

H. Puchta • C. Jory • P. Lewis-Jones • C. Holzmann • F. Lamborghini

Options

Workbook

3

Including:

- **Interactive e-book+**
- **Vocabulary Trainer**



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Workbook

3

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Options 3 Workbook

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Welcome

Me and my world

Present tenses



1a W.01 Listen to Olivia and James. Correct the underlined mistakes.

- Olivia is 13. 14
- Olivia says she hasn't got a lot of money.
- Olivia lives in Newcastle.
- James knows Newcastle because his aunt lives there.
- The Discovery Museum is a science museum.
- The Discovery Museum has got a restaurant.
- Bristol hasn't got a train station.

b Circle the correct words.

- James is / are 13.
- Olivia aren't / isn't from Bristol.
- Bristol hasn't / haven't got a beach.
- Olivia and James lives / live in Bristol.
- Olivia don't / doesn't know Weston-super-Mare Beach.

2 Complete the sentences with the present simple form of the verbs.

- My teacher doesn't eat (not eat) meat.
- The museum closes (close) at five every day.
- My friends are (not be) at the beach.
- I do (do) my English homework on Mondays.
- We don't understand (not understand) this exercise.
- My teacher speaks (speak) Portuguese.

3a Put the words in the correct order to make questions.

- are / from / you / Where
Where are you from?
- got / town / your / Has / a cinema

- you / have / do / What time / lunch / Tuesdays / on

- your / Where / friend / best / does / live

- hobbies / you / got / have / How many

b Complete the answers to the questions in 3a so they're true for you.

- I _____ from _____.
- _____, it _____.
- I _____ lunch at _____.
- He/She _____ in _____.
- I _____ hobbies.

Places

4 Complete the sentences with the words.

tech shop train station bookshop café
chemist's clothes shop bank

- You can buy books in a bookshop.
- You can buy hot drinks and cake in a _____.
- You can keep your money in a _____.
- A _____ sells medicine.
- You catch a train at the _____.
- You can buy jeans at a _____.
- A _____ sells computers and mobile phones.

Yesterday afternoon

Past simple

1a Complete the table with the past simple form of the verbs.

have study take see play visit go
meet watch listen

Regular verbs	Irregular verbs
	had

b Complete the sentences with the correct affirmative or negative past simple form of the verbs from **1a**.

- Last weekend, we had pasta for dinner.
- It was rainy yesterday, so we didn't play football.
- My mum studied geography at university. She studied ancient history.
- Ben went to the cinema on Friday afternoon. He saw a film about lions.
- I borrowed a calculator to school yesterday, so I borrowed one from the teacher.
- My family and I watched a funny film last night. We couldn't stop laughing.

2a Complete the questions with **you** and the past simple form of the verbs.

- What time did you get (get) up today?
- What did you eat (eat) for breakfast today?
- Did you have (have) an English class yesterday?
- What did you do (do) last weekend?
- Did you play (play) football yesterday?

b Write your answers to the questions in **2a**. Write full sentences.

- I got _____.
- I _____.
- _____.
- I _____.
- _____.

Family members

3a Which family members is Amy writing about? Complete the text.

Hi! I'm Amy and I live in London. It's a cool city with lots of fun things to do.

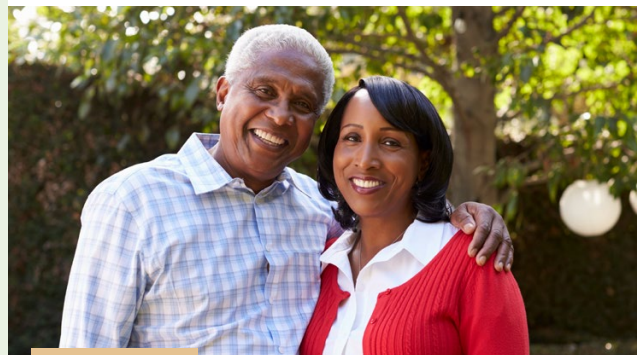
I live with my ¹ p a r e n t s and my ² s ister, Emma. I'm 14 years old, and Emma is 8.



My ³ d ad is a teacher. He works at my school!
My ⁴ m other is a doctor. She works in our local hospital.

Yesterday, the whole family got together.

My ⁵ g randpa David and my ⁶ g randma Eva came to visit us for the weekend. They don't live in London, so we don't see them very often.



My aunt Lily came over and made pizzas for all of us. ⁷ U Uncle Neil didn't come because he was at work. Our ⁸ c cousins, Julian and Lucy, were there too. They live very near us. After we ate the pizzas, we played board games and watched a film. We all had a lovely time!

b **W.02** Listen and check.

My sporting life

Present perfect

1 Read the online chat between friends. Write **B** (Ben), **S** (Sarah), **M** (Milo) or **R** (Ruby).

- 1 ☒ Who has never eaten snails?
- 2 ☐ Who has never been to summer camp?
- 3 ☐ Who has done a new water sport today?
- 4 ☐ Who hasn't been on holiday yet this summer?
- 5 ☐ Who has tried a new food today?

2 Complete the sentences with the present perfect form of the verbs.

- 1 I 've never travelled (never travel) on a train.
- 2 My friends and I _____ (not do) our homework yet.
- 3 Our teacher _____ (visit) the US twice.
- 4 My brother _____ (never read) a fantasy book.
- 5 I _____ (write) a lot of stories in English.
- 6 My cat _____ (never try) real fish.

3 Write questions in the present perfect with **ever**.

- 1 you / make a pizza?
Have you ever made a pizza?
- 2 your best friend / tell you a secret?

- 3 your teacher / take you on a school trip?

- 4 you / play golf?

- 5 you / climb a tree?

Sports

4 Complete the table with the sports.

swimming football golf volleyball skiing basketball

Water sport	Winter sport	Ball games

Ben



Hey, guys! How are your holidays going? Today I tried a new water sport – paddle boarding. Have you ever tried it?

