



**8th  
grade**

**Workbook**

**Way to go!**



La educación  
es de todos

Mineducación

# Way to go!

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© Ministerio de Educación Nacional  
ISBN 978-958-691-948-7  
Calle 43 No. 57-14 Piso 5, Bogotá D.C., Colombia  
[www.mineduccion.gov.co](http://www.mineduccion.gov.co)

**Citación:** Ministerio de Educación Nacional  
**Way to go! 8th Grade.** Bogotá D.C. - Colombia  
**Impresión:** Panamericana Formas e Impresos S.A.  
Disponible en línea a través de la página:  
[www.colombiaaprende.edu.co](http://www.colombiaaprende.edu.co)

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Bogotá, D.C. - Colombia



# Unit »1

## Human Actions and the Environment

**Word Bank**  
 air pollution  
 deforestation  
 illegal mining  
 water pollution

### Lesson 1 » Environmental Concerns

1. Label the photos with words from the Word Bank.



A \_\_\_\_\_ B \_\_\_\_\_ C \_\_\_\_\_ D \_\_\_\_\_

1 C I come from Xingtai in China. Unfortunately there are so many factories here and they cause really bad air pollution. It's horrible; when I go outside I wear a mask. I want to do something to change this!

2 \_\_\_ Here in the Magdalena region of Colombia we have major environmental problems thanks to \_\_\_\_\_ for gold and carbon. This practice devastates the biodiversity of our rivers and forests. It's time we put a stop to this practice.

3 \_\_\_ I am Brazilian and I am really worried about the rate of \_\_\_\_\_ of our Amazon rainforest. Large cattle farmers and mining are the principal causes. My friends and I are trying to think of ideas to solve the problem.

4 \_\_\_ We come from Argentina where you can find the Matanza-Riachuelo River. It is also called the 'Killer' river. This is because it is one of the ten rivers with the most \_\_\_\_\_ in the world. We have to stop local factories from dumping waste into the river.

2. Complete the comments in exercise 1 with the words from the Word Bank and match them to the correct photo.

3. What would you do to help the environment in your area? Make full sentences with *would like to* or *wouldn't like to* about each idea.

1. No, I wouldn't like to sort rubbish at a recycling centre. (sort rubbish at a recycling centre)
2. \_\_\_\_\_ (participate in a demonstration)
3. \_\_\_\_\_ (organize a petition)
4. \_\_\_\_\_ (volunteer at a community garden)
5. \_\_\_\_\_ (help plant trees in a park in your community)

# Lesson 2 » Working for a Cause

1. Complete the sentences with prepositions from the box.

about (x2) at in

1. We are worried about the levels of contamination.
2. He is interested \_\_\_\_\_ saving the Andean spectacled bear.
3. They are concerned \_\_\_\_\_ erosion.
4. She is good \_\_\_\_\_ taking photos.

2. Read and complete paragraphs 1–3 with the correct form of the verbs in brackets. Then match with photos A–C.

1. Pablo is really interested in <sup>1</sup>conserving (conserve) the natural habitat of the Andean condors. He loves <sup>2</sup>\_\_\_\_\_ (be) in nature and is really good at <sup>3</sup>\_\_\_\_\_ (organize) tree planting days with his friends. \_\_\_\_

2. Sara enjoys <sup>4</sup>\_\_\_\_\_ (meditate) in the forest, but she is concerned about illegal mining in the area. She would like to <sup>5</sup>\_\_\_\_\_ (start) an educational campaign about the negative impacts of mining. \_\_\_\_

3. Andrés and Tina like <sup>6</sup>\_\_\_\_\_ (swim) in their local river, but they are worried about the water pollution from local factories. They are interested in <sup>7</sup>\_\_\_\_\_ (create) an online magazine about sustainability. \_\_\_\_



3. Match 1–6 with A–F to make complete sentences.

- |   |  |
|---|--|
| <ol style="list-style-type: none"> <li>1. When communities of organisms share mutual needs and benefits, _____</li> <li>2. When there are a variety of different organisms living in the same area, _____</li> <li>3. When people cut down lots of trees, _____</li> <li>4. When an animal lives in its natural habitat, _____</li> <li>5. When an ecosystem is capable of supporting itself, _____</li> <li>6. When everything is connected and interdependent, _____</li> </ol> | <ol style="list-style-type: none"> <li>A. we refer to this as deforestation.</li> <li>B. it is considered symbiotic.</li> <li>C. the biodiversity is healthy.</li> <li>D. it is sustainable.</li> <li>E. they are in an ecosystem.</li> <li>F. it lives in its natural environment.</li> </ol> |
|---|--|

## Lesson 3 » Regional Environmental Problems

Colombia is the second most biodiverse country in the world, after Brazil. This is because of the variety of different ecosystems like tropical forests, mountain habitats, grasslands, páramos, and deserts. Amphibians, birds and plants are just some of the species that make up a large part of Colombia's biodiversity. In fact, Colombia is known for having more bird species than any other country, with more than 1900 species.

Now for the sad news; Colombia is facing a major ecological problem because of illegal logging, the agricultural industry, the mining industry, cocaine production and the development of hydro-electricity energy resources. Deforestation costs the country 2,000 km of forest each year and this figure is rising. The areas with the highest deforestation rates include Caquetá in the Amazon region and Antioquia in the

Andes mountains, while there have been major rises in deforestation in Putumayo and Norte de Santander in the past few years.

Deforestation has many negative effects on the environment, including habitat loss, a decrease in biodiversity, the extinction of animal and plant species, soil erosion, air pollution. There are many others, too. Today, almost one-third of Colombia's original forest has been destroyed by deforestation, so as you can imagine, this is a serious problem and urgent action is required. It is a problem that affects us all, so please, educate yourselves and take action now. Who knows, tomorrow might be too late!



1. Read the article and complete the table. Write full sentences.

1. Area (where?)	3. Causes (why?)
_____	_____
_____	_____
_____	_____
2. Problem (what?)	4. Impact of the problem (how?)
_____	_____
_____	_____
_____	_____

2. You are worried about the deforestation in Colombia. Write a letter to the Colombian government to express your concern.

Dear Mr President,

I enjoy \_\_\_\_\_ in our forests, but I am  
(an activity you do in forests)  
 \_\_\_\_\_ the deforestation here in Colombia.

I am writing to you because I \_\_\_\_\_ ask you to  
 stop the logging of our forests and start \_\_\_\_\_  
(an action to stop the problem)

Deforestation is very bad for our environment because it causes  
 \_\_\_\_\_ .

Urgent action is needed.

Yours sincerely,

\_\_\_\_\_

(your name)

# Check Your Progress

Choose the correct option.

<p>1. Which is not an action to combat environmental problems?  <b>a.</b> volunteer to plant trees  <b>b.</b> organize and sign a petition  <b>c.</b> dump waste into rivers  <b>d.</b> take part in a demonstration</p> <p>2. What environmental problem isn't caused by the agriculture industry?  <b>a.</b> soil pollution      <b>c.</b> illegal mining  <b>b.</b> deforestation      <b>d.</b> water pollution</p> <p>3. Choose the correct sentence.  <b>a.</b> I am concerned in soil erosion.  <b>b.</b> I am concerned at soil erosion.  <b>c.</b> I am concerned to soil erosion.  <b>d.</b> I am concerned about soil erosion.</p> <p>4. I am good at ____ trees.  <b>a.</b> plant                      <b>c.</b> planted  <b>b.</b> planting                  <b>d.</b> plants</p> <p>5. Which industry extracts metals?  <b>a.</b> agriculture              <b>c.</b> mining  <b>b.</b> cars                        <b>d.</b> factories</p>	<p>6. We are interested ____ an environmental website.  <b>a.</b> in starting              <b>c.</b> in start  <b>b.</b> to start                  <b>d.</b> about starting</p> <p>7. The natural environment where a species lives.  <b>a.</b> habitat                  <b>c.</b> sustainable  <b>b.</b> biodiversity            <b>d.</b> symbiotic</p> <p>8. The journalist would like ____ research into deforestation.  <b>a.</b> doing   <b>b.</b> to do   <b>c.</b> did   <b>d.</b> have done</p> <p>9. Roberto is interested ____ signing the petition.  <b>a.</b> at      <b>b.</b> about   <b>c.</b> in      <b>d.</b> to</p> <p>10. She wouldn't like to ____ in a polluted river.  <b>a.</b> swims                    <b>c.</b> swimming  <b>b.</b> swam                     <b>d.</b> swim</p>
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		Very well	Quite well	With difficulty
<b>Vocabulary</b>	I can understand vocabulary related to human actions and impact on the environment.			
<b>Grammar</b>	I can use adjective-preposition collocations to talk about human actions.			
<b>Reading</b>	I can understand texts related to environmental problems and human actions.			
<b>Writing</b>	I can write about environmental problems and human actions.			
<b>Listening</b>	I can understand audio material related to environmental problems and human actions.			
<b>Speaking</b>	I can speak about environmental impacts and human actions.			

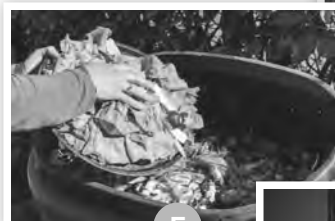
# Unit »2

## Think Green!

### Lesson 1 » My Ecological Footprint

1. Match the eco-friendly actions with the photos A–H.

1. composts organic waste   E
2. grows his/her own food \_\_\_\_\_
3. has solar panels \_\_\_\_\_
4. recycles plastic bottles \_\_\_\_\_
5. rides a bicycle to school \_\_\_\_\_
6. turns off lights \_\_\_\_\_
7. turns off tap when brushing teeth \_\_\_\_\_



2. Read the eco-actions and decide if they reduce, reuse or recycle. Complete the table.

Eco-actions	Reduce, Reuse or Recycle?
1. Andrés didn't use his old PlayStation, so he donated it to charity.	<u>Reuse</u>
2. Lina separates her waste into organic, plastic, glass, paper, metal, e-waste, and mixed.	
3. Bella stopped buying shoes she doesn't use.	
4. Roberto puts all his food scraps into a compost bin.	
5. Tim makes lampshades out of old glass bottles.	
6. Sally has short showers to lower her water consumption.	

3. Look at the example and write three sentences about what you do at home to reduce, reuse and recycle. Use exercises 1 and 2 to help you.

I reduce my energy consumption by turning off my computer at night.

1. (reduce) \_\_\_\_\_
2. (reuse) \_\_\_\_\_
3. (recycle) \_\_\_\_\_

# Lesson 2 » Changing Lifestyles

1. Order the words to make questions and match them with an answer.

1. reduce/How/electricity consumption/  
my/I/can/? B  
How can I reduce my electricity consumption?

2. do/fruit and vegetable peelings/my/  
What/I/with/can/? \_\_\_\_\_

3. I/my/How/eco-footprint/can/reduce/?  
\_\_\_\_\_

4. can/my/plastic water bottles/do/I/  
What/with/? \_\_\_\_\_

A. There are many things you can do, like ride a bicycle or use public transport.

B. Think about your habits at home. You can turn off the lights and appliances when you are not using them.

C. You can compost them to make excellent fertilizer for your garden.

D. There are many possibilities. Maybe you can cut the top off and make a bird feeder with them.

2. Underline the correct word or phrase in bold in each sentence.

1. Cans of tuna should always be placed with the other **glass** / metals / **plastics**.

2. To reduce your eco-footprint, you can **throw away** / **consume a lot of** / **recycle** old tyres.

3. When sorting your rubbish, put your **old TV** / **pens** / **photocopies** in the e-waste bin.

4. Travelling **by bicycle** / **in a private car** / **on a public bus** doesn't reduce your eco-footprint.

5. **Crisp packets** / **Newspapers** / **Glass bottles** can't be recycled and should be thrown into the general rubbish bin.

3. Look at the photos. Write about three things you do at home to reduce your eco-footprint. Write full sentences.

1. I put all my fruit and vegetable peelings in the compost bin.

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_



## Lesson 3 » A Green School!

1. Read the statements from three schools who are reducing their eco-footprints and complete each one with the words in the boxes.

reduce pesticide use  
reduce pollution  
reduce waste

1 Last week our teachers had a meeting to discuss how we could become more environmentally sustainable. There were some great ideas so we chose three. We are going to <sup>1</sup> reduce pollution by starting a car-sharing programme for students who arrive by private car. This means that there will be fewer cars on the roads. We are also going to <sup>2</sup> \_\_\_\_\_ by creating a school vegetable garden where we can learn how to grow organic food. Another thing we are going to do is <sup>3</sup> \_\_\_\_\_ by installing recycling bins around our school.

reduce possessions  
save energy  
save water

2 My students and I want to change our lifestyles to reduce our eco-footprint. We decided to do three things. First we are going to <sup>4</sup> \_\_\_\_\_ by donating the things to a charity, like old clothes, games and electronics that we don't use. We are also going to <sup>5</sup> \_\_\_\_\_ by collecting rainwater to use on the school gardens. Finally we are going to <sup>6</sup> \_\_\_\_\_ by turning off the lights when we aren't in the classroom. These actions will help our class reduce its eco-footprint and become more environmentally friendly.

