

# 1

## Time

### 1.1 Do you live in the past, present or future?

#### Vocabulary daily life

1 What do you do? Match situations 1-8 to verb phrases a-h.

- |                                |                                           |
|--------------------------------|-------------------------------------------|
| 1 You need a holiday.          | a spend time with relatives               |
| 2 You go to a party.           | b do some work                            |
| 3 It's raining.                | c eat healthy food and you'll feel better |
| 4 Your boss arrives.           | d have fun                                |
| 5 You're bored.                | e make a to-do list                       |
| 6 It's your cousin's birthday. | f stay in                                 |
| 7 You're ill.                  | g go on a trip                            |
| 8 You have a busy weekend.     | h chat with friends online                |

2 Complete the to-do list with the correct verbs.

SATURDAY	SUNDAY
1 <u>do</u> housework	6 _____ a lie-in!
2 _____ the shopping (buy something for lunch!)	7 _____ a family meal
3 _____ some exercise (football 3 p.m.)	8 _____ future plans (holiday with family this year?)
Go dancing –	9 _____ English homework
4 _____ a good time!	10 _____ an early night
5 _____ to bed late	

3 Match verbs in A to phrases in B to make verb phrases. Then complete the information sheet.

- |   |                                                                                                   |
|---|---------------------------------------------------------------------------------------------------|
| A | do eat go go have have spend stay                                                                 |
| B | an early night a good time healthy food in shopping some exercise time with relatives to bed late |

**TOP TIPS FOR STAYING HEALTHY**

1 Eat healthy food

Doctors say we need to have seven pieces of fruit and vegetables every day. When you can, 2 \_\_\_\_\_ at a market and buy apples and tomatoes that are fresh.

3 \_\_\_\_\_

Doctors say the sun is good for us and we need to go out and walk or play sport. Don't 4 \_\_\_\_\_ all day in front of the TV – it's bad for you.

5 \_\_\_\_\_

Doctors say that we need eight hours' sleep every night. Don't 6 \_\_\_\_\_ when you need to get up early in the morning.

7 \_\_\_\_\_ and friends

Doctors say that happy people live for a long time. Go out and 8 \_\_\_\_\_ two or three times every week. It isn't good for you to be always on your own.

**Grammar** question forms

4a Complete the conversations with the question words in the box.

how many how much how often what kind  
what time when where who

- 1 A What time do you get up during the week?  
B At half past seven.
- 2 A \_\_\_\_\_ is the first person you see every morning?  
B My brother. He gets up at the same time as me.
- 3 A \_\_\_\_\_ do you have breakfast?  
B In the kitchen.
- 4 A \_\_\_\_\_ coffee do you drink?  
B I have three or four cups a day.
- 5 A \_\_\_\_\_ do you stop for lunch?  
B From one o'clock until two.
- 6 A \_\_\_\_\_ do you eat in a restaurant?  
B About twice a month.
- 7 A \_\_\_\_\_ good friends do you have?  
B A lot. I have a lot of good friends.
- 8 A \_\_\_\_\_ of car do you drive?  
B I drive a Mini.

b 1.1) Listen and check.

c 1.1) Listen again. Pause the CD and repeat after each question.

5a Insert the word in brackets in the correct place in the sentences.

- 1 When your birthday? (is) When is your birthday?
- 2 Who you chat with online? (do)
- 3 What kind films do you like? (of)
- 4 Are busy right now? (you)
- 5 How do you spend time with relatives? (often)
- 6 How many did you sleep last night? (hours)
- 7 Where you from? (are)
- 8 You go shopping yesterday? (did)

b 1.2) Listen and check.

c 1.2) Listen again. Pause the CD and repeat after each question.

6 Complete the questions in the conversation with question words and the verbs in brackets.



- A Hi. It's nice to meet you. <sup>1</sup> Are you (be) new?  
B Yes, I am. My name's Laila.  
A I'm Sally. <sup>2</sup> \_\_\_\_\_ (have) fun tonight?  
B Yes, I did. It was a great class.  
A <sup>3</sup> \_\_\_\_\_ (start) playing tennis?  
B Years ago. I was about ten, I think.  
A <sup>4</sup> \_\_\_\_\_ (be) good at it?  
B Well ... I won some competitions last year.  
A How <sup>5</sup> \_\_\_\_\_ (win) ?  
B Three or four.  
A Congratulations! Laila, <sup>6</sup> \_\_\_\_\_ (live) near here?  
B No, I live in the town centre.  
A Me, too. <sup>7</sup> \_\_\_\_\_ (get) here today?  
B I came by bus.  
A This is my car. <sup>8</sup> \_\_\_\_\_ (want) to go home together?  
B Yes! Thanks a lot.  
A No problem.

**I can ...**

	Very well	Quite well	More practice
talk about my daily life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ask questions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# 1.2 Free time

## Grammar present simple and adverbs of frequency

1a Put the words in the right order to make sentences.

