

UNIT 6

SMART LIVING



Connect to the topic

1. Look at the photo.
What specific functions or devices do you think the icons on the mobile phone represent?
2. What does the term "smart living" mean to you?
3. Do you use any smart devices in your home or daily life?
4. How have these devices influenced your daily routines and convenience?

WARM-UP VIDEO

WATCH AND SPECULATE. Watch the video called "Smart Home Ad" created by Rema 1000, a Norwegian supermarket chain, then discuss the questions below.

1. For many years Rema 1000 have ran their marketing concept: "Simplicity is king", which is also their philosophy. How is this idea connected to the video?
2. How do you feel about the idea of a smart home, where everything can be controlled by voice command?
3. Have you ever experienced any unexpected challenges or complications with technology in your home?
4. Do you believe that relying too much on technology can sometimes lead to unexpected problems or inconveniences?



UNIT 6.1 SMART HOME

READING AND VOCABULARY

Task 1. READ FOR MAIN IDEA. Read the following paragraph titles for the article. Match them to the correct paragraph, one is not needed.

1. Smart Solutions for a Busy Life
2. A Healthy Home Environment
3. Morning Boost
4. Effortless Cleaning
5. Burglarproof system
6. Lighting Innovations
7. Convenient Coffee Brewing
8. Smart Culinary Experience
9. Restful Nights
10. Sustainable Living

Smart Home Devices for Modern Living

- A. In today's fast-paced world, smart home devices offer innovative solutions to simplify our daily routines. With advancements in technology, gadgets continue expanding, to satisfy various needs and preferences. Let's explore some of these cutting-edge solutions that can improve our living spaces.
- B. Start your day right with a smart coffee maker. Imagine waking up to the aroma of freshly brewed coffee without lifting a finger. With a smart coffee maker, you can schedule brewing times and customize your coffee preferences through a mobile app, creating a convenient and personalized morning routine.
- C. Say goodbye to tedious cleaning tasks with a robotic vacuum cleaner. These intelligent devices can autonomously navigate your home, removing dust and dirt with precision. Control your robotic vacuum from anywhere using your smartphone, making it effortless to maintain a tidy living environment.
- D. Create a tranquil atmosphere in your bedroom with smart lighting solutions. LED smart bulbs allow you to adjust brightness, color, and ambiance with a simple voice command or tap on your phone. Enjoy customizable lighting scenes that promote relaxation and better sleep quality.
- E. Experience the ultimate comfort with a smart duvet. Designed to regulate temperature throughout the night, these innovative bedding options adapt to your body's needs, creating optimal sleeping conditions. Wake up refreshed and rejuvenated after a restful night's sleep.
- F. Energize your mornings with a fitness-inspired alarm clock. Incorporating exercise into your wake-up routine, these devices challenge you to complete physical activities before turning off the alarm. Start your day feeling awake and motivated to achieve your fitness goals.
- G. Bring the idea of sustainable living to life with eco-friendly smart home devices. From energy-efficient appliances to water-saving fixtures, these innovations help reduce your environmental footprint while enhancing efficiency and functionality. Make a positive impact on the planet without sacrificing convenience.
- H. Transform your kitchen experience with a smart cooking assistant. With features like recipe suggestions, voice-guided cooking instructions, and meal planning assistance, these devices simplify meal preparation and elevate your culinary skills. Enjoy delicious and healthy meals with ease.
- I. Discover smart solutions for a healthier lifestyle. From air purifiers that remove pollutants to fitness trackers that monitor your activity levels, these devices empower you to make informed decisions about your well-being. Take control of your health and wellness with cutting-edge technology.

Task 2. READ FOR DETAILS. Read the following statements and decide if they are True, False or Not given.

1. As technology progresses, the range of smart home devices decreases.	True / False / Not Given
2. A smart coffee maker allows you to customize brewing times and preferences through a mobile app.	True / False / Not Given
3. You can control a robotic vacuum cleaner only with its own remote.	True / False / Not Given
4. LED smart bulbs offer customizable lighting scenes to promote relaxation and better sleep quality.	True / False / Not Given
5. A smart duvet can only regulate temperature to keep you cooler throughout the night.	True / False / Not Given
6. Fitness-inspired alarm clocks challenge users to complete physical activities before turning off the alarm.	True / False / Not Given
7. Eco-friendly smart home devices prioritize convenience over environmental sustainability.	True / False / Not Given
8. A smart cooking assistant provides meal planning assistance and recipe suggestions.	True / False / Not Given
9. Air purifiers and fitness trackers are examples of smart home devices for a sustainable lifestyle.	True / False / Not Given

Task 3. COMMUNICATE. Work in pairs. Discuss the following questions.

1. Which of the smart home devices would you most like to have in your home? Why?
2. Are there any smart devices mentioned that you're not interested in? Why or why not?
3. Do you think smart home devices make our lives easier, or do they add unnecessary complexity?

Task 4. WORK WITH WORDS. Divide smart home gadgets into the categories below.

smart lighting ■ smart smoke and carbon monoxide detectors ■ smart fans ■ smart TVs ■ smart air conditioners ■ smart grills ■ smart dryers ■ smart outdoor lights ■ smart locks ■ smart thermostats ■ smart washing machines ■ smart sound systems ■ smart doorbells ■ smart plugs and outlets ■ smart security cameras ■ smart sprinkler controllers ■ smart irons ■ smart water leak detectors ■ smart lawn mowers ■ smart blinds and shades ■ smart projectors ■ smart heaters ■

Home automation system	Security Appliances	Climate Control Appliances	Entertainment Appliances	Laundry Appliances	Outdoor Appliances

Task 5. COMMUNICATE. Work in pairs. Imagine that you need to design a smart home using different gadgets. Discuss where to place each gadget and what they should do. While discussing answer the questions below.

1. What factors will you consider when designing the layout of your smart home?
2. How will you decide where to put security gadgets?
3. How can smart climate control gadgets make the home more comfortable?

4. Which entertainment gadgets will you choose, and why?
5. How will you make your smart home energy-efficient?
6. What challenges might come up while designing, and how can you solve them?

Task 6. WORK WITH WORDS. Match the verbs to their definitions.

1. schedule	a) to make something easier to use
2. maintain	b) to arrange a task at a particular time or on a regular basis
3. adjust	c) to warn someone of a potential danger
4. simplify	d) to give someone the ability to do something
5. empower	e) to connect a device directly to an electrical circuit
6. dim	f) to identify something not easily noticeable
7. alert	g) to reduce the brightness of light
8. detect	h) to keep something in good condition
9. hardwire	i) to initiate a particular action
10. trigger	j) to modify something to fit a particular need

Task 7. WORK WITH WORDS. Use the verbs from previous exercise to fill in the gaps in the text below. Sometimes you need to change the form of the verb.

Smart Home System Installation

As the installation of the smart home system started, the technicians decided at first to 1) _____ the central hub to the electrical panel in order to have a reliable connection. Next, they programmed the system to 2) _____ the thermostat to 3) _____ the temperature according to the occupants' preferences, which will 4) _____ their daily routines. The motion sensors were strategically placed to 5) _____ movement and 6) _____ alarm, this option 7) _____ homeowners with enhanced security features. Lights were 8) _____ automatically in the evenings to 9) _____ a cozy atmosphere, and customized notifications were set up to 10) _____ occupants of any detected anomalies. Overall, the smart home system aimed to optimize performance, giving home owners with greater control and peace of mind.

LISTENING

Task 8. LISTEN FOR DETAILS. Scan the QR code and listen to people talking about their smart home devices. Complete the table.



	Sarah	Tom	Emily
1. Where do they live?			
2. What smart home devices do they use?			
3. What do they like about smart home technology?			
4. What do they find challenging about smart home technology?			
5. What is a unique feature of their smart home setup?			

SPEAKING

Task 9. COLLABORATE. Choose one card, then go round the class and offer to exchange your smart devices on what you need. It's not possible to have a direct exchange; you should go through a number of transactions to get what you want in the end. You do not need to exchange all your objects at once; you may offer 2 devices to one student, the other ones to another student. If you started conversation with a person, you can't refuse the deal. Make notes to record your transactions.

Hard Bargaining

You need 1 smart TV. You have (but don't need) 5 smart door bells.	You need 2 smart doorbells. You have (but don't need) 2 smart fitness trackers.
You need 2 smart doorbells. You have (but don't need) 1 smart fitness tracker.	You need 1 smart doorbell. You have (but don't need) 2 smart fitness trackers.
You need 10 smart light bulbs. You have (but don't need) 5 smart motion sensors.	You need 10 smart light bulbs. You have (but don't need) 5 smart motion sensors.
You need 5 smart fitness trackers. You have (but don't need) 1 smart TV.	You need 10 smart motion sensors. You have (but don't need) 20 smart light bulbs.
You need 1 smart refrigerator. You have (but don't need) 5 smart smoke detectors.	You need 2 smart smoke detectors. You have (but don't need) 2 smart locks.
You need 5 smart locks. You have (but don't need) 1 smart refrigerator.	You need 2 smart smoke detectors. You have (but don't need) 1 smart lock.
You need 1 smart smoke detector. You have (but don't need) 2 smart locks.	You need 10 thermostats. You have (but don't need) 20 smart pet cameras.
You need 10 smart pet cameras. You have (but don't need) 5 smart thermostats.	You need 10 smart pet cameras. You have (but don't need) 5 smart thermostats.

