

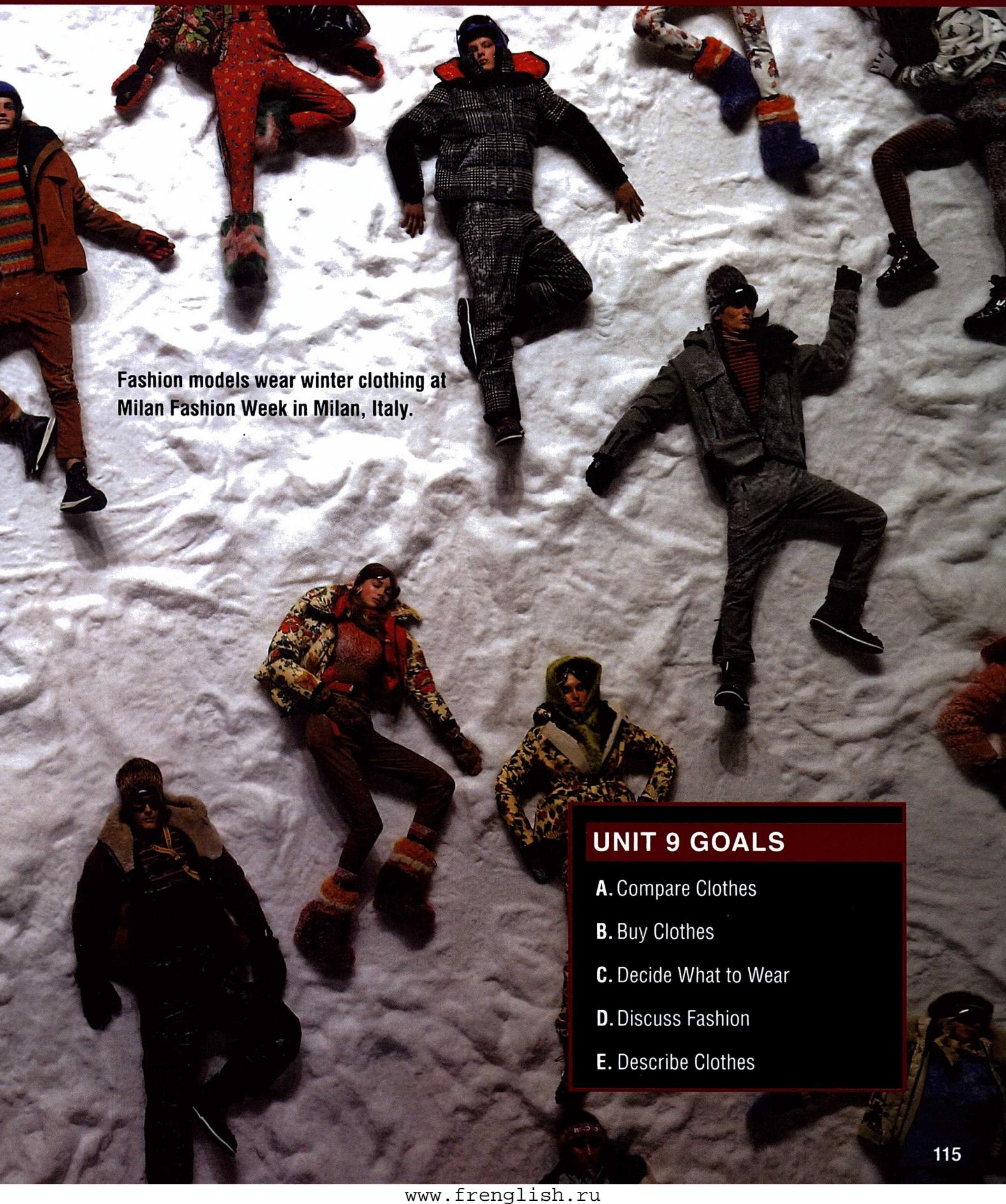
Types of Clothing



Look at the photo and answer the questions.

1 What kinds of clothes do you see?

2 Which clothes do you like? Why?



Fashion models wear winter clothing at Milan Fashion Week in Milan, Italy.

UNIT 9 GOALS

- A. Compare Clothes
- B. Buy Clothes
- C. Decide What to Wear
- D. Discuss Fashion
- E. Describe Clothes

A**GOAL** Compare Clothes**Vocabulary**

belt
blouse
cap
coat
gloves
handbag
hat
jacket
jeans
pants
shirt
shoes
skirt
sneakers
socks
suit
tie
T-shirt

- A** In pairs, label the pictures with words from the box.



- B** You can use these adjectives to describe clothes. Match the opposites.

- | | |
|-----------------------------|------------------|
| 1. beautiful _____ | a. expensive |
| 2. cheap _____ | b. ugly |
| 3. stylish, trendy _____ | c. casual |
| 4. light _____ | d. old-fashioned |
| 5. formal _____ | e. tight |
| 6. loose, comfortable _____ | f. heavy |

- C** Complete the sentences with adjectives from **B**. You can use more than one adjective for some sentences.

1. It's going to be cold tomorrow. You should bring a warm, _____ sweater or a jacket.
2. You can't wear those _____ jeans to a job interview!
3. That's a very _____ handbag! Where did you buy it?
4. I work in a law office, so I always wear something _____ when I meet clients, like a suit.

- D** Ask and answer these questions in pairs.

1. What adjectives describe the clothes in the picture in **A**?
2. What clothes are you wearing today? What adjectives describe them?
3. What types of clothes do you wear for special occasions? For example, a job interview or a family party?

Grammar

Comparatives

Adjectives with one syllable Add -er.	cheap	Machine-made hats are cheaper than handmade hats.
Adjectives that end in -y Change the -y to i and add -er.	pretty	I like that dress, but this one is prettier .
Adjectives with two or more syllables Use more or less before the adjective.	beautiful	Eleanor is more beautiful than Eva.
	formal	These suits are less formal than those.
Irregular comparatives	good	Shopping in a store is better than shopping online.
	bad	My grades are worse than yours.

*The comparative form is often followed by *than*.

*Use *much* to make a comparison stronger: *This coat is much better than the other one*.

E Complete the sentences. Use the comparative form of the adjective in parentheses.

1. I like the green handbag, but it is _____ (expensive) than the brown one.
2. These jeans are _____ (nice) than my old ones.
3. These are stylish, but those black shoes are _____ (good) for work.
4. This sweater is ok, but I need a _____ (warm) one for the winter.
5. I think the blue blouse is _____ (pretty) than the black one.

F  47 Listen and read the conversation. Write in the missing comparative forms.

Danny: Can you help me? I have a job interview tomorrow and I don't know what to wear.

Edris: Sure. This brown jacket is nice.

Danny: Yes, but this black suit is (1) _____. And it matches my shirt.

Edris: Perfect! That's much (2) _____. Do you have a tie?

Danny: I only have two. Black or blue?

Edris: The blue tie is (3) _____. What about shoes?

