

3

DAYS

Yesterday's history,
tomorrow's a mystery but
today is a gift. That's why
it's called the present.

Alice Morse Earle



People walking through the snow in Tokyo, Japan.

OBJECTIVES

- talk about daily routines
- discuss daily activities
- describe a special day
- make and respond to suggestions
- write a blog post about your day

Work with a partner. Discuss the questions.

- 1 What's your favourite day of the year?
- 2 Look at the picture. Where is it?
- 3 What do you do at the weekend?

3.1 A typical day

● Talk about daily routines

V everyday activities

G present simple positive

P third person -s

LISTENING



Two minutes
with **Tom Fenn**



This week's guest:

Name: Venus Mack
Age: 25
Job: late night radio DJ
Hometown: Los Angeles, USA



A Read the information about a guest on the radio show *Two minutes*. Are the sentences true (T) or false (F)? Correct the false sentences.

- | | |
|--|-------|
| 1 Venus Mack works for a radio station. | T / F |
| 2 She's in her mid-thirties. | T / F |
| 3 She starts and finishes work in the afternoon. | T / F |
| 4 She's American. | T / F |

B LISTEN FOR KEY WORDS Listen to the radio show *Two minutes*. Match the names (1–3) with the nouns (a–c).

- | | |
|----------|--------------------|
| 1 Bowie | a Venus's producer |
| 2 Reuben | b Venus's dog |
| 3 Joel | c a rock band |

C LISTEN FOR DETAIL Listen to the interview again. Choose the correct time to complete the sentences.

- I have breakfast at **4 pm / 6 pm**.
- I get to work at **8 pm / 9 pm**.
- The show starts at **10 am / 10 pm**.
- I have coffee with friends at **6 am / 9 am**.
- I go to bed at **2 am / 9 am**.

D SPEAK Work in pairs. Do you agree or disagree with these sentences? Why?

- Venus's typical day is interesting.
 - Venus works long hours.
 - Venus has a lot of energy.
- A:** I agree. I think Venus's typical day is very exciting.
B: Why?
A: She meets a lot of musicians.

VOCABULARY

Everyday activities

A Look at the pictures of Tom's morning routine. Complete the phrases with the verbs in the box.

get get up have leave work



I _____ at
7.00 am.



I have breakfast
at 7.30 am.



I _____ home
at 7.45 am.



I _____ to work
at 8.30 am.



I _____ at a desk
all day.

B Go to the **Vocabulary Hub** on page 147.

C SPEAK Work in pairs. Take turns to ask and answer questions with *What time do you ...?* and an everyday activity.

- A:** What time do you get up?
B: Seven o'clock.
A: What time do you have breakfast?
B: Seven thirty.

GRAMMAR

Present simple positive

A WORK IT OUT Read the sentences from *Two minutes*. Underline the verbs. Then cross out the incorrect rule in the box.

I get up at four o'clock.

Bowie comes with me.

I go to work by car.

My show starts at 10 pm.

Present simple

- 1 We use the present simple to talk about everyday habits and routines.
- 2 We use *be+* the main verb to make the present simple.
- 3 We add an *-s* (or *-es*) to verbs when the subject is *he, she* or *it*.

B Complete the table with the correct form of the verb *live*.

Present simple

I/You/We/They	1 _____	in a small house.
He/She/It	2 _____	

C Go to the **Grammar Hub** on page 126.

D SPEAK Work in pairs. Think about someone you know. Tell your partner about their typical day.

A: My sister gets up at six o'clock.

B: My friend Lukas plays video games every night.

PRONUNCIATION

third person -s

A There are three different ways of pronouncing the endings of present simple verbs in the third person. Can you hear the difference? Listen and repeat.

- 1 /s/ She works in an office.
- 2 /z/ He plays video games every night.
- 3 /ɪz/ He watches the news every morning.

B Listen to the sentences. Circle the correct pronunciation of the third person -s ending.

