Lesson 1 » What Do You Do in Your Free Time?

1. Look at the photos. Complete the activities with the words from the box.

   fishing  horse-riding  movies  woodwork  beach

   go to the  go to the  do  go

2. Complete the survey about you. Write a cross in the correct column.

<table>
<thead>
<tr>
<th>How often do you...</th>
<th>Every day</th>
<th>Once a week</th>
<th>Twice a week</th>
<th>Once a month</th>
<th>Twice a month</th>
<th>Once a year</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>go fishing?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>go to the movies?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>do chores?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>go to the beach?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>do exercise?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

3. Complete the paragraphs with the correct form of the verbs.

   1. My sister 1 _loves_ (love) reading novels. She 2 ________ (read) a lot of books all the time. She can 3 ________ (read) one book in one week, or more! Next week she 4 ________ (go) join a book club in the neighbourhood.

   2. My family and I 5 ________ (enjoy) watching movies. We 6 ________ (go) to the cinema once a week. Tomorrow we 7 ________ (go) a new film club in the city called Lumiere. We 8 ________ (go) see Blue Velvet.

   3. My mother 9 ________ (like) painting. She 10 ________ (want) to be an artist now. She can 11 ________ (paint) really well, so she 12 ________ (go) join an arts club next month.
Lesson 2 » What Are Your Hobbies?

1. Complete the table with the words from the box.

<table>
<thead>
<tr>
<th>Indoor activities</th>
<th>Outdoor activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>using the computer</td>
<td>using the computer</td>
</tr>
<tr>
<td>playing basketball</td>
<td>riding a bike</td>
</tr>
<tr>
<td>playing video games</td>
<td>swimming</td>
</tr>
<tr>
<td>reading</td>
<td>watching TV</td>
</tr>
<tr>
<td>using the computer</td>
<td></td>
</tr>
</tbody>
</table>

2. Look at Bernardo’s planner. Use the prompts to write questions and answers.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>visit grandma</td>
<td>Football practice</td>
<td>Going to cinema</td>
<td>Piano lesson</td>
<td>Board games with family</td>
<td>Fishing with dad</td>
<td>Do chores</td>
</tr>
</tbody>
</table>

1. Bernardo/play basketball/this week?
   Is Bernardo going to play basketball this week?
   No, he isn’t.

2. Bernardo/visit his grandma/this week?
   ____________________________?
   ____________________________.

3. Bernardo and his dad/fishing/this week?
   ____________________________?
   ____________________________.

4. Bernardo/do outdoor activities/this week?
   ____________________________?
   ____________________________.

5. He and his friends/play board games/this week?
   ____________________________?
   ____________________________.

6. Bernardo/guitar lessons/this week?
   ____________________________?
   ____________________________.
Lesson 3 » Playing Traditional Games

1. Read the descriptions of four traditional games. Match each name in the box to a description. There are two extra names you do not need.

hide-and-seek  hopscotch  jacks  sack race  spinning top  tag

1. In this game, one person runs after the other players to touch them. When this person touches another, he or she becomes the new person who runs after the others. **tag**

2. People jump in some big bags from a starting point to a finish line. The first to arrive wins. ____________

3. Many people can play this game. One person covers his or her eyes and counts to a specific number. The rest of the people hide in different places. When the person finishes counting he or she starts looking for the rest of the players. ____________

4. First, one person needs to draw some squares on the floor with numbers 1 to 8. People take turns to throw a little stone in every square. Then, they hop, skipping the square with the pebble. ____________

2. Think of a different game and complete the table.

<table>
<thead>
<tr>
<th>Name of game:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of players:</td>
<td></td>
</tr>
<tr>
<td>What you need to play it:</td>
<td></td>
</tr>
<tr>
<td>How to play it:</td>
<td></td>
</tr>
<tr>
<td>Benefits:</td>
<td></td>
</tr>
</tbody>
</table>

3. Write a description of the game. Use the information from the table.

The name of this game is ________________ . ________________ people can play this game.
For this game, we need ________________ .
To play this game you ________________ .
The benefits are ________________ .
Check Your Progress

Choose the correct option.

1. I ____ to piano lessons every week.
   a. goes  b. go  c. am going  d. are going
2. Sandra ____ to a book club every Monday.
   a. goes  b. go  c. am going  d. is going
3. I ____ to start French lessons next week.
   a. goes  b. go  c. am going  d. is going
4. Manuel ____ to a film club next Friday.
   a. goes  b. go  c. am going  d. is going
5. Darla loves outdoor activities, so she doesn't like going ____.
   a. shopping  c. camping  b. fishing  d. to the beach
6. Which one is NOT an indoor activity?
   a. playing video games  b. using the internet  c. watching films  d. riding a bike
7. This game uses squares with numbers 1 to 8 and a stone.
   a. tag  b. spinning top  c. jacks  d. hopscotch
8. This game needs some big bags for people to use to jump from a starting place to a finish line.
   a. sack race  b. tag  c. jacks  d. hopscotch
9. In this game, you need to be fast to pick up some items.
   a. tag  b. spinning top  c. jacks  d. sack race
10. Which one is NOT a traditional game?
    a. hide and seek  b. tag  c. jacks  d. video games

<table>
<thead>
<tr>
<th></th>
<th>Very well</th>
<th>Quite well</th>
<th>With difficulty</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vocabulary</strong></td>
<td>I can identify vocabulary related to hobbies and interests.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>I can identify vocabulary related to physical activity and free time.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Grammar</strong></td>
<td>I can use going to to talk about future plans.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Reading</strong></td>
<td>I can understand short texts about free time activities and traditional games.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Writing</strong></td>
<td>I can write summaries about people's future plans.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>I can write short paragraphs about traditional games.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Listening</strong></td>
<td>I can identify information in short conversations about people's future plans.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>I can identify information in short conversations about people's activities.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Speaking</strong></td>
<td>I can talk about different activities.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>I can talk about traditional games.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Lesson 1 » Healthy Eating

1. Write the food from the box in the corresponding space.

   apples  bananas  beans  bread  broccoli  carrots  cheese  chicken  eggs  fish  meat  milk  oil  onions  oranges  pasta  potatoes  rice  spinach  sweets  yogurt

2. Read the text and answer the questions.

   The food pyramid is a good guide to eating a healthy diet. Carbohydrates are especially good for children and athletes because they can give a lot of energy and fibre. Fruit and vegetables are really good for everyone. They can keep you healthy because they are rich in fibre, vitamins and minerals that prevent many illnesses. Fibre is necessary for good digestion. Dairy products can help you to have strong bones and teeth because they are rich in calcium. Proteins can help your muscles and brain. They are rich in iron. Iron is good for your blood and brain. Fats and sugar are not very beneficial. Some oils like olive oil is good, but too much fat and fried food is unhealthy. The same with sweets: you can only eat a few!

   1. Can you reduce illnesses eating fruit and vegetables? Yes, you can
   2. Can carbohydrates help your digestion? Yes, you can
   3. Does calcium help to produce strong bones and teeth? Yes, you can
   4. Is iron bad for your brain? No, you can
   5. Are all oils bad for your body? No, you can
   6. Are sweets good for your health? No, you can
Lesson 2 » Be Smart: Do Exercise!

1. Eating healthily is not the only way to be healthy. Match the activities with the effects.
   1. Cleaning the house
   2. Doing exercise
   3. Eating unhealthy food

      A. makes you ill.
      B. prevents allergies.
      C. helps our body work well.

2. Write sentence using can. Use the ideas in exercise 1.
   1. Cleaning the house ____________ can prevent allergies.
   2. Doing exercise ___________________.
   3. Eating unhealthy food ___________________.
   4. Being outdoors ___________________.
   5. Being indoors ___________________.

3. What sports or activities can or can't these people do? Use the words from the box.
   
   [Box: athlete baseball basketball cycling football swimming]

   1. I can't ride a bike. ____________
   2. I can run very fast. You ___________________.
   3. I can jump very high. ___________________.
   4. I can't be underwater. ___________________.
   5. I can throw the ball very far. ___________________.
   6. I can't control the ball with my feet. ___________________.

4. Think about your own abilities and complete the table. Then write full sentences about yourself.

<table>
<thead>
<tr>
<th>Can</th>
<th>Can't</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>sing</td>
</tr>
</tbody>
</table>

   1. I can't sing well, but I want to take singing lessons.
   2. I can ___________________.
   3. I can't ___________________.
   4. I ___________________.
   5. ___________________.
   6. ___________________.
1. Use the photos to answer the questions.

   1. What do you use to brush your teeth? I use a toothbrush and toothpaste.
   2. What do you use to wash your hair?
   3. What do you use to brush your hair?
   4. What do you use to smell nice?
   5. What do you use to cut your nails?

2. Complete the survey about you. Write full sentences.

<table>
<thead>
<tr>
<th>How often do you ...</th>
<th>Write full sentences using always, often, sometimes, or never</th>
</tr>
</thead>
<tbody>
<tr>
<td>have a shower?</td>
<td></td>
</tr>
<tr>
<td>brush your teeth?</td>
<td></td>
</tr>
<tr>
<td>wash your hair?</td>
<td></td>
</tr>
<tr>
<td>brush your hair?</td>
<td></td>
</tr>
<tr>
<td>cut your nails?</td>
<td></td>
</tr>
<tr>
<td>use deodorant?</td>
<td></td>
</tr>
</tbody>
</table>

3. Read about Santiago's hygiene routine. Complete the paragraph with the correct form of the verbs.

   **Lifestyle**

   Santiago **1** lives (live) in a very hot city. For this reason, he **2** has (have) a shower twice a day (sometimes three times in a day when it is very hot): in the morning before school and when he **3** arrives (arrive) home. Sometimes he **4** has (have) a shower before going to bed. He also **5** washes (wash) his hair every day because of the temperature. He only **6** brushes (brush) his teeth twice a day because he can't do it at school. In hot weather nails grow faster, so he **7** cuts (cut) his nails twice a week. So, as you can see, routines can be different for many people!
Choose the correct option.