Task 10. COLLABORATE. Divide into two teams to have a debate about smart home devices. Some people say smart home devices should replace traditional appliances, while others disagree. Smart home gadgets offer convenience, but traditional appliances are reliable. What do you think?

Should Smart Home Devices Replace Traditional Home Appliances?

YES	NO
1. Smart home devices make life easier and save energy. 2.	1. Traditional appliances are reliable and cheaper. 2.

Task 11. COLLABORATE. Work in groups of three. You and two other students find yourselves in a virtual chat room, attending a seminar about the latest smart home technologies, including robot assistants.

Robot Roommates

Student A

Before starting the conversation, think about the following:

- Your experiences with gadgets like speakers or automatic lights.
- What you think about living with a robot to help with chores.
- Worries about privacy and security with smart gadgets.
- Times when gadgets made life easier or harder.
- Ideas for making robot helpers better.
- Fun stories about using gadgets.
- Questions about how smart homes and robots might change things.

Another student will start.

During the chat, ask your friends questions like: How do you think robots will help us in the future? What jobs would you want a robot to do for you? Do you worry about robots taking over? etc.

Unfortunately, when you speak you have one very annoying habit. You tend to say **Yes, I know what you mean!** whenever you agree with something someone says.

Student B

Before starting the conversation, think about the following:

- Your experiences with gadgets like speakers or automatic lights.
- What you think about living with a robot to help with chores.
- Worries about privacy and security with smart gadgets.
- Times when gadgets made life easier or harder.
- Ideas for making robot helpers better.
- Fun stories about using gadgets.
- Questions about how smart homes and robots might change things.

Another student will start.

During the chat, ask your friends questions like: How do you think robots will change home life? What might be bad about relying on robots? Have you had any funny or weird moments with gadgets?

You might have trouble with your internet, so if you miss something, every now and again you ask, **Sorry, what did you say?**

Student C

Before starting the conversation, think about the following:

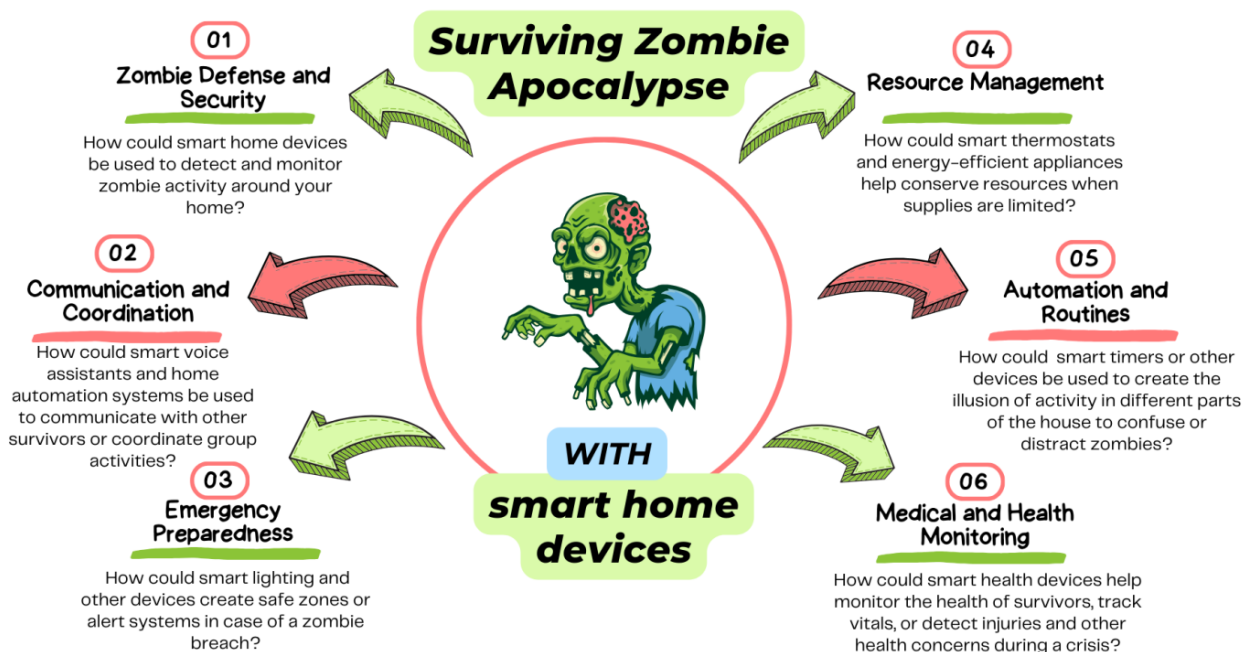
- Your experiences with gadgets like speakers or automatic lights.
- What you think about living with a robot to help with chores.
- Worries about privacy and security with smart gadgets.
- Times when gadgets made life easier or harder.
- Ideas for making robot helpers better.
- Fun stories about using gadgets.
- Questions about how smart homes and robots might change things.

During the chat, ask your friends questions like: What jobs do you think robots should do? Do you think people will become too lazy with robots around? What's something cool you'd want a robot to do?

Unfortunately, when you speak you have one very annoying habit. You tend to use the expression **It was brilliant!** very often. For example, You should have seen this robot. It was brilliant! As for the functionality – it was brilliant! etc.

When everyone is ready you can start by saying to one of the other people: I'm curious what you think about living with a robot. Do you think it would be helpful?

Task 12. COLLABORATE. Work in teams. Brainstorm how smart home devices could be used to survive during a zombie apocalypse. Think about the unique features of smart home technology and how they could be used in a post-apocalyptic world. After discussing and sharing ideas, each group should present their survival plan, explaining how they would use smart home devices to survive the zombie apocalypse. The group with the most creative and effective plan wins.



LANGUAGE FOCUS

Task 13. STUDY AND ANALYZE. Look at the rule about comparative and superlative forms of adjectives and adverbs, study in what situations they are used.

COMPARATIVE AND SUPERLATIVE ADJECTIVES

	adjective	comparative	superlative
regular adjectives with one syllable	fast	+er faster	+est fastest
regular adjectives with one syllable (ending in vowel+consonant)	thin	double final letter +er thinner	double final letter +est thinnest
regular adjectives with two syllables (ending in -y)	easy	replace -y with -ier easier	replace -y with -iest easiest
regular adjectives with two or more syllables	intelligent	more/less+adj more intelligent	most/least+adj most intelligent
irregular adjectives	good bad far little much/many	better worse farther/further less more	best worst farthest /furthest least most

Use:

The new smart thermostat is **faster** than the old one, but the latest model is **the fastest** of all. Smartphones are getting **smaller** and **smaller**, and the **smallest** one on the market is incredibly compact.

COMPARATIVE AND SUPERLATIVE ADVERBS

	adverb	comparative	superlative
regular adverbs	easily	more/less+adv more easily	most/least+adv most easily
irregular adverbs	well	better	best
	badly	worse	worst
	early	earlier	earliest
	far	farther/further	farthest /furthest
	fast	faster	fastest
	hard	harder	hardest
	late	later	latest
	often	more often	most often
	near	nearer	nearest
	soon	sooner	soonest

Use:

She typed the code **more efficiently** than her colleague.

The website loads **the most quickly** on a high-speed connection.

Task 14. PRACTICE. Complete the sentences using the comparative form of the word in capitals.

- Home networks have become _____ (**SECURE**) over the years, and the most secure systems now include advanced encryption.
- She found that the updated security camera system worked _____ (**GOOD**) at night compared to the previous version.
- The voice assistant responds _____ (**QUICKLY**) to commands, making it a more user-friendly device.
- Smart lighting systems are becoming _____ (**AFFORDABLE**), making them accessible to a wider range of consumers.
- He prefers the updated virtual reality headset as it offers a _____ (**REALISTIC**) simulation.
- Smart speakers are becoming _____ (**POWERFUL**) in terms of processing speed, making voice assistants quicker and more responsive.
- Compared to the _____ (**OLD**) model, the smart vacuum cleaner operates _____ (**QUIETLY**), making it less disruptive during cleaning.
- Modern laptops are becoming _____ (**THIN**) and _____ (**LIGHT**), making them _____ (**PORTABLE**) and convenient for users on the go.
- Virtual reality headsets now offer _____ (**HIGH**) resolution displays, providing users with a more immersive experience.
- Compared to traditional hard drives, solid-state drives offer _____ (**FAST**) data access, resulting in quicker system boot times.

