

ENGLISH

Chapter 1
Session A



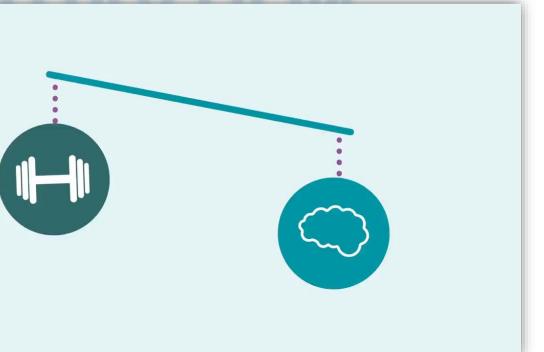








> ANSWER



How healthy do you think you are?

How often do you exercise?

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Take care of yourself!

Vocabulary: health and well-being

1 Place 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 wellbeing 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!_!**

Complete the diagrams with the phrases in exercise 1.

relaxation and well-being diet fitness Chill out > Eat healthy Keep fit Feel stressed food Get enough sleep Cut down on Work out Improve your mood fast food Meet up with friends **Cut out Spend time outdoors** sugary snacks Take care of yourself

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- 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
- 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
presentWith present
progressiveusuallyTWICE A WEEKright nowNOW

- 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.Personal answers
- 6 We're finishing exercise 8 now.

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

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- Complete the sentences with modal verbs from exercise 7. There may be more than one didn't
- 4 I was glad I have to spend time outdoors yesterday because the weather was terrible.
- You have to work out at the gym if you don't want to all types of exercise are good!
- 6 You 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 a 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.

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- 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
- c a past habit or state #1 Used to

#2 Simple past

- **9** Correct the sentences about Dwayne. Use the correct form of *used to* and the words in parentheses.
- He didn't use to play in the snow. He used to play in the forest.
- He didn't use to train in the mountains. He used to train in the gym.
- 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 her on a trip to Everest 5 took 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!

- 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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- Which tense do we use to talk about a completed activity without a specific time?

 #2 Present perfect
- 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 pat #3 Since, When

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 ?
- 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

