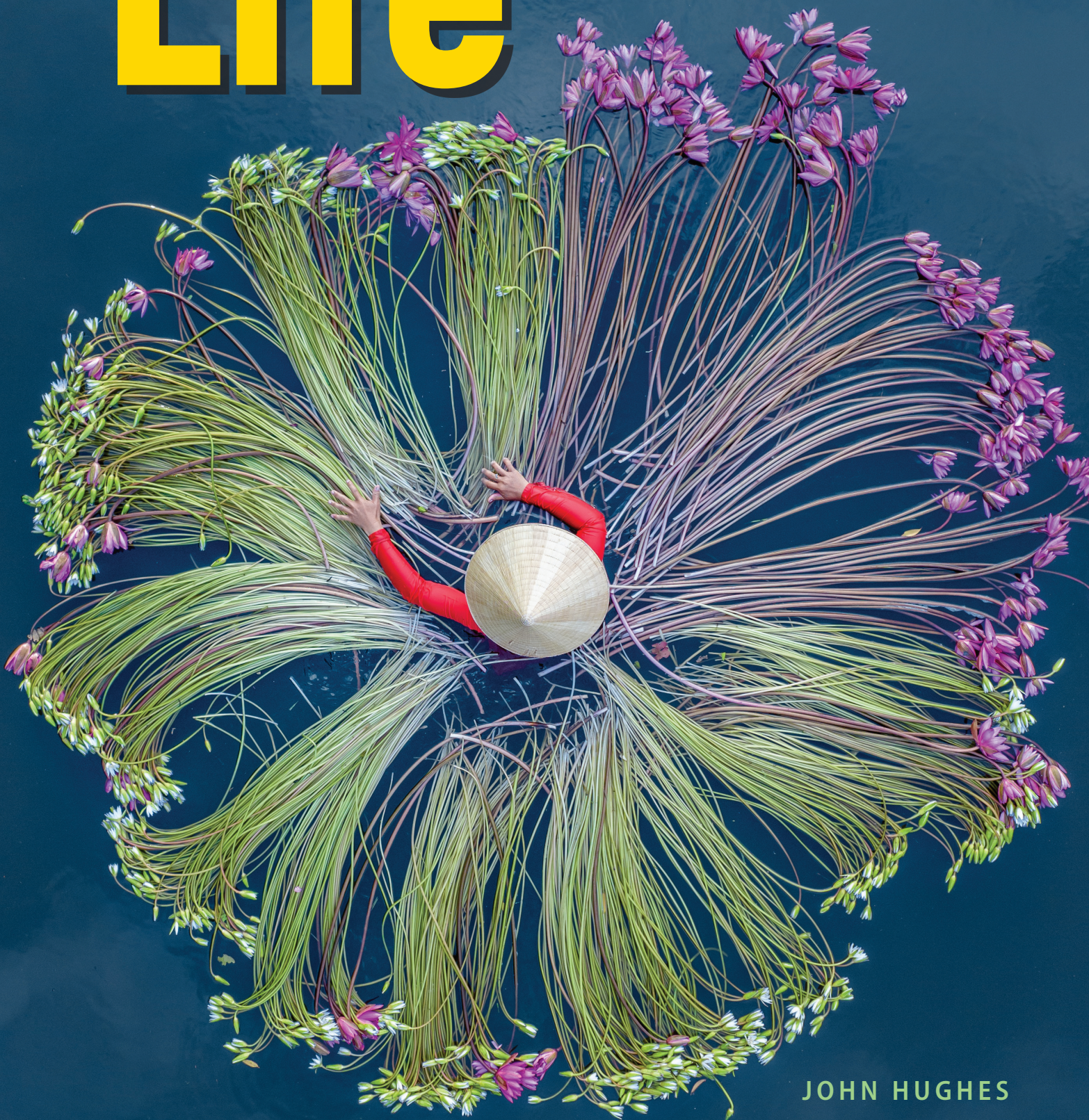


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THIRD
EDITION



JOHN HUGHES
HELEN STEPHENSON
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ON THE COVER

A Vietnamese woman picks water lilies floating in a circle on the Mekong River in Mekong Delta, Long An, Vietnam. Annual floods bring nutrients that helps these flowers grow. They are edible and are sold at markets across South East Vietnam.

