

InstaEnglish

Student's Book and Workbook

2nd Edition

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InstaEnglish

Student's Book and Workbook 2nd Edition

WALKTHROUGH

Check out how your combo edition of the **Student's Book and Workbook** is structured so you can make the most of it!

STUDENT'S BOOK

Your **Student's Book** is made up of a **Starter unit**, **8 regular units**, **4 sets of review activities**, plus **2 nifty sections**: **Digital Literacy** after every 2 units, and **Global Citizenship** after every 4 units.

Starter unit

This two-page unit provides strategic language for you to kick off your studies!



Opener

All regular units open with a visual treat to trigger your first thoughts on the main subject. What's the first thing that pops into your head when you look at it?

VOCABULARY 1

Here you will read, listen to, and look at pictures referring to words or phrases that will help you to explore the unit topic.

VOCABULARY 1

Playing Games

1. Match each game to the picture that it is.

2. Listen and match the game to the picture.

3. Complete the sentences with phrases from the box.

4. Read the text and match the game to the picture.

5. Read the text and match the game to the picture.

6. Read the text and match the game to the picture.

7. Read the text and match the game to the picture.

8. Read the text and match the game to the picture.

9. Read the text and match the game to the picture.

10. Read the text and match the game to the picture.

READING 1

Texts of multiple genres provide interesting content to practice your reading skills and introduce relevant language to be explored throughout the unit.

GRAMMAR 1

Grammar topics that were introduced in the reading text are systematically explored so you can easily work out all the rules and patterns.

LISTENING

Learn and practice oral comprehension through engaging and contextualized oral texts.

SPEAKING

A clearly guided activity will help you practice your speaking skills using functional language in everyday situations. Throughout the levels, as you improve your ability to communicate orally, you will get increasing contact with real-life oral text genres.

CULTURE

Discover cultural aspects of everyday life in English-speaking countries across the globe!

VOCABULARY 2

The second vocabulary set provides more words and phrases to allow you to go further into the unit topic.

READING 2

The second reading text digs further into the main topic and provides more language to be explored.

GRAMMAR 2

A new grammar topic is introduced in the same contextualized and systematic way seen in Grammar 1.

CLIL

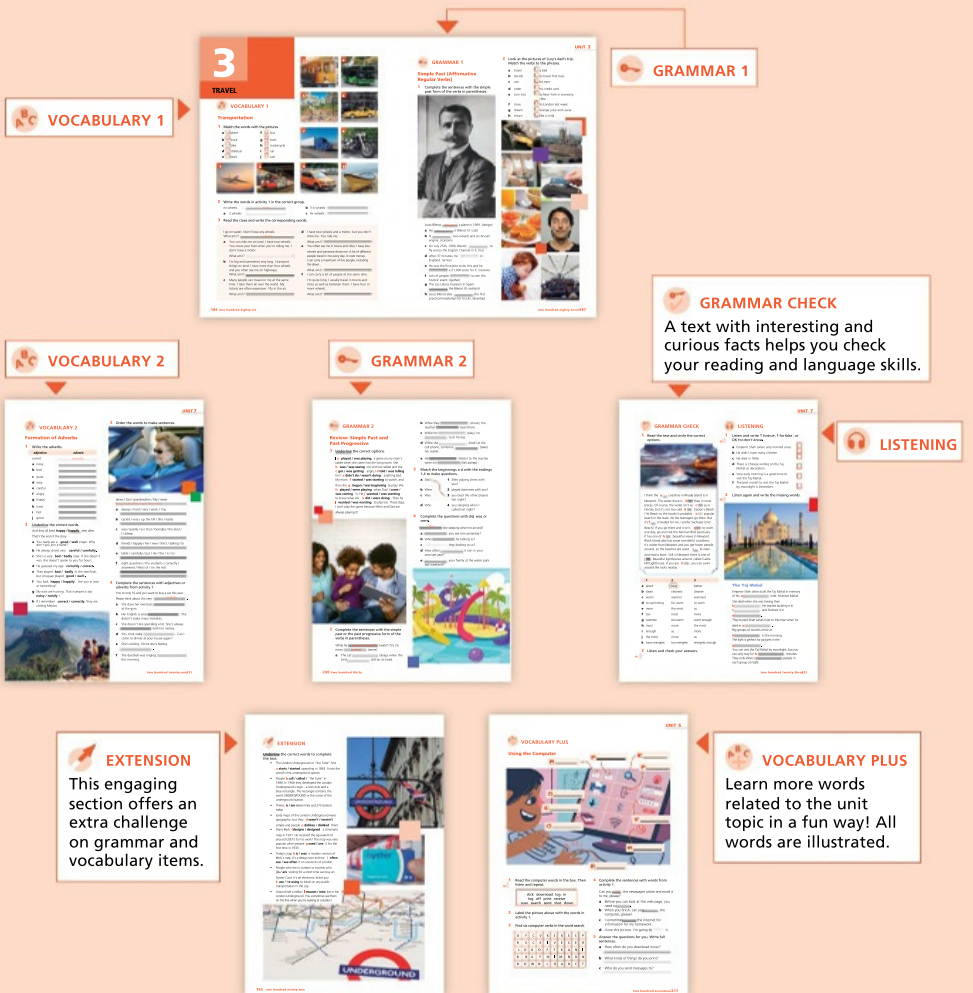
In every odd-numbered unit, the **Grammar 2** section is accompanied by the **CLIL** section, for you to integrate your learning of the English language with other school subjects through fun texts and activities.

WRITING

In even-numbered units, the **Grammar 2** section is followed by the **Writing** section, where you are supported every step of the way to practice your writing skills in a range of text genres.

WORKBOOK

The **Workbook** offers target-language practice and additional study material (consolidation and extension). It can be used as homework, independent study, or extra classroom practice. Some of the sections correspond to sections in the **Student's Book**:



Wordlist

This offers an alphabetical list of the key vocabulary in the **Student's Book** and from the **Vocabulary Plus** sections. It includes phonetic transcriptions and audio recordings.

DIGITAL OFFERINGS

InstaEnglish 2nd Edition is a fully flexible course, which means you can study using your physical or your digital books and have access to the exact same content and activities. The digital books contain all the audio tracks and videos embedded. The digital offerings include the **On-the-go Practice** feature, for you to keep learning wherever you are!



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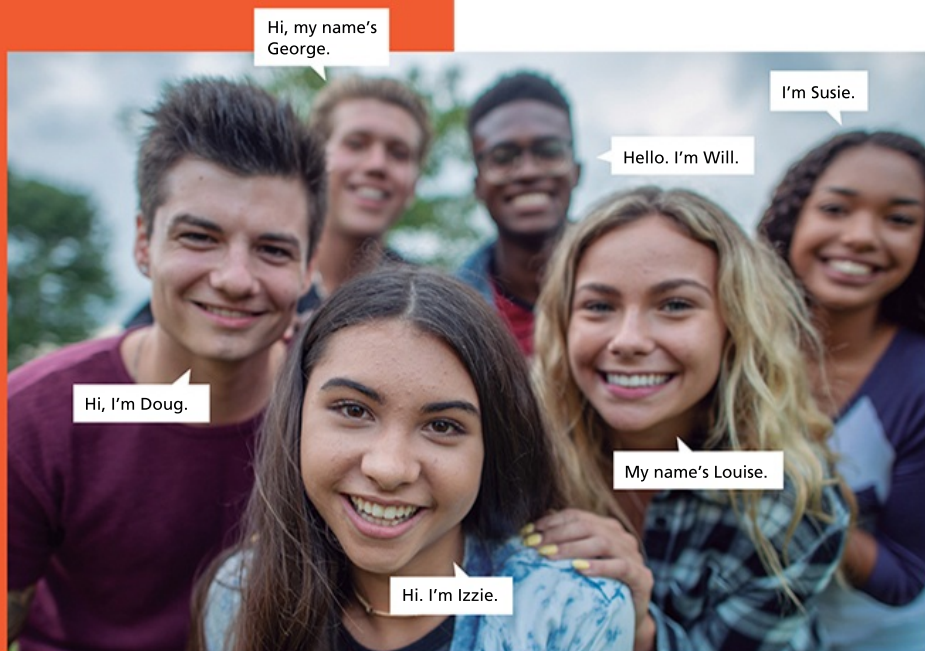
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STARTER



Introductions

- 1 Look at the picture above. How do they introduce themselves?

