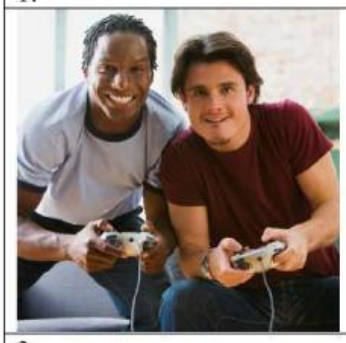
MINDSET WORKBOOK UNIT 3

Unit 3: Exercise 1

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

Cooking cycling playing computer games playing football reading books swimming taking photographs watching films	
1.	2
	
3.	4
5	6
7	8

LIVEWORKSHEETS

Unit 3: Exercise 2

Read the information about college clubs. Then complete the exercise.

A Computer game club
Do you love playing computer games? The computer club meets every Monday and Wednesday at 4:00 p.m. in the small hall. Bring your laptop and games and come and join other computer game fans. We play a lot of different games, but sports and driving games are very popular with our members. Once a year, we have a 24-hour games meeting, for the biggest fans of computer games.

B Book club
If you love reading books, come to our book club. We meet on the last Thursday of every month between 1:00 p.m. and 2:00 p.m. in the college café to have coffee and cakes and talk about the book that our members chose to read in the last meeting. We read many different types of book, from books on history to ghost stories, and we are always happy to try reading something new. We have many new members this year, so it is a good chance to make new friends who also enjoy reading.

C Photography club
Come to our photography club to find out everything you need to know about taking fantastic photographs. In the photography club, you will learn how to use your camera in different ways to take amazing pictures. We meet every week at 3:00 p.m. in the college library, but we often go out to different parts of the city to take photos. We hold a popular photography competition every year and put up the best pictures in the library.

D Cooking club
The cooking club is always popular with students at the college. We meet once a month in the college kitchen near the big hall and cook dishes from different countries in every meeting. In the last meeting we cooked an Italian pasta dish, and next we will cook a traditional Indian curry. Afterwards, we sit down and enjoy the food together. Please see the cooking club poster to find out what food to bring.

Match the information with the clubs. Read about the college clubs again to help you.

1. This club meets once a week.
2. This club meets in a café.
3. People need to bring food to this club.
4. This club has a competition every year.
5. This club meets twice a week.
6. Once a year, this club has an event which lasts a whole day.
7. There are a lot of new people in this club.
8. This club meets near the big hall.

Unit 3: Exercise 3

Read the letter from Rachel to her pen friend Susie. Then complete the exercise.

LIVEWORKSHEETS

Dear Susie,

Thank you for your letter. I'm writing to tell you about the sports I enjoy doing. I like playing tennis and swimming, but my favourite sport is cycling. I got my first bike when I was 8, and I started cycling to school with my sister, Helen, when I was 12. Now my sister goes to a different school, so I ride to school with my friend Laura. At the weekend, I often go cycling in the countryside with my parents and Helen. We cycle all day and take a picnic for lunch. We go cycling in winter and summer, but I prefer cycling in winter because the countryside looks pretty. I like taking photos on my phone of the trees and animals.

I also go on cycling holidays with my family. We usually go to the north of England, but last summer, we went to the mountains in the south of Spain. We all enjoyed cycling in the day and going to restaurants in the evenings. It was sometimes difficult to cycle in Spain. It was not difficult to cycle in the mountains because we had mountain bikes, but the weather was very hot, so we got quite tired. I would like to go cycling in Spain again next summer, but my parents want to go cycling in Scotland.

I also cycle for my school team. My friend Laura joined the team two years ago, and I joined last year. We race against cyclists from other schools. Last year, I won second prize in the 10km race. I was really happy, but next year I will try to win first prize.

In your next letter, please tell me about the sports you like. What is your favourite sport? Are you in a team?

Hope to hear from you soon.

Best wishes,

Rachel

Complete the sentences with words from the text. Write one word only in each gap. Read the letter again to help you.

1. Rachel's favourite sport is _____ .
2. She got her first bike when she was _____ .
3. She often goes cycling with her parents at the _____ .
4. In the summer, Rachel's family normally go cycling in _____ .
5. It was sometimes difficult to cycle in Spain because it was _____ .
6. She is on the cycling _____ at school.
7. Rachel would like to know about the _____ Susie likes.
8. She would also like to know if Susie is in a _____ .

