

# Contents

	Lessons	Vocabulary	Grammar	Skills	
	<b>Welcome</b> pp. 4-5				
Unit 1 (My free time & everyday life)	<b>1</b> pp. 6-7	I've got a new hobby! (an email)	Free time activities & hobbies	Present Simple (✓-x-?) Adverbs of frequency	Speaking Writing Project my weekends
	<b>2</b> pp. 8-9	Is he skiing? (Tech Game 1)	Sports	Present Continuous (✓-x-?)	Everyday English inviting someone and accepting/refusing Listening English Sounds similar-sounding words
	<b>3</b> pp. 10-11	Great athletes, lucky routines! (an article)	Sports equipment	Present Simple vs Present Continuous	Speaking Writing Project my favourite athlete
	<b>4</b> pp. 12-13	Films for the weekend (a website)	Types of films	Stative verbs	Everyday English choosing a film Listening
	<b>5</b> pp. 14-15	What's your new school like? (a chat)	School life	Prepositions of place	Speaking Writing Project my class
	<b>6</b> pp. 16-17	Wonder kids (an article)	Education	Articles	Listening Game
	<b>7</b> pp. 18-19	How responsible are you? (a quiz)	Character	Past Simple: regular verbs (✓-x-?)	Speaking Writing Project four things I did yesterday
	<b>8</b> pp. 20-21	A difficult day at school (a diary page)	Feelings	Past Simple: irregular verbs (✓-x-?)	Everyday English talking about good/bad news Listening English Sounds the "ght" sound
	<b>9</b> pp. 22-23	The chest in the attic (a dialogue)	Appearance	used to (✓-x-?)	Speaking Writing Project four things I used / didn't use to do when I was five years old
	Unit 2 (Appearance & character)	<b>10</b> pp. 24-25	Find the thieves! (Tech Game 2)	Clothes	Past Continuous (✓)
<b>11</b> pp. 26-27		Grandma's garden (a story)	Accessories	Past Continuous (✓-x-?)	Speaking Writing Project my clothes and accessories at a fancy dress party
<b>12</b> pp. 28-29		A city for children (a chat on the phone)	Jobs	Past Simple vs Past Continuous	Listening Game
<b>13</b> pp. 30-31		This is very hard! (a dialogue & a video)	Face & body	can (✓-x-?) / could (✓-x-?)	Speaking Writing Project things I could/couldn't do five years ago
Unit 3 (Health & technology)	<b>14</b> pp. 32-33	Rules for good health (a poster)	Health problems	must (✓-x-?) / have to (✓-x-?)	Everyday English at the doctor's Listening English Sounds silent letters
	<b>15</b> pp. 34-35	You're great doctors! (Tech Game 3)	First-aid kit	may (✓-x-) / should (✓-x-?)	Speaking Writing Project four things my friend should/shouldn't do when he/she is sick
	<b>16</b> pp. 36-37	Lessons will be fun! (an article)	Computer parts	Future Simple (✓-x-?)	Everyday English leaving a message on the phone Listening
	<b>17</b> pp. 38-39	It's going to be a great trip! (a programme for a trip)	Technology	be going to (✓-x-?)	Speaking Writing Project my next weekend
	<b>18</b> pp. 40-41	If Dad finds out, ... (a dialogue)	The Internet	First Conditional	Listening Game