- 2 Complete the sentences below with the words in the box. Then listen and check your answers.

Australia cousin French
going to the movies math
swimming 14

- a Hi. I'm Izzie. I'm _____ years old.
b Hello. I'm Will. I'm from _____.
c My name's Louise. I love _____.
d Hi, my name's George. My favorite sport is _____.
e Hi, I'm Doug. This is my _____ Susie.
f I'm Susie. I'm _____.

Physical Description

- 3 Look at the picture again and describe the students using the words in the box.

blond brown curly square straight tall

- a Izzie has _____ eyes.
b Susie has _____ hair.
c Izzie has _____ hair.
d Doug is _____.
e Will's face is _____.
f Louise and George have _____ hair.

- 4 Listen and repeat. Check your answers.

TIP

Possessive 's / '

Use 's after a name or singular noun.

Will's face is square.

Use ' after a plural word ending in -s.

The students' faces look happy.

School Subjects and Free-time Activities

- 5 Listen to Izzie and Will and complete the chart.

	favorite school subject	favorite free-time activities
Izzie	science,	
Will		
Louise		
George		
Doug		
Susie		

- 6  **INTERFACE** Work in pairs. Talk about your favorite school subjects.

What's your favorite subject?

I guess it's music.
And yours?

Places in Town

- 7 Complete Susie's email with the words from the box. Then listen and check.

gym library museum
restaurant subway station

From: Susie
To: Will
Subject: About Paris

Dear Will,

The picture attached shows one of my favorite places in Paris: the Pompidou Center. It holds an amazing **a** _____ of modern art and a huge public **b** _____. It's very close to a **c** _____ so it's pretty easy to get there. Just a few meters away there is this great **d** _____ where I usually have pasta with five cheese sauce. I'll definitely have to be serious about going to the **e** _____ when I come back lol!

XOXOXOXO,

Susie

 pompidou.jpeg



Feelings and Opinions

- 8 Find 17 words related to feelings and opinions in the word search.

E	X	C	I	T	E	D	R	B	F	D
S	C	A	R	E	D	I	N	O	F	A
B	A	M	A	Z	I	N	G	R	U	N
I	N	T	E	R	E	S	T	I	N	G
A	G	E	A	S	Y	A	W	N	E	E
N	R	B	O	R	E	D	M	G	X	R
G	Y	W	O	R	R	A	S	P	C	O
R	J	E	A	L	J	L	A	L	I	U
W	O	R	R	I	E	D	V	E	T	S
N	E	R	T	S	A	C	A	A	I	E
I	N	T	I	L	L	I	X	S	N	M
S	N	E	R	V	O	U	S	E	G	B
B	O	R	E	G	U	S	O	D	P	A
E	X	C	D	I	S	T	D	A	L	R

- 9 Listen and check your answers.

Simple Present: *be* and *have*

- 10 Write true sentences with the affirmative or negative form of *be*.

- a** I _____ from Turkey.
b My best friend _____ 12 years old.
c We _____ in a math class.
d Madrid _____ the capital of the UK.

- 11 Choose the correct form of the verb *have*.

- a** I **have** / **has** two sisters and one brother.
b My father **have** / **has** a great sense of humor.
c She **have** / **has** really good ideas.
d They **have** / **has** new neighbors.

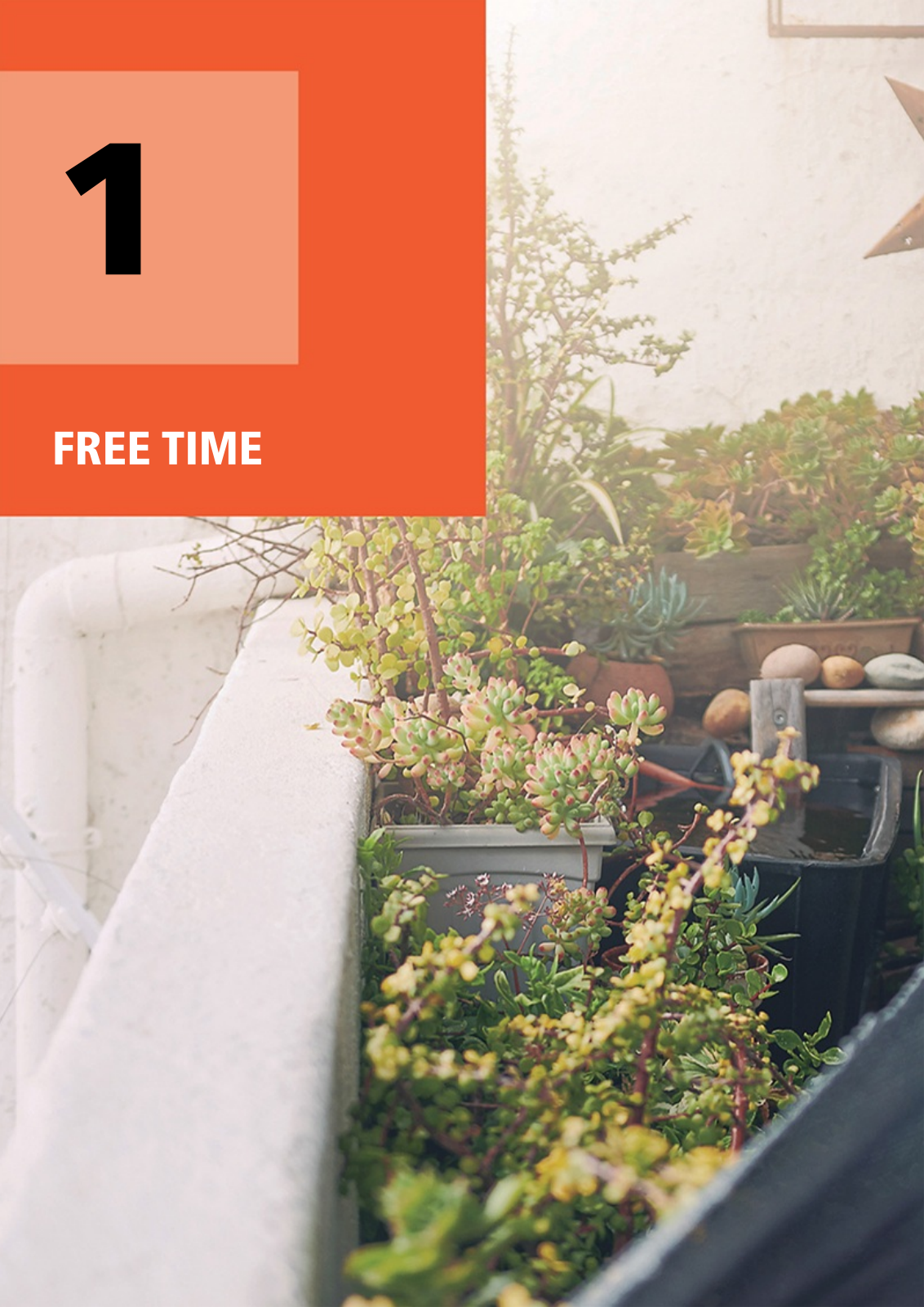
Subject / Object Pronouns and Possessive Adjectives

- 12 Underline the correct words. Then listen and check your answers.