3 Our school is making changes to become eco-friendly. We are going to <sup>7</sup> \_\_\_\_\_ by asking students to write on both sides of the pages in their notebooks. We are going to <sup>8</sup> \_\_\_\_\_ about environmental issues by publishing an environmental newsletter for students and their parents and we are going to <sup>9</sup> \_\_\_\_\_ by having a swap shop once a month where students can exchange things like old clothes, toys and books, etc. with each other.

educate people  
reduce consumption  
save trees

2. Read the quotes in exercise 1 again and answer the questions. Write full sentences.

1. How does the school plan to reduce pollution?

\_\_\_\_\_

2. What does the class plan to do to save water?

\_\_\_\_\_

3. Why is the school going to publish an environmental newsletter?

\_\_\_\_\_

3. Write two more eco-promise actions that you promise to do at school and why.

1. We are going to save energy by turning the lights off.

2. \_\_\_\_\_

3. \_\_\_\_\_

# Check Your Progress

Choose the correct option.

<p>1. Which action is an example of reusing?                  a. sorting waste into different categories                  b. donating old books to a library                  c. catching the bus to school                  d. composting organic waste</p> <p>2. Old mobile phones should go into the ____ bin.                  a. metals                  b. plastics                  c. general rubbish                  d. e-waste</p> <p>3. Which is NOT one of the 'three Rs'?                  a. recycle                      c. rearrange                  b. reduce                        d. reuse</p> <p>4. ____ can't be recycled.                  a. car tyres                      c. crisp packets                  b. glass bottles                d. magazines</p> <p>5. What is an eco-footprint?                  a. it measures our impact on the environment                  b. it measures our impact on society                  c. it measures how much we recycle                  d. it measures how much we buy</p>	<p>6. Which is not an eco-friendly action?                  a. turning off lights                  b. riding a bicycle to school                  c. growing your own food                  d. throwing batteries in the rubbish bin</p> <p>7. How can you reduce your energy consumption?                  a. by turning off the tap                  b. by turning off appliances                  c. by recycling plastic bottles                  d. by composting organic waste</p> <p>8. Which is an example of recycling?                  a. sorting waste into different categories                  b. giving old computers to a charity                  c. making plant boxes from plastic bottles                  d. riding a bicycle to school.</p> <p>9. ____ is not a recycling category.                  a. plastic                        c. organic                  b. metal                         d. computers</p> <p>10. Which is an example of reducing?                  a. not buying school books                  b. not buying enough food                  c. not buying things you don't need                  d. not buying things you need</p>
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		Very well	Quite well	With difficulty
<b>Vocabulary</b>	I can understand vocabulary related to eco-footprints and green actions.			
<b>Grammar</b>	I can use <i>Wh-</i> questions to ask for information about human actions, and I can use <i>can</i> to give suggestions.			
<b>Reading</b>	I can understand texts related to eco-footprints and green actions.			
<b>Writing</b>	I can write about eco-footprints and green actions.			
<b>Listening</b>	I can understand audio material related to eco-footprints and green actions.			
<b>Speaking</b>	I can speak about eco-footprints and green actions.			



# Unit » 3

## Caring for the Environment

### Lesson 1 » Values and Virtues

cooperation    creativity  
respect    responsibility

1. Complete the statements with the words in the box.

In my opinion, we need to show more <sup>1</sup> respect for the forests. After all, without trees there wouldn't be any oxygen for us to breathe.



I really think that it's time that large companies take <sup>2</sup> \_\_\_\_\_ for their actions. They pollute the environment and nobody stops them.

If there is honest <sup>3</sup> \_\_\_\_\_ between governments and industries, I am sure that we can combat global warming.



I believe that with a little <sup>4</sup> \_\_\_\_\_ we can make a new and interesting way to educate the people about what is good and bad for the environment.

2. Look at the photos. Complete the sentences with the phrases in the box. Choose if the practice is good or bad for the environment.

catch small fish    organize a party    use plastic bags    use recycled paper



- |   |            |
|---|------------|
| 1. _____ at the supermarket.              | Good / Bad |
| 2. _____ from the ocean.                  | Good / Bad |
| 3. _____ to plant new trees with friends. | Good / Bad |
| 4. _____ to make school notebooks.        | Good / Bad |

3. Complete the following opinions with practices from exercise 2.

- I don't believe that it's a good idea to \_\_\_\_\_.
- In my opinion it's necessary to \_\_\_\_\_.
- I have no doubt that it's wrong to \_\_\_\_\_.
- I really think that it's good practice to \_\_\_\_\_.

# Lesson 2 » Respect Your Planet!

1. Complete the radio interview with the words in the box.

agree believe  
important  
mistake necessary  
opinion sure



**Presenter:** What is your opinion about making companies that pollute the environment pay for the clean-up?

**Jacobo:** I strongly <sup>1</sup>\_\_\_\_\_ that it's really <sup>2</sup> *important* to make companies pay for the clean-up.

**Presenter:** Do you agree Kelly?

**Kelly:** Yes, I <sup>3</sup>\_\_\_\_\_ with Jacobo. It's <sup>4</sup>\_\_\_\_\_ to make companies pay because making money is the most important thing for them. It's the best way to make them responsible.

**Presenter:** And what about education? How important is education in terms of changing how people view and respect nature?

**Kelly:** In my <sup>5</sup>\_\_\_\_\_, it's a <sup>6</sup>\_\_\_\_\_ to think that people will change without education. Education is the most important factor when we talk about change.

**Jacobo:** I agree. And I'm <sup>7</sup>\_\_\_\_\_ that with time our society will begin to understand the importance of being responsible and respecting nature.

2. Do you agree or disagree with these opinions? Write full sentences to give your reasons

1. It's necessary to cut down forests so cities can continue to grow.

*I disagree with this opinion because we need to preserve the forests so we can have fresh air.*

2. I am certain that private cars are the biggest cause of pollution in big cities.

\_\_\_\_\_

3. I really think that respect for the environment is the most important value.

\_\_\_\_\_

4. It's wrong to try to change people's opinions about environmental issues.

\_\_\_\_\_

## Lesson 3 » Local Problems Are Global Problems!

1. Look at the chart showing the structure of a letter. Read the different parts of the letter and complete the table with A-I to show the order they should appear.

- (A) Dear Mr Vega,
- (B) I am writing to you with my concerns about the recent oil spill off the north coast of Colombia. We need to address this problem immediately before it kills thousands of marine animals and dirties our beaches.
- (C) Marcela Gonzalez  
Calle 45 No. 25-16  
Bogotá
- (D) We would like you to ask the company to pay for the clean-up of our ocean and do everything in its power to save the marine wildlife, especially the leatherback sea turtle. We are very sad to hear that one of the biggest petroleum companies in the world is being so irresponsible with our natural resources.
- (E) Mr Roberto Vega  
Minister of Environment  
Calle 26 No. 11-21  
Bogotá
- (F) Yours sincerely,  
Marcela Gonzalez  
Environmental Activist  
Oceans For All
- (G) As you know, an international petroleum company, as a result of negligence, spilt 45 gallons of oil into our ocean last week, and nothing has been done to clean it up. These spills damage the environment and kill thousands of marine animals and plants. The oil can take years to disappear from our oceans. We are very concerned about the effect this will have on the leatherback sea turtle which is critically endangered.
- (H) 27 March 2017
- (I) In conclusion, we strongly believe that it is time to take immediate action. We should force companies to clean up and stop them from continuing to drill for oil off the Colombian coast.

1	Name and address of sender	
2	Date	
3	Name, company and address of recipient	
4	Opening salutation	
5	Opening paragraph (statement of purpose)	
6	Supporting information	
7	Request for help	
8	Conclusion	
9	Closing salutation	



2. Think of an environmental problem in your city or country and write a letter to the Minister of Environment in your notebook. Use the letter and the headings in exercise 1 to help you structure the letter correctly.

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# Chant

## Respect the earth



*Save energy to be green!  
Respect the earth and keep it clean.  
Save energy to be green!  
Respect the earth and keep it clean.*



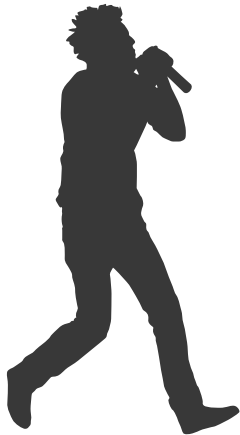
Sustainable energy will help us restore,  
But we can't afford to pollute any more.  
Pesticides and open mines  
I strongly believe will destroy us in time.

Be sure to recycle, wherever you are,  
And use your bike instead of a car.  
Sign a petition in this magazine,  
To conserve biodiversity.

*Save energy to be green! ...*

We must protect our habitat.  
We need conservation, and that's a fact.  
Deforestation means losing our trees,  
Water pollution's destroying our seas.

Believe in the cause and join a campaign.  
Ask your friends to do the same.  
Have no doubt and cooperate.  
Make a change, before it's too late!





## Reading

### 1. What should and shouldn't we do?

- |                                       |                                  |
|---------------------------------------|----------------------------------|
| 1 We <u>shouldn't</u> cut down trees. | 6 We _____ respect the earth.    |
| 2 We _____ pollute the environment.   | 7 We _____ keep the earth clean. |
| 3 We _____ use sustainable energy.    | 8 We _____ join a campaign.      |
| 4 We _____ save energy.               | 9 We _____ cooperate.            |
| 5 We _____ use pesticides.            | 10 We _____ have open mines.     |

## Writing

### 2. Answer the questions.

- |   |  |
|---|--|
| 1 What does the singer believe will destroy us?<br><u>Pesticides and open mines</u> | 6 What must we protect?<br>_____                     |
| 2 What can't we afford to do?<br>_____  | 7 What happens when we lose our trees?<br>_____      |
| 3 What should you do, wherever you are?<br>_____                                    | 8 What destroys our seas?<br>_____                   |
| 4 What should you use instead of a car?<br>_____                                    | 9 What should you ask your friends to do?<br>_____   |
| 5 Where is the petition?<br>_____   | 10 What should you do before it's too late?<br>_____ |

## Writing

### 3. Write an article for a website about protecting the environment. Say what we should do and why.

drive a car   respect the earth   join a campaign   keep the earth clean   use pesticides  
have open mines   use sustainable energy   protect our habitat   recycle   ride a bike  
sign a petition   pollute water   cut down trees   join a demonstration   save energy  
pollute   destroy our seas



We should ...  
We shouldn't ...  
We must ...  
We mustn't ...  
Always ...  
Never ...  
... because ...

# Check Your Progress

Choose the correct option.

<p>1. Which one is not an eco-value?  <b>a.</b> creativity                      <b>c.</b> cooperation  <b>b.</b> respect                            <b>d.</b> competition</p> <p>2. In my ____, trees shouldn't be cut down.  <b>a.</b> believe                            <b>c.</b> opinion  <b>b.</b> agree                                <b>d.</b> think</p> <p>3. It's a ____ to let private companies buy natural resources.  <b>a.</b> mistake                            <b>c.</b> important  <b>b.</b> better                               <b>d.</b> wrong</p> <p>4. It's a good idea to protect endangered animals because they ____ .  <b>a.</b> are selling our natural resources  <b>b.</b> are in danger of becoming extinct  <b>c.</b> are cutting down too many trees  <b>d.</b> are polluting our oceans</p> <p>5. When people work together they show ____ .  <b>a.</b> creativity                          <b>c.</b> honesty  <b>b.</b> cooperation                       <b>d.</b> responsibility</p>	<p>6. It's wrong to ____ that education isn't important.  <b>a.</b> thought                            <b>c.</b> thinks  <b>b.</b> thinking                           <b>d.</b> think</p> <p>7. I ____ no doubt that we all want to live peacefully with nature.  <b>a.</b> have   <b>b.</b> haven't   <b>c.</b> has   <b>d.</b> hasn't</p> <p>8. I think that ____ recycle paper so that we don't need to cut down so many trees.  <b>a.</b> it's better to                      <b>c.</b> it's not necessary to  <b>b.</b> it's wrong to                      <b>d.</b> it's important to</p> <p>9. If you don't pollute the rivers and forests, you are showing ____ for the environment.  <b>a.</b> creativity                          <b>c.</b> respect  <b>b.</b> cooperation                       <b>d.</b> responsibility</p> <p>10. I strongly ____ that industries are major problems in terms of pollution.  <b>a.</b> sure                                  <b>c.</b> believe  <b>b.</b> certain                               <b>d.</b> opinion</p>
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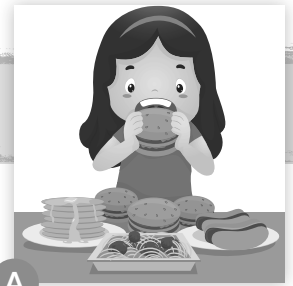
		Very well	Quite well	With difficulty
<b>Vocabulary</b>	I can understand vocabulary related to good and bad environmental practices and ecological values.			
<b>Grammar</b>	I can use expressions to give opinions about human actions and good and bad environmental practices.			
<b>Reading</b>	I can understand texts related to good and bad environmental practices and ecological values.			
<b>Writing</b>	I can write about good and bad environmental practices and ecological values.			
<b>Listening</b>	I can understand audio material related to good and bad environmental practices and ecological values.			
<b>Speaking</b>	I can talk about good and bad environmental practices and ecological values.			