	Lessons	Vocabulary	Grammar	Skills	
Unit 4 (Home & food)	<b>19</b> pp. 42-43	Set me free! (Tech Game 4)	In the house	The comparative degree of adjectives	Speaking Writing Project my dream castle
	<b>20</b> pp. 44-45	It's the most boring chore of all! (a dialogue)	Chores	The superlative degree of adjectives	Everyday English agreeing / disagreeing Listening English Sounds /s/ & /ʃ/
	<b>21</b> pp. 46-47	Special home appliances and gadgets (TV ads)	Home appliances & gadgets	Adverbs of manner	Speaking Writing Project my favourite home appliance/gadget
	<b>22</b> pp. 48-49	Any ideas for healthy snacks? (a forum)	Snacks	too / enough	Everyday English ordering food on the phone Listening
	<b>23</b> pp. 50-51	"Meals for all" (a poster)	Food	Countable & uncountable nouns	Speaking Writing Project my Sunday lunch
	<b>24</b> pp. 52-53	Your mum will love it! (a chat)	Cooking	Quantifiers How many ...? / How much ...?	Listening Game
Unit 5 (Holidays)	<b>25</b> pp. 54-55	A trip to Brazil (a travel blog)	Holiday activities	Present Perfect Simple: regular verbs (✓)	Speaking Writing Project a place I would like to visit
	<b>26</b> pp. 56-57	I need your help! (a chat)	Holiday equipment	Present Perfect Simple: regular verbs (✓-x-?)	Everyday English asking for and giving information Listening English Sounds the silent "e"
	<b>27</b> pp. 58-59	The desert island (Tech Game 5)	Survival	Present Perfect Simple: irregular verbs (✓)	Speaking Writing Project four things I have done today
	<b>28</b> pp. 60-61	My first flight! (an email)	On the plane	Present Perfect Simple: irregular verbs (✓-x-?)	Everyday English asking for and giving directions Listening
	<b>29</b> pp. 62-63	Our trip is amazing! (two postcards)	Sights	Past Simple vs Present Perfect Simple	Speaking Writing Project three famous sights in my country
	<b>30</b> pp. 64-65	In the streets of the world (an article)	Around the city	Relative pronouns & clauses	Listening Game
Unit 6 (Our planet)	<b>31</b> pp. 66-67	Tippi of Africa (an article)	Wild animals	Full & bare infinitives	Speaking Writing Project my favourite wild animal
	<b>32</b> pp. 68-69	How close to nature are you? (a quiz)	Outdoor activities	Gerund	Everyday English making suggestions Listening English Sounds /ɪ/ & /i:/
	<b>33</b> pp. 70-71	The magic of nature (a documentary)	Nature	Question tags	Speaking Writing Project a place of natural beauty
	<b>34</b> pp. 72-73	Help the tree grow! (Tech Game 6)	Protect the environment	Passive Voice: Present Simple (✓)	Everyday English asking for and giving advice Listening
	<b>35</b> pp. 74-75	Recycling art (an article)	Materials	Passive Voice: Past Simple (✓)	Speaking Writing Project a paragraph about recycling
	<b>36</b> pp. 76-77	Tech, you're here! (a dialogue)	Oceans & continents	Indefinite pronouns	Listening Game

p. 78	Extra oral practice	pp. 79-97	Culture Trips & Life Skills	pp. 98-101	Christmas lesson
p. 102	Irregular verbs	p. 103	Οδηγίες χρήσης του i-book		

### Teacher's notes

pp. 104-105	Lesson plan	pp. 106-109	Listening transcripts	pp. 110-139	Quizzes & Tests
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# Lesson 3

## Great athletes, lucky routines!

Reading



- 1 Listen and read a sports article on Daniel's tablet about some famous athletes. What special routines have they got?

### Great athletes, LUCKY routines!

Great athletes always train hard before competitions. But some of them have also got special lucky routines. They think that these routines can help them win. Let's see some of them:

#### { Rafael Nadal

This is the famous tennis player Rafael Nadal. Look! In this picture, he is entering the court. Tennis players usually enter the court with their rackets in their bags, but Rafael always enters the court with his rackets in his hand. He thinks that this routine brings him luck.



#### Michael Phelps }

Michael Phelps is one of the best swimmers in the world. In this picture, he is getting ready for a competition. He is wearing his goggles, his swimming cap and ... his headphones! Michael loves listening to his favourite music before a competition because that's his lucky routine.



#### { Cristiano Ronaldo

Cristiano Ronaldo is a football star. Cristiano always looks nice in matches and he wears trendy football boots. But he also gets a new lucky haircut before a match because he thinks it can help him win!



Maybe lucky routines sometimes help, but of course, these athletes are great because they train very hard every day.

