

# Life around the world

## Unit 4 Alaskan ice climbing



How to climb a wall of ice.

## Unit 2 Cheese rolling

The ancient tradition of cheese rolling in an English town.

## Unit 7 Butler school

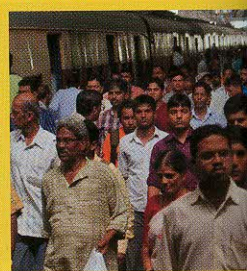
Find out how to become a butler.

## Unit 9 Disappearing voices



A project to record the last speakers of disappearing languages.

## Unit 3 Indian railroads



Learn more about the Indian railroad system.

## Unit 5 Coastal cleanup

A global effort to clean up the world's beaches.

## Unit 8 Wind power

How the wind turbines of Spirit Lake save the schools energy and money.

## Unit 6 Steel drums

Steel band music is an important part of this Caribbean island's culture.

## Unit 1 Slow food

A city that is enjoying itself—taking life slowly.

## Unit 10 Living in Venice



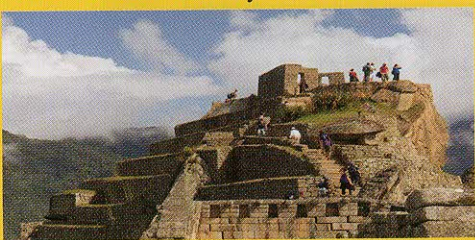
Learn what it's like to live in Venice.

## Unit 12 Cambodia Animal Rescue



Rescuing victims of illegal animal poaching in Cambodia.

## Unit 11 The lost city of Machu Picchu



The impact of tourism on the Inca city of Machu Picchu.

# Unit 1 Health



Dance practice, Australia  
Photo by Brendan McCarthy

## FEATURES

### 10 How well do you sleep?

Take a quiz and find out how well you sleep

### 12 The secrets of long life

How can you live to be one hundred?

### 14 Health and happiness

Measure the level of happiness where you live

### 18 Slow food

A video about a healthier way of life in an Italian town

### 1 Look at the two people in the photo and answer the questions.

- 1 Why do you think they are happy?
- 2 Do you think they are married? Why?
- 3 What are they doing?
- 4 Do you think dancing is good for just their physical health or their mental health too? Why?

### 2 Work in pairs. Look at these activities. Tell your partner which activities you often do. Why do you do them?

bike through the countryside   do crossword puzzles  
go for a long walk   work long hours   read a book  
play computer games   run marathons   watch TV

I often bike through the countryside because it's good for my health.

### 3 Think about other activities you do in your free time that are good for your physical or mental health. Tell your partner.

# 1a How well do you sleep?

## Reading and speaking

- 1 Do you feel tired today? Why? / Why not?
- 2 Take the quiz below about sleep and make a note of your answers.

## Listening

- 3  1 Listen to a health expert talking about the quiz. Mark the characteristics that are true for each answer.

People with mostly A answers:

- 1 You have regular routines.
- 2 You are hardly ever tired.

People with mostly B answers:

- 3 You wake up once or twice a night.
- 4 You need more sleep than other people.

People with mostly C answers:

- 5 You regularly work in the evening.
- 6 You don't like sports.

- 4 Work in pairs. Compare your answers in the quiz. Which type of person are you? Do you need to change your lifestyle?

## Grammar simple present and adverbs of frequency

- 5 Match the sentences from the quiz (1–2) with the uses of the simple present tense (a–b).

- 1 Before bedtime, I often do some work.
- 2 I'm never tired at work.

- a to talk about things that are always true
- b to talk about habits and routines

### ▶ SIMPLE PRESENT

I/you/we/they sleep  
he/she/it sleeps

I/you/we/they don't sleep  
he/she/it doesn't sleep

Do you sleep ...?

Does he sleep ...?

For more information and practice, see page 156.

## How well do you sleep?

Question: 1 2 3 4 5 6

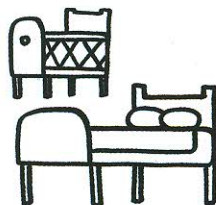
**Q:** Do you often feel tired?

- A No, I don't often feel tired.
- B I sometimes feel tired after a long day at work.
- C All the time! I'm always ready for bed.

Question: 1 2 3 4 5 6

**Q:** How many hours a night do you sleep?

- A between seven and eight
- B more than nine
- C fewer than six



Question: 1 2 3 4 5 6

**Q:** Before bedtime, I often ...

- A watch TV or read a book.
- B do some exercise.
- C do some work.

Question: 1 2 3 4 5 6

**Q:** On weekends, I ...

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



Question: 1 2 3 4 5 6

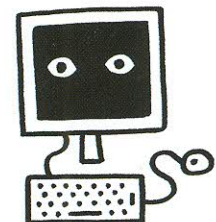
**Q:** How often do you wake up in the middle of the night?

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

Question: 1 2 3 4 5 6

**Q:** Are you often sleepy during the day?

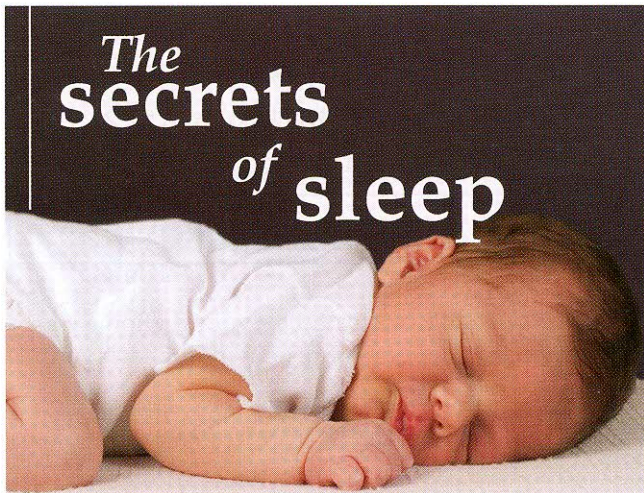
- A No, I'm never tired at work.
- B Sometimes, so I take a nap after lunch.
- C Always, because I work long hours.



fall asleep /fɔː ə'sli:p/ start sleeping

take a nap /'teɪk ə 'næp/ sleep for a short time during the day

6 Complete the article about sleep with the simple present form of the verbs.



Why <sup>1</sup> *do we sleep* (we / sleep)?

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

Why <sup>4</sup> \_\_\_\_\_ (humans / have) problems sleeping?

In modern society, many people <sup>5</sup> \_\_\_\_\_ (not / get) the recommended seven or eight hours a night. We <sup>6</sup> \_\_\_\_\_ (work) long hours and we rarely <sup>7</sup> \_\_\_\_\_ (go) to bed at sunset.

Why <sup>8</sup> \_\_\_\_\_ (we / sleep) differently?

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

7 **Pronunciation** /s/, /z/, or /ɪz/

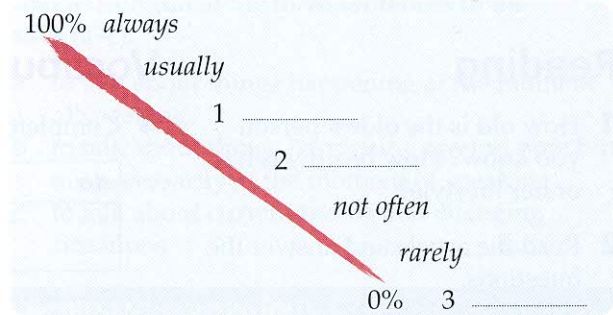
2 Listen to the ending of these verbs and write /s/, /z/ or /ɪz/ for the endings. Check your answers with your teacher.

