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# CARTILLA DE INGLÉS

## SEGUNDO AÑO- 2026

**APELLIDO Y NOMBRE:**

**CURSO:**

**TURNO:**

# 4 I've got a really big family

## Get going

1 58 Read and listen to the conversation. Who hasn't got brothers and sisters?

James: Have you got any brothers and sisters?  
 Tom: No, I haven't. I'm an only child. Have you?  
 James: Yes, I have. My family is really big. I've got a mum, a dad, and a stepdad. And I've got two sisters and two half-brothers!  
 Tom: Half-brothers? So ... your mum is their mum ... but their dad is your stepdad?  
 James: Yes. And what about your family?  
 Tom: Well, I've got a mum, but I haven't got a dad. But it's OK. I've got an aunt and three uncles, and they're brilliant!  
 James: And have you got any cousins?  
 Tom: Yes, I have. I've got fourteen cousins!  
 James: That's a really big family!

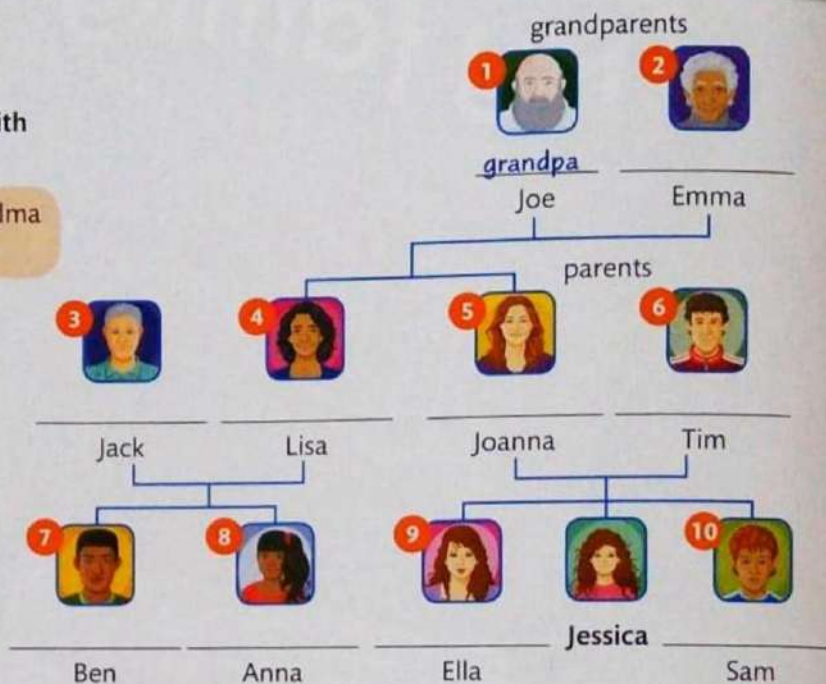


2 Whose family has got eight people in it?

## Vocabulary Family

3 Look at Jessica's family tree. Complete it with the family words below.

aunt brother cousin cousin dad grandma grandpa mum sister uncle



4 59 Listen and check.

5 60 Listen to the family words. Repeat.

6 Complete the sentences with the words below.

aunt brother cousins grandma sister

- My mum and dad have got two boys - I'm Max and this is my brother Luke.
- My uncle's children are my \_\_\_\_\_.
- My dad's mum is my \_\_\_\_\_.
- My mum's sister is my \_\_\_\_\_.
- My aunt is my dad's \_\_\_\_\_.

## Listening

7 61 Listen to the podcast. Are the sentences true (T) or false (F)?

- |  |                            |                                       |
|--|----------------------------|---------------------------------------|
| 1 Agustina hasn't got a mum.                         | T <input type="checkbox"/> | F <input checked="" type="checkbox"/> |
| 2 She's got a grandma, but she hasn't got a grandpa. | T <input type="checkbox"/> | F <input type="checkbox"/>            |
| 3 She's got three aunts and two uncles.              | T <input type="checkbox"/> | F <input type="checkbox"/>            |
| 4 Her aunt Milagros has got two children.            | T <input type="checkbox"/> | F <input type="checkbox"/>            |
| 5 Agustina's Uncle Diego isn't a dad.                | T <input type="checkbox"/> | F <input type="checkbox"/>            |



## Get together

Draw your family tree, but do not write family words or people's names. Swap with a partner. Ask questions to complete their family tree.

Who's that?

That's my dad.

What's your dad's name?

His name is Pablo.

## Grammar

### have got: affirmative and negative

1 Read the examples. Then complete the table with the correct words.

I've got two sisters. I haven't got a dad.

have got: Affirmative and negative		
Affirmative		
I / You	1 <u>have got</u>	grandparents.
He / 2 _____ / It	has got	a nice bedroom.
We / You / 3 _____	4 _____ got	a stepbrother.
Negative		
I / You	haven't 5 _____	grandparents.
He / She / 6 _____	hasn't got	a nice bedroom.
We / You / They	7 _____	a stepbrother.

Now complete the rule below.

Have got describes

- a likes and dislikes.
- b possession of things and people.
- c people and places.

2 Choose the correct answers.

- 1 I **hasn't** / **haven't** got a sister.
- 2 You've **got** / **not** a new phone.
- 3 She **has** / **is** got my skateboard!
- 4 They **haven't** / **not** got cousins.
- 5 He **hasn't** / **haven't** got his backpack.
- 6 He 's / 've got two uncles.

3 Complete Elena's description of her bedroom.

In our bedroom, we 1 've got (✓) two beds, a big wardrobe, and a desk. Lara 2 \_\_\_\_\_ (✓) a games console. I 3 \_\_\_\_\_ (X) a games console, but I 4 \_\_\_\_\_ (✓) a phone. Lara 5 \_\_\_\_\_ (X) one. We 6 \_\_\_\_\_ (X) a TV, but we 7 \_\_\_\_\_ (✓) lots of books. I 8 \_\_\_\_\_ (X) my own room, but it's OK.



### have got: yes/no questions and short answers

4 Read the examples. Then complete the table with the correct words.

'Have you got brothers and sisters?' 'No, I haven't.'

'Have you got cousins?' 'Yes, I have.'

have got: Questions	
Have I / you 1 <u>got</u> £20?	
2 _____ he / she / 3 _____ got a table?	
4 _____ we / you / they 5 _____ a big family?	
have got: Short answers	
Affirmative	Negative
Yes, I / 6 _____ have.	No, I / you 7 _____.
Yes, he / she / it 8 _____.	No, 9 _____ / she / it hasn't.
Yes, we / you / they 10 _____.	No, we / you / 11 _____ haven't.

5 Complete the questions and short answers.

- 1 Have you got \_\_\_\_\_ a sister? Yes, I have \_\_\_\_\_.
- 2 Has \_\_\_\_\_ got a skateboard? No, he \_\_\_\_\_.
- 3 Have we \_\_\_\_\_ English class today? \_\_\_\_\_, you haven't.
- 4 \_\_\_\_\_ they got their phones? Yes, \_\_\_\_\_ have.
- 5 \_\_\_\_\_ the bathroom got a shower? No, it \_\_\_\_\_.

6 Look at Jessica's family tree in Exercise 3 on page 44 again. Write questions and short answers.

- 1 Jessica: she / grandpa  
Has she got a grandpa? Yes, she has.
- 2 Jessica: she / two aunts  
\_\_\_\_\_
- 3 Ella and Sam: they / a sister  
\_\_\_\_\_
- 4 Anna: you / a dad  
\_\_\_\_\_
- 5 Jack and Lisa: you / two children  
\_\_\_\_\_
- 6 Ella, Jessica, and Sam: they / four cousins  
\_\_\_\_\_



### Get together

With a partner, ask more questions about Jessica's family. Use *have got*.

Has Diego got a sister?

Yes, he has.

