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- Student's Book
- Workbook
- Teacher's Book with photocopiable resources
- Audio CD or Audio Cassette

*Top Score - training students to succeed in English*
<table>
<thead>
<tr>
<th>Unit</th>
<th>Reading</th>
<th>Vocabulary</th>
<th>Grammar</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Body and mind</td>
<td>A natural reaction</td>
<td>1 Extreme adjectives 2 Parts of the body</td>
<td>Present perfect Present perfect or past simple?</td>
</tr>
<tr>
<td>2 Skills and studies</td>
<td>Education begins at home</td>
<td>1 Education 2 Compound nouns</td>
<td>Modal verbs Obligation and necessity Possibility and certainty</td>
</tr>
<tr>
<td>3 A sporting life</td>
<td>Cool running</td>
<td>1 Sport 2 Personality adjectives</td>
<td>Past perfect Past perfect or past simple? Past perfect and because</td>
</tr>
<tr>
<td>4 Communication</td>
<td>The last word</td>
<td>1 say, talk, speak and tell 2 Telephoning</td>
<td>-ing and infinitive forms -ing nouns Verb + -ing or infinitive (with to)</td>
</tr>
<tr>
<td>5 One world</td>
<td>Global warnings</td>
<td>1 Environmental change 2 Weather collocations</td>
<td>Future forms will or present continuous? going to Present continuous</td>
</tr>
<tr>
<td>6 Strange but true</td>
<td>Mistaken identity</td>
<td>1 False friends 2 get and make</td>
<td>Conditionals Zero conditional First or second conditional?</td>
</tr>
<tr>
<td>7 Times of change</td>
<td>The great moon hoax</td>
<td>1 Phrasal verbs 2 Human achievement</td>
<td>Passive Present simple passive Past simple passive</td>
</tr>
<tr>
<td>8 Achievement</td>
<td>The hard road to the top</td>
<td>1 Success 2 -ed and -ing adjectives</td>
<td>Relative clauses Defining relative clauses: who, this, that, where, when or whose? whose or who's?</td>
</tr>
<tr>
<td>9 Off to see the world</td>
<td>Relaxing in London</td>
<td>1 Travel (1) 2 Travel (2)</td>
<td>Reported speech say or tell?</td>
</tr>
<tr>
<td>Communication</td>
<td>Writing</td>
<td>Culture</td>
<td>Pronunciation</td>
</tr>
<tr>
<td>-----------------------</td>
<td>-------------------------------------</td>
<td>---------------------------</td>
<td>-----------------------------------------</td>
</tr>
<tr>
<td>L: Health problems</td>
<td>An informal letter</td>
<td>Special days in the USA</td>
<td>Regular verb -ed endings with /id/</td>
</tr>
<tr>
<td>S: Likes and dislikes</td>
<td>Informal language</td>
<td></td>
<td>/id/ and /v</td>
</tr>
<tr>
<td>14, 15</td>
<td>Useful phrases</td>
<td></td>
<td></td>
</tr>
<tr>
<td>L: Survival</td>
<td>An email</td>
<td>The working life of British teenagers</td>
<td>Word stress in compound nouns</td>
</tr>
<tr>
<td>S: Making deductions</td>
<td>Punctuation</td>
<td></td>
<td>Intonation: Weak forms</td>
</tr>
<tr>
<td>22, 23</td>
<td>Giving advice</td>
<td></td>
<td>95</td>
</tr>
<tr>
<td>L: Thrills and skills</td>
<td>A description of a sport</td>
<td>Sporting traditions and habits</td>
<td>Pronunciation of contractions</td>
</tr>
<tr>
<td>S: An interview</td>
<td>Organising ideas</td>
<td></td>
<td>95</td>
</tr>
<tr>
<td>30, 31</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>L: Telephone messages</td>
<td>An opinion essay</td>
<td>All about English</td>
<td>Weak forms</td>
</tr>
<tr>
<td>S: Speak for yourself</td>
<td>Introducing opinions</td>
<td></td>
<td>96</td>
</tr>
<tr>
<td>42, 43</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>L: Whatever the weather</td>
<td>A postcard</td>
<td>The Kruger National Park</td>
<td>Word stress</td>
</tr>
<tr>
<td>S: What will you do?</td>
<td>Adding interest</td>
<td></td>
<td>96</td>
</tr>
<tr>
<td>50, 51</td>
<td>Order of adjectives</td>
<td></td>
<td></td>
</tr>
<tr>
<td>L: A falling cow</td>
<td>A picture story</td>
<td>Special places</td>
<td>Constructions with will and would</td>
</tr>
<tr>
<td>S: Lucky or unlucky</td>
<td>Making notes on pictures</td>
<td></td>
<td>97</td>
</tr>
<tr>
<td>58, 59</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>L: Life on Mars?</td>
<td>A discussion essay</td>
<td>A global culture</td>
<td>Word families: Word stress</td>
</tr>
<tr>
<td>S: Life events</td>
<td>Expressions for introducing, adding and contrasting</td>
<td></td>
<td>97</td>
</tr>
<tr>
<td>70, 71</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>L: TV adverts</td>
<td>A film review</td>
<td>Movie time</td>
<td>Sentence stress</td>
</tr>
<tr>
<td>S: What's on?</td>
<td>Informal descriptions</td>
<td></td>
<td>Intonation: Expressing strong feelings</td>
</tr>
<tr>
<td>78, 79</td>
<td></td>
<td></td>
<td>97</td>
</tr>
<tr>
<td>L: Journeys</td>
<td>A formal letter</td>
<td>Sydney</td>
<td>Individual sounds /dy/ and /j/</td>
</tr>
<tr>
<td>S: A day out</td>
<td>Parts of a letter</td>
<td></td>
<td>98</td>
</tr>
<tr>
<td>86, 87</td>
<td>Formal language</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Character adjectives

