



2/6/2025

Touchstone 1: Grammar Revision

Unit One

B

Complete the following sentences. (Add “not” where necessary and use contracted forms).

1. Rick: What's the colour of your car?

Sam: It 's red.

2. Amanda: What's this?

Sara: It 's a book.

3. Teacher: Are you and your friends from America?

Student: No, we're not. We are from Saudi Arabia.

4. Teacher: How are you?

Students: I'm fine.

5. Teacher: What's your favourite subject?

Student: My favourite subject is English.

6. Teacher: Are you ready for the test?

Students: Yes, I am.

7. John: You are my best friend.

Zach: You are my best friend, too.

8. Amanda: Are you tired?

Sara: No, I am worried about my sick uncle.

Unit Two

B

A. Complete the following sentences with the correct **plural form** of the nouns in parentheses.

1. I have two dictionaries. (dictionary)
2. My sister has three children. (child)
3. There are three watches in this room. (watch)
4. I borrowed two erasers. (eraser)
5. Some women work in banks. (woman)

man -> men

woman -> women

B. Complete the following sentences with one of the words in parentheses.

1. I work in a factory. (a, an)
2. Is this your laptop? (laptop, laptops)
3. Are these your pens? (pen, pens)
4. These are my new notebooks. (is, are)
5. This is Sam. (This, These)
6. I had an egg in the morning. (egg, eggs)
7. My sister has a new flat. (flat, flats) apartment
8. Craig 's thoub is white. (is, 's)
9. There are twenty-four students in the classroom. The student s' thoub is white. ('s, s')
10. What make is your father 's car? ('s, s')

Unit Three

A

K A. Complete the following sentences with one of the words in parentheses.

1. That's my dog in the picture. (my, I'm)
2. Does your cat like tuna? (you, your)
3. He left his book in the car. (he, his)
4. That's her car over there. (her, she)
5. Its color is yellow! (Its, It's)
6. That's Rick's house. It's his house. (his, her)
7. This is Amanda's notebook. It's her notebook. (our, her)
8. Our farm produces tomatoes. (we, our)
9. This isn't our car. It's their car. (they, their)
10. Craig: Is this your pen?
Zach: No, it's your pen. (my, your)
11. Craig: Whose lunch is this?
Zach: It's your lunch. (you, your)
12. Craig: Whose picture is this?
Zach: It's John's. (John's, John is)
13. Craig: Who do those books belong to?
Zach: They're the students'. (student is, students')

Unit Four

B

X A. Complete the following sentences with one of the words in parentheses.

1. My friend goes to the gym every weekend. (go, goes)
2. People in Japan drive on the left. (drive, drives)
3. My friends don't watch DVDs. (don't, doesn't)
4. Mary has lunch in the afternoon. (on, in, at)
5. Craig watches TV at night. (on, in, at)
6. My mother washes our clothes on/at the weekend. (on, in, at)
7. I get up early every day. (before, after, every)
8. Sam works at a restaurant after school. (before, after, every)
9. Phil wakes up late on Fridays. (on, in, at)
10. Does your father work in a company? (work, works)
11. Do your children sleep early? (sleep, sleeps)

Unit Five

B

A. Rewrite the sentence using the adverb in parentheses.

1. Sam is late to work. (**never**)

Sam is never late to work.

2. I study every weeknight during the semester. (**always**)

I always study every weeknight during the semester.

3. I have time to go to parties and visit friends. (**hardly ever**)

I hardly ever have time to go to parties and visit friends.

4. My sister calls me at night. (**sometimes**)

Sometimes, my sister calls me at night.

My sister sometimes calls me at night.

5. I am sick. (**hardly ever**)

I am hardly ever sick.

6. How often does he call you? (**usually**)

How often does he usually call you?

7. Did you travel during vacations when you lived in your country?

(**sometimes**)

Did you sometimes travel during vacations when you lived in your country?

Unit Six

A

A. Complete the following sentences with one of the words in parentheses.

1. There are three cars in the garage. (is, are)

2. There is no sugar in the tea. (is, are)

3. There is a lot of salt in the food. (is, are)

4. There are a couple of cafes in the university. (is, are)

5. There is some water in the bottle. (is, are)

6. There are some books on the desk. (is, are)

Unit Seven

A

A. Complete the sentences.

1. Are the children sleeping (**sleep**) right now?
2. Is it snowing (**snow**) today?
3. Are you traveling (**travel**) this summer?
4. Is John studying (**study**) hard this semester?
5. Is he practicing (**practice**) exercise these days?
6. Am I doing (**do**) the right exercise this week?
7. Are they writing (**write**) for a newspaper this year?
8. Who is playing (**play**) on the team this season?
9. What is she doing (**do**) this evening?
10. Why is Dad going (**go**) to the store now?

B. Correct these conversations. There is **ONE** mistake in each conversation.

1. A: Why is aunt Mary is sleeping?
B: She's sick.
2. A: Who is singing in the shower?
B: Sam is singing in the shower.
3. A: Why you are studying, Sam?
B: I have an English test tomorrow.
4. A: Why are you wearing a suit today?
B: My other clothes are dirty.
5. A: Who are you talking to?
B: Dad. He's at the supermarket.
6. A: What is she wearing?
B: A blue dress.

Unit Eight

A

A. Complete the sentences with **This**, **These**, **That** or **Those**.



1. This is a cat.



2. Those are trees.



3. These are pills.



4. That is a house.



5. This is a rose.



6. Those are planes.



7. This is a CD player.



8. That is a city.



9. These are coins.



11. Those are buildings.



11. These are cards.



12. This is a mobile phone.

Unit Nine

A

A. Complete these conversations. Use “can” or “can’t”.



1. A: We can't hear you.

B: Sorry. Is that better?

2. A: We can hear you.

B: That's good.

3. A: I can't believe it.

B: It's true

4. A: I can believe it.

B: Well, I can't

5. A: I can't see the board.

B: Then change your seat.

6. A: I can see the board.

B: Good. Please read the sentence on the board.

Unit Ten

B

A. Complete the following sentences with the **simple past** of the words in parentheses.

1. A: Did you have (you\have) breakfast this morning?

B: Yes, I had (have) eggs, toast and tea.

2. A: Did your parents get up (your parents\get up) this morning?

B: No, they didn't. They slept (sleep) until 10:00 A.M. It's Friday, remember.

3. A: Did it rain (it\rain) in Riyadh yesterday?

B: Yes, it did. It rained (rain) all day.

4. A: Did your friends go (your friends\go) to the mall with you?

B: Yes they did. We all really enjoyed (enjoy) it.

5. A: Did they leave (they\leave) on vacation.

B: Yes, they did. They left (leave) this morning.

Unit Eleven

A

A. Complete the questions and answers with **was, wasn't, were, or weren't**.

A: Was ₁ Rosa in class yesterday?

B: yes, she was ₂.

A: Were ₃ you at home last night?

B: No, I wasn't ₄. I was ₅ at the mall.

A: Were ₆ the kids with you?

B: No, they weren't ₇. They were ₈ at a concert.

Unit Twelve

A

A. Complete these sentences with **some** or **any**.

1. Would you like some food to eat?
2. I have some money in my wallet.
3. Is there any juice in the fridge?
4. I'm afraid I don't have any answers to life's problems.
5. Could I have some Coke?
6. Would you like some juice to drink?
7. I don't have any money.
8. We have some bread.

B. Complete the questions using **much** or **many**.

1. How much money do you have?
2. How many people live in your city?
3. How much does that book cost?
4. How much rice is there?
5. How many apples are there in the basket?
6. How many pens do you have?
7. How much petrol do we need?
8. How many children are in the class?
9. How many teachers do you have?
10. How much does the book cost?

Touchstone 2 - Unit 1

UNIT
1

Making friends

 **Can Do!** In this unit, you learn how to . . .

Lesson A	Lesson B	Lesson C	Lesson D
Ask questions to get to know your classmates using the simple present	- Talk about your favorite things - Use responses with <i>too</i> and <i>either</i> to show what you have in common	- Start conversations with people you don't know - Use <i>actually</i> to give new or surprising information	- Read an article about small talk - Write a <i>How-to</i> article using correct punctuation



1

2

3

4

Before you begin . . .

Where do people make friends? What questions can you ask a new friend about these topics?

- school or work - home and family	- free time - favorite things
--	---

1

1. People can make friends:

At work

At the park

At the club

At school

At university

2. Questions you can ask a new friend:

What classes are you in?

What do you do?

What do you do for a living?

How many siblings do you have?

siblings = brothers and sisters

Where do you live?

What do you do on the weekends?

What do you do in your free time?

Do you have any hobbies?

Do you have any special interests?

What is your favorite sports?

Can we play tennis on Monday?

What are your favorite books/novels?

What is your favorite TV show?

How well do you know your new CLASSMATES?



YOUR NAME

1. What's your name? _____
2. What does your name mean? _____

3. Are you named after someone? _____
4. Do you like your name? _____
5. *Do you have a middle name?* _____

LIFESTYLE

1. Are you a full-time student? _____
 - a. If yes: What's your major? _____
 - b. If no: What do you do for a living? _____
2. How do you get to work (or class)? _____
3. How long does it take? _____
4. _____

HOME AND FAMILY

1. Where do you live? _____
2. Do you like your neighborhood? _____
3. Do you live alone or with your family? _____
4. Where are your parents from? _____
5. _____

FRIENDS

1. Do you often make friends online? _____
2. What's your best friend like? _____
3. What does your best friend do? _____
4. What do you and your friends do when you get together? _____
5. _____

Homework:

Write one more question in each section of the questionnaire.

5/6/2025

Revision (Cont.)

Complete the following sentences with one of the words in parentheses.

(Add "not" where necessary)

1. John: Are you a student? (Are, Am)

Zach: Yes, I am. (are, am)

2. Amanda: Are you a teacher? (are, am)

Sara: No, I am not. (are, am)

3. John: How are you? (are, am)

Zach: I am fine. (are, am)

4. We are happy. (are, am)

5. We are from Saudi Arabia. (are, am)

6. They are from Britain. (are, am)

7. My brother and I are tall. (are, am)

8. Amanda and her sister are good students. (are, am)

9. Sam: Are you sick? (are, am)

10. Zach: No, I am not. (are, am)

11. Riyadh and Jeddah are in Saudi Arabia. (are, am)

12. If you are in danger, phone 997. (are, am)

13. My brother is tall, but I am short. (are, am)

Complete the following sentences with one of the words in parentheses.

1. Is this your car? (this, these)

Yes, it is. (is, are)

2. Are these your books? (this, these)

Yes, they are. (is, are)

3. Is this your parents' house? (this, these)

Yes, it is. (is, are)

4. Is she a doctor? (Is, Are)

No, she isn't. (is, isn't)

5. What are these? (this, these)

These are my keys. (this, these)

6. What's your job?

I am a student. (a, an)

Hamza's phone

7. Sam: Are these your pens?

The boy's toys

John: No, they aren't. (are, aren't)

The boys' bikes

Ilyas' car

8. What's this?

It's an umbrella. (a, an)

9. Where are the teacher s' offices? ('s, s')

They are in building 4.

10. The teacher collected all the student s' mobiles before

the test. ('s, s')

11. I have an old umbrella. (a, an)

12. I bought a new umbrella. (a, an)

B. Put the words in the **correct order** to make questions.

1. family\is\what\name\your

What is your family name?

2. is\new\where\school\your

Where is your new school?

3. the\is\where\supermarket\nearest

Where is the nearest supermarket?

4. Jacket\is\whose\this

Whose jacket is this?

5. favourite\what\your\food\is

What is your favourite food?

A. Complete the following sentences with one of the words in parentheses.

1. Our dog is like a member of the family. (**Our, We**)
2. Your house isn't far, is it? (**You, Your**)
3. Whose book is that? It's my book. (**I, my**)
4. Is this your pen? No, it's her pen. (**her, she**)
5. Whose house is that? It's their house. (**they, their**)

B. Write yes\No questions. Then complete the answers.

1. your cousin\outgoing

Question: Is your cousin outgoing?

Answer: Yes, he is.

2. your father\strict

Question: Is your father strict?

Answer: Yes, he is.

3. your partner\lazy

Question: Is your partner lazy?

Answer: No, he isn't.

4. you\thin

Question: Are you thin?

Answer: No, I'm not.

5. your teachers\Saudis

Question: Are your teacher Saudi?

Answer: Yes, they are.

6. the weather\cold today

Question: Is the weather cold today?

Answer: No, it isn't.

A. Unscramble the words to make questions.

1. books\type\read\of\what\you\do
What type of books do you read ?
2. do\holidays\where\go\you\on
Where do you go on holidays ?
3. store\time\what\open\the\does
What time does the store open ?
4. a\often\muslim\pilgrimage\does\how\do
How often does a muslim do pilgrimage ?
5. tests\your\start\do\when
When do your tests start ?

B. Rewrite the sentence using the adverb in parentheses.

1. They are early to class. (**usually**)
They are usually early to class .
2. Craig and John swim in the lake by their house. (**often**)
Craig and John often swim in the lake by their house. .
3. Do you have a vacation? (**hardly ever**)
Do you hardly ever have a vacation? .
4. When do you go to bed? (**usually**)
When do you go to bed usually? / When do you usually go to bed?

B. Unscramble the words to make questions.

1. do\who\with\you\work

Who do you work with _____?

2. he\talk\what\about\does

What does he talk about _____?

3. time\do\spend\how\you\your\free

How do you spend your free time _____?

4. do\work\after\what\you\do

What do you do after work _____?

How well do you know your new CLASSMATES?



YOUR NAME

1. What's your name? _____
2. What does your name mean? _____
3. Are you named after someone? _____
4. Do you like your name? _____
5. *Do you have a middle name?* _____

LIFESTYLE

1. Are you a full-time student? _____
 - a. If yes: What's your major? _____
 - b. If no: What do you do for a living? _____
2. How do you get to work (or class)? _____
3. How long does it take? _____
4. _____

HOME AND FAMILY

1. Where do you live? _____
2. Do you like your neighborhood? _____
3. Do you live alone or with your family? _____
4. Where are your parents from? _____
5. _____

FRIENDS

1. Do you often make friends online? _____
2. What's your best friend like? _____
3. What does your best friend do? _____
4. What do you and your friends do when you get together? _____
5. _____



A Pair work Write one more question in each section of the questionnaire.
Then interview a partner and take notes.

B Pair work Tell a new partner five interesting things about your first partner.

Lifestyle:

5. Do you like your job?

Home and family:

5. Are you married? / Do you have any kids?

Friends:

5. What do you and your friends like to do when you get together?

Possible responses

Your Name

1. My name is ____.
2. My name means "light."
3. Yes, I'm named after my grandmother.
4. Yes, it's OK. It's a pretty common name.
5. Yes, I do. It's ____.

Lifestyle

1. a. Yes, I am. My major is history.
b. No, I'm not. I work in a supermarket.
2. I get to class by subway.
3. It takes about 45 minutes.

Home and Family

1. I live on ____ Street.
2. No, I don't. My neighborhood is really boring.
3. I live with my family.
4. My parents are from ____.

Friends

1. No, most of my friends are from school.
2. She's a lot of fun.
3. She's a student, and works after school at her family's restaurant.
4. We usually go to the movies.

Present of *be***Are** you from a big family?Yes, I **am**. I'm one of six children.No, I'm **not**. There **are** only two of us.**Are** you and your friends full-time students?Yes, we **are**. We're English majors.No, we're **not**. We're part-time students.What's your name? **Is** it Leo?Yes, it **is**. My name's Leo Green.No, it's **not**. My name **isn't** Leo. It's Joe.Where **are** your parents from? **Are** they from Peru?Yes, they **are**. They're from Lima.No, they're **not**. My parents **aren't** from Peru.**Simple present****Do** you **have** any brothers and sisters?Yes, I **do**. I **have** a brother.No, I **don't**. I'm an only child.**Do** you and your friends **get together** a lot?Yes, we **do**. We **go out** all the time.No, we **don't**. We **don't have** time.What **does** your brother **do**? **Does** he **go** to college?Yes, he **does**. He **goes** to the same college as me.No, he **doesn't**. He **works** at a bank.Where **do** your parents **live**? **Do** they **live** nearby?Yes, they **do**. They **live** near here.No, they **don't**. They **don't live** around here.**A** Think of a possible question for each answer. Compare with a partner.

1. A _____?

B No, I'm not. I have a brother and a sister.

2. A _____?

B She works at a software company.

3. A _____?

B No, I don't. I usually use my dad's car.

4. A _____?

B Turquoise. And I like blue, too.

5. A _____?

B Yeah, they are. My grandparents are from here, too.

6. A _____?

B We usually go shopping or have lunch.

7. A _____?

B No, she doesn't. She lives an hour away.

8. A _____?

B My classmates? They're all smart.

About you

B Pair work Ask your questions. Give your own answers.**Common errors****Possible answers**

1. Are you an only child?

2. What does your sister / mother do?

3. Do you have a car? / Do you take the subway to class?

4. What's your favorite color?

5. Are your parents from here?

6. What do you and your friends do in your free time?

7. Does your best friend / sister live near here?

8. What are your classmates like?

4 Listening and speaking What's the question?

 **A**  1.04 Listen to Miranda's answers to these questions.

Number the questions 1 to 6.

- | | |
|---|--|
|  4 Do you have any pets? |  1 What's your favorite season? |
|  3 Do you ever go out on weeknights? |  5 How much time do you spend with your family? |
|  1 What's your favorite band? |  6 What do you usually do on the weekends? |

B  1.04 Listen again. What do you learn about Miranda?
Take notes for each question.

About you **C** **Pair work** Ask and answer the questions above. Ask your partner follow-up questions to keep the conversations going.

Listening script:

Narrator: 1.

Miranda: Well, spring is nice, but it's not really my favorite. I like winter here. It's really cold, but it's sunny and the sky is blue every day. It's beautiful.

Narrator: 2.

Miranda: Wow. That's a hard one. Hmm... I listen to a lot of different music, but, well, I like Toy. They're really good. They're not very well-known. And I like to listen to new bands, you know. But my favorite? You know... I don't have a favorite.

Narrator: 3.

Miranda: Not really. Sometimes after work I go out for dinner with a friend. But usually I just go straight home. I don't get home till about seven or eight, and then I usually just have dinner and watch TV or something like that.

Narrator: 4.

Miranda: Well, I live in an apartment, and we can't have them there. But I love animals, so I'd like a cat or something. Anyway, my apartment's pretty small... so I have a goldfish! I think that's OK.

