

Upload

Student's Book & Workbook



Virginia Evans
Jenny Dooley



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Express Publishing

Upload

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Student's Book
& Workbook

Virginia Evans – Jenny Dooley



Express Publishing

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Cause & effect (pp. 5-25)

1	verbs related to water	conditional type 0	<ul style="list-style-type: none"> present the water cycle compare grammar structures Reading: <i>Cool cool water</i> 	facts about using water conditional type 0
2	space	<ul style="list-style-type: none"> present simple pronunciation: -s ending 	<ul style="list-style-type: none"> cause & effect Reading: <i>Saturn</i> 	a poster of our solar system
3	bad habits/ annoying situations	conditional type 0	<ul style="list-style-type: none"> express annoyance/agree-disagree Reading: a dialogue 	sentences about things that annoy members of our family
4	environmental problems	conditional type 1	<ul style="list-style-type: none"> give/react to news cause & effect Reading: <i>Earth SOS</i> 	a presentation on how to help the environment
5	hobbies	<i>will</i>	<ul style="list-style-type: none"> give advice/express results Reading: <i>The Expert advises</i> 	an email giving advice
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7	hi-tech; robots	conditional type 1	<ul style="list-style-type: none"> predict content of script Reading: <i>Can you believe it?</i> 	a paragraph about the future of robots
8	the weather	<ul style="list-style-type: none"> present continuous <i>going to</i> 	<ul style="list-style-type: none"> talk about the weather Reading: <i>Weather proverbs</i> 	a paragraph about the weather in different seasons in your country
9	aches & pains	the imperative	<ul style="list-style-type: none"> ask about health – complain/express sympathy Reading: <i>An apple a day ...</i> (quiz) 	a dialogue giving advice
10	future plans	join ideas (<i>too, both, and, as well, whereas</i>)	ask about future plans/make predictions	a blog entry about your life in the future

Self-Check 1 (p. 26)



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2	life in the past	past simple – present simple	<ul style="list-style-type: none"> compare past & present activities Reading: <i>Coming to America</i> 	a short paragraph about your life as a child and now
3	means of transport	<ul style="list-style-type: none"> -ed ending/pronunciation 	<ul style="list-style-type: none"> buy a train ticket Reading: <i>Travel through time</i> 	sentences about different means of transport
4	towns	<ul style="list-style-type: none"> <i>used to</i> – past simple pronunciation of <i>used to</i> 	<ul style="list-style-type: none"> complete a graphic organiser with information from text Reading: <i>The City of Angels</i> 	<ul style="list-style-type: none"> compare a city then and now a paragraph about your town
5	inventions/ electrical devices	<i>too – enough</i>	<ul style="list-style-type: none"> complete an order form buy an appliance Reading: a dialogue 	a dialogue buying an appliance
6	lifestyles	<i>some, any, a lot of, much, many, C/U nouns</i>	<ul style="list-style-type: none"> use dictionaries to explain words Reading: <i>Australian Aborigines</i> 	a summary of a text
7	types of families	possessive case	<ul style="list-style-type: none"> describe family members Reading: a dialogue 	a short description of a family photograph
8	clothes & fashion		<ul style="list-style-type: none"> complimenting on clothes Reading: <i>Clothes & Fashion</i> 	complete a chart & compare fashion then and now
9	sports	-ed/-ing adjectives	<ul style="list-style-type: none"> express feelings Reading: <i>Sports Trivia</i> 	a quiz about sports
10	holiday activities		<ul style="list-style-type: none"> invite/accept – refuse 	<ul style="list-style-type: none"> opening/closing remarks in informal emails an email giving news

Self-Check 2 (p. 48)

Vocabulary	Grammar	Skills/Functions	Writing
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Disasters & mysteries (pp. 49-69)

1	natural disasters	past continuous (affirmative/negative)	<ul style="list-style-type: none"> narrate an event pronunciation: <i>-ing</i> ending Reading: diary entries 	an interview about a natural disaster
2	action verbs	past continuous (interrogative/short answers)	<ul style="list-style-type: none"> give a witness statement Reading: a cartoon strip 	an email about a rescue you witnessed
3	crime	past continuous, past simple	<ul style="list-style-type: none"> express surprise Reading: newspaper reports 	summarise an event; a newspaper report
4	food/drinks	adverbs/adverbs of manner	<ul style="list-style-type: none"> describe dreams Reading: <i>Strange Dreams Blog</i> 	a dream of yours
5	strange encounters	prepositions of movement	<ul style="list-style-type: none"> Reading: <i>Fact or Fiction</i> 	an encounter you had with a strange creature
6	accidents; parts of the body	past continuous/past simple with <i>when/as/while</i>	<ul style="list-style-type: none"> events in chronological order Reading: <i>That hurt!</i> 	a story about an accident
7	mysteries	<i>some/any/no/every</i> & compounds	<ul style="list-style-type: none"> Reading: <i>Mysterious Mansion</i> 	an ending to a story
8	strange creatures	linking words	<ul style="list-style-type: none"> ask for information/react Reading: a dialogue 	a ghost story
9	bad experiences		<ul style="list-style-type: none"> prioritise events Reading: a cartoon strip 	sentences describing feelings
10	adventures	linkers: <i>so, because, but, and, as well as</i>	<ul style="list-style-type: none"> set the scene Reading: <i>The rescue</i> 	<ul style="list-style-type: none"> set the scene a story

Self-Check 3 (p. 70)



Experiences (pp. 71-91)

1	places & signs	<i>can/could</i>	<ul style="list-style-type: none"> make offers & requests identifying places Reading: dialogues 	short dialogue about buying things
2	airport	relatives; relative clauses	<ul style="list-style-type: none"> identify people, places, things Reading: dialogue 	describe people/things
3	places		<ul style="list-style-type: none"> give directions recognise street signs 	a dialogue asking for and giving directions
4	work environment	subject/object pronouns – possessive adjs/pronouns	<ul style="list-style-type: none"> identify types of messages Reading: short messages 	a memo
5	clothes	question tags	<ul style="list-style-type: none"> make complaints about clothes Reading: a dialogue asking for a refund 	clothing care symbols
6	help out at home	past forms of modals	<ul style="list-style-type: none"> reprimand Reading: a dialogue 	a note
7	food/drinks	comparative/superlative	<ul style="list-style-type: none"> decide on & order food/drinks Reading: dialogue at a restaurant 	a dialogue ordering food
8	wildlife activities	present perfect	<ul style="list-style-type: none"> Reading: <i>Amazing Experiences</i> 	sentences about your experiences
9	customs & behaviour	present perfect vs past simple	<ul style="list-style-type: none"> Reading: <i>Keep in mind</i> 	a blog entry about an experience of yours
10	charity events		<ul style="list-style-type: none"> make requests; agree – refuse Reading: an email 	a semi-formal letter making a request

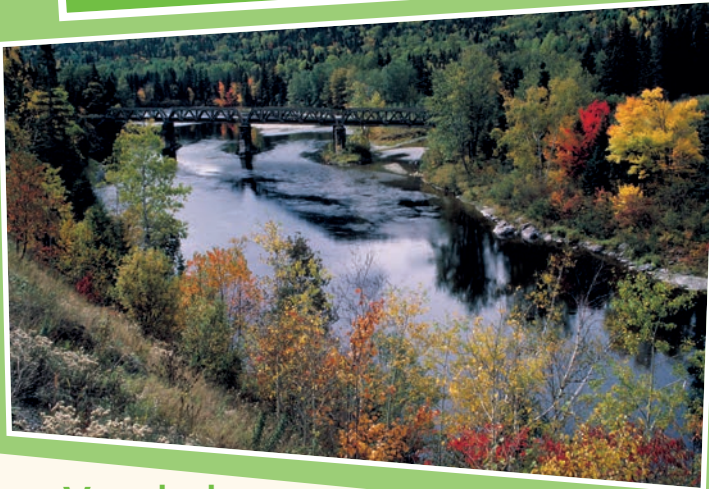
Self-Check 4 (p. 92)

Cultural & Curricular Section (pp. 93-101), Workbook: Vocabulary & Grammar Practice (pp. 102-117), Grammar Reference (GR1-GR8), Rules for Punctuation (GR9), Word List (WL1-WL5), American English – British English Guide, Irregular Verbs

Before you start ...

- What's a typical Monday like for you?
- What do you like doing in your free time?

What's in the module?



Vocabulary

- verbs related to water
- space
- environment
- bad habits & annoying situations
- environmental problems
- hobbies
- animals/habitats
- high-tech; robots
- the weather
- aches & pains
- future plans

Grammar

- Conditional Type 0, *when/if*
- Conditional Type 1, *unless*
- *will*
- present simple – present continuous
- intentions & arrangements
- the imperative

- join ideas (*too, both, and, as well, whereas*)

Skills

- express annoyance
- give/react to news
- give advice
- talk about the weather
- ask about health
- ask about future plans
- talk about possible situations in the present or future
- identify main ideas in a text
- identify the author's purpose
- pronunciation of third person singular present tense
- predict contents

Writing

- facts about using water
- a presentation of our solar system
- sentences about things that annoy people
- a presentation about how to help protect the environment
- an email giving advice
- a comment to a blog entry
- a paragraph about the future of robots
- a paragraph about the weather
- a dialogue about giving advice
- a blog entry about your life in the future

Find the page numbers for ...