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PRE-INTERMEDIATE

Life

**THIRD
EDITION**

JOHN HUGHES
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PAUL DUMMETT



Contents

	Grammar	Vocabulary	Real life (functions)	Pronunciation	Listening
1 Lifestyle <i>pages 9–20</i> Review <i>page 20</i>	present simple and adverbs of frequency; present simple and present continuous;	everyday routines wordbuilding: collocations with <i>do</i> , <i>play</i> and <i>go</i> word focus: <i>feel</i> medical problems	talking about illness	/s/, /z/ or /ɪz/; one or two syllables?	someone talking about a skydiver; a radio interview about long life; listening for the main topics
2 Competitions <i>pages 21–32</i> Review <i>page 32</i>	verbs for rules -ing form	sport wordbuilding: suffixes word focus: <i>like</i>	talking about interests	consonant clusters; silent letters	someone describing an Ironman competition; three people talking about competitive sport; understanding a speaker's opinion
3 Transport <i>pages 33–44</i> Review <i>page 44</i>	comparatives and superlatives; <i>as ... as</i> ; comparative modifiers	transport nouns; wordbuilding: compound nouns; transport adjectives; word focus: <i>understand</i> ; taking transport	going on a journey	<i>than</i> ; sentence stress; intonation	someone talking about coco-taxis in Cuba; two people discussing the pros and cons of transport; a documentary about animal transport; predicting the content of a listening
4 Challenges <i>pages 45–56</i> Review <i>page 56</i>	past simple; past continuous and past simple	personal qualities wordbuilding: verbs and nouns	telling a story	/d/, /t/ or /ɪd/; <i>was/were</i> ; intonation for responding	a caver talking about his hobby; a story about an impossible decision; understanding time references in a story
5 The environment <i>pages 57–68</i> Review <i>page 68</i>	quantifiers; articles	recycling; wordbuilding: large numbers; word focus: <i>take</i>	communicating about an order	/ðə/ or /ði:/; sounding friendly	a documentary extract about an artist who uses recycled objects; a podcast about environmental projects; understanding large numbers
6 Stages in life <i>pages 69–80</i> Review <i>page 80</i>	<i>to</i> + infinitive; future forms	describing age; celebrations; word focus: <i>get</i> ; wordbuilding: synonyms	inviting, accepting and declining	/tu:/ or /tə/; contracted forms; emphasizing words	someone talking about the differences between generations; a news item about Mardi Gras; listening to infer meaning

Reading	Critical thinking	Speaking	Writing	Video
a questionnaire about how well you sleep; an article about centenarians; an article about how nature is good for you	giving examples	talking about your habits and your current life; discussing how to make lives healthier; discussing your local park	a form; filling in forms	<i>Your local park;</i> visual literacy: contrast
an article about two unusual sports; an article about female wrestlers in Bolivia	reading between the lines	explaining the rules for a competition; talking about your opinions about sport; your opinions on sports events; talking about clubs and memberships describing a festival	an advert or notice; checking your writing	<i>Mongolian horse racing;</i> visual literacy: personal response
an article about future transport solutions; an article about empathetic car design	cause and effect	talking about everyday journeys; giving travel advice; designing a cycle tour; discussing renewable energy near you	a short report; summarizing results	<i>Electric planes: the next great challenge;</i> sustainable life: affordable and clean energy
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an article about how a family changed their life; three blog posts about coming-of-age ceremonies	analyzing the writer's view	planning the trip of a lifetime; planning a celebration; describing annual events; formal and informal events	a description; using descriptive adjectives	<i>Married for 88 years;</i> sustainable life: good health and well-being

