪəti (j) ɪz ðə spaɪs əv laɪf/ - new things and changes make life more interesting

- Val loves to travel to new countries because, as they say, **variety is the spice of life**.

Here's an additional term from our text.

- **to diverge** /daɪ'vɜ:dʒ/ - to go in separate directions
 - The conversation started about movies but quickly **diverged** into a discussion about politics.

● Grammar & Structure

• The Subjunctive

There are two grammatical structures I want to cover now. The first was in this sentence: **It's imperative that I be true to myself.**

You can see **I be** instead of the more usual **I am**. This is an example of the **subjunctive mood**, which we use to **express possibilities and wishes**.

If we use the subjunctive mood in the present tense with the verb 'to be', we **use 'be' for all subjects**.

I be	you be	she be	he be	it be	we be	they be
------	--------	--------	-------	-------	-------	---------

For all other verbs, we use the base form with all subjects, so instead of **she goes**, the subjunctive is **she go**. Here are a couple more examples:

- I propose that **you be** completely honest about the reasons you want to break up.
- It's my recommendation that **she end** the relationship immediately.

The subjunctive mood is **formal and impersonal**. In modern usage, it's not particularly common, and people will often say, 'It's imperative that I am true to myself', for example. But this video is all about advanced English, and the subjunctive is super advanced!

- **The Passive Voice**

Finally, I want to look at **the passive voice**. You saw it in this sentence: This decision hasn't been taken lightly.

'Hasn't been made' is an example of the present perfect simple passive voice:

has [not] been + past participle

In this case, the passive voice makes the sentence **very impersonal** by not naming the person who made the decision. It's more commonly heard from leaders, like politicians or people in business, who don't want to take responsibility for something. I really hope you don't ever hear this used when someone is breaking up with you!

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Activity

Choose the correct answer for each question.

1) 'The odds are' is a phrase used to:

- a. place a bet
- b. indicate likelihood
- c. show certainty

2) The passive voice is typically used to:

- a. highlight the subject of the action
- b. make the statement more direct
- c. remove emphasis from the subject of the action

3) Our interests are as different as _____.

- a. chalk and cheese
- b. ups and downs
- c. salt and pepper

4) I've come to realise that _____, and I need new experiences.

- a. spice is the best teacher
- b. journey is like life
- c. variety is the spice of life

5) Your argument is _____ true.

- a. indirectly
- b. indisputably
- c. indiscreetly

6) In the sentence 'It's imperative that I be true to myself,' the phrase 'I be' is an example of:

- a. incorrect grammar
- b. subjunctive mood
- c. the future tense

7) 'To wax and wane' generally refers to:

- a. changing in intensity
- b. polishing and cleaning
- c. working hard and relaxing

8) Which of these is a common cliché for ending a relationship?

- a. "Let's have dinner sometime."
- b. "It's not you. It's me."
- c. "I think we're too similar."

9) While we have had our good times, it seems that _____.

- a. we are the same as before
- b. we are closer than ever
- c. our paths are diverging

10) Let's _____ and admit we are not compatible anymore.

- a. call a spade a spade
- b. beat around the bush
- c. make a scene

Answers:

1) b 2) c 3) a 4) c 5) b 6) b 7) a 8) b 9) c 10) a

