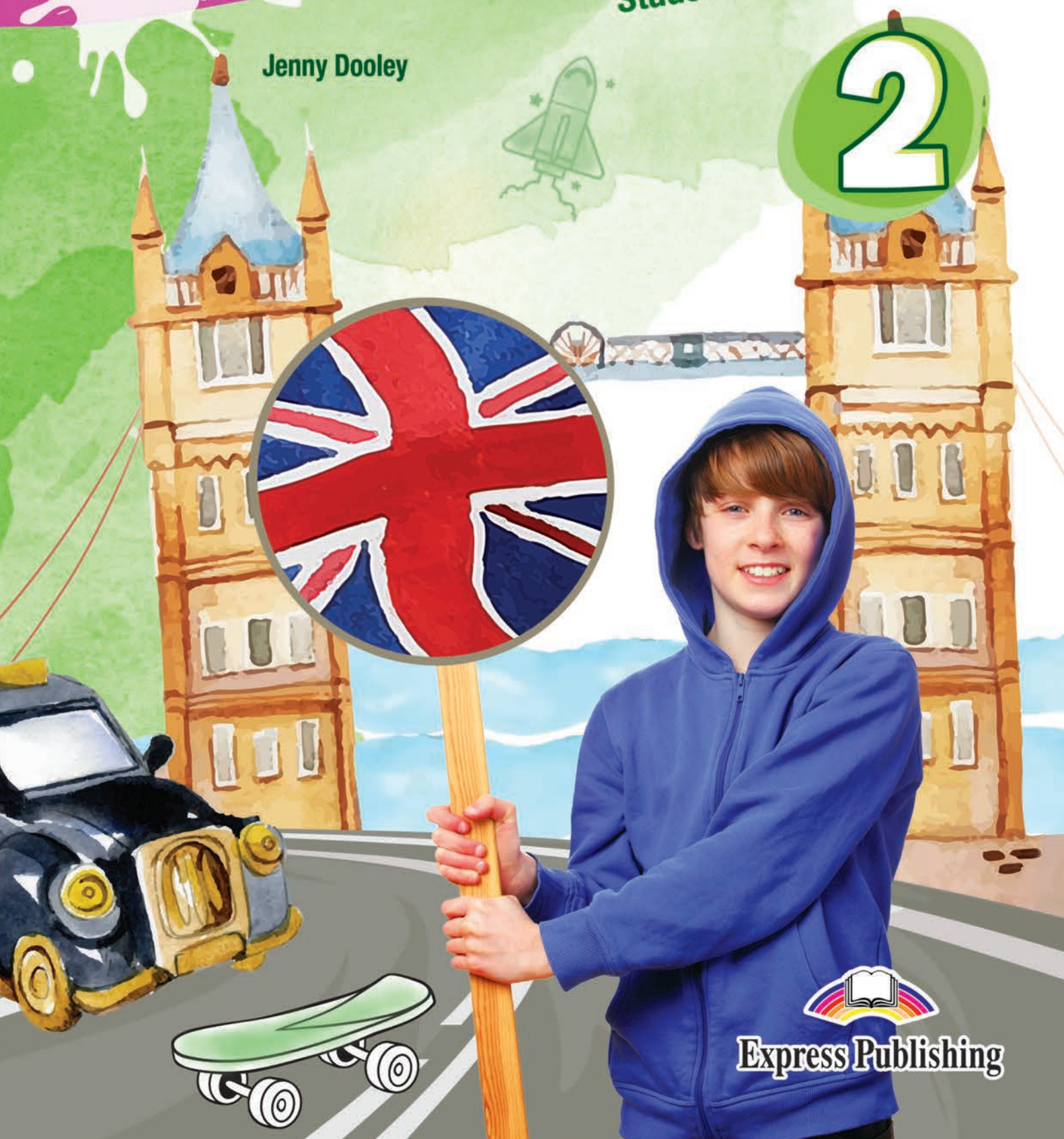


Right on!

Student's Book

Jenny Dooley

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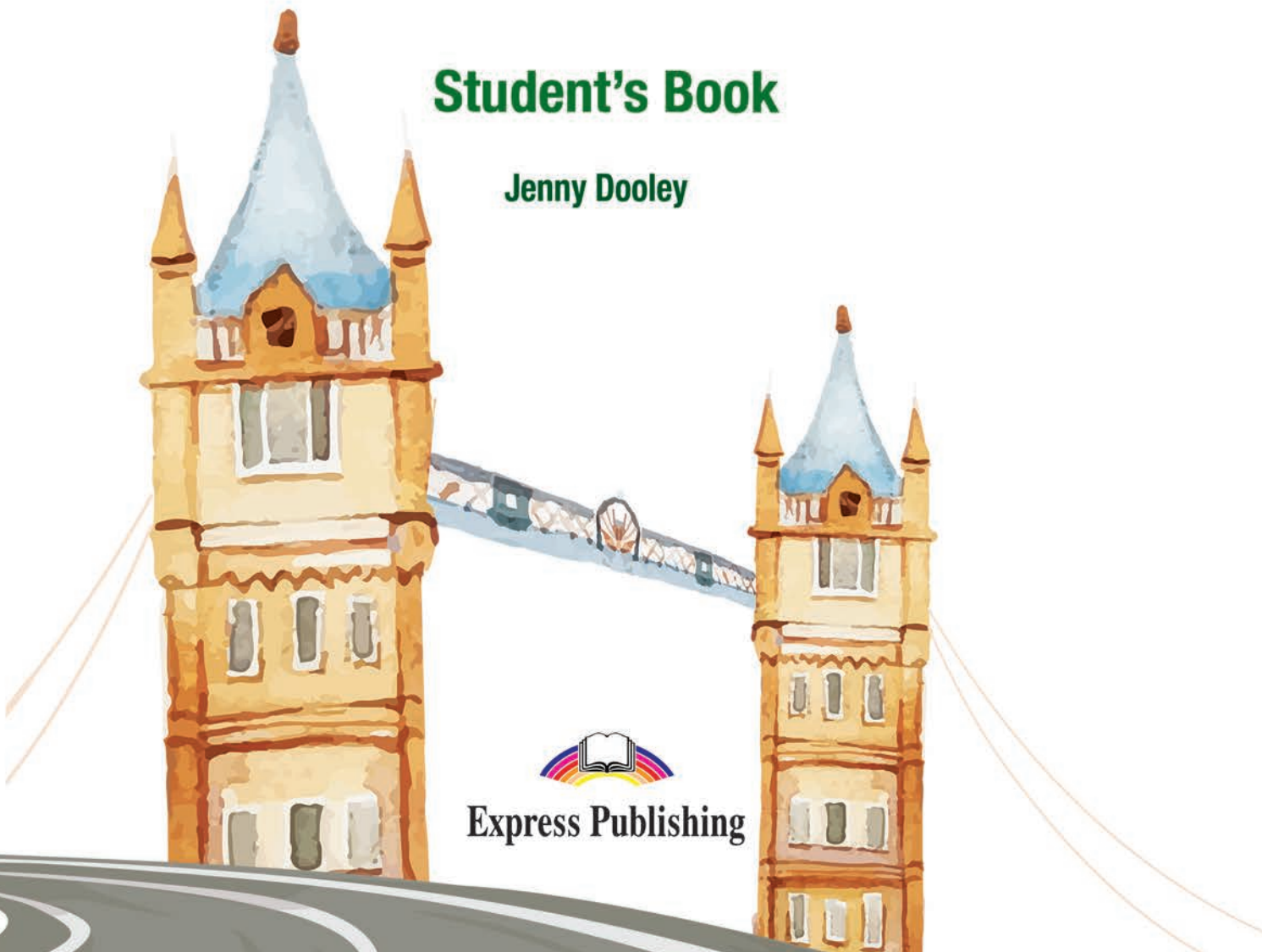
Express Publishing

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Student's Book

Jenny Dooley



Express Publishing

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Countries & Nationalities – Numbers

1 Look at the pictures, read the text and write the nationalities.

Hi, I'm Mary. I'm 12 years old and I'm from New York, USA. These are my e-friends.

1 Marta and her brother Juan are from Barcelona, Spain. Marta's 14 and Juan is 17.

3 Toby's 11 and he's from Sydney, Australia.

2 Laura is 12 and she's from London, UK.

4 Paola is 17 and she's from Buenos Aires, Argentina.

5 Ono is from Tokyo, Japan. She's 13 years old.

- 1 Mary is _____ . 4 Toby is _____ .
 2 Juan and Marta are _____ . 5 Paola is _____ .
 3 Laura is _____ . 6 Ono is _____ .

Where are you from? _____

2 Write the numbers in your notebook.



What is your house number? _____

3 Which floor are these people on? Write the numbers.

- 1 John (29) twenty-ninth 4 Pat (57) _____
 2 Tony (12) _____ 5 Phil (70) _____
 3 Sue (45) _____ 6 Claire (1) _____

to be

4 Complete the questions, then answer them.

- 1 Are you from Spain? (X – Argentinian) No, I'm not. I'm from Argentina.
- 2 _____ your best friend from Greece? (✓) _____
- 3 _____ your parents teachers? (X – doctors) _____
- 4 _____ your mum thirty? (✓) _____
- 5 _____ you twelve? (✓) _____
- 6 _____ your favourite colour red? (X – blue) _____



Subject/Object personal pronouns – Possessive adjectives – Possessive pronouns

I	you	he	she	it	we	you	they
me	you	him	her	it	us	you	them
my	your	his	her	its	our	your	their
mine	yours	his	hers	–	ours	yours	theirs

5 Read the table. Choose the correct item.

- 1 A: Is this **your/yours** jacket?
B: No, it isn't **my/mine**. It's **her/hers** jacket. **My/Mine** is the blue one. Do **you/your** want **it/its**?
- 2 A: Are these **their/theirs** gloves?
B: Yes, **they/them** are. Where are **my/mine** gloves? I can't find **their/**
them.
- 3 A: **I/My** think this is **us/our** classroom.
B: No, **it/its** isn't. This is **their/theirs** classroom. **Our/Ours** is room A2.

can

6 Fill in *can* or *can't*.

Hi, I'm George, I 1) _____ (✓) play tennis and I 2) _____ (✓) ride a bike but I 3) _____ (X) do martial arts. My friends, John and Sam, 4) _____ (X) do gymnastics, but they 5) _____ (✓) play basketball. My sister, Mary 6) _____ (X) play football very well. 7) _____ you do martial arts?