- a blog entry
- letters asking for advice
- a quiz

1.1

Precious water

Vocabulary

Verbs related to water

- 1 a)  Listen and say. What are these verbs in your language?



A freeze



B float



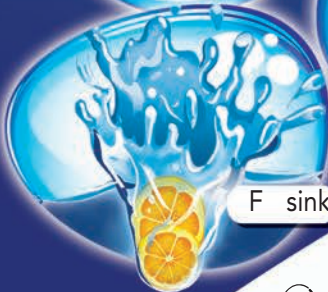
C evaporate




D drip



E shower



F sink

- b)  Listen to the sounds. Which pictures do they match?

Check these words

make up, taste, smell, gallon, petrol, lake, poison, tap, drip, waste, shower, remove, human brain, ice cube, sink, float



G rain

Cool cool water

Water is very important – people, plants and animals can't live without it. It makes up 70% of our planet and 70% of our bodies. Water has no taste, no colour, and no smell, but it is so necessary to life. And that's not all ...

Did you know ...

... if a person has no food for a MONTH, they live, but if they have no water for a WEEK, they don't?

... if you put 1 gallon of petrol in a lake, it poisons 75,000 gallons of water?

... if you let the tap drip, you waste 38 litres per day?


... if you shower for ten minutes, you use almost 100 gallons of water?

... if you remove all the water from a human brain, it is 95% smaller?

... if you put an ice cube in a glass of water, it doesn't sink, it floats?

Reading

- 2 a) Can we live without water? Why is it important to our lives?

 Listen and read to find out.

- b) Read the article. What do these numbers refer to?

- 70% • 100 gallons • 1 gallon
- 38 litres • 75,000 gallons • 95%

1 U.S. gallon = 8 pints = 3.785 litres (BR)

- c) **THINK** Say three things that impressed you from the text. Which of these facts did you know?

d) Fill in: waste, taste, poison, float, dripping.

- The tap is _____. Call the plumber.
- Don't _____ water. Take a shower instead of a bath.
- Chemicals from the factory _____ the water in the lake.
- I can't drink this water. It has a strange _____.
- How can boats _____ on water and not sink?

Grammar Conditional type 0

3 a) Study the theory. Find examples in the text on p. 6. Is there a similar structure in your language?

IF-CLAUSE	MAIN CLAUSE
If/When + present simple	present simple
<i>If/When you heat water, it boils.</i>	
Use: to express a general truth or a scientific fact. In this type of conditional, we can use when instead of if . When the if-clause precedes the main clause, we use a comma to separate the two clauses. Compare:	
<i>If you heat water, it boils. Water boils if you heat it.</i>	

STUDY SKILLS

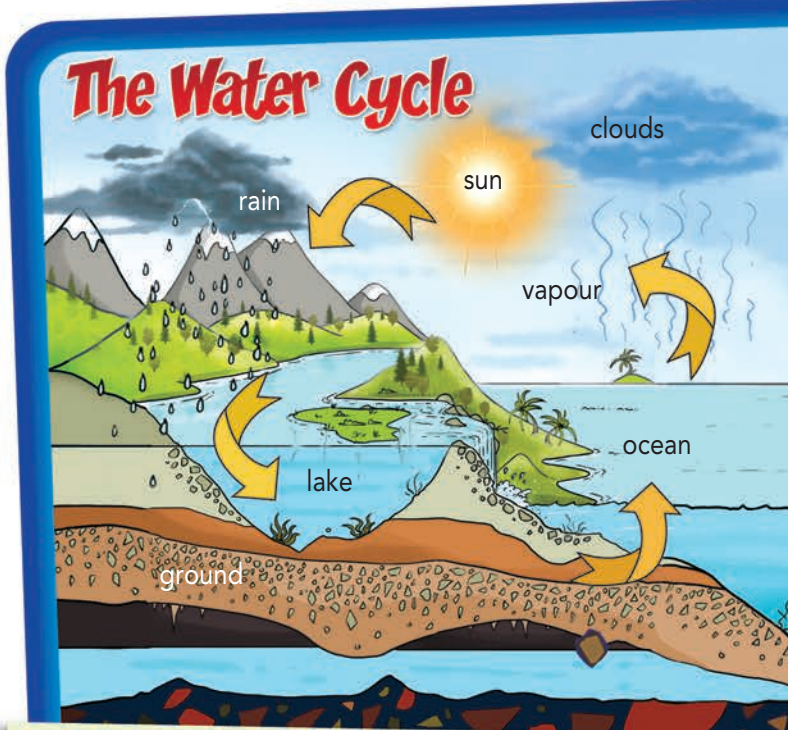
Learning grammar structures
When you learn an English grammar structure, compare it to the equivalent structure in your own language. This helps you learn it easily.

b) Complete the sentences.

- If you _____ (heat) water to above 100° Celsius, it _____ (evaporate).
- If river water _____ (move) in the same direction for long enough, it _____ (make) valleys in the earth.
- If you _____ (not/water) a plant, it _____ (die) within days.
- If we _____ (cool) water to below 0° Celsius, it _____ (freeze).

Listening & Speaking

4 a) Put the verbs in brackets into the correct tense.
Listen and check.



- When the sun _____ (be) out, it _____ (heat) the water in the oceans.
- When the sun _____ (heat) the water in the oceans, there _____ (be) vapour.
- When vapour _____ (rise) into the air, it _____ (form) clouds.
- When water droplets in clouds _____ (get) too heavy, it _____ (rain).
- When it _____ (rain), the water _____ (run) off through the ground or into lakes and rivers.

b) Use the picture to present the water cycle to the class.



Writing

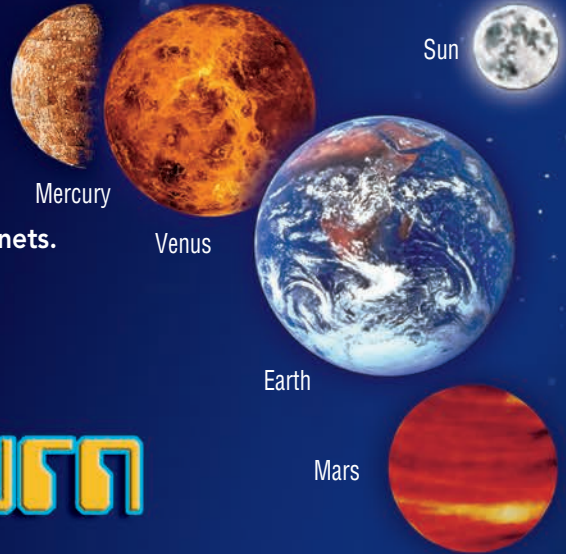
5 **ICT** Use the Internet and/or other available resources to find out more information about water. You can use this key word: **water**. Then write three sentences using conditional type 0. You can use the text in Ex. 2 as a model.

Check these words

solar system, mean, clear night, naked eye, incredible, gas giant, hydrogen, rocky core, beneath, atmosphere, reach, active planet, produce, ring, spread, space

Reading

- 1 a)  Listen and say. How many planets are there in our solar system? Which planet is closest to/furthest from the Sun?
- b) Close your books and say the planets.
- c) What is special about Saturn?
 Listen, read and check.



Saturn

Gas Giant

Saturn is the second largest planet in the solar system after Jupiter. It is 766 times the size of Earth. This means that, on a clear night, you can see it with the naked eye – incredible when you learn the planet is 1.2 billion kilometres away!

The planet is a gas giant because it is mostly hydrogen, although it may have a small rocky core. Beneath the “surface” the hydrogen is liquid and it is extremely hot. The atmosphere of Saturn is also mostly hydrogen and winds sometimes reach 1,700 kph. Saturn is a very active planet and it produces 2.5 times the heat it receives from the sun. This heat is probably the reason why the planet looks yellow-brown to us.

The Lord of Rings

A well-known feature of Saturn is its rings. These rings – just bits of ice – are less than 99 metres thick but spread many thousands of kilometres into space.

- 2 Which of the following are true about Saturn? Decide in pairs. Read and mark.

- 1 Saturn is the largest planet in our solar system.
- 2 It is 1.2 billion kilometres away from Earth.
- 3 It consists mostly of hydrogen.
- 4 It doesn't have an atmosphere.
- 5 Its winds are very strong.
- 6 Its rings are very thin.



Did you know?

- Planets are large, round objects in space that move around a star.
- Saturn has over 60 moons and 7 rings.

- 3 a) Read the text again and match the sentences (1-5) in column A with the sentences (a-e) in column B.

A

- 1 If there are no clouds in the sky after dark,
 2 If you take away the rock,
 3 If you look deep inside the planet,
 4 If a spacecraft travels to Saturn,
 5 If we compare Saturn to other planets,

B

- a ... you see hot hydrogen.
 b ... it takes many years to get there.
 c ... only Jupiter is bigger.
 d ... the main body of Saturn is just hydrogen.
 e ... you don't need a telescope to see Saturn.

b) Say three facts about Saturn.

