

I always eat breakfast.

- ▶ Discuss food
- ▶ Describe eating habits

1 WORD POWER Foods

- ▶ A Listen and practice.

GOOD FOOD FOR GOOD HEALTH

FRUIT AND VEGETABLES

apples, blueberries, tomatoes, lemons, oranges, lettuce, bananas, onions, carrots, kiwis, broccoli, potatoes

FATS AND OILS

oil, butter, mayonnaise, cream, yogurt

DAIRY

milk, cheese, yogurt

MEAT AND OTHER PROTEINS

nuts, chicken, eggs, fish, beans, beef

GRAINS

rice, noodles, bread, cereal, pasta, crackers

For good health, eat a lot of fruits, vegetables, and grains. Eat some dairy, meat, and other protein. Eat healthy fats and oils.

B PAIR WORK What foods do you like? What don't you like? Make a list. Then tell a partner.

A: I like chicken, potatoes, and apples. I don't like beef, broccoli, or onions.

B: I like . . .

<u>I like</u>	<u>I don't like</u>
chicken	beef
potatoes	broccoli
apples	onions

2 CONVERSATION Let's get some lettuce and some tomatoes.

▶ Listen and practice.

Keith Do we need any lettuce for the sandwiches?

Jane

Good idea. Let's get some lettuce and some tomatoes.

Keith

Do we have any bread?

Jane

No, we need some. And we don't have any cheese.

Keith

Let's get some cheese, then. And some chicken, too.

Jane

We have some chicken at home.

Keith

Oh, all right. How about some potato salad?

Jane

Sure. I love potato salad.

Keith

Great! Let's buy some.



3 GRAMMAR FOCUS

▶ Count and noncount nouns; some and any

Count nouns

an egg → eggs

a potato → potatoes

Do we need **any** potatoes?

Yes. Let's get **some** (potatoes).

No. We don't need **any** (potatoes).

Noncount nouns

bread

lettuce

Do we need **any** lettuce?

Yes. Let's get **some** (lettuce).

No. We don't need **any** (lettuce).

GRAMMAR PLUS see page 140



A Complete the conversation with *some* or *any*.

Keith Oh, they don't have _____ *any* _____ potato salad.

Jane But we have lots of potatoes at home. Let's make _____.

Keith Great. Do we have _____ mayonnaise?

Jane No. We need to buy _____. And we need _____ onions.

Keith Oh, no, I don't want _____ onions in the salad.

Jane OK, don't worry. Let's get _____ celery, then.

Keith No, I don't want _____ celery. I have an idea. Let's put _____ apples in it.

Jane Are you serious? Apples in potato salad? Well, OK . . .



B Complete the chart with foods from Exercise 1. Then compare with a partner.

Count		Noncount	
<i>crackers</i>		<i>bread</i>	

4 PRONUNCIATION Sentence stress

▶ A Listen and practice. Notice the stressed words.

A: Do we need any beans?

A: Do we need any rice?

B: Yes. We need some beans.

B: No. We don't need any rice.

B PAIR WORK Ask *Do we need . . . ?* questions about the food in the picture. Then look at the shopping list and answer.



A: Do we need any apples?

B: Yes. We need some apples. Do we need any blueberries?

A: Let's see . . . No, we don't need any blueberries.

5 SNAPSHOT

▶ Listen and practice.

←
BREAKFAST AROUND THE WORLD
→

		
THE UNITED STATES	JAPAN	COSTA RICA
<input type="checkbox"/> cereal with milk <input type="checkbox"/> fresh fruit <input type="checkbox"/> orange juice <input type="checkbox"/> coffee <input type="checkbox"/> pastries	<input type="checkbox"/> fish <input type="checkbox"/> rice <input type="checkbox"/> soup <input type="checkbox"/> pickles <input type="checkbox"/> green tea	<input type="checkbox"/> rice and beans <input type="checkbox"/> eggs <input type="checkbox"/> red peppers <input type="checkbox"/> bananas <input type="checkbox"/> coffee with milk

What do you have for breakfast? Check (✓) the foods and drinks.
What else do you have for breakfast?