Sarah

Yes, I have! 🙌 At first, it's difficult to stand on the board, but you learn quickly. I haven't done much today ... Oh! My parents and I went to a restaurant, and they ordered snails! They were nice! 😊 Have you ever tried them?



Ben

Yeah. I thought they were OK.

Milo

Snails? 🐌😱 I've never tried them, and I don't think I'd like to! So, about my summer, I'm not feeling great. Summer camp is no fun this year, and I just want to go home.

Ruby

Oh, that's too bad, Milo! 😞 My family and I haven't been on holiday yet this summer, but we're going soon. I can't wait! Anyway, why aren't you enjoying summer camp?

Milo

There aren't many people my age. They're all younger! They're really nice kids, but it's been a bit boring ...

Ben

Poor you, Milo! I've never been to summer camp, but my cousin Sophie has. She loves it. Anyway, remember that it isn't forever. Let's all get together when we're back.

Milo

Yes, please! We can have something to eat at my place and watch a film.

Sarah

Great plan! How about some snails? 😊

Milo

Hahaha! Very funny, Sarah!

A day out

Transport

- 1 Complete the sentences with the words. There is one extra word.

plane minibus lorry train helicopter
boat motorbike

- 1 The school _____ only has space for 20 students.
- 2 We went out on the river in a _____.
- 3 You shouldn't ride a _____ without a helmet.
- 4 There was a big supermarket _____ in front of us going very slowly.
- 5 The famous singer flew into the music festival by _____.
- 6 We waited for our _____ at the airport.

Animals

- 2 Circle the correct words.

- 1 A **camel** / **zebra** looks like a horse. It's got black and white lines on its body.
- 2 **Rats** / **Snakes** have got four legs.
- 3 Some people have **hamsters** / **giraffes** as pets.
- 4 **Mice** / **Hippos** are the third largest land animals, after elephants and white rhinos.
- 5 A budgie is a type of **fish** / **bird**.
- 6 **Tigers** / **Rabbits** don't eat meat.

Comparatives and superlatives

- 3 Circle the correct form of the adjectives.

- 1 African lions are **more big** / **bigger** than Asian lions.
- 2 Going to a wildlife park is **better** / **more good** than watching a documentary.
- 3 Elephants are more intelligent **than** / **that** mice.
- 4 Is a rhino **heavy** / **heavier** than a giraffe?
- 5 Tigers are **worse** / **bad** swimmers than hippos.
- 6 Do parrots live in **hoter** / **hotter** climates than snakes?
- 7 Snails are **more slow** / **slower** than ants.
- 8 For me, sharks are **more interesting** / **interestinger** than whales or dolphins.
- 9 Butterflies are **prettier** / **more pretty** than moths.

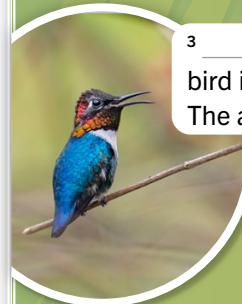
- 4 Complete the sentences with the superlative form of the adjectives.

- 1 Elephants are the _____ **largest** (large) land animals on Earth.
- 2 What is the _____ (intelligent) animal in the world?
- 3 The world's _____ (cold) place is in Antarctica. It's -94°C!
- 4 Yuma, in the US, is the _____ (sunny) place on the planet.
- 5 What is the _____ (big) country in the world?

- 5a Complete the text with the comparative or superlative form of the adjectives. Use *than* or *the*.

Did you know?

Tigers are the real kings (and queens!) of the jungle. They're ¹ _____ (large) members of the big cat family, and they're ² _____ (fierce) lions!



³ _____ (small) bird in the world is the bee hummingbird. The adults are just 5–6 cm long.



The *Anopheles* mosquito is ⁴ _____ (dangerous) insect on Earth.



The blue whale is ⁵ _____ (powerful) any other animal on the planet. ⁶ _____ (strong) part of its body is the tail.

b W.03 Listen and check.

1

Amazing young people

Vocabulary

Adjectives to describe personality

1 Circle the correct adjectives.

- Liam is a **helpful** / **talented** boy – he always helps with the housework.
- My mum's so **funny** / **generous** – she always makes me laugh.
- My grandpa never got angry – he was a very **calm** / **generous** person.
- Everybody has to wait for things sometimes, but it isn't easy to be **patient** / **honest**.
- Lola is a **talented** / **positive** person – she always believes good things will happen.
- Sensitive** / **Sensible** people don't do silly, dangerous things. They think before they act.

2 Complete the text with the adjectives.

honest generous positive talented calm sensitive



This is my cousin, Kara. I think she's great. She's a really ¹ _____ cook and wants to become a chef in the future. She's got lovely clothes, and she often lends them to me – she's very ² _____. Kara is also very ³ _____ – she understands how other people are feeling. I often talk to her when I've got a problem. After talking to Kara, I feel ⁴ _____ and I'm not worried any more. Kara has always given me good advice. She says it's important to be ⁵ _____ and always tell the truth. She also helps me see the good side of things – she's the most ⁶ _____ person that I know!

3a Complete the dialogue with words from 1 and 2.

- Ethan** Hi, Ali. Look – I'm answering this questionnaire about personality. Do you want to do it with me?
- Ali** Sure, Ethan!
- Ethan** OK, so ... When you have a problem, do you always think carefully about the best solution?
- Ali** Hmm ... Yes, I do. My brother often says I'm too ¹ s _____.
- Ethan** OK. Now, what do you look for in a friend?
- Ali** Hmm ... For me, a good friend should be ² h _____. I hate people who tell lies. And I like friends who are ³ f _____. too – I always like a good laugh!
- Ethan** I agree! Right, next question! Do you think you're ⁴ p _____?
- Ali** No, not really! Because I usually want things quickly! What about you?
- Ethan** I think I am. I don't often get angry – I'm usually quite ⁵ c _____.
- Ali** You are. I can learn a lot from you!

b 1.01 Listen and check.

