

WELCOME TO PREPARE

LEARN ABOUT THE FEATURES
IN YOUR NEW STUDENT'S BOOK!

ABOUT YOU

Start each unit by talking about you, your life and the unit topic

PREPARE TO WRITE

Learn useful tips to help you prepare, plan and check your writing

TALKING POINTS

Say what you think about the topic in the text

PREPARE FOR THE EXAM

Easy to find exam tasks to get you ready for the exam

PREPARE TO SPEAK

Learn useful words and phrases for effective communication

VIDEO

Watch interviews with teenagers like you

Develop important skills that you can use in your daily life

Learn about the culture of English-speaking countries and the wider world

Watch interesting documentaries about the culture topics

Read useful tips, learn exam techniques, then try a practice exam task

Work together to create something fun and expand your learning

Check your progress

Watch teenagers doing speaking tasks in an exam situation

LIFE SKILLS EMOTIONAL SKILLS

LIFE SKILLS

MANAGING STRESS

1. What things are stressful for you? Rate the issues below. Ticks 1-5 (5 is the most stressful).

- Personal problems and school
- Family problems and school
- Health problems and school
- Money problems and school
- Relationship problems and school
- Academic problems and school
- Physical problems and school
- Emotional problems and school
- Other (specify):

2. Read the text on the opposite page. Which activities would be the most helpful for you?

1. Do your homework at the time you're most productive
2. Take time to relax and do things you enjoy
3. Talk to someone about your problems
4. Exercise regularly
5. Eat healthy food
6. Get enough sleep
7. Talk to a friend or family member
8. Take a break from school
9. Do your homework at the time you're most productive
10. Take a break from school

3. Listen to four people: Paul, Emma, Maria and Victor. Match them with the problems they mention.

1. Paul
2. Emma
3. Maria
4. Victor

4. Listen again. Answer the questions.

1. How did Paul really feel about his problem?
2. Why does Emma get very stressed?
3. What does Maria tell him about his problem?
4. What does Victor tell him about his problem?

5. Have some fun!

Read the text on the opposite page. Which activities would be the most helpful for you? Tick 1-5 (5 is the most stressful).

6. Listen to four people: Paul, Emma, Maria and Victor. Match them with the problems they mention.

7. Listen again. Answer the questions.

8. What does Maria tell him about his problem?

9. What does Victor tell him about his problem?

10. What does Paul really feel about his problem?

11. Why does Emma get very stressed?

12. What does Maria tell him about his problem?

13. What does Victor tell him about his problem?

14. What does Paul really feel about his problem?

15. Why does Emma get very stressed?

16. What does Maria tell him about his problem?

17. What does Victor tell him about his problem?

18. What does Paul really feel about his problem?

19. Why does Emma get very stressed?

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23. Why does Emma get very stressed?

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41. What does Victor tell him about his problem?

42. What does Paul really feel about his problem?

43. Why does Emma get very stressed?

44. What does Maria tell him about his problem?

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47. Why does Emma get very stressed?

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127. Why does Emma get very stressed?

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146. What does Paul really feel about his problem?

147. Why does Emma get very stressed?

148. What does Maria tell him about his problem?

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153. What does Victor tell him about his problem?

154. What does Paul really feel about his problem?

155. Why does Emma get very stressed?

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157. What does Victor tell him about his problem?

158. What does Paul really feel about his problem?

159. Why does Emma get very stressed?

160. What does Maria tell him about his problem?

161. What does Victor tell him about his problem?

162. What does Paul really feel about his problem?

163. Why does Emma get very stressed?

164. What does Maria tell him about his problem?

165. What does Victor tell him about his problem?

166. What does Paul really feel about his problem?

167. Why does Emma get very stressed?

168. What does Maria tell him about his problem?

169. What does Victor tell him about his problem?</

1 GOING SHOPPING

ABOUT YOU

Where do you usually go shopping?
Which is your favourite shop?
Which is better: going to shops or shopping online?



VOCABULARY Shopping

1 Look at the photos. What different things can you buy in these places?

Compare your answers with your partner.

