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Do not write in this book. Do all the exercises in a separate notebook.

No escribas en este libro. Realiza todos los ejercicios en un cuaderno aparte.

No has d'escriure en aquest llibre. Fes totes les activitats en una llibreta a part.

Ez idatzi liburu honetan. Egin ariketa guztiak zure koadernoan.

Non escribas neste libro. Realiza todos os exercicios nun caderno á parte.

Keep it  
**REAL!**

# Fantastic food!

# 5

**Vocabulary:** Food and drink; Adjectives: health

**Grammar:** Countable and uncountable nouns + some and any; Quantifiers: much, many, a lot of

**Speaking:** Ordering food

**Writing:** A recipe

## VOCABULARY Food and drink

I can talk about food and drink.

### A swimmer's diet

What does an Olympic swimmer eat? We look at a typical day's food.



6.00 a.m.	9.30 a.m.	12.30 p.m.	4.00 p.m.	7.00 p.m.
<b>Breakfast</b>	<b>Second Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
				

1 **5.1** Look at the food diary. Match the words in the box with the pictures. Listen, check and repeat.

Breakfast: cereal, milk, ... Second Breakfast: ...

beans cereal chicken eggs fish fruit  
hot chocolate jam milk orange juice pasta  
potatoes rice salad sandwich toast  
vegetables yoghurt

Are any words similar in your language(s)?

2 Work in pairs. How many more food words can you think of? Make a list and compare with the rest of the class.

3 **5.2** Listen to a gymnast talking about her food diary. In your notebook, write what she has for breakfast, lunch and dinner.

Breakfast: ...

Lunch: ...

Dinner: ...

4 Interview your partner and write their food diary. Is it similar to the athletes' diaries?

What do you have for breakfast?

I usually have toast and coffee.

Ruth's Food Diary	
Breakfast:	toast, coffee
Lunch:	...
Dinner:	...

Watch the vlog. ▶ Viewing skills p. 101

### FAST FINISHER

What's your idea of a perfect breakfast, lunch or dinner?

## READING

I can understand an author's opinion.

- 1 **Word Power** Before you read, match the blue words in the article with the pictures.
- Think of three more things from a kitchen cupboard and three more things from a fridge.

butter f

- 2 **5.3** Read and listen to the article. What do the two young people in the pictures have in common?



# A sweet idea

It's the summer holidays and you want to earn some money. What can you do? You look in the kitchen. There's some **butter** in the fridge and some **flour** and **sugar** in the cupboard. There aren't any eggs, so you can't make a cake, but there's some **chocolate**. You decide to make some **cookies**. You can sell them to your neighbours. Perhaps you can make some **lemonade**, too. Are there any **lemons**? Yes, there are. Perfect!

A few hours later, you start selling your cookies and lemonade. Your neighbours love them. The next day, you make some more. People tell their friends and soon you are earning hundreds of euros a day. Impossible? Not at all! Meet teenagers **Mikaila Ulmer** and **Cory Nieves**.

**Cory** makes delicious cookies with natural ingredients and sells them online. In the future, he plans to use the money from his business to pay for his university studies.

**Mikaila** makes 'healthy' lemonade. She doesn't use sugar – instead she uses **honey**. She's now got a successful business and she sells her lemonade in shops across the USA.



So if you want to start your own business, remember: You're never too young!

- 3 Read the article again. What is the author's opinion? Choose a, b, c or d.

- a It's impossible for teenagers to earn a lot of money.
- b Mikaila and Cory are too young to start a business.
- c Young people can be successful in business.
- d It's a good idea for students to have a job when they're at university.

- 4 **THINK CRITICALLY** Do you think it's a good idea for young people to have a job? Why? / Why not?

- 5 **FIND OUT** There is a National Cookie Day in the USA! When is it?

## GRAMMAR



Watch the animations.

Flipped Learning

### Countable and uncountable nouns + *some* and *any*

**I can** identify countable and uncountable nouns and use *some* and *any*.

**1** Read the grammar box. Complete the rules with *countable*, *uncountable*, *some*, *any*, *a* and *an*.

	Affirmative	Negative and questions
Countable singular	There's <b>a</b> lemon.	There isn't <b>an</b> orange. Is there <b>a</b> banana?
Countable plural	There are <b>some</b> cookies.	There aren't <b>any</b> eggs. Are there <b>any</b> lemons?
Uncountable	There's <b>some</b> butter.	There isn't <b>any</b> flour. Is there <b>any</b> sugar?