1. Which one is **not** a vegetable?
   a. carrot  
   b. broccoli
   c. meat
   d. spinach

2. Which one is **not** a protein?
   a. fish
   b. bread
   c. chicken
   d. meat

3. Fibre is good for your **____**.
   a. digestion
   b. brain
   c. muscles
   d. respiration

4. It’s better to eat sweets **____**.
   a. once a month
   b. every day
   c. once a week
   d. twice a day

5. You can find healthy oils in **____**.
   a. hamburgers
   b. fries
   c. olive oil
   d. butter

6. A baseball player ____ can throw a ball hard.
   a. can
   b. can’t

7. A football player ____ control a ball with his feet.
   a. can’t
   b. can

8. You can use ____ to cut your nails.
   a. a hairbrush
   b. deodorant
   c. soap
   d. nail clippers

9. You need a ____ to brush your teeth.
   a. a hairbrush
   b. a toothbrush
   c. soap
   d. deodorant

10. You can wash your hands with ____.
    a. shampoo
    b. a hairbrush
    c. a toothbrush
    d. soap

---

<table>
<thead>
<tr>
<th></th>
<th>Very well</th>
<th>Quite well</th>
<th>With difficulty</th>
</tr>
</thead>
</table>
| **Vocabulary**   | I can identify vocabulary related to food.  
                  | I can identify vocabulary related to physical activity.  
                  | I can identify vocabulary related to personal care routines. |
| **Grammar**      | I can use *can* to talk about abilities and possibilities.  
                  | I can use adverbs to talk about the frequency of activities. |
| **Reading**      | I can understand short texts about daily routines and activities. |
| **Writing**      | I can write short paragraphs about routines.  
                  | I can write sentences about my abilities. |
| **Listening**    | I can identify information in short conversations about peoples’ abilities.  
                  | I can identify information in short conversations about peoples’ routines. |
| **Speaking**     | I can talk about healthy habits related to food, physical activity and personal care habits. |
Taking Care of Myself and of Other People

Lesson 1 » Getting to Know Yourself

1. Read the e-mail about Cristal and answer the questions. Write full sentences.
   1. Why is Cristal stressed?
   2. Is she doing well at school?
   3. How does she feel?
   4. What are the symptoms of her stress?
   5. What can she do?

2. Write an email to Cristal giving her advice on how to deal with her stress. You can use the ideas in the Word Bank or your own ideas.

Word Bank
- do exercise
- do something you enjoy
- meditate or pray
- organize time effectively
- spend time with people who have a positive attitude
- talk about your feelings with your parents or someone you trust

Dear Cristal,
I know your situation is difficult, but ____________

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Lesson 2 » Getting on with Others

1. Answer the questions about yourself.
   1. How do you help your mother?
   2. What do you do to help in your house?
   3. How do you help your neighbours?
   4. Do you often help other people in your school?
   5. Do you help elderly people?

2. Read the text and answer the questions.
   1. Why are many old people lonely?
   2. In your own words, what is a retirement home?
   3. What is the new practice at some retirement homes?
   4. Why is it good for students to live with elderly people?

3. Answer the questions with your own ideas.
   1. How often do you visit your grandparents?
   2. What do you think of the ideas in the text?
   3. Where do you think elderly people should live?

---

Helping the Elderly

Many old people are very lonely because they do not have families or their families do not keep in touch with them. This can cause them to get depressed. Nowadays, some elderly people live together in special places known as retirement homes or old people’s homes. For this reason, a new practice to help elderly people in old people’s homes is becoming very popular. For example, sometimes small children from kindergartens come to play with them for a few hours a day. This makes the old people very happy and, at the same time, the little children are happy to be the centre of attention. There is another option for students who need a place to live. As they are students they cannot pay high rent so instead they volunteer to help elderly people: they cook for them, get them things from the supermarket, or simply keep them company in exchange for a place to live.
Lesson 3 » It’s a Matter of Communication

1. Circle all the options which are NOT characteristics of assertive communication.
   1. Expressing what you need, want, feel or believe, in a respectful and positive way.
   2. Using aggressive or rude words.
   5. Not listening to the other person.
   6. Always saying ‘yes’ to the other person, even when you want to say ‘no’.

2. Identify examples of assertive communication. Circle all the options.
   1. I’m sorry, but I can’t do that. I don’t think it is right.
   2. Hey loser, give me my book.
   3. Are you an idiot? Do I have to repeat the same thing again?
   4. Could you please open the window?
   5. Shut up! I’m talking!
   6. I don’t want to go to your stupid party.

3. Write assertive alternatives to the sentences in exercise 2. Use the expressions in the box to help you.

Excuse me, but ...  
Could you please ...?  
Sure ..., just a minute please.  
Thank you very much/Thanks, but I’m afraid I can’t ...  
I’m sorry but ...  
I’d love to ..., but ...
Chant

I am going to the park

I am going to the park,
Do you want to come?
We can dance, we can skip,
And have lots of fun.
We can go to the cinema,
Later in the day,
Or you can come to my house
And find a game to play.

I am sorry, I would love to,
But I need to do some chores:
Do some cleaning and some cooking,
And go shopping at the stores!

I need soap and shampoo,
And some dairy products, too.
I need pasta and some fish,
To make a yummy dish.

I am going to the park ...

I am sorry, I would love to,
But I’m going to the gym,
I really like skipping,
And I want to have a swim.

I like to exercise,
It’s important to keep fit.
I also meditate,
And I try to never quit.

I am going to the park ...
module 1 // Unit 3

Reading
1. Look at the chant and circle all the actions.

Speaking
2. What suggestions and excuses do the singers make? Put them in the table.

<table>
<thead>
<tr>
<th>Suggestions</th>
<th>Excuses</th>
</tr>
</thead>
<tbody>
<tr>
<td>We can dance and skip at the park.</td>
<td></td>
</tr>
</tbody>
</table>

3. Work with a partner. Take turns to use the prompts and make suggestions and polite excuses.

| I'm ..., do you want to come?   | I'm (really) sorry, I would love to, but ...
| Do you want to ... with me?    | I'm (really) sorry, I can't because ...
| Do you fancy ....?             | I can't make it because ...
| Let's ...                      | I would love to, but .... I'm sorry. |

Do you want to go to the cinema with me?  
I'm sorry, I can't because I'm going to the park.

1 go to the cinema/going to the park
2 go dancing/cooking a meal
3 come to my house/going shopping for dairy products
4 go to the gym/meditate
5 help me clean the house/go to the gym
6 go to the park/play the guitar
7 do some chores/need to buy some fish and eggs
8 play in a band/need to buy some fish and eggs
Choose the correct option.

1. Which one is not a source of stress?
   a. parents getting divorced
   b. not having enough time
   c. having high marks
   d. parents losing their jobs

2. Which one is not a symptom of stress?
   a. horrible feeling in your stomach
   b. sweaty hands
   c. no appetite
   d. sleeping well

3. Which one is not a possible help for stress?
   a. meditating
   b. praying
   c. thinking about the problem
   d. appreciating nature

4. Which one is a way to care for other people?
   a. forgetting their birthday
   b. keeping in touch
   c. not sharing time with them
   d. not listening to them

5. Which one is an example of assertive communication?
   a. Hey! Close the door!
   b. Shut up!
   c. Could you help me, please?
   d. I can’t, I’m busy.

6. Which one can be an assertive response to: ‘Shut up!’?
   a. Close your mouth!
   b. Can you please be quiet?
   c. Please, shut up!
   d. Silence

7. Which one can be an assertive response for: ‘I can’t, I’m busy’?
   a. Forget it!
   b. No.
   c. I’m sorry, but I can’t. I have to help my mum.
   d. No way!

8. Choose an assertive negative response to an invitation to the cinema.
   a. No way!
   b. No, I can’t.
   c. Thanks, but I’m afraid I can’t.
   d. Are you crazy?

9. Which one is NOT a compliment?
   a. You can do it better.
   b. You are so smart.
   c. I love the way you dance.
   d. You’re so good at painting.

10. ‘You are one of a kind’ is_____.
    a. an invitation.
    b. an excuse.
    c. an insult.
    d. a compliment.

---

<table>
<thead>
<tr>
<th>Vocabulary</th>
<th>I can identify vocabulary related to state of health.</th>
<th>Very well</th>
<th>Quite well</th>
<th>With difficulty</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>I can identify vocabulary related to beliefs and emotions.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grammar</td>
<td>I can use assertive language.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reading</td>
<td>I can understand short texts about taking care of others.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Writing</td>
<td>I can write short paragraphs about helping others.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Listening</td>
<td>I can identify information in short conversations about stressful situations and helping other people.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Speaking</td>
<td>I can talk about ways to help others.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Lesson 1 » On Your Marks!

1. Complete the sentences with the correct adjective. Then find the adjectives in the Wordsquare.

   1. I’m **tired** because we had a hard training session this morning.
   2. Peter is really **m __ __ t __** to try his hardest in the tennis match.
   3. Maria is _x __ d to be playing her first game on the basketball team.
   4. I’m a little _c _ e. Today, we are playing the best team in the contest.
   5. Nubia is _n __ y because she didn’t score a goal this time.
   6. The Redsocks football team is really **h ____ p __**. They won the championship!
   7. The New Jersey Cats are _ __ s __ _ n ___. They lost the game!
   8. Jaime and Tim are b __ e because it is raining and the game has been postponed.
   9. She is d __ g __ because she won her volleyball game.
   10. We are s ____ because we are losing the game.

   2. How do these people feel? Write words from exercise 1 under the photos.

   **bored**
Lesson 2 » Fair Play

1. Read the biography and complete the summary.

**Life**

Zahra Nemati is a 31-year-old Iranian woman who practised Taekwondo and dreamed of competing in the Olympics, but in 2003 she was in a serious car accident and was left paralyzed. She couldn’t stand, she couldn’t jump and she couldn’t practise taekwondo anymore. This made her feel both sad and disappointed because she couldn’t continue to practise the sport she loved.

But, like many athletes, Zahra had plenty of motivation and decided to try a sport she could do in a wheelchair – she began to practise archery. Now, determined more than ever to compete at the Olympics, Zahra trained every day and was selected to represent Iran at the 2012 London Paralympics. There she became the first Iranian woman to win a Paralympic gold medal.

In 2016 Zahra carried her country’s flag at the Brazilian Paralympics in recognition of her incredible achievements. As she led the Iranian team into the Paralympic stadium everyone could see the excitement and happiness in her face.

Zahra Nemati really is an amazing person and an inspiration to the rest of us.

Zahra is an Iranian sportsperson who was 1. *paralyzed* in a car accident. She was very sad after the accident, especially as she could no longer 2. _________ Taekwondo. However, Zahra is a very 3. _________ woman, so she soon decided to start a new sport – archery.

At the 2012 London Paralympics she won a 4. _________ in archery and at the 2016 Brazilian Paralympics she was chosen to 5. _________ her country’s flag at the opening ceremony. This made her feel 6. _________ and excited. What an inspirational woman!

2. Choose the correct option.

1. *(Motivation) / Motivated* really helps people succeed. To feel *motivation / motivated* you need to set realistic goals.

2. When some people feel *irritation / irritated*, they find it hard to hide their *irritation / irritated*.

3. Sometimes when my football team loses I get *angry / anger*. My *angry / anger* doesn’t last for long, because I know they tried their best.

3. Complete the sentences about yourself.

1. The last time I felt sad was ________________________.

2. When I ________________________ I couldn’t hide my excitement.

3. I was concerned when ________________________.

4. ________________________ really motivates me.
Lesson 3 » We Are the Champions!

1. Complete the text with was/wasn't or were/weren’t.

There used to be a lot of bullying at my school and nothing was done to stop it. I used to have only one friend at school, Simon, and we bullied a lot. I was so scared that I never played football at lunch times and some days I wasn’t able to go to the toilet by myself. It really bad!

