OXFORD





James Styring | Nicholas Tims | Jessica Finnis



5 35	Contents		
	Welcome to Metro pp.4-11	 Vacation activities Experiences Human-caused and natural problems Environmental problems and solutions Shopping Jobs Personality Crime 	 Creativity: adjectives & verbs
		Vocabulary	Grammar
	Well-being pp.12-21 Vlog Ways to appear confident	Feelings and emotions p.13 Body: actions p.16 Pronunciation: • /a/ and /ou/ p.124	Use of the gerund (-ing form) p.15 Use of to + infinitive p.17
2	Follow the rules pp.22-31 Documentary Cops on the job	Phrases with do or make p.23 Bullying p.26 Pronunciation: • Final "I" p.124	be allowed to, let, and make p.25 Zero conditional; Conditional imperative p.27
	Review A pp.32-33	Writing Unit 1: A narrative p.100 Skills Active Writers: Adverbs of manner	Unit 2: An email p.101 Active Writers: Expressions of purpose
3	Tell the truth pp.34-43 Vlog Best friend challenge	Truth and lies p.35 Nouns ending in -ion p.38 Pronunciation: Word stress in nouns ending in -ion p.124	First conditional p.37 may, might, must, and can't p.39
4	Staying in shape pp.44-53 Documentary Arctic soccer	Fitness and health p.45 Illness and injury p.48 Pronunciation: The schwa /ə/ p.124	have to p.47 should / shouldn't p.49
	Review B pp.54-55	Writing Skills Unit 3: An opinion essay p.102 Active Writers: Expressions for adding extra information	Unit 4: A blog p.103 Active Writers: Expressions for cause and effect
(5)	Getting along pp.56-65 Documentary Two very different brothers	Relationship verbs p.57 Emotions: verbs p.60 Pronunciation: • /dʒ/ and /y/ p.125	Present perfect: just, already, and yet p.59 used to p.61
6	The senses pp.66-75 Vlog My favorite places	Sense verbs and adjectives p.67 Sleep p.70 Pronunciation: • Silent letters p.125	Present perfect: for and since p.69 Simple past or present perfect? p.71
	Review C pp.76-77	Writing Skills Unit 5: A description p.104 Active Writers: Expressions for similariti and differences	Unit 6: A for and against essay p.105 es Active Writers: Expressions of contrast
7	Making a difference pp.78-87 Documentary Community volunteers	Positive actions p.79 Helping: people and places p.82 Pronunciation: • Contractions p.125	would for imaginary situations p.81 Second conditional p.83
8	Start-ups pp.88-97 Documentary A cool job	A production team p.89 Word families p.92 Pronunciation: • Contrastive stress p.125	Reported speech p.91 Reported questions p.93
	Review D pp.98-99	Writing Skills Unit 7: A persuasive post p.106 Active Writers: Expressions for summarizing/concluding	Unit 8: An advertisement p.101 Active Writers: Checking your work
	Workbook	The state of the s	Unit 4 p.136-139 pp.140-143