Narrator: 5.

Miranda: Actually, these days... not much. My parents live about an hour from here by car. So, I usually only see them on holidays or something. I call my mom every Sunday, though, and we catch up then.

Narrator: 6.

Miranda: Oh, I don't really do anything special. I usually meet up with a friend or two, and we go out for coffee and chat. Sometimes on Friday or Saturday night we go to a club and dance, or we go and see a movie.

12/6/2025

JNIT



Lesson A Present of *be* and simple present (review)

A Complete the questions using the verbs given. Then write true answers.

1. Are (be) you a full-time student?
Or _____ you _____ (have) a part-time job?
2. How many brothers and sisters _____ you _____ (have)?
3. What _____ (be) your mother's first name?
4. Where _____ your best friend _____ (live)? _____ he or she _____ (live) near you?
5. What _____ your best friend _____ (do)? _____ (be) he or she a full-time student?
6. What _____ (be) your neighbors like? _____ (be) they friendly?
7. How often _____ you _____ (get) English homework?
How long _____ it _____ (take)?
8. _____ you and your friends _____ (go out) on Saturday nights?
What _____ you _____ (do)?
9. How _____ your family _____ (spend) Sundays?
_____ you _____ (get together) for lunch?
10. _____ your neighborhood _____ (have) a nice park?

Common errors

Remember: simple present verbs with *he*, *she*, and *it* end in *-s*.

My brother works part time.
He studies at night.
(NOT *My brother work part time. He study at night.*)



About

1. Do you have a part-time job?
2. How many brothers and sisters do you have?
3. What is your mother's first name?
4. Where does your best friend live? Does he or she live near you?
5. What does your best friend do? Is he or she a full-time student?
6. What are your neighbors like? Are they friendly?
7. How often do you get English homework? How long does it take?
8. Do you and your friends go out on Saturday nights? What do you do?
9. How does your family spend Sundays? Do you get together for lunch?
10. Does your neighborhood have a nice park?

3 I'm Rudy.

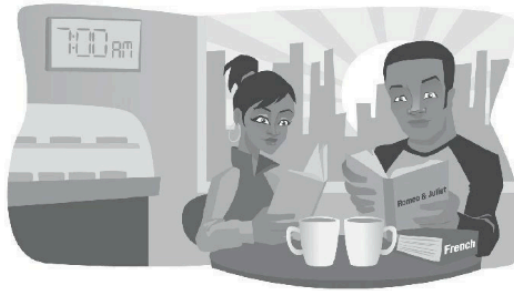
Grammar Answer the questions. Write another piece of information.



1. Is Rudy from San Francisco?
No, he's not. He's from Los Angeles.



2. Are his friends English majors?



3. Do his friends study in the evening?



4. Does Rudy live alone?

Answers

1. No, he's not. He's from Los Angeles.
2. No, they're not. / No, they aren't. They're French majors.
3. No, they don't. They study in the morning.
4. No, he doesn't. He lives with his parents.

4 About you 2

Grammar and vocabulary Unscramble the questions. Then answer the questions with your own information.

1. name / What's / first / your ? What's your first name?
2. full-time / a / Do / have / you / job ? _____
3. live / best friend / Does / your / nearby ? _____
4. weekends / What / do / on / you / do ? _____
5. does / your neighbor / What / for a living / do ? _____
6. live / Do / alone / you ? _____

2. Do you have a full-time job?

Yes, I do.

3. Does your best friend live nearby?

No, she doesn't.

4. What do you do on weekends?

I do house chores and I run a few errands.

5. What does your neighbor do for a living?

She runs her own project.

6. Do you live alone?

No, I don't. I live with my parents.

1 Building language

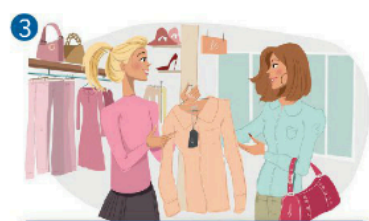
A 1.05 Listen. What do these friends have in common? Practice the conversations.



- A Dogs are so noisy, and they always wreck things. I'm just not an animal lover, I guess.
B Well, I'm not either. I'm allergic to dogs and cats.



- A I don't watch much television.
B No, I don't either.
A I mean, I watch pro football.
B Yeah, I do too. But that's about it.



- A I love shopping. I can shop for hours! Too bad I can't afford anything new.
B I know. I can't either. I'm broke.
A Yeah, I am too.



Figure it out

B Complete the responses so the speakers agree. Use the conversations above to help you.

1. A I'm a football fan.

B Yes, I am _____.

2. A I love shopping.

B Oh, I do _____.



3. A I don't like animals.

B No, I don't _____.

4. A I can't have a pet.

B I can't _____.

wreck = destroy

that's about it = that's all

afford = have money for it

broke = I have no money

Sheep # cheap

2 Grammar Responses with *too* and *either* 1.06

Extra practice p. 140

Present of *be*

I'm allergic to cats.

I am too.

I'm not an animal lover.

I'm not either.

Simple present

I watch pro football.

I do too.

I don't watch much television.

I don't either.

can

I can shop for hours!

I can too.

I can't afford anything new.

I can't either.

People also respond with *Me too* and *Me neither* (or *Me either*).

In conversation

People actually say *Me either* more often than *Me neither*.

Me either.

Me neither.

- A** Respond to these statements using *too* or *either*.
Then practice with a partner.

- I watch a lot of sports on TV. *I do too.*
- I'm allergic to nuts.
- I can't afford a new laptop.
- I'm not a morning person.
- I don't have a pet.
- I can eat chocolate all day.

About you

- B** **Pair work** Student A: Make the statements above true for you.
Student B: Give your own responses.

A I don't watch a lot of sports on TV.

B I don't either. OR Really? I watch all the basketball games.

UNIT

1 Lesson B Responses with *too* and *either*

- A** Write responses with *too* or *either* to agree with these statements.

- I sleep late on the weekends. _____
- I don't live near a subway. _____
- I'm an only child. _____
- I'm not a baseball fan. _____
- I have two brothers. _____
- I can't stand soap operas. _____
- I love reality shows. _____
- I can stand on my head. _____

About you

- B** **Pair work** Student A: Make the statements above true for you. Student B: Give your own responses.
Then change roles. What do you have in common?

A I don't sleep late on the weekends.

B I don't either. I work on Saturdays.

A Me too. So that's one thing we have in common.

- C** **Group work** Find three things that you all have in common.

Common errors

Don't use *too* to respond to negative statements.

A I don't have much money.

B I don't either.

(NOT ~~I don't too.~~)

1. I do too. /Me too.
2. I don't either./ Me neither.
3. I am too/. Me too.
4. I am not either./ Me neither.
5. I do too. /Me too.
6. I can't either./ Me neither.
7. I do too. /Me too.
8. I can too./ Me too.

2 We're the same.

Grammar Respond to the statements with *too* or *either*.



1. I'm a soccer fan.

I am too.



2. I can't stand doing the laundry.



3. I can sing karaoke all night.



4. I'm not a good cook.



5. I don't like shopping.



6. I love to swim in cold water.

Answers

1. I am too.
2. I can't either.
3. I can too.
4. I'm not either.
5. I don't either.
6. I do too.

3 First date

Grammar
and
vocabulary

Complete the conversations with the expressions in the box.

You can use some expressions more than once.

✓ I am too.	I do too.	I can too.
I'm not either.	I don't either.	I can't either.



David You know, I'm always nervous on first dates.

Lesley I am too. I guess I'm not very outgoing.

David I guess _____. So, what do you like to do in your free time?

Lesley Well, I go to rock concerts.

David _____ I'm a big fan of Kings of Leon.

Lesley _____ They're my favorite group. I mean, I can listen to their music for hours.

David _____ Do you have all their songs?

Lesley No, I don't. I don't have *The End*.

David _____ But I want to buy it.



Lesley What do you do on the weekends? I mean, do you eat out a lot?

David No. I don't usually go to restaurants.

Lesley _____ I like to eat at home.

David Oh, are you a good cook?

Lesley Um, no. I can't say I'm a good cook.

David _____ But I like to cook.

Lesley Do you ever cook Italian food?

David Sure. I love pasta and pizza.

Lesley _____

David That's amazing! We have a lot in common. Do you like sports? I'm a big sports fan. I watch sports all weekend.

Lesley Oh...

Answers

Lesley: I am too.

David: I'm not either.

David: I do too.

Lesley: I am too.

David: I can too.

David: I don't either.

Lesley: I don't either.

David: I'm not either.

Lesley: I do too.

SPEAKING:

4 About you

Grammar and vocabulary

Respond to these statements so they are true for you.

1. A I always eat chocolate after dinner. B <u>I do too. or Me too. or Really? I don't.</u>	4. A I don't have a pet. B _____
2. A I'm not a baseball fan. B _____	5. A I'm allergic to bananas. B _____
3. A I can't drive. B _____	6. A I can cook Italian food. B _____

Speaking Cards: Too/Either

<https://wordwall.net/resource/35569199>

17/6/2025

1 What doesn't belong?

Vocabulary Circle the word that doesn't belong in each group.

- | | | | | | | | |
|-----------|--------|---------|--------------|-------------|------------|---------|------------|
| 1. apples | butter | mangoes | strawberries | 4. baseball | basketball | singing | volleyball |
| 2. TV | jacket | jeans | sweater | 5. cat | dog | fish | pet |
| 3. black | color | green | red | 6. dessert | juice | milk | water |

Me too/Me neither:

<https://wordwall.net/resource/7898896/me-too-me-neither-agreeing>

TOO/EITHER

- Complete the sentences below. Use 'too' or 'either'.



1. She is a teacher, and I am too.
2. They like ice-cream, and we do too.
3. Roland can't speak German, and Johanna can't either.
4. He was late for class, and I was too.
5. I don't like winter, and they don't either.
6. They played tennis, and I did too.
7. He will leave soon, and his friends will too.
8. Susan should see a doctor, and Tom should too.
9. They didn't live in Brooklyn, and she didn't either.
10. They drive to work, and Richard does too.
11. We aren't going to get up early tomorrow, and they aren't either.
12. That hotel is not cheap and this one isn't either.
13. I could walk when I was one, and she could too.
14. Stewart will be here soon, and Sarah will too.
15. Tea has caffeine, and coffee does too.
16. You're tired, and I am too.
17. John didn't go home, and Frank didn't either.
18. He wasn't hungry, and we weren't either.
19. We should have lunch, and they should too.
20. I was happy, and they were too.
21. I haven't traveled this year and he hasn't either.
22. I have been to Paris three times and she has too.
23. I have a car and you do too.

3 Building vocabulary

A Brainstorm! How many other words can you think of for each topic? Make a class list.

WEEKEND ACTIVITIES



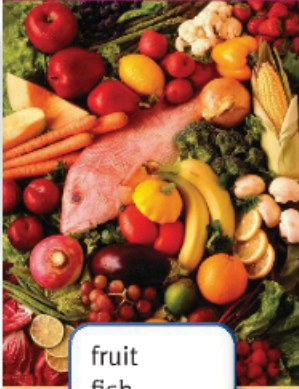
play sports
eat out
sleep late
go to a club

TV SHOWS



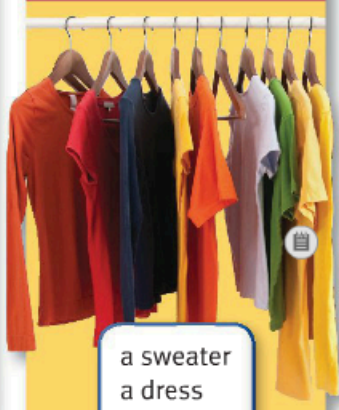
the news
talk shows
cartoons
documentaries

FOOD



fruit
fish
vegetables
ice cream

CLOTHES



a sweater
a dress
a suit
a jacket

B Pair work Complete the chart with your favorite things. Compare with a partner.
Then tell the class what you and your partner have in common.

weekend activities	TV shows	food	clothes
eat out			

A I eat out on the weekends.
B I do too.

"We both eat out on the weekends."

Weekend Activities:

Go shopping

Clean the house

Visit family

Get some groceries

Go swimming in summer

Take a hot shower

Go to the cinema/the movie theater

Have a picnic with family or friends
Wake up late / Sleep in

TV Shows:

movies

podcasts

TV series

dramas / soap operas

sports

game shows

concerts

singing/talent competitions

sitcoms

Food:

dairy

dessert

chicken

meat

pasta

cheese

milk

juice

water

milkshake

junk food

candy
burgers
street food

Clothes:

t-shirt
socks
jeans
pyjamas
coat
sneakers
pants / trousers
skirt
scarf
shorts
hat
tights
tie
jumper = sweater
belt
handbag = purse
high heels
flip flops
gloves
gym clothes

Speaking:

About you

C Class activity Complete the sentences with your likes and dislikes. Then tell your classmates your sentences. Find someone with the same tastes.

My tastes	Classmate with same taste
1. I love _____. (type of food)	_____
2. I don't _____ very often. (weekend activity)	_____
3. I like to wear _____. (item of clothing)	_____
4. I'm not a big _____ fan. (sport)	_____
5. I like _____. (color)	_____
6. I can't stand _____. (type or name of TV show)	_____
7. I hate _____. (type of food)	_____

A I love pineapple.

B I do too. OR Oh really? I don't like it so much.

Lesson C

Conversation strategies

It's cold tonight.

1 Conversation strategy Starting a conversation

A What are good topics to talk about when you meet someone for the first time? Check (✓) the boxes.

- | | | | |
|--------------------------------------|--|---|---|
| ☐ your salary | ☒ your family | ☒ the weather | ☐ someone's appearance |
| ☐ your health | ☒ where you live | ☐ your problems | ☒ things you see around you |

B 1.07 Listen. What topics do Eve and Chris talk about?



Eve Ooh, it's cold tonight.

Chris Yeah, it is. But actually, I kind of like cold weather.

Eve You do? Really? . . . Boy, there are a lot of people out here tonight.

Chris Yeah, it gets pretty crowded on weekends.

Eve Do you come here a lot?

Chris Yeah, I do, actually.

Eve So are you a big hip-hop fan? *likes*

Chris Yeah, I am. Are you?

Eve Actually, no, but my brother's in the band tonight.

Chris Oh, really? Cool. . . . By the way, my name's Chris.

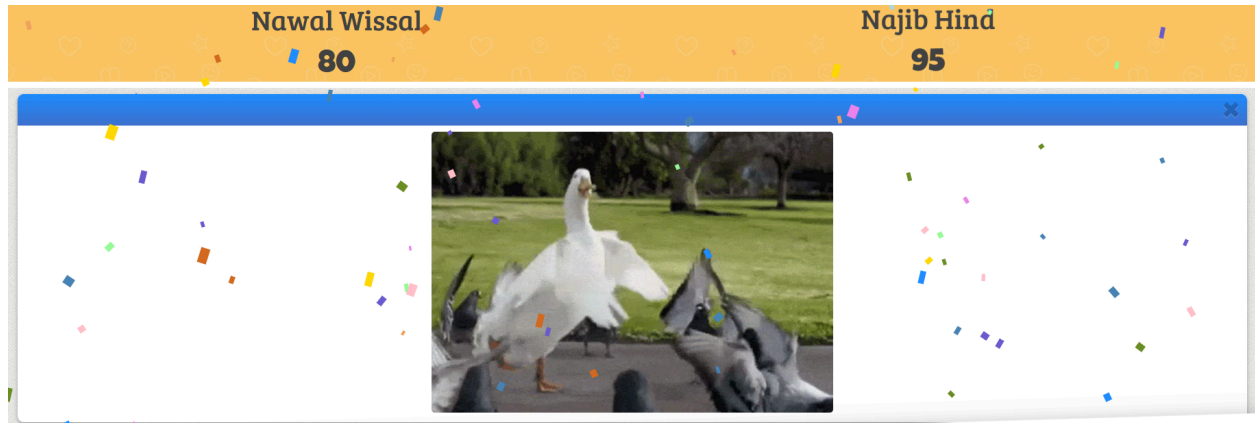
Eve Nice to meet you. I'm Eve.

C Notice how Eve starts a conversation with a stranger. She talks about the things around them, like the weather and the club, and asks general questions. Find examples in the conversation.

Ooh, it's cold tonight.
Do you come here a lot?

Game:

Too/Either <https://www.baamboozle.com/game/21270>
51



22/6/2025



D Pair work Think of a situation where you could use each conversation starter below. Compare with a partner. Then role-play the conversations.

- | | |
|--|-----------------------------|
| 1. "The flowers are beautiful, huh? I love spring." | <u>on a bench in a park</u> |
| 2. "Gosh, it's so crowded here. And it's hot!" | _____ |
| 3. "Wow. The elevator is really slow today." | _____ |
| 4. "Hi there. It's windy, huh?" | _____ |
| 5. "Hmm. This food doesn't look too good." | _____ |
| 6. "I'm a bit nervous. Is it your first class, too?" | _____ |

2. On a bus / In the club / In a museum / In a stadium during a football match

3. At an office building / At the company building / At the hotel / At the residential building / Inside the elevator

4. On the street / At a bus stop / From the window of your house / On your rooftop

5. At the restaurant / At the street food stand / In a school canteen / In the kitchen / At the cafeteria

6. At school / In a classroom / In a training session / At college/university / At gym class

2 Strategy plus *Actually*

You can use **actually** to give new or surprising information.



You can also use **actually** to “correct” things people say or think.

- A So, you’re American?
B Well, **actually**, I’m from Canada.

But **actually**, I kind of like cold weather.

In conversation

Actually is one of the top 200 words.

A Match each conversation starter with a response. Then practice with a partner.

- | | |
|---|---|
| 1. It’s really chilly in here. <u>b</u> | ☒ a. Actually, I take the subway. It takes an hour. |
| 2. Is this your first class here? <u>c</u> | ☒ b. It’s the air conditioning. Actually, I feel OK. |
| 3. So, you’re a full-time student? <u>g</u> | ☒ c. Yes, it is, actually. I’m a little nervous. |
| 4. Do you like this neighborhood? <u>g</u> | ☒ d. Thanks. It’s actually from a vintage store. |
| 5. Do you drive to class? <u>a</u> | ☒ e. No, actually I’m from a small town about three hours away. |
| 6. I like your sweater. <u>d</u> | ☒ f. Yeah, I do, actually. It has some great stores. |
| 7. Do you play guitar or anything? <u>h</u> | ☒ g. Um, part-time, actually. I work in a hotel. |
| 8. So, you’re from around here? <u>e</u> | ☒ h. Actually, I do. And piano. |

About you **B** **Pair work** Start conversations using the ideas above. Use **actually** in your responses if you need to.