Then, one day our school introduced this amazing new bullying prevention program called KiVa. It was developed in Finland by expert psychologists. The results from their research showed that most bullies behaved badly to get attention from the people watching, who in most cases weren’t helping the victims, but making the problem worse by laughing and encouraging the bully. So we given KiVa classes where we shown how to be more empathetic and given strategies and ideas about how to stop bullying. KiVa doesn’t focus on the victim, or the bully, but instead it empowers the person watching so they can stop bullies.

Now I am really happy. Ignoring or laughing at bullying is no longer accepted at my school. Last month I was being bullied by another student and three classmates stopped him. With their support, he allowed to continue bullying me. It’s great, I don’t feel scared, so I’m happy at school.

2. Use the words in the box to complete the letter from a coach to his team.

Hi Team,

First of all I want to congratulate you all on winning the Peterson’s Basketball Trophy last night. What an energetic game!

I admired the way you played together and showed great dedication. It has been twelve long months of training. Thank you for your hard work, not everyone can show that much commitment.

And of course I really appreciate all your success. It hasn’t been easy, but as I am sure you will all agree, it was the main reason for your teamwork last night.

Coach Pedro Ramirez

3. Imagine you are the coach of a football team that won a hard game last night. Write a letter congratulating the players. Use the expressions in the box to help you.

Hi Team,

First of all I want to congratulate you all on winning the Peterson’s Basketball Trophy last night. What an energetic game!

I admired the way you played together and showed great dedication. It has been twelve long months of training. Thank you for your hard work, not everyone can show that much commitment.

And of course I really appreciate all your success. It hasn’t been easy, but as I am sure you will all agree, it was the main reason for your teamwork last night.

Coach Pedro Ramirez

Useful Expressions

Thank you for ... I admire ... I appreciate your ... I respect ... I think that you are ...
Choose the correct option.

1. I am really ____ because the game was long and hard.
   a. motivated  c. bored
   b. tired      d. happy

2. We should all be ____ about bullying.
   a. concern    c. happy
   b. concerned  d. happiness

3. She ____ at all motivated, but she still won the game.
   a. was   b. wasn’t  c. were d. weren’t

4. They were ____ because they lost the game.
   a. delighted c. disappointed
   b. motivated d. excited

5. Hard work, determination and motivation are the keys to ____.
   a. success  c. honesty
   b. responsible d. irritation

6. Which is not a good value?
   a. teamwork  c. aggressiveness
   b. respect   d. honesty

7. We are ____ because it is raining and we have nothing to do.
   a. bored   c. happy
   b. excited  d. delighted

8. She was ____ because her basketball team won.
   a. delighted c. scared
   b. disappointed d. bored

9. They ____ excited to be playing in the finals for the first time.
   a. was   b. wasn’t  c. were d. weren’t

10. When playing a sport in a team, ____ is important.
    a. sadness  c. concern
    b. fear     d. respect

---

**Check Your Progress**

**Vocabulary**
I can understand vocabulary related to feelings, emotions and social values.

**Grammar**
I can use the past tense to talk about situations in the past.

**Reading**
I can understand texts about feelings, emotions and social values.

**Writing**
I can write about feelings, emotions and social values.

**Listening**
I can understand conversations about feelings, emotions and social values.

**Speaking**
I can speak about feelings, emotions and social values.
Tell Your Story

Lesson 1 » School Trips

1. Complete the sentences with the past tense of the verbs.
   1. It **was** (be) about a man who **climbed** (climb) Mount Everest, but really nothing **happened** (happen) in the film.
   2. I **wanted** (want) to learn how to make wood boxes, but all we **made** (make) were signs with our names on them.
   3. We **visited** (visit) the castle and **swam** (swim) in the ocean. At night we **ate** (eat) delicious seafood in the old walled city.
   4. We **saw** (see) lots of fish and I **took** (take) lots of photos of sharks and strange sea animals.

2. Match the speakers to the sentences in exercise 1.
   - The trip to Cartagena was fantastic.
   - Our school trip to the aquarium was awesome.
   - Last night I went to the cinema, but the film was boring.
   - The arts workshop I took last weekend was terrible.

3. Now match the speakers to the photos.
   A. _________
   B. _________
   C. _________
   D. _________

4. Use the information from exercises 1 and 2 to answer the questions.
   1. Where did Andres go?
      __________________________________________
   2. What did he think of the trip?
      __________________________________________
   3. What did Sara think of the film?
      __________________________________________
   4. Where did Jaime go?
      __________________________________________
   5. What did he do there?
      __________________________________________
   6. What did Natalia think about the arts workshop?
      __________________________________________
Lesson 2 » Amazing People

1. Complete the biography of Rosa Parks with the past tense form of the verbs from the box.

arrest  attend  be (x2)  die  give  have  leave  live  receive  refuse  start

Rosa Parks \(^1\) \textit{was} an incredible African-American civil rights activist who \(^2\) _________ born in Alabama, USA in 1913. Rosa \(^3\) _________ school but stopped studying as a young teenager to look after her grandmother. As a child Rosa experienced discrimination because of her skin colour and \(^4\) _________ in constant fear of terrible groups like the Klu Klux Klan.

At the time, laws in America were very racist and black people \(^5\) _________ to sit in separate areas on buses away from white people. On December 1, 1955, Rosa \(^6\) _________ to give up her seat to a white man. The police \(^7\) _________ Rosa for civil disobedience and fined her $10. Her arrest \(^8\) _________ one of the largest and most successful movements against racial segregation in history and \(^9\) _________ her an iconic status in American culture.

Over the years, Rosa \(^10\) _________ many awards for her activism, including the prestigious Martin Luther King Jr. award and the Presidential Medal of Freedom. Rosa \(^11\) _________ in 2005, but \(^12\) _________ us with this message: ‘I believe we are here on the planet Earth to live, grow up and do what we can to make this world a better place for all people to enjoy freedom.’

2. Use the information in the text to answer the questions. Write full sentences.

\textbf{Yes/No Questions}

1. Was Rosa Parks a white civil rights activist?
   \textbf{No, she wasn’t. She was an African-American civil rights activist.}

2. Did Rosa Parks have an easy childhood?

3. Was Rosa Parks arrested in 1913?

4. Was the movement against racial segregation successful?

\textbf{Wh-Questions}

5. When was Rosa Parks born?
   \textit{She was born in 1913.}

6. Why was Rosa Parks arrested?

7. When did Rosa Parks die?

8. What did Rosa Parks leave us with?

   \textit{I believe we are here on the planet Earth to live, grow up and do what we can to make this world a better place for all people to enjoy freedom.’}
1. Read the blog and match the activities with the photos.

Carolina's Travel Blog

Name: Carolina G.
Date of birth: 8 June, 2001
From: Bogotá, Colombia
Holiday Destination: San Gil, Colombia

Last week we went to San Gil in Santander, Colombia and we had an awesome time. We stayed at the hotel ‘Balcony on the River’ which was fine. It wasn’t the best hotel I have stayed at, but I liked it. On Monday I went white water rafting (1_____ ) and it was fantastic. We were tired after that, so in the afternoon we slept in a hammock.

On Tuesday we visited the Parque Gallineral. The trees that we saw there were incredible. We sat under them and meditated (2______). It was such a wonderful feeling to be connected to nature.

Wednesday was our last day, so we relaxed and walked around the city. We went to the square and ate goat meat in a beautiful restaurant (3______).

I definitely recommend San Gil to anyone who loves nature and wants to have a relaxing holiday away from the busy city.

48 people reacted to this.

2. Read the answers and then complete the questions.

Use the blog entry from exercise 1 to help you.

1. Where did Carolina ________ last week?
   She went to San Gil.

2. What _________ Carolina _________ on Monday?
   She went white water rafting.

3. Where _____________________________?
   She meditated under a tree.

4. What _____________________________ on Wednesday?
   She ate goat meat.

3. Write a message for Carolina on her blog.

Jorge_2002 commented:
San Gil is a terrific place! I was there last year and I really loved it. Hey did you go to the caves near San Gil? They’re awesome!

Leave Carolina a Message
Choose the correct option.

1. My trip to Santa Marta was awesome.
   a. I really enjoys swimming in the ocean.
   b. I really enjoying swimming in the ocean.
   c. I really enjoyable swimming in the ocean.
   d. I really enjoyed swimming in the ocean.

2. What did he think about the city?
   a. He thought it was awesome.
   b. He think it was awesome.
   c. He thinking it was awesome.
   d. He has think it was awesome.

3. When ___ Rosa born?
   a. is  
   b. was  
   c. does  
   d. did

4. I didn’t like the museum. It was ____.
   a. awesome  
   b. terrible  
   c. incredible  
   d. terrific

5. We ____ the tallest building in Bogota yesterday.
   a. visit  
   b. visits  
   c. visited  
   d. visiting

6. He went to Paris.
   a. Where did he go last week?
   b. Where did he goes last week?
   c. Where does he go last week?
   d. Where does he goes last week?

7. Did Andres go to Putumayo last year?
   a. Yes, he was.  
   b. No, he wasn’t.  
   c. No, he did.  
   d. Yes, he did.

8. ____ Rosa Parks an activist?
   a. Does  
   b. Did  
   c. Is  
   d. Was

9. I ____ lots of photos on my trip last month.
   a. take  
   b. taken  
   c. took  
   d. taking

10. I loved the movie. It was ____.
    a. disgusting  
    b. terrible  
    c. tired  
    d. fantastic

---

**Vocabulary**

I can understand vocabulary related to past experiences and the life of others.

**Grammar**

I can use the past tense to talk about past experiences and the life of others.

**Reading**

I can understand texts about past experiences and the life of others.

**Writing**

I can write about past experiences and the life of others.

**Listening**

I can understand conversations about past experiences and the life of others.

**Speaking**

I can speak about past experiences and the life of others.

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Lesson 1 » Class President

1. Complete the crossword with the words from the Word Bank.

Across
4. ready to fight or use force
6. not showing good manners; opposite of 1 down
7. making someone feel sad, insulted or annoyed
8. assisting someone when they need it

Down
1. showing good manners; the opposite of 6 across
2. the ability to accept different opinions
3. showing that you think someone deserves kind and polite treatment
5. giving orders telling people what to do

2. Are these words positive or negative? Write sentences with should or shouldn’t.

1. offensive: negative

You shouldn’t be offensive.

2. aggressive: _____________________________

3. helpful: _____________________________

4. bossy: _____________________________

5. polite: _____________________________

6. respectful: _____________________________

7. rude: _____________________________

8. tolerant: _____________________________

3. Complete the text about school rules with have to or don’t have to.

Here at Mount View High School students 1 have to wear a uniform, but they 2 _________ wear a tie. If students are late or absent, they 3 _________ have a note from their parents explaining why, but they 4 _________ have a medical certificate.

Another important rule is that students 5 _________ be polite and respectful to teachers and other students. They also 6 _________ be tolerant of the different needs and opinions of other students. Students shouldn’t accept bullying of any type, either verbal or physical.
Lesson 2 » Don’t Be a Bully!