# Unit »1

## What Is an Eating Disorder?

### Lesson 1 » I'm Interested in My Health!

1. Look at the information about eating disorders, and complete the photo labels with the correct disorder.



Eating Disorders - Important Signs For:		
Anorexia	Bulimia	Binge-Eating
<ul style="list-style-type: none"> <li>• eating very little food</li> <li>• having an obsession with losing weight</li> <li>• severe weight loss and very low body weight</li> </ul>	<ul style="list-style-type: none"> <li>• binge-eating followed by frequent trips to toilet to vomit</li> <li>• having an obsession with body weight</li> <li>• exercising too much</li> </ul>	<ul style="list-style-type: none"> <li>• eating in secret</li> <li>• having no control of how much food he/she eats</li> <li>• gaining weight or obesity</li> </ul>



2. Read the information in exercise 1 again and complete the sentences with the correct eating disorder.

1 Lately, Jenny has lost a lot of weight. She hardly eats any food because she thinks she is fat, but in reality she is very skinny. Maybe she suffers from \_\_\_\_\_.

3 Maria Paola has put on weight lately, I don't think she can control what she eats. I often see her eating in secret when she thinks no one is watching. I think she suffers from \_\_\_\_\_.

2 Tomás is really thin, but he eats a lot. In fact sometimes he eats so much food that he feels uncomfortable. I have also noticed that he always goes to the toilet a couple of times after eating. It is possible that he suffers from \_\_\_\_\_.

# Lesson 2 » I Feel Under the Weather

1. Look at the photos and complete the labels with the words in the box.

pills soap stomach ache toothache virus



A



B



C



D



E

\_\_\_\_\_

2. Match the questions 1–4 with the answers A–D.

1. Have you ever had toothache? \_\_\_\_\_
  2. Have you washed your hands with soap today? \_\_\_\_\_
  3. Have you taken medicine for your headache? \_\_\_\_\_
  4. Have you ever had the flu virus? \_\_\_\_\_
- A. Yes, I have. I washed them before lunch.
  - B. Yes, I have. I had it last year.
  - C. No, I haven't. I brush my teeth three times a day.
  - D. No, I haven't. I don't like taking medicine.

3. Complete the conditions with the correct result in the box.

you might get a stomach ache   you will become thin   you will feel sick   you won't get better

1. If you get a virus, \_\_\_\_\_.
2. If you don't take the pills, \_\_\_\_\_.
3. If you don't eat enough food, \_\_\_\_\_.
4. If you don't eat before taking pills, \_\_\_\_\_.

4. Express the conditions with *if* and the results with *will* or *might*.

1. (not brush your teeth / get toothache) *If you don't brush your teeth, you will get toothache* \_\_\_\_\_.
2. (eat too much food / get a stomach ache) \_\_\_\_\_.
3. (feel sick / not be happy) \_\_\_\_\_.
4. (become thin / suffer from anorexia) \_\_\_\_\_.
5. (don't get better / go to hospital) \_\_\_\_\_.



## Lesson 3 » Let's Get Balanced

How it all started  
Losing control  
New experiences  
Steps to recovery

1. Read Viviana's story about her eating disorder. Complete the paragraphs with the headings in the box.

### <sup>1</sup> How It All Started

I remember my first diet; I was 12 years old. I wasn't obese, but I thought I was. I wanted to be like the thin celebrities in the magazines. In one week I lost 3 kilograms, but my parents got angry, so I started to eat again. This made me feel really guilty.

That's how it began. I was on and off a diet all the time. When I wasn't dieting I felt guilty because I would binge-eat. But, soon I found the answer: vomiting! In front of family and friends I would eat so much food that it was uncomfortable, then I would quietly go to the toilet and vomit.

<sup>2</sup> \_\_\_\_\_

At first I felt happy. "I have found the answer!" I thought. No one suspected that I was dieting. But soon it was out of control. I started to feel very lonely and I became more and more unsociable. The depression was confusing. To feel better I started to binge-eat more and then vomit more; it was a horrible cycle of binge-eating, vomiting, feeling guilty and then depressed, over and over again.

<sup>3</sup> \_\_\_\_\_

This was my life for nearly 15 years. When I was 27 I took the first step towards recovery. I attended a course that talked about the psychological and physical effects of

dieting. It felt like the course was designed for me! The idea of not dieting was really scary. I always thought, "If I don't diet, I will constantly binge-eat, and if I constantly binge-eat, I will become really obese". The course helped me understand that this isn't correct. So, I found a therapist who helped me work on my self-esteem. I learned to be nicer to myself and discovered that binge-eating allowed me to avoid confronting uncomfortable emotions. I also attended group therapy which was wonderful. It was really helpful to talk with other people who had similar experiences to mine.

<sup>4</sup> \_\_\_\_\_

Today I love eating, and I don't feel guilty. I enjoy the flavours and social interaction of eating in restaurants and cooking for friends and family. I am lucky to have recovered from this disease. It wouldn't have been possible without the help and support that I received from family, friends and therapists.



### Glossary

guilty: feeling you have done something wrong

lonely: feeling sad from not being with other people

self-esteem: feeling of respect for yourself

2. Read the article again and answer the questions. Write full sentences.

1. Why did Viviana start dieting at age 12?

Viviana started dieting when she was 12 because she thought she was obese.

2. What did Viviana do to feel better when she felt depressed?

\_\_\_\_\_

3. How long did Viviana suffer from Bulimia?

\_\_\_\_\_

4. What did Viviana think would happen if she didn't diet?

\_\_\_\_\_

5. What did Viviana think was helpful about group therapy?

\_\_\_\_\_

# Check Your Progress

Choose the correct option.

<p>1. If you binge-eat, you ____ .                  a. eat a little                      c. can't eat much                  b. eat a lot                            d. vomit after eating</p> <p>2. People who have anorexia ____ .                  a. vomit after eating    c. are obese                  b. binge-eat                      d. avoid eating</p> <p>3. If someone 'often' gets stomach aches they have them ____ .                  a. 10% of the time                  b. 50% of the time                  c. 70% of the time                  d. 90% of the time</p> <p>4. Have you ever had a toothache? No, I ____ .                  a. have    b. has    c. hasn't    d. haven't</p> <p>5. If you ____ healthy food, you ____ sick.                  a. will get / don't eat                  b. don't eat / will get                  c. will eat / don't get                  d. don't get / will eat</p>	<p>6. If you don't drink enough water, ____ .                  a. you might get a headache                  b. you won't get a headache                  c. you will get a toothache                  d. you won't get a toothache</p> <p>7. If you don't want to get a virus, you should ____ .                  a. brush your teeth regularly                  b. brush your hair regularly                  c. wash your hands regularly                  d. have a shower regularly</p> <p>8. Have you ever ____ a home remedy for the flu?                  a. take    b. took    c. takes    d. taken</p> <p>9. Obesity is the same as ____ .                  a. overweight                      c. binge-eating                  b. anorexia                            d. bulimia</p> <p>10. If people eat healthy food and drink water,                  a. they will become obese.                  b. they won't have many health problems.                  c. they will get many viruses.                  d. they won't be happy.</p>
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		Very well	Quite well	With difficulty
<b>Vocabulary</b>	I can understand vocabulary related to eating disorders.			
<b>Grammar</b>	I can use the present perfect tense to ask about experiences. I can use the first conditional to express conditions.			
<b>Reading</b>	I can understand texts about eating disorders.			
<b>Writing</b>	I can write about eating disorders.			
<b>Listening</b>	I can speak about eating disorders.			
<b>Speaking</b>	I can understand conversations about eating disorders.			

# Unit »2

## Healthy Food Choices

### Lesson 1 » Nutrition and Health

1. Look at the picture of the Colombian dish, Bandeja Paisa. Which ingredients can you see?

avocado beans corn cake egg minced meat plantain pork rind rice sausage

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. Order the ingredients of the Bandeja Paisa into the five food groups. Which group isn't included?

Grains	Fruit and vegetables	Meats and eggs	Fats and sugary food	Dairy products
<u>Corn cake</u>				


3. Complete the advice with a food group from exercise 2.

1. Drink dairy products to get calcium.
  2. Eat \_\_\_\_\_ to obtain vitamins and minerals.
  3. Don't consume lots of \_\_\_\_\_ if you want to be healthy.
  4. Consume \_\_\_\_\_ to get protein.
  5. Have \_\_\_\_\_ for breakfast to increase your fibre intake.
4. Unscramble the words in brackets to complete the nutritional recommendations.
1. Keep your bones (sebon) strong with calcium.
  2. Help your i\_\_\_\_\_ (sintineste) work properly by eating fibre.
  3. Develop strong m\_\_\_\_\_ (scumels) by digesting protein.
  4. Get soft s\_\_\_\_\_ (niks) by absorbing vitamins and minerals.

- baked
- boiled
- fried
- grilled
- steamed


# Lesson 2 » What Does It Come With

1. Look at the photos and label each food with a cooking style in the box.




**A**

steamed




**B**

\_\_\_\_\_




**C**

\_\_\_\_\_



**D**

\_\_\_\_\_



**E**

\_\_\_\_\_

2. Use the Useful Expressions and a cooking style from exercise 1 to describe each dish.

**1** Apple Pie

*It's filled with* apple and is baked in the oven.

**2** Ajiaco

\_\_\_\_\_ potatoes and is \_\_\_\_\_ in water.

**Useful Expressions**

It comes with ...  
It's filled with ...  
It's made with ...

3. Look at the recipe for Oatmeal and Carrot Cookies. Choose the correct words to complete the instructions. Use photos A-D to help you.

*Oatmeal and Carrot Cookies*

**Ingredients:**  
2 cups flour \* 2 cups oats \* 1 carrot  
3/4 cup panela \* 1 teaspoon cinnamon \* 1/2 cup water

**Instructions:**  
1) \_\_\_\_\_ (A) the carrot  
2) \_\_\_\_\_ (B) the carrot into very small pieces  
3) \_\_\_\_\_ (C) the ingredients together  
Add in the water and mix again  
Shape into cookies  
4) \_\_\_\_\_ (D) at 170°C for 20 minutes.  
Let the cookies cool ... then enjoy!



# Lesson 3 » Do You Know About Nutrition?

## The Most Important Meal Of The Day!

A healthy breakfast has been proven to have many health benefits. Eating breakfast in the morning gives our bodies the energy it needs to get through a busy day. Skipping breakfast is like trying to start your car in the morning without petrol!

Nutritionists all agree; breakfast really is the most important meal of the day! Research shows that students who eat a healthy breakfast do better at school. They are happier and they have more energy. In addition to giving us instant energy, it also provides us with important nutrients and vitamins that our bodies need to function well in the day.

So, what is a healthy breakfast? According to nutritionists, a healthy breakfast should include at least one ingredient from each of the following groups of food groups: fruits and vegetables, protein and carbohydrates. Foods like oatmeal, brown rice

and wholegrain bread give your body carbohydrates it needs to make energy. Tomatoes, avocado, oranges and other fruits

and vegetables give your body different vitamins. You can get protein from milk, yoghurt, eggs, nuts and other foods like meat. Eating something in all three food groups will help you kick-start your day.

In summary, a healthy breakfast equals a healthy body and healthy mind. For increased energy, concentration, and happiness, eat a healthy breakfast.



1. Read the article and answer the questions. Write full sentences.

1. What are the benefits of eating a healthy breakfast?

\_\_\_\_\_

2. What are the three food groups that should be included in a healthy breakfast?

\_\_\_\_\_

3. Why do our bodies need carbohydrates?

\_\_\_\_\_

2. Think of other types of food that people eat in the morning. Write two ideas in each of the food groups.

Carbohydrates	Fruit and vegetables	Proteins
<i>Potatoes</i> , _____	_____, _____	_____, _____

3. Write a description of your ideal healthy breakfast recipe. Use the information in the text to help you.

My ideal healthy breakfast would be \_\_\_\_\_

\_\_\_\_\_

It's healthy because \_\_\_\_\_

\_\_\_\_\_

# Check Your Progress

Choose the correct option.

<p>1. Which is not a dairy product?  <b>a.</b> milk                      <b>c.</b> eggs  <b>b.</b> cheese                    <b>d.</b> yoghurt</p> <p>2. If a food is baked, it is cooked in a/an ____ .  <b>a.</b> oven                        <b>c.</b> pot  <b>b.</b> frying pan                <b>d.</b> grill</p> <p>3. You should limit your consumption of ____ .  <b>a.</b> proteins                    <b>c.</b> fruits  <b>b.</b> grains                       <b>d.</b> sugars</p> <p>4. Calcium is good for your ____ .  <b>a.</b> bones                       <b>c.</b> skin  <b>b.</b> eyes                         <b>d.</b> heart</p> <p>5. ____ is a good source of protein.  <b>a.</b> milk                         <b>c.</b> meat  <b>b.</b> tomato                      <b>d.</b> bread</p>	<p>6. Which food is often mashed?  <b>a.</b> sausages                    <b>c.</b> eggs  <b>b.</b> potatoes                    <b>d.</b> onions</p> <p>7. Choose the correct advice.  <b>a.</b> Don't eat breakfast!  <b>b.</b> Don't consume breakfast!  <b>c.</b> Don't have breakfast!  <b>d.</b> Don't skip breakfast!</p> <p>8. Which food isn't a carbohydrate?  <b>a.</b> wholegrain bread    <b>c.</b> oranges  <b>b.</b> brown rice                <b>d.</b> potatoes</p> <p>9. Eat ____ because they are high in potassium.  <b>a.</b> tomatoes                    <b>c.</b> bananas  <b>b.</b> eggs                         <b>d.</b> cereals</p> <p>10. Which food group isn't good to eat for breakfast?  <b>a.</b> oils                            <b>c.</b> grains  <b>b.</b> fruits                         <b>d.</b> vegetables</p>
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		Very well	Quite well	With difficulty
<b>Vocabulary</b>	I can understand vocabulary related to eating habits, recipes and nutrition.			
<b>Grammar</b>	I can use the imperative form of verbs to give instructions.			
<b>Reading</b>	I can understand texts about eating habits.			
<b>Writing</b>	I can write recipes.			
<b>Listening</b>	I can speak about eating habits and nutrition.			
<b>Speaking</b>	I can understand conversations about eating habits, nutrition and recipes.			

