

OXFORD

# Metro

Student Book & Workbook

with  Online Homework

and



Smartphone Activities

3



Video in every unit



James Styring & Nicholas Tims  
Alexandra Paramour • Aírton Pozo de Mattos

 Ebook interactive features

# Metro

3

Student Book & Workbook

with  Online Homework

and

 *Smartphone Activities*



**James Styring & Nicholas Tims**  
Alexandra Paramour • Aírton Pozo de Mattos

**OXFORD**  
UNIVERSITY PRESS

# Contents

## Vocabulary

## Grammar

## Reading

### Welcome to Metro 4–12

## 1 Body and mind 13

- Feelings and emotions 14
- Body: actions 18

- Use of gerund (-ing form) 17
- Use of infinitives 19

- Emotional moments 16
- Technology that reads your emotions 21
- Good readers tip:** using dictionaries

## 2 Follow the rules 23

- do and make 24
- Bullying 28

- be allowed to, let, and make 27
- Zero conditional 29

- Devices @ school: cool or not cool? 26
- Together we can stop bullying 31
- Good readers tip:** skimming

### Review A 33

### Cross-curricular 1–2 • Psychology 118

### Metro Express 1 109

## 3 Big issues 35

- Man-made and natural problems 36
- Environmental problems and solutions 40

- will / won't: future predictions 39
- be going to: future predictions 41

- Our greatest threats: article 38
- Our greatest threats: comments 43
- Good readers tip:** understanding opinions

## 4 Tell the truth 45

- Truth and lies 46
- Nouns ending with -ion 50

- First conditional 49
- Modals: might, must, and can't 51

- Truth or myth? 48
- April Fools' Day 53
- Good readers tip:** scanning

### Review B 55

### Culture 3–4 • New York 120

### Metro Express 3 111

## 5 Getting along 57

- Relationship verbs 58
- Expressing emotions 62

- Present perfect: just, already, and yet 61
- used to 63

- Romeo and Juliet 60
- A history of Adidas and Puma 65
- Good readers tip:** indentifying the main events in a story

## 6 The senses 67

- Sense verbs and adjectives 68
- Sleep 72

- Present perfect: for and since 71
- Simple past or present perfect? 73

- The brain: our sixth sense? 70
- Sleep well! 75
- Good readers tip:** predicting

### Review C 77

### Culture 5–6 • Weddings 122

### Metro Express 5 113

## 7 Do the right thing 79

- Positive actions 80
- Helping: people and places 84

- would for imaginary situations 83
- Second conditional 85

- How would you do these jobs better? 82
- Moral dilemmas 87
- Good readers tip:** indentifying the meaning of unknown words

## 8 Creativity 89

- Creativity: adjectives 90
- Creativity: verbs 94

- Relative clauses 93
- Subject and object questions 95

- But is it art? 92
- Teen creators 97
- Good readers tip:** looking at comprehension questions before you read

### Review D 99

### Cross-curricular 7–8 • Literature 124

### Metro Express 7 115

## Workbook

### Vocabulary W2–W9

### Grammar W10–W25

### Reading W26–W33

## Listening

## Speaking

## Watch

## Writing

- Fears and phobias 15
- Speaking in public 18

- Sharing problems 20

▶ Happiness in Mexico 22

- A story about a memorable experience  
**Good writers tip:** using adverbs of manner 101

- Home rules 25
- Restorative justice 28

- Asking for and giving permission 30

▶ Rules at home and at school 32

- School rules  
**Good writers tip:** using expressions of purpose 102

### Metro Express 2 110

- Wildfires at Yellowstone Park 37  
**Good listeners tip:** taking notes
- Cleaning the world's oceans 40

- Asking for and giving opinions 42

▶ A smart city 44

- An opinion essay  
**Good writers tip:** expressing opinions with a variety of phrases 103

- The Apollo moon landings 47  
**Good listeners tip:** inferring speakers' opinions
- The five-second rule 50

- Expressing disbelief 52

▶ Truth and lies 54

- Describing pictures  
**Good writers tip:** using modifiers 104

### Metro Express 4 112

- Couples 59
- Siblings: brothers and sisters 62

- Talking about recent events 64

▶ Milton and Phyllis 66

- A description of a relationship  
**Good writers tip:** similarities and differences 105

- An Asian food market 69  
**Good listeners tip:** thinking before you listen
- Teenagers and sleep 72

- Talking about experiences 74

▶ Synesthesia 76

- A for and against essay  
**Good writers tip:** using expressions of contrast 106

### Metro Express 6 114

- Positive news stories 81  
**Good listeners tip:** using context to infer ideas
- What would you do? 84

- Giving and replying to advice 86

▶ Bureo 88

- A persuasive essay  
**Good writers tip:** linking extra information 107

- On the radio 91  
**Good listeners tip:** understanding context
- Creative people 94

- Talking about likes and dislikes 96

▶ Graffiti Life 98

- A biography  
**Good writers tip:** common mistakes 108

### Metro Express 8 116

# Welcome to

# Metro

# 1

## Day trip

### Transportation

1 Look at the pictures. Complete the sentences with the words. Use the simple past of the verbs.

fly / plane ride / motorcycle sail / ferry take / bus take / subway ~~take / train~~



Last week, ...



1 we took a train to my cousins' house.



2 we \_\_\_\_\_ in a \_\_\_\_\_ to my grandparents' house.



3 I \_\_\_\_\_ on my brother's \_\_\_\_\_ last weekend.



4 I \_\_\_\_\_ a \_\_\_\_\_ to the beach.



5 we \_\_\_\_\_ on a \_\_\_\_\_ around New York.



6 we \_\_\_\_\_ the \_\_\_\_\_ to the theme park.

### Travel adjectives

2 Look at the pictures in exercise 1 again. Complete the sentences with the adjectives.

comfortable crowded delicious  
historic modern noisy quiet

- 1 **Mark:** It was really quiet and the seats were really c\_\_\_\_\_.
- 2 **Gloria:** They gave us lunch and it was d\_\_\_\_\_!
- 3 **Callum:** It was fun, but it's really n\_\_\_\_\_!
- 4 **Jenna:** The bus was really c\_\_\_\_\_ and we couldn't find anywhere to sit.
- 5 **Ethan:** It's the best way to see the Statue of Liberty and other h\_\_\_\_\_ buildings.
- 6 **Sofia:** The station is really m\_\_\_\_\_.

### Money verbs and shopping nouns

3 Complete the conversations with the pairs of words.

borrow / counter ~~can't afford / sale~~ pay / receipt  
spent / change wasting / bargain

- 1 **A** Look, there's a sale on at the store.  
**B** Sorry. I can't afford anything at the moment.
- 2 **A** Excuse me. Did you \_\_\_\_\_ for that hat?  
**B** Yes, I did. Here's the \_\_\_\_\_.
- 3 **A** This is a \_\_\_\_\_. It's only \$10!  
**B** You're \_\_\_\_\_ your money. Good headphones are more expensive than \$10.
- 4 **A** Can I \_\_\_\_\_ \$5 to buy these pens?  
**B** Sure. I can give you the money when we get to the \_\_\_\_\_.
- 5 **A** Did you remember to get your \_\_\_\_\_?  
**B** There wasn't any. I \_\_\_\_\_ exactly \$20 and gave the assistant a \$20 bill.

## Present progressive for plans

### 4 Complete the questions and answers with the verbs.

do / not work   get back / meet   ~~go away~~ / see  
hang out / go   take / not swim   travel / not take

- 1 A Are we going away this weekend?  
B Yes, we 're seeing your cousins.
- 2 A What \_\_\_\_\_ we \_\_\_\_\_ this weekend?  
B I don't know. Dad \_\_\_\_\_ so we can all go out together.
- 3 A \_\_\_\_\_ everyone \_\_\_\_\_ at the mall on Saturday?  
B No! I \_\_\_\_\_ to a comics exhibition.
- 4 A How \_\_\_\_\_ you \_\_\_\_\_ to Jack's house tonight?  
B I \_\_\_\_\_ the subway. It's too hot.
- 5 A What time \_\_\_\_\_ you \_\_\_\_\_ on Sunday?  
B About lunchtime. My brother \_\_\_\_\_ us at the airport at 10 a.m.
- 6 A \_\_\_\_\_ anyone \_\_\_\_\_ their phone to the beach?  
B I am. And I \_\_\_\_\_, so you can leave yours with me.

## Comparative adjectives

### 5 Complete the conversation with the comparative form of the adjectives. Add *than* if necessary.



- A Do you want to hang out on Saturday?  
B Sunday's <sup>1</sup> better than (good) Saturday for me.
- A OK. What about going to the beach?  
B Sure. South Beach? It's <sup>2</sup> \_\_\_\_\_ (quiet) the others.
- A OK. How are we going to get there?  
B The subway is <sup>3</sup> \_\_\_\_\_ (fast) the bus.
- A Yes, but the bus is <sup>4</sup> \_\_\_\_\_ (cheap). And it's <sup>5</sup> \_\_\_\_\_ (hot) on the subway.  
B OK. Let's meet at your house and take the bus.