#### Rules

<sup>1</sup> ... nouns only have a singular form. <sup>2</sup> ... nouns have a singular and a plural form.

With singular countable nouns, we use <sup>3</sup> ... or <sup>4</sup> ...

With uncountable nouns and plural countable nouns, we use <sup>5</sup> ... in affirmative sentences and <sup>6</sup> ... in negative sentences and questions.

**2** Copy and complete the table with the words in the box. For countable nouns, write the singular and plural form.

<del>apple</del>	banana	<del>bread</del>	egg	fruit
ice cream	meat	milk	pasta	potato
sugar	tomato	vegetable	water	

Countable nouns	Uncountable nouns
an apple (plural: apples)	bread

**3** Choose the correct answer.

- There's *a* / *some* pasta in the cupboard.
- I don't want *some* / *any* meat, thanks. I'm a vegetarian.
- Do you want a drink? We've got *some* / *any* orange juice.
- I always have *a* / *an* apple at break time.
- There are *some* / *any* eggs in the fridge.
- Let's make a salad. Have you got *some* / *any* tomatoes?
- I usually have *a* / *an* banana for lunch.
- There's *some* / *any* pasta in the bowl.

**4** Complete the dialogue with *a*, *an*, *some* or *any*.

- Leo: It's Milly's birthday today. Let's make her <sup>1</sup> ... birthday cake.
- Tom: Great idea. Are there <sup>2</sup> ... eggs in the fridge?
- Leo: Yes, there are. And there's <sup>3</sup> ... butter and <sup>4</sup> ... milk, too.
- Tom: Is there <sup>5</sup> ... flour in the cupboard?
- Leo: Yes, there is. Oh, but there isn't <sup>6</sup> ... sugar. We can't make a cake without sugar. What can we do?
- Tom: I know - we can make <sup>7</sup> ... pancakes!
- Leo: Good idea. Milly loves pancakes. What can we put on them? Have we got <sup>8</sup> ... chocolate sauce?
- Tom: No, we haven't, but there are <sup>9</sup> ... bananas and there's <sup>10</sup> ... honey.
- Leo: Pancakes with bananas and honey. Mmm, delicious!



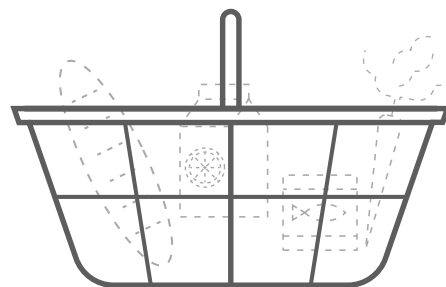
**5** Copy the picture of a shopping basket and draw five items of food or drink in it. In pairs, ask questions to find out about your partner's basket.

Are there any apples in your basket?

Yes, there are.

Is there any meat?

No, there isn't.



Every year, there is a Pancake Day in the UK on a Tuesday in February or March. People cook and eat pancakes, and there are also pancake races. People run and throw pancakes in the air!



### FAST FINISHER

What's in your fridge at home? Can you remember?  
There's *some* milk. There aren't *any* eggs.



## GRAMMAR



Watch the animations.

Flipped Learning

Quantifiers: *much, many, a lot of*

I can talk about quantity.

1 Read the grammar box. Choose the correct words to complete the rules.

	Countable	Uncountable
+	I play <b>a lot of</b> games.	I eat <b>a lot of</b> fruit.
-	I <b>don't</b> eat <b>many</b> vegetables.	I <b>don't</b> do <b>much</b> exercise.
?	<b>How many</b> hours do you sleep at night? <b>A lot.</b> / <b>Not many.</b>	<b>How much</b> water do you drink? <b>A lot.</b> / <b>Not much.</b>

### Rules

We use *How much* and *not much* with *countable / uncountable* nouns.

We use *How many* and *not many* with *countable / uncountable* nouns.

We use *a lot of* in affirmative sentences with *only countable / all* nouns.