1 Complete the definitions with the adjectives in the box.

cheerful silly outgoing generous insensitive lazy

1 A ... person doesn't do much work.
2 An ... person usually has a lot of friends.
3 A ... person is usually very happy.
4 A ... person does stupid things.
5 An ... person doesn't think about other people.
6 A ... person enjoys giving things to other people.

2 Match the adjectives 1–6 in exercise 1 with the opposites a–f.

a miserable b sensitive c shy
d mean e sensible f hard-working

Phrasal verbs

3 Match the phrasal verbs with the correct meaning.

1 look up to a to feel excited about
2 look into b to respect
3 look forward to c to find (in a dictionary)
4 look up d to care for
5 look after e to investigate

4 Complete the sentences with the phrasal verbs in exercise 3.

1 Why don't you ... the answer in the encyclopedia?
2 I have to ... my younger brother tonight.
3 My aunt is an amazing person. I really ... her.
4 My parents always ... the weekend.
5 The teachers are going to ... the problem.

5 Rewrite the sentences. Replace the bold words with the phrasal verbs in the box. There are three verbs that you do not need.

turn down shut down carry on take off give up put on turn over tune in to log on

1 This TV programme is boring. Let's change channel!
2 This is my website, but you need a password to enter.
3 In Japan, people remove their shoes before entering a house.
4 It's easy to find stations on digital radios.
5 Lucy wants to stop playing hockey.
6 Reduce the volume on the radio! It's too loud.

Sport

6 Look at the photos and label the sports.

7 Write the sports from exercise 6 in the table. Add other sports.

<table>
<thead>
<tr>
<th>play</th>
<th>do</th>
<th>go</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>snowboarding</td>
</tr>
</tbody>
</table>
The natural world

8 Read the postcard and choose the correct answer.

Having a fantastic time in Sardinia. Really enjoying the beautiful sandy (1) deserts/beaches, and the Mediterranean (2) Sea/Ocean is quite warm!

Went for a long walk yesterday and climbed the (3) mountain/rock in the north of the (4) island/earth — it was 1,359 metres high! Got lost in a (5) jungle/forest on the way back!

Looking forward to tomorrow because I'm going canoeing on a (6) stream/river.

See you soon.

Love

James

- ed and - ing adjectives

9 Complete the sentences with the correct form of the verbs in brackets.

1 Climbing the mountain was very ... (tire).
2 I never get ... (bore) in maths lessons.
3 We watched a ... (terrify) DVD last night.
4 It was ... (embarrass) when I failed my test.
5 The teacher was ... (amaze) when everyone passed the exam.
6 Are you reading anything ... (interest) at the moment?

do, have, make and get

10 Complete the sentences with the correct form of do, have, make or get.

1 As soon as my sister ... home from school, she always ... her homework.
2 Paul ... a great time on holiday last summer and he ... some new friends.
3 Do you ... your bed every morning?
4 I ... pocket money from my parents because I ... the washing up every day.
5 Katy ... karate last night and then she ... a shower.
6 ... a rest. Then you won't ... tired.
7 You never ... mistakes!
8 Did she ... your email?

