



David Spencer



B1+

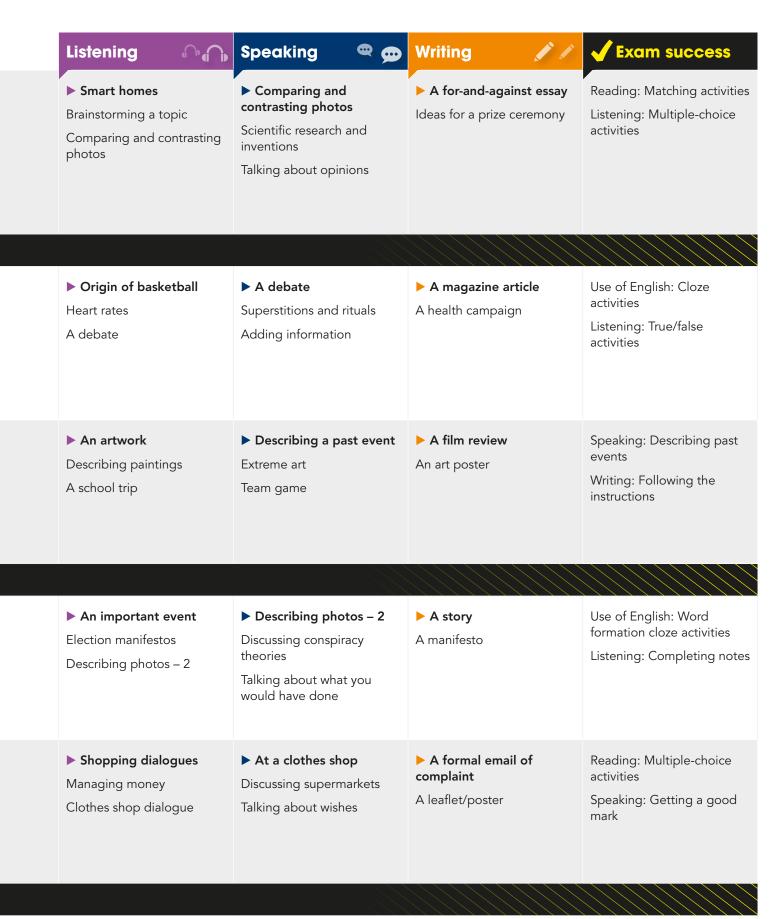
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Personal



Vocabulary

Appearance

1 Work with a partner. Put these words in the correct column.

attractive • bald • blonde • curly • cute • dark fair • good-looking • long • medium-height medium-length • overweight • pretty • short spiky • straight • strong • tall • thin • wavy well-built

Build	Height	Hair	General
thin	short	short	attractive

- 2 01 Listen, check and repeat.
- 3 SPEAKING Work with a partner. Take it in turns to describe the people in the photos.







Personality

4 Match the personality adjectives with their opposites.

1 serious

a untidy

2 lazy

b unfriendly

3 tidy

c talkative

4 quiet

d cheerful, funny

5 patient

e hard-working

6 friendly

f impatient

7 calm

g nervous

5 Match these personality adjectives with their definitions.

arrogant • bossy • clever • confident • nice reliable • selfish • shy

- 1 When people can depend on you or count on you to do something.
- When you only think about yourself and you don't care about other people.
- 3 Good, friendly, kind.
- 4 Good at learning and understanding things.
- 5 When you are not very confident or comfortable with other people.
- **6** When you think you are better or more important than other people.
- 7 When you are always telling other people what to do
- 8 When you believe in your own abilities and don't feel nervous or frightened.
- 6 LISTENING © 02 Listen to four teenagers talking about themselves. What adjective of personality best describes each person?

1 Rose

3 Jessica

2 William

4 Brandon

7a SPEAKING Choose five adjectives of personality from 4 and 5 which describe you. Tell your partner your adjectives and say why you chose them.

I'm quite shy because I feel a bit nervous when I meet new people.

7b Now tell the class about your partner.



