

6A

Night and day

VOCABULARY: common verbs and nouns (2)

- 1 1.85 Match the verbs and phrases to the pictures. Listen and repeat the verbs.

eat drink go to bed wake up
read sleep



- 2 Complete the space with a verb from exercise 1.

___ a sandwich/an apple/breakfast
___ water/coffee/tea
___ a newspaper/a book/a magazine

- 3 Put the verb phrases in order to make a typical Monday morning for you.

go to work/school
drink coffee/tea/juice/milk
wake up
eat breakfast

On Monday morning I wake up, eat breakfast ...

Mornings are different for different people. For some people, mornings are always easy. They always wake up early. They eat breakfast, they read the morning newspaper and they go to work on time. These are morning people.

For other people, mornings are often very difficult. They always go to bed late at night. They sleep late and they wake up late. They sometimes drink a cup of coffee but they don't often eat breakfast (because they are usually late for work). These are night people.

You don't decide to be a morning person or a night person. It's genetic.

Glossary

on time = not late

READING

- 1 Read the article. What is it about?

- 1 A typical morning
- 2 Morning people and night people
- 3 When people sleep

Language note

person (singular)

people (plural)

- 2 Read again and decide if the sentences are about morning people (☀️) or night people (🌙).

- 1 ☀️ 🌙 Mornings are easy.
- 2 ☀️ 🌙 They go to bed late at night.
- 3 ☀️ 🌙 They read the morning newspaper.
- 4 ☀️ 🌙 They eat breakfast.
- 5 ☀️ 🌙 Mornings are difficult.
- 6 ☀️ 🌙 They don't eat breakfast.

- 3 Are you a morning person or a night person? Tell a partner.

GRAMMAR: adverbs of frequency

always often/usually sometimes hardly ever never

Use adverbs of frequency to say how often we do something.

*They **always** go to bed late at night.*

Adverbs of frequency go before the main verb.

*They **sometimes** drink a cup of coffee.*

*They **don't often** eat breakfast.*

Adverbs of frequency go after the verb *to be*.

*Mornings are **often** very difficult.*

➤ SEE LANGUAGE REFERENCE PAGE 58

1 Rewrite the sentence with the word in brackets.

- 1 Mike works on Saturday morning. (always)
- 2 He goes to bed late on Friday night. (sometimes)
- 3 He hears the alarm clock. (hardly ever)
- 4 He is tired. (always)
- 5 He eats a big breakfast. (usually)
- 6 He is late for work. (often)

2 1.86 Listen and check your answers. Repeat the sentences.

3 Change the sentences in exercise 1 so they are true for you.

PRONUNCIATION: /e/, /ʌ/, /u:/ & /ɪ/

1 1.87 Listen and repeat the sounds and words

/e/ never, bed

/ʌ/ sometimes, up

/u:/ juice, usually

/ɪ/ difficult, it

2 1.88 Listen and repeat the sentences.

- 1 It's a typical morning for Lynne.
- 2 She usually has juice.
- 3 Her friend Ed is still in bed.
- 4 Ed never gets up early.
- 5 On Sundays, he sometimes doesn't wake up before one.

FUNCTIONAL LANGUAGE: telling the time (1)

1 1.89 Listen and repeat the dialogue.

A: What time is it?

B: It's eight thirty.



Language note

am/pm

am = in the morning

pm = in the afternoon/evening

➤ SEE LANGUAGE REFERENCE PAGE 58

2 1.90 Listen and circle the times you hear.

- 1 8.15pm / 8.50pm
- 2 7 o'clock in the morning / 7 o'clock in the evening
- 3 9.20am / 9.20pm
- 4 12.35 / 12.25

3 What time is it? Work in pairs. Ask and answer the question with these times.

10.00am	1.25pm	12.15am
12.50am	4.00pm	3.45pm

SPEAKING

1 Complete the sentences so they are true for you.

On Monday I usually wake up at ...

On Sunday I usually wake up at ...

I use/don't use an alarm clock.

I usually/sometimes/never watch TV late at night.

I am usually/sometimes/always tired at 11.00pm.

I usually go to bed at ...

2 Work in pairs. Tell your partner about you.

3 Change pairs and repeat the exercise.


6B | Free time

CHELSEA COMMUNITY CENTRE


Sports Centre

Do you like sports? Come and play:


Football




Golf



Tennis




Basketball




We open at 7.15am and close at 10.00pm. Seven days a week.