My friends and I love hanging out. **a** We / **Us** are always together. On weekends, my sister usually joins **b** we / **us**. My friends really like **c** her / **she**. **d** Her / **She** is really funny and I love having **e** she / **her** around. She is also very protective and takes really good care of **f** I / **me**.

1

FREE TIME







1



3



2



4

B A C VOCABULARY 1

Free-time Activities

- 1 Read the words and phrases in the box. Then write the ones that correspond to the activities represented in pictures 1-6.

chat online	hang out with friends
do a martial art	learn a language
do volunteer work	play an instrument
do yoga	play video games
draw	read a book
go to the movies	relax

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

- 2 Listen and repeat.

- 3 Complete the sentences with the words and phrases from activity 1.

- a I'm trying to _____ to study abroad next year. I go to German classes twice a week.

- b I _____ on Mondays, Wednesdays, and Fridays in the morning.

- c I do a lot of exercise. I often _____ or _____.

- d I _____ once a week. I visit people in hospital.

- e I sometimes _____ with my friends. We love pizza!

- f I love technology. I often _____ or _____.

- 4 Listen to Megan and Dan. What is Megan's favorite free-time activity?

PRONUNCIATION

/a/ /ɔ/ /oʊ/

- 1 Listen and repeat the words.

- 9))) /a/ volunteer, hospital, online
/ɔ/ draw, sport, boring
/oʊ/ go, disco, don't

- 2 Listen and repeat the sentences.

- 10))) a I volunteer at a sports club.
b I don't want to go to the movies. It's boring.
c I often draw cartoons online.
d I don't play video games.



5



READING 1

- 1 Read the title and headings in the news article below. What do you think is the main idea of the text?
- Teen boys spend their free time differently than girls.
 - Teen boys have more leisure time than girls.

READING STRATEGY

Use titles and headings to help you guess what the text is about.

The “leisure gap” between boys and girls

USA teenage girls do more homework and household chores than boys, says a new study by The Pew Research Center. According to the researchers, females do 38 minutes of housework daily, while boys spend about 24 minutes helping around the house. Girls also spend more time running errands, such as shopping for groceries (21 minutes vs. 11 minutes for boys). As a result, boys enjoy an average of about six hours a day in leisure time, while girls enjoy only five.

A busy teen girl speaks

Rebecca Snow, 15, is one of those girls with no time to have fun or play sports. “I’m always busy,” says Rebecca. “When I get home from school, I usually prepare a meal for myself and my brother. In the afternoon, I sometimes vacuum the floor or do the laundry ... He never helps me! I hardly ever have free time. When I do, I usually practice judo. I wish I had more time to take guitar lessons or help at an animal shelter.”

Need for gender equality

Sociologist Georgia Roberts, coordinator of the study, argues that a more equal division of household chores can benefit both male and female teenagers.

“Boys need to learn to cook and clean the house to gain autonomy. Girls need less pressure on them,” Roberts explains.



6

- 2 Read and listen. According to the text, why do teen girls have less leisure time?
- Because they devote more time to homework and housework than boys.
 - Because they are less interested in sport and entertainment than boys.
- 3 Read the text again. Then write T for *true* or F for *false*.
- ☐ Teen boys spend more time on homework than girls.
 - ☐ Teen girls spend 14 minutes longer than boys doing housework.
 - ☐ Teen boys have five hours more leisure time daily than girls.
 - ☐ Rebecca Snows cooks for herself and her brother.
 - ☐ In her free time, Rebecca takes guitar lessons.
- 4 According to Georgia Roberts’ opinion, why does housework need to be shared equally?
- _____
- _____



- 5 **CLASS VOTE** In your home, are household chores shared equally?





GRAMMAR 1

Review: Simple Present and Present Progressive

simple present	
+	I often meet my friends on Saturdays. She is always tired after school.
-	She doesn't usually have time.
?	Do you usually do activities after school?

- 1 Complete the simple present rules below with the information in the box.

Do Does doesn't / does not don't / do not -s

- We add _____ to the verb in the third person singular affirmative form.
- We make the negative form by adding _____ before *I / you / we / they*.
- We make the negative form by adding _____ before *he / she / it*.
- _____ is used in questions before *I / you / we / they*.
- _____ is used in questions before *he / she / it*.

- 2 When do we use the simple present? Check (✓) the correct definition.

- ☐ The simple present is used for actions and routines.
- ☐ The simple present is used for actions happening at the moment the person is speaking.

Adverbs of Frequency

- Read the news article on page 13. Circle the words that describe how often people do things.
- Look at the graphic below. Complete it with the following adverbs of frequency.

always hardly ever never often
sometimes usually

100%



0%

hardly ever

- 5 Underline the correct words to complete the rules for the position of adverbs of frequency.

- Adverbs of frequency go **before** / **after** the main verb, except with the verb *be*.
- Adverbs of frequency go **before** / **after** the verb *be*.

- 6 Complete the sentences with the adverbs of frequency and the correct form of the verbs in parentheses.

I often play sports. (play / often)

- Jane _____ her friends on weekends. (meet / always)
- My friends _____ busy with homework. (be / sometimes)
- We _____ to music. (listen / hardly ever)
- He _____ to parties. (go / never)
- I _____ at the mall with my friends. (not / hang out / usually)
- Daniel _____. (volunteer / often)
- Do you _____ to the gym? (go / sometimes)

present progressive	
+	I'm watching TV at the moment.
-	She isn't studying math this week.
?	Are you chatting online now?

- 7 Look at the sentences in the chart above. Then underline the correct option below to complete the rule for when we use the present progressive.

We use the present progressive for actions **happening now** / **habits and routines**.

Time Expressions

- 8 Complete the chart below with the time expressions used with the simple present and the present progressive.

always at the moment every day
now often this week
twice a week usually

simple present	present progressive
always	

- 9 Complete the sentences with the correct form of the verbs in parentheses.
- I _____ (play) video games every day.
 - At the moment, we _____ (draw).
 - He _____ (play) tennis twice a week.
 - My mom and dad always _____ (relax) on Sunday evenings.

- 10 Complete the sentences with the correct form of the verbs in parentheses. Use the simple present or the present progressive.

Simon isn't talking (not talk) about his free-time activities now.

- At the moment Karen _____ (learn) French, she _____ (not study) Spanish.
- He _____ (not usually play) an instrument, but he often _____ (go) to the gym.
- They _____ (not do) anything complex at the moment, they _____ (relax).
- I _____ (not meet) my friends every day, I usually _____ (see) them on weekends.

- 11 Read about what Meryl Streep does in her spare time. Underline the most appropriate verb form: simple present or present progressive.



The award-winning actor Meryl Streep **a loves / is loving** knitting. She says she hand knitted the shawl for the movie *Doubt*. Meryl **b is admitting / admits** that she usually **c spends / is spending** a lot of her free time on set knitting. She **d is believing / believes** the hobby is therapeutic. In her opinion, it is a way of gathering her thoughts and contemplating life. In fact, many actors, especially those who have spare time on set between takes, **e love / are loving** to spend their free time knitting. Some of them are Julia Roberts and Ryan Gosling.