- c) **THINK** Imagine you are a scientist at NASA. You are looking at pictures of Saturn. In three minutes, write what you can see. Tell your partner.

Grammar

Present simple

- 4 a) Read the theory. List all *present simple* forms in the text. Which uses of the *present simple* can you find?

We use the **present simple** for:

- **facts:** *The sun rises in the east. It doesn't rise in the west.*
- **habits/routines:** *Astronauts usually sleep 8 hours a day after a 16-hour work day. They take sponge baths daily. Do they exercise regularly? Yes, they do.*
- **timetables:** *The space museum opens at 9 pm every weekday.*

Spelling rules

- most verbs + -s *I sleep – he sleeps*
- verbs in -ss, -sh, -ch, -x, -o, + -es *I miss – he misses*
- consonant + *y* + -ies *I study – he studies*
- vowel + *y* + -s *I play – he plays*

- b) Put the verbs in brackets into the **present simple** tense.

Check these words

zero gravity, affect, rinseless shampoo, crew, take a bath, mid-deck

LIVING ON A SPACE STATION

- 1 The astronauts _____ (live) without daily luxuries such as hot showers.
- 2 They _____ (not/have) much free time.
- 3 Zero gravity _____ (affect) their health.
- 4 If an astronaut _____ (not/exercise) daily, he won't be able to walk when he _____ (come) back to Earth.
- 5 Astronauts _____ (wash) their hair with a rinseless shampoo.
- 6 The crew _____ (eat), _____ (play) _____ (sleep) and _____ (take) a bath in the mid-deck.



Spelling & Pronunciation

3rd person singular

- c) Write the 3rd person singular.
 Listen and check (✓). Listen and repeat.
 What are the rules?

		/s/	/z/	/ɪz/
1	play			
2	look			
3	travel			
4	compare			
5	exist			
6	study			
7	get			
8	pass			

Writing

- 5 **ICT** In groups, prepare a presentation of our solar system. Collect information and write a few sentences about each planet. Use these key words: **solar system**. Present the information to the class.

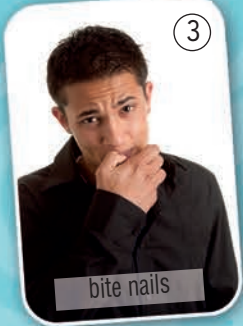
1.3 Bad habits



1 chew gum



2 talk during films



3 bite nails



4 be late for an appointment



5 have bad table manners



6 talk loudly on your mobile phone



7 be bossy



8 have noisy neighbours



9 throw rubbish in the street

Check these words

typical of, upsets you, go for it, I'm starving, puts me off, gets on my nerves, disgusting, hard to break, stomach is rumbling

Kylie: Hi, Frank! Sorry I'm late.
 Frank: Typical of you, Kylie. You're never on time. I'm always the one waiting for you.
 Kylie: Sorry, I know how much it upsets you. Anyway, I'm starving!
 Frank: Yes, me too! That chicken looks good.
 Kylie: Yes, it does! Let's go for that.
 Frank: Great. Oh, no! Look at that boy eating spaghetti. He has it all over his face and clothes.
 Kylie: I don't want to look. If I see someone eat like that, I feel ill.
 Frank: Some people just have no table manners! You know, what really puts me off is people biting their nails, like that girl in the corner.
 Kylie: Oh come on. Lots of people do that. I don't mind that. What gets on my nerves is people chewing gum with their mouths open. It's really awful. Like what you're doing now, Frank!
 Frank: Oops! Sorry. Bad habits are hard to break. If I do that again, just tell me. OK?
 Kylie: Oh, don't worry, I will! Now, how about ordering some food? My stomach is rumbling.
 Frank: Mine too.

Vocabulary

Annoying situations

1 Listen and repeat. Which of the habits in the pictures do you find most annoying? Use the adjectives: *angry, upset, frustrated, disgusted.*

I get really angry when somebody is late for an appointment.

Listening & Reading

2 a) You are going to read a dialogue between two friends. Read the first and the last exchanges. What is the dialogue about?

Listen, read and check.

b) Read the dialogue and answer the questions.

- 1 Who seems to be a patient person?
- 2 Who gets easily put off?
- 3 Which things annoy each person?

c) Find sentences in the dialogue which mean the following.

- You do that all the time.
- I know it really annoys you.
- I'm very hungry!
- I get disgusted.
- It doesn't bother me.
- What annoys me ...
- You bet I will.

Everyday English Expressing annoyance

3 a) Listen and read the dialogue. What annoys Jack?

Mike: **It really annoys me when somebody is late for an appointment.**

Jack: Me too.

b) Act out similar dialogues. Use the phrases in the box. You can use ideas from Ex. 1 as well as your own ideas.

Expressing annoyance	Agreeing/Disagreeing
<ul style="list-style-type: none"> • It (really) annoys me when ... • It frustrates me when ... • I hate ... • I can't stand ... 	<ul style="list-style-type: none"> • I know how you feel. • Me, too. • You can't be serious! • Really? I don't mind it at all.

Listening & Speaking

4 Listen to Alex and Sara talking about things that annoy them and their friends. Which thing annoys each person? Listen and match, then say.

People

1		Sara
2		Alex
3		Brad
4		Michael
5		Lincoln

Sara gets angry with bossy people.

- Annoying habits**
- a messy people
 - b noisy neighbours
 - c people who bite their nails
 - d screaming babies
 - e people with bad table manners
 - f bossy people
 - g people who are always late
 - h people talking during films

Grammar Conditional type 0

5 a) Match the items in column A with those in column B in order to make correct conditional type 0 sentences, as in the example.

A	B
1 d If Laura goes (go) to bed late,	a I _____ (sleep) well.
2 _____ If my baby niece _____ (not/eat) every three hours,	b she _____ (feel) relaxed afterwards.
3 _____ If Sarah _____ (take) a bath in the evening,	c it _____ (disgust) me.
4 _____ If people _____ (laugh) at me,	d she wakes (wake) up in a bad mood.
5 _____ If people _____ (cough) without covering their mouths,	e she _____ (cry).
6 _____ If Lisa _____ (meet) new people,	f I _____ (get) bothered very quickly.
7 _____ If I _____ (stand) in a long queue,	g I _____ (feel) embarrassed
8 _____ If I _____ (work) out,	h she _____ (be) usually quiet and shy.

Which of these sentences are true about you? Tell the class.


Writing

b) Think of a member of your family. Write five things that annoy them. Tell the class.

*If my brother is outside and it starts raining, he gets frustrated.
If my brother goes to bed late, he's in a bad mood the next day.*

Vocabulary


Environmental Problems

- 1  Listen and repeat. Which of these environmental problems is/are the most serious in your country?

Rubbish is the most serious problem in my country.

Reading & Listening

- 2 a) Read the first sentence in each paragraph. Which environmental problem is each about?

 Listen, read and check.

6 population growth

5 erosion

Check these words

destroy, area, provide, species, lose, pollute, smoke, acid rain, under threat, throw away, recycle, landfill site, dump, global population, feed, production, increase, go hungry, act

1 smog

2 deforestation

3 rubbish

Earth SOS

- Every year, we destroy an area of forest the size of New York State. Trees provide oxygen and homes to many different species. If we continue cutting down forests, we'll also lose plants that we can use to make medicine.
- Factories pollute the air with smoke and the sea with chemicals. Acid rain falls from the skies and sea life is under threat. If factories don't stop polluting the environment, fresh air and clean water will be things of the past.
- The average family throws away 2 tons of rubbish every year. That's about the weight of an elephant! If we don't recycle more, all the landfill sites will be full and we'll soon have nowhere to dump all that rubbish.
- Four babies are born every second. The global population will be 9 billion by 2042. If we want to feed everyone, we'll have to produce 70% more food. Unless food production increases, many more people will go hungry.

We need to act now!

4 animal extinction

STUDY SKILLS

Identifying author's purpose

Authors write to entertain, persuade or inform people. When we read, it is important for us to understand the author's purpose so that we understand the text better.

c) What is the author's purpose?

3 Choose the correct word.

- 1 Rainforests **provide/produce** us with timber.
- 2 A lot of animals are under **danger/threat** of extinction.
- 3 Sorting our rubbish helps local landfill **sights/sites**.
- 4 We should help to **feed/supply** the world's hungry children.
- 5 Food production needs to **advance/increase** to meet the needs of the world's growing population.

b) Read the text and complete the sentences.

- 1 Trees are important because _____.
- 2 We need plants to _____.
- 3 Smoke from factories _____.
- 4 We need to recycle or else _____.
- 5 We need to produce more food because _____.

Everyday English

Giving/Reacting to news

- 4 😊😞 Read the example. Use the language in the box and the facts below to act out similar exchanges.

Giving news	Reacting to news
<ul style="list-style-type: none"> You won't believe this! Listen to this. Did you know that ...? 	<ul style="list-style-type: none"> Oh, how awful ... Oh, no! Is that true? Are you serious? That's unbelievable. That's terrible. That's a pity! That's a shame.

A leaky toilet can waste 340,000 litres of water every year.

At least 50 million acres of rainforest are lost a year.

Less than 1% of Chinese cities have clean air.

People cut down more than 850 million trees a year.

It takes 450 years for a plastic bottle to degrade.