- B South Beach is <sup>6</sup> \_\_\_\_\_ (popular) I thought.
- A Yes. It's <sup>7</sup> \_\_\_\_\_ (crowded) last time.
- B But I'm <sup>8</sup> \_\_\_\_\_ (upset) about the weather.
- B Yeah, it's <sup>9</sup> \_\_\_\_\_ (bad) it was at home.
- A We could go back and sunbathe on your balcony ...  
B I guess it's <sup>10</sup> \_\_\_\_\_ (comfortable) here, too ...  
A Come on. Let's go!

## Indefinite pronouns

### 6 Complete the words with *-one*, *-thing*, or *-where*.

- 1 There's no thing to do near here.
- 2 I want to go some \_\_\_\_\_ hot.
- 3 Are you taking any \_\_\_\_\_ to eat later?
- 4 No \_\_\_\_\_ wants to go swimming.
- 5 Every \_\_\_\_\_'s taking the subway to the mall.
- 6 Some \_\_\_\_\_ in this salad is delicious!

## Your turn

### 7 Look at the pairs of pictures. Write as many sentences as possible in your notebook to compare the pictures.



- 1 the moon / the sun      2 pizza / pasta



- 3 cats / dogs      4 South America / Asia

### 8 In pairs, take turns reading your sentences. Which person has the most original sentences for each pair?

The sun is older than the moon!

# 2

## Working lives

### Jobs

1 Complete the sentences with the words.

architect chef doctor journalist  
nurses salesperson software developer

### HELP WANTED



1 We have the ideas, but we need a talented software developer. Are you good at Java? Contact [TheAppAgency](#).



2 We need a \_\_\_\_\_ for local news and sports reporting. Bay Area, evenings. Apply [here](#).



3 Arcadia High School cafeteria is growing and we need another \_\_\_\_\_. Contact the principal at AHS.



4 Upton Soccer Team needs a new club building. Do you know a good local \_\_\_\_\_?



5 San Merino Health Center is looking for two \_\_\_\_\_ and a \_\_\_\_\_ to join our busy team. Details [here](#).



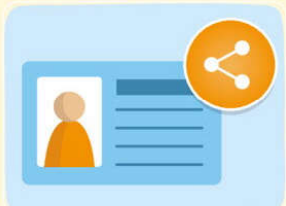
6 Have you ever worked as a \_\_\_\_\_? At St. Quentin Mall we need confident, hard-working people to join the toy department. Contact us!

### Safety online

2 Complete the labels. Use one word of each color.

antivirus click different information install  
links on passwords personal share software use

### Staying safe at work



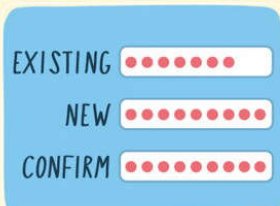
1 share personal information



2 \_\_\_\_\_



3 \_\_\_\_\_



4 \_\_\_\_\_

### Crime

3 Complete the text with the words.

arrest break catch commit  
investigate rob steal



### Working Lives

I'm a police officer and my job is to <sup>1</sup> catch any criminals who <sup>2</sup> \_\_\_\_\_ crimes in my neighborhood. Often the same people <sup>3</sup> \_\_\_\_\_ into homes and <sup>4</sup> \_\_\_\_\_ things, or they <sup>5</sup> \_\_\_\_\_ people. But although we know most of the criminals in the area, we have to <sup>6</sup> \_\_\_\_\_ carefully and collect evidence before we can <sup>7</sup> \_\_\_\_\_ anyone.

### Personality adjectives

4 Match the opposite adjectives.

- |             |                |
|-------------|----------------|
| 1 confident | a anxious      |
| 2 easygoing | b cheerful     |
| 3 lazy      | c hard-working |
| 4 miserable | d rude         |
| 5 polite    | e shy          |

5 Which five personality characteristics in exercise 4 would be helpful in a job?

- |                    |         |
|--------------------|---------|
| 1 <u>confident</u> | 4 _____ |
| 2 _____            | 5 _____ |
| 3 _____            |         |

have to / don't have to

6 Complete the text with the correct form of *have to*.

**GILES McPURDEY**

**DENTIST**



Q Is it hard to be a dentist?

A It's not easy to become a dentist. But being a dentist is fun!

Q<sup>1</sup> Do \_\_\_\_\_ you have to study (study ?) a lot to become a dentist?

A Yes, we<sup>2</sup> \_\_\_\_\_. Dentists<sup>3</sup> \_\_\_\_\_ (study ✓) the same college courses as doctors, and we<sup>4</sup> \_\_\_\_\_ (pass ✓) a lot of exams. More than most doctors!

Q<sup>5</sup> \_\_\_\_\_ you \_\_\_\_\_ (work ?) long hours?

A No, I<sup>6</sup> \_\_\_\_\_. I only<sup>7</sup> \_\_\_\_\_ (work ✓) from 8 a.m. to 6 p.m. I<sup>8</sup> \_\_\_\_\_ (take X) my work home in the evenings, and I<sup>9</sup> \_\_\_\_\_ (work X) on the weekend. I have better working hours than most professionals. My wife's a lawyer. She<sup>10</sup> \_\_\_\_\_ (start X) work until 9 a.m., but she<sup>11</sup> \_\_\_\_\_ (work ✓) most evenings.

(not) as ... as, too / not ... enough

7 Choose the correct words.

- I'm not going to be a scientist. I'm too good / m not good enough at physics.
- Sara's brother is a chef, but Sara can't cook very well. Sara's food isn't as delicious as / is as delicious as her brother's.
- My dad's office is in a historic building. My mom works in a modern office. My dad's office isn't as new as / is as new as my mom's.
- You can't drive a car yet, you're only 15. You are too old / aren't old enough to drive a car.
- I don't want to work in the market because it's noisy. The market is too quiet / isn't quiet enough for me.
- My cousin David looks younger than me, but actually we're both 17. David looks as old as / doesn't look as old as me, but actually he is as old as / isn't as old as me.

Superlative adjectives

8 Look at the chart and complete the sentences with the superlative form of the adjectives.

	Sam, architect	Marc, chef	Zoey, taxi driver
high or low salary?	\$\$\$\$\$	\$\$\$	\$
interesting or boring?	😊😊😊😊😊	😊😊😊😊	😊😊
easy or hard?	😞😞😞😞	😞😞😞	😞
long or short hours?	🕒🕒	🕒🕒🕒🕒	🕒🕒🕒🕒🕒
safe or dangerous?	⚠️	⚠️⚠️	⚠️⚠️⚠️

- Marc has a high salary, but Sam has the highest salary.
- Marc's job is interesting, but Sam has \_\_\_\_\_ job.
- Being an architect is \_\_\_\_\_ job. Architects have to study for six years. Driving a taxi is \_\_\_\_\_ job.
- Sam and Marc work long hours, but Zoey works \_\_\_\_\_ hours. Sam works \_\_\_\_\_ hours.
- Being a chef is quite safe, but designing buildings is \_\_\_\_\_ job. Driving a taxi is \_\_\_\_\_.

can / can't for rules

9 Copy and complete the chart with information about the rules in your home. Use the ideas below or your own ideas.

cook meals do homework every day  
play computer games before breakfast  
use devices in our bedrooms wash the dishes  
watch TV until midnight

We can	We can't	We have to	We don't have to
use devices after dinner	be rude		

Your turn

10 In pairs, compare your rules.

We don't have to cook meals.

Oh, in my house we have to cook meals.



# 3

## Get active

### Sports and adventure sports

1 Read the definition of *bucket list*. Then complete the bucket list with *do*, *go*, or *play*, and the sports.

bungee jump karate rafting sailing scuba diving  
 skateboarding sky diving snowboarding surfing  
 tennis track and field volleyball

**bucket list** noun /'bʌkɪt lɪst/

a list of things that you want to do during your lifetime

*I've never gone rafting, but it's on my bucket list.*

### My bucket list



1 go scuba diving  
in Australia



2 \_\_\_\_\_  
without an instructor



3 \_\_\_\_\_  
with a *sensei* (grand master) in Japan



4 \_\_\_\_\_  
in the Caribbean



5 \_\_\_\_\_  
in New York City



6 \_\_\_\_\_  
in Hawaii



7 \_\_\_\_\_ at  
Wimbledon, London (U.K.)