11 Look at the words and expressions in the box and answer the questions.

about plug in formal wardrobe of website shelves fashionable cooker in lend spend at start up chest of drawers dishwasher mouse earn keyboard fridge polite log on experienced borrow

1 Find three items of furniture in a bedroom.
2 Find three nouns in a kitchen.
3 Find four verbs connected to money.
4 Find three phrasal verbs connected to technology.
5 Find three nouns connected to computers.
6 Find four adjectives to go with these negative prefixes.
   a un...
   b im...
   c in...
   d in...
7 Find four prepositions we use after these adjectives.
   a brilliant...
   b interested...
   c scared...
   d relaxed...

WORKBOOK PAGE 3
**Grammar**

**Present simple or present continuous?**

1. **Match sentences 1–3 with the uses a–c. Then choose the correct tense.**

   1. Russia produces good tennis players.
   2. I play tennis on Saturdays.
   3. They're playing tennis.

   a. to talk about a repeated action / habit: present simple / present continuous
   b. to talk about a fact or general truth: present simple / present continuous
   c. to talk about something happening at the time of speaking: present simple / present continuous

2. **Choose the correct answer.**

   1. 'What does your mother do / is your mother doing?' ‘She's an English teacher. She teaches / 's teaching at my school.'
   2. 'Do you come / Are you coming here often?' ‘Yes, I come / 'm coming every week.’
   3. 'That footpath goes / is going to the next village.'
   4. 'Hi, Ellie. Where are you going / do you go?' ‘I go / 'm going to work.’
   5. 'Do you like / Are you liking chocolate?' ‘No, I don't. I don't eat / 'm not eating sweets.’
   6. 'What do you do / are you doing?' 'I play / 'm playing a new computer game.'

3. **Complete the sentences with the verbs in the box. Use the present simple or present continuous form of the verbs.**

   - make
   - wear
   - cycle
   - not play
   - not record
   - rain
   - talk
   - study

   1. I always ... goggles when I swim.
   2. Look! Who ... Elena ... to?
   3. It ... again.
   4. We ... rugby at our school.
   5. Kirsty ... in her room today.
   6. ... you ... to school every day?
   7. Ssh. I ... a phone call.
   8. They ... their album today.

4. **Put the words in the correct order to make questions.**

   1. come / do / from / where / you
   2. subject / studying / are / you / which
   3. language / are / speaking / you / what
   4. here / you / doing / what / are /
   5. speak / any / you / languages / do / other
   6. do / at / what / you / do / home

5. **Complete the dialogue with the questions from exercise 4. Then listen and check.**

   Anna: Guten Tag.
   David: (a) ... ?
   Anna: It's German.
   David: (b) ... ? Germany?
   Anna: No, I don't. I'm from the Netherlands, but I can speak German.
   David: (c) ... ?
   Anna: Yes, English and a little French.
   David: (d) ... ?
   Anna: I'm doing a French course at a summer school here in Paris.
   David: (e) ... ? Are you a teacher?
   Anna: No, I'm a student. I'm at university in Amsterdam.
   David: (f) ... ?
   Anna: Languages, of course!
Past simple or past continuous?

Choose the correct answer.

1. We didn’t go / weren’t going to the beach yesterday because it rained / was raining.
2. Jessica lost / was losing some money while she ran / was running yesterday.
3. I called / was calling her name once, but she didn’t hear / wasn’t hearing.
4. He got up / was getting up at eight o’clock and had / was having a shower.
5. ‘What did you do / were you doing at eleven o’clock last night?’ I slept / was sleeping.
6. The girl walked / was walking down the street when she saw / was seeing her friend.

Complete the sentences. Use the past simple or the past continuous form of the verbs in brackets.

1. What time ... (you arrive) yesterday?
2. He ... (talk) to the teacher when the bell ... (ring).
3. While you ... (swim), ... (you see) a dolphin?
4. She ... (not start) at the school a month ago.
5. We ... (go) to town, ... (have) a coffee and ... (watch) a film. We ... (not have) time to go shopping.
6. It ... (snow) and she ... (ski) down the mountain.