6 CONVERSATION We always have green tea.

▶ Listen and practice.

- Eva** What is a typical Japanese breakfast, Kaito?
- Kaito** Well, we usually have fish, rice, and soup.
- Eva** Fish for breakfast? That's interesting.
- Kaito** Oh, it's really good. Sometimes we have a salad, too. But we never have coffee.
- Eva** Really? What do you have?
- Kaito** We always have green tea.
- Eva** I love green tea!
- Kaito** Listen, my family usually has a Japanese-style breakfast on weekends. Why don't you come to my house on Sunday?
- Eva** That's very nice of you. Thanks!



7 GRAMMAR FOCUS

▶ Adverbs of frequency

always
usually
often
 I **sometimes** eat breakfast.
hardly ever
never
Sometimes I eat breakfast.

Do you **ever** have fish for breakfast?
 Yes, I **always** do.
Sometimes I do.
 No, I **never** do.

100% **always**
usually
often
sometimes
hardly ever
 0% **never**

GRAMMAR PLUS see page 140

A Put the adverbs in the correct places. Then practice with a partner.
 usually

- A:** Do you ^ have a big breakfast? (usually)
B: Well, on Sunday I have a big breakfast with my friends. (always)
A: Do you eat breakfast at work on weekdays? (ever)
B: Yes, I have breakfast at the office restaurant. (sometimes)
A: Do you eat breakfast at your desk? (often)
B: No, I eat breakfast at my desk. (hardly ever)



B Unscramble the sentences.

- I / have / hardly ever / beef / for lunch I hardly ever have beef for lunch.
- when I watch TV / I / snacks / eat / never _____
- eat / for / eggs / breakfast / sometimes / I _____
- have / I / dinner / with / usually / family / my _____

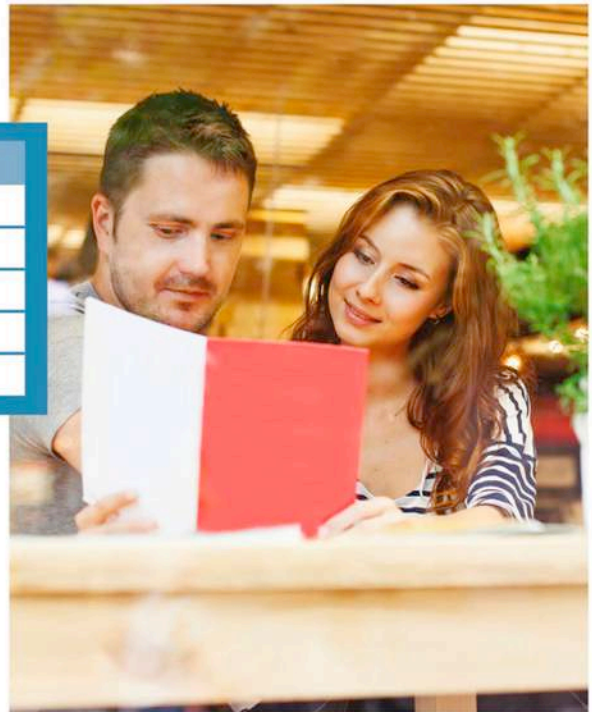
C Rewrite the sentences from part B with your own information.
 Then compare with a partner.

- A:** I usually have beef or chicken for lunch.
B: I never have beef. I don't like it. I often have fish and a salad for lunch.

8 LISTENING Carrots are my favorite!

- A** Devon and Victoria are talking about food. How often does Victoria eat these foods? Listen and check (✓) Often, Sometimes, or Never.

	OFTEN	SOMETIMES	NEVER
noodles	✓		
chicken			
fish			
eggs			
carrots			



- B GROUP WORK** Do you ever eat the foods in part A? Tell your classmates.

A: I often eat noodles.
B: Really? I never eat noodles.
C: Well, I . . .

9 SPEAKING Mealtime survey

- A** Add two questions about mealtime habits to the chart. Then ask two people the questions. Write their names and complete the chart.

