

Time for a Change

A Listen. What are the rules for the sports club?

- argue
- 1 be late
- healthy diet
- junk food
- messy
- polite
- punctual
- work out
- rude
- sleep late



B Find and number the words in **A**. Then listen and check.

C Close your eyes. Listen, visualize, and say.





D Look and write. Then put the good habits in order of importance for you (1 = most important).

Be the Best! My Action Plan	
My bad habits	New good habits
a. <u>junk food</u>	Eat more vegetables and fruit to have a <u> </u> . <input type="checkbox"/>
b. <u> </u>	Think about other people's feelings and be <u> </u> . <input type="checkbox"/>
c. <u> </u>	Go to bed and get up earlier so I can <u> </u> before school. <input type="checkbox"/>
d. <u> </u>	Listen and respect others, and try to reach agreement. <input type="checkbox"/>
e. <u> </u>	Allow enough time to prepare things so I can be <u> </u> . <input type="checkbox"/>
f. <u> </u>	Put clothes away every day. <input type="checkbox"/>

E Listen and write. Then watch and say.

You Can Do Better

My brother said it wasn't great
That my room's a mess and I'm
1 sleeping late.

He tells me that I'm always 2
And I'll get sick from all that
3 .

My brother says, "Don't 4 , keep
it cool,
You can do better, don't be a fool!"

So I guess I have to try
To wave my bad habits all goodbye.

So I have a plan—but keep it quiet
5 often, have a
6 ,

Be 7 , 8 —I agree
To be the best that I can be.



F Pronunciation. Listen and say. Copy the weak forms. Find other examples in the poem.

You can /kən/ do better

I have to /tə/ try

To be the /ðə/ best

A Listen and read. Do Ziad and Isabella agree?



Ziad: Look at this debate, Diego. Have you ever been in one? I'm going to take part because I think the way we use technology has made us rude.

Diego: Do you think so? Has technology really changed the way we communicate?

Ziad: Yes, it has! People argue more now because they just say what they want online. Because they don't say it face-to-face, they don't think about the effect their words have on people.

Isabella: Well, I haven't become ruder. I think we've gotten better at communicating because technology lets us stay in touch. Like messaging someone to say happy birthday.



Ziad: OK, Isabella, but we've just seen someone being pretty rude, haven't we?

Isabella: What do you mean?

Diego: Well, when Coach García posted a notice about practice a few minutes ago, someone wrote "That's crazy! Do we have to start SO early?"

Isabella: OK. That doesn't sound very polite ... Is Coach García angry?

Ziad: I don't think so. He's already responded with "You snooze, you lose!"



 we've gotten better  we've got better

B Look at **A**. Complete the table. What kinds of words come before the past participle?

Present Perfect				
Have	you	_____	been	in one?
_____	technology	really	_____	the way we communicate?
We	've	_____	_____	someone being pretty rude, _____ we?
He	_____	_____	responded.	

She's been = she went and came back.
She's gone = she hasn't come back.

Remember

C Think and discuss. Then choose.

- 1 We use the **present perfect** / **simple past** to talk about life experiences and things that happened before now.
- 2 We use the present perfect to talk about activities that started in the past and are **finished** / **unfinished**.
- 3 We can use *just*, *yet*, and *already* to give more information about **when** / **why** these activities happened.

 **D** Listen and say.

E Complete with the present perfect.

- 1 What's the furthest you **'ve ever run** (ever run)?
- 2 _____ anyone _____ (ever be) rude to you?
- 3 _____ you _____ (change) your diet recently?
- 4 _____ any of your friends _____ (ever go) abroad?
- 5 Naomi _____ (already finish) the activity!
- 6 Miss Lucy _____ (just ask) me to encourage the other students to be punctual.
- 7 _____ your brother _____ (stop) eating junk food yet?
- 8 They _____ (not tell) the coach they can't come to practice yet. That's so rude!



F Ask and answer questions 1–4 in **E**. Then ask three new questions. Use time expressions in your answers.

What's the furthest you've ever run?

I've run ten kilometers. I took part in a fun run last month.

How do eating habits affect our lives?

A Listen to Victor talk to his dad. What changes is Victor's dad making to their meals?



1 in season



2



3



4



5



6



7



8



9

large amounts of the parts of fruit, vegetables, and grains that you cannot digest

10

foods that have chemicals or other substances added to keep them fresh for a long time

11





B Look at the pictures and definitions in **A** and write. Then listen and check.

convenience food	high in fiber	high in salt and sugar	in season
local produce	packaging	processed food	
red meat	saturated fat	white meat	whole grains

C Read and complete. Then check (✓) the sentences that are true for you.

- I don't really like whole grains, but I know it's good to have plenty of foods that are _____ in my diet.
- I like local _____ because I know where it's from and it's better for the environment.
- I prefer food that's _____ —when you eat food growing now, it tastes better.
- We sometimes eat _____ food as it's quick to prepare, but I worry about all the _____ that gets thrown away, and that it's _____ in _____ and _____.
- We have some _____ food in our kitchen cabinets, like canned carrots and peas.
- I eat more _____, such as chicken, as I don't really like _____, like steak.
- My family loves butter, but it contains a lot of _____ so we don't have it often.

