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CAROLINA MARÍN, BADMINTON PLAYER

A NEWSPAPER ARTICLE



FUN FACT

Badminton has the second largest number of players in the world.

- 1 Work in pairs. Look at the picture of Carolina Marín. What do you know about her?
- 2 Read the article quickly and check your ideas in Exercise 1.
- 3 Read the article again. Put the paragraph summaries in order.
 - a A special victory
 - b How Carolina plays
 - c How Carolina became a badminton player
 - d Carolina's many achievements



Carolina Marín: From Huelva to the world



Carolina Marín didn't use to want to be an athlete. She wanted to be a flamenco dancer, but that changed one day when she was little and a friend introduced her to badminton, a sport she loved immediately. She started to play badminton while she was still learning flamenco, but she soon had a decision to make: flamenco or badminton. Sports fans everywhere are happy that the girl from Huelva chose badminton.

To many people, Carolina (born 1993) is one of the greatest sportswomen in history. In 2018, after she won the BWF (Badminton World Federation) world championships in Nanjing, China, she became the first woman to be world champion three times. But that's only one of this talented athlete's many achievements.

In badminton, Olympic champions always used to come from Asian countries. Carolina changed all that at the 2016 Olympic Games, when she became the first and only woman not from Asia to win a gold medal in badminton. She's also the only person from Huelva to win an Olympic medal. That's one of the reasons why, in 2016, the *Palacio de Deportes* of Huelva was renamed the *Palacio de Deportes Carolina Marín* in her honour. She has also won two Super Series Premiers, the All England Championship, the Malaysia Open and the BWF European Championships four times, in 2014, 2016, 2017 and 2018.

Carolina's not always a calm player. She often shouts during games to show her opponents that she's confident she can win. She also never gives up. In 2017 she hurt her leg while she was playing an important game, and in 2018 she damaged her knee while she was playing in the Indonesian Masters Final. But she always comes back, and we can expect more great things from this inspiring Andalusian athlete in the future.

GRAMMAR

used to

- | | |
|---|---|
| + | Olympic champions used to come from Asian countries. |
| - | She didn't use to want to be an athlete. |
| ? | Did you use to dance flamenco? |

4 Read the article again. Answer the questions.

- 1 How did Carolina discover badminton?
- 2 What special thing happened in Nanjing?
- 3 What was special about badminton players before 2016?
- 4 What changed in Carolina's home city in 2016?
- 5 What two accidents does the article talk about?

GLOSSARY

achievement: logro
 championship: campeonato
 opponent: adversario
 damage: daño

5 What other famous sportspeople come from Andalusia? Which ones are famous around the world?

6 Work in pairs. Ask and answer the questions. Use phrases from the Useful language box to help you.



For me, the most talented person I know is Megan Rapinoe.



She is inspiring because she has strong opinions and is good at playing football.

- 1 Who are the most talented and inspiring people you know?
- 2 Why do you think they are inspiring?
- 3 Do talented people need to work hard in life? Why / Why not?



USEFUL LANGUAGE

For me, the most talented person I know is ...
 I think he / she is inspiring because ...
 People need to work hard because ...



EXPLORE IT!

In which year did Carolina Marín receive the *Medalla de Andalucía*?

- a 2017
- b 2018
- c 2019

Write a question for your partner about another person who received the *Medalla de Andalucía*.





A GREAT ARTIST

A MAGAZINE ARTICLE



FUN FACT

Picasso lived in Paris during its Nazi occupation in the Second World War. On a search of his apartment, a Gestapo officer saw the painting *Guernica*. 'Did you do that?' the German asked Picasso. 'No,' he replied, 'You did.'

1 Work in pairs. Look at the photos and answer the questions.

- 1 Who is the artist?
- 2 Where was he born?
- 3 Where did he live?

2 Read the article. Check your answers from Exercise 1.

3 Read the article again. Correct the sentences.

Use *No*, *he wasn't* / *didn't*. *He ...*

- 1 Picasso was the youngest of three children.
- 2 He spent a lot of time going out with his grandmother.
- 3 He liked studying and always went to class.
- 4 Picasso studied art at home with his father.
- 5 He won a gold medal for an exhibition in Madrid.
- 6 Picasso spent his final years in Spain.

Picasso's Spanish influence

Pablo Ruiz y Picasso was born on 25th October 1881 in Malaga, and lived there with his parents, two younger sisters, grandmother and aunt for the first ten years of his life. His father José Ruiz was a teacher at an art school. He encouraged Pablo to draw and paint, and together they went out to paint squares full of pigeons, people they met and bulls. Picasso and his father were fascinated by the bullfights they saw together, and they loved flamenco. Picasso hated school and always tried to find reasons not to go.

