

# Listening

- 1 **P. 102** Listen to a workshop. What is it about? Circle the correct answer.
- a staying healthy while traveling
  - b exercises you can do at work
  - c exercises you can do with your friends
- 2 **P. 102** Listen again. Number the exercises (a–c) in the order the speakers describe them.

a \_\_\_\_



b \_\_\_\_



c \_\_\_\_



- 3 **P. 102** Listen again. Answer the questions.

- 1 What does the man use to remember to exercise?  
\_\_\_\_\_
- 2 What part of the body is the second exercise good for?  
\_\_\_\_\_
- 3 Does the man lift his right knee or left knee first?  
\_\_\_\_\_

# Grammar

## Present continuous vs. simple present

- 1 Circle the correct option to complete each sentence.
- 1 Sometimes, Val goes / *is going* camping in the summer.
  - 2 George plays / *is playing* tennis right now.
  - 3 I *don't exercise* / *am not exercising* very often.
  - 4 Right now, we learn / *are learning* how to speak Italian.
  - 5 Does she watch / *is she watching* sports every weekend?
  - 6 Celia prepares / *is preparing* for her exams right now.
- 2 Complete the text. Use the simple present or present continuous form of the verb in parentheses.

Eleanor <sup>1</sup> exercises (exercise) every day. She <sup>2</sup> \_\_\_\_\_ (run) a lot, but she knows good health is not just about exercising. She eats healthy food, too. Right now, Eleanor <sup>3</sup> \_\_\_\_\_ (train) for a marathon. Usually, she <sup>4</sup> \_\_\_\_\_ (eat) three meals a day, but these days, she <sup>5</sup> \_\_\_\_\_ (try) something new. She <sup>6</sup> \_\_\_\_\_ (eat) five small meals a day. She has more energy to train this way.

# Pronunciation

## Understanding intonation in directions

- 1 **3.10.3** Listen. When does the intonation go down? Circle the correct words in bold.
  - 1 Go **left** and then **walk straight**.
  - 2 Go **straight**, turn right **at the bank**, and walk straight **to the market**.
  - 3 Turn left **at the high school**, walk for **100 meters**, and **turn right**.
  - 4 Drive to **the park**, turn left at **the lake**, and continue for **two kilometers**.

# Writing

- 1 Look at these survey results. What do they show? Circle the correct option to complete the sentence.

Right now, town people are buying *more / less* fruit every week. The fruit at the new supermarket is expensive. Only the strawberries are cheap.

| Our Town                                 |         |     |
|--|---------|-----|
| Kilograms of fruit people buy every week |         |     |
|  | Usually | Now |
| Apples                                   | 182     | 94  |
| Oranges                                  | 169     | 77  |
| Bananas                                  | 129     | 61  |
| Strawberries                             | 101     | 134 |

- 2 Look at the survey results again. Make notes for a report about them. Use your own ideas.
  - 1 What changes do you see?
  - 2 Why are these changes happening?
  - 3 Are any of the numbers interesting or unusual?
  - 4 Is there a problem? How can you fix it?

- 3 Look at your notes in Exercise 2. Think about how you want to start your report.
  - 1 What is a good title for your report?
  - 2 What is the reason for your report?
- 4 Write a report to explain the survey results. Use your notes in Exercises 2 and 3. Write 50–75 words.
- 5 Check your report. Use the checklist.
  - Are the spelling and punctuation correct?
  - Are the grammar and vocabulary correct?
  - Does your report include all your information from Exercises 2 and 3?

Look at the Learning to Learn box. Then do the tasks.

### LEARNING TO LEARN: GOOD LEARNING ROUTINES

Learning a new language can sometimes be difficult. Good habits make learning easier. Try to make them a part of your daily routine.

- 1 Read these habits of a good learner. Which are true for you?
  - 1 I write in my learning journal often.
  - 2 I ask questions in class.
  - 3 I take regular breaks.
  - 4 I practice English outside of class.
  - 5 I often review my lessons and notes.
  - 6 I think about what I do well.
  - 7 I think about areas I can improve.
- 2 Look at your answers in Task 1. Answer the questions.
  - 1 What habits don't you have?
  - 2 Do you think those habits are useful?
  - 3 Do you have other good learning habits?