

Hello, Friends



# TOPICS DISCUSSION

# EXERCISE and SPORTS



Student 'A'

- *Discuss the questions below with your partner.*

1. What is your favorite kind of exercise?
2. How much exercise do you get each week? Do you think you get enough exercise?
3. What are some examples of 'winter sports' that you can play in the snow or on ice?
4. Should schools give more time to students to play sports? Why? / Why not?
5. What are three examples of *team sports*? *Individual sports* (sports you play alone)?
6. What strange or unusual sports do you know about?
7. Do you know how to swim? Is a pool or a beach the best place to swim? Why?
8. What sports do you think are really boring?
9. Should older people stop exercising? Why? / Why not?
10. Did you do any exercise or play any sports yesterday? If, 'yes', what kind?



## Astronaut food

Most astronaut food is freeze-dried, which (0) ..... it doesn't need to be kept in a fridge. The astronauts prepare their meals (1) ..... adding hot water to the freeze-dried food. Astronauts (2) ..... eat almost anything they like in space. There is (3) ..... freeze-dried ice cream which doesn't need to be kept in a freezer.

The (4) ..... of freeze-drying food was invented for space travel but is now used for everyday foods as well. Many breakfast cereals now (5) ..... freeze-dried fruit like strawberries, for example.



- |                      |                   |                    |                   |
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Astronauts take fresh fruit and vegetables on their journeys into space but (6) ..... a fridge most of these only (7) ..... a few days. This is a problem for astronauts on long trips. But scientists believe that in future astronauts will be (8) ..... to grow their own vegetables in space. Scientists (9) ..... already successfully grown some plants in space (10) ..... they know it is possible.

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# FOOD & DRINKS




In Listening Part 3 you will often hear two words which could possibly be the answer, but only one will be correct.




- 1 Complete the sentences with these words and numbers. You can put two words in each space.

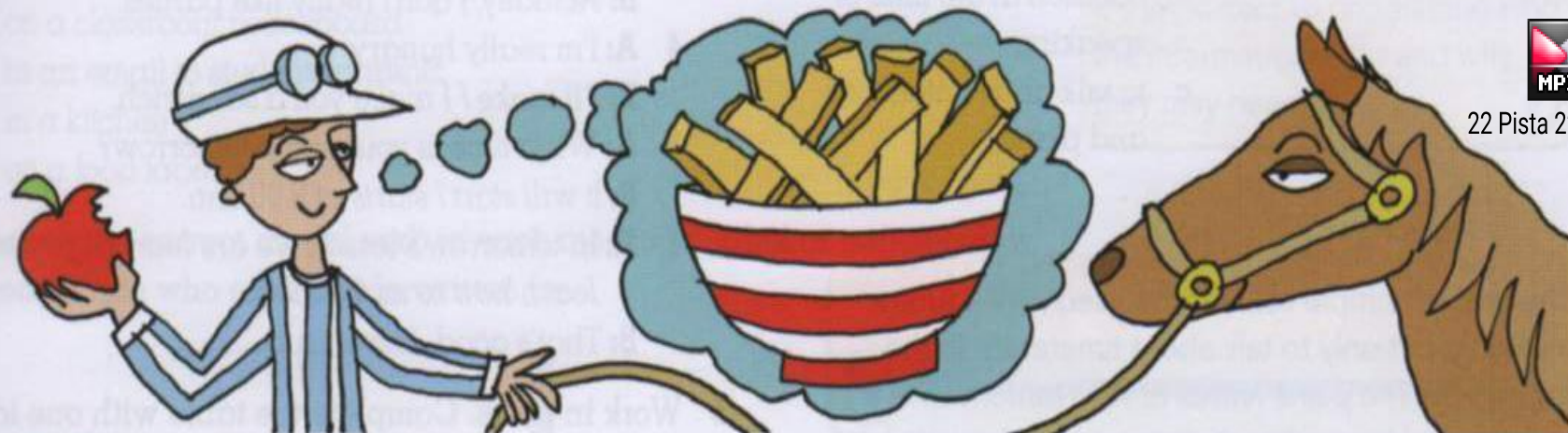
chips fried egg 53 2007 fruit 55  
ice cream knee shoulder 2009

- 1 Danny started horse racing in ..... / .....
- 2 Danny misses eating ..... / .....
- 3 Danny weighs ..... / ..... kg at the moment.
- 4 For breakfast Danny has a ..... / ..... and a slice of toast.
- 5 Danny broke his ..... / ..... about two years ago.

