

0.1 Look after yourself!

Well-being • Present tenses

- 1 **SPEAK** How are these pictures related to looking after yourself?



- 2 **SPEAK** Describe the pictures in exercise 1 using some of the words and phrases from the box. Then answer the questions.

fish give energy grains high in sugar
immune system junk food keep fit pancakes
reduce stress spend time outdoors stay up late
stretch your muscles take care of your back

- How well do you look after yourself?
- Does your school help you keep healthy?

- 3 **1.01** Listen to Cat talking about her school and answer the questions.

- Has Cat started a new school?
- Do students at her school get a lot of physical activity?
- Why does she like her school?
- Why doesn't she eat in the canteen?

- 4 Study the grammar table below and complete the names of the tenses.

- 5 Change the underlined words so the sentences are true for you. Write one negative and one affirmative sentence for each.

- We're studying French now.
We aren't studying French now. We're studying English.
- We study English once a week.
- I'm sitting next to my cousin at the moment.
- I've studied at this school for four years.
- I often eat pancakes for breakfast.
- We've already done twenty exercises.

- 6 Complete the sentences with the correct forms of the verbs in brackets.

- How many sandwiches he usually (take) to school?
- I (try) this recipe many times, but it doesn't work.
- she (finish) her dinner yet?
- you (eat) Thai food? It smells delicious.
- He (not bake) the cake yet.
- I'm sorry, our restaurant (not serve) gluten-free food.
- Please be quiet, Phoebe (sleep).

- 7 **SPEAK** Answer the questions.

- What have you eaten today?
- What do you usually eat at school?
- How much physical activity have you had this week?
- How much do you usually exercise?

Key Grammar

Present tenses

We use the present ¹ to talk about activities going on at the moment of speaking or short-term situations.

We use the present ² to talk about things that happened at an unstated time in the past, things that started in the past and are still true, or actions with visible results.

We use the present ³ to talk about permanent or typical situations and habits.

Present simple

+	We do PE four times a week.
-	I don't get stressed often.
?	Does your school help you look after yourself? Yes, it does . / No, it doesn't .
Wh-?	What do you usually do after school? Who helps them at home?

Present continuous

+	I'm studying at Middleton High this year.
-	We're not eating in the canteen for the time being.
?	Are you looking for a new school at the moment? Yes, I am . / No, I'm not .
Wh-?	Where is he going now? What is happening ?

Present perfect simple

+	I have already lost some weight.
-	They haven't opened the canteen yet.
?	Have you ever cooked a meal yourself? Yes, I have . / No, I haven't .
Wh-?	Which countries has she visited so far? Who has eaten the cake?

1 **SPEAK** What is your favourite kind of holiday? Why?

2 Match the words from the box to the correct categories 1–4. Some words match more than one category.

accommodation air atmosphere brochure
desert ferry hiking hill package holiday
plane planets space station spaceship
the Sun the Moon tour guide
travel agency trekking valley

- 1 Means of transport: *ferry*, ...
- 2 Tourism: *accommodation*, ...
- 3 Space: *air*, ...
- 4 Landscape features: *desert*, ...

3 **SPEAK** Complete the questions with the words from the box. Then ask and answer the questions in pairs.

book destination explore sightseeing

- 1 Is the Moon an interesting tourist ?
- 2 Would you like to a space flight?
- 3 Could tours to Mars become popular in the future?
- 4 Why do people want to other planets?

4 **1.02** Listen and tick the sentences you hear.

- a I'm going to study physics and mathematics.
- b Humans will always want to explore space.
- c If technology continues to develop, we're going to go to Mars soon.
- d I'll go and talk to the guide about it.
- e I think a lot of people will be interested in a space adventure.
- f Living on Mars isn't going to be easy because we need to produce air and water.

5 Study the grammar table below and complete it with examples a–f from exercise 4.

6 Choose the correct options.

- 1 The high cost of space exploration means that sightseeing on Mars *won't be* / *isn't going to be* for everyone.
- 2 I know how to book a flight, I *help* / *'ll help* you.
- 3 I have a feeling it *isn't going to be* / *won't be* easy.
- 4 They *will send* / *are going to send* three spaceships to the station next month.
- 5 The year 2024 *will be* / *is going to be* a leap year.
- 6 The spaceship is having some problems, so I don't think they *will land* / *are going to land* on the Moon this time.

7 Read the **WATCH OUT** box and complete the sentences with the correct forms of the verbs in brackets.

- 1 If this rocket (have) problems with landing, we (not send) astronauts on the next mission.
- 2 There (be) a full moon tonight.
- 3 Welcome to our hotel. I hope you (like) it here.
- 4 When the spaceship (enter) Mars's atmosphere?
- 5 I (call) you when I (book) the trip for us.
- 6 I'm tired. When we (get) to the hotel, I (lie) down for a while.

WATCH OUT

if/when + present simple

We do not use future tenses after *if/when*.

We use the present simple instead.

If I'm lucky, I will become an astronaut.

When we go to Mars, I'll be there.

8 **SPEAK** Answer the questions.

- 1 Do you think space tourism will happen during your lifetime?
- 2 Would you like to go on a space holiday? Why/Why not?

Key Grammar

will	be going to
We use will to talk about:	We use be going to to talk about:
- decisions made at the moment of speaking, e.g. ¹ . - hopes and predictions about the future based on opinions, e.g. ² . - facts about the future, e.g. ³ .	- plans for the future, e.g. ⁴ . - predictions about the future based on something we know, e.g. ⁵ , ⁶ .
☒ Space tourism will be a fashionable thing.	☒ I'm going to study astronomy.
☐ It won't be cheap.	☐ I'm not going to be a scientist.
☐ Will it happen soon? Yes, it will . / No, it won't .	☐ Are you going to come with us? Yes, I am . / No, I'm not .
Wh- ☐ When will they come back home?	Wh- ☐ What time is she going to arrive?