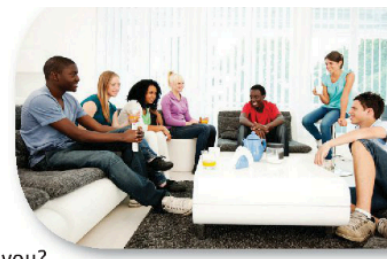
“It’s pretty warm in here.”

*“Yeah it is, but I kind of like it, **actually**.”*

3 Listening and strategies This is a great party!

A **1.08** Listen to six people talk at Tom’s party. Which conversation starters are the people responding to? Number the sentences 1 to 6.

- | | |
|--|--|
| ☒ 1 Great music, huh? | ☒ 4 The desserts look good. |
| ☒ 2 Are you a friend of Tom’s? | ☒ 5 Is it me, or is it really hot in here? |
| ☒ 3 This is a great party. | ☒ 6 I don’t really know anyone here. Do you? |



B **1.09** Now listen to the complete conversations. Check your answers. What six things do you find out about Tom?

About you **C** **Class activity** Imagine you are at a class party. Start conversations with your classmates. Find out something new about six classmates.

A I like your jacket.

B Thanks. **Actually**, it’s from a vintage store.



Free talk p. 129

1 Reading

A What is small talk? When do people use small talk? Tell the class.

B Read the title of the article and the introduction on the left. Think of a tip. Then read the whole article. Was your tip mentioned?

Reading tip

First, read and think about the title. Try to predict three ideas in the article.

Improve your skills and "SMALL TALK" your way to success

According to some surveys, the ability to make small talk is important for social and professional success. Chatting about topics like the weather or weekends helps you connect with people, and that can be the key to making friends or business contacts. You don't have to be outgoing to make small talk. Just follow these easy tips.



- 1 **SMILE** and say "Hello" when you meet someone new. Say your name and shake hands. Try to repeat the person's name: "Nice to meet you, Mariana."
- 2 **MAKE** a comment about your surroundings – for example, the weather ("It's really cold today.") or the event ("There are a lot of people here.").
- 3 **ASK** questions. Try to find something you have in common: "Are you new to the company, too?" However, don't ask very personal questions, for example about someone's salary or age.
- 4 **LISTEN** actively. Show interest with comments like "Oh, really?" or "That's interesting." Keep eye contact, and don't look around the room during your conversation.
- 5 **LEARN** about what's going on in the world, so you can add to any discussion.
- 6 **TAKE** your time. Don't rush the conversation, and don't look at your watch. It can seem rude.
- 7 **ANSWER** people's questions with interesting or funny stories. People love stories and will remember you.
- 8 **LEAVE** politely. To end a conversation, say something like, "Well, it was nice talking to you." or "Great meeting you. Good luck with your job search!"
- 9 **KEEP** in touch. Send a quick email or text message. Say, "It was good to meet you."



C Read the sentences below. Which tips from the article are they examples of? Write the number of the tip.

1. "Well, it was great talking with you. By the way, here's my card." 8
2. "So, what kind of work do you do?" 3
3. "The desserts look really good." 2
4. "Hi, Carlos. Pleased to meet you. I'm Frank." 1
5. "Wow! That sounds amazing!" 4
6. "Well, I often go biking on the weekends. Actually, last weekend I got lost and . . ." 7

Lesson C

It's cold tonight.

1 Starting a conversation

Conversation strategies

Complete the conversations with the conversation starters in the box.

Is this your first English class here?

Hi. Are you new here? Do you live around here?

Is it me, or is it kind of noisy in here?

~~You look really nice today. That's a beautiful jacket.~~

Boy, the food is great. And this cake is really wonderful.

✓ Oh, it's cold. Can I close the window?



1. A Oh, it's cold. Can I close the window?

➔ B Sorry, I just opened it. I'm a little warm, actually.



2. A _____

B Thanks. Actually, it's from China.



3. A _____

➔ B Thank you. It's my grandmother's recipe.



4. A _____

B Yes, it is. Are you in this class, too?



5. A _____

B Yeah, it's pretty loud! Is this your first time here?



6. A _____

B Uh, no, I don't. I'm actually visiting from Guadalajara.

Answers

1. Oh, it's cold. Can I close the window?

2. You look really nice today. That's a beautiful jacket.

3. Boy, the food is great. And this cake is really wonderful.

4. Is this your first English class here?

5. Is it me, or is it kind of noisy in here?

6. Hi. Are you new here? Do you live around here?

2 Um, actually, . . .

conversation
strategies

Match each conversation starter with a response.

1. It's really hot in here. b
2. Do you know anyone in this class? c
3. Do you live in this neighborhood? e
4. Do you walk to class? a
5. I like your necklace. d
6. Do you like coffee? f

- ☒ a. Yes, most days. It's actually only five minutes from work.
- ☒ b. It often gets hot in here. But I feel OK today, actually.
- ☒ c. No, um actually, . . . I'm a little shy.
- ☒ d. Thanks. It's actually from Colombia.
- ☒ e. Actually, no, but I work near here.
- f. Yeah, I do. Actually, there's a great coffee shop across the street.

3 First day of class

conversation
strategies

Imagine it's the first day of English class. Respond to each conversation starter.

1. I don't know anyone here. I don't either, actually. By the way, I'm James.
2. I feel a little nervous. _____
3. Is it warm in here, or is it me? _____
4. I don't know the teacher's name. _____
5. Are you a friend of Sara's? _____
6. I really like your bag. _____
7. What time does the class finish? _____
8. Do we get a break? _____
9. This is a nice classroom. _____
10. Can we use dictionaries, do you think? _____

2. Me too, actually. I am a little shy. / I am too, actually.
It's my first day here.

3. Yes, it is, actually. It's too hot today.

4. I don't either, actually. It's my first time taking this
class.

5. No, actually. Who is Sara?

6. Thanks! It's from Morocco, actually.

7. Actually, the class finishes at 10.

8. Actually, no. We don't get any breaks.

9. Yes. Actually, all the classmates are nice.

10. Yes, actually, we can.

23/6/2025

Speaking:

3 **Talk about it** Friendly conversations

Group work Discuss the questions. Find out about your classmates' conversation styles.

- ▶ When do you make small talk? What do you talk about?
- ▶ Do you think it's odd when a stranger talks to you?
- ▶ Are you a talkative person?
- ▶ Do you think you talk too much?
- ▶ Are you a good listener?
- ▶ Are you usually the "talker" or the "listener" in a conversation?
- ▶ What topics do you like to talk about?
- ▶ What topics do you try to avoid?



Sounds right p. 137

Lesson D

Making small talk

1 Getting together



Reading

A Read the article. Which of these are good suggestions for making small talk?

Check (✓) the boxes.

- | | |
|--|---|
| ☐ Don't look at the other person. | ☒ Have some good topics to discuss. |
| ☒ Keep quiet when the other person is talking. | ☐ Talk about yourself a lot. |
| ☒ Ask questions that start with <i>what</i> , <i>where</i> , <i>how</i> , or <i>when</i> . | |

Social Conversations

Eight Tips for Great Social Conversations

Are you shy? Do you find conversations with new people difficult? If you do, then these eight tips can help you connect. If you're outgoing and love to talk, they can help you improve your conversation skills.

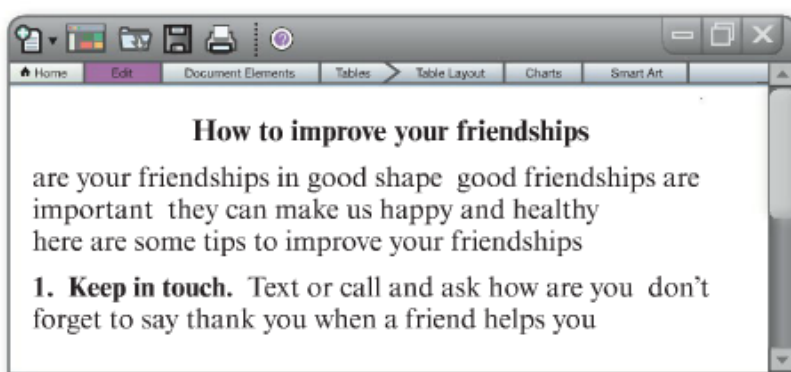
- ➔ **1 Have some topics ready to start a conversation.** Say something about the weather or the place you're in. Talk about the weekend – we all have something to say about weekends!
- ➔ **2 Make the conversation interesting.** Know about events in the news. Read restaurant and movie reviews. Find out about the current music scene or what's new in fashion or sports.
- ➔ **3 Be a good listener.** Make eye contact and say, "Yes," "Hmm," "Uh-huh," "Right," and "I know." And say, "Really? That's interesting." It encourages people to talk.
- ➔ **4 Don't be boring.** Don't just say, "Yes" or "No" when you answer a question. Give some interesting details, too.
- ➔ **5 Don't talk all the time.** Ask, "How about you?" and show you are interested in the other person, too. People love to talk about themselves!
- ➔ **6 Ask information questions.** Ask questions like, "What do you do in your free time?" or "What kind of food do you like?" Use follow-up questions to keep the conversation going. But don't ask too many questions – it's not an interview!
- ➔ **7 Be positive.** Negative comments can sound rude. And if you don't want to answer a personal question, simply say, "Oh, I'm not sure I can answer that," or "I'd rather not say."
- ➔ **8 Smile!** Everyone loves a smile. Just be relaxed, smile, and be yourself.



B Read the article again and circle the correct words.

1. It's good / **not good** to make short responses when you listen.
2. When you answer questions, **you can say** / don't just reply "Yes" or "No."
3. Ask a couple of / **a lot of** follow-up questions.
4. **Think** / Don't think of a conversation like an interview.
5. You **have to** / don't have to answer personal questions.

B Read the Help note and the extract from an article below. Correct the punctuation.



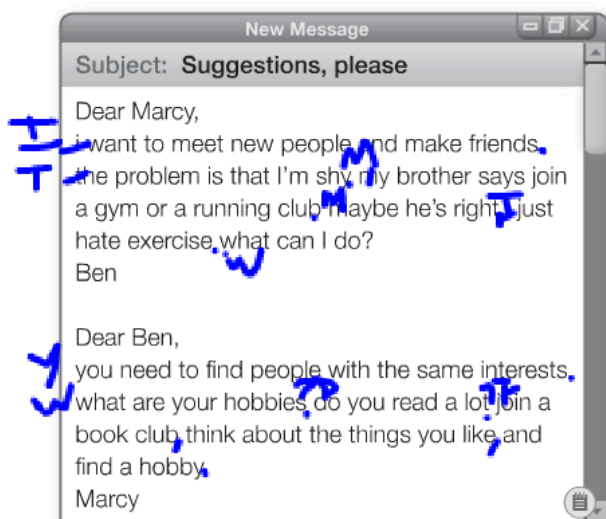
Help note

Punctuation

- Use a CAPITAL letter to start a sentence.
- Use a comma (,) before quotation marks (" ") and in lists.
- Use a period (.) at the end of a statement and a question mark (?) at the end of a question.

2 Suggestions, please!

Writing A Rewrite Ben's email to a magazine and the problem page editor's reply. Use correct punctuation.



B Read these questions. Write three suggestions for each question.

1. **Dave** I'd like to make friends, but I don't know how. Do you have any suggestions?

2. **Niki** I feel shy around new people. How can I improve my conversation skills?

Answers

Dear Marcy,

I want to meet new people and make friends. The problem is that I'm shy. My brother says join a gym or a running club. Maybe he's right. I just hate exercise. What can I do?

Ben

Dear Ben,

You need to find people with the same interests. What are your hobbies? Do you read a lot? Join a book club. Think about the things you like and find a hobby.

Marcy

QUIZ 1:

<https://www.liveworksheets.com/worksheet/en/english-second-language-esl/5330352>

B Put the words in the correct order to make questions. Then complete the answers. Use the correct form of *be* or *do / does*.

Example: A Is your name Jack ? (name / your / be / Jack)

B No , it's not . It's Jake.

1. A Are you a part-time student ? (student / you / a / be / part-time)

B Yes , I am . I only go to class twice a week.

2. A Does your sister go out a lot? (your / go out / sister / do / a lot)

B No , she doesn't . She likes to stay home.

3. A Do your parents live near here ? (here / do / parents / live / your / near)

B Yes , they do . They live nearby.

4. A Do you have any sisters ? (have / do / sisters / any / you)

B No , I don't . But I have a brother.

B _____ /8 points (1 point each)

27/6/2025

Interests

UNIT

2



Can Do!

In this unit, you learn how to . . .

Lesson A

- Talk about your interests with *can*, *like*, *hate*, *prefer*, *be good at*, etc.

Lesson B

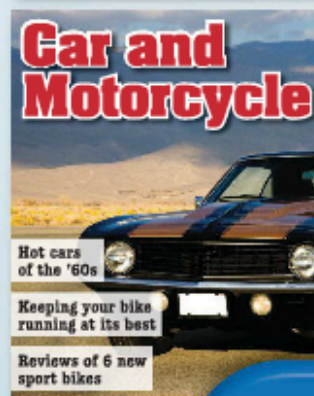
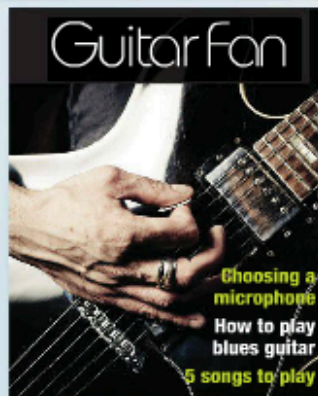
- Discuss your taste in music, using object pronouns and *everyone*, *nobody*, etc.

Lesson C

- Say *no* in a friendly way
- Use *really* and *not really* to make statements stronger or softer

Lesson D

- Read an online forum about hobbies
- Write posts for an online forum using linking expressions



Before you begin . . .

Look at the magazine covers. Which magazines would you like to read? Why?



College News

Meet our new reporter for the *College News*...

The *College News* interviewed Brad Hayes, our new reporter. Brad is a full-time student majoring in journalism. We asked him about his hobbies.

① *College News*: What are your hobbies?

Brad Hayes: Well, I enjoy writing. I like to do a bit of creative writing every day – in the evenings mostly. Someday I want to write a novel, but for now it's just a hobby.

② *CN*: _____

Brad: Let's see, what else? Well, I design cards. I'm good at drawing, and I'm really into computer graphics, so I sit and learn new programs, and I play around with them.

③ *CN*: _____

Brad: Yeah, I play the saxophone, and I can play the piano a little, but not very well. I'd like to play in a jazz band or something. And I like to sing, but I really can't sing at all.

④ *CN*: _____

Brad: Not really. I prefer to watch sports on TV. I like to play pool. Is that a sport? I guess I jog occasionally. But I hate going to the gym and working out.



⑤ *CN*: _____

Brad: Yeah. I love to do new stuff all the time – learn new skills, you know. I'm really excited about writing for the *College News*.

1 Getting started

A What kinds of things do students do in their leisure time? Make a list.

B 1.10 Listen to student reporter Brad answer these five questions. Number the questions 1 to 5. Then write them in the interview.



Are you good at sports?



Can you play a musical instrument?



Are you interested in learning new things?



What are your hobbies?



What else do you enjoy doing in your free time?

C 1.11 Listen to the complete interview. Underline the things Brad likes to do. Circle the things he hates doing.



Figure it out

D Circle the correct forms of the verbs to complete the sentences. Which sentences are true for you? Tell a partner.

1. I can play / to play the piano.

2. I like to watch / watch sports on TV.

3. I enjoy listening / to listen to music.

4. I'm good at learn / learning new skills.

2 Grammar Verb forms 1.12

Extra practice p. 141

can / can't + verb

I can **play** the piano.
I can't **play** very well.
I can't **sing** at all.

Verb + to + verb

I love **to swim**.
I like **to play** pool.
I hate **to work out**.
I prefer **to watch** TV.
I'd like **to play** jazz.

Verb + verb + -ing

I love **swimming**.
I like **playing** pool.
I hate **working out**.
I prefer **watching** TV.
I enjoy **reading**.

Preposition + verb + -ing

I'm good at **drawing** people.
I'm not interested in **skiing**.

In conversation

I like / love / hate to + verb
is more common than
I like / love / hate + verb + -ing.

I like to ...
I like ... ing
I love to ...
I love ... ing
I hate to ...
I hate ... ing

Common errors

Remember: *I'd like = I want*.
I'd like to find a piano teacher.
(NOT *I like to find ...*)

A Complete the conversations. Sometimes more than one answer is possible. Then practice with a partner.

- A Do you enjoy cooking (cook)?
B Actually, yeah. I like _____ (make) my own bread, too.
- A Are you good at _____ (read) music?
B No, but I can _____ (play) music by ear.
- A What kinds of games do you enjoy _____ (play)?
Do you like to _____ (play) games online?
B No. I hate _____ (sit) at the computer in my free time.
- A Are you interested in _____ (join) a gym class?
B Well, I enjoy _____ (go) to the gym, but I'm not interested in _____ (take) a class. I'd like _____ (start) tennis lessons though.
- A How do you like _____ (spend) an evening? Do you prefer _____ (be) alone or with friends?
B That's easy. I love _____ (eat out) with my friends.

About you B Pair work Ask and answer the questions above and in Brad's interview. Give your own answers.

Answers

- 1. A** Do you enjoy cooking?
B Actually, yeah. I like to make / making my own bread, too.
- 2. A** Are you good at reading music?
B No, but I can play music by ear.
- 3. A** What kinds of games do you enjoy playing? Do you like to play games online?
B No. I hate to sit / sitting at the computer in my free time.
- 4. A** Are you interested in joining a gym class?
B Well, I enjoy going to the gym, but I'm not interested in taking a class. I'd like to start tennis lessons though.
- 5. A** How do you like to spend / spending an evening? Do you prefer to be / being alone or with friends?
B That's easy. I love to eat out / eating out with my friends.

3 Survey What are your interests?

About you **A Class activity** Write questions in the chart. Then ask your classmates the questions and take notes.

Find someone who . . .	Question	Name	Notes
1. can sing really well	<u>Can you sing really well?</u>	<u>Pablo</u>	<u>He can whistle, too!</u>
2. likes to read or write blogs			
3. hates dancing			
4. can ride a motorcycle			
5. is good at playing guitar			
6. enjoys horseback riding			

B Tell the class about someone on your list.

