

# 1 Sports and games

## I'm never bored

### VOCABULARY

1 Which of these sports do you know? Match them to the pictures.

rugby badminton sailing baseball snowboarding  
volleyball cycling skating running hockey



1



2



3



4



5



8



6



7



9



10

play

go

1.08 Listen and check. Then repeat.

2 Ask and answer with your partner.

- Which of the sports do you do in teams?  
*You play volleyball and ... in teams.*
- Which of the sports do you do alone?
- Which of the sports can you do both in teams and alone?

- Which of these sports do you do?
- Do you prefer team sports or sports you do alone? Why?

### READING

3 Read about Jess and James. Who wants to win at the Olympics? Who does their sport in other countries?

## Two young sports stars



Jess

**Jess Barnes** received the Young Sailor of the Year award and she was only 13!

'It's amazing,' says Jess. 'I love sailing. It's my life. I always go sailing at weekends. I'm never bored. I sometimes go sailing in a team but I go sailing alone, too. In the holidays, I usually go to different sailing competitions. Some of these are in other countries. It's difficult to get a place in the competition teams. I need to work hard but I know I can do it! I want to sail and to win.'

'I didn't like playing rugby and football. They're boring! I wanted to try a different sport. Cycling is different and no one else at my school does it,' says **James Miller**.

'I really love the sport and it keeps me fit. I often go cycling with my friends. It's good practice for my team competitions. I'm sometimes tired but then I think about the Olympics. I want to go there and win! Remember – you don't find many world champions on the sofa!'



James

- 4 Read about Jess and James again and answer the questions.
- 1 What does Jess do on Saturdays and Sundays?
  - 2 Does Jess go sailing alone or in a team?
  - 3 Why does Jess need to work hard?
  - 4 What does James think of rugby and football?
  - 5 How many people at James's school go cycling?
  - 6 What helps James when he is tired?

PRONUNCIATION /eɪ/ and /aɪ/

- 5 Put the words into the right column of the table.

baseball bike day fly  
life riding skating wait

/eɪ/ sailing	/aɪ/ cycling
baseball	

1.09 Listen and check. Then repeat.

GRAMMAR Adverbs of frequency

We use the present simple to talk about things we do often or every day.  
*I go sailing alone, too.*

- 6 Look at these examples from the texts. The adverbs of frequency are in red.
- I **always** go sailing at weekends.  
I'm **never** bored.  
I **usually** go to different sailing competitions.  
I **often** go cycling with my friends.  
I'm **sometimes** tired.

Which sentences have a present simple verb?  
Which sentences have the verb *be*?  
Choose the right words to complete the rules.

In sentences with the **verb *be***, we put the adverb of frequency *before / after* the **verb**.  
In sentences with the **present simple**, we put the adverb of frequency *before / after* the **verb**.

→ Grammar reference page 143

- 7 Look at these other examples.
- People don't **always** play sport in teams.  
Sarah doesn't **usually** go sailing in the evenings.  
Do you **sometimes** go sailing with friends?  
Is cycling **often** dangerous?  
Football isn't **always** boring!

Choose the right words to complete the rules.

In negatives and questions with the **present simple**, we put the adverb of frequency *before / after* the **main verb**.  
In negatives and questions with the **verb *be***, we put the adverb of frequency *before / after* the **adjective**.

- 8 Read the examples from Exercise 6 and write the words in red next to the right picture.

1



.....

2



.....

3



.....

4



.....

5



.....

- 9 How often do you do the sports in Exercise 1? Ask and answer with your partner.
- A: *I never play rugby but I often play football. It's great fun. How about you?*  
B: *I sometimes play rugby and I often go running. It's never boring.*

**Corpus challenge**

Can you correct this sentence? Choose the right answer.

*I drink juice always.*

A I drink always juice.  
B I always drink juice.  
C I always juice drink.

SPEAKING

- 10 You are a young sports star. Answer these questions. Make notes.
- 1 What sport do you do?
  - 2 Do you do this sport alone or in a team?
  - 3 When do you do this sport?
  - 4 How often do you travel to competitions?
  - 5 Is this a difficult sport to learn and do? Why?
  - 6 What competitions do you want to win?
- 11 Work with a partner. Student A: Ask Student B questions 2–6. Don't ask question 1!  
Student B: Answer the questions.  
Student A: Guess the sport. Then change roles.



# How do you play it?

## READING

- 1 Look at the pictures of the five sports and games. What can you see?
- 2 Read the texts and match each one to a picture.



**1 Octopush**  
This sport is also called underwater hockey. There are two teams. Each team has got six players. Players swim underwater. They try to hit the heavy ball into the other team's goal. The winning team is the team with the most goals at the end of the match.