Everyday English

4 Circle the correct expressions.

- A** Look! That's the new teacher.
B What new teacher?
A **Are you sure?** / **You know.** The new music teacher.
- A** The school trip is tomorrow.
B I'm sorry. **I'm not following you.** / **Come on!** What school trip?
- A** It's too cold to go to the park.
B **You know what?** / **You know.** I think you're right. Let's watch a film instead.
- A** I'm really hungry.
B **Are you sure?** / **Come on!** Let's go to the pizza place round the corner.
- A** That light in the sky is a plane.
B **Come on!** / **Are you sure?** I think it's a star.

Grammar

Present simple vs present continuous

1 Circle the correct verb forms.

- 1 I **like** / 'm **liking** Joe. He's so funny!
- 2 My brother **is doing** / **does** his homework right now.
- 3 **Do** / **Are** you usually help at home?
- 4 My uncle **doesn't** / **isn't** work in a shop.
- 5 Katie **doesn't** / **isn't** singing because she has a sore throat today.
- 6 We **'re needing** / **need** some paint for the art project.
- 7 **Do** / **Are** they having breakfast at the moment?

2 Complete the sentences with the present simple or present continuous form of the verbs.

- 1 Tom plays (play) in a band. He isn't at home tonight because they 're playing (play) in the school concert!
- 2 Olivia _____ (do) her homework right now. She _____ (do) it right after she comes back from school.
- 3 My parents _____ (not cook) breakfast on Sundays. Today is Sunday, so they _____ (not cook) – we're eating in a café instead!
- 4 Freddie and Ben are at the pool. They _____ (swim) right now. They _____ (swim) every Monday.
- 5 It's Friday today, so my sister and I _____ (not watch) TV. We _____ (not watch) TV on Fridays because we always go to the cinema with our friends.

3 Complete the questions with *you* and the present simple or present continuous form of the verbs.

- 1 Do you know (know) all the new vocabulary for the test?
- 2 _____ (do) grammar or vocabulary practice right now?
- 3 _____ (need) more grammar practice?
- 4 _____ (understand) this reading text?
- 5 What _____ (learn) about in English at the moment?
- 6 How often _____ (practise) speaking?



4a Complete the dialogue with the present simple or present continuous form of the verbs.

- Matt** Hi, Ellie. What ¹ are you listening (listen) to?
- Ellie** A podcast called *The Positive Side of Things*.
I ² _____ (love) it. It's so interesting.
You should listen to it too!
- Matt** I'm not sure ... I ³ _____ (not listen) to podcasts very often. What's it about?
- Ellie** Each week a different teenager
⁴ _____ (tell) the interviewer about a problem they had. Usually, I ⁵ _____ (learn) something useful. This week, I ⁶ _____ (learn) about how to be patient.
- Matt** It sounds interesting. But I ⁷ _____ (not think) it's my kind of thing.
- Ellie** Sure, I ⁸ _____ (understand) that.
Anyway, ⁹ _____ you _____ (want) to go to the park? Joe and Emma ¹⁰ _____ (skate) there today. We can go and watch them.
- Matt** Good plan. Let's go!

b 1.02 Listen and check.

5 Complete the sentences so they're true for you. Use the present simple or present continuous.

- 1 Right now, I'm _____.
- 2 I'm not _____.
- 3 I love _____.
- 4 I don't want _____.
- 5 Today, my friend is _____.
- 6 My friend usually _____.

Vocabulary

Jobs



1 Look at the photos. Complete the sentences.

- 1 The s c i e n t i s t is doing an experiment.
- 2 My dad is a p o l i c i e o o u i r.
- 3 This a r t i s is making a sculpture.
- 4 My brother is a n u s e at the city hospital.
- 5 The s a x a n i s is practising for the concert.
- 6 There are six a c t o r s on the stage.

2a Complete the text with *a* or *an* and the words.

politician sportsperson actor charity worker
entrepreneur

My friends and I all want to do different jobs.
When I'm older, I want to be ¹ _____. I'm really good at tennis, volleyball and hockey.
My friend Hugo would like to be ² _____. He wants to help people in need.
Izzy's mum is ³ _____, and she's got three businesses. Izzy plans to help her in the future.
Adam always takes part in the school plays, and he's great – he wants to be ⁴ _____ and be famous one day.
Finally, Sarah hopes to become ⁵ _____ and work for the people of this country. I'll vote for her!

b 1.03 Listen and check.

3 Complete the sentences with words from 1 or 2a in the plural.

- 1 Most musicians can play more than one instrument.
- 2 _____ have to be calm when they help sick people.
- 3 _____ need to be patient when they start their business.
- 4 _____ know how to show different emotions in plays and films.
- 5 _____ have to be careful when they work in a laboratory.

4 Write one name.

A famous musician

A great artist

A successful entrepreneur

A bad actor

A famous scientist

Grammar

Relative pronouns

1 Match the sentence halves.

- 1 ☐ Spanish is a language ...
- 2 ☐ Ed Sheeran is a musician ...
- 3 ☐ Donna Strickland is a Canadian scientist ...
- 4 ☐ MasterChef is a TV show ...
- 5 ☐ This is a website ...
- 6 ☐ That's the teacher ...

- a who told me I should listen more in class.
- b which my dad often watches.
- c who writes his own songs.
- d which I speak fluently.
- e which has information about different jobs.
- f who won the Nobel Prize for her work in 2018.

2 Circle the correct relative pronouns.

- 1 Lucy is the artist **who** / **which** painted this picture.
- 2 Biology is the subject **who** / **that** Zack finds the most difficult.
- 3 Pinocchio is the story **which** / **who** I loved the most when I was younger.
- 4 Usain Bolt is a sportsperson **which** / **who** has won eight Olympic gold medals.
- 5 Tennis is a sport **that** / **who** I'd like to learn.
- 6 That's the politician **which** / **who** won the election.

