



ENGLISH

Chapter 1 Session A

4th
SECONDARY

STARTER



 **SACO OLIVEROS**

MOTIVATION



➤ ANSWER



How healthy
do you think
you are?

How often do
you exercise?

Take care of yourself!

Vocabulary: health and well-being

1  **1** Read the questionnaire and complete 1–6 with the phrases in the box. Listen and check.

chill out

cut out sugary snacks

feel stressed

improve your mood

meet up with friends

take care of yourself

cut down on fast food

eat healthy food

get enough sleep

keep fit

spend time outdoors

work out

They should definitely cut **3** down on the fast-food options in the cafeteria. They should also **4** cut out the unhealthy snacks from the vending machines!

YOUR IDEAS

What suggestions would you make to improve the well-being of students at school?

It would be great to have a 'chill-out' space at school where we can go if we feel **5** stressed. Also, I've heard that some schools are getting pet dogs these days because animals can help to improve your **6** mood!!

2 Complete the diagrams with the phrases in exercise 1.

diet	fitness	relaxation and well-being
<ul style="list-style-type: none">➤ Eat healthy food➤ Cut down on fast food➤ Cut out sugary snacks	<ul style="list-style-type: none">➤ Keep fit➤ Work out	<ul style="list-style-type: none">➤ Chill out➤ Feel stressed➤ Get enough sleep➤ Improve your mood➤ Meet up with friends➤ Spend time outdoors➤ Take care of yourself

3 How many phrasal verbs can you find in exercise 1? Match five of them with the definitions.

- 1 eat or do less of something
- 2 stop eating or doing something
- 3 look after
- 4 spend time relaxing
- 5 arrange to see someone

Cut down on

Cut out

Take care of

Chill out

Meet up with

- 1 Which tense is for actions in progress?
#1: PRESENT PROGRESSIVE
- 2 Which tense is for habits and routines?
#2: SIMPLE PRESENT
- 3 Copy and complete the table with the time expressions. How many more can you add?

With simple present	With present progressive
<i>usually</i> TWICE A WEEK	<i>right now</i> NOW

- 2 We study English **six times a week**.
- 3 I'm sitting next to **the teacher** right now.
- 4 I usually work out **every day**.
- 5 I usually meet up with friends on **Sunday evenings**.
- 6 We're finishing **exercise 8** now.

Personal answers

Modals

	Present	Past
ability / permission	can / 1 <u>can't</u>	could / couldn't
obligation	2 <u>have to</u> = must	had to
no obligation	don't have to	didn't have to
prohibition	mustn't	x
advice	4 <u>should</u> / shouldn't	should have / shouldn't have

8 Complete the sentences with modal verbs from exercise 7. There may be more than one

4 I was glad I **didn't** **have to** spend time outdoors yesterday because the weather was terrible.

5 You **don't** **have to** work out at the gym if you don't want to – all types of exercise are good!

6 You **mustn't / shouldn't** eat too many unhealthy snacks if you want to keep fit.

Explorers

Vocabulary: personal qualities

1 In your opinion, which personal qualities do explorers need? Make sentences with these adjectives or your own ideas.

brave calm confident curious enthusiastic
patient practical sensible sociable talented

I think explorers have to be brave because they might go into dangerous situations. I don't think they need to be ... because ...

Born: in 1 **Jamaica**

Age 6: moved to 2 **London**

First expedition:

to the North Pole with
two teammates
walked 3 **600** km in
4 **22** days suffered
temperatures as low as
5 **-40** degrees

Next expedition:

to the South Pole

amazing exhausted freezing
huge unforgettable

1 This is **an nice** story. **amazing**

2 Dwayne had **an memorable** trip **unforgettable**

3 The North Pole is a **big** area of ice. **huge**

4 It's **cold** there. **freezing**

5 I'd be **tired** if I walked to the North Pole!
exhausted

- 1 Dwayne Fields **used to live** in Jamaica.
- 2 He **moved** to London at the age of six.
- 3 While he **was walking** to the North Pole, he **saw** seals and polar bears.

- a an action that happened while another action was in progress **#3 Past progressive**
- b a single completed action in the past **#2 Simple past**
- c a past habit or state **#1 Used to**

9 Correct the sentences about Dwayne. Use the correct form of *used to* and the words in parentheses.

2 He didn't use to play in the snow. He used to play in the forest.

3 He didn't use to train in the mountains. He used to train in the gym.

4 He didn't use to be a Scout ambassador. He used to be a Cub Scout.

Scout)

10 Complete the text about explorer Jade Hameister. Use the simple past or past progressive form of the verbs in parentheses.

Apparently, her love of travel **4 began**
(**begin**) at the age of 12, when her parents
5 took her on a trip to Everest
Base Camp. Since then, she's had plenty
of adventures. I felt a little bad because I
6 was lying on the sofa reading about
her expeditions!

1 Which tense do we use to talk about a completed activity that happened at a specific time in the past? **#1 Simple past**

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- 2** Which tense do we use to talk about a completed activity without a specific time? **#2 Present perfect**
- 3** Which time expressions are used in the example sentences? Can you think of any other time expressions which we use with the present perfect and simple past? **#3 Since, When**

12 Write present perfect or simple past questions.
Then answer the questions with information
from exercise 10.

- 1 Has Jade been to the South Pole yet ?
- 2 Where did she celebrate New Year last year ?
- 3 Has she ever been to Everest Base Camp ?
- 4 When did she travel there ?
- 5 Has Jade already had lots of adventures ?

THANK
YOU 😊