Danny: Well, I like these brown shoes, but my black ones are (4) _____.

G Practice the conversation in pairs. Switch roles and practice again.

H Create and practice a new conversation comparing clothes. Start the conversation with:

Can you help me? I have a party tomorrow and I don't know what to wear.



GOAL CHECK Compare Clothes

In pairs, say sentences using comparative adjectives to compare the clothes:

- you and your partner are wearing today.
- your mother or father usually wear with what you usually wear.
- you are wearing today and the clothes you wore yesterday.
- you wear for school or work and the clothes you wear on weekends.

Your shoes look more
comfortable than mine.

My father wears more
old-fashioned clothes.

Listening

A 48 Listen to a conversation in a clothing store. What is the man buying? What color does he choose?

B 48 Listen again and answer the questions.

1. Does he want formal or casual shoes?
2. How many pairs of shoes does the man try on?
3. What size shoes does the man usually wear?
4. What size does he choose?
5. How much are the brown shoes?
6. How much are the white shoes?
7. Does he pay with cash or by card?

PRONUNCIATION: Stressed and Weak Syllables

In spoken English, some syllables are stressed and some are weak. Weak syllables usually do not sound as loud as stressed ones. The vowels are also usually longer in stressed syllables.

C 49 Listen and underline the stressed syllables in these sentences.

1. The skirt is cheaper than the shirt.
2. The blue tie is nicer than the black one.
3. Do you have a bigger size?
4. These ones are smaller than those.
5. This store is better.
6. The white shoes are more expensive than the brown ones.

Casual shoes for everyday wear or sports are often called sneakers.

D 49 Listen again and repeat the sentences in C.



Communication

E Who said the questions and statements below? Write S (salesperson) or C (customer).

1. Can I help you? S
2. I'd like to buy some blue shoes.
C
3. Do you have anything less formal?

4. Can I try them on? _____
5. What size are you? _____
6. Do you have a bigger size? _____

7. Are they better? _____
8. How much are they? _____
9. Do you have anything less expensive? _____
10. What about these brown ones? _____
11. I'll take the blue ones. _____
12. Are you paying with cash or card? _____

SPEAKING STRATEGY

Shopping

May / Can I help you?
May / Can I try ...?
What about ...?
I'll take ...

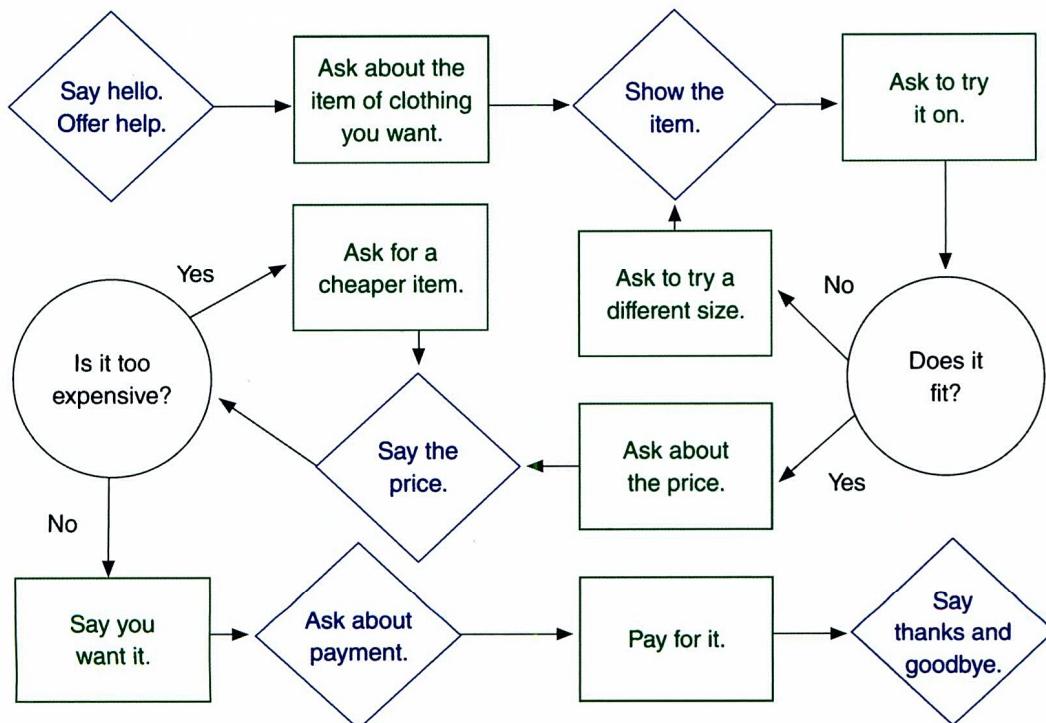
F 48 Listen again and check your answers.



GOAL CHECK Buy Clothes

1. Look at the flowchart. You're going to make a new conversation. Decide:
 - what the salesperson should say for each situation in a blue diamond.
 - what the customer should say for each situation in a green square.

Follow the steps below and use phrases from E or your own ideas.



2. Practice the conversation using the flowchart. Take turns being the salesperson and the customer. Repeat the conversation with different items of clothing.

Hello. May I help you?

Yes, I'd like to buy a shirt.

Language Expansion: Clothing Materials**A** Read the article and answer the questions.

1. What material do the women use to make clothes?
2. What type of clothing do people make with the material?
3. Is your country famous for a type of clothing? What is it made from?



This woman's dress is made from tree bark.

WORD FOCUS**synthetic materials**

polyester, nylon, etc.

natural materials

cotton, wool, etc.

REAL LANGUAGEMy shirt is **made in** Italy.
(*made in* + a country)It's **made from** cotton.
(*made from* + material)**Traditional Material for Modern Clothes**

In the town of Masaka, Uganda, women make clothing materials from tree bark (the outer layer of a tree). Local people wear the clothes for special occasions and, now, modern clothing designers are starting to make fashionable clothes from the material.

B Label the clothing materials.

cotton leather silk synthetic wool



1. _____



2. _____



3. _____



4. _____



5. _____

C Which of these clothes are usually made from the materials in **B**? You can say more than one material.gloves handbags jeans pants
shirts shoes socks ties**D** **MY WORLD** Think about some of the clothes you are wearing today. What country are they made in? What material are they made from?

Grammar

Superlatives

Adjectives with one syllable Add -est.	cheap	Polyester is the cheapest material.
Adjectives that end in -y Change the -y to i and add -est.	heavy	Leather is the heaviest material.
Adjectives with three or more syllables Use most before the adjective.	comfortable	I think silk is the most comfortable material.
Irregular superlatives	good bad	Wool is the best material for winter clothes. But it's the worst in the summer because it's so hot!

E Complete the sentences. Use the superlative form of the adjective in parentheses.

1. The _____ (strong) belts are made from leather.
2. Which jacket is the _____ (warm)? The brown one, the red one, or the black one?
3. This store sells the _____ (traditional) suits for men.
4. These Italian shirts are made from the _____ (good) cotton in the world.