# Unit » 3

## Body and Mind Connection

### Lesson 1 » Everybody Is Different!

1. Read the statements and decide if the people have low or high self-esteem.

1


All my friends are size 6, but I am size 8. I need to lose weight.  
low self-esteem

2

I know that I am not the prettiest girl in the class but I don't care. I am intelligent and happy.  
\_\_\_\_\_

3

I wasn't selected to be on the football team, but if I practise harder, I will improve.  
\_\_\_\_\_

Feelings	
	self-conscious
	confident
	frustrated
	happy

2. Look at the feelings in the box. Then use them to complete the sentences.

1. If you have a positive body image, you are probably a happy person.
2. If you always worry about what you look like, you become \_\_\_\_\_.
3. If you have high self-esteem, you are a \_\_\_\_\_ person.
4. If you think you should be perfect in everything, you will get \_\_\_\_\_.

3. Look at the behaviours and decide if they are positive or negative. Write one more positive and one more negative behaviour in the chart.

Behaviour	Positive	Negative
1. Analyse images critically.	X	
2. Ignore someone when they ask for help.		
3. Go on a diet to look like fashion models.		
4. Encourage someone to feel good about their body image.		
5. Laugh at someone's physical appearance.		
6. Express your emotions and feelings.		
7.		
8.		

# Lesson 2 » Mindful Living

eat healthily  
 educate yourself  
 exercise daily  
 sleep well  
 spend time in nature

1. Look at the photos. Match them with a phrase in the box.

**Live Mindfully**




**A**

sleep well



**B**

\_\_\_\_\_



**C**

\_\_\_\_\_



**D**

\_\_\_\_\_



**E**

\_\_\_\_\_

2. Write a suggestion for each picture from exercise 1 about how people can live mindfully. Use *need to*, *should*, and *shouldn't*.

1. You need to sleep well at night so you have energy for the next day.
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

3. Read the interview and the answers in the box. Write the answers in the correct places.

**Presenter:** We're here today with Simón Gómez, the Olympic skiing champion. Simon, how did it feel when you won the gold medal?

**Simon:** <sup>1</sup> \_\_\_\_\_

**Presenter:** I bet! How old were you when you started skiing?

**Simon:** <sup>2</sup> \_\_\_\_\_

**Presenter:** Really? Wow! I know you had a bad accident last year. What happened?

**Simon:** <sup>3</sup> \_\_\_\_\_

**Presenter:** No way! How did you recover?

**Simon:** <sup>4</sup> \_\_\_\_\_

**Presenter:** That's amazing!

**Answers**

- About two years old. I learned to ski and walk at the same time.
- It took lots of patience and determination.
- Yes, I did. I hit a tree and broke both my legs!
- It was amazing. I couldn't believe it.



# Lesson 3 » The Power of Self-esteem

1. Match statements 1-4 with positive responses A-D.

1 Does my hair look ok? I think everyone is laughing at me!

2 I don't understand any of this! I know I will fail the test on Monday!

3 Look at these models in the magazine, they're so thin. I don't look like that.

4 I want to join the basketball team, but I can't run very fast. They won't have me.

A You will be fine, but you might need a bit more practice to improve your confidence. We should study together on Saturday.

B It looks good, don't worry. They aren't laughing at you!

C You look great, and those pictures aren't real. Come on,

D So what if you're slow? You're really good at throwing and that's important. I think you should try it!



2. Read the list of people and things that influence our self-esteem. Rate them 1-5 by how much they influence your own self-esteem.

- \_\_\_\_\_ Family
- \_\_\_\_\_ Friends
- \_\_\_\_\_ Media (TV, Movies, Music)
- \_\_\_\_\_ School
- \_\_\_\_\_ Social Media

3. Look at the questionnaire about self-esteem. Complete the questions with the past form of the verb in brackets.

4. Write about a conversation or an event that improved your self esteem. Use the questions in exercise 3 to help you.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

1. How did you feel before the conversation? (feel)  
*I wanted to learn to dance, but I was worried I would look stupid. I thought people would laugh at me.*

2. Who \_\_\_\_\_ you \_\_\_\_\_ to? (speak)  
*I spoke to my friend Susana.*

3. What \_\_\_\_\_ she \_\_\_\_\_? (say)  
*She goes to a Zumba dance class every week. She said Zumba is good because everyone has fun even if they don't know how to dance.*

4. What \_\_\_\_\_ you \_\_\_\_\_? How did it improve your self esteem? (do)  
*I went to a Zumba class with her and we had a great lesson. There were many new people there, so I wasn't the only person who didn't know what to do. My friend gave me the support I needed to try something new. After a few classes I overcame my fear of looking stupid, and now I love doing Zumba!*

# Chant

## Be good to your body



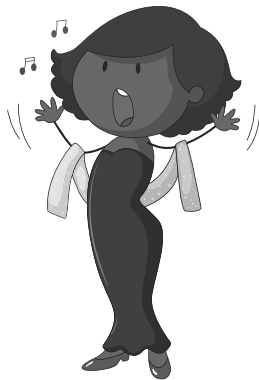
*Be good to your body, be good to your body,  
Come on everyone, be good to your body.  
We're all singing the healthy song  
Come on everyone, sing along!*



Make good choices with food you're making  
Before you start grilling and baking.  
Don't eat sugar, it's not good,  
But protein and fibres are really good!

So if you're worried and overweight,  
Just put healthy food on your plate.  
Drinking water is good for your skin,  
Sugary drinks go in the bin.

*Be good to your body, be good to your body ...*



Calcium keeps our bones really strong,  
Carbohydrates turn our energy on.  
Vitamins and minerals, they're OK,  
So eat them at breakfast, every day!

If you're unhappy, stressed or sad,  
Try not to worry; life's not that bad!  
Just keep healthy and stay strong,  
And remember to sing the healthy song!



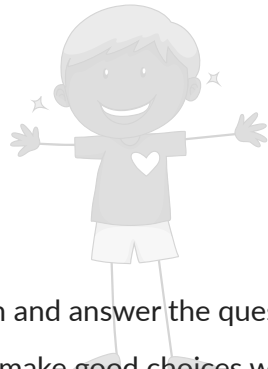
Should I eat sugar?

No. You shouldn't eat sugar.

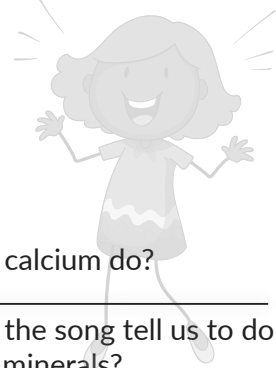
## Speaking

1. Ask your partner questions about the things in the chant.

- 1 Sugar
- 2 Protein
- 3 Fibres
- 4 Healthy food
- 5 Sugary drinks



- 6 Calcium
- 7 Carbohydrates
- 8 Vitamins
- 9 Minerals
- 10 Breakfast



## Reading

2. Read the chant again and answer the questions

1 When should you make good choices with food?

Before you start grilling and baking.

2 What does the chant tell us about sugar?

3 If you're worried and overweight, what should you do?

4 What should you do with sugary drinks?

5 What does calcium do?

6 What does the song tell us to do with vitamins and minerals?

7 What should you do if you are sad?

8 What does the song tell you to remember?

## Writing

3. Write advice on how to eat healthily. Use the words from the chant to help you and the phrases.

**Karl**

Hi everyone,  
Can you help me? I need some advice on healthy eating.  
Karl.

**Charlie**

Hi Karl,  
Here are some tips for healthy eating:  
You should eat lots of ...  
You should avoid ...  
To be really healthy, you could ...  
Some really healthy foods are ...  
Good luck!  
Charlie.

# Check Your Progress

Choose the correct option.

<p>1. Someone with low self-esteem is ____ .                  a. confident                      c. self-conscious                  b. happy                            d. mindful</p> <p>2. Which is a positive behaviour?                  a. Criticizing your friends.                  b. Complimenting your friends.                  c. Hiding your feelings.                  d. Judging someone by their looks.</p> <p>3. It's unhealthy if you ____ .                  a. talk about your feelings                  b. appreciate your body                  c. do your best                  d. criticize yourself all the time</p> <p>4. If your friend has an eating disorder, you ____ tell her parents.                  a. will    b. may    c. need    d. should</p> <p>5. Which is a negative behaviour?                  a. Ignoring someone who is talking                  b. Helping a neighbour                  c. Listening to friends                  d. Encouraging someone to do better</p>	<p>6. Which is a mindful action?                  a. to do many things at once                  b. to skip breakfast                  c. to concentrate on your breathing                  d. to think a lot about the future</p> <p>7. How did you feel after the meditation?                  a. I did feel fantastic.    c. I felt fantastic.                  b. I feels fantastic.      d. I feel fantastic.</p> <p>8. If you feel stressed, ____ .                  a. you will sleep well                  b. you won't sleep badly                  c. you will concentrate more easily                  d. you won't concentrate easily</p> <p>9. What ____ you ____ last night?                  a. did / ate                      c. ate / did                  b. did / eat                      d. eat / did</p> <p>10. Someone with high self-esteem is ____ .                  a. confident                      c. self-conscious                  b. anxious                        d. frustrated</p>
--	--

		Very well	Quite well	With difficulty
<b>Vocabulary</b>	I can understand vocabulary related to emotions and mindfulness.			
<b>Grammar</b>	I can use the first conditional to talk about conditions and results.			
<b>Reading</b>	I can understand texts about body image and self-esteem.			
<b>Writing</b>	I can write about my emotions.			
<b>Speaking</b>	I can speak about emotions.			
<b>Listening</b>	I can understand conversations about body image and self-esteem.			

# Unit » 1

## Solving Problems With Others

**Word Bank**

apologize  
understand  
patient  
practice  
rude

### Lesson 1 » Giving Advice

1. Read the conversations and replace the words or phrases in italics with words from the Word Bank.

1 **Sally:** I did something really bad today. I was angry and insulted Pablo.  
**Maria:** Oh dear. You should *say you're sorry* to Pablo. \_\_\_\_\_

**Luna:** My Dad is really short-tempered. He gets angry nearly all the time.

**Tim:** You should tell him to relax and be more *tolerant*.  
\_\_\_\_\_

3 **German:** My parents are always angry and telling me not to talk so much on my smartphone. They don't understand my generation!

**Ariel:** You could sit down and tell them why you use your smartphone so much. It might help them *comprehend* your position. \_\_\_\_\_

4 **Matt:** I really want to be the captain of the basketball team next year, but I don't think the coach will choose me!

**Helen:** You should *train* more. If you show that you are dedicated, the coach will respect that. *practice*

2. Use *you should...*, *you shouldn't...* or *you could...* to give different advice for the problems mentioned above.

- You should learn to control your anger.* \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

3. Find the positive and negative personality traits and complete the table.

Positive qualities	Negative qualities
k	aggressive
p	a
s	r
u	i

U	I	S	H	D	F	C	B	W	Q	S	I	L
M	N	O	P	A	I	K	Y	R	T	B	K	U
G	T	D	O	N	H	P	T	E	T	F	M	B
R	O	O	E	G	B	O	H	K	I	N	D	M
T	L	U	L	R	J	L	C	G	E	V	M	N
Y	E	J	Y	Y	S	I	I	K	Y	F	R	C
U	R	B	U	K	G	T	R	B	H	N	G	U
I	A	E	F	T	H	E	A	M	J	U	G	T
P	N	B	R	H	J	M	L	N	O	U	Y	T
Q	T	E	T	I	O	P	R	U	D	E	H	V
V	P	J	T	V	D	E	T	X	M	I	L	E
B	K	U	Y	T	R	I	O	H	T	Q	N	K
A	G	G	R	E	S	S	I	V	E	E	J	G

# Lesson 2 » Children's Duties And Rights

1. Match the verbs 1-5 with photos A-F to complete the duties.

1. feed

2. make

3. walk

4. do

5. wash

6. sweep



A

the floor



B

your bed



C

the dishes



D

the cat



E

the dog



F

the laundry

2. Look at the quote. Use phrases from exercise 1, with *have to* or *don't have to* to write three more sentences about your duties at home.

I have to make my bed every morning.

1. I \_\_\_\_\_
2. I \_\_\_\_\_
3. I \_\_\_\_\_

3. Read Alicia's responses to the questionnaire. Then write your own responses using the bold phrases to help you.



Name: Alicia Nuñez

Age: 13

How are you responsible for yourself?

I **must** eat well and do exercise to stay healthy and fit.

How are you responsible for doing the right things?

My parents both work. I want to help them so I **have to** do lots of jobs at home.

How are you responsible in society?

I have to show respect for old people and I **mustn't** be rude to my teachers.

Name: \_\_\_\_\_

Age: \_\_\_\_\_

How are you responsible for yourself?

\_\_\_\_\_

How are you responsible for doing the right things?

\_\_\_\_\_

\_\_\_\_\_

How are you responsible in society?