DO YOU PLAY CHESS?

Come to the chess club.
Call 915 8993 for information.



Reading Group




Don't stay at home and watch TV. Read a book!
Every Monday we meet and talk about books.
4.45pm. Children welcome.

Learn a language

English, French, Spanish and German. Beginner to Advanced.
Small groups and free internet.
Evening classes.


Now Russian classes!
Tuesdays
6.30pm





Dance Class

Do you like dancing but don't know how to dance?
Learn to dance rock, swing, tango and salsa with our expert teachers.
Wednesday & Friday evenings.

READING & VOCABULARY: common verbs and nouns (3), free time activities

- 1 Read the different notices. Underline the verbs. What are these verbs in your language?
- 2 Complete the sentences with a verb from exercise 1.
 - 1 On Saturday mornings I ____ football in the park.
 - 2 I don't ____ chess.
 - 3 Many people in my country ____ English at evening classes.
 - 4 I ____ TV at night.
 - 5 I know how to ____ salsa.
 - 6 I ____ sports.
- 3  1.91 Listen to the recording to check your answers.
- 4 Make the sentences in exercise 2 true for you.

LISTENING

- 1  1.92 Listen to a person phone the Chelsea Community Centre. Tick (✓) the free time activities she asks about.
 - 1 chess
 - 2 golf
 - 3 reading
 - 4 language class
 - 5 dance class
- 2  1.92 Listen again. Underline the correct answer.
 - 1 The chess club / dance class meets on Saturdays.
 - 2 It's at 10 o'clock in the morning / at night.
 - 3 It's 8 pounds / 5 pounds for the month.
 - 4 The language school phone number is 9013 / 9023.

Language note

£1 (pound) = 100 pence (p)

GRAMMAR: present simple (4) (wh- questions)

*Who, what, where, when and how are question words.
Put them in front of the auxiliary verb.*

What do you do in your free time?

When do you play football?

▶ SEE LANGUAGE REFERENCE PAGE 58

- 1 Read the dialogue and complete with the words in the box.

how much when where who what

- A: (1) ____ do you do after work?
B: I have a Russian class.
A: Really? (2) ____ do you learn Russian?
B: At the community centre.
A: (3) ____ is the class?
B: 6.30pm.
A: (4) ____ do you go with?
B: My friend Mike.
A: (5) ____ does it cost?
B: It's free.
- 2 1.93 Listen to the recording to check your answers.
Work in pairs. Read the dialogue.
- 3 Make questions.
- when / you have free time?
When do you have free time?
 - where / you live?
 - where / you work?
 - what / you do in your free time?
 - where / you go in your free time?

PRONUNCIATION: connected speech (1)

- 1 1.94 Listen to the questions from Grammar exercise 3. Notice how some words are linked together.

When do you have free time?

- 2 1.95 Listen and repeat.

free time
have free time
you have free time
do you have free time
When do you have free time?

- 3 Repeat with the other questions from Grammar exercise 3.

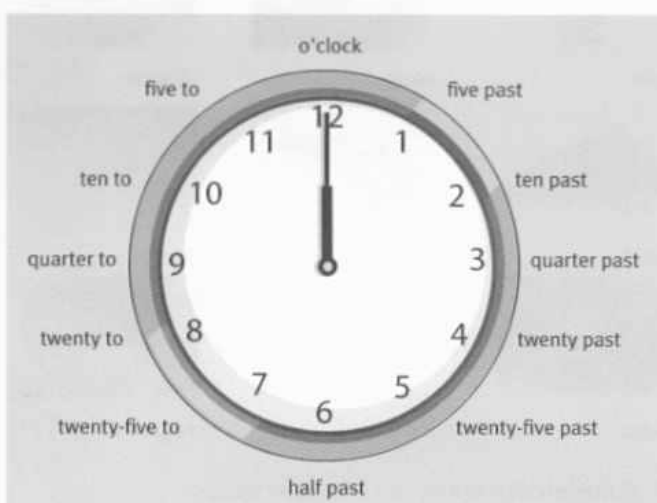
- 4 Work in pairs. Ask and answer the questions.

When do you have free time?

On Saturday and Sunday.

FUNCTIONAL LANGUAGE: telling the time (2)

- 1 1.96 Listen and repeat the times.



Language note

at + times (*at six o'clock, at half past two*)

- 2 1.97 Listen and repeat the dialogue.