## Grammar *have got*: affirmative, negative, and questions p.45

**1** Reorder the words to make sentences. There is one extra word.

- three cousins / 've / got / 's / they  
They've got three cousins.
- a new computer / got / have / Sofía / has  
\_\_\_\_\_
- haven't / a sister / I / got / hasn't  
\_\_\_\_\_
- got / Lucas / a watch / hasn't / we  
\_\_\_\_\_
- Matt / a red skateboard / I / got / has  
\_\_\_\_\_
- she / school / got / we / on Saturdays / haven't  
\_\_\_\_\_

**2** Complete the questions. Then match the questions to the answers.

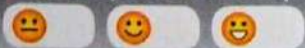
- Have you got a cousin? c
- \_\_\_\_\_ Mia \_\_\_\_\_ an MP3 player? \_\_\_\_\_
- \_\_\_\_\_ they \_\_\_\_\_ a big house? \_\_\_\_\_
- \_\_\_\_\_ your town \_\_\_\_\_ a big cinema? \_\_\_\_\_
- \_\_\_\_\_ Mateo \_\_\_\_\_ a brother? \_\_\_\_\_
- \_\_\_\_\_ you and Joe \_\_\_\_\_ ID cards? \_\_\_\_\_

- No, he hasn't.
- Yes, they have.
- No, I haven't.
- Yes, we have.
- Yes, she has.
- No, it hasn't.

**3** Write true short answers for you.

- Have you got a brother?  
Yes, I have. / No, I haven't.
- Have you got a sister?  
\_\_\_\_\_
- Has your dad got a brother?  
\_\_\_\_\_
- Has your mum got a sister?  
\_\_\_\_\_
- Have you got any cousins?  
\_\_\_\_\_
- Have your grandparents got three children?  
\_\_\_\_\_

I can ask questions about possessions and family.



## *like* + noun: affirmative and negative p.47

**4** Complete the sentences with *like* or *likes*.

- My friends and I like sport.
- My sister \_\_\_\_\_ gaming, but I don't \_\_\_\_\_ it.
- Dad \_\_\_\_\_ shopping, but Mum doesn't \_\_\_\_\_ it.
- My grandparents don't \_\_\_\_\_ pop music.
- I \_\_\_\_\_ school, and my brother \_\_\_\_\_ it, too.
- All my friends \_\_\_\_\_ football.

**5** Correct the mistakes in the sentences.

- Tomás like surfing the internet.  
Tomás likes surfing the internet.
- We don't likes pizza.  
\_\_\_\_\_
- My parents doesn't like gaming.  
\_\_\_\_\_
- I likes pop music.  
\_\_\_\_\_
- Abril don't like magazines about computers.  
\_\_\_\_\_
- I doesn't likes this film. It's boring.  
\_\_\_\_\_

**6** Complete the message with affirmative and negative forms of *like*.

Hi Chris,

Thanks for your message. I'm OK.

I <sup>1</sup> don't like our new house, but I <sup>2</sup> \_\_\_\_\_ the town. It's great. School is OK, too. The teachers are nice. I really <sup>3</sup> \_\_\_\_\_ my Spanish teacher.



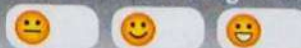
Here's a photo of my new friend. Her name's Eva, and she <sup>4</sup> \_\_\_\_\_ sport and gaming, too.

My parents are very happy here. They both <sup>5</sup> \_\_\_\_\_ the house and the town. My dad has got a new job, and he really <sup>6</sup> \_\_\_\_\_ it. Only my sister Lucy isn't happy here. She <sup>7</sup> \_\_\_\_\_ the house, the town, or the school!

Write again soon.

Maddy

I can talk about things I like and don't like.



# HAVE GOT / HAS GOT

## Positive

I / You / We / They ..... have got a bicycle.  
He / She / It ..... has got a bicycle.

## Negative

I / You / We / They ..... haven't got a kite.  
He / She / It ..... hasn't got a kite.

## Question

Have ..... I / you / we / they ..... got a boat?  
Has ..... he / she / it ..... got a boat?

## Short Answers

Yes, I / you / we / they ..... have.  
No, I / you / we / they ..... haven't.  
Yes, he / she / it ..... has.  
No, he / she / it ..... hasn't.

## A. Answer the questions.

1- Have you got a mobile phone?

.....

2- Has your mom got a car?

.....

3- Have you got a sister?

.....

4- Has your dad got a job?

.....

5- Have you got a toy soldier?

.....

6- Have you got a gold medal?

.....

7- Has your uncle got a son?

.....

8- Have you got a big house?

.....

## B. Fill in the blanks below with have got, has got, haven't got and hasn't got.

Hi, I am Michael. It's my father's birthday tomorrow. My sister ..... a book about cooking for my dad because my dad likes cooking. My mother ..... a nice watch for him. However, I still ..... any presents for dad. My mum and I ..... an hour in town so I can get a present for him. I ..... an idea. My dad has recently bought a new mobile phone, but he ..... a mobile cover. The mobile covers aren't very expensive at all. I know a shop where they ..... really nice covers. I hope I can find a good one!

- Look and complete the sentences.



1. Billy has got / hasn't got bananas.
2. He have got / has got a kite.
3. He has got / have got salad.
4. Rosy has got / have got a dog.
5. She hasn't got / has got sweets.
6. She have got / has got a milkshake.
7. Billy and Rosy have got / has got fries.
8. They have got / haven't got bikes.
9. He haven't got / hasn't got an ice cream.
10. They has got / have got a cheese sandwich.

### Have got Has got

Complete the sentences with the correct form of "have got" or "haven't got".

- I \_\_\_\_\_ (have got) a new car.  
 She \_\_\_\_\_ (not have got) a cat.  
 They \_\_\_\_\_ (have got) three brothers.  
 He \_\_\_\_\_ (not have got) a bike.  
 We \_\_\_\_\_ (have got) a big house.

Read the sentences and mark if they are True (T) or False (F).

- I have got two sisters. (\_\_\_\_\_)  
 They haven't got a dog. (\_\_\_\_\_)  
 She has got a big car. (\_\_\_\_\_)  
 We have got a small house. (\_\_\_\_\_)  
 He hasn't got a computer. (\_\_\_\_\_)

Answer the questions using "Yes" or "No".

- Have you got a pet? Yes, \_\_\_\_\_  
 Has she got a brother? No, \_\_\_\_\_  
 Have they got a car? Yes, \_\_\_\_\_  
 Have we got homework? No, \_\_\_\_\_  
 Has he got a bicycle? No, \_\_\_\_\_

# 5

# My week



## Metro VIDEO

**A**  **Video**  **84** Watch or listen to Part 1 of the video. What day is it? \_\_\_\_\_

**B** Watch or listen to Part 1 again. Choose the correct answers.

0 Ethan gets up at 10:30/11:30.

1 In the **mornings**/afternoons, Ethan plays games.

2 His family has lunch at 12:30/1:30.

3 In the afternoons, Ethan **doesn't help**/helps his mom and dad.

4 His family has dinner at 6:30/7:30.

5 Ethan **watches TV**/plays games after dinner.

**C** Watch or listen to Part 1 again. Can you guess what time Ethan goes to bed?



Daily routines

1 85 Label the pictures with the activities 0-9. Listen, check, and repeat.

do my homework get up go home  
go to bed go to school have breakfast  
have classes have dinner  
have lunch take a shower

A 6:45  
0 get up  
B \_\_\_\_\_  
1 \_\_\_\_\_  
C \_\_\_\_\_  
2 \_\_\_\_\_  
D \_\_\_\_\_  
3 \_\_\_\_\_  
E \_\_\_\_\_  
4 \_\_\_\_\_  
F \_\_\_\_\_  
5 \_\_\_\_\_  
G \_\_\_\_\_  
6 \_\_\_\_\_  
H \_\_\_\_\_  
7 \_\_\_\_\_  
I \_\_\_\_\_  
8 \_\_\_\_\_  
J \_\_\_\_\_  
9 \_\_\_\_\_

2 86 Listen to the conversation and write the times A-J.