 Phrasal verbs (movement) be going to (plans and intentions) Present perfect (experiences) like / love / hate + -ing will / won't (future predictions) be going to (future predictions) 	 Adverbs of manner Past progressive and simple pa (not) as as; too or not enough Superlative adjectives can / can't (rules and permission Relative pronouns 	 Indefinite pro any, no, and e 	nouns: words with some,
Reading Skills	Listening Skills	Speaking Skills	Watch
Competition entries p.14 An article p.19 Active Readers: • Figuring out the meaning of unknown words	Fears and phobias p.16 Speaking in public p.18 Active Listeners: Listening for the main idea	Make suggestions p.20 Active Speakers: • Making suggestions	 Happiness in Mexico p.21 Active Viewers: Predicting what a video will be about
Social media posts p.24 A leaflet p.28 Active Readers: • Skimming	Restorative justice p.26 We wrote our own rules p.28 Active Listeners: Identifying an audience	Ask for permission p.30 Active Speakers: • Asking for permission	Rules p.31 Active Viewers: • Scanning
CLIL A History pp.116–117	Metro Express Unit 1: p.108 Unit 2: p.109	Project Unit 1: Unit 2	
A questionnaire p.36 A nonfiction book p.40 Active Readers: • Scanning	The five-second rule p.38 Fake news p.40 Active Listeners: • Making inferences (1)	Identify scams p.42 Active Speakers: • Sharing information	Truth and lies p.43
Readers' comments p.46 An advice column p.50 Active Readers: • Predicting using world knowledge	In the news p.48 A fitness challenge p.50 Active Listeners: Identifying who says what	Talk about illnesses and injuries p.52 Active Speakers: Reacting to what people say	New York p.53
CLIL B History pp.118–119	Metro Express Unit 3: p.110 Unit 4: p.111	Project Unit 3 Unit 4	
A graphic novel p.58 A magazine article p.62 Active Readers: Identifying the main events	Siblings: brothers and sisters p.60 Couples p.62 Active Listeners: • Recognizing synonyms and antonyms	Share news p.64 Active Speakers: • Sharing news	Milton and Phyllis p.65 Active Viewers: Understanding a narrative sequence
A textbook p.68 A web article p.72 Active Readers: • Making predictions about a text	Teenagers and sleep p.70 Food to help you sleep p.72 Active Listeners: Identifying unknown words	Talk about experiences p.74 Active Speakers: • Sharing news	Synesthesia p.75 Active Viewers: Identifying purpose
CLIL C Psychology pp.120-121	Metro Express Unit 5: p.112 Unit 6: p.113	Project Unit 5 Unit 6	
A community forum p.80 A questionnaire p.84 Active Readers: Identifying the meaning of unknown words	What would you do? p.82 Positive news podcast p.84 Active Listeners: • Making inferences (2)	Give advice p.86 Active Speakers: • Giving advice	 Boards with a difference p.87 Active Viewers: Following instructions
A newspaper article p.90 Magazine profiles p.94 Active Readers: • Topic sentences	A podcast: Get ahead p.92 Entrepreneurs p.94 Active Listeners: • Anticipating likely language	Make a presentation p.96 Active Speakers: • Language for presentations	Motion capture p.97
CLIL D Social science pp.122-123	Metro Express Unit 7: p.114 Unit 8: p.115	Project Unit 7 Unit 8	· ·
Unit 5 Unit 6 pp.144-147 pp.148-151		nit 8 .156-159	





No limits

Vacation activities

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

buy gifts go hiking stay in a hotel take photos try new food visit museums 0 "We went for lunch and tried new food . I didn't like it!" some a lot of cool and posted them online." for my friends at the museum shop. They were really happy with them." **3** "We in the mountains. It was really fun." 4 "We _____. I was really interested in the new exhibition of prehistoric animals." **5** "We and swam every day."

Experiences

- 2 Choose the correct options.
 - 0 I want to go snorkeling / go backpacking and see the amazing fish.
 - 1 My dream is to be a singer and perform with a live band / interview my favorite YouTuber.
 - 2 My parents said I can decorate my bedroom / dye my hair. I'm going to paint it dark blue!
 - 3 I love reading and one day I'm going to appear on TV / write my own novel.
 - 4 My uncle has his own boat and he wants to go backpacking / sail around the world next year.
 - 5 I love sleeping outside. Every vacation,
 I camp under the stars / race across a desert.

Phrasal verbs (movement)

3 Complete the dialogues with the phrasal verbs.

get back get off get on go away go out stay in

O A How often do you go on vacation?
B I usually _go away every summer.

A How do I get to the museum?
B You need to ______ the bus here and _____ at the movie theater. It's a minute's walk from there.

A I don't feel like going into town this evening.
B OK. Let's _____ and watch a movie.

A What time will you _____ tonight?

B Yes, you can, but finish your homework first.

B Not late. About 9 p.m.

4 A Can I _____ this evening?



be going to (plans and intentions)

4 Complete the message with the *be going to* form of the verbs.

be not come fly go go away stay take



Hi Maria
How are you?
I'm so excited 🙂. My parents said we
o re going to go away for a few
weeks in the summer, to Cancun in Mexico.
We ¹ there. The flight
is on August 10th and it takes 5 hours.
We ² in a hotel with
a swimming pool, and it's on the beach.
My parents want to go sightseeing, but
I ³ snorkeling and
surfing, and sunbathe by the pool. My
brother ⁴ because
he's going to go backpacking with his
friends. My sister ⁵
lots of photos for a school project,
so I'll send some to you. It's
6 so much fun.
I can't wait.
See you soon.
Emily

5 Complete the questions and answers about Emily's vacation with be going to.

0	When is Emily going to go away		
	She's going to go av	vay	
	in the summer.		
1	<u>,</u>	drive to Cancun?	
	No, they		
2	Where		
	on vacation?		
	They		
	in a hotel.		
3	Who		
	backpacking?		
	Her brother		
	backpacking.		
4			
	photos?		
	Yes,		
5	What		
	She		
	snorkeling and surfing		

6 Your turn Make lists of your plans and intentions.

this weekend	make a viral dance video
this term	
this year	
when I'm 21	

7 In pairs, compare your lists. Use be going to.

Present perfect (experiences)

- 8 Write sentences using the present perfect.
 - 0 never / interview my favorite YouTuber
 I've never interviewed my favorite YouTuber.
 - 1 camp / under the stars He_____
 - 2 not write / a novel She _
 - 3 not appear / TV
 They _____
 - 4 never / go / to the desert

 My friends and I
 - 5 try / Chinese food

9 Write present perfect questions using the phrases.



come to school late dye your hair eat out with your friends make a dance video meet a famous person sing in public

Have you ever come to school late?