F Write a sentence in your notebook for each of the pairs of adjectives in the box.

Wool is usually more expensive than cotton, but silk is the most expensive material.

	price	weight	warmth	texture
silk	++++	+	++	++++
wool	+++	++++	++++	+
cotton	++	+++	+++	+++
synthetic fiber	+	++	++	++

cheap / expensive
light / heavy
warm / cool
rough / smooth

Conversation

G  50 Listen to two friends plan a weekend. What is Lindsay going to take?

Pablo: I don't know what to pack. What are you going to take?

Lindsay: Two T-shirts, some shorts, and my leather boots. Oh, and a pair of wool socks to wear when I'm hiking.

Pablo: Is that all?

Lindsay: I'm also going to bring a warm sweater for the evenings.

Pablo: Is that everything? I think it's going to rain on Saturday night.

Lindsay: Is it? Maybe I should take my raincoat as well.

SPEAKING STRATEGY

Checking and Suggesting

Is that all?
What about ...?
Is that everything?
What else?

H Practice the conversation in pairs. Switch roles and practice it again.



GOAL CHECK Decide What to Wear

1. In small groups, choose one way to spend a weekend together.
2. Discuss which items of clothing you are going to take with you. You can only take six items each. Talk about the clothes and say why you are taking them.

in a city with a great nightlife
camping in the summer
by the ocean in the winter

Reading

A Look at the photo. Which country do you think the woman is from? What is she wearing?

B Read the article. Check your predictions in **A** and match the titles to paragraphs 1–3.

- a. The modern lives of the “cholitas” _____
- b. Women with a special style of clothing _____
- c. International “chola” fashion _____

C Read the article again. Answer these questions.

1. What was difficult for these women in the past? How are their lives different today?
2. Why did Delphine Blast photograph some of the women?
3. In which countries do people wear Eliana’s clothes?
4. Where did she show her clothes recently?

D Match the words in bold to the definitions.

1. You might see women wearing **unique** clothing. _____
 2. This is the **fashion** of Aymaran women. _____
 3. She loved the **style** of the “cholitas” in the street. _____
 4. Many women ... want to wear these **outfits**. _____
- a. popular type of clothes
 - b. sets of clothing (e.g., for a special occasion)
 - c. very different from others
 - d. a way of doing something (e.g., wearing certain clothes)

**GOAL CHECK**

1. Do you agree or disagree with each statement? Why?
Write notes in your notebook.
 1. Bowler hats are popular in my country.
 2. People with stylish clothes are always rich.
 3. School uniforms are a good idea.
 4. Stylish shoes are better than comfortable ones.
 5. Men should always wear suits to work.
 6. Women spend more money on clothes than men.
 7. Fashion in the 20th century was better than it is now.
 8. Most people like shopping for clothes.
2. In groups, discuss the statements. Give your opinions with reasons for your answers.





- 1 If you visit the Andes regions of Bolivia, Peru, or Chile, you might see women wearing unique clothing: bowler hats on top of their long black hair, handmade shawls, colorful blouses and skirts, and lots of jewelry. This is the fashion of Aymaran women. The Aymara are an **indigenous** group of people from the Andes mountains and Aymaran women's clothing is very different from any others. Locally, these women are called "cholitas" with their "chola" fashion.
- 2 In the past, it was difficult for Aymaran women to get good jobs or an education. They often lived in poorer parts of the cities. But in modern Bolivia, this is changing. More and more Aymaran women go to school and college. They often get well-paid jobs, so they now have money to spend on more expensive clothes. When French photographer Delphine Blast visited La Paz, the capital of Bolivia, she loved the style of the cholitas in the street, so she photographed some of these fashionably-dressed women.
- 3 Eliana Paco Paredes is an Aymaran fashion designer, and she says that chola clothes are in fashion at the moment, both in Bolivia and in other countries. She has a store in La Paz and sells the clothes to local people, and also internationally. "We dress many people in Peru, Argentina, Chile, Brazil, and some products we make go to Spain and Italy." Recently, Eliana showed her clothes at New York's Fashion Week, where they were very popular. "We're getting people to learn about what this clothing is, ... and many women outside of Bolivia want to wear these outfits." The popularity of the clothes is very satisfying for Eliana because it's good for her business, but it's also important because being "chola" now comes with a lot of **pride**.

indigenous people who were in a country before anyone else

pride a feeling of satisfaction from achievements, qualities, or possessions

Communication**A** Discuss the questions as a class.

1. Do you normally buy clothes in a store or online?
2. Are there other items that you normally buy online? For example, books, technology, or food? Why?

B In pairs, write four sentences comparing shopping online with shopping in a store. Use these adjectives in the comparative form.

1. safe _____
2. quick _____
3. cheap _____
4. easy _____

C In pairs, discuss where these people should shop (online or in a store) and why. Then present your answers to the class and give your reasons.

	Online	In store
1. Jenny needs a new dress for her birthday party tonight.		
2. Hamadi lives in a small village, a long way from the city.		
3. Kenji isn't sure which smartphone to buy.		
4. Albert is 85 years old and can't walk very far.		
5. Rosa doesn't have a credit card.		
6. Mario hates waiting in line.		

Writing**D** These ads are from an app where people can buy and sell clothes. Do you ever use apps like this?


Beautiful, gray and blue, wool sweater. It was made in Italy, and it's so soft and warm! I'm a size 8–10, so it would fit anyone around that size.

Price \$15



Large, new swimsuit. I bought it last summer in Mexico, but I never wore it! It is made out of nylon.

Price \$13



Comfortable, gray sneakers in great condition! They're perfect for everyday wear and they're very fashionable.

Price \$11

E Read the ads. Check (✓) the information that is in each one.

REAL LANGUAGE

We often give our opinion using adjectives:

*I have a **beautiful** sweater. = In my **opinion**, the sweater is beautiful.*

	Sweater	Swimsuit	Sneakers
1. The seller's opinion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Size	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Age	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Color	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Where it was made	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Material	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WRITING SKILLS: Describing Objects, Adjective Order, and Punctuation

Describing Objects

When you describe objects, such as clothes, you can use these phrases:

It's / They're made in (Italy). It's / They're perfect for (jogging). It's / They're so / very (comfortable).

Adjective Order

When you use more than one adjective before the object, use this order (from left to right):

Opinion	Size	Age	Color	Nationality	Material	Object
beautiful			black	Italian		sweater
	large	new			cotton	shorts
comfortable			blue and white			sneakers

Punctuation

Use commas between the adjectives: *It's a beautiful, black, Italian sweater.*

F Put the adjectives in the clothing ads in the correct order.

