In Unit 3 you will...

**READ**
- a quiz about healthy snacking
- a presentation of Bob’s snacking habits
- children’s letters to Agony Aunt
- house advertisements

**PRACTISE COLLOCATIONS & VOCABULARY RELATED TO**
- food
- adjectives
- opposites
- advertisement abbreviations

**PRACTISE THE USE OF**
- nouns and quantifiers
- modals (must/ mustn’t/ don’t have to/ may/ might/ should/ shouldn’t
- comparative & superlative

**WRITE**
- a paragraph about your snacking habits
- a letter of advice
- a paragraph explaining your opinion
Lesson 1

Healthy Snacking Quiz

Circle the tick (✓) or the cross (★) to find out if healthy snacking is a piece of cake for you!

1. I think about how healthy a snack is every time I choose to have one! ✓ ★
2. I usually choose the healthiest snack, such as yoghurt, an apple etc. ✓ ★
3. I plan ahead what snacks I eat every day. ✓ ★
4. There are always healthy snacks around at home. ✓ ★
5. I rarely buy snacks from the school canteen. ✓ ★
6. My parents never buy unhealthy snacks from the supermarket. ✓ ★
7. I don’t like junk food. ✓ ★
8. I often check how much fat and how many calories there are in the snacks I have. ✓ ★
9. I don’t snack when I’m bored or stressed. ✓ ★
10. I don’t snack when I watch TV or do my homework. ✓ ★

QUESTIONS TRUE FALSE

Based on http://kidshealth.org/teen/food_fitness/nutrition/snacking.html

- **7 or more ✓**: You certainly follow a healthy diet. Snacking is no problem for you. There’s always something healthy to snack on.
- **4 - 6 ✓**: You know what is healthy and what is not. However, you have an unhealthy snack from time to time. Be careful! You don’t want to lose balance.
- **3 or fewer ✓**: You know what is good and what is bad for you but you seem to have a sweet tooth. You need to try harder.

**How many ticks have you got? ...**
Bob did the ‘Healthy Snacking’ Quiz. How many ticks has he got?

Hi! My name’s Bob and I like snacks. Every time I choose to have a chocolate I know it’s bad for me and my teeth. That’s why I only have a small bar of chocolate once a week. I don’t often buy food from the school canteen because my parents say that canteens sell unhealthy snacks. I usually have a good breakfast every morning and I take a fruit with me for the break. I don’t plan ahead what snacks I’ll have during the day but there’s always something healthy around. My parents sometimes buy sweets, biscuits and fizzy drinks from the supermarket. I love going to my favourite fast food restaurant with my friends every Saturday. I always have a double cheeseburger. I’m not fat so I don’t worry about calories and things like that. I never eat in front of the TV or when I’m bored. That’s a rule at our home!

Bob has got …………….. ✓

Vocabulary Link

Food

3 Write the words under the pictures.

Task 14 - p.138

Food

chips

1 .................................

2 .................................

3 .................................

4 ................................. 5 .................................

6 .................................

7 .................................

8 .................................
Lesson 1

Collocations

4 Match the words/ phrases 1-9 with a-i to form collocations.

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<td>5.</td>
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<td>9.</td>
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<td>a. for your heart</td>
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<td>b. recipe books</td>
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<td>c. in a while</td>
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<td>d. in fats</td>
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<td></td>
<td>i. a meal</td>
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</table>

5 Write the opposites.

e.g. canned fruit ≠ fresh fruit

1. full-fat milk ≠ ........................................
2. white bread ≠ ....................................... 
3. good eating habits ≠ ................................
4. fast-food meal ≠ ....................................
5. huge amounts of additives ≠ ...........................