2 Listen to five teenagers talking about these different places to shop. Match each speaker to one of the photos.

Daisy ☐ Sean ☐ Alec ☐ Rose ☐ Iris ☐

3 Complete the sentences with the words in the box. Then listen again and check.

charge charges discount exchange
online shopping promotions purchases
receipt refunds send ... back serve
service shop spend

- Daisy says that markets are probably her favourite place to _____. She says you don't have to _____ much money there. But if you're a tourist, sometimes they can _____ you high prices.
- Sean thinks that _____ is the best thing ever. He says if you spend a certain amount, you don't have to pay the delivery _____. If the item isn't right, you can usually _____ them _____.
- Alec's favourite department store was offering a 10% _____ on some games. He also says they are really good about _____.
- Rose uses store cards when she _____ items. Her favourite shop often has _____. Some of her schoolmates work in shops and they _____ her, which she thinks is nice. She often gets good _____.
- Iris likes little shops. She says if you buy something and it's not right, it's easy to _____ it. You just have to show them the _____.

4 Discuss the questions.

- Where do you generally shop?
- Do you keep receipts? Why are they important?
- Is good service important? Why?
- When was the last time you got a discount? How much was it?
- How do you get discounts?
- Have you ever sent an item back, or returned it to the shop yourself? Say what happened.



READING

- 1 Read the title and first line of the article. What do you think Olivia and her friends do in town? Read the article quickly to check.

SHOPPING: TEEN TRENDS

It's Saturday morning and Olivia, 16, is going into town with some friends like they usually do.

Their day begins in a coffee shop. 'We have frappuccino coffees and chat,' Olivia says. ¹..... 'We like finding the latest fashions on Pinterest or Instagram.' Like adults, many teens want **good value for money**. 'If there's something new I want, but it's too expensive, like these cool trainers I saw the other day, I won't get them till they're on sale a few weeks later. ²..... And you can sometimes get discounts at the **checkout** when you're paying,' says Olivia. Although girls are more likely to spend money on jewellery or make-up, both sexes are into looking good and buy high-quality hair and body products. ³..... This means downloading apps is a favourite activity.

Teens shop on the internet because 'online companies don't always charge you as much money and it's easy,' says Olivia. ⁴..... 'For example, sometimes we go to a gaming store and try out several new games. A lot of games cost more than we **can afford**, so we wait until there's a **special offer**, when you can get two games for the price of one and that kind of thing. ⁵..... There's no brand new stuff on them but you can save a lot of money.'

After that, Olivia and her friends go for lunch. 'I love any healthy food, especially organic stuff,' says Olivia. 'We go anywhere that serves it – plenty of places do, but it can be expensive. After that, I don't usually have any money left!' laughs Olivia.



02



PREPARE FOR THE EXAM

Reading Part 4

- 2 Read the article again. Five sentences have been removed from the text. For each space choose the correct sentence. There are three extra sentences which you do not need to use.
- A Some people I know send everything back.
 - B While they're there, they also do some online shopping.
 - C They're also **keen on** keeping their mobile technology up to date.
 - D You can usually get anything new that way if you're prepared to wait!
 - E You can get refunds online but it takes longer.
 - F There are plenty of **second-hand** websites, too, where stuff's even cheaper.
 - G I'm not really interested in buying things like that.
 - H But they still enjoy looking around the shops.

PREPARE FOR THE EXAM PAGE 124

- 3 Match the **highlighted** words and phrases in the article to the meanings.
- 1 have enough money to buy something
 - 2 where you pay for your goods
 - 3 not new; already used in the past by someone else
 - 4 a price that is lower than usual
 - 5 the amount you paid for something was right
 - 6 very interested in or enthusiastic about something



TALKING POINTS

Do you think people spend too much time looking at things they'd like to buy online?
Do you think it is important to buy good-quality products which are more expensive, rather than buying cheaper items? Why? / Why not?



