

The Youth of Today!

Get ready!

Look and choose the correct word.



1 get up / out of bed



4 ride / drive a bike



2 have / do a shower



5 look / check your email



3 brush / clear your teeth



6 do / play football



Lizzie's Blog!

13th October

A typical school day!

Here's a typical day in my life on a school day.

My alarm clock rings at 7.30am. I get out of bed, and go to the bathroom. I have a quick shower and then I get dressed. We wear a school uniform at my school, so I don't have to choose what to wear! I go downstairs and have breakfast – usually juice, cereal and toast – with my mum and dad.

After breakfast, I brush my teeth, quickly check my email and then put my books in my bag. I usually ride my bike to school, but if the weather's bad, my mum drives me. I get to school at 8.45.

The first lesson starts at nine o'clock. Lessons last for 40 minutes. We have a twenty-minute break from 11 to 11.20. During the break, my friends and I usually play in the playground, and we sometimes buy snacks from the vending machine.

At 12.40, we have lunch in the school canteen. Some kids bring their own sandwiches, but I buy a hot meal.

We have three more lessons in the afternoon, and then at half past three we either do sport or activities. On Mondays, Wednesdays and Fridays we play football, and on Tuesdays and Thursdays we have clubs. I'm in the photography club. It's great fun!

I go home at half past four. I do my homework first, then I write my blog and check my email. I spend about an hour or two online most days. Sometimes I send text messages to my friends too.

I have supper with my mum and dad at about half past six. After supper, I chat with my friends online, or play with my neighbours outside, or watch TV, or read a book. On Thursdays, I go to a dance class from 7.30 to 9.30.

I go to bed at about 9.45 most nights, but I read in bed – or send text messages – before I go to sleep.



Hi! My name's Lizzie and I'm twelve years old. I live in a village near Oxford, in the UK.



Welcome to my blog!

That's my typical day! Is your day different? In what ways? Post your comments below!



Hi, Lizzie! Here in Greece, we don't eat lunch at school. We have lunch when we get home, at about half past two. Great blog!

Alex

Thessaloniki, Greece



What's your school uniform like, Lizzie? I live in the States, and we don't have a school uniform. I usually wear jeans and a t-shirt to school.

Linda

Charlottesville, Virginia, USA



Lizzie, I love your blog! I read it every day after school. I'm in the local swimming team, so I get up at 5.30am and go swimming before school. That's really early, isn't it?!

Yuri

Novosibirsk, Russia



Hello from Australia, Lizzie! What kinds of dance do you learn at dance class? I also have a dance class on Thursday evenings. We do modern dance, jazz, hip hop and tap.

Helen

Adelaide, Australia

1 Read the text and write a word from the box in each gap. You will only use seven of the words.

alarm • home • school • blog • painting • times
countries • photo • watch • diary • read • week

- 1 This is Lizzie's _____ entry for 13th October.
- 2 There's a _____ of Lizzie at the top.
- 3 The blog is about a normal day during the _____.
- 4 Lizzie spends most of the morning and afternoon at _____.
- 5 She usually spends the evening at _____.
- 6 The comments are from kids who _____ what Lizzie writes.
- 7 They all live in different _____.

2 →KET Decide if the statements are true (T) or false (F).

- 1 Lizzie lives in Britain. T/F
- 2 Alex has lunch at school every day. T/F
- 3 Linda wears a school uniform. T/F
- 4 Yuri gets up two hours before Lizzie. T/F
- 5 Helen has a dance class on Tuesday evenings. T/F
- 6 Linda and Helen ask Lizzie a question in their comments. T/F

3 Write a word, number or short phrase to answer each question.

- 1 What time does Lizzie's alarm clock ring? _____
- 2 What time does Lizzie get to school in the morning? _____
- 3 How long does each lesson last? _____
- 4 What time does the morning break finish? _____
- 5 When is lunch? _____
- 6 What time does the photography club start? _____
- 7 How many times a week does Lizzie play football? _____
- 8 What time does Lizzie go home? _____
- 9 On which day does Lizzie have a dance class in the evening? _____
- 10 What time does Lizzie go to bed? _____



Wordpower!