Send

Family members

7 Look at Sheila's family tree and write the missing words.



Note!

nephew – niece
George is Nancy's nephew. Kristy is Nancy's niece.

have got

8 a) Look at the family tree in Ex. 7 and complete the gaps with *have got*, *has got*, *haven't got* or *hasn't got*.

- 1 John and Kate _____ four children.
- 2 Nancy and Sam _____ a nephew, George, and a niece, Kristy.
- 3 Kristy _____ three cousins.
- 4 Mark _____ two brothers.
- 5 Sheila and Helen _____ a brother.
- 6 Peter _____ a brother.

b) Complete the questions, then answer them.

- 1 _____ John _____ a wife? Yes, _____.
- 2 _____ Sam and Nancy _____ three children? _____.
- 3 _____ Kim _____ two daughters? _____.
- 4 _____ John and Kate _____ four grandchildren? _____.

Possession

9 Look at the family tree in Ex. 7 again and choose the correct option.

- 1 Peter is Kims/Kim's husband. He's Kristy's & George's/Kristy & George's dad.
- 2 Kristy and George are John and Kate's/John's and Kate's grandchildren.
- 3 Mark is Sheila's and Helen's/Sheila and Helen's brother.
- 4 Mark and George are cousins. The boys'/boy's grandparents are John and Kate.
- 5 Sheila and Helen are sisters. The girls'/girl's parents are Sam and Nancy.







Plurals

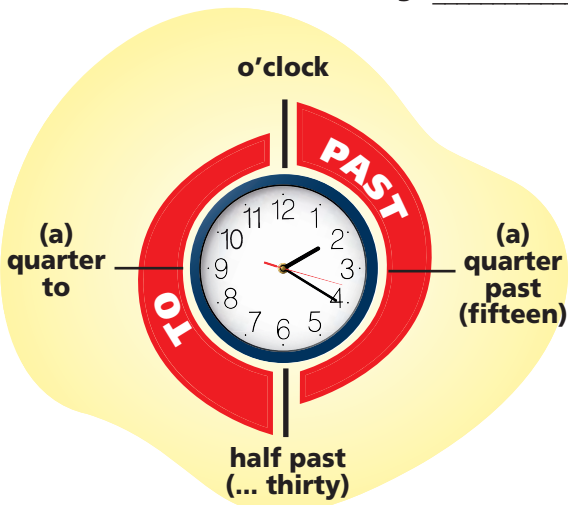
10 Write the plurals. Compare with your partner.

- | | | | | | |
|---------|---|-------|----------|---|-------|
| 1 book | - | _____ | 5 watch | - | _____ |
| 2 woman | - | _____ | 6 brush | - | _____ |
| 3 glass | - | _____ | 7 potato | - | _____ |
| 4 foot | - | _____ | 8 lady | - | _____ |

this/these – that/those / Clothes

11 Fill in: *this, these, that, those* and choose the correct word.

- | | |
|---|--|
|  |  |
| 1 _____ is a dress/shirt and _____ is a T-shirt/jacket. | |
|  |  |
| 2 _____ is a belt/scarf and _____ are shorts/trousers. | |
|  |  |
| 3 _____ are gloves/leggings and _____ are boots/trainers. | |



Telling the time

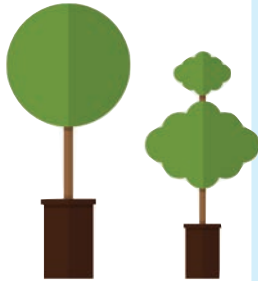
12 Write the times in two ways as in the example.


It's twenty past twelve.
It's twelve twenty.



Prepositions of place – *there is/there are*

13 Look at the picture and choose the correct item.



- 1 There's a big window **next to/between** the two lamps/desks **behind/beyond** the sofa.
- 2 There are **cushions/pillows on/in** front of the sofas/armchairs.
- 3 There's a **sink/carpet above/under** the coffee tables/bookcases.

14 Look at the picture. Fill in: *Is there* or *Are there*, then answer the questions.



- | | |
|---|---|
| <p>1 _____ a bedside cabinet next to the bed?
Yes, _____</p> <p>2 _____ pillows on the bed?
_____</p> <p>3 _____ a desk next to the bookcase?
_____</p> | <p>4 _____ a teddy bear on the bedside cabinet?
_____</p> <p>5 _____ books on the desk?
_____</p> <p>6 _____ cushions on the floor?
_____</p> |
|---|---|

Days of the week – months – seasons

15 Write the missing days.





Sunday, 1) _____, 2) _____, Wednesday, 3) _____, Friday, Saturday

16 Draw a symbol for each season. Then write the months in your notebook.



School subjects

17 a) Choose the correct school subject.

Tom's favourite school subjects are 1)  Maths/Music and 2)  Science/Geography. He's good at 3)  Art/History, but he isn't good at 4)  PE/English.

b) What are your favourite school subjects? Tell your partner.

My favourite school subjects are English and Science.

Question words

18 a) Match each question word (1-7) with the correct answer (a-g).

- | | |
|------------------------|---------------------|
| Who? ① | a It's 222-2222. |
| Whose? ② | b Tony. |
| When? ③ | c I'm 14 years old. |
| Where? ④ | d Maths. |
| Which? Maths or Art? ⑤ | e I'm from Poland. |
| How (old)? ⑥ | f 2nd January. |
| What/phone number? ⑦ | g Mary's. |



b) Complete the gaps with the correct question word. Then, answer the questions about yourself.

- 1 _____'s your name? _____
- 2 _____ old are you? _____
- 3 _____ are you from? _____
- 4 _____'s your telephone number? _____
- 5 _____ is your birthday? _____
- 6 _____ is your best friend? _____

1 • My World



What's in this module?

Vocabulary

- appearance & clothes
- free-time activities
- feelings
- character
- phrases with *do*, *have*, *make*, *take*

Grammar

- present simple
- present continuous
- adverbs of frequency
- stative verbs
- prepositions of time
- past simple – *used to*
- past continuous

Speaking

- describe a person
- express likes/dislikes

Writing

- a paragraph about the findings of a survey
- comment on a blog

CLIL (Citizenship): A Rainbow of People

Culture: UK escape rooms

Values: Friendship

Vocabulary

Appearance

1 1.2 Listen and repeat.

hair				eyes		
wavy/ black	curly/ red	straight/long/ fair	short/ brown	blue	green	brown
height/weight				age		
short/thin	of medium height/slim	tall/chubby	young	in his (early/mid/ late) twenties/ thirties	old	
other				other		
moustache				glasses		
beard				beard		



2 Use the words in Ex. 1 to describe the people in the pictures, as in the example.

Chris is young, short and thin with short straight fair hair.

Clothes

3 Who's wearing ...

- 1 blue shorts & trainers?
- 2 a red top and gloves?
- 3 a checked red and black shirt?
- 4 a stripey black and white T-shirt?
- 5 a black suit & high heels?

Game!

Choose a person. Make three mistakes. Your partner corrects them.

Chris is tall and thin with short curly fair hair. He's wearing jeans.



Reading



- 1 Read the text quickly. Find the names of: *two school subjects, two sports, a famous singer, a pet, a drink.*



Being 13



What's life like for 13-year-olds? In this issue, TEENS talks to Filip, a boy from Warsaw.

▶ **When does school start and finish?**

8:45 am to 2:45 pm, Monday to Friday. In the afternoon, I have extra Art and English classes, too. Right now, I'm studying for my English class. I'm sitting an English test tomorrow.

Do you get homework?

Yes, I do. After school, I take a break, then I do my homework. I usually stop around 8 o'clock in the evening.

▶ **Do you get any pocket money?**

Every day, my parents give me some money for a snack. If I want to buy a CD, or something like that, I have to ask them for extra money.

What do you do in your free time?

I mostly play football and volleyball. This Saturday, I'm playing for my school football team. I also enjoy computer games, or listening to my CDs. My favourite singer is Eminem. On Saturdays, I usually go to the cinema with my friends.

▶ **Where do you live?**

In a four-bedroom flat with my parents, my sister, and our cat. My uncle is staying with us at the moment. He used to have his own house but he is looking for a small flat now.

Do you argue with your parents?

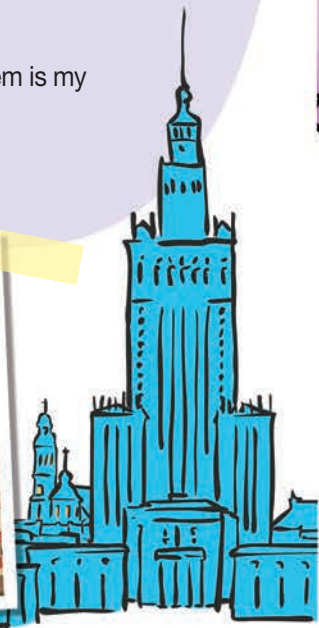
Nothing really serious. Sometimes we argue about me playing computer games too often. My mum is always complaining about me drinking cola. She says it's bad for my health.

▶ **What do you like and hate about being 13?**

I've got a really nice family and a lot of good friends. The only problem is my parents think I'm still a baby.

What do you worry about?

I worry about my future. I don't know what job I want to do.



- issue • extra
- pocket money
- argue about
- worry about

- 2 1.3 Listen and read the interview and match the four sections (1-4) to the headings in the list. One heading does not match. Write in your notebook.