Complete the text with the words in the box.

entered looked opened stayed stole
was holding was laughing was running
was waiting wasn’t looking

Crime doesn’t pay

Brian Turner (1) ... outside the Co-Op Bank in Cleveland one day when a KashSafe van arrived. Two guards got out and (2) ... up and down the street. One (3) ... a black bag. He (4) ... the bank and the other guard (5) ... by the van. While the guard (6) ..., Brian ran over to the van and (7) ... a black bag. When the guard noticed Brian, he (8) ... away. But the guard didn’t chase Brian. In fact, the guard (9) ... so much that he started to cry.

When Brian got home, he (10) ... the bag. He found four sandwiches, an apple and two cans of cola.

Write sentences with the past simple or the past continuous.

1. the / sun / not shine / but I / feel / happy
2. he / fall over / while / we / walk / to town
3. I / not go / to the cinema / last week
4. I / come in / have / a shower / and / go / to bed
5. you / cycle / when / you / see / Nadia / ?
6. he / do / his work / when / his friend / call
7. she / switch on / the TV / sit down / and / watch / a documentary
8. they / have / a break / while / they / play / football / ?

Complete the dialogue with the correct form of the verbs in brackets. Use the past simple or the past continuous. Then listen and check.

Tina ... (1) you enjoy) your holiday?
Simon I ... (2 have) a great time until I ... (3 have) an accident and ... (4 break) my leg.
Tina Oh, no! ... (5 you do) something silly?
Simon No, I wasn’t. I ... (6 ski) down a slope when it ... (7 start) snowing heavily. I ... (8 not go) very fast, but suddenly I ... (9 hit) a tree.
Tina Oh, no! What happened after that?
Simon Some people ... (10 help) me and ... (11 take) me to hospital. But then, while I ... (12 wait) to see the doctors, I lost my watch!

Tina Poor you!
Comparatives and superlatives

Read the text and look at the pictures. Then match the names in the box with the people in the pictures.

Ben Charlie Max

Meet the family

My name is Ben and I've got two brothers called Max and Charlie.

I'm taller and thinner than Charlie, but I'm not as tall as Max. I've got the longest hair but Charlie's hair is the curliest.

Charlie is more outgoing than Max, but he's also very lazy. In fact, I think he's the laziest in my family. I'm the nicest, of course! I'm also sportier than Max and Charlie.

Max isn't as fashionable as me and Charlie. He's definitely the most hard-working and sensible brother. He always gets better marks than me in exams, and he will go the furthest. Charlie gets the worst marks because he never revises.

Complete the table. Check your answers in the text.

<table>
<thead>
<tr>
<th>Adjective</th>
<th>Comparative</th>
<th>Superlative</th>
</tr>
</thead>
<tbody>
<tr>
<td>tall</td>
<td>(1) longer</td>
<td>(2) tallest</td>
</tr>
<tr>
<td>long</td>
<td>longer</td>
<td>(3) ...</td>
</tr>
<tr>
<td>curly</td>
<td>curlier</td>
<td>(4) ...</td>
</tr>
<tr>
<td>nice</td>
<td>nicer</td>
<td>(5) ...</td>
</tr>
<tr>
<td>thin</td>
<td>(6) further</td>
<td>(6) ...</td>
</tr>
<tr>
<td>outgoing</td>
<td>(7) ...</td>
<td>the most outgoing</td>
</tr>
<tr>
<td>far</td>
<td>(8) worse</td>
<td>(8) ...</td>
</tr>
<tr>
<td>good</td>
<td>(9) ...</td>
<td>the best</td>
</tr>
<tr>
<td>bad</td>
<td>worse</td>
<td>(9) ...</td>
</tr>
</tbody>
</table>

Write comparative sentences.

cycling / walking (fast)

Cycling is faster than walking.

1 a river / a stream (wide)
2 a mile / a kilometre (far)
3 English / Chinese (easy)
4 playing football / watching TV (tiring)
5 Charlie / Ben (fat)
6 this book / that book (good)

Complete the sentences with the superlative forms of the adjectives in brackets.

1 Which is ... month? (short)
2 It was 42°C yesterday, ... day of the year. (hot)
3 He's ... person that I know. (interesting)
4 ... earthquake was in 1988. (bad)
5 Which sport do you find ...? (easy)

Rewrite the sentences using not as ... as and the adjectives in the box.

good cheap old slow generous noisy

David is meaner than Luke.

