



LIFE HACKS



Scan to review worksheet

Expemo code:
15RF-Z7J9-UP2S

1 Warm up

These pictures show problems people have with their clothes and shoes. Match the words with the pictures.

A) My shoes are too tight.

B) I've lost a button.

C) My shoes smell bad.

D) My clothes have wrinkles.

E) My white trainers look dirty.

F) My trainers always get wet in the rain.

G) My zip is stuck.

H) I've lost a sock in the washing machine.



1)



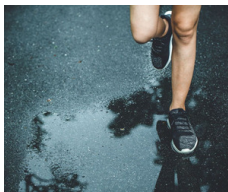
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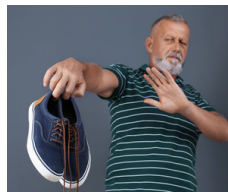
4)



5)



6)



7)



8)

- Which three problems do you think are the most serious? Why?
- Can you suggest solutions to any of these problems?



2

Listening

A *life hack* is a good solution to an everyday problem. Match each problem from the Warm up with something that we can use as a life hack. Listen to the podcast to check your ideas.



Part 1



1) a mesh bag



2) clear nail varnish



3) a candle



4) ice cubes

- A) lost buttons
- B) lost socks
- C) clothes with wrinkles
- D) stuck zip

Part 2



1) teabags



2) beeswax



3) toothpaste



4) newspapers

- A) tight shoes
- B) smelly shoes
- C) wet trainers
- D) dirty trainers



Listen again and choose the correct option to complete the sentences.

1. Keep your socks together in the washing machine **by / with** placing them in a mesh bag.
2. Mark, to **stopping / stop** buttons falling off your clothes, you can paint the threads with clear nail varnish.
3. Vicky, in order **to / that** get a stuck zip moving again, you should use a candle or pencil.
4. **About / For** wrinkle-free clothes, put ice cubes in the dryer.
5. This works **so / because** the ice melts and turns into steam, which removes wrinkles.
6. **In / For** order to remove bad smells from your shoes, just place dry tea bags inside them and leave them overnight.
7. Paint your trainers with melted beeswax **you / to** make them waterproof.
8. For super-white **trainers / clean**, put toothpaste on an old toothbrush and use this to clean your shoes.
9. You can make tight shoes fit better by **put / putting** wet newspaper inside and leaving them to dry.

Which of these life hacks do you think is the best?

3

Language point

There are several different ways to explain how or why we do something. Read the examples and information and choose the best option to complete the sentences.

Part 1

- **To stop** buttons falling off your clothes, you can paint the threads with clear nail varnish.
- Paint your trainers with melted beeswax **to make** them waterproof.
- **In order to get** a stuck zip moving again, you should use a candle or pencil.
- **In order to remove** bad smells from your shoes, just place dry tea bags inside them and leave them overnight.

These sentences have two parts.

1. We use *to/in order to* + verb **to explain how to get a result / what result we want**.
2. In the other part of these sentences we explain **how to get a result / what result we want**.
3. If we explain how first and the result second, we **need / don't need** a comma in the sentence.
4. **To + verb / In order to + verb** is more formal.



Part 2

- Keep your socks together in the washing machine **by placing** them in a mesh bag.
- **For wrinkle-free clothes**, put ice cubes in the dryer.
- **For super-white trainers**, put toothpaste on an old toothbrush and use this to clean your shoes.
- You can make tight shoes fit better **by putting** wet newspaper inside and leaving them to dry.

1. We can use **by / for** to explain how to get a result.
2. We can also use **by / for** to explain what result we want.
3. In these sentences, for is followed by a **noun phrase / clause (subject + verb)**.
4. In these sentences, by is followed by a **noun / verb + -ing**.

Part 3

For wrinkle-free clothes, put ice cubes in the dryer. This works **because** the ice melts and turns into steam, which removes wrinkles.

We also use because to explain why. The word because introduces **what result we want / the reason that something happens**.

How do you explain reasons and results in your language?



4 Practice

Read the ideas for the home and garden episode of the *Life Hacks* podcast. Add one missing word to each sentence in the correct place, as in the example:

In to remove chewing gum from your carpet, use a bag of ice to freeze it.
In order to remove chewing gum from your carpet, use a bag of ice to freeze it. (The gum will break when it gets cold and then you can remove it easily.)



