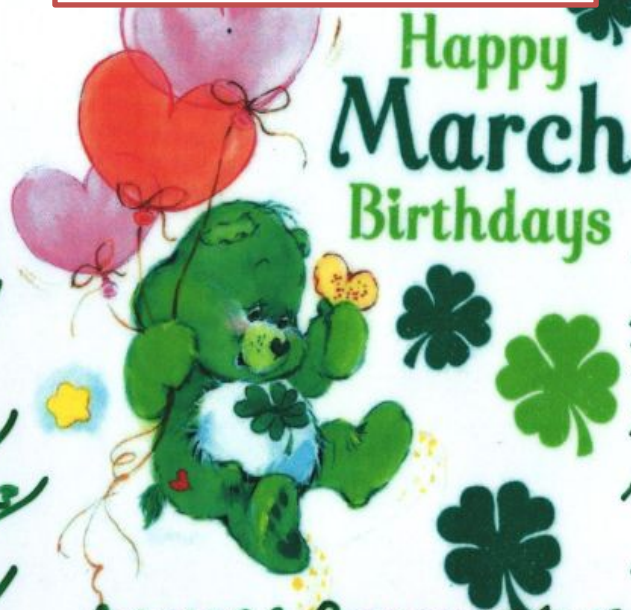




# March birthdays!!!

## From the 1<sup>st</sup> to 10<sup>th</sup>:

Санина Полина (01.03)  
 Паншута Анна (02.03)  
 Булрева Катя (04.03)  
 Кобригина Анна (09.03)  
 Газарова Дарья (07.03)  
 Бурикова Анна (09.03)  
 Мирзоев Рудольф (06.03)  
 Протасова Анна (06.03)  
 Суворкина Анна (02.03)  
 Виногородова Катя (05.03)  
 Земская Захар (11.03)  
 Комаров Вера (03.03)  
 Слесков Тимофей (07.03)  
 Каритонов Александр (04.03)



# Happy March Birthdays

## From the 21<sup>st</sup> to 31<sup>st</sup>:

Карикина Варвара (23.03)  
 Бобов Торик (23.03)  
 Добрая Анна (24.03)  
 Роман Анна (30.03)  
 Лаконова Мария (30.03)  
 Таранко Юлия (29.03)  
 Торкунова Полина (23.03)  
 Никифоров Анна (22.03)  
 Кейзер Анна (29.03)  
 Лопатова Анна (22.03)  
 Елизаров Игорь (24.03)  
 Сутолчина Анна (25.03)  
 Богданова Анна (27.03)  
 Дедович Настя (27.03)

## From the 11<sup>th</sup> to 20<sup>th</sup>:

Сергеева Вероника (13.03)  
 Зотова Анна (12.03)  
 Адамс Арсен (12.03)  
 Афанова Анна (12.03)  
 Золубетников Роман (14.03)  
 Зеворкин Сергей (15.03)  
 Дубота Анна (18.03)  
 Руди Анна (17.03)  
 Чинаева Валерия (14.03)  
 Тимченко Анна (16.03)  
 Васильева Анна (12.03)  
 Бушманов Сергей (16.03)  
 Листовенко Анна (13.03)

Were you born in March?



**We all must be organised:**

**МАРТ 2022**

ПОНЕДЕЛЬНИК	ВТОРНИК	СРЕДА	ЧЕТВЕРГ	ПЯТНИЦА	СУББОТА	ВОСКРЕСЕНЬЕ
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			



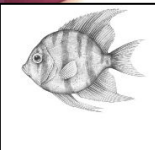
**Laminated group info:**

Имя	Вторник	Среда	Суббота	Воскресенье
1. Даниил Данилович				
2. Анна Анна				
3. Мария Мария				
4. Иван Иван				
5. Елена Елена				
6. Александр Александр				
7. Ольга Ольга				
8. Дмитрий Дмитрий				
9. Екатерина Екатерина				
10. Алексей Алексей				
11. Мария Мария				
12. Иван Иван				
13. Елена Елена				
14. Александр Александр				
15. Ольга Ольга				
16. Дмитрий Дмитрий				
17. Екатерина Екатерина				
18. Алексей Алексей				
19. Мария Мария				
20. Иван Иван				
21. Елена Елена				
22. Александр Александр				
23. Ольга Ольга				
24. Дмитрий Дмитрий				
25. Екатерина Екатерина				
26. Алексей Алексей				
27. Мария Мария				
28. Иван Иван				
29. Елена Елена				
30. Александр Александр				
31. Ольга Ольга				
32. Дмитрий Дмитрий				
33. Екатерина Екатерина				
34. Алексей Алексей				
35. Мария Мария				
36. Иван Иван				
37. Елена Елена				
38. Александр Александр				
39. Ольга Ольга				
40. Дмитрий Дмитрий				
41. Екатерина Екатерина				
42. Алексей Алексей				
43. Мария Мария				
44. Иван Иван				
45. Елена Елена				
46. Александр Александр				
47. Ольга Ольга				
48. Дмитрий Дмитрий				
49. Екатерина Екатерина				
50. Алексей Алексей				
51. Мария Мария				
52. Иван Иван				
53. Елена Елена				
54. Александр Александр				
55. Ольга Ольга				
56. Дмитрий Дмитрий				
57. Екатерина Екатерина				
58. Алексей Алексей				
59. Мария Мария				
60. Иван Иван				

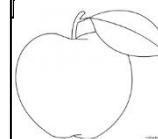
First, take your Stationery boxes and glue the cribs!



