

Binomials

TEACHER'S COPY

Extract 1

I'll be honest, I woke up this morning and I just felt sick and tired of it all. I mean, it's not just the dark mornings and the cold, more just a bit of a low feeling. I know I'm never really the life and soul anymore but still, this is not my normal level, like everyone I have ups and downs, but this is more of a down than an up.

Extract 2

But, I'm lucky really if I think about it, every night I get home from work safe and sound and though work has its pros and cons, lots of people hunt high and low for a job and just never find one, so I should probably count my lucky stars.

Check your version against this original, pay attention to the punctuation

“I’ll be honest, I woke up this morning and I just felt sick and tired of it all. I mean, it’s not just the dark mornings and the cold, more just a bit of a low feeling. I know I’m never really the life and soul anymore but still, this is not my normal level, like everyone I have ups and downs, but this is more of a down than an up.”

1. Which word pairs are in the text? (underline them)
 2. What effect do these word pairs have on the text?
 3. Do they belong more in formal or informal writing?
 4. Why would you want to use them?
 5. Is there any other language which would make it informal? (Highlight it)
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Try to predict the missing words

“But, I’m lucky really if I think about it, every night I get home from work safe and _____ and though work has its pros and _____, lots of people hunt high and _____ for a job and just never find one, so I should probably count my lucky stars.”

Listen to check

Try to fill in the table below.

facts	and	<i>fiction</i>
	and	cons
life	and	
	and	downs
swings	and	
	-and-	go
law	and	
	and	span
to	and	
	and	low
	and	
	and	

Can you think of any others to fill the gaps?

spick fro fiction order touch

soul roundabouts ups high pros

Collocations

Which of our word pairs would go with this verb / phrase?

“A matter of _____ and _____”

Try to match verbs which could go with the other word pairs,

e.g. hunting / searching high and low

<http://phrasesinenglish.org/searchBNC.html>

This website might help you

Make a note of them in your vocab notebook.

Punctuation

Have a look at the text below and try to put in the missing punctuation (there are 14!)

Ill be honest I woke up this morning and
I just felt sick and tired of it all I mean
its not just the dark mornings and the
cold, more just a bit of a low feeling I
know Im never really the life and soul
anymore but still this is not my normal
level like everyone I have ups and
downs but this is more of a down than
an up

Now check with the original.