

4A | MetroNaps



The MetroNaps Pod

Will Cotton works in an office in New York. He goes to work at 7:30. He starts work at 8:15. He usually finishes work at 6:00, but has meetings after work. After his meetings he goes to the gym, or has a drink with friends in the café. He gets home at 9:00 and has dinner. He goes to bed at 12:15 am. It's a very busy day. How does he do it?

'Easy,' says Will, 'At 4:30 I go to MetroNaps.'

MetroNaps is a company in New York. At MetroNaps you get into a machine called the MetroNap pod. You listen to quiet, relaxing music and then go to sleep. After twenty minutes, the pod moves with music and light and you wake up.

MetroNaps also has a café, and there are sandwiches and drinks for you after your nap.

Will likes MetroNaps. 'I get my best ideas in bed, not at a desk,' says Will. 'When I go to work after a nap, I'm relaxed. I'm not stressed in meetings after work. I do more with my day.'

The MetroNaps offices are in the Empire State Building in New York. It's open from 10:00 to 6:00. It's a very quiet place.

M E T R O N A P S

READING

- 1 Look at the picture of a MetroNaps pod. Which activity do you think people do at MetroNaps?

go to sleep have a shower watch TV

- 2 Read the article to check your answer.

- 3 Read the article again. Answer the questions.

- 1 Where does Will Cotton work?
- 2 What time does he start work?
- 3 What time does he finish work?
- 4 What is a *nap*?
- 5 Where is MetroNaps?
- 6 Why does Will like MetroNaps?
- 7 What time does MetroNaps open and close?
- 8 How many hours is it open?

- 4 Put the events in order for a typical MetroNap.

- ☐ You have a sandwich and a drink.
- ☐ You get into the MetroNap pod.
- ☐ The MetroNap pod moves.
- ☒ 1 You go to MetroNaps.
- ☐ You listen to quiet music.
- ☐ You wake up.
- ☐ You go to sleep.

- 5 Work in pairs. Do you have a nap during the day? Would you like a MetroNap? Tell your partner.

FUNCTIONAL LANGUAGE: telling the time

He gets home at nine thirty/half past nine.
He goes to bed at twelve fifteen/a quarter past twelve.

Asking the time
What time is it?
What's the time?

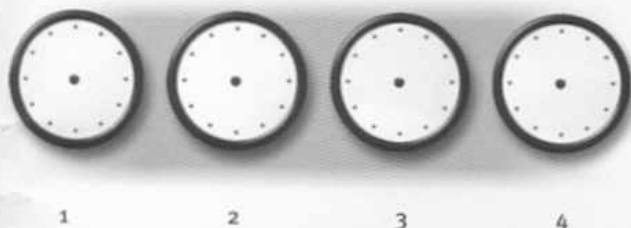
Saying the time
It's four forty-five/a quarter to five.

SEE LANGUAGE REFERENCE PAGE 50

1 Say the times for the clocks.



2 1.57 Listen to Will's conversations and complete the clocks.

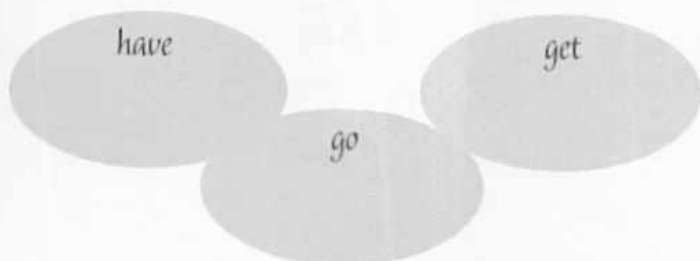


3 Look at tapescript 1.57 on page 141 to check your answers. Practise the conversations, but change the times.

VOCABULARY: collocations *have, go & get*

1 Find these words in the text and put them in the correct circles.

to work/to the gym meetings a drink dinner
to bed to sleep ideas a nap



2 Put these words in the circles.

a shower dressed breakfast classes a break
lunch

3 What is the difference between the underlined phrases?
What are they in your language?

I go home at 6:00 and I get home at 6:15.
I wake up at 7:00 and I get up at 7:05.