3 Complete the questions with *who* or *which*.

- 1 What's the name of the writer _____ wrote *Romeo and Juliet*? William Shakespeare or Charles Dickens?
- 2 What's the sport _____ they play at Wimbledon? Volleyball or tennis?
- 3 What's the name of the artist _____ painted *Sunflowers*? Vincent Van Gogh or Frida Kahlo?
- 4 What do you call a doctor _____ looks after animals? A veteran or a veterinarian?
- 5 What's the name of the country _____ lies south of the US? Canada or Mexico?

4a Complete the text with *who* or *which*.



Jessica Watson

Jessica Watson is an Australian sailor ¹ _____ sailed around the world solo. And she did it when she was only 16. She's the youngest person ever to do this!

Jessica sailed on a boat ² _____ she named *Ella's Pink Lady*. She left Australia in October 2009 and returned in May 2010, after 210 days at sea.

In 2011, Jessica wrote a book ³ _____ tells the story of her adventure. It's called *True Spirit*. There's also a 2023 film ⁴ _____ has the same name. The actor ⁵ _____ plays Jessica in the film is Teagan Croft.

b 1.04 Listen and check.

5 Complete the sentences so they're true for you.

- 1 A book _____ I'm reading at the moment is _____.
- 2 A friend _____ always listens to me is _____.
- 3 A job _____ I'd really like to try one day is _____.
- 4 A famous person _____ lives in my country is _____.

Skills Listening and speaking

Congratulating and encouraging

1a Read the glossary. Complete the sentences with the words.

character (n) a person in a book, play or film
perform (v) act, sing, dance, etc. for other people
performance (n) the action of acting, singing, dancing, etc. for other people

- Will you _____ a song for us?
- Alice is the main _____ in the book *Alice in Wonderland*.
- Her _____ tonight was the best ever. She sang beautifully.

b 1.05 Listen and check.

2a 1.06 Listen to the conversation. Complete the sentences with *Carla* or *Dan*.



- _____ congratulates _____ and reacts to good news.
- _____ offers encouragement to _____.

b 1.07 Listen again. Circle T (True) or F (False).

- Carla is going to be in her school play. T / F
- Dan didn't like the film of *Alice in Wonderland*. T / F
- Carla got the good news today. T / F
- Dan feels calm about his performance. T / F
- Carla will go to see Dan perform tomorrow. T / F

c 1.08 Listen again. Answer the questions.

- Which character will Carla be in the school play?

- Who told Carla the good news? _____
- What instrument is Dan going to play? _____
- How does Carla think Dan will feel when he performs?



3a Complete each expression with one word.

- I don't believe it!
- That's f_____ news!
- That's a _____.
- You really d_____ it.
- No p_____.
- You're really g_____ at the guitar.
- Of course you can d_____ it.
- You'll be g_____.
- There's no need to w_____.

b 1.09 Listen and check.

4 Circle the correct expressions.

- A I got 100% in the history test last week!
B That's fantastic news. / No problem.
- A I'm worried about the French exam.
B That's amazing. / There's no need to worry. You've studied a lot.
- A I'm nervous. We're playing against a good team tomorrow!
B No problem. I don't believe it! / You'll be great!
- A I won the art competition.
B You really deserve it. / No problem. You worked hard!

5 Complete the dialogue.

- Jenna** Guess what, Dad? I won the poetry competition!
- Dad** I ¹ _____ believe it, Jenna! Congratulations! Your poem is brilliant, so you ² _____ deserve it.
- Jenna** Thanks, Dad. I'm excited! But I'm nervous too. Next week, I have to perform my poem in front of the class! I'm not sure I can do it.
- Dad** Of ³ _____ you can do it. You'll ⁴ _____ great.
- Jenna** Thanks. I just don't want to get nervous and forget the words.
- Dad** You're ⁵ _____ good at speaking in front of the class. There's no ⁶ _____ to worry. Would you like me to help you practise?
- Jenna** Yes, that would be great. Thanks, Dad!

1a Read the article. Complete the sentence.

Mikaila Ulmer's company makes _____ with _____ in it.



Mikaila Ulmer and the bees



Mikaila Ulmer is one of the youngest entrepreneurs in the United States. Her successful company is called Me & the Bees. They make delicious lemonade from a very special ¹recipe.

Mikaila started her business in 2009 when she was only 4 years old. It began with a business competition for children. Mikaila wanted to enter the competition, but she didn't have an idea for a business. Then, Mikaila got two bee ²stings in one week! That experience made her scared of bees. Mikaila's parents didn't want that, so they asked her to read about bees and understand them.

Mikaila did some research on honeybees and learnt that they are very important to our planet. She also learnt that they are ³dying out. That's why she decided to start a business which helps the bees.

Mikaila took a recipe for lemonade and added honey instead of some of the sugar. The recipe came from her great-grandmother Helen, and she got her honey from ⁴beekeepers in her area. She started selling the

lemonade outside her home. From the start, she gave 10% of her ⁵profit to organisations which help honeybees. Everyone loved the lemonade and wanted more!

Soon, a local pizza restaurant asked Mikaila to sell them her lemonade. Then in 2014, Mikaila began selling her lemonade to a famous American supermarket. After that, she went on a TV show called *Shark Tank* to try to get more money for her business. She succeeded!

Today, shops in every part of the US sell Mikaila's lemonade, and her company has made a lot of money. In 2021, Mikaila wrote a book called *Bee Fearless* about her experiences. She hopes other young entrepreneurs will read it and feel that they can succeed too!



Options

Basic text

Enriched text



b 1.10 Read the article again and listen. How many of these tasks can you do?

