

Listening

- 1  10.2 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  10.2 Listen again. Number the exercises (a-c) in the order the speakers describe them.

a ____



b ____



c ____



- 3  10.2 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 ¹ exercises (exercise) every day. She ² _____ (run) a lot, but she knows good health is not just about exercising. She eats healthy food, too. Right now, Eleanor ³ _____ (train) for a marathon. Usually, she ⁴ _____ (eat) three meals a day, but these days, she ⁵ _____ (try) something new. She ⁶ _____ (eat) five small meals a day. She has more energy to train this way.

Pronunciation

Understanding intonation in directions

- 1  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?