Contents

	Grammar	Vocabulary	Real life (functions)	Pronunciation	Listening
7 Work <i>pages 81–92</i> Review <i>page 92</i>	present perfect and past simple; present perfect with <i>for</i> and <i>since</i> ; prepositions of place and movement	wordbuilding: suffixes in job words; parts of a building; word focus: <i>make</i> or <i>do</i> ; job adverts	a job interview	intrusive /w/	someone talking about an astronaut; two people giving instructions; listening for prepositions of place and movement
8 Technology <i>pages 93–104</i> Review <i>page 104</i>	zero and first conditional; defining relative clauses	computers and the internet <i>verbs</i> ; wordbuilding: dependent prepositions; instructions	finding out how something works	linking	someone talking about how BearID works; a science programme about a new invention; understanding information from different sources
9 Products <i>pages 105–116</i> Review <i>page 116</i>	the passive (present and past simple); <i>used to</i>	wordbuilding: word forms; describing design; word focus: <i>stuff</i> or <i>thing</i> ; websites	giving your opinion	stress in different word forms; <i>/s/</i> or <i>/z/</i>	a documentary about Valentine's Day; a podcast about classic designs; listening for connected sounds
10 Holidays <i>pages 117–128</i> Review <i>page 128</i>	past perfect simple; subject questions	holiday collocations; wordbuilding: <i>-ed / -ing</i> adjectives; word focus: <i>place</i>	requesting and suggesting	<i>'d</i> number of syllables <i>/dʒə/</i>	three people talk about their holidays; an interview with a tour guide; predicting the missing information in a text
11 History <i>pages 129–140</i> Review <i>page 140</i>	reported speech; reporting verbs (<i>say</i> and <i>tell</i>)	wordbuilding: verb + preposition; communication; ancient history; word focus: <i>one</i>	giving a short presentation	pausing	a historian talking about Scott's Hut in Antarctica; a news story about a message in a bottle; understanding the key parts of a story
12 Nature <i>pages 141–152</i> Review <i>page 152</i>	second conditional; <i>anywhere, everyone, nobody, something</i> , etc.	extreme weather; nature; word focus: <i>too</i>	finding a solution	<i>would / wouldn't / 'd</i>	a documentary about storm chasers; a documentary about a photographer; listening for detailed information

Reading	Critical thinking	Speaking	Writing	Video
an article about influencers; an article about workplace environments	evaluating conclusions	describing past experiences; giving directions; discussing job satisfaction; practising for a job interview	a CV; missing out words in CVs	<i>My working life</i> ; visual literacy: analyzing job adverts
an article about two explorers; an article about biomimetics	a writer's sources	planning a trip; design an invention for everyday life; discussing important inventions; talking about technology in jobs	a paragraph; connecting words	<i>How does your robot feel today?</i> ; visual literacy: facial expressions
an article about famous logos; a blog post about people wanting less 'stuff' in their lives	fact or opinion?	talking about famous products; talking about things you used to do in the past; using less stuff; planning a new website; discussing innovation	a review; giving your opinion	<i>Daniela Blanco's innovative idea</i> ; sustainable life: infrastructure, industry and innovation
two holidays stories; a short review and article about citizen guides	a writer's purpose	telling a story about a holiday; planning a holiday; presenting a place you know; sharing tourist information; planning a microadventure	an email reply; formal and informal expressions	<i>A microadventure</i> ; visual literacy: infographics
a timeline showing the history of video gaming; an article about historical objects	emotion words	talking about games; a museum in your town; a presentation on a historical place; sending a message	a biography; punctuation in direct speech	<i>The Golden Record</i> ; visual literacy: signs and symbols
an article about a science blog; an article about AI and nature	close reading	talking about hopes and dreams; questions with <i>any</i> ; discussing AI in nature; talking about water near you	an article; planning an article	<i>Measuring mangroves</i> ; sustainable life: life below water