PRONUNCIATION: vowels 1

1 1.58 Listen and repeat the sounds and the words.

/æ/ have	/e/ get	/eɪ/ wake	/əʊ/ go
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2 Put these words in the correct column in exercise 1.

nap break home bed desk make seven
eight any day flat lamp no

3 1.59 Listen to the recording to check your answers.
Repeat the words.

SPEAKING

Language note

Use the present simple to talk about daily routines and habits.

I wake up at 6:00.

To make questions, remember the word order.

Question word + auxiliary (*do/does*) + subject + verb
What time do you get up in the morning?

1 Work in pairs, A and B.

A: Turn to page 133.

B: Turn to page 136.

2 What do you do at these times? Tell your partner.

1 8:00 2 12:00 3 6:00 4 10:00

4B | A day off

VOCABULARY: months

- 1 1.60 Listen to the pronunciation of these months.

<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> January	<input type="checkbox"/> March	<input type="checkbox"/> <input type="checkbox"/> April	<input type="checkbox"/> <input type="checkbox"/> July	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> September
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- 2 Write the following months in the correct column in exercise 1.

February May June August
October November December

- 3 1.61 Listen to the recording to check your answers. Repeat the months.

- 4 Work in pairs. What is your favourite month? Why? Tell your partner.

LISTENING

- 1 1.62 Listen to people talking about special days that they like. Match the speakers 1-4 to the pictures A-D.

☐ A ☐ B ☐ C ☐ D

- 2 1.62 Listen again. What months are these special days in?

- 3 Work in pairs. Do you have these days in your country? Do people work on these days? What do they do? Tell your partner.

A International Women's Day

B Teacher's Day

C May Day

D New Year's Eve



FUNCTIONAL LANGUAGE: the date

We write the date:

1st May, 2006 or 1 May 2006 or 1/5/06 or 01/05/06

We say the date:

the first of May two thousand and six or May the first two thousand and six

We ask the date:

What's the date today? What date is it today?

SEE LANGUAGE REFERENCE PAGE 50

1 Say the dates.

- 1 13/10/2006 3 14/09/2000 5 21/03/2008 7 22/03/2008
2 03/07/1999 4 11/09/2000 6 30/10/2006 8 31/07/1999

2 Write five important dates for you on a piece of paper. Work in pairs. Ask your partner about his or her important dates.

Why is 5th March important for you?

Because it's my birthday!

READING & LISTENING

1 Read the interview with Christina East. Match the questions to the answers.

When is Nothing Day?

Why Nothing Day?

What do people do on Nothing Day?

What is Nothing Day?

Christina East is a British mental health specialist. She thinks it's time for a new special holiday, called Nothing Day.

(1) _____

The idea comes from Harold Coffin, an American journalist. It's a day for nothing. No parties, no gifts, no cards. It's a time to have a break, to sit and do nothing.

(2) _____

It's on January 16th. The first Nothing Day was in 1973.

(3) _____

Because there are special days for everything. In March we have Mother's Day and in June we have Father's Day. In October there's United Nations Day and Halloween and in April there's Earth Day.

(4) _____

Ideally, people do nothing. But that's very difficult. Here are some suggestions.

In the morning, wake up when you like. Have a relaxing breakfast. Do nothing.

In the afternoon, go for a walk. Sit in a park. Do nothing.

At night, telephone an old friend and talk. Read a book, or go to bed. Do nothing.

2 1.63 Listen to the interview and check your answers.

3 1.63 Read and listen again and decide if the sentences are true (T) or false (F).

- The idea for Nothing Day comes from the United States.
- Nothing Day is on 6th January.
- United Nations Day is in April.
- On Nothing Day, people do nothing.

GRAMMAR: prepositions of time *in, at, on*

Use the prepositions *in, on* and *at* to talk about time.

in + months, years, the

morning/afternoon/evening

in March, *in* the morning

on + days, dates

on Monday, *on* 16th January

at + time of day

at four o'clock *at* night

SEE LANGUAGE REFERENCE PAGE 50

1 Complete the sentences with a preposition and a time word so that they are true for you.

- I usually relax ...
- I watch television ...
- People in my country go on holiday ...
- My birthday is ...
- My English class is ...
- The next day off is ...

