

# 1 All about me

## Reading

- 1 Skim the online forum on page 5. Write the correct names under the photos (a–d).



- 2 Read the online forum again. Complete the sentences with the correct names from the online forum.

- 1 \_\_\_\_\_ lives by the ocean.
- 2 \_\_\_\_\_ talks about food from their country.
- 3 \_\_\_\_\_ studies computer science.
- 4 \_\_\_\_\_ and \_\_\_\_\_ like sports.
- 5 \_\_\_\_\_ likes meeting people.
- 6 \_\_\_\_\_ and \_\_\_\_\_ can't cook.

- 3 What is the main purpose of the posts? Check (✓) the correct answer.

- |   |                          |
|---|--------------------------|
| a to give information about a class       | <input type="checkbox"/> |
| b to introduce themselves to other people | <input type="checkbox"/> |
| c to review a cooking class               | <input type="checkbox"/> |

Welcome to week one of the online cooking class. Please introduce yourself to the group and tell us why you're doing the class.
Sept 9 08:20

My name is Maria and I'm a hotel manager. I'm from Brazil, but I live in Scotland. I'm doing this class because my daughter and I love cooking. We're doing it together, I guess! Her name is Sophia. She's eight, has lots of energy, and makes me laugh. She loves playing soccer, and baking cakes and cookies. I love meeting new people, listening to music, and spending time with Sophia.

You and 2 others
Like
Comment
Seen by 9

Write a comment ...

I'm Derek. I live in Rincón del Mar, Colombia, and I'm retired. I'm not working any more. My job is to relax and enjoy myself. I love cooking, dancing, and keeping fit. I live near a beach and I often go running, swimming, or sailing there. I have a big family. On weekends, I always cook a big dinner for them. I like seeing them smile. I'm doing this class because I'm looking for new ideas!

You and 1 others
Like
Comment
Seen by 5

Write a comment ...

I'm Anh and I'm a nurse. I live in Hue, in Vietnam. I live with my parents and my grandparents. My hobbies are reading, drawing, and talking to my friends online. My favorite food is beef pho. It's a Vietnamese noodle soup dish. It's delicious. On vacation I like to visit different cities. I love shopping, especially for shoes! Bangkok is my favorite city for shopping! I can't cook, but I want to do this class to learn!

You and 3 others
Like
Comment
Seen by 4

Write a comment ...

I'm Anusha and I love climbing. I try to climb every day to stay strong. I really enjoy climbing because I can do it with my friends. After climbing, we go to a café for coffee, or to the movie theater. I'm a student in Singapore right now, but I'm from Malaysia. I'm studying computer science. In the future, I want to make my own social media website or app. But for now, I need to learn how to cook!

You and 2 others
Like
Comment
Seen by 3

Write a comment ...

# Grammar

## Adverbs of frequency

### 1 Rewrite the sentences using the adverbs.

1 I get up at 6 a.m. (every morning)

\_\_\_\_\_

2 It's easy for me to make new friends. (usually)

\_\_\_\_\_

### 2 Bibi does the same activities every week. Look at her schedule. Complete the sentences with these words.

always      never      once a week  
twice a week      several times a week

	Mon	Tue	Wed	Thu	Fri
get up early	✓	✓	✓	✓	✓
go to the gym	✓		✓		✓
see friends		✓		✓	✓
study English	✓				
clean the house			✓		✓

3 Kevin goes to his chess club. (once a week)

\_\_\_\_\_

4 Lena goes to the gym. (a lot)

\_\_\_\_\_

5 I forget to do my homework. (rarely)

\_\_\_\_\_

6 They are pleased to see me. (always)

\_\_\_\_\_

1 Bibi \_\_\_\_\_ gets up early on weekdays.

2 She \_\_\_\_\_ goes to the gym on Thursdays.

3 She cleans the house \_\_\_\_\_.

4 She studies English \_\_\_\_\_.

5 She sees friends \_\_\_\_\_.

# Listening

### 1 1.1 You are going to listen to people talk about what makes them feel good. Match the topics with the person who talks about them.