David isn't as generous as Luke.

1 Tanya is younger than her brother.
2 The country is quieter than the city.
3 An MP3 player is more expensive than a CD player.
4 The maths exam was worse than the English exam.
5 The train is quicker than the bus.
**Learning vocabulary**

1. Write the words in the box on the correct notebook page. Some words can go in more than one group.

Quick tip: Organise words thematically in your vocabulary notebook. Leave lots of space after each word group so that you can add more words.

- do the washing up
- friendly
- turn on/off
- mood ...

2. Translate these expressions into your language. Then cover one set of words and test yourself.

Quick tip: Divide the pages in your vocabulary notebook into two. Write the English words on one side and a translation on the other. Cover one side with a piece of paper and test yourself. Then do it the other way round.

- At school
  - to cheat in an exam
  - to pass an exam
  - to fail an exam
  - to revise for a test
  - to have a break

3. Match verbs 1–6 with definitions a–f.

Quick tip: Always note down what comes after a verb or adjective, for example a noun, a preposition, a direct object, the -ing form of a verb or a to infinitive.

<table>
<thead>
<tr>
<th>Verbs</th>
<th>Definitions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 to argue</td>
<td>a something to someone</td>
</tr>
<tr>
<td>2 to lend</td>
<td>b doing something</td>
</tr>
<tr>
<td>3 to borrow</td>
<td>c of (doing) something</td>
</tr>
<tr>
<td>4 to be scared</td>
<td>d about (doing) something</td>
</tr>
<tr>
<td>5 to afford</td>
<td>e (to do) something</td>
</tr>
<tr>
<td>6 to carry on</td>
<td>f something from someone</td>
</tr>
</tbody>
</table>

4. Write example sentences for the verbs in exercise 3. Write two sentences if necessary.

Quick tip: Writing an example sentence helps you to remember new words and expressions.

- argue
  - My brother always argues about politics.
  - I argued with my mother about tidyng my room.
Look at the photos and think of three things that your body does when you are frightened. Read the text quickly and check your ideas.

Imagine you’re at the front of a huge roller coaster. It has just climbed to the top of the track. There is a steep drop and everything on the ground seems tiny. You hold on to the handrail. Your hands sweat and your heart races as you wait for the terrifying ride down. You know what is about to happen and there’s nothing you can do to stop it.

Even if you’ve never been on a roller coaster, we’ve all experienced that sudden feeling of fear. Fear is a normal human reaction that involves both the mind and the body. It tells us when there is danger and prepares us to deal with the situation. This is called the ‘fight or flight’ reaction because your body is preparing to fight the danger or to run and escape.

When you’re frightened, your heart beats faster, you breathe more quickly and you sweat to keep your body cool. Your body stays like this until the brain tells it that it is safe to relax. Fear can be very brief, when you are surprised by something you did not expect. This is usually over in seconds, as soon as your brain has realised that there is no danger.

Have you ever met anyone with a phobia? A phobia is when you have a very strong fear of a particular thing. Some people have a phobia about water or flying, for example. Often, the fear is of something which is not even dangerous. The fear is so intense and irrational that you avoid the object or situation at all costs. In some cases, a phobia completely disrupts your everyday life.

Some people, however, are fearless. They choose the most frightening films or rides because they find fear thrilling. So when you’re on a roller coaster and you’re thinking, ‘This is awful!’ the person behind you is probably thinking, ‘This is fantastic! I want to have another go!’
2 Read the text and match the headings a–f with the paragraphs 1–5. There is one heading you do not need. Match the adjectives 1–10 with the extreme adjectives a–j.

Quick tip First, choose the answers. Then try to match the heading that you did not need. It should not match any of the paragraphs.

a Thrill seekers
b Typical fears
c No going back
d An extreme fear
e What happens to your body?
f What is fear?

3 Read the text again and answer the questions. Use your own words as much as possible.

1 Why is sudden fear a useful reaction?
2 What does our body get ready to do in response to sudden fear?
3 Why do you sweat when you are frightened?
4 When does your body start to relax after being frightened?
5 In what way is a phobia different from normal fear?
6 How can a phobia affect your everyday activities?
7 Why do some people want to experience fear?