8 \_\_\_\_\_ a  
\_\_\_\_\_ event for my country



9 \_\_\_\_\_  
at Miami Beach



10 \_\_\_\_\_ a \_\_\_\_\_  
\_\_\_\_\_ in New Zealand



11 \_\_\_\_\_  
in Colorado



12 \_\_\_\_\_  
in the Grand Canyon

### Sports verbs and feelings

2 Complete the text with the words.

caught disappointed kicked lost proud  
scored shot surprised were winning worried



I was <sup>1</sup>disappointed with United today. We <sup>2</sup> \_\_\_\_\_ 4-2 against City, but then in the last ten minutes of the game City <sup>3</sup> \_\_\_\_\_ three goals! In the end, we <sup>4</sup> \_\_\_\_\_ 5-4. I was really <sup>5</sup> \_\_\_\_\_ at their new center forward, Jaime Martin. He <sup>6</sup> \_\_\_\_\_ the ball over 40 meters a few times, and each time the ball reached the penalty area. He <sup>7</sup> \_\_\_\_\_ at the goal three times from the center circle. Our goal keeper <sup>8</sup> \_\_\_\_\_ the first two balls, but the third was a goal. Jaime Martin should be <sup>9</sup> \_\_\_\_\_ of that goal. Now I'm <sup>10</sup> \_\_\_\_\_ about our game against City next month!

be going to

3 Complete the news story with the *be going to* form of the verbs.

go help ~~play~~ not play stay  
teach not think travel win

Marina Marinova  
1 is going to play her last international tennis game on Saturday. After that game, she 2 \_\_\_\_\_ on vacation with her family. They 3 \_\_\_\_\_ on an island in the Caribbean for a few months. She said: "I 4 \_\_\_\_\_ this last game of my career. Then, we 5 \_\_\_\_\_ for a while. I 6 \_\_\_\_\_ about tennis at all! When I get back, I 7 \_\_\_\_\_ in international games. I 8 \_\_\_\_\_ at a tennis academy in Cannes, France. I 9 \_\_\_\_\_ young players prepare for international games."



4 Complete the questions and answers with *be going to* about Marina Marinova.

- When is Marina Marinova going to play her last game \_\_\_\_\_?  
She's going to play her last game on Saturday.
- Where is she \_\_\_\_\_?  
\_\_\_\_\_ to the Caribbean.
- \_\_\_\_\_ with her family?  
Yes, \_\_\_\_\_.
- Where \_\_\_\_\_?  
\_\_\_\_\_ at a tennis academy.
- \_\_\_\_\_ help older tennis players?  
No, \_\_\_\_\_.

Your turn

5 Make lists of your plans and intentions.

this weekend	<u>go to the market with Mom, ...</u>
this term	
this year	
when I'm an adult	

6 In pairs, compare your lists. Use *be going to*.

Past progressive

7 Write affirmative and negative past progressive sentences.



- Evan / sunbathe / swim  
Evan was sunbathing. He wasn't swimming.
- Bella / fly / run  
\_\_\_\_\_
- Carter / do parkour / ride a bike  
\_\_\_\_\_
- Daisy / kick the ball / throwing it  
\_\_\_\_\_

8 Write past progressive questions about the pictures. Answer the questions.

- What / Bella and Daisy both / wear?  
What were Bella and Daisy both wearing?  
They were wearing shorts and T-shirts.
- What / Evan / read?  
\_\_\_\_\_
- What / Daisy and Bella / play?  
\_\_\_\_\_
- Who / jump?  
\_\_\_\_\_
- Who / not exercise?  
\_\_\_\_\_
- What / Evan and Carter both / wear?  
\_\_\_\_\_

# 4

## It's the weekend

### Weekend plans and phrasal verbs: movement

#### 1 Complete the sentences with the verbs.

get on go go away go out go out  
have have have pick up see



1 Are you going to go to the exhibition on Sunday?



2 Do you want to \_\_\_\_\_ for a meal or \_\_\_\_\_ a cookout on the beach?



3 It's your birthday soon. Are you going to \_\_\_\_\_ a party at home or are we going to \_\_\_\_\_ somewhere?



4 You and Em have never stayed at my house! We should \_\_\_\_\_ a sleepover. You can \_\_\_\_\_ the bus near the park on Saturday and my dad can \_\_\_\_\_ Em.



5 We're going to \_\_\_\_\_ this weekend. We're going to \_\_\_\_\_ my relatives in Idaho. It's my grandma's 75<sup>th</sup> birthday!

### Performing arts

#### 2 Complete the conversation with the verbs.

acting designed directing performing take

**Will:** Do you want to hang out this weekend?

**Emily:** I can't. I'm in a play.

**Will:** What? You mean, 1 performing on stage?

**Emily:** Yeah. I'm 2 in the school play.

**Will:** I forgot! I'm so sorry!

**Emily:** It's OK. You should come. Alfie's 3 it and Sara 4 the costumes. Come along and 5 some pictures!

### TV shows and movies

#### 3 Complete the words.

#### Streaming

What are you going to watch this weekend? Click and watch.



TV shows

1 r e a l i t y  
s h o w s



2 t \_\_\_\_ k  
s \_\_\_\_ w s



3 s \_\_\_\_ s  
s \_\_\_\_ w s



4 s \_\_\_\_ p  
o \_\_\_\_ a s



Movies

5 a \_\_\_\_ n  
m \_\_\_\_ s



6 c \_\_\_\_ i e s



7 h \_\_\_\_ r  
m \_\_\_\_ s



8 s \_\_\_\_ e  
f \_\_\_\_ n  
m \_\_\_\_ s

### Past progressive with *when* and *while*

4 Complete the sentences with the past progressive or simple past form of the verbs.

- Kayla was performing (perform) on stage when someone's phone rang (ring).
- I'm sorry, but I \_\_\_\_\_ (not see) your texts while I \_\_\_\_\_ (hang out) with my friends.
- We \_\_\_\_\_ (not see) our relatives while we \_\_\_\_\_ (stay) in Rio last week.
- \_\_\_\_\_ (you / remember) to read my notes while you \_\_\_\_\_ (study)?
- Jon \_\_\_\_\_ (get on) the train when he \_\_\_\_\_ (drop) his wallet.

### Adverbs

5 Complete the sentences with the adverb form of the adjectives.

anxious careful confident quick



1 Antonia designed the costumes for the play carefully. She made them very \_\_\_\_\_, in just one weekend.



2 I was so scared before the play. I sat \_\_\_\_\_ waiting for it to start. But then I got on stage, and I acted really \_\_\_\_\_. My friends said I was great!

easy fast good noisy



3 The plane took off \_\_\_\_\_. It was going very \_\_\_\_\_ – over 250 km/h.



4 At the end of the concert, Adele performed my favorite song, *Hello*. She sang really \_\_\_\_\_ and I could hear the lyrics \_\_\_\_\_.

### Present perfect (experiences)

6 Write true sentences. Use the correct affirmative or negative form of the present perfect.



- do capoeira  
I've never done capoeira.
- have a sleepover  
\_\_\_\_\_
- travel on a plane  
\_\_\_\_\_
- save money  
\_\_\_\_\_
- perform on stage  
\_\_\_\_\_
- watch a horror movie  
\_\_\_\_\_
- ride a motorcycle  
\_\_\_\_\_
- go to an amusement park  
\_\_\_\_\_
- score a goal  
\_\_\_\_\_
- do a bungee jump  
\_\_\_\_\_

### Your turn

7 In pairs, ask and answer questions about the sentences in exercise 6.

Have you ever done a bungee jump?

Yes, I have!

8 Tell the class about your partner.

Rafael has done a bungee jump, but he hasn't ...

# Introducing ...



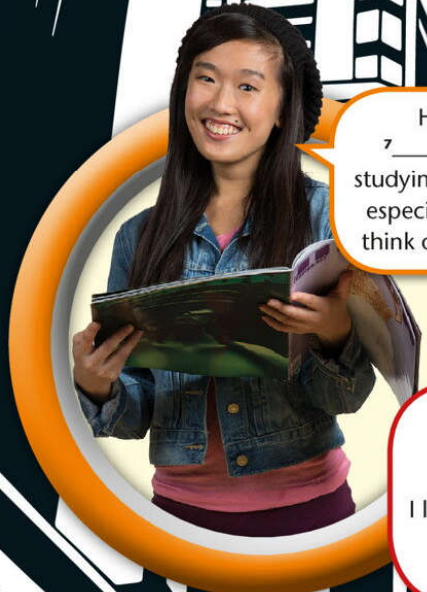
Watch the video.  
Complete the sentences.



