

UNIT 1

Your day



Warm Up

- 1 Find a verb phrase in the box for each photo. Then write *D* next to the things you do every day. Write *W* next to the things you do only on weekends. Write *S* next to the things you sometimes do. Write *N* next to the things you never do.

___ sleep in	___ get up early	___ talk on the phone	___ listen to music
___ watch TV	___ go to bed late	___ check your email	___ go out for dinner
___ exercise	___ text friends	___ catch a bus/train	___ read a book
___ do nothing	___ go for a walk	___ have breakfast/lunch/dinner	

- 2 **Pair Work** Compare with a partner.

I talk on the phone every day. How about you?

Speaking

1 Match the pictures A–C in the questionnaire below with these descriptions.

- 1. This person likes staying in, eating, and watching television.
- 2. This person likes going out, dancing, and meeting friends.
- 3. This person likes reading and going to museums and art galleries.

2a **Pair Work** Ask your partner the questions below and fill in the quiz for him or her.

b Compare your results. Discuss.

What kind of person are you?



A

1 Choose the *best* answer.

It's your birthday. Do you ...

- ☐ A go out with friends?
- ☐ B have dinner at a restaurant with friends?
- ☐ C get a DVD and a pizza?

2 It's a sunny weekend. Do you ...

- ☐ A have a picnic with family and friends?
- ☐ B visit another city?
- ☐ C read a magazine at home?

3 It's your lunch break at work. Do you ...

- ☐ A go to the gym?
- ☐ B go to lunch with friends?
- ☐ C have a sandwich at your desk?



B



C

4 It's your summer vacation. Do you ...

- ☐ A go out at night?
- ☐ B go sightseeing?
- ☐ C lie on the beach?

5 You go shopping on vacation. Do you buy ...

- ☐ A some clothes for the evening?
- ☐ B a book about the place you're in?
- ☐ C ice cream?

Mostly "A"s:

You're a real party animal and fun to be with. Don't forget to stop and rest sometimes!

Mostly "B"s:

You're a culture vulture and like learning new things. Don't forget to join the party sometimes!

Mostly "C"s:

You're a total couch potato and are usually on the sofa, doing nothing. Come on—get up and join the fun!

Reading

3 Read. Is each person a “party animal,” a “culture vulture,” or a “couch potato”?



I don't like getting up early on weekends, so I usually sleep in—sometimes until 10:30! I love to have a big bowl of ramen on Saturday mornings. I can't stand going to the gym, but I sometimes go for a walk in the afternoon. I like going to the park and just lying on the grass and doing nothing. I'm not into going out on Saturday night. I stay in and talk on the phone and watch TV.

Nobu Suzuki, Tokyo, Japan



I really hate doing nothing, so I get up early on Saturdays and start the day by texting friends. I really like to meet friends for breakfast, so I catch a bus into town. After breakfast, my friends and I sometimes go to an art gallery. I'm into most kinds of art, so I don't mind which gallery we go to. I do different things on Saturday nights. I sometimes have dinner with friends, or I stay home and read.

Lola Gutierrez, Mexico City, Mexico

American English	British English
<i>I'm into</i>	<i>I'm keen on</i>

4 **Pair Work** Ask and answer the questions.

1. What do Nobu and Lola like doing?
2. What do they dislike doing?

Grammar | likes and dislikes

5 Complete the Active Grammar box using the underlined phrases from Exercise 3.

Active Grammar

- | | |
|---|--|
| 1. _____ to have a big bowl of ramen. 😊😊😊 | 6. _____ going out on Saturday night. 😞 |
| 2. <u>I really like</u> to meet friends. 😊😊 | 7. <u>I don't like</u> getting up early. 😞 |
| 3. <u>I like</u> going to the park. 😊 | 8. _____ going to the gym. 😞😞 |
| 4. _____ most kinds of art. 😊 | 9. <u>I really hate</u> doing nothing. 😞😞 |
| 5. _____ which gallery we go to. 😞 | |

Use a noun or a gerund after these phrases. Some phrases also take the infinitive.

6 Write sentences using the cues. Don't forget to change the verb if necessary.

Ex: 😊 /watch sports on TV.

I'm into watching sports on TV.

- | | | |
|-----------------------------|-------------------------|--------------------------------------|
| 1. 😊😊😊 /my job. | 4. 😞😞 /be cold. | 7. 😞😞 /talk on the phone in English. |
| 2. 😞 /do crossword puzzles. | 5. 😊 /dogs. | 8. 😊😊😊 /go dancing. |
| 3. 😊😊 /swim in the ocean. | 6. 😊 /go to the movies. | |

Speaking

7 **Group Work** Tell other students what kind of person you are and why.

I think I'm mostly a party animal, because I love going out with my friends.

