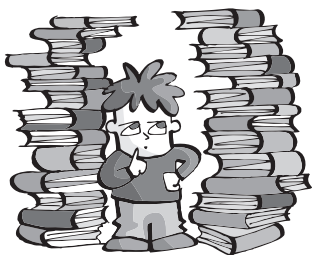


I Love It!

1 Complete the texts.

addicted obsessed stop crazy cravings can't habit to



If you're 1 _____ about reading and 2 _____ help buying books, then you'll love our amazing new book club. Join the club for only \$25 and then get a half-price book every month.



Are you addicted 3 _____ texting your friends? Do you have a 4 _____ of making hundreds of calls on your cell phone? Buy our fantastic Ready Comp laptop for \$700, and we'll give you a year's phone calls and texts for free!



Sandy can't 5 _____ listening to music and she's 6 _____ with downloading the latest hits onto her MP4 player. That's why she loves the Music Download Giftcard – a great gift for any music lover.



Do you have 7 _____ for sweet, fizzy drinks? Are you 8 _____ to chocolate? Buy our book *How to Eat Well* today and learn how to live a healthier life.

2 Read and match.

- | | |
|--|-----------------------------------|
| 1 You can't stop playing computer games. | a You have a toothache. |
| 2 You're addicted to watching soap operas. | b You've gained weight. |
| 3 You have cravings for junk food. | c You don't read books anymore. |
| 4 You're obsessed with texting. | d You aren't doing your homework. |
| 5 You're always eating candy. | e You don't talk to your friends. |

1 Complete the sentences.

Dear Amy,

I want to **1** (avoid / spend) avoid spending
too much time on my computer. I have a **2** (habit of
/ check) _____ my e-mail in the
morning and I'm **3** (obsessed with / chat)
_____ online with my friends.

Sue

I think you **4** (need / find) _____
another interest. It's **5** (better / have)
_____ other options for the
mornings – read a magazine or do some
exercise. Talk to your friends and **6** (agree /
meet) _____ at each other's
houses, rather than chat online.

Dear Amy,

My problem is that I'm **7** (addicted to / text)
_____ my friends. I can't **8** (stop /
use) _____ my cell phone.
Sometimes I even use it in class and then I get into a
lot of trouble!

Beth

You should **9** (think about / leave)
_____ your cell phone at home
and going out for a whole day without it. You
should **10** (plan / do) _____ a lot
of exciting things with your friends – go to the
movies or play a sport. You'll enjoy yourself
without your cell phone.

2 Work with a friend. Act out the problems and advice in Activity 1.

3 Copy the chart into your notebook. Then complete.

- ☐ avoid ☐ plan be obsessed with have a habit of need agree think about
- ☐ be better be addicted to can't stop be crazy about

Verb phrase with <i>-ing</i>	Verb phrase + infinitive
<i>avoid doing</i>	<i>plan to do</i>

Catchphrase

Cross out the incorrect sentences. Write two more sentences in your notebook.

You can learn a lot from books.
You can learn a lot from to read.

Think about eat more fruit.
Think about eating more fruit.

SB page 74

1 Circle the correct words.

- 1 Holly doesn't worry about things – she's always very *relaxed* / *stressed*.
- 2 Lewis gets very *anxious* / *calm* in class because he worries when he doesn't understand.
- 3 Holly didn't get anxious before the exam – she stayed *stressed* / *calm*.
- 4 Holly went to bed early the night before the exam so she was *alert* / *miserable* the next day.
- 5 Lewis got very *alert* / *stressed* the day before the exam and he stayed up late studying.
- 6 Lewis felt *calm* / *miserable* because he got a lower grade than Holly.



2 Read and put the story into the correct order.

- ☐ a Then, she ate a healthy dinner and went to bed early.
- ☐ b He went to his room and he studied for a very long time.
- ☐ c The next morning, Holly was calm and relaxed, and she ate a good breakfast, but Lewis was tired and anxious and didn't want to eat anything. He was too nervous.
- ☐ d Holly wasn't worried. She paid attention in class, so she thought, "I'll be OK." She went home and studied for a while.
- ☐ e They took the exam. Holly's grade was better than Lewis's.
- ☐ f He went directly to the library from school and studied very hard. When he got home, he didn't have dinner.
- ☒ 1 g When Mrs. Fry told the class that there was going to be a test the next day, Lewis was very worried.

3 Complete the sentences about you.

I feel calm when I _____.

I feel relaxed when I _____.

Sometimes I feel anxious when I _____.

Occasionally I feel miserable when I _____.