- 1 She leaves home at 8 am. /s/ /z/ /ɪz/
- 2 He teaches French at university. /s/ /z/ /ɪz/
- 3 She gets home at seven o'clock. /s/ /z/ /ɪz/
- 4 He goes to bed late at the weekend. /s/ /z/ /ɪz/
- 5 She washes her hair twice a week. /s/ /z/ /ɪz/
- 6 He looks like Johnny Depp! /s/ /z/ /ɪz/

C Listen again and repeat the sentences. Be careful to pronounce the third person -s endings correctly.

SPEAKING

A PREPARE Work in pairs. Make a list of five interesting or exciting jobs.

B PLAN Choose one of the jobs in Exercise A. Write sentences to explain a typical day for someone with that job.

- She gets up at six in the morning.
- She goes to the studio at eight o'clock.
- She talks to the actors.


C SPEAK Work in new pairs. Read your sentences and try to guess the job.

A: She gets up at six o'clock in the morning. She goes to the studio at eight o'clock. She talks to the actors ...

B: She's a film director!

A: Correct!



 Talk about daily routines



READING

A Work in pairs. Look at the photos. Which of the activities do you do every day?

B READ FOR MAIN IDEA Read *Lifestyle online*. Choose the correct option to complete the definition of *essential*.

essential (adj.) = something you *learn / need*

C Read the comments on *Lifestyle online*. What four daily essentials do they write about that are not in the *Top 10 daily essentials* list?

D READ FOR DETAIL Read the comments again. Are the sentences true (T) or false (F)? Correct the false sentences.

- 1 Milos thinks breakfast is essential. T / F
- 2 Scotgirl eats breakfast every day. T / F
- 3 Topdog44 isn't a football fan. T / F
- 4 Lisab needs to exercise every day.. T / F
- 5 Celine drinks black coffee every night. T / F

E SPEAK Work with a partner. Make a list of your top ten daily essentials.

GRAMMAR

Adverbs of frequency

A Complete the sentences with adverbs from the text.

- 1 I _____ eat breakfast, but not every day.
- 2 I _____ watch football on TV.
- 3 I'm _____ away from my friends and family.
- 4 I _____ do exercise, @Lisab!

B WORK IT OUT Read the sentences in Exercise A and complete the rules.

Adverbs of frequency

- 1 We put adverbs of frequency *before / after* main verbs.
- 2 We put adverbs of frequency *before / after* the verb *be*.

Lifestyle online

What do you use every day? What couldn't you live without? We asked 100 people for their top 10 daily essentials. Here's what they said ...

Top 10 daily essentials

- | | |
|--------------------|--------------------------|
| 1 the internet | 6 a mobile phone |
| 2 a shower or bath | 7 a good friend |
| 3 TV | 8 a cup of coffee or tea |
| 4 laptop or tablet | 9 breakfast |
| 5 a car | 10 a pet |



Milos

For me, I need a good breakfast and football on TV.



Scotgirl

LOL @Milos! I sometimes eat breakfast, but not every day. For me, it's music. I always listen to music on my way to work.



Topdog44

I never watch football on TV. I think it's really boring. I need my mobile phone. It's an essential – no question.



Fumi

For me, Facebook is essential. I travel a lot for work, so I'm often away from my friends and family. I use Facebook to talk to friends and send pictures of the places I travel to.



Lisab

Hmm ... interesting question! For me, it's exercise. I usually do yoga for an hour before work.



Celine

Haha! I rarely do exercise, @Lisab! Coffee is my daily essential. I always start my day with a cup of strong, black coffee. I couldn't live without it.

C Go to the **Grammar Hub** on **page 126**.

D SPEAK Work in pairs. Write five sentences about yourself using adverbs of frequency. Tell your partner.

A: I rarely watch TV.

B: Really? I watch TV every day.

LISTENING

A PREDICT What is a 'screen-free week'? Discuss your ideas with a partner. Then read the search result and check.



What's on?