A: You won't believe this. A leaky toilet can waste 340,000 litres of water a year.

B: Are you serious?

Grammar

Conditional type 1

- 5 a) Read the theory. Find examples in the text. When do we use conditional type 1?

If + present simple → will + base form of main verb
If we **keep** cutting down trees, animals **will lose** their habitat.

Use: to talk about a possible situation in the present or future.

Animals **will lose** their habitat if we **keep** cutting down trees.

Note: Unless = If not

Compare the examples

Unless we **stop** cutting down trees, animals **will lose** their habitats.

If we **don't stop** cutting down trees, ...

- b) Explain the words in the **Check these words** box. Then, complete the sentences with the correct form of the verbs in brackets.

Check these words

current rate, become extinct, rise, rapidly, melt, habitat, lose

- If deforestation _____ (continue) at the current rate, the rainforests _____ (disappear).
- If we _____ (recycle) one aluminium can, we _____ (have) enough energy to run a TV for three hours.
- Unless we _____ (do) more to help the environment, many endangered species _____ (become) extinct.
- Sea levels _____ (rise) rapidly if the polar ice caps _____ (melt).
- Unless we _____ (act) now, we _____ (not have) fresh air in the future.
- Many birds _____ (lose) their habitats unless we _____ (stop) cutting down trees.

Speaking & Writing

- 6 a) In three minutes, write three things you remember from the text. Then tell your partner.
- b) **THINK** In your opinion, which environmental issue is the most serious? Why? In three minutes, write a few sentences on the topic. Read them to the class.

- c) **ICT** Use the Internet and/or other available resources to prepare a presentation on ways to help protect the environment. Use these key words: **help the environment**.



1.5 Be active

Vocabulary Hobbies

1 Say as many hobbies and activities as you can think of. Then list the activities (1-12) under the headings.

Go Do

Listen and check. What's your favourite hobby? How often do you do it?



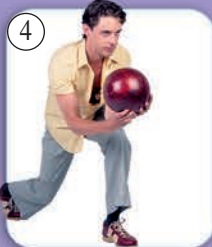
1 capoeira



2 yoga



3 karate



4 bowling



5 aerobics



6 gymnastics



7 track & field



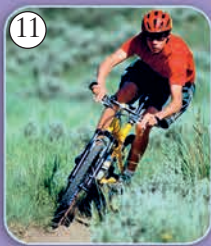
8 horse riding



9 diving



10 windsurfing



11 mountain biking



12 kickboxing

Reading

2 a) Read the letters (1-2) asking a fitness expert for advice. Match each letter to the correct response (A-B).

Listen and check. What is each person's problem? What is the expert's advice?

Check these words

chips, keep following, routine, gain weight, develop a problem, neck, back, stiff, sore, suggest, try, work out, strengthen, packed lunch

The Expert advises ...



1 I'm a very busy person and I don't have time for exercise. I sit at a desk all day and I only have 30 minutes for lunch. I usually eat something quick like a burger and chips. I know if I keep following this routine, I will gain a lot of weight. What should I do?

Rick

2 I spend a lot of time studying and working at my computer. I'm starting to develop a problem with my neck and back. After a few hours of sitting, I'm very stiff and sore. I'd like to do some type of exercise that isn't too tiring. Will you please suggest an activity I could do at home?

Amanda

A My advice would be to try yoga. If you want to work out at home, you can find a number of excellent DVDs that will teach you the basics. Yoga will help you strengthen your body, and it will make you calmer and more relaxed. Give it a try, I promise you'll love it!

B The first thing you will have to do is start making better food choices. If you can't order a healthy lunch, then you will have to bring your own packed lunch. Exercise is important for many reasons. If you eat healthy and exercise 30 minutes a day, you'll have more energy and you won't put on weight.

b) Fill in the correct word: *strengthen, develop, following, stiff, choices, gain.*

- 1 Keep _____ the diet, and you'll lose weight.
- 2 A diet full of fried foods and sugary drinks will lead you to _____ weight.
- 3 Exercising helps you _____ your muscles.
- 4 My legs feel _____ when I go jogging.
- 5 Doctors say that most women _____ a sleep problem at this age.
- 6 Encourage your children to make nutritious food _____.

Grammar

Will

- 3 a) Read the theory. Find examples in the texts in Ex. 2a.

We use **will** for:

- **on-the-spot decisions:** *I'm tired. I'll take a nap.*
- **predictions based on what we know:**
You'll lose weight with this workout.
- **promises, offers, threats, hopes:**
I promise you'll feel better right away.

Note: After time words (*while, before, after, until, when, if, etc.*) we don't use **will**. We use the present simple. *I'll call you when I reach Brazil.* (NOT: ~~when I will reach~~) **BUT** When will he call? (question word)

b) Put the verbs in brackets into the correct form using the **present simple** or **will**.

- 1 A: Is John coming to the beach?
B: I think he _____ (**meet**) us there after lunch.
- 2 A: The yoga DVD costs £20.
B: That's very expensive. I _____ (**not/buy**) it.
- 3 A: When _____ (**you/want**) to eat dinner?
B: I'll eat after I _____ (**finish**) my workout.
- 4 A: I _____ (**be**) thirsty.
B: I _____ (**bring**) you a glass of water.
- 5 A: I _____ (**not/know**) how to do this!
B: I _____ (**help**) you.
- 6 A: When _____ (**you/come**)?
B: I'll call you before I _____ (**leave**) and tell you for sure.

Listening

- 4 a) Read part of an email from a pen friend. What is Todd's problem?

... I'm in my first year of college and I find it hard to live away from home. I feel lonely and left out, and miss my family and friends. What should I do?
Todd

- b) Listen to Todd and John discussing Todd's problem. What is John's advice?

Writing

An email of advice

- 5 **Portfolio:** Write your email of advice to Todd (60-80 words). Use the paragraph plan and the suggested language box below. You can use John's advice in Ex. 4b.

PLAN

- Para 1** opening remarks, express sympathy, offer to help (*I'm sorry to hear that you have a problem, but I don't think it's anything serious. There are lots of things you can do.*)
- Para 2** your advice and expected results
- Para 3** closing remarks (*I hope my advice helps.*)


Giving advice/ Stating expected results

- You should ...
- Why don't you ...? This way you'll ...
- If you ..., then, you'll ...
- How about ...? This will ...

1.6 Great animals

Vocabulary

Animals/Habitats


- 1 a)  Listen and say.
 b) Where does each animal in the list live? Make sentences.

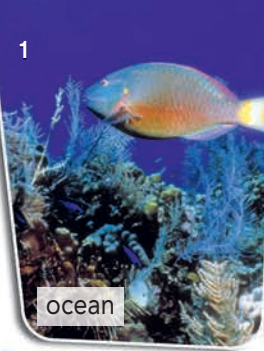
- sea turtle • goat • panda • camel
- frog • polar bear • salmon

Sea turtles live in oceans.

Reading

- 2 a) Look at the animals in the pictures. Which habitat do they live in? What dangers do they face: *deforestation?* *hunting?* *overfarming?* *loss of habitat?*

 Listen and read to find out.



Check these words

protect, adopt, hunting, deforestation, survive, wildlife, cranberry, root, overfarming, jellyfish, squid, control

Josh's

Animal Blog

Tags: Giant panda

Posted by Josh

Hi, my name's Josh and I love animals. If you love them too and want to protect them, adopt one! That's what I am doing. I am adopting a giant panda, Peipei, that lives in the bamboo forests of southwest China. If we don't stop hunting and deforestation, the 1,600 pandas left in the wild will be the last of their kind. Pandas eat bamboo and need these bamboo forests to survive. If we protect these natural habitats, we will also protect the homes of thousands of other plants and animals that live there.

[Add a comment](#)



Kim, Beijing says:

24th March, 2010 at 4:30 p.m.

Tags: Siberian Crane (East Asia)

I think what you are doing is great! I also love wildlife and I am adopting a Siberian Crane. These beautiful birds live in Siberia but spend the cold winter months near the Yangtze River in China where it is warmer. In the spring, they eat cranberries, fish and insects and when they move south they eat roots from rivers and ponds. At present, these birds are slowly disappearing because of hunting and overfarming. There are about 3,200 Siberian Cranes left. Unless we protect their natural habitat around lakes and ponds, these birds will not have a place to make nests and feed their young. The money we give to adopt a crane helps protect its environment.



Sayuri, Japan says:

25th March, 2010 at 10:00 p.m.

Tags: Sea Turtle

I adopted a Leatherback Turtle. They live in oceans all over the world but there are very few left. These large sea animals eat creatures like jellyfish and squid, but pollution is destroying their habitat. Some die in fishing nets and others get hit by passing ships. It is important to protect these sea animals because they control the number of jellyfish in the waters.



[Login & Setting](#)

[Email this to a friend](#)

b) Read the text and complete the sentences.

- Giant pandas live in _____ .
They feed on _____ .
- In the winter, Siberian Cranes go _____ .
At present, there are only _____ .
- Leatherbacks live in _____ .
We need them because they _____ .

c) **THINK** What can we do to protect endangered species? In three minutes, write a few sentences on the topic. Read them to the class.