D Now listen to the fitness instructor. Why is she talking about diet?

E Listen again. Write *True*, *False*, or *Doesn't Say*.

- | | |
|--|--------------------|
| 1 Diet is as important for sports as training. | <u>Doesn't Say</u> |
| 2 Changes may be hard but they're worth it. | _____ |
| 3 A balanced diet includes vitamins and minerals. | _____ |
| 4 Teenagers especially need more calories. | _____ |
| 5 We should avoid eating fat. | _____ |
| 6 Choose water over juice or smoothies. | _____ |
| 7 It won't take long to notice a difference in how you feel. | _____ |
| 8 We should eat the same amount of each food group. | _____ |



**Why is it important for everyone to have a varied diet?
How do you think our eating habits will change in the future?**

A Listen and read. Are Samuel and Uncle Matias talking about food for physical health, for mental health, or for both?



Samuel: Can I ask your advice, Uncle Matias? I've been studying for my exams but I have a terrible memory.

Uncle Matias: Well, exams are tough. Have you been sleeping well?

Samuel: No, I haven't. I've been waking up a lot at night.

Uncle Matias: Hmm—maybe it's your diet.

Samuel: I guess I haven't been eating healthy food.

Uncle Matias: Well, you know the right kind of food can be good for your brain as well as your body. And what have you been doing to work out?

Samuel: I've been running a lot with my friend—he's been helping me.

Uncle Matias: OK, that's good. Also, think about doing things that will help you sleep, like taking a bath. And make sure any screen time you have is way before bedtime.

Samuel: OK, no phone or tablet before bed.

Uncle Matias: Exactly. Well, I have to go. I'm off to the theater, again.

Samuel: Looks like you haven't been sleeping too much either, Uncle Matias!

B Look at **A**. Complete the table. Where does *not* come in a negative statement?

Present Perfect Progressive					
He	_____	_____	_____	helping	me.
I	_____	_____	_____	_____	healthy food.
What	_____	you	_____	doing	to work out?
_____	you	_____	_____	well?	Yes, I have.
				No,	_____.

C Think and discuss. Then choose.

- We use the **simple past** / **present perfect progressive** to talk about something which started in the past and continues now or which has a present result (cause or effect).
- We use the present perfect progressive when we want to focus on the **duration of the activity** / **completed action**.

✓ He hasn't been revising.

✗ He hasn't revising.

Watch Out



D Listen and say.

E Complete with the present perfect progressive. Then write a cause or effect for each sentence.

- I've been cooking (cook) local produce for the customers in the café all day today.
I'm feeling very hot!
- You _____ (go) to the gym a lot this week. _____
- They _____ (not swim) this morning. _____
- He _____ (eat) more whole grains this month. _____
- I _____ (not sleep) well this week. _____
- You look terrible! What have you _____ (do)? _____
- She _____ (not drink) much water during the day. _____
- We _____ (go to bed) much earlier on weekdays. _____

F Play True or False. Write and say four sentences about you.

I've been running a lot this week.
True or false?

I think that's true.

Yes, it is!

A Read the diary entries. What's Luca's problem and his solution?

Monday, June 5



Dear Diary,
This morning, I was running to catch the bus and I felt so sick and out of shape. Also, I've been feeling really tired because I haven't been eating healthily—too much junk food! Ugh! And I've stopped playing sports. Hmm. SO ... I've decided I need to change things. I know it'll make me feel better and I really want to set myself some goals so I can improve. It's hard so I'm going to think about this and write more tomorrow.

Bye for now!



Tuesday, June 6



Hi again,
Today I spoke with some friends about how bad I was feeling. They gave me some great advice. (Thanks, guys!) This is what I've decided to do:

- Eat more healthily—stop eating candy every day and eat snacks low in sugar instead
- Work out—play sports or exercise three times a week
- Be more polite and make sure I'm never late—it's so rude!

I'm going to ask Marek if he wants to do this with me. We could meet up or email each other every Saturday to talk about it and see if we've been doing the things on our list. It'll be way more fun with him and we can encourage each other. I'm going to make it like a competition. Of course, I'm going to win!

Wednesday, June 7



Dear Diary,
YES! First day of new lifestyle for me and Marek! Feeling very excited!



B Look at the structure of the diary entries. Read and answer.

- 1 Why has Luca included the day and the date for each entry? _____
- 2 Put these things in the order Luca writes about them:

a. <input type="checkbox"/> why he feels that way	c. <input type="checkbox"/> how he feels
b. <input type="checkbox"/> what he decides to do	d. <input type="checkbox"/> how he's going to do it
- 3 Why does he use a list? _____
- 4 How do phrases like "Bye for now!", "Hi again!", and "I'm going to ask Marek" help to structure the diary entries? _____

C Look at the language in the diary entries. Read and respond.