"Pablo sings really well. He sings pop songs, and he can whistle, too."

2. Do you like to read or write blogs? Driss

3. Do you hate dancing? Driss / Teacher

4. Can you ride a motorcycle? Driss

5. Are you good at playing guitar? No one

6. Do you enjoy horseback riding? Assia

Lesson B Music

1 Building vocabulary

On **A**  1.13 Listen. Number the types of music you hear. What other kinds of music do you know? 



1 rock music



4 hip-hop and rap



5 pop music



3 classical music



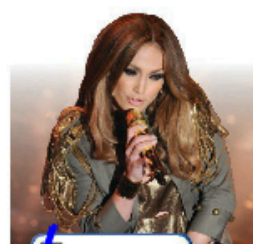
2 country music



6 folk music



7 jazz



8 Latin music

Homework:

1 What do they like to do?

Grammar Complete the sentences. Use the correct form of the verbs in the box.
Sometimes there is more than one correct answer.

cook dance draw play ✓ read work out



1. Pam and Victor aren't interested in reading books. They both prefer to read magazines. They really enjoy reading fashion magazines.



2. Ian would like _____ every day. He doesn't like _____ in the gym. He enjoys _____ at home.



3. Sun Hee can't _____. She's interested in _____ and would like _____ the tango.



4. Tom isn't good at _____ people. He hates _____ people, but he can _____ animals very well.



5. Amy and Dave usually like _____, but they can't _____ Italian food. They prefer _____ Chinese food.



6. Erica can't _____ the guitar very well. She enjoys _____ music, but she's not very good at _____ it.

30/6/2025

1 What do they like to do?

Grammar Complete the sentences. Use the correct form of the verbs in the box.
Sometimes there is more than one correct answer.

cook dance draw play ✓ read work out



1. Pam and Victor aren't interested in reading books. They both prefer to read magazines. They really enjoy reading fashion magazines.



2. Ian would like _____ every day. He doesn't like _____ in the gym. He enjoys _____ at home.



3. Sun Hee can't _____. She's interested in _____ and would like _____ the tango.



4. Tom isn't good at _____ people. He hates _____ people, but he can _____ animals very well.



5. Amy and Dave usually like _____, but they can't _____ Italian food. They prefer _____ Chinese food.



6. Erica can't _____ the guitar very well. She enjoys _____ music, but she's not very good at _____ it.

Answers

1. reading; to read; reading

2. to work out; to work out / working out; working out

3. dance; dancing; to dance

4. drawing; to draw / drawing; draw

5. to cook / cooking; cook; to cook / cooking

6. play; playing; playing

2 At home

Grammar Complete the sentences. Use the correct form of the verbs in the box. Sometimes there is more than one correct answer.

~~howl~~ go ~~ski~~ try
✓ ~~exercise~~ ~~play~~ ~~swim~~ ~~watch~~

- Linda You and I watch too much TV. We need some exercise.
 James I know, but I don't really enjoy exercising.
 Linda But you like _____ tennis, right?
 James Yeah, but these days I prefer _____ tennis on TV.
 Linda How about bowling? You're good at _____.
 James Yeah, but it's always noisy at the bowling alley.
 Linda I guess you're right.
 James Well, we can both _____. And the pool's nearby.
 Linda But it's always crowded.
 James Oh, I know! We both like _____.
 Linda Actually, I can't stand the cold and snow.
 James Really? Well, are you interested in _____ something new?
 Linda Sure. I'd like _____ to the new Thai restaurant in our neighborhood.
 James Great idea, Linda. Let's think about exercising tomorrow.



Answers

James: exercising
 Linda: to play / playing
 James: to watch / watching
 Linda: bowling
 James: swim
 James: to ski / skiing
 James: trying
 Linda: to go

3 About you

Grammar and vocabulary Answer the questions with true information. Add more information.

- A What are you good at?
 B Well, I'm pretty good at learning languages. I can speak Portuguese and French.
- A What are you bad at?
 B _____
- A Would you like to play a musical instrument?
 B _____
- A What movie do you want to see?
 B _____
- A What do you really hate doing?
 B _____
- A What do you enjoy doing on the weekends?
 B _____

About You:

Driss:

2- Honestly, I'm bad at speaking English. Also, I am bad at speaking with a native speaker. I can understand better than I can speak English.

3- Well, when I was young, it was my dream to play the piano, but I never had the opportunity to do it. Now, I think it's too late to start learning.

4- There are no really good movies to see, as far as I know, I watched all the interesting movies. But actually I'd like to start watching the "friends" TV show.

5- I hate working alone, it's so boring.

6- I enjoy going shopping and doing groceries.

Hind:

2 I'm bad at playing guitar.

3 I can't play any musical instruments. => Yes, I would like to play the piano some day.

4 I want to see "from", because I love watching horror movies.

5 I hate eating fish but I love to eat spicy food.

6 I enjoy going out with my friends on the weekends and I love to walk in the forest.

Najib:

2. I'm not very good at singing. I love music, but I can't sing in tune! I also find it hard to draw — my drawings always look funny.

3. Yes, I'd love to play the guitar. I think it's a great way to relax and express yourself. Maybe one day I'll take lessons!

4. I want to see an action movie, maybe the new "Mission: Impossible." I like exciting stories and special effects.

5. I really hate doing the dishes. It's boring and takes too much time. I prefer cooking, but not cleaning up after!

6. I enjoy relaxing with my family and watching movies. Sometimes I go out with friends or take a walk in the park. It helps me feel refreshed for the new week.

Speaking:

Word sort **B** Complete the chart with the words above. Add ideas. Then compare with a partner.

I love ...	I like ...	I don't care for ...	I can't stand ...
pop music		electronic music	

A I love pop music.

B Yeah, I do too. Adele is my favorite singer.



Vocabulary notebook p. 20

2 Speaking naturally Saying lists

Jim What kinds of music do you like?

Sam I like *classical*, and *hip-hop*, and *jazz*.

Silvia I like *pop*, and *rock*, and *folk*, ...

A 1.14 Listen and repeat the sentences above. Notice that Sam's list is complete, but Silvia's list is not.

About you

B Class activity Ask your classmates, *What kinds of music do you like?* What are the most popular answers?

3 Building language

Interests **UNIT 2**

A 1.15 Listen. What does Carla think of the band? Practice the conversation.

Alex Listen. What do you think of this song?

Carla It's good – I like it. Who is it?

Alex A new band ... some local guys. Do you like them?

Carla They're local? Really? They're pretty good. Who's the lead singer? I like her. She sounds like Mariah Carey.

Alex Yeah, everybody says that. It's my friend Lori.

Carla Who's the guy singing with her? I'm not sure about him.

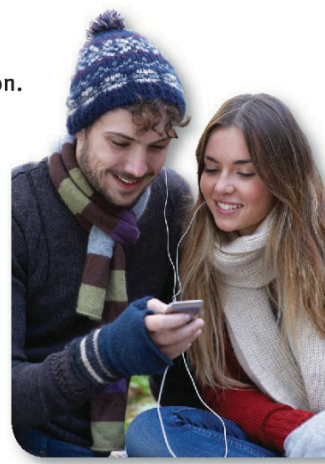
Alex Uh ... actually, that's me. I'm in the band, too.



Figure it out

B Complete the questions with your own ideas. Circle the correct words in the answers. Then ask and answer your questions with a partner.

- A** What do you think of _____ (male singer)? **B** I like **him** / it / **them**.
- A** Do you know _____ (female singer)? **B** Yeah, I love **him** / **her** / **them**.
- A** Do you like _____ (band)? **B** Yeah. Everybody **like** / **likes** their music.



1. What do you think of Kadim Sahir?
I like him.

2. Do you know Shakira?
Yeah, I love her.

3. Do you like Metallica?
Yeah. Everyone likes their music.

4 Grammar Object pronouns; *everybody, nobody* 1.16

Object pronouns

I'm a singer. That's **me** on the CD.

You're a musician? I'd like to hear **you**.

She's pretty good. I like **her**.

He's not local. I don't know **him**.

It's a nice song. I like **it**.

We play in a band. Come listen to **us**.

They're local guys. Do you like **them**?

Extra practice p. 141

Everybody, nobody

Everybody says that.

Everyone likes pop.

Nobody is a jazz fan.

No one listens to rap.



A Complete the conversations. Use object pronouns or the correct form of the verbs given. Then practice with a partner.

1. A I love classical music. Everyone in my family likes (like) it .
B Really? Nobody in my house _____ (listen) to classical music.
2. A I like to watch talent shows. Do you like _____ ?
B I do, actually. Do you know Javier Colon? He was a winner.
I like _____ .
A Yeah. It's amazing. Nobody _____ (know) these people,
and then the next day everybody _____ (love) _____ .
3. A Do you know Taylor Swift? She's great. I like _____ .
B Oh yeah. My friend and I saw _____ in concert. She smiled at _____ !
4. A My favorite band is Coldplay. They're great in concert. Do you like _____ ?
B Yeah. No one _____ (write) music like they do. And Chris Martin – he's got a great voice. Too bad I can't sing like _____ !

In conversation

Everybody and *nobody* are more common than *everyone* and *no one*.

☒ *everybody*

☐ *everyone*

☐ *nobody*

☐ *no one*

Answers

1. **A** likes / it

B listens

2. **A** them

B him

A knows / loves / them

3. **A** her

B her / us

4. **A** them

B writes / him

Homework:

1 All kinds of music

Vocabulary Look at the pictures. Write the type of music.



1. folk music



2. j



3. r



4. l



5. c



6. c



7. p



8. r

2 What's new?

Grammar Complete Kevin's email with the correct words.

New Message

To: Sam_P@cup.com
From: KevinJ@cup.com
Subject: My new job

Hi Sam,

Guess what! I have a new job at a café. They play some great music here so it's a great job for me (me / it). I really like _____ (him / it).

They play music by some great bands, like Maroon 5. Do you know _____ (her / them)? Then there's Bruno Mars. He's cool. I really like _____ (him / it), too. Actually, I think almost everybody in the café _____ (is / are) a Bruno Mars fan. Do you like country music? I don't really care for _____ (it / him). No one I know really _____ (like / likes) country. But I think Taylor Swift is cool, and she has a great new album. Do you know _____ (us / her)?

Oh, did I tell you? I'm in a band with some friends at the café. They're really great. I want you to meet _____ (him / them). We play hip-hop. But no one in my family _____ (come / comes) to listen to _____ (him / us). They don't like hip-hop! But that's OK.

What's new with you? Write soon.

Kevin

7/4/2025

UNIT **2** Lesson B Object pronouns; *everybody, nobody*

A Write object pronouns where they are necessary in the conversations. Then compare and practice with a partner.

1. A Do you like jazz?
B Yeah, but I don't listen to ^{it} very much. Nobody in my family likes.
2. A I really love Miles Davis. He's my favorite trumpet player. Do you know?
B Yeah. My whole family likes. He has so many albums.
A Yeah, he does. They're all good, too. I like.
3. A I have two tickets for the Adele concert. She's my favorite singer. Do you want to go with?
B Sure, I'd love to go. I love, too.
4. A I didn't know you play the banjo. I'd like to hear sometime.
B Well, I have a band. We play in a coffee shop. Come and see on Friday.

Common errors

Use an object after *like*, *love*, etc.

Adele is my favorite singer.
I like her very much.
(NOT ~~I like very much.~~)

About you **B Group work** Make guesses about your group's interests and complete the sentences. Then read your sentences to the group. Are they true?

1. Everybody _____
2. Everyone _____
3. Nobody _____
4. No one _____

A I wrote, "Everybody in my group listens to jazz."

B I don't like to listen to it, so that's not true.

141

A.

1. Nobody in my family likes it.

2. Do you know him?

My whole family likes him.

I like them.

3. Do you want to go with me?

I love her, too.

4. I'd like to hear from you sometime.

Come and see us on Friday.

B.

Everybody likes Moroccan food.

Everyone in my family likes Amazigh music.

Nobody bears hot weather.

Nobody is at home.

No one in this world loves you like me.

Everybody is suffering from the hot weather in the world.

1 All kinds of music

Vocabulary Look at the pictures. Write the type of music.



1. folk music



2. j



3. r



4. l



5. c



6. c



7. p



8. r

Answers

1. folk music

2. jazz

3. rap

4. Latin music

5. classical music

6. country music

7. pop music

8. rock music

2 What's new?

Grammar Complete Kevin's email with the correct words.

New Message

To: Sam_P@cup.com
From: KevinJ@cup.com
Subject: My new job

Hi Sam,

Guess what! I have a new job at a café. They play some great music here so it's a great job for me (me / it). I really like _____ (him / it).

They play music by some great bands, like Maroon 5. Do you know _____ (her / them)? Then there's Bruno Mars. He's cool. I really like _____ (him / it), too. Actually, I think almost everybody in the café _____ (is / are) a Bruno Mars fan. Do you like country music? I don't really care for _____ (it / him). No one I know really _____ (like / likes) country. But I think Taylor Swift is cool, and she has a great new album. Do you know _____ (us / her)?

Oh, did I tell you? I'm in a band with some friends at the café. They're really great. I want you to meet _____ (him / them). We play hip-hop. But no one in my family _____ (come / comes) to listen to _____ (him / us). They don't like hip-hop! But that's OK.

What's new with you? Write soon.

Kevin

Answers

me
it
them
him
is
it
likes
her
them
comes
us

3 Talking about music

Grammar Complete the questions with object pronouns. Then answer the questions.



- A Beyoncé's a great singer. She's pretty, too.
Do you like her ?
B Yes, I do. She's amazing.
- A You know Justin Timberlake, right? I think he's great.
What do you think of _____ ?
B _____
- A You know, I'm not a fan of jazz. How about you?
Do you ever listen to _____ ?
B _____
- A Hey, the Black Keys were on TV last night. They're a really cool band. Do you know _____ ?
B _____
- A My mom and dad love Sarah Chang. She's their favorite violinist. Do your parents like _____ ?
B _____
- A Do you like Latin music? Jeff and I have tickets for the Shakira concert. Do you want to go with _____ ?
B _____
- A I don't usually like country bands, but I love Lady Antebellum.
Do you know _____ ?
B _____

Answers

Answers to the questions will vary. Possible answers may include:

1. A: her

B: Yes, I do. She's amazing.

2. A: him

B: I don't like him, actually. I don't think he's a very good singer.

3. A: it

B: No, I'm not a fan, either. In fact, I can't stand it.

4. A: them

B: Oh, yeah. I like them a lot.

5. A: her

B: Sarah Chang? I don't think they know her.

6. A: us

B: I'd love to go with you. Great!

7. A: them

B: Do I know them? They're my favorite group!

4 About you

Grammar
and
vocabulary

Answer the questions using object pronouns. Then give more information.

1. Do you like Alicia Keys? Yes, I like her a lot. She has some great songs. or
Actually, I don't know her.
2. What do you think of the Rolling Stones? _____
3. Do you like Mariah Carey? _____
4. Do you listen to pop music very often? _____ 
5. What do you think of folk music? _____
6. Do you and your friends ever go to concerts? _____
7. What do you think of Bruno Mars? _____
8. Do you know the band The Lumineers? _____

2. Actually, I don't know them.

3. Yes, I like her a lot. She has one of the most beautiful songs.

4. No, I don't. I don't like it.

5. I like it. It's so fun and relaxing.

6. Yes, we do. But we'd like to go more often.

7. I don't know him.
8. No, I don't. I don't know them but I'd like to give them a listen someday.

Lesson C

Conversation
strategies

I'm not really into it.

1 Conversation strategy Saying *no* in a friendly way

A How many hobbies and interests can you think of in 30 seconds? Make a list.

B  1.17 Listen. What hobbies do Sarah and Greg have?



Sarah Hmm, that smells really good. What is it?
Greg Homemade lasagna.
Sarah Nice. Do you do a lot of cooking?
Greg Not really. But I like to make pasta dishes.
How about you? Do you enjoy cooking?
Sarah Um, no, not really. I mean, I cook every
day, but I'm not really into it.
Greg So what do you do in your free time? Do
you have any hobbies, or . . . ?
Sarah Well no, I don't really have much time.
But I do a little photography. I have a blog
and post my photos on it.
Greg Yeah? I'd really like to take a look
sometime.
Sarah Sure. I can email you the link. Or stop by
my desk later, and I can show you some
photos.

C Notice how Sarah and Greg say more than just *no* when they answer questions. They want to be friendly or polite. Find examples in the conversation.

*Um, no, not really. I mean,
I cook every day, but . . .*

A.
Reading
Cooking
Baking

Biking
Drawing
Traveling
Shopping
Playing video games
Playing board games
Dancing
Fishing
Hiking
Walking
Watching football
Watching movies
Collecting
Swimming
Going to restaurants/Trying new foods

B.

Greg loves cooking and Sarah likes photography/taking photos.

D Match the questions and answers. Then practice with a partner.

1. Are you into photography? d
2. Do you read a lot? e
3. Are you good at fixing things? a
4. Are you interested in sports? f
5. Do you do any martial arts? g
6. Do you like to play board games? c
7. Can you swim? I mean, are you a good swimmer? b

- a No, I'm not really good with my hands. Are you?
- b No, not really. But I like to go to the pool.
- c No, not really. I enjoy doing puzzles, though. Like Sudoku.
- d Not really. I mean, I take pictures. But I never edit them or anything.
- e No. I don't have a lot of free time. I look at magazines sometimes.
- f Not really. But I like to watch the Olympics.
- g No, but my sister does. She does Tae Kwon Do.

2 Strategy plus Really

You can use **really** to make statements stronger and to make negative statements softer.

I'd really like to take a look sometime.

I don't really have much time.

Not really can also be a polite way to answer *no*.

In conversation

The top verbs used with **really** are: *enjoy, like, know, think*.

About you

Pair work Ask and answer the questions. Give your own answers using **really** or **not really**.

1. Can you do anything artistic, like paint or draw?
2. Would you like to learn a new skill, like web design or ... ?
3. Are you good at puzzles and crosswords?
4. Are you into computers?
5. Do you collect anything?
6. Do you like making things?

A Can you do anything artistic, like paint or draw?

B Well, I really like drawing cartoons. OR Not really. I'm not very artistic.