Your turn

3 Make a list of your daily routine on Mondays and Sundays.

Mondays		Sundays	
6:45	get up	9:00	get up
6:50	take a shower	9:30	have breakfast
7:10	have breakfast	10:00	go to soccer practice
7:40	go to school	11:30	meet friends in the park

4 Write four sentences about your daily routine on Mondays and four sentences about your daily routine on Sundays. Don't say which day it is.

1 I get up at nine o'clock.

5 In pairs, read your sentences. Can your partner guess which day it is?

I get up at nine o'clock.

That's on Sundays!

Yes, it is.

Stop

*I get up at 6:45 on Mondays.*

*I have breakfast at 9:30 on weekends.*

6 In pairs, compare your routines.

I get up at 6:30 on Mondays.

Yes, me too. I have breakfast at seven o'clock.

Video

D 87 Watch or listen to Part 2 of the video. Complete the sentence.

Ethan goes to bed at \_\_\_\_\_.

E Complete the sentences.

Watch or listen to Part 2 again and check.

go to bed listen to music play games read

Ethan In the evenings, I <sup>0</sup> read my book. I don't <sup>1</sup> \_\_\_\_\_ or <sup>2</sup> \_\_\_\_\_. Then <sup>3</sup> \_\_\_\_\_.

An advertisement

1 88 Read and listen to the advert. What is Cristina's favorite thing about School of Rock?

# School of Rock

Don't just listen to music at home – make your own music at SoR!

What is School of Rock?



SoR is a place to make music, sing, learn songs, and have FUN on summer vacation.

What's the daily routine?

We get up at 9 o'clock. We have breakfast at 9:30 and for the rest of the day, we play music with our bandmates. We don't have classes but there are professional musicians at SoR – they help us with our songs.

We have dinner at 7:30, and in the evenings, we play computer games or talk. We go to bed at about 11 o'clock.

Each course is one week, so we don't go home every day. We stay at SoR!

Why go to SoR?

You can learn to play all the songs you love. At the end of the course, there's a "Battle of the Bands" competition! That's my favorite thing about SoR!



What do you like about SoR?

I already play the guitar, but SoR teaches me how to play as part of a band. SoR is totally awesome! I love it!



This is me! Cristina, 13, Houston TX

2 Read again. Complete the School of Rock schedule.

9:00	0 get up
9:30	1 _____
all day	2 _____
7:30	3 _____
evening	4 _____
11:00	5 _____

3 Read again. Choose the correct answers.

- 0 At SoR, students practice with their teacher / band.
- 1 There are / There aren't classes at School of Rock.
- 2 School of Rock is for professional musicians / music students.
- 3 School of Rock courses are for three / seven days.
- 4 Cristina's favorite thing about School of Rock is the competition / playing the guitar.
- 5 At School of Rock, Cristina learns how to play an instrument / in a band.

4 Your turn In pairs, discuss the questions.

- 1 Which instrument(s) can you play? Do you like it / them?
- 2 Are there any after-school or vacation activities in your area? What are they? Do you like any of them?



## Simple present (I, you, we, they)

1 89 Read the Grammar in context. Choose the correct answer. Listen and check.

Grammar in context

Present and Practice

I'm a <sup>1</sup>music student / professional musician and I work at School of Rock with 10 other musicians. We love it! The kids can already play their instruments, so they **don't need** music lessons. Their dream is to be in a band, so they ask interesting questions and they listen to the answers. We **don't get** bored at SoR – every day is new and exciting.



Grammar notes p.145

2 Complete the chart with verbs from the Grammar in context.

Affirmative	Negative
I <sup>0</sup> <u>work</u> at School of Rock.	I <b>don't listen</b> to rock music.
You <u>play</u> the guitar.	You <b>don't play</b> the guitar.
We <sup>1</sup> _____ it.	We <sup>3</sup> _____ bored.
You <u>sing</u> in a band.	You <b>don't sing</b> in a band.
They <sup>2</sup> _____ interesting questions.	They <sup>4</sup> _____ music lessons.

3 Complete the sentences with the affirmative or negative form of the verbs.



We <sup>0</sup> **don't play** tennis at school. We <sup>1</sup> \_\_\_\_\_ soccer. (play)



I <sup>2</sup> \_\_\_\_\_ English. I <sup>3</sup> \_\_\_\_\_ Italian. (speak)



They <sup>4</sup> \_\_\_\_\_ dinner at 5:00. They <sup>5</sup> \_\_\_\_\_ dinner at 7:00. (cook)



They <sup>6</sup> \_\_\_\_\_ sunglasses. They <sup>7</sup> \_\_\_\_\_ bracelets. (sell)



We <sup>8</sup> \_\_\_\_\_ at the pool. We <sup>9</sup> \_\_\_\_\_ in the ocean. (swim)



I <sup>10</sup> \_\_\_\_\_ movies in the morning. I <sup>11</sup> \_\_\_\_\_ them in the evening. (watch)

4 90 Listen and check.

5 Complete Cristina's sentences about her Fridays. Use the affirmative or negative form of the verbs.



### Cristina's blog

#### My Week

Posted on March 3

get up go ~~not walk~~

My sister and I <sup>0</sup> get up at 6:40 on Fridays. We <sup>0</sup> **don't walk** to school. We <sup>1</sup> \_\_\_\_\_ to school in Mom's car.

not like not stay run

I have math and P.E. classes in the morning. I <sup>2</sup> \_\_\_\_\_ math, but P.E. is fun. We <sup>3</sup> \_\_\_\_\_ in the park next to the school. There aren't classes on Friday afternoons, so we <sup>4</sup> \_\_\_\_\_ at school.

go not buy not go

We <sup>5</sup> \_\_\_\_\_ to a coffee shop and we look in the stores, but we <sup>6</sup> \_\_\_\_\_ things. My favorite TV show is at 4:45, so I <sup>7</sup> \_\_\_\_\_ home late.

6 Your turn In your notebook, write five true or false sentences about you. In pairs, guess your partner's false sentences.

I get up at five o'clock.

That's false! You don't get up at five o'clock!

### Chores

1 91 Label the pictures with the chores. Listen, check, and repeat.

clean my room   clear the table   dry the dishes  
 help with cooking   make my bed  
~~put away my clothes~~   take out the trash  
 wash the dishes



0 put away my clothes   1 \_\_\_\_\_



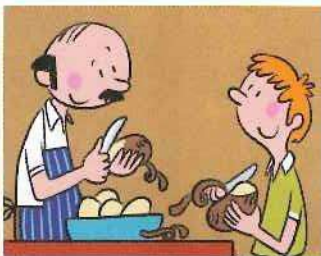
2 \_\_\_\_\_



3 \_\_\_\_\_



4 \_\_\_\_\_



5 \_\_\_\_\_



6 \_\_\_\_\_



7 \_\_\_\_\_

2 Correct the highlighted words in the sentences.

- 0 We **make** our room at the weekend.      clean
- 1 You **put away** the trash in the morning.      \_\_\_\_\_
- 2 My parents cook, but I don't **clean** with cooking.      \_\_\_\_\_
- 3 We **clear** our beds in the morning.      \_\_\_\_\_
- 4 I **take out** my clothes in my bedroom.      \_\_\_\_\_
- 5 After dinner, they **dry** the table.      \_\_\_\_\_

### Stop

*in the morning(s) / afternoon(s) / evening(s)*  
*at lunchtime / dinnertime / night*  
*every morning / afternoon / evening / night / lunchtime / dinnertime*

### Your turn

- 3 Order the chores from 1 (= you like) to 8 (= you don't like).  
 1 make my bed      2 help with cooking
- 4 In pairs, compare your lists.

