

2

unit

<p>rule [ru:l] technique [tek'ni:k] tip [tɪp] ace [eis]</p>	
<p>Could you explain the rule of multiplying by zero to me?</p> <p>What's the most important rule when doing a test?</p> <p>Do you know a technique that helps ace tests? Can you give me a tip?</p> <p>If you wanted to ace a driving test, who would you ask for tips?</p> <p>What are the best techniques of catching Pokemon?</p> <p>Where can you find tips on how to ace in Pokemon Go?</p>	<p><i>Yes, I can explain the rule of multiplying by zero to you. If you multiply any number by zero, you will get zero.</i></p> <p><i>The most important rule when doing a test is to read the questions carefully.</i></p> <p><i>Yes, I know a technique that helps ace tests. For example, when you have done the test, you should read the answers carefully twice.</i></p> <p><i>If I wanted to ace a driving test, I would ask my dad for tips.</i></p> <p><i>I don't know what the best techniques of catching Pokemon are.</i></p> <p><i>You can find tips on how to ace in Pokemon Go on the Internet.</i></p>
<p>guide [gaɪd] guidebook ['gaɪdbʊk] tour [tuə] sightseeing ['saɪtsi:ɪŋ]</p>	
<p>In what kind of places do they have guides?</p> <p>Why do some people want to become a tour guide?</p> <p>Would you like to become a tour guide?</p> <p>Do you often go on guided school tours? Which tour has been the most interesting?</p> <p>Do you prefer sightseeing tours with a guide or self-guided tours?</p> <p>What do you think a guidebook to the real world for teenagers should contain?</p> <p>Which rock band has had the most successful tour ever?</p>	<p><i>They have guides in museums and some art galleries.</i></p> <p><i>I think some people want to become a tour guide to go sightseeing for free.</i></p> <p><i>Yes, I think I'd like to become a tour guide.</i></p> <p><i>Yes, we often go on guided school tours.</i> <i>A guided tour to the science museum has been the most interesting.</i></p> <p><i>I prefer self-guided tours.</i></p> <p><i>I think a guidebook to the real world for teenagers should contain a lot of tips on how to find a good job and how to become a successful and happy wife or husband.</i></p> <p><i>The Rolling Stones have had the most successful tour ever.</i></p>

<p>train [treɪn] career [kəˈrɪə] trick [trɪk] guide dog</p>	
<p>How long do you have to train to build a career similar to that of Cristiano Ronaldo?</p> <p>Do you agree that in some jobs people need to train their whole life? Can you give examples?</p> <p>Have you decided what career you would like to choose? Can you tell us?</p> <p>Is it easy to train a dog to do tricks?</p> <p>Do you have a dog?</p> <p>What tricks have you trained your dog to do?</p> <p>How expensive do you think it may be to train a guide dog?</p>	<p><i>I think I need to train for about ten years to build a career similar to that of Cristiano Ronaldo.</i></p> <p><i>Yes, I agree that in some jobs people need to train their whole life. For example, teachers and doctors.</i></p> <p><i>Yes, I have decided what career I would like to choose. I would like to make a career as a jet plane pilot.</i></p> <p><i>Yes, it's usually easy to train a dog to do tricks.</i></p> <p><i>Yes, I have a dog. I have trained my dog to stay and turn around.</i></p> <p><i>I think it may be very expensive to train a guide dog.</i></p>
<p>talent ['tælənt] talented ['tæləntɪd] coach [kəʊtʃ]</p>	
<p>At what age do some children show great talent for music?</p> <p>Why do you think some people can become famous singers while others can't?</p> <p>Are there many talented football players in Brazil? Is it because they also have many talented coaches?</p> <p>Is it easy to find a good coach in this town if you want to be trained at swimming?</p>	<p><i>Some children already show great talent for music by the age of 4 or 5.</i></p> <p><i>I think some people can become famous singers while others can't because they have a talent for singing.</i></p> <p><i>Yes, there are many talented football players in Brazil. Yes, I think it's because they also have many talented coaches.</i></p> <p><i>Yes, it's easy to find a good coach in this town if you want to be trained at swimming.</i></p>

1st and 2nd conditional

1st CONDITIONAL If + Present + will

We use the first conditional when we think it is possible that an action will happen in the future.

e.g. *If I see Ann tomorrow, I will tell her the story.*

2nd CONDITIONAL If + Past + would

We use the second conditional when we imagine an action in the present or future but we think it will probably not happen.

e.g. *If I saw Ann tomorrow, I would tell her the story.*

Complete the gaps with the words: 'asked, if, is, play, were, will, would, wouldn't'.