1. For sale! A (*black / warm / wool*) _____ hat. It's perfect for the winter.
2. I bought this (*Italian / stylish*) _____ suit 6 months ago and I wore it once!
3. I have two (*leather / brown / new*) _____ handbags. Buy 1 for \$25 or 2 for \$40!
4. (*Indonesian / silk / high-quality*) _____ ties in different colors. For every well-dressed man.
5. Buy now! Five pairs of (*cotton / red and green*) _____ children's socks.



GOAL CHECK Describe Clothes

1. Write three ads to sell items of clothing or other objects (e.g., a bicycle, phone, etc.).
2. Put your ads around the classroom and read what your classmates want to sell. Check that they have written their adjectives in the correct order.

VIDEO JOURNAL

HOW YOUR T-SHIRT CAN MAKE A DIFFERENCE

A How many cups of coffee do you drink a day? How much water do you think you use when you drink your coffee?

B Complete the passage using the words from the Word Focus below. Does the information surprise you? Why?

It takes about 37 gallons of water to make a cup of coffee.

The farmer uses water to grow the coffee. Then water

1 gallon = 3.8 liters

1 liter = .26 gallons

is used to (1) the coffee in a factory and also to (2) the coffee to you. It also takes (3) to make your cup of coffee: gas on the farm and electricity in the factory. This puts carbon into the air, which is called a (4) One cup of coffee puts more than 3.5 ounces of carbon into the atmosphere.

WORD FOCUS

carbon footprint the amount of carbon a person uses

energy power from electricity, coal, gas, etc.

manufacture make something

transport move things from one place to another

C Watch the video. Complete the sentences.

1. It takes liters of water to make one T-shirt.
2. 2,700 liters of water is enough for one person to drink for days.
3. You use gallons of water for one load of laundry.
4. % of water on Earth is salty.
5. Humans can only use % of the world's water.
6. % of that water grows crops.
7. You can save of your T-shirt's carbon footprint.

40	1
2,700	70
97	900
1/3	

D Watch the video again and complete the sentences.

1. Cotton is everywhere. It's in your furniture, _____, wallet, and your _____.
2. There are four ways your cotton T-shirt uses energy: to _____, to manufacture, to _____, and to care for it.
3. Use less water and _____. Skip the drying and _____.

E Ask and answer these questions in pairs.

1. How many T-shirts do you have?
2. How many T-shirts do you need?
3. Which T-shirt is your favorite?
4. How often do you wash your T-shirt in a washing machine? Do you always need to?
5. How often do you dry your T-shirt in a dryer? Do you always need to?
6. In the future, can you skip drying and ironing T-shirts?

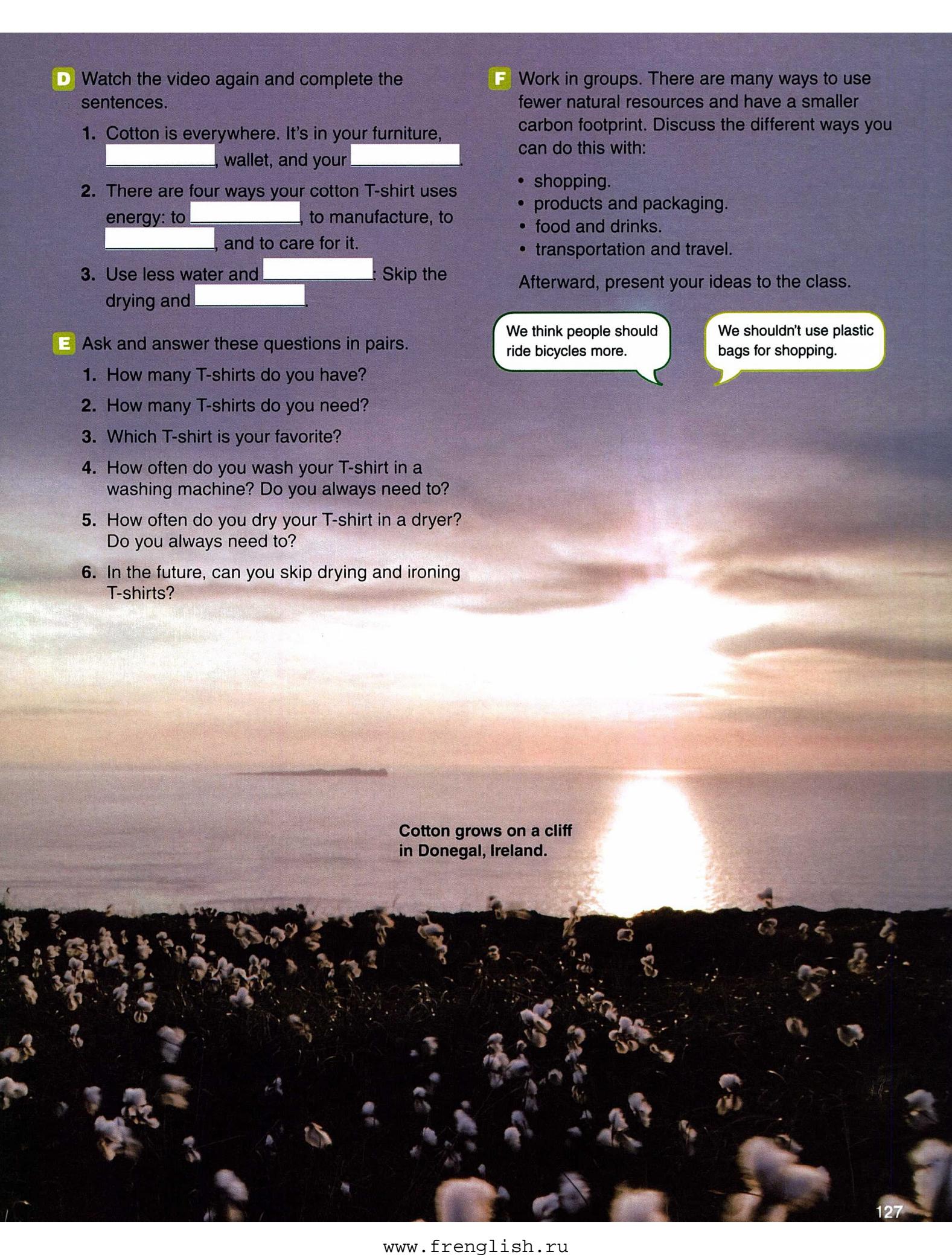
F Work in groups. There are many ways to use fewer natural resources and have a smaller carbon footprint. Discuss the different ways you can do this with:

- shopping.
- products and packaging.
- food and drinks.
- transportation and travel.

Afterward, present your ideas to the class.

We think people should ride bicycles more.

We shouldn't use plastic bags for shopping.



A wide-angle photograph of a coastal landscape at sunset. The foreground is filled with a dense field of white cotton plants. In the middle ground, a dark, rocky cliff face juts out into the ocean. The sky is a dramatic mix of orange, yellow, and blue, with the sun low on the horizon, casting a bright reflection on the calm water. The overall atmosphere is peaceful and scenic.

Cotton grows on a cliff
in Donegal, Ireland.