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

8 Discuss the questions.

- 1 What time do people normally get up in your country? How late do they stay up? Do they ever take a nap in the afternoon?
- 2 How does this change during summer and winter?

9 Complete this table with adverbs of frequency from the quiz in Exercise 2.



10 Look at the position of the adverbs and expressions of frequency in the example sentences below. Choose the correct options to complete the rules (1-2).

▶ **ADVERBS and EXPRESSIONS OF FREQUENCY**

- She's usually late for work.*
- I often wake up at seven.*
- How often do you wake up at night?*
- She wakes up two or three times a night.*
- In the winter, we sleep longer.*

For more information and practice, see page 156.

- 1 An adverb of frequency goes *after* / *before* the verb *to be* but *after* / *before* the main verb.
- 2 An expression of frequency usually goes *at the beginning* / *in the middle* or at the end of a sentence.

11 Work in pairs. Use adverbs or expressions of frequency to ask or answer questions about these activities.

- |                        |                        |
|------------------------|------------------------|
| exercise               | read a book            |
| eat out in restaurants | be in a bad mood       |
| do gardening           | go on vacation         |
| play board games       | be busy on the weekend |
| check your email       | be stressed at work    |

*How often do you exercise?*

*Two or three times a week.*

**Speaking and writing**

12 Work in groups. Prepare a *How healthy are you?* quiz for another group. Start each question with *How often...? Are you often...? or Do you ever...?* and offer three choices of answer (A, B, or C).

13 When you are ready, join another group and give and take your quizzes. Compare your answers. Do you think the other group is very healthy?

# 1b The secrets of long life

## Reading

- 1 How old is the oldest person you know? How healthy is his or her lifestyle?
- 2 Read the article and answer the questions.
  - 1 Why are the people of Okinawa famous?
  - 2 What are the reasons for their good health?
- 3 Which of the reasons for good health in the article are true for your life? Tell your partner.

## Vocabulary do, go, or play

- 4 Complete the table with activities from the article in Exercise 2.

do	go	play
	<i>fishing</i>	

- 5 Add these activities to the table in Exercise 4. Use your dictionary to help you, if necessary. Then think of one more activity for each verb.

cards   hiking   homework   nothing   running   shopping  
 tennis   the piano   yoga   soccer   karate   surfing

### ▶ WORDBUILDING verb + noun collocations

We can only use certain nouns with certain verbs. These are called collocations. For example, *go fishing* but not *do fishing* or *play fishing*.

## The Secrets of Long Life

The island of Okinawa in Japan has some of the oldest people in the world. It's famous for its high number of centenarians—men and women over a hundred years old. There have been many scientific studies of their lifestyle and you can even buy cookbooks based on their diets. Some of the reasons for their good health are that they ...

- go fishing and eat what they catch.
- regularly do gardening and grow their own fruits and vegetables.
- go biking and never drive when they can walk.
- often spend time with friends. They meet at people's houses and play games.
- rarely buy food from a supermarket.
- do regular exercise, go swimming, and lead active lives.

## Listening

6 3 Listen to a radio interview and answer the questions.

- 1 What does David McLain want to know?
- 2 Why is he in Sardinia?

7 3 Listen again and mark the sentences true (T) or false (F).

- 1 David McLain is traveling to different countries.
- 2 He's in a studio.
- 3 Men don't live as long as women on Sardinia.
- 4 Sardinian families often eat together.
- 5 David thinks Sardinia is less stressful than other countries.
- 6 Younger people are eating more unhealthy food and they aren't getting much exercise.



## Grammar simple present and present continuous

8 Look at the five sentences below. Which two use the simple present tense? Why?

- 1 He's currently traveling to places and regions.
- 2 He's speaking to us right now on the phone.
- 3 Men live as long as women.
- 4 Every Sunday the whole family meets and they eat a huge meal together.
- 5 Young people are moving to the city so they are doing less exercise because of their lifestyle.

9 The three other sentences in Exercise 8 use the present continuous tense. How do you form that tense? Match the three sentences to the uses (a-c).

- a to talk about things happening at the moment of speaking
- b to talk about things happening around now but not necessarily at the moment of speaking
- c to talk about current trends and changing situations

### PRESENT CONTINUOUS

I am speaking  
you/we/they are speaking  
he/she/it is speaking

I'm not traveling  
you/we/they aren't traveling  
he/she/it isn't traveling

Am I moving?  
Are you/we/they moving?  
Is he/she/it moving?

For more information and practice, see page 156.

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

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

- 1 We *'re learning* a new language now.
- 2 We often \_\_\_\_\_ time together.
- 3 Give me a minute! I \_\_\_\_\_ my email.
- 4 How often \_\_\_\_\_ you \_\_\_\_\_ to the gym?
- 5 Right now I \_\_\_\_\_ a really interesting book.
- 6 Currently, a friend of mine \_\_\_\_\_ any candy and he says he feels healthier.
- 7 I'm nearly eighty but I \_\_\_\_\_ any exercise!
- 8 Which video game \_\_\_\_\_ you \_\_\_\_\_? It looks like fun.

## Speaking

11 Work in pairs. Take turns asking and answering the questions. Use the simple present and present continuous tense in your answers.

- 1 What's your typical working day like? Are you working on anything new right now?
- 2 How do you spend your free time? Are you getting much exercise?
- 3 Do you often read novels? Are you reading anything interesting at the moment?
- 4 Where do you normally go on vacation? Are you planning any vacations this year?
- 5 Do you speak any other languages? Are you learning any new languages?

# 1c Health and happiness

## Speaking

- 1 Which of these things make you feel happy? Order them from 1 to 5 (1 = most happy). Compare with your partner.
- Sleeping for a long time
  - Having money
  - Relaxing on vacation
  - Going out with friends
  - Getting exercise

## Critical thinking the main argument

- 2 Read the article on page 15. Which of the sentences (1–3) is the best summary of the main argument?
- 1 Happiness improves our health.
  - 2 Denmark is the happiest country in the world.
  - 3 There are different ways to measure happiness.

## Reading

- 3 Choose the correct answer (a–c).
- 1 The King of Bhutan measured his country's development by...  
a money    b health    c happiness
  - 2 Which is easier to measure?  
a happiness    b health  
c sickness and bad health
  - 3 In one survey, Iceland was number one for its...  
a money    b health    c happiness
  - 4 How did researchers measure happiness in 155 countries?  
a with answers to questions  
b by looking at people's faces  
c by measuring the number of sick people
  - 5 What do visitors to Krikortz's website click on?  
a questions    b faces    c numbers
  - 6 How many categories does Krikortz have for measuring happiness?  
a three    b five    c seven
  - 7 What color are the lights on the building when Stockholm is happy?  
a red    b green    c purple

## Word focus *feel*

- 4 Look at the sentences (1–4) from the article. Match the word *feel* in each sentence with one of its uses (a–d).
- 1 It's also easy to measure how many people **feel** ill or unhealthy in a country.
  - 2 Denmark **feels** happier than other countries.
  - 3 Krikortz **feels** that there are other ways of measuring happiness.
  - 4 The colored lights are also useful if you **feel like** visiting the city.
- a to give an opinion  
b to talk about an emotion  
c to talk about physical illness  
d to talk about wanting something or wanting to do something
- 5 Match the questions (1–3) to the responses (a–c).
- 1 How do you feel today?
  - 2 What do you feel about Krikortz's project?
  - 3 Do you feel like going for coffee?
- a Fine, thanks. How about you?  
b Yes, I'd like to.  
c I'm not sure. It's interesting, I suppose.
- 6 Work in pairs. Take turns asking the questions in Exercise 5. Answer with your own words.