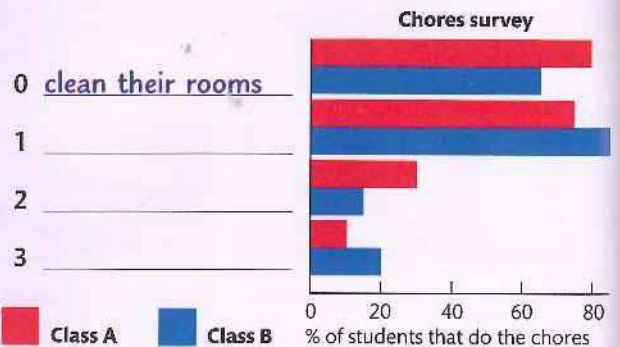
### Listening Skills

LO Listen to a report about chores

### Chores survey

- 1 92 Listen to the first part of a student's report about chores. Choose the correct answers.  
 1 Class A spends 15/20/28 minutes every week on chores.  
 2 Class B spends 15/20/28 minutes every week on chores.
- 2 93 Listen to the second part of the report. Complete the chart with the chores.

clean their rooms   help with cooking  
 make their beds   wash the dishes



### Your turn

- 3 Make a list of the chores you do at home. Add the time you spend on each chore.
- 4 In pairs, compare your lists.



## Simple present (he, she, it)

1 94 Read and listen to the Grammar in context. Who is the correct boy?

Grammar in context

Present and Practice

He **makes** his bed, but he **doesn't clean** his room.  
He **helps** with cooking, but he **doesn't wash** the dishes.  
Who is he?



Jude



Albie



Grammar notes p.146

2 Complete the chart with verbs from the Grammar in context.

Affirmative	Negative
<b>Most verbs: add -s</b>	
He/She/It <sup>0</sup> <u>helps</u> with cooking.	He/She/It <b>doesn't help</b> with cooking.
He/She/It <sup>1</sup> _____ the bed.	He/She/It <b>doesn't make</b> the bed.
He/She/It <b>cleans</b> the room.	He/She/It <sup>2</sup> _____ the room.
<b>Verbs ending -o, -x, -sh, and -ch: add -es</b>	
He/She/It <b>goes</b> to bed late.	He/She/It <b>doesn't go</b> to bed late.
He/She/It <b>washes</b> the dishes.	He/She/It <sup>3</sup> _____ the dishes.
<b>Verbs ending consonant + -y: change -y to -i and add -es</b>	
He/She/It <b>studies</b> music.	He/She/It <b>doesn't study</b> music.



Stop

She ~~haves~~ has a new book.

3 Choose the correct words.

- 0 Blake doesn't wash / don't wash the dishes.  
His parents has / have a dishwasher.
- 1 Sadie buy / buys cool clothes.  
I likes / like her new sneakers.
- 2 Katelyn watch / watches movies on her tablet.  
Her parents **don't have** / **doesn't have** a TV.
- 3 Ed **doesn't take out** / **don't take out** the trash.  
His mom take out / takes out the trash.
- 4 This insect eats / eat fruit and it **doesn't like** / **don't like** cold weather.
- 5 Maya **don't go** / **doesn't go** home at lunchtime.  
She go / goes home at 2:30.

4 95 Listen and check.

5 Complete the text. Use the affirmative form of the verbs.

dance go help play sing speak



This is Livia. She's in a band. She <sup>0</sup> sings in Portuguese and in English. She <sup>1</sup> \_\_\_\_\_ guitar and she also <sup>2</sup> \_\_\_\_\_! She <sup>3</sup> \_\_\_\_\_ to my school and she <sup>4</sup> \_\_\_\_\_ Portuguese, English, and Spanish. She <sup>5</sup> \_\_\_\_\_ me with my Spanish homework.

6 Complete the sentences. Use the correct affirmative or negative form of the verbs.

- 0 (like) Jon doesn't like art.  
Sara likes art, but she doesn't like history.
- 1 (go) Sara \_\_\_\_\_ to school by bike.  
Jon \_\_\_\_\_ to school by bike.  
He \_\_\_\_\_ by car with his dad.
- 2 (help/wash) Sara \_\_\_\_\_ with cooking, but she \_\_\_\_\_ the dishes.
- 3 (wash/help) Jon \_\_\_\_\_ the dishes, but he \_\_\_\_\_ with cooking.

7 Your turn In your notebook, write four sentences about a friend. Use the verbs below or your own ideas.

go have help play speak

# 5

## Listening Skills

**LO** Listen and use time references to understand a conversation

### Here's my day

1 **96** Listen to Carter talk about his daily routine. Choose the correct answer.

His classes are ...

- a only in the morning.
- b in the morning and afternoon.
- c only in the afternoon.



### Active Listeners

Using time references

Active listeners use time references (for example, times of the day or days of the week) to help them follow what a person says.

2 Read the tip. Then look at exercise 3. Choose the correct answer.

In exercise 3, I listen for times of the day / days of the week.

3 **96** Look at the chart. Listen and match the times with Carter's routines. Then listen again and check.

- |      |          |                     |
|------|----------|---------------------|
| 6:30 | <u>f</u> | a have classes      |
| 7:00 | ___      | b go home           |
| 7:45 | ___      | c go to bed         |
| 8:00 | ___      | d go to school      |
| 2:30 | ___      | e have breakfast    |
| 5:30 | ___      | <del>f get up</del> |
| 9:30 | ___      | g have dinner       |

4 **96** Listen again. What does Carter say? Choose T (true) or F (false).

- 0 "I make my bed." T  F
- 1 "I have breakfast with my family." T  F
- 2 "I do my homework at school." T  F
- 3 "I clear the table." T  F
- 4 "I help with cooking." T  F

5 **Your turn** Are the sentences in exercise 4 true or false for you? In pairs, compare answers.

## Reading Skills

**LO** Read an article and understand the main ideas

### An article



### Active Readers

Identifying the main ideas

Active readers can identify the main ideas in a text, without understanding every detail.

1 **97** Read the tip. Then read and listen to the article. Choose the best summary of the main ideas.

- a Karl Weber and his family work for a circus. Karl and his brother are acrobats and his sister is a small clown.
- b Karl Weber is an acrobat in a circus. When he isn't at the circus, he goes to school and he has a normal life.

2 Read again. Match Karl's routines 0-4 with the times a-e.

- |                       |          |                             |
|-----------------------|----------|-----------------------------|
| 0 practice acrobatics | <u>b</u> | a after school              |
| 1 perform in shows    | ___      | <del>b every mornings</del> |
| 2 go to school        | ___      | c evenings or weekends      |
| 3 do homework         | ___      | d afternoons                |
| 4 go shopping         | ___      | e weekends                  |

3 Choose T (true) or F (false). Correct the false sentences.

0 Karl Weber is from Germany.

T  F

1 Karl's family lives in Chile.

T  F

2 Karl and Stefan do somersaults.

T  F

3 Karl's sister is an acrobat.

T  F

4 Karl likes movies.

T  F

5 Teenagers like watching Karl do acrobatics.

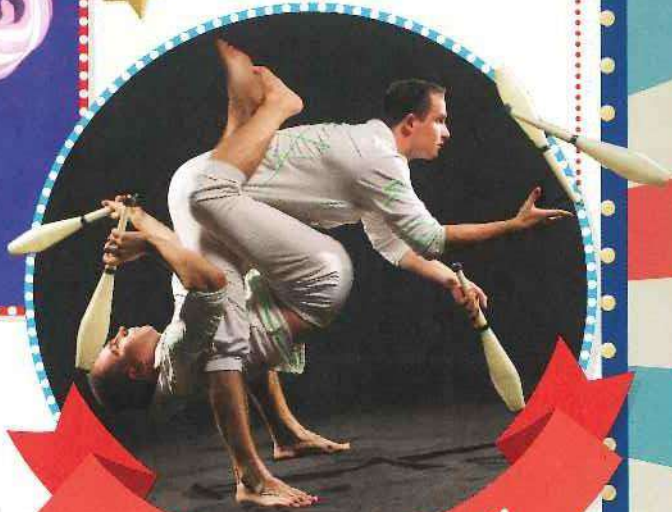
T  F

4 **Your turn** In pairs, discuss the questions.