10 Your turn In pairs, ask and answer the questions.

Have you ever dyed your hair?

Yes, I have.

11 Tell the class about your partner.

Rafael has dyed his hair but he hasn't ever sung in public.



Human-caused and natural problems

- 1 Complete the sentences.
 - O There was no rain last year, so we'll have a drought this year.
 - 1 Scientists say the earth is getting warmer because of c_____ c____.
 - 2 A lot of people move to cities for work, which causes o _____ p ____.
 - 3 The river is very full. I'm worried there's going to be a f_____.
 - 4 The 7.8 e_____ in Alaska was the strongest one in the world in 2020.
 - 5 The air p_____ in this city is terrible because there are too many cars.
 - 6 My great-grandfather was a soldier in World W_____Two.
 - 7 Dirty drinking water causes a lot of d______.
 - 8 It's going to be a long, hot summer thanks to the h !

Environmental problems and solutions

- 2 Match phrases 0–7 with phrases a–h to make complete sentences.
 - 0 We are running out __c_
 - 1 A lot of stores are trying to reduce _____
 - 2 Our town recycles _
 - 3 Young people are very active in protecting _
 - 4 You can help save ____
 - 5 Some animals are going to become extinct
 - 6 Don't throw away glass jars you can reuse _
 - 7 It's important to protect ____
 - a because we're destroying their habitats.
 - **b** the environment for their future.
 - c of the world's natural resources.
 - **d** water by having a short shower.
 - e the use of plastic bags by charging for them.
 - f all its plastic and paper.
 - **g** them to put rice and pasta in.
 - h our parks and green spaces.



Shopping

3 Look at the online shopping tips. Complete the sentences with the pairs of words.

credit card / afford order / bargains sales / discounts save / cash spend / receipt waste / coupons

Online shopping tips

Make sure you shop around before you <u>order</u>.

Some things look like ____ because of the advertising. Check a few different sites to compare prices.





Don't _____ your money.

Do some online research to find ____ for products – you can save a lot of money with them. Also, it's greener if we only buy the things we really need.

Try to shop during the online _____ because that's where companies offer a lot of _____.





It's a good idea to use a
_____ because it's easier
and faster to get your money
back if there's a problem. But
remember, don't buy anything
you can't _____!

Online shopping is fast and easy, but sometimes you can ____ money when you shop in the store and pay by ____.

Sometimes it's greener to buy local things in local stores, especially if you can put them in your own bags and containers.



Eco-clothes

Thanks for your orderl Ref: 0000987

1 pair of jeans, size 12 PAID: \$30.00 Don't throw things away if you can still use them. And when you _____ your money on things like new clothes, make sure you get a _____. You'll need this if there's a problem.



like / love / hate + -ing

4 Complete the sentences. Use the -ing form of the verbs.

camp	hike	reuse	swim	try	visit	waste
0 I love_	cam	ping	under t	he st	ars.	
1 Do you	ı like _		n	ew fo	ood?	
2 I hate_			money	. I sav	e it all	!
3 My mo	My mom hates			in the mountain		
She like	She likes			museums.		
4 We lov	e		in th	e oce	ean.	
5 They li	ke		their	plas	tic bot	tles.

will / won't (future predictions)

5 Complete the comments in the forum with will or won't and the verbs in parentheses.

What will our lives be like in 50 years' time? I think there o will be less pollution because people 1 electric cars. (be / drive) Anna, NY People² so much because they 3_ things. (not waste / reuse) Tom, London to learn languages We 4 because we 5_ _____ translation apps. (not need / have) Amelia, Paris People 6 cash. They for everything using their phones. (use / pay) Ben, California I don't think we 8_____ to stores. _____ all our shopping online. (go / do) Maria, Montreal

6 Your turn Complete the questions with will.
Then answer them.

	be eat have l i	ve
0		_ in another country in the future? / No, I won't.
1	you	_ famous?
2	you	_ the same friends in 20 years' time?
3	meat?	people

7 In pairs, ask and answer the questions.

Will you live in another country?