## 2 Read again and answer the questions.

1. What do great athletes do before competitions?  
**They (always) train hard.**
2. What sport does Rafael Nadal play?  
**tennis**
3. How do tennis players usually enter the court?  
**with their rackets in their bags**
4. What does Michael Phelps love doing before a competition?  
**He loves listening to his favourite music.**
5. What type of shoes does Cristiano Ronaldo wear for a match?  
**(trendy) football boots**

## 4 Which of these athletes do you like? Why? Tell the class.



## Speaking

### 5 Work in pairs. Look at the pictures and say what is wrong using the Present Continuous and the Present Simple, as in the example.



1. Rose / swim - wear / a helmet

Rose is swimming and she is wearing a helmet.  
We don't wear a helmet when we swim.



2. Joe / play tennis - wear / football boots

3. Adam / do athletics - wear / a swimming cap



4. Hugo / do gymnastics - wear / goggles



5. Mary / row - use / rackets

## 3 Fill in with words from the text.

1. Some athletes have got special \_\_\_\_\_ **lucky** \_\_\_\_\_ routines.
2. Rafael Nadal always enters the court with his rackets in his \_\_\_\_\_ **hand** \_\_\_\_\_.
3. Michael Phelps is one of the best \_\_\_\_\_ **swimmers** \_\_\_\_\_ in the world.
4. Cristiano Ronaldo gets a new \_\_\_\_\_ **haircut** \_\_\_\_\_ before a match.

## Ideas



- ▶ be a famous tennis player
- ▶ be one of the best swimmers in the world
- ▶ be a football star
- ▶ wear trendy football boots

## Writing Project

### 6 Find a picture of your favourite athlete and write about him/her.

My favourite athlete is ...

He/She plays football / does athletics / is a swimmer / ...

In this picture, he/she ... and he/she is wearing ...

I like him/her because he/she ...



# Lesson 9

## The chest in the attic

### Reading



1 Listen and read a dialogue between Daniel and Vicky. What do they find in the attic?

It's autumn and it's getting cold, so Daniel and Vicky are looking for their boots in the attic. Suddenly, they find a strange chest.

1

**Daniel:** What's all this mess? Where are our boots?

**Vicky:** Hmm ... Maybe they are in this chest.

**Daniel:** Wow! Whose are all these things?

**Vicky:** They're Grandpa and Grandma's old things!

2

**Vicky:** Look at these photos! This is Grandma! She was very beautiful. She is chubby now, but she used to be slim when she was young. And she used to have long straight hair.

**Daniel:** And Grandpa used to have long hair, too! Ha ha! Also, he used to have a beard and a moustache.

3

**Vicky:** Oh, an old letter!

**Daniel:** Wow! Grandpa wrote it to Grandma many years ago!

**Vicky:** Did people always use to write letters in the past?

**Daniel:** Yes, they did. They didn't use to send emails or messages.

4

**Daniel:** And what about this book?

**Vicky:** Oh! It's Grandma's diary! She used to write in a diary, like me!

**Daniel:** Hmm ... Let's read it!

**Vicky:** No, Daniel. It's not right! You can't read other people's diaries!

5

**Vicky:** And look! An old Frisbee!

**Daniel:** It isn't a Frisbee, Vicky! It's a record. People didn't use to have tablets or mobile phones in the past. So they used to listen to music on these records.

6

**Vicky:** And they used to wear funny sunglasses!

**Daniel:** And strange shirts! Ha ha!

## 2 Read again and answer the questions.

- Where are Daniel and Vicky?  
**in the attic**
- Is Grandma slim now?  
**No, she isn't.**
- Did Grandpa use to have a beard when he was young?  
**Yes, he did.**
- When did Grandpa write the letter to Grandma?  
**many years ago**
- Is there a Frisbee in the chest?  
**No, there isn't.**

## 3 Mark the sentences with T (True) or F (False).

- Grandma used to have long curly hair when she was young. **F**
- Daniel and Vicky read Grandma's diary. **F**
- People used to listen to music on records in the past. **T**
- Daniel and Vicky find some clothes in the chest. **T**

## 4 What do you think was different in the past? Tell the class.



Ideas



“

- ▶ listen to music on records
- ▶ wear different/strange clothes
- ▶ not have tablets/mobile phones
- ▶ not send emails/messages

”

## Speaking

- 5 Work in pairs. Ask and answer about what your partner used to do when he/she was five years old and tick (✓) the boxes, as in the example.

Did you use to ride a bike when you were five years old?

