

All about me

LANGUAGE

present simple and adverbs and expressions of frequency ■ personality adjectives

1A The only friends you need

- 1 Here are some words to describe a good friend. Order the words from 1 (very important) to 6 (less important).

honest funny patient kind polite generous

Personal
Best

Go to Vocabulary practice: personality adjectives, page 136

- 2 Read the introduction to the text. Are the sentences true (T) or false (F)?

- 1 You need lots of friends to be happy. _____ 3 It is important to have different types of friends in your life. _____
2 There are four different types of friends. _____

- 3 A  1.3 Match the types of friend in the box with descriptions 1–4. Listen and check.

the super planner the party animal the good listener the straight talker

- B Do you have any friends like these? What type of friend are you?

THE FOUR FRIENDS YOU NEED

We all know that friends are important ... but do we have the 'right' friends? Dr Adam Greenberg, a psychologist, doesn't think we need lots of friends to be happy. Instead, he says the types of friends we have is more important. He believes that there are four types of friends and they all help us in different ways. So, what are these four friends like?



1 _____
You share everything with these friends and you often tell them all your secrets. They're patient when you ring them late at night with a problem and they don't complain when you tell them the same stories again ... and again!



2 _____
These friends know you very well and they're honest ... *really* honest. They always tell you the truth, even when you don't want to hear it, but this is because they care about you and they don't want you to make a mistake and get hurt.



3 _____
These friends are very sociable and you usually have a good time when you are with them. They're very funny and they make you laugh when you're sad. All your friends and family love them, too. With friends like these, life is never boring!



4 _____
These friends are very organized, but they're sometimes a bit serious. They hardly ever forget important dates ... like your birthday! They're very busy and have lots of things to do every day, but they always find time to have a coffee with you.

- 4 Choose the correct words to complete the sentences. Check your answers in the text.

- 1 Do / Does we have the 'right' friends?
2 Dr Greenberg *don't* / *doesn't* think we need lots of friends to be happy.
3 He *say* / *says* the types of friends we have is more important.
4 They *don't* / *doesn't* want you to make a mistake and get hurt.
5 You usually have a good time when you *is* / *are* with them.
6 They hardly ever *forget* / *forgets* important dates.

5 A Complete the diagram with the adverbs of frequency in the box.

hardly ever never often usually

100%

0%

always

1

2

sometimes

3

4

B Underline the adverbs of frequency in the text and complete the rule. Then read the Grammar box.

Adverbs of frequency go *before* / *after* most verbs, but they go *before* / *after* the verb *be*.



Grammar present simple and adverbs and expressions of frequency

Things that are always true:

Does Ahmet live in Ankara? No, he **lives** in Istanbul.

Do you speak Spanish? Yes, I **speak** a little.

Routines and habits:

How often do you see him? I **usually see** him at the weekend.

How often are you late? I'm **never** late!

Look! We also use expressions of frequency for regular routines e.g. *once a week, every month*

Personal Best

Go to Grammar practice: present simple and adverbs and expressions of frequency, page 112

6 A 1.5 **Pronunciation: final -s/-es sound** Listen and repeat the sentences. Then match the verb endings in **bold** with the sounds: /s/, /z/ or /ɪz/.

1 She likes **Italian** food. 2 He teaches **at** the university. 3 My brother knows **him**. 4

B 1.6 How do you say the verbs? Listen, check and repeat.

believes says changes thinks uses wants goes watches hopes

7 A Add adverbs and expressions of frequency to make sentences about your partner.

She usually catches the bus to work. He catches the bus to university every day.

1 He/She catches the bus to work/university.

4 He/She drinks coffee in the morning.

2 He/She goes to bed at 11.00 at night.

5 He/She watches films in English.

3 He/She is patient.

6 He/She is late for class.

B Read your sentences to your partner. He/She will tell you if you are correct.