- 1 Mikaila started selling lemonade when she was 4. T / F
- 2 Mikaila has always loved bees. T / F
- 3 Mikaila's parents told her to research bees. T / F
- 4 Mikaila learnt that bees are very _____ for the world.
- 5 Mikaila added honey to her _____'s recipe for lemonade.
- 6 The first place that Mikaila sold lemonade was _____.
- 7 How does Mikaila's company help bees? _____
- 8 Why did Mikaila appear on television? _____
- 9 Who does Mikaila want to read her book? _____

2 Match the underlined words in the article with their meanings.

- a ☐ people who look after bees and collect their honey
- b ☐ painful holes in the skin made by a bee
- c ☐ stopping existing (for a kind of animal)
- d ☐ money made selling something for more than you paid for it
- e ☐ a list of instructions that tell you how to make food or drinks

3 Imagine you're going to interview Mikaila. Write two questions to ask her.

- 1 _____
- 2 _____

Skills Writing

A profile of a person

1a Read the profile. What's Daniel's job? _____

Profile – my cousin Daniel

- 1 My family are talented in different ways. One of them became a successful magician when he was a teenager!
- 2 My cousin Daniel was born in Cardiff, Wales in 2004. Today, he's a magician who performs all over Cardiff and at festivals around the UK.
- 3 When Daniel was 6, his parents took him to the theatre to see a famous magician. Daniel loved the performance. He became interested in doing magic tricks. In 2012, at the age of 8, Daniel started going to magic lessons after school. He learnt lots of tricks very quickly. In the same year, he began to perform for his classmates in the school playground. He also did magic tricks at family

birthday parties. Two years later, Daniel performed at the school end-of-year show. Everyone loved him! In 2017, when he was 13, he started a business doing magic at children's parties. When he became popular, his mum helped him create his own website, and he hasn't stopped working since then!

- 4 I think Daniel is an amazing person because he followed his dream. Now, he does what he loves, makes people happy, and makes money at the same time.



b Read the profile of Daniel again. Number the items in the order they appear in the profile.

- a ☐ He launched his website.
- b ☐ He was in the school show.
- c ☐ He started taking magic lessons.
- d ☐ He became interested in magic.
- e ☐ He started to perform at children's parties.
- f ☐ He saw a famous magician at the theatre.
- g ☐ He started to do magic tricks for his classmates.

2 Match the paragraphs in the profile with the headings.

- a ☐ What did Daniel do?
- b ☐ Why is Daniel amazing?
- c ☐ Introduction
- d ☐ Who is Daniel?

3 Correct the underlined mistakes.

- 1 Daniel was born at 2004. in
- 2 With the age of 8, Daniel started going to magic lessons. _____
- 3 At the same year, he began to perform for his classmates at school. _____
- 4 On 2017, my cousin began to perform at children's parties. _____

Options

4 Choose **A** or **B**.

A Write a profile of someone in your family (80–100 words). Interview him/her before you start writing. Ask about:

- when and where he/she was born.
- important achievements in his/her life so far.

B Do some research about an amazing person from your country. Write a profile (120–150 words).

Remember to ...

- ☐ use the profile of Daniel as a model.
- ☐ organise your ideas into paragraphs.
- ☐ use some of the phrases from 3.

Words and phrases

Adjectives to describe personality **SB p. 14**

calm	She's calm in difficult situations.	
funny	He's funny, so people usually like him.	
generous	Dad is generous and often buys people gifts.	
helpful	My brother is helpful to everyone except me.	
honest	She's an honest person who never lies.	
patient	I'm usually patient with my little sister.	
positive	I love being with positive people.	
sensible	He's sensible and won't do anything dangerous.	
sensitive	My mum is very sensitive and never upsets people.	
talented	My grandad was talented at music.	

Everyday English **SB p. 15**

Are you sure?	
Come on!	
I'm not following you.	
You know.	
You know what?	

Jobs **SB p. 17**

actor	She's a famous actor who is on TV every day.	
artist	The artist painted a lot of pictures of fruit.	
charity worker	She helps a lot of people in her job as a charity worker.	
entrepreneur	You need a great business idea to be an entrepreneur.	
musician	Most musicians really love their work!	
nurse	He's a nurse at the city hospital.	
police officer	I think the job of a police officer is difficult.	
politician	Politicians need to be good at talking.	
scientist	Scientists say you need to get seven hours' sleep.	
sportsperson	You need to be talented and lucky to be a sportsperson.	

Congratulating and encouraging **SB p. 19**

I don't believe it!	
That's amazing.	
That's fantastic news.	
You really deserve it.	
No problem.	
Of course you can do it.	
There's no need to worry.	
You'll be great.	
You're really good at (singing).	

2

Into the unknown

Vocabulary

A road trip

1 Complete the phrases.

- 1 g o on a road trip
- 2 r u out of petrol
- 3 a e a break
- 4 l p in a motel
- 5 s u the sights
- 6 t p for something to eat
- 7 e lost
- 8 f u l up the car

2 Complete the sentences with phrases from 1.

- 1 I'm hungry now. Can we _____?
- 2 I think we _____. I don't know how to get to the next village.
- 3 I want to _____ this summer. Driving is fun!
- 4 I haven't got a hotel reservation for tonight and it's getting dark. Let's _____.
- 5 If you're tired and need to _____, we can stop at the next town.
- 6 The car isn't working. Look – we've _____.
- 7 We're going to drive across the US and _____, for example, the Grand Canyon and the Golden Gate Bridge.

3 Complete the tips with phrases from 1.

- 1 Are you ready to _____? Here are a few ideas to make your trip comfortable.
- 2 Don't forget to _____ before you leave. There might not be many petrol stations in the countryside, so it's better to start with a full tank!
- 3 When you're tired, remember to _____ and rest. It's also important to get some food on the road. Remember to _____ at a café nearby.
- 4 Make sure you leave time to _____ on your road trip. Take a guidebook with you or use an app to find interesting places to visit.



Broadway Tower

4a Correct the underlined phrases in the dialogue.