1 Work with a partner. Look at the photos in the article and describe what you can see. Why do you think these two people are so special?

2 READING Read the article and check your ideas in 1.



SPECIAL PEOPLE!

The human mind and body are capable of amazing things, especially when you train them hard. Meet two people who, thanks to their natural talent and to their effort, seem almost superhuman!

Tom Sietas

When people first see Tom Sietas, they don't usually notice anything special. He's not very tall, and he's not particularly

- 5 well-built. But those factors help Tom to do something incredible. Tom has the world record for 'static apnea'. In other words, Tom can hold his breath
- 10 underwater, without moving, for just over 22 minutes! He only discovered his ability by accident when he went diving in Jamaica at the age of 18.
- 15 Because he isn't very big it means that he doesn't need to get a lot of oxygen to his muscles. And it helps that his lungs are 20% larger than is usual for his height and build. But it isn't only a question of his body. His personality plays a big part in his success, too. Thought processes
- 20 use a lot of oxygen. So it's important that Tom is calm and patient. Luckily, he rarely gets nervous in the water. In fact, Tom is so calm that he occasionally falls asleep underwater! Obviously he always trains very carefully to prepare for a new record because what he does is highly
- 25 dangerous. We're waiting this year to see what he does next. Are we expecting another record attempt? Definitely!

Judit Polgár

'People are always saying that geniuses are born, not made. I want to prove that it is not true!' This was the obsession of a Hungarian teacher called László Polgár. To prove that he could

- 30 make someone a genius, he took his three daughters out of school and started to teach them a specialist subject chess. One of the three, Judit, is now the greatest female chess player of all time and the only woman so far to be in the world top 10! László himself wasn't a great chess player, but he was a
- 35 clever teacher. At first, Judit's sisters were better than her, but she gradually became more serious about playing. At first, she played just ten minutes a day. When she was 12, it had increased to ten hours. At 15 she was the youngest grandmaster ever. To win at chess, you need to be confident, hard-working
- 40 and a little bit selfish. Judit's wins include victories against 10 male world champions, including Kasparov and Karpov. Thanks to Judit, little by little,
- 45 people are starting to pay more attention to women chess players. She now has children of her own but she isn't teaching them in the same way as her
- 50 father. Her children don't play chess for hours every day. They only play for fun.

T/F

T/F

T/F...

T/F.....

T/F.....

T/F



✓ EXAM SUCCESS

You are going to do a True/False reading exercise. What do you think is a good procedure for doing this type of exercise?

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- 3 Read the text again. Are the statements True (T) or False (F)? Write the number(s) of the line(s) where you found the answer.
 - 1 For what Tom does, it is important to be big and strong.
 - **2** Tom can swim underwater for over twenty minutes without breathing.
 - **3** Tom always knew about his natural talent for staying underwater.
 - 4 Mental qualities are also important to be good at static apnea.
 - 5 László Polgár had a theory and he proved that it was true.
 - **6** Judit's chess ability was easy to see right from the beginning.
 - 7 From the start, she played for hours and hours every day.
 - 8 After her experience, Judit doesn't want to teach her children chess.

್ಲ್ CRITICAL THINKING

Think! Then compare ideas with your class.

- 'Geniuses are born, not made.' Does the writer of the text appear to agree with this statement? Why/Why not? Do you agree with it?
- 5 What do the underlined words in the text mean? Guess and then check in your dictionary.
- 6 SPEAKING What about you?
 - 1 How good are you at water sports and/or chess?
 - What special talents and abilities do you have, or would you like to have?

Present simple and present continuous

la Read the sentences (a-g) and match them with the rules (1-7).

- **a** Little by little, people are starting to pay more attention.
- **b** Thought processes use a lot of oxygen.
- **c** Her children don't play chess for hours every day.
- **d** People are always saying that geniuses are born, not made.
- e I'm not sure what she's doing right now.
- f Athletes train hard.
- g This year we're waiting to see what he does next.