dancing      exercise      friends      looking good

1 Ally \_\_\_\_\_ 3 Viktor \_\_\_\_\_

2 Manuel \_\_\_\_\_ 4 Lin \_\_\_\_\_

### 2 1.1 Listen again. Complete the sentences.

1 Dancing to my favorite song makes me feel \_\_\_\_\_.

2 This party is in a nice restaurant, so the right shirt is \_\_\_\_\_.

3 I always feel absolutely \_\_\_\_\_ after a really good basketball game.

4 I'm happiest when I'm with my friends. I'm always in a \_\_\_\_\_ mood when I'm with them.

# Grammar

## Simple present and present progressive

### 1 Circle the correct option to complete the sentences.

1 I rarely drink / I'm rarely drinking coffee.

2 Are you usually feeling / Do you usually feel confident?

3 Rekha's enjoying / enjoys her vacation in Honduras at the moment.

4 Manoj goes / is going to the gym four or five times a week.

5 I'm not joking / I don't joke. Look out the window. It's really snowing!

**2** Rewrite the words in the correct order to make sentences or questions in the simple present or present progressive. Use the time phrases to help you.

1 living in / Santiago / we / are / now / right

\_\_\_\_\_

2 how often / go / do / you / beach / the / to / ?

\_\_\_\_\_

3 right / what / you / are / doing / now / ?

\_\_\_\_\_

4 park / every / night / I / run / around / the / usually

\_\_\_\_\_

5 Hush! / on / the / talking / phone / I'm / !

\_\_\_\_\_

6 takeout / order / a / week / we / twice / once / or

\_\_\_\_\_

**3** Complete the conversation with the simple present or present progressive form of the verbs.

A: Let's go! We <sup>1</sup>\_\_\_\_\_ (be) late!  
Why <sup>2</sup>\_\_\_\_\_ (you / wear) those?

B: Oh! These? They <sup>3</sup>\_\_\_\_\_ (be) my favorite sneakers.

A: They <sup>4</sup>\_\_\_\_\_ (not look) good for hiking! I <sup>5</sup>\_\_\_\_\_ (wear) hiking boots.

B: I <sup>6</sup>\_\_\_\_\_ (not have) hiking boots. <sup>7</sup>\_\_\_\_\_ (you / think) I need them?

A: Yes, I do! It <sup>8</sup>\_\_\_\_\_ (be) dangerous to go hiking in sneakers. What size <sup>9</sup>\_\_\_\_\_ (be) you?

B: I usually <sup>10</sup>\_\_\_\_\_ (wear) a size 7.

A: Perfect! Put these on, then let's go! Joe <sup>11</sup>\_\_\_\_\_ (wait) for us.

## Vocabulary

### Personality adjectives

**1** Complete the definitions with these words.

confident	creative	friendly	honest
patient	professional	serious	

1 be \_\_\_\_\_: being quiet and careful about things and not laughing very much

2 be \_\_\_\_\_: knowing that you can do something well

3 be \_\_\_\_\_: telling the truth and not telling lies

4 be \_\_\_\_\_: working hard and doing your job well


5 be \_\_\_\_\_: being happy to wait for things you want

6 be \_\_\_\_\_: being warm and welcoming to other people

7 be \_\_\_\_\_: being good at making things and having new ideas

## Pronunciation

Saying long and short sounds (1): /i:/ and /ɪ/

**1**  **13** Listen and number the words in the order you hear them.

a \_\_\_\_\_ feet      c \_\_\_\_\_ sit      e \_\_\_\_\_ seat

b \_\_\_\_\_ live      d \_\_\_\_\_ leave      f \_\_\_\_\_ fit

# Writing

1 Read the statements. Are they formal (F) or informal (I)? Write F or I.

- 1 I'm fun, friendly, and confident! \_\_\_\_\_
- 2 I am a professional and creative graduate. \_\_\_\_\_
- 3 I would like to be a part of your team. \_\_\_\_\_
- 4 I'd love to join your group. \_\_\_\_\_

2 Match the texts (A and B) with the type of texts (1 and 2).

- 1 a welcome message for an online club \_\_\_\_\_
- 2 a job ad \_\_\_\_\_

A

## **Confident people wanted to join our exciting team**

We are looking for people for our team of street performers. For more information, send us a short message about you.

B

## **Welcome to the Online Art Club!**

Everyone is welcome. We're a friendly place and we want to know all about you. Tell us a little about yourself.