- Food • Hopes & Fears • School life • Hobbies & Free time • House & Home

- 3 **Think** Make notes under the headings in Ex. 2 about Filip, then about you. How similar/different is your lifestyle to his? Tell the class.

Vocabulary

Free-time activities

4 a)  1.4 Listen and repeat.

- going to amusement parks • surfing the Net
- playing sports • watching TV series/videos
- spending time with family/friends
- going to the cinema • reading books/magazines
- listening to music • posting photos on social media
- exercising • drawing/painting
- going shopping • making videos
- playing video/computer games

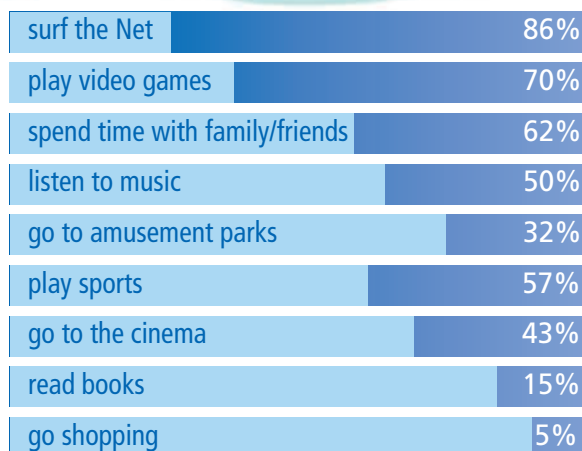
b) Which of the activities can you see in the pictures?




Speaking

5 The graph shows what students in Filip's class like doing in their free time. Look and make sentences, as in the example.

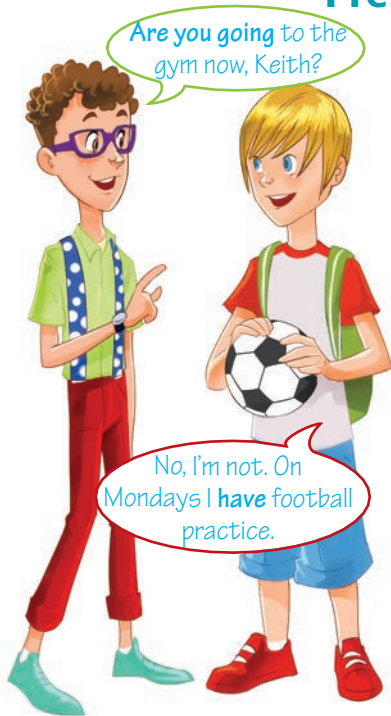
In Filip's class, 86% (eighty-six per cent) like surfing the Net in their free time.



Writing

6  In groups of three, list six of the activities in Ex. 5. Give them to your classmates to tick (✓) what they do/don't do at the weekends. Collect the answers and put them together. As a group, analyse the answers and write a short paragraph about your findings.

Present simple – Present continuous



We use the **present simple** to talk about:

- habits/routines. **They walk to school every day. He doesn't leave home at 7:00. Does he have lunch at school? Yes, he does.**
- general states & facts. **He speaks English. Water boils at 100°C.**
- timetables. **The film starts at 6:00.**

Time expressions: *every day/morning/weekend, often, always, never, on Mondays, once/twice a week/month, etc.*

We use the **present continuous** to talk about:

- actions happening now/around the time of speaking. **He's studying now. They are living with me these days. She isn't sleeping now. Is she reading? No, she isn't.**
- temporary situations. **He is working at a café for the summer.**
- fixed future arrangements. **We're travelling to London tomorrow.**

Time expressions: *now, at the moment, at present, tonight, these days, etc.*

1 Read the theory box. How do we form the *present simple*? the *present continuous*?

2 Put the verbs in brackets into the correct form of the *present simple*.

- 1 Mr Todd _____ (teach) Drama.
- 2 Eva _____ (not/sing) very well.
- 3 _____ (you/like) hanging out at the shopping centre?
- 4 _____ (your mum/work) on Saturdays?
- 5 I _____ (not/speak) Spanish very well.

3  Ask and answer questions. Use adverbs of frequency.

- | | |
|---------------------------------------|------------------------------------|
| 1 How often/you/eat pizza? | 2 How often/your mum/surf the Net? |
| A: How often do you eat pizza? | 3 How often/you/go to bed late? |
| B: I usually eat pizza twice a month. | 4 How often/you/play football? |
| | 5 How often/your dad/go shopping? |

4 Complete the gaps with the *present continuous* form of the verbs in brackets.

- 1 They _____ (not/come) with us tonight.
- 2 I _____ (meet) George for lunch tomorrow.
- 3 _____ (you/listen) to me?
- 4 Jenny _____ (cook) at the moment.
- 5 Ed _____ (sleep) on the sofa for the week.
- 6 _____ (you/leave) for school now?

Note!

Adverbs of frequency

Adverbs of frequency tell us how often something happens. They go *before* the main verb but *after* the verb **to be**.

They are:
always (100%)
usually (75%)
often (50%)
sometimes (25%)
seldom/rarely (10%)
never (0%)

Note!**Stative verbs**

Some verbs don't have continuous forms because they describe a state rather than an action (*want, like, love, hate, know, believe, need, etc.*). *She knows him.* (NOT: ~~She's knowing him.~~)

5 Put the verbs in brackets into the *present simple* or the *present continuous*.

- A** Hi Mary. You 1) _____ (look) nice in your new jeans.
B Thanks. Who 2) _____ (you/wait) for?
A Anna. We 3) _____ (go) to a school music performance.
B What time 4) _____ (it/start)?
A At 5, I 5) _____ (think), but I 6) _____ (not/be) sure exactly. Anna 7) _____ (know).
B How long 8) _____ (it/last)?
A An hour and a half.
B 9) _____ (you/want) to come to my house afterwards?
A Thanks, but I can't. I 10) _____ (meet) Sheila for dinner.
B That's OK. Have a nice time.
A Thanks, same to you.

6 Put the verbs in brackets into the *present simple* or the *present continuous*.**Note!****Prepositions of time**

at + time, periods of time, festivities (at 12:00, at night, at the weekend, at Easter)

in + months, years, centuries, seasons, parts of day (in June, in 2004, in the 11th century, in summer, in the evening)

on + days, dates, specific periods of time/days (on Tuesday, on 6th April, on New Year's Day, on Monday mornings)

Compose
Inbox
Trash

Hi Monica,
 How 1) _____ (you/be)? I'm in Scotland for a summer course. It 2) _____ (rain) quite a lot here, but I 3) _____ (not/mind).
 Lessons 4) _____ (start) at 8:30 every morning and 5) _____ (finish) at 4:00 in the afternoon. I 6) _____ (have) a very busy schedule, but I 7) _____ (enjoy) my time here. Did I tell you? I 8) _____ (learn) to play the bagpipes in my music class!
 This week we 9) _____ (work) on a special project. We 10) _____ (look) for information on Highland dancing. We 11) _____ (also/ have) dance classes as we 12) _____ (put) on a performance at the end of the course.
 Have to go now. Talk soon.
 Becky

Send

7 Ask and answer questions based on the email in Ex. 6.

- A:** Where is Becky?
B: In Scotland. Why is she there?

Game!

Play in teams. In 2 minutes, write sentences using these time words/expressions.

- now • every Monday morning • at the moment • tonight • these days • always
- every summer • on Sunday afternoon • at the weekend • in winter • in the evening

1c • Vocabulary

Feelings

1 a)  1.5 Listen and repeat.



excited



sad/upset



angry



bored



scared



shy



happy



surprised

Study skills

Learning idioms helps us sound more natural.

Note!

Character idioms
as cold as ice → not showing any emotion
two-faced → dishonest

Make sentences using the idioms above. Are there similar idioms in your language?

b) Complete the sentences about yourself. Tell your partner.

- 1 I feel happy when _____.
- 2 I feel sad when _____.
- 3 I feel angry when _____.
- 4 I feel scared when _____.

Character

2 Match the adjectives (1-9) to their justifications (a-i). Check in your dictionary.

- | | |
|-------------|------------------------------------|
| cheerful 1 | a hates waiting for things |
| selfish 2 | b tells people what to do |
| generous 3 | c talks a lot |
| popular 4 | d smiles a lot |
| talkative 5 | e likes giving people things |
| bossy 6 | f only cares about himself/herself |
| energetic 7 | g lots of people like him/her |
| honest 8 | h does a lot of things |
| impatient 9 | i always tells the truth |

3  Use the adjectives in Ex. 2 to talk about your friends and family members, as in the example.

A: What is your best friend like?

B: He's cheerful. He smiles a lot. He can be bossy at times. He likes telling people what to do.

Everyday English • 1d

Describing a person

- 1 a) Read the dialogue. Which teacher (A or B) are Jessica and Rita talking about?
 b) Complete the dialogue. Use the sentences in the list. One sentence is extra.



Jessica Did you meet the new teacher in school, Rita?
Rita No, I didn't. 1) _____
Jessica Well, he's of medium height and he's quite slim.
Rita Oh, really? 2) _____
Jessica No, it's dark actually!
Rita 3) _____
Jessica He's quite cheerful and very popular already! Look! He's chatting with Mr Prosser.
Rita 4) _____
Jessica That's right.

- A Is his hair fair?
 B What does he look like?
 C How old is he?
 D What's he like?
 E Is he the one with a short beard and a moustache?

- 2 1.6 Listen, read and check.

- 3 Read the dialogue again. What does the new teacher look like? What is he like?

- 4 Act out a similar dialogue. Use one of the teachers in the pictures (C or D), and the dialogue in Ex. 1 as a model.



tall/slim/
funny/clever

of medium height/thin/
cheerful/energetic

Pronunciation pronounced/silent 'h'

- 1.7 Listen and repeat. In which words is 'h' silent? Circle them.

• happy • honest • hate • hour • what • high • exhausted

Did you have volleyball practice yesterday, Sally?



No, I didn't. It used to be on Tuesdays, but coach changed it to Thursdays.

