

1

Time

1.1 Do you live in the past, present or future?

Vocabulary daily life

1 What do you do? Match situations 1–8 to verb phrases a–h.

- | | |
|--------------------------------|---|
| 1 You need a holiday. | a spend time with relatives |
| 2 You go to a party. | b do some work |
| 3 It's raining. | c eat healthy food and you'll feel better |
| 4 Your boss arrives. | d have fun |
| 5 You're bored. | e make a to-do list |
| 6 It's your cousin's birthday. | f stay in |
| 7 You're ill. | g go on a trip |
| 8 You have a busy weekend. | h chat with friends online |

2 Complete the to-do list with the correct verbs.

THINGS TO DO

SATURDAY	SUNDAY
1 <u>do</u> housework	6 _____ a lie-in!
2 _____ the shopping (buy something for lunch!)	7 _____ a family meal
3 _____ some exercise (football 3 p.m.)	8 _____ future plans (holiday with family this year?)
Go dancing –	9 _____ English homework
4 _____ a good time!	10 _____ an early night
5 _____ to bed late	

3 Match verbs in A to phrases in B to make verb phrases. Then complete the information sheet.

- | | |
|---|---|
| A | do eat go go have have spend stay |
| B | an early night a good time healthy food in shopping some exercise time with relatives to bed late |

TOP TIPS FOR STAYING HEALTHY

1 Eat healthy food

Doctors say we need to have seven pieces of fruit and vegetables every day. When you can, 2 _____ at a market and buy apples and tomatoes that are fresh.

3 _____

Doctors say the sun is good for us and we need to go out and walk or play sport. Don't 4 _____ all day in front of the TV – it's bad for you.

5 _____

Doctors say that we need eight hours' sleep every night. Don't 6 _____ when you need to get up early in the morning.

7 _____ and friends

Doctors say that happy people live for a long time. Go out and 8 _____ two or three times every week. It isn't good for you to be always on your own.

Grammar question forms

4a Complete the conversations with the question words in the box.

how many how much how often what kind
what time when where who

- 1 A What time do you get up during the week?
B At half past seven.
- 2 A _____ is the first person you see every morning?
B My brother. He gets up at the same time as me.
- 3 A _____ do you have breakfast?
B In the kitchen.
- 4 A _____ coffee do you drink?
B I have three or four cups a day.
- 5 A _____ do you stop for lunch?
B From one o'clock until two.
- 6 A _____ do you eat in a restaurant?
B About twice a month.
- 7 A _____ good friends do you have?
B A lot. I have a lot of good friends.
- 8 A _____ of car do you drive?
B I drive a Mini.

b 1.1 Listen and check.

c 1.1 Listen again. Pause the CD and repeat after each question.

5a Insert the word in brackets in the correct place in the sentences.

- 1 When your birthday? (is) When is your birthday?
- 2 Who you chat with online? (do)
- 3 What kind films do you like? (of)
- 4 Are busy right now? (you)
- 5 How do you spend time with relatives? (often)
- 6 How many did you sleep last night? (hours)
- 7 Where you from? (are)
- 8 You go shopping yesterday? (did)

b 1.2 Listen and check.

c 1.2 Listen again. Pause the CD and repeat after each question.

6 Complete the questions in the conversation with question words and the verbs in brackets.



- A Hi. It's nice to meet you. ¹ Are you (be) new?
B Yes, I am. My name's Laila.
A I'm Sally. ² _____ (have) fun tonight?
B Yes, I did. It was a great class.
A ³ _____ (start) playing tennis?
B Years ago. I was about ten, I think.
A ⁴ _____ (be) good at it?
B Well ... I won some competitions last year.
A How ⁵ _____ (win) ?
B Three or four.
A Congratulations! Laila, ⁶ _____ (live) near here?
B No, I live in the town centre.
A Me, too. ⁷ _____ (get) here today?
B I came by bus.
A This is my car. ⁸ _____ (want) to go home together?
B Yes! Thanks a lot.
A No problem.

I can ...

	Very well	Quite well	More practice
talk about my daily life.	☐	☐	☐
ask questions.	☐	☐	☐

1.2 Free time

Grammar present simple and adverbs of frequency

1a Put the words in the right order to make sentences.