We use the present simple for

- 1 routines and habits.
- 2 things that are always or generally true.
- 3 scientific facts.

We use the present continuous for

- 4 actions that are happening now or near the moment of speaking.
- 5 actions that are temporary or not a normal routine.
- **6** actions that happen very often and annoy the speaker.
- 7 changing situations.
- 1b Look at the article on page 7. Find a negative sentence and a question in the present continuous.

GRAMMAR REFERENCE ➤ PAGE 16



2 Choose the correct alternative.

- 1 Right now my brother *plays/is playing* chess.
- 2 I play/am playing tennis every Friday.
- 3 This new online game <u>becomes/is becoming</u> really successful.
- 4 You <u>need/are needing</u> money to buy things.
- 5 My cousin studies/is studying in the US for a month.
- 6 Water <u>changes/is changing</u> into ice at 0°C.
- 7 Police officers wear/are wearing uniforms.

Adverbs of frequency

- 3 Read the sentences. The words in blue are all adverbs of frequency. Choose the correct alternative to complete the rules in 1–4.
 - a They don't usually notice anything special about him.
 - **b** He **occasionally** falls asleep underwater.
 - c She's always taking our things without asking.
 - d Tom always trains hard.
 - e They never play competitively.
 - f He's rarely nervous.
 - g She often beats the best players.
 - h She sometimes plays for fun.
 - 1 Adverbs of frequency usually go <u>after/before</u> the verb **to be**.
 - 2 Adverbs of frequency usually go <u>after/before</u> main verbs.
 - 3 Adverbs of frequency usually go with the <u>present</u> continuous/present simple.
 - 4 The adverb of frequency <u>always/sometimes</u> goes with the <u>present continuous/present simple</u> to talk about frequent actions that annoy the person who is speaking.

GRAMMAR REFERENCE ➤ PAGE 16

4 Complete the text with the present simple or continuous forms of the verbs given and the adverbs.

I'm really angry with my brother at the moment
because he (a) (always
use) the computer when I want to use it. He
(b) (not usually play) computer
games, but he (c) (become) more
and more interested in online games at the moment.
Right now he (d) (make) a new
avatar for his favourite game. It's funny because
my brother (e) (not usually wear)
anything apart from jeans and T-shirts, but his avatar
(f) (have got) really spectacular
clothes. People (g) (often say) that
boys (h) (play) more computer
games than girls, but I think that (i)
(change). The only reason that I (j)

(not often play) is because when it's my turn to use the computer I (k)

(always do) my homework on it first. Oh, good! My brother

(finish) now. It's 5 pm and he (m)

(usually play) football with his friends at this time. My turn to use the computer at last!



Developing vocabulary



5a Write two true sentences, one in the present simple and one in the present continuous, using the expressions below. Write negative sentences if necessary.

> do homework • eat fast food go to school • play computer games read • send text messages study English • use a tablet • watch TV wear jeans

My mum never wears jeans. I'm not wearing jeans at the moment because we can't wear them at our school.

- 5b Read your sentences to your partner. How many of your sentences are the same?
- 6 SPEAKING Interview your partner using these questions.
 - 1 What are the first two things you do when you get to school?
 - 2 What are the first two things you do when you get home after school?
 - 3 What are people in your class doing right now?
 - 4 In what ways are you, or people in your family, changing?
 - **5** What do you usually do at the weekend?
 - **6** What are members of your family doing now?
 - 7 How do you usually spend your summer holidays?
 - 8 Is anybody always doing things that annoy you? Who and what?

What are the first two things you do when you get to school in the morning?

> I take my coat off and I say hello to my friends.

7 Write at least three more questions like the ones in 6. Use them to continue interviewing your partner.

What subjects are you studying this year?



Synonyms and partial synonyms

Look at these words. Do they have similar meanings? If there is a difference between the words, what is the difference?

2 Match these words with their synonyms or partial synonyms. Some words can have more than one.

bright - clever - intelligent

- 3a PRONUNCIATION Work with a partner. Say the words in 1 and 2 aloud. Which words have three syllables?
- 3b (2) 03 Listen and check your answers. Write each word in the correct column.