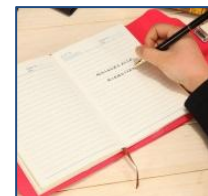
Words+Speaking



Grammar+Writing



Pencil / Pen Box



Then, let your teacher sign in your copybooks!

**Speaking to warm up!**



Past Simple!  
Empty line!  
Linking words!  
Adjectives!

## 'The story of Free Guy'



**Long time ago** Miss Irene **watched** the film about a cool computer game and a guy who **was** so unusual! **After that**, she **made up** a **decision** to show all the beloved students how easily everyone **could** change his/her life!

Empty line!

**Then**, Miss Irene **made** a terrific montage of this film and **had** an idea to talk about super computer games. All the teachers **supported** that excellent topic because they **wished** to know a lot about the virtual world.



Empty line!

[Watch the trailer!](#)

**Finally**, Miss Irene **is planning** to ask all the students to make the projects about their beloved games.



**Hopefully**, all children

at English Club **will enjoy** such awesome performances.



Free Guy\_ Official Trailer.mp4

# Super Synonyms!

Describe everything you see!

Instead of using  
this word...

Use one of these words...

bad

terrible, awful, horrible

big

huge, gigantic, giant, enormous

little

small, tiny, teeny, petite

happy

glad, joyful, cheerful, jolly

like

love, enjoy, adore, prefer

nice

kind, sweet, friendly, loving, cool,  
awesome

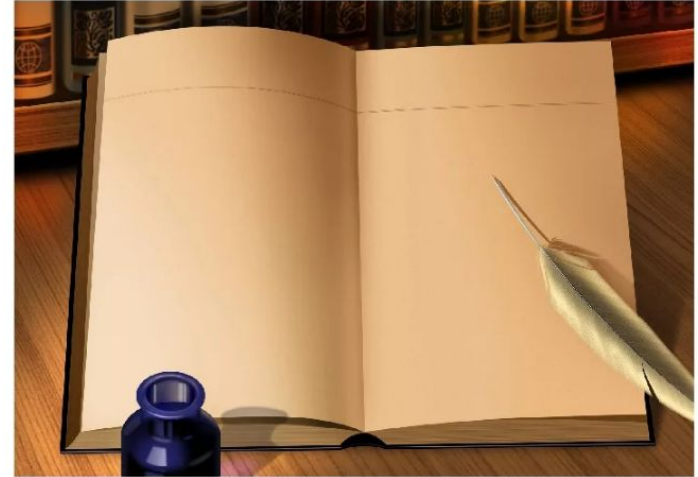
good

great, super, terrific, excellent,  
wonderful, amazing



## Your Hometask:

HOME TASK:



**Home task: Выдаётся на уроке в понедельник/ вторник/ среду:  
14.03.2022/ 15.03.2022/ 16.03.2022.**

**Сделать на среду/четверг/пятницу:  
16.03.2022/17.03.2022/18.03.2022.**

1. Workbook p.30
2. Grammar task.
3. Dictation preparation (prep.copying)!

## Vocabulary: Health Problems

**Animated!**

- 1 Match the problems (1–8) with the words in the box.

a cold   a cut   eczema   a sore throat  
sunburn   a verruca   a wart   a wasp sting

- 1 'Ow! I was eating an ice-cream and it stung me.' a wasp sting
- 2 'Mum! I've got a small dark lump on my hand! It's horrible!' a wart
- 3 'Poor thing. She can hardly talk and it's difficult to eat.' a sore throat
- 4 'Atishoo! Oh dear. Where are my tissues?' a cold
- 5 'It isn't very bad. Just a little area on my hand. I use some cream and it goes away.' eczema
- 6 'Oh, no! The knife slipped and my finger is bleeding.' a cut
- 7 'I stayed on the beach too long. My back is really red and sore now.' a sunburn
- 8 'I caught it at the swimming pool. I can't go swimming until my foot gets better.' a verruca

- 2 Complete the sentences with the correct form of the adjectives in brackets.

### Word Builder



- 1 If you have a verruca, use an antiviral cream. (viral)
- 2 I changed doctor because he was very rude and unpleasant. (pleasant)
- 3 Use antibacterial soap every time you wash your hands. (bacterial)
- 4 I can't sleep because my bed is uncomfortable. (comfortable)
- 5 Using home treatments is an inexpensive way of giving first aid. (expensive)
- 6 It's unlikely that she'll be better in time for the party. (likely)
- 7 He was in hospital with a broken leg and then he got flu. He was so unlucky. (lucky)

3 Write sentences for the pictures (1–5). Use the words in the box.

### Sentence Builder

important / wear a helmet

unhealthy / breathe other people's smoke

good for you / do yoga

healthy / drink a lot of water

dangerous / drive when you're tired



3 **It's important to wear a helmet.**



4 **It's unhealthy to breathe other people's smoke.**

1 *It's good for you to do yoga.*



2 **It's dangerous to drive when you are tired.**



5 **It's healthy to drink a lot of water.**



Teens

What is



Useful:

- helpful
- valuable
- practical
- convenient
- handy
- suitable
- healthful



Not useful:

- useless
- ineffective
- worthless
- unhelpful
- inefficient
- unimportant
- insignificant



pillow

blanket

Bedside table



decoration



curtains

shelf

Chest of drawers



Bunk bed

carpet

# Negative prefixes exercises

Упражнение 2. Допишите отрицательные приставки следующим прилагательным.

