

# PREVIEW

## UNITS 1-2

### COMMUNICATIVE AIMS LEARNING HOW TO ...

- 1 Talk about food and drink
- 2 Describe objects and say what they're for
- 3 Describe a sequence of events
- 4 Talk about illness and medicine
- 5 Talk about activities that continue up to now
- 6 Talk about recent events
- 7 Talk about a sequence of past events

### TOPICS AND VOCABULARY

Food and drink

Kitchen equipment

Health

Popular beliefs

Natural events

Materials

Art

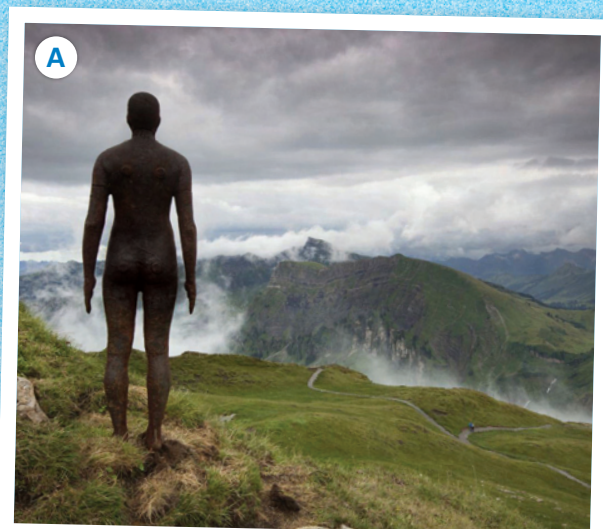
Acting

Movie making

Story telling

School subjects

Folk tales



Antony Gormley has been working with iron to make unique sculptures since the 1980s.



1 Match five of the communicative aims (1-7) with the pictures (A-E).

2 Complete the words on the right and put them into categories.

**Food and drink**

**Materials**

**Health and illness**

br\_nze br\_ad b\_tter  
c\_rdboard c\_ncrete dr\_g  
fru\_t head\_che ir\_n  
j\_ice on\_on op\_ration  
p\_in p\_tient pl\_stic  
r\_bber s\_rgery v\_getable





It's for opening cans.



She had been thinking about her horror story for some time, when she had an extraordinary dream.



We need to eat at least five portions of different fruits and vegetables a day.

**3** 1.02 Listen to extracts 1–3 from Units 1 and 2. Match them with three of the text types A–D.

- A A description of an object
- B A post on a Web forum for actors
- C The beginning of a story
- D An extract from a biography

**4** Do the *Healthy Living Survey* with three other students.

## Healthy Living Survey

*How healthy is your lifestyle?*

### Food and drink

Do you eat five different kinds of fruits and vegetables a day?  
How often do you eat candy and potato chips?  
Which do you drink more of: water and milk, or soda and coffee?

### Exercise

How often do you play team sports a week?  
Do you go running or swimming?  
Do you ever go to the gym?

### Getting around

Do you ...  
walk or ride a bike?  
go by bus or car?  
use the elevator or take the stairs?

### Being good to yourself

Do you ...  
get enough sleep?  
go to the doctor if you feel sick?  
talk to someone if you have a problem?



Tell another group about the results of your survey.

**Believe it or not!**

Your brain uses less power than the light in your refrigerator. It uses 12 watts of power. During a day, your brain uses about 300 calories, the amount of energy contained in a medium hot dog or two large bananas.



## 1 It doesn't matter

Talking about food and drink

Verbs not usually used in progressive forms

## 1 OPENER

Read *Food and Drink: Fact or Fiction?* and decide: true or false? Discuss your answers with another student.

### Food and Drink: Fact or Fiction?

- |   |  |
|---|--|
| 1 Bottled water is purer than tap water.        | 5 Margarine contains less fat than butter.                                   |
| 2 A vegetarian diet is the healthiest.          | 6 A food label that includes the words "low fat" indicates a healthy choice. |
| 3 Eating cheese gives you nightmares.           | 7 Neither fruit juice nor diet drinks are bad for your teeth.                |
| 4 Dried fruit is not as healthy as fresh fruit. | 8 Experts disagree with each other about what healthy eating is.             |

## 2 READING

1.03 Match statements 1–8 in exercise 1 with paragraphs A–H. Then listen and check.

## 3 AFTER READING

Answer the questions.

- Which of the statements 1–8 in exercise 1 are true, which are false, and which could be true or false?
- Why do experts appear to disagree about healthy eating?
- What were experts saying 20 years ago?
- What does advertising make us believe?
- Why is it a bad idea to eat late in the evening?
- What is an example of an unhealthy vegetarian diet?
- Why do people think that "low fat" products are OK? Are they right?
- Why do some people prefer bottled water?

**Your response** What are your favorite things to eat and drink? Are they good or bad for you? How do you know?

## 4 PRONUNCIATION

Write the words in the correct column.

bottled contain decay depend digest expert  
fiction label nightmare portion prefer  
product protein reduce relax suppose

■ ■

bottled

■ ■

contain

1.04 Now listen and check. Repeat the words.

**A** In fact, the main messages about healthy eating have stayed the same for some time. For example, 20 years ago experts were saying that we should reduce the amount of fat that we eat. And, over 50 years ago they were emphasizing the importance of fruit and vegetables. They appear to disagree because the media often exaggerate when reporting scientific research.