1. Complete the students’ statements about bullying at school. Use the expressions in the box to help you. Then complete the headings A– with the type of bullying; physical bullying, bullying because of prejudice or verbal bullying.

   annoying me exclude me from laugh at me offensive and hurtful push me about tolerant and respectful

   Type of Bullying: ______________________
   Things at school are really bad. The other students exclude me from playing football at lunch times. I know it’s because of my skin colour because they tell me that I look like the lady who cleans their houses. They’re really offensive. I wish people would be more tolerant and respectful. They make me feel really bad.

   Type of Bullying: ______________________
   I don’t know what to do. There is a group of boys who exclude me from lunch times. When I tell them to stop, they just laugh at me and hit me harder. I tried talking to a teacher, but nothing happened. I don’t want to go to school anymore.

   Type of Bullying: ______________________
   There are two girls who won’t stop laughing at me and calling me names. I know I should just ignore them, but it’s getting worse because they are writing messages on social media about me. I can’t escape them. They bully me at school and now they’re bullying me at home. Sometimes I just want to disappear.

3. Complete the apologies the bullies wrote to Jackson, Javier and Laura.

   1. Hi Jackson. I didn’t mean to exclude you and _________________________________. I was wrong to treat you like that. I’m really sorry!

   2. Hello Javier. I’m sorry for __________________________ and _________________________________. Can you please forgive me?

   3. Hey Laura. It wasn’t my intention to _______________________ and ________________________________ about you. I didn’t think about how it would make you feel. I apologize.
Lesson 3 » Let's Unite Against Bullying!

1. Read the article about what to do if you are being bullied and answer the questions below.

Standing Up To Bullies

Being bullied can be a horrible time in a teenager's life. That's why it is important to learn how to stand up to bullies and stop them before things get out of control.

The first thing you should do is try to solve the problem yourself. If this doesn't work, then you should talk to someone else like a parent, teacher, or a friend. You shouldn't have to face bullying alone. It's important to know that bullies want you to react. They love making you sad, angry or scared. So the best way to stop them is by not giving them the reaction they want.

Different strategies to stop a bully include:
- Walking away when a bully approaches you.
- Ignoring them by thinking about something else.
- Giving a one-line response and then walking away.

Some one-line responses include:
- 'Whatever!'
- 'Do you feel better now?'
- 'Why are you talking to me?'

Remember, when you walk away calmly, you take the power away from the bully.

Finally, if you have tried to solve the problem yourself and the bully continues to annoy you, then you should definitely tell an adult.

Talking to a parent or a teacher will not only help you solve the problem, but it will also help you feel less afraid.

Be confident, be positive, be strong and things will get better!

1. What is the first thing you should do if you are being bullied?
   ____________
   Try to solve the problem yourself.

2. What do bullies want to achieve?
   ____________

3. What is one way to stop a bully?
   ____________

4. What can you achieve by walking away calmly?
   ____________

5. If you can't solve problem out by yourself, what should you do?
   ____________

2. Your friend is being bullied at school. Write some suggestions to help him/her stop the bullying.

1. You should walk away when the bully approaches.
   ____________

2. ____________

3. ____________

4. ____________
Chant

When we hurt one another

When we hurt one another,
We feel horrible and sad.
I don’t know about you
But I don’t want to be bad.
Bullies are aggressive,
And can be very rude.
They put honest, happy people
In a really bad mood.
Try to be polite
And learn respect.
Cooperation and hard work
We really should perfect.

In two thousand and one,
I was born and life began.
I studied hard at school.
I was responsible.

Then one day I met a bully.
He was arrogant and bold.
I was very disappointed,
He was horrible and cold.

He was never happy:
He was always really sad.
I wanted to help him,
So I visited his dad.

His dad was an awesome man,
He was concerned for his son.
He made an incredible plan
So he could help everyone.

Now when his son’s at school.
He’s tolerant and delightful.
Now he cares for all his friends
And that’s how my story ends!

When we hurt one another,...
Writing
1. Work with a partner to find the adjectives in the chant. Write them in the chart.

<table>
<thead>
<tr>
<th>positive</th>
<th>negative</th>
</tr>
</thead>
<tbody>
<tr>
<td>honest</td>
<td></td>
</tr>
</tbody>
</table>

Reading
2. Read the sentence and circle the correct word.
   1 Chris is a bully. She’s **horrible**/delightful.
   2 Paddy is helpful. He’s polite/rude.
   3 My brother is lazy. He’s helpful/weak.
   4 My teacher is awesome. She’s delightful/aggressive.
   5 The girls are horrible. They’re rude/responsible.
   6 Hannah and Simon are happy. They’re sad/awesome.

Writing
3. Write advice for living a good life. Use the phrases given and some of the words from the box.

be rude  be bold  care for your friends  feel sad  be weak  be polite  be lazy
be bad  be aggressive  be horrible  be honest  feel happy  hurt people
be arrogant  learn respect  cooperate  be helpful  study hard at school
be responsible  be cold  be tolerant  work hard  be delightful

To be a good person,
you should ...
you shouldn't ...
try to ...
try not to ...
never ...
always ...
Choose the correct option.

1. Maria is ____ because she accepts the different opinions of other people.
   a. bossy  
   b. helpful  
   c. offensive  
   d. tolerant

2. Kids at school ____ respond to insults.
   a. has to  
   b. have to  
   c. doesn't have to  
   d. don't have to

3. You shouldn't be ____ to people.
   a. offensive  
   b. helpful  
   c. polite  
   d. respectful

4. The kids at school call me names at lunch time. This is ____.
   a. physical bullying  
   b. verbal bullying  
   c. cyber bullying  
   d. funny

5. If kids call you ____ names, you should tell them to stop.
   a. respectful  
   b. hurtful  
   c. bossy  
   d. helpful

6. **Polite** is the opposite of ____.
   a. bossy  
   b. tolerant  
   c. rude  
   d. respectful

7. The boys physically bully me when they ____.
   a. laugh at me  
   b. push me about  
   c. exclude me from their games  
   d. call me names

8. Which of the following is not a strategy to stop bullying?
   a. Walking away  
   b. Ignoring them  
   c. Hitting them  
   d. Responding with a one-liner

9. At many schools, kids ____ wear a uniform. Often they must wear a shirt and tie.
   a. has to  
   b. have to  
   c. doesn't have to  
   d. don't have to

10. If you are helpful, you ____.
    a. assist people  
    b. hurt people  
    c. are rude to people  
    d. respect people

---

### Check Your Progress

<table>
<thead>
<tr>
<th></th>
<th>Very well</th>
<th>Quite well</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Vocabulary</td>
<td>I can understand vocabulary related to giving suggestions about bullying and apologizing.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grammar</td>
<td>I can use <em>should/shouldn't</em> and <em>have to/don't have to</em> to give suggestions and express obligations.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reading</td>
<td>I can understand texts about bullying</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Writing</td>
<td>I can write about bullying and give suggestions to stop it.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Speaking</td>
<td>I can talk about bullying and how to stop it.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Listening</td>
<td>I can understand conversations about bullying and ways to stop it.</td>
<td></td>
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</tr>
</tbody>
</table>
Lesson 1 » Colombia: A Country of Wonders

1. Look at the pictures and complete the words.

   1.
   2.
   3.
   4.

2. Complete the text with the words from the box.

   amphibians biodiversity bird condor
   hummingbirds orchid palm tree

   Biodiversity in Colombia

   The national symbols of Colombia illustrate the country's unique biodiversity. The national tree of Colombia is the wax palm that grows in the Cocora valley in Quindio. It is the tallest in the world. Another symbol is a beautiful flower called Cattleya trianae or May flower. The national bird is the Andean condor, which is the largest flying bird in the world. There are many other interesting facts about Colombia's natural resources, for example, Colombia has a wide variety of such as the golden poison frog, the world's most poisonous animal, which lives in the Pacific rainforest of Colombia. Colombia has also confirmed the presence of the blue-bearded helmet crest, a very rare little birds were extinct, but they are living in the Sierra Nevada de Santa Marta!

3. Answer the questions about the text. Write full sentences.

   1. What is Colombia's national tree?
      
      It's a wax palm tree.

   2. What type of flower is the May flower?
      
      A beautiful flower called Cattleya trianae.

   3. What is the largest flying bird in the world?
      
      The Andean condor.

   4. What is the main characteristic of the golden poison frog?
      
      It's a very poisonous animal.

   5. Why do think the blue-bearded helmet crest has that name?
      
      They are called so because of their distinctive beards.
Lesson 2 » Our Diverse Natural World

1. Match the animals 1–5 with the correct body covering A–E.

   1. spectacled bear A. feathers
   2. Andean condor B. skin
   3. pink dolphin C. fur
   4. sloth D. scales
   5. blue anole lizard E. fur

2. Why are these animals endangered? Read the texts and choose a possible reason. Then write in the prediction box.

<table>
<thead>
<tr>
<th>Animal</th>
<th>Prediction</th>
<th>Possible reasons</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. pink dolphin</td>
<td></td>
<td>destruction of habitat</td>
</tr>
<tr>
<td></td>
<td></td>
<td>introduction of exotic species</td>
</tr>
<tr>
<td></td>
<td></td>
<td>pollution</td>
</tr>
<tr>
<td></td>
<td></td>
<td>illegal hunting or fishing</td>
</tr>
<tr>
<td></td>
<td></td>
<td>climate change</td>
</tr>
<tr>
<td>2. spectacled bear</td>
<td></td>
<td>overexploitation</td>
</tr>
<tr>
<td></td>
<td></td>
<td>long gestation and breeding</td>
</tr>
<tr>
<td>3. blue anole lizard</td>
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</table>

A. Fishing has contributed to the endangerment of the pink dolphin because the dolphins compete with the fishing industry for the same fish. Dolphins get tangled in fishing nets and damage them. For this reason, fishermen kill the dolphins and use them as bait. Sometimes they die in the nets. In addition to the killing, dolphin gestation and breeding is long, so dolphin numbers don't increase quickly.

B. The main reasons why the spectacled bear is endangered are illegal hunting and habitat loss. People hunt these bears for superstitious reasons and use their body parts to make traditional medicine. In addition, farming has contributed to the destruction of their natural habitat.

C. The blue anole lizard has become endangered because it is now prey to the more exotic Western basilisk lizard, which is a species of lizard brought from other parts of the country. Also, deforestation is causing their habitat to disappear.

3. Answer the questions.

   1. Has pollution contributed to the decline of the pink dolphin?
      No, it hasn’t.

   2. How has the fishing industry led to problems for the pink dolphin?

   3. What has caused the spectacled bear to become endangered?

   4. What risks do the blue anole lizards face nowadays?
1. Classify the land vertebrates and water vertebrates. Use the words in the box.