- often / coffee / for / go / They / out / a  
*They often go out for a coffee.*
- goes / My / and / running / then / every / girlfriend / now
- don't / the / usually / We / camping / in / go / summer
- best / aerobics / a / friend / My / twice / week / or / does / once
- ever / games / I / play / hardly / computer
- family / often / My / future / don't / plans / make

- b 1.3 Listen and check. Notice which words and parts of words are stressed.
- c 1.3 Listen again. Pause the CD and repeat after each word.

2 Complete the second sentence so that it means the same as the first. Replace the **bold** words with the adverbs and expressions in the box.

always every now and then most days  
once or twice a year rarely

- My partner does exercise after work **every day**.  
My partner *always does exercise* after work.
- They **hardly ever** have a lie-in because they have two small children.  
They \_\_\_\_\_ because they have two small children.
- My sister **nearly always** goes on Facebook before she has breakfast.  
\_\_\_\_\_ before she has breakfast.
- My parents go on holiday **in January and July or only in July**.  
My parents \_\_\_\_\_.
- We **occasionally** go clubbing with a big group of friends.  
\_\_\_\_\_ with a big group of friends.

3 Complete the article with the verb phrases and the adverbs in the box.

always hardly ever nearly always never occasionally  
often sometimes usually

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
eat healthily	✓	✓	✓	✓	✓	✓	✓
go training	✓	✓	✓	✓	✓	✓	
be in bed by 11 p.m.	✓	✓	✓	✓	✓		
chat with friends online	✓		✓		✓		✓
watch videos		✓		✓		✓	
spend time with relatives							✓
have a lie-in							✓
be bored							

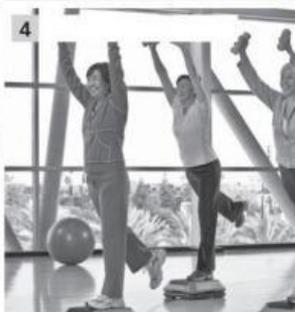
## A week in the life of an Olympic athlete

Olympic athletes have to look after their health if they want to be the best. In the morning, they <sup>1</sup> *hardly ever have* a lie-in because they have a lot of things to do – a sports star <sup>2</sup> \_\_\_\_\_ bored! In general, athletes <sup>3</sup> \_\_\_\_\_ and they start the day with a big breakfast with lots of carbohydrates and protein. They <sup>4</sup> \_\_\_\_\_ training in the morning and again in the evening. After training, they <sup>5</sup> \_\_\_\_\_ of other athletes to see how good they are. Olympic athletes don't have a lot of time to see other people, but they <sup>6</sup> \_\_\_\_\_ at the weekend – having a meal or catching up on family news. They <sup>7</sup> \_\_\_\_\_ or by phone. Professional athletes need between eight and ten hours sleep every night, so they <sup>8</sup> \_\_\_\_\_ in bed by 11 p.m.

**Vocabulary** free-time activities

4 Write phrases for the photos with the words in the box and *play, do or go*.

aerobics basketball camping cards clubbing  
on Facebook to the gym yoga



5 Circle the incorrect phrase.

- 1 GO aerobics for a walk on Facebook running
- 2 PLAY basketball chess computer games swimming
- 3 DO exercise golf karate yoga
- 4 GO basketball camping out for a coffee to the gym
- 5 PLAY cards football golf karate
- 6 GO clubbing exercise out for a meal swimming

6 Complete the advert with *play, do or go* and the words and phrases in the box.

computer games exercise football for a meal  
for a walk golf running swimming

✕

## CenterParcs

**Looking for a perfect family holiday?**

CenterParcs is not the place to go if you want to <sup>1</sup> play computer games all day. But it is right for you if you're looking for some action! Here are some of the exciting activities you can do:

- ▶ <sup>2</sup> \_\_\_\_\_ in the outdoor pool. The pool is heated to 29.5°C so it isn't cold.
- ▶ <sup>3</sup> \_\_\_\_\_ in our fitness classes. There are Zumba classes for all the family!
- ▶ <sup>4</sup> \_\_\_\_\_ on our 18-hole course. You're sure to have a good time.
- ▶ <sup>5</sup> \_\_\_\_\_ in the forest and learn more about nature. If you have more energy, you can <sup>6</sup> \_\_\_\_\_ early in the morning when everybody is asleep.
- ▶ send your children to <sup>7</sup> \_\_\_\_\_. Our coach will teach them for an hour before they play a match together.
- ▶ after all the excitement, <sup>8</sup> \_\_\_\_\_ in one of our many restaurants. It's a great time to relax!

To find out more information on CenterParcs, check out their website.

**I can ...**

talk about how often I do things.

Very well      Quite well      More practice

talk about my free time.

# 1.3 Vocabulary development

## Vocabulary nouns and verbs with the same form

- 1 Complete the conversations with the words in the box. Use the correct form of the same word for each conversation.

dream experience photograph plan post  
promise text

- A Do you take many photographs ?  
B No, I only photograph things that interest me.
  - A Who do you tell first if you have a bad \_\_\_\_\_ ?  
B If I \_\_\_\_\_ something awful, I always tell my best friend.
  - A Do you make a \_\_\_\_\_ for the week every Monday morning?  
B Yes, I \_\_\_\_\_ exactly what I'm going to do.
  - A Do you often have the same \_\_\_\_\_ every night?  
B Yes, I \_\_\_\_\_ that I am falling into a dark hole.
  - A Do you usually call your friends or do you write a \_\_\_\_\_ ?  
B I always \_\_\_\_\_ them before we go out.
  - A Do you always think hard before you make a \_\_\_\_\_ ?  
B No. I often \_\_\_\_\_ to phone my parents and then I forget.
  - A Do you often write \_\_\_\_\_ on Facebook?  
B No, but I often \_\_\_\_\_ music videos.
- 2 Complete the article with the correct form of some of the words in exercise 1.