**B** In fact, both are. Fruit juice contains sugar, which can damage your teeth. Diet drinks are often acidic, which means that they can cause tooth decay. The best drinks for your teeth are water or milk.

**C** As part of a balanced diet, we need to eat at least five portions of different fruits and vegetables a day. It doesn't matter whether they are fresh, frozen, canned, or dried (but fruit juice only counts as one portion a day). The only thing that dried fruit lacks, and fresh fruit has, is vitamin C, but both are equally healthy.

**D** It often seems from advertising that this is true. However, while butter and margarine contain different kinds of fat, they both contain a similar amount of fat.



## 5 SPEAKING

Discuss these statements with another student using verbs from the Word Bank.

- The best way to lose weight is to skip a meal.
- Healthy food is boring and expensive.
- I like junk food—what's wrong with that?
- I take vitamins, so I don't have to worry about what I eat.
- It's not a good idea to go swimming right after a meal.
- Eating lots of carrots helps you see better in the dark.

Some people believe in skipping meals, but they soon feel hungry and eat lots of snacks.

I prefer to eat normally and get exercise.

#### Word Bank Verbs not usually used in progressive forms

agree/disagree appear believe consist  
contain depend feel hear include know  
lack like/dislike love matter mean  
need prefer promise realize recognize  
remember see seem smell sound  
suppose taste think understand want

**Extension** Which of the verbs in the Word Bank can you find in the texts in exercise 2? Choose five of the verbs and write sentences.

*Hamburgers contain a lot of fat.*

## 6 WRITING

Read the texts in exercise 2 again and write two paragraphs about junk food.

Paragraph 1: Why do some people choose to eat junk food?

Paragraph 2: Why is too much junk food bad for you?

## LANGUAGE WORKOUT

Complete.

#### Verbs not usually used in progressive forms

Fruit juice \_\_\_\_\_ (contain) sugar.

It often \_\_\_\_\_ (seem) that this is true.

It \_\_\_\_\_ (not matter) whether they are fresh, frozen, ...

People \_\_\_\_\_ (suppose) that they are OK.

They \_\_\_\_\_ (think) that bottled water \_\_\_\_\_ (taste) better.

Many of these verbs refer to states (including mental states, e.g., *think*) rather than actions, or to the senses (e.g., *taste*). Modal verbs (e.g., *can*) do not have progressive forms.

#### ► Answers and Practice

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**E** It's not *what* you eat, but *when* you eat, that matters. Scientists agree that it's not a good idea to eat just before you go to bed. You can't relax properly while you're digesting food.

**F** It depends. Vegetarian diets can be very healthy. But if your vegetarian diet consists of French fries and cookies, then that's a different matter. Make sure that your diet includes food with the protein, vitamins, and minerals you normally get from meat.

**G** Not at all. "Low" products must contain 25% less fat than usual, so people suppose that they are OK. But these types of foods are often very high in fat to start with. So a "low fat" product can still have a high amount of fat.

**H** This is a popular myth. Although some people think that bottled water tastes or smells better, there's nothing to prove that it's always purer than tap water. In fact, in the U.S., it's believed that 25–30% of bottled water comes from tap water. And do you realize that bottled water can cost up to 10,000 times more than tap water?



## What's it for?

Describing objects and saying what they're for  
Describing a sequence of events

Gerund as subject

by/ for + gerund

after/ before + participle clause

## 1 OPENER

Look at these photos of gadgets.  
What do you think each item is for?



## 2 READING



1.05

Read *Gadget Mania!*  
and match the photos with the  
descriptions. Then listen and  
check.

## 3 AFTER READING

True or false? Correct the false  
sentences.

- The key looks like a bottle opener.
- You can't unlock your front door with the key.
- You can get to sleep easily by wearing the "sleep inducer."
- Experts recommend wearing the "sleep inducer" for three hours a night.
- The sandwich toaster is for roasting sandwiches.
- By hiding somewhere in the room, Clocky makes you get out of bed.
- The soccer ball is for making music.
- You can make a light work by plugging it into the ball.

**Your response** Which two  
of the gadgets would you like to  
have and why?

## Gadget Mania!

- This looks like a door key, but in fact, it's a clever gadget for opening bottles. Keep this bottle opener on your key ring, and you'll never be thirsty again when you're out and about. But when you come home, don't try to open your front door with it!
- Going to sleep is easy with this "sleep inducer." If you suffer from insomnia, you can get to sleep by wearing this watch-like gadget on your wrist. It relaxes your muscles, and experts say using it for 30 minutes before bedtime will soon show effects. Keep one by your bed and never worry about sleepless nights again.
- Do you like making toasted sandwiches? Then this sandwich toaster is the answer. It produces perfect toasted sandwiches and it's small enough to fit in a kitchen drawer. It comes with lots of delicious recipes and you can use it at home, on the barbecue, or when you go camping.
- An ordinary alarm clock wakes you up, but Clocky® is an alarm clock on wheels that also makes sure you get out of bed. When the alarm goes off and you press the snooze button, the clock rolls off the night table onto the floor and finds a place to hide. When the alarm clock sounds again, you have to get out of bed and look for it, so you are fully awake before turning it off. Clocky's inventor, Ms. Gauri Nanda, was a student when she came up with the idea, after struggling to get up in the morning.
- Playing soccer is great fun and now there is a soccer ball called sOcket, which generates and stores electricity. Four female students at Harvard University in the U.S. thought of it after learning that 95% of people in Africa live without electricity. sOcket's electricity can be used to charge a cell phone or power an LED light. Fifteen minutes of soccer can produce three hours of LED light. In the picture, you can see the soccer ball with a light plugged in.



