

Contents

Unit	Grammar	Vocabulary	Real life (functions)	Pronunciation
1 Health pages 9–20	present simple adverbs and expressions of frequency present simple and present continuous	leisure activities <i>do, go or play</i> wordbuilding: verb + noun collocations word focus: <i>feel</i> medical problems	talking about illness	/s/, /z/ or /ɪz/ sound and spelling
VIDEO: Slow food page 18 ► REVIEW page 20				
2 Competitions pages 21–32	verb + <i>-ing</i> forms <i>like -ing / 'd like to</i> modal verbs for rules	wordbuilding: word forms sport venues and equipment competition words word focus: <i>like</i>	talking about interests	/ŋ/ silent letters
VIDEO: Cheese rolling page 30 ► REVIEW page 32				
3 Transport pages 33–44	comparatives and superlatives <i>as ... as</i>	modes of transport transport (1): nouns wordbuilding: compound nouns transport (2): verbs transport words	going on a journey	<i>than</i> sentence stress intonation
VIDEO: Indian railways page 42 ► REVIEW page 44				
4 Adventure pages 45–56	past simple past continuous	personal qualities wordbuilding: negative prefixes geographical features <i>in, on or at</i> for time expressions	telling a story	/d/, /t/ or /ɪd/ <i>was</i> intonation for responding
VIDEO: Alaskan ice climbing page 54 ► REVIEW page 56				
5 The environment pages 57–68	countable and uncountable nouns quantifiers definite article (<i>the</i>) or no article	materials household items wordbuilding: hyphenated words results and figures word focus: <i>take</i>	phoning about an order	/ðə/ or /ðiː/ sounding friendly
VIDEO: Coastal clean-up page 66 ► REVIEW page 68				
6 Stages in life pages 69–80	verb patterns with <i>to</i> + infinitive future forms: <i>going</i> <i>to, will</i> and present continuous	life events stages in life celebrations word focus: <i>get</i> wordbuilding: synonyms	inviting, accepting and declining	/tə/ contracted forms emphasising words
VIDEO: Steel drums page 78 ► REVIEW page 80				

Listening

someone talking about two elderly ballroom dancers
a health expert analyses sleep
a radio interview about long life

Reading

a quiz about how well you sleep
an article about centenarians
an article about measuring health and happiness

Critical thinking

the main argument

Speaking

a quiz your current life measuring happiness

Writing

text type: online advice
writing skill: conjunctions (*and, or, so, because, but*)

someone describing an Ironman competition
three people talking about sport
a reporter describing the rules of a competition

quotes by famous sports people
an article about crazy competitions
an article about female wrestlers in Bolivia

reading between the lines

guess the ambition explaining the rules of a competition
your opinions about sport

text type: an advert or notice
writing skill: checking your writing

someone describing a photo of a girl travelling by train in India
two people discussing the pros and cons of electric cars
two documentaries about using animals for transporting

an article about transport in the future
an article about dog sledging
an article about the fate of the rickshaw in Kolkata

reading between the lines

transport you use attitudes to using animals for transporting
arguing for and against keeping rickshaws in Kolkata

a report about how people travel around town
text type: notes and messages
writing skill: writing in note form

a caver describing Rumbling Falls Cave
an interview with a survival expert

an article about adventurers
an article about a climbing accident

identifying opinion

asking about your past qualities needed for an expedition
events you remember retelling a story

text type: a true story
writing skill: using *-ly* adverbs in stories

extract from a documentary about the artist George Sabra
a radio phone-in show about recycling

an article about e-rubbish
an article about the Greendex
an article about a boat made of plastic bottles, the *Plastiki*
an online order

close reading

opinions on recycling presenting a report
an interview with an environmentalist

a report of a survey
text type: emails
writing skill: formal language

an explanation to a riddle
three people talking about their plans and intentions
a news item about Mardis Gras