6 Complete the sentences with the adjectives of the words in brackets.

e.g. You must have three normal-sized meals a day. (NORMAL SIZE)

1. Fast food isn’t ......................... for teenagers. (HEALTH)
2. Lisa is ......................... she is slim. There’s no need to go on a diet. (LUCK)
3. Are there any ......................... drinks in your fridge? (FIZZ)
4. The doctor says that my granddad mustn’t eat ....................... food. (SALT)
5. Yummy! I love my granny’s apple pie. It’s always so ......................... (TASTE)
6. We’re having chicken with ......................... potatoes for lunch. (BAKE)

7 Choose the correct word.

1. I must .... down on fatty foods.
   a. give       b. cut       c. stop

Task 15- p.139
2. Unhealthy food is usually high in ….
   a. calories   b. energy   c. water
3. Don’t eat so much meat. It’s bad for your ….
   a. heart   b. recipe   c. meal
4. Let’s have some tofu …!
   a. chicken   b. fruit   c. burgers
5. Buy … bread. It’s healthier!
   a. whole grain   b. frozen   c. boiled
6. Carbonated water makes drinks ….
   a. sugary   b. salty   c. fizzy

Put ticks in the right columns. Then write sentences in your notebook.

Nouns and Quantifiers

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<th>a little</th>
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<tr>
<td>bread</td>
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</tbody>
</table>

Modals - must / mustn’t / don’t have to

Complete the sentences with must / mustn’t / don’t have to.

e.g. I must have three normal-sized meals a day.

1. You ……………………… go on a diet. You are in good shape!
2. You ……………………… eat fast food very often.
3. You ……………………… drink lots of water every day.
4. Young children …………………… drink fizzy drinks. They are bad for their health.
5. You ……………………… stop eating burgers completely. You can have fast food once a month.
6. We ……………………… take some regular exercise to keep fit. Let’s start jogging!
Lesson 1

Food for thought!

Writing

My snacking habits

Look at the quiz and Bob’s paragraph in task 1 and write a short paragraph about your snacking habits. Compare it with your partner’s and decide who’s got healthier eating habits.

Give examples of what you eat. Use the language you’ve learnt in this lesson.
Lesson 2  Your problem sorted!

Reading

A problem shared...

What problems do these children have? Read the letters (a-c) and match them with the titles (1-4) (there is an extra title).

1. Want to play with me?
2. DIFFERENT TASTES IN SPORTS
3. EVERYTHING IS HIS!
4. ALWAYS IN FASHION?

a. ....
Dear Agony Aunt,
My name’s Simona. I’m 12 and I want to be a model. I love wearing trendy clothes and buying lots of accessories. My mum doesn’t like buying new clothes. She says it’s a waste of money because fashion changes all the time. The problem is that there is a fashion show for teenagers in my area next month and my parents won’t let me take part. I think it can be the beginning of my modeling career. What should I do?

b. ....
Dear Agony Aunt,
My name’s Jean Paul. I’m 14 and I am keen on football. My parents love tennis and they think I should learn how to play tennis, too. But I don’t like it much. All my friends play football and what is more there is a football ground just opposite our school. It’s our meeting point at the weekends. What do you think I should do?

c. ....
Dear Agony Aunt,
My name’s Jason and I’m 10. I’ve got a sister who is older than me and a brother who is just five. The problem is that my brother wants everything I have. Every new DVD I buy he wants to be the first to see it. Every PC game I get, he wants to be the first to try it. That’s why we always fight and my parents always put the blame on me. When I talk to them, they don’t listen. They say I’m older than him and I shouldn’t make him cry. I hate him.

Task 16 - p.139

Unit 3
Lesson 2

2

Read the letters again and decide what they should do.

1. Simona should
   a. take part in the fashion show without her parents’ permission.
   b. tell her parents why this show is important to her.
   c. not take part in the show because she is very young.

2. Jean Paul should
   a. tell his parents that he would like to play both football and tennis.
   b. play tennis only and stop playing football.
   c. not play football at weekends.

3. Jason should
   a. share all his things with his little brother.
   b. hide his favourite things and give his brother the toys and DVDs he doesn’t like any more.
   c. start crying like his brother to get his parents’ attention.