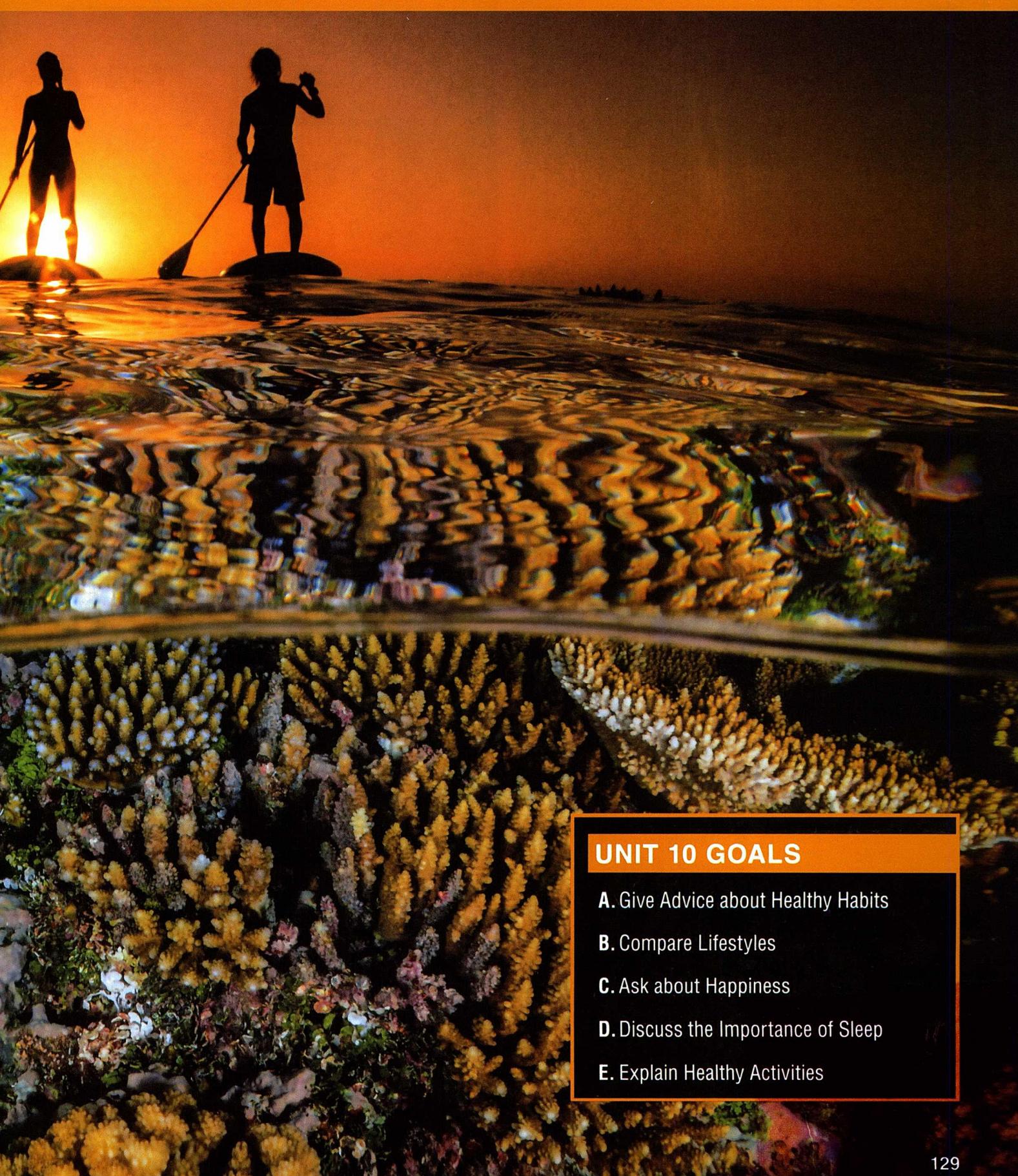
People paddleboarding above a reef in Tonga in the South Pacific



Look at the photo and answer the questions.

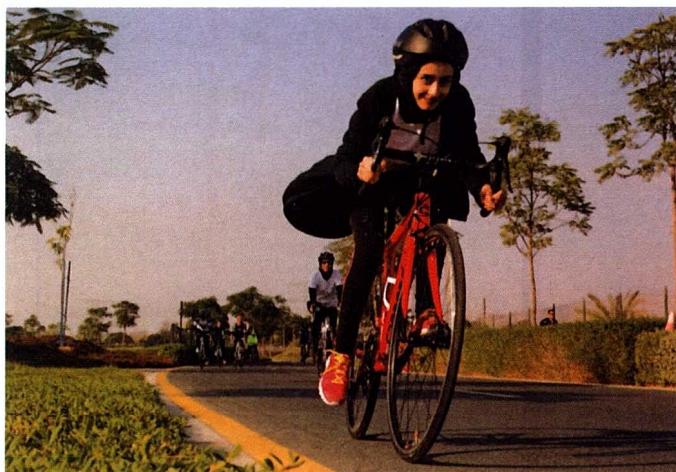
1 What are these people doing?
Would you do this activity?

2 What other healthy activities can you do in the water?



UNIT 10 GOALS

- A.** Give Advice about Healthy Habits
- B.** Compare Lifestyles
- C.** Ask about Happiness
- D.** Discuss the Importance of Sleep
- E.** Explain Healthy Activities

A**GOAL** Give Advice about Healthy Habits**Vocabulary**

Noura has a **healthy** lifestyle. She's **in good shape** because she **works out** at the gym and rides her bike to school every day. She eats healthy food, like fresh fruit and vegetables.



Robert doesn't have a good **lifestyle**. He's **in bad shape** because he never gets any exercise. He eats too much **junk food** and no fruit or vegetables, so he gets sick a lot.

A Complete the sentences with the words in blue.

- I need to exercise more. I'm _____.
- Helen doesn't have a _____ diet. She eats a lot of junk food.
- I have a healthy _____. I don't smoke and I get regular exercise.
- I need to change my diet. I eat too much _____.
- Jane is feeling much healthier. She _____ and eats healthy food, like vegetables and fruit. Soon she'll be _____.

B Are these activities healthy or unhealthy? Write the numbers for the activities in the chart below.

- | | |
|-------------------------------------|-------------------------------------|
| 1. Ride a bike to work | 6. Sunbathe all day |
| 2. Smoke | 7. Eat lots of fruit and vegetables |
| 3. Watch lots of TV | 8. Drink lots of coffee |
| 4. Drink lots of water | 9. Take the stairs |
| 5. Get 8 hours of sleep every night | 10. Work very long hours |

Healthy	Unhealthy
1,	2,

C In groups, think of two more examples of healthy activities and two more examples of unhealthy activities. Write them in the chart and compare with the class.

Grammar

Modals: (could, should, must); have to

Make Suggestions	Give Advice	Express Obligations
You could stop smoking.	You should stop smoking. You shouldn't add extra sugar.	You must stop smoking. You have to exercise more.
! gentle advice	!! strong advice	!!! very strong advice

D Write advice for the following situations. Then tell a partner your advice.