- 2  21 Listen to Danny and circle the correct word in the sentences in Exercise 1.

- 3  22 Now look at the sentences about Lee Martin. Think of possible words to fit in the spaces. Then listen and see if you were correct.

- 1 Lee often spends ..... days camping in the snow.
- 2 Lee often suffers from sore .....
- 3 Lee says it's often difficult to cook because of the .....
- 4 Lee never eats .....
- 5 The food Lee misses most when he is in Antarctica is .....



21 Pista 21 5.mp3



22 Pista 22 5.mp3



- 23** You will hear a man called Pete Russell giving a talk about an extreme camping trip. For each question, fill in the missing information in the numbered space.

### EXTREME CAMPING TRIP



23 Pista 23 5.mp3

Training day: (1) .....

#### Food

Plenty of raw food available

You will learn where to find (2) .....

(3) ..... can be quite tasty

No (4) ..... on this trip because it's difficult and takes too long

#### Cooking

You will learn how to use a (5) ..... to cook food on

It's important to (6) ..... from rivers and streams

- 4** Would you like to go on an extreme camping trip like the one Pete Russell talks about? Why? / Why not?

# FAST FOODS AND SANDWICHES



donut



muffin



bagel



bun



danish/pastry



biscuit



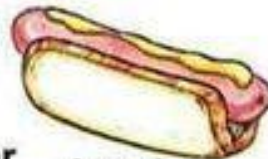
croissant



hamburger



cheeseburger



hot dog



taco



slice of pizza



bowl of chili



order of fried chicken

Coke  
Diet Coke  
Pepsi  
7-up  
...



lemonade



coffee



decaf coffee



tea



iced tea



milk



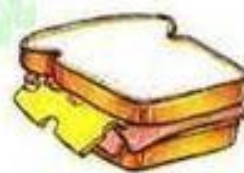
tuna fish sandwich



egg salad sandwich



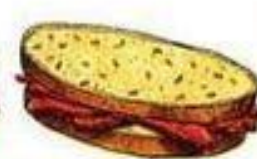
chicken salad sandwich



ham and cheese sandwich



roast beef sandwich



corned beef sandwich



BLT sandwich  
(bacon, lettuce and tomato sandwich)



white bread



rye bread



whole wheat bread



pumpernickel



pita bread



a roll



a submarine roll



**COLONS**

**ADJECTIVES**


**WORDS**

# **GRAMMAR**

**VERBS**

**NOUNS**

**SPELLING**

**1**  **24** Listen and complete what Pete Russell said. Then answer the questions.

- 1** 'It ..... probably rain tomorrow.'  
Is Pete certain about tomorrow's weather?
- 2** 'We ..... at 8.30.'  
Is this a decision that Pete has already made?
- 3** 'We ..... only what nature can provide.'  
Is this something Pete wants to happen?

**2** Match the verb forms with their uses.

- |                                 |  |
|---------------------------------|--|
| <b>1</b> <i>will</i>            | <b>a</b> to talk about future arrangements   |
| <b>2</b> <i>be going to</i>     |  |
| <b>3</b> the present continuous | <b>b</b> to make predictions (often after verbs such as <i>expect</i> , <i>promise</i> , <i>hope</i> , etc.) or to make a decision at the time of speaking |
|                                 | <b>c</b> to talk about intentions and plans  |



**3** Complete the questions with *is*, *are* or *will*. Then ask and answer with a partner.

- 1 What ..... you having for dinner this evening?
- 2 Do you think you ..... ever live in another country?
- 3 ..... you going to have a party to celebrate your birthday?
- 4 ..... your parents let you stay by yourself in the house?
- 5 What ..... you going to do when you get home?
- 6 ..... you travel abroad next holiday?
- 7 What do you think you ..... study when you leave school?
- 8 What time ..... our next class?