A: What time is the English class?

B: It's at a quarter past six.

- 3 Work in pairs. Make other questions about the activities on page 52.

What time is ...?

It's at ...

SPEAKING

- 1 Work in pairs, A and B.

A: You are a famous person (you decide who).

B: Interview A. Use the questions in Grammar exercise 3.

- 2 Swap roles and repeat.

6c

Eating habits

VOCABULARY & SPEAKING:
food (2) and meals1  2.1 Listen and repeat the food words.

eggs



toast



fruit



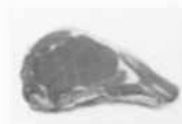
milk



soup



chicken



meat



fish



pasta



salad



ice cream



vegetables

2 Complete the sentences with food words.

- 1 I often have ____ for breakfast.
- 2 I usually have ____ for lunch.
- 3 I never have ____ for dinner.
- 4 I like ____ but I don't like ____.

Language note

With food and drink we can use the verb *have*.*Have* = *eat* or *drink*.*I have coffee.* = *I drink coffee.**I have fish.* = *I eat fish.*

3 Make questions with the words.

- 1 What time / have breakfast?
- 2 What / have for breakfast?
- 3 What time / have lunch?
- 4 What / have for lunch?
- 5 What time / have dinner?
- 6 What / have for dinner?

4 Work in pairs. Ask and answer the questions in exercise 3.

READING & LISTENING

1 Look at the Eating Habits survey. It's difficult to see some of the words. What words are missing?

Eating Habits Survey

- 1 Do you have three meals a d _____ ?
☐ YES ☐ NO
- 2 Do you e _____ fruit and/or vegetables every day?
☐ YES ☐ NO
- 3 Do you eat meat and/or f _____ every day?
☐ YES ☐ NO
- 4 How often do you have a meal at a rest _____ ?

- 5 How often do you eat with your fami _____ ?

- 6 How often do you have lunch at work/sc _____ ?

2  2.2 Listen to the recording to check your answers.3  2.2 Listen to the recording again and match the answers to the questions.

- a Well ... I eat at home on Friday, but the other days I eat at work. So four times a week.
- b We have dinner together every night.
- c Do you mean like breakfast, lunch and dinner? Yes, I do.
- d Three, maybe four times a year.
- e No, I don't. My wife is a vegetarian. I eat meat once a week, maybe.
- f Yes, I do. I eat an apple every day.

GRAMMAR: present simple + *how often* + time expressions

Use present simple to talk about habits and routines.
Use *how often* to ask about habits and routines.

How often do you have coffee?

Use expressions of time to talk about habits.

every

once a

twice a

three times a

never

day, week, month

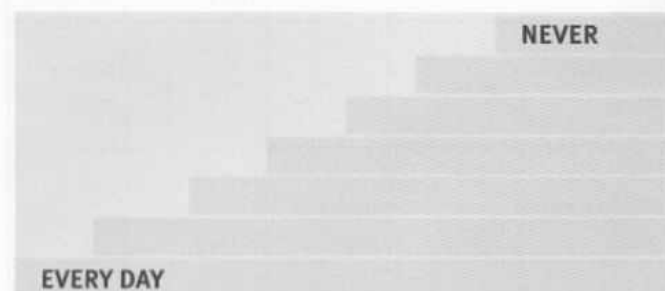
Note: The word *never* goes **before** the verb.

I never have breakfast.

➤ SEE LANGUAGE REFERENCE PAGE 58

- 1 Complete the diagram with the expressions from the box.

twice a week every month every year
three times a month **never** every day
once a week



- 2 Complete the questions with the verbs in the box.

have see talk go sleep wake

Family Habits

How often do you ...

- (1) *see* your grandparents/children?
- (2) ____ lunch with your family?
- (3) ____ on the phone with your mother?

Sleeping Habits

How often do you ...

- (4) ____ up after 11.00am?
- (5) ____ to bed after midnight?
- (6) ____ eight hours?

- 3 Work in pairs. Ask the questions in exercise 2. Answer with a time expression from the grammar box.

How often do you see your grandparents?

Twice a month.

SPEAKING

- 1 Work in groups of three or four. Create your own 'Healthy Living Survey'. Make questions. Use the surveys in the lesson to help you.
- 2 Do the survey in your group.
- 3 Present your results to the class.

Useful language

One person ...

Two people ...

Three people ...