When Picasso was ten, the family moved to La Coruña. Picasso studied art in his father's class and painted portraits. Four years later the family moved to Barcelona. Picasso was already a better artist than his father, and people realised he was a child prodigy. At 14, he passed the entrance exam for the advanced course at the art school where his father worked. His paintings became more ambitious, and in 1897 he won a gold medal at the *Exposición de Bellas Artes* in Malaga.

Later, Picasso studied for five months at the *Academia Real de San Fernando* in Madrid, and then returned to Barcelona. In 1904 he moved to Paris and lived in France until his death in 1973. He became one of the greatest artists of the twentieth century and produced 13,500 paintings, 34,000 drawings and 300 sculptures and ceramics. His influence has been immense.



GRAMMAR

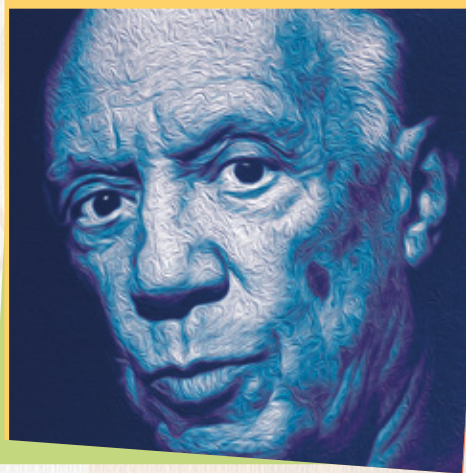
present perfect

	I / You / We / They	He / She / It
+	They have donated 233 paintings.	His influence has been immense. Malaga has also remembered him.
-	I haven't been to Malaga.	He hasn't been to university.

4 Read the article again. Match the dates in the box with the events in Picasso's life.

1891 1897 1973 1881 1895 1904

- the year he was born
- the year he moved to La Coruña
- the year he passed the art school exam
- the year he won a gold medal
- the year he went to live in France
- the year he died



Picasso always kept a connection to his birthplace. He visited Malaga again several times, and he often painted bulls, guitars, birds and other things from his childhood in Andalusia. Malaga has also remembered him. In October 2003, a Picasso museum opened there. Picasso's family donated 233 paintings.

GLOSSARY

encouraged – animaba
pigeons – palomas
bullfight – corrida de toros
portraits – retratos

5 Work in a small group. Ask and answer the questions. Use phrases from the Useful language box to help you.



I liked Guernica by Picasso because it was so big and impressive.



I admire Banksy because he uses art to say something about society.

- Have you ever visited an art gallery? What did you think of it?
- Have you ever seen any paintings by Picasso? What did you think of them?
- What other artists do you like and admire? Why do you like them?

6 Work with another group. Listen to them talk about the artists they like. Ask them one question about what they mention.



USEFUL LANGUAGE

I like / liked ... because ...
I don't / didn't like ... because ...
My favourite painting is ...
I like that the artist uses ...
I admire ... because ...



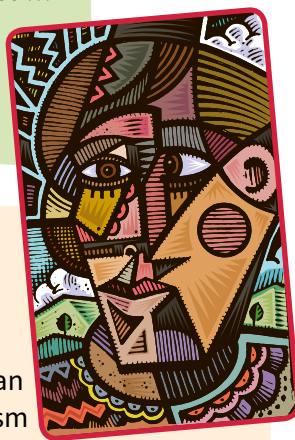
EXPLORE IT!

Which of these is not a period of Picasso?

blue period, rose period, African period, cubism, post modernism



Find an interesting fact about Picasso. Then write a question for your partner to answer.





THE IMPORTANCE OF FANS

A GUIDE BOOK



FUN FACT

One Paris hand fan company makes very expensive hand-made fans which can cost €12,000!

- 1** Work in pairs. Where did fans originate? Why do you think there was a secret language of fans in the past?
- 2** Read the extract from a guidebook for Andalusia and check your ideas in Exercise 1.
- 3** Read the extract again. Answer the questions.
 - 1** What two things did people in China use fans for?
 - 2** When did they become fashionable in Andalusia?
 - 3** Why were fans expensive?
 - 4** Why did young women need a chaperone at a dance?
 - 5** How many different ways to send a message with a fan are mentioned in the text?
 - 6** Why do flamenco dancers use fans?

Talking with fans



People have used hand fans for a very long time. Archeologists found two in the tomb of the Egyptian Pharaoh Tutankhamun, though fans probably originated in Japan and China. They were useful to keep cool, and people also used them to keep insects off their faces. Folding hand fans didn't arrive in Europe until the sixteenth century, and they quickly became associated with rich people and class.