## Speaking

- 7 Work in groups. Discuss the questions.
- 1 How happy do you think your country is? Give reasons for your answer.
  - 2 How much do you agree with the opinion that "happy people don't get sick"?
  - 3 What do you think are useful categories for measuring happiness? Which are not very useful?
- 8 Work in the same group. Make a list of five categories for measuring happiness (e.g., money, sleep). Then have everyone in the group give a score for each category (1 = very happy, 2 = happy, 3 = OK, 4 = not very happy). How happy is your group? Present your categories and result to the class.

# measuring HEALTH AND HAPPINESS

The small country of Bhutan in the Himalayan mountains is over 1,000 years old. In the past, it was a poor country and not many people visited it. But nowadays, it is becoming more and more popular with tourists. Medicine and health are improving and the economy is growing. King Jigme Singye Wangchuck, the king of Bhutan until 2006, talked about his country's "Gross National Happiness" because he thought happiness was the way to measure his country's development.

But how do you measure happiness? Perhaps health is the best way because, as a famous doctor once said, "Happy people generally don't get sick." It's also easy to measure how many people feel ill or unhealthy in a country. For example, one survey says that Iceland is the healthiest country in the world because men and women live a long time there, the air is very clean, and there are more doctors available per person than anywhere else in the world.

However, in a survey of the happiest countries in the world, Iceland was not near the top. The questions in this survey included: How much do you earn? How healthy are you? How safe do you feel? After visiting 155 different countries, the researchers decided that Denmark feels happier than other countries.

So does happiness equal money and good health? Not according to the artist Erik Krikortz. He feels that there are other ways of measuring happiness. Krikortz has a website where visitors click on different happy or sad faces to comment on how well they sleep, their family and friends, their level of stress, their inspiration, and their physical activity. When you finish, his website adds the results for each area and gives you a final result for your happiness.

In his home city of Stockholm, Krikortz also shows the results of his survey as colored lights on the side of a large building in the city. For example, red means the people of Stockholm are very happy, green is OK, and purple means many people are sad. "A lot of people look at the building every day and see how 'we' are," Krikortz says. The colored lights are also useful if you feel like visiting the city. If the lights are red, you know the locals are feeling happy!

**inspiration** (n) /,ɪnspə'reɪʃən/ a feeling that makes you want to do something or gives you exciting new ideas



# 1d At the doctor's

## Vocabulary medical problems

1 Match the people (1–8) with their medical problems (a–h).



- a I have a headache.
- b I have a backache.
- c I have a runny nose.
- d I have an earache.
- e I have a stomachache.
- f I have a fever.
- g I have a sore throat.
- h I have a bad cough.

## Pronunciation sound and spelling

2 4 Many English words have the same vowel sounds but different spellings. Match the words with the same vowel sounds. Then listen and check.

- |          |      |
|----------|------|
| 1 head   | wake |
| 2 throat | off  |
| 3 cough  | note |
| 4 ache   | here |
| 5 ear    | bed  |

3 What do you do when you have the medical problems in Exercise 1? Choose an answer and compare with your partner.

- 1 I go to bed.
- 2 I take medicine.
- 3 I go to the doctor.

## Real life talking about sickness

4 5 Listen to a conversation at a drugstore (1) and a doctor's office (2). Match the person's medical problems and the medical advice they receive with each conversation. One item in each list is not mentioned.

Medical problem	Medical advice
sore throat 1	take this medicine twice a day 1
bad cough	go to bed
runny nose	drink hot water with honey and lemon
earache	take one pill twice a day
feel sick	buy a box of tissues
fever	drink lots of water

5 5 Listen again and complete the sentences. Then match them with the correct section in the box.

- 1 I \_\_\_\_\_ a sore throat.
- 2 You \_\_\_\_\_ take this medicine.
- 3 It's \_\_\_\_\_ a sore throat.
- 4 You \_\_\_\_\_ a box of tissues.
- 5 If you still feel sick in a few days, see a \_\_\_\_\_.
- 6 Let me have a \_\_\_\_\_.
- 7 Do you \_\_\_\_\_ sick?
- 8 Let me check your \_\_\_\_\_.

### TALKING ABOUT SICKNESS

#### Asking and talking about sickness

I don't feel very well. / I feel sick/ill.  
Do you have a fever?  
How do you feel?

#### Giving advice

Try drinking hot water with lemon.  
You need to take one of these.  
Drink lots of water.

6 Work in pairs to practice this conversation. Then change roles and repeat it.

Student A: You have a medical problem. (Choose one from Exercise 1.)

Student B: You are a pharmacist. Ask how Student A feels and give advice.

# 1e Online medical advice

## Writing online advice

- 1 Many people look for medical advice on the Internet before they visit their doctor. Do you think this is a good idea? Why?
- 2 Look at the advice forum on a website. Answer the questions.
  - 1 What medical problem does each person have?
  - 2 Do you think the doctor gives them good advice?
  - 3 Can you think of any more advice for each person?

**www.askdoctorjoe.com**

Home | Symptom checker | Advice forum

**Paola:** I returned from a walking trip in the Himalayas a week ago **and** now I feel sick. Do you think it's from the trip?

**Dr. Joe:** It could be from the trip **or** it could be something you ate at home. But you should visit your doctor immediately!

**Tze:** Hi! I often have problems sleeping at night **so** I'm tired all the time. Do you have any advice?

**Dr. Joe:** Sorry to hear that. Do you drink coffee before bed? It has caffeine and this often keeps people from sleeping. Try drinking herbal tea or a glass of warm milk **because** they don't have any caffeine.

**Pari:** I'm worried about my health. I like doing exercise, **but** I spend all day working in front of a computer. What can I do?

**Dr. Joe:** How do you get to work? You could take your bicycle. It's good for your health **AND** it saves you money.

**Accidents and injuries**

**Diet and nutrition**

**Eyes**

**Health and wellness**

**Common illnesses**

**News**

**Sports and fitness**

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## 3 Writing skill conjunctions (*and, or, so, because, but*)

- a** Look at the highlighted conjunctions in Exercise 2 and complete the rules with them.

- 1 We use and to connect two words or parts of a sentence.
- 2 We use \_\_\_\_\_ to introduce an idea that is different.
- 3 We use \_\_\_\_\_ to say "with the result that."
- 4 We use \_\_\_\_\_ to explain the reason.
- 5 We use \_\_\_\_\_ to connect an alternative word or idea.

- b** Complete the sentences with the conjunctions in Exercise 3a.

- 1 You need to do more exercise \_\_\_\_\_ eat healthy food.
- 2 Jogging is healthy, \_\_\_\_\_ eating chocolate is nicer!
- 3 You could try biking \_\_\_\_\_ walk if you don't have a bike.
- 4 Fruits and vegetables are good for you \_\_\_\_\_ they are full of vitamins.
- 5 Fruit and vegetables are full of vitamins, \_\_\_\_\_ they are good for you.

