

1

Town life

Unit goals

Talk about places and activities we do in town. Express likes and dislikes. Talk about places to eat and food. Ask for and give directions. Write a description of a place.

Collaborative project

Create a 1-day itinerary to visit a city or town.

Skills for life

Talk about the importance of eating a balanced diet.

Global goals

Discuss the importance of learning about other cultures and traditions.

- 1 **Get ready** • Look at the website. What's its name? What is it about?
- 2 **Read** • Name 3 places or activities people enjoy in towns. What city does Ailsa talk about?

CITY VIBES FOR ALL



What makes a city a great place to live?

Good schools and universities, modern hospitals and efficient public transport – these are all essential. But what else makes a city a great place to live? People like big parks and other green spaces for exercise and relaxation. They also enjoy eating out and going to museums, theatres and music venues. They like festivals, open-air markets and other community events – they all add fun to everyday life. And, of course, most people want to live in a safe and inclusive environment where everyone is welcome.

What is wonderful about your town? Tell us about the places you like!

My name is Ailsa and I live in Copenhagen, the capital of Denmark. There are lots of interesting places in my town. Reffen is one of them!



Reffen is a very large street-food market by the sea. There are about 35 food stalls and a lot of long tables with a view of the port. You can eat all kinds of international food. There is live music and sometimes there are free concerts too!



What do you think?

Discuss in pairs. Then as a class.

What makes a city a great place to live? List 4 or 5 ideas in order of importance. Explain your choices.

Having fun in town

1 Read the first part of the website again • Find in the text:

- 1 things that are essential in a great city.
- 2 places that are good for exercise and relaxation.
- 3 places for people who like music and art.
- 4 events that the whole community can enjoy.
- 5 the type of environment that everybody wants.

2 Read the second part again • Answer.

- 1 What is Reffen?
- 2 What is special about this place?
- 3 Is there a similar place in your city/town?

3 Activities in town • Match the activities in the box with photos 1–8. Listen and check. Then repeat.

go to watch football ☐

go to a concert ☐

go shopping ☐

go skateboarding ☐

go dancing ☐

go for a walk ☐

go out for lunch/dinner ☐

go out/hang out with friends ☐

Look!

go out with friends = go to a place with friends
hang out with friends = spend time with friends



4 Places in town • Listen and repeat. Which activities from Exercise 3 can you do in these places?

a sports centre a shopping centre a music venue
 a stadium a skate park the city centre
 a theatre a street-food market

5 Complete the table with 2 or 3 activities in each column. Use words from Exercise 3 and your own ideas.

At weekends,		
I always...	I sometimes...	I never...

6 Speak • Work in pairs. Use the table in Exercise 5 and take turns to share the activities you do/don't do at weekends. Ask your classmate questions to find out more.

Example 1

I always go out with friends at weekends.

Where do you go?

Example 2

I never go to the city centre.

Why not?

Favourite pastimes

1 **Read** • Answer: What are Jason's and Randy's favourite activities? Then study the Grammar box.

Hi. My name's Jason. My brother, Randy, and I are twins, but we're very different.
I'm really into sport. I like playing football and I play in a team called the Mid-land Juniors.
I train at a sports centre on Tuesdays and Thursdays. I don't mind going to the sports centre twice a week, but that isn't my favourite activity. I love being part of a team and playing matches. I also enjoy going to the stadium and watching professional football players! 😊
Randy hates doing sport. He enjoys playing the guitar. He's got a great talent for music, but he doesn't like singing. He is in a band and he plays with 2 friends at weekends. There is a great music venue near our house and he loves going there.
We're different, but there are 2 things we both like. We love hanging out with friends and watching videos on YouTube!



Grammar Likes and dislikes

Look at the sentences based on the text and complete them with the verbs in the correct form. Then discover the rules.

Affirmative

I **like** ... football.

He **hates** ... sport.

He **enjoys** ... the guitar.

Negative

I **don't mind** ... to the sports centre.

He **doesn't like**



Checkpoint

a Complete the table with the words in the box.

don't like don't mind hate love

😍	😊	😐	😞	😡
(1) ...	like/enjoy	(2) ...	(3) ...	(4) ...

b Circle the correct option to make the rule.