Speaking

3 Copy and complete the table with information from the text. Present the animals to the class.

Name			
Habitat			
Feeds on			
Dangers			

Grammar

Present simple – Present continuous

4 a) Read the theory. Find examples in the text. Then, give examples of your own.

Present simple

- for habits/routines: *He works in a zoo. He gets up at 6 and feeds the animals.*
- for timetables: *The zoo opens at 9 pm.*
- for permanent states & facts: *James has blue eyes. Cows eat grass.*

Time expressions: every day, on Tuesdays, often, etc.

Present continuous

- for actions happening now/around the time of speaking: *Tina is feeding the animals now. She is working hard these days.*
- temporary situations: *Tina is working in a zoo for the summer.*

Time expressions: now, at the moment, at present, etc.

Note: Some verbs don't have continuous forms because they describe a state rather than an action (appear, believe, want, like, hate, know, seem, etc.). *I want to adopt an animal.* (NOT: ~~I'm wanting~~ ...)

b) Put the verb in brackets in the present simple or the present continuous. Give reasons.

- A: How long _____ (giant pandas/live?)
B: They _____ (usually/live) for about 20 years in the wild.
- A: What _____ (you/do) up so late?
B: I _____ (try) to finish my project.
- A: Many people _____ (fight) to stop illegal fishing these days.
B: If we _____ (not/act) now, many sea animals will die.
- A: Hurry! The documentary _____ (start) in five minutes.
B: I _____ (come).
- A: John _____ (seem) very busy these days.
B: Oh yes. He _____ (work) on a project about endangered species.

Writing

A comment to a blog entry

5 **ICT** Write a comment to Josh's blog about an endangered animal in your country. Use the outline below to plan your paragraph. Use the texts in Ex. 2 as models. You can do some Internet research to collect information.

- name • habitat
- food • why in danger
- how we can help

Did you know?

In 1963, there were only 487 nesting pairs of bald eagle in the contiguous USA. Today, there are about 10,000. We can make a difference.



1.7 Tech-time



vacuum houses



patrol streets



lift large objects



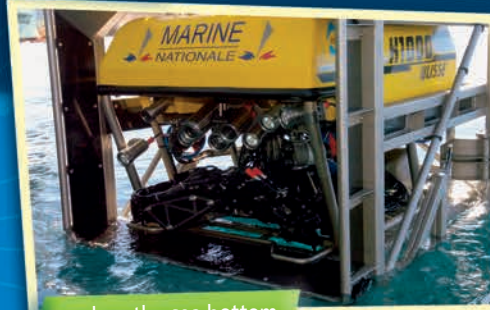
build cars



defuse bombs



assist doctors



explore the sea bottom

Vocabulary Robots

- 1 Listen and say. How are these activities related to Artificial Intelligence? Read the dictionary entry to find out.

*A.I. stands for Artificial Intelligence.
A.I. is the ability of a robot to think and perform tasks as humans do.*

Reading

- 2 a) Read the heading and introduction to the text. What is the text about?

Listen, read and check.

Check these words

science-fiction, search the Internet, video games, store, amounts of information, process, accurately, lack, clever decisions, defuse bombs, safely, patrol the streets, identify criminals, copy, housework, lift, heavy, robotic vehicles, explore, challenge

Can you believe it?

A.I. machines are all around us; not just in science-fiction films, but also in real life! We use A.I. when we search the Internet and even when we play video games. These machines can store huge amounts of information and process them fast and accurately. What they lack is an ability to learn and make "clever decisions" as human do.

- A.I. keeps us safe. Police officers use robots to defuse bombs quickly and safely. In the future, officers will use A.I. to help them patrol the streets and identify criminals.
- Some people own robot vacuums and pool cleaners that do the housework for them. If you can afford to buy one of these expensive machines, you will not spend long hours on cleaning!
- A.I. machines build cars and test them to make sure they are safe for people to drive. These machines can do work humans can't do easily, such as lifting heavy car parts.
- Scientists send specially designed ROVs, which are deep-sea robotic vehicles, underwater to explore the sea bed. Robots are able to work underwater longer than human divers.

Right now we use A.I. to help us with many different jobs. Will these machines be able to think on their own? This is one of the biggest challenges of modern-day computing.

b) Read the text and mark the sentences *T* (true), *F* (false), or *DS* (doesn't say). Correct the false sentences.

- 1 Lots of science-fiction films are about A.I. _____
- 2 A.I. machines can help the police do their work. _____
- 3 A.I. machines are expensive to buy. _____
- 4 A.I. machines can help save lives. _____
- 5 A.I. machines are stronger than people. _____
- 6 In the future, A.I. machines will replace people at work. _____
- 7 Scientists travel underwater inside an ROV. _____
- 8 A.I. machines will be able to think for themselves. _____

c) Say three things you learned from the text.

3 Fill in: *make, patrol, store, defuse, explore*.

- 1 Computers can _____ information on their hard drives.
- 2 It's very difficult to _____ the sea bottom without appropriate equipment.
- 3 Computers can't _____ decisions the same as people can.
- 4 Only people with special training can _____ bombs.
- 5 If police officers _____ the streets regularly, there will be less crime.

Grammar

4 Make sentences. Use the first conditional.

Living in a "High-tech" house

- 1 be dark / it close the curtains
If it's dark, it will close the curtains.
- 2 a person enter a room / lights switch on automatically
- 3 temperature drop to 15° C / it turn up heating
- 4 you clap twice / TV turn on
- 5 fridge run out of food / it order supplies from supermarket
- 6 someone break in / it inform you on your mobile

STUDY SKILLS

Predict content

Read the rubric and the questions and possible answers. They will help you predict what the recording will be about.

Listening & Writing

5 a) You'll listen to a person talking about artificial intelligence. For questions 1-5, circle the best answer (A, B, or C).

- 1 A.I. machines will complete tasks
 - A better than humans.
 - B as well as humans.
 - C worse than humans.
- 2 A.I. technology will help reduce
 - A the number of people using machines at work.
 - B the amount of work people do.
 - C the number of accidents and injuries on the job.
- 3 In the future, scientists hope computers will
 - A make decisions for us.
 - B do a lot of work for us.
 - C be able to think and react.
- 4 If we continue to improve A.I. technology, people will
 - A see positive improvements.
 - B learn to use computers.
 - C use robots every day.
- 5 In the future, ATMs will
 - A give money to everyone.
 - B make decisions for you.
 - C ask the client questions.

Writing

b) **THINK** Will robots become more powerful than people? In three minutes, write a few sentences on the topic. Read them to the class. Who shares your opinion?



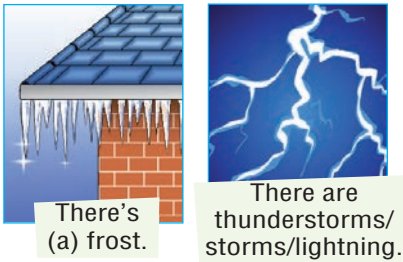
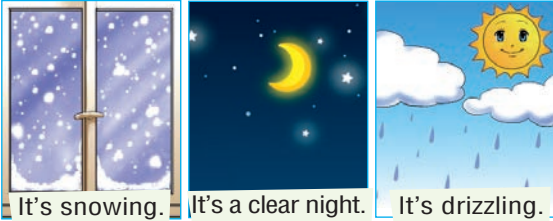
1.8

Weather patterns

Vocabulary

The weather

1 a) Listen and say.



b) Match the opposites.

Listen and check.

boiling hot dry warm

wet freezing cold chilly

What's the weather like today?

It's _____

Reading

2 a) Read the dictionary entry. Do you know any weather proverbs? Do you believe in them?

proverb (n) = a short sentence that people often use; a saying. It gives advice or tells you about life.

b) Listen and read the proverbs. Which of these signs suggest good weather? bad weather? Write sentences.

- | | |
|----------------------|----------------------------|
| 1 red sky at night | 5 rainbow in the morning |
| 2 red sky in morning | 6 clear sky at night |
| 3 stars shine bright | 7 chimney smoke going down |
| 4 crows fly low | |

Check these words

rainbow, seagull, shine, bright, chimney

Weather PROVERBS

- If the sky is red at night, it will be sunny the following day.
- If the sky is red in the morning, it will be stormy.
- If the sky is clear at night and you can see the moon, there will be a frost in the morning.
- If there is a rainbow in the morning, it will be rainy.
- If seagulls come back to land, it will be stormy.
- If the chimney smoke goes down, there will be bad weather.
- If crows fly low, it will be rainy.
- If autumn trees hold their leaves, it will be a cold winter.
- If the first three days of April are foggy, there will be a flood in June.

Grammar

Intentions & arrangements

- 3 a) Read the examples. Which sentence expresses an intention; a future arrangement? What tenses are used?

He's playing tennis later.
He's going to buy a new racket.

- b) Look at Steve's agenda and put the verbs in brackets into the *present continuous* or the correct form of *be going to*.