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UNIT 1

- Skydiving in the Netherlands
- Okinawa's secrets to a long life
- Health and nature around the world
- Out and about in New York City



UNIT 2

- The rules of underwater hockey and kabaddi
- Competitive sports in schools
- Female wrestlers in Bolivia
- Mongolian horse racing



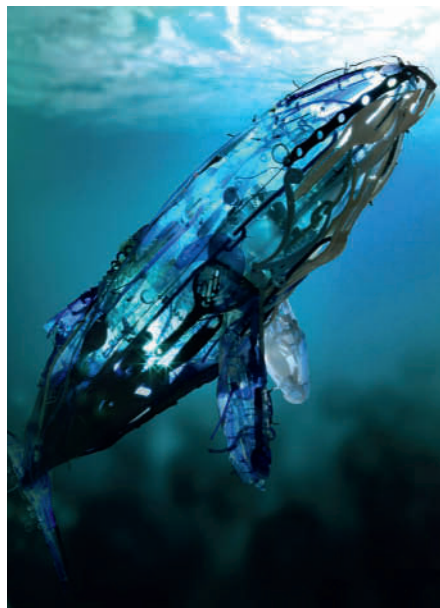
UNIT 3

- Coco-taxis in Havana
- Future transport solutions
- A documentary about animal transport
- A suit that teaches empathy



UNIT 4

- Adventurers of the year
- An impossible decision
- The history of the Rubik's Cube
- Exploring visual illusions



UNIT 5

- A story about a National Geographic podcaster
- The Great Green Wall in Africa
- A boat made of bottles
- Protecting the Earth's rainforests



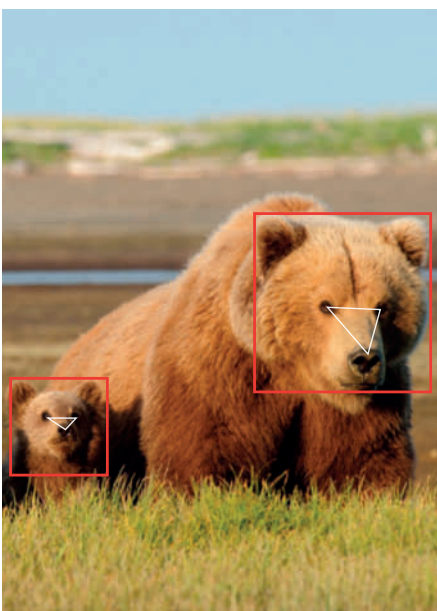
UNIT 6

- Driving around the world
- Mardi Gras in New Orleans
- Coming of age in the Philippines, Ethiopia and Japan
- A couple with a special story



UNIT 7

- The International Space Station
- Exploring the job of an influencer
- An X-ray photographer
- Modern designs in the workplace



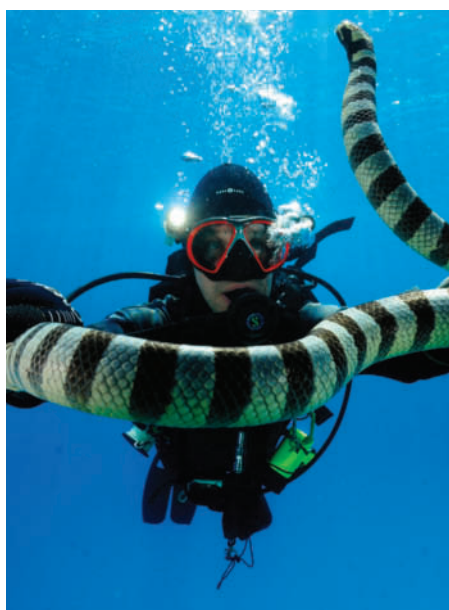
UNIT 8

- A software called 'BearID'
- The twin explorers using tech
- A global invention
- How nature inspires design



UNIT 9

- Valentine's Day in Saudi Arabia
- Logos around the world
- Products with classic designs
- An innovative idea