Nobody ...

ENGLISH AROUND YOU: food labels

- 1 2.3 Read and listen to the English words from food labels. What are they in your language?



- 2 Do food labels in your country use English words? What words?

6D | Review

SPEAKING

- 1 Work in pairs. Say at what time you usually do these things.

I usually wake up at a quarter past seven.

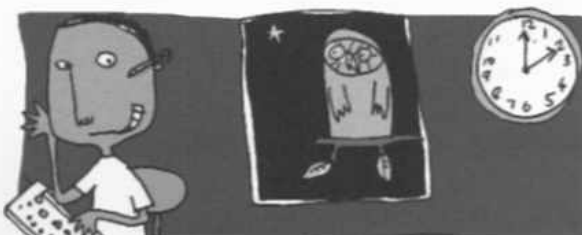


- 2 Work with a new partner. Ask and answer questions about the activities.

What time do you usually wake up?

GRAMMAR

- 1 Look at the table and make sentences about Morning Meg or Nighttime Nick.



	go to bed late	wake up early	have breakfast	be late for work
Morning Meg	never	always	every day	hardly ever
Nighttime Nick	always	hardly ever	sometimes	three times a week

- 2 Match the question words and answers.

- 1 What?
- 2 Who?
- 3 Where?
- 4 When?
- 5 How much?

- a The Rolling Stones!
- b Free!
- c The Ritz Hotel
- d 9 o'clock
- e A concert

- 3 2.4 Listen to the recording to check your answers. Make a similar dialogue.

VOCABULARY & LISTENING

Complete the menus with words.

Ricky's Diner

BREAKFAST MENU

Bacon

1 E____

2 T____ (brown or white)

3 Fruit (apple or o____)

4 Cr____

Coffee, tea or juice

Ricky's Diner

LUNCH MENU

5 Soup
(chicken or v____)

6 Sandwich
(ch____ or ham)

7 F____

Pasta of the day

- 2 2.5 Listen to the recording to check your answers.
- 3 2.6 Listen to a conversation in Ricky's Diner. Is it morning or afternoon?
- 4 2.6 Listen again and tick (✓) the food the man would like.

SPEAKING

Roleplay

- 1 Work in pairs, A and B.

A: You are the waiter at Ricky's Diner. Ask what B would like for lunch/breakfast.

B: You are a customer at Ricky's Diner. Say what you would like.

Useful language

What would you like for lunch/breakfast?

I'd like ...

Would you like ... or ...?

... please.

Here you are.

Self assessment (tick ✓)

In English ...

- ☐ I can ask the time.
- ☐ I can tell the time.
- ☐ I can say what I do on a typical morning.
- ☐ I know basic food vocabulary.

5 & 6

Language reference

GRAMMAR

Present simple

The form of the verb is the same except for *he/she/it*. For *he/she/it*, add *-s*.

Affirmative		
I	live	in New York.
He/She/It	lives	
You/We/They	live	

Spelling: present simple verbs with *she/he/it*

For most verbs: add *-s*.

work - works eat - eats like - likes
play - plays

For verbs ending in consonant + *y*: *-y → -ies*.

study - studies

For verbs ending in *-ch, -sh, -o*: add *-es*.

do - does watch - watches

Have is an irregular verb.

Have		
I	have	a computer.
He/She/It	has	
You/We/They	have	

Make the negative with *don't* + infinitive or *doesn't* (for *she/he/it*) + infinitive.

Negative			
I	don't	live	alone.
He/She/It	doesn't		
You/We/They	don't		

For questions, put *do/does* before the subject and the infinitive after the subject.

Question		
Do	I	work?
Does	he/she/it	
Do	you/we/they	

Answer these questions with short answers.

Do you speak English? *Yes, I do.*
Does he have a big family? *No, he doesn't.*

Short answer

Yes, No,	I	do. don't.
	he/she/it	does. doesn't.
	you/we/they	do. don't.

Question words

What, where, when, who, why and *how* are question words.

Put them at the beginning of the question.

How are you?

Where are you from?

What is his name?

Who does she work with?

Why do you like your job?

And, but

And and *but* are conjunctions. Use them to link words, phrases or clauses.

And gives more information.

I have a computer and I use it.

But shows a contrast.

We have a fax machine, but we don't use it.

Adverbs of frequency

always often/usually sometimes hardly ever never

Use adverbs of frequency to say how often we do something.