By the eighteenth century, a hand fan was an important, fashionable accessory in Andalusia. Here, aristocratic ladies were famous for their elegant use of fans. These fans were beautiful, hand-painted and made of expensive materials like silk or thin paper. In the nineteenth century, rich unmarried girls went to dances, but they couldn't go alone. They had to go with an older woman; their chaperone. The chaperone was always there when a girl wasn't dancing, to monitor behaviour. Of course, with their chaperones beside them, these girls couldn't talk to girlfriends or young men. So, many say, the girls invented a secret language to 'talk' to others using their fans. A fan could be open or closed. It could be in the right or left hand. A girl could move her fan or keep it still. She could hide her face behind it, or touch part of her face with it, like her left ear. All these things sent different messages: she was interested in a boy, she was in love with someone else, her chaperone was suspicious, and many others.

Nowadays, fans are a symbol of Andalusia, and can make great holiday souvenirs. Flamenco dancers use them to add drama to their dances, and many women, not just the rich, use fans in hot weather to help them stay cool. But these days we have other ways to communicate!

GLOSSARY

folding – plegable
silk – seda

chaperone – carabina
souvenirs – recuerdos

GRAMMAR

can and could

	Present	Past
+	Fans can make great holiday souvenirs.	A fan could be open or closed.
-	We can't be sure where fans originated.	Rich unmarried girls went to dances, but they couldn't go alone.

4 Read the extract again. Complete the fact file.

Fan facts

The first fans in the world came from ¹...

Hand fans arrived in Europe in ²...

Materials used to make fans were ³...

Girls used the fan language to communicate with ⁴...

Nowadays, tourists buy fans as ⁵...

5 Work in a small group. Ask and answer the questions. Use phrases from the Useful language box to help you.



My aunt uses a fan to keep herself cool in summer.



People can communicate by sending emojis.

- 1 Do you or anyone you know use a fan?
- 2 Do people use fans more for practical reasons or for fashion reasons?
- 3 What other non-verbal ways of communicating do you know? What are the advantages and disadvantages of this way of communicating?

6 Work with another group. Listen to them talk about what they think about fans. Ask them one question about what they mention.



USEFUL LANGUAGE

I use a fan for ...
 People tend to use a fan for ...
 People can communicate by ...
 One advantage / disadvantage is ...
 There are more advantages / disadvantages than ...



EXPLORE IT!

Guess the correct answer.

In the language of fans, moving the fan across the cheek means ...

- a they are watching us
- b I love you
- c I love someone else.



Find an interesting fact about fans. Then write a question for your partner to answer.





ÁNGEL LEÓN, THE SEA CHEF

A FOOD BLOG



FUN FACT

In 2014, the European Union decided to make plankton a 'new food' – all thanks to Ángel León.

- 1** Work in pairs. Look at the pictures. What do you think the blue things are? What's the connection with the man?
- 2** Read the blog quickly and check your ideas in Exercise 1.
- 3** Read the blog again. Which paragraph mentions ...
 - a a recommendation for the reader?
 - b the story of an unusual dish?
 - c Ángel's hopes for the future?
 - d the process of inventing new foods?
 - e the place the writer visited?

What's on your plate? A food blog by Claire

- 1** Most people agree that a balanced diet should include some seafood, but for Ángel León, the sea chef, typical seafood isn't varied enough. He wants us to eat everything in the sea, including seaweed and plankton. When I visited his restaurant in El Puerto de Santa Maria, that's just what I did.
- 2** First, the waiter put a little plankton on the back of my hand. To my surprise, it tasted delicious. Of course, it only took me a few seconds to eat it, but it took Ángel many years to get the taste right. He's a scientist as well as a chef, and does lots of experiments to create new foods. He works with scientists from different universities to learn more about sea life and how it can help humans.
- 3** Ángel has also brought the light of the sea to his restaurant. He had the idea one night while he was fishing in Bolonia, a village near Cadiz, and saw the beautiful blue light emitted by the plankton just under the surface of the water. You can now order a dish of plankton at his restaurant that glows for twenty minutes. When the waiter brought mine to the table, I couldn't believe what I was seeing!
- 4** For Ángel, it's not only about enjoying new and unusual foods. It's also about improving our nutrition. For example, we all know there's too much bad fat in processed food. Fat from seafood is much healthier, and Ángel thinks we ought to eat more of it. Another food on the menu is seaweed. In Asian countries like Japan and Korea, people already eat lots of seaweed. Ángel wants to make it popular in Europe as well.
- 5** Some of his foods probably sound strange to you, but relax and try them – you'll probably love them!



GRAMMAR

Quantifiers

adjectives	He / She / It	uncountable nouns
I'm too hungry.	It took me a few seconds to eat it.	He put a little plankton on my hand.