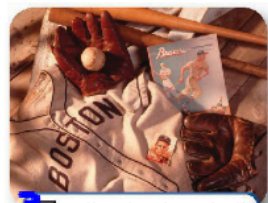


Sounds right p. 137

1. No, I can't. I don't really have much time for art.
2. I would really like to learn new skills like AI, for example.
3. Yes, I am really good at puzzles because I like them.
4. Yes, I really like computers.
5. Not really, I am not into it.
6. Yes, I really like making things. I don't have a lot of time, though.

3 Listening and strategies Interesting hobbies

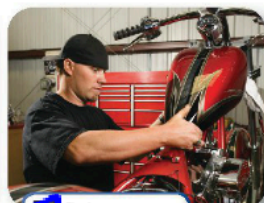
About you **A Pair work** Do you know anyone who does things like these? Which look interesting? Discuss with your partner.



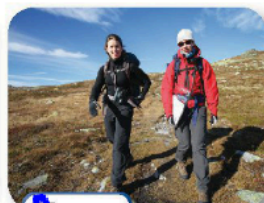
collecting baseball memorabilia



editing videos



fixing up motorcycles



hiking

A Are you interested in collecting things?

B Not really, but my sister collects teddy bears.

B 1.18 Listen to Bill, Sue, Jeff, and Lori talk about their hobbies. Number the pictures 1 to 4.

C 1.18 Listen again. Who are the statements true for? Check (✓) the names. Sometimes more than one answer is possible.

	Bill	Sue	Jeff	Lori
1. I don't really have much time for my hobby.	☐	☒	☐	☒
2. I spend a lot of money on it.	☐	☐	☒	☐
3. I'm not really very good at it.	☐	☐	☐	☒
4. I make money on my hobby.	☒	☐	☐	☐

D Pair work Talk about one of your hobbies. Are the statements above true for you?

Narrator: 1. Bill

Female: So you're into cars, right?

Bill: Well, not really. I mean, I know a bit about them. But I actually prefer motorcycles.

Female: Oh, right.

Bill: Yeah, I like to fix up old motorcycles. I spend a lot of time on it. Like every weekend.

Female: Wow. That's a lot of time. So what do you do? Do you buy old bikes?

Bill: Well, yeah. I mean, I buy them, but I don't pay a lot. Then I do some work on them, clean them and paint them so they look really good and...

Female: It sounds like you do a good job. So then do you sell them? Ride them?

Bill: I sell them. Actually, I can get quite a bit of money from them if I do a good job.

Narrator: 2. Sue

Male: So do you have any hobbies?

Sue: Well, I'm really busy with work and the family, but I really like hiking.

Male: Oh, right. Do you go a lot?

Sue: Oh no. I can't. I don't have the time. I mean I'd like to go every weekend, but I only go a few times a year.

Male: Uh huh. And, do you go camping too with a tent and everything?

Sue: Well, not really. I don't really like camping so much. I prefer to go for day trips.

Male: Right.

Sue: We go up to the mountains or someplace in the morning, hike for a few hours, and come back in the evening.

Male: Oh, I see.

Sue: Yeah, I like the outdoors, but I also like to come home and take a nice bath afterwards.

Narrator: 3. Jeff

Female: So are you into sports at all?

Jeff: I guess. I mean, I really love baseball.

Female: Do you like watching it or playing it?

Jeff: Well, I like watching baseball and going to games, but I really love collecting baseball memorabilia.

Female: Oh really? Like what?

Jeff: Well, stuff like baseball cards, pictures of players, signed balls, lots of hats...

Female: Is it expensive to collect that stuff?

Jeff: Yeah, sometimes. New cards are pretty cheap, but some are really expensive, like really old or rare cards. Sometimes I pay like three or four hundred dollars for a single card. So it's not a cheap hobby.

Narrator: 4. Lori

Male: So do you have any hobbies?

Lori: Not really. Well...I like editing videos on the computer. That's kind of a hobby, I guess.

Male: Huh. So, do you make movies or...

Lori: Not really. I just take videos of my kids, or...you know, of our vacation. And then I use the computer to edit the videos...add music, special effects... I try to make them into fun movies.

Male: Wow. Is it difficult? I mean, does it take a lot of time?

Lori: Oh, yeah. That's the problem. Also, I have so many video clips on my computer, but I don't really have enough time to work on them.

Male: Right.

Lori: Yeah. And I spend hours figuring out how to do it all. But I'm not very good...

7/9/2025

Lesson C

I'm not really into it.

1 Saying no

Conversation strategies

Complete the conversations with the sentences in the box.

Not really. He just watches TV a lot.

Actually, no. My sister got it at the bakery.

Well, no. I like to make peanut butter cookies.

Um, no. He just uses it for computer games.

✓ Not really. My mom knitted it for me last year.

No, but he collects caps.

No. I'm not really good with my hands.

Not really. Well, I guess his computer is a hobby.

1. Jenny I really like your sweater. Is it new?
Keiko Not really. My mom knitted it for me last year.
Jenny It's really nice. So, can you knit, too?
Keiko _____ But I bake a little.
Jenny Oh, did you make this cake?
Keiko _____
But I like to make cookies sometimes.
Jenny Me too. Do you ever make chocolate chip cookies?
Keiko _____
My new boyfriend loves them!
2. Mike I want to buy a Yankees baseball cap for my brother.
Greg Why? Is it his birthday?
Mike _____
Does your brother collect anything?
Greg My brother? _____
Mike But he can't watch it all the time. Does he have any hobbies?
Greg _____
Mike Oh, yeah? My brother is on the computer all the time.
Greg Oh, does he use it for homework?
Mike _____



Answers

1. Keiko: Not really. My mom knitted it for me last year.

Keiko: No. I'm not really good with my hands.

Keiko: Actually, no. My sister got it at the bakery.

Keiko: Well, no. I like to make peanut butter cookies.

2. Mike: No, but he collects caps.

Greg: Not really. He just watches TV a lot.

Greg: Not really. Well, I guess his computer is a hobby.

Mike: Um, no. He just uses it for computer games.

2 No, not really.

Conversation
strategies

Complete the responses to make them more friendly.

Answers

Answers will vary. Possible answers may include:

1. I don't have a computer.
2. I don't even have a camera.
3. I'm not very musical.
4. I don't have a lot of free time.

1. A Do you go online a lot?
B Not really. I don't have a computer.
2. A What a great photo! Are you interested in photography?
B No. _____
3. A I really enjoy my piano lessons. Would you like to learn to play the piano?
B Um, no. _____
4. A I love growing flowers and vegetables. Do you enjoy gardening?
B Well, not really. _____

Answers

Answers will vary. Possible answers may include:

1. B: not really. I'm not good with my hands.
C: I'm really good at fixing cars.
2. B: I'm not really into sewing. But I really like shopping!
C: I really like sewing. I made this dress last weekend.
3. B: he / she doesn't really have much time for hobbies.
C: he / she's really into her glass turtles. He / she has more than one hundred.
4. B: he / she doesn't. But he / she speaks French.
C: he / she does. He / She's amazing! He / She speaks three or four languages.
5. B: skiing is really hard. And I don't like cold weather.
C: I really love it. I go skiing every weekend during the winter.
6. B: not really. But we really like eating in good restaurants!
C: we're very interested in cooking. And we really love to bake cakes and things.
7. B: we don't really have much time for games.
C: we're really into computer games. They're a lot of fun.
8. B: I really prefer making things. But I like looking at photos.
C: and I take some really great pictures. Do you want to see my new shots?

3 Yes and no

Conversation
strategies

Answer the questions in a friendly way. Use *really* in each answer.



1. A Are you good at fixing things?
B No, not really. I'm not good with my hands.
C Yes, I'm really good at fixing cars.
2. A Do you make your own clothes?
B No, _____.
C Yes, _____.
3. A Does your best friend collect anything?
B No, _____.
C Yes, _____.
4. A Does your teacher speak Russian?
B No, _____.
C Yes, _____.
5. A Are you into winter sports, like skiing?
B No, _____.
C Yes, _____.
6. A Do you and your friends enjoy cooking?
B Um, no, _____.
C Yes, _____.
7. A Are your classmates into computer games?
B No, _____.
C Yes, _____.
8. A Are you interested in photography?
B No, _____.
C Yes, _____.

4 About you

Conversation
strategies

Answer the questions with your own information. Use *really* in your answers.

1. Are you into sports?

*Yes, I really like soccer and volleyball. or
No, not really. I prefer doing artistic things.*

2. Would you like to learn a new language?

3. Do you have a lot of hobbies?

4. Can you knit or sew?

5. Are you artistic?

Driss:

1- No, not really. I just watch football on TV and sometimes in the stadium.

2- Yes, I would really like to be fluent in English.

3- No, not really. I'm good with my hands but I don't have time for a lot of hobbies.

4- Um, not really. I'm not really into this kind of hobby.

5- No, not really. I have a bad artistic sense.

Hind:

1. No, not really. I'm not really into sports.
2. Yes, I really would like to learn Spanish.
3. No, not really. But I like cooking in my free time.
- 4 . No, not really. I'm bad at knitting and sewing.
- 5 . No, not really. I wouldn't consider myself artistic.

Assia:

1. Yes, I'm really interested in aquatic sports.
2. Yes, I'd really like to learn new languages.
3. No, not really, my work makes me busy all the time.
4. No, not really, I'm not good with my hands.
5. Yes, I really like drawing and playing music.
That makes me have a very good time.

Nawal:

1. Yes, I really like to swim and travel.
2. Yes, I'd really like to learn the English language.
3. Yes, I really like traveling and trying new dishes.
- 4 No, not really. I am not into it.
- 5 No, not really. I don't have time for it.

I lost my keys. I put them somewhere, but I don't remember.

Everybody in this hotel is happy with the experience.

I can't do anything to help you.

Would you like anything to eat or drink?

Does anybody have a suggestion?

One time, somebody gave me previous advice.

We can ask somebody for directions to the museum.

10/7/2025

Games:

Conversation-Fill in the Blank: Part 1:

<https://wordwall.net/resource/21278373>

Part 2: <https://wordwall.net/resource/21278458>

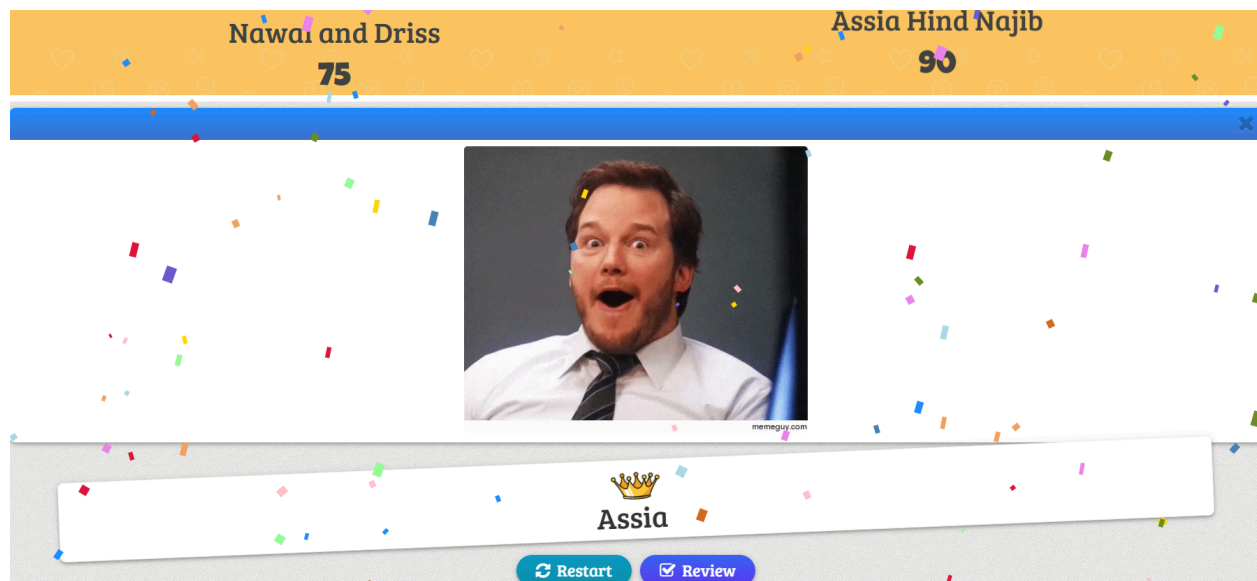
Conversation-Put the Words in the Correct Order:

<https://wordwall.net/resource/18482272>

Baamboozle:

Object Pronouns/Indefinite Pronouns

<https://www.baamboozle.com/game/67086>



1 Reading

A Look at the list of hobby groups on the online forum. Which ones are you interested in? Tell the class.

B Read the online forum. What problem does each person have?

Reading tip

Before you read something, “scan” it for key words that give you the information you need. Read the sentence with the key word or words.

HOBBY GROUPS: [Music](#) [Outdoors](#) [Video & online games](#) [Pets](#) [Board games](#) [Arts & crafts](#) [Fashion](#) [Cars](#)

What's your question?

Q I'd like to do something outdoors, but I'm not interested in running or jogging. I'm no good at sports like tennis. Actually, I don't really like sports at all. Help!
– rockman

#1 Answer I'm not great at sports either, and prefer to do other things outdoors. Try geocaching. It's great fun. Just log onto a geocaching website, and choose something interesting that you want to find. Then head outdoors with a smartphone or GPS device, and try and find it!
[More answers >>](#)



Q I want to find a hobby and make things! My brother really likes to make jewelry, and his rings and bracelets are really beautiful, but I'm looking for something different. I'm not really artistic, but I am good with my hands. Any ideas?
– daisylady

#1 Answer Buy some colorful duct tape. You can make lots of great things with it. I like to make flowers and gift cards, but you can make really cool purses and wallets, too.
[More answers >>](#)

DIY



Q I enjoy knitting, and I make some really cool hats. My friends say they love wearing them because they are so unique. I'd like to sell them. So how can I turn my hobby into a small business?
– moneymaker

#1 Answer You can start your own hat shop online. Use one of the arts and crafts websites. Or, if you're like me, and you hate to spend lots of time on your computer, go to some local gift stores or coffee shops and ask them to sell some for you!
[More answers >>](#)



14/7/2025

 **C** Read more answers to the questions above. Who are they for? Write the names.

1. **To:** _____ I like making jewelry, especially necklaces and earrings. I usually take them to a flea market and sell them there. It's easy to find flea markets in your area if you search online.
2. **To:** _____ More and more I hear that walking is one of the best exercises around. It's really good for you. And you don't have to walk fast. Just walk for 30 minutes or an hour at a normal speed.
3. **To:** _____ You could try pottery. You can make cups and bowls. You don't have to be creative.
4. **To:** _____ There are some good classes. They teach you all about making money out of your hobby.
5. **To:** _____ How about creating your own greeting cards? People love getting handmade cards.
6. **To:** _____ Buy a bicycle. It's fun, it's good for you, and getting around is free!

About
you

D Pair work What do you think of the answers to the questions on the message board?
Can you think of a different answer for each question? Discuss with a partner.

Answers

1. To: moneymaker – sell
2. To: rockman – exercises
3. To: daisylady – make
4. To: moneymaker – money
5. To: daisylady – creating
6. To: rockman – bicycle

Interests **UNIT 2**

2 Listening and speaking Favorite websites

A  1.19 Listen to Lisa and Joe talk about a website. What kind of website is it?
Why does Joe like it?

 **B**  1.19 Listen again. Circle the correct options to complete the sentences.

1. Joe checks the website **every day** / every week.
2. The website lists **50,000** / 5,000 places to hike.
3. Joe is reading an article about hiking **in the U.S.** / in different countries.
4. Joe wants to enter the competition to win a **tent** / bike.
5. Lisa prefers to cycle **indoors** / outdoors.

About
you

C Pair work Ask and answer the questions.

- What kinds of websites do you regularly use?
What do you use them for?
- What are your favorite websites?
- Do you ever post comments on websites?
- Do you have your own website? What's it like?
- Do you ever enter competitions online?
- Do you prefer to read magazines online or in print?
- Do you ever read websites in English? Which ones?

Answers

1. every week
2. 50,000
3. in different countries
4. bike
5. indoors



3 Writing A message board

neither

- A** Read the Help note. Then read the question and answer about hobbies. Circle the linking expressions.

What's your question? OK

Q I'm interested in learning a musical instrument. I also want to join a band and play with other people, but I don't have a lot of time. What do you recommend?

#1 Answer I love to play music, especially with other people. I recommend the guitar because you can play it alone or in a band. Join a class and meet other musicians. It's only an hour a week, but you need to find time to practice, too!

Help note

Linking ideas

- Add an idea:
I enjoy knitting, and I make some really cool hats.
I also like making jewelry, especially bracelets.
I'm not interested in running or jogging.
- Contrast two ideas:
I'm not good at sports, but I want to do something outdoors.
- Give a reason:
My friends love wearing my hats because they are unique.

- About you B** Write a question about hobbies to post on a message board. Write an answer to three of your classmates' questions.
- C Group work** Read your question and classmates' answers to the group. Decide on the best idea.

- Reading A** Read the online forum posts. Write the correct topic for each post.

✓Cooking	Music	Photography	Running	Water sports
Fashion	Pets	Reading	Technology	Winter sports

Answers
Cooking
Music
Running
Photography
Fashion
Technology
Winter sports
Pets

Denver Hobby Forum

Cooking

From: sushifreak
I want to learn how to make Japanese food, especially sushi. Do you have any easy recipe ideas?

From: ladiva
I enjoy singing, and I want to start a jazz band. I'm looking for piano and trumpet players. Please email me at ladiva@cup.org.

From: trailblazer
I just started running. I really want to run a marathon. Can anyone suggest good places to train in the city?

From: sunriser
I love to take pictures, especially sunrises. Does anyone know a good place to take pictures? I'd prefer a place that's close to my house, if possible.

From: grungeking
I want to find a good place for vintage clothes in Portland, Maine. I also want to buy shoes and accessories. Any ideas?

From: teacher
I love using apps for just about everything. I want to create my own app to help people learn Spanish. Can anyone recommend a good company for building apps?

From: snowthrills
I'm good at skiing, and I'd like to try snowboarding. Can anyone suggest a good teacher?

From: heartbroken
We have a beautiful gray cat – free to a good home in the New York area. We can't keep her because I just found out I'm allergic to cats.



B Read the responses to the posts below. Who are they for? Match the responses with the writers of the posts. Write *a* to *h*.

