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**INVOLVED!**

American Edition

**Intro**

**Workbook**  
with Digital Workbook

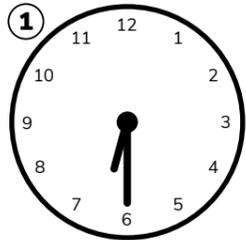


Kate Pickering

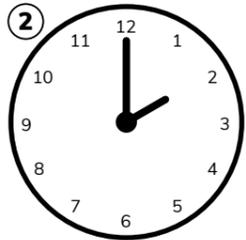
# 4 My time

## The time; daily routines

1 ☆ Check (✓) the clocks with the right time. Correct the times which are incorrect.

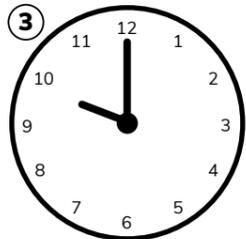


half past eight

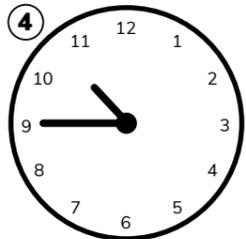


half past two

✗ It's half past six.



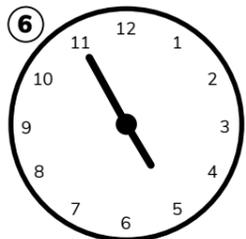
ten o'clock



quarter past eleven



twenty-five past four



twenty to five

2 ☆☆ Write another way to say the time.

- It's six thirty. *It's half past six.*
- It's a quarter past seven.
- It's four fifty.
- It's twenty-five to two.
- It's twelve fifteen.
- It's noon.

3 ☆☆☆ Match verbs in box A with words in box B to describe activities in a daily routine. Which verb doesn't match with a word in B?

A

do finish  
get go have  
relax start

B

homework lunch  
school school  
to bed up

do homework

4 ☆☆☆ Complete the text with activities and times from the table. Write the times in full.

Get up	7:15
Breakfast	7:25
Go to school	8:00
Have classes	8:55–3:15
Lunch	12:30
Homework	4:00–6:45
Dinner	6:50
Bed	9:30

I get up at 1 seven fifteen and I  
2 \_\_\_\_\_ at about seven twenty-five. I go to school at 3 \_\_\_\_\_.  
We have classes from eight fifty-five to  
4 \_\_\_\_\_, and we take a break  
for lunch at twelve thirty. I get home at four o'clock  
and then I 5 \_\_\_\_\_. I finish it at  
about six forty-five. After dinner, I relax for a couple  
of hours and I 6 \_\_\_\_\_ at about  
nine thirty.

5 ☆☆☆ Write a description of your daily routine.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Simple present: affirmative

1 ☆ Complete the table with the *he/she/it* form of the verbs in the box.

be do finish get go have make  
relax start study teach try want

+ s	+ es	Change y to ies	Irregular
gets			

2 ☆☆☆ Write complete sentences with the correct form of the verb.

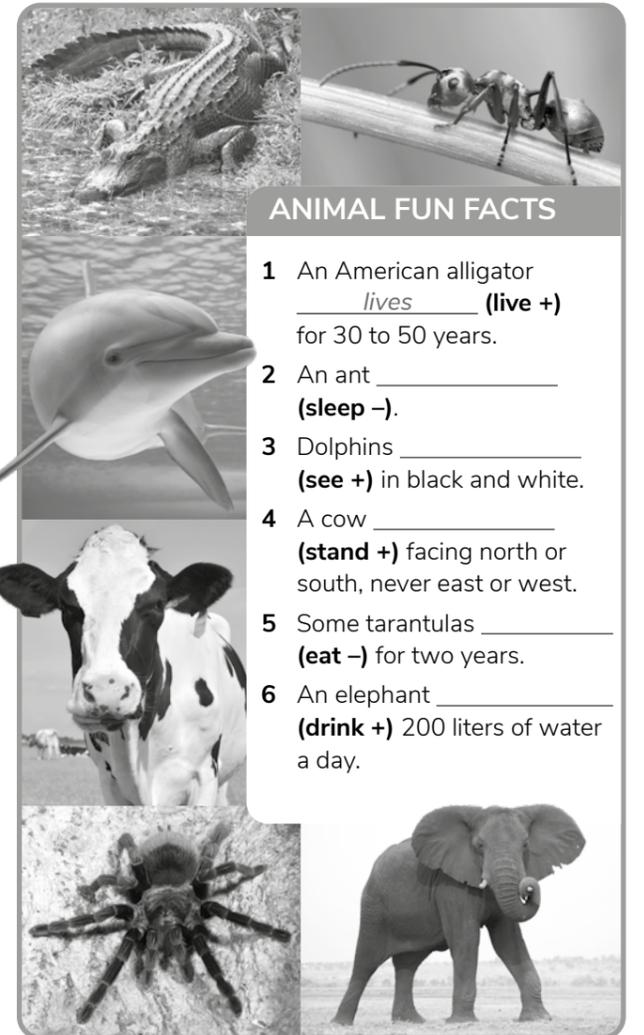
- From Monday to Friday / Thea / get up / eight o'clock  
*From Monday to Friday, Thea gets up at eight o'clock.*
- James / finish school / two o'clock / Fridays
- We / go to bed / 10:30 / on weekends
- Mrs. Phipps / teach / English and history
- I / relax / when / finish my homework
- Clara / do her homework / when / get home from school