- an unfriendly look
- an uninteresting book
- an unnatural colour
- an unimportant task
- an impossible answer
- an impersonal letter
- an in definite article



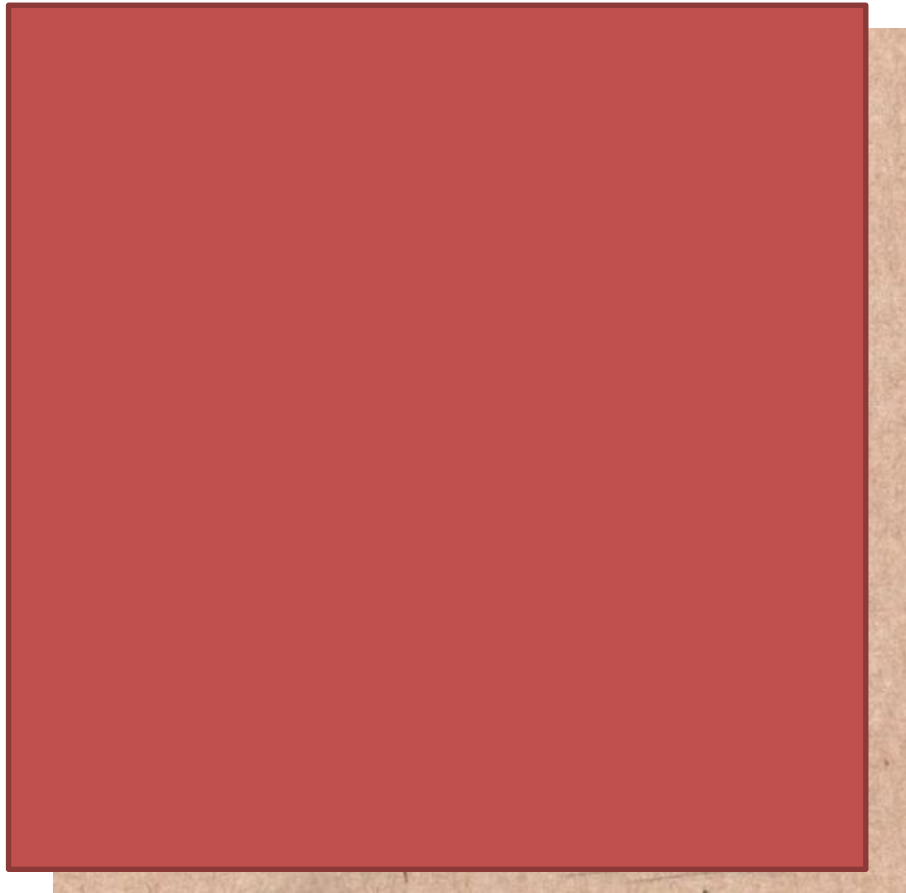
- |   |  |
|---|--|
| 1. I have a bit of cough                  | 1. Я немного кашляю                    |
| 2. A pain (in your foot/arm/back)         | 2. Боль (в ступне/руке/спине)          |
| 3. A runny nose                           | 3. Насморк                             |
| 4. Sneezing                               | 4. Чихание                             |
| 5. A sore throat                          | 5. Больное горло                       |
| 6. Drink plenty of fruit juice and water. | 6. Пить много фруктового сока и воды   |
| 7. Have an X-ray.                         | 7. Сделать рентген                     |
| 8. Take cough mixture/medicine.           | 8. Принимать сироп от кашля/лекарства/ |
| 9. Prescription for tablets.              | 9. Рецепт на таблетки                  |
| 10. Cheer up!                             | 10. Не унывай!                         |
| 11. You look a bit down.                  | 11. Ты выглядишь немного подавленным   |
| 12. I'm fed up (with).                    | 12. Я сыт по горло                     |
| 13. Big deal                              | 13. Важное событие                     |
| 14. I'm a bit under the weather           | 14. Мне что-то нездоровится            |
| 15. He can easily arrange it.             | 15. Он легко может это                 |



One day I **was a bit under the weather** because I **had a bit of cough** and **a runny nose**. I was **sneezing** all the day. Fortunately, I hadn't got **a sore throat** or **a pain in my foot, arm or back**. I went to the doctor. First of all, he told me to have an **X-ray**. He gave me **a prescription for tablets**, too. Now I **drink plenty of fruit juice and water** everyday and **take cough mixture and medicines**. In fact, **I'm fed up** with it! I look a bit down because I can't go to my favourite music band concert. It's a **big deal**! Suddenly, my friend says, "**Cheer up! I can easily arrange it!** My uncle is the drummer in the band, they can play for us in your garden tomorrow!"

Однажды мне было немного не по себе, потому что у меня был небольшой кашель и насморк. Я чихал весь день. К счастью, у меня не болело горло, не болела нога, рука или спина. Я пошел к врачу. Прежде всего, он посоветовал мне сделать рентген. Он также дал мне рецепт на таблетки. Теперь я каждый день пью много фруктового сока и воды, принимаю сироп от кашля и лекарства. На самом деле, я сыт этим по горло! Я выгляжу немного подавленным, потому что не могу пойти на концерт своей любимой музыкальной группы. Это большое событие! Внезапно мой друг говорит: «Не унывай! Я легко могу это устроить! Мой дядя - барабанщик в группе, они могут сыграть для нас завтра в вашем

