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SURE

**Student's
Book**

Beginner

- **Accuracy & fluency** focus
- **Communication** videos
- **Cloud Book** on e ZONE



Module 3 A day in the life

Grammar

- present simple
- question words
- adverbs of frequency
- verb + -ing

Functions

- talking about daily life
- talking about interests
- talking about frequency
- talking about free time

Vocabulary & Word expander

- telling the time
- subjects & interests
- musical instruments
- *make / do*
- jobs
- free-time activities
- time expressions

Communication & fluency

- making arrangements
- buying tickets
- likes & dislikes
- asking for & expressing opinions

[Bonus grammar]

- *a, an, the*



A1 start

A1 lower

A1 progress

A1 high

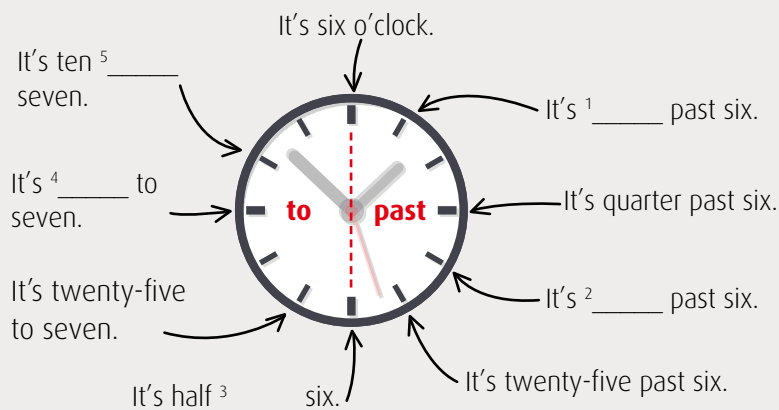
A1 / A2

A2 start

Sure start

Vocabulary

1a TELLING THE TIME CD2.03 Complete the times.
Then listen and check.



1b CD2.04 Listen and repeat.

- 'What's the time?'
- 'It's half past five.'

WORD EXPANDER

a.m.
p.m.

It's 9 a.m. It's the morning.
It's 9 p.m. It's the evening.

2 SPEAKING Work in pairs. Ask and answer about the times below.



3a LISTENING CD2.05 Listen and complete Rob's routine.

① I get up at _____

② I have breakfast at _____

③ I leave home at _____

④ My classes start at _____

⑤ I have lunch at _____

⑥ I finish college at _____

⑦ I do my homework at _____

⑧ I have dinner at _____

⑨ I go to bed at _____

3b SPEAKING Work in pairs.
Tell your partner about your routine.

- I get up at 6.30 in the morning.

GRAMMAR	present simple positive & negative
FUNCTIONS	talking about daily life
VOCABULARY	subjects & interests

Vocabulary

1 **SUBJECTS & INTERESTS** CD2.06 Match the words with the pictures. Then listen and check.

- | | |
|---------------------------------------|------------------------------------|
| ☐ science | ☐ drama |
| ☐ music | ☐ books |
| ☐ photography | ☐ languages |
| ☐ maths | ☐ computers |
| ☐ nature | ☐ dance |
| ☐ art & design | ☐ sport |



Comprehension

2a **WARM UP** Read the article quickly and underline seven subjects.

2b Tick (✓) the two main topics of the article.

- | | |
|--|------------------------------------|
| ☐ a town | ☐ a college |
| ☐ daily routine | ☐ a journey |

3 CD2.07 Read and listen to the article. Write the times for these activities.

- Nicki gets up at _____ a.m.
- Nicki has lunch at _____ p.m.
- Nicki gets home at _____ p.m.
- Donna gets up at _____ a.m.
- Donna gets home at _____ p.m.
- Nathan has lunch at _____ p.m.

4 **READING** Read the article again and write the names.

- _____ cycles to college.
- _____ studies drama, music and dance.
- _____ has a long journey to college.
- _____ goes to extra classes after 4.30 p.m.
- _____ cooks dinner in the evening.
- _____ eats at 8 p.m.

Talking about daily life

5a Study the rules. Find and underline the examples below in the article.

Present simple positive & negative

★ Use the present simple to talk about daily life.

Positive

My lessons finish at 4.30 p.m.

I go to extra music and drama classes.

★ Add -s to the verb after *he / she / it*.

My journey to college takes an hour.

She cycles to college.

We study maths.

NB *have* → *has*

He has lunch at 1 p.m.

Negative

★ Use *do not (don't)* or *does not (doesn't)* for negatives.

I, you, we, they don't cycle

he, she, it doesn't cycle

I don't live in Croydon.

He doesn't take a bus or a train.

➔ **GRAMMAR HUB** p60

5b Underline more examples in the article.

6 Choose the correct words to complete the sentences.

- My friend and I *study / studies* German at college.
- He *doesn't / don't* read books, he only *read / reads* magazines.
- The guitar lesson *start / starts* at 5.00 p.m.
- The children *play / plays* football after lunch.
- Your brother *like / likes* drama.
- I *doesn't / don't* drink tea, but I *love / loves* coffee.

7 **LISTENING** CD2.08 Listen to Corey's daily routine and put the activities in order.

- | | |
|---|---------------------------------------|
| ☐ meet friends | ☐ go home |
| ☐ go to a comedy club | ☐ start work |
| ☐ look for jobs online | ☐ drink coffee |
| ☐ get up | |

8a **SPEAKING** Work in pairs. Tell your partner about your life.

8b Tell the class about your partner's life.

Anna gets up at...



24

HOURS



This week, a day in the life of Nicki Fox

I'm a student at the *Brit School* in Croydon, South London. It's a specialist school for music, dance and drama. It's brilliant for people interested in the arts.

I don't live in Croydon. My journey to college takes an hour so I get up early at 6.15. It's hard! I leave home at 7.15 and take the train to Croydon. (I sleep on the train, of course!) Classes start at 8.30.

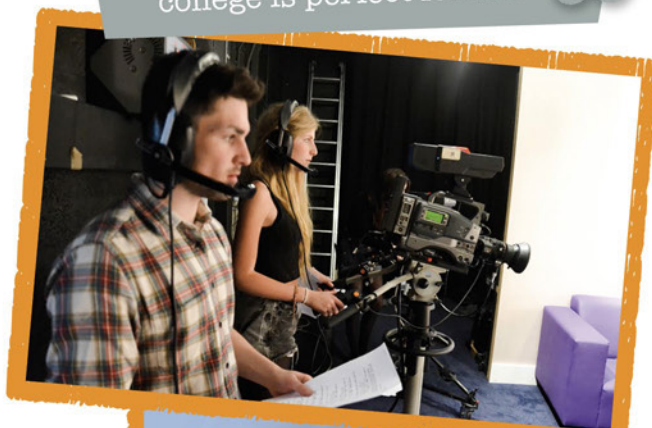
We study normal subjects like maths, English, geography and science, but we also dance, sing and act! We have lunch in the canteen at 12.30. My lessons finish at 4.30, but I don't go home. I go to extra music and drama classes. I get home at 7.30 and I have dinner at about 8.

