

- talk about what you've been doing

## 1 LANGUAGE IN CONTEXT



A **GROUP WORK** Look at the sayings. What do they mean? You can go online to learn more about these sayings.

- |                         |                                 |                                    |
|-------------------------|---------------------------------|------------------------------------|
| 1 Work hard, play hard. | 3 You only live once.           | 5 Actions speak louder than words. |
| 2 No pain, no gain.     | 4 Variety is the spice of life. |                                    |

B 2.09 Read and listen to three people talking about their lives. What is each person doing these days?

C 2.09 Read and listen again. Match a saying in exercise 1A to each person. There are two extra sayings.

## What have you been doing lately?



Vanessa

I have an opportunity to work in Mexico next year. I think it'll be an interesting experience, but it's going to be a challenge because I need to be able to speak the language. So, I've only been doing one thing lately – studying Spanish. It's a difficult job, so I haven't been going out at all. But that's OK. It'll be worth it.

At work, I've been designing a new app. It's not easy, but I'm getting there. I think it will be a big success as well as a personal achievement for me. It's not the only thing in my life, though. I'm on a soccer team, and we're doing really well. Soccer practice is a nice change after sitting in front of a computer all day. Now I just need to make time for family and friends!



Rodney



Min-hee

I've been doing lots of things lately! I've been painting pictures of nature – that's a fun project. I've also been learning to make sushi. It's a long process, but I'm getting better at it. And of course, I always have chores, like doing the dishes or the laundry. Yeah ... it's a challenge to fit in everything I want to do. But that's what makes life interesting!

## 2 VOCABULARY: Describing experiences

A 2.10 Listen and say the words. Then find and underline these nouns in the text in exercise 1C.

achievement	challenge	change	chore	job
opportunity	process	project	success	

## INSIDER ENGLISH

We use *It's worth it* and *It'll be worth it* to show that something is useful or enjoyable even though it takes a lot of effort.

B **PAIR WORK** Ask and answer the questions.

- 1 What is an annoying chore you have to do at home?
- 2 What's your biggest achievement?
- 3 What is one change that has happened in your life that was good?
- 4 Who has given you a good opportunity in the past? What was it?

C Now go to page 148. Do the vocabulary exercises for 8.1.



## 1 VOCABULARY: Describing experiences

### A Match each word with its definition.

- |               |               |   |
|---------------|---------------|---|
| 1 achievement | <u>  d  </u>  | a a chance to do something                            |
| 2 challenge   | <u>      </u> | b a difficult task                                    |
| 3 change      | <u>      </u> | c a planned task                                      |
| 4 opportunity | <u>      </u> | d a particular thing that you have done successfully  |
| 5 project     | <u>      </u> | e something different from what you were doing before |

### B Match more words with their definitions.

- |           |               |   |
|-----------|---------------|---|
| 1 chore   | <u>      </u> | a an attempt that ends in a good result                 |
| 2 process | <u>      </u> | b something that you do to make money                   |
| 3 job     | <u>      </u> | c an ordinary task that you do regularly, like cleaning |
| 4 success | <u>      </u> | d the steps involved in doing something                 |

## 2 GRAMMAR: Present perfect continuous

### A Complete each question with a word or phrase in the box. Then answer the questions so they are true for you.

Has	Have	I	someone in your class
What has	<del>Where have</del>	your mom and dad	

- A Where have you been working?  
B I've been working in the library, but on Saturdays I work in a café.
- A \_\_\_\_\_ 've been working a lot. What about you?  
B \_\_\_\_\_
- A Have \_\_\_\_\_ been reading a lot of books lately?  
B \_\_\_\_\_
- A \_\_\_\_\_ your best friend been doing this week?  
B \_\_\_\_\_
- A Has \_\_\_\_\_ been learning how to cook?  
B \_\_\_\_\_
- A \_\_\_\_\_ you been taking music lessons recently?  
B \_\_\_\_\_
- A \_\_\_\_\_ anyone been calling or texting you every day?  
B \_\_\_\_\_



- D **PAIR WORK** Look at the sayings in exercise 1A. Which one do you agree with the most? Why? For ideas, watch Brenda's video.

REAL STUDENT



Which saying does Brenda talk about?



### 3 GRAMMAR: Present perfect continuous

- A **Circle** the correct answer. Use the sentences in the grammar box to help you. To make the present perfect continuous, use *have + be / been + verb + -ing*.

#### Present perfect continuous

What **have you been doing**?  
I've been painting pictures of nature.  
I haven't been going out at all.