1. Tell your sister to stop smoking. !!! _____
2. Tell your father to go on a diet. !! _____
3. Tell your friend to stop watching so much TV. ! _____
4. Tell your brother to get more exercise. !! _____
5. Tell your mother to get more sleep. ! _____

E Write the advice you would give to these people in your notebook. Then compare your advice in pairs. Discuss any differences.

- | | |
|--------------------------------------|------------------------------------|
| 1. Aisha wants to lose weight. | 4. Jaime needs some money. |
| 2. Yun wants to be on the swim team. | 5. Jack isn't happy at work. |
| 3. Arata works too much. | 6. Sam wants to get better grades. |

Conversation

F  52 Listen to the conversation. What advice does Faisal give? How strong is it?

Alex: I feel so tired all the time. I don't have any energy. What should I do?

Faisal: Do you get eight hours of sleep every night?

Alex: Yes, I do. In fact, I usually sleep longer than that!

Faisal: Well maybe instead of watching TV, you could get more exercise.

Alex: Like what?

Faisal: You could work out at the gym.

Alex: But I don't have time. I'm too busy.

Faisal: Really? How do you get to work in the morning?

Alex: I drive my car of course.

Faisal: Why?! It's only a mile to your office. You should ride a bike or walk.

REAL LANGUAGE

We use **like what?** to ask for an example. We can use **like** to give an example.

G Practice the conversation in pairs. Switch roles and practice it again.

Do you get eight hours of sleep every night?

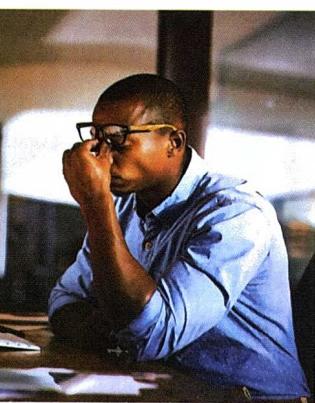
No, I don't.

You should get more sleep.



GOAL CHECK Give Advice about Healthy Habits

In pairs, ask *Do you...?* questions about the activities in **B**. Give each other advice.



Ben



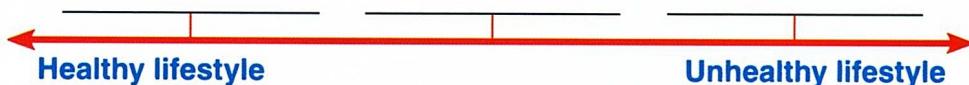
Beata



Kim

Listening

A 53 Listen to the photos. Guess who is healthy or unhealthy. Rank the people's lifestyles from healthy to unhealthy. Compare your answers in small groups. Then listen and check.



B 53 Listen again and complete the table.

	Ben	Beata	Kim
Exercise	Sometimes he goes to the gym on Sundays.		She works in her garden.
Food and diet		She eats a big breakfast of healthy foods.	
Unhealthy habit	Smoking		

PRONUNCIATION: *Have to*

When talking about obligation, people often reduce and connect the words *have to*. *Have to* sounds like *hafta* when this happens: /hæv tu/ → /hæftə/.

C 54 Listen to each sentence two times. Notice the pronunciation of *have to* and repeat the sentences.

- I have to meet clients.
- I often have to grab a hamburger.
- I have to stop smoking.

D 55 Listen to the sentences and check (✓) *Full Form* or *Reduced Form*.

	Full Form	Reduced Form
1. I have to drink less coffee.		
2. They have to go to the gym.		
3. We have to eat more healthy food.		
4. You have to lose weight.		
5. Meg and Yuki have to work late.		

- E** In pairs, take turns saying the sentences in **D** with the full or reduced form of *have to*. Your partner will say if you are using the full or reduced form.

Conversation

- F** Answer the questions for yourself. Then survey two classmates.

Lifestyle Choices	Me		Classmate 1		Classmate 2	
	Name _____		Name _____		Name _____	
Do you play computer games?	Yes → No	_____ hours a day	Yes → No	_____ hours a day	Yes → No	_____ hours a day
Do you eat fresh vegetables?	Yes → No	_____ a day	Yes → No	_____ a day	Yes → No	_____ a day
Do you spend time on social media?	Yes → No	_____ hours a day	Yes → No	_____ hours a day	Yes → No	_____ hours a day
Do you work out most days?	Yes → No	_____ hours a day	Yes → No	_____ hours a day	Yes → No	_____ hours a day
Do you drink coffee or tea every day?	Yes → No	_____ cups a day	Yes → No	_____ cups a day	Yes → No	_____ cups a day
Do you eat sugary foods and drinks?	Yes → No	_____ a day	Yes → No	_____ a day	Yes → No	_____ a day

Do you play computer games?

Yes, I do.

How many hours a day do you play?

Two hours!



GOAL CHECK Compare Lifestyles

Work with a new partner. Take turns presenting the results of the survey. For each question, compare yourself and the classmates you surveyed. Say who has the healthiest lifestyle.

Salma works out in the gym every day for two hours and doesn't eat sugary foods or drinks.

Yahir eats about five servings of sugary foods and drinks per day and never works out. Salma has a healthier lifestyle.

C

GOAL Ask about Happiness**Language Expansion: Compound Adjectives**

A Read the news report. Which country is the happiest in the world?

The World Happiness Report uses information from 156 countries to decide which country is the happiest in the world. People in these countries are the most **stress-free** and the least **overworked**. In 2018, Finland was number one.

- a. works too much
- b. delicious
- c. without worries or problems
- d. not high in calories
- e. makes you happy
- f. produced in your own garden
- g. all your life
- h. not made in a factory

The city of Porvoo, Finland. How do you think a place like this is stress-free?

B Look at the compound adjectives above in blue. Compound adjectives have two words joined together. What are the two words in each compound adjective?

C Match the compound adjectives to their meanings in the box.

- | | |
|------------------------|----------------------|
| 1. mouthwatering _____ | 5. stress-free _____ |
| 2. homemade _____ | 6. homegrown _____ |
| 3. heartwarming _____ | 7. overworked _____ |
| 4. lifelong _____ | 8. low-calorie _____ |

D Complete the sentences. Use adjectives from C.

1. Kevin and I went to kindergarten together. We are _____ friends.
2. When I was a child, my father had a vegetable garden. We ate lots of _____ fruit and vegetables.
3. I have to work long hours, and I'm always tired. I think I am _____.
4. My grandmother makes the best _____ chicken soup in the world! It's absolutely _____.



E MY WORLD Choose three compound adjectives in **C** and write sentences with the adjectives about your lifestyle.

Grammar

Questions with *How*

How much exercise do you get?

How many cigarettes do you smoke a day?

How old is your father?

How long did your grandfather live?

How often do you go to the gym?