Yes, I did.

My partner:

name \_\_\_\_\_

- |                |                                     |
|----------------|-------------------------------------|
| ride a bike    | <input checked="" type="checkbox"/> |
| watch cartoons | <input type="checkbox"/>            |
| play with toys | <input type="checkbox"/>            |
| go to bed late | <input type="checkbox"/>            |
| cry a lot      | <input type="checkbox"/>            |
| have a tablet  | <input type="checkbox"/>            |



## Writing Project

- 6 Write about four things you **used** or **didn't use to do** when you were five years old.

When I was five years old, I used to ...

Also, I ... and ...

But I didn't use to ...



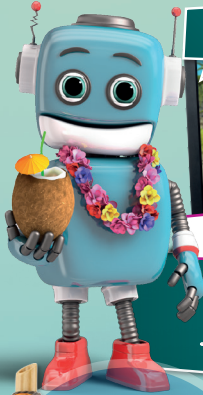
# Lesson 27

## The desert island

### Reading



1 Listen and read about Tech Game 5. What has happened to the players?



Let's play "Tech"!

Game 5

You've got lost on a desert island. Follow the steps and survive.



1

**Daniel:** We're lost, Vicky! What are we going to do?

**Vicky:** I don't know. Hey! What's that on the sand?

**Daniel:** It's an old piece of paper with the steps we have to follow!

**Vicky:** What does the first step say?

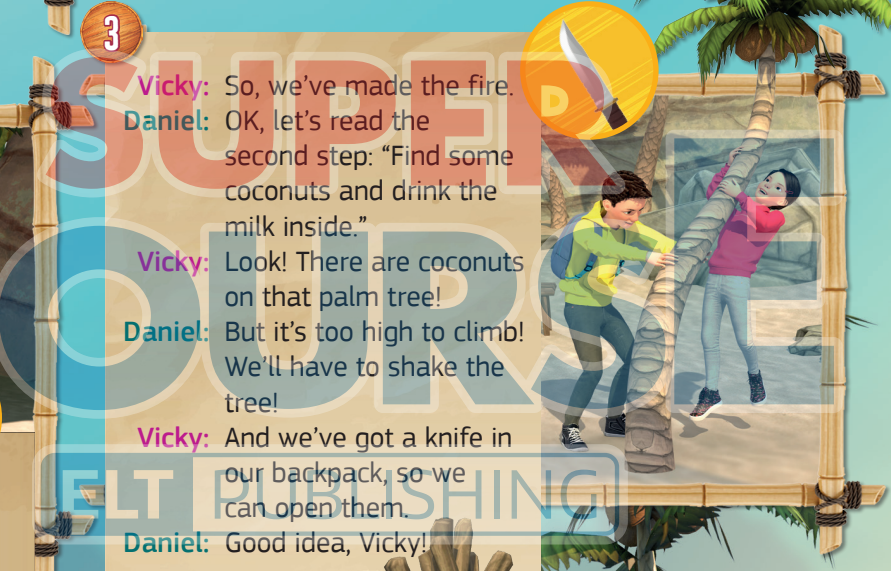


2

**Daniel:** "Make a fire."

**Vicky:** Hmm ... We've got some matches in our backpack, but we also need some sticks and logs.

**Daniel:** There are sticks and logs over there! Quick, let's make the fire!



3

**Vicky:** So, we've made the fire.

**Daniel:** OK, let's read the second step: "Find some coconuts and drink the milk inside."

**Vicky:** Look! There are coconuts on that palm tree!

**Daniel:** But it's too high to climb! We'll have to shake the tree!

**Vicky:** And we've got a knife in our backpack, so we can open them.

**Daniel:** Good idea, Vicky!



4

**Vicky:** I've never drunk coconut milk! It's very sweet and tasty!

**Daniel:** Mmm ... Yes! Come on! Let's read the last step: "Build a shelter."

**Vicky:** OK. There are some branches and leaves here.

**Daniel:** And we've got a rope, so we can tie them together.



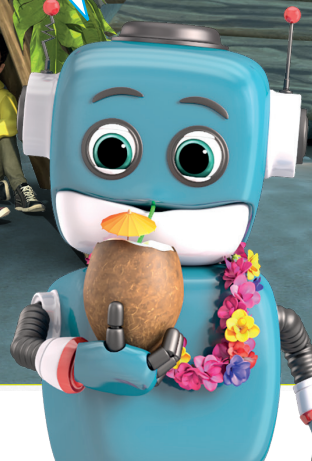
5

**Vicky:** We've built a nice shelter, Daniel!

**Daniel:** Great! Well, I think we've done everything! Oh! Look!

6

Congratulations, children! You win!