Ooo (e.g. talkative)	oOo (e.g. impatient)

- 3c Practise saying the words with the correct stress.
- 4 Choose the best alternative. If there is no difference, choose both.
 - Don't call your grandmother old/elderly! It's more polite to call her old/elderly.
 - 2 That new actor is really attractive/good-looking.
 - 3 My cousin is always smiling. She's a really glad/cheerful type of person.
 - 4 Your cat needs to eat more. It looks a bit slim/thin to me.
 - 5 This question is really hard/difficult.
 - 6 I'm *clever/bright* enough to do this exercise!
- 5 Prepare a description of a famous person. You can use words from 1 and 2 and from page 6.
- SPEAKING Work with a partner. Describe the person you chose in 5. Can your partner guess who it is?

He's a politician. He's got short, dark hair. He's very intelligent. He's not very old. I think he's tall and slim.

Is it Barack Obama?

Yes, it is.



Building your confidence

LIFE SKILLS OBJECTIVES



KEY CONCEPTS



- To think about the importance of self-esteem.
- To learn about different ways to build your confidence.
- To think positively about yourself.

self-esteem [n]: My self-esteem is quite high because I have a good opinion of myself. objective/goal [n]: My objective/goal is to pass all my exams with a high mark this year. (un)realistic [adj]: It's unrealistic to think that anybody is perfect. proud (of) [adj]: I was very proud of my school results last year. achievement [n]: Getting 10 out of 10 in every subject is a great achievement.



- la Look at the glass of orange juice. Is it half empty or half full?
- 1b Work with a partner. Compare your answers in 1a.
- 1c In your opinion, do you generally think positively or not? Try to give examples to justify your
- READING Read the article below. Does it say that these things are good (\checkmark) or bad (X)?
 - 1 Liking yourself
- **4** Trying to be perfect
- 2 Making mistakes
- 5 Making slow progress
- 3 Celebrating when you do things well
- 3a Choose the three pieces of advice that you think are the best and decide why.
- 3b SPEAKING Work with a partner. Compare and justify your answers in 3a. Do you have similar opinions?
- 3c Talk about which of the ideas in the text you already do.

WHAT IS

Self-esteem means you really like yourself, both inside and out. It's important because positive self-esteem gives you the courage to be confident, to be yourself, and not just do what others do, or tell you to do. Believing in yourself means you will have the freedom to be the person that you want to be and make decisions that are right for you.

How can you improve your self-esteem?

- Think positively. Think about all the great things about being you. Concentrate on how you feel when you pass an exam at school, or make your friends laugh. Focus on the positive aspects and see the glass as half full, not half
- Remember that perfect doesn't exist. Everyone has things they would like to improve, even people who seem 'perfect'. The most important things to focus on are what you're good at and what you enjoy ... and go for it!
- Try new things. Experiment with different activities, for example sports, crafts, or music that will help you to discover your talents.
- Take exercise. It helps to reduce stress and to be healthier and happier.
- Have realistic goals. If there's something about yourself that you want to improve, go step by step and do it gradually. Be patient. And keep thinking of the progress that you're making, even if it's small.

- **6 Celebrate your achievements.** Be proud of the things that you are good at and allow family and friends to celebrate the things you are good at, too.
- **Relax.** Enjoy spending time with the people you care about and doing things that make you feel good.
- Be confident in your own opinions, ideas and feelings. Don't be afraid to express them. Your friends may put pressure on you to agree with their ideas, but you can make your own decisions.
- Make mistakes. Everyone makes mistakes. You might feel bad if you miss a goal or get an answer wrong, but making mistakes is part of being human. The good news is that mistakes are a valuable part of learning.
- **10** Make a contribution. Help a classmate who is having trouble. Give your parents a hand at home. Making a difference to others is great for your self-esteem.