Task 15. PRACTICE. Complete the sentences using the superlative form of the word in capitals.

- The new operating system boasts the _____ (**USER-FRIENDLY**) interface and the _____ (**ADVANCED**) security features to date.

2. The innovative smart lighting system offers the _____ (**WIDE**) range of color options, creating the _____ (**VIBRANT**) and dynamic ambiance in your smart home.
3. Among virtual reality headsets, this one provides users with the _____ (**IMMERSIVE**) experience available.
4. Quantum computing technology represents the _____ (**SIGNIFICANT**) leap in computing power, with the potential to solve complex problems at the _____ (**FAST**) speeds ever achieved.
5. The software engineer's new approach to coding is the _____ (**INNOVATIVE**) in recent memory.
6. This security camera has the _____ (**CLEAR**) and _____ (**SHARP**) video quality, ensuring the _____ (**GOOD**) surveillance for your smart home.
7. The new smart refrigerator includes the most advanced features, making it the _____ (**SMART**) appliance in your kitchen.
8. The autonomous robotic vacuum cleaner has the _____ (**SOPHISTICATED**) mapping technology, ensuring the _____ (**EFFICIENT**) cleaning of your floors.
9. The central hub of our smart home network has the _____ (**COMPREHENSIVE**) compatibility with various devices.
10. The latest smart home system offers the _____ (**INTUITIVE**) interface, making it easy to control and customize.

Task 16. PRACTICE. Circle the correct word.

Smart Pet Feeder

Are you searching for a way to provide the best care for your furry companion even when you're not around? Look no 1) **further / far**! "PawsFeast" is not just a smart pet feeder; it's 2) **the most smart / the smartest** pet care solution, designed to cater to your pet's needs with unmatched convenience.

Unlike traditional pet feeders, "PawsFeast" is designed to be even 3) **much convenient / more convenient**. This smart pet feeder allows for 4) **greater / most great** control over your pet's diet, and offers an easier and 5) **more customizable / most customizable** solution.

"PawsFeast" stands out as 6) **the most technologically advanced / the least technologically advanced** pet feeder available. It's designed to provide the most convenient and reliable pet care, making it the 7) **better / best** choice for your furry friend.

With smart pet feeder you can monitor your pet's eating habits, control portion sizes, and adjust settings from anywhere. We make sure that your pet receives the best care. "PawsFeast" is all about making your pet well-fed and happy, even when you're not at home. Imagine being able to feed your pet via voice command or having the feeder automatically dispense food at the perfect time. It's 8) **more innovative / the most innovative** choice for pet owners and our technologies make it 9) **the more reliable/ the most reliable** solution.

So why settle for less when your pet deserves nothing but 10) **better/ the best**? With "PawsFeast," you're choosing the smartest and most convenient way to take care of your furry friend.

UNIT 6.2 SMART CITY

READING AND VOCABULARY

Task 17. EXPLORE THE WORDS. Read about smart cities and find words which match the meanings below.

Smart cities use technology and data analytics to improve urban services like transportation, utilities, healthcare, and public safety. They rely on a network of connected devices, sensors, and data platforms to monitor and manage city resources. The goal is to enhance the quality of life, reduce environmental impact, and create a more efficient urban environment. A key aspect of smart cities is the use of Internet of Things devices, which can collect data from various sources like traffic lights, energy meters, and air quality sensors. This data can be analyzed to make better decisions, such as reducing traffic congestion or optimizing energy use in public buildings.

1. _____ relating to cities or towns.
2. _____ essential public services like water, electricity, or gas.
3. _____ overcrowding on roads causing slow traffic.
4. _____ devices with colored lights to control traffic.
5. _____ a network of devices that connect and share data over the internet.
6. _____ devices measuring energy usage.

Task 18. COLLABORATE. Work in pairs. Choose the best number to complete the sentences about smart cities. Discuss with a partner your point of view. Check the answers with your teacher.

1. By 2030, the global smart city market is expected to be worth **\$820 billion / \$1.2 trillion / \$2.5 trillion**.
2. In a smart city, there can be over **1,000 / 10,000 / 100,000** connected devices per square kilometer.
3. Smart cities can reduce energy consumption by **5% / 15% / 30%**.
4. Smart transportation systems can cut travel time by **10% / 25% / 50%**.
5. Implementing smart waste management can reduce city landfill waste by **10% / 30% / 50%**.

Which fact about smart cities surprises you the most? Explain your answer.

Task 19. EXPLORE THE WORDS. Complete the following definitions.

- | | | |
|----------------------------|--------------------------|----------------------|
| a) to monitor and optimize | b) an action or behavior | c) along roads |
| d) from a pipe | e) into the air | f) its functionality |
| g) cause harm | h) usage | i) authorities |

1. **hazards** (n): potential sources of danger or risk that can _____.
2. **traffic flow** (phr): the movement of vehicles _____ or through intersections.
3. **emissions** (n): the release of pollutants or greenhouse gases _____, typically from vehicles
4. **emergency response** (phr): the coordinated reaction of _____ on dangerous situations.
5. **smart grids** (phr): advanced electrical grids that use technology _____ the distribution of electricity
6. **adjust** (v): to change or modify something to improve _____ or fit.
7. **deter** (v) : to prevent _____ through the use of threats, obstacles, or other measures.
8. **water meters** (phr): devices used to measure the amount of water _____ in homes or other locations.
9. **leaks** (n): sudden escape or loss of a fluid, like water or gas, _____ or other system.

Task 20. READ FOR DETAILS. Work in A/B/C groups. You will each read a text about a different aspect of smart cities.

- First, look through your information and use three of the items from the word box to complete the text. Then prepare a mini presentation about your information for the other students in your group, including the underlined items in the test. You will need to cover your information and remember what to say, using your own words.
- Listen to the other two presentations and ask questions.
- Read through the other two texts and add the missing words.

hazards • traffic flow • emissions • emergency response •
smart grids • adjust • deter • water meters • leaks

Group A

Smart Transportation Systems

Smart transportation systems use technology to optimize 1) _____, reduce congestion, and improve public transport efficiency. Cities use connected devices to monitor traffic in real time and 2) _____ traffic lights accordingly. This can help decrease waiting times and reduce 3) _____ from idling vehicles. In addition, smart parking solutions can direct drivers to available parking spaces, saving time and reducing traffic. Ride-sharing platforms and smart public transport apps can also contribute to a more efficient urban transport system.

Group B

Smart Utilities and Energy

Smart utilities focus on optimizing the use of resources like water, gas, and electricity. Cities can use 1) _____ to monitor and manage energy distribution more efficiently, reducing waste and lowering costs. Smart 2) _____ allow for real-time monitoring of water use, helping to detect 3) _____ and promote conservation. Renewable energy sources like solar and wind power can be integrated into smart utility systems to provide cleaner energy. Additionally, smart buildings use sensors to control lighting, heating, and cooling, optimizing energy use in large structures.

Group C

Smart Public Safety

Smart public safety involves using technology to improve 1) _____, crime prevention, and disaster management. Cities can use surveillance cameras and connected devices to monitor public spaces, helping to 2) _____ crime and respond quickly to emergencies. Smart sensors can detect 3) _____ like fire, gas leaks, or flooding, and alert authorities for rapid response. In the event of a disaster, smart city technology can help coordinate emergency services and provide real-time information to the public. Integration of these systems with local police and emergency agencies can improve overall safety and security.

Task 21. COLLABORATE. The success of a smart city depends on proper implementation and community involvement. Work in pairs or small groups to match each piece of advice to one or more of the situations you read about in texts A-C.

1. Consider the impact of changing traffic patterns on residents.
2. Make sure public safety systems do not violate privacy rights or lead to discrimination.
3. Involve the community in discussions about energy conservation.
4. Think about unequal access to technology and make sure all residents can benefit.
5. Establish clear guidelines for data protection and privacy.
6. Regularly assess the environmental impact of smart city projects.

7. Provide training and support to city employees on using smart city technologies.
8. Encourage public participation and feedback in the design and implementation of smart city initiatives.

Think of at least one more piece of advice for each situation. Use vocabulary from the lesson.

Task 22. WORK WITH WORDS. Read the text below about smart traffic lights in a smart city. Circle the correct word in each pair of options. Each pair has one word that fits best in the context of the sentence.

Smart Traffic Lights

Smart traffic lights are an integral part of the smart city infrastructure, aimed at 1) **optimizing** / **optional** traffic flow and reducing congestion. Unlike traditional traffic signals, smart traffic lights use sensors and 2) **real-timing** / **real-time** data to adjust their timings based on current traffic conditions. This technology can significantly improve 3) **efficient** / **efficiency** in urban areas by minimizing delays and enhancing road safety.