My best friend Donna's day is quite different. She goes to a college near her home. So she gets up at 7.30, leaves home at 8.15 and cycles to college. She gets home at about 4.30.

My brother Nathan studies at university. He lives on the university campus so he doesn't take a bus or a train. In fact, he gets up at about 8.30 and walks to his classes. He has lunch at 1 and cooks his own dinner in the evening. He doesn't eat at a fixed time. And he goes to bed very late. What a life!

But the *Brit School* is the best. I love this place!

I've got a dream to be a pop star or an actor. So my college is perfect for me.



Check out these famous ex-students from the *Brit School*!

Adele

Jessie J

THE KOOKS

Imogen Heap

Amy Winehouse

...and many more!

GRAMMAR	present simple questions & short answers
FUNCTIONS	talking about interests
VOCABULARY	musical instruments

Vocabulary

1a MUSICAL INSTRUMENTS CD2.09 Match the words with the photos. Then listen and check.

- | | | |
|------------------------------------|----------------------------------|-----------------------------------|
| ☐ piano | ☐ guitar | ☐ drums |
| ☐ flute | ☐ trumpet | ☐ clarinet |
| ☐ keyboards | ☐ violin | |



1b SPEAKING Work in groups. One person mimes playing a musical instrument. Can you guess what it is?

Comprehension

2 WARM UP Look at the photo on page 59 and answer the questions.

Who is in the photos? | Where are they? |
What has Holly got?

3 CD2.10 Listen and read the dialogue. Circle T (True) or F (False).

- Annie is in a band in Canada. T / F
- Leo spends a lot of time on the computer. T / F
- Leo is very good at singing. T / F
- Mark is Holly's uncle. T / F
- Mark films people at weddings and parties. T / F
- Mark and Annie don't make money. T / F

4 Read the dialogue again. Make notes about Leo's, Annie's and Holly's interests.

Leo plays computer games...

Annie...

Holly...

5 Read Word Expander and find one phrase with *make* and one with *do* in the dialogue.

WORD EXPANDER

make
do

make a pizza, coffee, money, a noise

do my project, your homework, things, the cleaning

Talking about interests

6a Study the rules. Find and underline the examples below in the dialogue.

Present simple questions & short answers

- ★ Use *do* and *does* for questions and short answers.
- ★ Use *do* with *I/you/we/they*.
What *do you do* in your free time?
Do you play a musical instrument?
Yes, *I do*. / No, *I don't*.
- ★ Use *does* with *he/she/it*.
Does Mark pay you?
Yes, *he does*. / No, *he doesn't*.

➔ GRAMMAR HUB p61

6b Underline more examples in the dialogue.

7a SPEAKING Work in groups. Ask and answer the questions. Ask more questions.

Do you...

play a musical instrument?

have music lessons?

play in a band?

like electronic music?

listen to music at home?

sing?

7b SPEAKING Work in pairs. Think of people in your family. Ask and answer questions with your partner.

Does your brother play a musical instrument?

Yes, he does. He plays the trumpet.

Free time



ANNIE So what do you do in your free time, Leo?

LEO In my free time? Erm, I don't know. I do loads of things. I play computer games, I go running, I chat with friends, I watch TV...

ANNIE Do you watch it online?

LEO You bet! I think I live online! Do you keep in touch with your friends in Canada?

ANNIE Yes, I do. I write a blog and people write their comments. We Skype, too. What other things do you do?

LEO Well, I like music. I play the bass guitar and keyboards.

ANNIE Really? That's so cool!

LEO What about you? Do you play a musical instrument?

ANNIE Yes, I do. I play the electric guitar. I'm in a band in Montreal.

LEO Do you sing?

ANNIE Sure. What about you?

LEO No, I don't. I'm not a great singer!

LEO Hi, Holly.

HOLLY Hi, guys!

ANNIE What's in your bag?

HOLLY It's my cousin's camera and stuff. Mark films weddings and parties for people.

ANNIE Why have you got his bag? Do you help him?

HOLLY Yes, I do.

LEO Do you go to lots of weddings? That's boring!

HOLLY No way! It's fun. And the brilliant thing is, people pay for the videos and Mark makes a lot of money.

ANNIE Erm... Does Mark pay you?

HOLLY Yes, he does.

LEO That's great! Hey, Annie, maybe it isn't boring after all!

SMALL TALK

You bet!

guys

That's great!

Present simple positive & negative

1 Study the tables and the rules.

POSITIVE	
FULL FORM	
I/You	work.
He/She/It	works.
We/You/They	work.

NEGATIVE		
FULL FORM		
I/You	do	not work.
He/She/It	does	
We/You/They	do	
SHORT FORM		
I/You don't work.		
He/She/It doesn't work.		
We/You/They don't work.		

- ★ For the third person (*he, she* or *it*) of some verbs, change the spelling.
go → *goes*
wash → *washes*
- ★ Verbs ending in *-ss, -ch, -sh, -x* and *-o* add *-es*
study → *studies*
fly → *flies*

➔ Grammar reference p171

2 Complete the sentences with the positive form of the verbs in brackets.

- My mum works at my college. (work)
- I _____ the keyboards in a band. (play)
- Ruby _____ a blog. (write)
- My uncle _____ TV after work. (watch)
- My sister _____ great pizzas. (cook)
- They _____ to the radio in the morning. (listen)
- My brother _____ history at university. (study)
- The boys _____ dinner at 7.00 p.m.. (have)
- Mark _____ electronic music. (like)
- We _____ fish on Fridays. (eat)

3 Write the sentences in exercise 2 in the negative.

- My mum doesn't work at my college.

4a Complete the text with the correct positive or negative form of these verbs.

share text go (x2) works live listen do meet like study
get up walk play



My typical Saturday

By Ed Tyler

I'm a student

I'm a science student in Manchester. I ¹ don't live with my parents, I ² _____ a big house with Pedro, a Spanish student. On Saturdays we ³ _____ at 10.00 a.m. and we ⁴ _____ to a café for breakfast. After breakfast he ⁵ _____ football with his mates, but I ⁶ _____ my coursework. Boring! I ⁷ _____ my friend Izzy for lunch in town. Izzy ⁸ _____ to college. She ⁹ _____ for a design company. She ¹⁰ _____ her job. After lunch I ¹¹ _____ home through the park. I ¹² _____ in the afternoon. I ¹³ _____ to music and ¹⁴ _____ my friends.

What do you do?

