1 Reading

Read and complete the text with these words.

ate believe cereal contain depends have healthy lower need prove reduce skip

An apple a day keeps the doctor away.
Maybe, but they are much (1) ________ in vitamin C than, say, oranges or even bananas. However, apples are fat-free and they (2) ________ things which support the action of vitamins and (3) ________ the chances of heart disease.

Carrots help you see at night.
It (4) ________ . If you already (5) ________ a problem with seeing at night, eating carrots may help. Eyes (6) ________ vitamin A to see in the dark, and carrots contain something called beta carotene, which the body turns into vitamin A.

Oranges stop you from getting colds.
People (7) ________ this because oranges contain vitamin C, but there is nothing to (8) ________ that vitamin C stops people from getting colds. But it's very important to get enough vitamin C—we need about 30 mg a day to be (9) ________ .

Breakfast is the most important meal of the day.
This may well be true. A recent survey of 500 schoolchildren showed that those who (10) ________ for breakfast before an exam got better results than those who (11) ________ nothing. Another survey showed that people who (12) ________ breakfast are more likely to be overweight.

2 Simple present and present progressive

Complete with the simple present or present progressive of the verbs.

1 "I (enjoy) doing this project with you."
   "I (agree). I am, too."

2 "(feel) like going out this evening?"
   "I (not know). It (depend)."

3 "Look at the girl over there. I think she (laugh) at you."
   "It (not matter). I (know) I look silly in this hat!"

4 "Oh, the band (play) my favorite song!"
   "I (like) this song, too. I (think) it (sound) great."

5 "Why (look) at me like that?"
   "I (not understand) what you (mean)!

6 "Look—a woman in white (walk) up the stairs!"
   "Nonsense! I (not believe) in ghosts."
3 Simple past and past progressive

Complete with the simple past or past progressive of the verbs.

1. Last night we _____________ (watch) TV when the phone _____________ (ring). It was my brother and he _____________ (sound) upset.
2. The soup _____________ (taste) better than it _____________ (smell). I really _____________ (like) it.
3. I _____________ (see) him at the party yesterday, but I _____________ (not recognize) him at first.
4. Sorry I _____________ (call) at a bad time— I _____________ (not realize) you _____________ (have) dinner.
5. She _____________ (promise) to keep in touch while she _____________ (travel) in Mexico.

6 Vocabulary

Find 11 words for food and drink in the word square.

```
V B X R W M E A T C
E M I L K A D C U O
G C F O R G E L O
E A H S U G A R J K
T R E I F A Q E U I
A R E G R R H A I E
B O S C U I T L C A
L T E Y I N W O E T
E B U T T E R F K E
```

7 Vocabulary

Compare the words in list A with the words in list B. Write S if they have almost the same meaning, O if they are opposites, and G if A is more general than B.

<table>
<thead>
<tr>
<th></th>
<th>A</th>
<th>B</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>reduce</td>
<td>increase</td>
<td>O</td>
</tr>
<tr>
<td>2</td>
<td>type</td>
<td>kind</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>fact</td>
<td>fiction</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>seem</td>
<td>appear</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>drink</td>
<td>juice</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>indicate</td>
<td>show</td>
<td></td>
</tr>
</tbody>
</table>

8 Pronunciation

Write the number of syllables and mark the stress.

- acidic _____________
- advertising _____________
- balanced _____________
- emphasize _____________
- exaggerate _____________
- margarine _____________
- mineral _____________
- scientific _____________
- unhealthy _____________
- vitamin _____________

9 Pronunciation

Do they rhyme (✓) or not (✗)?

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>cost most</td>
</tr>
<tr>
<td>2</td>
<td>diet quiet</td>
</tr>
<tr>
<td>3</td>
<td>fruit boot</td>
</tr>
<tr>
<td>4</td>
<td>juice choose</td>
</tr>
<tr>
<td>5</td>
<td>label table</td>
</tr>
<tr>
<td>6</td>
<td>taste fast</td>
</tr>
</tbody>
</table>

Extension

Make a list of all the things you ate yesterday. Then make a food word map with sections for fruit and vegetables, meat, cereals, dairy products, and junk food. Put in the things on your list. How many other words can you add?
The green machine

Doing the laundry can keep you in shape! Alex Gadsden, an avid cyclist, has come up with a great invention—an exercise bike which is also a machine for washing clothes. By running his washing machine, Alex can do exercise, do the housework, and save energy all at the same time.