- 4** Imagine you want advice from the forum. Choose a medical problem. Then write a message to Dr. Joe and ask for advice.

- 5** Exchange your message with your partner. Imagine you are Dr. Joe. Write a reply with two or three pieces of good advice. Remember to use conjunctions.

# 1f Slow food

Video



A place where time is slower

## Before you watch

- 1 Work in groups. Look at the title of the video and the photo. Discuss the questions.
  - 1 What do you think "slow food" is?
  - 2 How do you think the people in the photo feel?
  - 3 What do you think the photo caption means?
  - 4 What do you think the video is about?
- 2 Mark the things you think will be in this video.

countryside  
farmers and people making food  
fast food restaurants  
lots of cars  
a modern city  
relaxed people enjoying food

## While you watch

- 3 Watch the video and check your ideas from Exercise 2.
- 4 Mark the sentences true (T) or false (F).
  - 1 Chianti is a region in Spain.
  - 2 Four thousand people live in Greve.
  - 3 Greve is part of the Slow Cities League.
  - 4 Salvatore Toscano runs an American-style restaurant.
  - 5 His restaurant is in Greve.
  - 6 Farmers make pecorino cheese from cows' milk.
  - 7 Pecorino cheese is not very popular nowadays.
  - 8 Greve wants to escape from the modern world.
- 5 Watch the video again. Answer these questions.
  - 1 What is Greve famous for?  
.....
  - 2 How many cities are in the Slow Cities League?  
.....
  - 3 What is the purpose of the Slow Cities League?  
.....
  - 4 What does the Slow Food movement encourage?  
.....
  - 5 Why is pecorino cheese popular again?  
.....
  - 6 What can you find everywhere in the world?  
.....

**die out** (v) /'daɪ 'aʊt/ disappear  
**mayor** (n) /'meɪər/ the head of the administration of a town  
**vineyard** (n) /'vɪnjərd/ a place where grapes grow  
**worldwide** (adv) /'wɜːld'waɪd/ all over the world

## After you watch

- 6 Match the people (1–4) with what they say (a–d).
  - 1 the narrator
  - 2 Salvatore Toscano
  - 3 Greve's mayor
  - 4 the cheesemaker
  - a Our aim is to keep Greve the same. We want to keep Greve and all the other slow cities special.
  - b It's about taking more time so you are more calm and relaxed.
  - c In the mountains of Pistoia, in northern Tuscany, farmers produce pecorino cheese.
  - d Not everyone knows about our product. But now the Slow Food movement means people know about us.

## 7 Roleplay a conversation with Salvatore Toscano

Work in pairs.

Student A: You are Salvatore Toscano. Read the questions below and make notes about yourself. Then ask your customer about his life.

- Why do you like Greve?
- What is it like living in Greve?
- Do you enjoy your job?

Student B: You are a customer in Salvatore Toscano's restaurant. You come from a large, busy city. Read the questions below and make notes about yourself. Then ask Salvatore about his life in Greve.

- What's your name?
- What's your job?
- Do you like visiting Greve? Why?
- Do you want to live somewhere like Greve?

Act out the conversation. Compare your lives. Then change roles and repeat the conversation.

- 8 Read what the man says at the end of the video and answer the questions.

*From Singapore to Macao, in New York, in Rome, you always find the same pizza, the same hamburgers. Slow food doesn't want this.*

- 1 Do you agree?
- 2 Do you think slow food is a good idea?

- 9 Work in pairs. Discuss these questions.

- 1 Would you like to live in Greve? Why?
- 2 Do you live a quiet life or do you live in the fast lane? In what ways?

# UNIT 1 REVIEW

## Grammar

- 1 Work in pairs. Look at the photo. Where are the man and the elephant? What are they doing?
- 2 Choose the correct forms to complete the text about the man in Exercise 1.



Every day, Nazroo <sup>1</sup> *drives / is driving* elephants for a living, but, as you can see here, <sup>2</sup> *he takes / he's taking* his favorite elephant, Rajan, for a swim. Sometimes they <sup>3</sup> *like / are liking* to relax this way after a hard day. I was surprised because Rajan <sup>4</sup> *doesn't seem / isn't seeming* worried about being in the water. I guess it feels good after a long, hot day at work.

- 3 Work in pairs. How often do you go swimming? How do you like to relax?

### I CAN

- |   |                          |
|---|--------------------------|
| talk about regular actions and events using the simple present                | <input type="checkbox"/> |
| describe actions in progress (now or around now) using the present continuous | <input type="checkbox"/> |
| ask and answer questions with <i>How often...?</i>                            | <input type="checkbox"/> |

## Vocabulary

- 4 Which words can follow the verb in CAPITAL letters? Delete the incorrect word.
  - 1 FEEL tired, happy, ache, sick
  - 2 DO exercise, housework, relaxing, yoga
  - 3 PLAY golf, swimming, games, tennis
  - 4 GO marathon, racing, hiking, driving
- 5 Work in pairs. How do you feel about your new English course? Do you feel worried about anything? (Tell your teacher if you do.)

### I CAN

- |                               |                          |
|-------------------------------|--------------------------|
| talk about leisure activities | <input type="checkbox"/> |
| say how I feel                | <input type="checkbox"/> |

## Real life

- 6 Choose the correct words to complete the conversation between two friends.
 

A: <sup>1</sup> *How do / Do you feel?*  
 B: Not very <sup>2</sup> *well / sick*. I've got a <sup>3</sup> *pain / sore* throat.  
 A: <sup>4</sup> *Do you feel / Do you have a fever?*  
 B: I don't know. I feel a little hot.  
 A: <sup>5</sup> *Try / You need* drinking some honey and lemon in hot water.  
 B: Good idea.  
 A: But <sup>6</sup> *you should / it's a good idea* also see your doctor.

- 7 Work in pairs. Practice two similar conversations.

Conversation 1:

Student A has a headache. Student B gives advice.

Conversation 2:

Student B has a stomachache. Student A gives advice.

### I CAN

- |                         |                          |
|-------------------------|--------------------------|
| talk about feeling sick | <input type="checkbox"/> |
| give advice             | <input type="checkbox"/> |

## Speaking

- 8 Complete these questions to ask someone about their everyday habits and interests.
  - 1 Do you often play...?
  - 2 How often do you go...?
  - 3 Do you ever...?
  - 4 What are you *-ing*...?
  - 5 Why do you...?
- 9 Work in pairs. Ask and answer your questions from Exercise 8.

# Unit 2 Competitions

Ironman competition  
Photo by Patrick McFeeley



## FEATURES

### 22 Competitive sports

What it takes to be a real winner

### 24 Crazy competitions!

When people from all over the US make new rules

### 26 Bolivian wrestlers

Women competing in a national sport

### 30 Cheese rolling

A video about a crazy and dangerous competition in England

#### 1 Look at the photo.

- 1 What kind of competition is it? Do you like this kind of sport?
- 2 What other sports do you think the Ironman competition includes?
- 3 Why do you think both competitors and spectators like these types of competition?

#### 2 Work in groups. Discuss the questions.

- 1 Do you prefer to be a competitor or a spectator?
- 2 Are you competitive? What kinds of competition do you compete in?

#### ▶ WORDBUILDING word forms

When you learn a new word, try to learn its other forms.

For example:

*compete (verb) – competitive (adjective) – competition (noun) – competitor (noun/person)*

# 2a Competitive sports

## Reading and speaking

- 1 Read the quotes by famous athletes (1–6) and discuss the questions.
- 1 How are the six quotes similar?
  - 2 Are all these sports popular in your country? What other sports are popular?