Go to Communication practice: Student A page 158, Student B page 166

8 Read the text about two friends. Complete the text with the correct form of the verbs in the box.

get have not have invite like think



MY BEST FRIEND IS THE EXACT OPPOSITE OF ME

Lots of people ¹ _____ I'm really serious and I never go out, but that's not true! I'm very hard-working and my job in the bank is difficult, so I ² _____ much free time. I play the guitar in a jazz group and we usually practise two or three times a week. I ³ _____ cooking, so I often ⁴ _____ people to my house for dinner. My best friend is Luca. He's the singer in the group and he's completely different from me. He's a student at university and, to be honest, he's a bit lazy and he hardly ever ⁵ _____ to lessons on time. But he's funny and generous and we always ⁶ _____ a great time when we go out.



9 A Choose a friend and tell your partner his/her name.

B In pairs, use the prompts to ask and answer questions about your friends.

1 What / be / he/she / like?

5 How often / you / talk to / him/her?

2 Where / he/she / live?

6 What / you / usually / talk about?

3 What / he/she / do?

7 How often / you / see / him/her?

4 Where / he/she / work/study?

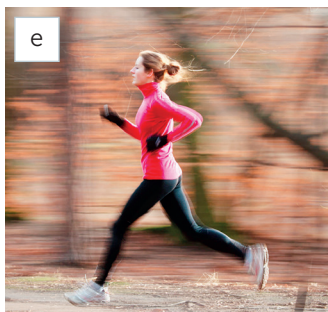
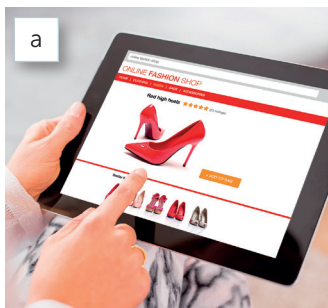
8 Where / you / meet / him/her?



1B 21st century hobbies

1 Match the activities in the box with pictures a–h.

meet up with friends go to concerts bake cakes play chess
go on social media collect records do exercise shop online

2 In pairs, ask and answer the questions *Do you ...?* and *How often do you ...?* for the activities in exercise 1.A *Do you collect records?*B *No, I don't.*A *How often do you do exercise?*B *I go to the gym once or twice a week.*Personal
Best

Go to Vocabulary practice: hobbies and socializing, page 137



Skill listening for the main idea

It is important to understand the main idea when someone is speaking.

- Think about who is speaking and what they are talking about.
- Don't worry if you don't understand all the words.
- Remember that speakers often talk about the main ideas more than once.

3 1.8 Read the Skill box. Watch or listen to the first part of a webshow called *Learning Curve* and tick (✓) the main idea.1 People have less time for socializing today. ☐2 Many popular hobbies are now online. ☐3 Old hobbies are becoming popular again. ☐

4 A 1.8 Watch or listen again. Complete the table with the online activities Kate mentions.

Traditional activity	Online activity
play team sports	
take cooking classes	
go to a shopping centre	
go out to meet new people	

B In pairs, think of more traditional activities that you can now do online.



- 5** **1.9** Watch or listen to the second part of the show. Choose the correct options to complete the sentences about the main ideas.


Viktor

David

Suzie

Rebecca

- 1 Viktor ...
a plays chess a lot. **b** does lots of activities online. **c** meets up with friends every day.
- 2 David ...
a likes computers. **b** exercises at home. **c** prefers exercising at the gym.
- 3 Suzie ...
a downloads lots of music. **b** prefers to relax at home. **c** does her hobby with other people.
- 4 Rebecca ...
a does lots of activities online. **b** doesn't like meeting new people. **c** spends lots of time with her family.

- 6** **1.9** Watch or listen again. Are the sentences true (T) or false (F)?

- | | |
|--|---|
| 1 Viktor plays chess with friends every day. _____ | 4 Rebecca makes videos of her cat. _____ |
| 2 David goes to the gym five times a week or more. _____ | 5 Kate only likes traditional hobbies _____ |
| 3 Suzie loves music from the 1980s. _____ | like rock climbing. _____ |

- 7 A** Ask your classmates the questions in the boxes and write down their answers.

What do you do in your free time?

Do you have any online hobbies?

