

1 How do you feel?

1A Be happy!

Vocabulary weekend activities
Grammar question forms
Help with Listening questions with you

QUICK REVIEW ●●●

Talk to five other students. Introduce yourself and find out two things about each person. Tell the class about two people you spoke to.

Vocabulary Weekend activities

- 1 a) Match the verbs in A to the words/phrases in B. Check in Language Summary 1 **V1.1** p114.

A visit go have	B a lie-in relatives clubbing
meet up do have	a quiet night in with friends some gardening
tidy up do go	some exercise the house/the flat to exhibitions
chat have go	for a walk/a run to people online people round for dinner

b) Which of the things in 1a) do you: usually, often, sometimes, never do at the weekend? What other things do you do at the weekend?

c) Work in pairs. Compare ideas.

I sometimes go to exhibitions at the weekend.

Yes, so do I.

Reading

- 2 a) Read the beginning of the article about happiness. How did the scientists make their top ten list?
- b) Look at these reasons for happiness. Put them in order from 1–10 (1 = the most important).
- friends and family
 - money
 - being married
 - helping others
 - your genes
 - being attractive
 - growing old
 - religion
 - intelligence
 - not wanting more than you've got
- c) Work in pairs. Compare lists. Explain the order you chose.
- 3 Turn to p113. Follow the instructions and read the rest of the article.

The secret of happiness

Many people think that being clever, rich and attractive is the best way to find happiness. But according to a recent report in *New Scientist* magazine, these things aren't as important as we think. A group of scientists reviewed hundreds of research studies from around the world and then made a list of the top ten reasons for happiness – and their list makes very surprising reading.

Listening and Grammar

- 4 a) Look at the photos of Sarah, Greg and Jenny. What makes them happy, do you think?
- b) **R1.1** Listen and write two things that make each person happy.
- c) Listen again. Answer these questions.
- 1 Who does Sarah work for? *Her father.*
 - 2 What are her children doing at the moment?
 - 3 What did Sarah do last Saturday?
 - 4 How many countries has Greg been to?
 - 5 Where did he go last year?
 - 6 How often does he work in his garden?
 - 7 Does Jenny usually get up early on Saturdays?
 - 8 What did she have for breakfast last Sunday?
 - 9 What makes her flatmate happy?



Sarah



Jenny



Greg

1A Vocabulary and Grammar

- 6** Fill in the gaps in these questions with *do*, *are*, *have*, *did* or *-* (no auxiliary).
- Whereabouts *do* you live?
 - How long you lived there?
 - Who you live with?
 - Who gets up first in your home?
 - Why you studying English?
 - Who told you about this school?
 - you study here last year?
 - How many countries you been to in your life?
 - Which of your friends lives closest to you?
 - What you do last New Year?

Help with Listening Questions with you

- 7** a) Work in pairs. How do we usually say the auxiliaries and *you* in the questions in **6**?
 b) **R1.2** Listen to the questions in **6**. Notice how we say *do you* /dʒə/, *have you* /həv jə/, *are you* /ə jə/ and *did you* /dɪd jə/.

- 8** a) **R1.2 P** Listen again and practise. *Whereabouts do you /dʒə/ live?*
 TIP! • **P** = pronunciation.
 b) Work in pairs. Take turns to ask and answer the questions in **6**. Ask follow-up questions.
 c) Tell the class three things you found out about your partner.

- 9** Work in new pairs. Student A → p102. Student B → p107. Follow the instructions.

Help with Grammar Question forms

- 5** a) Match questions 1–4 in **4c** to these verb forms.
 Present Simple 1 Past Simple
 Present Perfect Simple Present Continuous
- b) Write questions 2–4 from **4c** in the table.
- | question word | auxiliary | subject | verb | |
|---------------|-----------|---------|------|------|
| Who | does | Sarah | work | for? |
| | | | | |
| | | | | |
- c) Which auxiliaries do we use in the verb forms in **5a**)?
 d) Look at questions 8 and 9 in **4c**. Answer these questions.
 1 Is the question word the subject or the object in these questions?
 2 Why doesn't question 9 have an auxiliary?
 e) Find two questions in **4c** which have a preposition at the end.
 f) Check in Language Summary 1 **G1.1** p115.

Get ready ... Get it right!