Mon 18:00	play football with friends	Don't forget to: ✓ buy new pair of trainers ✓ book a table at Dino's ✓ ask Carlos to come with me ✓ buy flowers for aunt
Tue 20:00	celebrate Mum's birthday	
Fri 20:00	go to the cinema	
Sat 19:00	visit aunt	

- Steve *is playing* (play) football with his friends on Monday. He _____ (buy) a new pair of trainers.
- They _____ (celebrate) his mum's birthday on Tuesday. He _____ (book) a table at *Dino's*.
- He _____ (go) to the cinema on Friday. He _____ (ask) Carlos to go with him.
- They _____ (visit) his aunt on Saturday. He _____ (buy) flowers for her.

- c) What are you going to do during your summer holiday?

What are you doing tonight?

Everyday English

Talking about the weather

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

Harry: What's the weather going to be like tomorrow, Jane?

Jane: The forecast says it is going to be hot and sunny. 1) _____ (you/do) anything?

Harry: Yes! I 2) _____ (go) hiking with Fred and Paul. I just 3) _____ (hate) hiking in the rain.

Jane: You should be OK tomorrow then.

Harry: I hope so. How about you? What 4) _____ (you do)?

Jane: I 5) _____ (meet) Debra in the afternoon. We 6) _____ (want) to buy some CDs.

Harry: Have fun, then.

- b) 😊😊 Use the language in the table and the words in Ex. 1 to talk about the weather. You can also use your own ideas.

Asking	Replying
<ul style="list-style-type: none"> What's the weather like? It's a lovely day today! It's really cold, isn't it? It's so hot, isn't it? It's too windy today, isn't it? 	<ul style="list-style-type: none"> It's warm and sunny. It certainly/sure is. I don't think so. Definitely.

A: *What's the weather like today?*

B: *It's warm and sunny.*

Listening

- 5 a) 🔄 Listen to Sandy describing the weather in her town. What is it like in each season? Copy and complete the table.

winter	spring	summer	autumn

Writing & Speaking

- b) What is the weather like in your town/city/village? Complete a table similar to the one in Ex. 5a. Tell the class.

Winters are ... in my town. There's a lot of ... etc.

1.9 Health

Vocabulary

Aches & Pains

1 a) Listen and say.

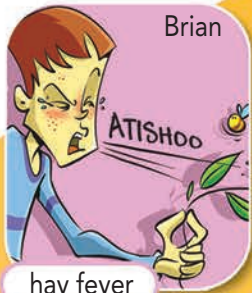
b) What's wrong with each person? In pairs, ask and answer.

A: What's wrong with Tony?

B: He has a headache.



a headache



hay fever



an earache



a backache



a black eye



a stomach ache



a sore throat



a cut



a bad cough



cramp



a cold/the flu

AN APPLE a day ...

... keeps the doctor away. But some everyday aches and pains need very special treatment. Do the quiz to see if you know what to do when you get ill or hurt yourself.

- 1 If you are out in the rain and catch a cold,
 - A eat some raw potato.
 - B drink lots of lemon juice.
 - C get plenty of fresh air.
- 2 If you are in an aeroplane and get an earache,
 - A stand up and walk around.
 - B chew some gum.
 - C don't move your head.
- 3 If you suffer from hay fever in the summer,
 - A eat raw onions.
 - B drink tomato juice.
 - C wash your face often.
- 4 If you get a headache from too much work,
 - A blow your nose.
 - B turn off the lights.
 - C hold your breath.
- 5 If you wake up in the night with cramp,
 - A rub your toes.
 - B stand on your head.
 - C stretch the muscle.

Check these words

aches, pains, treatment, hurt, raw, chew, suffer from, hay fever, blow your nose, turn off, hold your breath, stand, stretch, muscle, put on, steam, rub, slice, dry, toast

Reading & Speaking

2 a) Look at the title of the quiz and the introduction. What is the quiz about?

b) Do you know how to deal with problems like the ones in Ex. 1? Take the quiz. Read and check.

- 6 If you have a bad cough,
A put on a warm jumper.
B drink a glass of warm milk.
C breathe in steam from boiling water.
- 7 If you get a paper cut from a magazine,
A wash it in warm water.
B keep it covered.
C run cold water over the cut.
- 8 If you lift something heavy and get a backache,
A eat lots of spinach.
B rub some carrot juice on it.
C put slices of raw potato on it.
- 9 If you hit your arm on a table and get a bruise,
A put something cold on it.
B hold it under hot water.
C rub olive oil on it.
- 10 If you get a stomach ache from too much spicy food,
A drink cold water.
B do some exercises.
C eat a piece of dry toast.

Answers: 1B, 2B, 3C, 4B, 5C, 6C, 7C, 8C, 9A, 10C

Grammar

The Imperative

3 a) Read the theory. Find examples in the quiz.

We use the imperative to give advice, instructions or direct orders. *Open your mouth.*

To sound more polite, we can use **please**.

Sit down, please.

REMEMBER! We use **don't + base form** of the verb to make a negative imperative.

Don't touch these wires.

We can use the imperative in the main clause in conditional type 1 to give advice or instructions.

If you burn your tongue while drinking tea, put some salt on it.


b) Use the verbs to complete the sentences.

remove cover
rub take use
put

If you burn your hand on something hot,



- _____ it under cool water for several minutes.
- _____ a painkiller.
- _____ the burn with bruise cream.
- _____ ice to help with the pain.
- _____ any clothing or jewellery that is near the burn.
- _____ it with a bandage.

Listening

- 4  Listen to the dialogue. What's wrong with James? What does the doctor ask him to do?

Everyday English

Asking about health

- 5 a)   Your friend has a headache. Act out your dialogue. Use the phrases in the box. You can use the ideas in Ex. 2 and your own ideas.

Asking about health	Complaining about health
<ul style="list-style-type: none"> Are you OK? You don't look well. What's wrong? 	<ul style="list-style-type: none"> I don't feel well. I feel terrible. I have a dreadful ... I can't stand it.
Expressing sympathy & giving advice	
<ul style="list-style-type: none"> Oh dear! I'm so sorry. 	<ul style="list-style-type: none"> Why don't you ...? You should ...

Writing

- b) **Portfolio:** Your friend has a bad cough. Write your dialogue advising him/her to see a doctor. Use phrases from Ex. 5.

1.10

What does your future hold?



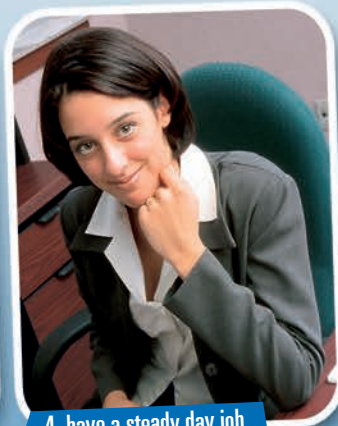
1. study at university



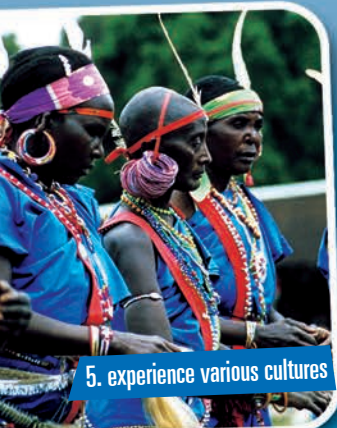
2. own my own house



3. drive an electric car



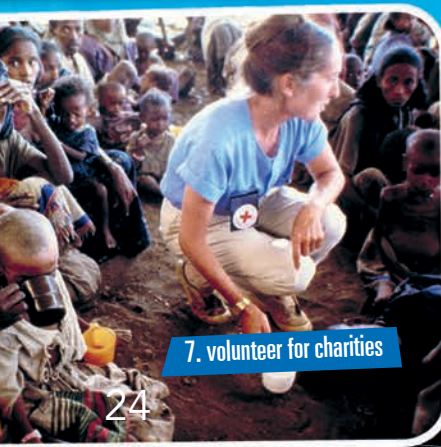
4. have a steady day job



5. experience various cultures



6. live on a farm



7. volunteer for charities



8. live in a big city

Vocabulary

Future plans

1 a) Listen and say.

b) Use phrases from Ex. 1a to complete the sentences about your future life.

I think I'll _____.

I don't think I'll _____.

Reading & Speaking

2 Look at the blog entry. What are Antonio's plans for the future?

Listen and read to find out.

Check these words

face, high-tech world, well-paid job, engineering, automotive engineer, design, energy-efficient car, global community, recycled materials, rely on, solar energy, recycled water, dream big

Comments

My Future Blog

My Life in the Future

Hey fellow teens, where will you be 20 years from now? What will your life be like? What do you want to do? Tell us your dreams for the future ...

Well, let's face it, it's a high-tech world, so unless you choose a high-tech career, you won't find a well-paid job. If I go to university, I will study engineering and become an automotive engineer. I want to design new and better energy-efficient cars, such as electric and hydrogen cars. If I have free time, I want to travel a lot and experience other cultures. I see other countries as my neighbours and I want to get to know them and be part of the global community. Someday, I hope to have a big family. If I have the money, I will build my family an environmentally-friendly house made from recycled materials that relies on solar energy and recycled water. Sure, I have lots of plans, but why not dream big?