These smart systems work by collecting data from various sources, such as cameras, radar, and GPS devices, to monitor 4) **traffic** / **traffics** patterns and vehicle density. The information is then processed by a central 5) **controlling** / **control** system that 6) **adjusts** / **adjusting** the traffic lights dynamically. For example, if a particular intersection is experiencing heavy traffic, the system can extend the green light duration to allow more vehicles to pass through, thereby reducing 7) **congestion** / **congested**.

One of the key 8) **beneficial** / **benefits** of smart traffic lights is their ability to prioritize public transportation. Buses and emergency vehicles can be given priority at intersections, reducing their travel time and improving 9) **service** / **served** reliability.

Smart traffic lights also play a crucial role in pedestrian safety. Sensors can detect when pedestrians are waiting to cross the street and adjust the signal timing to give them sufficient time to 10) **crossing** / **cross** safely. In some systems, pedestrians can even use smartphone apps to 11) **request** / **requiring** a crossing signal, making the process more convenient and safer.

The integration of smart traffic lights with other smart city technologies, such as connected vehicles and smart parking systems, further enhances their 12) **effectiveness** / **effective**. For instance, connected vehicles can communicate with traffic lights to optimize their speed and reduce 13) **stop** / **stopping** times, while smart parking systems can guide drivers to available spots, minimizing the need to circle the block and contributing to smoother traffic 14) **flows** / **flow**.

Task 23. EXPLORE THE IDIOMS. Study the meaning and examples of IT related idioms. Then use them in sentences.

Bite the bullet – to face a difficult situation or make a tough decision, especially in relation to technology or computing.

*After months of putting it off, Mary decided to **bite the bullet** and upgrade her outdated computer despite the cost.*

Ghost in the machine – used metaphorically to describe unexplained glitches, errors, or malfunctions in technology, often with an eerie or mysterious connotation.

*Every time I try to use my smart home device, it seems like there's **a ghost in the machine** causing malfunctions.*

Mouse potato – a person who spends excessive amounts of time using a computer or browsing the internet.

*Since John got his new gaming PC, he's turned into a real **mouse potato**, spending hours glued to the screen playing video games.*

Tech neck – neck pain or discomfort caused by prolonged use of smartphones, tablets, or computers, typically due to poor posture.

*After spending hours over his laptop, Mark developed a sore neck from **tech neck**, reminding him to take breaks and stretch.*

Vaporware –software or hardware products that are announced but never actually released or made available to the public.

*The highly anticipated smart home device was supposed to be released last year, but it turned out to be **vaporware**, leaving customers disappointed.*

Wired for sound – being well-prepared or fully equipped, often used in discussions about technology or audio equipment.

*Thanks to the latest smart city initiatives, our neighborhood is now **wired for sound** with sensors monitoring noise levels to reduce urban noise pollution.*

Hold the phone – to wait a moment; to pause an action or statement.

***Hold the phone**, we need to run the diagnostic before rebooting the system.*

1. Just _____ for a moment while I gather the necessary documents for the presentation.
2. John, a _____ sufferer, regretted his habit of constantly looking down at his devices when he started experiencing discomfort and headaches.
3. Despite his fear of technology, Jack decided to _____ and enroll in a computer programming course to enhance his skills.
4. The sudden shutdown of the city's smart traffic lights was attributed to a _____, causing chaos on the roads.
5. The company's announcement about their new product turned out to be _____, as it never realized despite the hype in social media.
6. As a _____, Emma often jokes about her addiction to online shopping and social media, confessing she spends more time with her computer than with real friends.
7. The house party was _____, with speakers placed in every room, making sure everyone could hear the music and have a great time.

Task 24. COLLABORATE. Work in pairs. Make up a mystery story where a character discovers strange occurrences in their smart home devices, suspecting there may be a "ghost in the machine."

Task 25. WRITE. Write a story about a character's transformation into a "mouse potato" after discovering an addictive online game that takes all their free time. Use the idioms above.

LISTENING

Task 26. LISTEN FOR DETAILS. Scan the QR code and listen to the report about smart cities. Match the sentences to the figures and dates mentioned in the listening. There are extra figures and dates you do not need to use.



1. The number of sensors used in a smart city traffic system
2. The estimated population of the largest smart city
3. The percentage of energy saved through smart street lighting
4. The year by which smart city technology is expected to grow significantly
5. The number of smart city projects globally

2025	1,500	16%
1,000	18 million	
5,000	2027	50% 80
million	100	500
		15%

Task 27. LISTEN FOR DETAILS. Listen to the report again. Decide whether the following statements are True, False, or Not Given.

- | | |
|---|--------------------------|
| 1. Smart cities use technology to improve energy efficiency. | True / False / Not Given |
| 2. Some smart cities have developed advanced waste management | True / False / Not Given |

systems.	
3. Smart cities rely heavily on data and sensors to function.	True / False / Not Given
4. All smart city projects are successful and meet their goals.	True / False / Not Given
5. Smart cities focus mainly on traffic management.	True / False / Not Given
6. Smart cities often use renewable energy sources for people's homes.	True / False / Not Given
7. Some people have privacy concerns about smart cities.	True / False / Not Given
8. The number of smart cities is expected to double in the next five years.	True / False / Not Given

WATCHING

Task 28. WATCH FOR DETAILS. Scan the QR code and watch the video “Smart City of the Future”. Then choose the correct answer to the questions.



- How is booking a smart vehicle described in the video?
 - As difficult as solving a complex puzzle
 - As easy as ordering food
 - As easy as brushing your teeth
 - As challenging as climbing a mountain
- What will be waiting for you after drinking your last sip of coffee in the smart city?
 - Your personal assistant
 - Your favorite book
 - Your smart vehicle
 - Your pet dog
- What is mentioned as a feature of mobility hubs in the smart city?
 - They are stationary and immovable
 - They offer limited options for personal transport
 - They are only available in certain areas of the city
 - They provide flexible transport options and can be accessed anytime
- How is the smart city described in terms of morning traffic?
 - Rush hour and traffic jams are common
 - There is no morning traffic
 - Traffic is chaotic and unpredictable
 - Morning traffic is manageable but still exists
- How are rubbish bins managed in the smart city?
 - Citizens manually empty them
 - They are left overflowing on the streets
 - The smart city empties them automatically
 - They are removed entirely from the cityscape
- What happens to parking spaces in the smart city?
 - They are converted into shopping malls
 - They become parks
 - They remain as they are
 - They are sold to private companies

Task 29. COMMUNICATE. Work in pairs. Discuss the questions below.

- How do you think life will be different in a future smart city compared to a regular city?
- What good things could happen if cities became smarter?
- What problems might happen when trying to make cities smarter, and how could we solve them?
- Should regular people have a say in how smart cities are planned and run?

SPEAKING

Task 30. COLLABORATE. Work in groups. Imagine gadgets and other inventions could talk. Also imagine that you are all travelling in a balloon that has a small hole in it and is falling. The only thing can save all the inventions is to throw one overboard. But which one?

Gadgets Rescue

Student A

You are a smartphone. Try to think up convincing reasons why you should not be thrown overboard. For example:

Without me,

- you wouldn't have instant access to communication, information, or entertainment.
- you wouldn't be able to navigate
- etc.

You will take turns talking, starting by saying:

I am a smartphone. You can't throw me overboard because...

When everyone has finished, you can talk again. This time, try to think up arguments why another invention that has talked isn't as useful. Remember: You want someone else to be thrown overboard!

Student B

You are a laptop. Try to think up convincing reasons why you should not be thrown overboard. For example:

Without me,

- you wouldn't be able to access the internet
- you wouldn't be able to create documents
- etc.

You will take turns talking, starting by saying:

I am a laptop. You can't throw me overboard because...

When everyone has finished, you can talk again. This time, try to think up arguments why another invention that has talked isn't as useful. Remember: You want someone else to be thrown overboard!

Student C

You are an ATM. Try to think up convincing reasons why you should not be thrown overboard. For example:

Without me,

- you would have limited access to your money
- you wouldn't withdraw cash
- etc.

You will take turns talking, starting by saying:

I am an ATM. You can't throw me overboard because...

When everyone has finished, you can talk again. This time, try to think up arguments why another invention that has talked isn't as useful. Remember: You want someone else to be thrown overboard!

Student D

You are a GPS Navigation Device. Try to think up convincing reasons why you should not be thrown overboard. For example:

Without me,

- you would be lost in the middle of nowhere
- you wouldn't be able to find the fastest route

- etc.

You will take turns talking, starting by saying:

I am a GPS Navigation Device. You can't throw me overboard because...

When everyone has finished, you can talk again. This time, try to think up arguments why another invention that has talked isn't as useful. Remember: You want someone else to be thrown overboard!