UNIT 10

- World travellers: work and play
- The rise of the 'Citizen Guide'
- The Tarxien Temples in Malta
- A microadventure in Croatia



UNIT 11

- A one-hundred-year-old hut
- The history of video gaming
- The world's oldest message in a bottle
- The ancient history of Abu Sir al Malaq



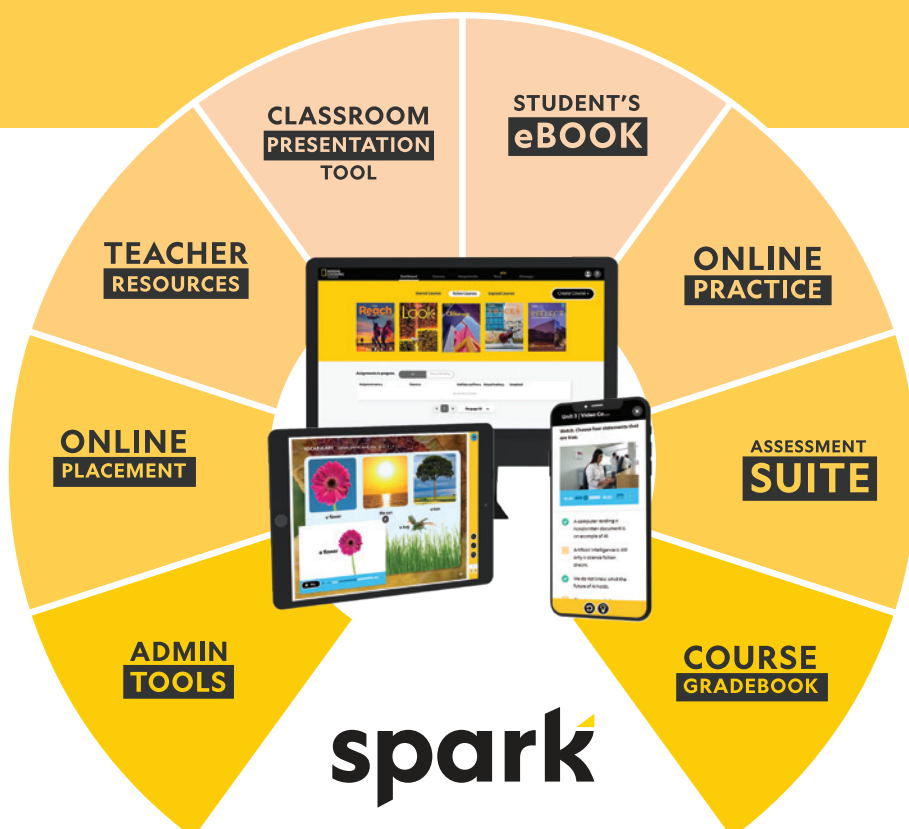
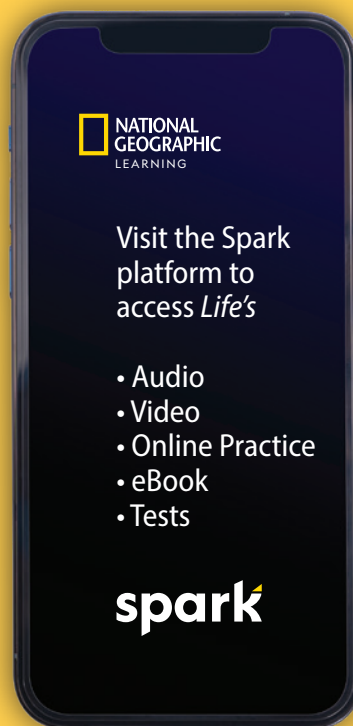
UNIT 12

- Extreme weather around the world
- Nature in one cubic foot
- Exploring AI and photography
- Measuring mangroves in La Paz

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Arnold Camfferman skydiving above the Netherlands.

