

# Contents

Unit	Grammar	Vocabulary	Real life (functions)	Pronunciation
<b>1</b> <b>Health</b> pages 9–20	present simple adverbs and expressions of frequency present simple and present continuous	leisure activities <i>do, go or play</i> wordbuilding: verb + noun collocations word focus: <i>feel</i> medical problems	talking about illness	/s/, /z/ or /ɪz/ sound and spelling
VIDEO: Slow food page 18 ► REVIEW page 20				
<b>2</b> <b>Competitions</b> pages 21–32	verb + <i>-ing</i> forms <i>like -ing / 'd like to</i> modal verbs for rules	wordbuilding: word forms sport venues and equipment competition words word focus: <i>like</i>	talking about interests	/ŋ/ silent letters
VIDEO: Cheese rolling page 30 ► REVIEW page 32				
<b>3</b> <b>Transport</b> pages 33–44	comparatives and superlatives <i>as ... as</i>	modes of transport transport (1): nouns wordbuilding: compound nouns transport (2): verbs transport words	going on a journey	<i>than</i> sentence stress intonation
VIDEO: Indian railways page 42 ► REVIEW page 44				
<b>4</b> <b>Adventure</b> pages 45–56	past simple past continuous	personal qualities wordbuilding: negative prefixes geographical features <i>in, on or at</i> for time expressions	telling a story	/d/, /t/ or /ɪd/ <i>was</i> intonation for responding
VIDEO: Alaskan ice climbing page 54 ► REVIEW page 56				
<b>5</b> <b>The environment</b> pages 57–68	countable and uncountable nouns quantifiers definite article ( <i>the</i> ) or no article	materials household items wordbuilding: hyphenated words results and figures word focus: <i>take</i>	phoning about an order	/ðə/ or /ðiː/ sounding friendly
VIDEO: Coastal clean-up page 66 ► REVIEW page 68				
<b>6</b> <b>Stages in life</b> pages 69–80	verb patterns with <i>to</i> + infinitive future forms: <i>going</i> <i>to, will</i> and present continuous	life events stages in life celebrations word focus: <i>get</i> wordbuilding: synonyms	inviting, accepting and declining	/tə/ contracted forms emphasising words
VIDEO: Steel drums page 78 ► REVIEW page 80				

Listening	Reading	Critical thinking	Speaking	Writing
<p>someone talking about two elderly ballroom dancers</p> <p>a health expert analyses sleep</p> <p>a radio interview about long life</p>	<p>a quiz about how well you sleep</p> <p>an article about centenarians</p> <p>an article about measuring health and happiness</p>	<p>the main argument</p>	<p>a quiz</p> <p>your current life</p> <p>measuring happiness</p>	<p>text type: online advice</p> <p>writing skill: conjunctions (<i>and, or, so, because, but</i>)</p>
<p>someone describing an Ironman competition</p> <p>three people talking about sport</p> <p>a reporter describing the rules of a competition</p>	<p>quotes by famous sports people</p> <p>an article about crazy competitions</p> <p>an article about female wrestlers in Bolivia</p>	<p>reading between the lines</p>	<p>guess the ambition</p> <p>explaining the rules of a competition</p> <p>your opinions about sport</p>	<p>text type: an advert or notice</p> <p>writing skill: checking your writing</p>
<p>someone describing a photo of a girl travelling by train in India</p> <p>two people discussing the pros and cons of electric cars</p> <p>two documentaries about using animals for transporting</p>	<p>an article about transport in the future</p> <p>an article about dog sledging</p> <p>an article about the fate of the rickshaw in Kolkata</p>	<p>reading between the lines</p>	<p>transport you use</p> <p>attitudes to using animals for transporting</p> <p>arguing for and against keeping rickshaws in Kolkata</p>	<p>a report about how people travel around town</p> <p>text type: notes and messages</p> <p>writing skill: writing in note form</p>
<p>a caver describing Rumbling Falls Cave</p> <p>an interview with a survival expert</p>	<p>an article about adventurers</p> <p>an article about a climbing accident</p>	<p>identifying opinion</p>	<p>asking about your past</p> <p>qualities needed for an expedition</p> <p>events you remember</p> <p>retelling a story</p>	<p>text type: a true story</p> <p>writing skill: using <i>-ly</i> adverbs in stories</p>
<p>extract from a documentary about the artist George Sabra</p> <p>a radio phone-in show about recycling</p>	<p>an article about e-rubbish</p> <p>an article about the Greendex</p> <p>an article about a boat made of plastic bottles, the <i>Plastiki</i></p> <p>an online order</p>	<p>close reading</p>	<p>opinions on recycling</p> <p>presenting a report</p> <p>an interview with an environmentalist</p>	<p>a report of a survey</p> <p>text type: emails</p> <p>writing skill: formal language</p>
<p>an explanation to a riddle</p> <p>three people talking about their plans and intentions</p> <p>a news item about Mardis Gras</p>	<p>an article about how a couple changed their life</p> <p>an article about how Mardis Gras is celebrated around the world</p> <p>an article about a Masai rite of passage</p>	<p>identifying the key information</p>	<p>life-changing decisions</p> <p>your favourite festival</p> <p>describing annual events</p>	<p>text type: a description</p> <p>writing skill: descriptive adjectives</p>