Unit 3: Exercise 4

Read the letter from Rachel to Susie again. Then complete the exercise.

Dear Susie,

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Thank you for your letter. I'm writing to tell you about the sports I enjoy doing. I like playing tennis and swimming, but my favourite sport is cycling. I got my first bike when I was 8, and I started cycling to school with my sister, Helen, when I was 12. Now my sister goes to a different school, so I ride to school with my friend Laura. At the weekend, I often go cycling in the countryside with my parents and Helen. We cycle all day and take a picnic for lunch. We go cycling in winter and summer, but I prefer cycling in winter because the countryside looks pretty. I like taking photos on my phone of the trees and animals.

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I also cycle for my school team. My friend Laura joined the team two years ago, and I joined last year. We race against cyclists from other schools. Last year, I won second prize in the 10km race. I was really happy, but next year I will try to win first prize.

In your next letter, please tell me about the sports you like. What is your favourite sport? Are you in a team?

Hope to hear from you soon.

Best wishes,

Rachel

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

1. Rachel started riding her bike to school when she was 8/12 .
2. Now Rachel cycles to school with **Helen/Laura .**
3. Rachel prefers cycling in **summer/winter .**
4. Last year Rachel and her family went to **English/Spain** to go cycling.
5. Rachel and her family enjoyed **cycling/going to restaurants** in the evenings in Spain.
6. Next year, Rachel's parents want to go to **Spain/Scotland** to go cycling.
7. Rachel joined the school cycling team **one year ago/two years ago .**
8. Rachel won **first prize/second prize** in the 10km race.

Unit 3: Exercise 5

Read an article about a teenager's hobby. Then complete the exercise.

Adam Jones has an unusual hobby for a 15-year-old boy. Most of his friends like to spend their time playing sports like football and basketball or playing computer games, but Adam prefers to cook. Adam first became interested in food from watching cookery programmes on television, but he learned how to cook from his father who was a chef in a local Italian restaurant. His father says that Adam is now the best cook in the family. In the past,

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Adam's father did all the cooking for the family, but now Adam cooks most of the family meals. His parents love Adam's cooking, and even his younger sister Sarah eats most of the food he cooks.

Adam likes cooking food from all over the world, but especially Italian, Indian and Thai food. Last year, he went on holiday to India and Thailand with his family, and he enjoyed trying all of the different dishes. Next year, he is going to travel to China and learn how to cook Chinese food. Adam also likes computers and has his own website called 'Cook with Adam'. He first made the website as part of a school project, but now he uses it to tell people about his cooking and to teach young people how to cook. It has easy food recipes, photos of his food and videos to show people how to cook his favourite meals. The website is very popular with young people, and Adam hopes that it will make them more interested in learning to cook. His father now has his own restaurant, and Adam has a part-time job as a chef there. When people go to the restaurant, they are often surprised that the chef is so young. Adam's father is happy for him to work there, but only at the weekends because he doesn't want him to be too tired for school.

Adam recently won the first prize in a cooking competition for young people in the UK. He made a chicken curry with rice and vegetables and a chocolate and raspberry dessert. He was very surprised to be in the final part of the competition, and he couldn't believe it when he won first prize. He won £500 and a cooking lesson with a famous TV chef. Adam's whole family were very happy that he won the competition, especially his father. After the competition, he appeared on a television news show and a cookery show. In the future, Adam wants to move to London and work as a chef at a top restaurant. He would also like to have his own cookery show on TV and to travel around the world and learn how to cook food from many different countries.

Choose the correct answer, True or False. Read the article again to help you.

1. Adam likes cooking more than playing football.
   - True
   - False
2. Adam learned how to cook from watching programmes on television.
   - True
   - False
3. Adam now cooks most of his family's meals.
   - True
   - False
4. Adam only likes cooking Italian, Indian or Thai food.
   - True
   - False
5. Adam went to China with his family last year.

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- True
- False

6. Adam made his website for a school project.

   - True
   - False

7. Adam's father allows him to work at the restaurant on any night of the week.

   - True
   - False

8. Adam now has his own cookery show on television.

   - True
   - False

Unit 3: Exercise 6

Choose the correct words to complete the sentences.