**8-Draw what your teacher will tell you!!!  
Then, open the creatures and compare!!!**



# Listening





**1** Listen to two people at the doctor's. Choose the correct answer, a), b) or c).

**Speaker 1**

- 1 What is the man's problem?  
a) an allergy    b) a cold    c) a headache
- 2 What is the problem caused by?  
a) cats    b) trees    c) the weather
- 3 What does the doctor recommend?  
a) exercise    b) fruit juice    c) tablets



Track 9\_Module 3.mp3

**Speaker 2**

- 4 What has the boy got?  
a) a broken arm    b) a broken leg  
c) a broken rib
- 5 How did he break it?  
a) cycling    b) playing football    c) running
- 6 What does the doctor recommend?  
a) running    b) staying in bed    c) an X-ray



Track 10\_Module 3.mp3



**2 Listen closely** Listen and repeat these expressions. The main stresses are underlined.

- |                                     |  |
|-------------------------------------|--|
| 1 <u>What's</u> the <u>matter</u> ? | 5 I'm a <u>bit</u> under the <u>weather</u> .  |
| 2 I'm <u>fed</u> up.                | 6 I've got a <u>bit</u> of a <u>cough</u> .    |
| 3 You weren't <u>that</u> bad.      | 7 I've got a <u>terrible</u> <u>headache</u> . |
| 4 I'm <u>allergic</u> to cats.      | 8 You've got a <u>temperature</u> .            |

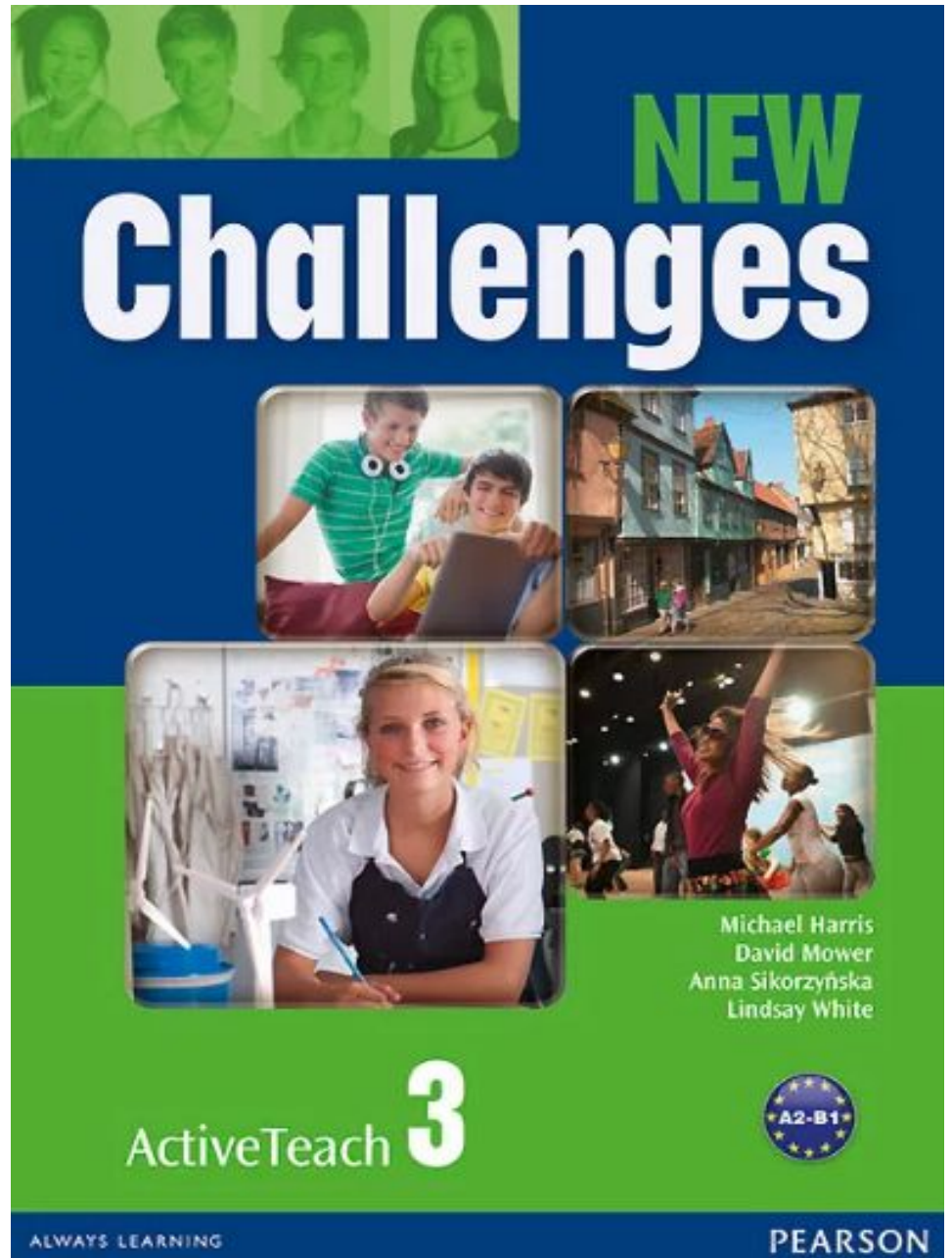
## Film: Free Guy

Watch and say if you would like to have a calm or adventurous life.



Watch the video in the special presentation!