GRAMMAR Determiners

- 1 Read the examples and look at the nouns after the words. Which are countable and which are uncountable?
- 1 Olivia, 16, is going into town with **some** friends.
 - 2 After that, I don't usually have **any** money left!
 - 3 There's **no** brand new stuff on them.
 - 4 They don't charge you as **much** money.
 - 5 Like adults, **many** teens want good value for money.
 - 6 There are **plenty of** second-hand websites, too.
 - 7 Sometimes we go to a gaming store and try out **several** new games.
 - 8 **A lot of** games cost more than we can afford.

- 2 Complete the table with the words in the box. Use the examples in Exercise 1 to help you.

some	any	a lot of	many
much	plenty of	no	several

	Countable	Uncountable
Positive	<i>some</i>	
Negative		<i>any</i>
Questions		

GRAMMAR REFERENCE AND PRACTICE PAGE 147

- 3 Listen to the short conversations. Add more determiners to the table.

- 4 Choose the correct word to complete the sentences.

- 1 Last weekend I got *a / some / any* great discounts on clothes.
- 2 My brother buys *much / a lot of / many* clothes online.
- 3 I got a discount on *a / some / no* headphones online.
- 4 I bought *a / some / much* jeans yesterday.
- 5 Have you got *any / much / several* BeBop trainers?
- 6 We don't eat *some / any / no* special food.

- 5 Complete the conversation with the words in the box.

any	many	much	no
plenty	several	some	some

- A: What are you doing?
B: I'm looking for ⁰ *some* information about ¹ _____ trainers. I looked on a few websites but there weren't ² _____ in my size – not even one pair!
A: I'm surprised. There are ³ _____ of websites where you can buy trainers. Have you tried this site?
B: Not yet! I can't see ⁴ _____ places that sell the trainers I want!
A: Look here. It looks like there are ⁵ _____ models listed here in fluorescent green. How ⁶ _____ money were they in the shop?
B: About £50, I think.
A: Oh dear, there are ⁷ _____ trainers in your size!

- 6 Complete the questions with the correct words. Then ask and answer the questions with a partner.

- 1 How _____ pairs of trainers do you have?
- 2 Do you have _____ sunglasses?
- 3 How _____ time do you spend shopping online?
- 4 Do you know _____ websites where you can get discounts?

VOCABULARY *any*

- 1 Read the examples. Complete the rules with the words in the box.

- 1 They aren't doing **anything**.
- 2 We go **anywhere** that serves healthy food.
- 3 Has **anyone** seen my new trainers?

negative	positive	question
----------	----------	----------

- a With a _____ verb, *any* has a positive meaning.
- b With a _____ verb, *any* means the same as *no*.
- c Use *any* in a _____.

- 2 What other words or phrases do you know with *any*?

- 3 Complete the sentences with the words and phrases in the box.

any	any better	any good
any longer	any more	anyone
anything	anywhere	

- 0 I don't mind what colour the trainers are – *any* colour will do.
- 1 Maria doesn't work in this shop _____.
- 2 Is there _____ in this shop that would be a good present for your mum?
- 3 This book isn't _____ – it's so boring. I won't finish it.
- 4 Has _____ got David's number? I need to call him today.
- 5 Tony isn't feeling _____ today – the boss wants me to work this afternoon.
- 6 Is there _____ near here where I can buy some speakers?
- 7 I can't eat _____. I'm full. That was delicious!

- 4 >> Work in pairs. Turn to page 135.

WRITING

A short text

- 1 Read the introduction to the magazine competition. What do you have to write about?

COMPETITION!

Tell us about the last cool thing you bought. Where did you buy it? Do your friends like it? Email us at itsallaboutyou@weareteens.co.uk. We'll include the best stories in our magazine next month!



Maksim, Russia

Last week, I bought some really cool sunglasses from a shop in my town called Eyewear. It's a great shop that only sells sunglasses. There are a lot of styles to choose from but I chose these ones because I just loved them! There was a promotion that day and I got a 10% discount. I forgot the receipt, so I went back to get it and the assistant gave me a free case to keep them in. Great customer service!



Emily, Ireland

Mum was going to get these cute trainers for me at the end of the month, but I couldn't wait any longer, so I bought them myself. I got them from the local sports shop near my house. Several of my friends already had pink ones, but I wanted to be different. So I got some orange and blue ones! Plenty of people have asked me where I got them, but I'm not telling anyone my secret store!

