

Vocabulary and Grammar

1 Choose the correct option.

- Eat more fresh fruit. It's really good ____ you.
a to b for c at
- The weather is ____ boiling! Let's go for a swim.
a absolutely b quite c very
- You need to ____ a new password to keep your computer and social media safe.
a do b change c set
- Temperatures are often ____ in the mountains, so take warm clothing when you go there.
a down b small c low
- North Portugal has a ____ climate most of the year – it doesn't get too hot or cold.
a weak b mild c medium
- In our family we enjoy driving around the countryside ____ the weekend.
a at b in c to

2 Complete the text with one word in each gap.

One sunny day last year ¹**on** a normal school day, we went outside the classroom for our Science lesson. The teacher took us to a local park full ²_____ trees and flowers. 'Use your eyes to look ³_____ unusual animals or plants and tell us what you find! And listen ⁴_____ the sounds of nature,' she said. While I ⁵_____ looking at an interesting flower, a bird started singing a beautiful song. The teacher told me the bird was called a 'blackcap'. Now the teacher ⁶_____ decided to have more 'nature walks'. We're going to go in spring, summer and autumn: three ⁷_____ a year. That's great!



3 Complete the second sentence with the word in bold so that it means the same as the first one. Use no more than three words.

- This is the first time I have ever played hockey. **NEVER**
I *'ve never played* hockey before.
- I don't eat a lot of food between meals. **AVOID**
I _____ a lot of food between meals.
- We've been here since 9.15 and it is now 9.45. **THIRTY**
We've been here _____ minutes.
- It was lunchtime for the students when they heard the fire alarm. **HAVING**
The students _____ lunch when they heard the fire alarm.
- Nobody knew what to do when we saw a lost dog. **KNOW**
We _____ what to do when we saw a lost dog.
- Peter sent you an email a few seconds ago. **JUST**
Peter _____ you an email.

Speaking

4 Match statements and questions 1-5 with responses a-f. There is one extra response.

- I'm sorry I lost your pen.
 - Are you ready to order?
 - Why don't we phone and ask for help?
 - I have a problem with my computer.
 - Why did you do that?
- a That's a good idea.
b Shall I help you?
c I didn't mean to. I'm sorry.
d You're welcome.
e Yes, I'll have a beef burger and chips please.
f Never mind.

5 In pairs, do the speaking task. Go to page 142.

Listening

6 What kind of lunch do you normally eat on school days? How would you change it? Discuss in pairs.

7 PC1-3.1 Listen to five students talking about lunchtime at their school. Match each speaker with what he/she says. There are two extra statements.

- Ali
 - Sonya
 - Tim
 - Ian
 - Barbara
- a sometimes eats meat for lunch.
b likes to eat outside.
c always eats lunch prepared by his/her parents.
d sometimes has simple snacks for lunch.
e gives some of his/her food to other students.
f has already read the menu before lunch.
g doesn't think it's important to eat healthily.

Reading

8 PC1-3.2 Read the article and choose the correct answer.

Enjoying the outdoors: to tech or not to tech?

We talked to three young people who visit the outdoors to find out what they do with their phones.

Carol

Do I take my phone and tablet? Of course I do! I don't believe that looking at screens is very bad; you can still enjoy nature. As well as looking at birds and flowers, I like doing exciting things. For example, on my last trip we built our own shelter and slept in it. I think friends and family like to see things like this too, so I take photos. I upload some of them and update my story so that people who follow me can see them.

Aron

I quite often go on camping trips with a group of friends who also enjoy the feeling of adventure. Adventure means leaving civilisation behind, including your phone! But enjoying the outdoors is about being safe too. So every time we go on a trip, one of us has to take their phone with a power bank. That way, if we need to phone family about something important, we can. They can message us too if they need to.

Ben

For us, the answer is simple: we switch on our phones when they're helpful. At other times we don't because we might look at the screen and miss seeing a wild animal. Last year we went for an interesting walk through the mountains. We thought we could remember how to get back to our campsite. We were wrong! But we had our phones and they helped us get there.

- What does Carol say about taking a phone on outdoor trips?
 - It's fine if you don't look at the screen very often.
 - It doesn't stop you enjoying nature.
 - It can help with camping tasks like building shelters.
- Why does Carol like to upload photos on social media?
 - She wants her friends to see some of the things she enjoyed doing.
 - She wants more people to follow her on social media.
 - She wants to remember how to do outdoor activities in the future.

- Why do Aron and his friends take a phone with them on their trips?
 - One of Aron's friends does not like to be without his phone.
 - Their families want to connect with them once a day.
 - They can call someone if they need help.
- What does Ben say about using phones on outdoor trips?
 - Phones can help them to see wildlife.
 - They use phones only when they need them.
 - They leave their phones at the place where they sleep.
- What problem did a phone help with on one of Ben's trips?
 - They got lost on their way back to their camp.
 - They couldn't find an interesting walk to go on.
 - They didn't know the name of an animal they saw.

9 Read the article again and answer the questions. Use 1-3 words.

- Where did Carol sleep on her last trip?
- What other object do Aron and his friends take on their trips, with their phone?
- How can the families of Aron and his friends contact them?
- What would Ben and his friends not like to lose the chance of seeing?

Writing

10 Which of these outdoor activities sound interesting? Which one(s) have you tried?

- watching the sunset in the early evening
- cooking on an outdoor fire
- sleeping outside
- camping
- looking for interesting wildlife
- walking in the mountains or a forest
- making your own shelter

11 Write an email to a friend about a holiday when you visited some beautiful places in nature. Include information about:

- what the place was.
- what the weather was like.
- what you did there.
- what you ate there.