2 Work in pairs. Read your sentences to your partner. Ask *What about you?*

SPEAKING

1 Work in groups. The government wants to create three new holidays. Decide on three new holidays and what dates they are. What do people do on these days?

2 Present your ideas for new holidays to the class. Which are the most interesting?

Our idea for a new holiday is Student's Day. It's on 3rd June. On this day people ...

4c | Do the housework!

VOCABULARY: verb collocations (housework)

1 Match the pictures to the phrases.

do the shopping do the dishes wash the clothes
make the bed clean the bathroom take out the rubbish

2 Work in pairs. Which activities in exercise 1 do you do at home? Which activities don't you do at home?

LISTENING

1 You are going to hear part of a radio show phone-in. Look at the newspaper headline and listen. What is today's show about?

75% of British men DON'T do the housework

- 2 1.64 Listen to the radio show and tick (✓) the phrases you hear from section vocabulary exercise 1.
- 3 1.64 Who does it? Listen again and tick (✓) the correct column.

Name	Ralph	Ralph's mother	Tom	Tom's wife
Does the shopping once a week.				
Is always on the phone.				
Uses the washing machine.				
Always does all the housework.				

GRAMMAR: frequency adverbs & phrases

There are two ways to talk about how often we do things:
Use frequency adverbs.

*How **often** do you do the housework?*

*I **often** do the dishes.*

*He's **always** on the phone.*

always often usually sometimes hardly ever/rarely never

100%

0%

Use phrases like *every day/month/year, once a week/month/year.*

*I make the bed **every morning**.*

***Once a year** he washes the clothes.*

SEE LANGUAGE REFERENCE PAGE 50



- 1 1.65 Read and listen to the sentences, then make an answer using the words in brackets.

- 1 You never do the dishes.
That's not true. *I often do the dishes!*
(often)
- 2 You don't clean the bathroom.
That's not true. _____ (always)
- 3 You're always in front of the television.
That's not true. _____
(hardly ever)
- 4 I always wash your clothes.
That's not true. _____ (often)
- 5 This flat's always dirty.
That's not true. _____ (rarely)
- 6 You're usually on the telephone.
That's not true. _____
(sometimes)

- 2 Put an adverb of frequency in the sentence so that it's true for you. Then write two more similar sentences.

- 1 I am late for English class.
- 2 I work on Saturdays.
- 3 I watch English films.
- 4 I have coffee in the morning.
- 5 I go to bed before 10:00 pm.
- 6 I am tired in the morning.

- 3 Rewrite the sentences with one of the phrases.

twice a week once a year every day
three times a year once a week

- 1 I read the newspaper on Mondays, Tuesdays, Wednesdays, Thursdays, Fridays, Saturdays and Sundays.
- 2 I go on holiday in August.
- 3 On Saturdays and Sundays I have a nap in the afternoon.
- 4 I see my grandparents at Christmas, at Easter and on my birthday.
- 5 I do the shopping on Saturdays.

- 4 Choose two sentences from exercise 2 and two sentences from exercise 3. Make questions with *How often*.

How often do you watch English films?

- 5 Work in pairs. Ask and answer the questions.

PRONUNCIATION: vowels 2

- 1 1.66 Listen and repeat the sounds and the words.

/aɪ/	/aʊ/	/u:/	/ʌ/
hi	house	room	up

- 2 Which word sounds different? Underline the different word.

1 time	hi	drink	wife
2 house	aunt	brown	now
3 son	bread	bus	some
4 blue	new	June	good

- 3 1.67 Listen to the recording to check your answers. Say the words.

SPEAKING

- 1 Work in groups of three or four. Do the *Life and work at home* survey. Make questions with *How often ...?* Ask and answer the questions. Make notes of the answers.
- 2 Compare your survey results with other groups in the class.

Life and work at home

In the living room
/watch television?
/clean the living room?

In the bedroom
/get up late?
/make the bed?

In the dining room
/have dinner at home?
/clean the dining room

In the kitchen
/eat in the kitchen?
/take out the rubbish?