Past simple – used to

We use the **past simple** for actions:

- that started and finished in the past. **She had lunch an hour ago. He didn't come to the party last Friday evening. Did he leave yesterday? Yes, he did.**
- happening one after the other in the past. **He woke up, got dressed and had breakfast.**

We use **used to** to talk about things that happened regularly in the past but they don't happen anymore. **He used to walk to school. He didn't use to go to school by bus. Did he use to go to school with his friends? No, he didn't.**

Time expressions: yesterday, ago, last week/month, etc.

- 1 Read the theory box. Then, put the verbs in brackets into the **past simple**. Which verbs are regular? Which are irregular?

COMPANY PORTFOLIO SERVICES CONTACTS

Last week, my family and I 1) _____ (**travel**) to Orlando, Florida. On our last day there, we 2) _____ (**visit**) the Wizarding World of Harry Potter theme park at Universal Orlando Resort. We 3) _____ (**leave**) for the park early in the morning. Once we 4) _____ (**arrive**), I 5) _____ (**not/want**) to miss anything so I 6) _____ (**rush**) to Hogwarts Castle. Then, I 7) _____ (**go**) on all the rides at the park and my sister 8) _____ (**watch**) the show at Ollivanders Wand Shop. At the end of the day, we 9) _____ (**eat**) at The Three Broomsticks restaurant. On our way back to the hotel, I 10) _____ (**fall**) asleep in the car almost immediately. It 11) _____ (**be**) a wonderful day!

Posted by: Tom, 12 December at 2:15 pm

- 2 Form complete questions. Then, read the blog in Ex. 1 and answer them.

- | | |
|---|--|
| 1 Tom & his family/go/London/last summer
Did Tom and his family go to London last summer?
No, they didn't. They went to Orlando, Florida. | 2 they/visit/Universal Studios |
| | 3 Tom's sister/go/on all the rides at the park |
| | 4 they/have/dinner/at their hotel |
| | 5 his sister/fall/asleep/in the car |

- 3 Write what James used to/didn't use to do when he was 6.

- | | |
|------------------------------------|---|
| 1 live in a village (✓) | <u>James used to live in a village.</u> |
| 2 wear glasses (x) | _____ |
| 3 read comic books (✓) | _____ |
| 4 spend summers at the seaside (✓) | _____ |
| 5 go sailing (x) | _____ |
| 6 play video games (x) | _____ |

What did your partner use to do when he/she was six? Ask to find out, then tell the class.

Past continuous (was/were + main verb + -ing form)



affirmative	negative
I was eating at 6 pm. You were eating at 6 pm. He/She/It was eating at 6 pm. We/You/They were eating at 6 pm.	I wasn't eating at 6 pm. You weren't eating at 6 pm. He/She/It wasn't eating at 6 pm. We/You/They weren't eating at 6 pm.
interrogative	short answers
Was I eating at 6 pm? Were you eating at 6 pm? Was he/she/it eating at 6 pm? Were we/you/they eating at 6 pm?	Yes, I was./No, I wasn't. Yes, you were./No, you weren't. Yes, he/she/it was./No, he/she/it wasn't. Yes, we/you/they were./No, we/you/they weren't.
We use the past continuous for:	
<ul style="list-style-type: none"> actions in progress at a specific time in the past. He was watching TV at 9 o'clock last night. two actions in progress at the same time in the past. She was sleeping while he was surfing the Net. an action in progress (past continuous) when another action interrupted it (past simple). He was cooking when she came home. 	
Time expressions: at 9 o'clock yesterday morning/etc., at 10 o'clock last night, etc.	

4 Read the theory box. Then, complete the sentences. Use these verbs in the *past continuous*: rain, swim, watch, not play, not have.

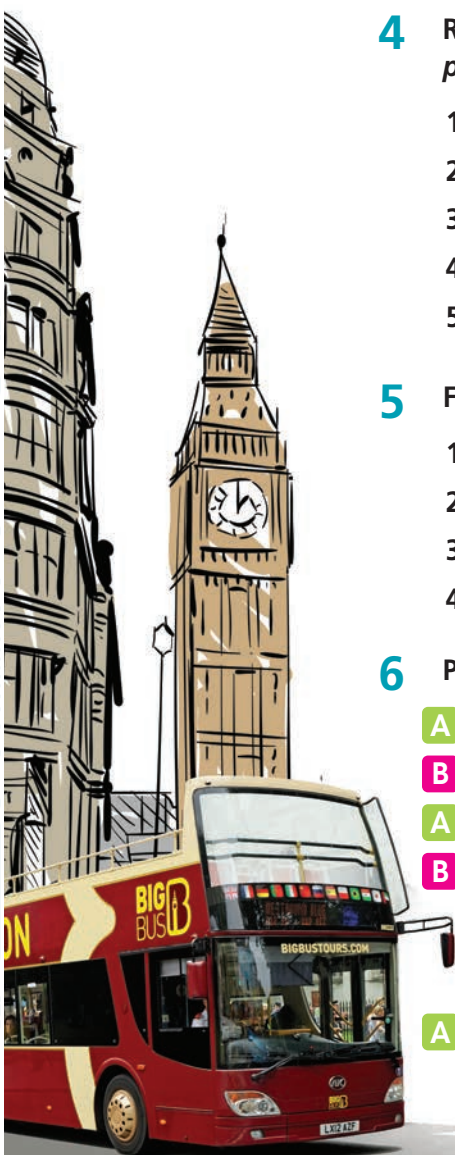
- It was raining hard yesterday evening.
- I _____ TV when Harry phoned.
- The Turners _____ a picnic at 12 o'clock yesterday.
- Fran's sister _____ her new video game yesterday afternoon.
- She _____ in the pool last Saturday afternoon.

5 Form questions and then answer them using the *past continuous*.

- Harry/send/emails/at 10 o'clock/last night – No/chat online
- Mary/cook/yesterday morning – No/do the shopping
- Matt and Eve/post photos online/on Sunday afternoon – Yes
- you/do/your homework/yesterday afternoon at 5 o'clock – Yes

6 Put the verbs in brackets into the *past simple* or the *past continuous*.

- A** 1) _____ (you/have) a nice time in London?
B Oh yes. We 2) _____ (take) a sightseeing tour on a double-decker bus.
A Really? 3) _____ (it/be) fun?
B Well, we 4) _____ (get) on the bus and 5) _____ (go) straight to the top deck. I 6) _____ (take) photos while Dad 7) _____ (film) the sights when it 8) _____ (start) raining.
A Poor you!



HOME

BLOG

PHOTOS

ABOUT

Video

Tom's Blog

ESCAPE ROOMS

LET me OUT of here!

A tall man with a beard brought us into a room. As he was leaving, he said, "Get out of this room in 60 minutes – or you lose!" Then the door slammed shut.

Hi everyone! Tom here. Don't worry – we weren't in danger. I'm talking about an escape room! My friends and I went to one at the weekend, and we had an amazing time! Escape rooms are like computer games in real life. You have to search the room for clues to get through the exit before your time runs out.

Our room looked exactly like a Pharaoh's tomb. We had to find clues and solve puzzles in order to get out. We were very excited, but at first, we didn't know what to do! Daniel was shaking all the pots while I was tapping the walls, looking for a hidden door. We had some arguments and made the room kind of a mess, but finally, Gemma found the clue that helped us do the first puzzle, and after that we got the hang of it. Just as the clock was counting down towards zero, we solved the last one and the exit door opened. Phew! What a relief!

It was our first time in an escape room, so we all felt really happy that we managed to do it. Now, we're hooked! We all agreed to go again on Gemma's birthday next week, and try a different escape room!




Pharaoh's tomb - Escape Room

Post a comment

- slam • exit
- clue • tomb
- shake
- get the hang of
- relief • hooked

Reading

- 1  1.8 Read the title of the blog and the first paragraph. What do you think the blog entry is about? Listen and read to find out.
- 2 Read again and choose the correct item.
 - 1 Tom went to the escape room **alone/with one friend/with more than one friend**.
 - 2 The theme of the escape room Tom went to was **historical/present day/futuristic**.
 - 3 It's **Tom's/Daniel's/Gemma's** birthday soon.
- 3 Read the text again and replace the words in **bold** below with words/phrases from the text.
 - 1 The escape room they went to looked like **this**.
 - 2 **They** weren't sure about what to do at first.
 - 3 **She** found the first clue.
 - 4 They're going to another **one** soon.

DESIGN
YOUR
OWN

ESCAPE
ROOM



Vocabulary

Phrases with *make, have, take, do*

- 4 Fill in: *make, have, take, do*. Then, check in your dictionary. Choose five phrases and make sentences about you.

- 1 _____ photos, your time, a break
- 2 _____ a great time, fun, a chat
- 3 _____ homework, a puzzle, chores
- 4 _____ a mess, a noise, a mistake

Study skills

Using dictionaries

Dictionaries present words in alphabetical order. When you find the word you are looking for, read what it means, how to pronounce it and what part of speech it is.

Prepositions

- 5 Choose the correct preposition. Check in your dictionary.

- 1 The waiting room was full **with/of** people.
- 2 You sometimes think you are **at/in** danger, but you aren't.
- 3 Do you want to come to an escape room **in/at** the weekend?
- 4 We are going for dinner in a restaurant **at/on** my birthday.

Speaking

- 6 **Think**  What makes escape rooms popular with teens?

Listening

- 7  1.9 Listen to Sam and Jessica talking about escape rooms. Match the people (1-5) to the theme of their escape room (a-h).

- | | |
|-----------|-----------------|
| Jessica ① | a detective |
| Sam ② | b spaceship |
| Kevin ③ | c ancient Egypt |
| Tracy ④ | d mystery |
| Andy ⑤ | e adventure |
| | f submarine |
| | g pirate |
| | h old castle |

Writing (a comment on a blog)

- 8 Imagine you went to an escape room. Post a comment on Tom's blog. Write: *what the theme was – who you were with – what you enjoyed about it* (80-100 words).