4b LISTENING CD2.11 Listen and check.

SOUND BOX

third person -s

5a CD2.12 Listen to the three verbs.

/s/	/z/	/ɪz/
speaks	tries	teaches

5b Put the verbs into the correct column above.

encourages tells joins wants gets finishes hopes
watches says

5c CD2.13 Listen and check. Then listen and repeat.

6a WRITING What can you guess about your partner's best friend? Write four sentences.

Anna likes salad. She studies at university.
She gets up early. She hates maths.

6b Read your sentences to your partner.

- I think your friend Anna likes salad.
No, that's wrong. She doesn't like salad.
- I think she studies at university.
That's right.

6c Write a paragraph about your partner.

Present simple questions & short answers

7 Study the table and the examples.

QUESTIONS			SHORT ANSWERS
Do	I/you	work?	Yes, I/you do. / No, I/you don't.
Does	he/she/it		Yes, he/she/it does. No, he/she/it doesn't.
Do	we/you/they		Yes, we/you/they do. No, we/you/they don't.

★ Here are some examples..

Do you play a musical instrument? No, I don't.

Does your brother cook? Yes, he does.

Do your friends study a lot? No, they don't.

Does she work in an office? Yes, she does.

➔ Grammar reference p171

8 Write questions and short answers.

- you / play the piano ✓ *Do you play the piano? Yes, I do.*
- your dad / like books? ✗
- your friends / study English? ✓
- we / have an exam today? ✗
- they / live in New York? ✓
- your teacher / speak Italian? ✓
- your sister / eat meat? ✗
- Meg and Jack / write a blog? ✗

9 CD2.14 Complete the dialogue with one word in each gap. Then listen and check.

JAKE ¹ ___ you like this college, Grace?
 GRACE ² ___, I do. It's great. My brother studies here, too.
 JAKE ³ ___ he like it, too?
 GRACE Yes, he ⁴ ___.
 JAKE ⁵ ___ he study English?
 GRACE No, he ⁶ ___. He studies Italian.
 JAKE ⁷ ___ your mum and dad live near here?
 GRACE ⁸ ___, they don't. They live in New York!
 JAKE ⁹ ___ you and your brother miss them?
 GRACE Yes, we ¹⁰ ___. But we talk to them on the phone every weekend.

10a LISTENING CD2.15 Listen to Stella ask these questions. Tick (✓) or cross (X) to complete the table.

Do you...

	Nadia	Daniel
... write a blog?		
... do the cleaning?		
... cycle to college?		
... talk in your sleep?		
... like shopping?		
... play computer games?		

10b SPEAKING Ask and answer the questions in exercise 10a.

Do you write a blog? Yes, I do.

Question words + do / does

11 Study the examples.

Where do they live?

When does the class finish?

Why do you get up at 5.00 a.m.?

Who does Luke sit next to?

Which magazine do you want?

How do you know my name?

What time do you go to bed?

What does your friend do at the weekend?

➔ Grammar reference p172

12a Write the question words.

¹ What time do you get up?

² ___ do you study with?

³ ___ does your family go shopping?

⁴ ___ do you study English?

⁵ ___ things do you have on your desk?

⁶ ___ do you go to bed?

⁷ ___ subject do you like best – maths or science?

⁸ ___ do you get to college?

12b SPEAKING Work in pairs. Ask and answer the questions in exercise 12a. Ask more questions.

12c Write about your partner.

Lola gets up at half past seven.

Communication forum

Making arrangements

CORE PHRASES A1

Making arrangements

Do you want to go to the cinema?
What's on?
Where's it on?
What time does it start?
Let's...

Buying tickets

Customer:

Can I have... ?
How much are the tickets?

Cashier:

Are you students?
Here are your tickets. / Here's your change.

Talking about time

What time is it? It's half past five.
What time's lunch? At one o'clock.

Arranging to see a film

1 **SPEAKING** Work in pairs. Ask and answer the questions.

- What's your favourite film?
- Who are your favourite actors?
- What films do you want to see?

2 DVD | CD2.16 **Watch/Listen to Part 1 and answer the questions.**

- 1 What do Alfie and Tanya want to see at the cinema?
- 2 What type of films does Alfie like?
- 3 What is the name of the cinema?
- 4 When is the film on?
- 5 Where does Alfie want to meet?
- 6 What time does Alfie want to meet?

3 **Listen again and complete the dialogue with the words.**

let's see where's want meet evening on what time

Part 1

ALFIE Hi, Tanya.

TANYA Hey, Alfie. How are things?

ALFIE Good, thanks. Listen. Are you busy this ¹_____?

TANYA No, why?

ALFIE Do you ²_____ to go to the cinema?

TANYA Yeah, why not? What's ³_____?

ALFIE Well, there's the latest *Star Wars* film.

TANYA *Star Wars*?

ALFIE Or *The Bride of Frankenstein*. You know, the original film?

TANYA I love old horror films. ⁴_____ go and see that.

ALFIE Cool!

TANYA ⁵_____ it on?

ALFIE It's on at the Everyman Cinema near you.

TANYA ⁶_____ does it start?

ALFIE It starts at half past seven.

TANYA I have a driving lesson at five thirty but that's fine.

ALFIE Are you sure?

TANYA Yeah, no worries.

ALFIE So let's ⁷_____ outside the cinema at seven o'clock.

TANYA Great. ⁸_____ you later.

ALFIE OK, bye!





Part 2

- ☐ CASHIER OK. Here are your tickets... and here's your £4 change.
- ☒ ALFIE Can I have two tickets for *The Bride of Frankenstein*, please?
- ☐ CASHIER You're welcome. Enjoy the film.
- ☐ ALFIE Thank you.
- ☐ CASHIER Yes, of course.
- ☐ ALFIE Yes, we are. Here's my ID.
- ☐ CASHIER Thanks. Student tickets are £8. So that's £16 in total.
- ☐ ALFIE Great. Here's £20.
- ☐ CASHIER They're £12. Are you students?
- ☐ ALFIE How much are the tickets?
- ☐ TANYA And here's mine.

Buying tickets

4a DVD | CD2.17 **Watch/Listen to Part 2 and answer the questions.**

- 1 How many tickets does Alfie buy?
- 2 How much are the tickets?
- 3 How much change does he get?

4b **Watch/Listen again and put the conversation in order.**

Scenario

5 **Work in pairs. Turn to page 163 and follow the instructions.**

6 **Read Culture and answer the questions.**

- Are there many cinemas in your town or city?
- How do you watch new films?

In the UK you can watch films at home online, on DVDs and on wide-screen TVs. But cinema-going is still popular and 25% of cinema goers are 15–24 years old. Why? Well, multiplex cinemas have got lots of screens and a big choice of new films. They also have digital technology, 3D screens and fantastic sound systems. They are the best place to see big movies like *The Hobbit*, *Avatar* and *X-Men*. And at the cinema, there are no instant messages on your computer!