\_\_\_\_\_

\_\_\_\_\_

# Lesson 3 » Learning About Colombian Cultural Groups

1. Read the article. Which paragraph, A-D tells you ...?
  1. what traditional houses look like? \_\_\_\_\_
  2. what foods the Emberá people like to eat? \_\_\_\_\_
  3. where the Emberá people live? \_\_\_\_\_
  4. if the Emberá have traditional rituals? \_\_\_\_\_
2. Read the article again and the statements below. Write T (true), F (false) or DM (Doesn't mention).
  1. Many Emberá people live in Southern Colombia. \_\_\_\_\_
  2. Some Emberá families live by rivers. \_\_\_\_\_
  3. Embera people don't like fish. \_\_\_\_\_
  4. Emberá communities don't celebrate traditional rituals. \_\_\_\_\_
  5. Emberá people use plantains to draw patterns on their bodies. \_\_\_\_\_
  6. Emberá people make money when they sell crafts to tourists. \_\_\_\_\_
3. Write two sentences to give advice about how Colombians can help the Emberá people. Use *should*, *shouldn't* or *could* with the phrases in the box.

the government    tourism companies    visitors    Colombian citizens  
 build schools    donate medicines    buy baskets and pottery    bring visitors

1. The government could donate medicines to the Emberá villages.
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Life

### The Emberá People In Colombia

- A The Emberá are an indigenous group from Colombia and Panama. In Colombia they usually live in northwestern areas. Most Emberá now live in towns and cities, but some still live in villages or small communities next to a river.
- B Emberá people often build villages near rivers and they eat a lot of fish, maize, plantain and fruits. Traditional activities such as farming, hunting, fishing, canoe-making, basket-weaving and pottery are important for their economy.
- C Many Emberá people continue to follow traditional rituals and use Jagua fruit to draw black patterns on their bodies for celebrations. Traditional houses made of wood and leaves are built on stilts.
- D People need education, medicine and energy to connect with the modern world. Many Emberá villages do not have enough money to pay for these things. People from the villages have to sell food and crafts to local people and tourists to earn money.







# Unit » 2

## Have You Been A Model Citizen?

### Lesson 1 » What is a Model Citizen?

1. Look at the pictures. What do you know about these two role models?

Juanes is a popular singer from Colombia.  
 \_\_\_\_\_  
 \_\_\_\_\_

2. Read the text and match the statements below to either Juanes or Malala.

Who ...

1. nearly died?  Juanes  Malala
2. helps survivors of war injuries?  Juanes  Malala
3. helps girls go to school?  Juanes  Malala
4. won prizes for songs?  Juanes  Malala
5. wrote a blog about school?  Juanes  Malala
6. has a charity with his/her name?  Juanes  Malala

3. Answer the questions based on the text.

1. What is the most famous award that Malala has won?  
Malala has won the Nobel Peace Prize.
2. Who has given peace concerts? \_\_\_\_\_
3. Why has Malala become known worldwide? \_\_\_\_\_
4. How many people has the Mi Sangre Foundation helped?  
 \_\_\_\_\_
5. What has the Malala Fund achieved? \_\_\_\_\_
6. Where has the Mi Sangre Foundation helped people? \_\_\_\_\_

4. Write a brief description about someone who is a role model for you, and what he/she has done.

\_\_\_\_\_ is a \_\_\_\_\_ citizen.  
 He/She is an important role-model because he/she has \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### PEOPLE

Juanes is a Colombian citizen and an excellent role model who has used his popularity as a singer to support charities. He is a successful singer who has won many Grammy and Latin Grammy awards, but he is also the founder of the 'Mi Sangre Foundation', which has helped more than 12,000 victims of anti-personnel mines in 41 Colombian municipalities. Juanes has sang in many charity peace concerts and has been awarded different honours for his social activism. He has also worked as a Goodwill Ambassador for 'United for Colombia', a non-profit organization that raises awareness about the impact of land mines in Colombia. ■



Malala Yousafzai is a young woman from Pakistan who wrote a blog about education in her country. She was shot in the head by Taliban soldiers while she was on the bus to school, but survived her injury. Malala has received international recognition for her support of human rights for women's and children's education. She has spoken at international conferences, including the United Nations. She has also founded the 'Malala Fund' to help girls get an education. The fund has opened many schools for girls in countries like Gaza, Lebanon and Pakistan. Malala has received many awards for her charity work, including Pakistan's National Youth Peace Prize, the International Children's Peace Prize, and in 2014 she won the famous Nobel Peace Prize. ■



# Lesson 2 » Let's Stop Verbal Abuse!

1. Look at the photos. Complete the sentences with words from the box.

defend donate forgive insult offend shout



1. You should defend your friends from bullies.



2. You should \_\_\_\_\_ people if they hurt you.



3. You shouldn't \_\_\_\_\_ at your friends.



4. You shouldn't \_\_\_\_\_ other people.



5. You shouldn't \_\_\_\_\_ people with bad words.



6. You should \_\_\_\_\_ things or money to charity if you can.

2. Put the words into the correct order to make questions. Then, answer the questions.

1. ever/insulted/using/anyone/bad/have/words/you ?  
*Have you ever insulted anyone using bad words?*  
*No, I have never insulted someone using bad words.*

2. you/has/ever/a/shouted/friend/at ?

\_\_\_\_\_

3. have/ever/defended/you/someone/from/bullies ?

\_\_\_\_\_

4. bad/someone/have/you/written/ever/about/comments ?

\_\_\_\_\_

5. felt/sad/ever/have/you/because/offended/someone/you ?

\_\_\_\_\_

6. has/mum/your/said/ever/you/to/sorry ?

\_\_\_\_\_

# Lesson 3 » Neighbours From Heaven And Hell

1. Read the complaints A–E and match them to the correct apology 1–5.

- |   |   |
|---|---|
| A. Turn the music down, I can't get to sleep!                       | 1. Sorry! I burnt the dinner.   |
| B. What is that bad smell?  | 2. I'm very sorry, I was on the balcony and I didn't realize how loud it was. |
| C. Your children ring my doorbell and run away, it's very annoying. | 3. Did he? I'm very sorry. I will buy you another one.                        |
| D. Your baby is always crying. It's so loud!                        | 4. I'm very sorry, I will ask them to stop.                                   |
| E. Your dog ate my newspaper!                                       | 5. Sorry for disturbing you, she has been ill and is very upset.              |

www.forum.com

## Neighbours From Hell?

---

1

I can't stand my neighbour! I think he is very rude and he wears stupid clothes.

**Luc1a**

---

2

I am a patient person, but the people who live next door are very difficult. They often have late night parties. Last night they were playing music until 2.a.m.

**Argh!**

---

3

The university students who live next door throw rubbish on the street outside our building. It's really smelly!

**Clobel**

---

4

In my opinion, the woman next door is so rude, she never talks to me.

**JAVier**

---

5

Our neighbours fight every night. They are always shouting at each other.

**Susana90**

2. Read the forum posts and decide which problems are the worst. Put them in order, 1 = worst problem, 5 = least bad problem.

1. \_\_\_\_\_ 3. \_\_\_\_\_ 5. \_\_\_\_\_  
 2. \_\_\_\_\_ 4. \_\_\_\_\_

3. Read the forum posts again. Which complaints are facts and which are opinions? Write F (Facts) or O (Opinions)

1. \_\_\_\_\_ 3. \_\_\_\_\_ 5. \_\_\_\_\_  
 2. \_\_\_\_\_ 4. \_\_\_\_\_

4. Read about two things that good citizens do. Add two more actions to the list.

1. Good citizens help old people cross the road.  
 2. Good citizens rescue stray cats or dogs.  
 3. \_\_\_\_\_  
 4. \_\_\_\_\_

5. Use the list in exercise 4 to make questions for a survey.

1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_  
 4. \_\_\_\_\_

# Check Your Progress

Choose the correct option.

<p>1. They are very kind. They ____ donated a lot of money to various charities this year. a. has    b. have    c. had    d. haven't</p> <p>2. She has ____ her brother, he is very unhappy. a. offend                      c. to offend b. offends                      d. offended</p> <p>3. They are a very ____ family, everybody in the neighbourhood seems to know them. a. polite                      c. sociable b. impatient                      d. rational</p> <p>4. My sister is always up late. Last night she ____ music until 3 a.m. a. played                      c. plays b. was playing                      d. will play</p> <p>5. Juanes has done lots of ____ to promote the <i>Mi Sangre</i> Foundation. a. charity work                      c. awards b. donations                      d. writing</p>	<p>6. A boy in my class ____ my friend with bad words. a. defended                      c. supported b. shouted                      d. insulted</p> <p>7. A good citizen should take ____ of old people. a. care    b. food    c. help    d. support</p> <p>8. Have you ever ____ a donation to a charity or foundation? a. gave    b. gives    c. given    d. give</p> <p>9. I'm a model citizen because I ____ people. a. help    b. insult    c. offend    d. volunteer</p> <p>10. The Malala Fund ____ many girls get an education. a. has done                      c. has helped b. has visited                      d. has supported</p>
---	--

		Very well	Quite well	With difficulty
<b>Vocabulary</b>	I can understand vocabulary related to being a model citizen.			
<b>Grammar</b>	I can use the present perfect simple tense to talk about past/present experiences.			
<b>Reading</b>	I can distinguish between facts and opinions. I can understand and interpret surveys.			
<b>Writing</b>	I can write about someone I consider to be a role-model and mention what he/she has done.			
<b>Listening</b>	I can listen for specific information in radio programmes.			
<b>Speaking</b>	I can interpret graphic information and give my opinion.			

# Unit » 3

## Making Peace through Words and Actions

### Lesson 1 » Let's Make a Fairer World!



1. Read the campaign information and complete with the words in the box.

crisis   cruelty   responsible   sponsoring  
will combat   will give   will have



Donate your time,  
not your money!

'United in Differences' specializes in providing therapy for children with learning disabilities and their families. We are looking for patient and <sup>1</sup> *responsible* people to accompany us on our family days and excursions.

If you have the time, we  
<sup>2</sup> \_\_\_\_\_ you the  
opportunity to make a difference.

A meal a day keeps  
malnutrition away!

'Food for Everyone' is a non-profit organization that believes in the basic human right for everyone to have healthy meals every day. If people start to donate food, we  
<sup>3</sup> \_\_\_\_\_  
malnutrition around the world.

Support us by donating  
food or <sup>4</sup> \_\_\_\_\_ a  
family today!

\$3000 a month  
is all it takes!

Here at 'Refugees Today' we support people who have escaped countries and regions in <sup>5</sup> \_\_\_\_\_ because of war. We need your help to continue offering our services and support to people in need.

If everyone donates \$3000 a month, 'Refugees Today' <sup>6</sup> \_\_\_\_\_ the funds to help thousands more refugees.



2. Answer the questions using the information for the previous exercise.

1. If someone wants to help the foundation 'Food for Everyone', what should he/she do?

*If someone wants to help 'Food for Everyone', he or she should donate food.*

2. If you donate \$3000 a month to 'Refugees Today', what will they do with it?

3. If you are a responsible and patient person, which foundation could you help?

4. If you had the time and money, which foundation would you help?

# Lesson 2 » Solving Personal Problems Wisely!

1. Look at the values. Use the correct prefixes and suffixes to make positive and negative characteristics.

Responsibility  
 + 1. responsible  
 - 2. irresponsible

Tolerance  
 + 3. \_\_\_\_\_  
 - 4. \_\_\_\_\_

Fairness  
 + 5. \_\_\_\_\_  
 - 6. \_\_\_\_\_

Respect  
 + 7. \_\_\_\_\_  
 - 8. \_\_\_\_\_

Kindness  
 + 9. \_\_\_\_\_  
 - 10. \_\_\_\_\_

2. Read the questionnaire about being a good citizen, and Federico's answers. Write your own different approach to the problem. Use a contrast connector from the box to connect the sentences.

but    however    on the other hand



3. Read your answers to the questionnaire in exercise 2. What values do they show? Complete the table with the values in the box.

Question	Value
1.	<i>tolerance</i>
2.	
3.	
4.	
5.	
6.	
7.	

- If someone sitting on the bus insults you, what will your reaction be?  
 Federico will tell the person to be quiet, but I will ignore the insult and sit somewhere else.
- If somebody pushes in front of you in a line, what will you say or do?  
 Federico will shout at them,  
 \_\_\_\_\_  
 \_\_\_\_\_.
- If your car breaks down and somebody stops to help you, what will you say?  
 Federico will say thank you,  
 \_\_\_\_\_  
 \_\_\_\_\_.
- If you don't understand someone from another country who speaks bad Spanish, what will you say?  
 Federico will ask them to repeat their words,  
 \_\_\_\_\_  
 \_\_\_\_\_.
- If you find a wallet with money and an identity card in it, what will you do with it?  
 Federico will leave it where he found it,  
 \_\_\_\_\_  
 \_\_\_\_\_.
- If your friend is feeling sad, what will you do?  
 Federico will be friendly,  
 \_\_\_\_\_  
 \_\_\_\_\_.

# Lesson 3 » Solving Cultural Misunderstandings

1. Read the sentences about Scotland, which is part of the United Kingdom. Look at the sentences in bold and decide if they are a *fact* or an *opinion*. Complete the table.

1	<i>opinion</i>
2	
3	
4	
5	

1 'Scotland is a beautiful country. There are many rivers and mountains, with lots of wildlife.'