1 *"Winning isn't everything, but wanting it is."*  
Arnold Palmer, winner of 92 golf tournaments

2 *"I never thought of losing."*  
Muhammad Ali, three-time boxing World Heavyweight Champion

3 *"I just love winning."*  
Ayrton Senna, racing driver and three-time Formula One World Champion

4 *"Swimming isn't everything, winning is."*  
Mark Spitz, swimmer and winner of seven gold medals at the 1972 Munich Olympics

5 *"A champion is afraid of losing. Everyone else is afraid of winning."*  
Billie Jean King, tennis player and winner of 129 major tournaments

6 *"Goals are only important if they win games."*  
Lionel Messi, four-time winner of the International Soccer Federation's World Player of the Year award

Muhammad Ali taunting Sonny Liston

## Grammar verb + -ing forms

- 2 Underline the verb + -ing forms in the quotes in Exercise 1. Which of the underlined forms:
- 1 are the subject of the sentence?
  - 2 come after verbs (e.g., *like*, *dislike*) as an object?
  - 3 come after a preposition?


### ► VERB + -ING FORMS

- Subject of the sentence: *Swimming* is good for you.
- After verbs (often *like*, *love*, *enjoy*, *prefer*, *don't like*, *hate*, *can't stand*) as an object: I like *playing* tennis.
- After a preposition: I'm good at *learning* languages.

For more information and practice, see page 156.

- 3 Look at the grammar box. Then correct the conversation between two friends. Change eight verbs into the -ing form.
- A: The *Tour de France* is on TV tonight! I love watch it. *watching*
- B: Oh no! Cycle is so boring.
- A: I really enjoy see the cyclists on the mountains.
- B: But it lasts for days! I hate wait for the end.
- A: Today is the final day. It's exciting.
- B: Sit in front of the TV is not exciting. I prefer do something. Hey! Are you good at play tennis? We could play this afternoon.
- A: But I want to watch this.
- B: Are you afraid of lose against me or something?

### 4 Pronunciation /ŋ/

- a  6 Listen to the words and underline the part of the word with the /ŋ/ sound. What is the most common spelling with the /ŋ/ sound? Check your answers with your teacher.

- |            |             |
|------------|-------------|
| 1 watching | 6 losing    |
| 2 language | 7 winning   |
| 3 waiting  | 8 English   |
| 4 thinks   | 9 competing |
| 5 cycling  | 10 thanks   |

- b Read the conversation in Exercise 3 aloud. Pay attention to the /ŋ/ sound in the verb + -ing forms.

5 Work in pairs. Ask questions to complete the sentences for both of you with the names of any sports or leisure activities.

- I love watching \_\_\_\_\_ but my partner doesn't.
- My partner likes \_\_\_\_\_ but I prefer \_\_\_\_\_.
- I think \_\_\_\_\_ is boring but my partner loves it!
- We both enjoy \_\_\_\_\_ but we can't stand \_\_\_\_\_.
- I'm good at \_\_\_\_\_ but my partner isn't.

Do you like *-ing*?

What do you like *-ing*?

Are you good at ...?

## Vocabulary and listening talking about sports

6 Write about the six sports in Exercise 1. Use these words to say where you play each sport and what you need. Then think of two other sports you like and describe them in a similar way.

where you play	what you need
court course field	ball bat car club
pool ring track	gloves goggles net
	racquet

Example:

*You play golf on a golf course. You need a golf club and a ball.*

7 Work in pairs. Take turns describing a sport for your partner to guess.

*The two teams play on a field.  
They use a bat and a ball.*

Baseball

8 Listen to three people talking about sports. Make notes in the table.

	Which sport are they discussing?	Do they like or dislike it?	Why do they do it?
Maria			
Paulo			
Kali			

coach (n) /kəʊtʃ/ a person who trains sports people

## Grammar like + -ing / 'd like to

9 Read sentences a and b. Answer the questions (1–2).

- I like playing tennis so much that I'm working with a tennis coach.
- One day I would like to become a professional player.

- Which sentence describes a future ambition?
- Which sentence is true now and talks about a general feeling?

### 'D LIKE TO

would ('d) like + to + infinitive

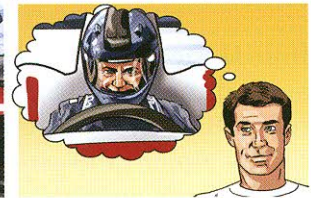
*She'd like to play tennis later.*

*He'd love to become a boxer one day.*

*They wouldn't like to judge the competition.*

For more information and practice, see page 157.

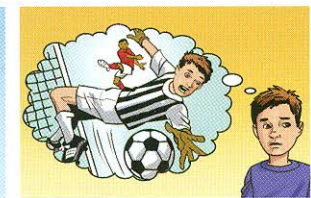
10 Make sentences about each pair of pictures using these words. Use *like + -ing* and *'d like to*.



1 love / drive / formula one cars



2 like / play golf



3 not like / lose

## Speaking

11 Write down three ambitions for the future, one true and two false. Read them to each other and guess which are false.

*I'd like to become a rock star.*

*No, you wouldn't.*

*I'd like to jump from an airplane with a parachute.*

*Yes, you would.*

# 2b Crazy competitions!

## Reading

- 1 Look at the photos of competitions (A–C) in the article. Which do you think is a fight, a game, and a race?
- 2 Read about the competitions and check your predictions in Exercise 1.

- 3 Match the sentences (1–7) with the competitions (A–C).

- 1 Competitors run from one place to another. ....
- 2 You can win money. ....
- 3 The competition is once a year. ...., ....
- 4 You use some kind of vehicle. ...., ....
- 5 The rules are the same as for a real sport. ....
- 6 It's for teams. ...., ....
- 7 There is a time limit. ....

- 4 Which of these sports would you like to play or watch? Do you have crazy competitions in your country?

## Crazy competitions!

Ross McDermott and Andrew Owen travel around the United States going to different festivals. They blog about their experiences on *The American Festivals Project*. Many of the festivals are also competitions.

### A The Idiotarod -----

The Idiotarod is an annual race in New York City. Each team must have five people and a shopping cart. They can decorate their carts but they can't change the wheels. All the teams have to start and finish at the same place but they don't have to run on the same roads. The teams can choose their route but the members of each team must reach the finish line together. And they can't finish without the cart!

### B Mud Bowl Championship -----

Mud Bowl football is similar to normal American football. The game is shorter but there are two teams and a referee. The winner is the team with the most points at the end of sixty minutes. The only real difference is that the players have to play in a foot and a half of mud!

### C Combine Harvester Fight -----

Combine harvesters are normally found on farms, but for one day every summer in the small town of Hillsdale, Michigan, farmers compete against each other for a prize of \$1,500. For three hours, the giant machines have to fight until only one combine harvester is still moving.



## Grammar modal verbs for rules

- 5 Look at the sentence from the article about the Idiotarod. What does the highlighted modal verb mean? Choose the correct answer (1–4).

Each team **must** have five people and a shopping cart.

- 1 It is necessary and an obligation.
  - 2 It is allowed according to the rules.
  - 3 It is not necessary (but allowed).
  - 4 It is not allowed.
- 6 Find five more modal verbs in the article about the Idiotarod. Match them to the meanings (1–4) in Exercise 5.