GRAMMAR	adverbs of frequency
FUNCTIONS	talking about frequency
VOCABULARY	jobs

Vocabulary

1a JOBS CD2.18 Match the words with the photos. Then listen and check.

- | | |
|--|---------------------------------------|
| ☐ teacher | ☐ mechanic |
| ☐ sales assistant | ☐ accountant |
| ☐ taxi driver | ☐ cleaner |
| ☐ doctor | ☐ lawyer |
| ☐ receptionist | ☐ photographer |
| ☐ pilot | ☐ builder |



1b Work in pairs. Where do the people usually work? Discuss your ideas.

shop office hospital school outside aeroplane
garage hotel

Comprehension

2 WARM UP Answer the questions.

- Where is Annie from?
- What are her friends' names?
- Where does she live at the moment?

3 CD2.19 Listen and read the blog. Answer the questions.

- 1 What is Annie's home like?
- 2 What does her mom do? And her dad?
- 3 What newspaper does her dad read?
- 4 When does Annie take the bus to college?
- 5 What job does Annie often do?
- 6 What does she do at the weekend?

Talking about frequency

4a Study the rules. Find and underline the examples below in the blog.

Adverbs of frequency

★ Use adverbs of frequency with the present simple to talk about routine.

always usually often sometimes not often never

*I **often** work on Friday.*

*We **sometimes** go to the cinema.*

★ For the present simple, put the adverb before the verb.

*She **never** gets home before seven.*

★ For the verb **be**, put the adverb after the verb.

*On Sundays I'm **always** tired.*

➔ **GRAMMAR HUB** p68

4b Underline more examples in the blog.

5 SPEAKING Work in groups. Talk about how often you do these things.

- 👉 I never go to the swimming pool.
- 👉 I often go to the cinema at the weekend.

hang out with friends

go to the cinema

listen to music

go to the swimming pool

do the cleaning

make a meal for your family or friends

MY CHICHESTER BLOG

HOME

POSTS

PHOTOS

FRIENDS

Annie only shares information with her friends and family.

Hi guys and welcome to my blog.

Well, here I am in the beautiful city of Chichester! Guess what? It's small! I mean, 1.6 million people live in Montreal. In Chichester, there are only 23,000 people! But hey, it's a great city and I love it!



We live in a new apartment in the north of the city. My room's a bit small, but I've got a great view of the countryside.

I study at a brilliant college. I usually cycle, but I sometimes take the bus. I don't like cycling in the rain. After college I always do my homework – honestly! I often work on Friday and Saturday evenings. I'm a waitress in a burger restaurant. The money isn't great, but I get good tips. On Sunday mornings I'm always tired.

On Saturday afternoons I usually meet my friends in the city centre. We just hang out or go shopping. We sometimes go to the cinema in the evening or watch a band. The music scene in Chichester is quite good. Oh, and I often play with my new band! Leo plays the bass guitar and Holly is our singer. She's got a really great voice. And the name of our band? Boy Meets Girls!

My mom

My mom works for a big company. She usually works here in Chichester, but she sometimes works in London. She never gets home before seven so my dad always cooks dinner. He loves cooking!



My dad

Do you remember? My dad's a writer. He works at home, in the library, in cafés... He just needs a Wi-Fi connection! He reads *The New York Times* online every day. And he sometimes writes the articles!



SMALL TALK

I mean

But hey, ...

honestly!

GRAMMAR	verb + <i>ing</i>
FUNCTIONS	talking about free time
VOCABULARY	interests

Vocabulary

1 FREE-TIME ACTIVITIES CD2.20 Match the activities with the photos. Then listen and check.

- | | |
|---|--|
| ☐ doing a sport | ☐ texting friends |
| ☐ shopping | ☐ painting and drawing |
| ☐ taking photos | ☐ reading books and magazines |
| ☐ surfing the web | ☐ sleeping |
| ☐ using social media | |
| ☐ playing computer games | |



Comprehension

2 WARM UP Look at the people in the photos on page 67. Answer the questions.

- What do they like doing?
- What do they hate doing?

3 READING CD2.21 Listen and read the article. Answer the questions.

- 1 Why doesn't Asami have much free time?
- 2 Where do Asami and her friends read magazines?
- 3 Who does Marina watch TV with?
- 4 Where does she like swimming?
- 5 When does Pavlos meet up with his friends?
- 6 Where does he practise with his band?

Talking about free time

4a Study the rule. Find and underline the examples below in the article.

Verb + *-ing*

★ Use *like/love/hate* + verb + *-ing* to talk about likes and dislikes.

Some of my friends like surfing the web.

I don't like watching sport in TV.

We love shopping.

I hate staying at home.

➔ GRAMMAR HUB p68

4b Underline more examples in the article.

5 Read the article again. Complete the table.

	Asami	Marina	Pavlos
likes	hanging out with friends; meeting real people		
loves		watching TV with her family; playing computer games; surfing the web	
doesn't like			watching sport on TV
hates			

AROUND THE WORLD

TODAY'S QUESTION

What do you like doing in your free time?

Asami, 17, Kyoto, Japan

I don't have a lot of free time. I go to school from 8 a.m. to 6 p.m. and then I have extra classes in the evening. But at the weekend I like hanging out with my friends. We love shopping so we usually check out the latest fashions in town. But, you know, students aren't very rich. So, we don't buy, just look! I hate staying at home – that's boring. Sometimes we go to a café and we read magazines together. Some of my friends like surfing the web, but I don't like spending a lot of time on the computer. I mean, I like meeting real people in the real world!



Marina, 16, Cartagena, Colombia

I like watching TV with my family. We love watching our favourite programmes together. I also love playing computer games and surfing the web. I don't spend all my time in front of a screen! I hate being in the house on a beautiful day. It's a waste of time. I like walking and swimming. I don't like the swimming pool – I like swimming in the sea. It's awesome!



Pavlos, 19, Athens, Greece

My friends and I love doing sport. We usually meet up after work or college and play football or volleyball. But I don't like watching sport on TV! I like listening to music and playing music. I play the guitar in a band and we love practising our songs at my house. Unfortunately, my parents hate listening to us!



SMALL TALK

check out you know waste of time

It's awesome!

SOUND BOX *-ing ending*

6 CD2.22 Listen and repeat the sentences.

- 1 She likes painting and drawing.
- 2 We hate shopping but we love going to the cinema.
- 3 Do you like drinking water or milk?
- 4 I've got black running shoes.

7 **SPEAKING** Work in groups. Discuss your free-time activities. Try to keep the conversation going.

-  What do you like doing in your free time?
 -  I like surfing the web and doing sport. What about you, Marc?
 -  I love listening to music.
 -  Really? Who's your favourite singer?