4 Work with a partner. Use the ideas in the text in 2 to help you give advice to these people.



5a

LISTENING © 04 Watch or listen to four teenagers talking about something they are good at. Write down what each speaker is good at.

Callum:
Naomi:
Rachel:
Toby:

5b © 04 Watch or listen again. Are these sentences
True (T) or False (F)? Correct the false sentences.

Tr	True (T) or False (F)? Correct the false sentences.				
1	Callum prefers simple, easy games.	T/F			
2	He thinks you need to be clever to do what he does.	T/F			
3	Naomi thinks she is good at listening because of her personal characteristics.	T/F			
4	She listens and doesn't tell anyone what she hears.	T/F			
5	Rachel only realised her skill when she was older.	T/F			
6	She doesn't usually show her work to other people.	T/F			
7	Toby's friends play football.	T/F			
8	His dad coaches him and helps him to				
	improve.	T/F			

6 SPEAKING Discuss with a partner. Which person do you think is the most confident? And the least? Why?

LIFE TASK



Do this positive-thinking activity individually:

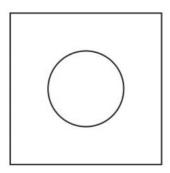
- **1a** Write down a list of your strong points. Think about:
 - things that you are good at
 - things you have achieved
 - any other abilities, talents or skills you have
 - things you do or have done for other people
 - your personality
- **1b** Now exchange lists with your partner. What could you add to the list that your partner hasn't mentioned?
- 2 Keep your list with you and look at it on days when you have a problem or when you are nervous about something like an exam!

Listening



Grammar in context

1 Copy this picture onto a piece of paper. You have three minutes to draw something on it.



2 LISTENING © 05 The activity in 1 is from a psychology magazine. The magazine gives a personality analysis for the most common things that people draw. Listen to five people explaining if they agree with the magazine's analysis. What did each one draw?

✓ EXAM SUCCESS

In the next task you match the speakers with the correct information. What should you do <u>before</u> you do the task?

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3 © 05 Listen again and identify the speaker.

Which speaker ...

		1	2	3	4	5
а	likes drawing?					
b	thinks the analysis of their personality is totally wrong?					
С	spends a long time on their favourite hobby?					
d	didn't draw what they immediately thought of?					
е	doesn't want a parent to see their picture?					
f	thinks they look attractive?					
g	understands the analysis of their personality, but doesn't agree with it?					
h	got the idea for their picture thanks to a place?					

4 What about you?

Look at your drawing in 1.

- 1 Is it one of the things in 2? Do you agree with the personality analysis in the magazine?
- 2 If you drew something else, what do you think the personality analysis could be?

State and action verbs

- la Read these sentences. Do the verbs in blue describe states and situations or do they describe actions?
 - 1 I have a big garden.
 - 2 I love warm weather.
 - 3 I like sitting out there.
 - 4 My picture looks like me.
 - 5 The flowers smell good.
 - 6 I don't believe that's true.
 - 7 I know why I drew a flower.
 - 8 I think I'm the opposite.
- 1b Read the sentences again. Are they in the present simple or present continuous? Why?
- 1c Put the verbs from 1a in the correct lists.

1	verbs of feeling and liking:,
	, hate, want, prefer, need
2	verbs of thinking:,
	remember, mean
3	verbs of the senses:,
	, hear, see, taste, sound, feel, seem
4	verbs of possession:, own, belong

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- 2 Decide if each verb describes a state or an action. Then choose the correct alternative.
 - 1 I <u>look/am looking</u> for my ball. <u>Do you know/Are</u> you knowing where it is?
 - 2 Isn't he attractive? He <u>looks/is looking</u> like a film star.
 - 3 My sister has got/is having a new pet.
 - **4** Jack can't speak to you at the moment. He <u>has/is</u> <u>having</u> a shower.
 - 5 Do you know/Are you knowing the answer now?
 - **6** I <u>don't understand/am not understanding</u> a word you're saying.
 - **7** OK, OK, don't get angry. I <u>believe/am believing</u> you.
 - 8 I <u>don't like/am not liking</u> this film. I <u>want/am</u> wanting to leave now.