Answers

1. c
 2. a
 3. f
 4. b
 5. g
 6. h
 7. e
 8. d
1. I like to run the track at Livingston Park. c
 2. IceCat Technology makes good software. _____
 3. I'm pretty good at playing the piano. Let's jam! _____
 4. We'd love to have her! We live in Bergen County. _____
 5. I take pictures at Keystone Park. It has great views. _____
 6. Try www.50s.cup.com. They have great 1950s dresses and stuff. _____
 7. I can send you my recipe for *kayu*. It's delicious! _____
 8. Call the ski resort and ask for an experienced instructor. _____

- a. teacher
- b. heartbroken
- ✓ c. trailblazer
- d. snowthrills
- e. sushifreak
- f. ladviva
- g. sunriser
- h. grungeking

Homework:

Interests **UNIT 2**

2 My favorite hobby

Writing A Complete the post with *and*, *but*, *or*, *also*, *because*, or *especially*. Sometimes there is more than one correct answer.

Message Board

Rock climbing

One of my hobbies is rock climbing. I go once or twice a month with my family or friends. We like to climb the mountains near my house _____ they're really beautiful _____ the views are wonderful. We often go to Bear Mountain _____ Kennedy Park. I prefer Kennedy Park _____ it's closer. Kennedy Park _____ has a great campground.

It's great to be outdoors, _____ the weather isn't always very good. When it's raining _____ snowing, climbing can be very dangerous _____ the rocks get wet and slippery.

In the winter, my friends _____ I sometimes go rock climbing indoors, usually on a Saturday _____ Sunday. There's a climbing wall at the mall, _____ it's not the same. We prefer to be outdoors, _____ in the summer.



B Write about one of your hobbies.

One of my hobbies is

17/7/2025

2 My favorite hobby

Writing **A** Complete the post with *and*, *but*, *or*, *also*, *because*, or *especially*. Sometimes there is more than one correct answer.

Message Board

Rock climbing

One of my hobbies is rock climbing. I go once or twice a month with my family or friends. We like to climb the mountains near my house _____ they're really beautiful _____ the views are wonderful. We often go to Bear Mountain _____ Kennedy Park. I prefer Kennedy Park _____ it's closer. Kennedy Park _____ has a great campground.

It's great to be outdoors, _____ the weather isn't always very good. When it's raining _____ snowing, climbing can be very dangerous _____ the rocks get wet and slippery.

In the winter, my friends _____ I sometimes go rock climbing indoors, usually on a Saturday _____ Sunday. There's a climbing wall at the mall, _____ it's not the same. We prefer to be outdoors, _____ in the summer.

B Write about one of your hobbies.

One of my hobbies is _____

Assia:

One of my hobbies is cooking. Every weekend I try to make a new recipe with my niece but sometimes I do it alone if she is busy or unavailable.

I like to prepare cakes with lemon, vanilla, chocolate or any other flavor I find in my kitchen.

My favorite dessert is cheesecake, especially strawberry flavor.

I also cook European food, because I find it very delicious and easy to do.

Answers
or
because
and
or
because
also
but
or
because
and
or
but
especially

I prefer to make my touch in every meal I prepare. For this, I add oriental spices or some aromatic herbs to the original recipe every time I cook.

My family and friends always love what I make for them. They often say my meals are the best ones they ever try, and that makes me very proud every time.

Najib:

One of my hobbies is playing football. I play every weekend with my friends or my cousins. We like to play at the park near my house because it's big and quiet. I also like watching football in the cafe.

Fatima Zahra:

One of my hobbies is cooking. I like to prepare different dishes with love and I can do it without recipes.

Sometimes I can prepare several dishes at the same time, especially salty dishes.

Nawal:

One of my hobbies is hiking. I go once or twice a year with my family or friends. Hiking is a popular outdoor activity. We like hiking in the forests or mountains because it is a great way to stay healthy. We also enjoy the fresh air, especially in the spring.

Unit 2 Written quiz

Name: _____

Date: _____

Total Score

_____/50 points

A Listen to the conversations about hobbies. Circle the correct answers.

Conversation 1

1. Jack _____ with his friends on weekends.
- a. goes to the gym ✓
 - b. goes jogging ✓
 - c. eats lunch

Conversation 2

2. Beth listens to _____ on the radio.
- a. rock music ✓
 - b. country music ✓
 - c. classical music

Conversation 3

3. Adam is good at _____ things.
- a. fixing ✓
 - b. learning ✓
 - c. making

Conversation 4

4. Alice doesn't _____ jewelry.
- a. collect
 - b. wear ✓
 - c. buy ✓

A 9 /8 points (2 points each)

B Circle the correct words.

1. A So, you and your brother like to watch football, right?
B Yeah. Actually everyone / no one in my family is a football fan.
2. A Do you and your friends like country music?
B Not really. Everybody / Nobody in my class listens to country.
3. A Connie's a wonderful dancer.
B That's true. Everyone / No one can dance like she does.
4. A I love to swim in the summer.
B Yeah, me too. Almost everybody / nobody enjoys swimming in hot weather.

B 4 /4 points (1 point each)

C Complete the conversations with the correct verb forms. There is more than one correct answer for some items.

1. A Can you play (play) a musical instrument?
B No, but I'm good at singing (sing).
2. A What do you enjoy doing (do) in your free time?
B Well, I love to paint/painting (paint).
3. A Would you like to take (take) a carpentry class? carpenter
B Yes, I'm good at making (make) things.
4. A I hate to shop/shopping (shop) at the mall.
B Me too. I prefer to buy/buying (buy) things online.
5. A Are you interested in joining (join) the swim team?
B Not really. I can't swim (swim) at all.

C 10 /10 points (1 point each)

D Circle the correct words.

1. Sam plays pool / the piano / tennis really well. He's in a jazz band.
2. Joe loves golfing / cooking / gardening, so he knows a lot about plants and flowers.
3. Tina's good at writing / fixing / baking things. She's a talented cook.
4. Kate likes knitting / designing / drawing. She can make sweaters and things.

D 4 /4 points (1 point each)

E Complete the sentences with object pronouns.

Example: I like Mrs. Roberts. What do you think of her _____?

1. I listen to classical music a lot. Do you listen to it _____, too?
2. My wife does photography. Look, I'm in this next photo. That's me _____ on the right.
3. I love Lady Gaga! She's a singer from the U.S. Do you know her _____?
4. Bill and Jean are in your meditation class. Do you ever see them _____ there?

E _____ /8 points (2 points each)

F Read the questions. Circle the best answer to make the response sound friendly.

1. **A** Are you into sports?

B _____

- a. No, I'm not.
- b. Not really, but I watch soccer on TV. ✓
- c. No, I don't like sports.

2. **A** Do you like jazz?

B _____

- a. No. I don't have a lot of free time.
- b. No, I don't.
- c. Not really. I prefer Latin music. ✓

3. **A** Do you like to play computer games?

B _____

- a. No, they're boring.
- b. Um, no, not really. But I like playing board games. ✓
- c. No, not at all.

4. **A** Can you draw or paint?

B _____

- a. No, I don't like art.
- b. No, it's boring.
- c. Not really. I'm not very artistic. ✓

F _____ /8 points (2 points each)

G Read the information on the website. Then read about the people. What heading should each person click on? Write the correct headings.



The Online Photography Club

Welcome to the Online Photography Club! Do you want to learn how to take better pictures? Are you ready to buy a new camera, but need more information? Or do you just want to talk with other photography fans? You can do all these things and more here at the Online Photography Club.



→ Chat groups	What kinds of photography are you interested in doing? Do you like to take photos of people? animals? flowers? Join your own chat group.
→ Photograph of the month	Enter our photo competition. Send in your best photo, and win a digital camera!
→ Ask an expert	So you think you have a great photograph, but you're not sure. Ask us here.
→ Monthly newsletter	In photography, there's always something new to learn. <u>Click here</u> for some great ideas and tips from our readers!
→ Shopping tips	Get information on prices and the best places to shop for cameras.
→ Mini-lessons (for beginners)	You love to take photos, but you don't know much about photography. This is a great place to start.

1. Jeffrey is a great photographer, but he wants to learn some new things. Monthly newsletter
2. Melissa would like to sell a photograph to a magazine. She wants an opinion about it. Ask an expert
3. Ken is a beginning photographer. He wants to learn more. Mini-lessons for beginners
4. Barb wants to buy a good camera, but she doesn't want to pay a lot of money. Shopping tips

G _____ /8 points (2 points each)

UNIT 3: HEALTH



In this unit, you learn how to . . .

Lesson A

- Talk about exercise and how to stay healthy using the simple present and present continuous

Lesson B

- Discuss common health problems using *if* and *when*

Lesson C

- Comment and ask follow-up questions to encourage people to say more
- Use expressions like *Really?* and *Oh!* to show surprise

Lesson D

- Read an article about staying healthy
- Write questions and answers about health concerns

1 A man in a red shirt is sitting at a table, eating a bowl of colorful salad with tomatoes, cucumbers, and onions.

2 A man in a black shirt is lifting a black dumbbell with both hands.

3 A group of people are playing basketball in a gym. A woman in a light blue tracksuit is jumping to shoot the ball.

4 A woman in a grey sweater is stretching her arms upwards, holding her hands together.

5 A man in a white shirt is sleeping peacefully on a bed.

6 A female doctor in a white coat is using a stethoscope to check a woman's blood pressure.

Before you begin . . .

Which of these things do you do to stay healthy? What else can you do?

- Eat plenty of fruits and vegetables.
- Go to the gym and work out.
- Play sports.
- Take regular breaks to cope with stress.
- Sleep at least seven hours a night.
- Get a checkup once a year.

21/7/2025

Lesson A

Healthy living

Are you doing anything to stay **healthy**?

"Well, I generally don't eat a lot of junk food, and I don't eat red meat at all. And right now I'm doing karate. It's getting me in shape quick."

—Brian Jones



"Um . . . right now I'm trying to lose weight before my school reunion, so I'm drinking these diet drinks for dinner."

—Carmen Sanchez



"Not really. I kind of eat everything I want. I don't do anything to stay in shape. I'm just lucky, I guess."

—Lisa da Silva



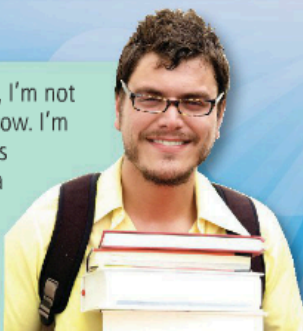
"Well, I walk everywhere I go because I don't have a car, so I think I get enough exercise."

—Mei-ling Yu



"Um . . . to be honest, I'm not doing anything right now. I'm studying for exams this month, so I'm eating a lot of snacks, and I'm not getting any exercise at all."

—Michael Evans



"Yeah, we exercise six days a week. We go swimming every other day, and in between we go to the gym. And once in a while, we go hiking."

—The Parks



1 Getting started

A 1.20 Listen to the on-the-street interviews. Who do you think has a healthy lifestyle? Why?



B Complete these sentences with a simple present or present continuous verb. Use the interviews to help you. Are the sentences true for you? Tell a partner.

1. I generally _____ (not eat) junk food.
2. I usually _____ (get) enough exercise.
3. We usually _____ (go) to the gym every other day.
4. I _____ (eat) a lot of snacks this month.
5. These days I _____ (not get) any exercise at all.
6. Right now I _____ (try) to get in shape.

Answers

1. I generally don't eat junk food.
2. I usually get enough exercise.
3. We usually go to the gym every other day.
4. I'm eating a lot of snacks this month.
5. These days I'm not getting any exercise at all.
6. Right now I'm trying to get in shape.

2 Grammar Simple present and present continuous 1.21

Extra practice p. 142

Use the simple present to talk about "all the time" (*usually or generally*) and routines.

How **do** you **stay** in shape?

I **walk** everywhere. I **don't have** a car.

Does she **get** regular exercise?

Yes, she **does**. She **exercises** six days a week.

No, she **doesn't**. She **doesn't exercise** at all.

Use the present continuous to talk about "now" (*these days, this month*) and temporary events.

What sports **are** you **playing** these days?

I'm **doing** karate. It's **getting** me in shape.

Is she **trying** to lose weight?

Yes, she **is**. She's **drinking** diet drinks.

No, she's **not**. She's **not trying** to lose weight.



A Complete the conversations with the simple present or present continuous. Then practice with a partner.

1. A How do you cope (cope) with stress?
_____ you _____ (get) stressed a lot?
B Well, generally I _____ (not feel) stressed, but we
_____ (work) long hours this month. So my
co-workers and I _____ (take) a meditation class right
now. It's great. Meditation really _____ (relax) you.
2. A _____ you _____ (like) to play sports?
B Not really, but my wife and I _____ (enjoy) swimming.
We usually _____ (go) to the pool together in the summer.
Now that it's winter, I _____ (not swim) at all. But my wife
_____ (go) every day, even when it's cold.
3. A _____ your family _____ (do) anything new to stay healthy?
B Actually, yeah. We _____ (try) to eat a balanced diet. I mean,
everybody in the family _____ (love) fast food, but right
now, we _____ (cook) healthy meals. It's not easy because
my husband _____ (not like) vegetables and things like that.

About you

B Pair work Ask and answer the questions above. Give your own answers.



In conversation

The simple present is about six times more frequent than the present continuous and even more frequent with *like, love, know, need, and want*.

Common errors

Don't forget to use *be* in the present continuous.

I'm doing karate.
(NOT ~~doing~~ karate.)



Answers

1. **A** How do you cope with stress? Do you get stressed a lot?

B Well, generally I don't feel stressed, but we're working long hours this month. So my co-workers and I are taking a meditation class right now. It's great. Meditation really relaxes you.

2. **A** Do you like to play sports?

B Not really, but my wife and I enjoy swimming. We usually go to the pool together in the summer. Now that it's winter, I'm not swimming at all. But my wife goes every day, even when it's cold.

3. **A** Is your family doing anything new to stay healthy?

B Actually, yeah. We're trying to eat a balanced diet. I mean, everybody in the family loves fast food, but right now, we're cooking healthy meals. It's not easy because my husband doesn't like vegetables and things like that.

UNIT

3

Lesson A Simple present and present continuous

A Complete the things someone says about getting in shape. Use simple present or present continuous form of the verbs.



- My friend and I are training (train) for a marathon. I normally take (take) the bus to work, but these days I walk (walk) all the way. And my friend spends (spend) a lot of time at the gym these days.
- I usually drink (drink) a lot of soda, but right now, I am drinking (drink) water instead.
- This month, we are getting up (get up) early, and I am going (go) running. But generally we both sleep (sleep) late on the weekends.
- My friend usually doesn't eat (not eat) breakfast, but now he is eating (have) eggs every morning.
- I love (love) cheesecake, but this month I am not eating (not eat) desserts. Our friends complain (complain) because we are not taking (not take) cookies to school right now.

Common errors

Don't confuse the simple present and present continuous.

Normally I walk to school.
(NOT Normally I'm walking to school.)

I'm eating a special diet this week.
(NOT I eat a special diet this week.)



B Pair work Are any of the sentences above true for you? What else are you doing differently these days from what you usually do?

"Actually, I normally take the subway to school. But this week I'm walking some of the way."

- these days I am walking all the way
my friend is spending a lot of time at the gym

2. I usually drink a lot of soda
I am drinking water instead

3. we are getting up early
I am going running
Generally we both sleep late on the weekend

4. my friend doesn't usually eat breakfast
but now he is having eggs every morning.

5. I love cheesecake
I am not eating desserts
Our friends complain because we aren't taking cookies to school

3 Listening and speaking Unhealthy habits

 **A**  1.22 Try to guess what unhealthy habit each person is talking about. Then listen and complete the sentences.

1. Ian says he eats a lot of _____ , but he wants to cut down on it.
2. Kaylie wants to give up _____ , but she can't.
3. Martin's mom says Martin spends too much time _____ .
4. Silvia's husband says she's not _____ enough these days.

B  1.23 Listen again to the last thing each person says. Do you agree? Why or why not? Tell the class.

 **C Pair work** Do you have any of the same unhealthy habits? What other unhealthy habits do you have? Tell your partner.

Answers

1. fast food
2. coffee
3. playing video games
4. exercising

Present Simple and Present Continuous:

Present Simple use:

Habits, routines

Facts

Permanent situations/actions

Present Simple Structure:

Affirmative:

Subject

Verb

Compliment

I/you/we/they
He/ she/ it

eat
eats

plums.
plums.

Negative:

Subject

Do+Not

Verb

Compliment

I/you/we/they
He/ she/ it

do not
does not

eat
eat

plums.
plums.

Interrogative:

Do

Subject

Verb

Compliment

Do
Does

I/you/we/they
he/she/it

eat
eat

plums?
plums?



Present Continuous use:

Things happening right now or around now

Temporary situations/actions

The Present Continuous Tense

How to use it:

Affirmative and Negative

<u>Subject</u>	<u>to be</u>	<u>not</u>	<u>Verb + ing</u>
I	am		
You, we, they	are	not	watching.
He, she, it	is		

Interrogative

<u>to be</u>	<u>Subject</u>	<u>Verb + ing</u>
Am	I	
Are	you, we, they	watching?
Is	he, she, it	

Present Simple or Present Continuous? Exercise 2

Make the present simple or present continuous.

1. You (not / like) _____ chocolate.
2. She (not / study) _____ at the moment.
3. We often (go) _____ to the cinema.
4. He usually (not / do) _____ his homework.
5. They (not / eat) _____ rice every day.
6. We (not / study) _____ every night.
7. (You / like) _____ spicy food?
8. (She / go) _____ to Scotland often?
9. (He / eat) _____ now?
10. We (go) _____ to the cinema this weekend.
11. They (study) _____ now.
12. I (clean) _____ the kitchen every day.
13. She (work) _____ every Sunday.
14. We (not / sleep) _____ now.
15. He (not / go) _____ to the park very often.
16. It (rain) _____ a lot here.
17. I (go) _____ on holiday tomorrow.
18. How long (she / stay) _____ in London?
19. I often (read) _____ at night.
20. We (not / drink) _____ much wine.

1 Staying in shape

Grammar Complete the conversations with the correct form of the verbs.

1. Max Hi, Carl. How is it going (go)?
 Carl Great. What are you doing (do)?
 Max Oh, I am (try) to get in shape before graduation.
 Carl So are you trying (try) to lose weight?
 Max Yeah, a little. I want (want) to look good in the photo.
 So this month I am (exercise) and am (eat) salads.
 And I am (cut) down on fried food and things like that.
 Carl Good for you. You know, I am (read) an interesting book
 about healthy eating right now. Do you want (want)
 to borrow it?
 Max Sure. Thanks. But you always look (look) so good.
 You don't need (not need) to lose weight.
 Carl Well, it's probably because I usually eat (eat) healthy
 foods and I exercise (exercise) most days.