1. If I you to give me your mobile, would you do it?
2. Would you let me use your pen if I you?
3. You not lose weight if you eat so much.
4. I won't be surprised if they the same tune again.
5. A computer be useful if it didn't have an Internet connection.
6. He sleep better if the bed weren't so hard.
7. My father wouldn't worry he knew where I was.
8. John will travel by bus if there a good connection.

When do we use the first conditional?

We use the first conditional when we think it is possible that an action will happen in the future.

What is the construction of the first conditional?

The construction of the first conditional is if + present + 'will'.

Give me an example of the first conditional, please.

If I have time, I will tell you a story after the lesson.

When do we use the second conditional?

We use the second conditional when we imagine an action in the present or future but we think it will probably not happen.

What is the construction of the second conditional?

The construction of the second conditional is if + past + 'would'.

Give me an example of the second conditional, please.

If I had a million dollars, I would buy a big house.

If you see her in the street, will you say hello to her?

Yes, if I see her in the street, I will say hello to her.

Will you get thirsty if you don't drink anything for 12 hours?

Yes, I'll get thirsty if I don't drink anything for 12 hours.

Will your mum be angry if you don't ace your maths test?

Yes, my mum will be angry if I don't ace my maths test.

Will your teacher send you to the principal if you behave extremely badly ?

Yes, my teacher will send me to the principal if I behave extremely badly.

What would you do if you saw a fire in the cinema?

If I saw a fire in the cinema, I would leave the building following green arrow signs.

How would you access the Internet if you didn't have a wi-fi connection?

I would use my LTE Internet if I didn't have a wi-fi connection.

What would you use if you were on a self-guided tour?

I would use a guidebook if I were on a self-guided tour.

What would your father do if green aliens landed in your garden?

My father would probably be very surprised if green aliens landed in our garden.

Notes



3

unit

<p>calorie ['kæləri] limit ['lɪmɪt] snack [snæk] cookie ['kʊki] pretzel sticks / salty sticks ['pretsl /'sɔ:lti 'stɪks]</p>	
<p>What snacks do we often have at parties?</p> <p>Are there a lot of calories in light Coke?</p> <p>How many calories does a) a cookie or biscuit b) a vegetable salad c) chocolate cake have?</p> <p>Did you realize that pretzel sticks may have over 500 calories?</p> <p>Should we limit calories if we want to be healthy?</p> <p>What kind of calories should we limit the most?</p>	<p><i>We often have cookies, popcorn and pretzel sticks at parties.</i></p> <p><i>No, there aren't a lot of calories in light Coke.</i></p> <p><i>A cookie or biscuit has 60 calories. A vegetable salad may have 250 calories. Chocolate cake can have 400 calories.</i></p> <p><i>No, I didn't realize that pretzel sticks may have over 500 calories.</i></p> <p><i>Yes, we should limit calories if we want to be healthy.</i></p> <p><i>We should limit calories from sugar the most.</i></p>
<p>get rid of [rɪd] acne ['ækni] lotion ['ləʊʃn] stay over</p>	
<p>How can we get rid of acne?</p> <p>Have you ever had a problem with getting rid of acne?</p> <p>What tips on how to get rid of acne could your grandma give you?</p> <p>What do spiders help us get rid of in the house?</p>	<p><i>We can get rid of acne by using lotion or medicine.</i></p> <p><i>Yes, I have had a problem with getting rid of acne.</i></p> <p><i>I think my grandma could give me such tips on how to get rid of acne as using lemon juice for example.</i></p> <p><i>Spiders help us get rid of flies in the house.</i></p>



How do you think your mum would try to get rid of your friends if they were staying over for too long in the house?

