

1B Smart living?

- 1 What do you use your smartphone for? What do you think of people who constantly check their phones?



Skill skimming a text

Before you read a text in detail, get a general idea of the topic of the text and of each paragraph.

- Read the title of the text and look at any images. Can you predict what the text is about?
- Quickly read the first paragraph. This will confirm the topic and can give you an idea of the text content and organization.
- Read the first sentence of each paragraph. This can give you information about the main idea of each paragraph.



- 2 Read the Skill box. Then look at the title of the text, the picture, and the first paragraph on page 7. Do you think the writer had a positive or negative experience without his smartphone?
- 3 Read the first sentences of paragraphs 2–6. What is the main idea of each paragraph? Match the paragraphs with ideas a–e.
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| a With no smartphone, he felt less tired. | d There were more advantages than disadvantages. |
| b He worked better. | e He found things to do to entertain himself. |
| c He communicated more often face-to-face. | |
- 4 Read the complete text. Are the sentences true (T) or false (F)? Correct the false sentences.
- 1 The writer stopped using his smartphone because of an article he read. _____
 - 2 Normally his smartphone distracts him when he's working. _____
 - 3 He has become a better listener when he's with friends. _____
 - 4 He doesn't enjoy reading books and newspapers any more. _____
 - 5 The light from smartphone screens helps us sleep. _____
 - 6 The writer now uses his smartphone differently than before. _____
- 5 Read this sentence from the text. Which word is used to express surprise that something unexpected happened?
- "I actually talked to people more and felt more connected to them, although we weren't in constant contact online."



Text builder *actually, in fact*

To say that something is surprising or unexpected, we can use **actually** or **in fact**:

*I was worried that I would be bored without my phone as entertainment, but, **actually**, I enjoyed it.*

*I thought living without a smartphone would be hard, but, **in fact**, it was pretty easy.*

Look! We can use **actually** at the start of a phrase, before a main verb, or after *be*.
We usually use **in fact** at the start of a phrase.

- 6 Read the Text builder. Match 1–4 with a–d.
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| 1 My friends say I'm addicted to my new smartphone. | a but it was actually on yesterday, not today. |
| 2 My teacher's surprised because | b Actually, I don't use it as much as my old one. |
| 3 Tim thought the movie was on at 8:30 this evening, | c but, in fact, I'm staying at home. |
| 4 I thought I was going away this weekend, | d I actually passed the exam! |
- 7 Could you live without your smartphone for a week? In pairs, discuss what you think the experience would be like.