- B** Do you think online hobbies are more popular than traditional hobbies?

- 8** **1.10** In pairs, complete the sentences from the show with the contractions in the box. Listen and check.

don't I'm he's that's what's can't

- | | |
|-----------------------------------|---------------------------------------|
| 1 _____ your name? | 4 You _____ do that online! |
| 2 _____ really enjoying the game. | 5 I use it when _____ not at the gym. |
| 3 Computers _____ interest me. | 6 Wow, Suzie, _____ amazing! |



Listening builder contractions

When people speak, they usually make contractions:

*We do not meet up with friends. → We **don't** meet up with friends.*

*She is not very sporty. → She's **not** very sporty / She **isn't** very sporty.*

I am ready to go rock climbing. → I'm ready to go rock climbing.

- 9** **1.11** Read the Listening builder. Listen and circle the contraction that you hear.

- | | |
|--|---|
| 1 We're / We aren't / We can't | 4 It's / It isn't / It doesn't |
| 2 He's / He isn't / He doesn't | 5 They don't / They can't / They aren't |
| 3 My teacher's / My teacher's not / My teacher isn't | 6 I'm / I'm not / I don't |

- 10** Discuss the questions in pairs.

- | | |
|--|--|
| 1 Is it important to have a hobby? Why/Why not? | 4 Are your hobbies different now from when you were a child? If so, how? |
| 2 Which hobbies are most popular in your country? | 5 Can you think of any dangerous hobbies? Would you like to try them? Why/Why not? |
| 3 Do men and women usually like different hobbies? | |

1C Famous families

- 1 Who are musicians a–c? In pairs, match them with their relatives: Anaïs, Skip and Eve. Read the text and check.

THE NEXT GENERATION OF STARS



Their faces may look familiar, but if you're wondering who these cool young people are, the clue is in their names. Meet the children – and grandchildren – of some of music's biggest stars.

Anaïs Gallagher is the daughter of Noel Gallagher, former guitarist and songwriter with Oasis. In our photo, she's wearing a gold hat and already looks like a star! Anaïs, 16, goes to school in London, and is currently presenting a music and fashion show on children's TV. She lives in London with her mum and, in the future, she wants to be a film director.

Skip Marley wears his hair in dreadlocks and looks just like his famous grandfather, Bob. He's just 20, but he's also a musician who sings and plays the guitar, the piano and the drums. He lives in Miami, where he's studying Business at university. Right now, he's recording some new songs and planning to go on tour.

Eve Hewson is the daughter of Paul Hewson, better known as Bono, from the rock band U2. Eve, 25, is an actress and is living in New York at the moment, where she's playing the part of a nurse in a TV series. Does she miss her hometown of Dublin? Yes, but her sister and a lot of her friends from home live nearby, and her parents often visit.

With so much talent – never mind those famous connections – we can expect to see a lot more of Anaïs, Skip and Eve in the future.



- 2 Read the text again. Complete the sentences with the correct name: *Anaïs*, *Skip* or *Eve*.
- 1 _____ lives in Miami.
 - 2 _____ is wearing a white hat in the photo.
 - 3 _____ goes to school in London.
 - 4 _____ is living in New York at the moment.
 - 5 _____'s parents often visit.
 - 6 _____ is recording some new songs right now.
- 3 A Underline the verbs in exercise 2. Which verbs are present simple and which are present continuous? What is the difference between them?
- B Choose the correct tenses to complete the rules. Then read the Grammar box.
- 1 We use the *present simple* / *present continuous* to talk about actions that are happening now or actions that are temporary.
 - 2 We use the *present simple* / *present continuous* to talk about things that happen regularly or things that are always true.



Grammar present continuous and present simple

Things that are happening now or are temporary:

*She's **living** in Lima for three months.*

*I'm **not wearing** my glasses.*

*Is she **working** in Paris at the moment?*

Things that happen regularly or are always true:

*He **lives** in Istanbul.*

*They **don't wear** coats in the summer.*

*Do you **work** as a teacher?*

4 A  **1.13 Pronunciation: -ng sound** Listen and repeat the words. Pay attention to the /ŋ/ sound.

bringing meeting running singing studying song taking young

B  **1.14** Practise saying the sentences. Listen, check and repeat.