I think my mum would try to get rid of my friends if they were staying over for too long in the house by telling them she was tired and wanted to rest.

What do your parents do when you seem to be staying over for too long?

When I seem to be staying over for too long, my parents call me or text me.

zit [zit]

spot [spɒt]

pimple ['pɪmpl]

goose pimples ['guːs ˈpɪmplz]

What do you do when you wake up and find a new zit on your face?

When I wake up and find a new zit on my face, I get very angry and quickly try to get rid of it somehow.

Do you often get pimples?

No, I don't often get pimples.

Do you know a tip on how to get rid of a spot overnight?

No, I don't know a tip on how to get rid of a spot overnight.

Can spots be a sign of an illness?

Yes, spots can often be a sign of an illness.

When do we get goose pimples?

We get goose pimples when we are cold.

Do you ever get goose pimples when you listen to music?

Yes, I sometimes get goose pimples when I listen to music.

For example?

For example, when I listen to my favourite rock band.

Give me an example of an animal which has spots.

For example, giraffes have spots.

What kind of dogs have spots?

Dalmatians have spots. [dæl'meɪʃn]

each other [i:tʃ 'ʌðə]

one another [wʌn ə'nʌðə]

each other / one another

Some people think we use *each other* when we talk about two people and *one another* when we mean a group. Many people, however, think it's not important and that we can use both in the same sentences. Although *each other* and *one another* can mean the same thing, we must understand the difference between *each other*, *one another* and *selves*.

Samuel and Anna see each other at school every day. - Samuel sees Anna and Anna sees Samuel at school.

Samuel and Anna could see themselves in the mirror. - Samuel could see himself and Anna could see herself.

Complete the gaps with the words: 'each other, one another and -self/selves'.

1. I turned around and saw in the mirror.
2. The teacher told them to work in pairs. They had to talk to
3. She had two good friends. They loved talking to
4. Anna and Peter always greet in the same way.
5. Some people sometimes talk to
6. The man and his guide dog could help

Why won't friends sometimes talk to each other?	<i>Friends sometimes won't talk to each other when they are angry at one another.</i>
Do you agree that in a family people should help one another?	<i>Yes, I agree that in a family people should help one another.</i>
Why may someone talk to themselves?	<i>Someone may talk to themselves because they are tired.</i>
Should married people love one another?	<i>Yes, married people should love one another.</i>
What can happen when they only love themselves and not one another?	<i>When they only love themselves and not one another, they often divorce.</i>
What must be done to help people from different parts of the world understand each other?	<i>People must realize we are not that much different from one another so that they can understand each other.</i>
What am I doing with my right hand? What am I doing with the other?	<i>You are putting your right hand on the book. You are putting the other on your head.</i>
forehead [ˈfɔːhed] chin [tʃɪn] cheek [tʃiːk]	
Where do we often get pimples?	<i>We often get pimples on our face, forehead, chin and cheeks.</i>
Where do people kiss?	<i>People often kiss on the cheeks.</i>
Does your mum ever kiss you on the forehead?	<i>Yes, my mum sometimes kisses me on the forehead.</i>
Do our cheek muscles work a lot when we laugh?	<i>Yes, our cheek muscles work a lot when we laugh.</i>