Write one word in each gap to complete the sentences. The first letter is given to help you.

- 1 What time does your alarm clock **r**_____?
- 2 Does Lizzie **c**_____ what to wear in the morning?
- 3 Do you wear a school **u**_____ at your school?
- 4 Does Lizzie's dad **d**_____ her to school?
- 5 Do you write your **b**_____ every day?
- 6 How long do you **s**_____ online every day?
- 7 Do you sometimes **c**_____ with your friends online?
- 8 How many times a day do you **c**_____ your email?
- 9 How many text messages does he **s**_____ every day?
- 10 Do you **d**_____ homework after school every day?



HOMESCHOOL!

Do exercises 1–3 on pages 4 and 5 of your Workbook.

Grammar 1



Present simple

Look!

My alarm clock **rings** at 7.30am.

I **have** a quick shower and then I **get** dressed.

Lessons **last** for 55 minutes.

...we **don't eat** lunch at school.

What kinds of dance **do you learn** at dance class?

Use

We use the present simple to talk about situations that always or never happen, or happen generally, every day, regularly, usually, often or sometimes.

Words and phrases we often use with the present simple:

100%

always every day/week, etc usually often regularly sometimes never

For more information, see Grammar database 1 on page 146.

1 Put the **verbs** into the present simple to complete the sentences.

- I _____ in the UK but Helen _____ in Australia. **live**
- Lizzie _____ a school uniform to school. **wear**
- Lizzie and Linda _____ up at half past seven but Yuri _____ up at half past five. **get**
- I _____ lunch at school but Alex _____ lunch at home. **have**
- I often _____ TV in the evening but my sister never _____ TV. **watch**
- We _____ home at half past four but Alex _____ home at half past two. **go**

2 Write **don't** or **doesn't** in each gap to complete the sentences.

- I _____ get up at half past five.
- They _____ play football on Thursdays.
- She _____ have a dance class on Wednesdays.
- Yuri _____ live in the USA.
- The maths lesson _____ start at half past ten.
- We _____ wear a uniform at my school.

3 Write questions and short answers. Use the blog entry on pages 6 and 7 to help you.

- Lizzie's alarm clock rings at 5.30am.
Does Lizzie's alarm clock ring at 5.30am? No, it doesn't.
- Lizzie usually has juice, cereal and toast for breakfast.

- Lizzie sometimes buys snacks from the vending machine.

- At Lizzie's school, they eat lunch in the school canteen.

- Alex takes his lunch to school.

- Linda and Yuri live in Australia.

- Alex, Linda, Yuri and Helen read Lizzie's blog.



HOMWORK!

Do exercises 1–4 on page 6 of your Workbook.

Wordpower!

1 Match each definition with a phrasal verb.

- | | |
|--------------------------------------|------------|
| 1 stop sleeping _____ | a go out |
| 2 leave your bed _____ | b turn on |
| 3 leave your house _____ | c wake up |
| 4 return home _____ | d turn off |
| 5 start a computer, light, etc _____ | e get up |
| 6 stop a computer, light, etc _____ | f get back |

2 Write a phrasal verb from exercise 1 in each gap.



HOMEWORK!

Do exercises 1 and 2 on page 7 of your Workbook.

Sunday is my favourite day because I don't have lessons and I don't have any homework! I usually (1) _____ early, but I stay in bed and have a lie in for about an hour! I (2) _____ my laptop and check my email. I sometimes send text messages to my friends in bed, or chat to them online. I (3) _____ when I get hungry and want breakfast!

After breakfast, I (4) _____ to meet my friends. We usually take our bikes to the park. We ride around and have lots of fun! Sometimes we play football or other games. Often, we forget to have lunch!