- 10** a) Make a list of the top ten things you do that make you happy.
 1 *go out for a meal with friends*
 2 *read in bed*
 b) Work in pairs. Swap lists. Write one question to ask about each thing on your partner's list.
When did you last go out for a meal with friends?
Which book are you reading at the moment?
- 11** a) Work with your partner. Take turns to ask and answer your questions. Ask follow-up questions if possible.
 b) Tell the class about some of the things that make your partner happy.

1B Love it or hate it

QUICK REVIEW ●●●

Choose a partner, but don't talk to him/her yet. Write five questions to ask your partner. Work in pairs. Take turns to ask and answer your questions. Tell the class something interesting you found out about your partner.

Vocabulary Likes and dislikes

1 Match these phrases to a)–c). Check in V1.2 p114.

I really love ... a) I really hate ...
I don't like ... at all. I can't stand ...
I'm really/very/quite interested in ...
I think ... is/are all right.
... really get(s) on my nerves.
I can't bear ... I enjoy ...
I don't mind ... I'm not very keen on ...
I'm really/very/quite keen on ...
... drive(s) me crazy.
I think ... is/are really boring/annoying.
I think ... is/are great/brilliant/wonderful.

- a) phrases to say you like something
b) phrases to say something is OK
c) phrases to say you don't like something

TIP! ● In these vocabulary boxes we only show the main stress in phrases.

2 a) Think about how you feel about these things. Choose a different phrase from 1 for each thing.

- waiting in queues
- doing the washing-up
- buying new shoes
- going on long journeys
- getting up early
- watching reality TV

b) Work in pairs. Compare ideas. Explain why you feel like this.

Reading and Grammar

3 Work in groups. Discuss these questions.

- 1 Have you got a mobile phone? If so, how important is it to you? If not, why haven't you got one?
- 2 What are the good things and bad things about mobile phones? Make two lists.

Vocabulary likes and dislikes
Grammar positive and negative verb forms, words and phrases
Help with Listening sentence stress (1)
Review question forms

Love-hate relationships

Mobile phones

"I love my mobile. ¹I didn't get one for ages, but now I don't think I could live without one. I **hardly ever** call people during the day because it's quite expensive, but I text my friends all the time. My phone's also got a camera, but ²I **haven't taken** many photos with it. Also I feel much safer with my mobile and **never** leave home without it, especially at night. The only problem is when the battery runs out or there's no signal – ³that's happened to me once or twice, usually when ⁴I'm **trying to** get home late at night and there are no taxis around. But ⁵I **don't have** my mobile on all the time – when ⁶I'm **not feeling** very sociable or talkative I just switch it off."

Amy Hansen, London



Amy

"I really **hate** mobile phones. **None** of my friends can understand why I haven't got one, but **no one** thinks about how annoying mobiles are to other people. Everyone always talks very loudly when they're on their mobiles and I can't bear listening to other people's conversations when I'm on the train. Also the ring tones really get on my nerves! Both of my brothers have got mobiles, but when ⁷we **meet up**, **neither** of them ever switches their phone off, which drives me crazy. Last time ⁸we **went out** for a drink together, their phones rang five times! I know I can't stop other people having them, but I don't think I'll get one."

Jeremy Fuller, Birmingham



Jeremy

1B Vocabulary and Grammar

- 4** a) **R1.3** Look at the article. Read and listen to Amy and Jeremy. Which things on your lists from **3** do they talk about?
- b) Read the article again. Are these sentences true (T) or false (F)?
- Amy phones people a lot during the day.
 - She often uses the camera on her phone.
 - She always takes her phone with her when she goes out.
 - Jeremy enjoys listening to people's phone conversations.
 - His brothers turn off their mobiles when they go out with him.
- c) Who do you agree with, Amy or Jeremy? Why?

Help with Grammar Positive and negative verb forms, words and phrases

- 5** a) Match phrases 1–8 in **blue** in the article to these verb forms.
- | | |
|--------------------|------------------------|
| Present Simple | Present Perfect Simple |
| Present Continuous | Past Simple |
- b) Find the negative form of these sentences in the article. Which verb do we usually make negative?
- I think I could live without one.*
I think I'll get one.
- c) Find another way to say these phrases in Amy's paragraph. Which word can we use instead of *not a* and *not any*?
- there isn't a signal*
there aren't any taxis
- d) Match these positive words to the negative words/phrases in **pink** in the article.
- | | | |
|---------|-------------|----------|
| love | <i>hate</i> | everyone |
| always | | all |
| usually | | both |
- e) Check in **G1.2** p115.