3 Complete the sentences with the correct form of these verbs.

		feel • look • seem • smell • sound • taste
	1	I love this song. I think it grea
	2	Mmmm! What are you cooking? It
		delicious. I want to try it.
,	3	What's the matter? You don't
		very cheerful today.
	4	Emmalike her sister. Their
		personalities are very different but their
		appearance is almost identical.
ļ	5	There's too much sugar in this coffee. It
		too sweet.
	6	Your hand is cold. It like icel

4a Write sentences about the items in the photos. Use one of the verbs and at least one of the adjectives in each sentence.

Verbs:

Adjectives:

cold • colourful • delicious • frightening hard • horrible • loud • lovely • soft warm • wet



4b SPEAKING Work with a partner. Read your sentences but don't give the name of the items you are describing. Can your partner identify them?

I think it feels cold and wet, but
I'm not sure. It looks frightening.

Is it a snake?

Yes, it is!

5 Complete the dialogue with the present simple or present continuous form of the verbs given.

Ryan:	Hi, Molly. How are you? You (a) (sound) really happy.		
Molly:	I am. I (b) (have) a great time.		
Ryan:	Where are you?		
Molly:	I (c)(stay) at my cousin Lily's house.		
Ryan:	Lily? Ah, yes. Now I (d) (remember). She's the one who (e) (have) a house near the coast.		
Molly:	That's right. Well, in fact, the house (f) (belong) to a good friend of my cousin. She always (g) (let) her stay when she (h) (want).		
Ryan:	And what exactly (i)youyou		
Molly:	l (j) (get) the table ready for dinner. Lily (k) (cook) really well. She (l) (make) something special for tonight. It (m) (smell) great.		
Ryan:	Stop! You (n) (make) me hungry. Anyway, I (o) (need) to go now. Somebody (p) (call) me. I'll phone again soon.		
Molly:	OK.		

6 SPEAKING Complete these sentences about yourself and then predict your partner's answers. Compare predictions. How well do you know your partner?

		, , ,	
Yo	You		
1	I think	sounds great.	
2	I think	looks really attractive.	
3	I usually feel	on Monday morning.	
4	I think coffee tastes		
5	I don't need	to be happy.	
6	I believe that		
7	At the weekend, I like		
Yo	our partner		
1	My partner thinks	sounds great.	

Yo	our partner
1	My partner thinks sounds great.
2	My partner thinks looks really attractive.
3	My partner usually feels on Monday morning.
4	My partner thinks coffee tastes
5	My partner doesn't need to be happy.
6	My partner believes that
7	At the weekend, my partner likes

Developing speaking



Asking for and giving personal information

1 LISTENING © 06 Listen to a conversation between two teenagers called Megan and Ellie on the first day of school. What are each person's hobbies?

Megan:	 		
Fllie:			

2 © 06 Complete the dialogue. Listen again if necessary.

Megan:	Hi. You're Lucy's cousin, aren't you?
Ellie:	Yes, that's right. My name's Ellie.
Megan:	I'm Megan. This is your (a) year at this school, isn't it?
Ellie:	That's right.
Megan:	Hey, you don't play (b) , do you? We need new players for the team.
Ellie:	I play a little, but I'm not mad about basketball.
Megan:	Do you play any other sports?
Ellie:	Yes, I really enjoy (c)
Megan:	Great! What are your other hobbies?
Ellie:	I love music.
Megan:	Really? What kind of music?
Ellie:	I like all sorts, but my favourite is
	(d)
Megan:	
	(e), can't you? Lucy told
	me once.
Ellie:	Yeah, I'm in a band. We're really
	(f)
Megan:	Do you know Josh, Josh Smith? He plays in
	a hand too Come on Let me introduce you

3 SPEAKING Work with a partner. Practise the completed dialogue in 2.

to him ...

