

Hammy
wet!



I	eating.
I	getting wet.
I	cooking.
you	cycl ? Yes, I do. / No, I don't.
What	you do ? I cook .

6 Read the dialogue on page 96 again.
Complete the sentences with likes, doesn't like, loves or hates.

- Jen doesn't like rock climbing.
- Lian _____ rock climbing.
- Alex _____ getting wet.
- Alex _____ eating but he _____ cooking.

7 Look at the photos. Write true sentences in your notebook. Use love, like, don't like or hate + -ing.

get up draw play swim
cook do homework



1 I like playing computer games.

8 3.42 What do these people like or don't like doing? Listen and circle T (true) or F (false).

- She doesn't like playing volleyball. T / ☒ F
- Brian likes swimming. T / F
- She hates getting up early. T / F
- They love skateboarding. T / F
- Jake doesn't like playing football. T / F

Grammar Object pronouns

I →	he →	we →
you →	she →	you →
	it →	they →

is a good friend. I like _____ .
You don't like _____ . We love _____ .

9 Read Lian's email. Circle the correct answer.

✕

My friend, Alex, loves fixing computers. ¹He / Him knows a lot of things about ²they / them. I don't, so I usually ask ³he / him for help.

⁴We / Us often hang out with his sister, Jen. I like ⁵she / her a lot. Jen loves making cupcakes. ⁶They / Them are amazing! Alex and I love chocolate so ⁷she / her often makes chocolate cupcakes for ⁸we / us.

10 Write about your friends or family. What do they love/like/don't like/hate doing? Use Lian's email in Exercise 9 to help you.

My friend, ..., likes ... He/She knows a lot of things about ...

is Dug's sports hero?	It's
have you got there?	I've got
is the game?	It's
does she live?	She lives
phone is it?	It's phone.
photos have you got?	I've got photos.



4 Match the questions to the answers.

- | | | |
|---|---------------------------------|----------------------------|
| 1 ☒ d | Where do Superdug and Kit live? | a Two. |
| 2 ☐ | Who is a tennis champion? | b Fish and chips. |
| 3 ☐ | How many sisters has Kit got? | c Irina. |
| 4 ☐ | When is Dug's birthday? | d In the UK. |
| 5 ☐ | What is Kit's favourite dinner? | e Superdug's. |
| 6 ☐ | Whose bike is red and white? | f On 5 th July. |

5 Do you know the Teffific Two? Write questions in your notebook. Then answer the questions in pairs.

- 1 (look at page 14)
 A: Who is uncle Roberto?
 B: He's Superdug's uncle.

- 2 (look at page 26)
 3 (look at page 38)
 4 (look at page 50)
 5 (look at page 62)
 6 (look at page 74)

6 3.44 Listen to Superdug's questions. Then circle Kit's answers.

- 1 On Wednesdays. / At her house.
 2 Two cars. / I've got them.
 3 In Spain. / You are.
 4 It's my sister's. / Two sisters.
 5 They're Wonder Will's. / I think there are four.
 6 It's in your room. / It's nice.



7 Exam Spot Write questions about the underlined sentence fragments.

- 1 A: What is your favourite sport ?
 B: My favourite sport is rock climbing.
 2 A: _____ ?
 B: My favourite sportsperson is Andy Murray.
 3 A: _____ ?
 B: I live at 6 Rose Street.
 4 A: _____ ?
 B: My birthday is on August 26.
 5 A: _____ ?
 B: This is my phone.
 6 A: _____ ?
 B: I've got one brother and one sister.

8 In pairs, ask questions in Exercise 7 and give true answers.

- A: What is your favourite sport?
 B: It's ...

Fun Spot

9 Game! Make as many questions as you can in three minutes. Use only the words in the box! Who is the winner?

where	Jack	swim	
		when	what
whose	who	he	like

- 1 3.47 Listen and repeat. Then match the phrases in the Vocabulary box to photos a-f in the magazine article.

Vocabulary Healthy lifestyle

brush your teeth do exercise
drink a lot of water eat fruit and vegetables
go to bed early have friends

- 1 Photo a: drink a lot of water
2 Photo b: _____
3 Photo c: _____
4 Photo d: _____
5 Photo e: _____
6 Photo f: _____

- 2 Tell a partner two healthy things that you do.



Teen health

Read our top tips!

- 1 ☐ A healthy teenager sleeps from ten to six o'clock. Go to bed early and get up at the same time every day! And don't play on your phone for a long time before bed.

- 3 3.48 Read and listen to the text. Match headings A-F to tips 1-6.

A Healthy teeth D People you like
B Be sporty E Healthy food
C Sleep well F Water is great!

- 4 **Exam Spot** Read the text again. Complete the sentences with one word.

- 1 It's a good idea to get up at the same time every day.
2 Healthy teenagers eat fruit and _____ five times a day.
3 Healthy teenagers drink _____, not cola.
4 It's good to brush your _____ after every meal.
5 When you want to be active, you can walk or _____ your bike to school.
6 _____ can help us with our problems.

- 5 Read the sentences. Decide if these things are healthy (✓) or not healthy (✗).

- 1 I sleep five hours every night, from 1 to 6 o'clock. ☒
2 I never eat vegetables. ☐
3 I often brush my teeth after dinner but never after breakfast. ☐
4 I go swimming at the weekend. ☐
5 I meet my friends two or three times every week. ☐

- 2 ☐ Don't say 'I hate vegetables!' Find fruit and vegetables you like and eat them ... five times a day. And don't eat a lot of chocolate.