In the bathroom
/read in the bathroom?
/clean the bathroom?

4D | I'm on the phone

SPEAKING

- 1 Work in pairs.
Do the phone survey.

PHONE SURVEY



- How many phones do you have in your house?
- Where are they?
- Do you have a mobile phone?
- How often do you use the phone?
- Do you use the phone in the car?
- How many phone calls do you make every day?
- How many phone calls do you get every day?

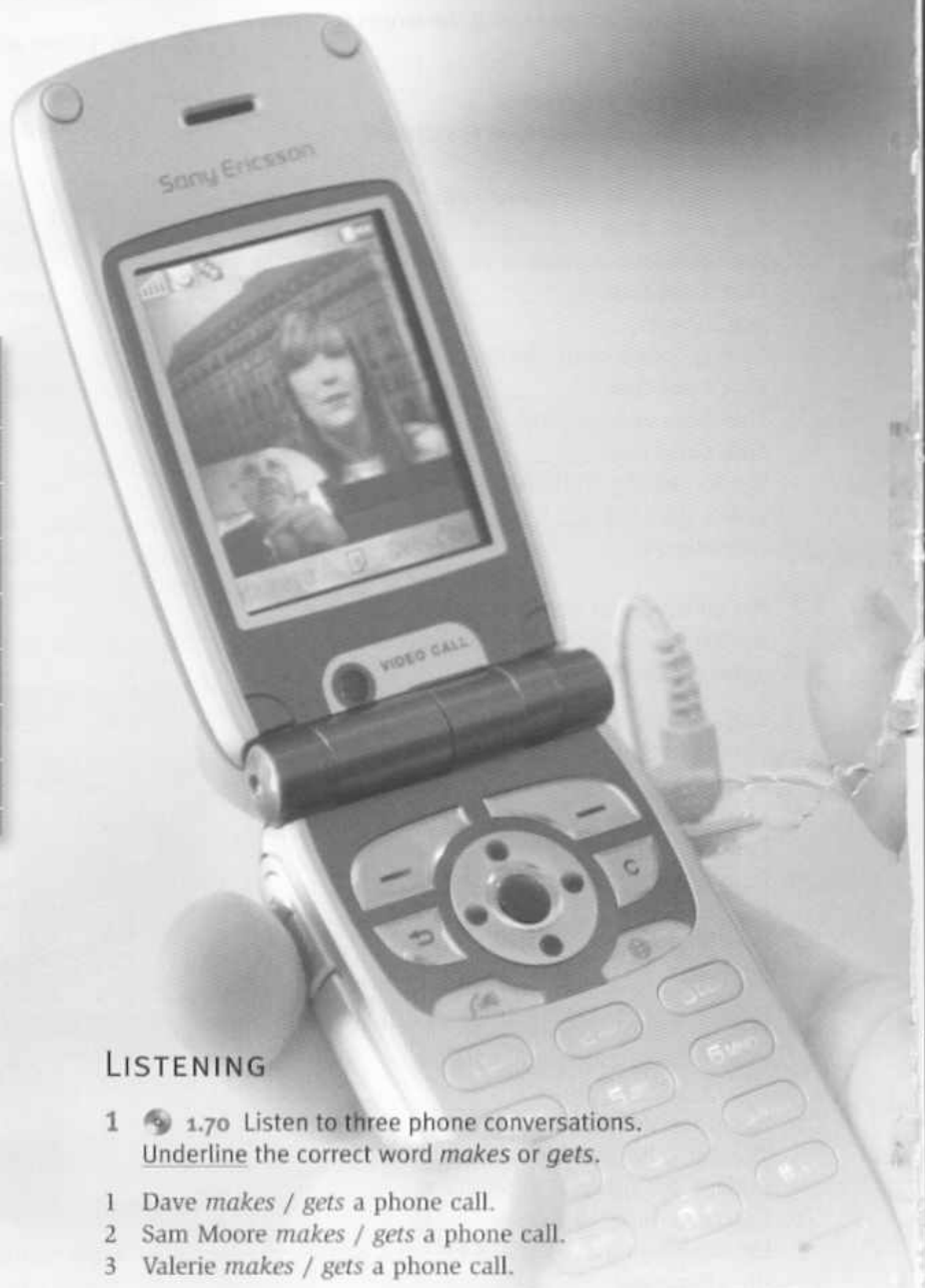
PRONUNCIATION: phone numbers

- 1  1.68 Listen to two phone numbers.
 - How do you say 0 in phone numbers?
 - How do you say two numbers together?