## 4 VOCABULARY

Match the words for kitchen equipment with pictures 1–8.

## Word Bank Kitchen equipment

bread knife can opener cheese grater coffee maker  
corkscrew frying pan teakettle toaster



1.06 Listen and check. Then ask and answer questions using these phrases.

boil water fry food grate cheese make coffee  
make toast open bottles open cans slice bread

- A What's number 1?  
B It's a can opener. It's for opening cans.

**Extension** Think of other gadgets and write sentences beginning *It's for ...ing ...* Read your sentences to other students. Can they identify the gadgets?

## 5 PRONUNCIATION

1.07 Listen and repeat.

## Linking consonant sounds

front\_door bed\_time sand\_wich  
night\_table great\_fun  
bread\_knife cork\_screw

## 6 LISTENING

1.08 Look at this recipe for Spaghetti Carbonara. The instructions A–H are in the wrong order. Try to put them in the right order. Then listen and see if you are right.

## Spaghetti Carbonara

Serves 4

**Ingredients:** 350 g spaghetti,  
175 g bacon, 2 medium onions,  
50 ml olive oil, 4 eggs, 100 ml cream,  
100 g grated Parmesan cheese, salt

- A Meanwhile, boil 3–4 liters of water in a saucepan.  
B Then stir in the egg, cream, and cheese mixture.  
C Chop the onions and bacon into small pieces.  
D Sprinkle with the rest of the Parmesan cheese and serve immediately.  
E When the pasta is cooked, drain it, and add the onions and bacon.  
F Put the spaghetti in the boiling water, add salt, and stir for a few seconds.  
G Heat the oil in a frying pan, and fry the onions and bacon slowly, until the onions are almost clear.  
H While the pasta is cooking, use a fork to beat the eggs and cream together in a bowl, and then add half the Parmesan cheese.

## 7 SPEAKING

Check your answers to exercise 6 using *after/before ...ing*.

- A First, chop the onions and bacon into small pieces.  
B After chopping the onions and bacon, fry them slowly.  
A Before frying the onions and bacon, heat the oil in a frying pan.

## 8 WRITING

Look up how to make a dish that you like in a cookbook or on the Web, and write down the ingredients. Then write a recipe explaining how to make the dish, using the recipe in exercise 6 to help you.

## LANGUAGE WORKOUT

Complete.

## Gerund as subject

- \_\_\_\_\_ (go) to sleep is easy.  
\_\_\_\_\_ (play) soccer is great fun.

## by/for + gerund

You can get to sleep **by** \_\_\_\_\_ (wear) this watch-like gadget.  
It's a clever gadget **for** \_\_\_\_\_ (open) bottles.

## after/before + participle clause

She came up with the idea **after** \_\_\_\_\_ (struggle) to get up in the morning.  
You are fully awake **before** \_\_\_\_\_ (turn) it off.

## ► Answers and Practice

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## When people expect to get better ...

Talking about illness and medicine  
Verb + gerund or infinitive

*Much so-called alternative medicine is at best harmless and at worst dangerous.*

*My father took herbal medicine when he tried to quit smoking last year. It didn't work. But that's probably his fault, because he didn't remember to take it every day.*

*I remember going to the doctor for my first acupuncture treatment for back pain. I pretended to be calm, although I couldn't help feeling nervous! I didn't exactly enjoy having acupuncture, but it didn't hurt, and the next day my back was much better.*

*Research shows that patients who tried having acupuncture for bad headaches had fewer headaches, and saw the doctor less often, than those who didn't try it.*

## Alternative Medicine

### Is it all in the mind?

More and more people are choosing to use alternative medicine each year.

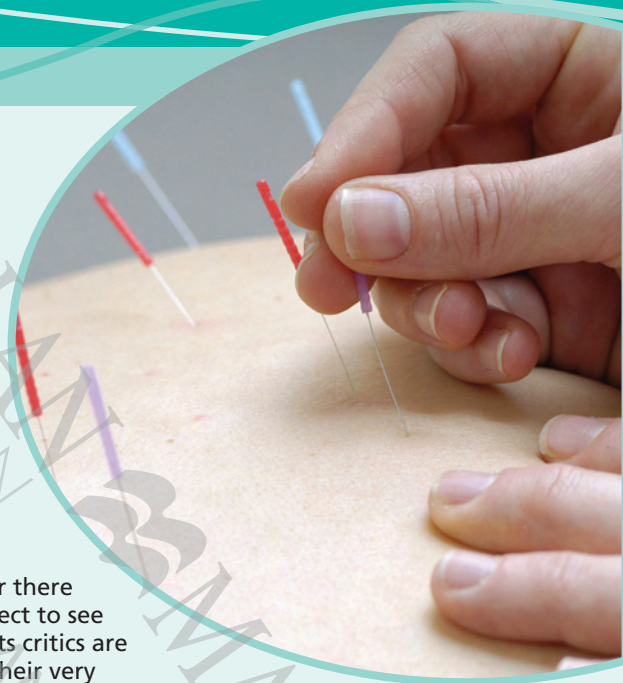
Alternative medicine may be news, but it's not new. It's modern medicine that is new—for example, the first synthetic drug, aspirin, dates only from 1899. But alternative medicine goes back thousands of years. Acupuncture, inserting fine needles at selected points in the body, was used in China over 2,000 years ago and keeps growing in popularity. A TV show on alternative medicine showed a young Chinese woman having open-heart surgery without a general anesthetic—but with acupuncture. There seemed to be no doubt that acupuncture stopped the woman from feeling pain. The needles appeared to change the brain's reaction to pain.