- 1 Find examples of informal language. Ugh!, _____
- 2 Find six descriptions of feelings. _____





D Think and discuss ideas for activities to achieve a better lifestyle. Use one of the Generating Ideas techniques.

FREE SAMPLE

E Plan your diary entry. Choose one of your ideas in **D**. Make notes for each question.

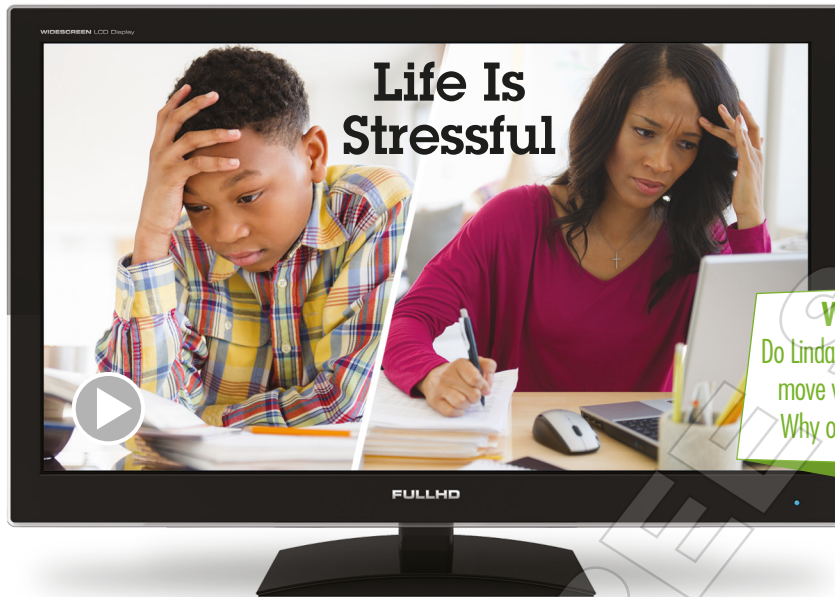
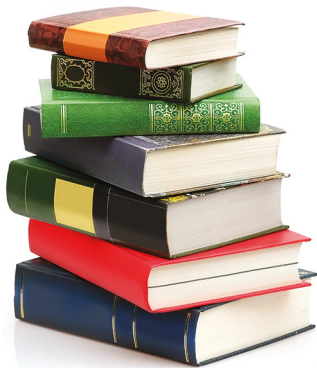
- 1 How do you want to improve yourself?
- 2 Why is the change important?
- 3 How do you feel about it?
- 4 How are you going to do it?

F Now write a diary entry about your plan.

Read and Respond
Read your diary entry again. How do you feel about your plans?

Take the Stage

A Watch and listen. Do you agree with Linda or Veronica?



Watch
Do Linda and Veronica
move very much?
Why or why not?



B Watch again. Put the information in the order it comes in both speeches.

- | | |
|--|--|
| a. <input type="checkbox"/> one reason to support my argument | d. <input type="checkbox"/> what I believe |
| b. <input checked="" type="checkbox"/> 1 the subject I'm talking about | e. <input type="checkbox"/> other reasons to support my argument |
| c. <input type="checkbox"/> closing summary | |

C What do you think? Which argument do you want to support? Think and plan.

Life is more stressful for young people than adults.

For

Young people have to study for exams.

Against

Adults have to go to work.

D Practice with your friends. Then share with the class. Take notes and give feedback.

Did they ...?

- Say which argument they support
- Give reasons
- Give a summary

Reflect
Did I make my
reasons clear?
Was I persuasive?



How well did you meet the challenge of Unit 2? Read and respond.

My Favorite Mistakes

M means
I
S tart
T o
A cquire
K nowledge
E xperience
S kills

Two mistakes I made in this unit that helped my learning are ...

Two things (knowledge) I learned about lifestyles are ...

Two things (experience and skills) I learned to say or do in English are ...

One thing I want to work on next month is ...

This is your goal.

Next month, you'll think about how well your plan worked.

Hello! Remember me? I'm Coach García. I'm tired from all that training. Now I'm off to the theater with my daughter. What kind of play do you think we'll see? Find out in Unit 3!



UNIT
1

UNIT
2

Know It, Win It



HOW TO PLAY

- 1 Play in groups of four. Make counters and choose a color in the center.
- 2 Use your spinner to move around the board. For each square, answer a question which one of the other players chooses from the Question Sheet printout.

- Computer Cool**
- Fun with Food**
- Thinking Time**
- You've Done It!**

- 3 If you answer correctly, use the spinner to move. If not, try again next turn.
- 4 If your spinner lands on Open Play, choose a question. Everyone playing the game can answer. The first person to answer correctly has an extra move.
- 5 Travel once around the board and then go back to the center. Then answer a final Time To Speak question for your color. Talk for one minute to win!