	Name:	Name:
1. Do you always have a big breakfast?		
2. What time do you usually have lunch?		
3. What do you usually have for lunch?		
4. Do you often have snacks in the afternoon?		
5. Do you ever go to a restaurant for dinner?		
6. What's something you never eat for dinner?		
7. _____ ?		
8. _____ ?		

A: Pedro, do you always have a big breakfast?
B: No, I hardly ever do. I have coffee and milk. Sometimes I eat bread or crackers.

- B CLASS ACTIVITY** Tell your classmates about your partners' mealtime habits.

"Pedro hardly ever has a big breakfast. But he always eats lunch and dinner . . ."

10 INTERCHANGE 9 Planning a party

Decide what food and drinks to serve at a party. Go to Interchange 9 on page 123.

11 READING

A Look at the pictures. Which foods do you like?



LA TOMATINA

People usually eat tomatoes. But once a year, in Buñol, Spain, people just throw them! Yes, that's correct. The whole town of Buñol has a giant tomato fight! It's very messy. By the end of the day, there are squashed tomatoes all over town. In fact, there are 120 tons of squashed tomatoes!

GARLIC FESTIVAL

All over the world, people use garlic in their cooking. Some people in California, in the U.S., really like garlic. They like it so much that every year they celebrate it with a garlic festival. You can taste garlic in everything you can think of. There's even garlic ice cream and garlic popcorn.



MONKEY BUFFET FESTIVAL

There's something very interesting about this food festival. It's not for people, it's for monkeys! In Lopburi, Thailand, people bring all kinds of different fruits and leave them out for the monkeys to eat. They bring pineapples, apples, mangoes . . . and bananas, of course. It's the people's way of saying thank you to the monkeys. That's because tourists come to see the monkeys, and that helps the people's businesses. Isn't that cool?

BREAD FOR THE DAY OF THE DEAD

The Day of the Dead is a very important day in Mexico. Many people celebrate their family members and friends by baking special bread. They make bread in the shape of humans, flowers, bones, and animals. The bread is sweet, and sometimes it has anise seeds or orange in it.



B Read the article. Then correct these sentences.

Spain

1. There's a big tomato fight in Mexico once a year.
2. People in California don't like garlic.
3. Some people in the U.S. use tomatoes to make ice cream and popcorn.
4. The Monkey Buffet Festival happens in Spain.
5. In Thailand, people give fruit to the tourists.
6. Some Mexicans make bread in the shape of houses and other buildings.

C **GROUP WORK** Do you eat any special food at celebrations in your country? What do you celebrate and which foods do you eat? Tell your classmates.


What sports do you like?

- ▶ Discuss sports to watch and play
- ▶ Discuss skills, abilities, and talents

1 SNAPSHOT

▶ Listen and practice.

SPORTS QUIZ



Brazil's favorite sport is soccer. Their second favorite is . . .

tennis

volleyball

swimming

Mexico's favorite sport is soccer. Their second favorite sport is . . .

football

hockey

baseball





Canada's favorite sport is ice hockey. Their second favorite sport is . . .

basketball

ice-skating

snowboarding

South Korea's favorite sport is basketball. Their second favorite sport is . . .

bike riding

hiking

soccer





Brazil: volleyball; Mexico: baseball; Canada: basketball; South Korea: soccer


Can you guess what sports are the second favorite in each country? Check (✓) the sports. Do you like sports? What sports are popular in your country?


2 CONVERSATION When do you play all these sports?


▶ Listen and practice.


- 


TARA So, Victor, what do you do in your free time?
- 


VICTOR Well, I really like sports.
- 

TARA Cool! What sports do you like?
- 

VICTOR My favorite sports are basketball, soccer, and tennis.
- 

TARA Wow! You're a really good athlete. When do you play all these sports?
- 

VICTOR Oh . . . I don't play them very often.
- 

TARA What do you mean?
- 

VICTOR I just watch them on TV!



3 GRAMMAR FOCUS

Simple present Wh-questions

What sports do you play?	I play soccer and basketball .
Who do you play basketball with?	I play with some friends from work .
Where do you play?	We play at a gym near the office .
How often do you practice?	We practice twice a week .
When do you practice?	We practice on Tuesdays and Thursdays .
What time do you start?	We start at six in the evening .