I (5) _____ in the early evening. We have a big supper, and then I watch TV with my family. I go to bed at about 10 o'clock, but I read in bed for half an hour before I (6) _____ my light and go to sleep.



Listening

1 Listen to someone calling a radio station. As you listen, tick (✓) the things he talks about.

- | | |
|------------------------|--------------------------|
| 1 where he lives | <input type="checkbox"/> |
| 2 his family | <input type="checkbox"/> |
| 3 his life at school | <input type="checkbox"/> |
| 4 his favourite day | <input type="checkbox"/> |
| 5 his mobile phone | <input type="checkbox"/> |
| 6 his computer | <input type="checkbox"/> |
| 7 afternoon activities | <input type="checkbox"/> |
| 8 watching TV | <input type="checkbox"/> |
| 9 checking email | <input type="checkbox"/> |
| 10 going to bed | <input type="checkbox"/> |

2 Listen again and choose the correct word or phrase to complete each sentence.

- Adam is **thirteen** / **thirty** years old.
- He has a **cat** / **dog**.
- He doesn't get up **early** / **late** on Saturdays.
- He and his friends **sometimes** / **usually** go to the cinema.
- He returns home at about **six** / **seven** o'clock in the evening.
- He **plays computer games** / **watches TV** in the evening.
- He goes to bed at about **10 o'clock** / **midnight** on Saturdays.
- He usually wakes up **early** / **late** on Sunday mornings.



HOMEWORK!

Do exercise 1 on page 7 of your Workbook.



Speaking

1 KET Reorder the words to make questions.

- 1 name – your – what's
What's your name?
- 2 how – you – old – are
- 3 do – where – you – live
- 4 brothers – do – have – you – any – sisters – and
- 5 any – pets – do – have – you
- 6 parents – what – do – do – your
- 7 your – what's – favourite – week – of – the – day
- 8 morning – what – you – do – do – in – the
- 9 you – do – what – do – in – afternoon – the
- 10 what – evening – do – you – do – the – in
- 11 what – bed – you – do – time – to – go

2 KET In pairs, ask and answer the questions in exercise 1. Note down your partner's answers.



Phrase Bank!



Introducing and describing other people

This is Giorgi.

He's 11 years old./He's 11.

He lives in Tbilisi.

He's got two brothers./He hasn't got a sister.

His mum is a doctor and his dad is an actor.

3 Use your notes from exercise 2 to tell the class about your partner.



SoundSpot

1 2 How many syllables do these words usually have when we say them? Guess, then listen and check.

- 1 evening **two/three**
- 2 different **two/three**
- 3 favourite **two/three**
- 4 generally **three/four**

2 3 Listen again and repeat. Be careful how you say the words from exercise 1!

Grammar 2



Present simple and present continuous

Look!

I usually **read** in bed before I go to sleep.

At the moment, I'm **reading** a really good book.

Use

We use the present simple to talk about situations that always or never happen, or happen generally, every day, regularly, usually, often or sometimes.

We use the present continuous to talk about situations happening now, at the moment, or around now.

Words and phrases we often use with the present continuous:

now, right now, at the moment.

For more information, see *Grammar database 2* on page 146.

1 Write 'G' for generally, or 'N' for now.

- I live in a small flat in the centre of town. _____
- We're staying with my uncle and aunt. _____
- Hi Rachel! What are you doing? _____
- What do your parents do? _____
- Do you wear a school uniform? _____
- She isn't wearing her school uniform. _____

2 Tick (✓) the words or phrases that are correct. Rewrite the ones that are incorrect.

- On Saturdays, Sarah **goes** to bed at midnight. _____
- Gary **is usually getting up** at seven o'clock. _____
- Laura **brushes** her teeth at the moment. _____
- Do you always play** football on Saturday afternoons? _____
- What book **do you read**, Simon? _____
- They **don't play** computer games right now. _____

3 Put the verbs into the correct form (present simple or present continuous) to complete the text messages.

Hi, Eva! What are you doing right now? **you/do**



Hi Jim! (1) _____ TV.
You? **I/watch**

(2) _____ a computer game with my brother. **I/play**



Cool! (3) _____ at the moment? **you/win**

No, my (4) _____. ☹️ Are you on your own? **brother/win**



No, my (5) _____ TV too. **parents/watch**

Nice!