How much: quantity of non-count nouns

How many: quantity of count nouns

How old: age

How long: length or a period of time

How often: frequency

F Write the missing words. Then match the questions to the answers.

1. How often does Mike go swimming? _____

2. How _____ is Akuru's grandmother? _____

3. How _____ junk food do you eat? _____

4. How _____ do you think you will live? _____

5. How _____ vegetables does he eat? _____

a. She's about 85.

b. Until I'm 80.

c. 3 or 4 servings a day.

d. Not much.

e. Once a week.

G Make questions with *How* for these answers. In pairs, ask and answer the questions.

Once a week.

27 years old.

About 2 hours.

Not much.

Conversation

H  56 Listen to the conversation. What are questions 1 and 2 in the happiness survey? How happy is Mr. Lopez? Then practice the conversation in pairs.

Interviewer: Hello, I'm asking questions for a survey. We're studying people's happiness. Can I ask you a few questions?

Mr. Lopez: Sure, go ahead.

Interviewer: OK, question one. How many hours do you work a week?

Mr. Lopez: I think I work around 80 hours a week.

Interviewer: 80 hours! That's a lot!

Mr. Lopez: I know. I'm really overworked.

Interviewer: Question 2 is about exercise. How much exercise do you get a week?

Mr. Lopez: Not much because of my job. I go to the gym about once a month.

SPEAKING STRATEGY

Approximation

When you don't know the exact answer, use *approximation* language.

About once a month.

Around 80 hours a week.

Almost twenty cigarettes a day.



GOAL CHECK Ask about Happiness

1. Write three more questions for the happiness survey in **H**.
2. Interview classmates with your questions and the ones in the conversation.
3. In small groups, discuss your results. How happy is your class?

D GOAL Discuss the Importance of Sleep

Reading

A Do you often look at a screen (e.g., a phone or laptop) before you go to sleep? Do you think it's bad for your health? Why?

B Read the article. Match the title to each paragraph.

- A twenty-first century problem
- The problem of light and screens
- Why do we need to sleep?

C Read again. Answer each question. Circle Yes, No, or Doesn't say.

- | | | | |
|--|-----|----|-------------|
| 1. Is sleep good for our health? | Yes | No | Doesn't say |
| 2. Do we study and work better with eight hours of sleep? | Yes | No | Doesn't say |
| 3. Does regular sleep help students' grades in school? | Yes | No | Doesn't say |
| 4. Do Americans sleep less than people of other nationalities? | Yes | No | Doesn't say |
| 5. Does the movement of the sun affect our natural clock? | Yes | No | Doesn't say |
| 6. Does blue light affect our sleep? | Yes | No | Doesn't say |
| 7. Should we check our phones before we sleep? | Yes | No | Doesn't say |
| 8. Does the writer think we will take the advice of medical experts? | Yes | No | Doesn't say |

D Complete this summary using words from the article.

Sleep is good for physical and (1) mental health. It helps stop (2) _____ and keeps us healthy. We also study and work (3) _____ when we sleep for (4) _____ hours. But in the twenty-first century, we aren't getting enough sleep. One reason is that we stay up (5) _____ or (6) _____ all night. Another reason is that (7) _____ light from screens keeps us awake. As a result, medical experts advise us to stop looking at screens (8) _____ hour before bed.

✓ GOAL CHECK

In groups, prepare a presentation called "Why sleep is good for you."

- List all the reasons why sleep is good for you. Use ideas from the article and add two of your own ideas.
- Join another group and take turns giving your presentation. Did you give similar reasons? What was different?

This man is sleeping on a subway platform in Japan. The Japanese term *inemuri* means "sleeping while present." As people work more and get less sleep at night, this is more common.



A black and white photograph of a man in a suit sleeping on a bench at a subway station. He is leaning forward with his head down. Behind him is a large cylindrical structure and a wall with a map of the Yamanote Line.

The Need for Sleep

For thousands of years, humans have asked the question: "Why do we sleep?" and modern scientists are still trying to find the answer. But one thing we do know is that it's good for our physical and mental health. Physically, sleep helps prevent sickness and keeps our body healthy. Mentally, we study and work better when we sleep for about eight hours the previous night. Sleep might also stop **dementia** when you are older.

In this century, **lack** of sleep is becoming a big problem. The average American sleeps less than seven hours a night—that's two hours less than a century ago. Our modern 24-hour-day lifestyle means that more and more of us are working at different times of the day—and night. We often **stay up** late into the night, and some of us even work all night and sleep during the day. This is a problem because our body's natural clock is connected with the movement of the sun. In other words, if we don't sleep at night for long periods, it can be bad for our health.

But perhaps the biggest problem for sleep comes from electric lights and screens. Modern cities use bright LED lights through the night, which changes the way we sleep. In addition, the screens of our computers, tablets, and smartphones all send out blue light. The bluer and brighter the light, the more difficult it is to get tired and go to sleep. As a result, some medical experts now suggest that we shouldn't watch more than two hours of television per day, and that we should stop looking at screens (including phones) one hour before we go to bed. But since light and screens are so important in our lives, how many of us will take this advice?

dementia a medical problem with the brain that changes memory and personality (usually in older people)

lack not enough (of something)

stay up not go to bed

Communication

A 58 Listen to three pieces of music. Check (✓) the adjectives to describe your feelings about the music and write your own words.

	Happy	Relaxed	Stressed	Excited	Bored	Positive	Your words
1.							
2.							
3.							

- Dancing
- Drawing or painting
- Gardening
- Jogging
- Listening to music
- Playing video games
- Singing / karaoke
- Walking in a park
- Watching TV

B Read about Valorie Salimpoor and answer the questions.

Valorie Salimpoor is a neuroscientist. One day, Valorie was in her car and felt unhappy. Then, suddenly there was some classical music on the radio. Immediately, she felt much better and she wanted to understand why. Valorie started to study what happens to the brain when people listen to different types of music. With her evidence, she thinks music can be good for our mental health because "it's really an exercise for your whole brain."

- How did she feel one day? What happened?
- From her research, what does she think about music?

C **MY WORLD** Do you agree with Valorie's ideas about music? What types of music make you feel better?

D In pairs, discuss which of the activities in the box to the left are good for your mental health. Give reasons. Do you think any of these activities are bad for your mental health? Compare your ideas in small groups.

Studies show that dance is good for your mental and physical health.



Writing

E Read the paragraph about a student's hobbies and answer the questions.

I love dancing and, in my opinion, it's good for your physical and mental health. First, dancing keeps you in shape because you are always moving around. In addition, it's social because you meet new people and have fun. Also, when you learn new dances, you have to memorize them and use your brain. In conclusion, I think everyone should go dancing to get healthy.

1. What is her hobby?
2. Why is it good for her physical health?
3. Why is it good for her mental health?

F Read the information about paragraph structure. Then find the topic sentence, supporting sentences, and concluding sentence in the paragraph in E.

