

# Contents

	Reading	Vocabulary	Grammar	Listening	Speaking	Vocabulary	Grammar	Writing
<b>1</b> Who am I? p5	reading for main ideas; <b>multiple choice with one text</b>	countries and nationalities; numbers and dates	present simple; adverbs of frequency; question words	listening to instructions; <b>gap fill</b>	giving details about yourself; <b>interview</b>	family	present continuous; writing the missing words; <b>open cloze</b>	focusing on accuracy; completing a form
<b>Live well, study well:</b> making friends; be yourself								
<b>2</b> All dressed up p17	finding specific information; <b>multiple matching</b>	clothes and colours	past simple; <i>used to</i>	identifying the correct answer; <b>multiple choice with five conversations</b>	giving a description of a friend; <b>interview</b>	adjectives to describe people	past continuous	writing about personality; including all the points; <b>writing an email</b>
<b>Video:</b> A taste of India								
<b>3</b> Getting technical p29	thinking about context; <b>multiple choice with six texts</b>	technology; compound nouns; <b>multiple-choice cloze</b>	present continuous for future plans and arrangements	choosing the correct picture; <b>multiple choice with picture options</b>	talking about technology; discussion with a partner; <b>picture discussion</b>	adjectives to describe technology	prepositions; choosing the correct preposition; <b>open cloze</b>	important information; checking your work; <b>writing a note</b>
<b>Live well, study well:</b> managing screen time; how social media makes us feel								
<b>4</b> Eat it up p41	reading for detail; <b>multiple choice with one text</b>	food	<i>be going to; will</i>	understanding what to listen for; <b>multiple choice with one conversation</b>	ordering food in a restaurant; describing a picture; <b>picture description and questions</b>	cooking and measurements	countable and uncountable nouns; quantifiers	using adjectives; using short forms, punctuation and greetings; <b>writing an email</b>
<b>Video:</b> It was delicious!								
<b>5</b> Home sweet home p53	answering negative questions; <b>multiple matching</b>	houses and parts of a house	present perfect simple; <i>already, just; (not) yet; ever, never; for and since</i> ; identifying what type of word is missing; <b>open cloze</b>	identifying details; <b>matching</b>	describing your room; <b>interview</b>	furniture; verbs with prepositions; <b>multiple-choice cloze</b>	possessives	reasons and results; planning how to connect your ideas; <b>writing a story</b>
<b>Live well, study well:</b> eat well: food for thought; improve your diet								
<b>6</b> City life p65	the purpose of a text; <b>multiple choice with six texts</b>	places in a town	demonstratives; <i>one and ones</i>	listening for days, times and numbers; <b>gap fill</b>	giving directions; <b>picture discussion</b> ; answering questions from the examiner	tourism, sightseeing and entertainment; prepositions of movement	articles	adding and contrasting information; planning your answers; <b>writing answers to three questions</b>
<b>Video:</b> Orangutan nests								
<b>7</b> Time to relax p77	looking for phrases with the same meaning; <b>multiple matching</b>	free-time activities	zero conditional; first conditional	listening for examples; <b>matching</b>	talking about free-time activities; choosing a topic; <b>topic discussion</b>	music; using prepositions; deciding which answers are wrong; <b>multiple-choice cloze</b>	verb patterns; writing the correct verb form; <b>open cloze</b>	expressing opinions; planning your ideas; <b>writing an email</b>
<b>Live well, study well:</b> get fit, feel well; exercise and the brain								
<b>8</b> Ready, steady, go! p89	checking the answer options; <b>multiple choice with six texts</b>	sport; sports equipment; sports people	modals of obligation and necessity	listening for numbers, dates and prices; <b>gap fill</b>	talking about sport; giving your opinion; <b>opinion task</b>	parts of the body; health problems	<i>can, could and may; should / shouldn't</i>	describing an event; using the correct tense; making notes; <b>writing an article</b>
<b>Video:</b> Climbing El Capitan								
<b>9</b> Good work! p101	dealing with unfamiliar words; <b>multiple matching</b>	jobs; choosing the correct verb; <b>multiple-choice cloze</b>	relative pronouns	words that show a change; <b>multiple choice with picture options</b>	talking about jobs; using tenses correctly; <b>interview</b>	school subjects	adverbs; writing the correct determiner; <b>open cloze</b>	advantages and disadvantages; planning your time; <b>writing a short essay</b>
<b>Live well, study well:</b> finding happiness; the science of happiness								
<b>10</b> Getting there! p113	finding words with opposite meaning; <b>multiple choice with one text</b>	transport (nouns)	the passive: present simple	listening for clues; <b>multiple choice with five conversations</b>	travel; talking about advantages and disadvantages; <b>advantages and disadvantages task</b>	transport (verbs)	the passive: past simple	conjunctions: <i>before, after and while</i> ; adding extra details; <b>writing a story</b>
<b>Video:</b> The dinosaur hunter								
<b>11</b> Right as rain p125	comparing words in the texts and options; <b>multiple choice with six texts</b>	weather	comparatives	listening for negative verbs; <b>multiple choice with picture options</b>	talking about weather and seasons; answering yes / no questions and giving more details; <b>conversation task</b>	extreme weather; weather collocations; recognising common phrasal verbs; <b>multiple-choice cloze</b>	superlatives; writing the correct grammar words; <b>open cloze</b>	describing a trip; using different tenses; ordering events and adding interest; <b>writing an article</b>
<b>Live well, study well:</b> problem solving; learn from your mistakes								
<b>12</b> What a wonderful world! p137	answers summarising parts of a text; <b>multiple choice with one text</b>	places in the countryside and points of the compass	ordering adjectives	listening to how speakers respond; <b>multiple choice with one conversation</b>	talking about food and the environment; giving reasons; <b>opinion task</b>	animals; the environment	adjectives ending <i>-ing</i> and <i>-ed</i>	helping the environment; structuring an essay; organising your ideas; <b>writing a short essay</b>
<b>Video:</b> The Grand Canyon								