



HELLO  
FRIENDS

# Other ways to say : **Happy**

Dz Page

## ● **Delighted**

The doctors say they are **delighted** with her progress.

## ● **Glad**

He was **glad** to see someone that he knew.

## ● **Thrilled**

He's **thrilled** at the idea of going to Disneyworld.

## ● **Pleased**

I'm **pleased** I passed my exam.

## ● **Ecstatic**

The crowd were **ecstatic**, and cheered wildly.

## ● **Elated**

We were **elated** to find out Sue was pregnant again.

## ● **Overjoyed**

She was **overjoyed** when she found out that her son was safe.



# Ways to say you are sad

**unhappy**  
**sorrowful**  
**melancholy**  
**depressed**  
**miserable**  
**down**  
**heartbroken**  
**blue**  
**gloomy**  
**wretched**



# Other ways to say : **Happy**

Dz Page

## ● **Delighted**

The teachers were **delighted** that they are making progress.

## ● **Glad**

He was **glad** to see someone that he knew.

## ● **Thrilled**

She was **thrilled** at the idea of going to the new world.

## ● **Pleased**

I'm **pleased** that I passed my exam.

## ● **Ecstatic**

The crowd were **ecstatic** when they cheered with joy.

## ● **Frustrated**

We were **frustrated** to find out Sue was pregnant again.

## ● **Overjoyed**

She was **overjoyed** when she found out that her son was safe.



# Ways to say you are sad

unhappy  
worried  
melancholy  
depressed  
miserable  
down  
heartbroken  
blue  
gloomy  
wretched



A spiral-bound notebook with a white cover and lined pages is the central focus. The notebook is open to a page with the words "HOMEWORK CLUB" written in large, bold, orange capital letters. The background is a vibrant, abstract collage of green and orange shapes, including stylized trees, clouds, and geometric patterns. The notebook is positioned slightly to the left, and the spiral binding is visible at the top.

# HOMEWORK CLUB

# Grammar

## Future forms

- 1 Complete the sentences with the correct form of the verbs in brackets to talk about intentions, predictions or arrangements.
  - 1 We ..... *'re going to make* ..... (make) a cake for Sarah's birthday. INTENTION
  - 2 I ..... (play) football with Sam at 3 p.m. tomorrow. ARRANGEMENT
  - 3 My brother thinks your team ..... (win) the championship. PREDICTION
  - 4 My dad ..... (take) me and my friends to my favourite restaurant for my birthday. INTENTION
  - 5 We don't expect George ..... (come) to the party. PREDICTION
  - 6 A new café ..... (open) next week near my school. ARRANGEMENT

## Modals

2 Complete the sentences with *is*, *are*, *isn't* or *aren't*.  
Then choose the correct meaning.

- 1 Students ..... required to inform the school by 9 a.m. if they will be absent.  
students *can* / *must* inform the school
- 2 It ..... forbidden to take photos here.  
you *don't have to* / *mustn't* take photos
- 3 It's very important to remember that students ..... permitted to talk during the exam.  
students *can't* / *shouldn't* talk
- 4 It ..... necessary for you to go by train – I can drive you there.  
you *can't* / *don't have to* go by train
- 5 No one ..... allowed in the science labs without permission from a teacher.  
you *can't* / *don't have to* go in the science labs



**3 Choose the correct word to complete the sentences.**

- 1** You *need / must* put all paper in the recycling bin.
- 2** You *don't have to / mustn't* use your mobile phone in class.
- 3** Our teacher says we *may / could* borrow school sports equipment at weekends.
- 4** Students *should / need* do at least one sports activity every week.
- 5** I know some of you haven't finished your essays yet, but remember you *don't have to / can't* hand them in until Monday.
- 6** We *must / might* go cycling later – we haven't decided yet.

# Vocabulary


1 Complete the sentences with the correct form of the words in brackets.

- 1 .....~~Frozen~~..... (freeze) vegetables don't taste as nice as fresh ones.
- 2 The people in Japan have one of the .....  
(health) diets in the world.
- 3 Every school should have a ..... (fit)  
programme for students.
- 4 ..... (cook) is an important skill that everyone  
should learn.
- 5 Eating too much chocolate is very ..... (health).
- 6 My brother is very ..... (fit) – he doesn't do any  
exercise.
- 7 Some vegetables need to be ..... (boil) before  
you can eat them.
- 8 You shouldn't eat too much ..... (fry) food  
because it's very bad for you.