## 2 Read again and answer the questions.

- Where do the players find the steps to survive?  
on an old piece of paper (on the sand)
- Why can't Daniel climb the palm tree?  
Because it's too high (to climb).
- What do the players have to do to get some coconuts?  
They have to shake the palm tree.
- Does Vicky like coconut milk?  
Yes, she does.
- Why do the players need the rope?  
To tie the branches and leaves together (and build a shelter).

## 4 Imagine you've got lost on a desert island. What would you need to survive? Tell the class.



I would need branches, leaves and a rope to build a shelter.

## 3 Which items do the players have in their backpack and which do they find on the island? Put the words from the box in the correct column.

knife	leaves	coconuts	logs
branches	matches	sticks	rope

**A. backpack**

- knife
- matches
- rope

**B. island**

- leaves
- coconuts
- logs
- branches
- sticks

### Ideas



- ▶ matches, sticks and logs - make a fire
- ▶ a knife - open coconuts
- ▶ branches, leaves and a rope - build a shelter
- ▶ a water bottle - drink water
- ▶ a fishing rod and worms - catch fish

## Speaking

### 5 Work in pairs. Look at the picture and say what Peter has already done.

- ▶ make a fire
- ▶ find coconuts
- ▶ catch fish
- ▶ build a shelter
- ▶ collect logs



Peter has already made a fire.

He has ...

## Writing Project

### 6 Write about four things you have already done today.

I have already ... and ...

Also, I ...

Finally, I ...

Monday

- finish my homework ✓
- visit my grandparents ✓
- make a sandwich ✓ 😊

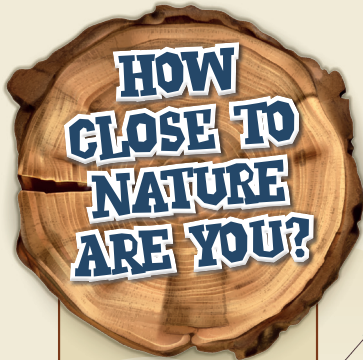


# Lesson 32

## How close to nature are you?

### Reading

1 Listen and read a quiz Daniel is doing in a magazine. Then, do the quiz and find out how close to nature you are.



Read and fill in the stars.



I don't agree.



I partly agree.



I agree.

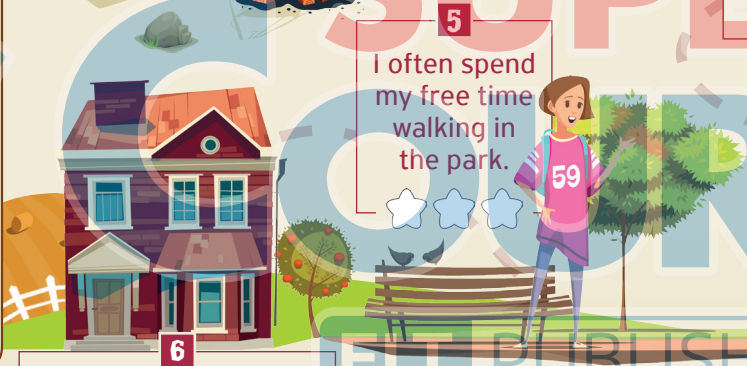
1 Camping is my favourite type of holiday.  
☆☆☆

2 I enjoy doing outdoor activities, like mountain biking.  
☆☆☆



3 Having a picnic in the forest is more exciting than having dinner at a restaurant.  
☆☆☆

5 I often spend my free time walking in the park.  
☆☆☆



4 I hate staying at home at weekends.  
☆☆☆

6 I think that living in the countryside is better than living in a city.  
☆☆☆



7 I like trying new activities, like horse riding or birdwatching, because I love animals.  
☆☆☆

8 I'm interested in learning about nature.  
☆☆☆



9 I often go hiking or climbing with my family on my holidays.  
☆☆☆

10 I prefer playing team sports outdoors to playing computer games.  
☆☆☆



### Results

Now, count the stars that you have filled in:

#### 25-30 stars:

You are a very active person and you like spending time outdoors. You love nature and you know a lot about it! Well done! Caring about nature is very important for both yourself and our planet!