# NEW Challenges



Michael Harris  
David Mower  
Anna Sikorzyńska  
Lindsay White

ActiveTeach **3**

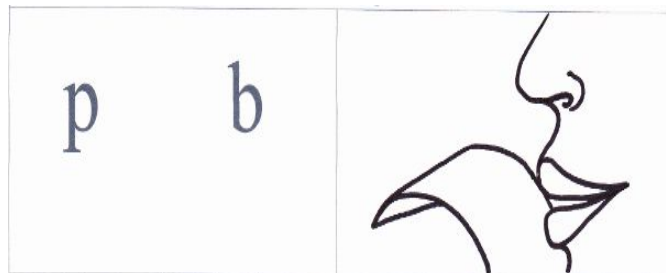


ALWAYS LEARNING

PEARSON

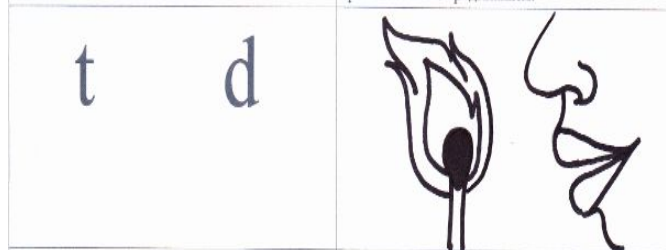
# Miss Irene's warming up before the tongue twister!

## Sherry is watching and hoping for the best!



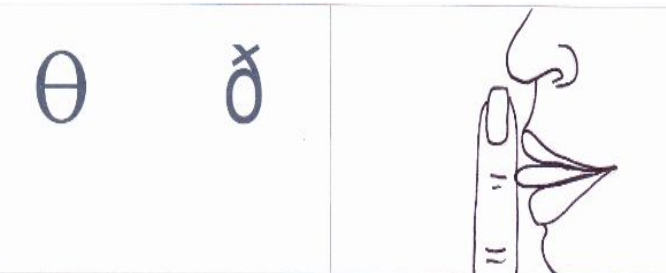
1. A small piece of paper in front of your lips should move while pronouncing.

1. К губам подносим небольшой лист бумаги, который должен отклоняться при произнесении этих звуков, так как они должны произноситься с придыханием.



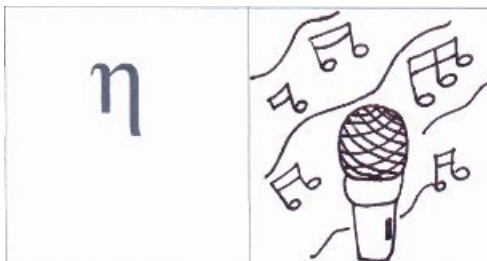
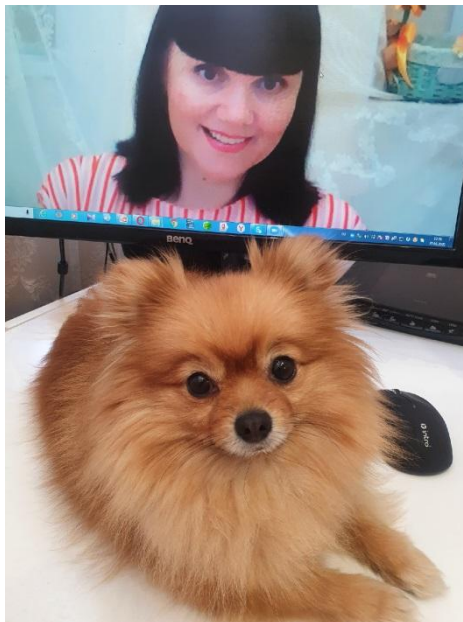
2. The flame of the match in front of your face should move while pronouncing.

2. Поднесите горящую спичку к губам. При произнесении данных звуков пламя должно колебаться.



5. Put your finger against your lips. Touch your finger with your tongue while pronouncing.

5. Приставьте палец к губам. При произнесении этих звуков язык должен касаться пальца.



16. Sing a song: "Singing"

16. Пойте песню: «Singing» При этом кончик языка прикреплен к нижним зубам, а середина изгибается к верхнему небу.



10. Growl like an English dog.

10. Сначала рычим как русские собаки, а затем как английские (для этого поднимаем язык к верхнему небу, но он там не дребезжит.)



12. Opened windows make the sounds: "wə-wə-wi: wa:wu:"

12. Хлопают незакрытые окна (Вытянули губы уточкой, затем резко их открыли, произнеся звук.)



13. Feel the air on your palm.

13. Почувствуйте дыхание на ладони перед губами.

# Tongue twisters

Purple Paper People, Purple Paper People, Purple Paper People

Betty bought some butter but the butter was bitter, so Betty bought some better butter to make the bitter butter better.

I wish to wish the wish you wish to wish, but if you wish the wish the witch wishes, I won't wish the wish you wish to wish.

She sells sea shells by the sea shore.  
The shells she sells are surely seashells.  
So if she sells shells on the seashore,  
I'm sure she sells seashore shells.

I thought a thought.

But the thought I thought wasn't the thought I thought I thought.



**3** Read and listen to the dialogue and check your guesses from Exercise 2. What treatment does the doctor recommend?

*Matt and Jasmin are working out in the gym.*

**Jasmin** What's the matter, Matt? You look a bit down.

**Matt** I'm fed up. I'm not good enough to be in the dance class.

**Jasmin** You weren't that bad. You shouldn't worry so much. Cheer up! There's a trip to the coast this weekend!

**Matt** Big deal.

**Jasmin** Hey, that's a nasty cough.

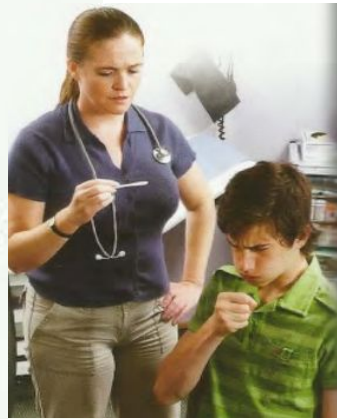
**Matt** Yeah, I'm allergic to cats! But seriously, I'm a bit under the weather.