2 'I've heard that Scottish men always wear skirts called kilts. Kilts are part of the national costume.'

3 'I think the Scottish people are very proud of their national identity. They don't like it when people say they are from England.'



2. Do you know how to be a peacemaker? Read the 'Peacemaker Promise' and circle the correct options.

### Peacemaker Promise

I promise that ...

1. I **will/won't** forgive others' mistakes.
2. I will say **thank you/go away**.
3. I will post **positive/negative** comments online.
4. I will **disrespect/respect** cultural differences.
5. I **will/won't** tolerate different opinions.
6. I **will/won't** shout at people.

**Dictionary**  
 Promise: When you say that you will definitely do something.

4 'Have you been to Edinburgh? **It is the capital city of Scotland.** It's my favourite city because there is so much to do.'

5 'I have some friends from Scotland. **They're very warm and friendly.** I always have fun with them.'

3. Complete the dialogue with the correct form of the verbs in brackets.

**Javier:** Mum, my penfriend from England is coming to visit us next week. I haven't made any plans.

**Mum:** What does he want to do?

**Javier:** I don't know. What <sup>1</sup> will I say (I/say) if he wants to go sightseeing?

**Mum:** If he wants to go sightseeing, we'll go walking in the old town. There are some beautiful buildings to see.

**Javier:** I'm not sure about that. I prefer the area next to the river. What <sup>2</sup> \_\_\_\_\_ (we/eat) if he wants to try typical Colombian food?

**Mum:** I think that if he wants to have a typical dish, we'll go to a restaurant to have bandeja paisa.

**Javier:** Yes, let's do that. I love bandeja paisa. What <sup>3</sup> \_\_\_\_\_ (we/do) if he wants to have fun?

**Mum:** What do you like to do? If he wants to have fun, you'll go and meet your friends. He will want to learn what Colombians do.

**Javier:** That's a great idea. Thanks, Mum!

# Chant

## Help support people in need



*Help support people in need.  
Practice forgiveness and honesty.  
Never argue that's the key.  
Sing the values song with me.*

Try to be generous, kind and polite.  
Trust in people that you like.  
Be humorous and rational,  
And everyone will think you're cool.

Live your life with no regrets,  
Be honest, forgive and show respect.  
Caring and kindness go a long way,  
So let's start helping people today.

*Help support people in need ...*

If you've told terrible lies,  
Then do what's right and apologize!  
Don't insult and never shout,  
There are better things to think about.

If someone discriminates against you  
Try to forgive: it's a good thing to do.  
Don't be aggressive, angry or sad.  
Life isn't kind to those who are bad.





You should be generous.

You shouldn't tell lies.

## Speaking

1. Work with a partner. What should and shouldn't you do?

be generous tell lies shout be humorous be honest insult discriminate against  
anyone be rational be aggressive forgive show respect have regrets be sad argue  
be polite be angry be kind trust people

## Reading

2. Read the verse and fill the gaps with antonyms.

mean dishonest irrational don't trust hold a grudge humourless unkindness cruelty  
full of regrets rude don't go far don't show respect unkind you don't like nobody

Try to be mean, \_\_\_\_\_ and \_\_\_\_\_.

\_\_\_\_\_ people that \_\_\_\_\_.

Be \_\_\_\_\_ and \_\_\_\_\_,

And \_\_\_\_\_ will think you're cool.

Live your life \_\_\_\_\_.

Be \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

\_\_\_\_\_ and \_\_\_\_\_,

So let's start helping people today.



## Writing

3. You overhear someone being mean to your friend. Write constructive advice to your friend and the bully, using the phrases in the box and words from the chant.

1 Write a letter to the bully.

2 Write a letter to your friend.

You should/shouldn't ...  
You must/mustn't ...  
Try to ...  
Don't ...  
Never ...  
Always ...





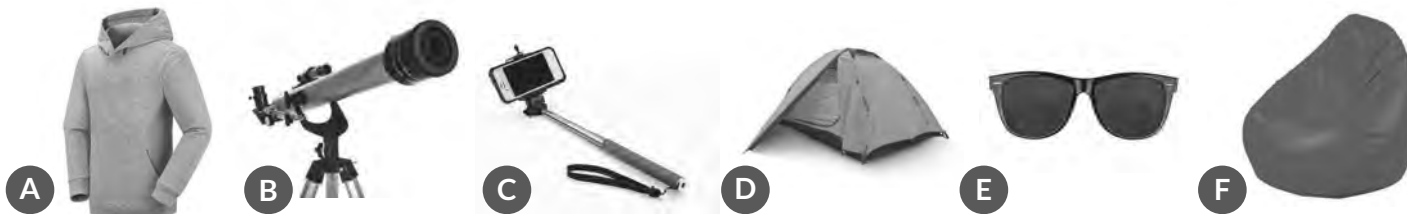
# Unit » 1

## Sensible Shopping

### Lesson 1 » Shopping for Useful Items

1. Read and complete the conversation using the photo clues and the words in the box.

bean bag chair   hoodie   selfie stick   sunglasses   telescope   tent



**Ingrid:** Vero, can you help me choose a present for my brother? I was going to buy him a comfortable <sup>A</sup> hoodie, but he already has one.

**Veronica:** What about a <sup>B</sup> \_\_\_\_\_ or a <sup>C</sup> \_\_\_\_\_?

**Ingrid:** He hasn't got a telescope yet, but they are too expensive. And he already has a selfie stick!

**Veronica:** I know he likes camping, so what about a <sup>D</sup> \_\_\_\_\_ or maybe some cool <sup>E</sup> \_\_\_\_\_?

**Ingrid:** No, he already has both of those things.

**Veronica:** I know. What about a <sup>F</sup> \_\_\_\_\_? They are practical, cosy and unique!

**Ingrid:** That's a great idea. He doesn't have one yet!

2. Look at the gift shopping list. Complete the questions with *already* and *yet*.

1. 'Has Laura bought the cap yet?' 'Yes, she has \_\_\_\_\_ bought it.'
2. 'Has Felipe bought the pair of skates \_\_\_\_\_?' 'No he hasn't bought them \_\_\_\_\_.'
3. 'Have Astrid and Andres bought the skateboard \_\_\_\_\_?' 'Yes, they have \_\_\_\_\_ bought it.'

*Christmas gift shopping list*  
 Laura  
 Cap  
 Hoodie  
 Felipe  
 Pair of skates  
 Selfie stick  
 Astrid and Andres  
 Skateboard  
 Headphones

3. Think of something you want to buy. Complete the sentence saying why the item is useful.

I want to buy \_\_\_\_\_. I think it will be useful because \_\_\_\_\_.

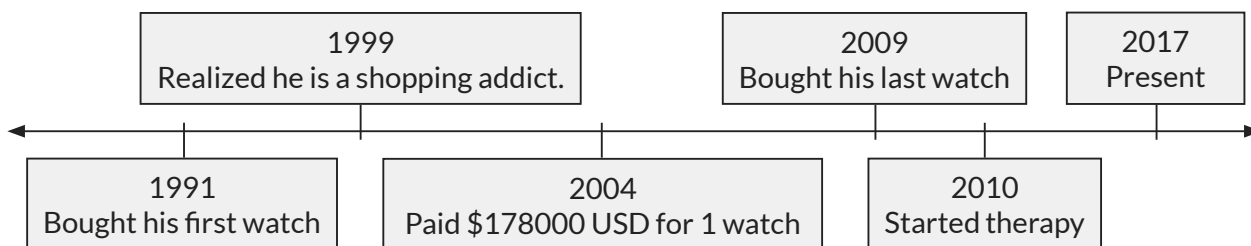
# Lesson 2 » Extreme Consumers

1. Read about Angelina Jolie's knife collection and complete the text with the correct forms of the verbs in brackets.

Angelina Jolie is not only famous for her acting career and her charity work with the United Nations, but it has <sup>1</sup> *emerged* (emerge) that Jolie has a huge knife collection. Exactly how many knives Jolie has <sup>2</sup> \_\_\_\_\_ (buy) over the years is not known. But what is known is that Jolie has <sup>3</sup> \_\_\_\_\_ (collect) knives since she was 12 years old when her mum bought Jolie her first knife. This means that Jolie has <sup>4</sup> \_\_\_\_\_ (have) this strange hobby for more than 28 years. It has also <sup>5</sup> \_\_\_\_\_ (be) revealed that Jolie has <sup>6</sup> \_\_\_\_\_ (pay) more than \$20,000 USD for one knife, and has <sup>7</sup> \_\_\_\_\_ (spend) hundreds of thousands of dollars since she started her collection.



2. Use the timeline to complete the sentences with *for* or *since*.



1. Juan has had therapy *for* \_\_\_\_\_ 7 years.
  2. Juan has had therapy \_\_\_\_\_ 2010.
  3. Juan has collected watches \_\_\_\_\_ 1991.
  4. Juan has collected watches \_\_\_\_\_ the past 26 years.
  5. Juan has known he is a shopping addict \_\_\_\_\_ the past 18 years.
  6. Juan hasn't bought a watch \_\_\_\_\_ 2009.
3. Rearrange the words to make questions and then answer them with your own information.

1. ever/an argument/about how much you spend/Have/with your family/you/had/?  
*Have you ever had an argument with your family about how much you spend?*

2. guilty for/Do/ever/buying something/you/feel/?

3. lied/Have/ever/about how much/you/something cost/?

4. spend/when you feel/Do/more money/sad or angry/you?

# Lesson 3 » Shopping Traditions in Three Countries

1. Read the article about shopping traditions in Spain and complete the paragraphs with the correct form of the verb in brackets.

## Discount Shopping in Spain

The discounted shopping periods in Spain (also called 'rebajas') always <sup>1</sup>*have been* (be) a good opportunity to buy things. For many years, in January and July, shops <sup>2</sup>\_\_\_\_\_ (offer) big discounts on their old products, from 30% at the start of the sale, up to 70% in the final few weeks. The 7th January is the most popular day of the year for discount shopping. Many people go shopping during the rebajas because they <sup>3</sup>\_\_\_\_\_ (save) money to buy items at the lower prices. It is also a very important time for shop owners – some shops <sup>4</sup>\_\_\_\_\_ (made) 20% of their yearly sales during the rebajas.



In the past, the regional governments in Spain have controlled the dates of rebajas carefully to be certain that shops <sup>5</sup>\_\_\_\_\_ (give) genuine discounts. The government ended this practice in 2012, but most shops <sup>6</sup>\_\_\_\_\_ (continue) to have their discount shopping period at the same times every year.

2. Read the article again and answer the questions. Write full sentences.

1. When do shops in Spain have their discount shopping periods?

*Shops have their discount shopping periods in January and July.*

2. What is the biggest discount you can receive during the rebajas?

3. Why is the *rebajas* period important for shop owners?

4. When did the government in Spain end their control of the *rebajas*?

3. Look at the information below and complete the table with information about discount shopping in your country. Write full sentences.

	UK	Spain	Colombia
When can you buy things at lower prices?	You can buy things at lower prices many times a year.	You can buy things at lower prices twice a year.	
When is the most popular discount shopping day?	Boxing Day, or the 26th December, is the most popular discount shopping day.	The 7th January is the most popular discount shopping day.	
What are the discounts?	The discounts are often between 10% and 75%.	The discounts are between 30% and 70%.	

# Check Your Progress

Choose the correct option.

<p>1. Jenny has been a shopaholic ____ she was 21 years old. a. for      b. since    c. already    d. yet</p> <p>2. I shop responsibly. I don't shop ____ . a. carefully                  c. carelessly b. cautiously                d. correctly</p> <p>3. Sara is a compulsive shopper. She is a ____ . a. shopaholic                c. income b. hobby                      d. waste</p> <p>4. Tammy has ____ three hoodies this month. a. buy    b. bought    c. buys    d. buying</p> <p>5. We have _____ decided what to buy. a. already    b. yet    c. for    d. since</p> <p>6. Alberto has collected cars ____ 20 years. a. already    b. yet    c. for    d. since</p>	<p>7. My parents bought me a ____ to see the stars with. a. tent                                  c. hoodie b. selfie stick                        d. telescope</p> <p>8. Sally hasn't seen the present ____ . a. already    b. yet    c. for    d. since</p> <p>9. ____ can help prevent buying things irresponsibly. a. Making a shopping list b. Taking your credit card c. Lying about what you buy d. Going to discount sales</p> <p>10. I don't ____ my income. I spend my money carefully. a. harmful                              c. earn b. hobby                                 d. waste</p>
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		Very well	Quite well	With difficulty
<b>Vocabulary</b>	I can understand vocabulary related to shopping practices.			
<b>Grammar</b>	I can use the present perfect tense with <i>for</i> & <i>since</i> and <i>already</i> & <i>yet</i> to talk about shopping practices.			
<b>Reading</b>	I can understand texts about shopping practices.			
<b>Writing</b>	I can write about shopping practices.			
<b>Listening</b>	I can understand conversations about shopping practices.			
<b>Speaking</b>	I can speak about shopping practices.			

# Unit »2

## Controlling Expenses!

A \_\_\_\_\_



**TRY THE SUGAR FREE DIET!**  
See weight loss results in two weeks!

### Lesson 1 » Too Good to Be True!

- Use the words in brackets to complete the complaints. Match each advert to complaints 1-3.

1 Astrid: *I have been using* \_\_\_\_\_ (have/be/use) Cool Hair shampoo for three weeks now, but I haven't seen any improvement like the box says.

