MINDSET WORKBOOK
UNIT 1

Unit 1: Exercise 1

Match the activities with the pictures. Use the words in the box.

do homework	do the housework	go for a walk	go shopping	go to the gym
make dinner	meet friends	play computer games		

1.	2.	3.
4.	5.	6.
7.	8.	

Unit 1: Exercise 2

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Read the text. Then complete the exercise.

How to have a great day every day
Many people want to know how to work harder and feel better. How can you have a great day at school or at the office? A good daily routine can help you to have a great day *every* day.

A Get up early
Many people want to stay in bed in the morning, but it is best to get up before 7:00 a.m. If you start working or studying early, you will have more ideas and you will be able to work faster. Many well-known writers and musicians from the past believed that it was important to get up early – and to go to bed early too. You should also try to get up at the same time every day, because this is good for your body and brain.

B Eat breakfast
Breakfast is the most important meal of the day. People often say that they don't have time to eat breakfast, but they will find it more difficult to start work, and they will soon feel very hungry. A healthy meal of toast, eggs, and fruit juice will help you to work well all morning – and stop you from eating unhealthy food like crisps and chocolate later in the morning!

C Go for a walk
If you usually spend a lot of time in your office or in the classroom, it is very important to go outside and get some fresh air. If you spend just 30 minutes a day walking outside, you will feel less tired and you will be able to do more when you get back to work or school. A walk in the park every day will make you feel much healthier and will help you to do your best work.

Choose the correct paragraph to match the information. Read the text again to help you.

1. A lot of people don't have time to do this.
2. This will stop you from feeling tired.
3. This will stop you from eating food that is bad for you.
4. In the past, famous people thought that this was a good idea.
5. You should do this at the same time every day.
6. Many people don't want to do this.

Unit 1: Exercise 3

Choose the correct verbs to complete the email.

Dear Jane,

Thank you for your email. It was very interesting to hear about your daily life in Cambridge, England. I am writing to tell you about my typical day in Rome. On school days I usually do/get/have up at 7:00 a.m. I have a shower and do/get/make dressed. In Italy, we don't have to wear a school uniform, so I normally wear jeans and a tee-shirt. Then I do/have/take breakfast with my parents and sister. I usually eat bread with jam and drink orange juice. My school starts at 8:30 a.m., so I leave my house at 8:00 a.m. I don't live far from the school, so I walk there with my friends. My sister's school is far away, so she takes a bus. I have lessons in the morning until 1:00 p.m. and then I go home and do/go/have lunch

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with my mum. In Italy we often eat a lot for lunch, including pasta, meat and salad, but we have a much smaller dinner. In the afternoon I do my homework and help my mum to do/have/make the housework. I do the washing up and do/have/take out the bins. I have football practice on Tuesday afternoons and a piano lesson on Thursday afternoons. I have dinner at about 7:00 p.m. Every day after dinner, I go/have/take for a walk with my family around the town. We often stop and have an ice cream in my favourite ice cream shop. I usually go/have/make to bed at about 10:00 p.m., because I have school the next day.

Hope to hear from you soon.

Best wishes,

Alessia

Unit 1: Exercise 4

Read the email. Then complete the exercise

Dear Jane,

Thank you for your email. It was very interesting to hear about your daily life in Cambridge, England. I am writing to tell you about my typical day in Rome. On school days I usually get up at 7:00 a.m. I have a shower and get dressed. In Italy, we don't have to wear a school uniform, so I normally wear jeans and a tee-shirt. Then I have breakfast with my parents and sister. I usually eat bread with jam and drink orange juice. My school starts at 8:30 a.m., so I leave my house at 8:00 a.m. I don't live far from the school, so I walk there with my friends. My sister's school is far away, so she takes a bus. I have lessons in the morning until 1:00 p.m. and then I go home and have lunch with my mum. In Italy we often eat a lot for lunch, including pasta, meat and salad, but we have a much smaller dinner. In the afternoon I do my homework and help my mum to do the housework. I do the washing up and take out the bins. I have football practice on Tuesday afternoons and a piano lesson on Thursday afternoons. I have dinner at about 7:00 p.m. Every day after dinner, I go for a walk with my family around the town. We often stop and have an ice cream in my favourite ice cream shop. I usually go to bed at about 10:00 p.m., because I have school the next day.

Hope to hear from you soon.

Best wishes,

Alessia

Choose the correct answers. Read the email again to help you.

1. Jane lives in Cambridge/Rome.
2. On school days, Alessia usually wears a school uniform/ jeans and a T-shirt.
3. Alessia lives close to/far from her school.
4. Alessia normally eats a big/small lunch.
5. Alessia plays football/the piano on Thursdays.
6. Alessia always/sometimes goes for a walk after dinner.

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Unit 1: Exercise 5

Read the text about professional swimmer Michael Daley's day. Then complete the exercise.

I usually get up at around 6:00 a.m. Before I became a professional swimmer, I got up late most days, but I don't ever stay in bed now, even on Sundays! I always go to the gym in the mornings. I spend about 30 minutes on the running machine, and then another 30 minutes doing other exercises. It is very important for me to stay fit and healthy. I only spend two hours at the gym when I have a big swimming competition. I get home from the gym at about 8:00 a.m., have a shower and get dressed. I always have a big breakfast of cereal with banana, toast, eggs, coffee and orange juice. Breakfast is the most important meal of the day for me because I do a lot of swimming every day. After breakfast, I go for a long walk in the park near my house. The exercise helps me to relax and feel prepared for the rest of the day.