### ▶ MODAL VERBS FOR RULES

- Necessary and an obligation: *must, have to*
- Allowed: *can*
- Not necessary (but allowed): *don't have to*
- Not allowed: *mustn't, can't*

For more information and practice, see page 157.

- 7 Choose the correct options to complete the sentences.
- 1 You *have to / don't have to* practice to become a good competitor.
  - 2 Athletes *don't have to / can't* argue with the judge's decision.
  - 3 Competitors *can't / must* know all the rules.
  - 4 The members of a team *have to / don't have to* work well together.
  - 5 Teams *have to / can* compete against each other.
  - 6 Teams *can / don't have to* score every point to win the game.

## Listening

- 8  Listen to the description of the Woolly Worm Race and answer the questions.

- 1 What does the speaker describe?
- 2 How often is the competition?
- 3 How old do you have to be to enter?
- 4 Do you have to bring your own woolly worm?
- 5 Can you touch your worm during the race?
- 6 What is the prize for the winner?

## Vocabulary competitions

- 9 Complete the pairs of sentences with the correct words. Use a dictionary to help you.
- 1 (win / beat)  
My woolly worm ..... yours! I .....
  - 2 (score / win)  
How many games did you .....?  
How many goals did you .....
  - 3 (fans / spectators)  
We're your biggest .....! We come to every game.  
There were about 50,000 ..... at the game.
  - 4 (referee / judge)  
The ..... sent the player off the court.  
One ..... gave the ice skater a perfect score.
  - 5 (trophy / prize)  
The President gave the winning team the silver .....
  - The ..... for the winner is \$500.

## Speaking

- 10 Work in groups. Imagine that you want to have a new annual competition for your town. Follow these steps.
- 1 Decide on a crazy competition.
  - 2 List the rules and discuss the details.
  - 3 Present your new competition to the class and explain the rules.



# 2c Bolivian wrestlers

## Reading

1 Look at the photos on pages 26 and 27. Before you read, do you think the statements (1–3) will be true (T) or false (F)? Read the article and check your predictions.

- 1 Wrestling is popular in Bolivia.
- 2 Only men can wrestle in public.
- 3 People earn a lot of money doing it.

2 Read the article again. Which paragraph (1–6) describes:

- a the two wrestlers before the fight? 2
- b the popularity of male and female wrestling in Bolivia?
- c the moments before the wrestlers enter?
- d Yolanda's family life?
- e the reason why a fan watches it?
- f the fight between the two women wrestlers?

3 Find words in the first three paragraphs of the article to match these definitions.

- 1 three words meaning a large group of people at a performance or sporting event:  
a \_\_\_\_\_, s \_\_\_\_\_, c \_\_\_\_\_
- 2 two verbs meaning to speak loudly and make a lot of noise:  
s \_\_\_\_\_, s \_\_\_\_\_
- 3 to clap your hands together:  
a \_\_\_\_\_
- 4 people who support someone famous:  
f \_\_\_\_\_
- 5 to get away from someone or something:  
e \_\_\_\_\_
- 6 three verbs to describe fast movements:  
j \_\_\_\_\_, s \_\_\_\_\_, t \_\_\_\_\_

## Critical thinking reading between the lines

4 An article doesn't always tell us everything about how the people feel, but we can often guess. Match these people from the article (1–3) with the sentences (a–c).

- 1 Yolanda
  - 2 One of Yolanda's daughters
  - 3 Esperanza
- a I don't like the days when there's wrestling.
  - b I get a wonderful feeling every time I go out there.
  - c Life can be hard for people like me.

## Word focus like

5 Look at the sentences from the article. Match *like* in each sentence (1–4) with its meaning (a–d).

- 1 Would they **like** to become wrestlers one day?
  - 2 Yolanda and Claudina walk through the crowds **like** pop stars.
  - 3 Esperanza explains why she **likes** watching wrestling.
  - 4 She also has two daughters who both look **like** her.
- a enjoy in general
  - b want to do in the future
  - c behave in a similar way
  - d have a similar appearance

## Speaking

6 Discuss the questions.

- 1 Do you like watching women's sports in your country? Would you watch women's wrestling?
- 2 How important are sports and athletes in your country? Do any of them act like stars?
- 3 Why do you think most people like watching sports?





# Bolivian wrestlers

**I**n El Alto in Bolivia, an audience is sitting around a huge wrestling ring. The spectators are getting impatient and so they start to scream, "Bring them on! Bring them on!" Suddenly, an announcer speaks into the microphone: "Ladies and gentlemen. It's time for Yolanda and Claudina!" The crowd shouts and applauds with excitement.

Two women enter. Yolanda and Claudina walk through the crowd like pop stars. They smile and greet their fans until suddenly the music stops. Both women jump into the wrestling ring and within seconds, Claudina hits Yolanda. Yolanda grabs Claudina.

Claudina tries to escape, but Yolanda doesn't let her go. She spins Claudina around and throws her down on the floor. The audience goes crazy!

As Claudina lies on the floor, Yolanda is smiling and waving to the crowd. She doesn't see Claudina get

up behind her. Then Claudina pushes Yolanda onto the ropes. The crowd shouts at her. Yolanda throws Claudina out of the ring, and the crowd cheers with happiness. One minute Yolanda is winning. The next minute, Claudina is winning.

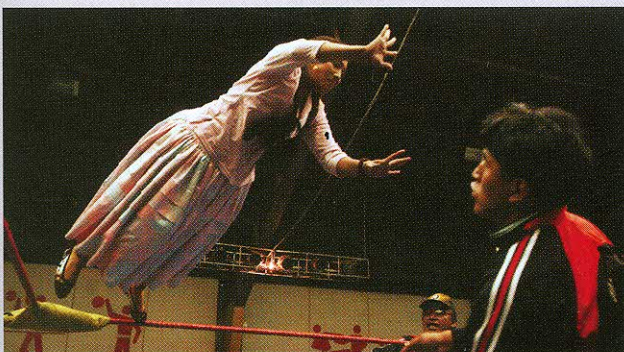
Wrestling in Bolivia is incredibly popular, and after a hard day's work many people love watching this mixture of sport, drama, and entertainment. Usually, the wrestling matches are between men wearing masks and special costumes. But in El Alto, where it's especially popular, you can also see women wrestling.

Yolanda is one of the top women wrestlers. Her father was also a wrestler so it's a family tradition. During the day she makes clothes. She also

has two daughters who both look like her. Would they like to become wrestlers one day? Yolanda doesn't think so. "My daughters ask me why I do this. It's dangerous and they complain that wrestling doesn't bring any money into the house." But Yolanda loves wrestling because of her fans, and she has lots of them!

One fan called Esperanza Cancina pays \$1.50 (a large part of her salary) to sit near the ring. She explains why she likes wrestling: "It's a distraction. The women wrestlers fight here and we laugh and forget our problems for three or four hours."

**The women wrestlers fight here and we laugh and forget our problems for three or four hours.**



# 2d Joining a club

## Speaking

1 Who is a member of a club or local group in your class? Ask them these questions.

- 1 Does the club have regular meetings? How often?
- 2 Do you pay a membership fee? How much is it?
- 3 What are the benefits of being a member?
- 4 Does it ever hold competitions?

Look at the ads (A–C). In groups, ask each other which of these questions they each answer.