Mobile phones can do more things today than ever before. Of course, you can use them to make calls and write <sup>1</sup> texts, but they are also great for taking <sup>2</sup> \_\_\_\_\_. A phone camera is better than a digital camera because it is always with you. You don't usually <sup>3</sup> \_\_\_\_\_ to photograph something when you leave home, but if you see something interesting or have an unusual <sup>4</sup> \_\_\_\_\_, you can take out your phone and <sup>5</sup> \_\_\_\_\_ it. Today, you can also have more fun with your photos. In the past, you put a photo on your computer, and you hardly ever had a look at it again. But now, you can go on Facebook and <sup>6</sup> \_\_\_\_\_ your photos on your profile. You can also publish them on a blog. With all of this new technology, we can do things that people didn't <sup>7</sup> \_\_\_\_\_ of in the past.

## Vocabulary review

- **STUDY TIP** When you come across new verb phrases, record them under the verb in your notebooks. This will make it easier for you to learn them.

- 3 Complete the table with the phrases in the box.

a-family-meal a good time a lie-in a to-do list  
an early night fun future plans healthy food  
homework housework in on a trip shopping  
some exercise some work the shopping  
time with relatives to bed late with friends online

chat	do	eat	go
have	make	spend	stay
a family meal			

- 4 Complete the table with the headings in the box.

do go play

1 _____	2 _____	3 _____
camping clubbing for a walk on Facebook out for coffee/a meal running swimming to the gym	cards chess computer games football golf basketball	aerobics exercise karate yoga

- 5 Complete the table with the correct headings.

1 _____	2 _____	3 _____
a look an experience a dream	a photograph	a film a record a promise

# 1.4 Speaking and writing

## Speaking talking about the weather

1 Complete the conversation with the words in the box.

damp humid mild pleasant showers thunderstorm



- A What's the weather like where you are?  
 B It's raining today, so everything is <sup>1</sup> damp.  
 A Does it rain a lot in your area?  
 B It doesn't usually rain all day, but we often have a few <sup>2</sup> \_\_\_\_\_.  
 A What's it like in the summer?  
 B It isn't very <sup>3</sup> \_\_\_\_\_, because it gets very hot and <sup>4</sup> \_\_\_\_\_. Occasionally, there's a <sup>5</sup> \_\_\_\_\_ in the evening, which can be quite frightening.  
 A What's your favourite season?  
 B I like the spring. It's nearly always very <sup>6</sup> \_\_\_\_\_, and you can go out without a coat.

## Speaking talking about likes and dislikes

2a Complete the second sentence so that it means the same as the first, using the word in brackets.

- 1 I like going clubbing a lot. (love)  
 I love going clubbing.  
 2 I hate the winter. (stand)  
 I \_\_\_\_\_.  
 3 I like doing yoga a lot. (into)  
 I \_\_\_\_\_.  
 4 I like basketball more than any other sport. (favourite)  
 My \_\_\_\_\_.

5 Doing housework isn't a problem for me. (mind)

I \_\_\_\_\_.

6 I don't like thunderstorms. (keen)

I \_\_\_\_\_.

7 Going camping is OK, I suppose. (quite)

I \_\_\_\_\_.

8 I like football more than golf. (prefer)

I \_\_\_\_\_.

9 I like doing karate a lot. (interested)

I \_\_\_\_\_.

### PRONUNCIATION sentence stress

b 1.4 ))) Listen and check. Notice which words and parts of the words are stressed.

c 1.4 ))) Listen again. Pause the CD and repeat after each word.

## Writing a web post about the best time to visit your country

3 Complete the web post with *and*, *but* or *so*.

**Suzanne Fischer**

My family and I would like to visit Rio de Janeiro, Brazil. When is the best time to go?

**Paulo**

The most popular time to visit Rio is from December to March. This is our summer season <sup>1</sup> but it sometimes rains. The weather is usually nice and warm, <sup>2</sup> \_\_\_\_\_ the sun can be very dangerous. You need to use cream when you go outside <sup>3</sup> \_\_\_\_\_ it's safer to stay inside in the middle of the day.

The city is always busy in the summer <sup>4</sup> \_\_\_\_\_ it can be very expensive. <sup>5</sup> \_\_\_\_\_ the best time to come is in spring or autumn when flights are cheaper <sup>6</sup> \_\_\_\_\_ there are fewer tourists. Have a good trip!

### I can ...

I can ...	Very well	Quite well	More practice
understand and use nouns and verbs with the same form.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
talk about the weather, my likes and dislikes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
write a web post.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>