They always go to bed late at night.

Adverbs of frequency go before the main verb.

They sometimes drink a cup of coffee.

Adverbs of frequency go after the verb *to be*.

Mornings are often very difficult.

To ask about frequency, use *How often...?*

How often do you go to bed late?

We can also use expressions of frequency to talk about how often we do things.

every
once a day, week, month
twice a
three times a

These usually go at the end of a sentence.

I eat fish once a week.

FUNCTIONAL LANGUAGE

Asking and saying email addresses

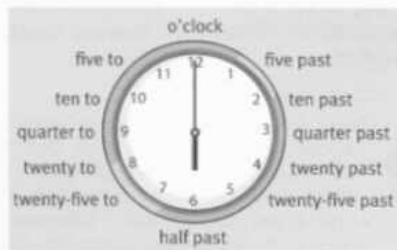
What's your email address?

@ at
 . dot
 / slash
 com com

Asking and saying the time

What time is it?

It's + time



WORD LIST

Common verbs

dance <i>v</i> ***	/da:ns/
drink <i>v</i> ***	/drɪŋk/
eat <i>v</i> ***	/i:t/
go <i>v</i> ***	/gəʊ/
have <i>v</i> ***	/hæv/
hear <i>v</i> ***	/hɪə/
like <i>v</i> ***	/laɪk/
live <i>v</i> ***	/lɪv/
play <i>v</i> ***	/pleɪ/
read <i>v</i> ***	/ri:d/
sleep <i>v</i> ***	/sli:p/
wake up <i>v</i> *	/weɪk 'ʌp/
work <i>v</i> ***	/wɜ:k/

Technology

computer <i>n</i> ***	/kəm'pjʊtə/
digital camera <i>n</i>	/dɪdʒətl 'kæmrə/
email address <i>n</i>	/i:meɪl ədres/
fax machine <i>n</i>	/fæks mə'ʃi:n/
mobile phone <i>n</i>	/məʊbaɪl 'fəʊn/
printer <i>n</i> *	/prɪntə/
website <i>n</i>	/websaɪt/

Adjectives

bad <i>adj</i> ***	/bæd/
boring <i>adj</i> **	/bɔ:ɪŋ/
difficult <i>adj</i> ***	/dɪfɪkəlt/
easy <i>adj</i> ***	/i:zi/
good <i>adj</i> ***	/gʊd/
interesting <i>adj</i> ***	/ɪntrəstɪŋ/

Sports & games

basketball <i>n</i>	/bɑ:skətbɔ:l/
chess <i>n</i>	/tʃes/
football <i>n</i> **	/fʊtbɔ:l/
golf <i>n</i> *	/gɒlf/
tennis <i>n</i>	/tenɪs/

Food

breakfast <i>n</i> **	/brekfəst/
chicken <i>n</i> **	/tʃɪkən/
dinner <i>n</i> ***	/dɪnə/
eggs <i>n</i> ***	/egz/
fish <i>n</i> ***	/fɪʃ/
fruit <i>n</i> ***	/fru:t/
ice cream <i>n</i>	/aɪs 'kri:m/
lunch <i>n</i> ***	/lʌntʃ/
meat <i>n</i> ***	/mi:t/
milk <i>n</i> ***	/mɪlk/
pasta <i>n</i>	/pæstə/
salad <i>n</i> *	/sæləd/
soup <i>n</i> *	/su:p/
toast <i>n</i>	/təʊst/
vegetables <i>n</i> ***	/vedʒtəbəlz/

Other words & phrases

afternoon <i>n</i> ***	/ɑ:ftə'nu:n/
bus <i>n</i> ***	/bʌs/
early <i>adj, adv</i> ***	/ɜ:li/
evening <i>n</i> ***	/i:vnɪŋ/
expert <i>n</i> **	/ekspɜ:t/
factory <i>n</i> ***	/fæktəri/
flat <i>n</i> **	/flæt/
genetic <i>adj</i> *	/dʒə'netɪk/
language <i>n</i> ***	/læŋgwɪdʒ/
late <i>adj, adv</i> ***	/leɪt/
night <i>n</i> ***	/naɪt/
nobody <i>prn</i> ***	/nəʊbədi/
people <i>n</i> ***	/pi:pl/
person <i>n</i> ***	/pɜ:sən/
scientist <i>n</i> **	/saɪəntɪst/
train <i>n</i> ***	/treɪn/