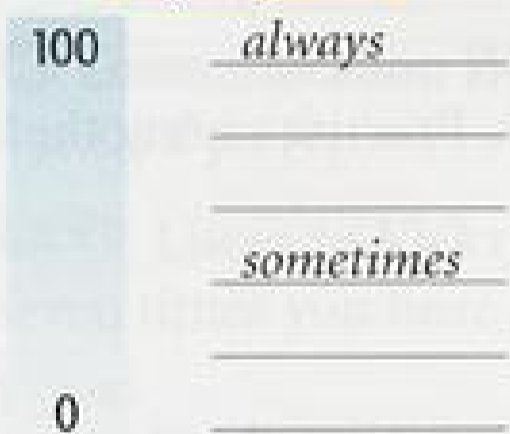


How often do you see your friends?  
Every day.

# The island with a secret

## 1 GRAMMAR adverbs of frequency

- a Look at the photo of Takanashi. What nationality is he? How old do you think he is?
- b Read the first paragraph of the article and write the **highlighted** words in the chart.



- c p.126 Grammar Bank 3C. Read the rules and do the exercises.
- d Add an adverb of frequency to the sentences to make them true for you. Compare with a partner. Are you similar or different?  
*never*  
1 I ~~walk~~ to work / school.  
2 I do sport or exercise.  
3 I use public transport.  
4 I am stressed.  
5 I am late.

## 2 READING

- a Read the second paragraph of the article. What is unusual about Okinawan people? What do you think their secret is?
- b Read the rest of the article. Put a heading in each gap.

Always active

Low stress

Exercise

A healthy diet

- c Read the article again. In pairs, guess the meaning of the **highlighted** words and phrases. Check with your teacher or a dictionary.
- d Do people in your country live like the Okinawans? What's different? What's the same?

# The mystery of Okinawa



**T**akanashi **always** walks three kilometres a day, and he **sometimes** rides a motorbike. He **often** works in his garden, and he **usually** does martial arts in the morning. He is **never** stressed, and he is **hardly ever** ill.

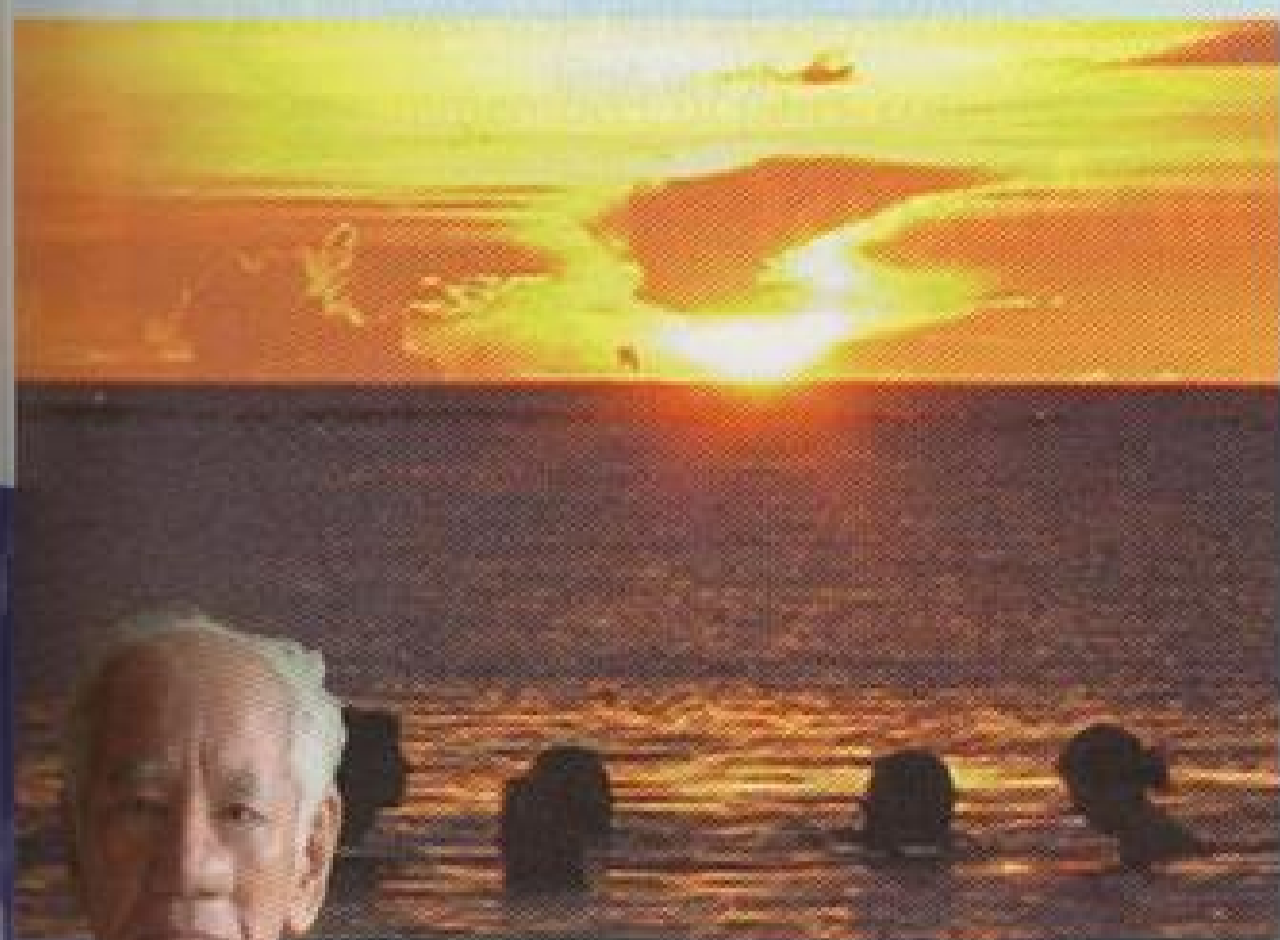
**Not unusual you think?** But Takanashi is  years old.