Unit 6 Grammar Hub

Adverbs of frequency

1 Study the rules.

Adverbs of frequency

0% -----> 100%

never not often often sometimes usually always

★ Here are some examples.

*My brother **always** cycles to work.*

*They're **never** at home!*

*She's **sometimes** late for college.*

★ To ask about frequency use the question *How often...?*

***How often** do you go to the cinema?*

★ You can answer the question with these adverbs.

Very often. / Quite often. / Not very often. / Never.

➔ **Grammar reference p172**

2 Write the adverbs in the correct place(s) in each sentence.

- Ross drives to college. (often)
Ross *often* drives to college.
- My mother goes to bed before midnight. (never)
- We are hungry. (always)
- Our friends visit us at the weekend. (usually)
- You are happy. (sometimes)
- They play tennis on Thursdays. (often)

3 Write the words in the correct order.

- guitar / my / I'm / for / not often / lesson / late
I'm not often late for my guitar lesson.
- do / watch / TV? / often / you / How
- dinner / family / sometimes / her / cooks / Jasmine / for
- fruit / We / for / have / usually / breakfast
- wins / team / My / never
- always / popular / songs / are / Their

4 Complete the sentences for you.

- When I wake up I always _____.
- For lunch I often _____.
- At the weekend I sometimes _____.
- After college I usually _____.
- I don't often _____ before I go to bed.
- In the winter I never _____.

5 SPEAKING Work in groups. Ask and answer questions.

- | | | |
|--------------------------|----------------|----------|
| get up early | go to bed late | watch TV |
| have breakfast in a café | cycle | |
| cook | get the bus | |

How often do you get up early?

Very often. / Quite often. / Not very often. / Never.



once, twice, three times, every

★ We use *once, twice* or *three times*, etc. to talk about how often we do things. We usually use them with a period of time, e.g. *a week, a month, a year*.

*We go to London **once a month**.*

*She plays tennis **twice a week**.*

★ Use *every day, every week* etc. to talk about frequency.

*I watch TV **every day**.*

➔ **Grammar reference p172**

6 LISTENING CD2.23 Listen and choose the correct words to complete the sentences.

twice day week three times month once

WORD on the street

Juan downloads music once a ¹ _____.

Sylvia eats fruit every ² _____.

Rob and Jake meet ³ _____ a week.

Felicity goes swimming ⁴ _____ a week.

Diego reads a newspaper once a ⁵ _____.

Lily plays tennis ⁶ _____ a week.

7a Look at the photos above and on page 69. Match them with the activities in the questionnaire.

7b SPEAKING Work in pairs. Ask and answer the questions in the questionnaire.

How often do you...

... listen to an MP3 player?

... read magazines?

... download music?

... play computer games?

... buy clothes?

... send a text?

... go abroad?

... go to the cinema?

... use social media?

... eat popcorn?

... hang out with your friends?

... listen to a podcast?

... watch soap operas?

... eat cake, sweets or biscuits?

... take a selfie?

... drink milk?

... visit museums?

every week | nearly every day | never | all the time | often |
quite often | every day | not very often | once a month | twice a year



Verb + -ing

8 Study the rules and write the -ing form of the verbs.

- ★ Most verbs add -ing:
wait → *waiting*, wash → *washing*, tidy → *tidying*, play → *playing*
- ★ Some spelling changes:
 - verbs that end in -e drop -e: *dance* → *dancing*, *make* → *making*
 - verbs ending in -l double l: *travel* → *travelling*
 - verbs ending in one vowel + one consonant double the consonant:
stop → *stopping*, *begin* → *beginning*
 - note these verbs: *die* → *dying*, *lie* → *lying*

➔ Grammar reference p172

9 Write the -ing form of the verbs.

- | | | |
|--------------------------|----------------|-----------------|
| 1 write → <i>writing</i> | 3 die → _____ | 5 stop → _____ |
| 2 sit → _____ | 4 make → _____ | 6 study → _____ |

10 Complete the sentences with the -ing form of these verbs.

run write use play go listen meet shop

- 1 I really like _____ tennis. Do you?
- 2 My dad doesn't like _____. He prefers to walk!
- 3 I usually send e-mails because I hate _____ letters.
- 4 My friends love _____. They spend a lot of money!
- 5 I hate _____ to the dentist. Don't you?
- 6 My brother likes _____ to rap music.
- 7 Do you like _____ social media to keep in touch with your friends?
- 8 I love _____ up with my friends in town.

Skills forum

Work & play

Reading & speaking

1 **WARM UP** Look at the title and the photos. What do you think the article is about?

2 Read the article. Circle T (True) or F (False).

- ▶ 1 On night shifts, Zara works for 12 hours. T / F
- 2 She often eats unhealthy food at work. T / F
- 3 Suzie starts work at 2 p.m. T / F
- 4 She goes to bed twice a day. T / F
- 5 Carl doesn't work at the weekend. T / F
- 6 He spends time with his friends during the day. T / F

3 Read the article again and write the correct name. Who...

- 1 ...works for four hours every night?
- 2 ...doesn't like night shifts?
- 3 ...enjoys their free time during the day?
- 4 ...likes the city at night?
- 5 ...finishes work at four in the morning?
- 6 ...doesn't always work at night?

4 Read Word Expander. Find and underline these time expressions in the article.

WORD EXPANDER time expressions

during the holidays
 from 6 p.m. to 9 p.m.
 at seven o'clock
 in the morning/afternoon/evening
 at night

5a Read the article again and make notes of the pros and cons of night work.



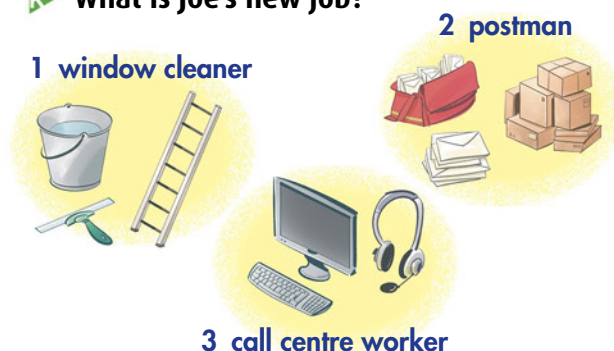
5b Work in groups. Talk about working at night.

- ▶ The pros are you see some amazing things...
- ▶ The cons are you meet some strange people...

Listening & writing

6a CD2.24 Listen to the conversation.

▶ What is Joe's new job?