0802 788 743
416 928 2212
- 2  1.68 Listen again and repeat.
- 3  1.69 Listen and underline the phone number you hear. Then say the phone numbers.
 - 1 1 455 635 0403 / 1 455 635 0413
 - 2 639 099 088 / 639 099 098
 - 3 0802 788 743 / 0802 728 743
 - 4 011 513 992 0732 / 011 516 992 0732
- 4 What's your phone number? Ask four other people in the class.

LISTENING

- 1  1.70 Listen to three phone conversations.
Underline the correct word *makes* or *gets*.
 - 1 Dave *makes* / *gets* a phone call.
 - 2 Sam Moore *makes* / *gets* a phone call.
 - 3 Valerie *makes* / *gets* a phone call.
- 2  1.70 Listen again and decide if the sentences are true (T) or false (F).
 - 1 Angie wants to talk to Dave.
 - 2 Dave wants to talk to Angie.
- 2
 - 1 Sam calls the airport.
 - 2 Sam talks to Mr Green.
- 3
 - 1 The man wants to talk to Simon.
 - 2 The man calls the wrong number.



- 3  1.71 Listen to two more phone conversations. Complete the notes.

Message for Rob
Call Ms _____ Kerr.
Phone number:

Flight confirmation details for Mr and Mrs Curtis

Flight number _____ to Dallas USA.
Terminal: 2
Date: Thursday, _____
Time: 8:45 am



3

Hello, is David there?

(3) _____

Please tell him to call me.

What's your phone number?

It's 662 4043.

4

Hello, is that Michelle?

I'm sorry, you have the wrong number.

(4) _____

No, it isn't.

Oh, sorry.

- 4  1.72 Listen to the recording to check your answers.

- 5 Work in pairs. Roleplay the dialogues from exercise 3, but use information about you.

DID YOU KNOW?

- 1 Read these facts about phones and phone numbers in North America.

FUNCTIONAL LANGUAGE: on the phone

- 1 There is one mistake in each of these phrases. Correct the mistake.
- 1 Just minute.
 - 2 can call you back.
 - 3 I'd like to say to Mr Green.
 - 4 Would you like to leave message?
 - 5 Please tell him to call I.
 - 6 Is Simon here, please?
 - 7 Sorry, you have the number wrong.
 - 8 Hi, I'm Rob.
- 2 Look at tapescripts 1.70 and 1.71 on page 142 to check your answers.
- 3 Read and complete these four telephone dialogues with the correct sentence.

Hi, Sarah. How are you?
No, he isn't. Can I take a message?
Good morning, Acme Company.
Is that 1823 556 0211?

1

Hello.

Hello, it's Sarah.

(1) _____

2

(2) _____ Can I help you?

Good morning, can I speak to Mr James?

Yes. Just a minute.

Phone facts: North America



The international code for North America (Canada and the United States) is 1.

All phone numbers have 10 digits. The first three digits are the area code.

The phone number for emergencies is 911.

The phone number for information is 411. This is free.

In North American films and television shows, all the phone numbers begin with 555.

Numbers which begin with 1-800, 1-888, 1-866 or 1-877 are free.



- 2 Work in pairs. Discuss the question.

- What phone information is important for visitors to know in your country?

4 Language reference

GRAMMAR

Prepositions of time: *in*, *at*, *on*

Use the prepositions *in*, *on* and *at* to talk about time.

in + months, years, the morning/afternoon/evening

in March, *in* the morning

on + days, dates

on Monday, *on* January 16th

at + time of day; also *at* night

at four o'clock

We use *at* with *night*, *the weekend*:

at night, *at* the weekend

We use *at* with some special holidays:

at Christmas, *at* Easter

Frequency adverbs & phrases

Use frequency adverbs to say how often you do something.