**Jasmin** Well, why don't you go to the doctor?

**Matt** I'm too busy to go.



08. Άϊðĩæèà 8.mp3



**Jasmin** Don't be silly. Doug can easily arrange it.

**Matt** Okay, I'll ask him.

*Matt goes to the doctor's that evening.*

**Dr** So, what can I do for you?

**Matt** Well, I've got a bit of a cough. And I've got a sore throat and a terrible headache.

**Dr** Okay, I'll take your temperature ... mm, that's quite high. You've got a bad cold. You shouldn't go out for a day or two. And you should drink plenty of water and fruit juice. Here's a prescription for some cough mixture and tablets. You've got to take two tablets three times a day.

**Matt** Okay, thank you.

**Dr** Not at all.

# Games with the ball or balloons



4 Look at the Sentence Builder.

### Sentence Builder

I'm	(not) good enough to be
He's	in the dance class.
We're	too busy to go.

## too and enough

After **too** and **not ... enough** we can use the to-infinitive or for + noun / pronoun

- \* He's **too young** to go to work.
- \* He's **not old enough** for the job.
- \* These jeans are **not clean enough** to wear to the party.

5 Now make similar sentences. Use the cues.

1 I / tired / go out

*I'm too tired to go out.*

2 he / ill / do the exam

3 I / old / drive a car

4 this maths problem / hard / do

5 I / tall / play basketball

6 the bag / heavy / carry

7 he / fit / run a marathon



Grammar competition!

B) Match.

- 1) Susan is - <sup>g</sup> -- to go out.  
She is over ninety.
- 2) She - <sup>i</sup> -- to drive a car.
- 3) We have - - <sup>b</sup> - money. We can buy it.
- 4) You cannot carry it. It is - <sup>a</sup> - - .
- 5) These shoes are - <sup>f</sup> - - . I can't afford them.
- 6) The weather is - - - - <sup>p</sup> to swim.
- 7) He is - <sup>l</sup> - - to eat himself.
- 8) She is - - - - <sup>m</sup> to run.
- 9) We are - - - - <sup>e</sup> . There is nothing to do at home.
- 10) It is - <sup>o</sup> - - to go out.
- 11) I have - - <sup>n</sup> - to have breakfast.
- 12) She isn't - - - - <sup>i</sup> to tell the truth.
- 13) It is - - - - <sup>k</sup> to find the candle.
- 14) She is - <sup>d</sup> - - to play every musical instrument.
- 15) The city is - - - - <sup>h</sup> to live.
- 16) The weather is - - <sup>c</sup> - . I'm freezing cold.

Animated!

- ~~a) too heavy~~
- ~~b) enough~~
- ~~c) too cold~~
- ~~d) talented~~
- ~~enough~~
- ~~e) too bored~~
- ~~f) too~~
- ~~expensive~~
- ~~g) too old~~
- ~~h) too~~
- ~~crowded~~
- ~~i) honest~~
- ~~enough~~
- ~~j) too young~~
- ~~k) too late~~
- ~~l) old enough~~
- ~~m) too tired~~
- ~~n) enough~~
- ~~time~~
- ~~o) too dark~~
- ~~p) warm~~
- ~~enough~~



# FIND THE ODD WORD

- 1 boots – trainers – socks – high heels
- 2 jeans – shorts – shoes – trousers
- 3 warm – hot- chilly – mountain
- 4 market – beach – mall – stands
- 5 cheese – milk – yoghurt – salmon
- 6 cherries – watermelon – grapes - lettuce

9 Look at the diagram below. Use the Speaking Help to prepare for the roleplay.

### Roleplay in pairs!

Doctor **One table of medicine!** Patient

Say hello. Ask what the problem is.  
*Hello. What can I do for you?*

Describe how you feel.  
*Well, doctor, I've got a sore throat.*

Ask another question.  
*Have you got a headache?*

Give more information.  
*Yes, I have. And ...*

Recommend some treatment.  
*Okay. You've got flu. You should take these tablets twice a day. And you've got to drink lots of water.*

Say thank you.  
*Thank you very much, doctor.*

**Symptoms:** a cough an earache a headache  
a high temperature a pain (in your foot/arm/back)  
a runny nose sneezing a sore throat  
a toothache

**Treatment:** drink plenty of fruit juice and water  
have an X-ray stay in bed for a day or two  
take cough mixture/medicine/tablets

## Key Expressions: At the Doctor's

What can I do for you? *D*

I've got a bit of a cough.

I've got a terrible headache.

You've got a cold.

You should drink plenty of water.

You shouldn't go out for a day or two.

You've got to take two tablets three times a day.



## How to describe the picture (in general)

1. Describe the central person (using who... and **Present Continuous**):

- **In the picture I can see a boy who is standing** in the street and **shouting** at birds.

2. Describe the person starting with his head, then the clothes (using **Present Continuous**):

- He **has got** blond hair, blue eyes and a big mouth.

- **The boy is wearing** a green cap, a blue T-shirt, gray trousers and gray trainers.

3. Describe the picture around the central person:

- **In the background I can notice** a father with two daughters.

- **In the foreground I can't miss** lots of birds.