Takanashi lives on the island of Okinawa in Japan. In Okinawa people live a very long time. They are hardly ever ill. Many people live to be 100 – more people than in other parts of the world. Why? What is their secret?

**1** \_\_\_\_\_  
The Okinawans eat vegetables, fruit, fish, soya, and **rice**. They usually have seven portions of fruit and vegetables a day. People don't usually drink much alcohol or smoke. They don't eat much **meat** or fast food.

**2** \_\_\_\_\_  
Physical activity is very important for the people of Okinawa. Martial arts, walking, traditional dancing, and gardening are very **popular** with people of all ages.

**3** \_\_\_\_\_  
In many countries people have healthy diets and do exercise. But the **unusual** thing about the people in Okinawa is that they are not stressed. They are relaxed and **take their time**. Buses



are hardly ever on time, and people often arrive an hour late for meetings. Every evening hundreds of people, young and old, go to the beach to watch the beautiful sunset. People often meditate to relax.

#### 4

Another important thing is that people often work until they are 80 – sometimes until 90! In the Okinawan dialect there is no word for 'retired'. They are busy and active all their lives. Old people don't stay at home – they go out and meet friends.

When journalists ask people 'What is the secret of your long life?', they answer 'We are happy, we are always positive, and we are never in a hurry.'

### 3 VOCABULARY time words and expressions

a Complete the quiz with a 'time' word, e.g. a minute.

- sixty seconds = a \_\_\_\_\_
- sixty minutes = an \_\_\_\_\_
- twenty-four hours = a \_\_\_\_\_
- seven days = a \_\_\_\_\_
- four weeks = a \_\_\_\_\_
- twelve months = a \_\_\_\_\_

b p.148 Vocabulary Bank Times and dates. Do part 1.

### 4 SPEAKING

a In pairs, interview your partner with the questionnaire.

How often do you do exercise?

Quite often. I play football with my friends twice a week.

