

1 Match the definitions with the phrases in the box.

a roller-coaster ride of emotions be economical
with the truth be getting on a bit
be on the streets have a heart of gold
pull yourself together ~~put to sleep~~
run like clockwork

- 1 to kill an animal that is very ill or old so that it doesn't suffer any more put to sleep
- 2 to have a kind and generous character
- 3 to become calm and behave normally after being angry or upset
- 4 to tell lies
- 5 a series of emotions that change very quickly
- 6 becoming old
- 7 to happen exactly as planned, without any trouble
- 8 to be homeless

2 Choose the correct options to complete the sentences.

- 1 When I collected my old suit from the dry cleaners it looked as good as new / *clear as a bell*.
- 2 You need to be as *safe as houses* / *quiet as a mouse* so we don't wake everyone up.
- 3 Have you seen him work out at the gym? He's as *solid as a rock* / *an absolute star*.
- 4 I'm *between jobs* / *getting cold feet* at the moment because I left the café last week and I don't start at the hotel until next month.
- 5 I've never been to such a fancy restaurant before, so I *leave a lot to be desired* / *feel like a fish out of water*.
- 6 He's been as *sick as a dog* / *sweet as pie* ever since he ate those oysters on Friday.
- 7 This is a very family-oriented neighbourhood so you'll be as *solid as a rock* / *safe as houses* here.
- 8 Look! Here he comes, *regular as* / *run like clockwork*, every Friday night at 6 o'clock.
- 9 The internet speed on the new broadband is *as light as a feather* / *as quick as lightning*.
- 10 This website goes live on tomorrow so we need to work *quick as lightning* / *our socks off* today.

3 Rewrite the sentences so they have the same meaning. Use the word(s) in CAPITALS, a word from the box and up to THREE other words.

black clear good leaves light
suffer sweet white

- 1 When you spoke on stage your voice was loud and easy to understand. BELL
When you spoke on stage your voice was as clear as a bell.

- 2 I thought the children behaved very well, they were quiet all through the play. GOLD
I thought the children were, they were quiet all through the play.
- 3 Are you feeling OK? You look very pale. SHEET
Are you feeling OK, you've gone ?
- 4 Pay attention in class, Mr Robinson isn't patient with students that don't concentrate. FOOLS
Make sure you pay attention in class, Mr Robinson
- 5 Your rucksack is very light today, where are all your books? FEATHER
Your rucksack is today, where are all your books?
- 6 I wonder what's wrong, Mr Johnson looks angry. THUNDER
I wonder what's wrong, Mr Johnson has a face
- 7 I met Lisa today, she is so chatty and friendly. PIE
I met Lisa today, she is
- 8 I'm afraid your work is not good enough, so you need to try a lot harder. BE DESIRED
I'm afraid your work, so you need to try a lot harder.

4 Complete the conversation with the words and phrases in the box.

advocate are an absolute star campaigner
deeply committed get cold feet recruits
spokesperson stands up to takes no prisoners
the gist

- Joseph:** So which teenage ¹ campaigner should we choose for our presentation?
- Anne:** I'd like to pick one that is ² to helping the environment.
- Joseph:** OK, good idea. What about Helena Gualinga, she's an ³ for the protection of rainforests, isn't she?
- Anne:** Yes, that's right. She grew up in Ecuador, I think. I get the impression she ⁴ I mean, she's only a teenager and yet she ⁵ the huge oil companies.
- Joseph:** She's amazing, isn't she? I don't know that I could do that. I think I'd ⁶
- Anne:** Hmm. Veer Kumar Mattabedul is also very inspiring. He's a ⁷ for keeping the ocean clean. He even ⁸ swimmers to help with his ocean clean ups.
- Joseph:** Oh look, here's an article about him. I'll read this and tell you ⁹ of it on Monday.
- Anne:** You ¹⁰ That would be great.

1

- 2 have a heart of gold
- 3 pull yourself together
- 4 be economical with the truth
- 5 a roller-coaster ride of emotions
- 6 be getting on a bit
- 7 run like clockwork
- 8 be on the streets

2

- 2 quiet as a mouse
- 3 as solid as a rock
- 4 between jobs
- 5 feel like a fish out of water
- 6 sick as a dog
- 7 safe as houses
- 8 regular as clockwork
- 9 as quick as lightning
- 10 our socks off

3

- 2 as good as gold
- 3 as white as a sheet
- 4 doesn't suffer fools gladly
- 5 as light as a feather
- 6 as black as thunder
- 7 as sweet as pie
- 8 leaves a lot to be desired

4

- 2 deeply committed
- 3 advocate
- 4 takes no prisoners
- 5 stands up to
- 6 get cold feet
- 7 spokesperson
- 8 recruits
- 9 the gist
- 10 are an absolute star