**A**  
 Would you like to **get fit** and **make new friends?**

**Our running club meets at 7 p.m. every Wednesday.**

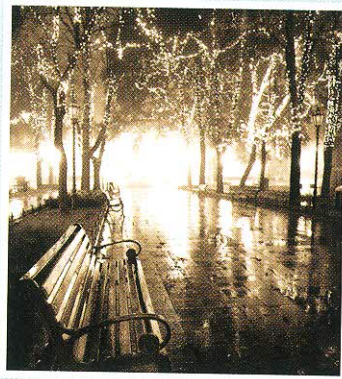
We run in two groups:

- Beginners (for anyone)
- Experienced (for runners who can do 12 miles or more)

It's noncompetitive and a fun way to get fit!  
**Call Esteban Lopez at 617-555-3697.**

**B**  
*Join us and **WIN** a new camera!*

The Barton Photography Club welcomes new members. We are a busy club with regular speakers at our club meetings. Join before March 1, and you can also enter our summer photography competition to win a new camera! The \$15 entry fee includes club membership for a year. Visit [www.bartonphotoclub.com](http://www.bartonphotoclub.com) to sign up.



**C**

*Community Theater*

A local theater group is looking for actors to be in a musical this summer. You must be available twice a week starting April 2. Enthusiasm is more important than talent!

Contact Mandy Giles at [mandy76@dmil.com](mailto:mandy76@dmil.com)

## Real life talking about interests

2 Read this conversation where two friends discuss the ads. Number the ads in the order they are discussed.

A: Hey! Have you seen this ad?

B: Yes, but I have so much work at the moment, I don't have time.

A: Taking photos is a good way to relax.

B: I can take a good one of friends and family but I'm not very creative with it.

A: Alright. Well, what about joining something else? Are you interested in acting?

B: You're joking. I hate standing up in front of people. And it's a musical. I'm not very good at singing.

A: But it says here enthusiasm is more important than talent. Try it. I think you'd enjoy it.

B: Emm, well maybe but I think I'd prefer to join this on Wednesday evenings. It looks fun. Why don't you come too?

A: Me? But I can't even walk twelve miles, never mind run it.

B: No, but that's the point. Look, there's even a beginner's group. You should do it with me.

3 In pairs, practice the conversation. Then find examples that meet each category in the box.

▶ TALKING ABOUT INTERESTS

**Asking about interests**  
 Do you like taking photographs?

**Talking about interests (and likes/dislikes)**  
 I'd like/prefer to join a running club.  
 I'm good at acting.  
 I wouldn't like it.  
 I'm (not) interested in photography.

**Recommending and encouraging**  
 It looks interesting.  
 I think you'd enjoy it.  
 You should do it with me.

## 4 Pronunciation silent letters

9 Some letters are not pronounced in English words. Listen to these words and cross out the silent letters.

- 1 people    2 should    3 friends  
 4 evenings    5 something    6 what

5 Work in pairs. Imagine you are interested in joining a club. Talk about each ad in Exercise 1 and each other's interests. Then choose a club to join.

# 2e Looking for members

## Writing an ad

1 Read the advice on how to write effective ads. Then look back at the three ads on page 28 and answer the questions.

- 1 Which ad follows most of the advice?
- 2 How could you improve the other ads?

### How to WRITE EFFECTIVE ADS

- Start with a good headline. You could ask a question or solve a problem.
- Explain the benefits.
- If possible, offer something for free or a prize.
- Include important information like dates, times, and location.
- Add photos, pictures, or images if possible.

2 Work in pairs to plan a new club.

- 1 What type of club is it (e.g., a chess club, a tennis club, a walking group)?
- 2 Who is the club for?
- 3 Are there any rules for members?
- 4 Is there a membership fee? How much is it?
- 5 How often will you meet?

3 Plan and write an ad for your new club.

## 4 Writing skill checking your writing

a It's always important to check your writing for mistakes, especially when a lot of people will read it. Find the mistake in each ad sentence below. Then match the sentences with the types of mistake (a–h) and correct the mistakes.

1 Would you like to learn a musical instrument<sub>o</sub>? *c*

2 *Enter our exciteing competition!*

3 **Are you good at play tennis?**

4 *We meet at Tuesdays and Thursdays.*

5 **It's fun way to get in shape.**

6 **Join this club new!**

7 *Get healthy and play yoga.*

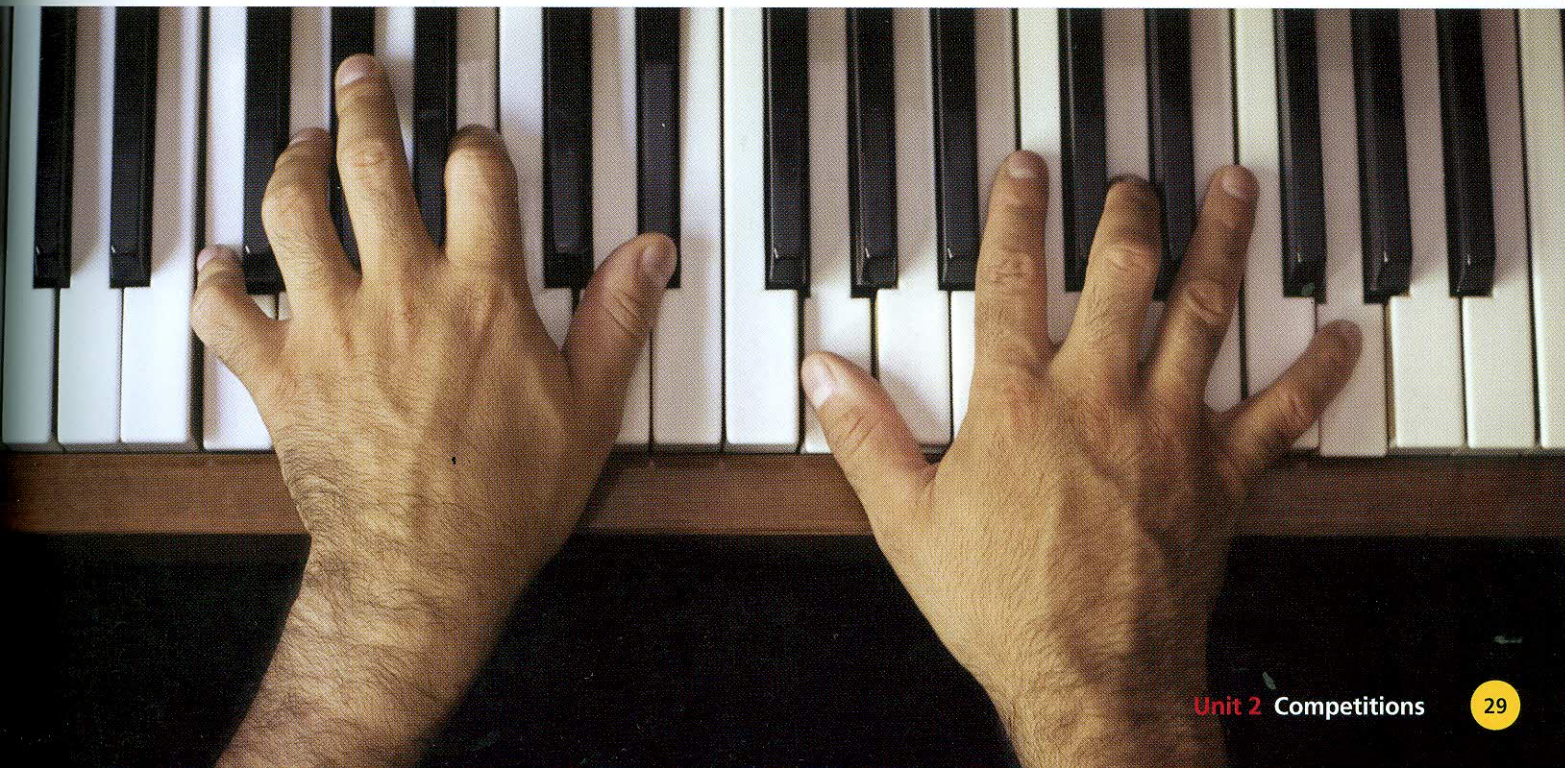
8 Call lin at 954-555-2563.