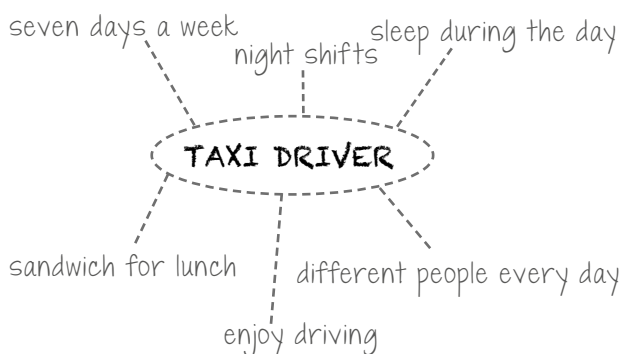


6b Listen again and answer the questions.

- 1 When does Joe get up?
- 2 Where does he start work?
- 3 How do they 'sort' the letters?
- 4 How many houses does he visit?
- 5 When does he go home?
- 6 Why does he enjoy his job?

7a Imagine you have one of these jobs with unusual hours. Write notes about your work routine.

pilot actor cleaner doctor police officer
 receptionist taxi driver



7b Work in pairs. Ask and answer questions about your job. Don't name it.

- ▶ Do you drive?
- ▶ Yes, I do.
- ▶ Do you work night shifts?

8a Write a description of your work routine.

▶ Use the present simple and adverbs of frequency.

I always work night shifts and I sleep for a few hours during the day. I get up at around 1 p.m., but I don't start work until 10 p.m. ...

8b Swap your description with your partner. Can they guess what the job is?

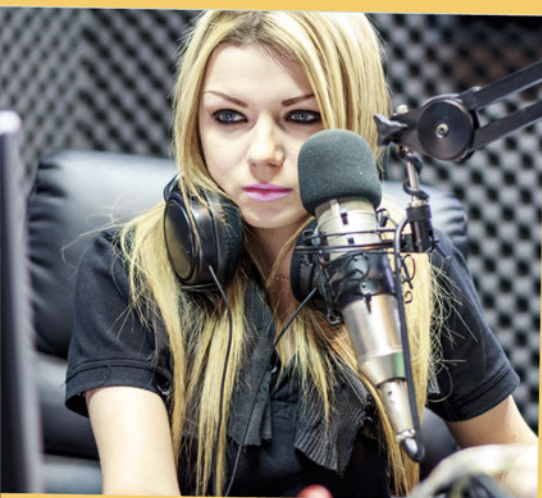
NIGHT LIFE

Four million people in the UK work at night and sleep in the day. We talk to Zara, Suzie and Carl about their night life.



Zara is a paramedic in London. She usually works during the day. But she also has two 'night shifts' every week.

On my night shift I start work at seven p.m. and I finish at seven a.m. When I get home, I go to bed and sleep. Then I wake up at about three in the afternoon. What's good about night shifts? I love the city at night. You meet some strange people and see some amazing things. It's sometimes scary, but it's always interesting! And what's bad? I always eat a lot of chocolate!



Suzie is a DJ for Solar FM – an online radio station. She works five days a week, from 2 to 6 in the morning.

I usually go to bed early in the evening and then get up at one a.m. to go to work. It's a quick journey to the studio because there's no traffic on the roads. After work, I go home and go back to bed for a few hours. I'm a DJ and I love music, but I never go to concerts because I'm always asleep in the evening! But I'm free during the day when other people are at work – and I like that!

Carl works in a bakery in Manchester. He works six days a week, from 8 p.m. to 4 a.m.

We make bread for the bakery – rolls, cakes and doughnuts – during the night. I don't like night work because I always feel tired. When I'm on holiday I just want to sleep all day, so I don't enjoy my free time. But I'm always around in the afternoon when my mates finish college. We often meet up at a friend's house. We have a coffee or sometimes play computer games. But when they go out in the evening, I go to work!





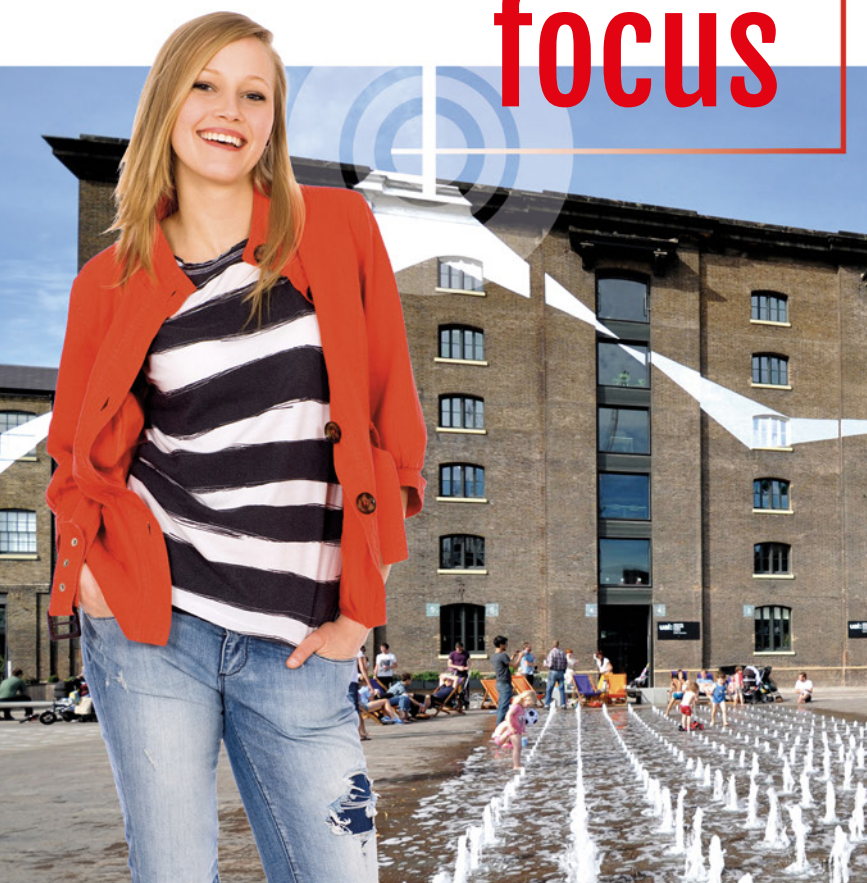
I can use the present simple A1

1a Make present simple questions from the prompts.

- 1 what time / you / leave / college ?
- 2 what time / you / get up / in the morning ?
- 3 you / walk / to college ?
- 4 you / study / at the weekend ?
- 5 when / you / have / lunch ?
- 6 what time / your college / open ?

1b Now write the questions 1–6 in exercise 1a in the correct paragraphs A–F in the article.

Student life focus



Katie is an art student at Central Saint Martins College in London.

She ¹ _____ about a typical day for an art student.

A

I usually get up at 6.30. I like early mornings. I have breakfast and read the news online. I ² _____ my e-mails and text my friends.