## Simple present: negative

3 ☆☆☆ Complete the sentences with *don't* or *doesn't*.

- School children in Japan don't have long breaks. They study for 230 days a year.
- My Korean friend, Min-Seo, \_\_\_\_\_ have free time on Saturday mornings: she has school!
- In Russia, students study with the same people from 6 to 16 years old. They \_\_\_\_\_ change schools.
- My cousin Torsten lives in Germany. He \_\_\_\_\_ go to school. He starts next year.
- Students in Kenya \_\_\_\_\_ wear their own clothes. They wear a uniform.
- Classes in Australia \_\_\_\_\_ have a lot of students. A typical class has 18 students.

4 ☆☆☆ Complete the sentences with the correct form of the verb.



### ANIMAL FUN FACTS

- An American alligator lives (live +) for 30 to 50 years.
- An ant \_\_\_\_\_ (sleep -).
- Dolphins \_\_\_\_\_ (see +) in black and white.
- A cow \_\_\_\_\_ (stand +) facing north or south, never east or west.
- Some tarantulas \_\_\_\_\_ (eat -) for two years.
- An elephant \_\_\_\_\_ (drink +) 200 liters of water a day.

5 ☆☆☆ Complete the text with the correct form of the verbs.

Sachi Amma is a World Champion climber from Japan. What's a typical morning for Sachi when he's at home? Sachi 1 gets up (get up) at about 7:00 am. He 2 \_\_\_\_\_ (not train) in the morning, but after he gets up, he 3 \_\_\_\_\_ (do) yoga at home. After that he 4 \_\_\_\_\_ (make) a big glass of juice for breakfast. Later, he 5 \_\_\_\_\_ (go) to a café and does some work on his computer. He 6 \_\_\_\_\_ (have) lunch in a restaurant where they 7 \_\_\_\_\_ (make) fantastic udon noodles. This is important: noodles 8 \_\_\_\_\_ (give) Sachi energy for climbing. In the afternoon, he 9 \_\_\_\_\_ (go) to the gym to do his training, and that's when the real work 10 \_\_\_\_\_ (start).



Free-time activities

1 ☆ Complete the verbs with the missing letters.

- 1 p\_lay
- 2 ch\_\_t
- 3 t\_k\_\_
- 4 m\_\_t
- 5 w\_t\_h
- 6 \_\_iste\_\_

2 ☆ Match the verbs in exercise 1 with a word or phrase in the box to describe the free-time activities in the photos.

friends on my phone photos sports  
to music TV



1 watch TV



2 \_\_\_\_\_



3 \_\_\_\_\_



4 \_\_\_\_\_



5 \_\_\_\_\_



6 \_\_\_\_\_

3 ☆☆ Complete the table with the words in the box.

basketball out on my bike shopping  
swimming the guitar the piano  
to the movies video games

Go	Play
to the movies	

4 ☆☆ Circle the correct option.

- 1 I go shopping/play sports at the shopping center.
- 2 Lola goes swimming/plays video games in her room.
- 3 We play sports/go out on our bikes at school.
- 4 I meet my friends/play the piano in the park.
- 5 My friends listen to music/watch TV at parties.
- 6 Freddy plays the guitar/reads in English class.

5 ☆☆ Complete the sentences with the correct form of the verbs in the box.

go swimming play sports read sleep  
take photos watch TV

- 1 I normally sleep for eight hours every night.
- 2 Ben \_\_\_\_\_ two days a week. On Mondays he plays tennis and on Fridays he does judo.
- 3 I \_\_\_\_\_ three or four pages of my book before I go to sleep.
- 4 Felix has a good camera and he \_\_\_\_\_ with his uncle.
- 5 Mom \_\_\_\_\_ every evening, but it's very boring. I prefer watching a series online.
- 6 When we're on vacation at the beach, we \_\_\_\_\_ all the time, some days in the ocean and other days in the pool.