2. Doctor So, Paul, you want (want) to improve your lifestyle.
 Paul Yes, I need (need) to get into shape. I know I don't get (not get)
 enough exercise right now, but I don't have (not have) the energy.
 Doctor So, what exercise are you doing (do) these days?
 Paul Actually, I don't get (not get) any exercise at all. I work (work)
 on a big project for my job, and I don't have (not have) a lot of time.
 Life's kind of stressful right now.
 Doctor So how do you usually cope (cope) with stress?
 Paul Well, right now, I don't cope (not cope) really. Usually I eat (not eat)
 a lot of snacks and chocolate, but I eat (eat) a lot of them now.
 Doctor So do you usually have (have) a healthy diet?
 Paul Well, it's not bad, I guess. I love (love) red meat, and I eat (eat)
 that every day. I don't like (not like) vegetables, so
 I don't eat (not eat) them.
 Doctor Well, I think you need (need) to eat a balanced diet and to get more exercise.
 Try this plan for four weeks. Then come back in two weeks so we can review it.
 Paul OK. Thanks.



24/7/2025

Homework Correction:

currently
at the moment
right now / now
this weekend
this week
today

1. You (not / like) don't like chocolate.
2. She (not / study) isn't studying at the moment.
3. We often (go) go to the cinema.
4. He usually (not / do) doesn't do his homework.
5. They (not / eat) don't eat rice every day.
6. We (not / study) don't study every night.
7. (You / like) Do you like spicy food?
8. (She / go) Does she go to Scotland often?
9. (He / eat) Is he eating now?
10. We (go) are going to the cinema this weekend.
11. They (study) are studying now.
12. I (clean) clean the kitchen every day.
13. She (work) works every Sunday.
14. We (not / sleep) aren't sleeping now.
15. He (not / go) doesn't go to the park very often.
16. It (rain) rains/is raining a lot here.
17. I (go) am going on holiday tomorrow.
18. How long (she / stay) is she staying in London?
19. I often (read) read at night.
20. We (not / drink) don't drink much wine.

always
usually
sometimes
never
often
hardly ever
rarely
occasionally
generally

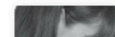
every +
day/week/night/month...

Lesson A Healthy living

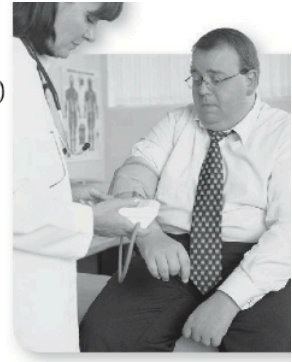
1 Staying in shape

 Grammar Complete the conversations with the correct form of the verbs.

1. Max Hi, Carl. How is it going (go)?
Carl Great. What are you doing (do)?
Max Oh, I am (try) to get in shape before graduation.
Carl So are you trying (try) to lose weight?
Max Yeah, a little. I am (want) to look good in the photo.
So this month I am (exercise) and eat (eat) salads.
And I am (cut) down on fried food and things like that.
Carl Good for you. You know, I am (read) an interesting book
about healthy eating right now. Can you lend (want)
to borrow it?
Max Sure. Thanks. But you always look (look) so good.
You don't need (not need) to lose weight.
Carl Well, it's probably because I usually eat (eat) healthy
foods and I exercise (exercise) most days.



2. Doctor So, Paul, you _____ (want) to improve your lifestyle.
 Paul Yes, I _____ (need) to get into shape. I know I _____ (not get) enough exercise right now, but I _____ (not have) the energy.
 Doctor So, what exercise _____ you _____ (do) these days?
 Paul Actually, I _____ (not get) any exercise at all. I _____ (work) on a big project for my job, and I _____ (not have) a lot of time. Life's kind of stressful right now.
 Doctor So how _____ you usually _____ (cope) with stress?
 Paul Well, right now, I _____ (not cope) really. Usually I _____ (not eat) a lot of snacks and chocolate, but I _____ (eat) a lot of them now.
 Doctor So _____ you usually _____ (have) a healthy diet?
 Paul Well, it's not bad, I guess. I _____ (love) red meat, and I _____ (eat) that every day. I _____ really _____ (not like) vegetables, so I _____ often _____ (not eat) them.
 Doctor Well, I think you _____ (need) to eat a balanced diet and to get more exercise. Try this plan for four weeks. Then come back in two weeks so we can review it.
 Paul OK. Thanks.



Answers

1. Max: is; going
 Carl: are; doing
 Max: 'm trying
 Carl: are; trying
 Max: want; 'm exercising; eating; 'm cutting
 Carl: 'm reading; Do; want
 Max look; don't need
 Carl: eat; exercise
 2. Doctor: want
 Paul: need; 'm not getting; don't have
 Doctor: are; doing / do; do
 Paul: 'm not getting; 'm working; don't have
 Doctor: do; cope
 Paul: 'm not coping; don't eat; 'm eating
 Doctor: do; have
 Paul: love; eat; don't; like; don't; eat.
 Doctor: need

Discussion:



Pair work Do you have any of the same unhealthy habits? What other unhealthy habits do you have? Tell your partner.

My unhealthy habits

Nowadays, people have a lot of unhealthy habits, and... to be honest I'm one of them. Some of those habits are the same as these people and some aren't.

First of all; one of my bad habits is that I don't exercise often even though I signed up to a gym, another is that I fix goals but I give up before achieving them. For example I can buy a book and tell myself I WILL read it but 2 days after I change my mind and just watch TV instead.

Honestly I think that my unhealthy habits are caused by my ~~laziness~~ laziness and my lack of discipline, and like

And to be honest, I am one of them. Like everyone else, I have a few unhealthy habits that I'd like to give up so I can improve my quality of life.

One* (capital letter)

Another one* (capital letter)

For example,*

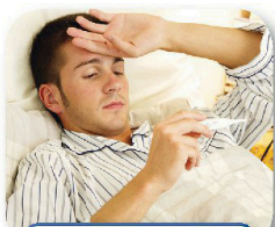
and like every human being I'd like to change my unhealthy habits into healthy ones.

Lesson B

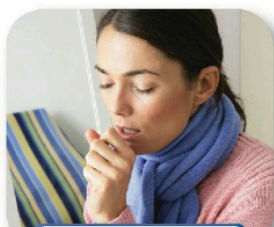
Aches and pains

1 Building vocabulary

A  1.24 Listen and say the sentences. Do you have any of these problems right now?



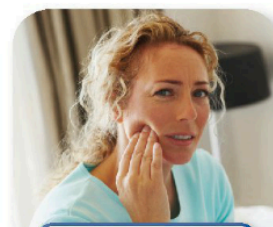
I have a **fever**. I think I'm getting **the flu**.



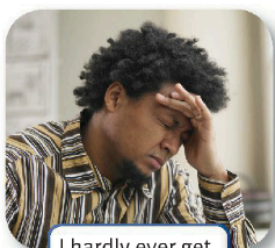
I have a **bad cough**. I'm **coughing** a lot.



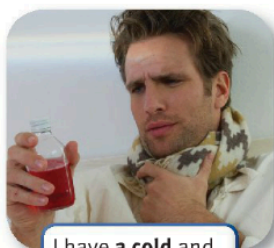
I have a **stomachache**. I often get stomachaches.



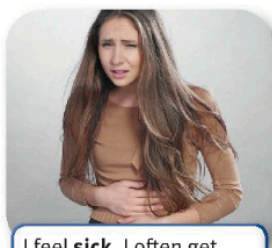
I have a **toothache**.



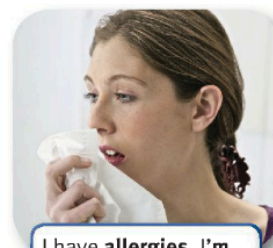
I hardly ever get **headaches**, but I have one now.



I have a **cold** and a **sore throat**. I get a lot of colds.



I feel **sick**. I often get sick when I eat shellfish.



I have **allergies**. I'm **sneezing** all the time, and my eyes itch.

Word sort

B Complete the chart with the words above. Add other ideas. Then compare with a partner.

I never ...	I hardly ever ...	I sometimes ...	I often ...
<i>get colds</i>		<i>have a runny nose</i>	<i>sneeze</i>

"I never get colds. But sometimes I have a runny nose. I think I have allergies."

2 Speaking naturally Contrasts

- A What's the matter? Do you have a **cold**?
 B No, I have a **headache**. I feel **terrible**.
 A That's too bad. I hope you feel **better**.
 B Thanks.

A  1.25 Listen and repeat the conversation above. Notice how stress shows the contrast between *headache* and *cold*, and between *better* and *terrible*.

B **Pair work** Practice the conversation. Then practice again using different health problems.



Vocabulary notebook p. 30

3 Building language

A 1.26 Listen. What does Nora want to make for Ken? Practice the conversation.

Ken Hello?

Nora Hi, Ken. How are you feeling?

Ken Awful. I still have this terrible cold.

Nora That's too bad. Are you taking anything for it?

Ken Just some cold medicine.

Nora Hmm. I never take that stuff when I have a cold. But if I get a really bad cold, I drink hot vinegar with honey. I can make you some.

Ken Oh, no thanks! I don't feel *that* bad!



Figure it out

B Unscramble the sentences below. Are the sentences true for you?

1. I take / a cold / when / medicine / I have

_____ .

2. I make / I have / hot tea with lemon / If / the flu,

_____ .

Game: Present Simple or Present Continuous?

<https://wordwall.net/resource/29956520>

Stative Verbs:

Stative verbs



Stative verbs describe a **state**, **condition**, or **situation** rather than an action. They typically relate to **thoughts**, **feelings**, **senses**, **possession**, and **qualities**, and are often not used in **continuous tenses**.



She **knows** the answer. He **owns** a football.

list of stative verbs

• be	• like	• know	• sense
• have	• dislike	• believe	• see
• own	• prefer	• doubt	• hear
• belong	• love	• suppose	• smell
• possess	• hate	• think	• taste
• lack	• enjoy	• remember	• feel
• need	• appreciate	• forget	• appear
• want	• fear	• realize	• seem
			• become

easyenglishpath.com

1. Emotional State

Verbs that describe emotions or feelings.

- love
- hate
- like
- dislike
- adore
- detest

2. Mental State

Verbs that describe mental conditions or perceptions.

- know
- believe
- understand
- remember
- forget
- realize
- think

3. Sensory Perception

Verbs that describe sensory experiences.

- see
- hear
- taste
- smell
- feel

4. Possession

Verbs that indicate ownership or possession.

- have
- own
- possess
- belong
- lack

5. Relationship

Verbs that describe relationships between people or things.

- belong
- consist
- include
- involve

- concern
- depend

6. State of being or Existence

Verbs that describe states of existence or being.

- be
- exist
- live
- remain
- stay
- stand

7. Opinion and preference

Verbs that express opinions, preferences, or attitudes.

- prefer
- dislike
- love
- hate
- desire
- wish

Examples:

- **To be:** She is happy.
- **To have:** He has a car.
- **To like:** They like ice cream.
- **To seem:** It seems difficult.
- **To belong:** The book belongs to me.
- **To prefer:** She prefers tea over coffee.
- **To know:** They know the answer.

Rules for Using Stative Verbs

1. Avoid Continuous Tenses

Stative verbs are **not usually** used in **progressive forms**.

✗ *I am knowing the answer.* → ✓ *I know the answer.*

2. Do Not Use Stative Verbs in Imperatives

Stative verbs cannot be used in **commands**.

✗ *Be understanding!* → ✓ *Understand!*

3. Some Verbs Can Be Both Stative and Dynamic

Meaning changes depending on usage.

✓ *I think she is right.* (stative: *think* = *believe*)

✓ *I am thinking about it.* (dynamic: *thinking* = *considering*)

4. Perception Verbs Are Not Used in Continuous Forms

Verbs like *see*, *hear*, *taste*, *smell* are **not used in progressive tenses**.

✗ *I am seeing a bird.* → ✓ *I see a bird.*

5. Stative Verbs Describe States, Not Actions

They express **emotions, thoughts, possession, relationships, or senses** rather than physical actions.

✓ *She owns a car.* (possession)

✓ *He loves music.* (emotion)

31/7/2025

2 Susan's lifestyle

Grammar Look at the picture and complete the email with the correct form of the verbs in the box.



do drink drink eat have not buy not do not try play want ✓ work out

Answers
's working out
's not trying
wants
's drinking
drink
has
eats
doesn't buy
plays
's doing
'm not doing

New Message

To: Cassie_90_P@cup.com
From: Marcy@cup.com
Subject: My new roommate

Hey Cassie. Do you want to meet my new roommate? You'd like her. She is SO healthy. I'm writing emails, and she 's working out on her new exercise bike. She _____ to lose weight or anything, but she says that she _____ to stay healthy. And look – she _____ water, too! I mean, I _____ soda – but not her! She _____ a pretty healthy diet and lifestyle. She _____ a lot of fruit, and she _____ much junk food. Usually, she _____ tennis once a month, but now she _____ karate twice a week, too. I really need to do something like that. I _____ anything to stay healthy. :)

3 About you

Grammar
and
vocabulary

Are these sentences true or false for you? Write *T* (true) or *F* (false). Then correct the false statements.

1. F I'm drinking a lot of milk these days.
 I'm not drinking a lot of milk these days. I'm drinking a lot of soda.
2. My best friend eats junk food every day.

3. I'm not taking any classes right now. _____
4. I sleep for five hours a night.

5. My friends have a lot of stress in their lives.

6. My family doesn't get any exercise at all.



Answers

Answers will vary. Possible answers may include:

1. F I'm not drinking a lot of milk these days.
I'm drinking a lot of soda.
2. T / F He / She hardly ever eats junk food.
3. T / F I'm taking four classes right now.
4. T / F I sleep for seven hours a night.
5. T / F They don't have a lot of stress in their lives.
6. T / F We get a lot of exercise.

Lesson B

Aches and pains

1 What's the matter?

Vocabulary **A** There are seven health problems in the puzzle. Find the other six.
Look in these directions (→↓).

A	T	O	O	T	H	A	C	H	E	W	A
B	C	K	F	M	U	U	O	E	R	F	L
S	O	R	E	T	H	R	O	A	T	D	L
R	U	I	V	D	E	I	H	D	U	J	E
V	G	J	P	L	A	R	U	P	L	A	F
E	H	C	S	H	E	A	D	A	C	H	E
S	I	O	T	B	J	W	L	S	A	N	V
O	H	L	F	O	V	A	O	U	B	D	E
B	E	A	L	L	E	R	G	I	E	S	R
G	A	N	G	D	C	K	S	W	N	C	H
S	T	O	M	A	C	H	A	C	H	E	I
R	M	R	L	T	N	F	R	G	C	S	R

Cough



B Look at the picture. Write sentences with the words from part A.



1. Joe has a fever.
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Answers

1. Joe has a fever.
2. Taro has a cough.
3. Chad has a sore throat.
4. Amy has a toothache.
5. Jim and Liz have allergies.
6. Sara has a headache.
7. Joyce has a stomachache.

3 Building language

A 1.26 Listen. What does Nora want to make for Ken? Practice the conversation.

- Ken Hello?
- Nora Hi, Ken. How are you feeling?
- Ken Awful. I still have this terrible cold.
- Nora That's too bad. Are you taking anything for it?
- Ken Just some cold medicine.
- Nora Hmm. I never take that stuff when I have a cold. But if I get a really bad cold, I drink hot vinegar with honey. I can make you some.
- Ken Oh, no thanks! I don't feel *that* bad!



Figure it out

B Unscramble the sentences below. Are the sentences true for you?

1. I take / a cold / when / medicine / I have
_____.
2. I make / I have / hot tea with lemon / If / the flu,
_____.

1. I take medicine when I have a cold.
When I have a cold, I take medicine.

2. If I have the flu, I make hot tea with lemon.
I make hot tea with lemon if I have the flu.

4 Grammar Joining clauses with *if* and *when* 1.27



Extra practice p. 142

What do you take **when** you have a cold?
I don't take anything **when** I have a cold.
When I have a cold, I don't take anything.

What do you do **if** you get a really bad cold?
I drink hot vinegar with honey **if** I get a really bad cold.
If I get a really bad cold, I drink hot vinegar with honey.



A Complete the questions with *if you* followed by the correct expressions from the box.

feel run down	get a toothache	have a bad cough	have a runny nose
feel sore	get an upset stomach	have a headache	✓ have a sore throat

- Do you gargle salt water if you have a sore throat ?
- _____ after a meal, do you drink herbal tea?
- What do you do _____ and you have no energy?
- Do you stretch _____ after exercising?
- _____ and itchy eyes, do you take allergy medicine?
- _____, do you go to the dentist right away?
- What do you do _____ ? Do you suck on a cough drop?
- What do you do _____ ? Do you take aspirin?



About you

B Pair work Ask and answer the questions above. Use *when* in your answers.

A Do you gargle salt water if you have a sore throat?

B Actually, when I have a sore throat, I drink hot tea with honey. Do you take anything?

Answers

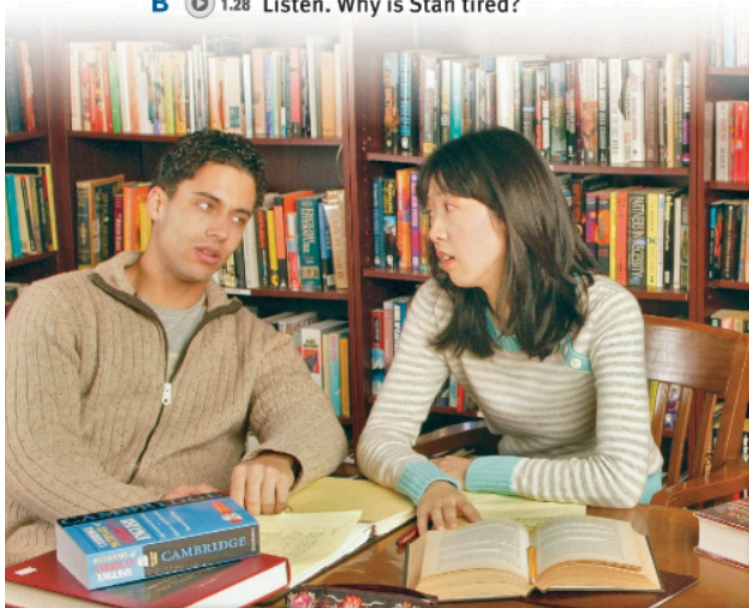
- if you have a sore throat
- If you get an upset stomach
- if you feel run down
- if you feel sore
- If you have a runny nose
- If you get a toothache
- if you have a bad cough
- if you have a headache

1 Conversation strategy Encouraging people to talk

A Why do people get tired? Brainstorm ideas and make a list.

