



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 are the friends doing?
- How do friends help each other feel better?
- How do your friends cheer you up?





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 | Vocabulary ABC

A. Listen to the audio and read the words.



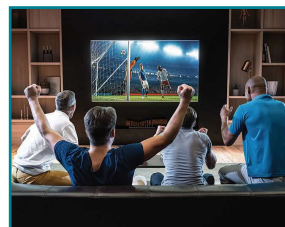
work out



shopaholic



hang out



sports fan



be fascinated by



build robots



Internet addict



ride a bike

B. Choose the correct answer.

- A(n) _____ spends too much time on the Internet.
 - Internet addict
 - work out
 - shopaholic
- Jenny spends too much money at the mall. She's a real _____.
 - hang out
 - shopaholic
 - sports fan
- The park is not far away. Let's _____ to get there.
 - be fascinated by
 - hang out
 - ride our bikes

C. Complete the sentences using the words from the box.

build robots Internet addict working out am fascinated by sports fan hang out

I spend a lot of time online. Yes, I'm a(n) (1) _____. I (2) _____ all the information online. However, I still like to (3) _____ with my friends. I'm going to meet Bill now. Bill likes to (4) _____. I'm amazed by the things he can make them do. Henry is a (5) _____. He likes to play and watch sports. He also takes good care of his body. We'll get together after he's done (6) _____.



Adverbs of Frequency

Adverbs of frequency tell how often (or frequently) something is done.

Examples: *always, usually, frequently, generally, never, normally, occasionally, often, rarely, regularly, seldom, sometimes.*

Adverbs of Frequency	
with action verbs	with the verb <i>be</i>
appears between the subject and the main verb	appears after the verb <i>be</i>
Jake <i>rarely</i> chats online.	Cindy is <i>never</i> late.

A. Circle the adverbs that are in the wrong place.

- I don't *usually* buy *usually* things at the shopping mall.
- We *often* are *often* tired after yoga class.
- Never* he *never* chats with his friends late at night.
- He *always* is *always* home on Sundays.
- Steve and Mina *normally* practice *normally* playing the piano.
- Betty *regularly* collects *regularly* coins from around the world.

Asking about Quantity / Duration / Frequency

When we want to know the quantity of something, we ask questions starting with *How much / How many*.

For the length or duration of an action, we use *How long*.

For the frequency of an action, we use *How often*.

B. Match the question parts.

1. How often	•	•	it take to learn Japanese?
2. How often does	•	•	does it take you to build a website?
3. How long does	•	•	books did you buy?
4. How many	•	•	do you eat vegetables?
5. How much time	•	•	she go out with her friends?

C. Complete the sentences using *how often, how long, or how much / many*.

- _____ do you work out in the gym?
- _____ does Daniel visit the botanical garden?
- _____ time do we have to finish the game?



Before Reading

A. Look at the pictures and read the title. What kind of information do you expect to read?



B. Read the text. Underline the main idea of each paragraph.

Free Time for Young People in Asia



a. I enjoy working out. I'm interested in badminton. I play every day. I play with my friends. We sometimes play until it gets dark out. Our team won a competition last year in Manila. I hope to play for the Philippine team in the 2020 Olympics. (**Lourdes**, Cebu, Philippines)



b. I'm a shopaholic. I just like to hang out with my friends at the shopping mall. We go there almost every weekend. There are a lot of things to buy. In my town, there isn't much to do, so it's easy to get bored. But there is a lot to do at the mall. I also like it because I get to meet and talk to other young people. (**Udom**, Khon Kaen, Thailand)



c. I'm not a sports fan. I'm crazy about science. I'm fascinated by robots. I usually spend my extra time with friends, and we build robots. I spend about 8–10 hours a week building them. We don't normally play in tournaments, but we are entering one in Singapore this October. I hope we make it to the Robot Olympics next year. (**Steven**, Singapore)



d. I'm an Internet addict. Playing computer games is my hobby. Whenever I finish my homework, I quickly ride my bike to my friend's house. We play computer games for about an hour or two, almost every day. My favorite game is Space Monsters. I can get a real high score on that game. Once a month, the other gamers in my town get together, and we have a competition. I occasionally win, and I enjoy the competition. (**Ali**, Kuala Lumpur, Malaysia)

Reading Strategy:

Find the main idea to write a title or heading

Titles will often summarize the text in a few words. Headings describe smaller sections of the text.

- Look at the title and read it carefully.
- Read each section to find details about the main idea of each paragraph.
- Underline the key details to help you find the main ideas.

After Reading

C. For each paragraph, write a heading that tells the main idea.

- a. _____
- b. _____
- c. _____
- d. _____

D. How do you spend your free time? Write a heading for yourself that summarizes your favorite things to do.

4 |

Writing



A. Work with a partner. Ask and answer questions about your likes and dislikes such as types of music, activities, or sports.

B. Complete the online profile about yourself.

Writing Strategy: Use specific details

An online profile shows who you are to other people when you share specific details.

- You can give your basic information and mention what you like and don't like, what is important to you, and what your interests are.
- Do not give out very personal information such as your home address or any banking information.

Online Profile			
Name	<input type="text"/>	Nickname	<input type="text"/>
Age	<input type="text"/>	Birthday	<input type="text"/>
Country	<input type="text"/>	Interests	<input type="text"/>
City	<input type="text"/>	Sports	<input type="text"/>
Likes	<input type="text"/>	Dislikes	<input type="text"/>
Number of family members	<input type="text"/>		

C. Write about your likes and dislikes in five or six sentences using specific details.

In this unit, I will learn to . . .

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

1 |

Vocabulary ABC



A. Listen to the audio and read the words.



rock climbing



gym



accident



assistance



excited



perspective



lost a job



depressed

B. Complete the sentences using the words from above.

1. I go to the _____ to work out in the afternoons.
2. I got my work finished faster thanks to your _____.
3. I felt _____ after I moved away from my family.
4. When you're feeling bad, try to get a different _____ on things.

C. Match the sentence halves.

1. My perspective on life is

2. After I lost my job,

3. You need a lot of strength

4. I was very excited to go

5. I could use your assistance to

6. If you don't drive carefully,

• you could cause an accident.

• set up the new store display.

• if you work hard, you will succeed.

• I had to move to a new city to find a new one.

• to go rock climbing.

• to the beach on vacation.