GRAMMAR PLUS see page 141

A Complete the conversations with the correct Wh-question words. Then practice with a partner.

- A:** How often do you go bike riding?
B: Oh, about once or twice a week.
A: I love to go bike riding. I go every Sunday.
B: Really? _____ do you go?
A: Usually at about ten in the morning.
B: Oh, yeah? _____ do you go with?
A: A group of friends. Come with us next time!
- A:** I watch sports on TV every weekend.
B: Really? _____ do you like to watch?
A: Soccer. It's my favorite!
B: _____ do you usually watch soccer?
A: In the evening or on weekends.
B: And _____ do you usually watch it?
At home?
A: No, at my brother's house. He has a home theater!

B Complete the conversation with Wh-questions. Then compare with a partner.

- A:** What sports do you like _____ ?
B: I like a lot of sports, but I really love volleyball!
A: _____ ?
B: I usually play with my sister and some friends.
A: _____ ?
B: We practice on Saturdays.
A: _____ ?
B: We start at about noon.
A: _____ ?
B: We usually play at a sports club, but sometimes we play on the beach.

C PAIR WORK Ask your partner five questions about sports or other activities. Then tell the class.

- A:** What sports do you like?
B: I don't like sports very much.
A: Oh? What do you like to do in your free time?



4 LISTENING What do you think of sports?

▶ Listen to the conversations about sports. Complete the chart.

	Favorite sport	Do they play or watch it?	
		Play	Watch
1. James	<u>football</u>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2. Brianna	_____	<input type="checkbox"/>	<input type="checkbox"/>
3. Matthew	_____	<input type="checkbox"/>	<input type="checkbox"/>
4. Nicole	_____	<input type="checkbox"/>	<input type="checkbox"/>



5 SPEAKING Free-time activities

A Add one more question about free-time activities to the chart. Then ask two people the questions. Write their names and complete the chart.

	Name:	Name:
1. What sports do you like to watch or play?		
2. What do you do on the weekends?		
3. What do you like to do when the weather is nice?		
4. What do you like to do when it's raining?		
5. How often do you play video games?		
6. _____?		

A: Soo-hyun, what sports do you like?

B: I like a lot of sports. My favorites are soccer and baseball.

B **CLASS ACTIVITY** Tell your classmates about your partners' free-time activities.

6 CONVERSATION What can I do?

▶ Listen and practice.

Dylan

Look! There's a talent show audition on Friday. Let's enter.

Becky

Oh, I can't enter a talent show. What can I do?

Dylan

You can sing very well.

Becky

Really? Thanks!

Dylan

I can't sing at all, but I can play the piano, so . . .

Becky

So maybe we can enter the contest.

Dylan

Of course we can. Let's do it!

Becky

OK. We can practice tomorrow!



7 GRAMMAR FOCUS

▶ Can for ability

I		you	I	What can I do?
You		I	you	You can sing.
She	can sing very well.	Can she sing?	Yes, she can .	
He	can't sing at all.	he	No, he can't .	Who can sing?
We		we	we	Becky can .
They		they	they	

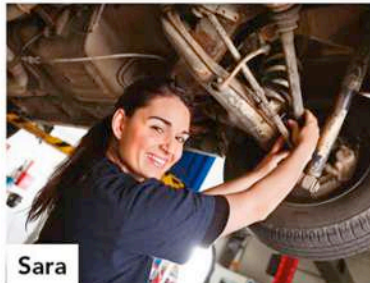
GRAMMAR PLUS see page 141

A Six people are talking about things they can and can't do. Complete these sentences.



Ben

1. I can swim.



Sara

2. I _____ fix cars.



Diane

3. I _____ sing.



Jeff

4. I _____ ice-skate.



Lisa

5. I _____ play the piano.



Megan

6. I _____ cook.

B **PAIR WORK** Ask and answer questions about the pictures in part A.

A: Can Ben swim?

B: Yes, he can.

C **GROUP WORK** Can your classmates do the things in part A? Ask and answer questions.