4 Read the blog again. Answer the questions.

- 1 Why does Ángel León want us to eat everything in the sea?
- 2 How does Ángel invent new foods?
- 3 What was he doing when he had the idea for the glowing plankton dish?
- 4 Why is seafood better for us than processed food?
- 5 How does Ángel want European countries to be more like Asian countries?

5 Would you try any of Ángel León's foods? Why / Why not?

6 Work in pairs. Ask and answer the questions. Use phrases from the Useful language box to help you.



Have you tried eating snails?



Yes, but I don't like them.

- 1 What foods is Andalusia famous for? Have you tried them all?
- 2 What other regional and national dishes do you know? Which ones have you tried?
- 3 How important is food in a region or country's culture? Why?

USEFUL LANGUAGE

I have tried ...
I love / I like / I don't like ...
Have you tried ... ?
Food is important because ...

EXPLORE IT!

How much of the planet's oxygen comes from seaweed?

- a about 20–30 percent
- b about 50–60 percent
- c about 70–80 percent

Find an interesting fact about seaweed. Now write a question for your partner to answer.



GLOSSARY

varied – variado
seaweed – alga
emit – emitir
glow – brillar
processed food – comida precocinada



AN EXCHANGE TRIP TO SEVILLE

AN EMAIL

- 1 Work in pairs. Look at the photos. Name the things that keep us cool in hot weather.
- 2 Read Claire's email to Kirsty and look at the photos again. Check your ideas in Exercise 1. Which of the things are mentioned in the text?



Hi Kirsty,

I'm on my exchange visit in Marisol's house in Seville, and the heatwave that is affecting Europe is particularly intense here – it's 44 °C! However, I'm getting advice about how to stay cool. Marisol's family live in an old house but it doesn't need air conditioning. They just keep the windows and shutters closed. If they didn't close them, hot air and sunshine would get in. It seems to work! Everyone wears loose, light clothes and sandals. My usual black clothes are not a good idea, so today I'm wearing white – strange for me, but cool! Marisol's mum uses a fan to keep cool, but Marisol says only old women have fans! She also says I need to drink two litres of water a day. "If you don't drink enough liquid, you'll get dehydrated very quickly.", she told me.

Seville is amazing! The old narrow streets are covered with big pieces of white cloth, like sheets, so there's shade instead of direct sun. It's a great idea! We don't walk a lot though, because the buses have air conditioning. We go out early and come home for a cold lunch. Then we have a three-hour siesta. No one goes out again before six, so we sleep. It feels a bit strange but I need the sleep because people here don't go to bed before midnight! The streets are busy after dinner and there are always queues to buy ice cream (delicious!). Some cafés even have water vapour sprays to keep customers cool.

What's the weather like in Scotland?

Love,
Claire



FUN FACT

People say the temperature in Seville on 30th July 1876 was 51 °C, but experts don't accept that. Officially, the highest temperature in Spain was 47.3 °C, near Cordoba, on 13th July 2017.

- 3 Read the email again. Answer the questions.
 - 1 Why is Claire in Seville?
 - 2 Where is she staying?
 - 3 Why does she travel around the city by bus?
 - 4 What is her routine every day?
 - 5 What do people there do in the evening?



GLOSSARY

shutters – persianas

water vapour spray – pulverizador de agua (para terrazas)

GRAMMAR

First and second conditionals

First conditional

If you **don't** drink enough liquid, you'll get dehydrated very quickly.

Second conditional

If they **didn't** close windows and shutters, hot air and sunshine would get in.

- 4** Read the email again. Make a list of five things Claire and other people do to stay cool in Seville. What do they say about each one?

Thing to stay cool	What people say about it
Close the windows and shutters.	Stops hot air and sun coming into the house. Seems to work.
1 ?	
2 ?	
3 ?	
4 ?	
5 ?	

- 5** Work in a small group. Ask and answer the questions. Use phrases from the Useful language box to help you.



Do you like hot weather?



When it's hot we go to the beach.

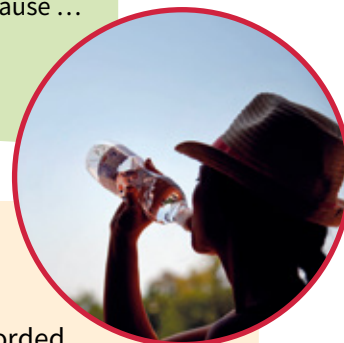
- 1 Do you like hot weather?
- 2 What are your favourite things about hot weather? What do you find difficult?
- 3 What do you and your family do in the summer to stay cool?
- 4 Do you think the weather in your country is changing? Why / Why not?