2 Complete the sentences with the words below.

a lot of

many

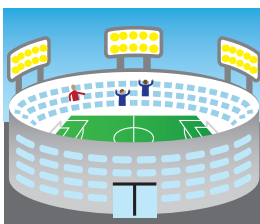
much



1 There are **a lot of** bananas.



2 There's ... snow.



3 There aren't ... fans.



4 Hurry up! We haven't got ... time.

## 3 PRONUNCIATION /h/

5.6 Listen and repeat.

How much?	How many?	healthy
hungry	happy	his
		her

4 5.7 Listen and repeat.

- 1 Harry's happy. He's having a hot dog!
- 2 How much honey have you got at home?
- 3 Here, have a hot chocolate!

5 5.8 Complete the Fun Food Quiz with *How much* or *How many*. Match the questions with the answers. Listen and check.

## FUN FOOD QUIZ

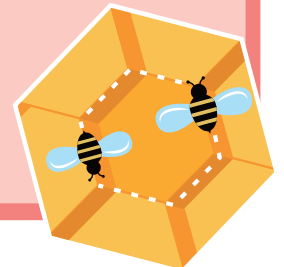
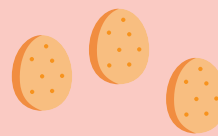


- 1 ... sugar is there in a can of cola?
- 2 ... fruit does a monkey eat in a day?
- 3 ... burgers do people in the USA eat in a year?
- 4 ... honey does a bee make in its life?
- 5 ... eggs does a chicken produce in a week?



## ANSWERS

- a A lot – nearly fifty billion!
- b Not much – only 1/12 (one twelfth) of a teaspoon.
- c A lot – about fifty different types.
- d Not many – about five.
- e A lot – about nine teaspoons.



6 Work in pairs. Ask and answer the questions.

How many sports do you play?

Not many. I only play tennis and basketball. What about you?

A lot! I play six different sports.

- 1 How much chocolate do you eat in a week?
- 2 How many languages can you speak?
- 3 How many people are there in your family?
- 4 How much homework do you get in a week?
- 5 How many films do you watch in a month?

## FAST FINISHER

Imagine an interview with your favourite sports person. Use *how much* and *how many*.

Interviewer: How much coffee do you drink?

Neymar: Not much. I prefer tea.

**Keep it real!** It's nice to go to a restaurant with your friends or family. Let's learn how to choose and order food and drink from a menu.

## READING and LISTENING Restaurant menu

I can understand a menu.

1 Work in pairs. Do you have a favourite restaurant or café? What do you usually order there?

# Natural Kitchen

FAST • FRIENDLY • HEALTHY • DELICIOUS



### Salads

**Taste of Thailand**  
Seafood, mango, vegetables, nuts £5.50

**Caribbean Chicken**  
Chicken, peppers, tomatoes £5.25

**Plant Power**  
Roast vegetables, nuts £5.00



### Extras

Fries £1.50  
Bread £0.50  
Small salad £1.50



### Drinks

Orange juice £2.00  
Tropical fruit juice £2.25  
Mineral water £1.50



### Desserts

Fruit salad £2.50  
Chocolate cookie £1.00  
Slice of cake £2.00



2 Read the menu for The Natural Kitchen and answer the questions.

- 1 Which salad has got fruit in it?
- 2 What type of meat is in the meatballs?
- 3 What meals can vegetarians eat?
- 4 You've only got £1.00. What can you buy?
- 5 You don't like fruit juice. What can you order?

3 Work in pairs and discuss the questions.

- 1 Do you think Natural Kitchen is a healthy or unhealthy place to eat? Why?
- 2 What is your favourite thing on the menu?

4 5.9 Listen to two friends at Natural Kitchen. What do they decide to order?

5 5.9 Listen again. Which ingredients do they mention?

## SPEAKING and WRITING Ordering food and drink

I can order food and drink in a restaurant or café.

- 1 Read the dialogue and look at the menu on page 54. How much does Alina's order cost?
- 2 5.10 Listen and read. Check your answer.

Server: Can I help?  
 Alina: Hi, I'd like the Plant Power salad, please.  
 Server: Anything to drink?  
 Alina: Can I have an orange juice?  
 Server: OK. Anything else? Any dessert?  
 Alina: Yes, please, I'll have a chocolate cookie.  
 Server: Is that to eat in or take away?  
 Alina: To take away.  
 Server: OK, that's £ ... , please.  
 Alina: Here you are.  
 Server: Thank you. Your food is just coming.



- 3 5.11 Listen and repeat the **Functional language**.