4 Read the text again and find the opposites of these words and expressions.

let go of (paragraph 1) hold on to
1 gradual (paragraph 2)
2 unusual (paragraph 2)
3 long (paragraph 3)
4 logical (paragraph 4)
5 afraid (paragraph 5)

5 Match the adjectives 1–10 with the extreme adjectives a–j. Check answers 1–6 in the text.

1 big a thrilling
2 small b fantastic
3 frightening c freezing
4 exciting d astonishing
5 bad e tiny
6 good f exhausting
7 interesting g huge
8 tiring h awful
9 cold i terrifying
10 surprising j fascinating

6 Read the sentences and choose the correct answer.

1 I couldn’t watch the film because it was so terrifying / fascinating.
2 The restaurant was awful / astonishing. I couldn’t eat anything.
3 We’ve found a fascinating / tiny website about health. It’s great.
4 Flying for the first time was a fantastic / tiny experience.
5 People do extreme sports because they are fascinating / thrilling.
6 The spider was so huge / tiny that we could hardly see it.
7 The marathon took me five hours. It was exhausting / terrifying.
8 We couldn’t believe the astonishing / freezing news.

7 Complete the sentences with an extreme adjective from exercise 5. There may be more than one correct answer.

1 Riding on roller coasters is ….
2 Are you afraid of … insects?
3 I think it is … to travel and learn about other cultures.
4 Having a lot of exams is ….
5 I’ve just read the most … book.
6 My brother finds horror films …, but I find them ….
7 Speaking English all the time is …
8 It’s … to hear about some people’s fears.

WORKBOOK PAGES 7, 10

TALK ABOUT IT

1 What are you afraid of? Why?
2 Why do you think that people get phobias?
3 What can people do to help their phobias?
Listen to two students talking about sports clubs. Are the sentences true or false? Explain your answers.

Quick tip: Read the sentences before you listen, but do not decide if they are true or false yet.

1. Rob doesn't know which club to join.
2. Kate enjoys playing tennis.
3. She has played tennis for eight years.
4. Rob has never played basketball.
5. Kate is already a member of the swimming club.
6. Rob has been in a swimming pool several times.

Can you remember how we form the present perfect tense?

We use the present perfect to talk about:
A • an action which is finished but which still has an effect in the present, often with already, just or (not) yet.
B • something which started in the past and is still true now, often with for or since.
C • an experience that has or has not happened (without a specific time reference), often with ever, never or before.

Match the present perfect sentences and questions with the correct use: A, B or C.

1. I haven't decided yet.
2. I haven't played it before.
3. How long have you played it?
4. I've played it for two years.
5. I've watched it on TV since I was eight.
6. Have you ever tried basketball?
7. I've played it several times.
8. I've just had a brilliant idea.
9. I've already joined the swimming club.
10. I've never been in a swimming pool.

Complete the dialogue with the present perfect form of the verbs. Then listen and check.

Phew! ... we ... (1 finish) yet?
Nearly! Are you OK? You ... (2 not do) much spinning before, have you?
No, it's the first time I ... (3 ever / do) it!
... (4 not see) you at the gym before. How long ... (5 you / be) a member?
I ... (6 just / join), so I ... (7 be) a member for, er, two days. How about you?
I first came to the gym two years ago because I wanted to get fit. I ... (8 do) spinning every week for a year. Anyway, I hope you ... (9 enjoy) yourself. See you again next week!
A Maybe!
Present perfect or past simple?

7 Look at these sentences from exercise 6. Is each sentence present perfect or past simple?
1 I haven't seen you at the gym before.
2 I first came to the gym two years ago.
3 I've done spinning every week for a year.

8 Complete the rules with present perfect and past simple.

A We use the ... to talk about a completed action which happened at a finished time in the past.
B We use the ... to connect the past with the present.

9 Complete the table with the time expressions in the box.
(not) yet yesterday last week just on Friday two months ago never before when I was ten already in 2001 since my birthday for a year

<table>
<thead>
<tr>
<th>Present perfect</th>
<th>Past simple</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

10 Complete the sentences with a time expression.
1 We've ... done this lesson.
2 We did this lesson ....
3 We haven't done this lesson ....

11 Choose the correct answer.
1 My parents never did / have never done any exercise before.
2 How often did you go / have you been to the gym last month?
3 Did you ever break / Have you ever broken your leg?
4 My brother broke / 's broken his leg twice when he was little.
5 I just hurt / 've just hurt my foot. Help!
6 'Did you ever go / Have you ever been to London?'
   'Yes, we went / 've been there three years ago.'
7 We didn't finish / haven't finished our homework yet.
8 She's lived / lived in London since 2005.