- 12 **INTERFACE** Work in pairs. Use the prompts below to ask and answer questions.

- What / you / usually / do / on weekends?

- Where / you / usually / meet your friends?

- What / you / wear / now?

GRAMMAR GUIDE page 22

LISTENING

Sport

- 1 Look at the pictures and answer the questions.

- What sports are these?

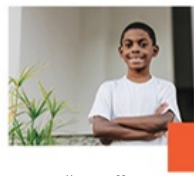
- What equipment do you need to do each sport?

- Do you practice any of these sports?



- 2 Listen to an interview on free-time activities and underline the correct answers.

- Lucas is **12 / 13** years old.
- His favorite sport is **tennis / running**.
- He **always / sometimes** feels better after running really fast.
- At the moment things are going really **well / badly** for Lucas.
- Lucas meets his friends every **day / weekend**.



- 3 Listen again and write T for true or F for false.

- ☐ Lucas doesn't often go running.
- ☐ Lucas plays tennis every day.
- ☐ Lucas isn't feeling stressed now.
- ☐ Lucas plays tennis when he feels stressed.
- ☐ Lucas and his parents usually talk about any problems.



SPEAKING

Saturday Off

13))) Jane and Rita are on an online video call. Listen and complete the dialogue.

Hi, Rita, what are you up to now?

a I' _____ for the math test on Monday.

Studying???? But it's Saturday!

What do you b _____ do on Saturdays, Jane?

Well, I always c _____, play tennis, and sometimes I go to the movies ... How about you?

Well, I go swimming and, when I d _____ to study for tests, I also go to the movies or read a book.

So how about going to the movies later on?

Sorry, Jane, but I really e _____ to study ...
Oops, my dad's calling me for lunch! Talk to you later, OK?

Alright, bye for now!

Bye!

FUNCTIONAL LANGUAGE

Talking about Free Time on a Call

Questions

What are you up to now?
What do you do on ... ?

Answers

I'm ...
I usually / always / sometimes ...



Speaking Task

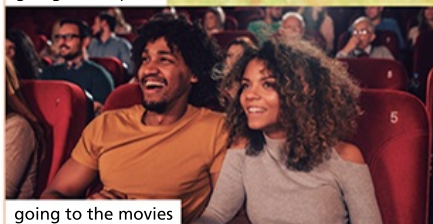
Create an online dialogue between you and a classmate.

Step 1

Think of possible free-time activities and things going on at the moment of the dialogue.



going to the park



going to the movies

Step 2

Create questions to ask your classmate.
What are you doing now?
What do you do in your free time?

Plan possible answers.

I'm watching TV / helping around the house, etc.
I always / usually / sometimes play with my friends, travel, etc.

Step 3

Take turns practicing your dialogue with a classmate.



CULTURE

Spare Time in Australia

Australians love hobbies and pastimes where there isn't much planning involved. They often stay indoors, or "take it easy," as they usually say. Most of them (around 84%) like to spend their leisure time watching TV (streaming series, mostly) and 64% spend their time scrolling through social media.

The most enthusiastic *Aussies* (another way of referring to Australians), however, prefer to spend their free time outdoors having picnics and BBQing in the park with their family or friends, hiking, cycling, camping, admiring wild animals out in the country, among other things. As Australia is a country with fairly warm weather all year round, exploring the vast Aussie terrain is ideal most part of the year and, as a result, the younger generation are camping more and more.

Most of the population is settled along the coast. Therefore, everyone from little kids to teenagers to men and women take surfing quite seriously.

Australia has beautiful surfing spots, which means that surfers have a lot of choice as to where to practice.

In Australia, there's a phrase that says, "work hard, play harder." That means if you work hard to pay your bills, you can play hard so that you can live life to the fullest. After all, when it comes to taking things easy, having fun is the most important thing.



14))) **1** Read and listen to what Australians like doing in their free time. Then answer the questions below.

a What do Aussies usually do indoors?

b How do they spend their free time outdoors?

c What's the weather like in Australia?

2 What do people like doing in their free time in your country? Complete the chart below.

indoors	outdoors

Character Adjectives

- 1 Listen and repeat the adjectives. Then underline the adjectives that describe the pictures.



cautious / adventurous



talkative / quiet



friendly / unsociable



generous / selfish



energetic / lazy



serious / funny



shy / confident



honest / dishonest



absentminded / observant



patient / impatient

- 2 Complete the description with the correct adjectives from activity 1.

My brother Pete has a lot of energy – he's very energetic. I suppose that's why he's **a** _____ and loves exploring places like the Amazon. He has a lot of friends because he's very **b** _____ and he often pays for things for them because he's **c** _____ – he isn't **d** _____ at all. Sometimes he doesn't stop talking, he's very **e** _____. He isn't shy like me, he's very **f** _____, and he can make people laugh because he's **g** _____. We have some differences: while he's very **h** _____ and notices things around him easily, I'm a little **i** _____ and forget a lot of things. Besides, he's a **j** _____ person because he doesn't get upset in difficult situations, but I'm very **k** _____ and get annoyed when something doesn't happen the way I want.



READING 2

- 1 Look at the hobbies below. In your opinion, what characteristics does a fan of these hobbies have? Use the words from the **Vocabulary 2** section to write your ideas.



skydiving

a adventurous



fencing

b _____



solving a Rubik's cube

c _____



knitting

d _____



doing magic

e _____

- 2 Now look at the pictures in the magazine article in this page. Guess which celebrity does which hobby in activity 1.

- a Fernando Alonso: _____
 b Justin Bieber: _____
 c Ryan Gosling: _____
 d Will Smith: _____
 e Nicole Kidman: _____

- 3 Read and listen. Check your answers in activity 2.

CELEBRITY HOBBIES

You probably have a lot of hobbies, but what about these stars? What do they like doing in their free time? Read on and find out!



A magician needs to be confident and charismatic to gain the audience's attention. It seems that race car driver **Fernando Alonso** has these traits in spades. In his free time, he likes doing magic to entertain his friends.



This may surprise you, but Canadian singer **Justin Bieber** is an observant person who loves solving logical problems. His favorite game is the Rubik's cube. Through a lot of practice, Bieber is now able to completely solve a Rubik's cube in under 2 minutes.



Knitting is a relaxing hobby that teaches us to be patient and persevering. For actor **Ryan Gosling**, another advantage of practice is that you get something of it at the end. He learned how to knit on the set of *Lars and the Real Girl* and is now good at making scarves.



Actor **Will Smith** is a fencing enthusiast and often trains with his good pals Tom Cruise and David Beckham. Fencing is an ideal activity for energetic people, as well as developing coordination and balance. But you need to be well protected to avoid sword accidents!



Movie star **Nicole Kidman** is an adventurous and audacious person. She's really into practicing sports and she often goes skydiving. "I don't want to miss out on anything just because it's dangerous," she says. "I love skydiving, it's fantastic."

- 4 Go back to activity 1. Are the adjectives you chose mentioned in the text? What other character adjectives are mentioned?



- 5 **CLASS VOTE** Which of these celebrities' hobbies do you want to practice too?

GRAMMAR 2

Gerunds

1 Read the charts which show when we usually use gerunds.

after preference verbs
He likes playing tennis.
She hates going skydiving.
after prepositions
I'm (not) into drawing cartoons.
They're (not) interested in reading books.
He's good / bad at playing the piano.



2 Read the sentences in activity 1 again. Check (✓) the correct information as to the use of gerunds.

- a ☐ Gerunds are used after preference verbs such as *enjoy, like, and love*.
 b ☐ Gerunds are used before prepositions such as *at, about, on, in*.
 c ☐ Gerunds can be used after prepositions such as *at, about, on, in*.