6 ☆☆ Complete the sentences about free-time activities for you.

- 1 After school, I \_\_\_\_\_.
- 2 On vacation, I \_\_\_\_\_.
- 3 When I'm with my friends, we \_\_\_\_\_.

Simple present: Yes/No questions and short answers

1 ☆ Complete the questions with do or does.



- 1 Do penguins live in the Arctic?
- 2 \_\_\_\_\_ February have 30 days?
- 3 \_\_\_\_\_ some French children go to school on Saturdays?
- 4 \_\_\_\_\_ Brazilian people speak Spanish?
- 5 \_\_\_\_\_ a guitarist play a musical instrument?
- 6 \_\_\_\_\_ a jellyfish sleep?

2 ☆☆ Match the questions in exercise 1 with the short answers in the box.

Yes, he/she does. Yes, they do. No, it doesn't.  
No, it doesn't. No, they don't. No, they don't.

- 1 No, they don't.
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_

Simple present: Wh- questions

3 ☆ Complete the table with the question words in the box.

what when where who

1 who	2 _____	3 _____	4 _____

4 ☆☆☆ Complete the questions.

- 1 When do you go to bed?
- 2 \_\_\_\_\_ do you do on Saturday mornings?
- 3 Where \_\_\_\_\_ your best friend live?
- 4 \_\_\_\_\_ do your parents get home from work?
- 5 Who \_\_\_\_\_ you go to school with?
- 6 \_\_\_\_\_ languages does your mother speak?

love/like/don't like/hate + noun

5 ☆☆ Read the sentences and disagree with the statements using love/hate.

- 1 Thelma doesn't like basketball.  
Yes, she does. She loves it.
- 2 Alex and Gemma don't like Spider-Man movies.  
\_\_\_\_\_
- 3 Bruno hates K-pop.  
\_\_\_\_\_
- 4 We don't like Dylan Minnette.  
\_\_\_\_\_
- 5 Bea loves bananas.  
\_\_\_\_\_
- 6 I don't like Taylor Swift.  
\_\_\_\_\_

6 ☆☆☆ Order the words to make questions, then answer them for you.

- 1 go / you / Where / on vacation / do ?  
Where do you go on vacation?
- 2 in your free time / you / What / do / do ?  
\_\_\_\_\_
- 3 have / Who / do / breakfast with / you ?  
\_\_\_\_\_
- 4 on weekends / When / get up / you / do ?  
\_\_\_\_\_

An online article

### TOP 5 FACTS ABOUT ... TIME ZONES

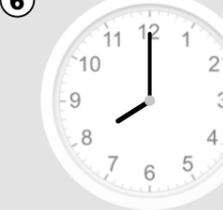
**1**   
**LOS ANGELES**

**2**   
**NEW YORK CITY**

**3**   
**MOSCOW**

**4**   
**BEIJING**

**5**   
**LONDON**

**6**   
**SYDNEY**

- There are 24 hours in a day, so is the world divided into 24 time zones? No, it isn't. There are 38 time zones! All countries use Greenwich Mean Time (GMT) from Greenwich, London as the starting point. Countries are either ahead of or behind GMT.
- There are 11 time zones in Russia. Pavel has breakfast in Moscow at 7:00 am. But for his cousin Katya in Vladivostok it's 2:00 pm. It takes eight hours to fly from Vladivostok to Moscow, but if Katya flies at 7:00 pm she gets to Moscow at 8:00 pm the same day!
- With 9,597 million square kilometers, China is a very big country. So it has a lot of time zones, right? No, it doesn't. China has only one enormous time zone.
- The International Space Station moves all the time, so which time zone is it in? That's easy. The ISS has the same time as Greenwich.
- Do you want to celebrate your birthday twice? No problem. Start in Samoa and go just 50 km (25 minutes by plane) to American Samoa. When you travel, you cross the International Date Line and your birthday starts over again!

**1** ☆ Look at the clocks and write the time.

- It's one o'clock in Los Angeles.* \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**2** ☆☆  9 Read and listen to the text and match paragraphs 1–5 with headings a–e.