2 Gloria: My son \_\_\_\_\_ (have/be/apply) Cleansy Acne Cream to his face for almost three months, but he still has a lot of acne.

3 Rick: My wife and I \_\_\_\_\_ (have/be/follow) the Sugar Free Diet for two months and we haven't lost any weight.

- Finish the sentences to explain why each of the problems from exercise 1 is an example of false advertising.

- The Cool Hair shampoo advert is false advertising because, \_\_\_\_\_  
*Astrid has been using it for 3 weeks and hasn't seen any improvement.*
- The Cleansy Acne Cream advert is false advertising because, \_\_\_\_\_
- The Sugar Free Diet advert is false advertising because, \_\_\_\_\_

- Unscramble the sentences and use them to complete the phone conversation.

- ?/Can/me/my money/give/you/back
- yet/My/hasn't/arrived/computer game/.
- waiting/I've/patiently/been/my order/for/.

**Assistant:** Hello, GameStore customer services, may I help you?

**Customer:** Yes, please. <sup>1</sup> \_\_\_\_\_

**Assistant:** I understand. It might take 7 to 14 days to receive your order.

**Customer:** I know that. <sup>2</sup> \_\_\_\_\_ It has been more than four weeks!

**Assistant:** That's strange. Do you have the order number?

**Customer:** Yes. It's CG162710. <sup>3</sup> \_\_\_\_\_

**Assistant:** My computer says it was delivered to your house last week. I'm sorry, but I can't give you the money back.

**Customer:** But that's not fair, the computer is wrong!

B \_\_\_\_\_



**CLEANSY ACNE CREAM**  
Say goodbye to spots. Forever.

49

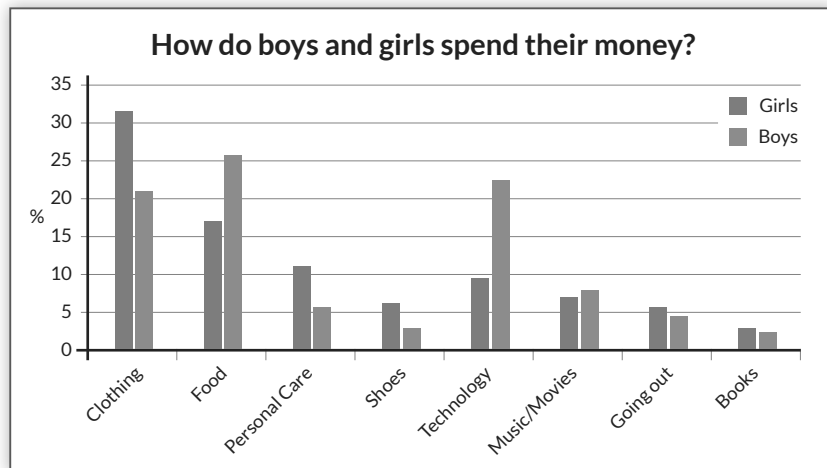
C \_\_\_\_\_



**COOL HAIR SHAMPOO**  
Get great hair today!

# Lesson 2 » Do I Control my Expenses?

1. Look at the graph and complete the sentences with the Useful Expressions.



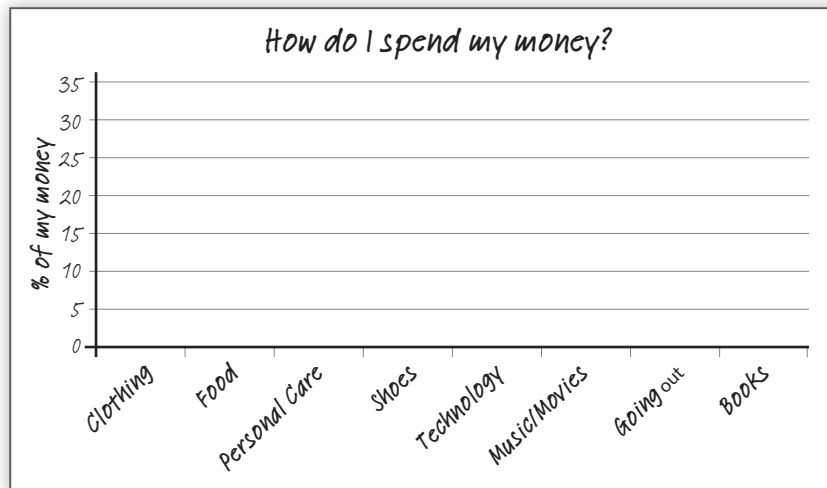
**Useful Expressions**

as well as  
instead of  
but  
similar to  
while



- Girls have been spending most of their money on clothing; but boys have been spending theirs on food.
- Boys \_\_\_\_\_ girls have been spending less money on books than other things.
- \_\_\_\_\_ boys have been spending 23% of their money on technology, girls have only been spending 10%.
- \_\_\_\_\_ buying shoes, boys have been spending their money on eating food.
- The money boys have been spending on going out is \_\_\_\_\_ girls.

2. Complete the graph to show what you spend your money on.



3. Use your graph from exercise 2 and the Useful Expressions from exercise 1 to write about how you spend money.

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## Lesson 3 » Things that Money Can't Buy

**Dictionary**  
sceptical: to have doubt about something.

1. Read the brochure promoting experiences and complete the sentences.

### Buying Experiences Vs. Buying Things

Do you ever think, 'If I save my money I will be able to buy a new iPhone', or 'If I buy a new car I will be so happy'? Sure, having a new car, fashionable clothes or the latest technology all sounds great, but can these material items really bring you the happiness you deserve?

From a young age, we learn to like having new things. If our friend has a new games console, we want a new games console. If our neighbour has a swimming pool in their house, we want a swimming pool too. The idea that buying and consuming makes us happy is an illusion. Recent research has shown if people spend their money on experiences, they will be happier and more satisfied with their lives. Experiences might be travelling to new places, eating at a new restaurant, trying a new sport or simply going for a walk in the mountains or along the beach.

Still sceptical? Below are 5 reasons why people who spend their money on experiences are happier than those who waste their money on material items.

1. Experiences give you unforgettable memories
2. Experiences teach you things.
3. Experiences offer exciting challenges.
4. Experiences open your mind.
5. Experiences are great value for money.

So, isn't it time to stop buying things and start buying experiences?



1. If you buy experiences, you will have unforgettable memories.
2. If you buy experiences, \_\_\_\_\_.
3. If you buy experiences, \_\_\_\_\_.
4. If you buy experiences, \_\_\_\_\_.
5. If you buy experiences, \_\_\_\_\_.

2. Read the sentences about spending and experiences. Write if you agree or disagree and explain why.

1. Holidays are very expensive. I prefer to buy lots of smaller things for myself.  
\_\_\_\_\_
2. Why should I spend money on a windsurfing course? I don't live near the sea.  
\_\_\_\_\_
3. I love going to new restaurants. It's exciting to try a new dish for the first time.  
\_\_\_\_\_

3. Write about the best experience you have had.

One of the best experiences I have had is \_\_\_\_\_

I really enjoyed the experience because \_\_\_\_\_

# Check Your Progress

Choose the correct option.

<p>1. When a company gives false information about a product.  <b>a.</b> Marketing strategy  <b>b.</b> False advertising  <b>c.</b> Information fraud  <b>d.</b> Information advertising</p> <p>2. She ____ every day for the last week.  <b>a.</b> have been train      <b>c.</b> has been train  <b>b.</b> have been training   <b>d.</b> has been training</p> <p>3. I haven't been spending as much this year as last year, ____ the year hasn't finished.  <b>a.</b> although                  <b>c.</b> while  <b>b.</b> on the contrary      <b>d.</b> as well as</p> <p>4. Small spots on a face is known as.  <b>a.</b> cream   <b>b.</b> trainer   <b>c.</b> acne   <b>d.</b> shape</p> <p>5. In this class, girls spent a lot of money on fashion; ____ boys spent their money on technology.  <b>a.</b> while                          <b>c.</b> similar to  <b>b.</b> instead of                  <b>d.</b> as well as</p>	<p>6. I ____ my money on comic books.  <b>a.</b> has been spending  <b>b.</b> has been spent  <b>c.</b> have been spending  <b>d.</b> have been spent</p> <p>7. My spending habits are ____ my best friend's.  <b>a.</b> similar to                  <b>c.</b> although  <b>b.</b> while                          <b>d.</b> in the same way as</p> <p>8. If you ____ more, you will open your mind.  <b>a.</b> travelling                  <b>c.</b> travels  <b>b.</b> been travelling      <b>d.</b> travel</p> <p>9. If you buy ____, you will make great memories that last forever.  <b>a.</b> things                          <b>c.</b> items  <b>b.</b> experiences              <b>d.</b> cars</p> <p>10. My personal ____ has helped me get fit.  <b>a.</b> gym   <b>b.</b> shape   <b>c.</b> slim   <b>d.</b> trainer</p>
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		Very well	Quite well	With difficulty
<b>Vocabulary</b>	I can understand vocabulary related to describing past and present experiences.			
<b>Grammar</b>	I can use the present perfect continuous to talk about past and present experiences.			
<b>Reading</b>	I can understand texts about past and present experiences.			
<b>Writing</b>	I can write about past and present experiences and justify my point of view.			
<b>Listening</b>	I can understand audio material related to past and present experiences.			
<b>Speaking</b>	I can speak about past and present experiences.			

# Unit » 3

## Extreme Consumption

### Lesson 1 » Extreme Consumers

**Word Bank**  
 careful dangerous difficult  
 exciting fun interesting  
 liberating risky scary

1. Label photos A–D with the extreme sports in the box.

mountain bike riding    paragliding    scuba diving    white water rafting



A A scuba diving



B \_\_\_\_\_



C \_\_\_\_\_



D \_\_\_\_\_

2. Complete the conversation with the words in the Word Bank.

**Jeremy:** I heard there are many extreme sports in Colombia. What sports can I do, and where?

**Mateo:** Well, in San Gil you can go white water rafting. It's really <sup>1</sup>e x c i t i n g, but it might be <sup>2</sup>\_\_\_\_s \_\_\_\_ if you go on the really fast river.

**Jeremy:** That sounds <sup>3</sup>\_\_\_\_u \_\_\_\_! What about paragliding? It could be <sup>4</sup>\_\_\_\_ b \_\_\_\_\_.  
 \_\_\_\_\_.

**Mateo:** You can do that in the Chicamocha canyon, but you must be <sup>5</sup>\_\_\_\_ f \_\_\_\_ because it can be <sup>6</sup>\_\_\_\_g \_\_\_\_\_ if you don't have experience.

**Jeremy:** You know; I've never gone scuba diving. Where can I learn?

**Mateo:** On the Caribbean coast. It could be <sup>7</sup>\_\_\_\_ t \_\_\_\_ to see all the sea animals.

**Jeremy:** But it must be <sup>8</sup>\_\_\_\_ y to see a shark!

**Mateo:** Oh and don't forget to go mountain bike riding near Medellín.

**Jeremy:** I don't know. Mountain bike riding is <sup>9</sup>\_\_\_\_ f \_\_\_\_\_. You have to be fit.

3. Read the conversation in exercise 2. Fill in the gaps based on the conversation.

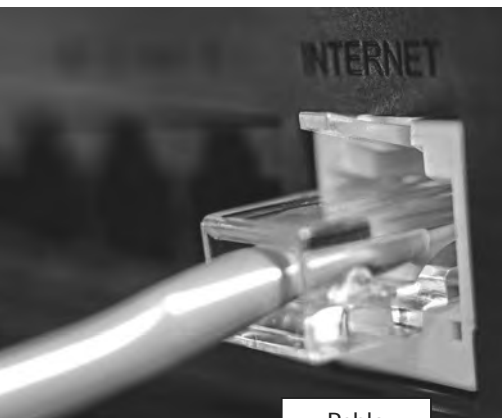
- Mateo thinks that white water rafting might be risky if you go on the fast river.
- Jeremy says that paragliding \_\_\_\_\_ liberating.
- According to Mateo, you \_\_\_\_\_ careful when you go paragliding because it \_\_\_\_\_ dangerous without experience.

# Lesson 2 » Consumers of Technology

**1.** Complete the statements with the correct form of the verb in brackets.

1. If parents taught (teach) their kids about the dangers of the internet, there wouldn't be (not be) so many problems.
2. If kids \_\_\_\_\_ (not spend) so much time on the computer, they \_\_\_\_\_ (not be) so lazy.
3. If there \_\_\_\_\_ (not be) so much new technology, kids \_\_\_\_\_ (play) more sports.
4. If smart phones \_\_\_\_\_ (not exist), people \_\_\_\_\_ (socialize) more.

**2.** Use the photos to help you answer the questions.



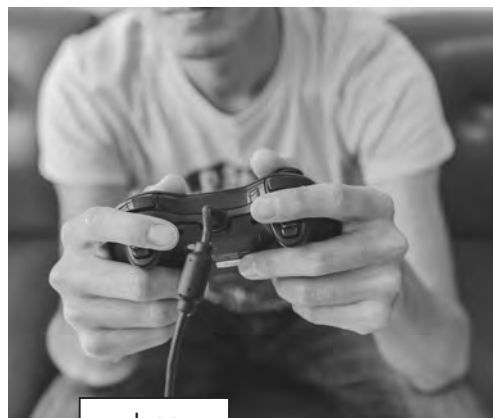
Pablo



Luna



Julia



Juan

1. What would Julia do if she couldn't use social media?  
*If Julia couldn't use social media, she would use the telephone to talk to her friends* \_\_\_\_\_.
2. What would Pablo do if Wi-Fi didn't exist?  
 If Wi-Fi didn't exist, Pablo would \_\_\_\_\_.
3. What would Juan do if he couldn't play computer games online?  
 If Juan couldn't play computer games online, \_\_\_\_\_.
4. What would Luna do if she lived in an area with no internet service?  
 \_\_\_\_\_.