3 Write sentences and questions using gerunds.

Peter / like / play tennis.

Peter likes playing tennis.

a Kate / good at / draw cartoons.

b you / enjoy / listen to music?

c We / not like / run.

d you / good at / learn languages?

e She / not interested in / go to the movies.

f you / love / do sports?

4 **INTERFACE** Work in pairs. Use the cues below to ask and answer questions.

Do you like playing tennis?

Yes, I do.

a you / enjoy / listen to music?

b you / like / play sports?

c you / good at / play / team sports?

d what / you / love / do / in your free time?



5 Read the text and underline the correct answers.

Kate and her friend Sam **a love traveling / love travel** all over the world. They like **b meet / meeting** people. Sam **c enjoys / hates** talking to everyone he meets. What does Kate like **d doing / do**? She's a history teacher so she **e doesn't like visiting / loves visiting** museums and ancient monuments. She's also very good at **f learning / learn** languages – she can speak four! She likes **g study / studying** science in her free time. Sam is not much **h into / bad at** doing a lot of activities – he enjoys relaxing!

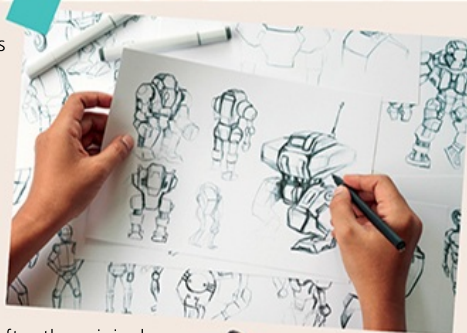


BRINGING DRAWINGS INTO LIFE

Everyone is into animation movies or cartoons, but do you ever wonder how they are made?



To begin with, cartoons are a series of drawings or frames. Each frame is different, but only in a very small way. For example, imagine a stick figure whose hand changes position over six frames. When the frames are presented one after another very quickly, the stick figure waves its hand. This is *animation*, which literally means “bringing to life.” However, the hand doesn’t actually move. It just appears to move. This is because of an optical illusion called persistence of vision. Experts believe that an image persists in your vision for a split second after the original image disappears.



Making an animated movie is an incredibly long and laborious process. If you need 24 frames to film a second of a movie, you can imagine how long it takes to make a full-length animated movie like *Toy Story*!



17)))

- 1** Read and listen to the text above. What does the word *animation* mean? Write your answer.

- 2** Complete these sentences about animation with the words in the box.

different	drawings	long
moving	one	quickly

- a** A cartoon is a series of _____.
- b** Each drawing is _____ in a very small way.

- c** The drawings are shown one after the other very _____.
- d** This gives the illusion that the drawing is _____.
- e** You need 24 drawings to film _____ second of a movie.
- f** It takes a _____ time to make a full-length animated movie.





GRAMMAR GUIDE

Simple Present

- we use the simple present for habits and routines
- we form the simple present with the base form (e.g., *play, watch*) of the verb
- we add -s or -es to the verb with *he, she, or it*
- we form the negative with *do not (don't)* + the verb
- we use *does not (doesn't)* + the verb (without -s or -es) with *he, she, or it*

+	I / You play	tennis.
	He / She / It plays	
	We / You / They play	
-	I / You don't play	tennis.
	He / She / It doesn't play	
	We / You / They don't play	
?	Do I / you play tennis? Yes, I do . No, I don't .	
	Does he / she / it play tennis? Yes, he does . No, he doesn't .	
	Do we / you / they play tennis? Yes, we do . No, we don't .	

Present Progressive

- we use the present progressive to describe what is happening at the moment
- we form the present progressive with *be + verb + -ing*

+	I'm drawing.
	You're drawing.
	He / She / It's drawing.
	We / You / They're drawing.
-	I'm not drawing.
	You aren't drawing.
	He / She / It isn't drawing.
	We / You / They aren't drawing.
?	Is he / she / it drawing ?
	Yes, he is . No, he isn't .

Adverbs of Frequency

- adverbs of frequency go before the verb, but after the verb *to be*



Time Expressions

- with the simple present and the present progressive, time expressions (e.g., *once a week, every day, now*) usually go at the end of the phrase, but they can also go at the beginning

at the moment everyday now
on weekends this year twice a week

She never does homework **on weekends**.

We usually chat online **twice a week**.

On Mondays I do volunteer work.

Gerunds

- we use the gerund (*-ing* form) after verbs for like or dislike, and after prepositions

after preference verbs
He likes playing tennis. She hates going skydiving.
after prepositions
I'm (not) into drawing cartoons. They're (not) interested in reading books. He's good / bad at playing the piano.



PROGRESS CHECK

Name: _____

Class name / Period: _____

Teacher: _____

Date: _____



Free-time Activities

1 Match the words to form activities.

- | | |
|----------|--|
| a learn | ☐ a book |
| b do | ☐ volunteer work |
| c play | ☐ cartoons |
| d read | ☐ online |
| e chat | ☐ yoga |
| f draw | ☒ a language |
| g do | ☐ for a meal |
| h go out | ☐ tennis |

Character Adjectives

2 Complete the sentences with the words in the box.

cautious funny generous
lazy talkative

- a Paul's _____, he often gives money to charities.
- b Kevin is _____, he doesn't like trying new activities.

- c Kate always makes me laugh, she's very _____.
- d They're always on the telephone, they're very _____.
- e He never wants to help at home – he's very _____.



Review: Simple Present and Present Progressive

3 Complete the sentences and questions. Use the simple present or the present progressive form of the verbs in parentheses.

- a Sally _____ (use) the computer every day.
- b They _____ (not play) sports on weekends.
- c _____ you _____ (watch) TV at the moment?
- d I _____ (not relax) now.
- e How often _____ you _____ (go) shopping?
- f We _____ (study) English three times a week.
- g What _____ your friends _____ (do) now?
- h Jamie _____ (play) a video game at the moment.



Gerunds

4 Write sentences and questions using gerunds.

a Simon / interested in / play football?

b Simon / into / play video games.

c Maggie / like / play tennis?

d Maggie / not into / read books.

e Tim and Sue / hate / go shopping.

f What / Tim and Sue / enjoy / do?



Grammar Buildup 1

1 2 3 4 5 6 7 8

5 Choose the correct words.

To: Sam

From: Jane

Subject: All about me

Hi! My name's Jane. I'm American, but I **a don't live / doesn't live** in the USA, I **b lives / live** in Canada. I go to high school in my town. At the moment I **c study / 'm studying** a lot because we have exams soon. What **d do I usually / do usually I** do in my free time? Well, I **e go / am going** swimming once a week. I love **f meet / meeting** my friends on weekends. I really enjoy **g draw / drawing** and I'm good **h in / at** art.

Write soon!

Jane





VOCABULARY IN PICTURES

Free-time Activities



Character Adjectives



WORKBOOK

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STARTER

Introductions

1 Order the words to make questions. Then match the questions with the answers below.

a name / your / What / is ?

What is your name? ☐ 3

b you / old / How / are ?

_____ ☐

c you / Where / from / are ?

_____ ☐

d hobbies / What / your / are ?