- 5 Work in pairs. Complete the table with one idea about yourself for each heading. Then compare information. Find out if there's an activity you're both going to do.

|              | Prediction | Intention | Arrangement |
|--------------|------------|-----------|-------------|
| This evening |            |           |             |
| Tomorrow     |            |           |             |
| This weekend |            |           |             |

Are you doing anything this evening?

I don't think so. I think I'll have a lot of homework to do. What about you?

Tonight I'm going to make a cake for my dad's birthday.



**Match sentences 1–10 with the correct meaning a–d.**

- 1 Students are required to wear trainers for sports activities.
- 2 Please throw all food rubbish in the green bin provided.
- 3 Warning: This water is unsafe to drink.
- 4 Each student is responsible for making sure the canteen is clean and tidy.
- 5 Students may bring a healthy snack to school.
- 6 It is forbidden to eat in the classroom.
- 7 No students are permitted to touch any cooking equipment.
- 8 Young people are advised to drink 500 ml of milk per day.
- 9 It isn't necessary for students to bring a cake to school on their birthday.
- 10 Students are allowed to use mobile phones during the lunch hour.

- a you can
- b you can't
- c you should/must
- d you don't have to (but you can)



Where would you see the information in the sentences in Exercise 1?

More than one answer may be possible.

- A on a classroom noticeboard
- B in an email to students/parents
- C in a kitchen
- D on a food label

**Exam tip**

It's important to understand who the information is for and why they may need it.



Choose the correct modal verb in each message, label or notice below.

Then decide who each one is written for.

**You *must* / *could* have the correct change for this machine.**



- 1 This notice is for people who want  
**a** to buy a drink.  
**b** to know how to change some money.

**You *may* / *could* only eat food bought at this café here.**



- 2 This notice is for people who want  
**a** to take food away.  
**b** to sit down in the café.

**You *should* / *may* follow the cooking instructions.**

- 3 This information is for people who want  
**a** to know which ingredients to buy.  
**b** to make something to eat.

**We *could* / *must* have a picnic, or if it isn't a nice day, what about going to Bunny's for a burger?**

- 4 This email is for  
**a** a friend.  
**b** a teacher.

**Example:**

0

PASSENGERS PLEASE NOTE:  
THERE IS A DELAY OF 10 MINUTES  
ON TRAINS TO EXETER

- A** Trains to Exeter are all ten minutes late.
- B** The train journey to Exeter takes ten minutes.
- C** The next train to Exeter will arrive in ten minutes.

Answer:

0

A

B

C

1

To: all students

From: Mrs Long

All students are invited to attend the school's 100th anniversary celebration. Please inform your teacher if you can provide any refreshments for the occasion.

- A** Students should tell their teacher if they can attend the celebration.
- B** Mrs Long is informing students that refreshments will be provided at the celebration.
- C** The school is requesting students bring some food or drink to the celebration.

2

Heat soup in microwave for 3 minutes.

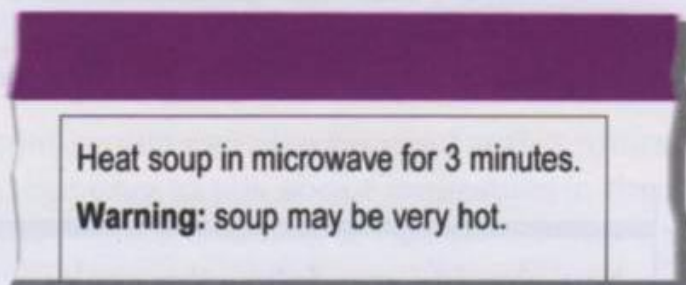
**Warning:** soup may be very hot.