- 1 often / coffee / for / go / They / out / a
They often go out for a coffee.
- 2 goes / My / and / running / then / every / girlfriend / now

- 3 don't / the / usually / We / camping / in / go / summer

- 4 best / aerobics / a / friend / My / twice / week / or / does / once

- 5 ever / games / I / play / hardly / computer

- 6 family / often / My / future / don't / plans / make

b 1.3 Listen and check. Notice which words and parts of words are stressed.

c 1.3 Listen again. Pause the CD and repeat after each word.

2 Complete the second sentence so that it means the same as the first. Replace the **bold** words with the adverbs and expressions in the box.

always every now and then most days
once or twice a year rarely

- 1 My partner does exercise after work **every day**.
My partner always does exercise after work.
- 2 They **hardly ever** have a lie-in because they have two small children.
They _____ because they have two small children.
- 3 My sister **nearly always** goes on Facebook before she has breakfast.
_____ before she has breakfast.
- 4 My parents go on holiday **in January and July or only in July**.
My parents _____.
- 5 We **occasionally** go clubbing with a big group of friends.
_____ with a big group of friends.

3 Complete the article with the verb phrases and the adverbs in the box.

always hardly ever nearly always never occasionally
often sometimes usually

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
eat healthily	✓	✓	✓	✓	✓	✓	✓
go training	✓	✓	✓	✓	✓	✓	
be in bed by 11 p.m.	✓	✓	✓	✓	✓		
chat with friends online	✓		✓		✓		✓
watch videos		✓		✓		✓	
spend time with relatives							✓
have a lie-in							✓
be bored							

A week in the life of an Olympic athlete

Olympic athletes have to look after their health if they want to be the best. In the morning, they 1 hardly ever have a lie-in because they have a lot of things to do – a sports star 2 _____ bored! In general, athletes 3 _____ and they start the day with a big breakfast with lots of carbohydrates and protein. They 4 _____ training in the morning and again in the evening. After training, they 5 _____ of other athletes to see how good they are. Olympic athletes don't have a lot of time to see other people, but they 6 _____ at the weekend – having a meal or catching up on family news. They 7 _____ or by phone. Professional athletes need between eight and ten hours sleep every night, so they 8 _____ in bed by 11 p.m.

Vocabulary free-time activities

- 4 Write phrases for the photos with the words in the box and *play, do or go*.

aerobics basketball camping cards clubbing
on Facebook to the gym yoga



- 5 Circle the incorrect phrase.

- 1 GO aerobics for a walk on Facebook running
- 2 PLAY basketball chess computer games swimming
- 3 DO exercise golf karate yoga
- 4 GO basketball camping out for a coffee to the gym
- 5 PLAY cards football golf karate
- 6 GO clubbing exercise out for a meal swimming

- 6 Complete the advert with *play, do or go* and the words and phrases in the box.

computer games exercise football for a meal
for a walk golf running swimming

✕

CenterParcs

Looking for a perfect family holiday?

CenterParcs is not the place to go if you want to 1 play computer games all day. But it is right for you if you're looking for some action! Here are some of the exciting activities you can do:

- ▶ 2 _____ in the outdoor pool. The pool is heated to 29.5°C so it isn't cold.
- ▶ 3 _____ in our fitness classes. There are Zumba classes for all the family!
- ▶ 4 _____ on our 18-hole course. You're sure to have a good time.
- ▶ 5 _____ in the forest and learn more about nature. If you have more energy, you can 6 _____ early in the morning when everybody is asleep.
- ▶ send your children to 7 _____. Our coach will teach them for an hour before they play a match together.
- ▶ after all the excitement, 8 _____ in one of our many restaurants. It's a great time to relax!

To find out more information on CenterParcs, check out their website.

I can ...

- talk about how often I do things.
talk about my free time.

Very well	Quite well	More practice
☐	☐	☐
☐	☐	☐

1.3 Vocabulary development

Vocabulary nouns and verbs with the same form

- 1 Complete the conversations with the words in the box. Use the correct form of the same word for each conversation.

dream experience photograph plan post
promise text

- 1 A Do you take many photographs ?
B No, I only photograph things that interest me.
- 2 A Who do you tell first if you have a bad _____ ?
B If I _____ something awful, I always tell my best friend.
- 3 A Do you make a _____ for the week every Monday morning?
B Yes, I _____ exactly what I'm going to do.
- 4 A Do you often have the same _____ every night?
B Yes, I _____ that I am falling into a dark hole.
- 5 A Do you usually call your friends or do you write a _____ ?
B I always _____ them before we go out.
- 6 A Do you always think hard before you make a _____ ?
B No, I often _____ to phone my parents and then I forget.
- 7 A Do you often write _____ on Facebook?
B No, but I often _____ music videos.