After the verbs *love, like, enjoy, hate* and *mind*, we use verbs in the *to infinitive* / *-ing* form.

2 Complete the sentences. Use the correct form of the verbs in brackets and the verbs in the box.

be hang play (x2) train sing watch

- Jason (like) football.
- He (not mind) at the sports centre on Tuesdays and Thursdays.
- He (love) part of a team.
- He (like) professional football players.
- Randy (enjoy) musical instruments.
- He is very musical, but he (not like)
- Jason and Randy (like) out with friends.

3 **Write** • Use this diagram to write 4–6 sentences about you. Remember to use the *-ing* form of verbs.

I enjoy
I like
I don't like
I don't mind
I hate



go shopping
go to the city centre
go out for dinner
go dancing
go to watch football
sing
play the piano/guitar
go to concerts
hang out with friends



and...
but...
so...
because...

I enjoy going shopping, but I don't go very often.

4 **Speak** • Share your sentences with a classmate. Are your likes/dislikes similar?

A balanced diet

1 Get ready • Look at the photo. What food items can you name?

Does an apple a day keep the doctor away?

According to the saying, 'An apple a day keeps the doctor away'. Is it true? Not literally. But a healthy diet helps! Your body needs food from 5 different food groups to stay healthy.

- 1 **Fruit** and **vegetables** provide vitamins, minerals and fibre.
- 2 **Potatoes**, **bread**, **rice** and **pasta** give you energy.
- 3 **Beef**, **fish**, **chicken** and **eggs** contain protein. Protein is good for your muscles and it helps you grow.
- 4 **Milk**, **cheese** and **yoghurt** are good sources of protein and calcium. Calcium is good for your bones.
- 5 **Oil** and **spreads**, for example **butter** and **mayonnaise**, add extra taste to food. For a healthy diet, use them in small amounts.

Remember! Don't eat a lot of **chocolate**, **ice cream**, **burgers**, **chips**, **cake** or **biscuits** because they contain a lot of fat, salt and sugar. And drink 6–8 glasses of water a day!



2 Food • 03 Label photos 1–12 with words in purple from the text. Listen and check. Then repeat.

1 	2 	3 
<input type="text"/>	<input type="text"/>	<input type="text"/>
4 	5 	6 
<input type="text"/>	<input type="text"/>	<input type="text"/>
7 	8 	9 
<input type="text"/>	<input type="text"/>	<input type="text"/>
10 	11 	12 
<input type="text"/>	<input type="text"/>	<input type="text"/>

3 Speak • Work in pairs. Take turns to ask and answer the questions.

1 What's your favourite food?

My favourite food is chocolate.
What about you?

I love bananas! I have 1 every morning.

2 What food don't you like?

3 What do you like eating for snacks?

4 What do you usually eat at birthday parties?

5 What do you like eating when you go out with friends?



Skills for life

Discuss in pairs. Then as a class.

- Do you eat food from the 5 food groups every day?
- Do you eat food with a lot of fat or sugar?
- What can you do to improve your diet?

A conversation



1 **Get ready** • Look at the photos. Then answer.

A

- 1 What city can you see in the photo?
- 2 What kind of station can you see?
- 3 Do you sometimes use this type of transport? If yes, when?
- 4 Do people use bikes in this city? Are there any cycle lanes in the photo?

B

- 1 What's the name of the building?
- 2 Do you know what it is?
- 3 What can visitors see in this building?

2 **Read about Ethan and Mia. Then imagine you're Mia and say which topics from Exercise 3 you'd like to ask about.**



Ethan is from the UK, but he's living in Buenos Aires. His cousin, Mia, lives in the UK and she's planning to visit him. She gives him a call and they talk about her visit.

3 **Listen once** • Number the topics that Ethan and Mia talk about in the correct order. There are 2 extra topics.

Listening skills

Identifying topics

Focus on key words to identify what people are talking about. Don't pay attention to details.

- | | | | |
|------------|--------------------------|---------------|--------------------------|
| a food | <input type="checkbox"/> | e the weather | <input type="checkbox"/> |
| b music | <input type="checkbox"/> | f education | <input type="checkbox"/> |
| c shopping | <input type="checkbox"/> | g museums | <input type="checkbox"/> |
| d sports | <input type="checkbox"/> | h transport | <input type="checkbox"/> |

4 **Listen again** • Answer.