Vocabulary Link

Adjectives

Match the words in the box with the pictures (1-5).

nervous worried tired excited sad bored

1 ………………….
2 ………………….
3 ………………….
4 ………………….
5 ………………….
Use the adjectives from task 3 to complete the sentences.

e.g. I feel sad when I see poor children in the streets.

1. My dad gets ...................... when I don't do well on a test.
2. I feel ......................... when there's nothing interesting on TV.
3. All children feel .................... when Christmas holidays are near.
4. Stop looking at me! You make me feel .........................
5. I feel dead ....................... after a week's work.

Grammar Link

Making Guesses - Giving Advice

Match 1-4 with a-d.

1. The girl sitting next to him must be his sister.  ...... a. I'm 50% sure.
2. She may/might be his mother.  ...... b. I think this is not so good for you.
3. You should stop biting your nails.  ...... c. I'm almost 100% sure.
4. You shouldn't feel so nervous about tests.  ...... d. I think this is good for you.

Look at the pictures and complete the sentences 1-4 with must or may/might.

1. Susan ............... be at Jenny's party.
   There's no answer.

2. John ................. be dead tired.
   He has cleaned the whole house.

3. Jerry ................. be in hospital.
   He wasn't at school this morning.

4. Mark and Tim ................. be twins.
   They look identical!
Lesson 2

**Match the problems (1-7) with the suggestions (a-g) and then write sentences using should or shouldn’t.**

<table>
<thead>
<tr>
<th>Problems</th>
<th>Suggestions</th>
</tr>
</thead>
<tbody>
<tr>
<td>I've got bad marks in my school report.</td>
<td>a. buy it</td>
</tr>
<tr>
<td>1. My mum looks very tired.</td>
<td>b. call your friends on your mobile</td>
</tr>
<tr>
<td>2. I spend lots of money on mobile phone cards.</td>
<td>c. cross the road</td>
</tr>
<tr>
<td>3. I love this CD.</td>
<td>d. drink it</td>
</tr>
<tr>
<td>4. I'm thirsty but this water isn't clean.</td>
<td>e. help with the housework</td>
</tr>
<tr>
<td>5. This T-shirt looks awful on you!</td>
<td>f. take your umbrella</td>
</tr>
<tr>
<td>6. It's raining.</td>
<td>g. wear it</td>
</tr>
<tr>
<td>7. There're lots of cars.</td>
<td>h. work harder</td>
</tr>
</tbody>
</table>

**Example:**

I've got bad marks in my school report. You should work harder!

1. ..........................................
2. ..........................................
3. ..........................................
4. ..........................................
5. ..........................................
6. ..........................................
7. ..........................................

a. ..........................................
b. ..........................................
c. ..........................................
d. ..........................................
e. ..........................................
f. ..........................................
g. ..........................................
h. ..........................................

You should work harder!
Choose a letter from task 1 on page 33 and write a short reply. Follow the guidelines in the writing section of the student’s book on page 36.
Lesson 3

Match the words (1-9) with their meaning (a-i).

1. shopping spree        .... a. exciting
2. review                  .... b. a report about a book or a film
3. fan                     .... c. time when you buy lots of things
4. court                   .... d. people work and make goods there
5. take part in            .... e. new information for a computer programme
6. update                  .... f. lots of
7. factory                 .... g. s/he likes an actor/ a singer etc or a game/ a tv show etc a lot
8. thrilling               .... h. you can play tennis there
9. loads of                .... i. join

Choose the right word to complete the sentences.

1. He joined the ... when he was 18.
   a. factory    b. army      c. update

2. Would you like to ... a ticket for the match?
   a. win        b. save      c. solve

3. Can you help me ... this puzzle? It's very difficult.
   a. choose     b. explore   c. solve

4. Lisa took ... in the school singing contest.
   a. part       b. prize     c. price

5. Chimps are very ... animals.
   a. fun        b. funny     c. thrilling

6. My brother doesn't like giving his ... to other children.
   a. toys       b. games     c. review

7. Going out with friends is great ...
   a. funny      b. fan       c. fun

8. My sister is Avril Lavigne's ... She's got all her CDs.
   a. fan        b. fun       c. funny
We’re on a shopping spree!