### Do you live the Okinawa way?

- 1 How often do you do exercise?
  - a Every day.
  - b Quite often.
  - c Hardly ever / Never.
- 2 Do you do a martial art, e.g. karate, tai chi?
  - a Yes, often.
  - b Yes, sometimes.
  - c No, never.
- 3 How many portions of fruit and vegetables do you eat a day?
  - a Seven portions a day.
  - b Five portions a day.
  - c Less than five portions a day.
- 4 How often do you eat meat?
  - a Every day.
  - b Three times a week.
  - c Hardly ever / Never.
- 5 How often do you eat fish?
  - a Three times a week.
  - b Once a week.
  - c Hardly ever / Never.
- 6 How often do you drink alcohol?
  - a Often.
  - b Sometimes.
  - c Hardly ever / Never.
- 7 Do you smoke?
  - a Yes.
  - b Sometimes.
  - c Never.
- 8 How often do you meet your friends?
  - a Every day.
  - b Once or twice a week.
  - c Once a month.
- 9 How often do you meditate?
  - a Every day.
  - b Sometimes.
  - c Hardly ever / Never.
- 10 How often are you in a hurry?
  - a Always.
  - b Sometimes.
  - c Hardly ever / Never.

b **Communication** *The Okinawa way p.108.* Calculate your partner's total points. Then read the result to your partner. How healthy are your lifestyles?

### 5 PRONUNCIATION the letter h

a 3.10 Listen and repeat.

how hardly heavy high  
have half hungry happy

b Say the sentences. Circle the word where h is not pronounced.

- Harry's unhealthy.
- He hardly ever has breakfast.
- He usually eats hamburgers.
- He's always in a hurry.
- He's often half an hour late for work.



c 3.11 Listen and check.

## 3A adjectives

It's a **big** house.  
They're **pretty** flowers.

- Adjectives go before a noun. **NOT** It's a house big.
- Adjectives don't change before a plural noun. **NOT** They're prettys flowers.

## 3B telling the time

What's the time?



It's seven o'clock.



It's half past nine.



It's quarter to two.



It's twenty-five past one.



It's twenty to four.



- Use *It's* + time to say what time it is.
- You can ask *What's the time?* or *What time is it?*
- Use *at* + time to say when you do something.  
A *What time do you get up?*  
B *I get up at half past seven.*

▲ You can also say the time like this.  
1.25 = *It's one twenty-five.*

## 3C adverbs of frequency

I **always** have toast for breakfast.  
Do you **usually** go to work by bus?  
She doesn't **often** go to bed late.  
They're **sometimes** late.  
She **hardly ever** watches TV.  
He is **never** stressed.

- Use adverbs of frequency to answer the question *How often...?*
- Adverbs of frequency go | before all verbs (except *be*).  
| after *be*.

▲ Use a  $\oplus$  verb with *never* and *hardly ever*.  
*He never smokes.* **NOT** *He doesn't never smoke.*

## 3D prepositions of time

**in**

the morning  
the afternoon  
the evening  
December  
the summer  
1998

**on**

Monday (morning)  
the 12th of July  
my birthday

**at**

three o'clock  
midday / midnight  
lunchtime  
night  
the weekend  
Christmas / Easter / New Year

- Use *in* for parts of the day, months, seasons, and years.
- Use *on* for days and dates.
- Use *at* for times of the day, *night*, *the weekend*, and festivals.

3A

a Underline the adjectives in these sentences.

She's a beautiful actress.

- 1 Hi. I'm Carla. Nice to meet you.
- 2 Do you like Japanese food?
- 3 It's an international school.
- 4 They're a typical British family.
- 5 My father makes fantastic pasta.
- 6 Do you work with other people?
- 7 I'm a professional footballer.
- 8 We're good friends.