Then it's time for me to start work. From 10:00 a.m. until 1:00 p.m. I normally go to the swimming pool and train for two hours with my personal trainer. I swim about five kilometres, and practise diving. After my training, I usually have a meeting with my trainer to talk about how well I'm doing and what I still need to work on. I sometimes have lunch at the pool café with my trainer, but if I have a television interview, I'll walk over to the TV studio. All my friends think that it's exciting to be on television, but it takes a long time to film, so it can be a bit boring. It's not difficult to do TV interviews, but it takes a long time to get ready. At home, it takes me about 20 minutes to have a shower, get dressed and do my hair, or maybe half an hour if I'm going somewhere special, but at the TV studio it takes an hour! If I have a big competition coming up, then I do more training in the afternoon, or have more meetings with my trainer.

In the evenings, I usually relax at home with my wife, Emma. I quite enjoy cooking, so we often eat at home together. Emma hated my cooking at first, but now she thinks it's OK. Her father is a chef at a top restaurant, so she loves good food. We sometimes go to a restaurant for dinner. We both love Korean food, and there's a great place near my house. I never eat fast food like burgers and kebabs, or my trainer will get angry with me. Then Emma and I usually watch a film on television. We both love comedy films, and Emma also likes romantic films, but I'm not a big fan – I prefer action films. I usually go to bed at 10.00 p.m. because I need to be back in the gym by 7.00 a.m. the next day!

Choose the correct answers. Read the text again to help you.

1. When does Michael get up late now?
   - Most days.
   - On Sundays
   - Never.
2. Michael usually exercises at the gym for
   - 30 minutes.
   - 1 hour.

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- 2 hour.

3. After breakfast, Michael
   - gets prepared for the day
   - goes for a walk.
   - relaxes in his house.
4. Michael says that TV interviews are sometimes
   - exciting
   - boring
   - difficult
5. When Michael gets ready at the TV studio, it takes him
   - 20 minutes.
   - 30 minutes.
   - 1 hour.
6. What does Michael's wife, Emma, think about his cooking now?
   - She loves it.
   - She hates it.
   - She doesn't mind it.
7. Michael often eats
   - dinner at home.
   - dinner in a restaurant.
   - burgers and kebabs.
8. Both Michael and Emma like watching
   - comedy films.
   - romantic films.
   - action films.

Unit 1: Exercise 6

Complete the sentences. Write the verbs in brackets in the correct form of the present simple tense. The first question has been done for you.

1. I usually _____ (get up) at around 6:00 a.m.

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2. I always _____ (drink) orange juice for breakfast.
3. Breakfast _____ (be) the most important meal of the day for me.
4. My sister's school is far away, so she _____ (take) a bus.
5. I usually _____ (wear) jeans and a tee-shirt.
6. I never _____ (eat) fast food like burgers and kebabs.
7. We both love tennis and Jane also _____ (like) football
8. We sometimes _____ (go) to a restaurant for dinner.

Unit 1: Exercise 7

Complete the sentences with the words in the box.

Always	never	often	sometimes	usually

1. I walk to school with my friends most days.

   I _____ walk to school with my friends

2. I have a cup of coffee every day at 11:00 a.m.

   I _____ have a cup of coffee at 11:00 a.m.

3. Some weekends, I go to a museum or art gallery.

   I _____ go to a museum or art gallery at the weekend.

4. I don't watch TV at all.

   I _____ watch TV.

5. I go to the gym a lot.

   I _____ go to the gym.

Unit 1: Exercise 8

Match the words and phrases from an email.

you asked about …	for your email.	hear from you.	Jane,	hear from you soon.	wishes.
are you?	tell you about …	you are well.			

1.Dear	
2.Nice to	
3.How	
4.I hope	
5.Thank you	
6. In your last email,	

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7. I'm writing to	
8. Hope to	
9.Best	

Unit 1: Exercise 9

Read the email. Then complete the exercise.

A Dear Jane,

Thank you for your email. It was very interesting to hear about your life in Cambridge. I am writing to tell you about my typical day in Rome.

B On school days, I usually get up at 7:00 a.m. I have a shower and get dressed. In Italy, we don't have to wear a school uniform like you do in England, so I normally wear jeans and a tee-shirt. Then I have breakfast with my parents and sister. I usually eat a croissant with jam and drink orange juice.

C My school starts at 8:30 a.m., so I leave my house at 8:00 a.m. I don't live far from the school, so I walk there with my friends. My sister's school is far away, so she takes a bus. I have lessons in the morning until 1:00 p.m. and then I go home and have lunch with my mum. In Italy we often eat a lot for lunch, including pasta, meat and salad, but we have a much smaller dinner.

D In the afternoon I do my homework and help my mum to do the housework. I do the washing up and take out the bins. I have football practice on Tuesday afternoons and a piano lesson on Thursday afternoons.

E I have dinner at about 7:00 p.m. Every day after dinner, I go for a walk with my family around our neighbourhood. We often stop and have an ice cream in my favourite ice cream shop. I usually go to bed at about 10:00 p.m., as I have school the next day.

F Hope to hear from you soon.

Best wishes,

Alessia

Label the sentences A–F to match the different parts of the email. Read the email again to help you. The first question has been done for you.

1. What the writer does in the evening _____
2. What the writer does when she gets up in the morning _____
3. A greeting and introducing the topic of the email _____
4. What the writer does in the afternoon _____
5. What the writer does for the rest of the morning _____
6. A closing sentence and the writer's name _____

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