UNIT GOALS

- 1a** • use the present simple and adverbs and expressions of frequency
 - talk about everyday routines
- 1b** • use the present simple and present continuous and listen for the main topic
 - use collocations with *do*, *play* and *go*
- 1c** • read about the benefits of nature and learn about giving examples
- 1d** • talk about illness and give advice
- 1e** • fill in a form with personal information
- 1f** • contrast parts of a photo and discuss your local park

1 Work in pairs. Look at the photo and read the caption. Discuss the questions.

- 1 What kind of person do you think Arnold Camfferman is?
- 2 Would you like to try skydiving?

2 **1.1** Listen to someone talking about the photo. Answer the questions.

- 1 What does Arnold do to stay healthy?
- 2 How often does he go skydiving?
- 3 What is Arnold's advice for a long and happy life? Do you agree with his advice?

3 Work in pairs. Look at the free-time activities. Discuss the questions below.

chat on social media cook a meal do sport go for long walks
go jogging play a musical instrument play video games
read books spend time with family and friends watch videos

- 1 Which activities do you often do? Why?
- 2 Which are good for a healthy lifestyle?

*I often go for a long walk because it's relaxing and it helps me to study.
I also think it's good for a healthy lifestyle.*

I usually need eight hours

Vocabulary everyday routines

- 1 Work in pairs. Match the two parts of the expressions for everyday routines. Then describe your typical day using some of the expressions.

- | | |
|----------------|------------------|
| 1 get home | a asleep |
| 2 get up about | b late |
| 3 do | c hours |
| 4 work long | d break |
| 5 take a | e TV |
| 6 wake up | f exercise |
| 7 watch | g early |
| 8 stay up | h tired |
| 9 feel | i until midnight |
| 10 fall | j eight |

I often get home late ...

Reading

- 2 Read the questionnaire about sleep habits and lifestyle and note down your answers (A, B or C). Then turn to page 153 and find out what your answers say about your lifestyle. Tell your partner.

Grammar present simple and adverbs of frequency

- 3 Look at the sentences (1 and 2) from the questionnaire. Match the sentences with their uses (a and b).
- I work hard and sometimes get home late.
 - The average human needs around eight hours of sleep per night.
- a to talk about things that are always true
b to talk about habits and routines

PRESENT SIMPLE

I/you/we/they sleep	he/she/it sleeps
I/you/we/they don't sleep	he/she/it doesn't sleep
Do I/you/we/they sleep ... ?	Does he/she/it sleep ... ?

For further information and practice, see page 156.

How well do you sleep?



nap (n) /næp/ a short sleep during the day

1 Do you often feel tired during the day?

- A No, I never feel tired.
B I sometimes feel tired.
C All the time! I'm always ready for bed.

2 How many hours do you usually sleep at night?

- A Between seven and eight hours.
B More than nine. I rarely stay up late.
C Fewer than six.

3 Before I go to bed, I often:

- A relax and watch TV or read a book.
B do some physical exercise.
C stay up late and prepare for the next day.

4 At the weekend, I:

- A usually sleep the same amount as any other day.
B sometimes sleep for an extra hour or two.
C always sleep until midday! I never get up early.

5 How often do you wake up in the middle of the night?

- A I never wake up before morning.
B I rarely wake up more than once, and I usually fall asleep again quite quickly.
C Two or three times a night.

6 Are you often tired at work?

- A No, I'm never tired at work.
B Sometimes, so I take a nap after lunch.
C Always! That's because I work long hours and get home late.

- 4 Look at the grammar box. Complete the article about sleep with the present simple form of the verbs.

Why ¹ *do we sleep* (we / sleep)?

From birth, we ² (spend) a third of our lives asleep, but scientists still ³ (not / know) exactly why.

Why ⁴ (we / have) problems sleeping?

In modern society, many adults ⁵ (not / get) the seven or eight hours of sleep they need every night. We often ⁶ (work) long hours and we rarely ⁷ (go) to bed at sunset.