12 Complete the sentences with the present perfect or past simple of the verbs in brackets.
1 We ... (already / play) tennis twice this week.
2 Sally ... (go) to the gym last night.
3 I ... (not learn) to swim when I was a child.
4 ... (Dave / win) the match yet?
5 Sarah ... (never / ride) a horse before.
6 When ... (you / join) the swimming club?

Consolidation

13 Complete the text with the present perfect or past simple form of the verbs in brackets. Then listen and check.

Juliet Ward from Kent ... (1 just / finish) the London Marathon – three days later than the winner of the Women's race! After watching the marathon on TV last year, the 58-year-old ... (2 decide) to enter and ... (3 begin) training hard. However, a week before the race, Juliet ... (4 hurt) her ankle. 'I ... (5 train) for a year, so I'm determined to walk it instead of running,' she ... (6 say) before the race.

'I ... (7 always / be) good at running and I ... (8 want) to run the London Marathon since I was young,' she ... (9 explain) after the race. 'It was thrilling to do it even though I didn't win!' Juliet ... (10 not decide) whether to try again next year!

14 Talk about:
• a frightening experience that you have had
• the most astonishing thing that you have ever seen
• the most exhausting thing that you have ever done

'Have you ever had a frightening experience?'
'Yes, I have.'
'What happened?'
'Last year, I went to ...'

GRAMMAR REFERENCE PAGE 101
WORKBOOK PAGE 8

UNIT 1
Parts of the body

Complete the table with the words in the box.

- elbow
- toe
- stomach
- chin
- thigh
- ankle
- back
- chest
- wrist
- throat
- cheek
- finger
- knee
- thumb
- waist
- forehead

<table>
<thead>
<tr>
<th>body/torso</th>
<th>arm and hand</th>
<th>leg and foot</th>
<th>head and neck</th>
</tr>
</thead>
</table>

Listen and check. Listen again and repeat.

Health problems

Complete the health problems a–d with phrases 1–4.

1. I feel
2. I've
3. I've got
4. my

- a headache
- a stomach-ache
- a sore throat
- a temperature
- toothache
- broken
- cut
- hurt
- my
- ankle
- arm
- finger
- knee
- thumb
- sprained
- twisted
- ... ankle
- wrist
- awful
- sick
- terrible

Look at the picture. What do you think he is saying? Match the labels a–f with some of the expressions from exercise 3. Then listen and check.

What is the matter with Alison?

- a. She's got a stomach-ache and a headache.
- b. She's got a stomach-ache and she feels sick.
- c. She's got a headache and a broken ankle.

Fiona can't open the door because...

- a. she's broken her wrist and her leg.
- b. she's twisted her wrist and her leg.
- c. she's broken her wrist and her thumb.

What is the matter with Joe?

- a. He's got a headache.
- b. He's got a sore throat and he feels sick.
- c. He's got a temperature and a sore throat.

How many things are wrong with Chris?

- a. Two.
- b. Three.
- c. Four.

Listen again and look at the pictures. Which of the situations 1–4 do they match?
Speaking  Likes and dislikes

1 Look at the photos. Then complete the dialogue with the names of the food.

A Mmm! I really like curry. It's delicious. I've liked it since I was a child.
B Have you? I hate it.
A Why? I think it's tasty.
B I can't stand spicy food. I've never liked it. I don't like (1) ... either. I've always thought fried food is really unhealthy.
A What about (2) ...? I've just learned how to make it. Do you like it?
B Oh, yes. I love all kinds of pasta.
A So do I. And I eat a lot of (3) ... It's very healthy and I prefer it to vegetables.
B What about desserts? That (4) ... looks gorgeous.
A Mmm, I adore desserts, but I don't eat them very often. They're too fattening!

2 Listen and check. Listen again and repeat.

3 Complete the table with the bold words in the dialogue.

<table>
<thead>
<tr>
<th>Positive</th>
<th>Negative</th>
</tr>
</thead>
<tbody>
<tr>
<td>really like</td>
<td></td>
</tr>
</tbody>
</table>
Writing

An informal letter

Read the letter and answer the questions.
1. When did Anna last hear from Katy?
2. What has happened to Anna?
3. When and where did it happen?
4. How is Anna feeling? Why?
5. What does Anna want Katy to do?