Herbal medicine, treating illness and pain with natural remedies, is the oldest system of medicine in the world. Herbalists are prepared to spend more time than modern doctors with patients so they can treat them as individuals.

But there are two sides to the issue. Independent scientists question whether there is proper research evidence for the claims for alternative medicine. They expect to see scientific proof from tests and trials. Supporters of alternative medicine say its critics are influenced by pharmaceutical companies who want to avoid losing sales of their very profitable drugs.

And then there's the "placebo" effect. In a major trial in the U.S., a group of patients had a normal operation for bad knee pain. Another group of patients with knee pain also believed they had operations. But, in fact, all the surgeon did was cut the knee open and close it again. Both groups had the same positive results from their "operations." In other words, the effect of real and fake operations was the same.


So what does this experiment tell us about medicine? Simply this: when people expect to get better, they often do.



#### 1 OPENER

Can people who are sick get better without the help of modern medicine? Do you know anyone who uses alternative medicine?

#### 2 READING

 1.09 Read *Alternative Medicine*. What is the most surprising information in the text?



### 3 AFTER READING

True or false? Correct the false sentences.

- 1 Patients who had acupuncture for headaches saw the doctor more often.
- 2 Acupuncture can often help people with back pain.
- 3 More and more people are trying acupuncture.
- 4 A Chinese woman had a major operation without a general anesthetic.
- 5 Acupuncture needles seem to change the way the brain reacts to pain.
- 6 Herbalists treat each patient as being different.
- 7 Independent scientists want to see proof of the claims for alternative medicine.
- 8 The effects on those patients who had a real knee operation and those who didn't were different.

**Your response** If you had a bad pain or serious illness, would you try acupuncture? Why/Why not?

### 4 PRONUNCIATION

 1:10 Listen and repeat.

**Weak forms:** /ət/, /əv/, /tə/

at best ...	at worst	a group of patients
at selected points		remember to take it
thousands of years		two sides to the issue
system of medicine		appeared to change

### 5 SPEAKING

What would you do in these situations? Complete the sentences for each situation and then tell another student.

#### Situations

You want to go on vacation on your own.  
You want to pass your final exams.  
You want to go to an all-night party.

- 1 I'd try to ...
- 2 I wouldn't risk ...
- 3 I'd promise to ...
- 4 I'd avoid ...
- 5 I'd remember to ...

I'd try to save up some money.

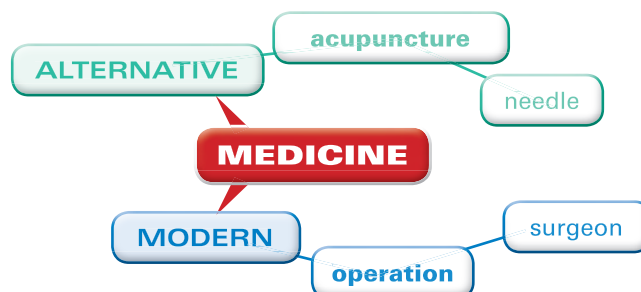
I wouldn't risk going without telling my parents.

I'd promise to call home regularly.

**Extension** Write three more situations beginning *You want to ...*. Ask your partner to say what he/she would do in each situation.

### 6 VOCABULARY

Make a word map for medicine. Use words from this lesson, and add other words you know.



### 7 SPEAKING

Interview three other students about their views on alternative and modern medicine and write down their answers.

What are the differences between modern medicine and alternative medicine?

Modern medicine is scientific.

Alternative medicine sometimes works, but we don't know how.

I wouldn't risk trying alternative medicine.

### 8 WRITING

Read the text in exercise 2 again and make a list of the advantages and disadvantages of alternative medicine. Write a paragraph giving your views on alternative medicine using the list and your notes from exercise 7.

### LANGUAGE WORKOUT

Complete.

#### Verb + gerund or infinitive

Some verbs are followed by the gerund, e.g., *avoid, can't help, dislike, enjoy, keep, quit, stop*.

Some verbs are followed by the infinitive, e.g., *appear, choose, decide, expect, pretend, seem, want*.

And some verbs can be followed by **either** the gerund **or** the infinitive, e.g., *try, remember, forget*.

Patients who tried \_\_\_\_\_ (have) acupuncture ...