- 1 Imagine your family moves to a different country. What is different or hard? What is fun?
- 2 Why does Karl practice gymnastic moves every morning?
- 3 Imagine you are in a circus. What is your routine?



# Circus Magnifico



The Weber brothers perform gymnastics in a circus.

## Life in the Circus

Karl Weber is a German teenager, but he doesn't go to school like other German boys. In fact, Karl doesn't live in Germany. He and his family live in many different countries. Now, they live in Russia. They work for Circus Magnifico, and they travel around the world with the circus. Karl and his twin brother Stefan are acrobats. They walk on a high wire, and do somersaults and many other gymnastic moves. Karl's younger sister, Petra, and their parents are in the circus, too. Petra dresses up as a little clown!

What's Karl's routine? He practices gymnastics in the morning. In the evenings and on weekends, he performs in shows. Karl goes to school in the afternoon and he does his homework after school. He goes to the movies or he goes shopping on weekends, the same as other teenagers.

What does Karl like about the circus? It's when other teenagers watch him perform and they think, "Wow! I want to do cool things in my life, too!"



Petra Weber dresses up as a little clown.

### Describe a typical day

1 98 Read and listen. Choose the correct answer.

Alicia describes her typical Saturday/Monday.



### My typical day

Posted May 4

I get up at 9:30 and I play my guitar or play computer games. **Then**, my dad gets up and we have breakfast. In the morning, I listen to music videos **while** I do my homework and put away my clothes. **Next**, we go to a pizza restaurant for lunch.

We love soccer! On Saturday afternoons, I play soccer in the park or I watch it on TV with my dad.

**Then**, I help my dad with cooking dinner. In the evening, I watch a movie with my friends.

2 98 Listen again.

Order the events 1–7 in Alicia's day.

- a \_\_\_ have pizza for lunch
- b \_\_\_ play or watch soccer
- c \_\_\_ watch a movie
- d 1 play guitar or computer games
- e \_\_\_ do homework
- f \_\_\_ have dinner
- g \_\_\_ have breakfast

3 99 Listen and repeat.



### Active Speakers

Using *next*, *then*, and *while*

Active speakers use language that helps listeners to understand the order of events.

- We use *next* and *then* when an event happens after other events. They have the same meaning.
- *While* means "at the same time as."

4 100 Read the tip. Then complete Alicia's sentences. Use *next*, *then*, or *while*. Listen, check, and repeat.

- 0 I play computer games. Then, my dad gets up.
- 1 I listen to music \_\_\_\_\_ I do my homework.
- 2 \_\_\_\_\_, we go to a restaurant for lunch.
- 3 \_\_\_\_\_, I help my dad with cooking dinner.



### Global Skills

Planning your time

It is important to plan your time.

First, do your chores and homework: these are your priorities.

Then you can relax and have fun: this is your free time.

Sometimes you can "multitask": you can do a free-time activity while you do a chore or homework.

For example, you can listen to music while you clean your room.

5 Read the Global Skills box. Then complete the chart. Check (✓) the priorities and free-time activities that you can multitask.

- clean my room
- do my homework
- listen to music
- make my bed
- play a sport
- play computer games
- spend time online
- take out the trash

Priorities	Free-time activities
clean my room ✓	

6 Make notes about a typical day for you.

- What day is it? (School day or weekend?)
- What are your daily routines?
- What are your priorities for the day?
- What free-time activities can you do?

7 Copy and complete the chart in exercise 5 with your notes from exercise 6. Then answer the questions.

- 1 Which activities can you multitask?
- 2 Can you connect any of your ideas using *next*, *then*, or *while*?

8 Write a short presentation about your typical day. Use the model below and the description in exercise 1.



9 Read your presentation to your group or class.



**The Menna family** Buenos Aires, Argentina

**Before you watch**

- 1 In groups, answer the questions and share information.
- 1 What are your weekday routines?
  - 2 What are your weekend routines?



**While you watch**

- 2 **Video** Read the tip. Then read the questions. Watch Part 1 of the video with no sound. In pairs, discuss possible answers.

- 1 Are there four or five people in the Menna family? \_\_\_\_\_
- 2 Who takes the girls to school? \_\_\_\_\_
- 3 Is the school the same for both girls? \_\_\_\_\_



**Active Viewers**  
Observation

Active viewers can understand a lot of details about a video just from what they see, without listening to the audio.

- 3 **Video** Watch Part 1 with the sound on. Check your answers to exercise 2.

- 4 **Video** Watch Parts 1 and 2 of the video. Are the sentences T (true) or F (false)?

- |  |  |
|--|--|
| 0 Gabriela's job is in a radio station. T <input checked="" type="checkbox"/> F <input type="checkbox"/> | 4 Gabriela drinks coffee on Saturday mornings. T <input type="checkbox"/> F <input type="checkbox"/> |
| 1 Milagros is seven years old. T <input type="checkbox"/> F <input type="checkbox"/>                     | 5 Roberto is good at cooking. T <input type="checkbox"/> F <input type="checkbox"/>                  |
| 2 The girls' classes start at 8:30 a.m. T <input type="checkbox"/> F <input type="checkbox"/>            | 6 After breakfast, the children do homework. T <input type="checkbox"/> F <input type="checkbox"/>   |
| 3 People in Argentina like <i>maté</i> . T <input type="checkbox"/> F <input type="checkbox"/>           | 7 Julieta plays the guitar in the evening. T <input type="checkbox"/> F <input type="checkbox"/>     |

- 5 **Video** Watch Part 2 again. Choose the correct answers.

- |  |   |
|--|---|
| 0 On Saturdays, the Menna family get up at 8:00 or 9:00 a.m. / <u>9:00 or 10:00 a.m.</u> | 2 After breakfast, they play games / read books.    |
| 1 Gabriela drinks coffee / tea for breakfast.  | 3 In the afternoon, they go to the park / shopping. |
|  | 4 In the evening, they play computer games / music. |

**After you watch**

- 6 Change the sentences in exercise 5 so they are true for you.

On Saturdays, we get up at 9:30.

- 7 In pairs, read your sentences.

On Saturdays, we get up at 9:30.

On Saturdays, we get up at 10:00!

# 6

# Be good!



## Metro VIDEO



### International English

- do exercise = exercise (v)
- mum = mom

**A** **Video** **101** Watch or listen to Part 1 of the video. Choose the correct answer.

Jack and Mo talk about three/four/five habits.

**B** Watch or listen to Part 1 again. Match the habits with the boys. Write *Jack* or *Mo*.

- |                     |           |                        |       |
|---------------------|-----------|------------------------|-------|
| 0 not eat fast food | <u>Mo</u> | 3 exercise             | _____ |
| 1 play the keyboard | _____     | 4 watch TV all evening | _____ |
| 2 eat healthy food  | _____     |                        |       |


**C** Which habit in exercise B is a bad habit? \_\_\_\_\_

**D** Watch or listen to Part 1 again. Can you guess Jack's bad habit?

# Vocabulary

**LO** Talk about my good and bad habits

## Good and bad habits

**1**  **102** Label the pictures of good and bad habits. Listen, check, and repeat.

be be drink eat eat exercise  
go go study watch



**0** go to bed early



**1** \_\_\_\_\_ to bed late



**2** \_\_\_\_\_ TV all evening



**3** \_\_\_\_\_ late



**4** \_\_\_\_\_ on time



**5** \_\_\_\_\_



**6** \_\_\_\_\_ for tests



**7** \_\_\_\_\_ healthy food



**8** \_\_\_\_\_ sugary drinks




**9** \_\_\_\_\_ fast food

### Stop

Sugary drinks include fruit juice and soda (sweet drinks with bubbles).