Posted by: Antonio, 17 years old
21st of March at 8:10 pm

Post a comment

- 3 a) Read the blog again and mark the sentences *T* (true), *F* (false), or *DS* (doesn't say).
- 1 Antonio wants to live abroad someday. _____
 - 2 Antonio is concerned about the environment. _____
 - 3 Antonio thinks it's important to do a job that you enjoy. _____
 - 4 Antonio hopes to have a large family. _____
 - 5 Antonio wants to build a big house. _____
 - 6 Antonio plans to build houses. _____

STUDY SKILLS

Joining ideas

We use **too, both, and, as well** to join similar ideas.
Both Sue and Sam want to study at university. Sue wants to study at university. Sam wants to study at university too/as well.

We use **whereas, but** to join opposing ideas.
Sue wants to live in a flat, whereas Sam wants to live on a farm.

b) Complete the chart about Antonio, then about you. Compare and contrast Antonio's plans to yours.

	Antonio	You
Education	study engineering at university	
Job		
Free time		
Family		
Home		

Antonio wants to study engineering at university, whereas I want to ...

c) **THINK** Should teenagers base their future plans on what makes them happy or not? Why? In three minutes, write a few sentences on the topic. Read them to the class. Who shares your opinion?

Listening

4 Listen to three teenagers talking about their future. Complete the table.

	Job	Place to live	Free time
Meg			
Paul			
Carla			

Speaking

Asking about future plans

5 In pairs, use the language in the box and phrases from Ex. 1 to talk about your future plans. You can use your own ideas.

Asking about future plans	Making predictions
<ul style="list-style-type: none"> • Where will you ...? • What will ...? • Will you ...? 	<ul style="list-style-type: none"> • I think I'll ... • I don't think ... • I don't think so. I don't know. Probably not.

A: *What will you study?*
 B: *I think I'll study law. etc.*

Writing

6 **Portfolio:** Use the completed chart about you from Ex. 3b to write a blog entry about your life in the future (60-80 words).





Self-Check

1 Fill in the verbs in the correct form: *remove, bite, gain, complain, sink, adopt, explore, patrol, increase, drip.*

- Don't let the tap _____; you waste water!
- Police officers _____ the streets.
- If the world population _____ too much, there won't be enough food.
- When you throw a stone in the water, it _____.
- It isn't polite to _____ your nails in public.
- When you eat a lot of fast food, you _____ weight.
- My grandma _____ of headaches.
- If you _____ the water from an apple, it weighs 80% less.
- _____ an animal and help it survive.
- Astronauts _____ parts of space.

10x2=20 points

2 Put the verbs in brackets into the correct tense.

- Astronauts _____ (work) very hard.
- My dad _____ (help) my sister now.
- Unless we _____ (go) now, we'll miss the bus.
- If it snows, we _____ (go) skiing.
- What _____ (John/do) tonight?
- Ice _____ (melt) if it gets warm.
- If you _____ (eat) too much fruit, you'll be sick.
- I promise I _____ (clean up) later.
- Don't _____ (touch) that. It's hot.
- You _____ (not/need) a telescope to see Saturn.

10x2=20 points

3 Listen and circle the correct response.

- a Not really. b What's wrong?
- a It certainly is. b I'm so sorry.
- a I can't stand it. b I feel terrible.
- a Oh, dear. b It's freezing cold.
- a Me neither. b Me too!

5x4=20 points

4 Fill in: *You won't believe this., Is that true?, I feel terrible., Yes, it is.*

- A: It's very hot today, isn't it?
B: 1) _____
- A: 2) _____
B: What's wrong?
- A: 3) _____
This month is the hottest in 4 years.
B: 4) _____
A: Yeah. It's in the news today.

4x3=12 points

5 a) Read and mark the sentences T (true) or F (false).

Dear Liam,
I hope you are well. I'm going on holiday tomorrow and then I am going to work for the rest of the summer. I'm starting classes at university in August and I'm really excited. I'm going to study Biology and Environmental Science and I'm sure that one day I'll work as an environmentalist. I hope I'll be able to do something important to help the planet. Of course, I hope I'll travel around the world for my job too. How about you? What are your plans for the future?
Greg

- Greg is going to work all summer. _____
- He is looking forward to going to university. _____
- He wants to help the environment. _____
- He doesn't like travelling. _____

4x2=8 points

b) Write a similar email about your future plans.

20 points

TOTAL: 100 points

CHECK YOUR PROGRESS

Colour in the stars

- talk about habits and routines ☆☆☆
- talk about possible situations in the present and future ☆☆☆
- talk about future plans ☆☆☆
- give and react to news ☆☆☆
- write a blog entry about your life in the future ☆☆☆

GOOD ★ VERY GOOD ★★ EXCELLENT ★★★

Vocabulary Practice

1 a) Label the pictures.



b) Use the words in Ex. 1a to complete the exchanges.

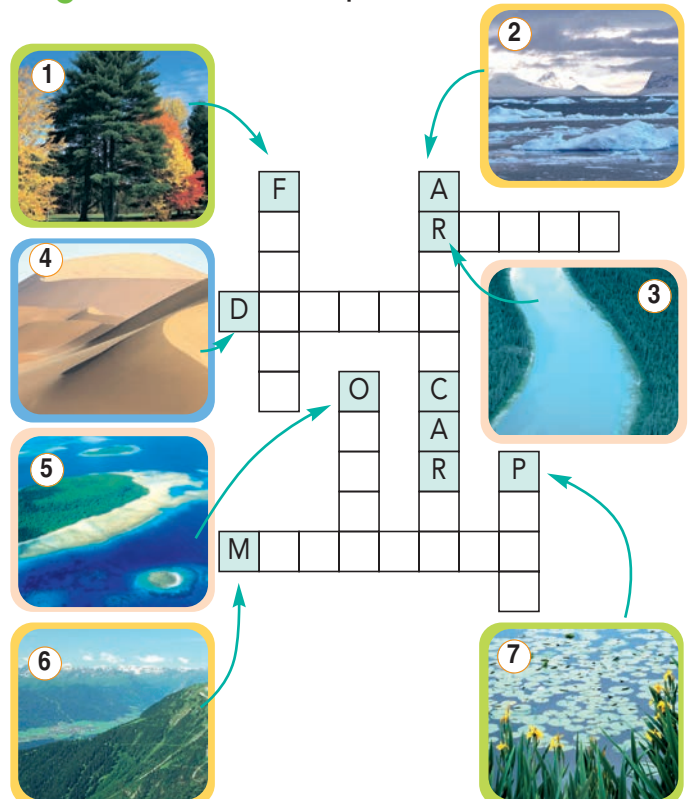
- A: What's wrong? You look terrible!
B: My hands are freezing, but my head's boiling hot! I have _____.
- A: What's happened?
B: I _____ my finger with a knife.
- A: I have really bad _____.
B: Stay away from grass and flowers then.
- A: Kate has a _____ and she can hardly speak.
B: Make her some tea with honey. It'll help a lot.
- A: I can't eat anything. I have a(n) _____.
B: Oh, no! Do you want to lie down?
- A: Here are some painkillers for your _____.
B: Thanks. Could you turn off the lights for me, too, please?
- A: Steve has an awful _____.
B: He sits at a desk all day; I'm not surprised!
- A: Do you have a(n) _____?
B: Yes, I always get one when I travel by plane.

2 Match the headlines to the problems.



- | | |
|-----------------|---------------------|
| a smog | d animal extinction |
| b deforestation | e population growth |
| c rubbish | f erosion |

3 Do the crossword puzzle.



4 Fill in the correct word.

- boils • bite • drips • sink • experience • chew • throw
- float • volunteer • owns

- 1 When water _____, it becomes a gas.
- 2 He wants to travel and _____ new cultures.
- 3 The tap in the bathroom _____.
- 4 A large object can _____ more easily in an ocean than in a river.
- 5 Don't _____ your nails. It's rude.
- 6 It's impolite to _____ gum with your mouth open.
- 7 My swimming goggles aren't very good. They don't float, they _____.
- 8 Kelly wants to _____ for charity.
- 9 He _____ a house in the country.
- 10 It's better to recycle rubbish than to _____ it away.

Reading

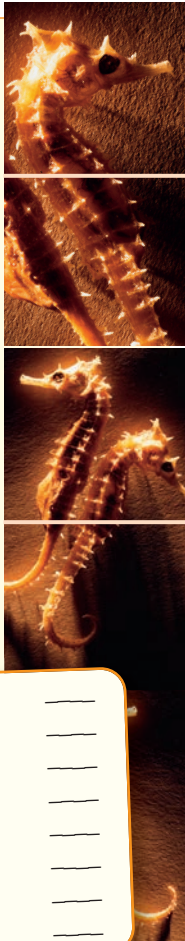
5 Read the text and mark the sentences *T* (true), *F* (false), or *DS* (doesn't say).

THE MAGICAL SEAHORSE

The seahorse lives in almost every ocean of the world, but unfortunately today some species face extinction. Collecting seahorses is important for aquariums, for medicine in Asia and for businesses which sell them as souvenirs. If we don't do something to protect them, in the future we will only be able to see some of these beautiful creatures in photographs.

There are over 30 species of seahorses living below the waters. They are a type of fish, but because they swim in an upright position, they look like small horses. They move very slowly, because they are not good swimmers. Most of them prefer to hang on to coral reefs with their tails. They appear brightly coloured in fairy tales and legends. However, in real life, if they are in danger, they turn brown or grey to hide from predators.