8 Write a paragraph with the title “My Typical Saturday.” Use the paragraphs in Exercise 3 to help you.



Listening

1a Pair Work Make these sentences true for you. Tell a partner.

1. I sleep a lot.
2. Sleep is a waste of time.
3. I can only sleep on a hard bed.

I don't sleep a lot—usually six hours a night.

b 1.02 Listen to a TV show about sleep. Check (✓) the things you hear.

- | | | | | |
|---------------------------------|-----------------------------------|-------------------------------|-------------------------------------|---------------------------------|
| <input type="checkbox"/> adults | <input type="checkbox"/> cats | <input type="checkbox"/> dogs | <input type="checkbox"/> horses | <input type="checkbox"/> snakes |
| <input type="checkbox"/> babies | <input type="checkbox"/> children | <input type="checkbox"/> fish | <input type="checkbox"/> old people | |

2 Listen again and answer the questions.

1. Who sleeps about (a) seven hours _____, (b) seventeen hours _____, and (c) eight hours _____ every day?
2. What is strange about the way horses sleep? _____
3. What is strange about the way fish sleep? _____
4. In one year, how many hours does the average person sleep?
a. 2,688 b. 2,860 c. 2,680
5. In one night, how many dreams does the average person have? _____


3 Pair Work Discuss.

1. How often do you remember your dreams?
2. How often do you have the same dream?
3. Do you have any favorite dreams?

Vocabulary | verb-noun phrases about routine actions

4a Match the questions to the answers.

- | | |
|---|---|
| 1. What time do you <u>go to bed</u> ? | a. At about 7 A.M. |
| 2. Do you <u>have a snack</u> before bed? | b. About eight hours. |
| 3. How many hours do you <u>sleep</u> each night? | c. At about 11 P.M. |
| 4. What time do you <u>get up</u> ? | d. At about 7:30 A.M., after my shower. |
| 5. What time do you <u>have breakfast</u> ? | e. I usually take one in the morning. |
| 6. Do you <u>take a shower</u> in the morning or the evening? | f. Yes. I always sleep in on Sundays. |
| 7. Do you ever <u>sleep in</u> ? | g. No, I hardly ever eat before bed. |

b  1.03 Listen and check your answers.

Grammar | simple present; adverbs of frequency

5 Look at the questions and answers in Exercise 4a again. Complete the Active Grammar box with *do*, *does*, *don't*, or *doesn't*.

6 Circle the correct form.

A: Do/Does (1.) you fall asleep quickly?

B: Yes, I do/does (2.). I don't/doesn't (3.) listen to music, I just go/goes (4.) to sleep right away.

A: Do/Does (5.) you use an alarm clock?

B: No, I do/don't (6.). My mom get/gets (7.) up first, then she wake/wakes (8.) me.

A: Do/Does (9.) anyone in your family have strange sleep habits?

B: Yes, my brother do/does (10.). He talk/talks (11.) in his sleep, but he don't/doesn't (12.) wake up.

Active Grammar

Use the simple present to talk about routines (things you do every day) and habits (things you do often).

1. I usually go to bed about 10:30.
2. They _____ take naps during the day.
3. He _____ sleep in during the week.
4. _____ you wake up early?
5. _____ she usually have a snack before bed?

Adverbs of frequency

never, hardly ever, sometimes, often, usually, always

0%  100%

See Reference page 16

Pronunciation | vowel sounds /u/ and /ʌ/

7a Match the vowel sounds to the underlined words.

/u/ /ʌ/

_____ 1. A: Do you take a nap during the day?

_____ 2. B: Yes, I do.

_____ 3. A: Does Jane get up early?

_____ 4. B: Yes, she does.

b  1.04 Listen and check. Practice with a partner.

Speaking

8 **Pair Work** Ask and answer the questions in Exercise 4a and Exercise 6.

What time do you go to bed?

I usually go to bed at about midnight.

Reading

1 Pair Work Discuss.

1. What do you see in the photos?
2. What do you think this article will be about?

THE LITTLE BLUE BOX

Are you hoping someone will give you a little blue box from Tiffany's on your birthday? Do you know the history of that little blue box? It was in 1837 that 25-year-old Charles Lewis Tiffany opened Tiffany and Company in New York City. The store soon became famous for beautifully designed jewelry and large, expensive gems—and the "Tiffany Blue" box, which Tiffany introduced the year he opened the store.