**2 Futsal**  
This sport is like football. There are two teams. Each team has got five players. Players kick the ball and try to get a goal. The ball is smaller than a football. Players usually play the game inside.

**3 Croquet**  
People play this game on grass. There are four balls of different colours. Players don't play in teams. They play singles or doubles. Players hit the balls through hoops on the grass. The winner is the first player to hit all the balls through all the hoops.

### 3 Read the three texts again. Are the sentences right (✓) or wrong (X)?

- 1 Octopush is like volleyball.
- 2 People play octopush in teams.
- 3 Octopush players are good at swimming.
- 4 There are five players in a game of futsal.
- 5 Futsal players never use a bat.
- 6 A futsal ball is the same as a football.
- 7 People play croquet outside.
- 8 In croquet, there are two teams.
- 9 Croquet players kick the balls with their feet.

LISTENING

- 4 1.10 Two people are talking about the other two sports and games.  
Listen and match them to the two pictures.
- 5 1.10 Listen again. Tick (✓) the correct sentences about the games.

	Pelota	Cheese rolling
1 It's a game.		
2 It's an old sport.	✓	
3 People run down a hill.		
4 People hit the ball with their hands.		
5 People play in teams.		
6 Only one person is the winner.		
7 The winner can take the food home.		
8 People play inside.		

VOCABULARY

- 6 Put the sports in the right box in the diagram.

badminton    baseball    basketball  
cycling    football    hockey    rugby  
running    sailing    skating    snowboarding  
swimming    table tennis    tennis  
volleyball



- 7 Read the sentences about Rob's favourite sport. Choose the best word (A, B or C) for each space.
- 0 Rob's favourite sport ..... hockey.  
A is                      B likes                      C does
- 1 He's got a new hockey .....  
A bat                      B stick                      C racket
- 2 He ..... hockey every day after school.  
A plays                      B goes                      C works
- 3 Rob is in the school hockey ....., too.  
A group                      B player                      C team
- 4 There is a ..... every Saturday.  
A match                      B sport                      C group
- 5 Every week, Rob gets lots of .....  
A competitions    B champions    C goals

**About you**

8 What unusual sports or games do you know?  
How do you play them?  
Does your country have a special game?

WRITING

- 9 Work in groups of four. Choose a sport or a game. What do you do? How do you play it? Talk about your ideas. Make notes.
- 10 Work alone. Write five sentences about the sport or game. Use the texts from Exercise 2 to help you. Find a picture of your game on the internet. Include it under your text.



# 2 Tastes wonderful! Today I'm making pancakes

**a** ☐



1. Oil 2. Bowl 3. Lemon 4. Chocolate sauce 5. Fresh fruit 6. Milk 7. Pan

**b** ☐



**c** ☐



**d** ☐



**e** ☐



**f** ☐



**g** ☐



VOCABULARY

- 1 Look at picture a. Match the things 1–7 to the words in the box.
- a bowl

chocolate sauce

cream

fresh fruit

a lemon

oil

a pan

▶1.11 Listen and check. Then repeat.

LISTENING

- 2 ▶1.12 Listen to a boy, James, talking about how to make pancakes. Number pictures b–g in the correct order.
- 3 Complete the recipe with the words and numbers in the box.

300 ml

Mix

Two

Serve

Cook

100 g

Put

Add

▶1.12 Listen again and check your answers.

## Pancakes



You need:  
..... eggs  
..... milk  
..... flour

- How to make them
- ..... the eggs and milk together.
  - ..... the eggs and milk to the flour.
  - ..... some oil in a pan.
  - ..... the pancake on both sides.
  - ..... it with lemon and sugar, or chocolate sauce, fresh fruit and cream.

GRAMMAR Present continuous and present simple

4 Look at these examples from the listening.  
Write *simple* or *continuous*.

Present .....

I'm cooking the first pancake now.  
I'm mixing the milk and eggs at the moment.  
I'm serving this one with chocolate sauce and fresh fruit today.

Present .....

I never use water.  
I always make my pancakes very thin.  
I always mix it really well.  
I usually serve pancakes with lemon and sugar.

→ Grammar reference page 144

5 Look at the underlined words in the table and complete the rules.

We often use the present simple with words like ..... and .....  
We often use the present continuous with words like ..... and .....

6 Put the verb in the correct tense.

- 0 I 'm shopping (shop) at the moment. I can't talk.
- 1 My mum always ..... (cook) nice food.
- 2 The teachers usually ..... (give) us a lot of homework on Monday.
- 3 I ..... (stay) at home today.  
I ..... (not go) to school.
- 4 It's three o'clock now and I .....  
(watch) TV with my sister.
- 5 My dad often ..... (get up) late on Sunday.
- 6 At the moment, we ..... (have) lunch. Ring me again later.