It's important to protect these unique looking fish from pollution and overfishing.



- | | |
|---|-------|
| 1 You can find seahorses in every ocean of the world. | _____ |
| 2 People use seahorses to make medicine in Asia. | _____ |
| 3 Seahorses use their tails to swim. | _____ |
| 4 Seahorses can swim fast. | _____ |
| 5 You can find seahorses in coral reefs. | _____ |
| 6 Seahorses are colourful in legends. | _____ |
| 7 Seahorses change colour to protect themselves. | _____ |
| 8 Seahorses will become extinct in 50 years. | _____ |

Everyday English

Adopting an animal

6 Choose the correct response.

- 1 A: It's really hot today, isn't it?
B: a Probably not.
b It certainly is.
- 2 A: I have a dreadful headache.
B: a I know how you feel.
b Oh dear!
- 3 A: Listen to this. It takes 200-500 years for an aluminum can to decompose.
B: a That's unbelievable.
b That's a pity.
- 4 A: Will you move abroad someday?
B: a It sure is.
b Definitely.
- 5 A: It really annoys me when people talk loudly on their mobile phones.
B: a Really? I don't mind it at all.
b It certainly is.

Listening

7 Listen and circle the correct answer.

- 1 a You won't believe this.
b Are you serious?
- 2 a OK, I won't.
b Yes, I think I will.
- 3 a Me too.
b Neither can I.
- 4 a Why don't you see a dentist?
b Are you OK?
- 5 a Probably not.
b Oh, no!

Grammar Practice

1 Use the prompts to make sentences, as in the example.

- you/mix/blue and red → you/get purple
If you mix blue and red, you get purple.
- the temperature/fall below 0° Celcius → water/turn into ice _____
- you/not water/plants → they/not grow _____
- you/add sugar/tea → it/become sweet _____
- people/have bad table manners → I/get annoyed _____
- you/eat too much chocolate → you/get sick _____

2 Complete the dialogues with the correct form of the verbs in brackets.

- A: What are you going to do for your birthday next week?
B: If the weather _____ (be) good, I _____ (have) a beach party.
- A: Is John still not going to work?
B: Yes, but if he _____ (feel) better tomorrow, he _____ (go) to the office.
- A: What time does the film start?
B: At 6, and unless we _____ (leave) now, we _____ (miss) the start.
- A: I can't do this Maths exercise.
B: If you _____ (give) me a few minutes to finish my work, I _____ (help) you.
- A: I want to try yoga.
B: Me too. If you _____ (join) a class, I _____ (go) with you.

3 Match the actions with the results. Then, write the sentences, as in the example. What type of conditional is each sentence? (0 or 1st)

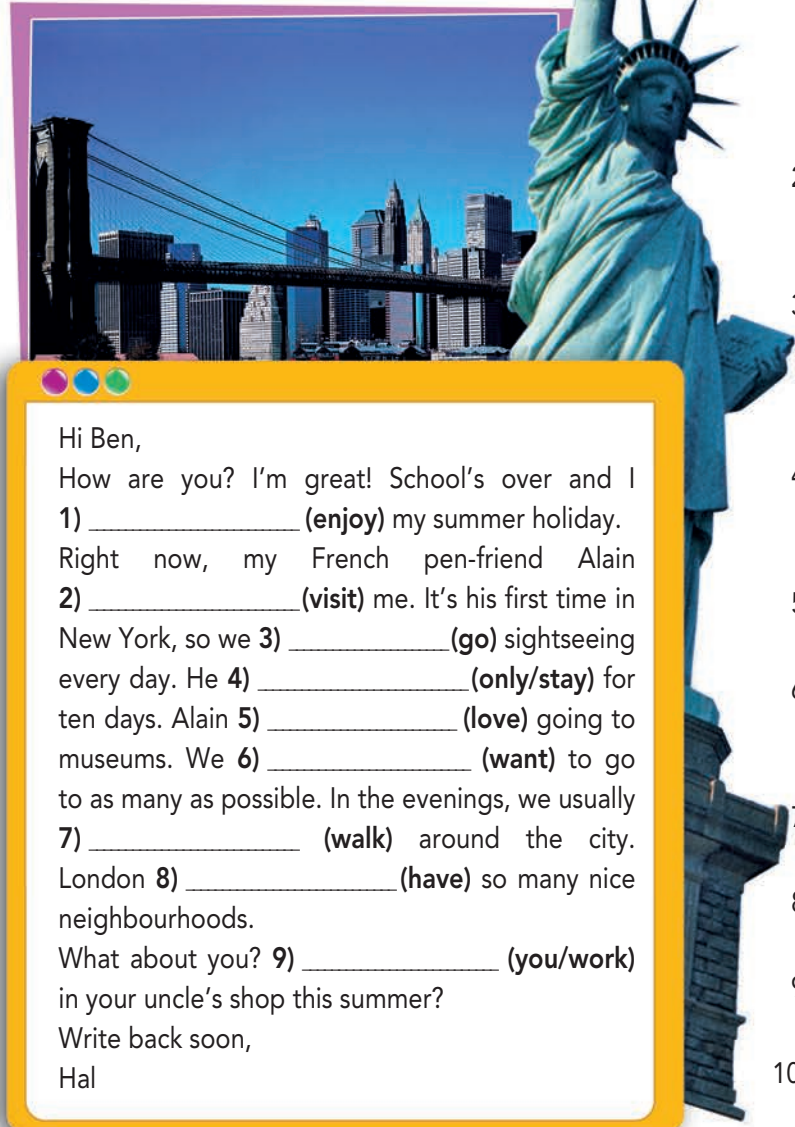
Actions	Results
1 <input type="checkbox"/> we boil / water	a miss / our flight
2 <input type="checkbox"/> she trains / hard	b win / the race
3 <input type="checkbox"/> we don't / hurry	c take / an aspirin
4 <input type="checkbox"/> you mix / red & white	d go to / university
5 <input type="checkbox"/> you have / a headache	e produce / steam
6 <input type="checkbox"/> I get / good marks	f get / pink

- If we boil water, it produces steam. Type 0*
- _____
- _____
- _____
- _____
- _____

4 Circle the correct item.

- The tap is dripping; I'll call / call the plumber to fix it.
- She can't come with us tonight; she visits / is going to visit a friend in hospital.
- Please help me, and I promise I'm returning / 'll return the favour.
- The flight for Los Angeles is depart / departs at 3:00 pm.
- She really hopes Jack is getting / will get better soon.
- I don't believe / 'm not believing a word you're telling me!
- Alex stays / is staying at his grandparents' for the summer.
- What do you look / are you looking for? Can I help?
- Make sure all the lights are off before you will leave / leave home.

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



Hi Ben,
 How are you? I'm great! School's over and I
 1) _____ (enjoy) my summer holiday.
 Right now, my French pen-friend Alain
 2) _____ (visit) me. It's his first time in
 New York, so we 3) _____ (go) sightseeing
 every day. He 4) _____ (only/stay) for
 ten days. Alain 5) _____ (love) going to
 museums. We 6) _____ (want) to go
 to as many as possible. In the evenings, we usually
 7) _____ (walk) around the city.
 London 8) _____ (have) so many nice
 neighbourhoods.
 What about you? 9) _____ (you/work)
 in your uncle's shop this summer?
 Write back soon,
 Hal

6 Your friend wants to follow a healthy lifestyle. Tell him/her what to do/not to do, as in the example.

- have / a healthy breakfast every morning
- drink / lots of water
- sit / for hours at a computer playing games
- eat / lots of fast food
- walk / a lot
- watch / a lot of TV
- exercise / regularly
- get / 8 hours of sleep every night

Have a healthy breakfast every morning.

7 Choose the correct item.

- 1 Unless we ____ their habitats, hundreds of animal species will disappear in the next decade.
 A will protect B protect
 C don't protect
- 2 Suzie isn't home; she ____ the afternoon at her friend's house.
 A spends B 's spending C 'll spend
- 3 The bowling alley ____ one hour later on Sundays.
 A is going to closes B is closing
 C closes
- 4 Many people think that in the future, robots ____ able to think on their own.
 A are B will be C are being
- 5 When you throw salt on snow, it ____ .
 A is melting B melt C melts
- 6 ____ your nails, please. It's disgusting!
 A Don't bite B You don't bite
 C Not bite
- 7 I ____ having to wait for the bus.
 A 'm hating B hate C 'll hate
- 8 It's chilly outside; I ____ a coat with me.
 A 'll take B take C taking
- 9 Mary always ____ her day with a big breakfast.
 A is starting B will start C starts
- 10 If you lie to me again, I ____ you.
 A don't forgive B 'm not forgiving
 C won't forgive
- 11 If someone exercises too much, their muscles ____ stiff.
 A becomes B become C are becoming
- 12 Be quiet, please. I ____ to do my homework.
 A 'll try B try C 'm trying
- 13 What time ____ Tom tonight?
 A are we meeting B will we meeting
 C do we meet
- 14 Call the doctor for an appointment before you ____ and see him.
 A 'll go B go C going