Use *have, haven't, has, or hasn't* in short answers. Do not use *been*.  
*Have you been going out?*  
*Yes, I have. / No, I haven't.*

- B Complete the conversations with the correct form of the words in parentheses ( ). Then check your accuracy.

- 1 A What \_\_\_\_\_ lately? (you / read)  
B \_\_\_\_\_ a lot of travel blogs. (I / read)
- 2 A \_\_\_\_\_ recently? (you / eat out)  
B No, \_\_\_\_\_.
- 3 A How \_\_\_\_\_ to class these days? (you / get)  
B \_\_\_\_\_ me to class. (my sister / drive)
- 4 A Where \_\_\_\_\_? (you / study)  
B \_\_\_\_\_ at the library lately. (I / study)



#### ACCURACY CHECK

Remember to use the correct form of *have* with the present perfect continuous.

~~I'm having~~ been studying a lot lately. X  
I've been studying a lot lately. ✓

- C **PAIR WORK** Practice the conversations from exercise 3B. Change the answers so they're true for you.

What have you been reading lately?

I've been reading some new comic books.

- D **Now go to page 136. Look at the grammar chart and do the grammar exercise for 8.1.**

## 8.1 PRESENT PERFECT CONTINUOUS (page 77)

### Present perfect continuous

Use the present perfect continuous for an action or event that started in the past and continues into the present time.

What have you been doing?

I've been painting pictures recently.  
I haven't been going out lately.

What has she been doing?

She's been making sushi lately.  
She hasn't been eating out recently.

Have you been going out lately?

Yes, I have.  
No, I haven't.

Has he been playing soccer recently?

Yes, he has.  
No, he hasn't.

- A Complete the conversation with the present perfect continuous of the verbs in parentheses ( ).

A What <sup>1</sup> are you <sup>2</sup> doing at work these days? (do)

B I <sup>3</sup> \_\_\_\_\_ software. (design)

A That's interesting. <sup>4</sup> \_\_\_\_\_ you <sup>5</sup> \_\_\_\_\_ with other people? (work)

B Yes, I <sup>6</sup> \_\_\_\_\_, I <sup>7</sup> \_\_\_\_\_ with a guy in our Japan office. (work)

A Will you have the opportunity to go to Japan?

B I think so. My boss <sup>8</sup> \_\_\_\_\_ a trip for me, but it won't happen this month. (plan)

A So, <sup>9</sup> \_\_\_\_\_ you <sup>10</sup> \_\_\_\_\_ any fun lately? (have)

B No, I <sup>11</sup> \_\_\_\_\_! I <sup>12</sup> \_\_\_\_\_ at all, but I have some free time this weekend (not go out). Let's meet up!

## 8.2 PRESENT PERFECT VS. PRESENT PERFECT CONTINUOUS (page 79)

### Present perfect vs. present perfect continuous

#### Present perfect

I've cleaned the bathroom.  
I've made some cookies.  
She's worked for the company for 24 years.  
So far, we've watched four episodes of the series.  
We've watched that movie twice.

#### Present perfect continuous

I've been cleaning the bathroom.  
I've been making cookies. That's why the kitchen is a mess.  
She's been working for the company for three months.  
I've been going to the gym three times a week.

### A Complete the sentences with the verbs in parentheses ( ). Use the present perfect or the present perfect continuous.

- I ve been riding my mountain bike a lot recently. (ride)
- My essay is going well. I \_\_\_\_\_ six pages so far. (write)
- We just got here. We \_\_\_\_\_ for long. (not wait)
- Sorry about my dirty clothes. I \_\_\_\_\_ on my car. (work)
- I was born in this town. I \_\_\_\_\_ here since 1998. (live)
- She's getting better on the guitar. She \_\_\_\_\_ every day. (practice)
- You can't look at my painting. I \_\_\_\_\_ it. (not finish)
- He knows how to make cookies. He \_\_\_\_\_ them before. (make)

### B. Choose the correct verb form and translate the sentences into your language.

- I have looked / have been looking at this handout for three hours now.
- I have already looked / have already been looking at this handout three times.
- I have eaten / have been eating 3 apples.
- I have eaten / have been eating apples since lunchtime.
- A lot of people have caught / have been catching flu.
- He has lain / has been lying in bed with flu for 3 days.
- He has read / has been reading this article for half an hour.
- He has read / has been reading that article twice already.
- Have you met / Have you been meeting the new schoolmate?
- Mike has talked / has been talking to him for the last ten minutes.
- The MPs have discussed / have been discussing the minimal wages since 10.
- The government has evaluated / has been evaluating several new laws.
- They have filmed / have been filming this commercial since six today.
- They have filmed / have been filming five scenes since six in the morning.