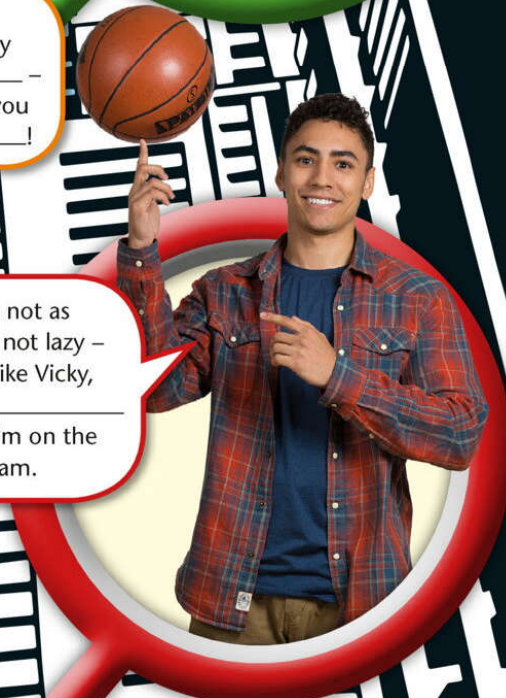
Hi! I'm Victoria, but most people call me Vicky. I love <sup>1</sup> sports.  
<sup>2</sup> \_\_\_\_\_ is my favorite, but I also enjoy  
<sup>3</sup> \_\_\_\_\_. This weekend I'm running a half marathon. That's 21 kilometers!



Hey! My name's Rob. I love technology – especially  
<sup>4</sup> \_\_\_\_\_ and <sup>5</sup> \_\_\_\_\_. I'm saving money for a new camera at the moment. I love <sup>6</sup> \_\_\_\_\_ and I take a lot of photos. In fact, stay there ... Nice! Do you want to see?



Hello. I'm Amy. I'm quite  
<sup>7</sup> \_\_\_\_\_ and I enjoy studying. I also love <sup>8</sup> \_\_\_\_\_ – especially for clothes. What do you think of my T-shirt? It's <sup>9</sup> \_\_\_\_\_!

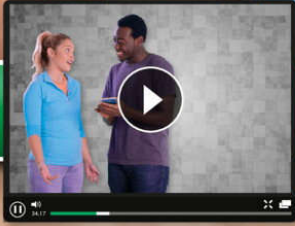


Hi there. I'm Tripp. I'm not as hard-working as Amy. I'm not lazy – just <sup>10</sup> \_\_\_\_\_. Like Vicky, I love sports, especially <sup>11</sup> \_\_\_\_\_ and <sup>12</sup> \_\_\_\_\_. I'm on the school basketball team.

## In this unit ...

- describe your feelings and emotions
- describe body language
- share problems and offer advice
- choose appropriate definitions for words with more than one meaning
- understand a video about happiness in Mexico

# 1



Video

Watch the warm-up video.

# Body and mind

Any good pictures?

There are some good ones of \_\_\_\_\_.

- 1 Why does Rob agree to delete the pictures of Vicky?
- 2 Do you take lots of pictures of your friends?



Video

13

## Feelings and emotions

1  02 Read Vicky's message to a friend. What is Woodlands?



**Vicky McKay**

@\_victoria


 Reply  Like

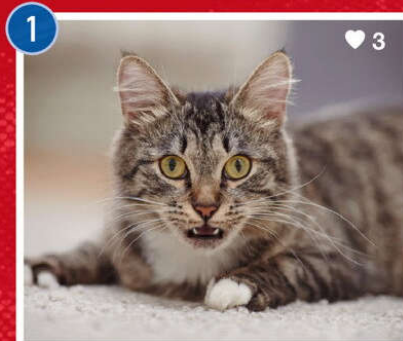
Following

@jen\_jones. Do you remember losing that game against Woodlands? A friend took this photo of me after the game. I was really annoyed. Their teacher was the referee!



2 Look at the pictures and read the comments.  
Choose the correct adjectives to complete the comments.

3  03 Listen, check, and repeat.



I got up early today. Bertie is shocked / relaxed!



True! It's important to be **positive** / annoyed!



I know how you feel, Bertie! I'm **exhausted** / confused, too.



Lucy gets **embarrassed** / positive when I take pictures of her! Long hair can be useful when your best friend has a new camera ...



My brother has an easy life! Gaming, messaging, and listening to music. I'm **jealous** / frightened.



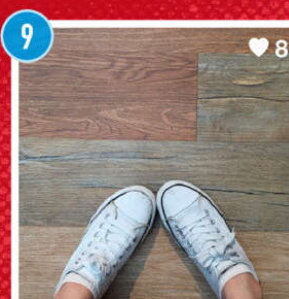
At the beach with a good book – Sophie is really **relaxed** / stressed!



At the beach. I'm **confused** / embarrassed! Is it left or right for information?



Two weeks before exams! Rob is getting a bit **stressed** / annoyed.



Grrrr! After two weeks, my new white sneakers are gray! I'm **annoyed** / exhausted!



Sleepover time! We ALWAYS watch a horror movie and we ALWAYS get **frightened** / jealous!

## 4 Match the words with their definitions.

- 1 embarrassed d    6 relaxed \_\_\_\_\_  
 2 confused \_\_\_\_\_    7 exhausted \_\_\_\_\_  
 3 frightened \_\_\_\_\_    8 annoyed \_\_\_\_\_  
 4 positive \_\_\_\_\_    9 shocked \_\_\_\_\_  
 5 stressed \_\_\_\_\_    10 jealous \_\_\_\_\_

- a when you can't understand something  
 b happy and enthusiastic  
 c a little angry  
~~d shy or worried about what other people think of you~~  
 e worried and tired  
 f unhappy or mad because you want something that someone else has  
 g very surprised, and maybe upset  
 h scared  
 i calm and not worried  
 j very tired

## 5 How do you feel in these situations? Use adjectives from exercise 4.

- 1 You spend the day at the beach. relaxed, positive  
 2 Your mom sings in front of your friends.  
 \_\_\_\_\_  
 3 You run ten kilometers.  
 \_\_\_\_\_  
 4 Your friend buys an expensive phone.  
 \_\_\_\_\_  
 5 Someone borrows your stuff, but doesn't ask you first.  
 \_\_\_\_\_  
 6 You have lots of homework.  
 \_\_\_\_\_  
 7 Your best friend is rude to you for no reason.  
 \_\_\_\_\_

### Stop

-ed adjectives describe emotions – how someone feels about something: *I'm bored.*  
 -ing adjectives describe the thing or person that causes the emotion: *This is a boring movie.*

## 6 Complete the words with -ed or -ing.

- 1 I don't understand this movie. It's really confusing.  
 2 I like this music. It's really relax\_\_\_\_\_.  
 3 Did you hear the news about Tom? I was shock\_\_\_\_\_.  
 4 I forgot the teacher's name. It was really embarrass\_\_\_\_\_.  
 5 Don't be frighten\_\_\_\_\_. Bill is a friendly dog.  
 6 I'm going to bed early tonight. My weekend was exhaust\_\_\_\_\_!

## Your turn

## 7 Copy and complete the sentences for you. Then, in pairs, compare your sentences.

- 1 I feel relaxed when I don't have any homework.  
 2 I feel annoyed when I ...  
 3 The most confusing subject at school is ...  
 4 I get stressed when I ...  
 5 When ..., I sometimes feel jealous.

→ METRO EXPRESS p.109

→ Workbook p.W2    → Online Homework

## L Listening

### Fears and phobias

## 1 Read the definition. Do you know the names of any phobias?

**phobia** noun /'fəʊbiə/  
 a very strong fear or dislike that you cannot explain:  
*She has a phobia about spiders.*

## 2 Listen and match the phobias with the definitions.



- a clowns    ~~b dogs~~    c speaking in public    d going to school  
 1 cynophobia b    3 scolionophobia \_\_\_\_\_  
 2 coulrophobia \_\_\_\_\_    4 glossophobia \_\_\_\_\_

## 3 Listen again. Choose the correct answers.

- 1 We can get phobias ...  
 a from bad experiences.    c from our family.  
 b when we are stressed.    **d** a, b, and c
- 2 The interviewer is frightened of ...  
 a spiders only.    c spiders and snakes.  
 b dogs only.    d snakes and dogs.
- 3 Psychologists think some people are frightened of clowns because ...  
 a clowns are always smiling.  
 b clowns are often in horror movies.  
 c they had a bad experience at the circus.  
 d people can't see clowns' real faces.
- 4 Dr. Thompson doesn't enjoy ...  
 a being on the radio.  
 b speaking to groups of people.  
 c being in unusual situations.  
 d being in crowded places.



1  05 Read the comments. Match the titles 1–3 with the stories A–C.

- 1 It wasn't for me!    2 My dad, the teenager    3 I just wasn't ready

## Emotional moments

We all experience strong emotions sometimes. Can you remember a time when you felt super stressed, totally shocked, or really embarrassed? Tell us your stories for a chance to win two movie tickets.



### A Ruby

Singing was one of my favorite hobbies when I was younger. When I started high school, my parents suggested auditioning for the school choir. They paid for some singing lessons, and I practiced for weeks before I had my audition. It was on a Saturday, at 3 p.m. I arrived an hour early with my dad so that I had time to practice singing the music first. But another student was late for their audition, and I had to start immediately.

