

GRAMMAR

a Circle the correct sentence, a or b.

- Ⓐ Hi. I'm Susanna.
b Hi. I Susanna.
- 1 a It's a car blue.
b It's a blue car.
- 2 a He works in different countries.
b He works in differents countries.
- 3 a I'm very hungry.
b I have very hungry.
- 4 a What time it is?
b What time is it?
- 5 a It's half past seven.
b It's seven and half.
- 6 a It's quarter to the three.
b It's quarter to three.
- 7 a We often go to the cinema.
b We go often to the cinema.
- 8 a I'm never late.
b I never am late.
- 9 a My birthday is on July.
b My birthday is in July.
- 10 a I go to class on Tuesdays.
b I go to class at Tuesdays.

b Complete the questions.

- A Where are you from?
B I'm from Perugia, in Italy.
- 1 A _____ your new car?
B It's green.
- 2 A _____ it?
B It's three o'clock.
- 3 A _____ you get up?
B At eight o'clock.
- 4 A _____ meat?
B Hardly ever. I prefer fish.
- 5 A _____ you usually _____ TV?
B In the evening, after dinner.

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VOCABULARY

a opposites

Write the opposite adjective.

- young old
- 1 good _____
- 2 expensive _____
- 3 beautiful _____
- 4 tall _____
- 5 empty _____

c word groups

Circle the word that is different.

- | | | | |
|-----------|----------------|------------|-----------|
| Ireland | <u>Chinese</u> | Thailand | Spain |
| 1 hungry | tired | angry | tall |
| 2 first | third | fifth | seven |
| 3 one | twice | four times | six times |
| 4 spring | nephew | autumn | summer |
| 5 January | March | December | Easter |

d prepositions






Complete the sentences with *at*, *by*, *for*, *until*, and *up*.Look at the board.

- 1 I usually wake _____ very early.
- 2 He doesn't see his family _____ the evening.
- 3 I go home _____ bus.
- 4 What do you usually do _____ the weekend?
- 5 I often have a sandwich _____ lunch.

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PRONUNCIATION

a Underline the word with a different sound.

- | | | | | | | | |
|---|--|------|-------------|---|--|-------|--------|
| 1 |  key | meet | <u>they</u> | 3 |  the | then | think |
| 2 |  go | open | do | 4 |  thirty | tenth | father |
| |  stop | once | mother | 5 |  hour | home | happy |

b Underline the stressed syllable.
information

expensive difficult always July December

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CAN YOU UNDERSTAND THIS TEXT?

a Read the article. Tick (✓) the things that Carl Harris says it's *good* to do in the winter.

- 1 Eat a lot of chocolate.
- 2 Have a yoghurt and fruit juice for breakfast.
- 3 Go to the gym.
- 4 Make small changes to your diet.
- 5 Go for a walk.
- 6 Go running.



Don't go to the gym in the winter!

We all know that exercise is good for health. So on January 1st we often start the New Year with a good **resolution** – to go to the gym three times a week. But what **happens**? The first week we go three times, the second week we go twice, and the third week we stop going. The same thing happens with diets. After Christmas we start a new healthy eating plan. We are **very enthusiastic** at first – but after two or three weeks, we stop.

Carl Harris, a **personal trainer**, says this is because winter is the wrong time of the year to start new exercise routines and diets. 'In the winter the days are short and dark, and it's cold outside. Our bodies want food and sleep, not diets and exercise.' His advice for people who want to start a healthy lifestyle in January is to make small changes. 'Try to **cut out** chocolate and cakes for three days a week – but don't eliminate them completely. Go for short walks during the day, when it's light. But when March comes and spring begins, that's the time to get up at 7.00, have a yoghurt and fruit juice for breakfast, and **go jogging**!'

CAN YOU HEAR THE DIFFERENCE?

a **3.20** Listen. Circle a or b.

- | | |
|-------------------------------|-----------------------------|
| 1 a I'm very angry. | b I'm very hungry. |
| 2 a It's quarter to ten. | b It's quarter past ten. |
| 3 a She gets home at five. | b She goes home at five. |
| 4 a It's on the first of May. | b It's on the third of May. |
| 5 a Today's September 12th. | b Today's September 20th. |

b **3.21** Listen. Circle a or b.