1. I really enjoy doing/making/taking photos with my new camera.
2. I started doing/taking/playing football when I was 8 years old.
3. I do/go/play swimming once a week.
4. My older brother does/takes/plays a lot of computer games.
5. Every weekend I play/take/watch TV with my family.
6. My sister makes/takes/reads a lot of books.
7. I often go/ride/play my bike to college.
8. My father likes cooking and makes/plays/takes really good Italian food.

Unit3: Exercise 7

Put the words in the correct order to complete the sentences from a letter.

Your for thank you letter

1. _____ _____ _____ _____ _____ .

I'm to sport about tell writing you favourite my

2. _____ _____ _____ _____ _____ _____ _____ _____ _____ .

Sport favourite my is swimming

3. _____ _____ _____ _____ .

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Swimming	I	8	started	I first	was	when

4. _____ _____ _____ _____ _____ _____ _____ .

At	I often	go	the	swimming	weekend

5. _____ _____ _____ _____ _____ _____ .

I	on	at	the	am	my	swimming	school	team

6. _____ _____ _____ _____ _____ _____ _____ _____ _____ .

In	second	prize	last	a	year,I	competition	won

7. _____ _____ _____ _____ _____ _____ _____ _____ .

You	to	hope	soon	hear	from

8. _____ _____ _____ _____ _____ _____ .

Unit 3: Exercise 8

Complete Susie's reply to Rachel's letter. Use the adjectives from the box.

Big	difficult	exciting	fun	happy	healthy	tired

Dear Rachel,

Thank you for your letter. I also enjoy sports. I like playing basketball and swimming, but my favourite sport is football. I like football, because it is an _____ game, and it is a good way to stay _____ . I started playing football when I was 9. In the summer, I often go to a football summer camp. The summer camp is in the countryside, about two hours from my city, Los Angeles. It is near a _____ forest. We do football training in the mornings and play matches in the evenings. In the afternoons, we do other sports like swimming, walking and cycling. We work hard, but we have a lot of _____ too.

I also play for a football team. I joined the school team when I was 12. We do football training twice a week, and we usually play a match on Saturdays with other school teams. I always feel _____ after matches, so I go to bed early! Sometimes we play on the football field at our school, and sometimes we travel to other schools by bus and play there. Every year, our school enters a football competition with schools all over California. Last year, our team won the competition, so we were all really _____ , and we had a special dinner at a restaurant to celebrate. Next year, I want to join another girl's football team in Los Angeles. It is a strong team with lots of good players, so it's _____ to get onto the team. I need to do a lot of training this summer!

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Hope to hear from you soon!

Best wishes,

Susie

Unit 3: Exercise 9

Read part of the letter. Then complete the exercise.

A Thank you for your letter. I also enjoy sports. I like playing basketball and swimming, but my favourite sport is football. I like football, because it is an exciting game, and it is a good way to stay healthy. I started playing football when I was 9. In the summer, I often go to a football summer camp. The summer camp is in the countryside, about two hours from my city, Los Angeles. It is near a big forest. We do football training in the mornings and play matches in the evenings. In the afternoons, we do other sports like swimming, walking and cycling. We work hard, but we have a lot of fun too.

B I also play for a football team. I joined the school team when I was 12. We do football training twice a week, and we usually play a match on Saturdays with other school teams. I always feel tired after matches, so I go to bed early! Sometimes we play on the football field at our school, and sometimes we travel to other schools by bus and play there. Every year, our school enters a football competition with schools all over California. Last year, our team won the competition, so we were all really happy, and we had a special dinner at a restaurant to celebrate. Next year, I want to join another girl's football team in Los Angeles. It is a strong team with lots of good players, so it's difficult to get onto the team. I need to do a lot of training this summer!

Match the information with paragraph A or B. Read part of the letter from Susie again to help you.

1. When Susie started playing football
2. When Susie joined the school football team
3. Information about a summer football camp
4. How Susie usually feels after playing football matches
5. Information about a football competition
6. How often Susie plays football
7. Why Susie likes football
8. What Susie wants to do next year

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