Why ⁸ (we / sleep) differently?

It ⁹ (depend) on the time of year and also our age. Teenagers usually ¹⁰ (need) more sleep than adults. Lots of elderly people ¹¹ (not / sleep) longer than four or five hours at night, but they often ¹² (take) naps during the day.

5 Pronunciation /s/, /z/ or /ɪz/

- a  1.3 Listen to the endings of these verbs. Is the sound /s/, /z/ or /ɪz/?

- | | |
|-------------|----------|
| 1 feels /z/ | 5 goes |
| 2 needs | 6 dances |
| 3 watches | 7 does |
| 4 sleeps | 8 works |

- b  1.3 Listen again and repeat the verbs. Think about how you say the endings.

- 6 Work in pairs. Discuss the questions.

- What time do you and your friends normally get up? How late do you stay up?
- Does anyone in your family ever take a nap in the afternoon?
- How does your sleep change during the year? For example, do you sleep longer in the summer or in the winter?

- 7 Look at these adverbs of frequency. Then underline the adverbs of frequency in the questionnaire in Exercise 2 and add them below (1–3).

always	☒	☒	☒	☒	☒	☒	☒	☒	☒
usually	☒	☒	☒	☒	☒	☒	☒	☐	☐
1	☒	☒	☒	☒	☒	☒	☐	☐	☐
2	☒	☒	☒	☒	☐	☐	☐	☐	☐
not often	☒	☐	☐	☐	☐	☐	☐	☐	☐
rarely	☒	☐	☐	☐	☐	☐	☐	☐	☐
3	☐	☐	☐	☐	☐	☐	☐	☐	☐

ADVERBS and EXPRESSIONS OF FREQUENCY

She's **usually** late for work.

I **often** wake up at seven.

Do you **often** wake up in the night?

She wakes up **two or three times a night**.

Every month I visit my grandparents.

For further information and practice, see page 156.

- 8 Look at the second grammar box. Notice the position of the adverbs and expressions of frequency in the sentences. Then choose the correct option to complete the rules (1 and 2).

- An adverb of frequency goes *after* / *before* the verb *to be*, but it normally goes *after* / *before* the main verb.
- An expression of frequency (e.g. *twice a week*) usually goes either *at the beginning* / *in the middle* or at the end of a sentence.

- 9 Put the adverb or expression of frequency in brackets in the correct place in the sentences. Sometimes there is more than one correct answer.

always

- My brother / plays tennis on Saturday mornings. (always)
- We go to the cinema. (about once a month)
- I take a bus to school. (every day)
- She is at home in the middle of the day. (rarely)
- They go on holiday. (twice a year)
- Are you late for work? (often)

Speaking my life

- 10 Work in pairs. Find out about your partner's habits. Ask questions with *How often ...?* and these ideas. Answer using an adverb or expression of frequency.

- take public transport
- be late for school or work
- be stressed at school or work
- check your phone for messages
- check social media
- play board games
- eat out in restaurants
- go on holiday

A: *How often do you eat out?*

B: *About once a month.*

- 11 Work in groups. Prepare a questionnaire about lifestyle for another group. Begin the questions with *How often ...?* *Are you often ...?* or *Do you often ...?* and offer three choices of answer (A, B or C). Afterwards, work with another group and ask your questions.

How often do you take public transport?

A *Every day*

B *Two or three times a week*

C *Rarely*

What keeps them healthy?

- 1** Who is the oldest person you know? How old is he or she? How healthy is their lifestyle?

My grandfather is the oldest person I know. He's 83 and has a healthy lifestyle because he still does exercise. He goes walking and plays golf.

- 2** Read the article. Then look at the wordbuilding box and complete the article with the verbs *do*, *play* and *go*. You can use the verbs more than once.