He tried \_\_\_\_\_ (quit) smoking last year.

*try + gerund* = do something to see what happens

*try + infinitive* = attempt something difficult

I remember \_\_\_\_\_ (go) to the doctor.

He didn't remember \_\_\_\_\_ (take) it every day.

*remember/forget + gerund* refers to an action in the past.

*remember/forget + infinitive* refers to a necessary action and looks ahead.

#### ► Answers and Practice

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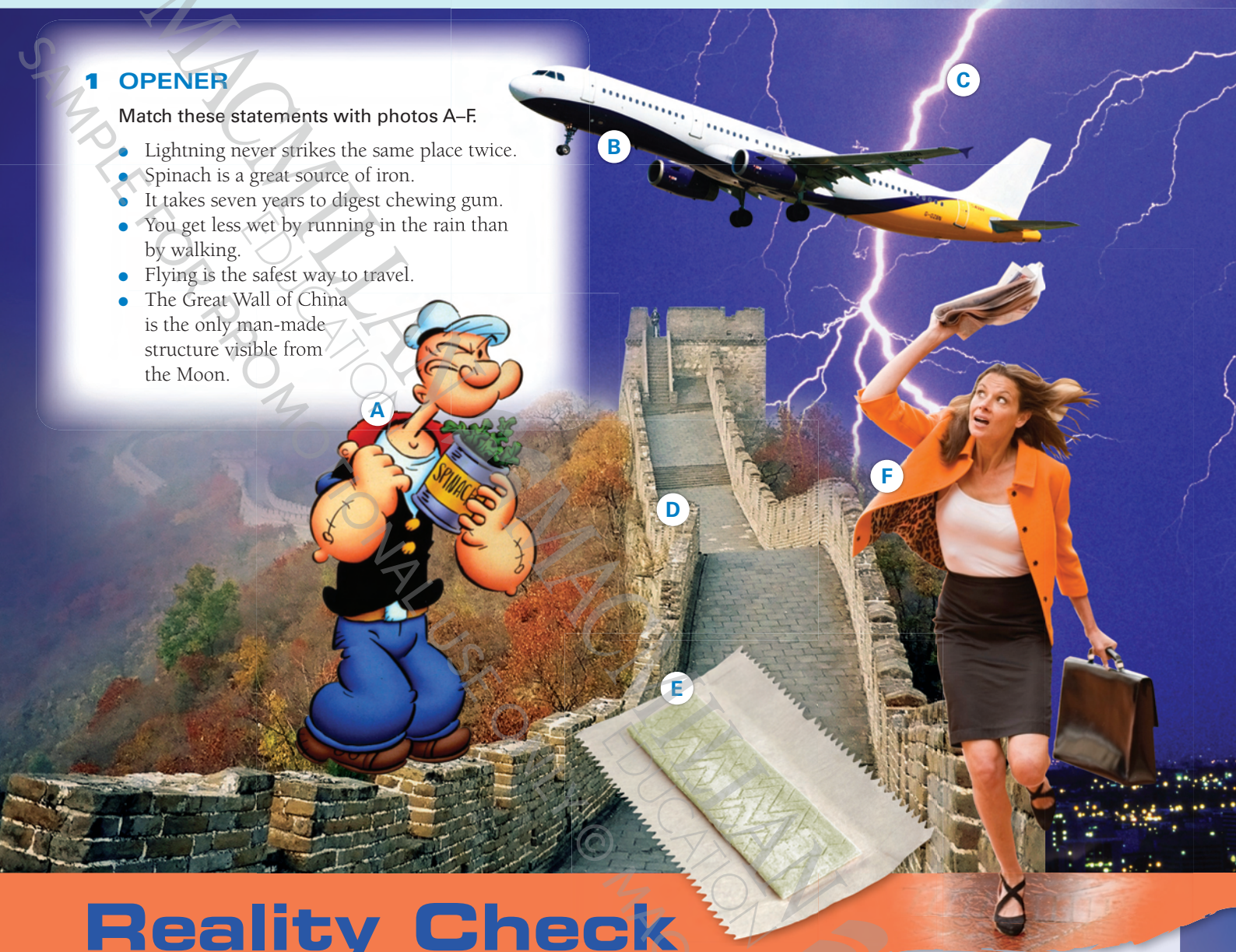
## 4 Integrated Skills

## Discussing and correcting information

## 1 OPENER

Match these statements with photos A–F.

- Lightning never strikes the same place twice.
- Spinach is a great source of iron.
- It takes seven years to digest chewing gum.
- You get less wet by running in the rain than by walking.
- Flying is the safest way to travel.
- The Great Wall of China is the only man-made structure visible from the Moon.



## Reality Check

**1** This idea was probably made up to stop children from swallowing the stuff, but it's nonsense. It may be a little more difficult to break down than other things we eat, but actually it doesn't take very long to digest.

**2** This is a common belief, but it's false. Astronauts in space can see the Great Wall before leaving the Earth's orbit, as well as several other things like airports, highways, and even bridges. But the truth is that the famous landmark is not visible from the Moon.

**3** This is probably true. Many people are afraid of flying because they believe it's risky, but statistics show that it's safer than crossing the street, and there is a greater chance of accidents with other forms of transportation. However, the chances of surviving a plane crash are low.