Opposites

3 Match the opposites.

1. bad ≠ ............................................... a. cold
2. old ≠ ............................................... b. poor
3. boring ≠ .......................................... c. little
4. easy ≠ .............................................. d. good
5. expensive ≠ ...................................... e. near
6. beautiful ≠ ....................................... f. difficult
7. rich ≠ ............................................. g. ugly
8. much ≠ ............................................ h. cheap
9. hot ≠ ................................................ i. interesting
10. far ≠ ................................................ j. new

Grammar Link

Comparing

4 Match the examples (a-c) with the spelling rules and then complete them.

Adjectives ending in...

consonant-vowel-consonant
consonant + y
consonant + e

in comparative & superlative...

double the final consonant and take -er / -est e.g. ........................................
take -ier/-iest e.g. ........................................
take -r/-st e.g. ........................................

Examples
a. heavy ⇒ heav.../heav...
b. nice ⇒ nice.../nice....
c. fat ⇒ fatt.../fatt....

5 Put the adjectives of task 3 in the right column and then write their comparative and superlative form.

<table>
<thead>
<tr>
<th>SHORT ADJECTIVES</th>
<th>LONGER ADJECTIVES</th>
<th>IRREGULAR ADJECTIVES</th>
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<tbody>
<tr>
<td>cold</td>
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<td>interesting</td>
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<td></td>
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<td>more interesting</td>
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<td>the most interesting</td>
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<td>bad worse the worst</td>
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Lesson 3

a. Complete the sentences. Use the positive, the comparative or the superlative forms of the adjectives in brackets.

1. My computer screen is .................................. (wide) than yours. It is 19 inches.
2. Jerry is .............................................. (popular) boy in our class. Everybody likes him.
3. My mobile phone isn’t as ........................................ (expensive) as my friend’s.
4. My room is ................................................... (big) than my brother’s. There’s room for two beds.
5. My brother is .................................................. (good) basketball player in the school team.
6. Matrix isn’t as .................................................. (exciting) as The Lord of the Rings.
7. My dad’s jokes are .................................................. (funny) than my mum’s.
8. Homemade food is .................................................. (healthy) than fast food.
9. Fresh fruit with yoghurt is .................................................. (delicious) dessert of all.
10. The blue T-shirt is as .................................................. (trendy) as the red one.

b. Now complete the rules.

a. In sentence number 1 above, we compare two / more than two things.

b. One and two-syllable adjectives take the ending ...... in this case.

c. We use ‘ ............ ’ with longer adjectives, like ‘popular’. (sentence number 2)

d. The irregular superlative form of ‘good’ is ................. (sentence number 5)

e. We use / don’t use the comparative form with ‘as ..... as’. (sentences number 3, 6, 10)
We’re on a shopping spree!

Reading

House ads

Read the house ads, match the abbreviations and complete the sentences with A, B or C.

1. House … is more expensive than House C.
2. House … is nearer the city centre than House A.
3. House … is the most traditional of all.
4. House … the cheapest of all.
5. House … is more modern than House C.
6. House … is bigger than House B.
Choose the right car for the Marsilettis. Use comparative, superlative or as...as to present your opinion and to explain your choice.

Mr Marsiletti goes to work by car.
Mrs Marsiletti has got a small car.
They often go on excursions at weekends.
They’ve got €26,000.00

<table>
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<td>€ 50,000</td>
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I think car ... is the right car for the Marsilettis because

- it is cheaper than ..........................................................
- ..........................................................
- ..........................................................
- ..........................................................
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- ..........................................................

Giving your opinion

Writing

old long fast beautiful slow expensive cheap