B

³ _____ I always cycle there. My journey ⁴ _____ 30 minutes. I ⁵ _____ at the people on the street and in their cars. It's really interesting.

C

It opens at 8.00. But my classes start at 10.00. I usually arrive at college at 9.45.

D

I don't! I'm usually not hungry in the middle of the day. I always drink lots of water, but I ⁶ _____ much food.

E

I ⁷ _____ my course and I often study late. There are always students in the library. We ⁸ _____ about our ideas together. Sometimes I go home at seven o'clock, but sometimes I go home at nine o'clock.

F

Yes, ⁹ _____! I read art books and I often go to exhibitions with my friends. Once a month I visit my mum and dad and my brother in Manchester. It's great. My brother always ¹⁰ _____ a delicious cake for me and we relax and play computer games together.

2 Complete the article with the correct words and phrases.



- | | | | | | |
|---------------|-------------------|-----------------|------------|------------|---------------|
| 1 a) talk | b) talks | c) talking | 6 a) eat | b) not eat | c) don't eat |
| 2 a) check | b) checks | c) make | 7 a) love | b) loves | c) loving |
| 3 a) No, not. | b) No, I doesn't. | c) No, I don't. | 8 a) talk | b) talks | c) don't talk |
| 4 a) takes | b) take | c) don't take | 9 a) I am | b) I study | c) I do |
| 5 a) look | b) don't look | c) looks | 10 a) does | b) make | c) makes |



I can use verb + -ing A1

3 Complete the e-mail with the correct form of the verbs in brackets.

From Gisele

☆ ↻ ↩ reply

To Sandy

Hi Sandy,

Thanks for your e-mail. I'm at a new college now, and it's all very different. I live in a house with Lucy, another student. It's cool!

We ¹ love walking (love / walk) to college in the morning – we walk through the park and it's really beautiful. But we ² _____ (hate / take) the bus in the evening. It's always late! My course is great and I ³ _____ (like / study) photography and design. But I ⁴ _____ (not like / do) all the work in the evening! I spend three or four hours every night on coursework. I'm always tired! I ⁵ _____ (hate / eat) in the college canteen. The food is awful so Lucy and I eat at home in the evening. Lucy ⁶ _____ (love / cook) – she's a great cook!!

At the weekend I usually get up early. I ⁷ _____ (not like / lie) in bed! I ⁸ _____ (love / run) round the park on Saturday morning. Then in the afternoon, Lucy and I ⁹ _____ (like / go) shopping. On Sunday I do coursework! Lucy ¹⁰ _____ (not like / study) at the weekend so she watches TV!

What do you like doing at the weekend?

Gisele

I can listen accurately A1

4 CD2.25 Listen and complete the dictation.

TONY MILLER

is a ¹ _____ in a large clothes shop in Birmingham. He gets up at ² _____ in the morning and leaves his house at 7.45. He ³ _____ takes the bus to work. Tony ⁴ _____ working in the clothes shop, but the job isn't difficult and he has a lot of free time. He always finishes work at ⁵ _____ and then he meets his friends or goes running. But Tony's main interest isn't sport or fashion, it's music – he ⁶ _____ songs. Tony plays three musical instruments: the ⁷ _____, the



piano and the guitar. He ⁸ _____ videos of his music and puts them online. He puts a new video on every ⁹ _____. His songs are very popular, and lots of people ¹⁰ _____ listening to them.

Bonus Grammar

a/an, the

★ Use **a/an** and **the** before nouns.

★ Use **a/an** to generalise.

*I want to read **a** book this summer.*

★ Use **the** to be specific.

*I want to read **the** book I have got in my bag.*

★ Use **a/an**:

• **after there is**

*There's **a** cat in my garden.*

• **to talk about jobs**

*My sister is **a** doctor.*

• **the first time we mention a thing**

*I've got **a** new bag.*

★ Use **the**:

• **when there is only one thing**

*Look at **the** moon!*

• **the second time we mention a thing**

*I've got **a** new bag. **The** bag is blue and green.*

5 Complete the sentences with the correct article: **a/an** or **the**.

- There is ___ desk in my room.
- She wants ___ new phone for her birthday.
- ___ girl in this photo is my sister.
- I'm ___ student.
- We're in ___ sitting room.
- ___ sun is very bright today.
- I work in ___ nice café. ___ café is near my flat.
- Look in ___ fridge, Ben. Is there any butter?

Bonus Grammar reference on Helbling e-ZONE



I can talk about interests & express opinions A1

CORE PHRASES

Expressing likes

I like/love...
I'm interested in...
I'm crazy about...

Expressing dislikes

I hate...
I'm not keen on...
I don't like...
I can't stand...
I'm not interested in...

Asking for opinions

What do you think about... ?
What's your favourite... ?
Do you prefer... or... ?

Expressing opinions

I think it's great / fantastic / interesting.
I think it's awful / boring / a waste of time.
It's OK. / It's not my favourite thing.

1a Work in pairs. Read the webchat below. Tick (✓) the things Nicky likes.

- | | | | | |
|----------------------------------|--|---|------------------------------------|---|
| ☐ sport | ☐ techno music | ☐ fashion | ☐ trainers | ☐ dancing |
| ☐ cooking | ☐ classical music | ☐ shopping for clothes | ☐ going out | ☐ getting up early |

[news](#)
[sport](#)
[football](#)
[nature](#)
[culture](#)
[economy](#)
[world](#)
[fashion](#)

10 minutes with Nicky Fallon: the inside information

Nicky is a football coach at the City Football Academy.
What questions have you got for Nicky?

Comments

Yelena C asks:

Hi Nicky! What's your favourite weekend activity?

Nicky Well, I'm crazy about sport! I like running and I always watch football on TV. But actually my favourite weekend activity isn't sport. I really love meeting my friends and hanging out with them.

Charlie asks:

Do you like listening to music?

Nicky Yes, I do. I always listen to music when I go running. I love techno music and R&B, but I'm not keen on classical music.

Vikram asks:

Do you prefer books or magazines?

Nicky Books – but on my e-reader! I love reading!

Jake asks:

What do you think about fashion?

Nicky I'm not interested in fashion! I like casual clothes – jeans and T-shirts. I hate shopping for clothes – I think it's really boring. But I love trainers! In fact, I've got 12 pairs of trainers!

Tina B asks:

Do you like staying at home in the evening?

Nicky I hate staying in! I love going to parties and dancing! But I usually stay at home on Wednesday night. Why? Because we always have a very early football training session on Thursday morning! I hate getting up early!

Danno asks:

What do you think about college work?

Nicky It's OK. It's not my favourite thing.

1b Underline Core phrases in the webchat.

2a Work in pairs. Ask and answer the questions from the webchat. Use expressions from Core phrases.

- What's your favourite weekend activity?
- I love going to the cinema with my friends.