- a A big country with a lot of time zones \_\_\_\_\_
- b All time starts in London 1
- c A 48-hour party \_\_\_\_\_
- d What's the time in space? \_\_\_\_\_
- e A big country with only one time zone \_\_\_\_\_

**Subskill: Reading for detail**

To find details, read the questions first. Then look for the information in the text.

**3** ☆☆☆ Read the text and circle the correct answer.

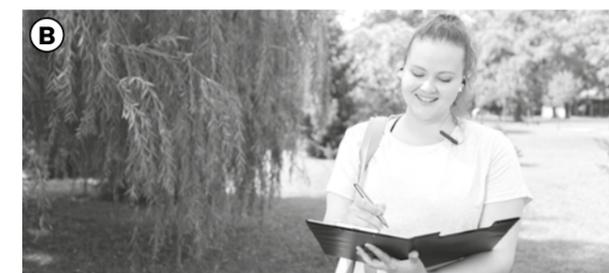
- How many time zones are there?  
a 24      b 12      **c 38**
- Where is Greenwich?  
a Paris      b London      c New York
- How many hours' difference are there between Moscow and Vladivostok?  
a 7      b 11      c 8
- How long does it take to fly from Vladivostok to Moscow?  
a 7 hours      b 1 hour      c 8 hours
- How long does it take to go from Samoa to American Samoa by plane?  
a 25 minutes      b 48 hours      c 50 minutes

**4** ☆☆☆ Answer the questions for you.

- How many time zones are there in your country? \_\_\_\_\_
- Is the time in your country the same or different to GMT? \_\_\_\_\_
- Does the time change in the winter and the summer where you live? \_\_\_\_\_

A welcome meeting

**1** ☆  10 Look at the two photos. Listen to the first part of the audio. Is it situation A or B?



**2** ☆☆ Listen to the complete talk. Check (✓) the correct sentences.

- The speaker is the director of the school.
- The students are on an English language course in the UK.
- The students have classes all day.
- The students go to famous cities during their visit.

**Subskill: Listening to complete sentences**

Listen carefully for the words you see in the first part of the sentence.

**3** ☆☆☆ Listen again. Complete the sentences.

- Angela Cox is the director of the school.
- From Monday to Friday students get up at \_\_\_\_\_.
- On Mondays, Tuesdays, Thursdays and Fridays, there are lessons \_\_\_\_\_.
- Lunch is at \_\_\_\_\_.
- In 'Use your English' students do projects like making \_\_\_\_\_.
- In the afternoon, students can do sports or \_\_\_\_\_.
- One day they have a quiz, another evening there is \_\_\_\_\_.
- On Wednesdays, there are \_\_\_\_\_.
- On Saturday this week, there is a visit to \_\_\_\_\_.

Making plans

**1** ☆☆ Complete the phrases with the words in the box.

about busy fine free  
ge good OK yes

- Why don't we go to the movies?
- Are you \_\_\_\_\_ on Tuesday?
- OK, \_\_\_\_\_.
- What \_\_\_\_\_ Saturday afternoon?
- Sorry, I'm \_\_\_\_\_.
- Is Friday \_\_\_\_\_?
- \_\_\_\_\_, great.
- Thursday's \_\_\_\_\_.

**2** ☆ Write M (making suggestions) or A (answering) for the phrases in exercise 1.

- |            |         |
|------------|---------|
| 1 <u>M</u> | 5 _____ |
| 2 _____    | 6 _____ |
| 3 _____    | 7 _____ |
| 4 _____    | 8 _____ |

**3** ☆☆☆ Complete the dialogue with the missing questions in the box.

Are you free on Friday?  
Do you want to meet this weekend?  
Is three o'clock OK?  
OK, fine. What time?  
What about Saturday?

**1** *Do you want to meet this weekend?* \_\_\_\_\_  
Yes, great.

**2** \_\_\_\_\_  
No, sorry, I'm busy on Friday.

**3** \_\_\_\_\_  
Saturday's good. Why don't we go to the park and play basketball?

**4** \_\_\_\_\_

**5** \_\_\_\_\_  
Yes, perfect. See you at 3:00 pm.

Notes and messages

1 ☆ Complete the sentences with *because* and the information in parentheses.

- The shopping center is a good place to eat (there are lots of cafés)  
*because there are lots of cafés*
- I'm not free this afternoon (I have an exam)
- Ben doesn't eat meat and fish (he's a vegetarian)
- I speak Spanish (my mom's from Mexico)

2 ☆☆ Match messages 1–2 with answers A–B.