**2 Complete the phrasal verbs with go with the correct preposition.**

back for up on down away

- 1** My uncle and aunt have gone ..... on holiday for two weeks.
- 2** This morning I got up and then went ..... to bed because I felt sick.
- 3** My dad's always complaining about the price of petrol going .....
- 4** I don't know whether to go ..... the soup or the salad.
- 5** If you don't succeed at first – don't give up. You must go ..... trying.
- 6** The number of people watching TV is going ..... because people are spending more time online.



FOOD

# VEGETABLES



spinach



fennel



cauliflower



cabbage



broccoli



artichoke



celery



peas



beans



horseradish



asparagus



chick peas



corn



leek



lettuce



eggplant (AM)  
aubergine (BE)



green beans



carrot



mushroom



beetroot



squash



cucumber



potato



garlic



onion



radish



tomato



marrow



bell pepper (AE)  
sweet pepper (BE)



hot pepper

# FRUITS



orange



mandarin



grapefruit



lemon



lime



kiwi



pineapple



pomegranate



avocado



pomelo



coconut



melon



banana



pear



peach



plum



quince



apricot



watermelon



cherry



blueberry



apple



strawberry



grape



fig



pitaya (dragon)



papaya



raspberry

**6** Match the questions and answers.  
Then ask and answer the questions  
with a partner.

- 1** What's your favourite food?
  - 2** Do you know how to cook?
  - 3** Who's the best cook in your family?
  - 4** What food do you miss most when you're away from home?
- a** My mum does most of the cooking and she can cook all kinds of food really well. But my dad is very good at barbecues. He does the best steaks. So both my parents can cook very well.
- b** I can only make fried eggs. I've tried making cakes, but they're not very good.
- c** When I'm staying at a friend's house or when I'm on holiday, I can't wait to get home and have some of the bread my grandmother makes. It's really good.
- d** I like all kinds of food, but I definitely couldn't live without chocolate.

### Exam tip


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.

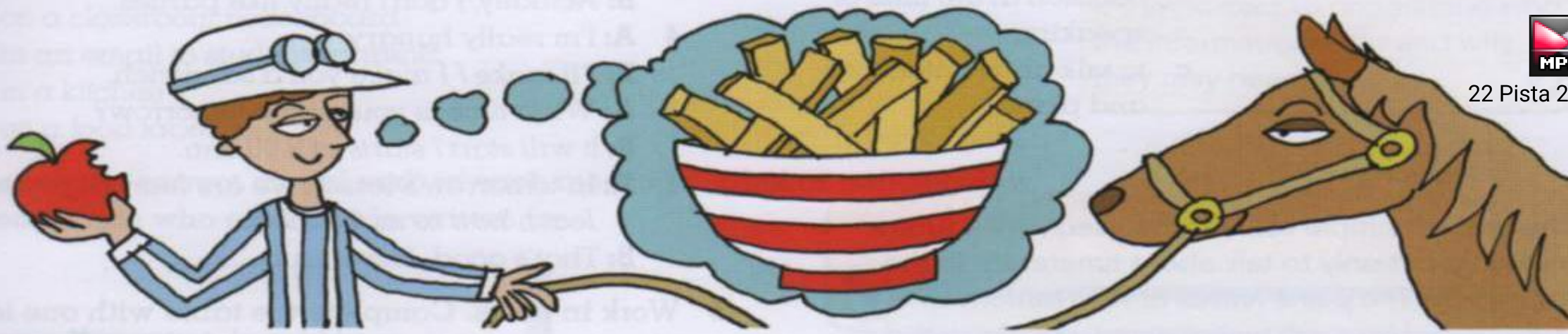
chips fried egg 53 2007 fruit 55  
ice cream knee shoulder 2009

- 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?