This label is advising people

- A** to make sure the soup is hot enough.
- B** to avoid burning themselves.
- C** to eat the soup cold if they wish.



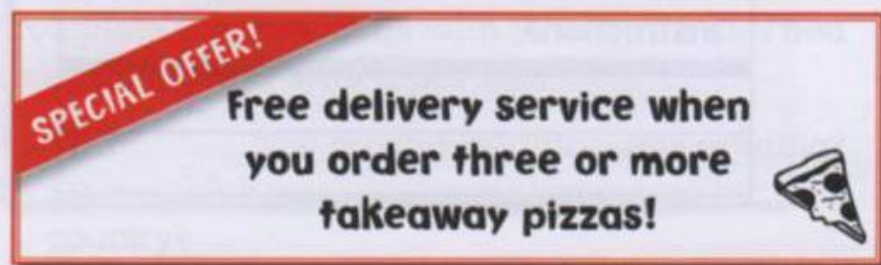
2



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3



- A** Customers get a free pizza if they buy more than three.
- B** If you buy fewer than three pizzas, you have to pay for delivery.
- C** This company has just started a delivery service.

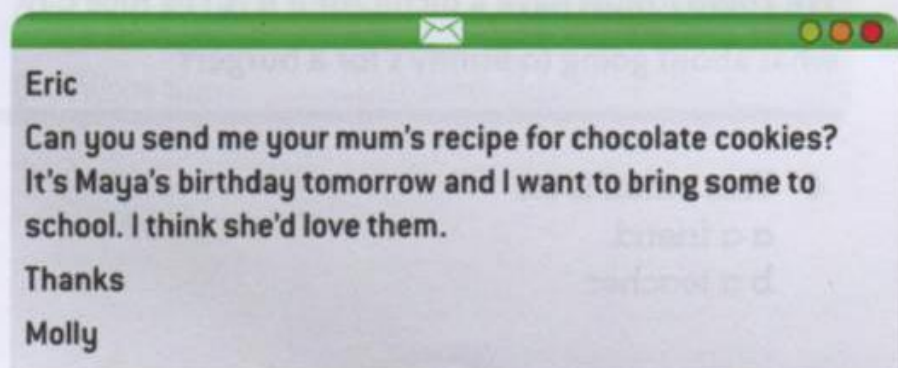
4



This notice is

- A** encouraging students to make healthy choices.
- B** warning students about their bad eating habits.
- C** forbidding students to eat fried food.

5



Molly wants Eric

- A** to ask his mum to make some cookies for Maya.
- B** to say if he thinks Maya would like some cookies for her birthday.
- C** to email instructions for his mother's cookies.



**HOMEWORK**

## Reading Part 5

Read the text below and choose the correct word for each space.  
For each question, mark the correct letter, A, B, C or D.

### Astronaut food

Most astronaut food is freeze-dried, which (0) ..... it doesn't need to be kept in a fridge. The astronauts prepare their meals (1) ..... adding hot water to the freeze-dried food. Astronauts (2) ..... eat almost anything they like in space. There is (3) ..... freeze-dried ice cream which doesn't need to be kept in a freezer.

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## Writing Part 2

You have planned a trip to the cinema with friends. You want to tell your friend Jon about your plan.

Write an email to Jon. In your email you should:

- invite Jon to come with you
- say which film you have chosen to see and why
- suggest a place and time to meet.

Write about 35–45 words.

Look at this student's answer to the task above and some comments the teacher has written below. Write the email again, making the corrections the teacher has suggested.

1 Can you think of a better way to invite someone to do something?

Hi, Jon

2 You need to include some information about why you have chosen this film.

I'm going to the cinema with my friends tonight and I think that you might want to come with us. We are going to see The Incredibles. The movie starts at 7 so you can get there at 6.30. We are going to wait for you in the food area.

3 Can you think of a better way to make a suggestion?

Andy