- 6** Make these sentences negative. There is sometimes more than one possible answer.
- I often call my sister.
I don't often call my sister.
 - Everyone in my family has a mobile.
 - Miranda's sent me a text.
 - I think I'll buy a new phone.
 - There's a message for you.
 - All of my friends have got mobiles.
 - Both of my sisters like texting.

- 7** **R1.4** **P** Listen and check the sentences in **6**. Listen again and practise.

I don't often call my sister.

- 8** a) Write three true sentences and three false sentences about yourself. Use the language in **5** and your own ideas.
- I've been to England three times.*
I hardly ever chat to people online.
- b) Work in pairs. Take turns to tell your partner your sentences. Guess which sentences are false.

Listening

- 9** a) **R1.5** Listen to Amy and Jeremy talking about topics 1–4. Who talks about each topic? Do they love them or hate them?
- | | |
|------------------|--------------------------------|
| 1 cooking | 3 flying |
| 2 football on TV | 4 customer service phone lines |
- b) Listen again. Find two reasons why each person loves or hates each topic.

Help with Listening Sentence stress (1)

- In spoken English we stress the important words.
- 10** a) **R1.5** Listen to the beginning of the recording again. Notice the stressed words.
- Oh, I love it, but I know a lot of people don't like it at all.*
I can't understand why – it's much safer than driving.
- b) Look at R1.5, p142. Listen to the first half of the recording and notice the sentence stress.

Get ready ... Get it right!

- 11** Write four sentences about things you like and four sentences about things you don't like. Use the phrases from **1** and your own ideas.
- I really love watching soap operas.*
I can't stand going to the dentist.
- 12** a) Find one student in the class who agrees with each of your sentences. Ask follow-up questions if possible.
- I really love watching soap operas.*
 Yes, me too.
- Which ones do you like?*
- b) Tell the class two things you have in common with other students.
- Jorge and I both love watching soap operas.*

1C The best medicine

QUICK REVIEW ●●●

Write the names of five people you know. Think of two things they like doing and two things they don't like doing. Work in pairs. Take turns to tell each other about the people: *My brother Henri can't stand waiting in queues.*

Listening

- 1 a) Which of these things do you do to relax? How often do you do them? What else do you do to relax?

watch TV go swimming do yoga have a massage
paint go for a run go out for a drink meditate

- b) Work in pairs. Compare your answers.

- 2 a) R1.6 Jeremy and his wife, Anne, have invited two friends, Mike and Sally, round for dinner. Listen to their conversation. What does each person do to relax?

- b) Listen again. How often do they do the things that help them relax?

Help with Listening Sentence stress (2)

- 3 a) R1.6 Listen and read the beginning of the conversation. Notice the sentence stress.

SALLY That was wonderful! I haven't had a meal like that for months.

MIKE Yes, I didn't know you were such a good cook, Jeremy.

JEREMY I'm glad you enjoyed it. Do you want some coffee?

- b) Find examples of these parts of speech in the beginning of the conversation in 3a). Are they usually stressed (S) or unstressed (U)?

main verbs S positive auxiliaries nouns
adjectives negative auxiliaries pronouns

- c) Look at R1.6, p142. Listen again and notice the sentence stress. Then find two examples of the stressed parts of speech in 3b) in the recording.

Vocabulary and Reading

- 4 a) Tick the words you know. Check in V1.3 p114.

relaxed nervous pleased embarrassed annoyed
fed up disappointed stressed calm upset scared
satisfied confused shocked glad frustrated concerned

TIP! ● In these vocabulary boxes we only show the main stress in words/phrases.

- b) Which words in 4a) describe negative feelings?

Vocabulary adjectives to describe feelings; prepositions with adjectives

Skills Listening: How we relax; Reading: Laugh? I feel better already!

Help with Listening sentence stress (2)

Review free time activities; likes and dislikes

- 5 a) Choose six adjectives from 4a). Think of the last time you felt like this.