- 1 How many gyms are there near Ethan's home?
- 2 Does Mia want to go to watch football?
- 3 Is there a museum near Ethan's home?
- 4 Where can Mia and Ethan go and hang out with friends?
- 5 Which types of transport does Ethan recommend to go to the city centre?
- 6 Is Mia interested in live music?
- 7 Where are there music venues?
- 8 What clothes does Ethan recommend? Why?



What do you think?

Discuss in pairs. Then as a class.

What are the advantages and disadvantages of your city or town?
Think about:

- | | |
|----------------------|-----------------|
| • places to do sport | • places to eat |
| • places to go out | • transport |

Top takeaways

1 **Read** • Answer: What is Andy's favourite takeaway? Then study the Grammar box.

Hi. My favourite takeaway is a Bento box. There is a Japanese restaurant near my school and I sometimes buy a Bento box there.

There are a lot of options. Apart from chicken and beef boxes, there are fish boxes. And there isn't any meat in some of the options, so that's good for vegetarians! Bento boxes are healthy (and well-balanced). There are usually 4 or 6 dividers in each box. Look, this is the box I usually buy: there isn't a lot of meat, there is some rice and there are a lot of vegetables. There aren't any sweet treats. In some Bento boxes, there isn't a dessert, but I always choose one with fruit slices.

Is there a takeaway place near your school?

Are there any healthy options?



2 Look at the photo of the Bento box and complete the sentences with *There is* or *There are*, and *a*, *an*, *some*, *any* or *a lot of*.

- 1 chicken.
- 2 rice.
- 3 mini cakes.
- 4 healthy items.
- 5 fruit slices.
- 6 egg.
- 7 beef.
- 8 burger.

3 Classify the food items on page 11. Then think about your ideal menu and write 10 sentences using the words in the table.

Countable nouns	Uncountable nouns
egg	fish

There aren't any eggs.

Grammar *There is/are — a/an, some/any/a lot of*
Countable and uncountable nouns

Look at the nouns in green and write **C** (countable) or **U** (uncountable). Then discover the rules.

There is a Japanese **restaurant**.

☐

There are a lot of **options**.

☐

There is some **rice**.

☐

There are some **vegetables** too.

☐

There aren't any **sweet treats**.

☐

There isn't any **meat** in some boxes.

☐

There isn't a lot of **meat** in each box.

☐

In some boxes, there isn't a **dessert**.

☐


✓ Checkpoint

a Complete the table with *a*, *an*, *some* or *any*.

Affirmative	Negative	
<i>There is a/ ...</i>	<i>There isn't ... /an</i>	+ singular noun
<i>There are ...</i>	<i>There aren't ...</i>	+ plural noun
<i>There is ...</i>	<i>There isn't ...</i>	+ uncountable noun

b Complete each sentence with a noun.

There is/isn't a lot of ...

There are/aren't a lot of ...

c Complete the questions and answers.

... there ... Japanese restaurant near your school?

Yes, there ... / No, ...

... there ... fruit slices in your Bento Box?

Yes, there ... / No, ...

4 Complete the interview.

Q: 1 ... there 2 ... places to eat near your school?

A: Yes, 3 There 4 ... café and there 5 ... restaurants and takeaway places.

Q: What's your favourite place and what do you eat?

A: My favourite place is Lito's. 6 ... some great beef empanadas.

Q: Do you enjoy eating there?

A: No, I don't! Lito's is a small place. But 8 ... benches at the square, so I have lunch there.

5 **Write** • Answer the questions in Exercise 4 about you.

A travel guide

- 1 **Get ready** • Look at photos A–D. Which dishes would you like to try? Are there similar dishes in your country?

How to eat like a local

When you visit other countries, forget fast food like burgers. There is some great local food you must try. Here are some of our favourites!



To get warm on a winter's day in **Canada**, you can try poutine. To make this snack, you take some chips, add some cheese and cover it all with meat sauce.



In **Portugal**, there is a fantastic cake called pastel de nata. It's a small cake made with eggs and butter. For me, the only problem with it is that it hasn't got any chocolate!