JD, UK

Last week, I was at the shopping centre and I went into Soundz, which is my favourite shop. They have an online store, but I prefer to go to the shop so I can try the things on sale. You can find a lot of cool stuff there like headphones, speakers and MP3 players. I saw these great Bluetooth headphones. I put them on and listened to several songs from my phone. They were expensive, but I got a 10% discount because of a promotion. My friend is saving up for a pair now!



- 2 Read the three texts. Which thing do you think is the coolest?

- 3 Read the *Prepare to write* box. Read the texts and underline the following in each one:

Maksim's message: shopping vocabulary
Emily's message: all the determiners from page 12
JD's message: two different tenses

- 4 Read JD's text again. Underline the sentences that answer the competition questions. What extra information does she add?

- 5 Read about the competition again. You are going to write a short text about something you bought recently. Plan your ideas and make some notes. Here are some ideas to help you.

- What is the last thing you bought?
- Why did you choose it?
- Where did you buy it?
- What do your friends think?
- Extra information?

- 6 Write your own short text.

- Use the tips in the *Prepare to write* box.
- Write about 80 words.
- Remember to check your spelling and grammar.



PREPARE TO WRITE

A short text

When you write an answer to something:

- answer all the questions.
- add some extra information.
- use a range of different tenses and structures.

2 BEST FRIENDS FOREVER

VOCABULARY Personality adjectives

1 Read the quiz. Choose the five sentences that are most true for you.

ABOUT YOU
▶01 Watch the video and then answer the questions.
How important are friends to you?
What makes a good friend, in your opinion?

WHAT KIND OF A FRIEND ARE YOU?

I sometimes feel a bit **anxious** in situations where there are lots of people.

When my friends are **annoying**, I tell them. But I am **sensitive** to their feelings.

I hang out with my friends if I have spare time.

I don't like planning too much. Let's just see what happens!

I prefer to listen to other people's ideas, although I sometimes have good ideas too.

If my friends have a problem, then I'll listen.

I love hanging out with a big group of friends.

My friends trust me with their secrets.

I'd do anything to help my best friends.

I have lots of best friends – girls and boys!

I love laughing, especially when I feel **silly**!

I love my friends, but I really love being on my own.

2 Read the descriptions. Do you agree with what the quiz says about you?

1 MOSTLY ORANGE Brilliant best friend

You're a **reliable** best friend. And you're also kind, honest and caring, and your friends know how **sensible** you are! You're a **thoughtful** and sweet person, and it's no surprise that you love having people around you.

2 MOSTLY YELLOW The cheerful chum

You've got loads of friends and you're **easygoing**! You love having fun and you'd never be cruel to anyone. You are never **jealous** of other people, and everyone likes that! People love having you at parties! Go, **sociable** you!

3 MOSTLY GREEN The perfect pal

You prefer to have a few close friends rather than lots of friends. You're confident, **talented** and **loyal** to your friends. You love hanging out with your friends but you also like to spend time alone.

- 3** Match the **words** in Exercises 1 and 2 to the meanings.
- 1 making you feel angry

2 someone you can trust and/or believe

3 behaving in a careful way that shows good judgement

4 enjoying being with people

5 worried and nervous

6 relaxed and calm

7 behaving in a way that is funny and not serious

8 having a natural ability to do something

9 always supporting and liking someone

10 thinking about how you can help other people

11 wanting something that someone else has

12 being easily upset by things other people say or do to you
- 04

4 Listen to Sophie and Ben talking about the quiz. Which of the adjectives from Exercises 1 and 2 would you use to describe them?
- 5** Discuss the questions. Use the adjectives in Exercises 1 and 2.

1 How would you describe yourself? What is your best personal quality?

2 What qualities does your best friend have?

READING

- 1 Make a list of the differences between your online friends and your real friends.
- 2 Read the article quickly. Were any of your ideas mentioned?