Culture Spot

The first escape room opened in Japan in 2007. Now there are over 350 of them in the UK alone! The Harry Potter escape room is one of the most popular with teens.



Are there escape rooms in your country? Which types are the most popular?



- 1 1.10 Look at the picture and read the title of the text and the headings in Ex. 2. What do you expect to read about? Listen, read and check.

A Rainbow of People!

1

Imagine a world with no differences at all. You go to a party, and everyone is wearing the same clothes. You are at a restaurant, but there's only one thing on the menu to eat. You go to the cinema, but it only ever shows the same film. Does it sound like fun?

3

Some students are good at schoolwork, some are good at sports. Some are tall and some are short. Some have got dark hair, but others have fair hair. This boy is shy, while that one is talkative. One girl is very energetic, and another is always cheerful. Some walk around while others use a wheelchair.

2

The students at your school are the same in some ways. You all start and finish at the same time. You do the same lessons and homework. You follow the same rules and maybe you wear the same clothes – a uniform. But that doesn't mean there are no differences!

4

The world is full of difference, but this is what makes it so wonderful. Red, orange, yellow, green, blue, indigo and violet are all lovely colours, but they can only make a beautiful rainbow when they stand together in the sky. In fact, they are more beautiful together than when they are apart. Being different together is what gives life colour.



- imagine • show
- uniform
- wheelchair
- indigo • violet

- 2 Read again and match the headings to the paragraphs.

- A Better together
B Contrasts

- C The same but different
D A boring world

- 3 **Think** Think of a friend of yours. Tell the class three ways you are the same and three ways you are different.

Project Time 1

1 Are you a good friend? Take the quiz to find out.

BFF


BFF Quiz

*You're friends, but are you 'Best Friends Forever'?
Take our quiz and see!*

- | | | | |
|----|---|---|---|
| 1 | Do you know who your friend's favourite actor/actress is? | ✓ | ✗ |
| 2 | Do you share all your secrets with your friend? | ✓ | ✗ |
| 3 | Do you often fight with your friend? | ✓ | ✗ |
| 4 | Do you listen to your friend's problems? | ✓ | ✗ |
| 5 | Do you forgive your friend's mistakes? | ✓ | ✗ |
| 6 | Do you do things just to make your friend happy? | ✓ | ✗ |
| 7 | Do you know how to make your friend laugh? | ✓ | ✗ |
| 8 | Does your friend cry in front of you? | ✓ | ✗ |
| 9 | Do you always tell the truth to your friend? | ✓ | ✗ |
| 10 | Do you keep your friend's secrets? | ✓ | ✗ |

8-10 ✓s = BFFs 6-7 ✓s = good friends 3-5 ✓s = just friends 1-2 ✓s = needs work!



2  It's International Friendship Day. Find a good quote and prepare a poster for the class. Use the key words: *friendship quotes*.

3 **Think** What makes a good friend? Put the ideas in the list under the headings. Add two more of your own.

- helps you • lies to you • cares about you • listens to your problems
- tells others your secrets • is there for you • keeps their promises
- ignores you • doesn't share their things • is fun to be with
- gossips about you • makes you sad

A good friend...

A bad friend...

Presentation skills

4 Use the ideas in Ex. 3 to prepare and give a presentation on how to be a good friend.

VALUES

Friendship

5 **Think** "A friend to all is a friend to none." Discuss with your partner.



1 • Progress Check

Vocabulary

- 1 Look at the picture and choose the correct word.



This is Steve. He's fifteen years old.
He's 1) tall/long and 2) thin/chubby. He's got short, 3) straight/wavy, 4) dark/fair hair, blue eyes, a big nose and full lips. He's a 5) bored/cheerful boy and usually looks 6) happy/popular. However, he looks 7) shy/angry today because he's very 8) impatient/generous and hates 9) caring/waiting for people. He and his 10) best/favourite friend Jim always 11) go/play basketball together 12) at/in 6 pm on Wednesdays, but Jim is late today.

12 x 1 = 12

- 2 Match the words to form phrases.

pocket	1	a	park
early	2	b	height
amusement	3	c	twenties
computer	4	d	money
medium	5	e	games

5 x 1 = 5

- 3 Complete with: *spend, worry, break, complain, issue.*

- I bought the new _____ of my favourite comic.
- Do you _____ time with your family at the weekend?
- After we take a(n) _____, we can do our homework.
- My parents always _____ about me watching too much TV.
- Don't _____ about your future so much.

5 x 1 = 5

Grammar

- 4 Put the verbs in brackets into the *present simple* or the *present continuous*.

On weekdays, Jeremy 1) _____ (wake) up at 7 am. He 2) _____ (get) dressed and 3) _____ (have) breakfast before going to school. After school, he 4) _____ (do) his homework and then, he 5) _____ (watch) TV. Today is Saturday. Jeremy 6) _____ (not/go) to school. He and his friends 7) _____ (play) ice hockey. Jeremy 8) _____ (love) ice hockey. He also 9) _____ (train) with his team twice a week. They 10) _____ (play) in the championship next week.

10 x 1 = 10



- 5 Put the verbs in brackets into the *past simple* or the *past continuous*.

- While I _____ (visit) Romania last month, I _____ (see) amazing sights.
- Tony _____ (stand) up, _____ (take) his coat and _____ (leave) the house.
- What _____ (you/do) at 4 o'clock in the afternoon yesterday?
- George _____ (not/sleep) when I _____ (arrive) home.
- Mario _____ (not/come) to the party with us last night because he _____ (be) tired.

10 x 1 = 10

- 6 Choose the correct item.

- She **use/used** to ride her bike to school.
- They didn't **use/used** to travel abroad.
- Did Ian **use/used** to have long hair?
- We **used to/used** go skating.
- I didn't **used/use** to play golf.
- You **use/used** to like cola.
- Did Tom **used/use** to buy CDs?

7 x 2 = 14

Reading

- 7 Read the email and replace the words in bold with words from the text.

Hi Paul,
It sounds like you had a great summer holiday. Sorry I didn't write earlier, but I was on holiday with my parents in Zakynthos. It's a beautiful Greek island and the home of the famous Caretta Caretta turtle. We joined a project called Operation Coastal Clean-up. We travelled along the coast collecting rubbish and waste and cleaning up the beaches. We also swam in the crystal clear waters and attended some local festivals. I was sad to leave, but it was a unique experience. It's my birthday next Saturday. Why don't you come and spend the weekend with us? My dad can give you a lift from the station. Please come.
All the best,
Mark

Compose
Inbox
Trash

Reply

- 1 He went with **them** on holiday.
- 2 It is a Greek island.
- 3 It lives in Zakynthos.
- 4 They swam **there**.
- 5 It is **his** birthday next Saturday.
- 6 He can give Paul a lift from the station.

6 x 3 = 18

Listening

- 8 1.11 Listen to Liam and his mother talking about his first day at a new school. Match the people (1-6) to the adjectives (a-h).

- | | | | | |
|-------------|---|---|---|-----------|
| Mr Franklin | 1 | — | a | cheerful |
| Josh | 2 | | b | generous |
| Kim | 3 | | c | popular |
| Roger | 4 | | d | talkative |
| Cybil | 5 | | e | honest |
| Giorgio | 6 | | f | impatient |
| | | | g | energetic |
| | | | h | bossy |

5 x 2 = 10

Everyday English

- 9 Complete the dialogue with sentences a-e.

- a What's she like?
- b Let's go meet her now!
- c Is she the one in the red T-shirt and jeans?
- d What does she look like?
- e Did you meet the new girl in school?

A Hi Carrie! 1

B No, I didn't. 2

A Well, she's tall and slim.

B 3 Is she friendly?

A Yes, she is. She's very energetic too.

B 4

A That's right. 5

5 x 1 = 5

Writing

- 10 Write a blog entry about a summer holiday experience of yours (80-100 words).

11 points

TOTAL: 100 points

Competences

Good ★ Very Good ★★ Excellent ★★★

Now I can ...

Vocabulary

talk about appearance, clothes, character, feelings & activities ★★★

Reading

- match headings to paragraphs ★★★
- identify key information (multiple choice) ★★★

Listening

listen for key information (multiple matching) ★★★

Speaking

describe a person ★★★

Writing

write a paragraph analysing a survey; a comment on a blog ★★★

2 • Fit for life



What's in this module?

• Vocabulary

- sports/activities & equipment
- food categories
- health problems
- parts of the body

• Grammar

- present perfect
- *for* – *since* – *just* – *already* – *never/ever* – *yet*
- C/U nouns – quantifiers
- present perfect continuous
- present perfect vs past simple
- definite/indefinite articles

• Speaking

- make suggestions – agree
- order at a fast food restaurant

• Writing

- a blog entry about your favourite sport
- an article about a sports event you've attended

• CLIL (Biology):

The Digestive System

- **Culture:** The Championships, Wimbledon

- **Values:** Fitness



Vocabulary

Sports/Activities & Equipment

1 1.12 Match the words (1-13) to the letters (A-M). Listen and check.

1 <input type="checkbox"/> A	mat	5 <input type="checkbox"/>	wetsuit	10 <input type="checkbox"/>	punchbag
2 <input type="checkbox"/>	goggles	6 <input type="checkbox"/>	snowboard	11 <input type="checkbox"/>	trainers
3 <input type="checkbox"/>	flippers	7 <input type="checkbox"/>	puck	12 <input type="checkbox"/>	skates
4 <input type="checkbox"/>	boxing gloves	8 <input type="checkbox"/>	stick	13 <input type="checkbox"/>	snorkel
		9 <input type="checkbox"/>	helmet		



2 Write the sports/activities (1-5) under the correct heading in your notebook.

do

play

go

Speaking

Making suggestions – agreeing

3  Act out dialogues, as in the example.

A: Why don't we do yoga?/Shall we do yoga?/Let's do yoga.

B: That's a great idea.

A: Get your mat and I'll meet you in 5 minutes.

Note!



You can use *Why don't we...?/Shall we...? or Let's...* to make a suggestion.