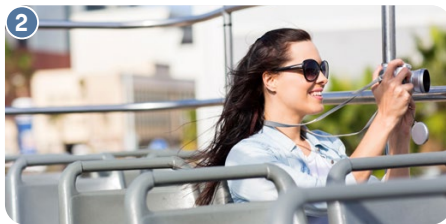
- Josh** Mum, I'm excited about our road trip to the Cotswolds! What are we going to do first?
- Mum** Well, first we have to ¹fill the car at the petrol station. I don't want to ²run from petrol while we're on the road!
- Josh** Then we'll be ready to start our trip, right?
- Mum** Yep! We're going to drive through the countryside and ³watch the sights. Our first stop will be in a village called Broadway. We can ⁴make a break there and visit the Broadway Tower.
- Josh** Can we climb it?
- Mum** Of course! There'll be amazing views of the countryside from the top! Then we'll get back on the road and see some pretty villages. Later, we'll ⁵stop at something to eat at Chipping Norton. Maybe some afternoon tea.
- Josh** Yummy!

- 1 fill up the car
- 2 _____
- 3 _____
- 4 _____
- 5 _____

b 2.01 Listen and check.

Grammar

Past continuous



1 Look at the photos. Complete the sentences with *was*, *were*, *wasn't* or *weren't*.

- Sarah's dad _____ doing exercise.
He _____ filling up the car.
- I _____ shopping. I _____ seeing the sights.
- Tom and his family _____ sleeping. They _____ having breakfast.
- Ian _____ studying for his exams.
He _____ playing tennis.
- My friend and I _____ listening to music. We _____ riding our bikes.
- My sister _____ taking a break.
She _____ working.

2 Complete the sentences with the past continuous form of the verbs.

- Yesterday evening, Mo was eating (eat) dinner with his friends.
- This morning, my family and I _____ (get) ready for our road trip.
- I _____ (not swim) in the pool, I was in the changing room.
- How _____ William _____ (feel) last night?
- At 3 o'clock, we _____ (look) around the museum.
- My mum _____ (not work) in her office on Saturday morning.
- The sun _____ (shine). It was a beautiful day.

3a Complete the questions and answers in the mini-dialogues. Use the past continuous form of the verbs.

- A I called you at six yesterday evening.
What / you / do?
What were you doing?

B I / finish / my maths project

- A Who / your mum / talk to / this afternoon?

B She / speak / to the motel manager

- A It smelled amazing in here yesterday evening!
What / you and Ali / cook?

B We / make / pizzas

- A I saw your brother on the street this morning.
Where / he / go?

B He / go / to a café
_____ to meet a friend.

b 2.02 Listen and check.

4 What was happening at 5 p.m. yesterday? Write sentences.

- You: I was _____
- A friend: _____
- Someone in your family: _____

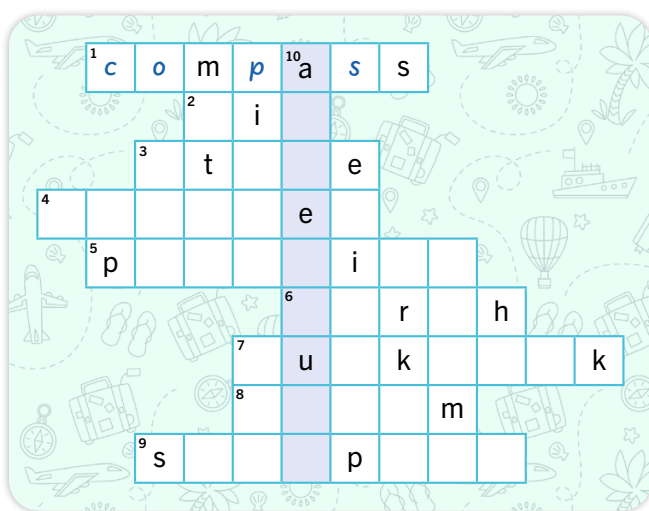
Vocabulary

An adventure

1 Complete the puzzle. What's word number 10?

- 1 This object shows where North is.
- 2 When someone is hurt, you get the first ... kit.
- 3 You can cook food on this.
- 4 They're very small sticks. You use them to light a fire.
- 5 It's small. You use it to cut things.
- 6 This small light helps you see when it's dark.
- 7 You carry this bag on your back.
- 8 You put on sun ... to protect your skin.
- 9 You go to bed in a ... bag when you are camping.

Word number 10 is _____.



2 Complete the sentences with the words.

map sun cream stove inflatable mattress tent

- 1 It's important to wear _____ on hot and sunny days.
- 2 We need to fill the _____ with air before we can sleep on it.
- 3 I think we're lost. Let's take a look at the _____.
- 4 I love sleeping in a _____. It isn't as comfortable as home, but it's fun!
- 5 It's time for lunch! Let's cook some pasta on the _____.

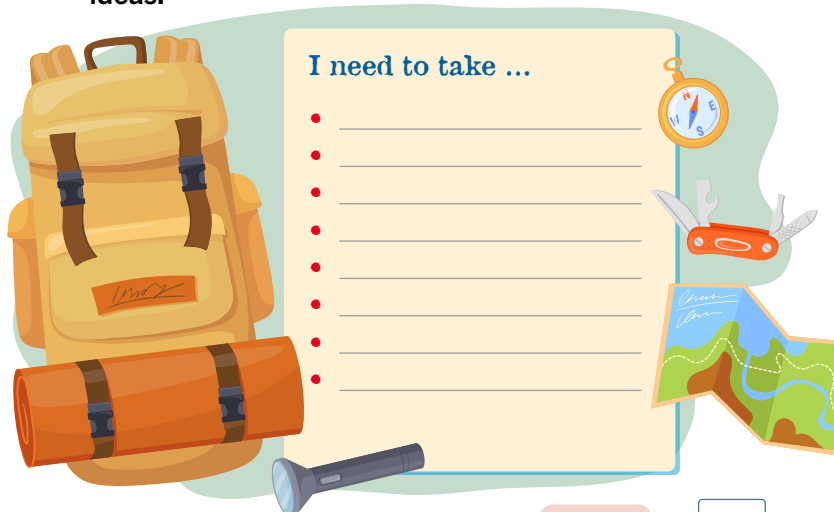


3a Complete the dialogue with words from 1 and 2.