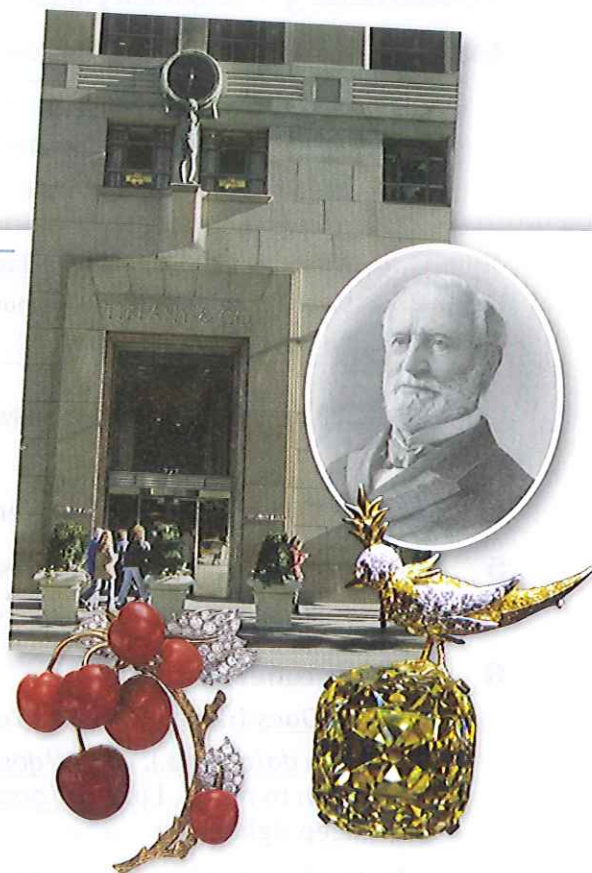


The New York City store on Fifth Avenue is still important, and it brings in almost

10 percent of Tiffany's sales. But Tiffany now has 220 stores across the Americas, Asia, and Europe and is opening new stores in China and India.

People all over the world know Tiffany Blue. The color is so important to Tiffany that the company has copyrighted it. No other store can use this shade of blue.

Tiffany is still selling many of its timeless designs. But modern artists such as Paloma Picasso and Frank Gehry are also designing jewelry for Tiffany. Whether classic or modern, though, the jewelry will always come in the little blue box.



2 Read the article and take turns asking and answering the questions.

1. How old was Charles Tiffany when he opened the store?
2. What year did he introduce the little blue box?
3. Where does Tiffany have stores?
4. What kind of jewelry does Tiffany sell?
5. Why is Tiffany the only store that can use Tiffany Blue?

3 Pair Work Discuss.

1. Would you like to shop at Tiffany? Why or why not?
2. What are your favorite stores to shop at? Why?

Listening

4a 1.05 Listen to a reporter outside Tiffany's. Complete the chart.

Where are you from?	What are you doing in New York?	What are you doing at Tiffany's?
Person 1:	<i>visiting her sister</i>	
Person 2:		<i>looking for a ring</i>
Person 3:	<i>shopping</i>	


b Pair Work Compare your answers with a partner.

Grammar | present continuous

5 Read the Active Grammar box. How is the present continuous used in each sentence 1–6? Write *a* or *b*.

6 Circle the correct choices.

1. I take / am taking a Spanish class this year. It starts / is starting at 7:30 on Mondays.
2. What do you do / are you doing these days? Do you still study English / Are you still studying English?
3. Yuko doesn't eat / isn't eating meat. She doesn't like / isn't liking it.
4. What do you usually do / are you usually doing during summer vacation?
5. They often go / are often going to Costa Rica with friends.

7  1.06 Listen. What is happening? Answer in complete sentences. Begin like this: *Someone is ...*

8 SPEAKING EXCHANGE

Student A: Look at the picture on the right.

Student B: Look at the picture on page 67.

Find five more differences.

Is the man buying a DVD?

No, he isn't. He's buying a book.

Writing

9 Read the email in the Writing bank on page 69. Do the exercises.

10 Write an email to a friend you haven't talked to in a while. Tell him or her about your life right now.

Hi Angela,
How are you? I have so much to tell you ...

Active Grammar

Use the present continuous for:

- a. actions happening at this moment
- b. temporary actions happening "around now" but not at this moment

- | | | |
|---|---|--|
| + | a | 1. <i>I'm studying engineering.</i> |
| | a | 2. <i>My girlfriend is shopping for clothes.</i> |
| - | b | 3. <i>I'm not talking on the phone.</i> |
| | b | 4. <i>We're not exercising enough.</i> |
| ? | a | 5. <i>Are you working in the city this week?</i> |
| | a | 6. <i>What are you eating?</i> |

Use the simple present (NOT the present continuous) with stative verbs (Ex: *be, know, like, love, etc.*).

See Reference page 16



Review

- 1 Complete the conversations with the correct form of the simple present. Then practice with a partner.

Ex: A: Do you get up (you/get up) early?

B: Yes, I do. On weekdays _____ (1. I/get up) at about 6:30.

_____ (2. I/go to bed) early, too.

A: _____ (3. you/go to bed) before ten o'clock?

B: No, I don't, but _____ (4. I/fall asleep) in front of the TV sometimes.