- 2 Complete the article with the correct form of some of the words in exercise 1.

Mobile phones can do more things today than ever before. Of course, you can use them to make calls and write ¹ texts, but they are also great for taking ² _____. A phone camera is better than a digital camera because it is always with you. You don't usually ³ _____ to photograph something when you leave home, but if you see something interesting or have an unusual ⁴ _____, you can take out your phone and ⁵ _____ it. Today, you can also have more fun with your photos. In the past, you put a photo on your computer, and you hardly ever had a look at it again. But now, you can go on Facebook and ⁶ _____ your photos on your profile. You can also publish them on a blog. With all of this new technology, we can do things that people didn't ⁷ _____ of in the past.

Vocabulary review

- ➔ **STUDY TIP** When you come across new verb phrases, record them under the verb in your notebooks. This will make it easier for you to learn them.

- 3 Complete the table with the phrases in the box.

~~a family meal~~ a good time a lie-in a to-do list
an early night fun future plans healthy food
homework housework in on a trip shopping
some exercise some work the shopping
time with relatives to bed late with friends online

chat	do	eat	go
have <i>a family meal</i>	make	spend	stay

- 4 Complete the table with the headings in the box.

do go play

1 _____	2 _____	3 _____
camping clubbing for a walk on Facebook out for coffee/a meal running swimming to the gym	cards chess computer games football golf basketball	aerobics exercise karate yoga

- 5 Complete the table with the correct headings.

1 _____	2 _____	3 _____
a look an experience a dream	a photograph	a film a record a promise

1.4 Speaking and writing

Speaking talking about the weather

- 1 Complete the conversation with the words in the box.

damp humid mild pleasant showers thunderstorm



- A What's the weather like where you are?
B It's raining today, so everything is ¹ damp.
A Does it rain a lot in your area?
B It doesn't usually rain all day, but we often have a few ² _____.
A What's it like in the summer?
B It isn't very ³ _____, because it gets very hot and ⁴ _____. Occasionally, there's a ⁵ _____ in the evening, which can be quite frightening.
A What's your favourite season?
B I like the spring. It's nearly always very ⁶ _____, and you can go out without a coat.

Speaking talking about likes and dislikes

- 2a Complete the second sentence so that it means the same as the first, using the word in brackets.

- 1 I like going clubbing a lot. (love)
I love going clubbing.
2 I hate the winter. (stand)
I _____.
3 I like doing yoga a lot. (into)
I _____.
4 I like basketball more than any other sport. (favourite)
My _____.

- 5 Doing housework isn't a problem for me. (mind)
I _____.

- 6 I don't like thunderstorms. (keen)
I _____.

- 7 Going camping is OK, I suppose. (quite)
I _____.

- 8 I like football more than golf. (prefer)
I _____.

- 9 I like doing karate a lot. (interested)
I _____.

PRONUNCIATION sentence stress

- b 1.4 Listen and check. Notice which words and parts of the words are stressed.
c 1.4 Listen again. Pause the CD and repeat after each word.

Writing a web post about the best time to visit your country

- 3 Complete the web post with *and*, *but* or *so*.

Suzanne Fischer

My family and I would like to visit Rio de Janeiro, Brazil. When is the best time to go?

Paulo

The most popular time to visit Rio is from December to March. This is our summer season ¹ but it sometimes rains. The weather is usually nice and warm, ² _____ the sun can be very dangerous. You need to use cream when you go outside ³ _____ it's safer to stay inside in the middle of the day.

The city is always busy in the summer ⁴ _____ it can be very expensive. ⁵ _____ the best time to come is in spring or autumn when flights are cheaper ⁶ _____ there are fewer tourists. Have a good trip!

I can ...

	Very well	Quite well	More practice
understand and use nouns and verbs with the same form.	☐	☐	☐
talk about the weather, my likes and dislikes.	☐	☐	☐
write a web post.	☐	☐	☐