In the **Philippines**, the weather is tropical and it's sunny and hot. After a long day, you want something cool and sweet. You can have some ice cream, but the best option is halo-halo. Halo-halo is a delicious mix of fruit, milk and lots more, but it's also beautiful and includes purple ice cream!



There are some great food stalls in **Thailand** and one of the most popular dishes is pad Thai. The most important ingredients are eggs, noodles and vegetables, but you can add some beef or chicken if you like meat.



- 2 **Read once** • What is the text about? Tick (✓).

Reading skills

Identifying the main idea

Read the text quickly to understand what it is about. You don't need to understand every word.

- 1 Healthy diets around the world. ☐
- 2 Great snacks. ☐
- 3 Typical dishes that tourists must try. ☐

- 3 **Read again** • Write **T** (true) or **F** (false).

- 1 It is a good idea to eat poutine in summer. ☐
- 2 Pastel de nata is a big chocolate cake. ☐
- 3 Halo-halo is a good option on a cool day. ☐
- 4 Vegetarian people can enjoy pad Thai. ☐

- 4 **Complete the table.**

	Dish	Country	Ingredients
A	Poutine	Canada	chips, cheese, meat sauce
B			
C			
D			



Global goals

Food tells a lot about the culture and traditions of a country.

Is it a good idea to try local food when you visit another country? Is it important to learn about local traditions and different ways of living? Why? Discuss as a class.

Asking for information

- 1 **Get ready** • Read the sentences and find and circle the places on the map.
- 1 It's opposite the supermarket.
 - 2 It's next to the juice bar.
 - 3 It's between the police station and the hotel.
 - 4 It's on the corner of West Avenue and Well Street.



- 2 **Watch the video** • Where does Archie want to go?
- 3 **Complete the dialogues between Archie and the people in the street. The watch again and check.**

Dialogue 1

Excuse me. Can you tell me how to get to the (1) ... ?

Let's see. Yes, go straight ahead, along (2) ... Road. Turn left into Well Street. There's a (3) ... on the corner, you can't miss it.

OK, along Station Road, then left.

That's right. Go along (4) ... Street and go past the skate park. Then turn right and it's there, near the (5) ...

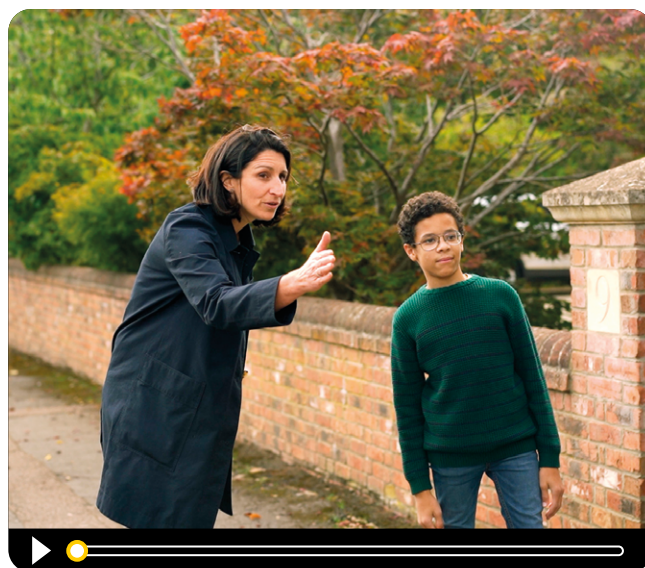
Great, thanks.

Dialogue 2

Excuse me. Is there a (6) ... near here?

Yes. Go along this road and turn (7) ... It's on your right, opposite the police station.

Cheers!



Speaking Planner

Now create your own dialogue. Follow these steps.

THINK

You are outside the school on the map. Choose a place that you want to go to.

PREPARE

Work in pairs. Prepare your dialogue using key phrases from the table.

Student A: Ask for directions.

Student B: Give directions.

Asking for directions
<i>Excuse me. Can you tell me how to get to the...?</i> <i>Excuse me. Is there a... near here?</i>
Giving directions
<i>Go straight ahead.</i> <i>Go along... Street.</i> <i>Turn left/right.</i> <i>Go past the...</i> <i>It's on your left/right.</i> <i>You can't miss it!</i>

PRACTISE

Practise your dialogue. Then change roles.

PERFORM

Act out the dialogue for the class.

or

Record your dialogue and share your video on an online collaborative board.