Playtime

The word "Playtime" is written in a playful, hand-drawn font. Each letter is a different color: 'P' is red, 'l' is yellow, 'a' is green, 'y' is blue, 't' is orange, 'i' is purple, 'm' is pink, and 'e' is light green. The 'l' is a simple vertical bar. A white bear is sitting on the 'a'. A drum with musical notes is to the left of the 'P'. A paper airplane is flying above the 'i'. A ball with stars is to the right of the 'e'.

# FAST FOODS AND SANDWICHES



donut



muffin



bagel



bun



danish/pastry



biscuit



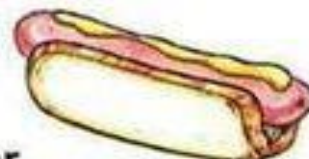
croissant



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



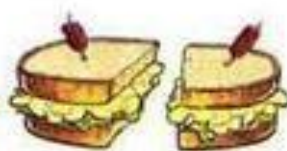
iced tea



milk



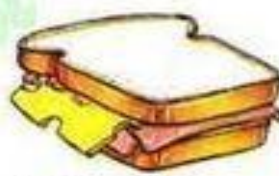
tuna fish sandwich



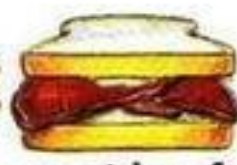
egg salad sandwich



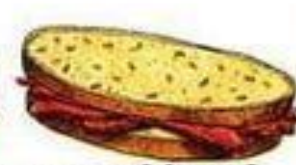
chicken salad sandwich



ham and cheese sandwich



roast beef sandwich



corned beef sandwich



BLT sandwich  
(bacon, lettuce and tomato sandwich)



white bread



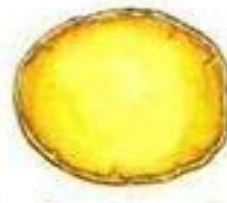
rye bread



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>b</b> to make predictions (often after verbs such as <i>expect, promise, hope, etc.</i> ) or to make a decision at the time of speaking |
| <b>3</b> the present continuous | <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?

- 4 Choose the correct verb form to complete the dialogues.



- 1 **A:** I promise you'll love / you're loving eating insects.  
**B:** I hope you're right!
- 2 **A:** Can you give this book to Ellis?  
**B:** No problem. I see / I'm seeing him tomorrow.
- 3 **A:** I hope you're having / you'll have fun tonight.  
**B:** Actually, I don't really like parties.
- 4 **A:** I'm really hungry.  
**B:** I'll make / I make you a sandwich.
- 5 **A:** What time is your exam tomorrow?  
**B:** It will start / starts at 9.00 a.m.
- 6 **A:** In tomorrow's lesson we are learning / we'll learn how to make soup.  
**B:** That's good. I love soup.

- 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.



**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.

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.

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.



- |                      |                   |                    |                   |
|----------------------|-------------------|--------------------|-------------------|
| 0 <b>A</b> means     | <b>B</b> explains | <b>C</b> results   | <b>D</b> appears  |
| 1 <b>A</b> for       | <b>B</b> by       | <b>C</b> with      | <b>D</b> on       |
| 2 <b>A</b> must      | <b>B</b> should   | <b>C</b> can       | <b>D</b> could    |
| 3 <b>A</b> only      | <b>B</b> just     | <b>C</b> even      | <b>D</b> besides  |
| 4 <b>A</b> way       | <b>B</b> method   | <b>C</b> reason    | <b>D</b> aim      |
| 5 <b>A</b> consist   | <b>B</b> get      | <b>C</b> find      | <b>D</b> contain  |
| 6 <b>A</b> regarding | <b>B</b> between  | <b>C</b> without   | <b>D</b> besides  |
| 7 <b>A</b> wait      | <b>B</b> stay     | <b>C</b> remain    | <b>D</b> last     |
| 8 <b>A</b> good      | <b>B</b> able     | <b>C</b> available | <b>D</b> familiar |
| 9 <b>A</b> have      | <b>B</b> will     | <b>C</b> do        | <b>D</b> are      |
| 10 <b>A</b> if       | <b>B</b> whenever | <b>C</b> until     | <b>D</b> so       |

# FOOD & DRINKS