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<b>7</b> <b>Work</b> pages 81–92	prepositions of place and movement present perfect simple	jobs wordbuilding: suffixes office equipment <i>for</i> or <i>since</i> job satisfaction word focus: <i>make</i> or <i>do</i> job adverts	a job interview	intrusive /w/ irregular past participles
VIDEO: Butler school page 90 ► REVIEW page 92				
<b>8</b> <b>Technology</b> pages 93–104	defining relative clauses zero and first conditional	the internet wordbuilding: verb prefixes expedition equipment word focus: <i>have</i> technology verbs	asking how something works	intonation in conditional sentences linking
VIDEO: Wind power page 102 ► REVIEW page 104				
<b>9</b> <b>Language and learning</b> pages 105–116	present simple passive <i>by</i> + agent past simple passive	education phrasal verbs wordbuilding: phrasal verbs	describing a process	stress in two-syllable words stress in phrasal verbs
VIDEO: Disappearing voices page 114 ► REVIEW page 116				
<b>10</b> <b>Travel and holidays</b> pages 117–128	past perfect simple subject and object questions <i>-ing</i> / <i>-ed</i> adjectives	holiday words (types of holiday, accommodation, activities, travel items) holiday adjectives wordbuilding: dependent prepositions places in a city	direct and indirect questions	'd number of syllables /dʒə/
VIDEO: Living in Venice page 126 ► REVIEW page 128				
<b>11</b> <b>History</b> pages 129–140	<i>used to</i> reported speech	archaeology wordbuilding: word roots <i>say</i> or <i>tell</i> word focus: <i>set</i>	giving a short presentation	/s/ or /z/ pausing
VIDEO: The lost city of Machu Picchu page 138 ► REVIEW page 140				
<b>12</b> <b>Nature</b> pages 141–152	<i>any-</i> , <i>every-</i> , <i>no-</i> , <i>some-</i> and <i>-thing</i> , <i>-where</i> , <i>-one</i> , <i>-body</i> second conditional <i>will</i> / <i>might</i>	classification of animals extreme weather society and economics wordbuilding: adjective + noun collocations	finding a solution	<i>would</i> / 'd word stress
VIDEO: Cambodia Animal Rescue page 150 ► REVIEW page 152				

COMMUNICATION ACTIVITIES page 153 ► GRAMMAR SUMMARY page 156 ► AUDIOSCRIPTS page 169

Listening	Reading	Critical thinking	Speaking	Writing
someone talking about triplet police officers a documentary about working as a photographer an interview with an engineer	workplace messages with instructions an article about the cost of new jobs to an area an article about modern-day cowboys	the author's opinion	giving directions describing past experiences your opinion of a job	text type: a CV writing skill: action verbs for CVs
a documentary about the importance of technology a science programme about a new invention	an explorer's blog an article about biomimetics	supporting the main argument	problems that inventions solved inventing a new robot planning an expedition using nature to improve designs	text type: a paragraph writing skills: connecting words; topic and supporting sentences
an English teacher talking about working in Japan a radio documentary about learning Kung Fu in China	an article about the history of writing an article about saving languages	fact or opinion	adult education a general knowledge quiz the author's opinion	a general knowledge quiz text type: forms writing skill: providing the correct information
an interview with a herpetologist two conversations about problems whilst on holiday an interview with a <i>National Geographic</i> tour guide	an article about tipping in other countries an article about the tunnels in Paris	reading between the lines	a holiday or journey you remember planning the holiday of a lifetime a tourist website	a tourist webpage text type: a formal letter writing skill: formal expressions
an historian talking about Scott's hut at the Antarctic an interview with an archaeologist	an article about moments in space history a biography of Jane Goodall	relevance	items for a time capsule how we used to live moments in history reporting an interview an interview for a biography	text type: a biography writing skill: punctuation in direct speech
a nature expert talking about how animals camouflage themselves a documentary about a photographer	an article about storm chasers a profile on Greenland	close reading	promoting your region planning for every possibility predicting your country's future	text type: a press release writing skill: using bullet points