- b) Work in pairs. Tell your partner about your adjectives.

I felt very relaxed last Sunday because I had a lie-in.

- 6 a) Look at the photo. Where are the people? What do you think they're doing?

- b) Check these words/phrases with your teacher or in a dictionary.

reduce clap your hands
fake chemicals

- c) Read the article and match topics a)–e) to paragraphs 1–5.

- a) It worked for me – try it yourself
b) Why laughter is good for you
c) Start the day with a laugh
d) My first laughter class
e) How Laughter Clubs began

- d) Read the article again. Fill in the gaps in these sentences with one or two words.

- The first Laughter Club was in Mumbai, India.
- Children laugh than adults.
- There are Laughter Clubs in the world.
- Doctors think laughing helps people stay
- Fake laughter is for your health.
- The reporter really the class.

- e) Would you like to go to a Laughter Club? Why?/Why not?

Laugh? I feel better already!



1C Vocabulary and Skills

- 1 Do you want to live a happier, less stressful life? Try laughing for no reason at all. That's how thousands of people start their day at Laughter Clubs around the world – and many doctors now think that having a good laugh might be one of the best ways to stay healthy.
- 2 The first Laughter Club was started in Mumbai, India, in 1995 by Dr Madan Kataria. "Young children laugh about 300 times a day. Adults laugh between 7 and 15 times a day," says Dr Kataria. "Everyone's naturally **good** at laughing – it's the universal language. We want people to feel **happy** with their lives." There are now more than 500 Laughter Clubs in India and over 1,300 worldwide.
- 3 Many doctors in the West are also **interested** in the effects of laughter on our health. According to a 5-year study at the UCLA School of Medicine in California, laughter reduces stress in the body, improves our defences against illness by about 40% and is very good for the heart.
- 4 So, what happens at a Laughter Club? I went along to my nearest club in south London to find out. I was quite **nervous** about it, to be honest – I wasn't **keen** on the idea of laughing with a group of strangers, and I was **worried** about looking stupid. First, our laughter teacher told us to clap our hands and say "ho ho ho, ha ha ha," while looking at each other. Apparently our bodies can't tell the difference between fake laughter and real laughter, so they still produce the same healthy chemicals.
- 5 Amazingly, it works. After ten minutes everybody in the room was laughing for real – and some people just couldn't stop! At the end of the class I was **surprised** by how relaxed and calm I felt. So if you're **upset** about something at work or just **fed up** with your daily routine, then start laughing. You might be very **pleased** with the results!

Help with Vocabulary **Prepositions with adjectives**

7 a) Look at the adjectives in **bold** in the article. Which preposition comes after them?

good at	worried
happy	surprised
interested	upset
nervous	fed up
keen	pleased

b) Match these prepositions to the adjectives. Sometimes there is more than one answer.

of with about by at

scared of	satisfied
bored	embarrassed
frightened	concerned
annoyed	angry
bad	angry

c) Check in **V1.4** p114.

8 a) Choose six adjectives from 7a) and 7b). Write the name of one person you know for each adjective.
fed up – Julia

b) Work in new pairs. Tell your partner about the people. Ask follow-up questions.

My sister Julia is fed up with her job.

What does she do?

9 a) Work in groups. You are going to create a Happiness Club. Decide on these things.

- a name for the club
- the number of different rooms or areas
- activities people can do in each room/area
- music, food, drink, furniture, decoration, etc.
- any other ideas

b) Work with students from different groups. Tell them about your club. Which is the best, do you think?

1D At a barbecue

Real World question tags
Review auxiliaries; short answers; adjectives and prepositions

QUICK REVIEW ●●●

Work in pairs. Find one thing that you're both: scared of, interested in, worried about, good at, fed up with, bad at.
 A I'm scared of spiders. B Me too.



- 1** a) Look at the picture. Where are the people?
 b) Complete the questions in conversations A–D with these question tags.

isn't he? don't you? have you? didn't she?

- c) Complete conversations A–D with these short answers.

Yes, she did. No, he isn't, actually.
 Yes, I do. No, I haven't.

- d) **R1.7** Listen and check.

- 2** **R1.8** Listen to the next part of conversations A–D. Choose the correct answers.