**4** Popeye claimed his strength came from this vegetable, but it isn't a particularly good source of iron. In fact, it contains an acid that stops the body from absorbing most of the iron. However, it is a rich source of healthy things, such as vitamins A, C, and E.

**5** This is a myth. People believe that fewer raindrops land on them if they run because they spend less time in the rain. But in reality you can get wetter by running, because more rain hits your chest when you run than when you walk. On the other hand, if you run to the nearest shelter, you will get less wet. Of course, carrying an umbrella is the best way to avoid getting wet!

**6** This is a famous saying, but is it a fact? On the contrary, lightning frequently hits the same place more than once. This is particularly true of high places—the Empire State Building in New York is struck 100 times every year on average, and in one storm it was struck 15 times in 15 minutes. The building is even designed as a lightning conductor to stop lightning from hitting other buildings.



## READING

- 2 Read *Reality Check* and match the statements in exercise 1 with paragraphs 1–6. Which statements are actually true?
- 3 What do the words in *italics* refer to?

## Paragraph

- 1 ... actually *it* doesn't take very long to digest.
- 2 ... *the famous landmark* is not visible from the Moon.
- 3 ... they believe *it's* risky ...
- 4 ... *it* isn't a particularly good source of iron.
- 5 People believe that fewer raindrops land on *them* ...
- 6 *The building* is even designed as a lightning conductor ...

## LISTENING

- 4 Here are three more statements. Discuss whether each one is true or false.
- 1 The number of people alive today is greater than the number who have ever died.
  - 2 It's essential to drink at least eight glasses of water a day.
  - 3 We use only ten percent of our brains.

1.11 Now listen to an expert discussing the statements and check.

- 5 1.11 Listen again and complete the notes below.

1 The estimated number of people who have died in the last ...  
Modern humans appeared ...  
Experts believe the number of dead in human history is ...

2 A lot of the water we need is provided by ...  
We can take in water by drinking ...  
The sensible thing is to ...

3 Brain scans and other tests show ...  
We use different parts of our brain for different activities ...  
We don't use all our muscles at the same time, so ...

## 6 SPEAKING

Look at your notes in exercise 5, and tell each other the facts about the three statements in exercise 4. You can use the phrases in the box.

## Correcting information

actually in fact

It isn't true. It's false/nonsense/a myth.

More formal

in reality the truth is that on the contrary

## 7 GUIDED WRITING

Choose one of the statements in exercise 4, and write a paragraph discussing it. Use your notes from exercise 5, phrases from the box in exercise 6, and the *Reality Check* article to help you.

## LEARNER INDEPENDENCE

- 8 Thinking skills: Use your brain to think about words! For each of these words from Unit 1, try to answer the questions below.

decay delicious frozen  
nightmare saucepan snooze

- What does it mean? Is it a noun and/or a verb, or an adjective?
- Can you remember its context in the unit?
- What other words do you associate with it?
- What other words can you use with it?
- What does it sound like?

Now compare your answers with another student.

Which word do you think is the most useful? Why?

Which word do you like best? Why?

- 9 Word creation: Complete the chart with words from Unit 1.

Noun	Adjective
_____	acidic
danger	_____
harm	_____
health	_____
herb	_____
_____	ill
_____	important
_____	real
risk	_____
sense	_____
_____	strong
thirst	_____
_____	true

- 10 1.12 **Phrasebook:** Find these useful expressions in Unit 1. Then listen and repeat.

It's not a good idea to ...  
That's a different matter.  
Not at all.  
Do you realize that ...?  
What's wrong with that?  
It didn't work.  
It's nonsense.  
On the other hand ...  
The sensible thing is to ...

Now write sentences that could come before five of the expressions.



## LANGUAGE LINKS

Match these international words with the descriptions of their origins.

banana chocolate coffee curry hamburger  
pizza salad sushi tea yogurt

## International words for food and drink

- The name of this food comes from an Italian word meaning "pie."
- This word came to England through Dutch *thee* and Malay *teh*, and is originally from southeast China.
- The word for this dish comes from the southern Indian language, Tamil: *kari*, which means "sauce."
- Spanish and Portuguese explorers discovered this yellow fruit, and its name is a West African word.
- This became an English word in the 17th century, probably from the Italian word *caff  *. However, Turkish *kahveh* and Arabic *qahwah* are earlier versions. The Arabic word may come from Kaffa, a place in Ethiopia where the plant was first grown.
- The Romans liked dishes with raw vegetables and a salty dressing, and our word comes from Latin *salare*, which means "put salt on."
- This word came from Turkey (with the same spelling) in the 1620s and has had lots of different spellings in English, including *yaourt*.
- This word comes from the Aztec language of South America and was brought to Europe by the Spanish. It was first used to describe a drink known in Aztec as *xocolatl*.
- This is a Japanese dish of rice with raw fish or vegetables.
- This word for meat in a bread roll came to the U.S. in the 1870s from the German city of Hamburg.

Find out the origin of these international words for food.

chop suey fondue kebab omelette paella  
salami spaghetti sauerkraut tandoori tortilla

SKIT *The Expert*

1.13 Read and listen.

MAN Yes, can I help you?

WOMAN I want to dye.

MAN Excuse me?