- 6** Work with another group. Listen to them talk about what they do to keep cool. Ask them one question about what they mention.



USEFUL LANGUAGE

I like / don't like hot weather.
My favourite season is ... because ...
When it's hot I / we ...
I think that ... because ...



EXPLORE IT!

Guess the correct answer.

Fifty percent of the highest recorded temperatures ever recorded in Spain were recorded in the last ten years. True or false?



Find an interesting fact about how climate change is affecting Spain. Then write a question for your partner to answer.





RENEWABLE ENERGY

A WEB ARTICLE



FUN FACT

The light from the solar power plant at Sanlúcar la Mayor is so intense that it lights up dust and water vapour in the air.

- 1** Work in pairs. Which types of energy can you see in the photos? How do you think Andalusia is involved in producing clean energy?
- 2** Read the article from a science website. Check your ideas in Exercise 1.
- 3** Read the article again. Answer the questions.
 - 1** Why is Andalusia a good place to produce renewable energy?
 - 2** Why are people worried about birds in Tarifa?
 - 3** What do the volunteers do?
 - 4** Why was the *Plataforma Solar de Almería* started?
 - 5** What is special about the solar power plant at Sanlúcar la Mayor?
 - 6** What do the heliostats do?

Clean energy in Andalusia



Andalusia is an important region for renewable energy. With its long coastlines and sunshine, it is an ideal place to research and generate wind and solar power.

Wind energy

Andalusia now gets 50 percent of its renewable energy from wind energy. The strong winds along the coasts and inland, especially in Cadiz, Malaga and southern Almeria, are perfect for wind farms. There are over 150, with thousands of wind turbines. Although clean energy is produced, some people worry about the danger to birds. Every year, 30 million birds fly across the Straits of Gibraltar between Europe and Africa, including rare and protected species. So a project to protect migrating birds was started on two wind farms near Tarifa, in Cadiz. Volunteers watch day and night for birds flying over the wind farms. When they see birds coming, they contact the control centre, and the wind turbines are stopped until the birds have gone. This system is very successful.



GRAMMAR

Present passive; Past passive

	Present simple passive	Past simple passive
+	Enough electricity is produced here for all the needs of the city of Seville.	A solar research station was created in the Tabernas Desert.
-	Renewable energy isn't produced in enough countries.	A thermoelectric power plant wasn't built until 2007.

4 Read the article again. Find the numbers below in the article and explain what they refer to.

- | | | |
|--------------|--------------|--------|
| 1 50 percent | 3 30 million | 5 624 |
| 2 150 | 4 3,000 | 6 2007 |

5 Work in a small group. Ask and answer the questions. Use phrases from the Useful language box to help you.

I think we should use more renewable energy in Spain.

Governments should help people produce solar energy.

- What other forms of renewable energy do you know?
- Can you suggest ways that society can produce more renewable energy in the future? Think about: national government, local government, public behaviour, laws.

USEFUL LANGUAGE

I think ... should ...
I believe ...
I don't like the way ...
People ought to ...

EXPLORE IT!

Guess the correct answer.

The percentage of renewable electricity produced in Spain is ...

- less than 20 percent
- more than 50 percent
- between 20 percent and 50 percent.

 Find an interesting fact about renewable energy. Then write a question for your partner to answer.

Solar energy

Almería has 3,000 hours of sunlight a year. In the early 1980s, a solar research station, the *Plataforma Solar de Almería*, was created in the Tabernas Desert to test the possibilities of solar energy. Because of the research in Almería, a thermoelectric power plant was built at Sanlúcar la Mayor, near Seville. It was the first commercial 'solar power tower' system in the world. It has enormous fields of solar panels, or heliostats. The 624 heliostats have mirrors which move with the sun and direct heat onto a 115-metre-tall tower, which generates the electricity. Since opening in 2007, it has expanded and now, enough electricity is produced here for all the needs of the city of Seville.

GLOSSARY

renewable – renovable

inland – interior (país)

wind turbines – generadores eólicos

FINISHED?

- 1** Can you complete the yearbook descriptions? The adjectives are connected to the names. Add three more people, using other names and adjectives you know.

Sunny Hill School Class of 2019				
				
Chelsea was ?	Seneca was ?	Callum was ?	Helen was ?	Patricia was patient.
				
Socrates was ?	Insa was ?	Connor was confident.	Tallulah was ?	Amber was ?
				
Acton was ?	Senona was sensitive.	? was ?	? was ?	? was ?

- 2** Choose the correct phrasal verb from the box to complete each sentence.

hang out take care of get on with look up to depend on deal with

- I *hang out* with my friends every weekend.
- I sometimes ... my neighbours' rabbit when they're on holiday.
- When I have a problem, I can always ... my best friend to help me.
- I ... my sister better than I used to. I think she's amazing.
- I don't ... stress very well. I'm not a calm person.
- I really ... with Greta Thunberg. She's so inspiring.