Student E

You are Bluetooth earbuds. Try to think up convincing reasons why you should not be thrown overboard. For example:

Without me,

- you would be tangled in cords
- you wouldn't move freely
- etc.

You will take turns talking, starting by saying:

I am Bluetooth earbuds. You can't throw me overboard because...

When everyone has finished, you can talk again. This time, try to think up arguments why another invention that has talked isn't as useful. Remember: You want someone else to be thrown overboard!

WRITING.

Task 31. WORK WITH WORDS. Read a letter of invitation and fill in the missing words.

gather • participate • venue • welcoming • collaborative • confirm •
initiatives • urban • mobility • officials

Dear Mrs. Davis,

I hope this letter finds you well. On behalf of Tech Innovations Ltd., I am delighted to extend a formal invitation to you and City Planning Solutions to 1) _____ in our upcoming Smart City Summit.

Event Details

Date: July 15, 2024

Time: 9:00 AM - 5:00 PM

2) _____: Urban Tech Hub

Address: 789 Elm Street, Metropolis, USA

The Smart City Summit aims to 3) _____ leaders, innovators, and stakeholders from across the region to explore the transformative potential of smart technologies in 4) _____ development. This event is a platform for sharing insights, discussing challenges, and envisioning 5) _____ solutions for creating sustainable and efficient cities.

Agenda Highlights:

- Hear from prominent experts on emerging trends and innovations in smart city 6) _____.
- Engage in thought-provoking discussions on topics such as urban 7) _____, digital infrastructure, sustainable energy solutions, and community engagement.
- Connect with peers, industry professionals, government 8) _____, and academia to foster partnerships and exchange ideas.

Your expertise and perspective are invaluable to the success of this summit, and we believe your participation will enrich the discussions and contribute to shaping the future of smart cities in our region.

Please RSVP by July 1, 2024, to 9) _____ your attendance. Should you have any questions or require further information, please feel free to contact our event coordinator, Sarah Johnson, at sarah.johnson@city.com or (555) 789-0123.

We look forward to 10) _____ you and City Planning Solutions to the Smart City Summit and working together to build smarter, more resilient cities for future generations.

Yours Sincerely,

John Smith

Event Coordinator

Tech Innovations Ltd.

Task 32. WRITE. Write a letter of invitation based on the situation below.

Your company is launching a new line of smart home products, including a revolutionary smart speaker with integrated home control capabilities. Invite key stakeholders, potential clients, and media representatives to the product launch event, highlighting its innovative aspects and the event's agenda.

Useful vocabulary:

We are pleased to invite you to...

It is our pleasure to extend an invitation to you for...

You are cordially invited to attend...

We would like to invite you to participate in...

We are honored to invite you to...

The event will take place on (date) at (time).

The venue for the event is (location).

The agenda includes...

The event will feature (speakers/activities/topics) such as...

Highlights of the event include...

Please confirm your attendance by (RSVP date).

We kindly ask you to RSVP by (date).

Please register by (date) to ensure your participation.

This gathering aims to (discuss/celebrate/explore) ...

Your participation will contribute to ...

We would appreciate it if you could (prepare a speech/bring materials/etc.).

We request that you (provide feedback/participate in a panel/etc.).

Kindly be advised that (parking/dress code/etc.) ...

We look forward to your presence at the event.

We appreciate your consideration and hope to see you there.

Your participation is highly valued.

We thank you in advance for your positive response.

If you require additional information, please feel free to reach out to us.

We eagerly anticipate your response.

We hope you can join us and contribute to the success of this event.

LANGUAGE FOCUS

Task 33. STUDY AND ANALYZE. Look at the rule about comparative constructions, study in what situations they are used.

COMPARATIVE CONSTRUCTIONS

Construction	Example
as ...(positive)...as not so /as ...(positive) ...as	Smart speakers are as common as smartphones in many homes.

	The smart city project is not so advanced as the one in the neighboring district.
less ... (positive) ... than the least ... (positive)... of/in	The processing speed of this laptop is less impressive than its sleek design. Our neighborhood is the least connected to the smart city infrastructure.
half/twice /three times +as+ positive degree +as	The smartwatch's battery life is three times as long as the previous version.
the same as	This new smartphone has the same features as its predecessor.
look, sound, smell, taste +like	This augmented reality application makes the cityscape look like a fantasy world.
the + comparative ..., the +comparative	The more data we collect, the smarter our machine learning algorithms become.
comparative+and+ comparative	Our smart traffic lights are becoming more and more energy-efficient .
even/much/far/a bit + comparative	The smart car is even more energy-efficient than its hybrid counterpart.

Task 34. PRACTICE. Choose the correct word from the box to fit the sentence.

faster • less • as • least • far • fast • half • higher • like • more
--

- The computer in the office is as _____ as the one at home.
- The smart home system is _____ secure than the one in the smart city.
- The _____ advanced smart home device is the thermostat.
- The smart traffic lights in the city are _____ more efficient than conventional signals.
- Smart watches are _____ as expensive as smartphones but twice as affordable as tablets.
- The smart refrigerator looks _____ a regular fridge but sounds different.
- Life in a smart city is becoming even _____ interconnected and efficient.
- The more devices you connect, the _____ your smart home's energy consumption.
- The smart city's public transportation system is much _____ than traditional options.
- The smart city's security measures are the same _____ those used in the smart homes.

Task 35. PRACTICE. Cross out the unnecessary word.

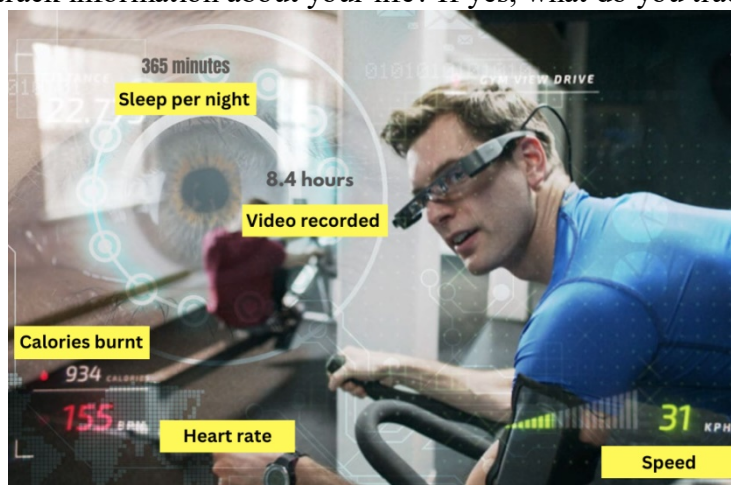
- Our city's public transportation system is three times as reliable as so it was a decade ago.
- The internet speed in the smart city is getting faster and more faster.
- The smart thermostat at home works just as very well as the one in the smart city.
- Smart watches are not so as versatile as smartphones but are even more portable.
- The new smart lighting system is the much more energy-efficient than the traditional bulbs.
- Smart glasses can make life more easier for people who find it difficult to see.
- The data storage capacity of computers is expanding, and their physical size is getting the smaller and the smaller.
- The more smarter the technology in a city, the more sustainable and environmentally friendly it is.
- The electric vehicle charging stations in our city are half as much common as the number of gas stations.
- Smartphones are getting so thinner and thinner while their capabilities increase.

UNIT 6.3 CONNECTED LIFESTYLE AND WELLNESS

SPEAKING

Task 36. COMMUNICATE. Look at the photo. The man is wearing different devices.

- What do you think each of them measures?
- Would you ever wear similar devices? Why, why not?
- Do you ever track information about your life? If yes, what do you track, how and why?



LISTENING

Task 37. COMMUNICATE. Work in a small group. You are going to hear a conversation between two students, one of whom has recently improved his health, finances, and grades. Which of these improvements would you most like in your life? Why? How would you go about improving this area of your life? Discuss.

Task 38. EXPLORE THE WORDS. Read the sentences with words from the conversation. Then complete each definition with the correct form of one of the bold words.

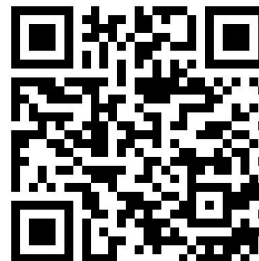
1. Professor Jonson's ability to remember the names of all the students in her classes is **impressive**.
2. Molly got a personal tracking device to record and **quantify** data about her physical activity.
3. Professor Krigger had students **interpret** the data from their experiments for homework.
4. During her time at college, Chandra **accumulated** dozens of textbooks and study guides.
5. Alex did the experiment so carefully he was able to get more **precise** results than anyone else.
6. Although she spent hours commuting, it never **occurred** to Anne to move closer to campus.
7. After Jake worked hard to raise his GPA to 3.5, he became **eligible** to apply for the scholarship.
8. Leon was **tempted** to apply for a part-time job, but decided it was better to focus on his studies.