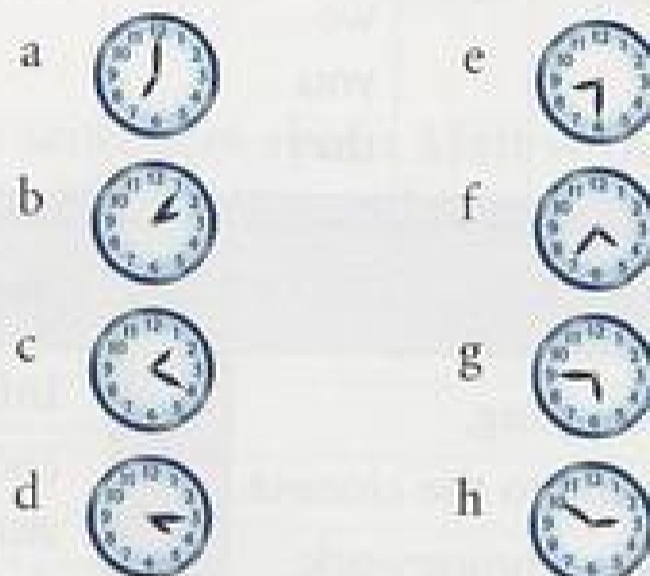
b Are the **highlighted** phrases right (✓) or wrong (✗)? Correct the wrong phrases.

- |                                  |                                     |                          |
|----------------------------------|-------------------------------------|--------------------------|
| She has <b>hair red</b> .        | <input checked="" type="checkbox"/> | <u>She has red hair.</u> |
| 1 Do you like <b>fast cars</b> ? | <input type="checkbox"/>            | _____                    |
| 2 They're <b>French girls</b> .  | <input type="checkbox"/>            | _____                    |
| 3 I have <b>a family big</b> .   | <input type="checkbox"/>            | _____                    |
| 4 He's <b>an English actor</b> . | <input type="checkbox"/>            | _____                    |
| 5 They're <b>news boots</b> .    | <input type="checkbox"/>            | _____                    |
| 6 It's <b>a flat expensive</b> . | <input type="checkbox"/>            | _____                    |

3B

What's the time? Match the times with the clocks.

- |                             |          |
|-----------------------------|----------|
| It's quarter to six.        | <u>g</u> |
| 1 It's five past two.       | —        |
| 2 It's quarter past four.   | —        |
| 3 It's ten to three.        | —        |
| 4 It's twenty-five to five. | —        |
| 5 It's seven o'clock.       | —        |
| 6 It's twenty past one.     | —        |
| 7 It's half past eight.     | —        |



3C

a Complete the sentences with an adverb of frequency.

never always hardly ever sometimes usually

- They never drive – they don't have a car.
- 1 I \_\_\_\_\_ drink champagne – only at Christmas.
  - 2 She \_\_\_\_\_ eats meat. She's a vegetarian.
  - 3 He doesn't have a watch so he's \_\_\_\_\_ late.
  - 4 We \_\_\_\_\_ get up at 7.30, except at weekends.
  - 5 I don't do a lot of exercise but I \_\_\_\_\_ go swimming.

b Order the words to make sentences.

- always she at six up gets She always gets up at six.
- 1 for late always I am class
  - 2 meet ever hardly we
  - 3 what work you usually time do finish ?
  - 4 morning in the hungry I am never
  - 5 often I read don't the newspaper
  - 6 restaurants sometimes expensive to go we
  - 7 wine good usually very is this

3D

a Complete with *in, on, or at*.