Screen-free week

7th November 2017 Most people these days spend at least 15 hours every week online or on their phones. Well, 2nd–8th May, join us and other people around the world in screen-free week – a week when people take a break from screens and the internet. No mobile phone, no internet and no TV. There is life beyond the screen!

B LISTEN FOR GIST Listen to a conversation between Ali and Ian. Does Ali want to do screen-free week? Why/Why not?

C LISTEN FOR DETAIL Listen again. Are the sentences true (T) or false (F)? Correct the false sentences.

- | | |
|--|-------|
| 1 Ali spends nine hours a week on his phone. | T / F |
| 2 He looks at his phone when he wakes up. | T / F |
| 3 He uses his phone at work. | T / F |
| 4 He plays games online with his friends. | T / F |
| 5 He never watches football on TV. | T / F |

D SPEAK Work in pairs. Answer the questions.

- How often do you check your phone?
- Do you think you need a screen-free week? Why/Why not?

PRONUNCIATION

Word stress

A Listen and repeat. Stress the underlined syllables.

3.5

••	••	•••	••••
morning	online	internet	computer
open	begin	Saturday	umbrella

B Add the words in the box to the table in Exercise A. Then listen and check your answers.

3.6

before chocolate essential grandmother laptop
rarely relax routine serious unfriendly usually

C Listen again and repeat the words.

3.6

VOCABULARY

Prepositions of time

A Look at the phrases from the conversation between Ali and Ian. Then complete the rules with the correct preposition, *in*, *on* or *at*.

- ... from early *in* the morning to late *at* night.
- On* Saturday and Sunday, it's non-stop football!
- At* the weekend, we watch football on TV.

Prepositions of time

- We use _____ with a time period (the morning, the afternoon, summer, 1990, etc).
- We use _____ with the day of the week (Monday, Tuesday, etc) and dates.
- We use _____ with exact times (6 pm, midday, etc).

B Write the correct preposition of time next to the words.

- | | |
|-------------------------------|---------------------|
| 1 _____ Sunday | 4 _____ the evening |
| 2 _____ three o'clock | 5 _____ June |
| 3 _____ 6 th March | 6 _____ my birthday |

SPEAKING

A PLAN Work in pairs. Think of ten activities to do in screen-free week.

B PREPARE Make a top ten list. Put the most essential activity at number 1.

C Work in pairs. Discuss your lists from Exercise A. Agree on the top five essentials.

A: I think 'go for a run' is the most essential. I need to do lots of exercise.

B: Really? I'm not sure. What about 'spend time with friends' as number one?



Discuss daily activities

3.3 A special day

Describe a special day

G present simple negative

P sentence stress

V big celebrations

S listening for detail

READING

A Work in pairs. Look at the pictures in *A birthday to remember* and answer the questions.

- 1 What can you see in the pictures?
- 2 Which country are these things from?

B SCAN Read *A birthday to remember* quickly to check your answers to Exercise A.

C READ FOR GIST Read *A birthday to remember* again and answer the questions.

- 1 Why is Katie in China?
- 2 Which festival does she write about?
- 3 Is she enjoying her birthday?

D READ FOR DETAIL Read *A birthday to remember* again. Find and correct five more mistakes in the summary.

Katie sometimes celebrates her birthday with ^{her mum} friends. This year, she is on holiday in Asia, and it is the time of the Moon Festival. The festival happens on the same day every September, and it is 150 years old. People wear traditional clothes. They eat mooncakes and watch dancers in modern costumes. They light lanterns to say thank you to their grandparents. Katie loves Moon Festival. She thinks this a good birthday.

GRAMMAR

Present simple negative

A WORK IT OUT Look at the sentences from *A birthday to remember* and complete the table with *don't* or *doesn't*.

I don't usually celebrate my birthday.

My best friend doesn't understand, ...

The people don't wear traditional clothes, ...

Present simple negative

I/You/We/They	1	eat special food.
He/She/It	2	

B Go to the **Grammar Hub** on page 126.