<table>
<thead>
<tr>
<th>blue anole lizard</th>
<th>dolphin manatee</th>
<th>sea otter seal</th>
<th>sloth spectacled bear</th>
<th>tapir whale</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Land vertebrates</th>
<th>Water vertebrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>tapir</td>
<td></td>
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2. Choose the correct option to complete the letter.

Mr. Luis Pérez Gutiérrez,
Governor of Antioquia,
Medellín
Dear Mr. Pérez,

We are a group of school students from the country. This year, we **have learned** / **learn** about different endangered species in Colombia and we are very worried about one that lives in our Department: the silvery-brown tamarin. It **has been recorded** / **recorded** that this small monkey reproduces just once a year and, in each group, only one female is active for reproduction at a time. For this reason, birth rate is quite low. In addition, their habitat **has been destroyed** / **is destroyed** and we think that this will continue in the future as several roads and farms are already planned here. We **must** / **can** stop cutting trees down because the forests provide both food and homes for the tamarin which live in this region. Farmers **can’t** / **can** continue destroying forests and the Department authorities **shouldn’t** / **should** try to plan better strategies to help these little animals.

Mr. Pérez you **mustn’t** / **should** ignore our petition if you wish to continue enjoying the great biodiversity of our Department.

Yours sincerely,

Group of Environmental Studies
University of Antioquia
Choose the correct option.

1. A series of connected mountains in a line is called a ____. 
   a. mountain  
   b. forest  
   c. range  
   d. rainforest

2. An impenetrable thick mass of tropical vegetation is called a ____. 
   a. mountain  
   b. forest  
   c. rainforest  
   d. jungle

3. A tropical forest of very tall and green trees where rain is very common is known as a ____. 
   a. mountain  
   b. forest  
   c. rainforest  
   d. jungle

4. A large area covered by many trees and bushes is called a ____. 
   a. mountain  
   b. forest  
   c. rainforest  
   d. jungle

5. Fish have ____ covering their bodies. 
   a. feathers  
   b. scales  
   c. fur  
   d. skin

6. Many reptiles ____ like snakes. 
   a. fly  
   b. jump  
   c. crawl  
   d. run

7. Bears, sloths and many other mammals are covered with ____ . 
   a. feathers  
   b. scales  
   c. fur  
   d. armour

8. Hummingbirds have ____ covering their bodies. 
   a. feathers  
   b. scales  
   c. fur  
   d. armour

9. Deforestation ____ to soil erosion. 
   a. have contributed  
   b. be contributed  
   c. has contributed  
   d. is contributed

10. Scientists ____ 5 new species of butterflies. 
    a. have registered  
    b. be registered  
    c. has registered  
    d. is registered

Vocabulary
- I can identify vocabulary related to natural places and animals.  
- I can identify vocabulary related to situations, phenomena and events. 

Grammar
- I can use have + participle to talk about experiences and situations.  
- I can use modals to express recommendations and suggestions. 

Reading
- I can understand short texts about situations, phenomena and events.  

Writing
- I can write a petition letter. 

Listening
- I can identify information in short conversations about situations, phenomena and events. 

Speaking
- I can talk about situations, phenomena and events.
Lesson 1 » The World Around Us

1. Read the clues to complete the crossword.

<p>| | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>S A L T W A T E R</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Clues
1. Water you can't drink because it's salty.
2. Large area of salt water.
3. Place where a river begins.
4. A large body of salt or fresh water surrounded by land.
5. Water that's not salty.
6. Frozen water in the shape of white flakes.
7. Natural flow of water of considerable length that crosses land and ends in the sea or ocean.

2. Read the following text. Underline the facts and circle the opinions.

Have you ever seen a snow-covered mountain? Well, this is quite easy to do in Colombia, but, according to recent studies, many snow-covered mountains will disappear in the next 30 years. The reason is global warming. Glaciers in these mountains are melting because the temperature has risen in the last decades. But, do you know why these mountains are important for us? Besides being beautiful and sacred, snow-covered mountains are water regulators. This is very important for the water cycle. The presence of snow guarantees we have water in our rivers. At the same time, snow reflects sunlight back to the atmosphere reducing warming effects on the planet. Snow-covered mountains are excellent indicators of climate change. If the atmosphere is cool, snow is present. On the contrary, if the atmosphere's temperature rises, snow melts. Some good news, at least for the Sierra Nevada de Santa Marta, came with Hurricane Matthew. The heavy rains and humidity created the perfect conditions to help the Sierra become white again. Let’s hope this continues!

3. Answer the questions.

1. What may happen to the snow in the next three decades?
   It may disappear.

2. What factor has contributed to the loss of snow in these mountains?

3. Why are snow-covered mountains important?

4. Has the Sierra Nevada de Santa Marta permanently recovered its snow?

5. Have you ever seen a snow-covered mountain? Which one?
Lesson 2 » Our Natural Resources

1. Complete the table with words from the Word Bank.

<table>
<thead>
<tr>
<th>Renewable resources</th>
<th>Non-renewable resources</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2. Read the text and answer the questions. Write full sentences.

The planet is being polluted by the overuse of fossil fuels leading to what is called the greenhouse effect. This is causing global warming, so many people believe that we should be using renewable resources more often to help save the planet. Eco-friendly construction is an example of this. These ‘green’ buildings use renewable resources like wind and sunlight. They have solar panels to heat water and use different construction methods to make good use of the wind and sun. For example, the location of a window can contribute to a more efficient use of solar energy during the day or can take advantage of the wind to cool down the house.

1. Have you visited an eco-friendly construction? Where?

2. Have you seen a solar panel? Where?

3. Does your community use any renewable resources? Which ones?

4. According to the text, eco-friendly is a synonym of ______________.

5. Have you seen examples of fossil fuels polluting the environment? Where? What?
Lesson 3 » What Are We Doing to Our World?

1. Match the environmental problems 1–5 with the definitions A–E.

   1. erosion  
      2. water scarcity  
      3. deforestation  
      4. global warming  
      5. pollution  

      A. Introduction of toxic substances into the environment.  
      B. Soil loss because of wind and water.  
      C. When there is not enough water to cover basic needs in a region.  
      D. A rise in the average temperature of the Earth’s atmosphere.  
      E. The action of systematically cutting down trees to use the land for agriculture.

2. Complete the first part of the text with the correct form of the verbs.

   My Department, Guajira, is an environmentally affected region. We 1 have had (have) many problems since the coal mining operations began. For many years now, we 2 suffer (suffer) from a scarcity of water as this is a desert region. However, everything 3 become (become) worse since the mining industry started to use the rivers for its operations. Besides the water problems, the air is now polluted with tiny particles of coal which 4 make (make) people ill. Deforestation 5 become (become) another environmental problem. As the coal mine needed to expand its activities, more land was required and to do this, native vegetation 6 be (be) removed. Of course, this 7 contribute (contribute) to the water and soil erosion problem. In addition, the Department of Guajira is very windy, so this causes more soil erosion, especially on the coast.

3. Read the second part of the text. Choose the correct option to give advice.

   For these reasons, we are asking the President of the Republic to help us in several ways. First, the coal mine 1 should / shouldn’t (should) interfere with the rivers. Second, the mining company 2 must / can (must) put a stop to deforestation. Third, the mine 3 mustn’t / must (must) continue polluting the air and water, so they 4 mustn’t / must (must) follow the correct environmental procedures. And finally, the Government 5 should / can (should) have a plan for extreme climate conditions.
Choose the correct option.

1. Frozen water in the form of white flakes is called ____.
   a. salt water  c. ice  
   b. fresh water  d. snow

2. A place where a river starts: ____.
   a. ocean  c. source  
   b. sea  d. mountain

3. A body of water surrounded by land is called a/an ____.
   a. lake  b. ocean  c. sea  d. river

4. Water which you can drink.
   a. salt water  b. fresh water

5. Which one is NOT a renewable resource:
   a. sunlight  b. coal  c. wind  d. water

6. Which one is NOT a non-renewable resource:
   a. petrol  b. gas  c. coal  d. wind

7. Governments of the world ____ put a stop to pollution now.
   a. must  c. will  
   b. can’t  d. shouldn’t

8. We ____ conserve water in many ways at our homes.
   a. must  c. can’t  
   b. may  d. shouldn’t

9. Have you ____ a snow-covered mountain?
   a. see  b. seen  c. saw  d. seeing

10. ____ the world climate changed in the last decades?
    a. Have  b. Has  c. Does  d. Did

<table>
<thead>
<tr>
<th>Vocabulary</th>
<th>I can identify vocabulary related to natural resources like water and its uses.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grammar</td>
<td>I can use modals to give advice. I can use have + participle to talk about everyday activities.</td>
</tr>
<tr>
<td>Reading</td>
<td>I can understand short texts about natural resources.</td>
</tr>
<tr>
<td>Writing</td>
<td>I can write short paragraphs about natural resources. I can write some advice.</td>
</tr>
<tr>
<td>Listening</td>
<td>I can identify information in short conversations about natural resources.</td>
</tr>
<tr>
<td>Speaking</td>
<td>I can give advice about the proper use of natural resources.</td>
</tr>
</tbody>
</table>
1. Complete the table with the words from the box. Some words can go in more than one column.

<table>
<thead>
<tr>
<th>cans of fizzy drinks</th>
<th>cans of food</th>
<th>cardboard boxes</th>
<th>clothes</th>
<th>glass containers</th>
<th>milk cartons</th>
<th>old notebooks</th>
<th>packaging of items</th>
<th>plastic bottles</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Which items can you ...?</th>
<th>Recycle</th>
<th>Reuse</th>
<th>Reduce</th>
</tr>
</thead>
<tbody>
<tr>
<td>plastic bottles</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>plastic bottles</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2. How can we care for the environment? Use the words from exercise 1 to write recommendations. Write affirmative and negative sentences.

1. We shouldn’t buy too many things.
2. We should try to recycle all packaging.
3. 
4. 
5. 
6. 
7. 
8. 

3. Be creative! How can you reuse different everyday items?

1. I can knit plastic bags to make placemats.
2. 
3. 
4. 
5. 
Lesson 2 » Let’s Prevent Water Pollution!

1. Fact or Fiction? Tick the facts about water.
   1. Only 2.5% of water in the world is fresh water. ✓
   2. Water is delicious. □
   3. Most fresh water is in glaciers and snowfields. □
   4. Less than 1% of freshwater is available for human consumption. □
   5. Bottled water is healthier. □

2. Make strong recommendations using must or mustn’t.

- **To save water:**
  1. We __________ use low-flush toilets.
  2. We __________ use lots of detergent in the washing machine.
  3. We __________ let the water run when we brush our teeth.
  4. People __________ take quick showers.

- **To conserve water:**
  5. People __________ start to recycle all the water they can.
  6. We __________ throw oily water down the sink.
  8. People __________ flush tissues down the toilet.