- a) _____ (adj) being very exact or accurate
- b) _____ (adj) having some very positive qualities that people admire
- c) _____ (adj) having the right to do or be chosen for something
- d) _____ (v) add up, collect, and increase over time
- e) _____ (v) have an idea or thought about something
- f) _____ (v) have a strong desire or interest in doing something
- g) _____ (v) measure and state the amount of something
- h) _____ (v) understand something and explain its meaning

Task 39. COMMUNICATE. Complete the sentences in your own words. Then take turns sharing your sentences with another student and asking why he or she holds each view.

1. The most impressive person I have ever met is _____
2. In my life, I have accumulated dozens of _____
3. It is important to be precise when you are _____
4. One enjoyable aspect of learning English is _____
5. When people turn 18, they should be eligible to _____
6. If I had enough money, I would be tempted to _____

Task 40. LISTEN FOR MAIN IDEAS. Work with a partner. Listen to the conversation between Abdel and Reg. Read Abdel's email summary of the conversation. Complete his email with phrases from the box. Two phrases won't be used.



attending a meeting	discussing what to do	resigning from his job
improving as a person	interpreting the data	tracking information

I bumped into my friend Reg earlier. He's really changed his life since I last saw him. He's doing this thing called "the quantified self." It involves 1) _____ about many aspects of your life and using that data to improve your situation. He tracked his expenses for a while and after 2) _____, he saw that by selling his car, 3) _____ and moving closer to campus, he would reduce his expenses. Since then, his health, grades, and finances have all improved. I found his story so impressive that I'm 4) _____ with him later this week to learn more about the quantified self.

Task 41. LISTEN FOR DETAILS. Read some of the changes to Reg's life that resulted from self-tracking. Then listen to segment 2 of the conversation and number the changes in the order that Reg mentions them.



- ___ a. cooking his own meals
- ___ b. cutting his medical bills
- ___ c. getting a scholarship
- ___ d. improving his grades
- ___ e. losing some weight
- ___ f. walking and exercising more

Task 42. COMMUNICATE. Imagine you could design your own fitness tracker. From the options below, choose the four features you would find most useful. Then interview three other students to learn what four features they would choose. Make a note of their names and responses.

- Thermometer to measure your body temperature.
- Sensor to measure your heart rate.
- Sensor to measure the quality of your sleep.
- Pedometer to count how many steps you have taken.
- GPS (global positioning satellite) to measure your location.
- Environmental sensor to measure air quality and temperature.
- Watch, stopwatch, and timer to measure how long an activity takes.
- Bright LED flashlight to use at night.

READING AND VOCABULARY

Task 43. EXPLORE THE WORDS. Match the words in bold with the correct definitions.

1. Smart watches often offer **personalized nutrition plans**, helping you manage your diet more effectively.
 2. Some smart devices use **biofeedback** to help you control stress and anxiety.
 3. Using connected devices for **stress management** can be helpful for reducing work-related tension.
 4. **Wearable technology** allows people to track their fitness goals in real-time.
 5. Smart devices for **sleep monitoring** can analyze your sleep cycles and suggest ways to improve sleep quality.
 6. **Lifestyle optimization** involves using technology to create healthier habits and routines.
 7. Certain devices offer **guided breathing exercises** to help users manage stress and relax.
- a) the natural response of the body to challenging or demanding situations
 - b) the practice of improving well-being through technology and personalized plans
 - c) techniques designed to manage or reduce stress
 - d) the act of managing stress through breathing
 - e) detailed recommendations for a healthier diet
 - f) tools or gadgets that can be worn on the body
 - g) the process of observing and understanding information about sleep

Task 44. WORK WITH WORDS. Complete the short text with the correct words from the previous task. You may need to change the form of the words.

With the rise of 1) _____, many people are using technology to improve their health and well-being. For instance, smart devices can offer 2) _____, providing detailed information about how much sleep you are getting and the quality of your sleep. Many devices also offer 3) _____, giving users instant feedback on their physical activity, such as heart rate and steps taken. This data helps users track their progress and set fitness goals. Another popular feature is 4) _____, which provides personalized meal ideas based on individual dietary needs. In addition, smart watches can be useful for 5) _____, offering 6) _____ to help reduce tension and anxiety. Some advanced devices even use 7) _____ to help users relax and focus.

Task 45. READ FOR MAIN IDEAS. Read the text about smart devices used for connected lifestyle and wellness. Find out which speaker best matches the following statements. One of the statements doesn't relate to the text and should be marked 'not given'.

1. I use smart devices for sleep analysis.
2. I focus on stress management using smart technology.
3. I use smart devices to monitor my fitness goals.
4. I am interested in wearable devices for health tracking.
5. I don't think smart devices can make medical surgeries.

The Future of Connected Wellness

Tom, 32

I work as a personal trainer, and I'm always looking for new ways to help my clients achieve their fitness goals. Smart devices like fitness trackers and smart watches have changed the way I track their progress. I can monitor their heart rate, steps taken, and even calorie intake in real-time. This helps me design personalized workout plans and adjust them as needed. I believe wearable technology has made fitness tracking easier and more accurate, giving clients a better understanding of their health.

In addition to fitness tracking, I use smart watches to provide feedback to clients. These devices can alert them when they need to move, hydrate, or even take a break. I think this technology has been a game-changer for fitness and health. However, I always remind my clients that technology is just one part of a healthy lifestyle; they still need to put in the effort to see results.

Sarah, 45

As a health coach, my focus is on helping people manage stress and improve their mental well-being. I use smart devices to track stress levels through heart rate variability and other physiological indicators. These devices can provide biofeedback, allowing my clients to control their stress responses more effectively. In addition, I often recommend guided breathing exercises and meditation apps that are available on smart watches and smartphones.

Smart technology for stress management has made a big difference in my practice. It allows me to give clients immediate feedback, and they can practice stress reduction techniques on their own. However, I believe that technology should complement traditional methods like yoga and mindfulness, not replace them. It's also important to address privacy concerns, as these devices collect a lot of personal data.

James, 28

I'm an engineer, but I'm also a tech enthusiast. I enjoy trying out new gadgets, especially wearable technology. I use a smart watch to monitor my heart rate, track my sleep patterns, and even receive notifications from my phone. Yet I've noticed that spending too much time looking down at screens can lead to neck pain, often referred to as "tech neck." It's a common issue for people who use smartphones and tablets frequently, so I make an effort to maintain good posture and take breaks from screen time. These devices make it easy to keep an eye on my health without needing to visit the doctor frequently. I also use them to set fitness goals and track my progress over time.

However, I don't think smart devices can replace traditional health monitoring entirely. While they are great for providing quick feedback, they can't diagnose medical conditions or replace regular check-ups with a healthcare professional. I believe in a balanced approach, where technology is used to support a healthy lifestyle but not as a substitute for medical advice.

Emily, 35

I work long hours and sometimes find it hard to get a good night's sleep. That's why I started using a sleep monitoring device. It tracks my sleep cycles, including how often I wake up at night, and suggests ways to improve my sleep quality. The data helps me understand my sleeping habits, and I can adjust my routine accordingly. I've found that following the suggestions from my sleep monitor has improved my energy levels during the day.

These devices are useful for people like me, who struggle with sleep due to work stress. They can also help identify patterns that contribute to poor sleep, like excessive screen time before bed. I believe sleep monitoring technology is a great addition to traditional sleep hygiene practices, like having a consistent bedtime and avoiding caffeine late in the day. However, it's important not to become too reliant on technology and to listen to your body.

Task 46. READ FOR DETAILS. Read the text again and choose the correct answers to the questions.

1. What does Tom believe about fitness trackers and smart watches?
 - A. They are a fad and will lose popularity.
 - B. They have transformed the way he tracks clients' progress.
 - C. They are only useful for monitoring heart rate.
 - D. They are difficult to use and understand.
2. What does Tom use smart watches for besides fitness tracking?
 - A. To communicate with other personal trainers.
 - B. To record and play music during workouts.
 - C. To measure body fat percentage.
 - D. To provide feedback to his clients.
3. What is the main focus of Sarah's work as a health coach?
 - A. Helping people manage stress and improve mental well-being.
 - B. Designing personalized workout plans for clients.
 - C. Teaching yoga and mindfulness.