**3.** Answer the questions from exercise 2 with your own ideas.

1. If I couldn't use social media, I would \_\_\_\_\_
2. If Wi-Fi didn't exist, \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Lesson 3 » The Effects of Consumerism

1. Read the conversations and complete with the words in the boxes.

credit card everyone job shopping whether you like it or not

**Danny:** Mum, can I use your <sup>1</sup> credit card ? I've seen some trainers online that I want to buy.

**Mum:** Again? I think you've been <sup>2</sup> \_\_\_\_\_ online too much this month.

**Danny:** But Mum, these trainers look really good.

**Mum:** Let me see ... No Danny, these are too expensive.

**Danny:** But Mum, <sup>3</sup> \_\_\_\_\_ at school has them!

**Mum:** Why do you want to copy your friends? You will all look the same!

**Danny:** You don't understand.

**Mum:** Well I'm not giving you my credit card <sup>4</sup> \_\_\_\_\_ ! If you want to waste your money, you should get a <sup>5</sup> \_\_\_\_\_ and earn some money for yourself.

**Danny:** But Mum. That's not fair!

music concert teacher whether you like it or not

**Dad:** Angela, your <sup>6</sup> \_\_\_\_\_ called to say that you haven't been doing your homework!

**Angela:** I haven't had time to do it all. They give us too much homework!

**Dad:** You don't have time to do your homework, but you have time to listen to <sup>7</sup> \_\_\_\_\_ every evening and go to concerts at the weekend?

**Angela:** School is really difficult. Listening to music is how I relax!

**Dad:** Well, <sup>8</sup> \_\_\_\_\_, you're not going out this weekend. You have to stay home and do all the homework you haven't done.

**Angela:** No way! That's not fair. I have a ticket for a <sup>9</sup> \_\_\_\_\_ on Saturday night!

2. Danny and Angela wrote posts on their Facebook pages complaining about their parents. Read a response to Danny's post and write a response to Angela's.



**Danny**

My mum is so annoying. She is always complaining about the amount of money I spend on shopping. She also doesn't understand why I want to have the same things as my friends.



**Jenny**

Danny, I understand that you enjoy shopping for new things, but you need to understand your mother's point of view. Remember shopping can become very expensive if you buy popular products. You could get a job to earn some money to help you buy your favourite things.



**Angela**

My dad is angry because I haven't finished my homework on time. Now he tells me I can't go to the dance concert on Saturday night! This isn't fair!



**Maria**

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# Chant

## Be careful with your money



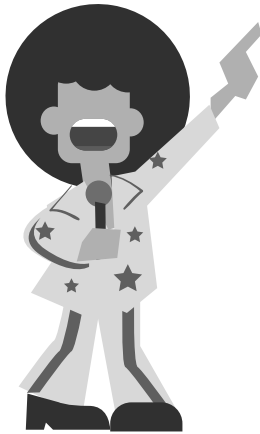
*Be careful, be cautious with your money,  
'Cause when it runs out, it's not funny!  
It might be liberating at the time,  
Although you'll regret it  
When you're left behind.*

I'm wearing my hoodie and I'm going into town.  
I bought a selfie stick to take pictures all around.  
I've foolishly spent my money on a tent,  
Instead of wisely paying for my rent.  
It is very cosy with a beanbag chair,  
And there is also a telescope in there.



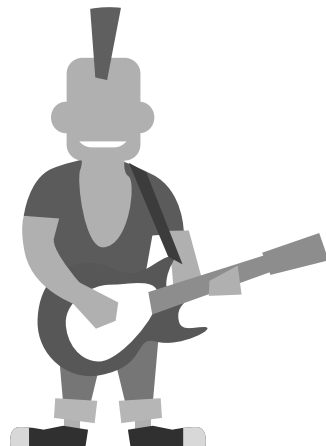
*Be careful, be cautious with your money, ...*

I use the internet cautiously;  
I only chat to people who are nice to me.  
I go to the gym to have a fun time,  
Instead of spending all my time online.



I download music on my laptop,  
And I use my headphones quite a lot.  
I bought some sunglasses unnecessarily,  
I don't need them but they look cool on me.

*Be careful, be cautious with your money, ...*



## Reading

1. Read the chant again. What is foolish and what is wise? Work with a partner and draw lines.

- 1 be careful with your money
- 2 spend money on a tent
- 3 pay for my rent
- 4 buy a beanbag chair
- 5 buy a telescope
- 6 use the internet cautiously
- 7 chat to people who are nice to you
- 8 go to the gym
- 9 spend all my time online
- 10 buy sunglasses

Foolish

Wise



## Writing

2. Answer the questions..

- 1 What is the singer wearing? A hoodie.
- 2 What does the singer use the selfie stick for? \_\_\_\_\_
- 3 What did the singer spend his/her money on instead of rent? \_\_\_\_\_
- 4 What is in the tent? \_\_\_\_\_
- 5 Who does the singer talk to on the internet? \_\_\_\_\_
- 6 Why does the singer go to the gym? \_\_\_\_\_
- 7 What does the singer do instead of spending all his/her time online? \_\_\_\_\_
- 8 What does the singer do on his/her laptop? \_\_\_\_\_
- 9 How often does the singer use his/her headphones? \_\_\_\_\_
- 10 Why did the singer buy sunglasses? \_\_\_\_\_

3. Are you good with money? Write about your spending habits. Use the phrase below and words from the chant, and your own ideas.



I buy ...  
 I don't buy ...  
 I foolishly ...  
 I wisely ...  
 Instead of ... I ...  
 I need ...  
 I don't need ...

# Check Your Progress

Choose the correct option.

<p>1. When practicing extreme sports you must be ____ or you could have an accident. a. risky b. exciting c. careful d. liberating</p> <p>2. If you spend too much time playing games on the internet, you could ____ . a. become sociable b. get low grades at school c. lose weight d. become healthier</p> <p>3. If the internet ____ , teenagers ____ more sports. a. would exist / didn't play b. wouldn't exist / play c. didn't exist / would play d. existed / would play</p> <p>4. What would you do if you couldn't download music? a. I would buy CD's. b. I like to listen to music. c. Yes, I download music. d. No, I don't download music.</p> <p>5. 'Must be' is ____ certain. a. 25%    b. 50%    c. 75%    d. 100%</p>	<p>6. If I go scuba diving, I might ____ . a. crash into a tree b. break a leg c. fall into the water d. run out of oxygen and drown</p> <p>7. 'Might be' is _____ certain. a. 25%    b. 50%    c. 75%    d. 100%</p> <p>8. If teenagers ____ less time using their computers, they ____ more sociable. a. would spend / are b. wouldn't spent / would be c. spent / would be d. spent / wouldn't are</p> <p>9. Be careful! Paragliding can be ____ . a. dangerous                    c. exciting b. interesting                    d. fun</p> <p>10. Mountain bike riding can be dangerous because you could ____ . a. get sick b. get a headache c. crash and break an arm d. fall in and drown</p>
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		Very well	Quite well	With difficulty
<b>Vocabulary</b>	I can understand vocabulary related to possibilities and conditions for the future.			
<b>Grammar</b>	I can use the second conditional and modal verbs to express conditions and degrees of certainty.			
<b>Reading</b>	I can understand texts about possibilities and conditions for the future.			
<b>Writing</b>	I can write about possibilities and conditions for the future.			
<b>Listening</b>	I can understand audio material related to possibilities and conditions for the future.			
<b>Speaking</b>	I can speak about possibilities and conditions for the future.			



# Vocabulary Activities

## Module 1

1. Find 4 Eco-Value words in the word search.

W	Y	N	O	I	T	A	R	E	P	O	O	C	G
C	T	C	R	E	A	T	I	V	I	T	Y	Q	C
D	C	I	X	C	P	T	Y	A	R	X	G	E	N
H	E	Z	T	F	U	A	B	I	D	N	U	D	F
O	P	R	S	P	W	A	E	M	H	L	J	L	Q
L	S	B	O	C	B	W	D	T	B	R	S	M	M
R	E	S	P	O	N	S	I	B	I	L	I	T	Y
F	R	J	M	B	D	O	V	Q	G	B	A	R	V
P	Q	K	O	V	L	W	A	L	V	J	N	E	Q
L	R	E	C	U	D	E	R	E	U	S	E	C	E
T	D	P	C	Z	H	Y	J	J	D	O	U	Y	X
Q	Y	R	F	R	T	F	E	V	A	S	Q	C	Z
A	Y	R	Y	X	I	B	L	D	T	O	O	L	V
L	I	I	W	T	B	R	W	E	P	B	W	E	M

2. Find words in the above word search to complete the following sentences.
  - a. People should \_\_\_\_\_ their consumption by buying less.
  - b. When you sort your rubbish into different categories, you \_\_\_\_\_ paper, metals and plastics.
  - c. Most organic waste can be used as \_\_\_\_\_ to fertilize your garden.
  - d. Turning lights off when you are not in the room will help you \_\_\_\_\_ energy.
  - e. If you donate old clothes to a foundation, they will \_\_\_\_\_ them.

## Module 2

3. Complete the sentences with an eating disorder.
  - a. Someone who suffers from \_\_\_\_\_ will binge-eat and then go to the toilet to vomit. They are obsessed with their body weight and often exercise a lot.
  - b. If someone constantly eats without control and eats in secret, they might suffer from \_\_\_\_\_.
  - c. Someone who is very overweight or fat suffers from \_\_\_\_\_.
  - d. If a person suffers from \_\_\_\_\_, they generally worry too much about their weight and eat very little; therefore, they are very skinny.
4. Label the photos with a cooking method.



- |                   |                  |
|-------------------|------------------|
| a. _____ beef.    | c. _____ fish.   |
| b. _____ lasagne. | d. _____ potato. |

**Module 3**

5. Circle the odd one out and explain why.

a. kind polite angry

\_\_\_\_\_

b. donate argue abuse

\_\_\_\_\_

c. respect shout at tolerance

\_\_\_\_\_

d. teach forgive hurt

\_\_\_\_\_

e. impulsive rude responsibility

\_\_\_\_\_

f. threaten laugh at sensitive

\_\_\_\_\_

6. Complete the sentences with words from the word bank.

**Dictionary**

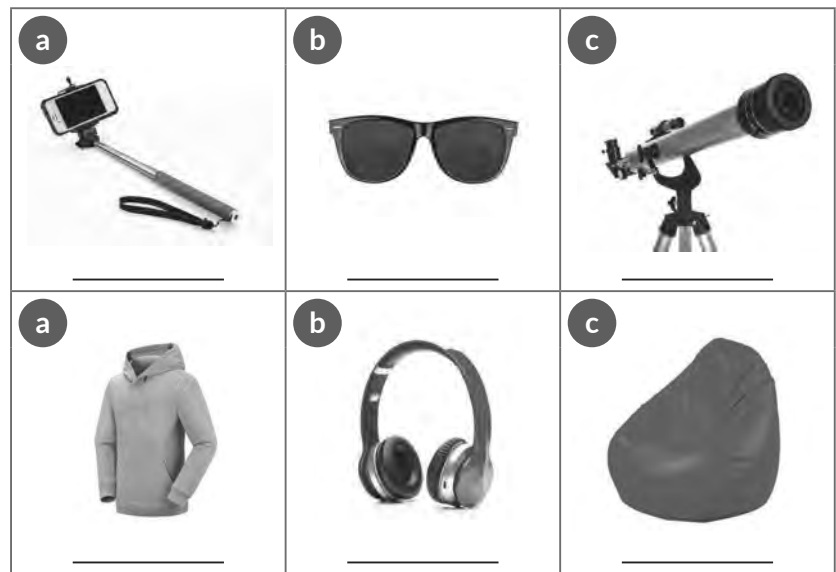
discriminate  
 honesty impulsive  
 shout at apologize  
 tolerant traditional

- a. \_\_\_\_\_ is a very important value to construct peace.
- b. You should \_\_\_\_\_ when you have done something wrong.
- c. You should not \_\_\_\_\_ against someone for their skin colour.
- d. I never \_\_\_\_\_ people because it is verbal abuse.

- e. Being \_\_\_\_\_ of other people and their differences is a positive personality quality.
- f. \_\_\_\_\_ behaviour can cause many problems and therefore it is a negative personality quality.

**Module 4**

7. Label the following pictures.



8. Complete the sentences with positive and negative adverbs.

- a. Luna c\_\_\_\_\_s\_\_\_\_\_gave her personal details to a strangers on the web. That's dangerous!
- b. You should download things from the internet \_a\_\_\_\_\_l\_\_\_\_\_ because some files might contain viruses.
- c. Buying things \_\_\_r\_\_\_\_\_n\_\_\_\_\_ can become a problem for you and your family.
- d. Doing extreme adventure sports can be safe if you do them \_e\_\_\_\_\_s\_\_\_\_\_.
- e. Spend your money \_i\_\_\_\_\_ so you can save some for emergencies.