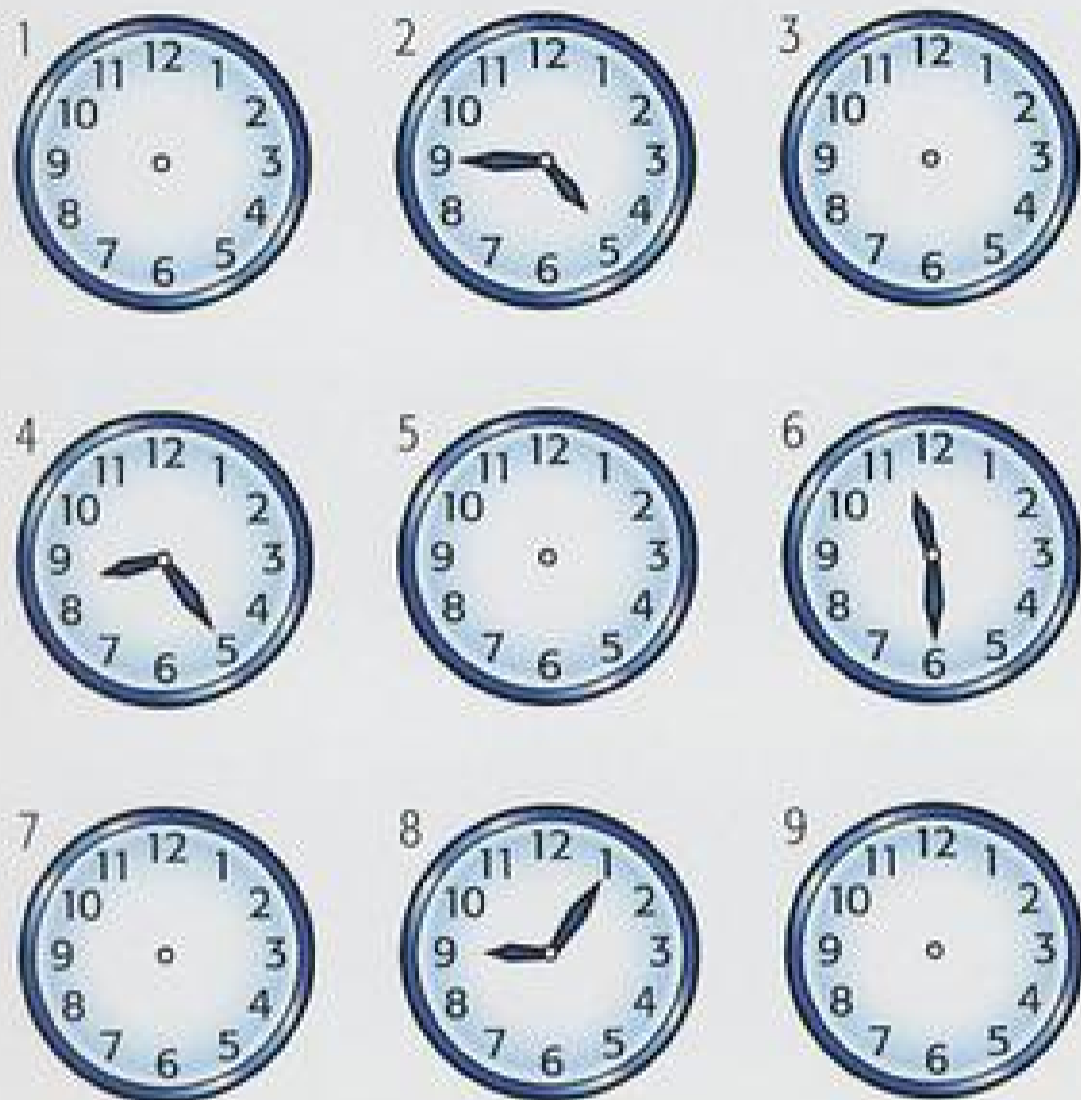
- |           |                    |
|-----------|--------------------|
| <u>on</u> | July 9th           |
| 1 _____   | 6.30               |
| 2 _____   | the evening        |
| 3 _____   | the weekend        |
| 4 _____   | the 1st of January |
| 5 _____   | the winter         |
| 6 _____   | 2005               |
| 7 _____   | lunchtime          |
| 8 _____   | September          |
| 9 _____   | night              |
| 10 _____  | Thursday morning   |
| 11 _____  | Easter             |
| 12 _____  | Saturday           |

b Complete with *in, on, or at* and a time expression.

five o'clock July 4th Christmas Sundays  
the summer midnight the afternoon nine o'clock

- In the UK people usually start work at nine o'clock.
- 1 On December 31st many people drink champagne \_\_\_\_\_.
  - 2 In the USA they celebrate Independence Day \_\_\_\_\_.
  - 3 Many people all over the world give presents \_\_\_\_\_.
  - 4 In Italy it's usually very hot \_\_\_\_\_.
  - 5 In many countries shops are closed \_\_\_\_\_.
  - 6 In Spain many people have a siesta \_\_\_\_\_.
  - 7 Traditionally, British people have a cup of tea \_\_\_\_\_.