3. Write about your own water conservation habits.

<table>
<thead>
<tr>
<th>Things you do</th>
<th>Things you don't do</th>
</tr>
</thead>
<tbody>
<tr>
<td>At home we ______________</td>
<td>We don't _____________________________</td>
</tr>
<tr>
<td>__________________________</td>
<td>______________________________________</td>
</tr>
<tr>
<td>__________________________</td>
<td>______________________________________</td>
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<tr>
<td>__________________________</td>
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<td>______________________________________</td>
</tr>
<tr>
<td>__________________________</td>
<td>______________________________________</td>
</tr>
</tbody>
</table>

*We must try to ____________________________.*
1. Look at the pictures and complete the words about energy.

1. Look at the pictures and complete the words about energy.

   1. ELECTRICITY
   2. ND P_WE_

2. Read the text and answer the questions.

   1. Where does geothermal energy come from?
      It comes from the Earth.
   2. Does this energy pollute the environment?
   3. What is one disadvantage of geothermal energy?
   4. Name four uses of geothermal energy.

3. Imagine you are giving recommendations to someone who wants to build an environmentally-friendly home. Complete the table. Use should, must and can.

<table>
<thead>
<tr>
<th>Water</th>
<th>You must find a way to recycle water.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Electricity for appliances and light bulbs</td>
<td></td>
</tr>
<tr>
<td>Heating system</td>
<td></td>
</tr>
<tr>
<td>Bathroom options</td>
<td></td>
</tr>
<tr>
<td>Organic rubbish treatment</td>
<td></td>
</tr>
<tr>
<td>Inorganic rubbish treatment</td>
<td></td>
</tr>
</tbody>
</table>

Geothermal energy transforms heat into electricity. This energy comes from the heat from the Earth. This kind of energy creates hot springs in places like Duitama, Boyacá, where people go to take natural baths of warm mineral water. This type of energy is sustainable and environmentally friendly, however, it is limited to certain places that have specific natural characteristics to build a geothermal power station. The main use for this energy is related to heating, including home heating systems, spas, industrial and agricultural processes and for desalination plants, where salt water is turned into freshwater.
Chant

The environment rap

*Mother nature we must protect,*
*And treat our world with respect.*
*R-E-S-P-E-C-T*
*Do the environment rap with me.*

Animals are endangered,
We must treat them with respect.
They need looking after,
Or there won’t be many left!

Dolphins and whales like to swim.
Lizards and frogs have scaly skin.
Bears have fur and birds have feathers,
Let’s do the environment rap together.

*Mother nature we must protect …*

Reduce your time in the shower,
To save some water for a flower!
Wash your dishes and clean your clothes,
But just remember how plants grow!

To keep our world fantastic,
We must recycle plastic:
Fossils fuels are running out,
It’s something we must think about!

*Mother nature we must protect, …*

Animals are endangered,
We must treat them with respect.
They need looking after,
Or there won’t be many left!

We must stop deforestation
To help prevent this situation!
Forests, jungles and mountain ranges
Need our help with climate changes.
Speaking

1. Say the rhyming words with a partner.
   - 1 climate changes
   - 2 respect
   - 3 feathers
   - 4 shower
   - 5 swim
   - 6 fantastic

Writing

2. List the animals and places from the rap.

<table>
<thead>
<tr>
<th>animals</th>
<th>places</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dolphins</td>
<td></td>
</tr>
</tbody>
</table>

Reading

3. Look at the chant. Fill in the missing instructions.

   1 ________ your clothes.
   2 ________ animals with respect.
   3 ________ deforestation.
   4 ________ the environment rap.
   5 ________ about fossil fuels running out.
   6 ________ mother nature.
   7 ________ your time in the shower
   8 ________ your dishes.
   9 ________ how plants grow.
   10 ________ plastic.

Speaking

4. Use the phrases to make true and false sentences about protecting the environment. Your partner says if they are true or false.

   - 1 use more plastic
   - 2 stop deforestation
   - 3 waste water
   - 4 treat our world with respect
   - 5 recycle plastic
   - 6 use more fossil fuels
   - 7 look after animals
   - 8 protect endangered animals
   - 9 use less fossil fuels
   - 10 endanger animals

   We should use more plastic.
   That's false. We should recycle plastic.
Choose the correct option.

1. Separating rubbish and using it to make other things is called _____.
   a. reusing   c. recycling
   b. reducing   d. recovering

2. Using something again and again is called _____.
   a. reusing   c. recycling
   b. reducing   d. recovering

3. Using less of something is _____.
   a. reusing   c. recycling
   b. reducing   d. recovering

4. The Government ____ use less nuclear energy and find greener resources.
   a. should   b. shouldn’t

5. Fossil fuels ____ be used anymore.
   a. should   b. shouldn’t

6. People ____ throw rubbish into rivers or oceans.
   a. must   b. mustn’t

7. We ____ change the way we think about the environment.
   a. must   b. mustn’t

8. Turning off the lights when you leave a room helps you to _____.
   a. recycle   c. save water
   b. save energy   d. conserve water

9. When you don’t throw oil down the sink but use it again you are _____.
   a. reducing rubbish   c. saving water
   b. conserving energy   d. conserving water

10. Putting a 2L bottle in your toilet helps you to ____ when flushing it.
    a. recycle   c. save water
    b. save energy   d. use water

---

<table>
<thead>
<tr>
<th>Vocabulary</th>
<th>I can identify vocabulary related to environmental issues.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grammar</td>
<td>I can use modals to make recommendations and suggestions.</td>
</tr>
<tr>
<td>Reading</td>
<td>I can understand short texts about environmental issues.</td>
</tr>
<tr>
<td>Writing</td>
<td>I can write short paragraphs about environmental issues.</td>
</tr>
<tr>
<td></td>
<td>I can write recommendations and suggestions.</td>
</tr>
<tr>
<td>Listening</td>
<td>I can identify information about environmental issues in short conversations.</td>
</tr>
<tr>
<td>Speaking</td>
<td>I can discuss environmental issues. I can give recommendations and suggestions.</td>
</tr>
</tbody>
</table>
Unit »1
Let’s See the World!

Lesson 1 » Amazing Countries

1. Read the tourist brochure for Australia and complete using the Word Bank. Then label the pictures.

- [A] Uluru
- [B] Sydney Opera House
- [C] Great Barrier Reef
- [D] Funnel Web Spider

Australia – Where Everything is Bigger and Better

Come to wonderful Australia, where everything is **bigger** and **better**! Come visit Sydney, Australia’s biggest city with a population of 4.9 million people. It is just a little bit **bigger than** Melbourne which has 4.5 million people. It’s an incredible city which is famous for the **1** _______ where they have theatre and music shows. Sydney’s climate is also warmer than Melbourne’s; but the hottest regions of Australia are the Northern Territory and Western Australia.

Australia is also famous for some of the most astonishing natural wonders that exist on planet earth. For example the **2** _____________ in Queensland is the largest coral reef in the world, and **3** _____________, which is located in the Northern Territory, has also been declared the largest rock in the world.

And for reptile and spider lovers, Australia is also famous for some not so friendly wonders of nature. We have some of the most venomous snakes and spiders in the world. In fact the **4** _____________ is the second most poisonous spider in the world, just behind the Brazilian Wandering spider.

So if you like fascinating architecture and wonderful nature (that includes venomous snakes and spiders!), be sure to come visit sunny Australia!

2. Answer the questions based on the tourist brochure.

1. Which city is smaller, Sydney or Melbourne?
   - **Melbourne is smaller than Sydney.**

2. Which is hotter, Northern Territory, Sydney or Melbourne?

3. Why is Uluru famous?

4. Which city is colder, Sydney or Melbourne?

5. What is the name of the largest coral reef in the world?

6. Which spider is more venomous, the Funnel Web or the Brazilian Wandering spider?
Lesson 2 » Crossing Borders!

1. Label pictures A–D and complete sentences 1–4 with the words in the Word Bank.

   A  
   [Image] winter  
   B  
   [Image]  
   C  
   [Image]  
   D  
   [Image]  

   1.  
   2.  
   3.  
   4.  

2. Put the words in order to make questions and then use the pictures to answer them.

   1. is / riding / What / she /?  
      What is she riding?  
      She is riding a horse.  

   2. doing / What / they / are /?  
      They are making a snowman.  

   3. traveling / is / Where / he /?  
      He is traveling in the park.  

   4. they / are / making / What /?  
      They are making a snowman.  

3. Write 3 things that people around you are doing.

   1.  
   2.  
   3.  

Word Bank

- Summer
- Autumn
- Winter
- Spring
Lesson 3 » World Citizens

1. Look at the information in the chart and complete the sentences.

<table>
<thead>
<tr>
<th></th>
<th>New Zealand</th>
<th>Canada</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Size of country</strong></td>
<td>268,021 km²</td>
<td>9,984,670 km²</td>
</tr>
<tr>
<td><strong>Average nationwide temperature</strong></td>
<td>12.7°C</td>
<td>10.3°C</td>
</tr>
<tr>
<td><strong>Population</strong></td>
<td>4,721,610</td>
<td>36,286,425</td>
</tr>
<tr>
<td><strong>Languages spoken</strong></td>
<td>English, Maori</td>
<td>English, French, 9 indigenous languages</td>
</tr>
<tr>
<td><strong>Number of international visitors in 2015</strong></td>
<td>5.5 million</td>
<td>27.5 million</td>
</tr>
</tbody>
</table>

1. The area of New Zealand is *smaller than* (small) the area of Canada.
2. The average nationwide temperature in New Zealand is __________ (high) in Canada.
3. Canada’s population is __________ (big) New Zealand.
4. In Canada people speak __________ (languages) in New Zealand.
5. In 2015, Canada had __________ (international visitors) New Zealand.

2. Read Johan’s description of his home city and then write a short description of your city.

Hi! My name is Johan and I’m from Mexico City in Mexico. It is the largest city in Mexico with more than 8.8 million people. In fact Mexico has more than 120 million people! The city is surrounded by beautiful mountains and volcanoes and inside the city there are many famous buildings from the Aztec period, especially the Aztec Templo Mayor. We also have Chapultepec, which is one of the biggest urban parks in the world!

Mexico City only has two seasons; the dry season from November to April and the wet or rainy season from May to October. Temperatures can go from 0°C in the wet season to 32°C in the dry season.

I love this city, but I can understand why many people find it very stressful. If you don’t like cities, don’t worry, Mexico also has some of the most beautiful beaches in the world.

So Welcome to Mexico!
Choose the best option.

1. Brazil is ____ Peru.
   a. bigger that       c. biggest
   b. bigger than       d. more bigger than

2. What are they doing?
   a. They are a picnic.
   b. They are have a picnic.
   c. They are has a picnic.
   d. They are having a picnic.