**2** Write the phrases in exercise 1 in the correct place in the chart.


Good habits
go to bed early
Bad habits
go to bed late

**3**  **103** Listen to six short conversations. Choose the correct habits.

- 0 The girls are late / are on time.
- 1 James goes to bed early / is late for class.
- 2 The girl doesn't eat fast food / eat healthy food.
- 3 The boy doesn't exercise / do homework.
- 4 Lauren watches TV all evening / studies for tests.
- 5 The children go to bed early / go to bed late.

**4**  **Your turn** Can your partner guess your good and bad habits?

### Video

**E**  **Video**  **104** Watch or listen to Part 2 of the video. What is Jack's bad habit?

**F** Complete the sentences. Watch or listen to Parts 1 and 2 again and check.

healthy food mom the evening  
the keyboard tired

- 0 Mo often watches TV in the evening.
- 1 Mo's \_\_\_\_\_ tells Mo to go to bed.
- 2 Jack plays \_\_\_\_\_ every day.
- 3 Jack eats \_\_\_\_\_ every day.
- 4 Jack feels \_\_\_\_\_.

### A quiz

1 105 Read and listen to the quiz. Then answer the quiz questions for you.

2 Compare your answers in pairs.

3 Read the statements. Which one is true for you?

- a I don't have any bad habits.
- b I have one or two bad habits. But I'm OK.
- c I have a lot of bad habits. Help!

4 Use the Key to find your score. Is it true for you?

5 Look at Mo's and Jack's answers to the quiz. Match the advice 1-4 with each person.

Mo	1 a	2 a	3 a	4 c
Jack	1 c	2 b	3 c	4 b

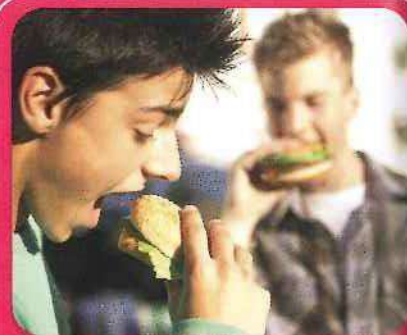
- 1 Get up ten minutes before your normal time. Jack
- 2 Drink water or milk. They're the healthy option! \_\_\_\_\_
- 3 Exercise is very important. \_\_\_\_\_
- 4 TV is good, but what about reading? \_\_\_\_\_

# Do you have bad habits?



1 How often are you late for school?

- a Never. I always arrive early.
- b Sometimes. The traffic is terrible in the morning!
- c I'm always a few minutes late for school!



2 How often do you eat fast food?

- a Never. I don't like it!
- b Sometimes. I drink sugary drinks every day.
- c I often eat fast food. I love it!



3 How often do you exercise?

- a Every day. I love sports.
- b Sometimes, but I'm not a big fan of exercise.
- c Never! I go to the fridge for a soda – that's my exercise!



4 How often do you watch TV all evening?

- a I never watch TV all evening. It's boring!
- b Sometimes. On Fridays, maybe.
- c Often. I really like TV shows!

Key a=3 b=2 c=1

- 4-6 Not good! Can you change your bad habits? How?
- 7-9 You have one or two bad habits. That's normal!
- 10-12 Wow! You're very good. What's your secret?



## Adverbs of frequency

1 **106** Read and listen to the Grammar in context. Answer the question for you.

**Grammar in context** Present and Practice

How often do you study at home for tests?

- a I always study at home for tests. I often get 100%!
- b I sometimes study at home for hard subjects, like science. It's rarely fun, but I do it!
- c I'm usually a good student in class, but I never study at home for tests.

Grammar notes p.149

2 Look at the diagram below. Find and underline the adverbs of frequency in the Grammar in context.

Adverbs of frequency



3 Look at the Grammar in context again. Choose the correct answers in the rules.

In affirmative and negative sentences, adverbs of frequency come:

- a before/after the verb *be*.
- b before/after other verbs.

**Stop**

Use adverbs of frequency to answer questions with *How often ... ?*

*How often do you go to bed late?*  
*I sometimes go to bed late.*

4 Choose the correct answers.

- 0 Marc sometimes is / is sometimes late for soccer practice.
- 1 I never have / have never breakfast at school.
- 2 My grandmother goes often / often goes to bed early.
- 3 I sometimes eat / eat sometimes fast food, but not on school days.
- 4 Math never is / is never boring. It's my favorite subject.
- 5 My parents go never / never go to fast food restaurants.
- 6 I'm always / always am on time for my guitar classes.
- 7 I rarely watch / watch rarely TV all evening.
- 8 Science classes usually are / are usually interesting.

5 **107** Listen and check.

6 Read the chart. Complete Fiona's sentences.

### Fiona

0 get up before 7:00 a.m.	<input type="radio"/>
1 study for tests	● ● ● ● ● ●
2 be late for school	<input type="radio"/>
3 play sports after school	● ● ●
4 help with cooking at home	● ●
5 go to bed early	● ● ● ● ●
6 drink coffee	●

- 0 I never get up before 7:00 a.m.!
- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_

7 Now write seven sentences in your notebook about Fiona in exercise 6.

0 Fiona never gets up before 7:00 a.m.

**Your turn**

8 Read the list of study tips for learners of English. In your notebook, write sentences about you. Use adverbs of frequency.

I sometimes listen to songs in English.

### Tips for learners of English

- Listen to songs in English.
- Watch movies and TV shows in English.
- Play language games online.
- Read websites in English.

9 In pairs, discuss the good study habits in exercise 8.

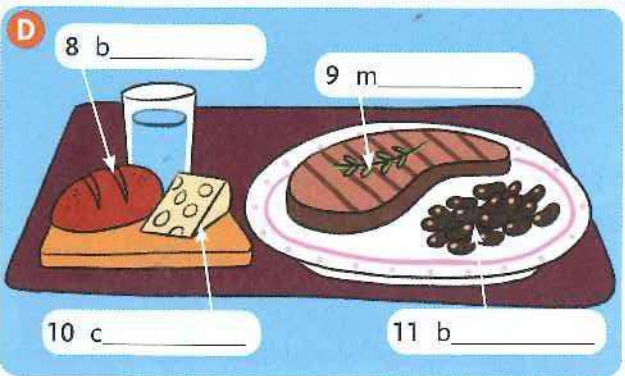
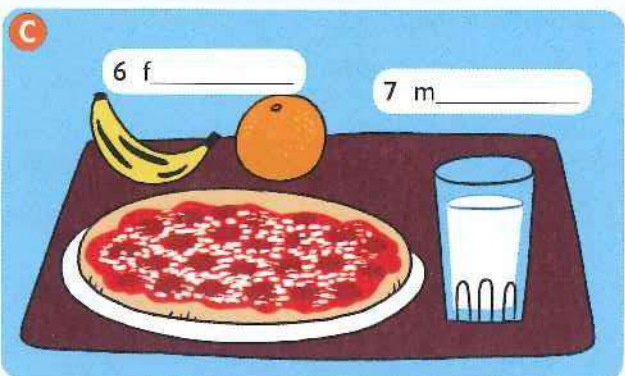
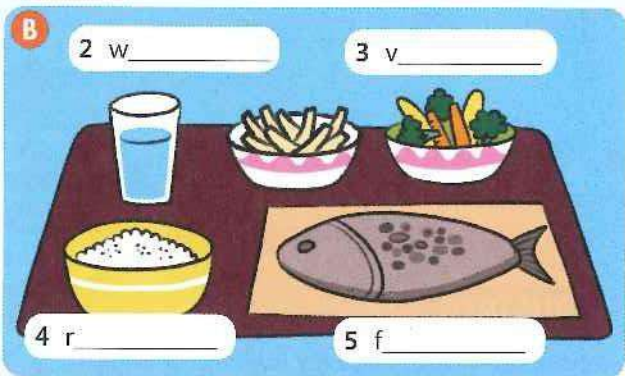
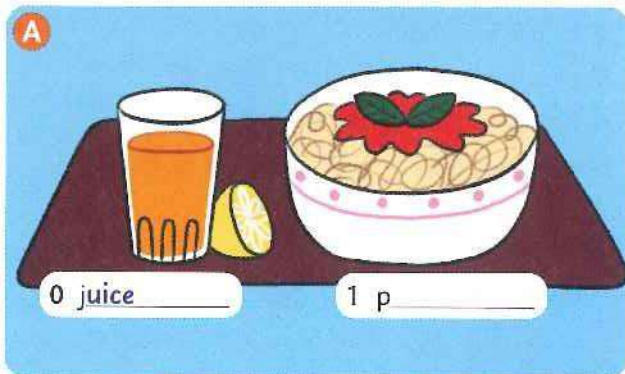
I sometimes listen to songs in English.