- |                |                  |
|----------------|------------------|
| a spelling     | e grammar        |
| b missing word | f word order     |
| c punctuation  | g capital letter |
| d preposition  | h wrong word     |

b Read your ad in Exercise 3 again and correct any mistakes.

5 Display your ads around the classroom. While you read each other's ads, consider:

- which clubs you would like to join.
- which ads are effective and why.



# 2f Cheese rolling

Video



Cheese rolling has been a tradition in the town of Brockworth since the early 1800s.

## Before you watch

1 Work in groups. Look at the photo and discuss the questions. Use the words in the glossary to help you.

- 1 What are the people doing?
- 2 Why do you think they are doing this?
- 3 Do you think they enjoy doing this?

2 Complete the summary with words from the list. Use the glossary to help.

bottom crash barriers competitors injured  
prize race spectators steep top traditions

Most towns have their own <sup>1</sup>t\_\_\_\_\_. However, one town in England has a very unusual one: the annual cheese-rolling <sup>2</sup>r\_\_\_\_\_. At the start, the <sup>3</sup>c\_\_\_\_\_ wait at the <sup>4</sup>t\_\_\_\_\_ of Cooper's Hill. Then someone pushes a wheel of cheese down the <sup>5</sup>s\_\_\_\_\_ slope. The competitors run after the cheese. The winner is the first person who gets to the <sup>6</sup>b\_\_\_\_\_ of the hill. The <sup>7</sup>p\_\_\_\_\_ is the wheel of cheese. The race can be dangerous, for the competitors and the <sup>8</sup>s\_\_\_\_\_. One year a wheel of cheese went into the crowd and thirty people were <sup>9</sup>i\_\_\_\_\_. Nowadays there are <sup>10</sup>c\_\_\_\_\_ to protect the crowd.

## While you watch

3 Watch the video and check your answers from Exercise 2.

4 Put these people and events in the order in which you see them.

- a Doctors helping an injured person.
- b People clapping to encourage the competitors.
- c Someone carrying a British flag.
- d An Asian man with blond hair talking.
- e Craig Brown holding up the cheese.
- f The view from the top of Cooper's Hill.

5 Mark the sentences true (T) or false (F).

- 1 The race is more than 200 years old.
- 2 The cheese travels at more than forty miles an hour.
- 3 Competitors have to catch the cheese before it reaches the bottom of the hill.
- 4 There is no protection for spectators.
- 5 The race is dangerous for competitors when the weather is cold.
- 6 You can only compete once a day.

## After you watch

### 6 Roleplay an interview with Craig Brown

Work in pairs.

Student A: You are a reporter for National Geographic. Use the ideas below to prepare questions to ask Craig Brown.

Student B: You are Craig Brown. Look at the ideas below. Think about what you are going to say to the reporter.

- age
- interests
- why you take part in the race
- how many times you have taken part
- if you have ever been injured

Act out the interview and then change roles.

7 At the end of the video, the narrator says, "It's more than just cheese that makes people want to win." What does she mean?

8 Work in pairs to discuss these questions.

- 1 What kind of people do you think take part in the race?
- 2 Would you like to take part in the race? Why or why not?
- 3 Would you go to watch the race? Why or why not?
- 4 Do you have any unusual traditional races in your country? What are they and why are they popular?

**accident** (n) /'æksɪdɪnt/ an event where a person is hurt unintentionally

**balance** (n) /'bæləns/ a position in which your body stays upright

**bottom** (n) /'bʌtəm/ the lowest part of a thing or place

**crash barrier** (n) /'kræʃ ,bæriə/ an obstacle that keeps competitors from running into spectators

**fail** (v) /feɪl/ be unsuccessful

**ground** (n) /graʊnd/ what is under your feet when you are outside

**injured** (adj) /'ɪndʒəd/ hurt

**protect** (v) /prə'tekt/ keep someone or something safe

**slope** (n) /sloʊp/ the side of a mountain or hill

**steep** (adj) /sti:p/ going up or down at a sharp angle

**top** (n) /tɒp/ the highest part of a thing or place

**wheel** (of cheese) (n) /wil/ a round object

# UNIT 2 REVIEW

## Grammar

1 Put the words in order to make sentences and questions.

- 1 than / losing / winning / is / fun / more
- 2 I'm / new / good / learning / at / games
- 3 learning / languages? / you / do / like
- 4 like / a race? / win / would / to / you
- 5 you / like / who / look / do / in your family?

2 Complete the text with these verbs.

can    don't have to    must    can't



There's a competition in Alaska where you <sup>1</sup>..... compete without facial hair! That's because it's the World Beard and Moustache Championship. The judges <sup>2</sup>..... choose the winners from the beards and moustaches of over 300 contestants from all over the world. But you <sup>3</sup>..... have the longest moustache or the biggest beard because there are many different categories. For example, you <sup>4</sup>..... win the prize for "Best English Moustache" or "Best Natural Moustache."

3 Work in pairs to discuss the sports on TV that you like to watch. Explain the rules to your partner.

### I CAN

- talk about likes, dislikes, and ambitions
- describe the rules of a competition or sport using modal verbs

## Vocabulary

4 Choose the correct options.

- 1 My favorite soccer team *scored* / *beat* another goal!
- 2 In ice skating, the *judges* / *spectators* give points to the competitors.
- 3 My grandmother won a \$1,000 *trophy* / *prize* in a competition.
- 4 My team never *wins* / *beats*!
- 5 Hit the tennis ball with your *racquet* / *net*!
- 6 During the fight, the two boxers must not leave the *court* / *ring*.
- 7 Wear these *gloves* / *goggles* over your eyes when you ski.
- 8 The *track* / *court* is 100 meters long. The fastest runners can complete it in seconds.

5 Work in pairs to talk about an athlete you'd like to meet one day, and why.

### I CAN

- talk about different kinds of sports
- talk about future ambitions

## Real life

6 Complete the conversation.

- A: Are you interested <sup>1</sup>..... painting? There's a new evening course at my college.  
 B: I'm afraid I'm not very good <sup>2</sup>..... art.  
 A: I'm not either but I'd like <sup>3</sup>..... learn.  
 Come <sup>4</sup>....., You should do it with me.  
 B: Sorry.  
 A: <sup>5</sup>..... you like taking photos? There's also a course for that.  
 B: Actually, that sounds interesting.

7 Complete these sentences with your own interests.

- 1 I'm good at...
- 2 I wouldn't like to...
- 3 I'm also interested in...
- 4 I think I'd enjoy learning...

### I CAN

- talk about interests
- recommend and encourage people to do things

## Speaking

8 Work in pairs. Take turns telling each other about your interests. Then recommend one of your interests to your partner and encourage him or her to do it in the future.