- D. Promoting the use of meditation apps.
- 4. Why does Sarah think technology should not replace traditional stress management methods?
 - A. Because it cannot measure stress accurately.
 - B. Because technology should complement traditional methods.
 - C. Because it is too expensive for her clients.
 - D. Because it is prone to technical glitches.
- 5. What does James use his smart watch for?
 - A. To monitor heart rate and sleep patterns.
 - B. To receive notifications from his phone.
 - C. To set fitness goals and track progress.
 - D. All of the above.
- 6. What does James believe about using smart devices for health monitoring?
 - A. They can replace traditional health monitoring entirely.
 - B. They should be used as a substitute for medical advice.
 - C. They are great for quick feedback but not for diagnosing conditions.
 - D. They are not as accurate as traditional methods.
- 7. What issue does Emily face due to her long work hours?
 - A. Difficulty getting a good night's sleep.
 - B. High levels of stress and anxiety.
 - C. Trouble finding time to exercise.
 - D. Difficulty maintaining a healthy diet.
- 8. What has Emily found helpful in improving her sleep quality?
 - A. Taking sleeping pills as needed.
 - B. Following suggestions from her sleep monitor.
 - C. Increasing her daily caffeine intake.
 - D. Using guided breathing exercises before bed.

Task 47. COMMUNICATE. Work in pairs, discuss the following questions related to connected lifestyle and wellness smart devices.

1. Have you used any smart devices for lifestyle optimization, such as fitness trackers or smart watches?
2. What features of smart devices for wellness do you find most useful?
3. What are the potential benefits and drawbacks of personalized nutrition plans?
4. How might sleep monitoring devices help improve sleep quality? Are they effective?
5. Do you think smart devices can really help reduce stress and anxiety?
6. Do you think wearable technology can have a significant impact on health and well-being? Why or why not?

WATCHING

Task 48. WATCH FOR DETAILS. Scan the QR code and watch the video “Wearables” Choose the correct answers to the questions.

1. How did Sascha Nivelles smart watch potentially help him?
 - A. It told him to eat more vegetables.
 - B. It noticed something wrong with his heart.
 - C. It reminded him to track his sleep patterns.
 - D. It sent him motivational messages to exercise.
2. What can wearables do to help with health?
 - A. They can replace the need for regular doctor visits.
 - B. They can provide entertainment options not to think about health problems.
 - C. They can gather valuable data and motivate healthy habits.
 - D. They can perform medical procedures in distance.



3. What function of AI Pin was shown?
 - A. Playing music and taking photos.
 - B. Sending reminders and answering messages.
 - C. Scanning food and listing nutrients.
 - D. Tracking sleep patterns and recommending improvements.
4. According to Sebastian Zimmer, why is getting information about food consumption important?
 - A. To become more aware of lifestyle choices.
 - B. To avoid eating unhealthy foods.
 - C. To know how many calories are in each meal.
 - D. To make mealtime more enjoyable.
5. What can AI devices like the AI pin do about food?
 - A. Warn about unhealthy food.
 - B. Automatically prepare meals based on dietary preferences.
 - C. Provide recipes for healthy dishes.
 - D. Share information about trending food items on social media.
6. How does AI help in prevention at Bonn University's Hospital cardiac center?
 - A. It analyzes patient data to predict future heart problems.
 - B. It directly performs surgeries on patients.
 - C. It reminds patients to maintain a healthy diet.
 - D. It monitors patients' sleep patterns.
7. What is the purpose of creating digital twins of patients' organs?
 - A. To replicate organs for transplantation purposes.
 - B. To create virtual reality experiences for medical students.
 - C. To track patients' movements and behavior in real-time.
 - D. To simulate surgical procedures before performing them on patients.
8. Who is leading the development of digital twins of human hearts?
 - A. Dr. Michael Johnson
 - B. Dr. Sarah Levine
 - C. Dr. Steve Levine
 - D. Dr. Emily Brown

SPEAKING

Task 49. COMMUNICATE. Complete the dialogues with appropriate ideas. Change roles.

Smart Locks

- Nathan:** Guess what? I got those new smart locks for my front door!
- Will:** Wow, really? That sounds high-tech. How do they work?
- Nathan:**
- Will:** That's pretty neat. But what if something goes wrong? Like, what if the power goes out or your phone dies?
- Nathan:**
- Will:** Oh no, that sounds like a nightmare! What did you do?
- Nathan:**
- Will:** I guess those smart locks aren't foolproof after all.
- Nathan:**
- Will:** That does sound handy. And the voice control feature must be pretty cool when it works smoothly, doesn't it?
- Nathan:**
- Will:** Anyway, apart from the power outage, have you had any other issues with your smart home gadgets?
- Nathan:**
- Will:** Whoa, that sounds like a scene from a horror movie! Did you figure out what caused

it?

Nathan:

Will: I can imagine! Well, at least you're getting some memorable experiences out of your smart home gadgets.

Nathan:

Smart Device Surprise

Sheldon: Hey, did I tell you about the crazy situation I had with my smart sleep tracker last night?

Clayton: No, what happened?

Sheldon:

Clayton: Yeah, sounds like a dream way to wake up.

Sheldon:

Clayton: No way! How did you react?

Sheldon:

Clayton: That's hilarious! But also kind of terrifying. Did you manage to figure out what went wrong?

Sheldon:

Clayton: Well, that's definitely one way to get your heart pumping in the morning! Did it scare you to death?

Sheldon:

Clayton: But maybe it's time to reconsider your wake-up playlist?

Sheldon:

Clayton: Absolutely! Just imagine if that happened every morning.

Sheldon:

Clayton: Totally! Who needs reality TV when you've got tech mishaps to keep you entertained?

Sheldon:

Task 50. COMMUNICATE. Work in pairs. Sometimes people have misunderstood us so badly that we have to put the record straight and explain. Student 2 has done something — for a good reason, but this is not what Student 1 has heard. Student 1 starts and Student 2 should try to explain the truth using the information and a phrase from the list. Each student must only look at their own part.

Putting the Record Straight

Phrases:

That's not what I said at all.
 I've no idea who told you that.
 Goodness, where did you get that idea from?
 I'm afraid that just isn't true.
 The fact of the matter is ...
 Look, let's get this straight, ...

Student 1 starts:

1. What's this I heard about you installing a smart home system because you're lazy?
2. Someone said to me that you've started using health tracking apps so that you can boast about your fitness.
3. I heard you're investing in wearable fitness trackers just to show off to your friends.
4. What's this I heard about you using a smart thermostat because you're too cheap to pay for heating?
5. Someone told me you're considering using meditation apps because you think you're too stressed out.

Student 2 - The Truth:

1. You actually installed a smart home system to improve energy efficiency and save on utility bills.
2. You've started using health tracking apps because you want to monitor your wellness and make positive lifestyle changes.
3. You're investing in wearable fitness trackers to help you stay responsible for your fitness goals and improve your overall health.
4. You started using a smart thermostat to have more control over your home's heating and reduce energy waste.
5. You're thinking of using meditation apps to manage stress and improve your mental well-being.

Task 51. COMMUNICATE. Work in groups of three or four. Get a set of cards, place them down in a pile on the table. The first player should take the card from the top of the pile and describe the situation on the card, asking for advice. The other players should offer advice. The first player should award the card to the player whose advice he/she likes best. Then the second player may take a card from the top of the pile and so on. The player with the most cards at the end of the game is the winner.