_____ ☐

1 I'm from New York, USA.

2 My hobbies are swimming and surfing.

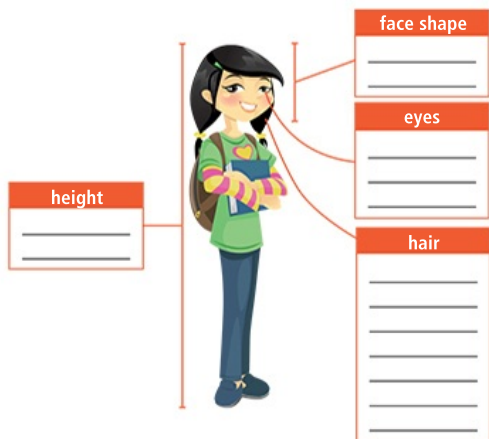
3 My name's Isabella.

4 I'm 12 years old.

Physical Description

2 Relate the adjectives from the box to the parts of the body they refer to.

blond blue brown curly dark
green long round short
square straight tall wavy



School Subjects and Free-time Activities

3 Complete the timetable using the school subjects so that it's true for you.

art drama English
geography history ICT literature
math music PE science [other]

Mon	Tue	Wed	Thu	Fri
BREAK				

4 Order the letters and name the free-time activities.

a ylap ctrempuo msgea



b irde ym ekbi



c nelist ot usimc



d og ot eth seimov



e tchaw vt



f teem ym sendfir



g tetx ym dfnseri

Places in Town

- 5 Order the words to make questions. Then write short answers that are true for you.

often / you / restaurants / go / to / Do?

Do you often go to restaurants?

Yes, I do.

- a you / gym / the / Do / go / usually / to ?

- b your / house / a / Is / near / supermarket / there ?

- c museums / like / you / Do ?

- d a / there / Is / in / your / neighborhood / library / public ?

Feelings and Opinions

- 6 Label the pictures with the feeling words in the box.

angry bored excited scared



- 7 Underline the correct words to complete the sentences.

- a This movie is making me feel sleepy. It's so **boring** / **exciting** / **dangerous**!
- b The view in the campground is **easy** / **amazing** / **boring**. I feel like staring at it for hours.
- c Dancing is very **fun** / **exciting** / **difficult**. I feel embarrassed about doing it in public.
- d This is a really **boring** / **dangerous** / **interesting** book. I can lend it to you when I finish it.

Simple Present: *be* and *have*

- 8 Complete the text with the correct form of *be* and *have*.

Hi! My name is Luke and I **a** _____ 12 years old. My hobbies **b** _____ listening to music and riding my bike. I **c** _____ one sister. Her name **d** _____ Kelly and she **e** _____ 9. My best friends **f** _____ Jack and Harry. They **g** _____ 12 years old, like me, but they **h** _____ any brothers or sisters. Jack's favorite sport **i** _____ soccer, it **j** _____ tennis. We **k** _____ all from Boston, USA.



- 9 Circle the correct options to complete the sentences.

My favorite sport **are** / **am** / **is** soccer.

- a My favorite soccer players **are** / **am** / **is** Cristiano Ronaldo and Messi.

- b Cristiano Ronaldo **are** / **am** / **is** from Portugal.

- c I think Messi **is** / **has** / **have** about 30 years old.

- d Messi **is** / **has** / **have** two brothers, Matias and Rodrigo, and a sister, Maria Sol.

- e Neymar and Benzema **are** / **am** / **is** also soccer players.

- f Messi, Cristiano Ronaldo, and Benzema **doesn't have** / **don't play** / **aren't** in Brazil.

Subject / Object Pronouns and Possessive Adjectives

- 10 Circle the correct words.

I'm from Wichita and I / **my** name is David.

- a Lucy is 12 years old and **she** / **her** is from Chico, California, USA.

- b I have two brothers. **His** / **Their** names are John and Robert.

- c Sydney is a beautiful city. **It** / **She** is in Australia.

- d We're from Denver and **our** / **your** favorite sport is tennis.

- e My sister's name is Katy. **Her** / **His** favorite color is black.

FREE TIME

B C VOCABULARY 1

Free-time Activities

1 Complete the words with vowels.

d _ o _ y _ o _ g _ a _

a r _ l _ x

b d _ _ m _ rt _ _ l _ rt

c h _ ng _ _ t w _ th
fr _ _ _ nds

d ch _ t _ nl _ n _

e g _ t _ th _ m _ v _ _ s

f pl _ y _ n _ nstr _ m _ nt

g g _ _ _ t f _ r _ m _ _ l

2 Match the columns.

- | | |
|---------|---|
| a read | ☐ video games |
| b do | ☐ a book |
| c learn | ☐ the gym |
| d play | ☐ a language |
| e go to | ☐ volunteer work |

3 Match phrases from activity 1 with the pictures below.



do yoga



play video games



learn a language

go to the gym

do volunteer work

4 Match the activities a-h with items 1-8 below.

- | | |
|---|--|
| a | ☒ draw |
| b | ☐ read a book |
| c | ☐ do a martial art |
| d | ☐ play video games |
| e | ☐ relax |
| f | ☐ learn a language |
| g | ☐ do volunteer work |
| h | ☐ go out for a meal |

- 1 Let's go to the new pizza place on Park Street.

Good idea. I'm really hungry.

- 2 Are you doing exercises?

Yes, I do karate twice a week.

- 3 What are you drawing?

He's called Superbaby. I'm going to give him really strong legs and big eyes!

- 4 You're the blue snake and I'm the red snake. You have to eat all the fruit. Press START when you're ready.

- 5 This is nice! I love lying on my bed and listening to music.

- 6 I have audio files and a book. The audio is great because I learn the correct pronunciation. I study for an hour every day.

- 7 It is the *Murder on the Orient Express*, by Agatha Christie. Fascinating, isn't it?

- 8 We're cleaning the park today and planting some trees. We don't get any money, but we enjoy it.



GRAMMAR 1

Review: Simple Present and Present Progressive

- 1 Rewrite the sentences using the adverbs of frequency in parentheses.

My mom is tired after work. (always)

My mom is always tired after work.

a I go to the gym before school. (never)

b Alice gives me guitar lessons. (sometimes)

c Jan is tired on Monday mornings. (often)

d I do volunteer work on Fridays. (usually)

e We're late for school. (hardly ever)

f Caleb plays the cello. (always)

- 3 Write sentences about you, your family, and your friends. Use the simple present and the adverbs of frequency in the box.

always hardly ever never often
sometimes usually

go to the gym

My parents never go to the gym.

a buy new clothes

b feel stressed

c talk about problems

d get good grades

e play some kind of sport

f chat online

Adverbs of Frequency

- 2 Write sentences using the information about adverbs of frequency in the chart below.

my life	how often
walk to school	100%
a take taxis	0%
b go to the movies	70%
c go out for a meal	10%
d go to pop concerts	50%
e stay up late on Fridays	80%
f listen to music online	70%
never = 0% hardly ever = 10% sometimes = 50% often = 70% usually = 80% always = 100%	

I always walk to school.

- a _____
b _____
c _____
d _____
e _____
f _____

Time Expressions

- 4 Order the words to make sentences.

is / the evening meal / at / My mom / moment / preparing / the

My mom is preparing the evening meal at the moment.

a twice / goes / guitar classes / a / My brother / week / to

b my friends / weekend / I / every / meet

c this / cartoons / We're / week / in Art class / drawing

d at / wearing / not / moment / my sunglasses / the / I'm

e year / you / concert / Do / every / a / go to ?

f don't / in / I / go / the winter / swimming

5 Complete the sentences with the simple present or present progressive form of the verbs in parentheses.

We usually have lunch in the kitchen, but today we are / 're having it on the balcony. (have)

- a She _____ jeans today. She usually _____ a skirt to work. (wear)
- b They usually _____ about movies and music, but they _____ about sports at the moment. (talk)
- c They _____ online now, but they usually _____ on the phone. (chat)
- d My sister always _____ *Stranger Things*. Today she's sick, so she _____ it in bed. (watch)
- e I _____ an email to my cousin right now. I never _____ letters to her. (write)
- f Charlie usually _____ happy on weekends, but this weekend he _____ stressed. (feel)

6 Correct the sentences. Write one negative and one affirmative sentence.

I'm playing computer games. (X chat online)
I'm not playing computer games. I'm chatting online.