The 29-year-old starts each day by cycling for 45 minutes. His washing machine uses 25 liters of water per wash. The clothes are first washed in half the water for 30 minutes. After draining the clothes, Alex puts the rest of the water into the machine. He then cycles for another 15 minutes, before taking the clean clothes out of the machine and putting them out to dry.

Alex finally finished building his washing machine after working on it in the evenings for about 20 weeks. He says: “After using the machine for two weeks, I already feel healthier.” He added: “There’s definitely a future for it.”

1 Reading

Read the text. Then match the numbers 1–6 with the correct phrase a–f.

1 20 a the number of minutes he cycles after adding the second half of the water

2 29 b the number of weeks it took to build the machine

3 25 c the number of minutes it takes to do the first part of the wash

4 15 d the number of liters of water he uses for each wash

5 30 e the number of minutes Alex cycles every morning

6 45 f Alex’s age

2 Gerund as subject

Rewrite the sentences with a gerund as subject.

1 It isn’t difficult to make Spaghetti Carbonara.
   Making Spaghetti Carbonara isn’t difficult.

2 It takes about four minutes to boil an egg.

3 It’s sometimes hard to get up in the morning.

4 It’s fun to sleep under the stars.

5 It felt great to win the soccer game.

6 It wasn’t easy to get tickets for the concert.

7 It was exciting to meet the band.

8 It seemed strange to be at home alone.
3 **by + gerund**

Complete the sentences with *by* + gerund using these phrases.

- call 911
- follow a recipe
- press this button
- set your alarm clock
- use a dictionary
- wear a “sleep inducer”

1. You can get to sleep **by wearing a “sleep inducer.”**
2. You can learn to cook a new dish **by following a recipe.**
3. You can make sure you wake up in the morning **by setting your alarm clock.**
4. You start the computer **by pressing this button.**
5. You can find out what a word means **by using a dictionary.**
6. You contact the emergency services **by calling 911.**

4 **for + gerund**

What are the items for? Write sentences using these phrases.

- carry water
- do calculations
- iron clothes
- listen to music
- lock the door
- open bottles
- serve soup
- tell the time

5 **after/before + participle clause**

Complete the sentences with *after* or *before* + *…-ing*.

1. You celebrate **(pass) your exams.**
2. You look at a map **(start) a trip.**
3. You set the alarm **(go) to sleep.**
4. You feel thirsty **(eat) salt.**
5. You dry your hair **(wash) it.**
6. You get dressed **(wake up).**

6 **Vocabulary**

Match these verbs with the kitchen equipment.

- beat
- boil
- chop
- drain
- fry
- stir

1. **chop**
2. **boil**
3. **drain**
4. **fry**
5. **stir**

7 **Vocabulary**

Match the words in list A with the words in list B and write five compound nouns.

<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
</tr>
</thead>
<tbody>
<tr>
<td>cheese</td>
<td>screw</td>
</tr>
<tr>
<td>coffee</td>
<td>pan</td>
</tr>
<tr>
<td>cork</td>
<td>maker</td>
</tr>
<tr>
<td>sauce</td>
<td>grater</td>
</tr>
<tr>
<td>can</td>
<td>opener</td>
</tr>
</tbody>
</table>

1. **cheese grater**
2. **coffee pan**
3. **cork maker**
4. **sauce grater**
5. **can opener**

8 **Pronunciation**

Match the rhyming words.

1. bowl **a door**
2. drawer **b fault**
3. grate **c metal**
4. kettle **d toll**
5. salt **e straight**

**Extension** Think of a new gadget that could help you in your daily life, such as a robot that does homework. Write a paragraph describing it.
1 Reading

Many people try (1) alternative medicine to treat a phobia—when they are extremely afraid of something for no logical reason.

For example, some people are scared of cars and hate (2), others never (3) by plane because they hate (4) so much. Some people can’t face (5) up lots of steps, and others avoid (6) into elevators. Some people can’t stand (7) at snakes, and others can’t help (8) at the top of their voice when they see a spider. One of the most modern phobias is technophobia, suffered by people who dislike (9) with new technology, especially computers!

Sometimes a phobia is a reaction to a past experience, even to a movie. Many people stopped (10) in the ocean because of the movie Jaws. One woman remembered (11) Alfred Hitchcock’s movie The Birds when she was young, with the result that she kept (12) when she saw birds. She couldn’t imagine (13) without her phobia, but now, after acupuncture treatment, she doesn’t mind (14) near birds at all.