A description of a place



My favourite place to visit is Brighton. My cousins live there and I often stay with them in the summer holidays. It's a small town on the south coast of England, but there are lots of things to do. There's a modern part with a shopping centre and busy restaurants, and there's an old part. I prefer the old part because it's full of interesting shops and cafés. My favourite place is an ice cream shop – it sells more than 20 different flavours. There's also a nice beach in Brighton. It's quiet in winter, but it can get crowded in summer. I usually go there with my cousins in summer and we play volleyball or swim in the sea. There's an amusement park near the beach too. I think Brighton is a beautiful and exciting place. I really recommend that you visit it!

Jayden, UK

Tip 1

Use adjectives to make descriptions more interesting. Remember that the order is: adjective + noun *a small town*

Tip 2

Use *because* to give reasons.

Tip 3

Use adverbs of frequency to say how often you do things.

1 Read the description • Answer.

- When and why does Jayden often go to Brighton?
- What places of interest are there?
- What's Jayden's favourite place?

2 Read Tip 1 • Find and circle 10 more adjectives in the text. Then match some of the adjectives with definitions 1–3. There are 2 options for one of the definitions.

- with a lot of people
- without noise or people
- with a lot of fun activities

3 Read Tip 2 • Complete the sentences.

- Jayden goes to Brighton because ...
- She likes the ice cream shop because ...

4 Read Tip 3 • Insert the adverbs in the correct place in each sentence.

- I swim in the sea on cold days. (never)
- I visit my cousins when I go to Brighton. (always)

Writing Planner

Follow these steps.

THINK

Think of your favourite place to visit. Make notes of your answers to these questions:

Paragraph 1	Why/When do you go?
Paragraph 2	What places are there? What's your favourite place?
Paragraph 3	What other things do you do?
Paragraph 4	Why do you like it?

WRITE

- Write your description.
- Divide it into four paragraphs.
- Use the model and the Tips to guide you.

SHARE

Exchange your description with a classmate. Is your classmate's description clear? Is the place interesting? Would you like to visit it?

Final checkpoint

To reflect on your progress, add your own examples. Then circle the stars.



Unit goals

I can talk about the places and activities we do in town.

I sometimes go to watch football at the stadium.



I can express likes and dislikes.

I enjoy playing football matches, but I don't like training on weekdays.



I can talk about places to eat and food.

At Lito's, there are some great beef empanadas.



I can ask for and give directions.

Excuse me. Can you tell me how to get to the underground station?



I can write a description of a place.



Final reflection

Complete these tasks. Then discuss as a class.



Skills for life

In this unit, you read about a healthy and balanced diet.

Answer: Is your diet balanced?
Which food items from the unit do you want to incorporate into your diet?



Global goals

In this unit, you learnt about local dishes from other cultures.

Answer: Why is it important to learn about other cultures?



What do you think?

This unit offers chances to give your personal opinion.

Look back at the unit. Then complete the sentence.

I liked giving my opinion about...



Project

Create a 1-day itinerary to visit a city or town.

In this project, you are going to:

- Choose a place for your 1-day itinerary.
- Complete a diagram with information. Do research, if necessary.
- Find photos or make drawings.
- Prepare a digital presentation.
- Share it with the class.

A. Time to discover

Look at the model and answer.

- 1 What is a 1-day itinerary? What city is this itinerary for?
- 2 Which part of the itinerary do you like best? Why?

A perfect Paris-in-a day plan

Morning

- Start your day at the Eiffel tower. There is a big park near the tower and it's a great place to take photos.
- Eat a crepe for breakfast. Crepes are delicious! There are a lot of options, banana and Nutella is my favourite one.
- Get a city bike. There are a lot of bike stations in the city centre.
- Ride along the Seine River. At weekends, there are street performers in the area. Take some minutes to enjoy watching their tricks. They're fun!

Lunch

- Eat a baguette for lunch. In French 'boulangeries', there are great ham and cheese baguettes. The chicken, lettuce, tomato and mayonnaise baguette is very popular too.

Afternoon

- Take the underground to Anvers. There is a good underground system in Paris. It's fast, but it isn't super cheap.
- Then climb up the steps to Sacré-Coeur. Relax in the park and enjoy the view of Paris from there.