Yes, I will. I'll live in Japan.

be going to (future predictions)

8 Look at the pictures. What's going to happen? Write sentences with *be going to* and the verbs.

be cause pay plant recycle start













0	He's going to recycle	the paper and cardboard.
1	There	a heatwave.
2	They	a fire.
3	We	some trees.
4	It	pollution.
_	Cho	at the counter

Adverbs of manner

hear the lyrics _____

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

	anxious	careful	confident	quick	
0		0			ne play <u>carefully</u> . , in just one weekend.
1		nd I acte	waiting for	it to start.	n the play. I sat . But then I got on My friends said I
	easy fa	st good	l noisy		
2	The pla		off - over 250		t was going very
3					formed my favorite , and I could

Jobs

Complete the advertisements with the jobs.

builder chef doctor fashion designer salesperson software developer

Help wanted



We have the ideas, but we need a talented software developer. Are you good at Java? Contact The App Agency.



We need an experienced to work with us on the new library in Blacksdown Town. Apply here.



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



San Merino Health Center is looking and a for two to join our busy team. Details here.



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



Do you love clothes? Are you creative? We are looking for a new to join our

team and create our new summer collection. Apply here.

Personality

Write the opposite of the adjectives using the affixes dis-, im-, -less, and un-.

0 friendly unfriendly **1** polite _____

2 patient _____

4 honest

5 careful

6 reliable _____

3 kind _____ 7 helpful _____

Safety online

4 Use the words to complete the labels for each picture.

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

Crime

3 Complete the article with the words.

arrest break catch chase commit investigate rob

Working lives

I'm a police officer, and my job is to 0 catch any criminals who ¹_____ crimes in my neighborhood. Often the same people ²_____ into homes or ³_____ people on the street. I keep fit because sometimes I ⁴_____ the crimals if they run away. Although we know most of the criminals in the area, we always ⁵_____ carefully and collect evidence before we can ⁶_____ anyone.



Staying safe at work







3
Existing
New
Confirm

0	Don't	share	personal	information	
					_

2 Check before you ______.



Past progressive and simple past

- 5 Complete the sentences with the past progressive or simple past form of the verbs in parentheses.
 - O The criminal <u>was stealing</u> (steal) money from a school when a police officer <u>caught</u> (catch) him.
 - 1 While the chef _____ (prepare) the food, he _____ (cut) his finger.
 - 2 When the criminal _____ (escape), we _____ (stay) in a hotel not far away.
 - 3 Julia _____ (get on) the train when she ____ (drop) her wallet.
 - 4 I ______ (watch) my mom while she ______ (install) antivirus software on my computer.
 - 5 I _____ (hurt) my back while I _____ (carrying) a heavy bag.

(not) as ... as; too or not enough

- 6 Choose the correct words.
 - 0 I'm not going to be a doctor. I 'm too good / m not good enough at science.
 - 1 Sara's scarf is soft, but my scarf is softer. Sara's scarf isn't as soft as / is as soft as mine.
 - 2 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.
 - 3 My brother can never wait for anything. He's too impatient / not impatient enough.
 - 4 I can't wear this T-shirt because it's dirty.
 The T-shirt is too clean /
 isn't clean enough to wear.
 - 5 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

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

	Sam, lawyer	Marc, chef	Zoey, taxi driver
good or bad pay?	\$\$\$\$\$	\$\$\$	\$
interesting or boring?	00000	0000	00
easy or hard?	9999	999	9
long or short hours?	III	IIII	IIIII
safe or dangerous?	1	A A	<u> </u>

0	Marc's pay is good, but Sam's pay is	the best				
1	Marc's job is interesting, but Sam has	job.				
2	Being a lawyer is	job. Lawyers must study for				
	seven years. Driving a taxi is	job.				
3	Sam and Marc work long hours, but Zoey works					
	hours. Sam works	hours.				
4	Being a chef is quite safe, but being a law	yer is				
	job. Driving a taxi is the	iob				

can / can't (rules and permission)

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

come home late dye your hair invite my friends over play computer games before breakfast play music loudly use devices in our bedrooms watch TV until midnight

l can	l can't
use devices after dinner	be impolite

9 Your turn In pairs, compare your rules.

I can't use devices after dinner.



Creativity

Creativity: adjectives

1 Complete the creativity adjectives in the blog.

The strange and the beautiful

Here are my cool artwork selections for this month. What do you think? Leave a comment!



I love learning about things from the past and I can look at this a ncient writing for ages. The symbols are amazing. I'd like to know what it says!