#### 14-24 stars:

Not too bad. You aren't very close to nature, but you are interested in it, and you sometimes enjoy being outside. You should try to get close to nature more often! Why don't you start a new outdoor activity?

#### 10-13 stars:

You aren't interested in nature at all! Why don't you try to spend some time in the countryside? We are sure that this way, you will be healthier, stronger and happier!

## 2 Match the sentences with the words from the quiz.

- |  |              |                |
|--|--------------|----------------|
| 1. The activity of staying in a tent, usually for a holiday.     | <u>  b  </u> | a. hiking      |
| 2. The activity of going for a walk outdoors.                    | <u>  a  </u> | b. camping     |
| 3. An area outside cities or towns with lots of trees and farms. | <u>  d  </u> | c. picnic      |
| 4. A place which you visit to have meals.                        | <u>  e  </u> | d. countryside |
| 5. A meal which you usually have outdoors.                       | <u>  c  </u> | e. restaurant  |

## 3 Tell the class about how close to nature you are.



I'm very close to nature. I love nature and I know a lot about it.

ideas



- ▶ be an active person
- ▶ love nature and know a lot about it
- ▶ enjoy spending time outdoors
- ▶ sometimes enjoy being outside
- ▶ be good/bad at doing outdoor activities
- ▶ prefer staying at home

## Everyday English

making suggestions

- 4 Listen to the following dialogues. Then, work in pairs and act them out changing the words in red.

- How about going **camping** in summer?

- That's a great idea! **Camping** is fun!

- Why don't we go **hiking** today?

- Sorry, but I don't feel like going **hiking**.



## Listening

- 5 Listen to the dialogues and tick (✓) the correct picture.

1. What will Jamie and Kate probably do at the weekend?



2. What did Brenda enjoy the most about her trip?



3. Which activity do both Mary and Oscar like doing?



## English Sounds

- 6 Listen and repeat. Are the sounds different?

/ɪ/  
live  
it  
ship  
sit

/i:/  
leave  
eat  
sheep  
seat



# Culture Trip

# 3



## Vocabulary

1. national εθνικός
2. landing προσγείωση
3. the Netherlands Ολλανδία
4. go through διασχίζω
5. from the inside από μέσα
6. through μέσα από
7. statue άγαλμα
8. scuba diving κατάδυση

- 1 Look at the pictures. What can you see in these museums?
- 2 Listen and read about some amazing museums around the world.

## AMAZING MUSEUMS AROUND THE WORLD



When people visit museums, they can see exhibitions and learn about science, art or history. But in some countries, there are really special and interesting museums. Let's "visit" some of them.

### National Air and Space Museum



If you like planes and spaceships, you will enjoy the National Air and Space Museum in the USA! There, you can learn a lot about the history of planes. Actually, you can see the first plane in the world in this museum! Also, you can visit exhibitions about space and find out about the first landing on the Moon and an astronaut's life in space.



the first plane

### Corpus Museum



If you want to find out how your body works, Corpus in the Netherlands will be a great museum for you. Actually, the museum building is like a man's body! When you enter it, you go through all the parts of the body, and you see what they look like from the inside. You enter the museum through the knees and go out through the head!



### MUSA



MUSA is a very special museum in Mexico. There, people can see an art exhibition of about 500 big statues under the sea! You can enjoy this amazing exhibition from a special boat or you can go scuba diving. The great thing about it is that fish and plants can live on or in the statues!

So, next time you travel to Mexico, the Netherlands or the USA, you should visit these museums! We're sure you will have a great time!