I never listen to songs in English. But I sometimes read websites in English.

### Food and drink

1 **108** Label the trays of food and drink. Listen, check, and repeat.

beans bread cheese fish fruit juice meat  
milk pasta rice vegetables water



2 Choose the correct answers.

- I can make a sandwich with this bread / rice.
- Apples are my favorite fruit / vegetable.
- Cook the cheese / pasta in hot water.
- Don't drink sugary drinks in school, please. Drink fruit / water.
- I never eat pizza because I don't like cheese / meat.
- I'm a vegetarian. I don't eat beans / meat, but I really like fish / vegetables.
- Please can I get some apple juice / milk?

3 **Your turn** Complete the sentences for you.

- I never have \_\_\_\_\_ for lunch.
- We sometimes have \_\_\_\_\_ for dinner.
- We drink \_\_\_\_\_ at school.

### Listening Skills

LO Listen to students talking about their school lunches

### Lunches around the world

1 **109** Listen. Which country's school lunch do you prefer?

Australia France Japan

2 **109** Listen again. Match students 1-3 with trays A-D. There is one extra tray.

- Haruto, Japan: Tray B
- Isla, Australia: Tray \_\_\_\_\_
- Gabriel, France: Tray \_\_\_\_\_

3 **109** Listen again. Choose T (true) or F (false). Then correct the false sentences in your notebook.

- Haruto and his teacher eat lunch in their classroom.  
T  F
- After lunch, Haruto's teacher cleans the desks.  
T  F
- Isla sometimes has pizza for lunch.  
T  F
- Some students don't buy lunch at Isla's school.  
T  F
- Gabriel has one hour and twenty minutes for lunch.  
T  F
- Gabriel likes cheese.  
T  F

4 **Your turn** Write a short description of lunch at your school.

We have lunch at 12:30. I sometimes have ...



## Simple present: questions (Do / Does) and short answers

1 **110** Read the Grammar in context. Look at tray C on page 70. Try to complete Chiara's answers. Listen and check.

Grammar in context

Present and Practice

**Interviewer** Do you like your school lunches, Chiara?

**Chiara** Yes, I do. We have things like pizza and <sup>1</sup> \_\_\_\_\_. I really like pepperoni pizza!

**Interviewer** Do students **drink** juice at lunchtime?

**Chiara** No, we **don't**. We drink water, or sometimes <sup>2</sup> \_\_\_\_\_.



Chiara, Italy

Grammar notes p.150

2 Complete the charts with words from the Grammar in context.

Questions

<sup>0</sup> Do	I / you / we / they	<sup>1</sup> _____ your school lunches?
Does	he / she / it	<sup>2</sup> _____ juice at lunchtime?

Short answers

Yes,	I / you / we / they	<sup>3</sup> _____.
	he / she / it	does.
No,	I / you / we / they	<sup>4</sup> _____.
	he / she / it	doesn't.

3 Choose the correct words.

- 0 **Do** / Does you help with chores?
- 1 **Do** / Does your school have tablets?
- 2 **Do** / Does you like fashion?
- 3 **Do** / Does your friends like outdoor activities?
- 4 **Do** / Does you and your family eat meat?
- 5 **Do** / Does your best friend speak English?

4 Match short answers a-f with the questions in exercise 3.

- a No, they don't. \_\_\_\_\_
- b No, it doesn't. \_\_\_\_\_
- c No, he / she doesn't. \_\_\_\_\_
- d Yes, we do. \_\_\_\_\_
- e No, I don't. 0
- f Yes, I do. \_\_\_\_\_

5 **111** Listen and check.

6 **Your turn** Write your answers for the questions in exercise 3.

0 Yes, I do.

7 Look at the chart. Write questions and short answers in your notebook.



	Sienna	Aiden
like fast food	✓	✓
have sugary drinks at lunchtime	✗	✗
eat fish	✓	✓
like cheese	✗	✓
eat fruit at lunchtime	✓	✗

0 Aiden / cheese?

Does Aiden like cheese?

Yes, he does.

1 Sienna / cheese?

2 Sienna and Aiden / sugary drinks at lunchtime?

3 Aiden / fruit at lunchtime?

4 Sienna and Aiden / fast food?

5 Sienna / fruit at lunchtime?

6 Sienna and Aiden / eat fish?

8 **Your turn** In pairs, ask and answer *Do you ... ?* questions about the things in exercise 7.

Do you like fast food?

Yes, I do. / No, I don't.

Do you have sugary drinks at lunchtime?

Yes, I do. / No, I don't.

# 6

## Listening Skills

**LO** Listen to a conversation and identify the speakers' relationship

### Come on, Jay!

**1** **112** Read the questions. Then listen to a conversation and answer the questions.

- 1 What good or bad habits do the speakers mention?
- 2 What food and drink do the speakers mention?

**2** **112** Read the questions. Listen and discuss your answers.

- 1 Where are the speakers?
  - a at work
  - b at school
  - c at home
- 2 Jay is ...
  - a a teenager
  - b an adult.
- 3 Who has bad habits?
  - a the woman
  - b Jay



### Active Listeners

Identifying the relationship between speakers

Active listeners listen carefully to identify the relationship between speakers.

**3** Read the tip. Then choose the correct answer. How do you know?

The speakers in the conversation are Jay and ...

- a his best friend.
- b his mother.
- c his teacher.

**4** **112** Listen again. Choose T (true) or F (false).

- 0 Jay is late for breakfast.
  - T
  - F
- 1 Jay says he always goes to bed early.
  - T
  - F
- 2 Jay watches TV all evening.
  - T
  - F
- 3 Jay says he is often late for school.
  - T
  - F
- 4 Jay likes the cheese.
  - T
  - F
- 5 Jay likes the bread.
  - T
  - F
- 6 Jay eats fruit.
  - T
  - F
- 7 Jay's family eats fruit.
  - T
  - F

## Reading Skills

**LO** Read a blog and use pictures to understand words

### A blog post

**1** **113** Read the blog post. Match questions a–d with paragraphs 1–4. Then listen and check.

- a Does Stefan like all food?
- b Can Stefan cook?
- ~~c Who is Stefan Gates?~~
- d Does Stefan like food from different countries?



### Active Readers

Using pictures to understand words

Active readers use pictures to understand words.