1 Hi Brandon!  
Do you want to meet this evening and study together for the math exam?

2 I'm not home for dinner tonight because I have a meeting. There's some rice and vegetables on the table.

OK that's fine, Dad. See you later. **A**

Sorry, I'm busy this evening because it's my dad's birthday. What about tomorrow? **B**

3 ☆☆☆ Write two messages. For each one, choose a person in box A and a situation in box B. Include *because* in your messages.

- A a friend  
your mother or father
- B try to meet  
ask for help

**SUPER SKILLS**

**COMMUNICATION**

When you work together, it's important to ask for and give help.

- Circle the best answer to ask for help.
  - Tell me what to do.
  - What do you think of this?
- Which is a good way to answer?
  - That's really bad!
  - I like this part, but what about using more color?

Vocabulary review

The time

1 Order the times in the box from 12:00 to 5:00.

- 2:55 3:45 4:35 12:05  
quarter past three four forty-five  
four thirty half past twelve  
one o'clock two twenty

12:05

Daily routines

2 Complete the sentences with the correct form of the verbs in the box.

- do homework get up have breakfast  
have dinner have classes have lunch

- Jake gets up at 7:00 am on Mondays.
- I don't normally \_\_\_\_\_ with my mom because she goes to work before I get up.
- Clara \_\_\_\_\_ at home, but some of her friends eat at school.
- We \_\_\_\_\_ from 9:00 am to 3:30 pm.
- Freya doesn't \_\_\_\_\_ on Saturdays. She does it all on Sundays.
- We \_\_\_\_\_ when my dad gets home at about 7:00 pm.

Free-time activities

3 Complete the text about Jonah's free-time activities.

I don't 1 play sports apart from P.E. classes at school. Other people in my class 2 \_\_\_\_\_ basketball all the time. They also 3 \_\_\_\_\_ video games, but I prefer to do other things. I 4 \_\_\_\_\_ photos. I also really like music. I 5 \_\_\_\_\_ the piano and the trumpet and I 6 \_\_\_\_\_ to music all the time. I also 7 \_\_\_\_\_ books about music. On weekends, I 8 \_\_\_\_\_ friends and we 9 \_\_\_\_\_ to the movies. The most important thing about the movie for me is the music!

ROUND-UP

- 1 2 3 4 5 6 7 8

Circle the correct option.



A normal teenager?

Coco Gauff 1 are/is a 16-year-old girl from the USA. She lives in Florida with 2 she/her mom and dad and she 3 got's got two brothers. Her 4 brother's/ brothers' names are Cody and Cameron.

5 Coco is/Is Coco different from other teenagers? Yes, 6 she is/she's. Coco is an amazing tennis player. She 7 play/plays in tournaments such as Wimbledon™ and the US Open®. She 8 doesn't go/ don't go to school. Her mom 9 teach/teaches her at home because she spends 10 a lot of/any time on the tennis court.

11 Does she do/Does she any free-time activities? Yes, 12 she does/she has. She 13 listen/listens to music and 14 does go/goes to concerts. She also likes TikTok™ and basketball.

Grammar review

Simple present: affirmative and negative

1 Change *I* sentences to *Tania* and *Tania* sentences to *I*.

- I have breakfast and then I go to school.  
*Tania has breakfast and then she goes to school.*
- Tania loves sports, especially basketball.
- I relax when I get home from school.
- I don't have lunch at school.
- After school, Tania meets her friends and they go shopping.

Simple present: questions

2 Order the words to make questions.

- do / What time / get up / you ?  
*What time do you get up?*
- like / video games / Do / you ?
- brother / does / Where / to school / your / go ?
- work / in a hospital / your parents / Do ?

love/like/don't like/hate + object pronoun

3 Answer the questions with *love* (♥♥), *like* (♥), *don't like* (☹) or *hate* (☹☹) and an object pronoun.

- Do you like cats? I ♥♥  
*Yes, I do. I love them.*
- Does Karina like rap music? She ♥♥
- Does Nacho like Millie Bobby Brown? He ☹
- Do you like coffee and tea? I ☹☹
- Does your mother like cooking? She ☹☹

4 SELF-EVALUATION

Read the objectives for this unit. How well can you now do each one? Put a check (✓).



- |  |                          |                          |                          |
|--|--------------------------|--------------------------|--------------------------|
| 1 I can tell the time.   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 I can talk about daily routine and free-time activities.       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 I can use the simple present to talk about regular activities. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 I can talk about likes and dislikes.                           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 I can read for details.  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 I can listen to complete information.                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 I can make suggestions.  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 I can write messages.  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

If you choose ☹, ask your teacher for extra help.