These e_____ hands are so cool, and what an o_____ idea! I saw them when I was on vacation in Venice last year.



You can see this art work in Belgium.
The whale is made from r_____
plastic. It makes me think about reducing my plastic use to protect our sea life.



This is t______Järnpojke from Sweden. He's only 15 cm high and he's looking at the moon. It's a very popular statue. I left the change I got when I bought an ice cream – for good luck!



I love photography and I think this photo is very c_____.

It really looks like her eyes are on her hands.



Can you understand this painting?
I can't. It's s ______, but it's really interesting to look at. There are so many things in it, and there's no connection between them!

Creativity: verbs

2 Complete the conversation with the correct form of the creativity verbs in the box.

			,						
	build	create	design	invent	set up	sew			
Α	A What do you do?								
В	I º	design	fur	niture.					
Α	What's your style?								
В									
	1sofas and chairs in the style								
	of the 1950s.								
Α	How did you start?								
В									
	hobby was recycling furniture and selling it.								
Α	Did y	ou ³		you	r own bu	siness			
В	Yes, I did. Three years ago. It's really successful								
	now.	I work w	ith my bi	rother.					
		does he							
В	He de	esigns an	d ⁴		beds				
	cupboards, and tables from hard wood.								
Α	A rea	I family b	ousiness!	What are	e your pl	ans?			
В	Well,	I ⁵		a sofa	that cha	inges			
	shape so it can be for two to six people with the								

A What an amazing idea! Good luck.

touch of a button!

Feelings

- 3 The adjectives are in the wrong place. Write the correct adjectives with their prepositions.
 - 0 I'm not bored of this design. It's not very original.

____crazy about

- 1 My dad was really **disappointed with** my mom when she set up her new business.
- 2 Tom's surprised by flying. He won't get on a plane.
- 3 I'm proud of this movie. I've seen it so many times.
- 4 My cousin is really crazy about his new job. He's not enjoying it.
- 5 I'm so scared of the price of this cell phone. I thought it was cheaper.

Materials

- 4 Choose the correct options.
 - O Put the cardboard leather cereal boxes in the recycling bin.
 - 1 I'm going to buy some woolen / wool and make a winter sweater.
 - 2 There's a stone / cotton statue of a famous writer in the park.
 - 3 I'm angry with my brother because he borrowed my favorite canvas / rubber bag.
 - 4 The knives and forks are paper / metal, so they're strong.
 - 5 We can reuse this wooden / wood box and plant flowers in it.



Relative pronouns

- 5 Choose the correct options.
 - 0 That's the hairdresser ... cut my hair.
 - a who
- **b** that
- (c) both
- 1 I want to see ... you live.
 - **a** where
- **b** that
- c both
- 2 She's the firefighter ... put out the fire.
 - a whose
- **b** who
- c which
- 3 That's the woman ... film won an award for best music.
 - a who
- **b** which
- **c** whose
- 4 There's a leather jacket ... I'd like to buy.
 - a which
- **b** that
- c both
- 5 Zimo, ... father teaches me the guitar, composes music.
 - a which
- **b** whose
- c who

Subject and object questions

6 Complete the questions using question words.



0 ? made this synthetic dress.

Who made this synthetic dress?

- 1 I saw? in the coffee shop.
- 2 They discovered a brand new?
- 3 ? set up a successful business.
- 4 ? happened while he was logging out of the website.
- 5 They decorated the ? pale green.

would like

7 Complete the sentences with the correct form of like or would like.

- 0 I ____like ___ trying new food.
- 1 He_____ to be a lawyer when he leaves university.
- **2** "_____ you _____ impolite people?"
 - "No, I ______."
- **3** "_____ you like to _____ by cash?" "Yes, I _____."
- 4 My sister ______ to change her job.
- 5 We _____ camping under the stars.
- 6 "Would you like fish for dinner?"
 - "No, thanks, I ______. I had fish last night."

8 Complete the sentences so they are true for you.

This weekend, I'd like to ...

On weekends, I like ...

When I leave school, I'd like to ...

After school, I like

Next summer, I'd like to ...

In the summer vacation, I like ...

9 Your turn In pairs, compare your answers.

This weekend I'd like to go hiking. What would you like to do?

I'd like to go to the movies.

Indefinite pronouns: words with some, any, no, and every

10 Look at the pictures. Complete the sentences with the correct indefinite pronouns.



There's <u>somebody</u> at the door.



I'd like to go on vacation with

a beach.



He's hungry. He needs to eat.



She didn't understand _____in

the lesson.



I've been sick, so I haven't been _____ this week.



I have _____ I need to start sewing.