C SPEAK Work in pairs. Write three negative present simple sentences – two true, one false. Then read them to your partner. Guess which sentence is false.

A: I don't speak French. I don't watch TV. I don't eat meat.

B: The second one is false. You always watch TV!

PRONUNCIATION

Sentence stress

A Listen and repeat. Then underline the stressed words.

3.7

1 I like festivals.

2 I don't like festivals.

B Look at the underlined words in Exercise A. Complete the rules.

Sentence stress in present simple

- 1 In short present simple positive sentences, we usually stress the *main verb / noun*.
- 2 In short present simple negative sentences, we usually stress the *auxiliary verb (don't/doesn't) / main verb*.



A birthday to remember

6th July | Leave a comment

I don't usually celebrate my birthday.

I sometimes go out for a birthday lunch with my mum, but I usually just take it easy. My best friend doesn't understand, but for me, my birthday is no big deal. But this year, my birthday is a little different. I'm on holiday in China at the moment, and my birthday is on the same day as the Moon Festival. It's really cool.

Moon Festival is also called Mid-Autumn Festival, and people in China celebrate it every September or October. It's on a different day every year, but there's always a full moon. The festival is more than 3,000 years old. It's amazing, and really colourful – I love it! The people don't wear traditional clothes, but they eat traditional food, like mooncakes. They are small, round cakes and they're delicious! You can see dancers in colourful costumes perform traditional dances. There are also lots of paper lanterns with bright patterns. People light them to say thank you for children, who make everyone so happy – most of the time! So far, this birthday is one of the best ever!





3



6



7



4



5

C Read the conversations. Underline the stressed words. Then listen and check.

3.8

- 1 **Katia:** Do you like mooncakes?
Bian: Yes, but I don't eat them often.
 2 **Amelia:** Do you like New Year's Eve?
Lizzie: Err, yes. I like the fireworks.

D SPEAK Work in pairs. Practise the conversations in Exercise C. Be careful to stress the words correctly.

VOCABULARY

Big celebrations

A Match the pictures (1–7) with the words in the box.

decorations fireworks parade party
 present special food traditional clothes

B Complete the questions with the words in the box.

eat give have put up wear

- Do you usually _____ a party on your birthday?
- When do you _____ decorations?
- Do you _____ special food on New Year's Day?
- When do people _____ traditional clothes in your country?
- When do you _____ presents in your country?

C SPEAK Work in pairs. Answer the questions in Exercise B.

LISTENING

A LISTEN FOR KEY WORDS Listen to a conversation about big celebrations. Which words from Vocabulary Exercise A do they talk about?

B LISTEN FOR DETAIL Listen to the conversation again and choose the correct options to complete the sentences. Use the information in the box to help you.

Listening for detail

Sometimes we need to listen for specific information (e.g. what time something opens, etc). Use these ideas to help you listen for detail:

- Read the questions carefully.
- Underline key words.
- Listen carefully for the key words that you underlined.

- Mexico celebrates Independence Day in *September / December*.
- All of the shops and banks *open / close* for the party.
- In the evening, people go to watch *a big parade / the fireworks*.
- At home, people put up red, white and *green / blue* decorations.
- Carlos *wears / doesn't wear* traditional clothes to dance in.

SPEAKING HUB

A PREPARE Think of a special day. It could be:

- a birthday
- a religious day
- a national holiday
- a festival

B PLAN Make notes. Think about:

- the food you eat
- the music you listen to
- the clothes you wear
- the presents you give
- the songs you sing
- the people you see

C DISCUSS Work in groups. Describe your day. Compare your festivals.

In Japan, families often eat KFC together at Christmas!

Really? We eat together, but we don't eat fried chicken!

Describe a special day

COMPREHENSION

A Watch the video and answer the questions.

- Who lives in the flat? _____
- Who wants to live in the flat? _____
- When do they agree to move in? _____
- How many bathrooms are there? _____
- What time does Zac start work? _____
- What time does Neena get up? _____

B Look at the pictures. Which flat (a–c) is the one in the video?