**Corpus challenge**

Can you correct this sentence?  
Choose the right answer.  
How are you? I write to you to give you some news.  
A writes    B am writing    C writing

READING

7 Look at the pictures.  
What are the people doing?



8 Read the text. Match each paragraph to a picture.

**Pancake Day**

Shrove Tuesday, called Pancake Day in Britain, happens 41 days before Easter Sunday. For the next 40 days, some people don't eat sweets, chocolates or crisps. But on Pancake Day, they can eat as many pancakes as they want.

In many villages, people have pancake races. In Olney, the married women run a race. They carry a pancake in a pan and run for 400 metres.

In France, this day is a festival called Mardi Gras. This means Fat Tuesday. People wear amazing clothes and go out in the streets to have fun. It is also called Mardi Gras in New Orleans and this festival is famous all over the world.

**About you**

9 Do you have Shrove Tuesday in your country?

Yes → What do you call it? → What do you eat? → What do you wear? → What do you do?

No → Think of a festival in your country. → What do you eat? → What do you wear? → What do you do?



# Lunch is always at midday

## READING AND VOCABULARY

1 Read about what three teenagers from different countries eat. Match the pictures to the words in the box.

- cabbage   cereal   chilli   cucumber  
curry and rice   fruit tea   honey  
hot chocolate   jam   mango   salad  
toast   yogurt

2 Find these words in the texts.

- 0 This is the first meal of the day. *breakfast*  
1 This is sweet and you have it at the end of the meal.  
2 You have this when you don't need a big meal.  
3 You have this meal in the middle of the day.  
4 You have this at the beginning of a meal.  
5 This is the last meal of the day.

1.13 Listen and check. Then repeat.

## TELL US WHAT YOU EAT



Luigi – Italy

In the morning, I have cake, or fruit and yogurt. I usually have a glass of milk but my sister has hot chocolate. I have my main meal of the day at lunchtime – usually between 12 and 1 o'clock. The first course is pasta with a nice sauce, and then we have meat or fish with vegetables. Often for dessert we have ice cream but not every day. My favourite is tutti frutti. That means 'all the fruits' in Italian. It tastes wonderful!



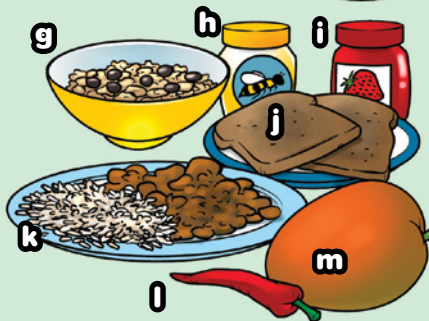
Jan – Slovakia

Sometimes I have cereal for breakfast but it's usually bread and butter with cold meat or cheese. I have that with tomatoes and cucumber. To drink I have fruit tea with sugar. Lunch is the main meal of the day and it's always at midday. For the first course, we have soup. I like cabbage soup best but chicken soup is good too. For the main course, we have meat with potatoes or rice, and maybe some salad. We don't have a dessert at lunchtime. In the evening, we never have a big meal. We just have a snack.



Arjan – Britain

I always have cereal with milk and sugar for breakfast but my sister has toast and jam or honey. We both drink tea. Lunch is at about 12.30. I usually have a sandwich, some crisps and some juice or water. We have supper in the evening, at about 6 o'clock. My favourite is curry and rice. Mum makes a salad of chilli and mango to go with it. It's really nice.



3 Read the texts again. For questions 1–6, choose A, B or C: A Luigi B Jan C Arjan.

- 0 Who has his main meal in the evening? C  
1 Who doesn't have two courses at lunchtime?  
2 Who always has lunch at the same time every day?  
3 Who doesn't have a hot lunch?  
4 Who has a different drink from his sister at breakfast?  
5 Who doesn't usually eat sweet food for breakfast?  
6 Who sometimes has three courses for his lunch?

PRONUNCIATION The sound /ə/

4 1.14 Listen and repeat. These words have the sound /ə/ in them.

breakfast famous lemonade

5 1.15 Listen and repeat. Circle the /ə/ sound in each word. One word has two /ə/ sounds. Which word is it?

pasta chocolate banana salad festival  
tomato yogurt cucumber

LISTENING AND SPEAKING

6 1.16 Listen to the radio show. What is each person having for lunch? Write M, R or J next to each picture 1–9.



7 Ask and answer these questions with your partner.

- Are Molly, Ravi and Jack’s lunches healthy?
- Do you have lunch at school or at home?
- What do you have for lunch? Is it a healthy lunch?