## 3B What's the time? Student A



Ask and answer questions with B to complete the times on the clocks.

Clock 1: What's the time? / What time is it?

## 3B Louisa's day Student A

Ask B these questions.

- 1 What time does Louisa get up? (6.30.)
- 2 How does she get to work? (She cycles.)
- 3 What does she have for breakfast? (A sandwich.)
- 4 Does she go out in the evening? Why (not)?  
(No – a babysitter is very expensive.)
- 5 What time does she cook dinner? (6.30.)

## 3C The Okinawa way

- |    |     |     |     |
|----|-----|-----|-----|
| 1  | a 2 | b 1 | c 0 |
| 2  | a 2 | b 1 | c 0 |
| 3  | a 2 | b 1 | c 0 |
| 4  | a 0 | b 2 | c 1 |
| 5  | a 2 | b 1 | c 0 |
| 6  | a 0 | b 2 | c 1 |
| 7  | a 0 | b 1 | c 2 |
| 8  | a 2 | b 1 | c 0 |
| 9  | a 2 | b 1 | c 0 |
| 10 | a 0 | b 1 | c 2 |

What your score means:

- 0–7 Your philosophy is 'a short life and a happy one'.  
Have a good time!
- 8–14 Your lifestyle is OK but you don't live the Okinawa way.  
You need to change some things if you want to have a very long life.
- 15–20 Congratulations! You live the Okinawa way. You have a very good chance of living until you are 100 years old (or more!).

## 3D When...? Student A

a Ask B these questions.

When do you usually...?	What time do you normally...?
study	get up
have a shower or bath	go to work / school
drink champagne	start work / school
see all your family	have dinner
listen to the radio	
do housework	
go to the beach	

b Answer B's questions with a preposition + a time word. Ask *What about you?*

When do you usually study?

It depends...

In the evening. What about you?

# Times and dates

## 1 Time words and expressions

a Complete the expressions.

How often do you see your friends?

MTWThFSS	every <u>day</u> /'evri/
week 1, week 2, etc.	every w _____
Jan, Feb, March, etc.	every m _____
2001, 2002, 2003, etc.	every y _____
only on Mondays	once a _____ /wʌns/
on Mondays and Wednesdays	twice a _____
on Mondays and Wednesdays and Fridays	three times a _____
in January, April, July, and October	four times a _____



b Cover the right-hand column. Test yourself.

🔁 p.33

## 2 The date

a Match the words and pictures.

- spring
- summer
- autumn /'ɔ:təm/
- winter
- Easter
- Christmas
- New Year



b Complete the months. Remember to use CAPITAL letters!

- |                              |                          |
|------------------------------|--------------------------|
| <u>J</u> anuary /'dʒænjʊəri/ | ____uly /dʒu'laɪ/        |
| ____ebruary /'februəri/      | ____ugust /'ɔ:gəst/      |
| ____arch                     | ____eptember /sep'tembə/ |
| ____pril /'eɪprɪl/           | ____ctober /ɒk'teɪbə/    |
| ____ay                       | ____ovember /nəʊ'vembə/  |
| ____une                      | ____ecember /di'sembə/   |

c Complete the numbers and words.

1st _____	first /fɜ:st/
2nd _____	_____ /'sekənd/
_____	third /θɜ:d/
4th _____	_____
_____	fifth /fɪfθ/
6th _____	_____
7th _____	_____
_____	eighth
_____	ninth
10th _____	_____
11th _____	_____
_____	twelfth /twelfθ/
13th _____	_____
14th _____	_____
_____	twentieth /'twentiəθ/
21st _____	_____
_____	twenty-second
23rd _____	_____
_____	twenty-fourth
30th _____	_____ /'θɜ:tɪəθ/
_____	thirty-first

All other ordinal numbers = number + *th*, e.g. *fifteenth*, *sixteenth*.

d Look at the example. What's the date today?  
12/3 = *the twelfth of March* OR *March the twelfth*

🔁 p.34