3. Australia has some of the ____ snakes in the world.
   a. most venomous     c. venomous
   b. more venomous     d. really venomous

4. The weather is cloudy and windy. It is ____.
   a. summer           c. winter
   b. autumn           d. spring

5. Summer is ____ spring.
   a. the hottest       c. hotter than
   b. hottest           d. hot than

6. Pablo is ____ a jacket.
   a. wear    b. wears    c. wearing    d. wore

7. In ____ you can make snowmen in Canada.
   a. Summer     c. Winter
   b. Autumn     d. Spring

8. Russia is the ____ country in the world.
   a. largest     c. larger than
   b. larger      d. most large

9. India is ____ for the Taj Mahal.
   a. incredible    c. astonishing
   b. famous        d. wonderful

10. It’s ____ . It is the season to swim at the beach!
    a. summer       c. winter
    b. autumn       d. spring

---

<table>
<thead>
<tr>
<th>Vocabulary</th>
<th>I can understand vocabulary related to typical characteristics of different countries.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grammar</td>
<td>I can use comparatives and superlatives to compare countries, and the present continuous to talk about things that are happening at the moment of speaking.</td>
</tr>
<tr>
<td>Reading</td>
<td>I can understand texts that compare characteristics of countries.</td>
</tr>
<tr>
<td>Writing</td>
<td>I can write about the characteristics of different countries.</td>
</tr>
<tr>
<td>Listening</td>
<td>I can understand conversations about the characteristics of different countries.</td>
</tr>
<tr>
<td>Speaking</td>
<td>I can speak about the characteristics of different countries.</td>
</tr>
</tbody>
</table>
Travelling Around Colombia

Lesson 1 » The Biggest Cities

1. Read and choose the best options.

Founded in 1689, San Gil is known as the **most adventurous** city in Colombia. You can do things like white water rafting, caving and mountain bike riding. With an average temperature of 23°C, it has a perfect climate; however, it does have a very high annual rainfall of 1274 mm/year. With an area of 150 km² and a population of 43,000, it is still a relatively small city, making it **most relaxing** than larger cities.

Villa de Leyva is a favourite with tourists given that it is probably one of the **most picturesque** towns in the country. Founded in 1572, it is one of the **most colonial** towns in Colombia and has the **biggest** town square in the country. With a population of only 16,478 people and an area of 128 km² it is actually a town, not a city. The town has an average annual rainfall of 914 mm/year and an average temperature of 17°C.

Cartagena, the **most touristic** city in Colombia was founded in 1533 and is one of the **most old / oldest cities** in the country. Located on the Caribbean coast, it is popular with people wanting to relax on the beach or people wanting to explore the old walled city which is the **most interesting** part of the city. Given the population of 895,400 people within an area of 572 km², some people find outside the walled city to be a little stressful. The annual average temperature is 28°C and 870 mm/year of rainfall.

2. Reread the tourist information from exercise 1 and decide if the statements are 'true' or 'false'. Correct the false answers.

1. San Gil is the hottest of the 3 places.
   False. Cartagena is the hottest of the 3 places.

2. San Gil is smaller than Cartagena.

3. Villa de Leyva is more historical than San Gil.

4. Villa de Leyva is the most touristic place in Colombia.

5. San Gil is the most crowded of the 3 places.

6. Villa de Leyva has the highest annual rainfall of the 3 places.

7. San Gil is the youngest of the 3 places.

8. Villa de Leyva has a smaller town square than Cartagena.
Lesson 2 » Incredible Places

1. Look at the pictures and circle the correct options.

   a. He learned / was learning Spanish while he travelled / was traveling around Colombia.

   b. They walked / were walking the dog when it began / was beginning to rain.

   c. I told / was telling a story when you phoned / were phoning me.

   d. Juana realised / was realising she was late when she looked / was looking at her watch.

   e. We watched / were watching television when you arrived / was arriving.

2. Read the postcard and complete with when or while.

   Hey Pablo!

   1. **When** I arrived in Santa Marta yesterday morning, the sun was shining and it was really hot. I went straight to the beach and 2 ______. I was swimming I met an amazing girl from London. We spent the whole day together and did many things.

   In the afternoon, 3 ______ we were scuba diving we saw lots of fish and turtles. It was amazing. Later we drank fresh fruit juice 4 ______ sitting on the beach. It was really refreshing.

   Then in the evening we were eating dinner at a restaurant 5 ______ a group of musicians started playing music for us. It was so romantic! I didn't want the day to end.

   I think I am in love! I think I am going to study at university in London.

   See you soon
   Jaunfe!

3. Complete with the correct form of the words in parentheses.

   **When** Stella 3 **arrived** (arrive) at her best friend's house, she 2 ______ (take) a shower so she had to wait. While her best friend, Cathy, 3 ______ (get) dressed, Stella 4 ______ (sit) on her bed looking at magazines. She 5 ______ (turn) the pages of the magazine when she 6 ______ (find) an article about Palomino in La Guajira in Colombia. It looked like such an amazing place, they both 7 ______ (decide) to travel there for their next vacations.
Lesson 3 » The Colombian Caribbean

1. Look at the information about the two Colombian towns and complete the sentences with the correct form of the words in parentheses.

<table>
<thead>
<tr>
<th>Location</th>
<th>Quindío, mountainous coffee region</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year founded</td>
<td>1842</td>
</tr>
<tr>
<td>Area covered</td>
<td>377 km²</td>
</tr>
<tr>
<td>Weather</td>
<td>Warm: 16-26°C</td>
</tr>
<tr>
<td>Population</td>
<td>7,247</td>
</tr>
<tr>
<td>Things to visit</td>
<td>Cocora Valley, Calle Real, look-out, coffee farm</td>
</tr>
<tr>
<td>Elevation</td>
<td>1,895 m</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Location</th>
<th>Huila, mountainous region</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year founded</td>
<td>1752</td>
</tr>
<tr>
<td>Area covered</td>
<td>1,310 km²</td>
</tr>
<tr>
<td>Weather</td>
<td>Warm: 18-28°C</td>
</tr>
<tr>
<td>Population</td>
<td>32,898</td>
</tr>
<tr>
<td>Things to visit</td>
<td>Archaeological Park, Go hiking in ‘El Estrecho’</td>
</tr>
<tr>
<td>Elevation</td>
<td>1,730 m</td>
</tr>
</tbody>
</table>

a. Salento is younger (young) than San Agustin.
b. San Agustin has a _______ (low) elevation than Salento.
c. Salento is _______ (small) than San Agustin.
d. Salento is _______ (cold) than San Agustin.
e. San Agustin has a _______ (big) population than Salento.

2. Complete Julian’s review about San Agustin with the correct form of the words in brackets.

In my opinion, San Agustin is the 1most interesting (interesting) town because I love archaeology. The 2__________ (fascinating) thing to do there is visit the Archaeological Park of San Agustin, and hiking ‘El Estrecho’ is the 3__________ (spectacular) hike I have done this year.

3. Based on Julian’s review, write a similar one for Salento.
Check Your Progress

Choose the best option.

1. She was swimming ____ she saw a shark.
   a. for   b. during   c. while   d. when
2. While I ____ , it ____ to rain.
   a. was walking / started
   b. walked / was starting
   c. was walking / was starting
   d. walked / started
3. Santa Marta is the ____ city in Colombia.
   a. older   b. oldest   c. most oldest   d. more old
4. Medellín is the second ____ city in Colombia.
   a. largest than   b. most large   c. larger   d. largest
5. I think Cartagena is ____ than Barranquilla.
   a. the more beautiful
   b. the most beautiful
   c. more beautiful
   d. most beautiful
6. He ____ on the phone when he received the good news.
   a. was talking / received
   b. talked / was receiving
   c. were talking / received
   d. was talking / was receiving
7. She arrived while they ____.
   a. slept   b. sleep   c. was sleeping   d. were sleeping
8. I visited the Taj Mahal ____ I was traveling in India.
   a. for   b. during   c. while   d. when
9. Salento is the ____ town in Quindío.
   a. interesting
   b. more interesting
   c. most interesting
   d. interest
10. Villa de Leyva is ____ for its town square.
    a. good   b. famous   c. hard   d. delicious

<table>
<thead>
<tr>
<th>Vocabulary</th>
<th>Very well</th>
<th>Quite well</th>
<th>With difficulty</th>
</tr>
</thead>
<tbody>
<tr>
<td>I can understand vocabulary related to lifestyles in cities and activities in the past.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grammar</th>
<th>Very well</th>
<th>Quite well</th>
<th>With difficulty</th>
</tr>
</thead>
<tbody>
<tr>
<td>I can use comparatives and superlatives to compare cities and the past progressive tense to talk about activities in the past.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Reading</th>
<th>Very well</th>
<th>Quite well</th>
<th>With difficulty</th>
</tr>
</thead>
<tbody>
<tr>
<td>I can understand texts that talk about activities in the past and compare cities.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Writing</th>
<th>Very well</th>
<th>Quite well</th>
<th>With difficulty</th>
</tr>
</thead>
<tbody>
<tr>
<td>I can write texts comparing cities and talking about activities in the past.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Listening</th>
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<th>Quite well</th>
<th>With difficulty</th>
</tr>
</thead>
<tbody>
<tr>
<td>I can understand conversations that compare cities and talk about activities in the past.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Speaking</th>
<th>Very well</th>
<th>Quite well</th>
<th>With difficulty</th>
</tr>
</thead>
<tbody>
<tr>
<td>I can speak about activities in the past and lifestyles in cities.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Lesson 1 » Great Experiences

1. Match the dishes with a picture. Then complete the questions with the correct form of the verb in brackets and use the information in the table to answer them.

<table>
<thead>
<tr>
<th>Person</th>
<th>Dish</th>
<th>Yes / No</th>
<th>No. of times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sara</td>
<td>Paella</td>
<td>√</td>
<td>2</td>
</tr>
<tr>
<td>Jorge</td>
<td>Shepherd's Pie</td>
<td>x</td>
<td>0</td>
</tr>
<tr>
<td>Pedro</td>
<td>Thai Green Curry</td>
<td>√</td>
<td>3</td>
</tr>
<tr>
<td>Sandra</td>
<td>Ajiaco</td>
<td>√</td>
<td>1</td>
</tr>
<tr>
<td>Liliana</td>
<td>Pesto Pasta</td>
<td>x</td>
<td>0</td>
</tr>
</tbody>
</table>

1. Has Sara ever **tried** (try) Paella, and if so, how many times? ___________.
2. Has Jorge ever **eaten** (eat) Shepherd’s Pie, and if so, how many times? ___________.
3. Has Pedro ever **cooked** (cook) Thai Green Curry, and if so, how many times? ___________.
4. Has Sandra ever **made** (make) Ajiaco, and if so, how many times? ___________.
5. Has Liliana ever **prepared** (prepare) Pesto Pasta, and if so, how many times? ___________.

2. Read the email and answer the questions.

1. What has Carmen seen in London? ___________.
2. What food hasn't Carmen eaten yet? ___________.
3. Has Carmen been to Big Ben? ___________.

Hi Mum & Dad!

I’ve had an amazing time here in England. I’ve travelled a lot around the country, but I still haven’t gone to Scotland and Ireland. The nicest city I’ve been to is York, but I really love it here in London. I’ve been to the Tower of London, Trafalgar Square and Westminster Abbey, but I haven’t seen Big Ben; I think I will go next week.