Reading

- 1 Look at the pictures. What is this sport? Which series of books does it come from? How many players are there in each team? Read through to find out.



Steve's Sports Blog

Hi Bloggers! I'm sure that you've all heard of J. K. Rowling's Harry Potter books. I'm a huge fan, so I've read all of them! They're about a boy called Harry who goes to a school for wizards! While there, Harry's favourite sport is quidditch, and now you can play it in real life! There's a quidditch club at my school and I joined last month. It's brilliant!

In quidditch, everyone rides a broomstick. We can't fly them like in the books, of course, so we run around with them between our legs. We play on a grass pitch and there are seven players on each team: one seeker, three chasers, two beaters and one keeper. The aim is to score points. That's the chasers' job. They try to throw a ball through one of three hoops at each end of the pitch to score 10 points. The beaters try to stop them and the keeper guards the hoop. After 18 minutes, the snitch comes out. In the books, the snitch is a golden flying ball. In real life, though, it's a tennis ball in a long sock that hangs behind the shorts of the snitch runner! The seeker – that's me – who catches the snitch and throws it through the hoop, gets 30 points and the game ends. The team which has scored the most points wins! It sounds crazy, but quidditch is the most enjoyable sport I've ever played – and it's a good workout, too! Why don't you give it a try?



CONTACT

PROFILE

PHOTOS

HOME

BLOG



- fan • broomstick
- pitch • score
- point • hoop
- guard • workout

- 2 1.13 Listen and read the text. What do you think makes quidditch exciting? Give reasons.
- 3 Ask and answer questions based on the text, as in the example.

A: Who wrote the Harry Potter books?
B: J. K. Rowling.

- 4 Find 3 unusual sports. Which one do you think is the strangest? Why?

Vocabulary

Sports

- 5 Look at the photos. Which are: *outdoor sports*? *indoor sports*? *both*? Make sentences.



Ice skating is an indoor and an outdoor sport.

Study skills

Learning prepositions

Learn words together with the preposition they go with. This will help you remember them.

Prepositions

- 6 Choose the correct preposition. Then, answer the questions.
- 1 Are you interested **in/at** kickboxing?
 - 2 What sports are you good **of/at**?
 - 3 Do you take part **with/in** competitions?
 - 4 What are the benefits **to/of** playing team sports?

Speaking

- 7 **Think** Use the adjectives to tell your partner what sports you like/don't like.

I like ... because

I don't like ... because ...

Who else in your class likes/doesn't like the same sports as you? Why?

Like

- It's ...
- ✓ fun
 - ✓ exciting
 - ✓ thrilling
 - ✓ relaxing
 - ✓ amazing

Don't like

- It's ...
- ✗ boring
 - ✗ dangerous
 - ✗ tiring
 - ✗ stressful
 - ✗ dull

Writing (a comment on a blog)

- 8 Think of your favourite sport and make notes in your notebook under the headings: *name of sport* – *place* – *number of players* – *equipment* – *aim* – *how to play it*. Post a comment on Steve's blog (80-100 words).

Present perfect (have/has + past participle)



We use the **present perfect** for:

- an action which started in the past and continues up to the present. **She has lived here for five years.**
- an action which happened at an unstated time in the past and its results are visible in the present. **He has broken his arm.** (When? It's not important. We can see that he broke his arm.)
- experiences. **Henry has visited Paris once.**

affirmative	negative	interrogative	short answers
I/You have eaten.	I/You haven't eaten.	Have I/you eaten?	Yes, I/you have./ No, I/you haven't.
He/She/It has eaten.	He/She/It hasn't eaten.	Has he/she/it eaten?	Yes, he/she/it has./ No, he/she/it hasn't.
We/You/They have eaten.	We/You/They haven't eaten.	Have we/you/they eaten?	Yes, we/you/they have./ No, we/you/they haven't.

Note: **The children have gone to the library.** (They are on their way there or they are there now. They haven't come back yet.) **The children have been to the library.** (They were there some time ago, but they have come back.)

1 Read the theory. Write the *past participle* of the verbs. See the list of irregular verbs at the back of the book.

- | | | |
|----------------------|--------------|-----------------|
| 1 play <u>played</u> | 5 swim _____ | 9 be _____ |
| 2 go _____ | 6 win _____ | 10 see _____ |
| 3 travel _____ | 7 fly _____ | 11 take _____ |
| 4 run _____ | 8 meet _____ | 12 finish _____ |

2 Complete the sentences. Use verbs from Ex. 1 in the *present perfect affirmative*.

- Paula's very fit – she has run a lot of marathons.
- She _____ lots of medals for running.
- She _____ a sports fan since she was a young child.
- She writes a sports blog and she _____ lots of famous sports people.
- Paula _____ photos of most of them. The photos are on her blog.
- Paula and her friends are in a basketball team. They _____ lots of matches.
- They _____ all over the country to play against other teams.

3 Fill in: *have/has been* or *have/has gone*.

- Roger and Amy _____ to the market. They'll be back in an hour.
- Lana and I _____ to the museum before.
- Henry _____ to New York only once.
- Steve isn't here. He _____ home.
- Becky _____ to the gym. She left an hour ago.

4 Use the verbs in the list in the *present perfect negative* to complete the sentences.

• book • ~~be~~ (x2) • decide • make

- Mary hasn't been to Spain, so she wants to go there this summer.
- She _____ which part of Spain she wants to visit, though.
- That's why she _____ her tickets yet.
- Her friend Alicia _____ any plans, so she might go with her.
- They are good friends, but they _____ on holiday together before.



5 Look at the table. Ask and answer questions, as in the example.

1 James/do archery?

A: Has James done archery?

B: Yes, he has.

James Lucy Mary



2 Lucy & Mary/do archery?

3 James and Lucy/fly in a helicopter?



4 Mary/fly in a helicopter?

5 Lucy & Mary/try scuba diving?



6 James/try scuba diving?



Note!

for – since – just – already – never/ ever – yet

She has known him **for** five years.

(period of time)

He has lived here **since** 2010.

(starting point of an action)

I've **just** finished my homework. (= a short time ago)

I've **already** done my homework.

(= before now)

I've **never** tried yoga. (= at no time)

Have you **ever** tried windsurfing? (= at any time)

Have you spoken to them **yet**? (= so far)

6 Choose the correct item.

- Have you **yet/ever** tried paragliding?
- Becky has **just/yet** finished exercising.
- She has **ever/already** talked to the doctor.
- Tony has lived in London **for/since** ten years.
- He has been in the ice hockey team **for/since** last year.
- Have you been to the gym **yet/since**?
- They have **never/yet** been ice skating.



7 What have/haven't you/your friends done today? Tell your partner. Use *already, yet or just*.

2C • Vocabulary

fruit & vegetables

carbohydrates
(grains, sugar, etc.)

proteins
(meat, poultry, dairy products, etc.)

fats
(butter, oil, etc.)

Food & Food categories

- 1 1.14 Look at the pictures. List the food/drinks under the categories. Listen and check.

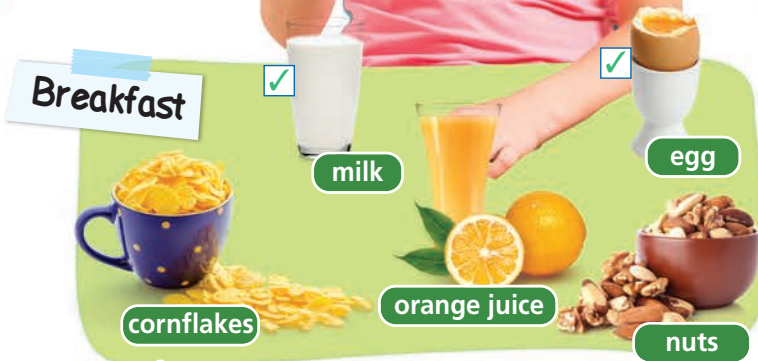
Lunch



Dinner



Breakfast



A snack



Note!

- We can use both countable nouns in the plural and uncountable nouns after **partitives** (phrases of quantity): *a piece/bowl/jar/cup/slice/loaf/glass/carton/bottle. a bowl of nuts, a glass of water*
- We use *how many, a lot of/lots of, (too) many, some/a few, not many/(very) few, no/not any* with countable nouns.
- We use *how much, a lot of/lots of, (too) much, some/a little, not much/(very) little, no/not any* with uncountable nouns.

- 2 Sally is training for a basketball match and needs to eat healthily. What does she have (✓) every day? Look and say, as in the example. What do you have for breakfast, lunch, dinner and a snack?

Sally has a glass of milk and an egg for breakfast.

- 3 Look at the food/drinks in Ex. 1. Which are *countable nouns*? *uncountable nouns*?

- 4 Choose the correct item. Then, answer the questions about you.

- 1 How much/How many milk do you drink every day? Three glasses/slices.
- 2 Do you drink a lot of/a few water every day? 2 cartons/bottles.
- 3 How many/much vegetables do you eat every day? Very few/little.
- 4 Does your diet contain many/much fruit? Yes, I eat a lot/very little.
- 5 Do you eat some/any fish? I eat very few/little fish.
- 6 Do you eat many/any junk food? Sometimes, I eat a slice/loaf of pizza.

Everyday English • 2d

Ordering at a fast food restaurant

- 1 Read the dialogue and fill in the gaps with the sentences (A-G). Two sentences are extra.

Woman Hello. Welcome to The Snack Box. 1) _____

Dan Let's see. I'd like a chicken burger, please.

Woman OK. Would you like chips with that?

Dan 2) _____

Woman Anything to drink?

Dan A can of lemonade, please.

Woman OK. 3) _____ We've got apple pie and a selection of ice cream flavours.

Dan No, thanks. 4) _____

Woman So, that's a chicken burger, small chips and a lemonade. 5) _____

Dan Here you are.

Woman Thank you.

- A How about dessert?
 B Can I take your order?
 C That's £5.00, please.
 D Would you like anything else?
 E Just a small portion.
 F That's all.
 G Please take a seat.