I never get nervous about performing, but suddenly I felt very stressed! I sang really badly. It was the worst fifteen minutes of my life. But the most surprising thing? I passed the audition and I'm in the choir!



### B Marco

My twin brother, Alex, is great at playing sports. I'm more interested in reading and music. And this was true when we were young. But I can never forget our 10<sup>th</sup> birthday. We got lots of presents, but there was one huge present. Was it for both of us? Then Dad said, "Open it, Alex." I was so jealous!

My brother opened it quickly and inside was a bike. I hated riding bikes, but I was still annoyed. I wanted a big, exciting present, too.

Mom says I got lots of other presents, but I can't remember them. She says I was miserable all day!



### C Keira

I remember my first party without any adults. It was a friend's 15<sup>th</sup> birthday and I was really excited. The party was cool, but by midnight I was feeling exhausted and ready to go.

Then some parents started arriving to pick up their kids. Suddenly I heard my dad's voice: "I LOVE this song!" he was shouting. I ran into the living room, but I was too late. My dad was already dancing WITH MY FRIENDS! I was so mad at my dad. I didn't speak to him for a week!


2 Read the text again. Write the correct people.

- 1 Marco had a bad experience on his or her birthday.
- 2 \_\_\_\_\_'s dad didn't want to go home at the end of a party.
- 3 \_\_\_\_\_ was shocked about something after his or her experience.
- 4 \_\_\_\_\_ was embarrassed by someone.
- 5 \_\_\_\_\_'s parents paid for some lessons.
- 6 \_\_\_\_\_ has different interests from his or her brother.

3 Answer the questions.

- 1 Why did Ruby do her audition early?  
Because the other student was late.
- 2 How long was Ruby's audition? \_\_\_\_\_
- 3 Why didn't Marco's parents give him the same present as his brother? \_\_\_\_\_
- 4 What did Marco's parents give him?  
\_\_\_\_\_
- 5 What was special for Keira about the party?  
\_\_\_\_\_
- 6 How did Keira know her dad was at the party?  
\_\_\_\_\_

## Use of gerund (-ing form)

- 1  06 Read the text. Why didn't the boy's dad help him?

Climbing was one of my favorite hobbies when I was young. Once, on vacation, I climbed a really tall tree, but I couldn't get down. I was really frightened of falling. My dad hates climbing and has a phobia about heights so my uncle had to climb up and help me.



- 2 Complete the chart.

We use gerunds:	
a as a subject	1 <u>Climbing</u> was one of my favorite hobbies.
b after some verbs, e.g. enjoy, finish, hate, like, love, practice, start, suggest	My dad hates 2 _____.
c after prepositions	I was really frightened of 3 _____.

Stop

climb → climbing get → getting  
drive → driving

- 3 Complete the sentences with the gerund of the verbs. Then match the sentences with the uses of the gerund in exercise 2.

be feel listen lose perform swim

- I'm sorry for being late. c
- \_\_\_\_\_ on stage can be embarrassing. \_\_\_\_\_
- Did you enjoy \_\_\_\_\_ in the ocean? \_\_\_\_\_
- Jo is annoyed about \_\_\_\_\_ the game. \_\_\_\_\_
- \_\_\_\_\_ to music is relaxing. \_\_\_\_\_
- I hate \_\_\_\_\_ stressed about tests. \_\_\_\_\_

- 4 Complete the sentences with the gerund of the verbs for you. Then compare your answers.

- Writing English is harder than speaking it. (speak, write)
- \_\_\_\_\_ is more fun than \_\_\_\_\_. (chat online, talk on the phone)
- \_\_\_\_\_ is more exciting than \_\_\_\_\_. (bungee jump, scuba dive)
- \_\_\_\_\_ is more interesting than \_\_\_\_\_. (study for tests, see your relatives)

- 5 Complete the sentences with one word or phrase from A and one from B.

A don't like enjoy finished 's suggesting started

B going playing running washing watching



- 1 They enjoy watching horror movies.



- 2 She \_\_\_\_\_  
\_\_\_\_\_ to the mall.



- 3 My mom \_\_\_\_\_  
\_\_\_\_\_ tennis last year.



- 4 They \_\_\_\_\_  
\_\_\_\_\_ the dishes.



- 5 They \_\_\_\_\_  
\_\_\_\_\_ a few minutes ago.

 Your turn

- 6 In pairs, make questions. Then ask and answer.

- how / you / feel before / take / a test  
How do you feel before taking a test?
- how / you / feel after / finish / your homework  
\_\_\_\_\_
- you / think / of / go / to college  
\_\_\_\_\_
- what / you dream of / be / in the future  
\_\_\_\_\_

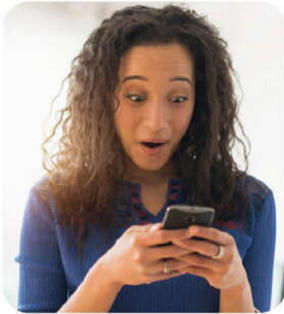
How do you feel before taking a test?

I always feel positive before taking a test.

Body: actions

1 07 Match the verbs with the pictures. Then listen, check, and repeat.

bite blush breathe cross  
nod **raise** shake smile



1 raise your eyebrows



2 \_\_\_\_\_ your nails



3 \_\_\_\_\_



4 \_\_\_\_\_



5 \_\_\_\_\_ your arms



6 \_\_\_\_\_



7 \_\_\_\_\_ your head



8 \_\_\_\_\_ your head

2 Complete the sentences with the correct form of the actions in exercise 1.

- 1 Raising your eyebrows can mean you're surprised or shocked.
- 2 You \_\_\_\_\_ fast when you're frightened.
- 3 \_\_\_\_\_ means "yes" in many cultures.
- 4 \_\_\_\_\_ means you're feeling positive.
- 5 \_\_\_\_\_ can mean you're stressed.
- 6 \_\_\_\_\_ can mean you're embarrassed.
- 7 People often say "no" by \_\_\_\_\_.
- 8 \_\_\_\_\_ can mean you're annoyed.

Your turn

3 In pairs, ask and answer the questions.

- 1 What makes you blush? 3 What makes you smile?
- 2 Do you bite your nails? 4 Can you raise one eyebrow?

→ METRO EXPRESS p.109

L Listening

Speaking in public

1 08 Listen. What is the topic of the interview?

- a Tips for speaking in public
- b Tips for good body language
- c Why we feel anxious about speaking in public


2 08 Listen again. Choose T (True) or F (False).

- 1 Martina has glossophobia. T  F
- 2 Martina thinks crossing your arms is positive body language. T  F
- 3 Martina says difficult questions can make people blush. T  F
- 4 Martina says that audiences should smile at presenters. T  F
- 5 Martina feels practicing your talk is the most important tip. T  F

3 08 Complete Martina's tips for public speaking with one word. Then listen again and check.

- 1 Practice talking in front of a mirror.
- 2 \_\_\_\_\_ at your body language carefully.
- 3 Be prepared to \_\_\_\_\_ any questions.
- 4 Learn to \_\_\_\_\_ slowly.
- 5 Everyone makes mistakes. Try to \_\_\_\_\_ relaxed and continue with your talk. It isn't necessary to \_\_\_\_\_ perfect!

## Use of infinitives

- 1  09 Read the conversation.  
Why is Sal stressed?

Ann: Hi, Mrs. Moss. I'm here to pick up Sal. We're going out.

Mrs. Moss: She's upstairs. But she's stressed about something ...

Ann: What's wrong?

Mrs. Moss: I don't know. I asked her this morning, but she didn't want to talk to me.

Ann: OK. I think she's worried about her project. I can help her.

Mrs. Moss: Thanks, Ann. She's lucky to have a friend like you!



- 2 Complete the chart.

We use infinitives:	
to talk about purpose	I'm here <sup>1</sup> <u>to pick up</u> Sal.
after some verbs, e.g. <i>decide, expect, learn, need, offer, plan, want</i>	She didn't want <sup>2</sup> _____ to me.
after adjectives	She's lucky <sup>3</sup> _____ a friend like you.

- 3 Complete the sentences with the infinitive of the verbs.

**answer** buy celebrate log out say

- I raised my hand to answer the question.
- Click on this button \_\_\_\_\_ of the website.
- My parents lent me \$30 \_\_\_\_\_ a jacket.
- We went out \_\_\_\_\_ Dad's birthday.
- Turkish people nod their heads \_\_\_\_\_ "no".

- 4 Complete the sentences with the correct form of the verbs.

- I decided to stay at home last night. Was the movie good? (decide, stay)
- What time are you \_\_\_\_\_ to the party? (plan, go)
- I was shocked. I \_\_\_\_\_ the test, but I passed! (expect, fail)
- Do you \_\_\_\_\_ at the mall on Saturday? I don't have any plans. (want, meet)
- We \_\_\_\_\_ last summer. I loved it! (learn, surf)

- 5 Look at the pictures. Write sentences in the simple present, using an infinitive.



