

1 | Lifestyles



2 | Good and Bad Times



3 | Happiness

What makes you happy?



Look at the picture. Read the unit topics and answer the questions.

- What activities do you do to feel happy?
- How do you express yourself when you feel happy or sad?
- What makes you feel happy or sad?





CAN DO statements

After the next three units, you will be able to . . .

- describe the activities you do, including your hobbies and interests.
- understand and describe events and topics in your everyday life, including your feelings.
- express and respond to feelings such as surprise, happiness, sadness, interest, and indifference.

In this unit, I will learn to . . .

- describe my hobbies and interests.
- use adverbs of frequency.
- use pictures, titles, and headings to predict what a text will be about.

1 |

Get Ready



What does it take to have a healthy lifestyle?



A. Look at the pictures and read the paragraphs. Who is the most similar to you? Why? Listen to the audio.



Barbara is a **minimalist**. She owns very few things and tries to live a simple life. She doesn't care much about clothes and rarely buys new things. She is able to save a lot of money, which she spends on travel.



Rose is a **vegetarian**. She never eats any type of meat. She doesn't usually eat eggs or drink milk either. She frequently spends a lot of time **cooking** and **working out**. She has lost five kilos and now feels great. She doesn't miss junk food.



Jesse is an **Internet addict**. He is always on his tablet, searching the Web. When his friends get together, they normally spend a lot of time on their smartphones or tablets. They love **chatting online**, texting friends on the phone, and watching videos until early in the morning.

B. Answer the questions about the text.

1. What kind of life do minimalists try to live?
2. What does Jesse love?
3. What does Rose spend a lot of time doing?

Pair and Share



With a partner, ask and answer questions about the people in the text.

Who owns very few things?

Barbara. She's a minimalist.
She rarely . . .

Ask and answer the question about yourself.

What do you do in your free time?

I spend a lot of time . . .



003

A. Listen to the audio and read along. Guess the meaning of the words in bold.

In my family, we all do different activities around the house. My mom keeps the living room and dining room free of messy things such as newspapers and magazines. She likes the **minimalist** style. My dad is a **sports fan**. On the weekends, he watches all kinds of sports on TV and is always willing to buy football **season tickets** to go to the stadium. My little brother is very shy and spends a lot of time watching TV. He's a **couch potato**! He doesn't like to be around people very much, but he chats online all the time! I'm a **vegetarian**; I enjoy **cooking** healthy food and **working out** every day.



004

Word Box

chat online
cook
couch potato
Internet addict
minimalist
personality
season tickets
shopaholic
sports fan
vegetarian
workaholic
work out



A



B



C



D



E



F

B. Match the pictures with the words.

- workaholic ____
- Internet addict ____
- sports fan ____
- shopaholic ____
- couch potato ____
- cooking ____

C. Complete the sentences with the correct words.

- Nancy spends her free time in the kitchen. She finds interesting recipes to make. She enjoys spending time _____.
- Mike never misses a football game. He is a _____.
- Jackie chats constantly with her friends, checks social media, and surfs the Web. She is a / an _____.
- Molly comes home late most nights. She sometimes stays at her office until 10 p.m. She is a / an _____.
- Sarah loves watching TV at home. She rarely exercises. She is a / an _____.
- Victor spends a great deal of his time at the mall. He goes there every day, shopping for the best bargains. He is a / an _____.


Listening Strategy:
Make predictions using pictures

You can often predict what a text will be about by looking at the pictures.

- Think about words and things you know that are related to the pictures.
- Use the pictures and what you know to predict what the text will be about.

Before Listening

A. Look at the pictures. What do you think Andy spends his time doing? Is it good for him?



B. Listen to the audio. Check (✓) the name of the person who does or says these things. Listen again to check your answers.



	Andy	Mike
1. loves shopping		
2. shops on weekends		
3. pays for Andy's shopping		
4. works for a few hours		
5. thinks Andy should play a sport		
6. thinks Andy's shopping is not a problem		

After Listening

C. With a partner, ask and answer questions about your favorite hobbies and sports.


Final /-s/, /-z/ and /-iz/ sounds

Words that end in -s or -es can be pronounced in three ways: /-s/, /-z/, or /-iz/.



A. Check (✓) the final sound you hear.

	-s	-z	-iz		-s	-z	-iz
1. cooks				4. pauses			
2. cries				5. races			
3. cups				6. students			



B. Listen to the audio and repeat.

**Speaking Strategy:**
Ask questions

To learn about someone's hobbies and interests, ask questions.

- Wh- questions start with: *who, when, where, why, how, what, how long, how much, how often, or how many.*



 **A. Listen to the conversation and complete the sentences with one of the phrases below. Listen again and check your answers.**

How often

How many

How long

Lucy: What do you do in your free time?

Todd: I ride my bike.

Lucy: (1) _____ do you ride?

Todd: I ride every weekend. Usually I ride in the park, but sometimes, I ride my mountain bike in the hills.

Lucy: (2) _____ do you ride?

Todd: I usually ride for about one hour.

Lucy: (3) _____ kilometers do you ride?

Todd: I usually try to ride for 16 or 17 kilometers.

B. Your Turn

Roleplay the conversation with a partner. How would Lucy respond to Todd? Write an ending for the conversation in the blank space.

Your idea: _____



C. Listen to the audio. Take notes to prepare for a conversation about your hobbies.

Pair and Share

With a partner, ask and answer questions about hobbies. Ask three to five questions and then switch roles.

How often do you . . . ?

I usually . . .

When do you . . . ?

I sometimes . . .

By the end of this unit, I will learn to . . .

- talk about good times and bad times.
- use the simple past to tell about completed actions.
- listen for specific dates and places.

1 |

Get Ready



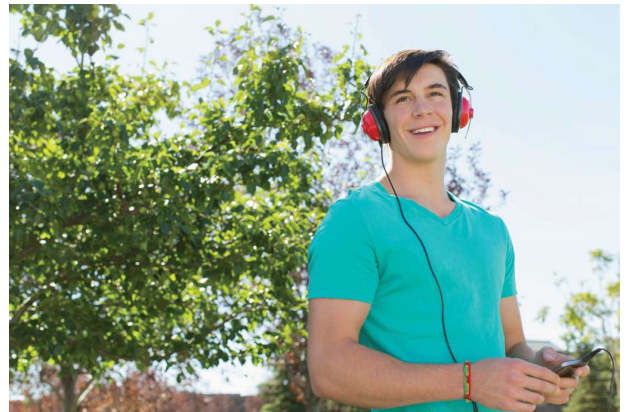
What makes a time in your life good or bad?



A. Look at the pictures. How do the people look? Do you think they are happy? What makes you think so? Listen to the audio.



Aisha



Richard

B. Read the sentences and circle T for *True* or F for *False*. Correct the false statements.

1. Aisha's life has changed. T F

2. Aisha has two younger brothers. T F

3. Aisha's family traditions are still fun. T F

4. Richard likes living on a farm. T F

5. Richard's life changed when he moved to Seattle. T F

6. Richard has a lot to do in Seattle. T F

Pair and Share



With a partner, ask and answer questions about the pictures.

Is Richard happier now?
Why?

Yes, he is because he's
living in a big city.

Ask and answer questions about yourselves.

Do you think things are better
now or in the past? Why?

I think . . .