Note!

would like

We use **would like** to make a polite offer/request.

Would you like chips? Yes, please./ No, thank you. I'd like a cola, please.

Compare: Do you want to eat ...? (informal)

Note!

Reading prices

£1 = a/one pound
 1p = a/one penny
 10p = ten pence

- 2 1.15 Listen and check your answers.

- 3 Take roles and read the dialogue in Ex. 1 aloud.

- 4 Work in pairs. Imagine you are in The Snack Box. Use the menu to act out a dialogue similar to the one in Ex. 1.

DESIGN A MENU FOR YOUR FAST FOOD RESTAURANT

The Snack Box

Burgers	
cheeseburger	£2.50
chicken burger	£2.50
vegetarian burger	£2.00

Desserts	
apple pie	£2.50
ice cream (chocolate, vanilla, strawberry)	£2.00

Chips	
small	£1.00
medium	£1.50
large	£2.00

Other dishes	
spaghetti with tomato sauce	£4.40
pizza (pepperoni, cheese)	£4.20

Drinks	
cola, lemonade	£1.50
mineral water	90p
hot chocolate	£1.50

Pronunciation

/w/, /v/

- 1.16 Listen and repeat. Think of more words with the same sounds.

/w/ what, would, water, waiter

/v/ very, vegetables, valley, village

Present perfect continuous

(have/has been + main verb -ing)



We use the **present perfect continuous**:

- to emphasise the duration of an action that started in the past and continues up to the present. **She has been jogging since 7 o'clock.**
- for an action that started in the past and lasted for some time. It may still be continuing or has finished but the result is visible in the present. **She is tired. She has been gardening all morning.**

affirmative	I/You/We/They have been working since 10 o'clock. He/She/It has been working since 10 o'clock.
negative	I/You/We/They haven't been working since 9 o'clock. He/She/It hasn't been working since 9 o'clock.
interrogative	Have I/you/we/they been working since 9 o'clock? Has he/she/it been working since 9 o'clock?
short answers	Yes, I/you/we/they have. No, I/you/we/they haven't. Yes, he/she/it has. No, he/she/it hasn't.

Time expressions with the present perfect continuous: *for, since, how long, all day/morning, etc., lately, recently.*

Note!

For verbs which we do not use in continuous forms (*know, hate, want, etc.*), we use the present perfect instead. **I've known her for three years.**

1 Read the theory. Put the verbs in brackets into the *present perfect continuous*.

- We _____ (cook) all morning.
- _____ (they/watch) TV since Bob left?
- Ann _____ (play) the guitar all afternoon.
- You look exhausted. What _____ (you/do)?
- I _____ (not/feel) well lately.

2 Discuss, as in the example. Use these ideas:

- you/live here? • your friend/play basketball? • your dad/drive a car?
- you/learn English?

A: How long have you been living here?

B: I've been living here since last May.

Present perfect – Present perfect continuous – Past simple

3 Put the verbs in brackets into the *present perfect* or the *present perfect continuous*.

- A: Your clothes are dirty. What _____ (you/do)?
B: I _____ (work) in the garden all morning.
- A: Sorry, I'm late. _____ (you/wait) long?
B: I _____ (just/arrive).
- A: How long _____ (Mary/teach) in your school?
B: She _____ (be) here for three years now.



4 Put the verbs in brackets into the *present perfect* or the *past simple*.

- A** Hi, Bill. I 1) _____ (not/see) you for weeks. How are you?
B I'm fine, thanks. Actually I 2) _____ (just/come) back from holiday.
A That's great. Where 3) _____ (you/go)?
B I 4) _____ (go) to visit my cousin in Naples.
A 5) _____ (you/have) a good time?
B It 6) _____ (be) wonderful. I even 7) _____ (try) windsurfing!

Definite/Indefinite articles

We use **a/an** with singular countable nouns when we talk about them in general.

We use **the** with singular or plural nouns when we talk about sth specific, that is, when we mention the noun for a second time or when it is already known. *I've booked a room in a hotel. The room costs £50 per night.*

- We also use **the** with the names of: rivers (**the Nile**), oceans (**the Atlantic Ocean**), seas (**the Baltic Sea**), deserts (**the Gobi Desert**), groups of islands (**the Balearic Islands**), unique landmarks (**the Eiffel Tower**), hotels (**the Ritz**), museums (**the British Museum**), mountain ranges (**the Alps**), and cinemas/ theatres (**the Tivoli**).
- We don't use **the** with the names of: countries (**Spain**), cities (**New York**), streets (**Henry Street**), parks (**Hyde Park**), mountains (**Everest**), lakes (**Lake Titicaca**), individual islands (**Majorca**) and continents (**Asia**).

Do you know where the Sahara is?



Game!

Play in two teams. Make sentences using the names below. Each correct sentence gets one point. The team with the most points is the winner.

- Mediterranean Sea
- Easter Island
- Malta • Poland
- Mount Everest
- National Museum
- Oxford Street
- River Thames
- Italy • London
- Lake Victoria
- Sahara Desert

5 Read the theory. Complete with *a/an* or *the* where necessary.

- A: Are you staying at _____ hotel in _____ Paris?
B: Yes. It's _____ Notre Dame Hotel on the banks of _____ River Seine.
- A: Are you going to _____ Malta this year?
B: No. We're going to _____ Switzerland. We're staying in _____ chalet in _____ Alps.
- A: We're going to _____ Lake Ontario in _____ Canada this summer.
B: Really? We're trekking across _____ Sahara Desert.
- A: We're having _____ amazing time in _____ Dublin. Today, we're visiting _____ National Museum.
B: Make sure you visit _____ Phoenix Park. It's _____ largest park in _____ Europe.
- A: Where exactly are _____ Canary Islands?
B: I think they're in _____ Atlantic Ocean near _____ Morocco.

Reading

- 1  1.17 Look at the pictures and read the title of the text. What would you like to know about Health and Sports Day in Japan? Write two questions. Listen and read the text. Does it answer your questions?

 Video

Health and Sports Day in Japan

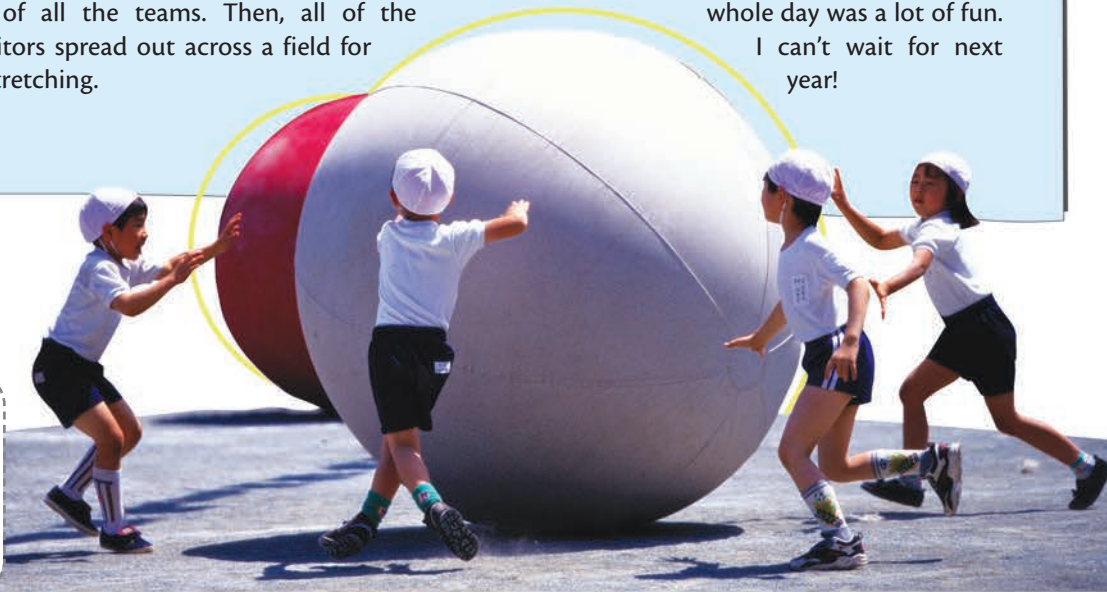
by Koki Shiono

Here in Japan, we're very keen on sports. In fact, we even have a national holiday to celebrate our love of sports! It's called Health and Sports Day and it takes place every year on the second Monday in October. Japanese people have been celebrating this day since 1966. It commemorates the opening of the Summer Olympics in Tokyo, two years before, in 1964. On Health and Sports Day, most schools hold their annual Field Day. It's like a mini Olympics! Students compete in teams and take part in a huge variety of events. I've always enjoyed Field Day at my school, and this year was no different! The day began with a parade of all the teams. Then, all of the competitors spread out across a field for group stretching.

During the day, we competed in many traditional track and field events like the 100-metre sprint and the long jump, but we did some unique Japanese games, too! For example, in tama-ire large teams have 2-3 minutes to throw as many small beanbags as possible into a basket at the top of a tall pole! And in o-tama korogashi teams of two have to roll a giant ball through an obstacle course!

Health and Sports Day isn't just for kids. It promotes an active lifestyle for people of all ages! Actually, there were some special events for parents at my school, too! My dad didn't compete because he had a headache, but I think that was just an excuse! Anyway, the whole day was a lot of fun.

I can't wait for next year!



- commemorate • compete
- annual • parade • competitor
- group stretching • sprint
- obstacle course • promote
- active lifestyle • headache

- 2 Read again and, for questions 1-3, choose the correct answer (A, B or C).

- 1 When was the first Health and Sports Day in Japan?
A 1962 B 1964 C 1966
- 2 In tama-ire competitors play
A individually. B in big groups. C in teams of two.
- 3 Koki believes that his father
A wasn't really ill. B wanted to compete. C wasn't feeling well.

- 3  **Think** Do you find this event interesting? Why? Why not?

Vocabulary

Health problems

4 1.18 Listen and repeat.