C 00:29–01:30 Work in pairs. Complete the advert. Then watch part of the video again and check your answers.

D 02:40–03:25 Put Zac's morning routine in the correct order (1–7). Then watch part of the video again and check your answers.

- | | |
|---------------------|----------------------|
| _____ have a shower | _____ finish work |
| _____ start work | _____ brush teeth |
| _____ wake up | _____ have breakfast |
| _____ have a coffee | |

E SPEAK Work in pairs. Compare your morning routine to Zac's.

A: I wake up at 8 am, not 9. What about you?

B: I wake up at 6 am! When do you start work?

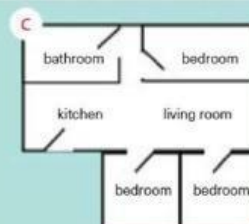
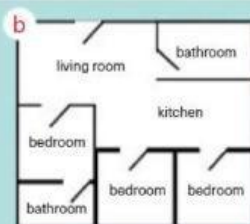
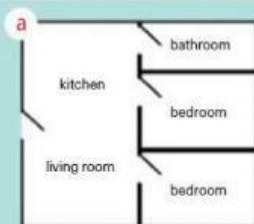
FUNCTIONAL LANGUAGE

Making and responding to suggestions

Complete the phrases with the words in the box. There are two words you do not need.

about don't getting up let's
moving in not sounds sure

Make suggestions	Say yes
What/How ¹ _____ this flat?	⁵ _____ good/great!
What/How about ² _____ next week?	Looks good/great!
Why ³ _____ we email her/go now?	Brilliant!
⁴ _____ call her.	Awesome!
	Say no
	I'm not ⁶ _____.



Beautiful flat | £190 pw
Single room(s) | Clapham Common (SW4)

Hi. I'm ¹ _____. I need ² _____ lovely new housemates. I live in a ³ _____ bedroom flat on Park ⁴ _____.
I'm ⁵ _____. I like ⁶ _____, ⁷ _____ and playing ⁸ _____ games.



Please call
0770 090 9 _____



MILLY



SAM



NEENA



ZAC



GABY

USEFUL PHRASES

Choose the correct definition of each useful phrase.

- | | | |
|-----------------|----------------------|----------------------------|
| 1 Any luck? | a Are you lucky? | b Were you successful? |
| 2 Cool! | a Great! | b It's cold! |
| 3 Of course. | a Yes. | b No. |
| 4 Actually, ... | a At the moment, | b In fact, ... |
| 5 It's not far. | a It's near here. | b It isn't near here. |
| 6 Lucky you! | a I want to do that! | b I don't want to do that! |

PRONUNCIATION

Stress and intonation

A 00:00–02:20 Watch the first part of the video again. Complete the conversations (A–C).

A

Gaby: Hey, ¹ _____ this ² _____? It's nice.

Zac: Hmm ... ³ _____ sure. It's very small.

B

Gaby: ⁴ _____ good, ⁵ _____ email ⁶ _____?

Zac: No, ⁷ _____ call ⁸ _____!

C

Zac: Can we see the apartment today?

Neena: Of course. Actually, it's not far. ⁹ _____ now?

Zac: ¹⁰ _____ great!

Gaby: Brilliant! Let's go!

B 00:00–02:20 Watch again and repeat the conversations. Copy the stress and intonation.

C SPEAK Work in pairs. Practise the conversations in Exercise A. Remember to use the correct stress and intonation.

SPEAKING

A PREPARE Work in pairs. Complete the suggestions for what to do after school. Use the ideas in brackets.

- What about going to _____
(a place)?
- Let's eat _____
(food).
- Why don't we watch _____
(a film)?
- How about listening to _____
(a band / music)?
- Let's play _____
(a game).

B DISCUSS Go around the class and make suggestions to your classmates. Reply using the Functional language phrases.

A: How about going to a concert?

B: Awesome!

Make and respond to suggestions

► Turn to page 162 to learn how to write a blog post about your day.