- a My aunt works in a store. (X an office)

- b She goes to her English class on Wednesdays. (X the gym)

- c Emily's working at home now. (X the library)

- d We're watching a movie at the moment. (X play video games)

- e My dad often watches animal shows. (X cooking)

7 Write questions for the answers.

Who are you writing to?

I'm writing to my friend in Italy.

- a How often _____?
 I write to her once a week.

b _____?

No, she never calls me.

c _____ in Italian?

No, I usually write to her in English.

d What _____?

I'm telling her about my new hobby – drawing.

e Where _____ drawing classes?

I have drawing classes at a place on Selden Street.

f Where _____ now?

I'm going to the dentist.



8 Match a-f with 1-6. Then write sentences using the simple present or present progressive forms of the verbs in parentheses.

- a ☒ 5 Chris is using your computer.
- b ☐ Cathy isn't eating breakfast.
- c ☐ What's that terrible noise?
- d ☐ My brother's doing volunteer work today.
- e ☐ Look at Andy in this picture.
- f ☐ Why are you talking to yourself?

- 1 I _____ (not talk) to myself.
 I _____ (practice) for the school play.
- 2 She _____ (not eat) in the morning.
- 3 He often _____ (help) Green Planet to clean the beach.
- 4 He _____ (stand) on his head!
- 5 He often plays (play) computer games.
- 6 It's my little sister. She _____ (sing) in the shower.



VOCABULARY 2

Character Adjectives

- 1 Find the opposites of the adjectives in the word search.

absentminded adventurous dishonest
friendly funny generous
lazy patient quiet shy

E	U	Z	C	A	U	T	I	O	U	S
N	N	X	S	E	L	F	I	S	H	T
E	S	X	T	W	J	C	A	Y	O	O
R	O	A	E	Y	U	O	U	L	B	S
G	C	U	A	Q	N	N	T	G	S	E
E	I	V	C	D	O	F	Q	A	E	R
T	A	L	K	A	T	I	V	E	R	I
I	B	Z	M	H	U	D	K	V	V	O
C	L	E	I	K	Q	E	O	A	A	U
P	E	F	C	A	I	N	D	W	N	S
H	O	N	E	S	T	T	E	O	T	A
X	I	M	P	A	T	I	E	N	T	K

- 2 Complete the sentences with the adjectives from activity 1.

Shy people are a little frightened of new people.

Confident people feel they can meet people easily.

a _____ people love chatting.
_____ people don't make a lot of noise.

b _____ people don't make a lot of friends.
_____ people are kind and helpful to other people.

c _____ people think a lot.
_____ people make you smile and laugh.

d _____ people tell the truth and do the right thing.
_____ people tell lies.

e _____ people are always active and busy.
_____ people don't do any work.

f _____ people don't like helping others.
_____ people always help others.

- 3 Match the adjectives in the box with the sentences below.

adventurous cautious energetic friendly
generous lazy selfish talkative

He's going around the world in a balloon at the moment.

adventurous

a I lie on the sofa and watch TV. My dad makes dinner for me and does the washing-up.

b Robert doesn't want to come camping because he doesn't like insects and spiders. He wants to stay home and clean up his room this weekend.

c Let's go swimming early tomorrow morning. Then we can cook lunch for all your cousins. After that we can go jogging.

d Nice to meet you. Would you like to come to the beach with a group of us next weekend?

e Put your money away. I'm paying for dinner for everybody.

f No, you can't check your email. It's my computer and you can't use it.

g I'm always on the phone in the evening.

- 4 Complete the sentences with adjectives. Write a second sentence with an example.

I am observant. I always notice things that happen around me.

a I am _____. I usually _____

b My friend is _____. He or she _____

c My sister / brother / cousin is _____. He or she _____

d My teachers are _____. They _____

e Me and my classmates are _____. We _____

f I am _____



GRAMMAR 2

Gerunds

1 Match the sentences with the pictures.

- a ☐ 1 I'm good at playing guitar.
- b ☐ 2 I enjoy relaxing in the garden.
- c ☐ 3 He likes playing games on his own.
- d ☐ 4 They like swimming classes.
- e ☐ 5 They love wearing striped clothes.
- f ☐ 6 We aren't into traveling. We like staying home.
- g ☐ 7 She's interested in visiting ancient monuments.
- h ☐ 8 She's good at drawing portraits.



2 Order the words to make sentences.

like / early / don't / getting / up / I

I don't like getting up early.

- a enjoys / Everyone / presents / getting

- b learning / Sue / new / is / languages / into

- c hates / My / karaoke / singing / sister

- d taking / my / love / pictures / I / friends / of

- e are / monuments / interested / visiting / My / in / ancient / parents

- f is / at / playing / friend / My / good / piano

- g movies / going / the / Saturday / Joan / every / loves / to

3 Complete the questions with the gerund form of the verbs in the box.

do go make meet
read spend watch

Where do you like going on your holidays?

- a Do you enjoy _____ new people?
- b What kind of books do you enjoy _____?
- c What activities do you like _____ in your free time?
- d Do you like _____ cakes?
- e What kind of movies do you like _____?
- f What do you like _____ your money on?

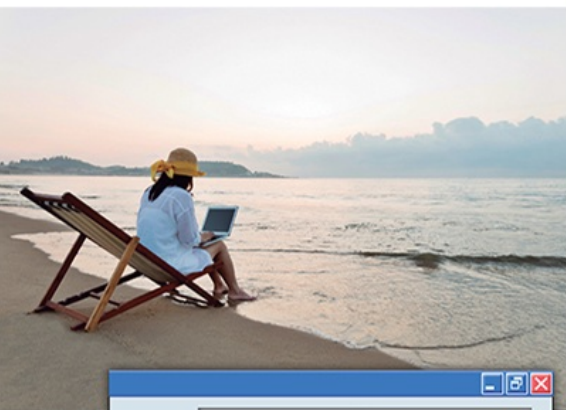
4 Write questions using the gerund form. Use your own ideas.

- a Do you like _____?
- b What do you love _____?
- c Does _____ enjoy _____?
- d What kind of _____ does _____ hate _____?
- e Are you into _____?
- f Is _____ good at _____?
- g Are you bad at _____?



GRAMMAR CHECK

- 1 Read the text and circle the correct options.



From: Danielle
To: Alex
Subject: Sunny California!

Hi, Alex,
I **a** ___ with my cousins in California at the moment.
I **b** ___ an amazing time. My cousins are very energetic and we all like **c** ___ outside in the sun.
Max **d** ___ us to the beach every day, although he's only sixteen. A lot of kids **e** ___ their driving test at 16 here. Right now, Suze and I **f** ___ on lounge chairs at the beach with our laptops on our laps! Suze **g** ___ an email. She's playing a computer game.
I **h** ___ on this beach! What **i** ___ this summer? **j** ___ still on the school tennis team? Say "hi" to her.
Bye for now,
Danielle

1 2 3

- | | | |
|------------------------|---------------|---------------|
| a stay | am staying | staying |
| b have | has | 'm having |
| c be | we be | being |
| d is driving | drives | drive |
| e take | are taking | takes |
| f sitting | sit | are sitting |
| g not writing | doesn't write | isn't writing |
| h loving relax | love relax | love relaxing |
| i are you doing | do you do | are you |
| j Does Ellie | Ellie is | Is Ellie |

- 2 Listen and check your answers.