1 a headache



2 a sore throat



3 a stomach ache



4 a temperature



5 a cold

5 Ask and answer, as in the example.

A: What's wrong with Sue?

B: She's got a headache.

Speaking

6 Read the text again and make notes under the headings: *name of event – place – date – reason – activities*. Imagine you are on TV. Present the event and invite people to attend it.

Listening

7 1.19 Listen to an announcement about a school sports day and fill in the gaps (1-5) in the poster.

Cherrywood School Sports Day

Wednesday, 1) _____ June

Events start at 2) _____.

3) _____ different events

Medals presented by 4) _____

champion Paul Abbott

Special prize from Taylor's 5) _____ Shop

Writing (an article)

8 Fill in the gaps with the phrases in the list.

- well worth
- have a great time
- miss the chance

- 1 Don't _____ to go. It's fun for all the family.
- 2 It's _____ going to this festival. You'll enjoy every minute of it.
- 3 If you like sports, you'll _____ at this festival.

9 You have attended a sports event in your country. Collect information under the headings in Ex. 6. Use your notes to write an article for an international teens magazine (80-100 words).



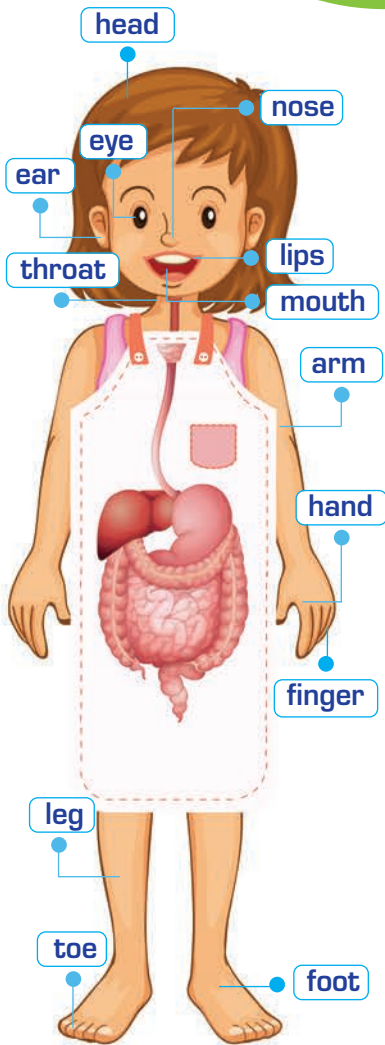
Culture Spot

The Championships, Wimbledon is a tennis competition that takes place every summer in London. It lasts two weeks.



What are some of the sports events that take place in your country? Present them to the class.

The Digestive System



When you eat, your food begins a long journey through your body. We call this the digestive process. This process turns the food you eat into the energy you need every day.

The journey starts in your mouth. First, you put food in your mouth and chew it with your teeth. When the food is small enough, you swallow it.

The food passes from your mouth, down your throat and into your stomach. Thick muscles make up the stomach. These muscles mash the food into a soup. The acids and muscles in your stomach help break the food up and kill any germs. This is when your stomach digests the food. It needs four to five hours to do it.

Then, the food moves in liquid form from your stomach into the small intestine, where it stays for up to four hours. There, it breaks down into vitamins, minerals, proteins, carbohydrates and fats. These are the elements that your body uses for energy and to repair bone, blood and muscle.



- chew • swallow
- muscle • mash
- acid • germ
- digest • vitamin
- mineral • repair
- bone • blood

- 1 1.20 Look at the pictures. Listen and repeat.
- 2 1.21 How are the pictures related to the text? Listen and read to find out.
- 3 Replace the words in **bold** with words from the text.

1 You chew food with them .	3 They break the food up.
2 Food goes into it through your throat.	4 Food in liquid form stays there for about four hours.
- 4 Use the pictures to describe the digestive system to the class.


Draw the digestive system as a comic strip in six frames. Display it to the class.

THE JOURNEY OF A BITE!


1

2

Project Time 2

- 1  Collect information about popular sports events in your country. Create a poster. Write a few words about each event under each picture.



- 2  **Think** Invent a sport. You can use the ideas below to help you.

Name	Type	Where to play it	Rules	Equipment
	indoor outdoor	field beach	number of players scores/time	ball stick

Presentation skills

- 3 Present the sport you invented in Ex. 2 to the class.

VALUES

Fitness

- 4 Read the list. Choose the statements that are true for you. Can you think of any other benefits?
- 5 **Think** Why should people play a sport? Tell the class.

My favourite sport is ... It ...

- helps me deal with stress.
- relaxes me.
- challenges me.
- helps me meet new people.
- keeps me fit.
- teaches me discipline.
- helps me forget about my worries.
- teaches me respect for others.

See Song Section p. 106



2 • Progress Check

Vocabulary

1 Complete the sentences with *do*, *play*, *go* and one of the words in the list.

- goggles • wetsuit • boxing gloves
- puck • mat

- 1 When you _____ snowboarding, you need a snowboard and _____.
- 2 When you _____ ice hockey, you need a stick and a _____.
- 3 When you _____ yoga, you need a _____.
- 4 When you _____ snorkelling, you need flippers, a snorkel and a _____.
- 5 When you _____ kickboxing, you need a punchbag and _____.

5 x 1 = 5

2 Fill in: *sore*, *temperature*, *stomach*, *cold*, *headache*.

- 1 Penny has got a _____. She keeps sneezing.
- 2 Steve ate too many sweets and now he has a _____ ache.
- 3 Ann has got a _____ throat. It hurts when she swallows.
- 4 Mike has got a _____. He's been working on his computer for hours.
- 5 Jane has got a _____. Her forehead is really hot.

5 x 1 = 5

3 Choose the correct item.

- 1 How **many/much** milk do we have?
- 2 I need to buy a **slice/loaf** of bread at the supermarket.
- 3 There are only a **little/few** grapes left.
- 4 We don't have **some/any** orange juice for breakfast.
- 5 Can I have a **glass/jar** of water, please?
- 6 There are **lot/lots** of strawberries in the fridge.

6 x 1 = 6

Grammar

4 Put the verbs in brackets into the *present perfect*.

- 1 _____ (you/see) this poster about the sports day?
- 2 I _____ (be) to the British Museum twice.
- 3 Stuart _____ (never/run) in a marathon.
- 4 The children _____ (not/come) back yet.

4 x 2 = 8

5 Put the verbs in brackets into the *present perfect* or the *past simple*.

- 1 She _____ (go) to the park. She'll be back in an hour.
- 2 _____ (he/start) playing tennis in 2016?
- 3 It looks like Jane _____ (lose) weight.
- 4 I _____ (not/see) her since Monday.
- 5 She _____ (fall) off a ladder yesterday.

5 x 2 = 10

6 Put the verbs in brackets into the *present perfect continuous*.

- 1 I _____ (learn) French for the last five years.
- 2 _____ (they/wait) here all morning?
- 3 We _____ (not/play) tennis for long.
- 4 Sandra looks tired. She _____ (write) emails for hours.

4 x 2 = 8

7 Choose the correct item.

- 1 She has **ever/never** played quidditch before.
- 2 They have been here **since/for** last May.
- 3 He has **just/yet** left.
- 4 Have you **since/ever** been to America?
- 5 She has **already/yet** booked the tickets.

5 x 1 = 5

Everyday English

8 Match the sentences to make exchanges.

- 1 Would you like chips with that?
 2 Hello. Can I take your order?
 3 That's £10, please.
 4 How about dessert?
 5 Anything to drink?

- a I'd like a chicken burger, please.
 b Here you are.
 c Yes, a large portion, please.
 d A vanilla ice cream, please.
 e A bottle of mineral water, please.

5 x 2 = 10

Reading

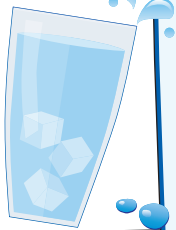
9 Read the text and decide if the statements are **R (right)** or **W (wrong)**.

A glass of water, please!

Water is the best thing for us when we are thirsty, but it is important to us in other ways, too. In fact, our bodies are about 60% water. That means we are more water than bone.

Drinking water helps us to do sport better. We can lose up to 10% of our body's water when we exercise. We need to drink more so that we can replace that water and perform well. Drinking water also helps our brains work. If you don't drink enough water, you can get headaches and you feel tired.

But how much is enough? Most experts suggest around eight glasses a day. What about you? Do you drink enough water?



- 1 Drinking water can help us in lots of ways.
 2 Most of our body is made up of bone.
 3 We lose most of our water when we exercise.
 4 You should drink water to think better.
 5 Drinking plenty of water can stop you from getting headaches.
 6 Experts think 8 glasses of water per day is too much.

6 x 3 = 18

Listening

10 1.22 Listen to a radio advertisement and fill in the gaps (1-5) in the advert.

Now Open! Croft Sports Centre

- Indoor and outdoor sports
- Learn 1) _____ from famous sportsperson
- Don't miss the 2) _____ course!
- Special membership is £3) _____ a year
- Members must be over 4) _____ years old
- Close to Bute 5) _____
- Email: ghaven@croftsportscentre.com

5 x 2 = 10

Writing

11 Write an email to your English e-friend about meals in your country (80-100 words). Write about what people eat for: *breakfast, lunch* and *dinner*. Include the times of the meals.

15 points

TOTAL: 100 points

Competences

Good ★ Very Good ★★ Excellent ★★★

Now I can ...

Vocabulary

- talk about sports, activities & equipment ★★★★★
- talk about food & food categories ★★★★★
- talk about health problems ★★★★★

Reading

- read for specific information (multiple choice questions) ★★★★★
- identify reference ★★★★★

Listening

- listen for specific information (gap fill) ★★★★★

Speaking

- order at a fast food restaurant ★★★★★
- present the digestive system ★★★★★
- give a presentation about a sport I have invented ★★★★★

Writing

- write a blog entry about my favourite sport ★★★★★
- write an article about a sports event ★★★★★