WRITING SKILL: Paragraph Structure

Topic sentence	→ The first sentence is the main subject of your paragraph. Useful phrases: <i>I like... because..., I think..., In my opinion, ...</i>
Supporting sentences	→ Add two or three sentences to give more information and reasons for your opinion. They should support your topic. Useful phrases: <i>Firstly, / First, / First of all, Secondly, / Second, Also, In addition,</i>
Concluding sentence	→ Not all paragraphs have this sentence, but sometimes it's useful because it summarizes the main ideas. Useful phrases: <i>To conclude, In conclusion, / To sum up, I think...</i>

G Make a new paragraph. Put these sentences in the correct order from 1 to 5.

- ___ In addition, when you grow your own vegetables, you also eat healthy food.
- ___ Third, I spend time outside with nature, so it's stress-free and very relaxing.
- ___ In my free time, I like gardening because it's good for my physical and mental health.
- ___ First, you have to move around a lot, so it's good exercise.
- ___ To sum up, I think gardening is great for my body and my brain.



GOAL CHECK Explain Healthy Activities

1. Plan a paragraph about a healthy hobby or activity. Make notes and list the different reasons why it is good for your health.
2. Write your paragraph using your notes.
3. Exchange your paragraph with a partner. Does your partner's paragraph have:
 - a topic sentence?
 - supporting sentences?
 - a concluding sentence?

VIDEO JOURNAL

LIVING PAST 100

A Look at the photo of Bama County. Circle the adjectives that you think describe this region.

crowded exciting healthy interesting
noisy polluted quiet stress-free

B Do you think Bama County is a good place for a vacation? Why?

C In the video about Bama County, you will see four different types of people. Complete the sentences with the correct person.

centenarian health tourist researcher villager

1. A _____ studies a subject and looks for evidence and information.
2. A _____ lives in the countryside without a lot of other people.
3. A _____ lives to be 100 years old.
4. A _____ goes on vacation to improve their physical and mental health.

D Watch the video. Circle **T** for *true* or **F** for *false*.

1. Bama County is in China. **T** **F**
2. It's famous because all the villagers are centenarians. **T** **F**
3. Every day, Huang Zhongkang goes swimming. **T** **F**
4. Four years ago, Yao Xuchu had a stroke. **T** **F**
5. Sometimes tourists leave garbage. **T** **F**
6. The village is going to build a new eco-resort. **T** **F**

E Discuss the questions in pairs.

1. Do you want to live to be 100 years old?
2. What do you think you should do to live to be 100?
3. Do you know anyone who is 100 years old? What is their lifestyle?



F Watch the video again and make notes about the questions in the table.

What are some reasons for long life in Bama County?	
Why do tourists come to the county? What do they do?	
What are the advantages of tourism for the region?	

Advantages

income for local people

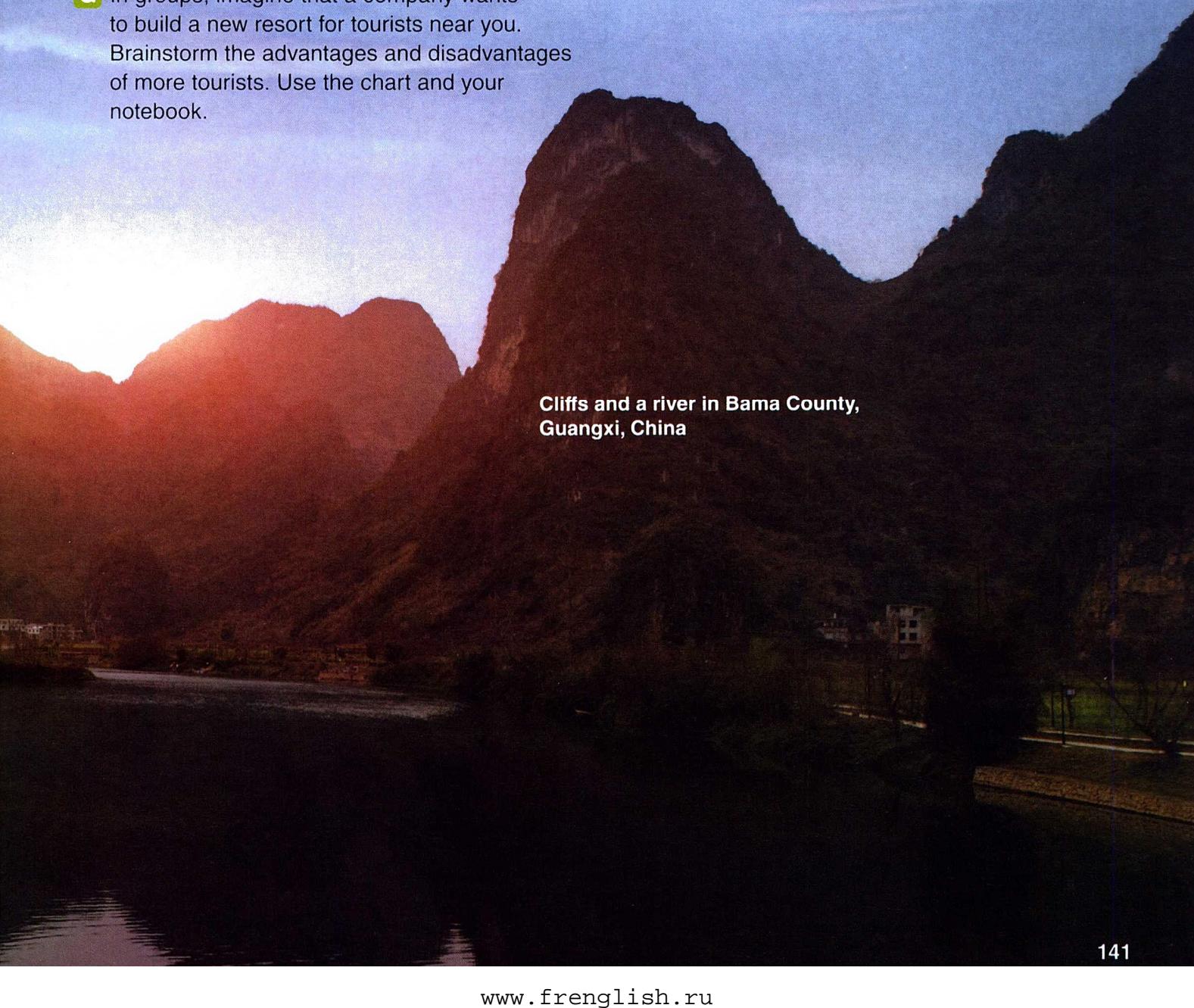
Disadvantages

more garbage

H Join another group and compare your lists. Then discuss the questions:

1. Are there more advantages or disadvantages?
2. Should you let the company build the resort?

G In groups, imagine that a company wants to build a new resort for tourists near you. Brainstorm the advantages and disadvantages of more tourists. Use the chart and your notebook.



Cliffs and a river in Bama County, Guangxi, China