2 Verb + infinitive

Complete with the infinitive of these verbs.

be, get, go, help, hurt, quit, study, take, try

1 Acupuncture appears (__________) some people with back pain.
2 I expected the needles (__________), but they didn’t really.
3 I wouldn’t agree (__________) part in a medical trial.
4 He’s pretending (__________) sick because he doesn’t want (__________) to school.
5 If you want (__________) a doctor, you must be prepared (__________) for a long time.
6 She hopes (__________) better after taking the medicine.
7 Would you like (__________) alternative medicine?
8 My brother decided (__________) drinking coffee last month.

3 Verb + gerund or infinitive

Complete with the gerund or infinitive of the verbs.

1 I remember (__________) excited the first time I went on a plane.
2 I don’t mind (__________) (fly), but I’d prefer (__________) the train.
3 He was trying (__________) (go) to sleep, but he couldn’t manage (__________) (relax).
4 If you want (__________) (get) to sleep, try (__________) (read) a boring book!
5 Don’t forget (__________) (take) your pills—you need (__________) (keep) (__________) (take) them regularly.
6 I’ll never forget (__________) (see) my baby brother for the first time.
7 Remember (__________) (put) the meat in the oven—and don’t forget (__________) (take) it out after 45 minutes.
4 Prepositions
Complete with these prepositions.
about for of to with
1. Doctors are responsible ________ taking care of patients.
2. Herbalists treat their patients ________ natural remedies.
3. The effect ________ the drug is to reduce pain.
4. She told me ________ her visit to the doctor.
5. An aspirin is a pill ________ headaches.
6. I hate the thought ________ having an operation.
7. What’s your reaction ________ the latest news?

5 Crossword
Complete the crossword puzzle and find the extra word 1.

---

6 Vocabulary
Match the words in list A with the words in list B and write five compound nouns.

---

7 Vocabulary
Find words in the text on page 14 of the Student's Book which mean the opposite of these words.

---

8 Pronunciation
Write these words under sound or touch.

---

9 Pronunciation
Write the number of syllables and mark the stress.

---

Extension
Write a paragraph about a time when you were sick. What did you do? Who did you see? What medicines did you take?
1 Reading
Read Truth or Myth? and match four of the statements 1–6 with paragraphs A–D.

1 Garlic reduces the risk of heart disease.
2 Juggling is good for the brain.
3 Eating oranges can stop you from getting colds.
4 Sitting too close to a television is bad for your eyes.
5 If you get cold, you risk catching a cold.
6 Reading in poor light can damage your eyes.

**Truth or Myth?**

**A**
This is a (1) ________ belief. It won’t damage your eyes, (2) ________ it might give you a headache. The (3) ________ thing is to watch TV at a distance that feels comfortable. But watching too much TV can be a bad idea. In (4) ________, research shows that children who (5) ________ spend more than 10 hours a week watching TV are more likely to be overweight, and slower to learn at school.

**B**
This (6) ________ to be true. Scientists have found that juggling balls for one minute every day can increase your brain (7) ________. Researchers in Germany carried out brain scans and found that certain areas of the brain had grown (8) ________ in people who practiced juggling. However, when they (9) ________ juggling, their brains went back to their (10) ________ size.

**C**
This is a (11) ________ belief, but scientists say there is nothing to (12) ________ that it’s true. However, the use of this vegetable as a natural (13) ________ goes back to the Ancient Egyptians, and research shows that it can be an effective (14) ________ for coughs, sore throats, and upset stomachs, among other (15) ________. Unfortunately, many people dislike the smell, but you can take it in pill form.

**D**
The truth is that people get colds from viruses, not from being cold. (16) ________, keeping warm may help you to (17) ________ getting a cold. Researchers at Cardiff University’s Common Cold Centre found that a fall in body temperature can (18) ________ cold viruses to become active. In a (19) ________, a group of people sat with their feet in (20) ________ of ice water for 20 minutes. A third of them developed colds in the next five days, compared to only 9 percent of another group who kept dry.

2 Vocabulary
Complete Truth or Myth? with these words.

although appears avoid bowls cause common fact however illnesses larger myth normal power prove regularly remedy sensible stopped treatment trial
3 Crossword

Complete the crossword puzzle.

Across

1 A tea… is for boiling water. (6)
4 When you cook pasta, … salt to the water. (3)
7 You can practice activities to … your memory. (7)
8 The Empire State Building is designed … a lightning conductor. (2)
9 We need to … five portions of fruit and vegetables a day. (3)
11 Opposite of sensible. (5)
13 A thick yellow liquid from the top of milk. (5)
15 Before frying the onions, … the oil in a frying pan. (4)
16 Some people hate getting … early in the morning. (2)
17 Opposite of negative. (8)

Down

1 You use this to cut your food. (5)
2 In some countries, it isn’t safe to drink … water. (3)
3 The bottle opener … like a key. (5)
5 Spaghetti Carbonara is an Italian … (4)
6 Dried fruit and fresh fruit are equally … (7)
10 Herbal medicine … illness with natural remedies. (6)
12 Experts recommend walking 10,000 … a day. (5)
13 Cut something into pieces. (4)
14 Vegetarians don’t eat … (4)

4 Writing

“Listening to loud music on MP3 players can damage your hearing: truth or myth?” Use the notes below to write a paragraph on this topic.