- 3 ☐ Healthy teenagers drink a lot of water. Have water in your schoolbag, not cola!

- 4 ☐ How often do you brush your teeth? Just after breakfast? Brush them after every meal every day! You can brush them after lunch at school too!

- 5 ☐ Do you like football, swimming or volleyball? No? No problem! You can ride your bike to school or walk to be active every day.

- 6 ☐ Do you play computer games or watch TV after school? Hang out with your friends sometimes. Friends are fun and help you with your homework.

- 1 Complete the sentences about sports champions with **train**, **good** and **healthy**.
- a Champions are _____ at their sport.
- b They _____ a lot.
- c They have got a _____ lifestyle.

2  3.49 Listen to the interviews with Denise and Gary. What are their sports?

3 **Exam Spot**  3.49 Listen again. Read the questions and complete the interviewer's notes about Denise and Gary.



Denise

- Where does she play volleyball?
At City Club
- When does she train?
At _____ o'clock in the morning.
- How often does she eat fruit and vegetables?
_____ day.
- Has she got time for homework?
_____.



Gary

- How many friends has Gary got in his club?
He's got _____ friends.
- When does Gary train?
From five to _____ every day.
- When are Gary's competitions?
Usually on _____ mornings.
- What does Gary always eat on Saturdays?
_____.

4 Have Denise and Gary got a healthy lifestyle? Tell a partner.

5 Has Lucas got a healthy lifestyle? Read his blog and find out.



My lifest ye!

Sleep	I go to bed at half past nine on school days and I get up at eight o'clock. I love sleeping!
Food	My favourite food is pizza. Mum and Dad don't like pizza. Yes, really! They like fruit and vegetables ... I drink a lot of water.
Sports and friends	I'm not very sporty but I like watching football on TV. I love music and I play the guitar every day after school from 5 to 6. I often hang out with Jen, Alex and Lian too!

Writing

Checking for grammar mistakes

Read through the first draft of your text to check for grammar mistakes. Check your final draft too.

I love ~~sleep~~ sleeping.

6 Correct the underlined mistakes.

- I like eat chocolate. eating
- I hate swimming but my friends like him.
- He eat a healthy breakfast.
- We like do sports.

7  **Writing Time** Write about your lifestyle.

7

Find ideas

Make notes under these headings.

Sleep	I go to bed at ... / I get up at ...
Food	My favourite food is ...
Sports and friends	I'm / I'm not very sporty. I love/like/don't like/ hate ... I often/sometimes hang out with ...

h

Draft

Write about your lifestyle.

o

Check and write

Check your grammar and write the final version of your text.

Vocabulary

1 Read sentences 1–5. Then complete the words to find the names of sports.

1 You play these sports with a ball.

- a basketball
b t_____ t_____
c t_____

2 You don't usually play these sports in a team.

- a r_____ s_____
b sk_____
c t_____

3 You do these sports inside and outside.

- a f_____
b h_____
c v_____
d c_____
e b_____
f s_____

4 You do these sports in the winter.

- a s_____
b i_____-s_____

5 You need windy weather for these sports.

- a w_____
b s_____

2 Jamie's lifestyle isn't healthy. Help him! Complete the sentences with the words in the box.



teeth
friends
water
vegetables
Do-
early

- 1 Do exercise every day.
- 2 Eat fruit and _____.
- 3 Drink a lot of _____.
- 4 Brush your _____ after you eat.
- 5 Hang out with your _____.
- 6 Go to bed _____.

Grammar

3 Read again about Jamie. Put the verbs in the correct form.

Jamie isn't very sporty. He doesn't like ¹ doing (do) sports at school and he doesn't like ² playing (play) football with his friends. He ³ hates (hate) cycling too. He sometimes ⁴ goes (go) roller skating with his sister. They like ⁵ going (go) to the park but not when it's cold and rainy. Jamie loves ⁶ watching (watch) sports on TV at home!

4 Write questions. Then ask and answer in pairs.

- 1 sport your What's favourite ? What's your favourite sport?
- 2 many sports you How do train ? _____
- 3 is Who teacher your ? _____
- 4 you When train do ? _____
- 5 do you Where train ? _____
- 6 you got a sports hero Have ? _____

5 Read the sentences. Replace the underlined object pronouns with the words in the box.

winter sports your sister chocolate your-mum Mr Smith

- 1 I like her. your mum
- 2 I don't like them. _____
- 3 I love it! _____
- 4 They like him. _____
- 5 I can help her. _____

Pronunciation

6 3.50 Listen and repeat: / r/.

Rosema ry and Jane
Love running in the rain!



Communication

7 Match the sentence halves 1–4 to a–d.

- | | |
|--------------------------|-------------------------|
| 1 What's the weather | a in summer in the UK. |
| 2 It's sunny but it's | b the UK in the winter. |
| 3 It's often rainy | c windy. |
| 4 It's sometimes cold in | d like in the UK today? |

Check yourself!

- I can talk about sports.
- I can use verbs love/like/don't like/hate + -ing .
- I can use object pronouns.
- I can ask detailed questions.
- I can talk about the weather.

☐
☐
☐
☐
☐