Evening

- Go for a walk. There are lot of shops and cafés on Champs Elysées. It's a great place to go out for dinner. Take the underground to get there.



B. Time to work

- 1 Work in pairs. Choose an option for your 1-day itinerary.
 - a A friend from another country is visiting your city/town. Create a 1-day itinerary especially for them. Think of their interests.
 - b You are a travel agent. Create a 1-day itinerary to visit a popular city.

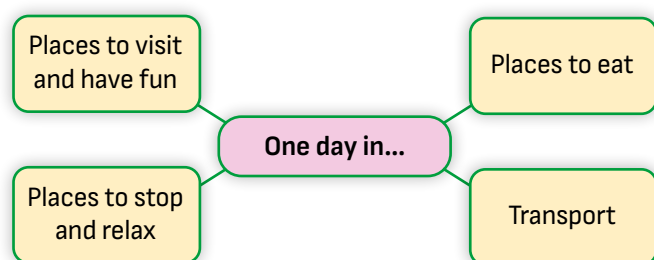
Collaboration skills

Working well together

- Listen to your classmate's ideas.
- Decide together.
- Share your work.

- 2 Follow Steps a–d to plan your itinerary.

- a Copy and complete the diagram with notes.



- b Complete the table. Insert the information from the diagram; decide when it's best to visit each place and how to get there.

Morning	
Lunch	
Afternoon	
Evening	

- c Prepare the visuals: make drawings or go online to choose photos.
- d Include a map. (This is optional.)



- 3 Choose a digital presentation tool to create your itinerary or make a paper poster.

C. Time to share

- 4 Read the tips below. Then take turns to present the different parts of your itinerary to the class.

How to present visual information

- Start with a general introduction.
- Make sure everyone can see. Don't block the view.
- Use a pointer to direct your classmates' attention to the photos or what you are talking about.

Our 1-day itinerary is for a visit to Paris. In Paris, there are a lot of places to go out, eat and have fun. You don't need a lot of money for our itinerary.

- 5 After listening to your classmates' presentations, choose a place that you would like to visit. Share it with the class and explain your reasons.



Reflect on your project

Circle the stars.

I used language from the unit.



I worked well with my classmate.



I gave a clear and attractive presentation.



I enjoyed listening to my classmates' presentations and choosing a place I'd like to visit.



1

Town life

- 1 Match the verbs in box A with the phrases in box B to make verb phrases.

A

go (x4) go out (x3) go to (x2) hang out

B

concerts dancing for a walk
for dinner for lunch shopping
skateboarding watch football with friends (x2)

go dancing

_____	_____
_____	_____
_____	_____
_____	_____

WB

- 2 Complete the sentences with phrases from Exercise 1.

- We sometimes go dancing in the city centre on Saturday evenings.
- I always go dancing when there are live bands in town.
- At weekends, my friend Timothy and I often _____ to buy clothes.
- Do you want to _____ after the cinema today? There's a new burger place nearby.
- Alex's very sporty. He often _____ in the skate park near our school.
- After school, Sue and Leyla usually _____ in the park.
- I don't really like football, but I sometimes _____ with my sister.
- I usually _____ on Friday evenings to talk and have fun.

- 3 Label the photos with the words in the box.

sports centre music venue skate park
theatre shopping centre stadium
city centre street-food market



1 _____



2 _____



3 _____



4 _____



5 _____



6 _____



7 _____



8 _____

- 4 The words in **green** are in the wrong sentence. Write the correct word.

- You can eat all kinds of international food in the **sports centre**. street-food market
- Jimmy and his friends usually go skateboarding at the **music venue** near his house. They're learning some good tricks! _____
- You can buy clothes, electronics and furniture at the new **stadium**. _____
- My sister plays basketball at the **shopping centre** every weekend. _____
- Delfina always goes to the **street-food market** to watch football. _____
- There's a big **skate park** near my house. Some great bands come to play there. _____

Get ready!