- 1 Jack's number / easy / remember



- 2 They / excited / see her



- 3 That word / hard / say



- 4 I / lucky / have great parents

- Jack's number is easy to remember.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Gerund or infinitive?

- 6 Complete the questions with the gerund or infinitive of the verbs.

- Do you practice speaking (speak) English outside of school?
- Do you get stressed about \_\_\_\_\_ (be) late?
- Outside of school, are you learning \_\_\_\_\_ (do) anything at the moment?
- Do you enjoy \_\_\_\_\_ (make) new friends?
- Is it important \_\_\_\_\_ (smile)? Why?
- What things are fun \_\_\_\_\_ (do) in your city?
- Do you offer \_\_\_\_\_ (help) your parents with chores or do they have to ask you?
- Is \_\_\_\_\_ (hang out) with your friends more interesting than \_\_\_\_\_ (see) relatives?



## Your turn

- 7 In pairs, ask and answer the questions in exercise 6.

Do you practice speaking English outside of school?

Yes, I sometimes practice speaking to my brother in English.

## Sharing problems

- 1 10 Listen and complete the conversation.



Sophia: 1 What's up, Jacob?

Jacob: I'm really 2 \_\_\_\_\_.

Sophia: Oh, no. Why's that?

Jacob: I need 3 \_\_\_\_\_ for a test tomorrow, I have a lot of homework, and I have 4 \_\_\_\_\_ some chores tonight.

Sophia: Try 5 \_\_\_\_\_ positive. Can you 6 \_\_\_\_\_ the chores tomorrow? Ask your parents.

- 2 11 Listen to two more conversations. Complete the chart.

Feeling	Reason	Advice
Jacob is stressed.	He has to study, do homework, and do chores tonight.	Ask your parents if you can do chores tomorrow.
Ava is 1 <u>exhausted</u> .	She had 2 _____ last night.	Maybe you should 3 _____.
Ryan is 4 _____.	His brother borrowed his 5 _____ without asking.	You could 6 _____.

## Stop

## Useful phrases

What's up? / What's wrong?

Why's that? / How come?

Try to ... / Maybe you should ... / You could ...

- 3 Use the chart in exercise 2 and act out the conversations.
- 4 In pairs, plan a new conversation. Copy and complete the chart in exercise 3 to plan your conversation. Use exercise 1 as a model.
- 5 In pairs, practice your conversation.
- 6 Act out your conversation for the class.

- 1 12 Read and listen. What is the best title?

- a Technology that reads your emotions  
b Technology you can have a relationship with  
c Technology that can help at home

- 2 Read the tip.

## Tip

**Good readers** can use dictionaries and context to find the appropriate meaning of unknown words.

Both definitions for these words are correct. Find the **highlighted** words in the article and choose the most appropriate definition.

- 1 **tough** /tʌf/

- a (adjective) very difficult  
b (adjective) very strong

- 2 **offer** /ɔːfər/

- a (verb) to give or provide something  
b (verb) to ask someone if they want something

- 3 **expression** /ɪk'spreʃn/

- a (noun) phrase  
b (noun) the look on someone's face

- 3 Read the article. Choose *T* (True) or *F* (False).

- 1 The Subconscious Menu chooses you a perfect pizza from 20 different pizzas. T  F
- 2 The Subconscious Menu is good at choosing people's perfect pizzas. T  F
- 3 Understanding your emotions is important for Pepper. T  F
- 4 Pepper is always happy. T  F
- 5 The Affectiva software can understand more emotions than Pepper. T  F
- 6 There are two main uses of the Affectiva software. T  F

- 4 Complete the sentences with one or two words.

- 1 The article says it's tough to choose a pizza.
- 2 There are 4,896 different combinations of the \_\_\_\_\_ at the pizza restaurant.
- 3 The pizza menu uses the camera on the tablet \_\_\_\_\_ your eyes.
- 4 The \_\_\_\_\_ of a Pepper is \$1,800.
- 5 It took \_\_\_\_\_ to sell the first 1,000 robots.
- 6 Affectiva's software uses millions of examples of \_\_\_\_\_ from all over the world.
- 7 Affectiva can make \_\_\_\_\_ safer.



Choosing a pizza can be **tough**. There are just so many combinations of ingredients. The "Subconscious Menu" at this pizza restaurant tries to solve the problem. The menu is on a tablet and shows a customer 20 different pizza ingredients. In just 2.5 seconds it presents, from 4,896 combinations, your perfect pizza. The menu works by using the camera on the tablet. It follows your eyes and decides which ingredients you look at the longest. The "Subconscious Menu" claims to choose the correct pizza 98% of the time!

Like the pizza menu, Pepper the robot uses cameras to read your emotions. It can understand a range of expressions, from smiling to nodding your head, and react to what it sees. Pepper can **offer** to have a chat when you are stressed, or do a funny dance when you are feeling miserable! Pepper shows its own emotions, too: it's pleased to see you in the morning, and it feels confused when it doesn't understand people. The realistic robot even looks like it's breathing! And Pepper's helpful: it accesses the Internet to find information, like weather forecasts, and suggests taking an umbrella when it's rainy!

The robots are so popular that the company sold the first 1,000 (at \$1,800 each) in just one minute!



Robots like Pepper can understand some human emotions. But imagine a computer that knows exactly how you are feeling, just by looking at your face.

Affectiva, a U.S. company, has developed software that analyzes facial **expressions** of emotion. The company has analyzed over 4.7 million faces from 75 different countries.

Affectiva believes there are thousands of uses for the software in our daily lives. For example, it wants to use the software in cars to know when drivers are tired, and in learning apps to know when students are bored or confused.



## Happiness in Mexico



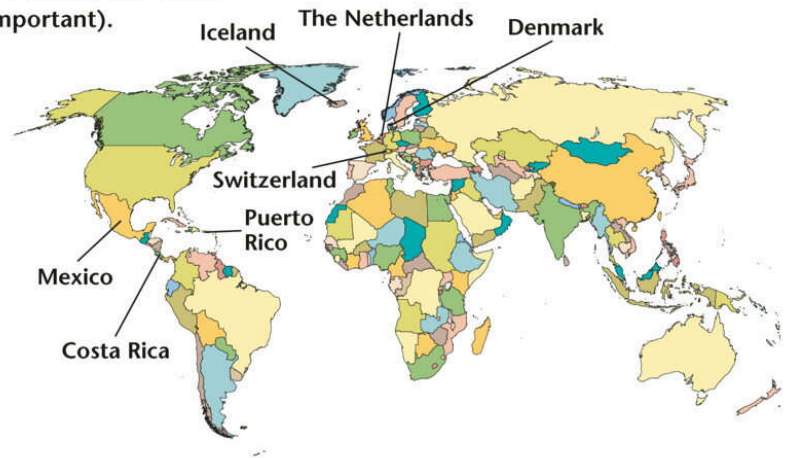
## Before you watch

1 What do you think is important for happiness? Number the words in order from 1 (most important) to 5 (least important).

- a health \_\_\_\_\_  
 b money \_\_\_\_\_  
 c friends and family \_\_\_\_\_  
 d good government \_\_\_\_\_  
 e good weather \_\_\_\_\_

2 Look at the map. What do you know about these countries?

- |                   |               |
|-------------------|---------------|
| 1 Iceland         | 5 Mexico      |
| 2 Denmark         | 6 Puerto Rico |
| 3 The Netherlands | 7 Costa Rica  |
| 4 Switzerland     |               |



## While you watch

3 Watch the preview video. Check (✓) the things that you see in the video.

- |  |                                     |
|--|-------------------------------------|
| 1 older people and young people together | <input checked="" type="checkbox"/> |
| 2 teenagers using cell phones            | <input type="checkbox"/>            |
| 3 people dancing in the street           | <input type="checkbox"/>            |
| 4 expensive cars                         | <input type="checkbox"/>            |
| 5 a family playing a game together       | <input type="checkbox"/>            |
| 6 cold weather                           | <input type="checkbox"/>            |
| 7 a family eating together               | <input type="checkbox"/>            |
| 8 people playing sports outdoors         | <input type="checkbox"/>            |
| 9 a concert                              | <input type="checkbox"/>            |
| 10 people relaxing outdoors              | <input type="checkbox"/>            |

4 Look at the ideas in exercise 1. Which of these things make Mexico a happy country? Watch the video and check.



5 Watch the video again. Choose the correct answers.

1 The United Nations made the World Happiness Report.

- a Happiness    b Health    c Money

2 The world's happiest country in 2016 was \_\_\_\_\_.

- a The Netherlands    b Switzerland    c Denmark

3 Mexico is happier than some countries that have more \_\_\_\_\_.

- a doctors    b money    c good weather

4 According to the video, in Mexico, \_\_\_\_\_ are very important.

- a music    b food    c friends and family

5 People spend a lot of time \_\_\_\_\_.

- a outdoors    b sleeping    c at work

6 Mexicans spend a lot of time outdoors \_\_\_\_\_.

- a to improve their health  
 b because of the weather  
 c while they are working

7 Spending time with friends and family \_\_\_\_\_.

- a can't make us happy  
 b is part of what makes us happy  
 c is more important than being happy

## After you watch

6 Discuss the questions.

- Do you think people in your country are happy? Why? / Why not?
- What do you think a country needs in order to be happy?
- Do you think the world is becoming a happier place? Why? / Why not?