1 Complete the story with the correct verb forms.



SAM'S STORY

I used to be obsessed with computer games. I couldn't stop
1 (play) playing them.
 My mom asked me to try **2** (spend)
 _____ at least two

days a week not playing computer games, but I couldn't. I refused
3 (do) _____ my homework and I avoided
4 (spend) _____ time with my friends because I just wanted **5** (play) _____

computer games. Then my cousin came to visit us for a few weeks. He couldn't stand **6** (stay) _____ inside all the time. "We need **7** (go) _____ outside and meet with real people," he said. "There's no point in **8** (waste) _____ your time in front of the computer." I called my friends and suggested **9** (meet) _____ them in the park. I really enjoyed myself. Now I've promised **10** (turn) _____ off my computer and spend more time with my friends.

2 Answer these questions.

1 What was Sam's problem?

He was obsessed with playing computer games.

3 Did Sam's cousin want to do the same as Sam?

2 What did Sam's mom want him to do?

4 What has Sam just promised?

3 Finish these sentences with your own ideas. Tell a friend.

1 I can't stand _____.

2 I promise _____.

3 I refuse _____.

I can't stand playing soccer.

1  Cross out the incorrect words. Then listen and check.

My Birthday

It's my birthday party

On November 9th at 3:30!

Please 1 *accept* / *except* this invitation.

Come and celebrate with me.



Smile, please!

I have some 2 *advice* / *advise* for you.

It will 3 *affect* / *effect* you every day.

Take the time to smile and laugh

To relax, have fun, and play.

I 4 *advice* / *advise* you to enjoy yourself.

Go out and have some fun.

You'll see the 5 *affect* / *effect* your smiles will have

On yourself and everyone.



2 Unscramble the words. What's the secret word?

Affect is easily confused with (fecfre).

You're is easily confused with (rouy).

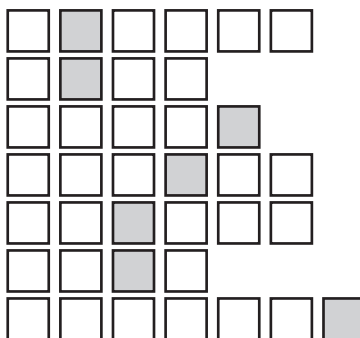
They're is easily confused with (trhei).

Except is easily confused with (ptacce).

Advise is easily confused with (ecdavi).

Than is easily confused with (nteh).

Weather is easily confused with (rthweeh).



Secret word: _ _ _ _ _

1 *Pen Pal* Write suggestions using the ideas in parentheses.

- 1 I don't have many friends. (think of ways to meet new people)
Why don't you think of ways to meet new people?
- 2 I need to do more exercise. (join a gym / walk to school)
I suggest _____.
- 3 I'm bored. (meet your friends in town / play sports)
Think about _____.
- 4 I feel very stressed about my school work. (go to bed late / study all night / concentrate in class)
Avoid _____.
- 5 My mom is upset because I don't help out at home. (make a deal / help on weekends)
Plan _____.

2 Read and write some advice for the problem in your notebook.
Use the Writing Bank to help you.

◀ ▶ + <http://www.schoolforum.com>

schoolforum home about contact

Hi!
I'm a 12-year-old girl. My problem is that I'm very anxious and shy. I can't stop worrying about my school work. It's a problem because I can't sleep at night. I'm obsessed with studying and I never go out with my friends. Please can you help me?

Writing Bank

Problems

My problem is that ...
I can't stop ...
I'm obsessed with ...
My mom and dad say that ...
It's a problem because ...
Please can you help me?

Advice

You should talk to your parents / your teacher / your friends.
You shouldn't spend so much time doing ...
Avoid spending so much time ...
Why don't you ...?
My advice to you is to ...
I suggest ...-ing.

verb + to / verb + -ing 1

I enjoy > reading > adventure stories.

I hope > to travel > to Australia.

Be Careful!

Cross out the incorrect sentence.

- 1 They want to go to a pop concert.
- 2 They want going to a pop concert.

Now Try It!

Complete for you.

- 1 I plan to study at art college.
- 2 I'm crazy about _____.
- 3 My friends and I think it's better to _____.
- 4 I can't help _____.
- 5 I'm going to think about _____.
- 6 My parents suggest _____.

verb + to / verb + -ing 2

I'm > interested in > learning karate.

She > refused to > answer the question.

Now Try It!

Circle the correct words.

- 1 Olivia suggested to go / going to the Internet café.
- 2 I can't stand *listening* / *listen* to jazz music.
- 3 There's no point *in complaining* / *to complain* about it now.
- 4 I offered to *help* / *helping*.
- 5 I promise *spending* / *to spend* at least an hour a day speaking English.
- 6 Duncan did anything to avoid *to do* / *doing* his homework!