1 Label the emojis with the words in the box.

don't like don't mind hate like/enjoy love

- 1 😍 like/enjoy 2 😐 _____
- 3 😊 _____ 4 😡 _____
- 5 😞 _____

2 Complete the table with the missing verbs.

I						
You	(1)	like	(4)	don't like	hate	
He						
She	loves	(3)	doesn't mind	(6)	(7)	singing. studying. dancing.
We						
You	(2)	like	(5)	don't like	(8)	
They						

- 1 love 2 _____
- 3 _____ 4 _____
- 5 _____ 6 _____
- 7 _____ 8 _____

3 Tick (✓) all the correct sentences.

- 1 They like go out with friends. ☐
- 2 We love going out for lunch at the street-food market near our house. ☐
- 3 She doesn't mind go to watch matches. ☐
- 4 He enjoys to go skateboarding at the new skate park. ☐
- 6 I hate going to the city centre. I don't like busy places ☐

4 Complete the sentences with the correct form of love, like, don't mind, don't like or hate.

- 1 Sara's mum loves 😍 going out for dinner.
- 2 Mike and Andy _____ 😊 playing video games.
- 3 My friends _____ 😐 doing their homework at weekends.
- 4 I _____ 😡 getting up early for school.
- 5 The girls _____ 😞 watching football very much. They prefer rugby.
- 6 Jimmy _____ 😐 cleaning his room.

5 Order the words to make sentences.



- 1 using / We / in class / tablets / like
We like using tablets in class.
- 2 at / matches / enjoy / I / going / stadium / watch / to / the

- 3 out / hates / My / weekends / going / best / at / friend

- 4 online / I / mind / don't / football / watching

- 5 going / stadiums / My / at / doesn't / concerts / like / father / to / big

- 6 and / I / My / sister / city / going / love / shopping / the / centre / in

- 7 our / when / enjoy / in / We / and / parties / singing / dancing / family

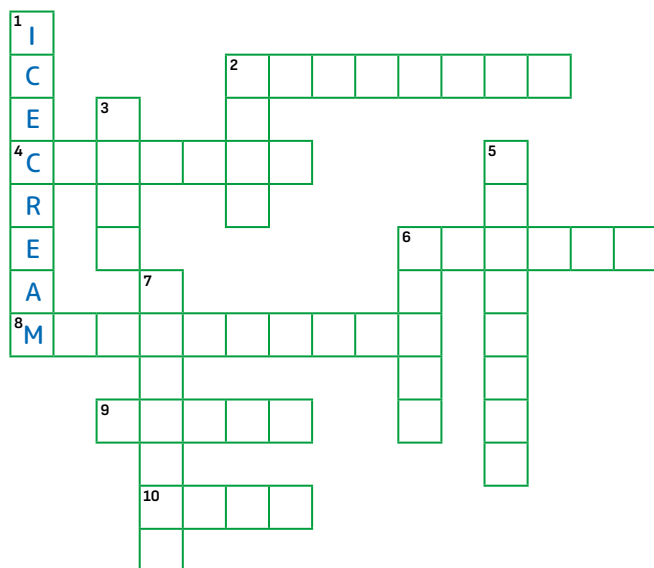
- 8 my / brother / with / helping / The / doesn't / teacher / his / mind / homework

WB

Try it yourself!

Choose 3 sentences from Exercise 5 and make them true for you.

1 Look at the photos and complete the crossword.



Down:

1



2



3



5



6



7



Across:

2



4



6



8



9



10



2 Complete the words for food with the missing vowels.

1 e ggs

5 ch_c_l_t_

2 p_st_

6 b_rg_rs

3 ch_s_

7 c_k_

4 m_lk

8 _ppl_s

3 Complete the table with the words in Exercises 1 and 2. Then add other words you know.

Food groups	
Fruit and vegetables	apples
Grains and cereals	
Food rich in protein	
Fats and oils	
Food high in sugar or salt	

4 Circle the correct option.

1 Do you like having *milk* / *butter* with your coffee?

2 I usually have *ice cream* / *yoghurt* with cereal for breakfast.

3 When you go out for dinner in a restaurant, you usually get bread and *eggs* / *butter*.

4 My dad says I need to eat fruit, so I often have *an orange* / *a potato* after lunch.

5 My sister loves sweet treats like *chips* / *chocolate*.

5 Work in pairs. Write 2 tips for a healthy diet.

Get ready!

- 1 Are the items in the correct column? Put a tick (✓) or a cross (✗) next to each item.