Wordbuilding collocations with *do*, *play* and *go*

WORDBUILDING collocations with *do*, *play* and *go*

When we talk about free-time activities, we often use certain verbs with certain nouns. These are called collocations.

do exercise, **do** gardening

go walking, **go** cycling

play golf, **play** games

- 3** Match these activities with the verbs in the table to make collocations. Use a dictionary if necessary. Then think of one more activity for each verb.

camping	cards	football	hiking	homework
horse riding	karate	nothing	the piano	
running	tennis	yoga		

Do	Go	Play
	<i>fishing</i>	

- 4** Work in pairs. Tell your partner about people you know using the collocations in the table.

My brother does karate. He's a black belt.

1.4

THE SECRETS OF A LONG LIFE



The island of Okinawa in Japan has a high number of centenarians – men and women over the age of one hundred. What are some of the reasons for their long life? They ...

- ¹ fishing and eat what they catch.
- ² a lot of gardening and grow their own fruit and vegetables.
- ³ cycling and never drive when they can walk.
- often spend time with friends. They meet at people's houses and ⁴ games.
- rarely ⁵ shopping for food in a supermarket.
- ⁶ regular exercise, ⁷ golf,
- ⁸ swimming and lead active lives.

Listening

5  **1.5** When you listen to something for the first time, try to understand what the main topics are. Listen to part of a radio interview with photographer David McLain. Tick the topics the speakers talk about.

- | | |
|----------------------------|------------|
| 1 the age of men and women | 3 sleep |
| 2 family life | 4 food |
| | 5 exercise |

6  **1.5** Listen again and complete the sentences with three words.

- No one knows why some people live longer than others.
- David McLain is travelling to places with large numbers of people aged a
- In Sardinia, men live to the same
- Research shows that in countries where people live longer, the
- The younger generation in Sardinia are eating more
- Young people are doing less exercise because

7 Work in pairs. How similar or different is your lifestyle or the lifestyle where you live compared to places like Sardinia? Discuss these areas:

- the speed of life (slow? fast?)
- how much people do exercise and go to the gym (often? not often?)
- family and local community (very important? less important?)
- type of diet (fresh food? fast food?)

Grammar present simple and present continuous

8 Look at five sentences from the interview. Which two sentences use the present simple? Why?

- One man is trying to answer these questions.
- He's speaking to us right now on the phone.
- Men live to the same age as women.
- Every Sunday, the whole family eats a big meal together.
- The younger generation are eating more food like chips and burgers.

9 Look at the grammar box. How do you form the present continuous? Match sentences 1, 2 and 5 in Exercise 8 with these uses of the present continuous (a–c).

- to talk about something in progress at the moment of speaking
- to talk about something happening around now, but not at the exact moment
- to talk about a trend or a changing situation

PRESENT CONTINUOUS

*I'm speaking.
You're/We're/They're speaking.
He's/She's/It's speaking.
I'm not travelling.
You/We/They aren't travelling.
He/She/It isn't travelling.
Am I working?
Are you/we/they working?
Is he/she/it working?*

Common time expressions with present continuous: *now, at the moment, currently, these days*

For further information and practice, see page 156.

10 Complete the sentences with the present simple or present continuous form of these verbs.

check	not / do	not / eat	go
learn	play	read	spend

- We 're learning a new language at the moment.
- My friends and I often time at each other's houses.
- It's difficult to talk to him at the moment! He's his social media.
- How often you to the gym?
- I a really interesting book at the moment.
- Currently, a friend of mine any sweets and he says he feels healthier.
- I'm lazy and I any exercise!
- More and more old people video games these days. It isn't just young people.

Speaking

11 Write pairs of questions. Use the present simple in one question, and the present continuous in the other.

- How / usually spend your free time?
How do you usually spend your free time?
 - / you / do / much sport these days?
Are you doing much sport these days?
- / often / read novels?
 - / read / any good books at the moment?
- Where / normally go on holiday?
 - Where / plan to go this year?
- / speak / any other languages?
 - / learn / any new languages?

12 Work in pairs. Ask and answer your questions from Exercise 11.