

1 Look at the picture and answer the questions.

- Do you think the family is going to go ...?
 - on a long or short holiday
 - somewhere near or far
 - somewhere hot or cold
 - to stay with family or in a hotel
 - all the way by car or drive to the airport.

Why?

- What did this man do ...?
 - the day before the holiday
 - the morning of the holiday
 - a month before the holiday
- What do you think this family are going to do on holiday? Why?
- How does the girl on the far left of the picture feel? Why?

Listen and compare your ideas with the ideas in the audio.

4.54

2 Read about Outside the comfort zone. is it about ...?

- a fun holiday
- a dangerous competition

3 Read about the programme again Answer the questions.

- Where do people on the programme go?
- do they have an easy time? Why / Why not?
- What do the two best people get?

4 Read the people's ideas for after the programme. This is the best idea? Why?



Outside the COMFORT ZONE

In this exciting new TV programme, ten people go and live in the mountains for ten days. Every day they do something difficult and sometimes dangerous. It's usually cold and wet and they don't have a lot of food. They need to stay safe and comfortable (if possible!), but it's not easy. The two people who do the best win a prize of £25,000!

It starts on Channel Six next Tuesday at 8:30 pm.

It's Day 5 on *Outside the comfort zone* and everyone is thinking about the first thing they're going to do after the programme finishes.

I'm going to eat a big meal of steak and chips. JOEL

I'm going to have a long hot bath. MELISSA

I'm going to sleep for a long time. MICK

I'm going to have a big cup of coffee. SHELLEY

Add new words to your personal Quizlet.

5 Complete Mick's sentences with the words in the box.

to are going

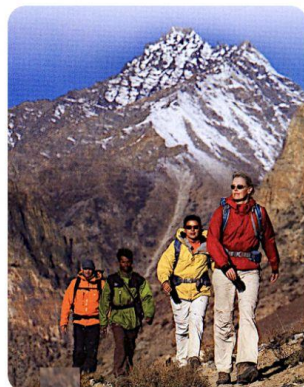
- I'm _____ to sleep for a long time.
- Melissa's going _____ have a long hot bath
- Joel and Shelley _____ going to have their favorite food and drink.

Listen and check. 4.55

6 Listen again. Notice the sentence stress and the pronunciation of going to. Answer the questions.

- Do we stress *going*, the main verb or both ?
- Can we hear the words *going to* clearly? Yes No

Practice saying the sentences.



7 Positive

We use *be + going to* to talk about things we plan to do in the future.

4.56

	+	
I	I'm	have a cup of coffee.
you / we / they	You're	go shopping.
he / she / it	She's	have chicken tonight.

I'm going to have a bath. NOT ~~I'm going to have a bath.~~
 OR ~~I'm going have a bath.~~
 OR ~~I'm go to have a bath.~~

8 Write three sentences about something you're going to do after class.

After class I'm going to meet my friend, Diego.

Add new words to your personal Quizlet.