**2** Read the tip. Then read the blog post again and look at the highlighted words. Match them with pictures A–D.

- A red ants
- B \_\_\_\_\_
- C \_\_\_\_\_
- D \_\_\_\_\_

**3** Correct the highlighted words.

- 0 Stefan is **American**. British
- 1 Stefan writes **blogs**. \_\_\_\_\_
- 2 Stefan talks to **teachers** about the science of food. \_\_\_\_\_
- 3 When Stefan visits new countries, he **goes to bed** early. \_\_\_\_\_
- 4 Stefan goes to **restaurants** in new countries. \_\_\_\_\_
- 5 Stefan has a **radio show**. \_\_\_\_\_
- 6 Stefan doesn't like **red ants**. \_\_\_\_\_

**4** Answer the questions.

- 0 What is the subject of Stefan's books and shows?  
The subject is food.
- 1 What is "Stefan's hot cheese sandwich"?  
\_\_\_\_\_
- 2 Does Stefan like Japanese food?  
\_\_\_\_\_
- 3 Where can you buy the best food in a country?  
\_\_\_\_\_
- 4 What food is good for you?  
\_\_\_\_\_

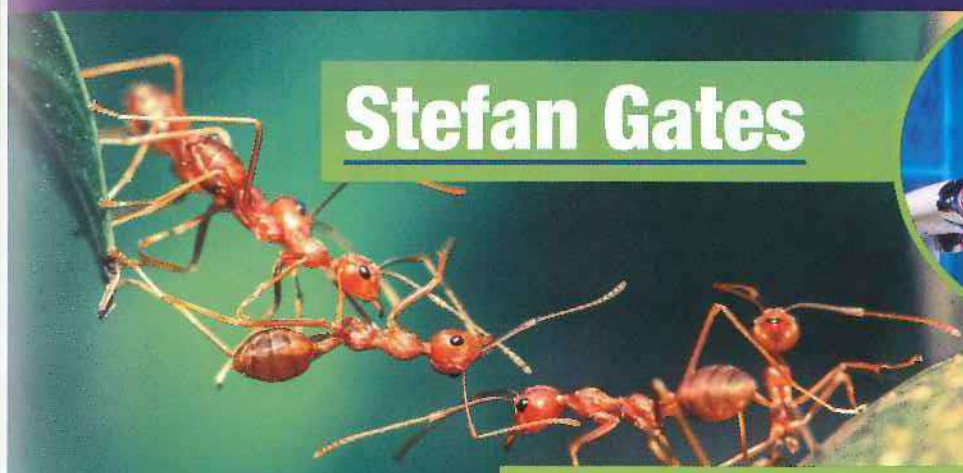
**5** **Your turn** Discuss the questions.

- 1 What's your favorite food? Can you cook it?
- 2 What cooking shows are on TV at the moment? Do you watch them?
- 3 What "interesting" types of food do people in your country eat? What about you?



# FoodFame!

## Stefan Gates

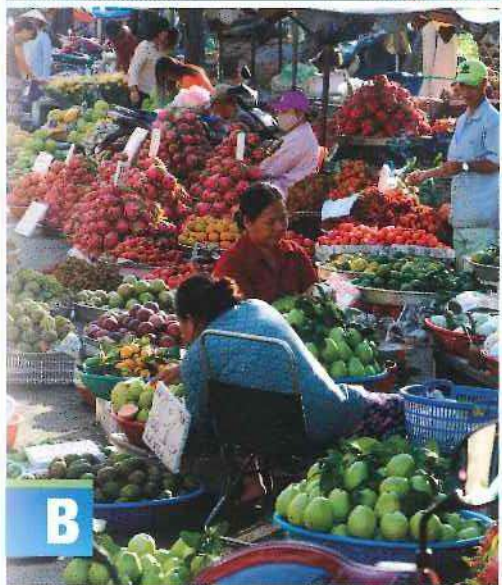


### Food adventurer!

A

1 Who is Stefan Gates?

Stefan is a British TV host. He also writes books, and he does shows at festivals in the U.K. The subject is always ... food!



2

Yes, he can, but he only cooks interesting food. His favorite is "Stefan's hot cheese sandwich": Put cheese between bread and then ... sit on it!

He also goes to schools to teach students about the science of food.

3

Yes, he does, and his favorite is Japanese food. When Stefan visits new countries, he gets up early and he goes to street markets. They often sell the best food. He buys interesting things and then he cooks them.

4

No, not everything! On his TV show, he eats spiders and insects – he even likes red ants! They're very good for you. But he hates bad pizza!



C



D

### Interview about healthy diets

1 **TT4** Read the interview. Complete the blanks with *Yes, I do* or *No, I don't*. Listen and check.



Rob Question 1. Do you eat fruit?  
 Maria <sup>0</sup> Yes, I do.  
 Rob How often do you eat fruit?  
 Maria I always eat fruit after dinner.  
 5 Rob Question 2. Do you like vegetables?  
 Maria <sup>1</sup> \_\_\_\_\_.  
 Rob How often do you eat vegetables?  
 Maria I never eat *green* vegetables, but I often eat other vegetables.  
 10 Rob Question 3. How often do you drink water?  
 Maria I drink four big glasses of water every day.  
 Rob Question 4. Do you like fast food?  
 Maria <sup>2</sup> \_\_\_\_\_. I love burgers.  
 Rob How often do you eat fast food?  
 15 Maria We eat fast food every Saturday.

2 **TT5** Listen and repeat.

3 Complete the sentences with two words.

- 0 Maria always eats fruit after dinner.
- 1 Maria \_\_\_\_\_ green vegetables.
- 2 Maria \_\_\_\_\_ other vegetables.
- 3 Maria drinks four \_\_\_\_\_ of water every day.



### Active Speakers

Using adverbs of frequency

Active speakers use adverbs of frequency and phrases with *every* to talk about their habits.

4 Read the tip. Then complete the chart about Maria's eating habits.

	Food	How often?
0	<u>fruit</u>	always – after dinner
1	_____	never
2	_____	often
3	_____	every day
4	_____	every Saturday



### Global Skills

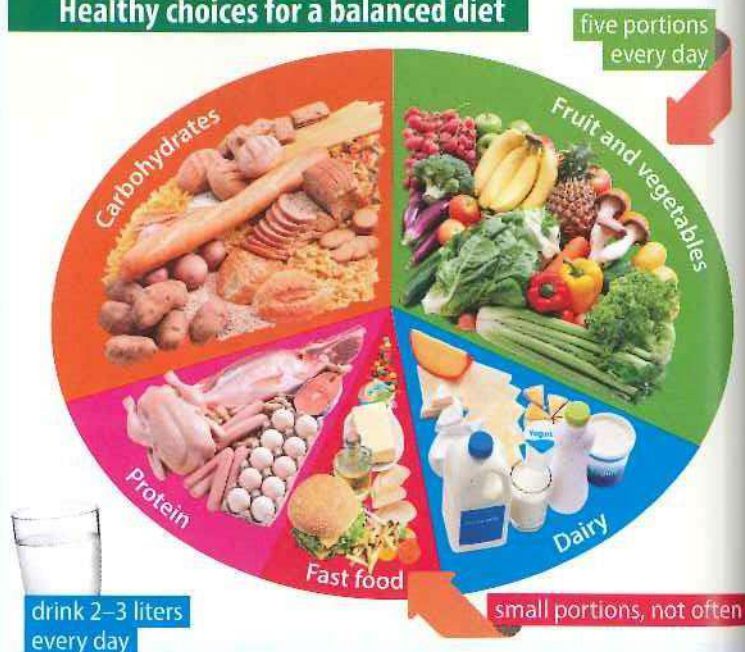
Making healthy choices



It is important to have a "balanced" diet. A balanced (varied) diet contains different healthy food and drinks. It doesn't include unhealthy food and drinks, so try not to have fast food and sodas often!

5 Read the Global Skills box and look at the poster. Does Maria have a "balanced" diet? Make notes. Then compare with a partner.

### Healthy choices for a balanced diet



6 Make notes about your diet in your notebook. Use adverbs of frequency and phrases with *every*.

Fruit and vegetables: <u>I eat ...</u>	Dairy:
Carbohydrates:	Water:
Protein:	Fast food:

7 Write four interview questions. You can ask about the things in exercise 1, or about the food and drink in the poster.

- Do you eat/drink/like ... ?
- How often do you eat/drink ... ?

8 In pairs, ask and answer your interview questions. Use the model below and the conversation in exercise 1.

**Question 1:**  
 Do you eat/drink/like ... ? Yes, I do.  
 No, I don't.

**Question 2:**  
 How often do you eat/drink ... ? I eat ... every day. / I always eat ...  
 I never eat/drink ...

9 Make notes about your partner's diet. Compare your diets.