- 3** Five brothers and sisters were doing different things yesterday. Write sentences using *while*.

1 Tom was cooking while Mary was eating.

1

Tom/cook
Mary/eat

2

Anne/write a letter
Neil/read an email

3

Jack/clean his room
Jane/sleep on her bed

4

Gemma/play football
Brian/watch a match on TV

5

Stefan/listen to music
Nancy/play the guitar

- 4** Connect the phrases with *used to/didn't use to* to make six surprising facts.

Mobile phones *didn't use to* have cameras.

Mobile phones / have cameras

January / the first month of the year

Toothbrushes / be made of pigs' hair

New York / be New Amsterdam

Pink / be a typical colour for boys' clothes

Pluto / be a planet

- 1** Complete the visual and performing arts words with the missing letters.
What phrase do the red letters make?

- 1 ●u●●ca● ●●●at●e
- 2 ●x●●bi●●●n
- 3 ●●r●●●man●e
- 4 ●c●lptu●●●
- 5 ●●lm●●●●ng
- 6 ●tr●●t ●r●
- 7 c●●te●po●r● ●●●●e
- 8 ●●●hit●ctu●●●
- 9 ●ll●●tra●ion



- 2** In 1–8, two music and theatre words have been mixed up. What are they?
Which word appears three times?

- 1 tduiasrpto *part, studio*
- 2 tcoliraysrcresh
- 3 leecrehrssanae
- 4 adiclnueseien
- 5 utliainsineod
- 6 eclrtesaaerrhohras
- 7 dodaseuciniuet
- 8 rhaeslysracielt

- 3** Match the irregular past participles in the word box with the sentences.

swum written known chosen heard
seen taken kept drawn forgotten

- 1 Have you ever ... in the sea at night?
- 2 I've ... Maite for years.
- 3 Harry's ... an incredible picture.
- 4 I haven't ... my subjects for next year yet.
- 5 My sister hasn't ... her old toys but I have.
- 6 I'm sorry! I've ... your name.
- 7 My aunt has ... lots of books.
- 8 Has anybody ... my mobile charger?
- 9 Have you ... my pen again? Where's yours?
- 10 My brother has never ... an Ed Sheeran song!

- 4** For every 'Yes, I have' answer, you get one point. How much have you done in life until now?

Have you ever ...

- watched a scary movie?
- sent an email?
- watched a sunset from the beach?
- swum in the sea?
- been to a museum?
- held a snake?
- climbed a tree?
- watched a play?
- been in a helicopter?
- posted a selfie online?
- cooked a meal for friends or family?
- met a famous person?

1–4 points: You're doing OK but there's still lots to do!

5–8 points: You can relax for now. You've already done a lot.

9–12 points: Wow! You've been really busy! What's next?

FINISHED?

- 1 Find communication words. Each colour is a different word. Which word appears twice?

white = gesture

i	a	a	i	u	e	k	s	e
s	s	r	r	r	b	r	p	i
e	o	e	v	a	b	s	u	e
t	s	s	t	s	r	i	i	h
r	a	e	p	g	e	t	c	o
e	e	e	d	n	n	t	a	l
s	t	d	w	e	t	l	h	p
e	s	r	w	d	h	m	c	e
r	e	h	s	g	t	t	e	n

- 2 Using the phrases in the box, with your partner, make up sentences to say to each other.

say hello tell a joke tell a lie tell a story
tell someone a secret say something in Italian
say sorry tell the truth say yes/no



- 3 For each box in the table, think of two more ideas that are true for you.

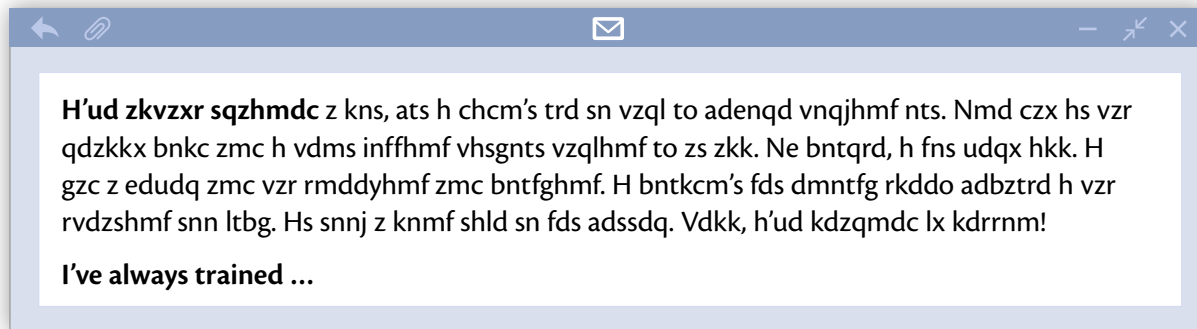
	When I was little I could ...	When I was little I couldn't ...	In the future I'll probably be able to ...
I can't ...	play all day.	tell a joke without laughing.	drive a car.
I can ...	fall asleep quickly.	go to school alone.	run faster than my brother.