7 Make a video or project about happiness in your home country.

- Say what families do when they spend time together.
- Explain how people relax and enjoy free time.
- Say how happy you think people are.

## In this unit ...

- talk about rules and bullying
- use the zero conditional to talk about things that always happen, and to give instructions and advice
- ask for and give permission
- practice skim reading
- understand video interviews about rules

# 2



Video

Watch the warm-up video.


# Follow the rules

Tripp, stop that! \_\_\_\_\_ is against the rules in the library!

- 1 How does Amy feel at the end of the video? Why?
- 2 Have you ever gotten into trouble for something you didn't do?



## do and make

- 1  13 Read the conversation.  
Who finished their project?


**Victoria:** I finished my project last night. Did you finish yours?

**Amy:** Yes, I did mine in the library. Tripp was there, but he just made a lot of noise!

**Tripp:** Amy, did the librarian ask you or me to be quiet?

**Amy:** Tripp!



- 2  14 Complete the conversations with the phrases. Listen and check.



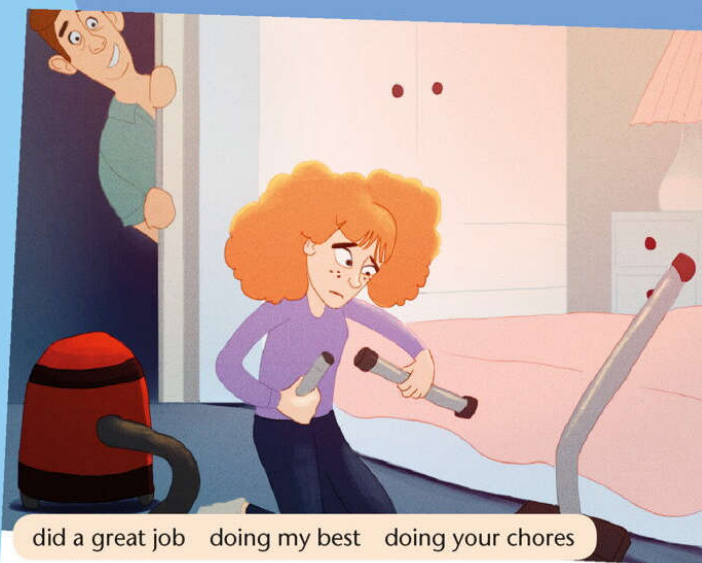
doing something wrong    made a complaint  
make the rules    makes a lot of noise

- 1 **Doorman:** Hey! Stop!  
**Lola:** Why? Am I <sup>1</sup> doing something wrong?  
**Doorman:** Yes. You can't skateboard here.  
**Lola:** Oh, I had no idea. Why is that?  
**Doorman:** It <sup>2</sup> \_\_\_\_\_.  
**Lola:** But ...  
**Doorman:** Listen, I don't <sup>3</sup> \_\_\_\_\_.  
The residents make them. And a resident <sup>4</sup> \_\_\_\_\_ about noisy skateboarders.



made this mess    make excuses    makes mistakes

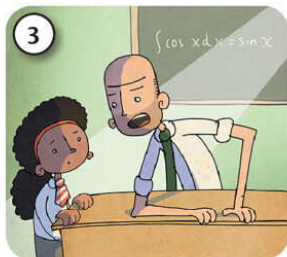
- 2 **Coach:** Who <sup>5</sup> \_\_\_\_\_? The sign says: "No dirty soccer boots"! Charlie?  
**Charlie:** I know – I usually take off my boots, but I'm late for my next class. I didn't have time!  
**Coach:** Come on – don't <sup>6</sup> \_\_\_\_\_. You know the rules.  
**Charlie:** I'm sorry.  
**Coach:** Don't worry! Everyone <sup>7</sup> \_\_\_\_\_ sometimes. Clean the floor quickly, and then you can go to class.



did a great job    doing my best    doing your chores

- 3 **Dad:** Hazel? Are you <sup>8</sup> \_\_\_\_\_?  
**Hazel:** Yes, take a look in the kitchen.  
...  
**Dad:** Wow! You <sup>9</sup> \_\_\_\_\_ of cleaning the kitchen! It's super-clean.  
**Hazel:** Thanks. I'm cleaning my room now. I'm <sup>10</sup> \_\_\_\_\_, but this vacuum cleaner isn't working very well!

3 Choose the correct words.



- Listen, I don't make the rules / make a mess. I just work here.
- My dad is mad at my sister. She **did some chores** / **did something wrong** at school.
- Stop **making excuses** / **making noises**. I need your homework tomorrow morning!
- I want to get a good grade, so I'm going to **do my best** / **do anything wrong**.
- Don't **make a mess** / **do a great job**. Grandma is coming soon.
- Isla **made a complaint** / **made a mistake** because she didn't like her food.

**Your turn**

4 Complete the sentences with members of your family and the correct form of *do* or *make*. Compare answers.

At home, ...

- My brother never does anything wrong.
- \_\_\_\_\_ the rules.
- \_\_\_\_\_ the most mess.
- \_\_\_\_\_ have / has to \_\_\_\_\_ chores.

**L Listening**

Home rules

1 **15** Read the questions. Then listen to three people talking about rules. Which question are they answering?

- Who makes the rules at home?
- What are your parents like?
- Do you have a lot of rules at home?
- Which home rules don't you like?
- Do you have to do chores at home?

2 **15** Which things do Isy, Matt, and Eva mention? Listen and write the correct letter. There is one extra thing.



- Isy b, \_\_\_\_\_
  - Matt \_\_\_\_\_
  - Eva \_\_\_\_\_
- cleaning
  - ~~coming home late~~
  - horror movies
  - devices
  - music
  - studying

3 **15** Listen again. Choose *T* (True) or *F* (False).

- Isy has to eat in the kitchen.  T  F
- Isy's family wears shoes at home.  T  F
- Matt can't use his phone in his bedroom.  T  F
- Matt plays online games in the evenings.  T  F
- Eva goes to bed at eleven o'clock on school nights.  T  F
- Eva agrees with all the rules in her house.  T  F

4 Discuss the questions.

- What do you think of the rules that Isy, Matt, and Eva have at home? Why?
- What rules do you have at home? Which do you like? Which don't you agree with?

1 16 Read the texts. Does each writer feel positive , negative , or both positive and negative about devices at school?

DEVICES @ SCHOOL: Cool or not cool ?

**A**

At San Clemente High, they let us take cell phones to school, but we aren't allowed to keep them in class. The teachers make us put our phones in a special closet. I think it's a good system. I often need my phone on the way to or from school, but no one needs a phone in class. We're there to study, not to chat!  
**Ángel, San Clemente, CA**

**B**

We can use tablets and phones in our Spanish class. Our teacher lets us use a dictionary app. There are a lot of great apps for language classes. Once, we took pictures with our phones and we talked about them in Spanish. We also use tablets in science to watch experiments online. Devices are useful in schools, but we have to have rules about when we can use them.  
**Owen, San Antonio, TX**

**C**

Phones distract everyone in class, so I think they should stay in your school bag. But they're also important in case of an emergency. Sometimes, my mom can't take me home from school, and she needs to text me to tell me. Phones and devices are a normal part of life outside school, so I think we should be allowed to use them every recess.  
**Kayla, Trenton, NJ**

**D**

Phones were a problem at my school because of bullying. People could do things like take an embarrassing picture of you and post it on social media. And people always compared phones, and they teased people with old or cheap phones. So the principal made a rule that no one is allowed a phone at school. School's easier now without devices.  
**Serenity, Ontario, Canada**

2 Match the sentences with the texts.

- School is a place for studying, not for using phones.   A
- Students should be able to use phones between classes. \_\_\_\_\_
- Devices can be useful during classes. \_\_\_\_\_
- Students leave their phones in a safe place in school. \_\_\_\_\_
- Phones cause bad behavior at school. \_\_\_\_\_
- People need a phone if there's a problem or if plans change. \_\_\_\_\_

3 Complete the notes with information from the texts. Which do you agree and disagree with?

- How phones can be useful in school
- dictionaries and other apps – I agree
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- How phones can be a problem in school
- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

4 What other ideas could you add? Discuss and compare in pairs.

*be allowed to, let, and make*

- 1 17 Read Mark's message. When can Mark use his phone? Check (✓) the times.