- The woman wants Dave's *mobile number/ email address*.
- Steve's brother *wants to go/went* to Bristol University.
- Tom *has/hasn't* been to China.
- Jack *eats/doesn't eat* steak.

Real World Question tags

- 3** a) Look again at the questions in conversations A–D. Then choose the correct phrase in the rule.

- We usually use questions with question tags (*isn't he?*, *aren't you?*, etc.) to *check information that we think is correct/ find out new information*.

- b) Choose the correct words/phrases in these rules.

- We usually use the *main verb/auxiliary* in question tags.
- We only use *names/pronouns* in question tags.
- If the main part of the question is positive, the question tag is usually *positive/negative*.
- If the main part of the question is negative, the question tag is usually *positive/negative*.

- c) Look at the short answers in conversations A–D. Then answer these questions.

- Which short answers say that the information is correct?
- Which short answer says that the information isn't correct?
- Which word do we use to sound more polite when the information isn't correct?

- d) Check in **RW1.1** p115.

1 Review

Language Summary 1, p114

- 4** a) **R1.9** Listen to the questions in conversations A–D again. Does the intonation on the question tag go up or down?

You work with Dave, don't you?

- b) **P** Listen again and practise.

- 5** a) Write question tags for these sentences.

- Your sister did law too, ?
- She works for a big law firm now, ?
- You're coming to my party, ?
- Dave hasn't got a girlfriend, ?
- You eat meat, ?
- You've got a drink, ?
- Tom went to school with you, ?
- He isn't here today, ?

- b) Match the questions in 5a) to conversations A–D in the picture.

- c) **R1.10** Listen to the end of conversations A–D. Check your answers.

- d) Listen again. Tick the information in 5a) that is correct. Which information isn't correct?

- 6** a) Write questions with question tags to check information about six other students. For each question, think of one or two follow-up questions.

*You live near the school, don't you?
 Your husband's a doctor, isn't he?*

- b) Ask the students your questions. Is your information about them correct? Ask your follow-up questions if possible.

You live near the school, don't you?

Yes, I do.

How long does it take you to get here?

- c) Work in pairs. Tell your partner what you have found out about other students.

- 1** a) Complete questions 1–8 with these verbs. **V1.1**

do have go to meet up
 go tidy up chat visit

Last weekend did you ... ?

- *do* any exercise?
- clubbing?
- the house/flat?
- any exhibitions?
- relatives?
- to friends online?
- a lie-in?
- with friends?

- b) Work in pairs. Take turns to ask and answer the questions.

- 2** a) Fill in the gaps with an auxiliary where necessary. **G1.1**

- What you do to relax?
- Who watches TV the most in your family?
- you go anywhere interesting last week?
- What you going to do after class?
- How many times you moved house?
- Which of your friends the most exercise?
- How long you known your best friend?
- you studying any other languages at the moment?

- b) Work in groups. Take turns to ask and answer the questions. Who has similar answers to you?

- 3** a) Use these words/phrases to make sentences about entertainment, food and sport. **V1.2**

(not) keen on can't stand
 don't mind enjoy really hate
 get on my nerves drive me crazy
 (not) very interested in love

- b) Work in pairs. Are any of your sentences the same?

- 4** a) Change the underlined words so that the sentences have an opposite meaning. **G1.2**

- No one I know watches TV.
- I think I'll go out tonight.
- I hardly ever eat fish.
- All of my friends like football.
- I have two sisters and both of them like their jobs.
- I always get up early at the weekend.

- b) Tick the positive and negative sentences that are true for you.

- c) Work in pairs. Tell your partner your sentences.

- 5** a) Choose the correct prepositions. **V1.4**

- keen *in/on*
- worried *about/of*
- interested *of/in*
- nervous *with/about*
- good *at/by*
- embarrassed *of/by*
- scared *with/of*
- bored *with/at*

- b) Use the phrases to write three true and three false sentences about when you were a child.

When I was a child I was keen on ...

- c) Work in pairs. Guess which of your partner's sentences are true.

Progress Portfolio

- a) Tick the things you can do in English.

- I can talk about free time activities.
- I can ask and answer questions about the past, the present and the future.
- I can talk about likes and dislikes.
- I can talk about feelings.
- I can understand a short magazine article.
- I can use question tags to check information.

- b) What do you need to study again? See **CD-ROM** 1A–D.