A: My brother is a very good swimmer.

B: _____ (5. he/swim) a lot?

A: Yes, he does. _____ (6. He/get up) very early and

_____ (7. swim) for two hours before breakfast. Then

_____ (8. he/go) back to the pool after work.

B: _____ (9. he/go) out with his friends much?

A: Only on weekends. _____ (10. He/not/go) out during the week at all.

- 2 Complete the conversations using the present continuous form of the verbs in the box.

do have sit check watch go listen

Ex: A: What are you doing (you) right now?

B: I _____ (1.) on a bus with some friends. We _____ (2.) downtown. What about you?

A: I _____ (3.) lunch with my family.

B: _____ (4. Jack) TV?

A: No, he isn't. He _____ (5.) to music and _____ (6.) his email.

- 3 Circle the correct choice to complete each sentence.

Ex: I usually go/am usually going to work by car.

- Listen to that man. What language does he speak/is he speaking?
- It doesn't rain/isn't raining much in the summer here.
- You work/'re working very hard today.
- Do you prefer/Are you preferring tea or coffee?
- I stay/'m staying at the W Hotel in Montreal for a week.
- Who's that woman? What does she want/is she wanting?

Communication | talk about your learning needs and abilities

4 Look at the Wheel of English. Match the words and phrases in the box to the pictures.

grammar vocabulary reading writing listening speaking

A _____

B grammar

C _____

D _____

E _____

F _____

- 5 1.07 Listen. How important is each aspect of English for Antonio? Write an X at the correct place on each part of the wheel. 1 is not important; 5 is very important.
- 6 Listen again. How good is Antonio at each aspect of English? Make notes.
- 7 **Pair Work** Complete your own Wheel of English. Then explain it to your partner. Use language from the How To box.



How To:

Talk about your learning needs and abilities

Say what's important to you

*Grammar is (very/pretty) important to me.
Reading is not (very) important to me.*

Say what you are good at

I'm (very/pretty) good at listening.

- 8 **Group Work** What are your strategies for learning English? Do you listen to an English language radio station? Do you keep a vocabulary notebook? Compare. Make notes about the best strategies you hear.

I like to write new vocabulary words on notes and put them on my refrigerator. That way I see them a couple of times a day.

Unit 1 Reference

Simple present

+	I/You/We/ They	go don't go	to bed early.
-	He/She/It	goes doesn't go	
?	Do	you/we/they get up	early?
	Does	he/she/it get up	

Yes, I do./No, I don't.

Yes, he does./No, he doesn't.

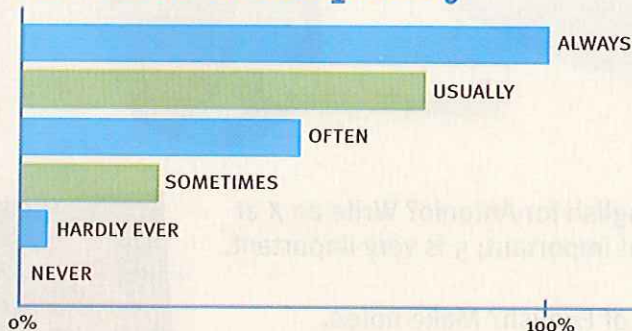
Use the simple present for routines, habits, and things that are generally true.

I always call my parents on Sundays.

I often go to the movies.

He doesn't like going to bed.

Adverbs of frequency



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

I usually play tennis on Saturday.

The adverb of frequency comes after the verb *be*.

I'm never late.

The adverb of frequency comes before a main verb.

He sometimes goes out on Saturdays.

Use the affirmative with *never* and *hardly ever*, not the negative.

He hardly ever gets up early.

Present continuous

+	I	am	working.
	He/She/It	is	
	We/You/They	are	
-	I	am not	working.
	He/She/It	is not	
	You/We/They	are not	
?	Am	I	sleeping in?
	Is	he/she/it	
	Are	you/we/they	

Yes, I am./No, I'm not.

Yes, you are./No, you aren't.

Yes, he is./No, he's not (he isn't).

Use the present continuous to talk about actions happening at the time of speaking and temporary actions happening around now.

I'm checking my email right now.

He's taking English classes this year.

Stative verbs

like	hate	prefer	understand
love	know	believe	remember
need	want		

Use the simple present (NOT the present continuous) with stative verbs.

I know how to play chess.

Unit Vocabulary

Verb-noun phrases about daily routine

read	go to the gym	talk on the phone
sleep	get up early	go out for dinner
wake up	do nothing	go to bed late
watch TV	have a snack	lie on the beach
exercise	go for a walk	meet some friends
take a nap	have a picnic	catch a bus/train
sleep in	take a shower	check your email
fall asleep	listen to music	
have breakfast/lunch/dinner		