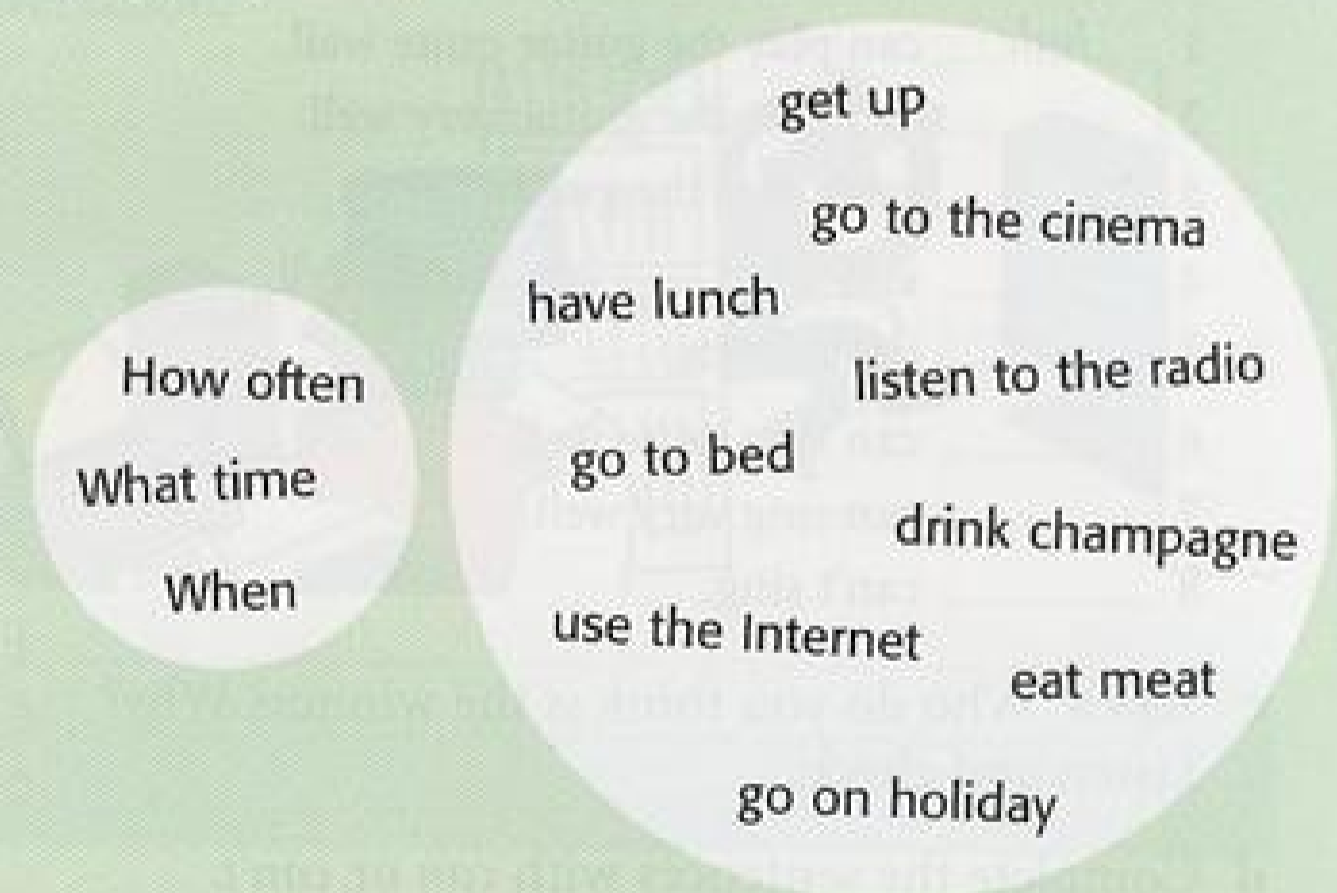
- | | |
|-----------------------|-----------------------|
| 1 a It's red. | b It's a BMW. |
| 2 a Coffee and toast. | b At half past eight. |
| 3 a In a restaurant. | b At one o'clock. |
| 4 a Twice a week. | b By car. |
| 5 a Wednesday. | b March the 13th. |

CAN YOU SAY THIS IN ENGLISH?

a In English, can you...? Yes (✓)

- say what the date is
- say what time it is
- say what you do on a typical Monday morning
- describe a person in your family (age and appearance)

b Ask your partner five questions.



How often do you use the Internet?

b In pairs, guess the meaning of the **highlighted** words and phrases. Check with your teacher or a dictionary.

c Read the article again. Why is it *not* a good idea to start going to the gym in the winter?