What did you say?

You want to die?

WOMAN I want to dye it.

It's my shirt.

MAN Diet! Ah, yes,

you've come to the right man. I'm a diet expert. Now, why do you want to diet? Is your shirt too small?

WOMAN It's not the size—it's the color. I don't like it. It's white and I want it to be brown.

MAN There's nothing wrong with your color—you look fine. And anyway, a diet won't change your color. Try lying in the sun.

WOMAN Listen! I want to dye it brown.

MAN Sorry. I don't have any brown diets. I have high-energy diets, all-meat diets, fruit diets, lots of diets, but no color diets.

WOMAN I don't want to dye the collar! I want to dye the whole shirt. And these jeans. They're the right size, but the wrong color.

MAN You can't change your genes—you're born with them.

WOMAN No, I wasn't! I bought them last week. In a new jeans store on Main Street.

MAN A genes store!

WOMAN Yes. But if you won't help me, I'll take them back to the store and change them.

MAN How interesting! I've always wanted to change my genes. I could be tall and have lots of hair. I think I'll come with you!



Now act out the skit in pairs.

Game **Acrosswords**

- Choose a long word from this unit. Write the word across the top of a piece of paper, and down the left-hand side. Then write the same word backward down the right-hand side of the paper.
- Make a copy and give it to another student. Both of you try to find words that begin with the letter on the left and end with the letter on the right. You can use a dictionary to help you. It doesn't matter if you can't find words for all the lines.
- Score one point for each letter. The student with the most points wins.

S	Y	N	T	H	E	T	I	C
Y								I
N	E	X						T
T	A	K						E
H	I	G						H
E	X	T	I	N	C			T
T	R	A	I					N
I	D	E	N	T	I	F		Y
C	H	A	N	G	E			S



## CONSOLIDATION

**LESSON 1** Look at exercise 5 on page 11. Write sentences responding to the statements.

*Some people believe in skipping meals, but they soon feel hungry and eat lots of snacks.*

**LESSON 2** Look at exercise 4 on page 13. Write sentences about the kitchen equipment.

*A bread knife is for slicing bread.*



**LESSON 3** Look at the Language Workout on page 15. Write five sentences about things that happened last week using five of the verbs + gerund or infinitive.

*I couldn't help being late for school because the bus broke down.*

## EXTENSION

**LESSON 1** Write notes for a food diary, describing what you have eaten and drunk in the last 24 hours. Then show your notes to another student and discuss them.

- A You had cereal and fruit for breakfast. What did you have to drink?  
 B Tea—I dislike coffee. In fact, I like hot chocolate best. How about you?  
 A I didn't have breakfast—it doesn't matter. I can get some potato chips during break.

**LESSON 2** Look at exercise 7 on page 13 and the recipe you wrote in exercise 8. Write sentences about the recipe using *after/before ...ing*.

**LESSON 3** Look at exercise 5 on page 15. Then complete sentences 1–5 below for these situations:

- You want to ask another student for a date.
  - You want to ask your parents for money to buy an MP3 player.
- 1 I'd expect to ...                      4 I'd suggest ...  
 2 I'd keep ...                            5 I'd ask to ...  
 3 I wouldn't dare to ...

## YOUR CHOICE!

## CONSTRUCTION Gerund or infinitive?

Complete with the correct form of the verb.

- 1 She enjoys \_\_\_\_\_ (go) to see the herbalist because he seems \_\_\_\_\_ (understand) her.
- 2 Acupuncture appears \_\_\_\_\_ (help) my pain so I'm going to keep \_\_\_\_\_ (have) it.
- 3 He decided \_\_\_\_\_ (take) aspirin because he didn't want \_\_\_\_\_ (risk) \_\_\_\_\_ (have) a headache all day.
- 4 Always late? Try \_\_\_\_\_ (set) your watch five minutes fast.
- 5 Did you remember \_\_\_\_\_ (lock) the door?
- 6 He'll never forget \_\_\_\_\_ (meet) Nelson Mandela.
- 7 She tried \_\_\_\_\_ (explain) what to do, but he didn't understand.
- 8 I remember \_\_\_\_\_ (take) my glasses off but now I can't find them.
- 9 Don't forget \_\_\_\_\_ (give) me a call when you arrive.

## REFLECTION Gerund and infinitive

Complete.

- *avoid, enjoy, and suggest* are examples of verbs that are followed by the \_\_\_\_\_.
- *appear, expect, and refuse* are examples of verbs that are followed by the \_\_\_\_\_.
- Some verbs like *remember*, \_\_\_\_\_, and \_\_\_\_\_ can be followed by either gerund or infinitive, but with different meanings. For example, *remember* + \_\_\_\_\_ refers to something it is important to do in the future, while *remember* + \_\_\_\_\_ refers to something that happened in the past.
- Other verbs, for example, *hate, like, love, and prefer*, can be followed by \_\_\_\_\_ gerund or infinitive with the \_\_\_\_\_ meaning.

## ACTION Topics

- Work in a small group.
- Choose six topics from this list:  
 animals clothes countries  
 environment feelings food health  
 home leisure sports television  
 travel
- Choose a letter for the group by opening a book, closing your eyes, and pointing with your finger.
- Work on your own in the group. For each topic, write down as many words as you can beginning with the chosen letter. You have ten minutes.
- Then read aloud your lists, scoring one point for each word and two points for any words the others haven't thought of.