- 1 before school starts at 9.00 a.m.   
 2 9.00–12.00   
 3 at lunchtime 12.00–1.00   
 4 1.00–3.30   
 5 after school, from 3.30 p.m.

My school lets us use our cell phones at lunchtime, but we aren't allowed to use them during class. The teachers make us put our phones in our school bags. But I can use my phone before, and after, school.

Mark, Boston, Mass.

- 2 Complete the chart.

**Permission: *be allowed to and let***

We're **allowed to use** devices at lunchtime.  
 We **1 aren't allowed to use** them during class.  
 Are you **allowed to hang out** here?

My school **2** \_\_\_\_\_ us use our cell phones at lunchtime.  
 She **lets us use** a dictionary app.  
 My parents **don't let us shop** online.  
 Do your parents **let you chat** online after 11 p.m.?

**Obligation: *make***

The teachers **3** \_\_\_\_\_ us put our phones in our school bags.  
 He **doesn't make us study** on the weekend.

- 3 Choose the correct alternatives.

- 1 Our school lets us wear sneakers.  
 a We can wear sneakers.  
 b We have to wear sneakers.
- 2 Our teachers make us study for tests every week.  
 a We have to study for tests every week.  
 b We don't have to study for tests every week.
- 3 We aren't allowed to talk loudly in the library.  
 a We can't talk loudly in the library.  
 b We can talk loudly in the library.
- 4 Our teachers don't let us eat in class.  
 a We can eat in class.  
 b We can't eat in class.
- 5 My school doesn't make us wear a uniform.  
 a We don't have to wear a uniform.  
 b We have to wear a uniform.
- 6 We aren't allowed to take pictures in school.  
 a We don't have to take pictures in school.  
 b We can't take pictures in school.

- 4 Complete the sentences. Use the affirmative (✓) or negative (X) form of *be allowed to, let (me), or make (me)* and the verbs.



- 1 Emily passed her driver's test, so she **'s allowed to drive** \_\_\_\_\_. (✓ / drive)  
 2 My sister says I can use her tablet. She always \_\_\_\_\_ it. (✓ / borrow)  
 3 We have to walk inside school. We \_\_\_\_\_ here. (X / run)  
 4 I don't have to clean the kitchen. My parents \_\_\_\_\_ it. (X / clean)  
 5 I can't ride a motorcycle, but my brother has a licence. He \_\_\_\_\_ one. (✓ / ride)

**Your turn**

- 5 Write true sentences. Use *be allowed to, let, or make*.

- 1 my dad / me / do chores  
My dad doesn't make me / makes me do chores.
- 2 I / stay / in bed late on Sundays  
 \_\_\_\_\_  
 \_\_\_\_\_
- 3 my parents / me / stay out late on Saturday nights  
 \_\_\_\_\_  
 \_\_\_\_\_
- 4 my mom / me / clean / my room  
 \_\_\_\_\_  
 \_\_\_\_\_
- 5 I / go / for sleepovers on the weekend  
 \_\_\_\_\_  
 \_\_\_\_\_
- 6 my parents / me / watch TV in the morning before school  
 \_\_\_\_\_  
 \_\_\_\_\_

- 6 Write five more sentences about yourself. Compare in pairs.

→ METRO EXPRESS p.110

## Bullying

- 1 18 Complete the gaps on the poster with the verbs. Listen and check.

fight with gossip about ignore  
play a joke on tease threaten



## What is bullying?

Bullying can take many different forms, physical, or emotional. Bullies make their victims feel frightened. Bullies may ...

- 1 fight with \_\_\_\_\_ people – kicking or hitting them.
- 2 \_\_\_\_\_ to hurt someone.
- 3 \_\_\_\_\_ someone, calling them rude names or laughing at them.
- 4 \_\_\_\_\_ someone, talking about their private life, including saying things that aren't true.
- 5 \_\_\_\_\_ someone.
- 6 \_\_\_\_\_ someone: not including someone in a conversation or a group.

- 2 19 Complete the conversations with the simple present or past form of the verbs in exercise 1. Listen and check.

- 1 "You look mad. What's up?"  
"Cassa played a joke on me. She sent a silly message to all my contacts!"
- 2 "Did you hear about Hailey's new boyfriend?"  
"Jayden? Yeah! But I guess we shouldn't \_\_\_\_\_ them."
- 3 "Does your sister \_\_\_\_\_ you?"  
"Yes. She never talks to me!"
- 4 "What's up?"  
"Gina took an embarrassing picture of me and \_\_\_\_\_ to post it online."
- 5 "What did Joshua say to you?"  
"He was laughing at me and he \_\_\_\_\_ me about my clothes."
- 6 "Why did you \_\_\_\_\_ Michelle?"  
"She started hitting me for no reason. Luckily a teacher saw and she stopped."

→ METRO EXPRESS P.110

## L Listening



## Restorative justice

- 1 20 You are going to hear two people talking about *restorative justice* and *dialogue circles*. Look at the picture. What do you think a *dialogue circle* is? Listen and check.

- 2 20 Listen again and choose the correct words.

- 1 Detention means students have to stay late after class / home for a while.
- 2 Olivia Fenton's school uses *restorative justice* / *traditional punishments*.
- 3 Olivia *teased* / *fought with* someone.
- 4 In the dialogue circle, Olivia mainly *talked* / *listened*.
- 5 In the dialogue circle, Olivia felt *annoyed* / *embarrassed*.
- 6 The dialogue circle *changed* / *didn't change* how Olivia felt about her behavior.

- 3 Discuss the questions.

- 1 Why are dialogue circles effective? What reasons does Olivia mention?
- 2 What do you think of dialogue circles?
- 3 What other ways are there to stop people doing something wrong?

## Zero conditional

1 21 Read the sentences. Which do you agree with?

- 1 If students follow the rules, they learn more!
- 2 Don't make noise if you're in the library.
- 3 Students don't get good grades if they're always late for school.
- 4 If you see bullying, tell a teacher.

2 Complete the chart.

We use the zero conditional to talk about things that always happen.	
<i>if</i>	simple present
If students <sup>1</sup> <u>follow</u> _____ the rules,	they <sup>2</sup> _____ more.
simple present	<i>if</i>
Students <sup>3</sup> _____ good grades	if they <sup>4</sup> _____ always late for school.

3 Match the sentence halves.

- |   |                                 |
|---|---------------------------------|
| 1 If you hit people, ...                  | a if he has a test.             |
| 2 If my teacher asks a hard question, ... | b if people are late.           |
| 3 You get into trouble ...                | c if you don't do your homework |
| 4 Jon never gets stressed                 | d if she feels nervous.         |
| 5 Sonia bites her nails                   | e I never answer.               |
| 6 I don't get annoyed                     | f they get upset.               |

## Stop

The *if* clause can come first or second in conditional sentences. The meaning is the same. Notice where we use a comma.

*The principal writes to students' parents if they do something wrong.*

*If students do something wrong, the principal writes to their parents.*

## Conditional imperative

4 Look at exercise 1 again and complete the chart.

We use the conditional imperative to give instructions and advice.	
<i>if</i>	imperative
If you <sup>1</sup> <u>see</u> _____ bullying,	<sup>2</sup> _____ a teacher.
imperative	<i>if</i>
<sup>3</sup> _____ noise	if you <sup>4</sup> _____ in the library.

5 Write conditional imperative sentences. Use *if* and add a comma if necessary.



- 1 you see bullying / tell a teacher  
If you see bullying, tell a teacher.
- 2 don't take a taxi / you can't afford it  
\_\_\_\_\_
- 3 your sister is asleep / be quiet  
\_\_\_\_\_
- 4 use hot water / you wash the dishes  
\_\_\_\_\_
- 5 you make a video / please send me a copy  
\_\_\_\_\_
- 6 don't click on links / you aren't sure they're safe  
\_\_\_\_\_

6 Complete the zero conditional and conditional imperative sentences.

- 1 My dad gets \_\_\_\_\_ confused if he watches \_\_\_\_\_ movies in English. (get, watch)
- 2 If Max \_\_\_\_\_ in the coffee shop, \_\_\_\_\_ his party. It's a surprise. (be, not mention)
- 3 \_\_\_\_\_ this word if you \_\_\_\_\_ the meaning. (look up, not know)
- 4 If you \_\_\_\_\_ once a week, it \_\_\_\_\_ you healthy. (jog, keep)
- 5 \_\_\_\_\_ to an exhibition if it \_\_\_\_\_ sunny. Do something outdoors. (not go, be)
- 6 You \_\_\_\_\_ to the next level in this game if you \_\_\_\_\_ over 1 million points. (move, score)
- 7 \_\_\_\_\_ with your friends if you \_\_\_\_\_ a lot of homework. Do the homework first. (not hang out, have)
- 8 The teacher \_\_\_\_\_ extra marks if you \_\_\_\_\_ neatly. (give, write)

→ METRO EXPRESS p.110