### 3 Correct the mistakes in the sentences.

1. The National Air and Space Museum is in ~~Mexico~~.  
the USA
2. You can see the first ~~spaceship~~ in the world in the National Air and Space Museum. ~~plane~~
3. The Corpus Museum building looks like a ~~fish~~.  
man's body
4. You can enter the Corpus Museum through the ~~head~~.  
knees
5. There are about 500 ~~planes~~ in MUSA.  
statues

### 4 Which of these museums would you like to visit? Why? Tell the class.

I would like to visit the National Air and Space Museum because I like planes and spaceships.

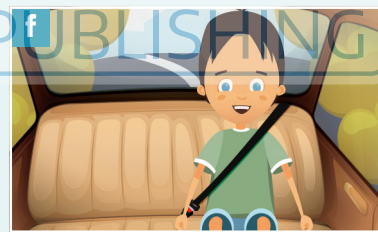
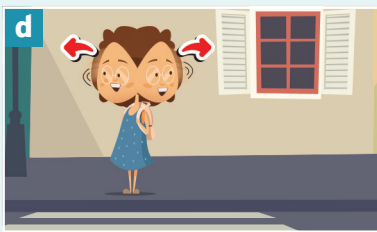
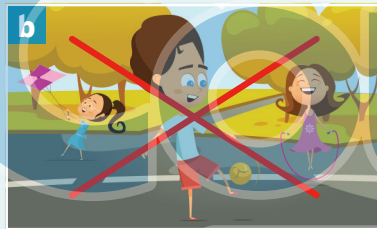
### Vocabulary

- |   |                                       |                                   |
|---|---------------------------------------|-----------------------------------|
| 1. behaviour συμπεριφορά                                    | 5. line ουρά, σειρά                   | 9. seat belt ζώνη ασφαλείας       |
| 2. push σπρώχνω   | 6. cross the street διασχίζω το δρόμο | 10. in the middle of στη μέση του |
| 3. I'm in a hurry βιάζομαι                                  | 7. throw πετάω                        | 11. pavement πεζοδρόμιο           |
| 4. get off κατεβαίνω/αποβιβάζομαι (από λεωφορείο/τρένο κλπ) | 8. rubbish σκουπίδια                  |                                   |

### 1 Mark the sentences with R (Right) or W (Wrong).

- |   |                            |  |                            |
|---|----------------------------|--|----------------------------|
| 1. I sometimes push others on the street when I'm in a hurry. | <input type="checkbox"/> W | 3. I wait in line to buy my bus ticket.      | <input type="checkbox"/> R |
| 2. I wait for passengers to get off the bus before I get on.  | <input type="checkbox"/> R | 4. I help an old person to cross the street. | <input type="checkbox"/> R |
|   |                            | 5. I throw my rubbish on the street.         | <input type="checkbox"/> W |

### 2a Look at the pictures and describe what you can see.



### 2b Now, draw an X on the pictures which show wrong behaviour on the street.

### 2c Match the rules with the pictures.

- |  |                            |   |                            |
|--|----------------------------|---|----------------------------|
| 1. Wear your seat belt when you are in the car.                | <input type="checkbox"/> f | 4. Look left, right, then left again before you cross the street. | <input type="checkbox"/> d |
| 2. Don't look at your phone while you are crossing the street. | <input type="checkbox"/> e | 5. Cross the street at a zebra crossing.                          | <input type="checkbox"/> a |
| 3. Don't play in the middle of the street.                     | <input type="checkbox"/> b | 6. Don't ride a motorbike without a helmet.                       | <input type="checkbox"/> c |

### 3 Discuss the following in class.

### THINK AND TALK

- Which rules do you follow when you are on the street?
- Which is the safest place for children to play?
- Imagine that someone throws your ball into the middle of the street. What will you do?



## Project Time

- Look at Derek's poster about behaviour on the street. Then, make a poster like Derek's and present it in class.

# BEHAVIOUR ON THE STREET

Stop, look left, right, then left again, and then cross the street.

Be careful and don't use your phone while you are crossing the street.

Turn on your lights when you cycle at night.

Walk on the pavement.

**REMEMBER!**  
Help older people or young children when they need it.

Wait in line to get on the bus.

Don't throw rubbish on the street.

**BE SMART! BE HELPFUL! BE SAFE!**

### Project Tip

When you present your project, remember to smile and be positive!