"Can you swim, Diego?"

8 PRONUNCIATION *Can and can't*

▶ A Listen and practice. Notice the pronunciation of **can** and **can't**.

/kən/

I **can** play the piano.

/kænt/

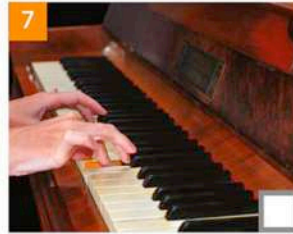
I **can't** sing at all.

B **PAIR WORK** Your partner reads a sentence for each number. Check (✓) the sentence you hear.

1. I can cook. 2. I can drive. 3. I can swim. 4. I can dance.
 I can't cook. I can't drive. I can't swim. I can't dance.

9 LISTENING Are you good at sports?

- ▶ Listen to three people talk about their abilities. Write J (Joshua), M (Monica), or A (Anthony) on the things they can do well.



10 WORD POWER Talents and abilities

- ▶ **A** Complete the word map with talents and abilities from the list. Then listen and practice.

- ✓ bake cookies
- build a robot
- design a website
- do math in your head
- edit a video
- fix a computer
- make electronic music
- play chess
- ride a horse
- run a marathon
- skateboard
- take good photos
- tell good jokes



- B GROUP WORK** Who can do the things in part A? Make a list of guesses about your classmates.

- A:** Who can bake cookies?
B: I think Melanie can.
C: Who can design . . . ?

bake cookies - Melanie
design a website

- C CLASS ACTIVITY** Go around the room and check your guesses.

- A:** Melanie, can you bake cookies?
B: Yes, I can.

11 INTERCHANGE 10 Hidden talents and abilities

Learn more about your classmates' hidden talents and abilities. Go to Interchange 10 on page 124.

A Some people like to set world records. Why do you think they like to do that?

Awesome Sports Records



base jumping

Base jumping is a dangerous sport. People jump off buildings, bridges, and other high places. The Burj Khalifa tower in Dubai, United Arab Emirates, is 824 meters (2,717 feet) tall. That's a very scary jump. But Fred Fugen and Vince Reffet of France can jump it! They also enjoy skydiving and parachuting.

Kalamandalam Hemalatha of India has an amazing marathon record, but it's not for running. She can dance, and dance, and dance! In fact, Kalamandalam can dance for 123 hours and 15 minutes. That's the longest dance marathon on record. Kalamandalam's special dance is from India. It's called the Mohiniyattam dance.



Mohiniyattam dance



Otto the skateboarding dog

Do you know about Otto? Otto likes surfing, skateboarding, and playing soccer. Otto is a champion skateboarder, but he's a dog from Lima, Peru! Otto has the record for skateboarding through the legs of 30 people!

Do you know what a unicycle is? It's a bicycle with just one wheel. David Weichenberger of Austria has the world record for longest jump on a unicycle. He can jump 2.95 meters (about 10 feet).

Can you squash an apple? Can you squash it using just the muscles in your arms? One woman can! Her name is Linsey Lindberg. Linsey is from Texas, in the U.S. In one minute, she can squash 10 apples. That's one apple every six seconds.

B Read the records. Then check (✓) the correct answers to the questions.

1. What's special about a unicycle?

<input type="checkbox"/> a. It has no wheels.	<input type="checkbox"/> b. It has one wheel, not two.
---	--
2. Who likes base jumping?

<input type="checkbox"/> a. David Weichenberger	<input type="checkbox"/> b. Fred Fugen
---	--
3. What sort of marathon can Kalamandalam do?

<input type="checkbox"/> a. a dance marathon	<input type="checkbox"/> b. a running marathon
--	--
4. How does Linsey Lindberg squash apples?

<input type="checkbox"/> a. with her hands	<input type="checkbox"/> b. with her arm muscles
--	--
5. What is one sport that Otto plays?

<input type="checkbox"/> a. basketball	<input type="checkbox"/> b. soccer
--	------------------------------------

C **GROUP WORK** Do you think it's fun to set world records? Why or why not? What other world records do you know about? Tell your classmates.