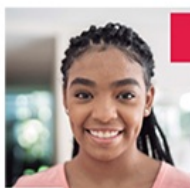
LISTENING

- 1 Listen to a radio show for teens. Check off (✓) the things you hear about.

- 2)))
- a** ☐ school subjects
 - b** ☐ the weather
 - c** ☐ movies
 - d** ☐ money
 - e** ☐ friends
 - f** ☐ eating out
 - g** ☐ clothes
 - h** ☐ computer games
 - i** ☐ the internet
 - j** ☐ videos
 - k** ☐ exams
 - l** ☐ sports
 - m** ☐ the beach
 - n** ☐ photography
 - o** ☐ teachers

- 2 Listen again and write the correct names.

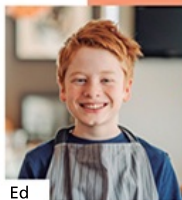
- 2)))
- a** Who likes playing sports? _____
 - b** Who enjoys art and crafts? _____
 - c** Who is keen on technology? _____
 - d** Who is into relaxing activities? _____



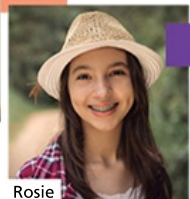
Anna



Adam



Ed

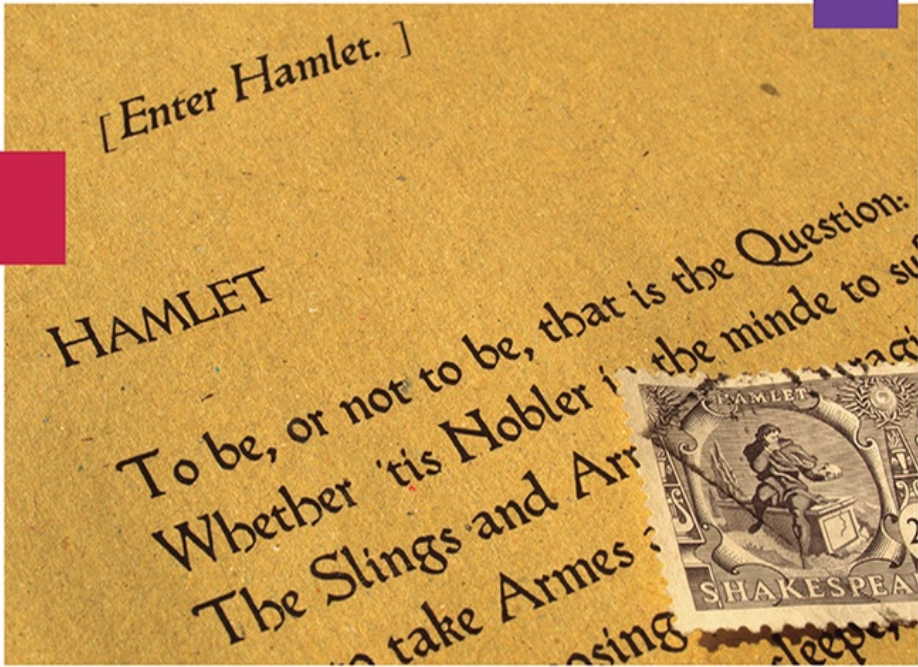


Rosie



EXTENSION

Underline the correct options to complete the dialogue.



Hannah Why **a do you talk / are you talking** to yourself?

Tyler I **b 'm not talking / don't talk** to myself. I **c practice / 'm practicing** for the school play on Saturday.

Hannah Are you enjoying **d to act / acting** in it?

Tyler Yes, I **e do / am**. It's a Shakespearean tragedy.

Hannah What part are you playing?

Tyler I'm Hamlet. I really love **f acting / act**. And I enjoy **g speaking / speak** in front of the whole school.

Hannah You're very confident. I **h hate / am hating** doing that sort of thing. I **i always feel / feel always** stressed when people are watching me.

Tyler All of my family **j is enjoying / enjoys** shows and plays. What about you?

Hannah I **k don't usually like / don't like usually** plays. I **l go hardly ever / hardly ever go** to them because I always **m am falling / fall asleep** in them! But I want to see this one. I want to see you as Hamlet. Hey! What's that noise? **n Does your phone ring / Is your phone ringing**?

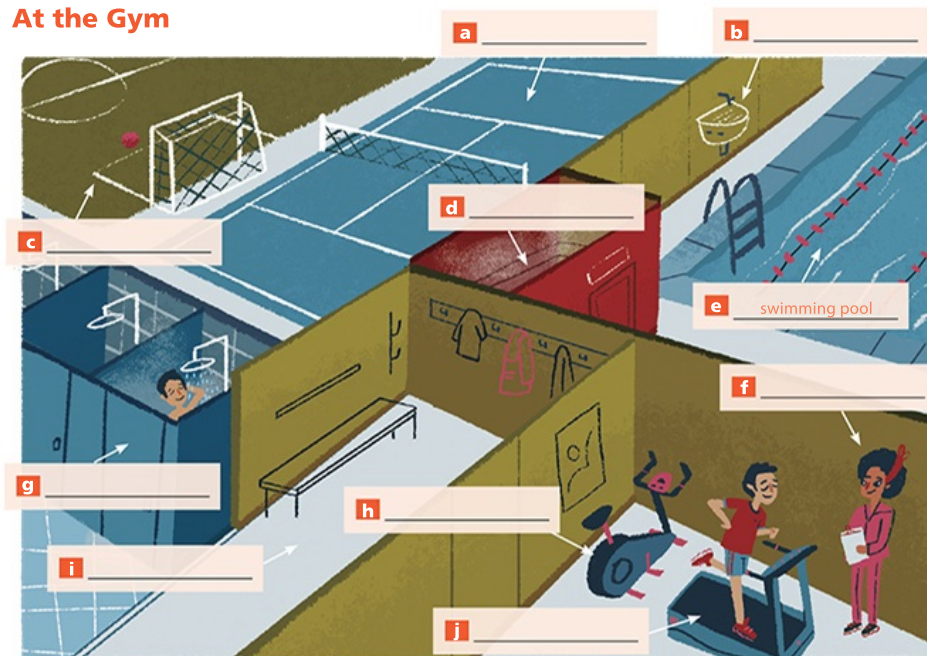
Tyler Yes, it **o rings / is**. Who **p calls / is calling** me now?

Hannah Spielberg maybe? Perhaps he wants you in his next movie!



VOCABULARY PLUS

At the Gym



1 Label the picture with the words in the box. Then listen and repeat.

3)))

drinking fountain	exercise bike	locker room
personal trainer	sauna	showers
swimming pool	tennis court	soccer field
	treadmill	

2 Write the corresponding name to each definition below.

a place where you swim.

swimming pool

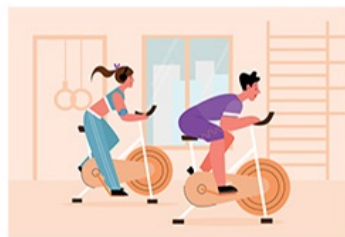
a a place where you wash yourself.

b a thing that you drink from.

c a place that is very hot.

d a place where you get changed.

e a person who trains you.



3 Complete the sentences with the words from activity 1.

Two teams are playing a game on the soccer field.

a I can't stand swimming so I never go in the _____.

b My brother works in a gym as a _____.

c Is there a _____ here? I'm really thirsty.

d How many miles did you cycle on the _____?