<p>adolescence [ædə'lesns] adolescent [ædə'lesnt] nag [næg] toy [tɔɪ]</p>	
<p>What are the most common problems of adolescence?</p> <p>Do adults often seem to easily forget about their adolescent experiences?</p> <p>Have you ever talked to your parents about their adolescence?</p> <p>How different do you think adolescents of today are from those of your grandmother's times?</p> <p>Does it seem to you that parents nag more when you are an adolescent?</p> <p>Do your parents need to nag you to take the trash out?</p> <p>What else do they nag you to do?</p> <p>What do children often nag parents to do?</p>	<p><i>The most common problems of adolescence are acne and trying to understand the world.</i></p> <p><i>Yes, adults often seem to easily forget about their adolescent experience.</i></p> <p><i>Yes, I have talked to my parents about their adolescence.</i></p> <p><i>I don't think adolescents of today are much different from those of my grandmother's times.</i></p> <p><i>Yes, it seems to me that parents nag a little more when you are an adolescent.</i></p> <p><i>Yes, sometimes my parents need to nag me to take the trash out.</i></p> <p><i>They often nag me to do my homework and stop posting things on Facebook.</i></p> <p><i>Children often nag parents to buy them new toys.</i></p>
<p>cool [ku:l] awesome ['ɔ:səm] snatched [snætʃ]</p>	
<p><i>When teenagers want to say that they like something very much, or when they want to emphasize that something is really great, they often say it's cool, awesome or snatched.</i></p>	
<p>What do you say when you like something a lot?</p> <p>Who's the coolest teacher in your school?</p> <p>Give me an example of an awesome application.</p> <p>Do you think <i>my trousers</i> are snatched?</p> <p>Do you agree that <i>3D films</i> are awesome?</p> <p>Is acne cool?</p>	<p><i>When I like something a lot, I say 'it's cool' or 'it's awesome'.</i></p> <p><i>My maths teacher is the coolest teacher in my school.</i></p> <p><i>For example, 'Whatsapp' is an awesome application.</i></p> <p><i>Yes, I think your trousers are snatched.</i></p> <p><i>Yes, I agree that 3D films are awesome.</i></p> <p><i>No, acne is not cool.</i></p>

4

unit

<p>fitness ['fɪtnəs] gym [dʒɪm] work out workout PE /physical education [pi:'i:/ 'fɪzɪkl edʒu'keɪʃn]</p>	
How many PE lessons do you have every week at school?	<i>I have 4 PE lessons every week at school.</i>
Where do PE lessons usually take place?	<i>PE lessons usually take place at the gym.</i>
What do you usually do during PE lessons?	<i>We usually play basketball during PE lessons.</i>
Do you have a fitness club or a gym in your town?	<i>Yes, we have a gym in my town.</i>
Do your parents ever work out at the gym?	<i>Yes, my dad works out at the gym.</i>
How often?	<i>I think he works out about twice a week.</i>
How long is their average workout?	<i>Their average workout is 90 minutes long.</i>
Why should we work out regularly at the gym?	<i>We should work out regularly at the gym to be healthy and fit.</i>
How long would you have to work out at the gym to cut 250 calories?	<i>I think I would have to work out for about 45 minutes to cut 250 calories.</i>
Can we get rid of calories without working out?	<i>Yes, we can but it's very difficult to get rid of calories without working out.</i>

read your book and
listen to the CD
at home



<p>push-up ['puʃʌp] sit-up ['sitʌp] pull-up ['pʊlʌp] squat [skwɒt]</p>	
<p>Give me an example of a popular exercise people often do at the gym.</p> <p>How many <i>push-ups</i> do you think you can do?</p> <p>Can you do single-leg squats?</p> <p>Which exercise do you think is the most difficult?</p>	<p><i>For example, pull-ups are a popular exercise people often do at the gym.</i></p> <p><i>I think I can do 35 push-ups.</i></p> <p><i>No, I cannot do single-leg squats.</i></p> <p><i>I think a push-up is the most difficult exercise.</i></p>
<p>ski go skiing go riding go cycling</p>	
<p><i>When we talk about sports in English, it's very common to say we go skiing, go riding, go cycling, go swimming, etc.</i></p>	
<p>Where do people go skiing?</p> <p>Who can help you learn to ski if you want to go skiing?</p> <p>How much is a pair of skis in your country?</p> <p>Which European country is the most popular choice for people who want to go skiing?</p> <p>Do you ever go cycling with your parents?</p> <p>How often?</p> <p>How often should people go riding if they are not very talented in horse riding?</p>	<p><i>People go skiing in the mountains.</i></p> <p><i>A coach can help me learn to ski if I want to go skiing.</i></p> <p><i>A pair of skis is about 200 euros in my country.</i></p> <p><i>I think Italy is the most popular choice for people who want to go skiing.</i></p> <p><i>Yes, I sometimes go cycling with my parents.</i></p> <p><i>We usually go cycling twice a month.</i></p> <p><i>I think people should go riding three times a month if they aren't very talented in horse riding.</i></p>