- **On the left there are** also many birds.

- **On the right there is** a very funny pigeon.

4. Think and speak about the central person again

(using the phrases: **to my mind**, **in my opinion**, **I think**, **I suppose**, **I imagine**, **as for me**):

- The boy is shouting because he is afraid of the birds around him.

- **To my mind**, he is very nervous.

5. Answer the teacher's questions if you have them.



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## Informal letter

Dear .....,

Thanks a lot for your letter. It was great to hear about your chance to go to the cinema !

In your letter you ask me about ...  
As for me,...Also,...By the way,...Moreover,...  
(Write about **all** asked points.)

Sorry, I have to do my homework.

Write back soon.

Take care, \Best wishes,

.....

Greeting,

Thanking for the letter.  
Reacting to the news.

Answer the questions.

Explain why you finish the letter.

Write back soon.

Goodbye,

X

Dear Stan,

Thanks a lot for your letter. It was great to hear about your wish to have a pet!

In your letter you ask me about animals you can have. I think you can get a dog because they are real friends. Also, you can take part in competitions with your pet or you play together in your garden.

Personally, I recommend you to take a dog in an animal shelter. Pets in the shelter are very unhappy and they need love and care.

I have no pet but I dream about having a dog. I would play, feed, walk out in a park and visit a vet with my pet regularly .

Anyway, you should decide yourself. I hope I helped you to get it. Sorry, I have to do my homework now.

Write back soon.

Best wishes,

Nick

*... I'm thinking about getting a pet. They seem like a lot of fun and it would be great to have one around the house to play with.*

*... What kind of pet do you think I should get and why? ... Where should I get a pet from - an animal shelter or a pet shop? ... How do you take care of a pet? ...*

Greeting,

Thanking for the letter.  
Reacting to the news.

Answer the questions.



Explain why you finish the letter.

Write back soon.

Goodbye,

X





You have 30 minutes to do this task.

You have received a letter from your English-speaking pen friend Stan.

*... I'm thinking about getting a pet. They seem like a lot of fun and it would be great to have one around the house to play with.*

*... What kind of pet do you think I should get and why? ... Where should I get a pet from - an animal shelter or a pet shop? ... How do you take care of a pet? ...*

Write him a letter and answer his 3 questions.

Write 100-120 words. Remember the rules of letter writing.





# MY PLAY TIME



**THANK  
YOU  
FOR  
YOUR  
ATTENTION**

## Your Hometask:

HOME TASK:



**Home task: Выдаётся на уроке в среду/четверг/пятницу:  
16.03.2022/17.03.2022/18.03.2022.**

**Сделать на понедельник/ вторник/ среду:  
21.03.2022/ 22.03.2022/ 23.03.2022.**

- 1. Presentation "My favourite computer game".**
- 2. Workbook p.32-33**
- 3. Learn our story.**
- 4. Finish your letter.**

## Project “My favourite computer game”

Picture 1: Why I like games.

Picture 2: My favourite game (What it is about.)

Picture 3: My wishes to other gamers.



**Make 3 pictures and bring them or send in VK!!!**

Most teenagers need about 8.5 to nine hours of sleep each night. Unfortunately, though, many teenagers don't get enough sleep.

### Why don't teenagers get enough sleep?

Recent studies show that teenagers sleep in a different way from adults or children. During the teenage years, the body's biological clock changes. Most teenagers' bodies tell them to go to sleep late at night and wake up later in the morning. These changes happen when teenagers' lives are very busy. They need to do well at school but they have things to do like sports and after-school clubs as well. Most schools start early and so some teenagers only get six or seven hours of sleep a night.

### Why is sleep important?

Studies show that 20% of students fall asleep in class, and scientists say that lost sleep is linked with lower grades. Also, not sleeping affects teenagers' performance in sports. It can create feelings of sadness and depression, too.

### How can I get more sleep?

**Go to bed at the same time** This tells your body that it's time for sleep. Waking up at the same time every day also helps to create a sleep routine. Follow your routine even at weekends.

**Exercise regularly** Scientists believe that exercising in the late afternoon can help you to sleep. Don't exercise just before bedtime, though.

**Avoid caffeine, smoking and alcohol** Don't have drinks that contain caffeine after four p.m. Cigarettes and alcohol in the evening can also cause you to wake up during the night.

**Relax your mind** Avoid action movies or scary TV shows just before bed. Reading books with complicated stories can also prevent sleep.

1 Why don't teenagers get enough sleep?

- a) They go to bed very late.
- b) They wake up late.
- c) They need a different sleep routine from other people.



**Turn off bright lights** Light tells the brain that it's time to wake up. Turning off bright lights (including computer screens!) can help your body to relax.

**Don't sleep in the day** Sleeping more than thirty minutes during the day may stop you going to sleep later.

**Check your bedroom** People sleep best in a cool, dark room. Close your curtains and turn down the temperature in your bedroom. Turn off noisy gadgets like CD players and TVs.

3 What two things should teenagers do?

- a) exercise in the evening and get up later at weekends
- b) exercise in the afternoon and go to bed at the same time every day
- c) exercise in the afternoon and go to bed later at weekends
- d) exercise in the evening and go to bed at the same time every day

4 What three things shouldn't teenagers do?

- a) drink coffee, turn off the TV, turn down the heating
- b) drink coffee, turn off bright lights, close the curtains
- c) drink coffee, sleep for more than half an hour in the day, watch horror films

ough eaache headache  
high temperature pain in his arm  
runny nose sore throat toothache

- 1 He's got a *cough* \_\_\_\_\_.
- 2 She's got \_\_\_\_\_.
- 3 He's got a \_\_\_\_\_.
- 4 She's got a \_\_\_\_\_.
- 5 He's got a \_\_\_\_\_.
- 6 She's got a \_\_\_\_\_.
- 7 He's got \_\_\_\_\_.
- 8 She's got a \_\_\_\_\_.