### Functional language

#### Ordering food and drink

##### Server

Can I help?  
 What can I get you?  
 Anything to drink?  
 Anything else?  
 Is that to eat in or take away?  
 That's ... pounds, please.  
 Your food is just coming.

##### Customer

I'd like ... , please.  
 Can I have ... ?  
 I'll have ...  
 To take away.  
 To eat in.  
 Here you are.

- 4 5.12 Read the **Look!** box. Put the dialogue in order. Listen and check.

### Look! water vs a water

Food and drink words like *juice*, *water* and *salad* are usually uncountable. But when you order food, you can say: *a salad*, *a water* or *an orange juice*.

- a Server: Hello, what can I get you?
- b Boy: Here you are.
- c Server: OK, that's £7.75, please.
- d Boy: To eat in.
- e Server: One Korean Curry. Anything else?
- f Boy: I'd like the Korean Curry, please.
- g Server: Sure. Is that to eat in or take away?
- h Boy: Yes, can I have a fruit salad?
- i Server: Thank you.

- 5 In pairs, act out the dialogue from Exercise 4.

- 6 **GET CREATIVE** Work in pairs. Invent your own restaurant or café and create a menu. Choose a name for your restaurant and illustrate the menu with pictures.
- 7 **Learning situation** You are at a restaurant or café with your friends. Choose what you want to eat and drink, and order it. Follow the steps in the **Speaking plan**.

### Speaking plan

#### Prepare

- > Decide on your roles.
- > Use your menu from Exercise 6 or the menu on page 54.
- > Make notes to prepare for your dialogue.

#### Speak

- > Act out your dialogue without notes.
- > Use phrases from the **Functional language** box.
- > Be polite: use *please* and *thank you*.

#### Reflect

- > How can you improve next time?
- > Swap roles and act out a new dialogue.

- 8 Write a review of your favourite restaurant.

My favourite restaurant is Café Rio. It's a Brazilian restaurant. My favourite thing on the menu is...



# Favourite Festivals

What's your favourite festival or celebration? Write and tell us.



**1 Ethan,**  
Washington DC, USA

My favourite celebration is Independence Day on the fourth of July. What happens? We decorate the house, and we invite family and friends to a barbecue. Dad makes a lot of food – burgers, sweetcorn, fried chicken and salads. For dessert, my grandma always makes a fruit pie in the colours of the American flag – red, white and blue! In the evening, we watch the fireworks over the city. It's beautiful!



**2 Yanlin,**  
London, UK

I'm from London, but my parents are Chinese. I love Chinese New Year! It happens in January or February. We clean our homes and we put up red decorations for good luck. On the evening before New Year, we have a family dinner. We eat fish and chicken with vegetables and rice. At midnight, there are fireworks – it's very noisy! The next day, there's a parade in the street, with lion dances and traditional Chinese music.




**3 Meera,**  
Mumbai, India

My favourite festival is Diwali, or 'the festival of lights'. It takes place in October or early November, and it lasts for five days. We clean the house and decorate it with lights, and we wear new clothes. We have a big family meal with vegetarian curries, rice, samosas (Indian snacks with potatoes and vegetables) and special cakes. In the evening, there's music, dancing and fireworks.

**1** What do you know about celebrations 1–3? Match them with pictures a–f.

- 1 American Independence Day
- 2 Chinese New Year
- 3 Diwali

**2**  **5.13** Read and listen to the magazine article and check your answers to Exercise 1.

**3** Read the article again. Say which celebration or celebrations the sentences describe.

People clean their homes.


**Diwali and Chinese New Year.**


- 1 People decorate their houses.
- 2 People don't usually eat meat.
- 3 Red is a lucky colour.
- 4 People eat rice.
- 5 People watch fireworks.
- 6 It takes place in the middle of the year.
- 7 The festival is on more than one day.
- 8 People dance.

**4** **Word Power** Match the verbs with the nouns to make phrases. Can you think of other nouns that go with these verbs?