Sound Advice

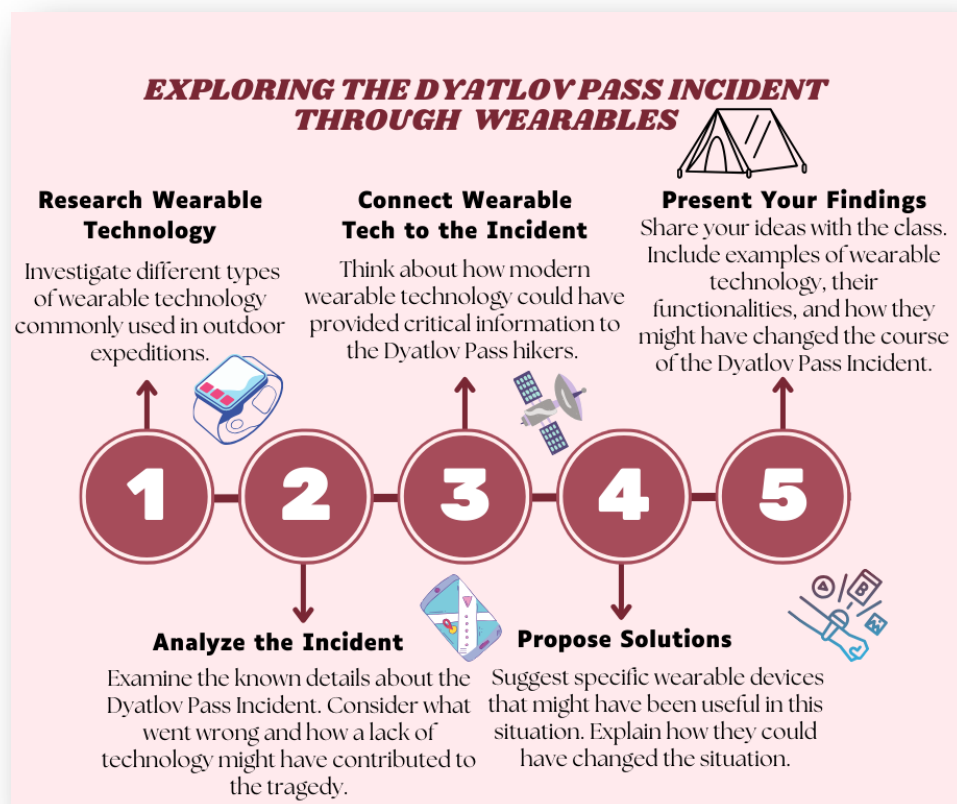
1. You can't remember all your different passwords for various online accounts.	13. You're feeling flooded by the amount of information on the internet and don't know where to start.
2. Your internet connection keeps dropping, making it difficult to work or study from home.	14. You want to learn a new programming language but don't know which one to choose.
3. You accidentally deleted an important file from your computer and can't recover it.	15. You're experiencing motion sickness while using virtual reality goggles and need advice on how to reduce it.
4. You received a suspicious email asking for personal information, and you're not sure if it's a scam.	16. Your email inbox is full of unread messages, and you need tips on how to manage it.
5. Your smartphone battery dies quickly, and you're constantly running out of power.	17. You're interested in investing in cryptocurrency but don't know where to start.
6. You want to start a blog or YouTube channel but don't know how to get started.	18. You're trying to keep up with the constant notifications from social media apps.
7. Your computer is running slowly, and you're not sure how to speed it up.	19. Your smart home security camera keeps giving false alerts, and it's bothering your sleep.
8. Your smart home device isn't responding to your commands, and you're not sure how to fix it.	20. You're unsure about the safety and privacy implications of using a VPN.
9. You accidentally clicked on a phishing link and entered your login information. Now you're	21. You're considering switching to a new internet service provider but don't know if it's worth it.

worried about your online security.	
10. You're having trouble setting up parental controls on your child's device to limit screen time.	22. Your fitness tracker isn't syncing with your smartphone, and you're missing out on valuable data.
11. Your laptop screen cracked, and you can't afford to repair or replace it.	23. You accidentally shared sensitive information in a group chat and need to delete it.
12. Your smart thermostat is malfunctioning, and your house is either too hot or too cold.	24. Your online gaming account got hacked, and you lost all your progress and virtual items.

Task 52. COLLABORATE. Work in small groups. Explore how modern wearable technology might have influenced the outcome of the Dyatlov Pass Incident. Consider how devices like GPS trackers, smart watches, and other wearable tech can track location, monitor health, and send emergency signals.

A Brief Overview of the Dyatlov Pass Incident

In 1959, a group of nine hikers led by Igor Dyatlov set out on a trekking expedition in the Ural Mountains of Russia. Their journey ended in tragedy when all members of the group were found dead under mysterious circumstances. The cause of their deaths has sparked numerous theories, ranging from natural disasters to military involvement, or even extraterrestrial encounters. To this day, the exact reasons for their deaths remain unknown.



After group presentations discuss the questions below.

1. What other technological advancements, aside from wearable tech, might have helped the Dyatlov Pass hikers?
2. What are the limitations of wearable tech?
3. How can they be overcome to ensure greater safety in remote areas?

LANGUAGE FOCUS

Task 53. STUDY AND ANALYZE. Look at the rule about so and such, enough and too, and study in what situations they are used.

SO

so+adjective+that

so+adverb+that

so+many/much+noun+that

Use	Example
To show the results of a situation or action	<p>The data analytics tool is so powerful that it can process massive datasets in seconds.</p> <p>The computer virus spread so rapidly that it infected thousands of devices within hours.</p> <p>There are so many innovative startups in the technology sector that it's challenging to keep up with the latest trends.</p>

SUCH

such+a/an+adjective+singular noun+that

such+ adjective+plural noun+that

such+a lot of+noun+that

Use	Example
To show the results of a situation or action	<p>The smart wearable device offered such precise health data that doctors relied on it for patient assessments.</p> <p>The IT team made such innovative improvements to our servers that our productivity increased dramatically.</p> <p>The augmented reality headset had such a lot of sensors that it could accurately detect physical surroundings in real time.</p>

ENOUGH

enough+noun (+for and/or+full infinitive)

adjective+enough (+for and/or+full infinitive)

adverb+enough (+for and/or+full infinitive)

Use	Example
To show the results of a situation or action where there is/isn't the right amount/number of something	<p>The smart city infrastructure has enough sensors to monitor air quality and traffic patterns.</p> <p>Is your smart wearable device accurate enough to provide real-time health data for medical purposes?</p> <p>The website loads pages rapidly enough for users to access information without delays.</p>

TOO

too+adjective (+for and/or+full infinitive)

too+adverb (+for and/or+full infinitive)

too+many/much+noun (+for and/or+full infinitive)

Use	Example
To describe something that is more than necessary and which has a negative effect	The smart refrigerator was too expensive for most consumers to afford. The smart security system triggered false alarms too frequently , annoying homeowners. There were too many emails in his inbox for him to respond.

Task 54. PRACTICE. Rewrite each sentence using so ... that.

- John reduces his energy consumption significantly because his smart home is efficient.
- Jack always knows how active he's been because the smart wearable tracks his steps so accurately.
- Mark can navigate the city efficiently because he uses his smart city app so wisely.
- The wellness app aids in maintaining a balanced diet because it suggests meal plans thoughtfully.
- The smart home system adjusts the thermostat automatically because it monitors the temperature effectively.
- James saves valuable time because he organizes his tasks with the smart city platform so efficiently.
- The smart home reduces energy consumption significantly because it controls lighting intelligently.

Task 55. PRACTICE. Match to make sentences.

1. Our new IT manager has such	a) realistically that users felt fully immersed in a digital world.
2. The wearable device logs Jamie's sleep patterns so	b) extensive experience that she improved our network's performance within weeks.
3. The new programming language is so	c) a lot of servers that it can handle massive workloads without any hiccups.
4. The virtual reality headset simulated the environment so	d) programming languages to choose from that beginners often feel overwhelmed.
5. There are so many	e) naturally that users often mistake it for a human.
6. The data center has such	f) precisely that it helps improve her sleep quality.
7. The AI chatbot responds to queries so	g) versatile that developers can use it for various applications.

Task 56. PRACTICE. Circle the correct word or phrase.

- She completed the online course **efficiently enough / enough efficiently** for her to earn a certification.
- He had **motivation enough / enough motivation** to learn programming languages like Python and Java.
- The robotic vacuum cleaner navigates around obstacles **enough smoothly / smoothly enough** for it to clean the entire room.
- The voice assistant recognizes spoken commands **accurately enough / enough accurately** to control smart home devices effectively.
- The battery life of the smartwatch is **long enough / enough long** to track your fitness activities throughout the day.
- The smart home system has **enough memory capacity/ memory capacity enough** to store weeks' worth of data.
- Do you think there will be **demand enough / enough demand** for virtual reality experiences in the coming years?
- The autonomous vehicle reacts to changing traffic conditions **quickly enough / enough quickly** for it to ensure passenger safety.

9. Her programming skills are **enough advanced / advanced enough** to develop complex mobile applications.
10. The smart city project has **enough funding / funding enough** to support the construction of new digital infrastructure.

Task 57. PRACTICE. Choose the correct answer.

1. He coded the software quickly _____ to be ready before the deadline.
A) so C) enough
B) such D) too
2. The presentation had _____ many slides for us to cover in a short time.
A) so C) enough
B) such D) too
3. The Wi-Fi signal was boosted _____ effectively that it covered every corner of the house.
A) so C) enough
B) such D) too
4. The smart home system is efficient _____ to adjust lighting and temperature settings automatically based on user preferences.
A) so C) enough
B) such D) too
5. The augmented reality glasses displayed information _____ clearly that users felt like they were in a different world.
A) so C) enough
B) such D) too
6. There were _____ many notifications on the smartphone for him to concentrate on his work.
A) so C) enough
B) such D) too
7. There wasn't _____ power left for the drone to complete its surveillance mission.
A) so C) enough
B) such D) too
8. Our company invested in _____ a lot of cutting-edge hardware that our data processing speed is unmatched in the industry.
A) so C) enough
B) such D) too
9. Are the sensors accurate _____ for detecting minor temperature changes?
A) so C) enough
B) such D) too
10. The computer engineers displayed _____ remarkable teamwork that they completed the project ahead of schedule.
A) so C) enough
B) such D) too
11. The wearable fitness tracker is _____ accurate in monitoring heart rate during workouts.
A) so C) enough
B) such D) too
12. The software required _____ much memory for his computer to run smoothly and it became a problem.
A) so C) enough
B) such D) too