Countable		Uncountable	
a potatoes	<input checked="" type="checkbox"/>	f burgers	<input checked="" type="checkbox"/>
b biscuits	<input type="checkbox"/>	g mayonnaise	<input type="checkbox"/>
c cake	<input type="checkbox"/>	h chips	<input type="checkbox"/>
d apples	<input type="checkbox"/>	i butter	<input type="checkbox"/>
e fish	<input type="checkbox"/>	j milk	<input type="checkbox"/>

- 2 Write an affirmative and a negative sentence for each item.

- 1 a sandwich

There is a sandwich.

There isn't a sandwich.

- 2 12 eggs

- 3 an orange

- 4 a potato

- 3 Circle the correct option.

- There isn't a / an burger in my Bento box.
- There is a / an apple in my school bag.
- There is a lot of / any milk in the fridge.
- There are a lot of / any potatoes on the table.
- There is some / any fish, but there isn't some / any chicken.
- There is a lot of / any butter, but there aren't some / any eggs.

- 4 Complete the questions with *Is there* or *Are there*.

- Is there a sandwich in breakfast A?
- _____ any milk in breakfast B?
- _____ any chips in breakfast A?
- _____ any yoghurt in breakfast B?
- _____ any bananas in both breakfasts?
- _____ an egg in both breakfasts?

- 5 Look at the pictures and answer the questions in Exercise 3.

A



B



1 No, there isn't.

2 _____

3 _____

4 _____

5 _____

6 _____

- 6 Complete the text with the correct form of *there is/there are* and *a, an, a lot of, some* or *any*.

Hi! My name's Thomas. I live near the city centre and I love going out with my friends.

1 There are a lot of cafés

in my city, where we can

have 2 _____ drink

and 3 _____ cake, but

our favourite place is The Purrfect Café.

What's so special about it? Well, there are

4 _____ cats inside! They walk around,

sleep on the chairs and sometimes even sit on

your lap. 5 _____ any loud music and

6 _____ any bright lights, so it's a really calm place.

7 _____ a fantastic menu with

8 _____ delicious options. You can get

9 _____ cheeseburger or 10 _____ egg

and tomato sandwich. For dessert, there isn't

11 _____ ice cream, but 12 _____

some great chocolate biscuits!

It's the perfect place to relax and hang out with

friends — and cats! 13 _____ any cat cafés in your city or town?



WB

Try it yourself!

Do you know there are cat cafés all around the world? Do some quick research, choose 1 and write 3 or 4 sentences about it. Use: *there is/there are, a/an, some/any and a lot of*.

How to eat like a local

Imagine it's a sunny day and you're walking along the road in Kingston, **Jamaica**. Music is playing and there is a wonderful smell of herbs and spices. You're starting to feel really hungry and there's a food stall right in front of you. The menu is long, but your choice is quick: jerk chicken is the only one thing you want to eat! It comes with rice and peas, so apart from being tasty, it's healthy! And if you like eating something sweet after lunch, here's our top Jamaican dessert recommendation: try coconut toto! It's a soft coconut cake full of flavour and spices! Its main ingredients are sugar, eggs, butter, coconut milk and shredded coconut. Do you want one more tip? Put some honey on it to add extra taste and enjoy your bite!



Take this list with you on your next trip
and make your tummy happy!

WB

1 Read the text and tick (✓) all the correct answers.

The 2 dishes mentioned in the text are:

- a Jamaican. ☐
- b sweet. ☐
- c vegetarian. ☐
- d healthy. ☐
- e tasty. ☐

2 Read the text again and complete the sentences with 1 word from each pair in the box.

sugar / spices vegetables / chips meat / eggs
main / optional before / after

- 1 There aren't any _____ in the first dish.
- 2 The 2 dishes have got _____.
- 3 There are _____ in the coconut cake.
- 4 A dessert is a dish that comes _____ another dish.
- 5 In the second dish, honey is an _____ ingredient.



Mediation

Choose a dish you want to try from the text above or the text on page 14. Then work in pairs and take turns to share your choice; explain your reasons. Discuss and agree on the best dish choice, and make a poster.



Podcast circle

EPISODE 1

The tunnel



After you listen, complete these tasks:

- 1 Write 2 things that make the tunnel scary.
- 2 Write 2 things that make the art room a nice place.