FRIENDSHIP IN THE
21st century



ENTERTAINMENT | STYLE | HEALTH & FITNESS | TECH | RELATIONSHIPS

Scientist Dr Russell Carley is interested in finding out about friendship in the 21st century. He started by trying to answer the question: Can online friends be as good as face-to-face friends?

Surprisingly, he found that the answer is a big YES! A friend is someone who gives you honest advice and support, and, of course, an online friend can do that. Online friends can also be close friends. Our real friends can't be with us 24 hours a day, but the online community never sleeps! When you feel anxious in the middle of the night, there's always

someone who can give you support through a text, a message or just a 'like'. Having online friends is good for your memory, too. There's a lot of information to check every day. When you see an interesting holiday picture, you make a note in your mind to ask your pal about it next time they're online, or when you're together in person.

Also, you can find friends who have the same interests as you more easily. If you're interested in Japanese comics, there will be plenty of people who love that too. For most of us, the online community provides support, it builds our confidence, and we feel loved.

So, if online friends are so good, do we need real friends? Interestingly, Dr Carley's research suggests that we do. As he points out, with your real friends, you are in the same physical space; you create memories together as you experience and enjoy doing things with each other. You have to be more responsible with your real friends, as you can't just 'unfriend' them if you disagree with them!

Dr Carley explains the science. 'When you are with your friends, you get hugs and high fives. Hugging is good for us because our body produces a chemical called oxytocin that makes us feel good and we also feel trust and love. Chatting to your best pals, you copy their words and gestures. When they smile, you smile too! So, in conclusion, both real friends and online friends are great – they just help us in different ways.'



NEXT WEEK: Are you good at staying in touch with your friends?

- 3 Read the article again. Answer the questions.
 - 1 How can an online friend support you at night?
 - 2 How do online friends help your memory?
 - 3 What happens when you hug a friend?
 - 4 What happens when you talk to people face-to-face?
 - 5 According to the article, which are best for you: online or face-to-face friends? Why?
- 4 Match the highlighted words in the article to the meanings.
 - 1 friend
 - 2 movements of your hands, arm or head to show a feeling
 - 3 remove someone from your social media account
 - 4 when you put your arms around someone because you like them
 - 5 getting more information about something

TALKING POINTS

Do you think you will have the same online friends in five years' time? Why? / Why not?

Do you think you will have the same real friends in five years' time? Why? / Why not?

What are the disadvantages of having online friends?

GRAMMAR *-ing forms*

- 1 Match the examples to the rules.
- 1 He enjoys **finding out** about friendship in the 21st century.
 - 2 **Hugging** is good for us.
 - 3 Are you good at **keeping** in touch with your friends?

- a After some verbs such as *enjoy* and *hate*, we use the *-ing* form.
- b Some adjectives are followed by a preposition and then by the *-ing* form.
- c We can use the *-ing* form as the subject of a sentence.

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- 2 Complete the sentences with the *-ing* form of the verbs in the box.

go learn prepare
read visit work

- 1 I don't mind _____ to the cinema with my parents and their friends.
 - 2 _____ English is easy, especially when I'm with my friends.
 - 3 The girls enjoyed _____ a presentation together for their English class.
 - 4 David can't stand _____ in groups in class, as he always disagrees with the other people.
 - 5 Pablo is interested in _____ more articles about friendship in the 21st century.
 - 6 _____ museums is part of our history class.
- 3 Match the sentence halves.
- 1 Jo is afraid
 - 2 Mike is good
 - 3 Jackie is keen
 - 4 Nina is crazy
 - 5 Phil is interested
- a about playing online games with her friends.
 - b of disappointing her friends.
 - c on going to football matches with friends.
 - d in making music in the school band.
 - e at listening to other people's problems.

- 4 Correct the mistakes in the sentences.
- 1 I really like see my friends after school.
 - 2 Mike loves go shopping with his parents.
 - 3 Susan really enjoyed to visit the museum.
 - 4 Play a musical instrument is fun.
 - 5 Our teacher is good at teach us English.
 - 6 Are those boys afraid to watching horror films?
 - 7 My parents are interested in visit Slovakia.