The food here is delicious. London is really multicultural so I’ve tasted many different dishes from around the world. Actually the Indian food is the most delicious food I’ve tried. I still haven’t eaten roast beef, but we are going to a local restaurant tonight to try it.

Lots of love

Carmen
Lesson 2 » Cultural Diversity

1. Read the letter and decide if the statements are true or false. Correct the false statements.

Since I moved here a couple of months ago, I have been a little homesick. I really miss my family and friends back home in Colombia. The hardest thing to adapt to is the cultural difference. The people are nice, but I can't understand a word they are saying. I try to have a conversation with people, but I only understand some parts of what they are saying.

The food is ok, but I do prefer Japanese food. For the first month I only ate rice and vegetables, but this last month I have tried a lot more dishes. Sometimes I wish I could eat an Ajiaco or Bandeja Paisa! I really need to go to bed, because tomorrow I am going with some friends to the Great Wall of China. I am so excited because as you know, it has been a dream of mine since I was little!

1. Jorge has been in China for a year.  
   False. Jorge has been in China for a couple of months.

2. He has missed Colombia.

3. The Chinese people have been nice to him.

4. He hasn't tried to have conversations with the local people.

5. He has only eaten rice and vegetables.

6. He has visited the Great Wall of China.

2. Complete the table with the information about Colombia.

<table>
<thead>
<tr>
<th>Cities/Towns</th>
<th>Languages</th>
<th>Food</th>
<th>Festivals</th>
<th>Music</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

3. Imagine you are visiting Colombia from another country. Write about what you have done and where you have been. Include what you think about the country.

I have been in Colombia now for ________________________________

______________________________________________________________

______________________________________________________________

______________________________________________________________

______________________________________________________________

______________________________________________________________
Lesson 3 » Celebrate Traditions

1. Read the descriptions about the Colombian festivals and complete the first two columns of the table. Then complete the third column with information about another Colombian festival.

January in Pasto sees the streets light up with colorful parades, music and dancing. One of the most famous carnivals in Colombia, the Blacks and Whites Festival was originally to pay tribute to the Moon Goddess, but as time has passed the essence of the festival has changed to include Spanish culture and African feasts. On the first day locals paint their faces black and the next day white. I love this energetic carnival because it respects all the different cultures and races in Colombia.

The skies of Villa de Leyva come alive with colourful kites in the month of August when winds blow strong. The festival has kite flying competitions with special categories including home-made kites, giant kites, team kites, highest flying kites and night flights. As you can imagine it is a favourite with children, but adults and teenagers alike enjoy the relaxed friendly atmosphere of this enjoyable festival. This festival is really enjoyable, and a great family atmosphere.

<table>
<thead>
<tr>
<th></th>
<th>Blacks and Whites Carnival</th>
<th>Wind &amp; Kite Festival</th>
<th>f. __________</th>
</tr>
</thead>
<tbody>
<tr>
<td>Where</td>
<td>Pasto</td>
<td>c.</td>
<td>g.</td>
</tr>
<tr>
<td>When</td>
<td>a. January</td>
<td>August</td>
<td>h.</td>
</tr>
<tr>
<td>What do people do?</td>
<td>b.</td>
<td>d.</td>
<td>i.</td>
</tr>
<tr>
<td>Personal opinion</td>
<td>Energetic carnival that respects all cultures and races.</td>
<td>e.</td>
<td>j.</td>
</tr>
</tbody>
</table>

2. Write a short description about the Colombian festival you chose.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

55
It's carnival time,
It's festival time!
The streets are crowded,
Let's have a good time!
There's always a reason
To enjoy every season.
Hip hip hooray!
Enjoy the parade!

Here comes the winter,
It's cold at night.
The air is cool,
And the snow is white.

When it's the spring,
The trees turn green.
There's lots of rain,
It's astonishing!

Next comes the summer,
With dry and sunny days.
It's a hot season,
With school holidays!

Then it's the autumn:
It's windy and cold.
Leaves fall down
All over the town.

It's carnival time,...
Writing
1. With a partner, describe the seasons. Use the words in the box.

<table>
<thead>
<tr>
<th>snowy</th>
<th>warm</th>
<th>windy</th>
<th>cold</th>
<th>green</th>
<th>hot</th>
<th>dry</th>
<th>dark</th>
<th>rainy</th>
<th>rainy</th>
<th>sunny</th>
<th>leaves fall</th>
</tr>
</thead>
</table>

1 Spring is __________, ________ and ________.  
2 Summer is ________, ________ and ________. 
3 Autumn is ________, ________ and ________. 
4 Winter is ________, ________ and ________. 

Reading
2. Read the descriptions. Which season?
1 It's cold, there's sometimes snow. It's cold and rainy. It's the coldest season. ________
2 It's getting warmer, and there's a lot of rain. Plants and flowers grow quickly. ________
3 It doesn't usually snow at this time of year, but it is cold, dark and rainy. ________ ________
4 This season is hot and dry. The days are long, it doesn't rain much and never snows.

Writing
3. Which activities do you do in different seasons?

<table>
<thead>
<tr>
<th>play football</th>
<th>play basketball</th>
<th>athletics</th>
<th>give presents</th>
<th>ride my bike</th>
<th>ski</th>
<th>snowboard</th>
<th>run</th>
<th>play chess</th>
<th>skate</th>
<th>canoe</th>
<th>body board</th>
<th>receive presents</th>
</tr>
</thead>
</table>

1 In winter, I like to ________. I don't like to ________.
2 In spring, I like to ________. I don't like to ________.
3 In summer, I like to ________. I don't like to ________.
4 In autumn, I like to ________. I don't like to ________.

Writing
4. What's your favourite season? Write about why you like it.

My favourite season is ...
I like it because it's ...
I like it because I can ...
I don't like ... because it's ...
Choose the best option.

1. Have you ever ____ fish?
   a. ate  b. eaten  c. eat  d. eating
2. The Tomatina is a fun ____ in Spain.
   a. literature  b. dish  c. festival  d. street
3. There are many ____ dishes in England.
   a. respectful  b. kind  c. literature  d. delicious
4. How many times have you been to Japan?
   a. I have been there two.
   b. I have been there twice.
   c. No, I haven't been there.
   d. Yes, I have been there.
5. I have ____ a lot of money on vacation.
   a. spend  b. spending  c. spent  d. spends

   a. is  b. are  c. has  d. have
7. In Colombian festivals, there are many ____.
   a. fireworks  b. tomatoes  c. showers  d. money
8. Has Jorge ever travelled to Europe?
   a. Yes, he have.
   b. Yes, he has.
   c. No, he hasn’t.
   d. No, he has.
9. What have you ____?
   a. do  b. did  c. done  d. doing
10. Have you ____ danced salsa?
    a. yet  b. since  c. did  d. ever

Vocabulary
I can understand vocabulary related to cultures and experiences.

Grammar
I can use present perfect tense to talk about cultures and experiences.

Reading
I can understand texts that talk about cultures and experiences.

Writing
I can write texts about cultures and experiences.

Listening
I can understand conversations about cultures and experiences.

Speaking
I can speak about cultures and experiences.
Module 1

1. Unscramble these vital elements for our bodies.
   a. otrepnis
   b. yobrachaterds
   c. mitavnsi
   d. nielsamr
   e. eribf
   f. saft

2. Organize the following into the corresponding category.

<table>
<thead>
<tr>
<th>Carbohydrates</th>
<th>Fruit</th>
<th>Vegetables</th>
<th>Meat</th>
<th>Dairy</th>
</tr>
</thead>
<tbody>
<tr>
<td>potatoes</td>
<td>cheese</td>
<td>tomatoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>carrots</td>
<td>apples</td>
<td>milk</td>
<td>chicken</td>
<td></td>
</tr>
<tr>
<td>kiwi</td>
<td>fish</td>
<td>yogurt</td>
<td>pineapple</td>
<td></td>
</tr>
<tr>
<td>broccoli</td>
<td>pasta</td>
<td>spinach</td>
<td>onion</td>
<td></td>
</tr>
<tr>
<td>rice</td>
<td>bread</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

3. Complete the sentences with the correct item of personal hygiene.
   a. I wash my hair with _________ twice a week.
   b. I brush my teeth with my _________ three times a day.
   c. I keep my nails trimmed with _________.
   d. I use _________ every day to prevent bad odour in my armpits.
   e. I use _________ to clean my body when I shower.
   f. I brush my hair with a special _________ for curly hair.

Module 2

1. Complete the crossword with words that describe feelings.

   Across
   3. feeling like you need to rest
   6. inspired or wanting to do something

   Down
   1. feeling unhappy
   2. afraid of doing something
   4. feeling energetic and enthusiastic
   5. feeling joyful or pleased

2. Complete the sentences with different types of bullying.
   a. _______ bullying is horrible because the internet is open to the world for everyone to read, 24 hours a day.
   b. I used to suffer from _______ bullying at school when some other boys used to push me and hit me at lunchtime.
   c. María has a scholarship to study at an expensive university, but she is suffering from _______ bullying because some students with more money exclude her from work groups.
   d. My boss constantly yells at me and calls me stupid. It really makes me sad. My friends told me that this is called _______ bullying.
Module 3
1. Read the clues and complete the crossword.

<p>| | | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
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<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>T</td>
<td>Y</td>
<td></td>
<td></td>
<td></td>
<td>S</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>H</td>
<td>E</td>
<td></td>
<td></td>
</tr>
<tr>
<td>R</td>
<td></td>
<td></td>
<td></td>
<td>N</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

a. Flying insect with colourful wings.
b. This reptile is covered with soft scales. When it feels danger, it loses its tail to escape but, don't worry, its tail grows back again!
c. This is a medium-sized water mammal. It is very intelligent.
d. This is an animal that flies.
e. This reptile has a hard shell covering its body. Sometimes it hides inside it.
f. This mammal has fur covering its body. It hangs from trees and moves very slowly.
g. This is the largest mammal on the planet. It lives in the sea.

2. Complete the sentences with an environmental problem.
   a. People have ___________ oceans with plastic and chemicals.
   b. ___________ has destroyed many areas in the Amazon rainforest.
   c. Illegal ___________ has contributed to the loss of many species.
   d. Greenhouse gas emissions have increased ___________

Module 4
1. Complete with seasons of the year.
   a. My favourite season is ___________. I love it when the days are warm, but not too hot.
   b. I really like ___________ because the leaves fall off the trees. The days are windy and a little cloudy.
   c. I don't like ___________ because most days are cold and rainy!
   d. ___________ days can be really sunny and hot. It's great beach weather!

2. Complete the conversation with words from the Word Bank.

Luna: The Barranquilla a. ___________ is amazing! People dance in the city b. ___________.
David: Are there c. ___________ to light up the night sky?
Luna: Oh yes! They're spectacular! And you should taste the local d. ___________. Fish with coconut rice is my favourite.
David: What are the e. ___________ dances?
Luna: Mapalé is an African dance. It's beautiful to see the locals dancing.