1) cutting



2) roots



3) sponge



4) stockings



5) vacuum cleaner



6) vinegar

1. Stop a pot boiling over on your cooker, place a wooden spoon across the top.
2. Find lost earrings at home covering the end of your vacuum cleaner with the end of a stocking.
3. A clean shower head, fill a plastic bag with vinegar and water and tie it around the shower head overnight.
4. Order to get your mirrors really clean, use old newspapers.
5. Push rose cuttings into a small potato before you plant them help them develop healthy roots.
6. Cut up old sponges and put them in the bottom of a plant pot. This is important too much water can be bad for your plant's roots.
7. Healthier houseplants, use the water from cooking eggs or vegetables to water them.
8. Keep plant leaves clean and shiny cleaning them with a mixture of milk and water.

Which of these hacks is new for you?



5 Speaking

Work in A/B pairs. Student A: look at this page. Student B: look at the next page.

You are going to help your partner with their problems related to phones and computers. First, put the words in order to make sentences about life hacks that will help them.

a paper clip. / card tray, / In order / the Sim / to open / use /

1. _____

airplane mode. / by / charge faster / Make / putting it on / your phone

2. _____

a clean computer keyboard, / between the keys. / For / sticky notes / to get / use

3. _____

an old toilet / by / each one inside / Organise / paper roll in a box. / putting / your cables and chargers

4. _____

close to your face. / isn't too / make sure / protect your eyes, / the screen / To

5. _____

Then take turns to read your own problems below to your partner. Listen and tell your partner the life hack that matches each of their problems. Listen carefully because the problems are not in the same order as the life hacks on your paper.

Student A: you have problems related to work.

1. I often feel too tired to do my work.
2. I find it difficult to focus on my work.
3. I get really stressed when my work isn't perfect.
4. I've got too much to do at work, but people keep asking me for help.
5. There are often extra "surprises" at work that I have to deal with, and these make me late with my other tasks.

- Which life hack is the most helpful for you?
- Can you think of any other life hacks for any of the problems you talked about?



Work in A/B pairs. Student B: look at this page.

You are going to help your partner with their problems by explaining some life hacks related to work. First, put the words in order to make sentences about life hacks that will help them.

at work by / notifications / on your computer. / Stay focused / the e-mail / turning off

6. _____

avoid taking on / learn how to / To / too much / say no politely. / work,

7. _____

at work, / extra "surprises" / In order / in your plans. / leave some extra time / to deal with

8. _____

at work, / focus on / For / good mental health / rather than "perfect." / results that are "good enough"

9. _____

by / during the day / energy levels / high / Keep / taking regular breaks.

10. _____

Then take turns to read your own problems below to your partner. Listen and tell your partner the life hack that matches each of their problems. Listen carefully because the problems are not in the same order as the life hacks on your paper.

Student B: you have problems related to phones and computers

1. I often eat at my desk and my computer keyboard is so dirty.
 2. I use a computer all day and I'm worried about my eyes.
 3. I've got so many cables and chargers for my phones and computer equipment. What should I do with them all?
 4. I've lost the special tool that opens the Sim card tray on my phone.
 5. My phone charges really slowly.
- Which life hack is the most helpful for you?
 - Can you think of any other life hacks for any of the problems you talked about?



6

Extra practice/homework

Match the sentence halves to make more life hacks about health and hygiene.

- | | |
|--|---|
| 1. Because cold water lifts your mood, | a. because sitting down too much is very unhealthy. |
| 2. Cut down on salt without losing flavour by | b. cut a fresh lemon or orange into two halves and rub it onto your skin. |
| 3. For clean teeth without brushing, | c. drying it with a cotton T-shirt instead of a towel. |
| 4. Make your hair smooth and easy to manage by | d. finish your shower with 2-3 minutes of water at around 20 degrees C. |
| 5. Organise regular walking meetings at work | e. for a bonus workout. |
| 6. To increase your monthly exercise time, | f. just eat an apple. |
| 7. In order to smell fresh without using deodorant, | g. take the stairs instead of the lift. |
| 8. Try standing on one foot while you brush your teeth | h. using chilli or curry powder on your food. |

Test yourself. Cover the second halves of the sentences. Read the first halves and try to remember the second halves. Then cover the first halves of the sentence and try to remember them.



7

Optional extension

Review some of the vocabulary from the life hacks in this lesson by finding twelve words in this grid. The words can appear horizontally, vertically and diagonally. Use these clues to help you.



1. You use this for getting stuck zips to move _____
2. This is a food and something you can use for cleaning _____
3. This is the part of the plant that is under the ground _____
4. You usually need a hot iron to take these away _____
5. This is a small piece of a plant _____
6. This is a type of bag that you use when you do laundry _____
7. You use this to make a hot drink _____
8. You wear these on your legs _____
9. You usually use this for cleaning in the kitchen or the bathroom _____
10. A ... cleaner is a machine for cleaning carpets and floors _____
11. This is something you can use to keep buttons on (2 words) _____
12. Use this to keep your trainers dry _____

Which three of these words are the most important for you to remember? Why?