2b Report to the class about your partner.

- Tom likes staying at home. He likes watching TV.



3a Work in large groups. What do people like? Follow the instructions.

- Ask and answer questions about the topics below.
- Use expressions from Core phrases.
- When a person says 'yes', write their name next to the topic.
- When you have a name for ten topics – tell the teacher.

THIS WEEK'S CHALLENGE
DO YOU REALLY KNOW YOUR MATES?

FIND A PERSON WHO LIKES...

horror movies animals classical music Chinese chocolate doing maths in your head

going for long walks visiting big cities beach holidays

the colour purple graphic novels hip hop music

wearing jeans watching cartoons perfume

fast cars eating out in restaurants

spaghetti flying

the World Cup

skiing travelling to other countries the winter

Harry Potter playing board games online shopping

- ☑ Andres, do you like cartoons?
- ☑ No, I don't. I'm not keen on them. What about you, Laura?
- ☑ Oh, yes. I love watching cartoons. They're so funny.
- ☑ What do you think about playing board games?
- ☑ I think it's really fun.
- ☑ What's your favourite game?
- ☑ It's chess!

3b Report your results to the class.

- ☑ Erika loves online shopping, but she hates the colour purple.

Language

I can now talk about daily routines,
likes & dislikes

1 Complete the sentences with the correct form of the verb in brackets.

- My friends _____ (play) football after college.
- I _____ (not / like) bananas.
- _____ (you / live) in London?
- Joseph _____ (not / watch) TV in the morning.
- _____ (your dad / work) at the sports centre?

2 Choose the correct answer.

- Do you like _____ to music?
a) listen b) to listen
c) listens d) listening
- 'How _____ do you swim?' 'Every weekend.'
a) much b) many
c) often d) when
- We phone our cousins _____ a week.
a) one b) once
c) one time d) first
- She hates tomatoes. She _____ eats them.
a) always b) usually
c) sometimes d) never
- I _____ playing table tennis.
a) enjoys b) enjoying
c) enjoy d) to enjoy

— | 10

Vocabulary

I can now talk about free-time activities,
musical instruments & jobs

3 Complete the phrases to make free-time activities.

- taking p _____
- using s _____ m _____
- texting f _____
- playing c _____ g _____

4 Find the letters to complete the words.

Musical instruments

- t _ _ m _ _ t
- c l _ _ _ n _ t
- f _ _ t _

Jobs

- l _ _ y _ r
- a _ c _ _ _ t _ _ t
- r _ c _ _ _ _ n _ _ t

— | 10

Communication

I can now make arrangements

5 Complete the dialogues. Write one word in each gap.

BOB Hello, Emma.

EMMA Oh, hi, Bob. How are you?

BOB Yeah, not bad, thanks. Hey, ¹ _____ you want to go to the cinema?

EMMA Yes, that's a good idea. ² _____ 's on?

BOB There's the new Marvel film.

EMMA OK, cool! I love the Marvel films. ³ _____ 's it on?

BOB It's on at the Cinema House in town.

EMMA ⁴ _____ time does it start?

BOB It starts at quarter to six.

EMMA OK. ⁵ _____ 's meet outside the cinema at half past five.

BOB Great. ⁶ _____ you later.

EMMA Bye!

CASHIER Hello, can I help you?

EMMA Hi. ⁷ _____ I have two tickets for the new Marvel film, please?

CASHIER Sure. ⁸ _____ you students?

EMMA Yes, we are. Here's my ID.

CASHIER Great, thanks.

EMMA ⁹ _____ much are the tickets?

CASHIER They're £5.50 each. So that's £11.00 in total.

EMMA Here's £15.00.

CASHIER OK. ¹⁰ _____ are your tickets... and your change – £4.00.

EMMA Thank you.

CASHIER Enjoy the film!

— | 10

Writing

I can now describe daily life

6 Choose a member of your family. Write about his/her daily routine. Write about 60 words.

- What time does he/she get up?
- What does he/she eat for breakfast?
- Where does he/she have lunch?
- What does he/she do in the evening?

— | 10

TOTAL: — | 40



SURE PINBOARD 3

Time to de-stress & chill out

Proverb of the week
A picture paints a thousand words.

Ha! Ha!



Did you know...?

4'33" is a piece of music by John Cage. It is 4 minutes and 33 seconds... of silence!

AMAZING SPORTS!

What do you like doing in your free time?
Reading books? Listening to music? Boring! Why don't you try...



Chess boxing ✓

In chess boxing, you play a game of chess and then you fight in a boxing ring!



Unicycle basketball ✓

A unicycle is a cycle with one wheel. In unicycle basketball, players ride unicycles and play basketball at the same time.

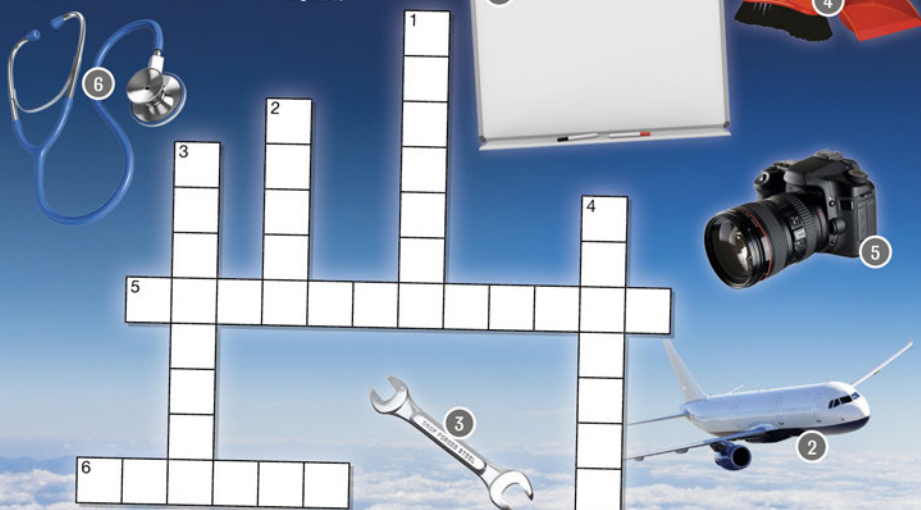


Quidditch ✓

Do you know the game of quidditch from the Harry Potter books? Now there are real quidditch teams in America, the UK and other countries. Do the players fly on broomsticks? No, they don't! But all the other rules are the same.

Crossword

Look at the photos and guess the jobs.



Brainteaser

You've got five apples in a bag and you've got five children. You give each child one apple. Now there is one apple in the bag. How is this possible?

Brainteaser answer: You give one child the bag with one apple in it.

Crossword answers: 1 teacher, 2 pilot, 3 mechanic, 4 cleaner, 5 photographer, 6 doctor