WRITING

Prepare to write – A message on the internet

GET READY Read the three texts again and find all the examples of *and*, *but* and *or*.

Choose the right word to complete the sentence.

- 0 We don’t get chocolate ..... *or* ..... crisps at school.
- 1 I don’t eat breakfast ..... I have a big lunch.
- 2 I eat lots of fruit ..... drink lots of water.
- 3 I have cake in the morning ..... I don’t have it in the evening.
- 4 I don’t like carrots ..... tomatoes.

or / but  
but / or  
and / or  
but / and  
or / but

PLAN Think about what you eat every day. Make some notes.

	time?	food?	drink?
breakfast			
lunch			
supper			

WRITE Write a paragraph about what you eat every day. Use *and*, *but* and *or*.

IMPROVE Read your paragraph and your partner’s. Check for mistakes and try to make your paragraph better.



EP Get talking! → page 124

Tell me about ...  
It’s ... . What about you?  
Well, I ...



# Culture

## Festivals

1 Look at the pictures and the names of the festivals.  
What do you know about these festivals?

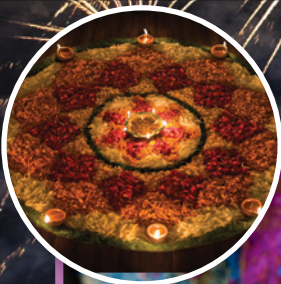
### The Moon Festival

This is an important festival in China and Vietnam. It happens every year in September or early October, when the moon is full. In Vietnam, there are parades in the streets. Children wear special masks and carry beautiful lights called lanterns. In some parts of China, people dress up as dragons. Family and friends get together for a meal and spend time looking at the moon. Everyone eats moon cakes. These are sweet, and often have an egg in the middle of them.



### Diwali

Diwali is the Hindu festival of lights. It lasts for five days and celebrates the New Year. It happens in October or November. People light hundreds of small lamps and put them in their homes and gardens. This is to bring good luck and to welcome the goddess Lakshmi into their home. Food is an important part of the festival and people make special sweets to share. They wear bright clothes and jewellery. They decorate their homes with flowers, and draw patterns with rice flour at the entrance of the home. People also give gifts and let off fireworks during Diwali.



2 Read the texts and look at the pictures. Match the words to the descriptions.

- |                   |   |
|-------------------|---|
| 1 a mask          | a You do this to make something look pretty.              |
| 2 a dragon        | b This is something you want to happen.                   |
| 3 a lamp          | c This is what you do when you put on special clothes.    |
| 4 decorate        | d This is a kind of monster.                              |
| 5 bring good luck | e This makes a loud noise and bright colours in the sky.  |
| 6 a wish          | f You wear this over your face.                           |
| 7 a firework      | g This is a kind of light. You can carry it in your hand. |
| 8 a gift          | h This is a line of people moving down the street.        |
| 9 a parade        | i If something does this, it makes nice things happen.    |
| 10 dress up       | j You give this to someone – it's the same as a present.  |

3 Read the texts again and complete the table.

	The Moon Festival	Diwali
When is it?		
What do people wear?		
What do people eat?		
What do people do?		

4 1.19 Listen to Cannelle talking about an Irish festival called St Patrick’s Day. Are the sentences right (✓) or wrong (✗)? Correct the sentences that are wrong.

- 1 Cannelle comes from Ireland.
- 2 St Patrick’s Day is on 17th May.
- 3 The celebrations in Dublin are small.
- 4 You can hear Irish music on the streets.
- 5 You can go shopping on St Patrick’s Day.
- 6 People wear blue hats on St Patrick’s Day.
- 7 The fireworks are very popular.
- 8 People in the USA and Canada also celebrate St Patrick’s Day.



5 Complete the paragraph about Carnival in Rio de Janeiro with words from the box.

celebrate    decorate    dress up    festival    fireworks    masks    parades



My name is João Vitor and I come from Rio de Janeiro in Brazil. We have a very big and famous <sup>1</sup> ..... here called Carnival. The date changes every year but it’s usually at the end of February. We <sup>2</sup> ..... Carnival for four days. There are <sup>3</sup> ..... through the streets, with music and dancing. People <sup>4</sup> ..... in amazing clothes and wear <sup>5</sup> ..... on their faces. They <sup>6</sup> ..... the cities in bright colours. In the evenings, you can see <sup>7</sup> ..... in the sky, and hear them too! It’s a really exciting festival, not just for Brazilians like me but also for people around the world.

Project Describe a festival

Work with a partner. Think of a festival you celebrate in your country. Talk together about the festival. Make notes about these things:

- the name of the festival
- when it is
- what people wear
- what people do
- what people eat

Write about your festival. Read your paragraph about the festival to the class.