1 c – clean the house (clean your room, clean a car)

- |                    |                                    |
|--------------------|------------------------------------|
| 1 <del>clean</del> | a fireworks                        |
| 2 wear             | b family and friends to a barbecue |
| 3 decorate         | c <del>the house</del>             |
| 4 invite           | d new clothes                      |
| 5 make             | e a fruit pie                      |
| 6 watch            | f the house with lights            |

**5**  **5.14** Listen to three dialogues. Match each conversation with a festival.

**6**  **5.14** Listen again and answer true (T) or false (F).

- 1 In dialogue 1, the boy's father is decorating the house.
- 2 The weather isn't very good.
- 3 In dialogue 2, the girl is talking to her aunt and uncle.
- 4 Her grandmother is wearing a new dress.
- 5 In dialogue 3, the boy and girl are watching fireworks.
- 6 The girl's friend is a dancer.

**7**  **COMPARE CULTURES** Are there any festivals or celebrations in your country that are similar to the festivals and celebrations you read about on page 56? How are they similar? Think about clothes, decorations, food and activities.



Watch the culture video.




## 4.7 Appreciate cultural diversity

A leaflet for a museum display

**Learning situation**

A museum in your area is planning a display on festivals from different cultures. They have asked students from your school to prepare leaflets for the display.




**Think** In pairs, answer the questions. 

- 1 Do you know any festivals that people celebrate in other countries?
- 2 Which festivals from different cultures are celebrated in your country?
- 3 Why is it important to learn about different cultures?

**Collaborate**

In groups, you are going to research and prepare a leaflet about a festival from a different culture for the museum display.

 **GET CREATIVE** Go to page 104 and follow the steps to complete the collaborative task.

**Mediation** Facilitating pluricultural space


**Share** Show your leaflet to the class. Take it in turns to present your leaflet to students from the other groups. Ask questions about each other's leaflets.

**Reflect** Discuss the questions in your groups.

- 1 What do you like about the other leaflets?
- 2 What could you do to improve your leaflet?
- 3 How could you improve the research process next time?
- 4 What are the differences between the festival you researched and festivals in your own culture?

## WRITING A recipe

I can write a simple recipe.

- 1  Ask and answer in pairs. Do you like cooking? Do you sometimes cook for your family? What is your favourite recipe?
- 2 Read the recipe for Spaghetti Bolognese. How long does it take to make the Bolognese sauce?



# SPAGHETTI BOLOGNESE

This is a popular pasta dish. It's delicious and very easy to make. I often make it for my friends!

  
DIFFICULTY  
4 / 10

  
TIME  
70 mins

  
SERVES  
4

### INGREDIENTS

- 400 g beef
- Olive oil
- One onion
- Garlic
- 800 g tomato sauce
- 400 g spaghetti
- Salt and pepper
- Cheese

### INSTRUCTIONS

- 1 First, fry the beef in some oil for about ten minutes until it is brown.
- 2 Then, cut the onion and garlic into small pieces and add them to the meat. Cook for another five minutes.
- 3 Next, add the tomato sauce and mix everything together.
- 4 Cook for about 45 minutes. Add some salt and pepper.
- 5 Finally, cook the spaghetti in water for about ten minutes.
- 6 Put the spaghetti on the plate and add the sauce. Serve with some cheese. Enjoy!

- 3 Look at the **Functional language**. Notice how we give instructions using the imperative. Which of these things do you know how to do?

### Functional language

#### Instructions

- Fry some onions.*
- Add some cheese.*
- Cut up some fruit.*
- Cook in an oven.*
- Serve in a bowl.*

- 4 Study the **Look!** box. We use sequence words to show the order of instructions. What punctuation do we use after a sequence word?

### Look! Sequence words

We use sequencing words to help us order events in our writing.

- First, cook the beef.*
- Then, cut the garlic.*
- Next, add the tomato sauce.*
- Finally, cook the spaghetti.*

- 5 Put the instructions for making fries in order. Include sequence words and write the instructions in your notebook.

- a ... cut the potatoes into long, thin pieces.
- b ... serve the potatoes with ketchup. Enjoy!
- c ... wash the potatoes. 1
- d ... fry the potatoes.

- 6 **Learning situation** → Your dad wants to make a collection of recipes for his blog and he has asked you to write one for your favourite dish. Follow the steps in the **Writing plan**.

### Writing plan

#### Prepare

- › Choose a simple dish.
- › Research the ingredients and instructions.

#### Write

- › Write the recipe. Add a short introduction and a picture.
- › Use the expressions from the **Functional language** box.
- › Use sequence words to show the order.

#### Reflect

- › Check your grammar: *some, any, a, an*, imperatives.
- › Check sequence words.
- › Check your spelling.