- 4 It's 8 am on Saturday November 30th – Morgan's 18th birthday. Complete 1–5 with a *for* and a *since* phrase that match.

five years Monday 5 am two months his old one broke four weeks ago a month
he saw them on TV on September 20th three hours ~~almost a week~~ he was 13

The weather's terrible. It's been cold and wet (1) since *Monday* / for *almost a week*. But Morgan is excited. He's been a teenager (2) since ... / for ... but now he's an adult! He's been awake (3) since ... / for ... He's very happy with his presents. He's needed a new watch (4) since ... / for ... He's also wanted a pair of red Shark sneakers (5) since ... / for ... When the rain stops, he's going out in them to celebrate!

- 1 Work out the code and finish writing the text. Which health and fitness verb appears twice?



- 2 Find healthy eating words in the word snake. Write them in your notebook. What advice can you find between the words?



- 3 Look at these suggestions for a happy and healthy life. How many more ideas can you add? Use *a few*, *a little*, *too many*, *too much*, *(not) enough*.

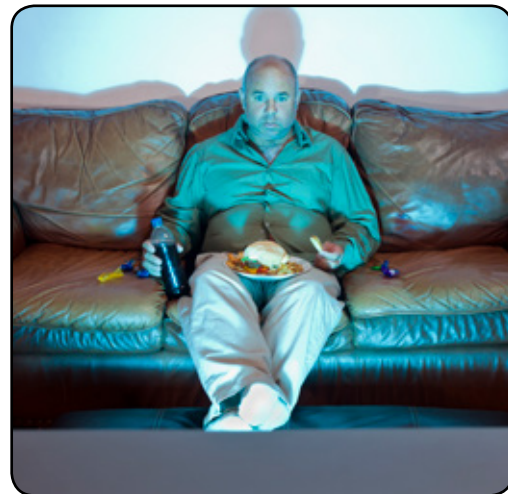
To be happy and healthy ...

- ... listen to a little classical music every day.
- ... don't eat too many sweets.
- ... don't spend too much time on your mobile phone.
- ... it's better to have a few good friends in real life than thousands on social media.
- ... always find enough time to relax.



- 4 Jack is very unhealthy. How can he be healthier? Use *should*, *shouldn't* and *ought to*.

He ought to go to bed at a normal time!



FINISHED?

- 1 Match the words in the box with the definitions. Then write definitions for the remaining words.

carbon dioxide climate change endangered species energy marine life oxygen
pollution solar power the environment the planet waste wildlife

gas *carbon dioxide*
animals we should protect
energy from the sun

animals in nature
electricity is one kind
everything around us

another gas
sea animals and plants
bad use of things

- 2 Rearrange the letters in the anagrams below to make words for natural environments.
Make new anagrams with other words for natural environments and test your partner.

aby - bay

ascot

sierrafont

veca

layelv

mrseat

aby

locovan

- 3 Jackie is thinking about her future. Complete her thoughts. Then invent thoughts about the future for James.

If I study hard,
I'll pass my exams.

If I pass my exams,
I'll go to university.

go to university, study
environmental science

study environmental
science, be able to ...

be able to ... , ...

If I don't go to
bed soon, ...



- 4 Connect the halves to make six questions. Then answer the questions.

- 1 If you could study only two subjects,
- 2 If you could have a day of no school during the week,
- 3 If you could interview a famous person,
- 4 If you had to listen to one song a hundred times non-stop,
- 5 If you could be in a different place right now,
- 6 If you could travel in time,

- a would you go to the past or the future? When? And why?
- b which ones would you choose? Why?
- c where would you most like to be? Why?
- d who would it be and what would you ask them?
- e which one would be the most horrible? Why?
- f which day would you choose from Monday to Friday? Why?

1 Match the words in the box that rhyme with the words in the list.

add boil cover dip freeze
increase place pour press
pull reduce remove stir

- | | |
|------------------|--------------|
| 1 dad <i>add</i> | 8 improve |
| 2 her | 9 dress |
| 3 ship | 10 oil |
| 4 full | 11 lover |
| 5 cheese | 12 floor |
| 6 in Greece | 13 the juice |
| 7 face | |

2 The materials and containers are with the wrong things. What should they be?

a leather jacket

leather drink

a **box** of jam

a **rubber** screen

a **tube** of chocolates

a **can** of toothpaste

a school **case**

a **glass** scarf

a **silk** folder

a pencil **bag**

a **cardboard** jacket

a **jar** of ball



3 How many things can you name in four minutes?

Name three ...