- Max** Good morning, Nina! Which one is your ¹ _____?
- Nina** Hey, Max! Look, it's that one, over there. I'm staying in it with Emma and Kim.
- Max** Cool! So, how did you sleep last night?
- Nina** I slept very well! My ² _____ is really warm, and my ³ _____ is so comfortable.
- Max** Oh, I haven't got one, so I slept on the ground. Now my back hurts! Also, Ben and I heard some noises in the middle of the night. It was dark, so we used my ⁴ _____ to see what was happening. But we didn't see anything.
- Nina** It was probably an animal ... Anyway, we have to get ready for the hike! Have you got any ⁵ _____? The sun is really strong today and I forgot to bring some.
- Max** Sure. It's in my ⁶ _____. That was the first thing I put in it when I was packing!
- Nina** Good thinking!

b 2.03 Listen and check.

4 Imagine you're packing your rucksack for a weekend camping trip. Write a list of the things you need. Use words from 1 and 2 and your own ideas.



Grammar

Past continuous vs past simple; *when/while*

1 Read the sentences. Circle *when* and *while* if they are possible.

- Eva was swimming in the lake when / while she saw a beautiful swan!
- I unpacked my rucksack when / while my dad was putting up the tent.
- Sam was walking back to his tent **when** / **while** his torch ran out of batteries.
- It started to rain **when** / **while** we were putting up our tents.
- Carla lost her penknife **when** / **while** she was hiking in the mountains.
- I was cooking lunch **when** / **while** I cut my finger with a penknife.

2a Complete the text with the past continuous or past simple form of the verbs.



Last weekend, I went on a school camping trip to the forest. I had a great time, but the first night was a little scary! After we put up our tents, we built a fire. While we were cooking our dinner, it suddenly ¹ _____ (get) dark. Later, while we ² _____ (sit) by the fire, we sang songs, and I ³ _____ (play) the guitar. At 10 o'clock we went to our tents. My friend Ana and I ⁴ _____ (tell) horror stories in our tent when it suddenly started to move. I was scared, but it was only the wind! Luckily, the tent didn't fall down. In about an hour, the wind stopped. Then, while we were trying to go to sleep, we ⁵ _____ (hear) some noises. Ana quickly went outside to see what the noises were. I ⁶ _____ (get) out of my sleeping bag when she said, "It's just bats. They're flying over our tent!"

b 2.04 Listen and check.

3 Write sentences with *when* or *while* and the past continuous or past simple form of the verbs.

- we / arrive / at the campsite
Everyone was sleeping when we arrived at the campsite.
- I / sleep
_____ the wind blew my tent down.
- we / walk / in the forest
We found a rucksack _____.
- she / drop / her camera
Meera was standing on the bridge _____ into the river.
- we / get back / to the tent
_____, the other students were telling stories around the fire.

4 Complete the sentences with the correct verbs in the past continuous or past simple.

- My mum and I _____ were making sandwiches when my friends arrived for my birthday party. (arrive / make)
- My dad _____ a photo of us while my friends and I _____ video games. (take / play)
- We _____ to music when my mum _____ it was time to cut the cake. (listen / say)
- I _____ my present when my grandparents _____ me. (open / phone)
- While my friends _____ the birthday song, I _____ out all the candles. (sing / blow)



Skills Listening and speaking

Giving and following instructions

1a 2.05 Look at the photos. Put the steps for putting up a tent in order, 1–3. Then listen and check.



b 2.06 Listen again. Number the steps in the order you hear them.

- a ☐ Put the tent on the groundsheet.
- b ☐ Attach the tent to the poles.
- c ☐ Put the groundsheet on the ground.
- d ☐ Pull the four corners of the tent out as far as possible.
- e ☐ Put the poles together.
- f ☐ Use the hammer to put in a peg at each corner of the tent.
- g ☐ Get the hammer and the tent pegs.

c 2.07 Listen again. Circle the words you hear.

- 1 **First** / **Final** of all, we have to ...
- 2 **Give** / **Go** and get it, please.
- 3 **Once** / **One** the groundsheet is ...
- 4 **Never** / **Next**, we need to ...
- 5 And **after** / **also** that, we have to ...
- 6 **Play** / **Pass** me the poles, please.
- 7 I **see** / **say**.

2a Complete the dialogue with the words.

What's need all that be I

Sophie How do you fly a kite, Miles?

Miles First of ¹ _____, you need to check your flying space. Your kite needs a lot of space to move around.

Sophie OK. ² _____ next?

Miles Next, you ³ _____ to hold your kite and stand with your back to the wind. After ⁴ _____, you need to pull on the line as your kite goes up into the sky.

Sophie ⁵ _____ see.

Miles It can be dangerous when the kite is too high up in the air, so ⁶ _____ careful.

Sophie OK.

b 2.08 Listen and check.

3 Look at the picture. Write a dialogue about how to pack a rucksack. Use some of the phrases from **1c**.



A *First of all, you need to ...*

B *What's ...*



1a Read the article. Complete the sentences with the numbers.

3,785
1,700
2,500

- 1 Anna ran with more than _____ people.
- 2 Anna ran about _____ kilometres.
- 3 About _____ young women listened to Anna's talks.

A JOURNEY ACROSS BRITAIN ... WITH NO SHOES ON!

A lot of people run long distances, but not many do it without shoes! Meet British adventurer, speaker and author Anna McNuff. In 2019, she ran about 3,785 kilometres across Britain – that's the same as doing 90 marathons! And yes, she did this ¹barefoot.