- 5 Complete the sentences so they are true for you. Compare your sentences with your classmates. Find someone who has similar ideas.
- I'm good at scoring goals!*
- 1 I'm good at ...
 - 2 I'm afraid of ...
 - 3 I really like ...
 - 4 ... football is ...
 - 5 I'm keen on ...
 - 6 I'm crazy about ...
 - 7 I'm tired of ...
 - 8 I'm interested in ...
 - 9 I really enjoy ...
 - 10 ... is boring for me

VOCABULARY Prefixes: *un-* and *dis-*

- 1 Read the examples. How do *un-* and *dis-* change the meaning of the words? Which prefix do we often add to verbs?
- 1 Talking about friends is really **interesting**! We'll probably **agree** about a lot of things.
 - 2 Talking about friends is really **uninteresting**! We'll probably **disagree** about a lot of things.
- 2 Write the correct negative form of the words. Use *un-* or *dis-*.
- 1 pleasant 2 like 3 kind
 - 4 appear 5 lucky 6 reliable
 - 7 happy
- 3 Complete the text with the words in the box. Add a negative prefix to the words if necessary.

agree appeared interesting
kind lucky pleasant

Online friendships

Many people have an opinion about online friendships, especially parents. It can be really boring and ¹ _____ to talk about it. They always say the same thing! Last year, Mum had an ² _____ surprise — an old classmate contacted her and started posting old photos of her online. My sister and I thought it was funny, but Mum didn't! Fortunately, Mum just closed her page and the classmate ³ _____. Another friend told me about someone who was writing ⁴ _____ things about her on her wall. That's not nice! I'm very ⁵ _____ because nothing like that has happened to me. But I ⁶ _____ when people say you have to be careful about the online world.

LISTENING

1 Have you ever written a quiz? Who was it for? What did you ask?



PREPARE FOR THE EXAM

Listening Part 3

2 Read the notes. What are they about? What kind of information is missing in each space?

Notes for **WRITING A QUIZ**

The name of the quiz is '(1) _____'.
The quiz should not just include questions about (2) _____ such as people's interests.
Write ten questions using a different (3) _____ each time.
Write options for people to select, which show whether a person is (4) _____ or shy, for example.
Give the finished quiz to the teacher by (5) _____ July.
Email the teacher at (6) _____ @ourschool.uk with any questions.

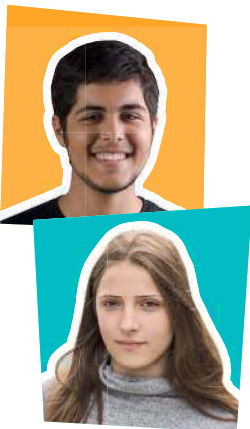
06 3 Listen and complete the notes in Exercise 2. For each question, write the correct answer in the gap. Write one or two words or a number or a date or a time.

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SPEAKING

Talking about yourself

07 1 Listen to an interview with Ahmed and Sandrine. Tick (✓) the questions that they answer. Do they just answer yes or no, or do they add more information?



	A	S
1 What's your name?		
2 How old are you?		
3 What's your surname?		
4 Who do you sit next to in English?		
5 Where do you live?		
6 Do you study English?		
7 Do you like studying English?		
8 Do you listen to music?		
9 What's your favourite kind of music?		
10 Do you get up early or late?		
11 How often do you go to the cinema?		

07 2 Read the *Prepare to speak* box, then listen again. Which phrases do Ahmed and Sandrine use?



PREPARE TO SPEAK

Talking about yourself

Likes and dislikes
I like it because ...
I don't like it because ...
I prefer ...

Talking about habits
I usually ...
I sometimes ...

Giving your opinion
I think it's ...



PREPARE FOR THE EXAM

Speaking Part 1

3 Ask and answer the questions with a partner. Use phrases from the *Prepare to speak* box to add more information.

- 1 What's your surname?
2 Where are you from?
3 What's your house like?
- 4 Do you play sports? Why? / Why not?
5 What time do you go to bed?
6 Do you enjoy reading books? Why? / Why not?

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