an article about how a couple changed their life
an article about how Mardis Gras is celebrated around the world
an article about a Masai rite of passage

identifying the key information

life-changing decisions
your favourite festival
describing annual events

text type: a description
writing skill: descriptive adjectives

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7 Work pages 81–92	prepositions of place and movement present perfect simple	jobs wordbuilding: suffixes office equipment <i>for or since</i> job satisfaction word focus: <i>make or do</i> job adverts	a job interview	intrusive /w/ irregular past participles
VIDEO: Butler school page 90 ► REVIEW page 92				
8 Technology pages 93–104	defining relative clauses zero and first conditional	the internet wordbuilding: verb prefixes expedition equipment word focus: <i>have</i> technology verbs	asking how something works	intonation in conditional sentences linking
VIDEO: Wind power page 102 ► REVIEW page 104				
9 Language and learning pages 105–116	present simple passive <i>by + agent</i> past simple passive	education phrasal verbs wordbuilding: phrasal verbs	describing a process	stress in two-syllable words stress in phrasal verbs
VIDEO: Disappearing voices page 114 ► REVIEW page 116				
10 Travel and holidays pages 117–128	past perfect simple subject and object questions <i>-ing / -ed</i> adjectives	holiday words (types of holiday, accommodation, activities, travel items) holiday adjectives wordbuilding: dependent prepositions places in a city	direct and indirect questions	'd number of syllables /dʒə/
VIDEO: Living in Venice page 126 ► REVIEW page 128				
11 History pages 129–140	<i>used to</i> reported speech	archaeology wordbuilding: word roots <i>say or tell</i> word focus: <i>set</i>	giving a short presentation	/s/ or /z/ pausing
VIDEO: The lost city of Machu Picchu page 138 ► REVIEW page 140				
12 Nature pages 141–152	<i>any-, every-, no-, some-</i> and <i>-thing, -where, -one, -body</i> second conditional <i>will / might</i>	classification of animals extreme weather society and economics wordbuilding: adjective + noun collocations	finding a solution	<i>would / 'd</i> word stress
VIDEO: Cambodia Animal Rescue page 150 ► REVIEW page 152				

COMMUNICATION ACTIVITIES page 153 ► GRAMMAR SUMMARY page 156 ► AUDIOSCRIPTS page 169

Listening	Reading	Critical thinking	Speaking	Writing
someone talking about triplet police officers a documentary about working as a photographer an interview with an engineer	workplace messages with instructions an article about the cost of new jobs to an area an article about modern-day cowboys	the author's opinion	giving directions describing past experiences your opinion of a job	text type: a CV writing skill: action verbs for CVs
a documentary about the importance of technology a science programme about a new invention	an explorer's blog an article about biomimetics	supporting the main argument	problems that inventions solved inventing a new robot planning an expedition using nature to improve designs	text type: a paragraph writing skills: connecting words; topic and supporting sentences
an English teacher talking about working in Japan a radio documentary about learning Kung Fu in China	an article about the history of writing an article about saving languages	fact or opinion	adult education a general knowledge quiz the author's opinion	a general knowledge quiz text type: forms writing skill: providing the correct information
an interview with a herpetologist two conversations about problems whilst on holiday an interview with a <i>National Geographic</i> tour guide	an article about tipping in other countries an article about the tunnels in Paris	reading between the lines	a holiday or journey you remember planning the holiday of a lifetime a tourist website	a tourist webpage text type: a formal letter writing skill: formal expressions
an historian talking about Scott's hut at the Antarctic an interview with an archaeologist	an article about moments in space history a biography of Jane Goodall	relevance	items for a time capsule how we used to live moments in history reporting an interview an interview for a biography	text type: a biography writing skill: punctuation in direct speech
a nature expert talking about how animals camouflage themselves a documentary about a photographer	an article about storm chasers a profile on Greenland	close reading	promoting your region planning for every possibility predicting your country's future	text type: a press release writing skill: using bullet points