

ENGLISH

Chapter 20 Session B





CHOICES



HELICO MOTIVATION



Phrasal verbs: screen-life balance



1 Complete the texts with the verbs in the box.

Page 89

If I want to 1 _______ out, staring at a screen doesn't help. I go outside to relax. I try to get plenty of exercise. It's a good idea to 2 ______ take___ up a sport like volleyball or an activity like dance. When you 3 ______ work_ out, you improve your energy levels. It's fun too.

Lucy, 15



chill get hang log meet print sign take turn work

Page 89





get hang log meet

print sign take turn work

Chatting online is fun, but it's good to 4 log off after a while. It's important to 5 meet up with friends in real life too! When you 6 hang out with friends, don't spend all the time checking your phone. 7 Turn it off!

Sarita, 17



When I go on vacation I like to 8 get away from all screens. out of all social media sites until I go home! And when I'm working, I 10 print out documents to read. It gives my eyes a rest from the screen. I use recycled paper!

Mateo, 16



Page 89

get hang log meet print sign take turn work

Then answer the questions.

1 Look at the photos – who isn't following their own advice?

Mateo isn't following his own advice.

2 Who do you think gives the best advice? Why?

Personal answer.

Separable and inseparable phrasal verbs

Inseparable verbs: the noun or pronoun must come after the preposition.

I meet up with my friends. 🗸

I meet up with them. I meet up them with. X

Separable verbs: the noun can come before or after the preposition. The pronoun must come before the preposition.

Let's take up a new hobby. 🗸

Let's take a new hobby up.

Let's take it up. ✓ Let's take up it. X

2 Circle the correct answers.

Page 89

- 1 When you finish on the computer, please

 - (a) log off. b log it off. c log off it.
- 2 I started playing basketball last year. I'm so glad I

 - a took up. **b** took it up. **c** took up it.
- 3 I see my friends on the weekend and

 - a hang out them with. (b) hang out with them.
- 4 If you aren't listening to the radio,

 - **a** turn it off. **b** chill it out. **c** get it away.

A radio phone-in



- **3** 40 47 Listen to a radio phone-in. Which statement is true? All the callers ...
 - a have given up using their phones.
 - **b** are against teens using smartphones so often.
 - c are talking about whether they could stop using their phones.



Subskill: Understanding sentence stress

The stress falls on the important words and words the speaker wants to emphasize.

4 (1) 48 Read the extract from the radio phone-in. Listen and underline the stressed words.

On today's program we'll be talking about cell phones ... no, not the latest models or the best bargains. We'll be asking listeners an interesting question – could you survive without your cell phone?

Basilio Elif Marek Pablo Sara The host

Basilio and Elif

- doesn't think he/she would survive without his/her phone for a month.
- 2 Elif sometimes uses his/her phone during the night.
- 3 Sara would rather give up his/her phone than video games.
- The hostchecks his/her phone as soon as he/ she wakes up.
- 5 Marekuses his/her phone to listen to music or play games.
- 6 Pablo once spent a month without using his/her phone.



Third conditional



- 1 Which sentence describes what actually happened in the past, A or B? A
- Which sentence imagines a different past, A or B?
- 3 Look at B. What do you notice about the affirmative/negative verb forms compared with A? The affirmative verb becomes negative.

2 Read the examples and circle the correct option to complete the rules.

Third conditional

ACTION/SITUATION → RESULT

If I'd got the message, I would have gone to the party.

I would have succeeded if you had done it with me.

- We use the third conditional to talk about something in the past that did not happen. Since we cannot change the future past, we can only imagine the situation and result.
- We use If + subject + past perfect, would (not) have + past participle/pase form.

- 1 I didn't see Tom. If I had seen (see) him, would have invited (invite) him to the party.
- They reviewed all weekend. They wouldn't have passed (not pass) the exam if they hadn't reviewed (not review).
- It was sunny yesterday. If it hadn't been (not be) wouldn't have gone sunny, we ____ (not go) to the beach.
- 4 He didn't study. He _____ (not fail) the test if he had studied (study) .

Rewrite the sentences. Use the third conditional.

- **1** Jack went to bed late last night. He was tired today.
 - If Jack hadn't gone to bed late last night, he wouldn't have been tired today.
- 2 Kate was late for school. She didn't get up on time. Kate wouldn't have been late for school if she had gotten up on time.
- I dropped my phone. It broke.

 If I hadn't dropped my cell phone, it wouldn't have broken.
- 4 I didn't do a digital detox. I felt stressed.

 If I hadn't done a digital detox, I wouldn't have felt stressed.

5 🦻

Discuss in pairs. Use third conditional sentences in your answers.

What would you have done?

- 1 Your sister was in a supermarket and saw someone steal something. She told the manager.
- 2 A friend started a rumor about you. Everyone believed it.

Suggested answers:

- 1. I would have told the manager.
- 2. I would have asked my friend why they did that.

GRAMMAR ROUND-UP

1 2 3 4 5 6 7 8

If you didn't have anyone to sit with at school lunch, what 1(...) you do? 2(...) you ask to share a table with others and they say 'no', it's awful. High school student Natalie Hampton 3(...) an app called *Sit With Us* to solve this problem. The app is free and students sign up to be 'ambassadors' at their school. Ambassadors post open lunches 4(...) anyone can join. Students look on the app

for an open lunch and they know they **5** (...) sit at that table. It's all private and there is no fear of rejection. Just one week after

the app was released, over 10,000 people had 6(...) downloaded it! Now, students 7(...) it all over the world. If Natalie 8(...) created this social media network, many more people would have been lonely at lunch.

HOMEWORK

from 1 to 5

- 1 a will b did c would
- **2 a** Unless **b** If **c** Maybe
- **3 a** creates **b** created **c** was creating
- **l** a who **b** where **c** that
- **a** must **b** can **c** will
- a just **b** yet **c** already
- 7 a are using b used c were used
 - a didn't **b** hadn't **c** wouldn't hace