## INTERACTION Special events and feelings

- Work in a small group.
- Tell each other about:  
 Something special that happened to you recently.  
 A place that is special for you.  
 A number that is special for you.
- Answer the other students' questions.





Natalia (Costa Rica)



Takumi (Japan)

## Happiness and success

We asked four teenagers about their views on happiness and success.

**What do you think is the key to happiness?**

**Natalia** Did you know that Costa Rica is supposed to be one of the happiest countries in the world? But it's certainly not one of the richest countries, so what's our secret? I think a major factor is that family, friendship, and community networks are very important in our society. Also, we really care about our environment and we try to live in tune with nature.

**Takumi** Happiness is essentially peace of mind. It's not about material goods, getting the latest gadget, or designer clothes. The trouble is that it's hard not to be materialistic here in Japan when there's so much pressure to buy things. But you can't be happy if you always want more—money can't buy happiness.

**Lucy** I know money isn't the answer, although it's obviously important to have enough to live on. But in the end, people can't be happy if they think about themselves all the time. Happiness isn't about doing what you want, but about doing what you can for others. One of the best ways to make yourself happy is to make someone else happy—kind and generous people are happier people.

**Alex** For me, the key to happiness is a healthy lifestyle, with plenty of exercise. I go to a sports club after school and we do all kinds of activities, like swimming, basketball, and ice hockey. It makes me feel better, I have more energy—and it keeps me out of trouble!

**What does "success" mean to you?**

**Lucy** I think it's a question of priorities. In this age of capitalism and globalization, people often measure success in terms of their personal wealth. In other words, the more money you have, the more successful you are. So lots of young people in the U.S. want to be rich and famous. That's not my priority, although I'd like to be rich and famous—who wouldn't?!

**Natalia** The truth is that success means different things to different people. For me, if someone is successful, it's because they have achieved their own goals. That may mean having lots of money and possessions, or it may mean climbing a mountain, or overcoming a disability. But I think the key to success is education, because it gives you the opportunity to make the most of your life.

**Alex** That's a more difficult question than it seems. "Success" sounds very positive, but take sports, for example. I love sports—both as a participant and as a spectator. However, in any sport, there can only be one winner and lots of losers. We shouldn't forget that it is taking part in a competition that's important—not winning it.

**Takumi** I believe that the key to success is to think positively and keep trying. Don't be discouraged by failure—learn from your mistakes and do your best. As the great basketball player Michael Jordan once said: "I can accept failure, everyone fails at something. But I can't accept not trying."







Alex (Canada)

Lucy (U.S.)

## 1 READING

Read the text and complete the sentences with Alex, Lucy, Natalia, or Takumi.

- 1 \_\_\_\_\_ thinks physical activity is important for happiness.
- 2 \_\_\_\_\_ suggests that it's better to give than to receive.
- 3 \_\_\_\_\_ and \_\_\_\_\_ think that society places a high value on material goods.
- 4 \_\_\_\_\_ doesn't think that winning is the most important thing.
- 5 \_\_\_\_\_ thinks that friends and family are the key to happiness.
- 6 \_\_\_\_\_ believes that it's important not to give up.
- 7 \_\_\_\_\_ says that it's important to help others.
- 8 \_\_\_\_\_ and \_\_\_\_\_ don't believe that money guarantees happiness.
- 9 \_\_\_\_\_ thinks that education enables you to be the best you can be.
- 10 \_\_\_\_\_ believes that there are many different ways of being successful.

## 2 VOCABULARY

Match the words 1–10 with their definitions a–j.

- |                            |  |
|----------------------------|--|
| 1 essentially <i>adv</i>   | a something that is put first  |
| 2 materialistic <i>adj</i> | b the idea that the world is developing a single economy and culture                 |
| 3 generous <i>adj</i>      | c someone who takes part in something  |
| 4 capitalism <i>n</i>      | d basically  |
| 5 globalization <i>n</i>   | e succeed in dealing with a problem  |
| 6 wealth <i>n</i>          | f believing that money and possessions are the most important aspect of life         |
| 7 priority <i>n</i>        | g economic system controlled by individuals and private companies, not by government |
| 8 overcome <i>v</i>        | h feeling that it is useless to try to do something                                  |
| 9 participant <i>n</i>     | i large amount of money and valuable things  |
| 10 discouraged <i>adj</i>  | j happy to give money or time  |

## 3 SPEAKING

Discuss these questions.

- 1 What makes you happy?
- 2 "It's better to give than to receive." Do you agree? Why/Why not?
- 3 The Olympic® motto is: "The most important thing is not winning but taking part." Do you agree? Why/Why not?
- 4 Would you like to be rich and famous? Why/Why not?
- 5 Which of the four teenagers' answers do you agree and disagree with most? Why?

## 4 MINI-PROJECT

### Happiness and success

Work with another student and think about your answers to these questions.

- What do you think is the key to happiness?
- What does "success" mean to you?

Write two paragraphs answering each question, giving reasons for your points of view.

Read your work carefully and correct any mistakes. Then show your answers to other students.