- 1 She's wearing a long coat.
- 2 She's carrying a long coat.
- 3 He's bringing me a strong coffee.
- 4 He's taking a strong coffee to the meeting.

5 Match the sentences in exercise 4B with pictures a–d.



Personal
Best

Go to Vocabulary practice: useful verbs, page 138

6 A Choose the correct form of the verb to complete the questions.

- 1 What clothes *do you wear / are you wearing* today?
- 2 *Do you have / Are you having* a dictionary with you at the moment?
- 3 What *do you look forward to / are you looking forward to* this year?
- 4 *Do you think / Are you thinking* it will rain today?
- 5 What clothes *do you usually wear / are you usually wearing* if you go to a party?
- 6 What *do you do / are you doing* right now?

B In pairs, ask and answer the questions.

Go to Communication practice: Student A page 158, Student B page 166

7  **1.16** Complete the conversation with the present simple or present continuous forms of the verbs in the box. Listen and check.

meet work (x2) be do (x2) write not know want

Ruben Karen!
Karen Hi, Ruben. How ¹ _____ you?
Ruben I'm fine, thanks. What ² _____ you _____ here?
Karen I ³ _____ my sister for lunch.
Ruben Oh, great. Your sister ... what ⁴ _____ she _____?
Karen She ⁵ _____ for a bank.
Ruben Here in the city centre?
Karen Not normally, but she ⁶ _____ in the main office this week. Hey, ⁷ _____ you _____ to have lunch with us?
Ruben OK, but I ⁸ _____ your sister.
Karen Don't worry. It'll be fine. So, how's university?
Ruben Good, but I'm really busy. I ⁹ _____ my final-year project at the moment, so ...



8 Imagine you meet your partner in the street. Ask and answer the questions in pairs.

- 1 How are you?
- 2 What are you doing here?
- 3 Where are you working/living at the moment?
- 4 How's it going?
- 5 How's your ...?
- 6 What does he/she do?
- 7 What's he/she like?
- 8 What's he/she doing now?

1D Me in three objects

- 1 Read the blog and look at the pictures. Discuss the questions in pairs.
- What can you find out about Sasha, Brady and Julio?
 - Who do you think is the most interesting?
 - Who do you think is most similar to you?
 - Is it possible to know what someone is like by looking at the things they own?



REPLIES: You in three objects . . .

Learning for life

You in three objects . . .

POSTED: 5 November, 16:00

You can discover a lot about people by looking at the objects that are important to them. Post photos of three things that represent you, tell us why they are important and introduce yourself to the rest of the class!

Sasha

my laptop

coffee

my running shoes

POSTED: 5 November, 18:26

SEE MORE ...

Brady

my paints

music

my backpack

POSTED: 5 November, 18:44

SEE MORE ...

Julio

my cat

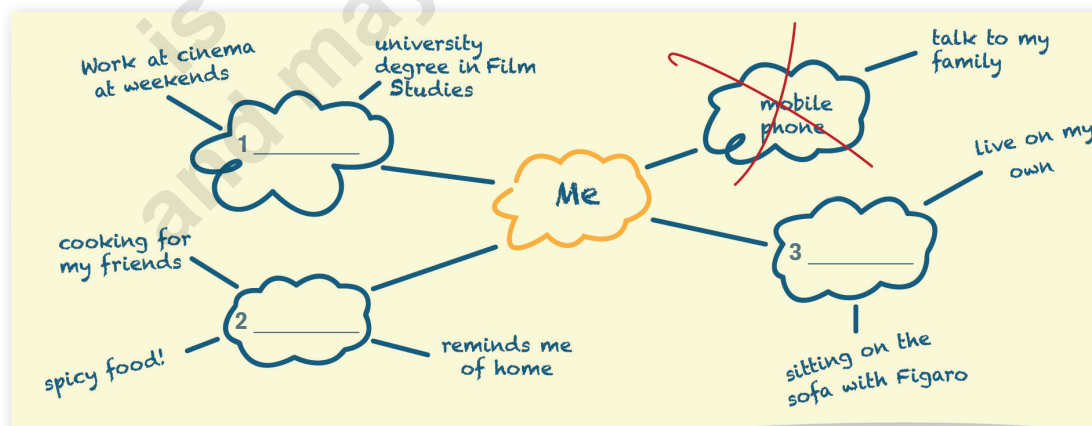
Mexican food

cinema tickets

POSTED: 6 November, 09:15

SEE MORE ...