- 4 Look at the Speaking bank. We use question tags when we want somebody to confirm something. Choose the correct alternative.
 - 1 We use <u>nouns/subject pronouns</u> at the end of question tags.
 - 2 We use <u>auxiliary verbs and 'to be'/main verbs</u> in question tags.
 - 3 Usually the question tag in an affirmative sentence is <u>affirmative/negative</u> and the question tag in a negative sentence is <u>affirmative/negative</u>.

SPEAKING BANK

Question tags

- You're Lucy's cousin, aren't you?
- This is your first year at this school, isn't it?
- You like rock music, don't you?
- You don't play basketball, do you?
- You can play an instrument, can't you?

5 Complete these sentences with question tags.

1	You've got a sister,?	
2	You can't play the piano,	
3	That girl sings really well,	
4	She's your best friend,	?
5	That boy isn't very tall,	?
6	Her dad doesn't like listening to that	
	music,?	
7	Jamie and Becky can swim fast,	

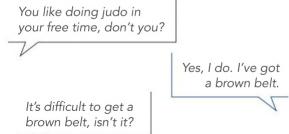
6 SPEAKING Work with a partner. Read out the first part of the sentences. Your partner says the question tag.

Student A: Turn to page 147. Student B: Turn to page 148.



PRACTICE MAKES PERFECT

- 7a SPEAKING Write down five things you think you know about your partner's free-time habits.
- 7b Ask your partner about their free-time habits. Use question tags for confirmation and to keep the dialogue going.



7c Work with a new partner and do another dialogue.



An informal email describing people

READING Read Mia's email to her e-pal, Luke. Match the names to the people in the photo she attaches.

To: Luke < ljackson@realmail.com>

Subject: Me and my friends

Attached: My Friends.JPG (354KB)

Hi Luke,

I'm sending you a photo of me and my friends. I took it this weekend. Do you know who everybody is?

Of course, you already know that I'm the girl with long blonde hair in the middle of the photo;-) The boy is Brad. He looks a bit tired here. He's working hard at the moment because he has exams next week. But Brad's great. He's totally mad and always makes us laugh.

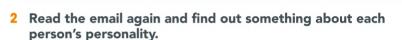
The girl with red hair is Rose. She looks like an American actress in this photo! Rose is extremely clever and helps us with our maths homework.

The other girl, the one with long dark hair, is Olivia. She looks really happy here, doesn't she? She's always cheerful. In the photo, we're very near her house. We often go there at the weekend.

When you send your next email, don't forget to send me a picture of you and your friends.

All the best.

Mia



Brad:	
Rose:	
Olivia:	

3 Look again at Mia's email. Complete examples 1-3 in the Writing bank. Then, choose the correct alternative in 4-6.

WRITING BANK

Descriptive language

- To describe somebody's appearance we often use the verb look. We can use:
 - 1 look + adjective (e.g. He looks (a)
 - 2 look like + noun/pronoun (e.g. She looks
 - 3 look like/as if + noun/pronoun + verb (e.g. It looks like (c)
- We use modifying adverbs to make adjectives stronger or softer in order to give more accurate descriptions. For example, we use:
 - 4 very, extremely and really to make <u>'normal'/'extreme'</u> adjectives (good, bad, clever) stronger.
 - 5 totally, absolutely, really and completely to make <u>'normal'/'extreme'</u> adjectives (fantastic, awful, mad) stronger.
 - **6** quite, a bit, and rather to make 'normal' adjectives a little <u>softer/stronger</u>.



4 Complete these sentences to describe people in the photo.



- 1 Lucy is really and has got quite2 Josh looks and is totally
- 3 Eliza looks like a and she is extremely
- 4 Pete is a bit and he looks as if

PRACTICE MAKES PERFECT

5a Find a photo of you with friends or family. Write an email describing the people in the photo. Use the email in 1 as a model and include expressions from the Writing bank.

WRITING BANK ➤ PAGE 150

5b Work with a partner. Take turns to show your photo and description. Can they identify the people in your photo correctly?