Millions own MP3 players
Music through headphones too loud → serious damage to ears
Continuous extremely loud noise → people become deaf
Warning sign: ringing/buzzing noise in ears
Research: over 25% of MP3 users listen to music at dangerous levels
Turn down MP3 players, listen for short periods with regular breaks

Noise levels
Quiet room at night—20 decibels
Ordinary conversation—60 decibels
Busy street—70 decibels
Risk to hearing—80 decibels
Some MP3 players at high volume—105 decibels
Plane taking off—110 decibels

LEARNER INDEPENDENCE

Using a dictionary

For each of these words from Unit 1, answer the questions below. Use an English–English dictionary to help you.

- experiment
- creative
- damage
- natural
- sensible

• What does it mean? Is it a noun and/or a verb, or an adjective?
• How is it pronounced?
• What other words do you associate with it?
• What other words can you use with it?

Extended reading

Read an English book and choose your favorite character. Write a description of the person and explain why you like him/her.
**CONSOLIDATION**

**LESSON 1**

Complete with the simple present or present progressive of the verbs.

1. Oranges ________ (contain) a lot of vitamin C.
2. “What ________ you ________ (eat)?” “Potato chips.”
3. A balanced diet ________ (include) protein, minerals, and vitamins.
4. His breakfast ________ (consist) of cereal and a cup of coffee.
5. Mmm, something ________ (smell) good. What ________ you ________ (cook)?
6. You ________ (need) to eat something before you go school.
7. I ________ (not want) any French fries because I ________ (try) to lose weight.
8. Can she call you back? She ________ (take) a shower right now.

**LESSON 2**

Answer the questions using for and these phrases.

- carry things
- cut things
- keep food cold
- listen to music
- take pictures
- wake you up
- wash clothes
- watch movies

1. What’s a refrigerator for?
   ____________ is for keeping food cold.
2. What’s an alarm clock for?
   ____________
3. What are scissors for?
   ____________
4. What’s a washing machine for?
   ____________
5. What’s an MP3 player for?
   ____________
6. What’s a DVD player for?
   ____________
7. What’s a basket for?
   ____________
8. What’s a camera for?
   ____________

**LESSON 3**

Complete with the gerund or infinitive of the verbs.

1. Some people can’t help ________ (eat) junk food.
2. I wouldn’t want ________ (have) acupuncture.
3. Have you ever promised ________ (call) home regularly?
4. I don’t remember ________ (see) anything unusual.
5. We asked them ________ (stop) ________ (talk).
6. Unfortunately they refused ________ (be) quiet.
7. Do you expect ________ (pass) the exam?
8. I’ve just finished ________ (do) this exercise!

**LESSON 4**

Match these words with their definitions.

1. belief
2. daily
3. obviously
4. proof
5. sensible
6. strike
   a. of course
   b. every day
   c. rational and practical
   d. evidence that something is true
   e. strong feeling that something is true
   f. hit

**Spelling**

Fill in the silent letters of these words from Unit 1.

1. althou____ uu 2. desi____ n 3. dou____ t 4. headac____ e
5. h____ art 6. nife____ 7. li____ ning 8. mus____ le
9. ni____ tmare 10. s____ cientific 11. spag____ etti 12. surg____ on

**Brainteaser**

What’s better than the best thing and worse than the worst thing?

*Answer on page 25.*
**LESSON 1**
Write eight sentences about your likes, dislikes, and opinions using eight different verbs from the box in exercise 5 on page 11 of the Student’s Book.

**LESSON 2**
Answer the questions for yourself with after/before ...-ing.

1. When do you have dinner?

2. When do you take off your shoes?

3. When do you brush your teeth?

4. When do you take a shower?

5. When did you last drink a glass of water?

6. When did you last feel nervous?

7. When did you last watch TV?

8. When did you last wait in line?

**LESSON 3**
Complete these sentences for yourself using the infinitive and gerund in turn.
1. I must remember to
2. I don’t remember
3. I didn’t forget to
4. I’ll never forget
5. I tried hard to
6. I’d like to try

**LESSON 4**
Look at exercise 4 on page 17 of the Student’s Book and write a paragraph discussing one of the statements which you didn’t choose in exercise 7.