- 2 Look at the mind map. Who drew it: Sasha, Brady or Julio? Complete the diagram with the correct objects. Then read the Skill box.



Skill making notes

Making notes before you write is a good way to plan your work.

- Write as many ideas as you can about the main topics.
- Use diagrams like mind maps to see the ideas more clearly.
- Choose the best ideas and organize them into paragraphs.

- 3 A** Look at the mind map again. Which idea doesn't Julio use? How many paragraphs do you think he will write?
- B** Read Julio's blog post in exercise 4 and check your answers to the questions above.
- 4**  **1.17** Complete Julio's blog post with the present simple or present continuous form of the verbs in the box. Listen and check.

not agree love cook do live sit watch study

B

Julio's blog

First, I chose a photo of Figaro, my cat, **because** he's very important to me. I ¹ _____ on my own at the moment, so it is good to see a friendly face when I come home. I ² _____ animals, especially cats. In the photo, he ³ _____ on the sofa with me. He often sits with me and we watch films together.

I ⁴ _____ at university in the USA now, but I come from Mexico. **That's why** I also chose Mexican food. I love spicy food and I often ⁵ _____ a big meal and invite all my friends to dinner. It's great to meet up with friends and when I taste the food, I remember my friends and family back home.

I chose some cinema tickets, because I work at a local cinema at the weekends. I ⁶ _____ a degree in Film Studies at the moment, **so** movies are a really important part of my life. Some people say I ⁷ _____ too many films, but I ⁸ _____. I want to be a film director and I learn something new from every film I watch.

- 5** Look at the phrases with the **highlighted** words in the text. Answer the questions.
- What type of information comes after *because*? *a reason for something / a result*
 - What type of information comes after *That's why* and *so*? *a reason for something / a result*



Text builder expressing reasons and results

Reasons: *I chose a photo of my cat, **because** he's very important to me.*

Results: *My cat is very important to me, **so** I chose a photo of him.*

*My cat is very important to me. **That's why** I chose a photo of him.*

- 6 A** Read the Text builder above. Complete the sentences with *because*, *so* or *That's why*.
- I think it's really important to keep fit, _____ I chose my running shoes.
 - I didn't choose my mobile phone, _____ everybody has one and it's not very special.
 - I design websites and I'm always connected to the internet. _____ I chose my laptop.
 - My backpack is important to me, _____ it reminds me of travelling to lots of countries.
 - I love art, but I'm too shy to take a photo of one of my paintings. _____ I chose my paints.
- B** Who wrote the sentences: Sasha, Brady or Julio?
- 7 A** Complete the sentences with your own ideas. Write three true sentences and three false sentences.
- | | |
|---|---|
| 1 My favourite _____ is _____, because ... | 4 It's really important to _____, so I always ... |
| 2 I think _____ is very _____, so I ... | 5 I am _____ at the moment, because ... |
| 3 I'm a very _____ person. That's why I never ... | 6 I'm frightened of _____. That's why ... |
- B** Listen to your partner's sentences. Which sentences do you think are true?
- 8 A** **PREPARE** Draw a mind map of some objects that represent you. Then add reasons why the things are special. Look at your diagram and choose three objects you want to include in your blog post.
- B** **PRACTISE** Write a blog post with the heading *Me in three objects*. Use your notes from Stage A to help you organize the paragraphs.
- C** **PERSONAL BEST** Swap your blog post with your partner. Read his/her work and correct any mistakes. How could you improve it?