Anna's adventure began in June in the north of Scotland. It finished in London five months later. Why did Anna choose this challenge? She wanted to show young women that they can do things which look impossible.

It took Anna 18 months to prepare for her challenge. Anna needed to learn how to run without ²footwear, so her

coach showed her some exercises.

During her training, Anna ran barefoot and in special socks. Every week, she ³increased the distance she ran. At the end of her training, Anna's feet were much stronger, and she was ready for her challenge.

Anna spent 168 days on the road and ran about 32 kilometres a day. Her route covered parts of Scotland, Northern Ireland, the Channel Islands and the South Coast. More than 2,500 people ran with her on different parts of her journey. They enjoyed taking part in her adventure, even for a short distance.

Did Anna run with a big rucksack? Of course not. She only carried a small light bag of ⁴essentials. When she needed accommodation for the night, lots of people were happy to offer their homes. And when there wasn't a place to sleep indoors, she camped!

During her journey, Anna McNuff visited 143 towns, and she gave talks to about 1,700 young women. Anna completed her challenge on 17th November 2019. She had injuries on her feet, so they were really ⁵sore. Anna really needed a rest, but it was all worth it!

Options

Basic text

Enriched text



b 2.09 Read the article again and listen. How many of these tasks can you do?

- 1 Anna started her journey in London. T / F
- 2 Anna wants young women to believe that they can do difficult things. T / F
- 3 Anna trained for her challenge for a year. T / F
- 4 A _____ helped Anna prepare for her challenge.
- 5 Anna sometimes wore _____ during her training.
- 6 Every day on her journey, Anna ran a distance of about _____.
- 7 What did Anna carry on her journey?

- 8 Why did Anna sometimes camp on her journey?

- 9 How did Anna feel at the end of her journey?

2 Look at the underlined words in the article. Circle the correct words in the meanings.

- 1 not wearing shoes or jeans / socks
- 2 things that you wear on your head / feet
- 3 made it longer / shorter
- 4 things that we need / don't need
- 5 dirty / hurting

3 Answer the questions with your ideas.

- 1 What do you think of Anna's idea of running barefoot?

- 2 How do you think Anna felt when she started her journey?

- 3 What do you think Anna learnt from this journey?

Skills Writing

A story

- 1 Read the beginning of a story. What did the family leave at home? _____

1 On Friday morning, ¹ my family and I got up early. We were all excited to go camping by the beach and spend a few days relaxing together. When we were packing the car, Mum said, ² "It'll take us four hours to get there!" But on that point, she was wrong.

2 Mum was driving ³ calmly, and ⁴ we were all listening to music when the car started to make a strange noise. "I think there's something wrong with the car," Mum said. Suddenly, the car stopped completely. Luckily, there was a garage by the side of the road! We got out of the car and pushed it into the garage. It wasn't a serious problem, and the mechanic fixed our car, but it took a few hours.

3 It was getting dark when we arrived at the campsite. ⁵ The sun was going down over the sea. It was late, and we were ⁶ tired. While Dad was cooking, my brother and I helped Mum put up the tent. We were getting ready to go to bed when my brother asked, "Where are our sleeping bags?" "Oh no!" Dad said. "I think we left them at home ..."

- 2 Read again. Match the questions with the answers.

- 1 ☐ WHO is the story about?
- 2 ☐ WHAT are they doing?
- 3 ☐ WHERE are they going?
- 4 ☐ WHY are they going there?
- 5 ☐ WHEN does the action take place?

- a To relax together.
- b On Friday morning, afternoon and evening.
- c To a campsite by the beach.
- d They're going on a camping holiday.
- e The narrator and his family.

- 3 Match the underlined parts of the story with a–f.

- a ☐ past simple for describing an action
- b ☐ a past event interrupting a longer past action
- c ☐ past continuous for setting the scene
- d ☐ direct speech
- e ☐ an adjective
- f ☐ an adverb

Options

- 4 Choose A or B.

- A Look at the picture. Write the beginning of the story (80–100 words). Include two paragraphs. Start your paragraphs with the sentences below.



It was a sunny morning, so Benji and Holly decided to go cycling.

The friends were cycling back home when suddenly the sky got dark.

- B Look at the picture. Write the beginning of the story (120–150 words). Include three paragraphs.



Remember to ...

- ☐ use the story from 1a as a model.
- ☐ answer the questions from 2 for your story.
- ☐ organise your story into paragraphs.
- ☐ use the types of language for stories from 3.

Words and phrases

A road trip SB p. 27

be lost	Unfortunately, we were lost.	
fill up the car	Dad filled up the car with petrol.	
go on a road trip	We went on a road trip across the country.	
run out of petrol	We ran out of petrol on a country road.	
see the sights	We saw the sights along the way.	
sleep in a motel	Mum didn't want to sleep in a motel.	
stop for something to eat	We stopped for something to eat at lunchtime.	
take a break	Dad was tired, so we took a break.	

An adventure SB p. 29

compass	Do you know how to use a compass?	
first aid kit	Get the first aid kit quickly!	
inflatable mattress	This inflatable mattress needs more air in it!	
map	Mum bought a map of the local area.	
matches	Have you got the matches to light the fire?	
penknife	Use your penknife to cut the bread.	
rucksack	My rucksack is too heavy to carry.	
sleeping bag	My sleeping bag is the big purple one.	
stove	Let's cook these sausages on the stove.	
sun cream	I need to put some sun cream on my neck.	
tent	I'm sleeping in that small orange tent there.	
torch	We need a torch to see in the woods.	

Giving and following instructions SB p. 31

First of all, (find a good place for a fire).	
Next, (we need to find some wood for the fire).	
After that, (we need to find the matches).	
And once they're (burning, add more wood).	
Go and (get some water from the river).	
Now we (put the water in the pan).	
Pass me (that pan).	
Be careful.	
I see.	
Now what?	
What's next?	