How **often** do you do the housework?

I **never** do the housework.

always	often	usually	sometimes	hardly ever/rarely	never
100%					0%

Frequency adverbs go before the verb (except *to be*).

He **never** makes the bed.

Frequency adverbs go after the verb *to be*.

He's **always** on the phone.

You can also use phrases like:

every day/month/year

once a week/month/year

These phrases go at the beginning or end of a sentence.

I make the bed **every morning**.

Once a year he washes the clothes.

FUNCTIONAL LANGUAGE

Telling the time



Use *It's* + time to say the time in English.

It's eight o'clock.

It's a quarter past five.

It's half past eleven.

It's ten to nine.

We can say the time in two ways:

It's twenty to six.

It's five forty.

We can also use *about* + time. We use *about* when we don't know the exact time.

It's about half past three.

We can ask the time in two ways:

What's the time?

What time is it?

The date

Write the date:

1st May, 2006 or *1 May 2006* or *1/5/06* or *01/05/06*

Say the date:

the first of May two thousand and six or

May the first two thousand and six

Ask the date:

What's the date today?

What date is it today?

We use ordinal numbers to say the date in English. For more on ordinal numbers, see lesson 3D.

Talking on the phone

Just a minute.

Can I call you back?

I'd like to speak to Mr Green.

Would you like to leave a message?

Please tell him to call me.

Is (Simon) there please?

I'm sorry, you have the wrong number.

(Jerry) can't answer the phone right now.

Can I take a message?

Hi, it's (Rob).

WORD LIST

Phrases with *have, go & get*

have breakfast/dinner/lunch	/hæv 'brekfəst, 'dɪnə, lʌntʃ/
have a drink/a coffee/ a sandwich	/hæv ə 'drɪŋk, ə 'kɒfi, ə 'sænwɪtʃ/
have a break	/hæv ə 'breɪk/
have a nap	/hæv ə 'næp/
get dressed	/get 'drest/
get up	/get 'ʌp/
get home	/get 'həʊm/
go home	/gəʊ 'həʊm/
go to bed	/gəʊ tə 'bed/
go to sleep	/gəʊ tə 'slɪp/

Months

January ***	/dʒænjəri/
February ***	/februəri/
March ***	/mɑːtʃ/
April ***	/eɪprɪ/
May ***	/meɪ/
June ***	/dʒuːn/
July ***	/dʒə'laɪ/
August ***	/ɔːɡəst/
September ***	/sep'tembə/
October ***	/ɒk'təʊbə/
November ***	/nəʊ'vembə/
December ***	/dɪ'sembə/

Housework

do the shopping	/duː ðə 'ʃɒpɪŋ/
clean the bathroom	/kliːn ðə bɑːθruːm/
make the bed	/meɪk ðə 'bed/
wash the clothes	/wɒʃ ðə 'kləʊðz/
do the dishes	/duː ðə 'dɪʃɪz/
take out the rubbish	/teɪk aʊt ðə 'rʌbɪʃ/

Other words & phrases

breakfast <i>n</i> **	/brekfəst/
card <i>n</i> ***	/kɑːd/
class <i>n</i> ***	/klɑːs/
closed <i>adj</i> **	/kləʊzd/
dinner <i>n</i> ***	/dɪnə/
Earth <i>n</i> ***	/ɜːθ/
finish <i>v</i> ***	/fɪnɪʃ/
gym <i>n</i>	/dʒɪm/
Halloween <i>n</i>	/hæləʊ'iːn/
idea <i>n</i> ***	/aɪdɪə/
lunch <i>n</i> ***	/lʌntʃ/
meeting <i>n</i> ***	/miːtɪŋ/
nap <i>n</i>	/næp/
nothing <i>prn</i> ***	/nʌθɪŋ/
open <i>adj</i> ***	/əʊpən/
shower <i>n</i> *	/ʃaʊə/
special <i>adj</i> ***	/speʃl/
United Nations <i>n</i>	/juːnaɪtɪd 'neɪʃnz/