**Web watch**
How much do you know about the food you like? Type “plastic fork diaries” into a search engine to find the Plastic Fork Diaries website. Go to info bites and click on Show All Items. Choose a topic and write a simple true/false quiz to test the other students in your class.

**Spelling**
Homophones are words which have the same sound but different spellings, for example /ðer/ = their and there.
Write the homophones of these words. All the homophones are in Unit 1.
1. /æt/ ate
2. /ˈgreːtər/ greater
3. /pleɪn/ plain
4. /roʊl/ role
5. /ˈwɛðər/ weather

**Brainteaser**
A man and his son were injured in a road accident. The boy was taken straight to the hospital in an ambulance. The surgeon at the hospital saw the boy and cried out, “That’s my son!” How was this possible?
Answer on page 25.
Money is power, and it makes people think they can do what they want. People who have a lot of money are more aggressive because they think they can rule the world. They’re dangerous because they think that nothing will happen to them if they do something wrong.

Pablo, 17, Colombia

Love is when two people trust each other completely and always want to be together. It’s about taking the good with the bad, and always being ready to say sorry. It’s the most valuable thing in life.

Linda, 16, Ireland

My family are my friends—I love all of them. Because I live with my parents they are always with me and if I’m sad, they try to make me feel better. But it’s my sister who’s the most special person in the world to me. If I ever left home, I’d miss my little sister terribly.

Meleike, 15, Sri Lanka

Money can change your life and help you buy whatever you need. However, it’s not the most important thing for me. I know that I need money to buy food so that I can eat. But there are a lot of things money can’t buy—love, for example.

Markos, 16, Ethiopia

In a perfect world, people wouldn’t base their idea of love on appearance, but on behavior. People wouldn’t treat other people differently because of the color of their skin. And we wouldn’t kill 45 billion animals each year for food.

Jess, 18, USA

Love is when two people trust each other completely and always want to be together. It’s about taking the good with the bad, and always being ready to say sorry. It’s the most valuable thing in life.

Linda, 16, Ireland

Global brands like Levi’s®, Nike, and Coca-Cola® started becoming really big in my country about ten years ago, and people have gone crazy for them. It’s like a sickness, and you see teenagers asking for sneakers that cost twice their parents’ monthly salary. I also know people who steal from their parents to buy brand-name goods. They’re not stealing for things they really need—it’s just that they think they need them.

Said, 18, Algeria

Happiness and success
Teenage views on family, love, and money

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Said, 18, Algeria
1 Reading
Read Happiness and success and answer the questions.

Who...
1 knows of teenage thieves? __________
2 is against racism? __________
3 says her mother and father are very important to her? __________
4 thinks love means facing life’s ups and downs together? __________
5 has younger sisters? __________
6 thinks money can make people dangerous? __________
7 is probably a vegetarian? __________
8 thinks it’s difficult to define love? __________
9 says that love should be about what people do, not what they look like? __________
10 thinks that love is worth more than anything else? __________
11 criticizes the effect of multinational companies? __________
12 says that money can’t buy love? __________

2 Reading
Read the text again and match the beginnings with the endings.

1 The girl from Australia  
2 Markos realizes that  
3 Said thinks that global brands  
4 Pablo thinks that having lots of money  
5 For the 16-year-old girl, being ready to apologize  
6 The oldest person  
7 For one of the boys from Africa, other things in life  
8 One of the Asian girls thinks of her family  
9 The Algerian boy compares teenagers’ obsession  
10 The youngest girl’s parents  

a with possessions to a disease. 

b are more important than money.  
c causes bad behavior.  
d try to cheer her up when she is unhappy.  
e as the principal thing in her life.  
f money is essential for daily living.  
g compares different views of love.  
h encourage unnecessary consumption.  
i is an important part of love.  
j loves her sister’s smile.

3 Vocabulary
Complete the sentences with these words.

aggressive appearance base behavior  
brand rule salary trust

1 In the past, the king used to __________ the country.
2 When you’re __________, the way you behave shows you want to attack someone.
3 When you __________ someone, you believe that they are good and you can depend on them.
4 If you __________ a decision on something, you use particular facts or ideas to reach your decision.
5 The way someone looks is their __________.
6 A product or group of products made by a particular company is a __________.
7 The money someone earns from a job is their __________.
8 Someone’s __________ is the particular way in which they do things.

4 Writing
Write your thoughts on these topics.

Family

Love

Money