<p>skate [skert] roller-skate ['rəʊləskert] rollerblade ['rəʊləbleɪd] ice-skates ['aɪsskert] roller-skates ['rəʊləskeɪts] rollerblades ['rəʊləbleɪdz]</p>	
<p>Can you skate? When did you learn to skate? How often do you go roller-skating? Is it safe to rollerblade in the rain? Why should you avoid skating on a lake? How much does a pair of rollerblades cost? What's the coolest colour of skates? Do you know any awesome tricks for rollerblades?</p>	<p><i>Yes, I can skate.</i> <i>I learnt to skate when I was 7.</i> <i>I go roller-skating once a week.</i> <i>No, it isn't safe to rollerblade in the rain.</i> <i>We should avoid skating on a lake because the ice can break and we can fall into the lake.</i> <i>I think a pair of rollerblades costs about 100 euros.</i> <i>The coolest colour of skates is grey.</i> <i>Yes, I know some awesome tricks for rollerblades.</i></p>
<p>all year round all month long all through the week all day long let [let]</p>	
<p><i>When we let a person do something, it means that he or she can do it.</i></p>	
<p>Do you think your mum would let you do nothing all day long? What do your parents do all through the week? Do you eat lunches at school all through the week? Where in the world is the weather ugly all year round? What would you do if it rained all month long? Would you let me use your pen if I asked you? Do you think your parents would let a stranger come into your house? Why not?</p>	<p><i>No, I don't think my mum would let me do nothing all day long.</i> <i>My parents work all through the week.</i> <i>Yes, I eat lunches at school all through the week.</i> <i>I think the weather is ugly all year round in Siberia. [sar'brɪəriə]</i> <i>I would read books if it rained all month long.</i> <i>Yes, I'd let you use my pen if you asked me.</i> <i>No, I don't think my parents would let a stranger come into our house. Because they would be afraid of him.</i></p>

<p>skate park ['sket pɑ:k] skating rink ['sketɪŋ rɪŋk] skateboard ['sketbɔ:d]</p>	
<p>Where do people go skating?</p> <p>Where can people go skateboarding?</p> <p>Do you have an indoor skating rink in your town?</p> <p>Is it open all year round?</p> <p>Do most teenagers in your town find skateboarding cooler than ice-skating?</p>	<p><i>People go skating on a skating rink.</i></p> <p><i>People go skateboarding in a skate park.</i></p> <p><i>Yes, we have an indoor skating rink in our town.</i></p> <p><i>Yes, it's open all year round.</i></p> <p><i>Yes, I think most teenagers in my town find skateboarding cooler than ice-skating.</i></p>
<p>complicated ['kɒmplɪkətɪd] ice-hockey [aɪs'hɒki] yoga ['jəʊgə] relax [rɪ'læks]</p>	
<p>Where in the world is ice-hockey a national sport?</p> <p>Which sports do you think have the most complicated rules?</p> <p>Can you explain the difference between standard volleyball and beach volleyball or is it too complicated?</p> <p>Is a yoga workout complicated?</p> <p>What do some people believe yoga helps them train to do?</p> <p>Which sport relaxes your muscles the best?</p> <p>When is it difficult for you to relax?</p> <p>When does your dad find it difficult to relax?</p>	<p><i>Ice-hockey is a national sport in Canada.</i></p> <p><i>I think ice-hockey and American football have the most complicated rules.</i></p> <p><i>The difference between standard volleyball and beach volleyball is the number of players. There are six players in each team in standard volleyball and two players in a team of beach volleyball.</i></p> <p><i>No, a yoga workout isn't complicated.</i></p> <p><i>Some people believe yoga helps them train to relax.</i></p> <p><i>I think swimming relaxes your muscles the best.</i></p> <p><i>It's difficult for me to relax before an important test or when I have a lot of homework.</i></p> <p><i>My dad finds it difficult to relax after a very busy day.</i></p>