"People often feel tired when they have a cold."

B 1.28 Listen. Why is Stan tired?



Stan I'm so tired.
Yuki Really? How come?
Stan Well, I'm working two jobs this semester, so I'm getting up at, like, 5:30 to study.
Yuki You're kidding! Two jobs? Wow.
Stan Yeah. Just for a couple of months. I'm working in a supermarket after class, and then I have my regular job at the restaurant till 11:00.
Yuki Oh, that's late. So, what time do you go to bed?
Stan About 1:00 . . . 1:30.
Yuki Gosh. So you're only getting about four hours' sleep? That's not much.

C Notice how Yuki encourages Stan to continue talking. She comments on what Stan says and asks follow-up questions. Find examples in the conversation.

*"I'm so tired."
"Really? How come?"*

D Match each sentence with an appropriate reply. Then practice with a partner.

- | | |
|---|--|
| 1. I often stay up until 2:00 or 3:00 a.m. <u>e</u> | a. You do? Does the professor notice? |
| 2. I love sleeping late on weekends. ____ | b. That's good. Do you wake up early, too? |
| 3. I often take a nap during my lunch break. ____ | c. That's not much. Do you get tired during the day? |
| 4. I only sleep about five hours a night. ____ | d. At work? How long do you sleep? |
| 5. I sometimes fall asleep in lectures. ____ | e. Really? What do you do all night? |
| 6. I usually go to bed early during the week. ____ | f. Me too. What time do you get up on Sundays? |

E Pair work Student A: Tell a partner about your sleep habits. Use the ideas above.
Student B: Respond with comments and questions. Then change roles.

A I usually stay up until about 11:00, 11:30 during the week.

B Really? That's not too late. Do you stay up late on weekends?

A Not really. I go to bed about the same time.

Answers

1. e

2. f

3. d

4. c

5. a

6. b

8/5/2025

2 I feel sick.

Grammar
and
vocabulary

Look at the pictures. Write questions and answers.



Ann / the flu

1. What does Ann do when she has the flu?
When Ann has the flu, she stays in bed .



Dan / a cold

2. _____
If _____ .



Rick / a headache

3. _____
_____ when _____ .



Pat / a toothache

4. _____
_____ if _____ .

2. What does Dan do when he has a cold?

If Dan has a cold, he goes to a doctor.

3. What does Rick do when he has a headache?

Rick takes medicine/aspirin when he has a headache.

4. What does Pat do when she has a toothache?

Pat goes to the dentist if she has a toothache.

3 About you

Grammar
and
vocabulary

Write questions for a friend using *when* or *if*. Then answer your friend's questions.

1. You What do you do when you're sick?
(when / are sick)
Friend When I'm sick, I stay home and watch movies all day. How about you?
You _____
2. You _____
(if / have a bad cough) 
Friend I usually take cough medicine if I have a bad cough. What do you do?
You _____
3. You _____
(if / get an upset stomach)
Friend If I get an upset stomach, I drink water. I don't eat a lot. How about you?
You _____
4. You _____
(when / have a fever)
Friend When I have a fever, I take aspirin and I don't go out. What about you?
You _____

1. When I'm sick, I go straight to the hospital.

2. What do you do if you have a bad cough?

I prepare a traditional recipe for a bad cough. I use eggs with garlic.

3. What do you do if you get an upset stomach?

I usually tonic water when I get an upset stomach.

4. What do you do when you have a fever?

I do the same thing.

When I have a fever, I take a warm shower and take aspirin.

When I have a fever, I put a cold compress on my head or I wrap my forehead with slices of lemon.

2 Strategy plus Showing surprise

Use expressions like these to show surprise in informal conversations:

Oh!	Gosh!
Really?	Oh, my gosh!
Wow!	You're kidding!
Oh, wow!	Are you serious?
No way!	No!

In formal conversations, use _____ or *Really?*

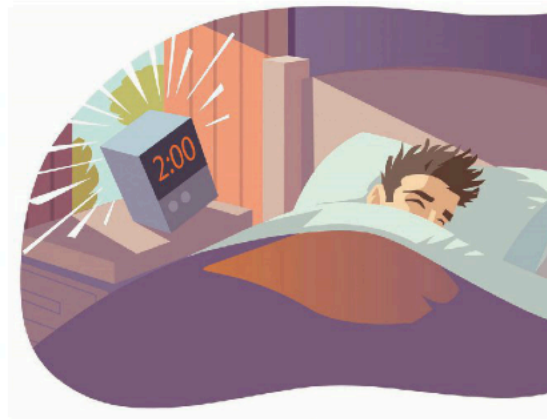


In conversation

Oh and *Really* are in the top 50 words. *Wow* and *Gosh* are in the top 500.

A 1.29 Listen and write the expressions you hear.
Then practice with a partner.

- A I never hear my alarm clock.
B Really ? So how do you wake up?
- A I often fall asleep on the subway.
B _____ ! Do you ever miss your stop?
- A I have the same dream every night.
B _____ ! Every single night?
- A I can't sleep if it's light.
B _____ ! Do you wear an eye mask?
- A I often sleep for 12 or 13 hours.
B _____ ? Is that only on weekends?
- A I can't fall asleep without music.
B _____ ! What do you listen to?



Answers

- Really
- You're kidding
- No way
- Gosh
- Are you serious
- Oh

3 Strategies Sweet dreams

About you

Group work Discuss the questions about sleep habits. What do you have in common? Encourage your classmates to talk by commenting and asking follow-up questions.

- What do you do if you can't sleep?
- Do you ever wake up during the night?
- Are you tired today? If so, why?
- Do you ever take naps during the daytime?
- Do you ever have vivid dreams or nightmares?
- Do you remember your dreams?
- Do you snore or talk in your sleep?
- Do you ever fall asleep in front of the TV?

A *What do you do if you can't sleep?*

B *Well, if I wake up and can't get back to sleep, I usually get up and play a video game.*

C *You're kidding! So do you go back to bed after that?*



Free talk p. 130

Lesson C

Really? How come?

1 It's my allergies.

Conversation strategies

Complete the conversation. Use the sentences in the box.

- | | |
|--|---|
| Are you serious? How come? I mean, why not? | Gosh, that's terrible! So, what are you studying? |
| ✓ Oh, no! That's too bad. Do you sneeze a lot? | Really? So how do you study when you don't |
| You're kidding! So you never take medicine? | feel good? |
| Headaches? Do you take anything? | |

- Joan Gary, are you OK? Your eyes are all red.
- Gary Oh, it's my allergies. I always feel this way in the spring.
- Joan *Oh, no! That's too bad. Do you sneeze a lot?*
- Gary Yeah. I sneeze all the time. And I get headaches, too.
- Joan _____
- Gary Not really. Actually, I don't like to take medicine.
- Joan _____
- Gary No. Never. And especially allergy medicine. If I take it, I can't study.
- Joan _____
- Gary Well, you see, when I take medicine, I always fall asleep.
- Joan _____
- Gary It's hard, but I have to try. Right now I'm studying for a big test next week.
- Joan _____
- Gary I'm studying medicine!



Answers

Joan: Oh, no! That's too bad. Do you sneeze a lot?

Joan: Headaches? Do you take anything?

Joan: You're kidding! So you never take medicine?

Joan: Are you serious? How come? I mean, why not?

Joan: Really? So how do you study when you don't feel good?

Joan: Gosh, that's terrible! So, what are you studying?

2 You're kidding!

Conversation
strategies

Circle the best response to show surprise.

1. My husband talks in his sleep.
 - a. My husband does, too.
 - b. Wow! What does he say?
2. I love getting up early on weekends.
 - a. Do you get up early on weekdays, too?
 - b. Are you serious? On weekends?
3. I take two or three naps every day.
 - a. Gosh! Do you sleep OK at night?
 - b. I know. I saw you fall asleep in class once!
4. I often drink hot chocolate if I can't sleep.
 - a. Me too. I love hot chocolate at night.
 - b. You're kidding! It keeps me awake.
5. My grandmother goes running six days a week.
 - a. No way! How old is she?
 - b. So she's really into exercise, huh?
6. I often dream about food.
 - a. I do too. I always dream about ice cream.
 - b. Really? Are you hungry when you go to bed?
7. I have three part-time jobs.
 - a. Oh, wow! You work really hard.
 - b. Do you often get tired?
8. If I can't sleep, I often listen to rock music.
 - a. Gosh! I can't sleep with music on.
 - b. Me too. I also listen to pop music.

3 No way!

Conversation
strategies

Write responses to show surprise. Then ask follow-up questions.

1. A One of my friends cleans the house when he can't sleep.

B *No way!* *So does he go back to bed at all?*

2. A My best friend remembers all her dreams.

B



3. A I sometimes sleep at the office.

B

4. A Sometimes I can't sleep because my neighbors play loud music.

B

5. A My little brother has the same nightmare about once a month.

B

6. A My father sleepwalks every night.

B

7. A I never use an alarm clock.

B

8. A My sister goes running right after she eats dinner.

B

2. Seriously? So does he write all his dreams down?

3. You're kidding! Why do you sleep there? / How much time do you sleep there? / What do your colleagues say about it?

4. Oh gosh! Do you get tired during the day? / Really? Did you try to talk to him about it? / Do other neighbors ever call the police to complain?

5. No way! Did you think about taking him to a psychologist? / Really? Does he watch horror movies at night?

6. Oh! Does he ever leave the house? / Really? Do you make sure your doors and windows are closed? / Oh, did he ever have any accident at night?

7. Are you serious? How do you wake up? / Oh, wow! Did you ever miss your bus?

8. Really? At night? Does she go alone or ...? / Oh! Does it exercise in the morning too?

4 About you

Conversation
strategies

Answer the questions with your own information.

1. Are you feeling sleepy right now?
2. How often do you take naps on weekdays?
3. Do you ever sleep in class or at work?
4. Are you sleeping well these days?
5. What do you do when you wake up at night?
6. Do you dream in color?

1. Not really. I'm not that sleepy.

Yes, I am. I had a long, tiring day.

2. I never take naps on weekdays. I only sleep during the night.

3. Sometimes I take a power nap at work.

4. Not really, these days I'm not sleeping very well because of the summer heat.

5. When I wake up at night, I do my best to go back to sleep. / When I wake up at night, I drink some water and then go back to sleep.

6. Yes, I do. My dreams are vivid like real life.

7/8/2025

Lesson D

Health advice

1 Reading

- A** What can you do to stay healthy? How many ideas can you think of in 30 seconds? Make a list.
- B** Read the article. Which of your ideas are mentioned? What other ideas does it suggest?

Reading tip

Articles sometimes start with a problem (for example, *Let's face it: many of us are not too healthy.*) and then continue with possible solutions (*exercise, etc.*).

Eating healthy food
Doing sports
Drink enough water
Doing a health checkup once a year
Get good sleep
Manage stress
Spend quality time with family and friends
Take a break from social media
Doing some outdoor activities
Get some sunlight and fresh air
Do your prayer to have a peace of mind
Avoid smoke/alcohol/drugs
Limit junk food and energy drinks
Eat fruit instead of drink juice
Avoid juice before sleeping
Avoid sugar in your drinks
Avoid procrastination

Rethink Your Way to Great Health

Let's face it: many of us are not too healthy. We often take an "all or nothing" approach to health. If we can't exercise every day, follow a healthy diet, or manage our stress levels, then we give up and do nothing. However, looking after our health doesn't have to take a lot of time and effort. It just takes a little thought. Follow these simple ideas and rethink your way to better health!

First, get moving. How much are you exercising these days? Not a lot? Research shows not exercising is really bad for your health. If you can't afford to go to the gym, go running. Skip the elevator and take the stairs; don't take the bus or train all the way – walk. Or, try exercising while you watch TV.

Second, don't forget to take a break from work sometimes. Our bodies can't go, go, go all day! We need to take regular

breaks. If work is stressing you out, take a few deep breaths in between tasks. Try a relaxation technique, like meditation, or take a relaxing ten-minute walk.

Next, be sure to make good food choices. When you get stressed, do you reach for a cookie? Don't snack on junk food. Plan ahead and keep healthy snacks like fruit or nuts nearby. When you go shopping, buy only healthy foods for your next meal. If you have to order fast food, choose something light, go easy on the dressings, and add a healthy side dish like a salad or fruit.

Finally, remember to sleep well. Don't fall asleep with the TV on.

When you go to bed, make sure your room is quiet, cool, and dark. Research shows it's the best way to get a good night's sleep.

With simple changes like these, you can rethink your way to great health, one choice at a time. It's up to you!



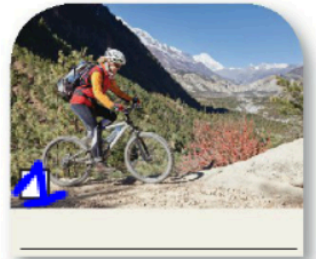
C Read the article again. Answer the questions. Then compare with a partner.

1. Why do some people stop exercising and eating well?
2. What relaxation technique does the article mention?
3. What are some examples of healthy snacks from the article?
4. What healthy options do you have when you eat fast food?
5. What kinds of things can you do to get more exercise?
6. What can help you get a good night's sleep?

11/8/2025

2 Listening Coping with stress

A What do you do to cope with stress? Do you do any of these things? Tell a partner.



- B 1.31 Listen to four people talk about how they cope with stress. Number the pictures 1 to 4.
- C 1.32 Listen again. What else do they do when they're feeling stressed? Write the activity under the picture.

Painting

Working out / Practicing sports

Going outdoors / Being in nature

Biking in the mountains

Writing / Journaling

1. Mountain biking takes her mind off her work.

On Sunday, she goes as far as 35 miles.

It's a good ride.

2. She likes the ocean but it's too far for her so she goes to a park near her house. She likes to sit and listen to the birds.

3. She likes to drive out to the mountains and just paint. She paints what she sees and that helps her not think about anything else.

4. She likes to exercises and do something active and listen to music so she gets her mind off work and other problems.

3 Writing That's great advice!

A Read the Help note and the posts on a social networking site. Add commas to the *if* and *when* clauses in the two suggestions.

The screenshot shows a social networking site interface. At the top, it says "Logged in as Susana". Below this, there are three posts:

- Susana**: I get colds all the time. Any suggestions?
- Mi-young**: Try exercising more. Go to the gym or go jogging. If you get a cold, take vitamin C and drink a lot of water.
- Luis**: Are you stressed? When I get stressed, I get a lot of colds. Try to get plenty of sleep if you feel stressed. Take more breaks if you get stressed at work.

Help note

Commas after *if* and *when* clauses

- Use a comma here:
If you're feeling stressed, try these ideas.
When you feel stressed, go to the gym.
- Don't use a comma here:
*Go to the gym **when** you feel stressed.*

B Write your own suggestion to Susana. Then compare with a partner.

About you **C Group work** Write a question about your health on a piece of paper. Use the ideas below to help you. Then exchange papers. Write a reply to each person.

Marla
I'm not sleeping at night. Help!

Derin
I want to get in shape. What can I do?

Driss:

If you get a cold, get some rest and drink a lot of water.
Go to the doctor when you still feel bad.

Fatima Zahra:

If you catch a cold, take some medicine. If you catch a cold, take care of yourself and stay warm.

Assia:

If you get colds all the time, you should see a doctor immediately.

Q: I'm not sleeping at night. Help!

A: If you can't sleep at night, take some chamomile tea.
You can also listen to some relaxing sounds or a podcast to help you sleep.

A: If you can't sleep at night, start working out for a few hours at night to help you feel tired and fall asleep easily.

Awake # Asleep

Are you awake?

A: Try reading some stories before bed if you can't sleep at night.

Q: I want to get in shape. What can I do?

A: If you want to get in shape, you have to drink enough water and eat healthy food. Also, you have to stay away from junk food if you want to get in shape.

A: If you want to get in shape, you need to exercise regularly.

Lesson D

Health advice

1 Understanding stress

Reading A Read the leaflet. Which of these are signs of stress? Check (✓) the boxes.

- | | |
|---|---|
| ☒ You have health problems. | ☒ You are tired. |
| ☒ You can't concentrate. | ☐ You breathe slowly. |
| ☐ You have a lot of energy. | ☒ You feel irritable. |

Common Questions About Stress

Am I stressed?

If you can't sleep well or can't concentrate, ...
 If you feel depressed or want to cry a lot, ...
 If you have a headache or an upset stomach, ...
 If you can't relax and you feel irritable, ...
 If you are extremely tired, ...
 ... then it's possible you are stressed.



Is stress bad for me?

Occasional stress is common and not always bad for you. However, if you feel stressed for a long time, it can be serious. Stress can make you sick. It can also affect your memory or concentration, so it's hard to get your work done.

What can I do?

Fortunately, there's a lot you can do. Try some of these relaxation techniques. If you still feel stressed, then make an appointment to see your doctor.

Relaxation Techniques

- Breathe** Take a breath, hold it for four seconds, and then breathe out very slowly. Feel your body relax.
- Exercise** Walk or exercise for just 30 minutes each day and feel better.



- Talk** Call a friend. Talk about your problems.
- Meditate** Close your eyes and focus on something calm. Feel relaxed.
- Pamper yourself** Take a hot bath, or have a massage.

a massage.



- Do something you enjoy** Listen to music. Sing. Watch TV. Meet a friend for coffee.

Department of Health – "Take care of yourself."

Answers

- relax
- affects
- sometimes
- think
- take a bath

B Read the leaflet again. Then choose the correct words to complete the sentences.

- | | | |
|---|-----------------|-------------------|
| 1. When you're stressed, it's not easy to <u>relax</u> . | a. relax | b. cry |
| 2. Stress <u>affects</u> a lot of people. | a. affects | b. doesn't affect |
| 3. Stress is <u>sometimes</u> good for you. | a. sometimes | b. never |
| 4. If you're very stressed, you often can't <u>think</u> . | a. exercise | b. think |
| 5. One good relaxation technique is to <u>take a bath</u> . | a. see a doctor | b. take a bath |