Yeah, (6) _____ TV together on Saturday evening. **we/always/watch**

What time (7) _____ to bed on Saturdays? **you/go**



About midnight. You?

Me too. What time (8) _____ on Sunday mornings? **you/get up**



About nine.



HOMWORK!

Do exercises 1–4 on page 8 of your Workbook.



Writing

Project: writing a profile

1 **Read the profile and answer the questions.**

- Where do you see profiles like this?
 - in a book
 - on a website
 - in a newspaper
- Who is Colin?
 - Bandhu's father
 - one of Bandhu's friends
 - Bandhu's cat
- The profile says that, right now, Bandhu is playing ...
 - the guitar.
 - basketball.
 - chess.

www.MyTeenSite.org/bandhu-india

Welcome to Bandhu's page!

About me
My name's Bandhu and I'm 11 years old. I live in Mumbai in India.

My family
My mum's called Gitanjali. She's a doctor. My dad's called Lay and he's a pilot. I've got two sisters, called Eta and Ela. They're twins, and they're nine years old. I've also got a kitten called Colin. He's black and white and very funny!

My interests
I play the violin in the school orchestra. I also play the piano, and at the moment I'm learning to play the guitar! I also love playing chess and backgammon.

My best friends

Anek is
watching TV.

Phani is
online.

Malina is
having lunch.

My photos

me

Colin

At the moment, I'm
playing basketball with friends.

2 Read the profile again and match each part of the profile with a statement.

- | | |
|-------------------------------|---|
| 1 About me ____ | a This tells us what you're doing right now. |
| 2 My family ____ | b This tells us your name, age and where you live. |
| 3 My interests ____ | c This tells us about your parents, brothers and sisters, and pets. |
| 4 My best friends ____ | d This tells us what other people are doing right now. |
| 5 My photos ____ | e This shows us your pictures. |
| 6 At the moment, I'm ... ____ | f This tells us what you like doing. |



Language Lab

Read these statements. Find and underline examples in the profile.

- We often use short forms in informal writing like this.
- We use present simple for general situations.
- We use present continuous for things happening now or around now.
- We use exclamation marks to make what we say exciting.



HOMWORK!

Do exercises 1 and 2 on page 9 of your Workbook.



Plan your project!

A member of
my family:

Your own idea:

Me:

One of my friends:

A famous person:

- 1** You are going to write a profile for a website.
First of all, decide who you are going to write about.

- 2** Answer the questions about your profile to complete the planner.

PLANNER

Part of profile	Useful information	Your notes
Website address	Use your imagination! <i>www.MyTeenSite.org/bandhu-india</i>	
Welcome message	Use your imagination! <i>Welcome to Bandhu's page!</i>	
About me	your name your age where you live	
My family	your parents' names your parents' jobs your brothers and sisters other family members your pets	
My interests	your hobbies, interests and things you like/love doing	
My best friends	friend 1 their name what they are doing now friend 2 their name what they are doing now friend 3 their name what they are doing now	
My photos	photo 1 photo 2 <i>Me!/My two sisters./My computer, etc</i>	
At the moment I'm...	<i>playing basketball with friends.</i>	
Other	This is your page! What other things do you want to say about yourself? Try to come up with one more section. Use your imagination! <i>My favourite films!/My favourite TV programmes!</i>	

- 3** Make your project. Use the ideas in your planner and photos or drawings to create a profile. When you have all finished, why not display your projects on the wall?