**2** Cross out the words that are not possible.

- 1 be *overweight* / *tired* / *stress*
- 2 drink *fruit juice* / *medicine* / *water*
- 3 go to *bed* / *in hospital* / *the doctor*
- 4 have *exercise* / *an x-ray* / *a meal*
- 5 stay *in bed* / *at home for a day or two* / *to hospital*
- 6 take *a good diet* / *medicine* / *tablets* / *cough mixture*

## Useful Language

- 3** Replace the underlined words in the dialogue with the words in the box.

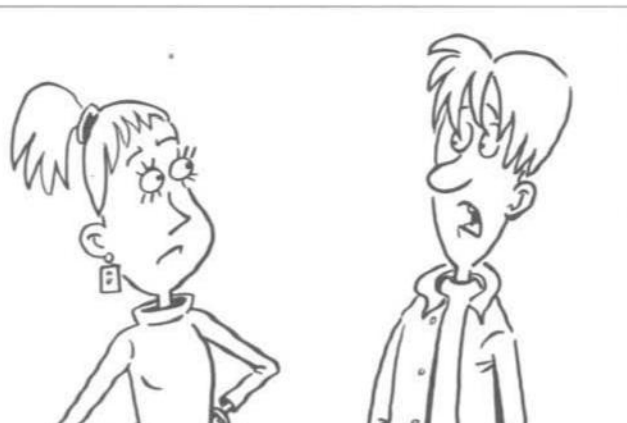
Big deal Cheer up fed up  
matter that bad

- matter*
- A What's the <sup>1</sup>problem?
- B I'm <sup>2</sup>not very happy.
- A Why?
- B I wasn't good enough in the match today.  
I didn't score.
- A You weren't <sup>3</sup>so awful. The other team were  
very fast.

- 1 You're only fifteen. You aren't  
*old enough* to get married.
- 2 I've got flu. I'm \_\_\_\_\_ to go to  
school.
- 3 It's 40°C. It's \_\_\_\_\_ to sunbathe.
- 4 She needs to train harder. She isn't  
\_\_\_\_\_ to win the race.
- 5 I need to go to bed. I'm \_\_\_\_\_  
to watch TV.
- 6 That box is very heavy. You aren't  
\_\_\_\_\_ to lift it.

## Your Turn

- 5** Complete the sentences to make them true for you.
- 1 I'm not old enough to \_\_\_\_\_.
  - 2 It's too expensive for me to \_\_\_\_\_.
  - 3 It's too cold in the winter in my town to  
\_\_\_\_\_.
  - 4 The weather today isn't good enough to  
\_\_\_\_\_.
  - 5 I'm too busy to \_\_\_\_\_ today.



One day I **was a bit under the weather** because I **had a bit of cough** and a **runny nose**. I was **sneezing** all the day. Fortunately, I hadn't got **a sore throat** or **a pain in my foot, arm or back**. I went to the doctor. First of all, he told me to have an **X-ray**. He gave me **a prescription for tablets**, too. Now I **drink plenty of fruit juice and water** everyday and **take cough mixture and medicines**. In fact, I'm **fed up** with it! I look a bit down because I can't go to my favourite music band concert. It's a **big deal**! Suddenly, my friend says, "**Cheer up! I can easily arrange it!** My uncle is the drummer in the band, they can play for us in your garden tomorrow!"



C1

You have 30 minutes to do this task.

You have received a letter from your English-speaking pen friend Stan.

*... I'm thinking about getting a pet. They seem like a lot of fun and it would be great to have one around the house to play with.*

*... What kind of pet do you think I should get and why? ... Where should I get a pet from - an animal shelter or a pet shop? ... How do you take care of a pet? ...*

Write him a letter and answer his 3 questions.

Write 100-120 words. Remember the rules of letter writing.







### Word Building Continued

Noun	Adjective
adventure	adventurous
aggression	aggressive
archaeologist	archaeological
art/artist	artistic
athletics	athletic
beauty	beautiful
biology/biologist	biological
botany/botanist	botanical
classic	classical
danger	dangerous
domination	dominant
education	educational
electricity	electric
energy	energetic
evidence	evident
expense	expensive
extinction	extinct
fame	famous
fashion	fashionable
friend	friendly
fun	funny
geology/geologist	geological
height	high
history	historical
importance	important
logic	logical
medicine	medical
monotone	monotonous
mood	moody
music	musical

### Opposites

antibacterial	inconsiderate	uncomfortable
antiviral	incorrect	unfair
impatient	incredible	unfit
impolite	inexpensive	unhappy
impossible	inexperienced	unhealthy
	invisible	uninhabited
		unkind
		unknown
		unlikely
		unlucky
		unnecessary
		unpleasant
		untidy
		unusual

## A Souvenir from Paris



You are on holiday with a friend in Paris.



Discuss the best gift to bring back to your brother and sister.



## Is it dangerous to be on a diet? Why

To express opinion:

1. In my opinion ...
2. I believe ...
3. It seems to me ...
4. The way I see it ...
5. From my point of view ...
6. Personally I believe that ...
7. I feel strongly that ...
8. It seems to me that ...