Dear Katy

Hi. How are you? I haven't heard from you for three weeks. I'm just writing to let you know that I've broken my ankle.

It happened on Saturday afternoon at the gym. I was doing aerobics when I jumped up and landed on the side of my foot. It really hurt, but it's OK now that it's in plaster. The only thing is that I've never used crutches before and I'm not very good at it!

I've got lots of books and magazines to read, but it's dead boring. I want to go out, but I can't because I can't walk very far. It's such a pain!

Anyway, hope to hear from you soon.

Write soon.

Lots of love

Anna

Informal language

Read Anna's letter again and answer the questions.
1. How do we begin and end an informal letter?
2. Is it necessary to include an address?
3. Does Anna usually use long forms (I am, I have) or contractions (I'm, I've)?
4. What word does Anna use instead of very or really?
5. Can you find any other expressions that tell us that Anna is writing to a friend?

Useful phrases

Match the functions 1–6 with the expressions a–f.

1. sympathising
2. changing the subject
3. thanking someone for writing
4. ending a letter
5. explaining why you are writing
6. apologising for not writing

a. Anyway,
   Now,
b. I'm just writing to let you know my news.
   This is just a quick note to tell you my plans.
c. Thank you very much for your letter.
   Thanks for writing.
d. I was sorry to hear about your accident.
   I was really sad to hear your news.
e. Write soon. It'd be great to hear from you.
   Hope to see you soon.
f. I'm sorry I haven't written for ages.
   Sorry I haven't written, but I've been really busy.

A friend has written to let you know that he/she has failed some exams. Write a letter to cheer him/her up. Remember to:

• say thank you for the letter
• sympathise with what has happened
• make some suggestions to cheer him/her up
• tell him/her some news of your own
• include some extreme adjectives
• use informal language and contractions

WORKBOOK PAGE 11
When do Americans celebrate these special days?
Choose the correct answer.
1 Independence Day: 4 June / 4 July / 4 August
2 Columbus Day: the second Monday in August / September / October
3 Thanksgiving Day: the fourth Wednesday / Thursday / Friday in November

Are the sentences true or false? Explain your answers.
1 Mardi Gras originates in France.
2 March 17 is important for Irish immigrants.
3 Americans have celebrated Independence Day for more than 400 years.
4 Columbus Day commemorates the birth of Christopher Columbus.
5 Thanksgiving is a family occasion.
6 Native Americans killed many of the Pilgrims who arrived in 1621.

Special days in the USA
Traditions from other parts of the world
It is February and there are huge parades to celebrate Mardi Gras. However, despite the French name, these celebrations are not taking place in France. They are, in fact, in New Orleans in the south of the USA.

The USA is a multicultural society. All the different nationalities who have emigrated there have continued traditions from their country of origin. The festival of Mardi Gras, for example, comes from the French immigrants who first settled in New Orleans in 1840. Irish Americans have always celebrated on their national day, 17 March. There are hundreds of different celebrations all over the USA, and they are a reminder of the history and origins of the American people.

Columbus Day
Columbus Day is a national holiday in the USA and in many other parts of the Americas. It celebrates the discovery of America by Christopher Columbus on 12 October, 1492. Although most countries celebrate it on 12 October, in the USA the national holiday takes place on the second Monday in October.

Thanksgiving
Thanksgiving Day is the fourth Thursday in November. Many people have a four-day weekend, and they often travel long distances to visit relatives.

Thanksgiving has been celebrated since 1621, the year after the Pilgrims arrived in Massachusetts. After a terrible winter, in which nearly half of the Pilgrims died, they turned to help to the Native Americans, who taught them how to plant corn and other crops. The next autumn’s harvest was wonderful and the Pilgrims gave thanks by having a feast. Thanksgiving dinners have always included some of the foods served at the first feast: roast turkey, cranberry sauce, and pumpkin pie. Before the meal begins, families pause to give thanks for their good fortune, and for being together for the occasion.

Independence Day
Independence Day has been celebrated in America since 1776. In that year, the thirteen colonies of North America signed the Declaration of Independence. This meant that they were no longer under British control, and they were an independent country. This declaration, which marked the birth of the USA, is celebrated every year with a national holiday on 4 July. It is a day of picnics, parades and flying the flag.