• books that were made into films.

• things that are produced in Andalusia.

• languages that are spoken in Asia.

• sports that are played in the Winter Olympics.

• things that are usually kept in the bathroom.

• things that are made out of paper.

• animals that are usually seen only at night.

• things that were invented after you were born.

• capital cities that are built next to a river.

• festivals that are celebrated in your town or city.

• foods that are eaten at special times of the year.

• books that were written by people from Andalusia.

IRREGULAR VERB LIST

INFINITIVE	PAST SIMPLE	PAST PARTICIPLE	TRANSLATION
be	was/were	been	ser/estar
beat	beat	beaten	golpear
became	became	become	llegar a ser
begin	began	begun	empezar/comenzar
bend	bent	bent	doblar
bet	bet	bet	apostar
bind	bound	bound	atar
bite	bit	bitten	morder
bleed	bled	bled	sangrar
blow	blew	blown	soplar
break	broke	broken	romper
bring	brought	brought	traer
build	built	built	construir
burn	burnt/burned	burnt/burned	quemar
buy	bought	bought	comprar
catch	caught	caught	coger
choose	chose	chosen	elegir
come	came	come	venir
cost	cost	cost	costar
cut	cut	cut	cortar
do	did	done	hacer
draw	drew	drawn	dibujar
dream	dreamt/dreamed	dreamt/dreamed	soñar
drink	drank	drunk	beber
drive	drove	driven	conducir
eat	ate	eaten	comer
fall	fell	fallen	caer
feed	fed	fed	alimentarse
feel	felt	felt	sentir
fight	fought	fought	pelearse
find	found	found	encontrar
fly	flew	flown	volar
forget	forgot	forgotten	olvidar
forgive	forgave	forgiven	perdonarse
freeze	froze	frozen	congelar
get	got	got	conseguir
give	gave	given	dar
go	went	gone	ir
grow	grew	grown	crecer
hang	hung	hung	colgar

INFINITIVE	PAST SIMPLE	PAST PARTICIPLE	TRANSLATION
have	had	had	tener / haber
hear	heard	heard	oír
hide	hid	hidden	esconder
hit	hit	hit	golpear
hold	held	held	sostener
hurt	hurt	hurt	hacer daño
keep	kept	kept	guardar
know	knew	known	conocer
lead	led	led	guiar/conducir
lean	leant/leaned	leant/leaned	
learn	learnt/learned	learnt/learned	aprender
leave	left	left	irse
lose	lots	lost	perder
make	made	made	hacer/fabricar
mean	meant	meant	significar
meet	met	met	encontrarse
pay	paid	paid	pagar
put	put	put	poner
read	read	read	leer
ride	rode	ridden	montar
ring	rang	rung	llamar por teléfono
run	ran	run	correr
saw	sawed	sawn/sawed	serruchar
say	said	said	decir
see	saw	seen	ver
sell	sold	sold	vender
send	sent	sent	enviar/mandar
set	set	set	poner
sew	sewed	sewn/sewed	coser
shake	shook	shaken	agitar
shall	should	–	–
shed	shed	shed	perder/mudar de piel
shine	shone	shone	brillar
shoot	shot	shot	disparar
show	showed	shown	mostrar
shrink	shrank	shrunk	encoger
shut	shut	shut	cerrar
sing	sang	sung	cantar
sink	sank	sunk	hundirse
sit	sat	sat	sentar

IRREGULAR VERB LIST

INFINITIVE	PAST SIMPLE	PAST PARTICIPLE	TRANSLATION
sleep	slept	slept	dormir
slide	slid	slid	deslizar
smell	smelt	smelt	oler
sow	sowed	sown/sowed	sembrar
speak	spoke	spoken	hablar
spell	spelt/spelled	spelt/spelled	deletrear
spend	spent	spent	gastar
spill	spilt/spilled	spilt/spilled	derramar
spit	spat	spat	escupir
spread	spread	spread	untar / extender
stand	stood	stood	estar de pie
swim	swam	swum	nadar
take	took	taken	tomar
teach	taught	taught	enseñar
tell	told	told	contar
think	thought	thought	creer/pensar
throw	threw	thrown	lanzar
understand	understood	understood	entender/comprender
wake	woke	woken	despertarse
wear	worn	worn	llevar puesto
win	won	won	ganar
write	wrote	written	escribir