



## Unit 1 pp18–19

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### Question 1: What makes you stressed?

**Kieran:** What makes me stressed is having to do school work on time, you know, homework that the teacher wants for the next day. We have a lot of writing, a lot of exercises, and sometimes the teachers all give us homework on the same night. That's really stressful. And there's the social life, that's the time I spend with my school friends. The thing is, my friends always want me to go out with them, shopping, to the cinema, to parties ... Together, the school work and the social life, they make me stress out because I don't have any time to just relax.

**Amelia:** I work at the weekends in a café in town. That makes me very stressed, having school and work. I sometimes get up at 6 o'clock in the morning to do homework because I haven't got time to do it at the weekend. And I never go shopping with my friends because I'm at work.

**George:** I'm stressed when my parents want me to do things I don't want to do. For example, at the weekend all I want to do is relax. But my mum and dad always make me go shopping with them, or they make me stay with my little brother and sister in the evening, when they go out. I don't have time to do what I want.

### Question 2: How do you know when you are stressed?

**Kieran:** When I stress out I usually get really worried, I don't sleep, I don't eat much ... and that's not healthy.

**Amelia:** When I'm stressed I'm sad and I don't want to talk to people or see anybody.

**George:** When I'm stressed, I'm angry with my family, especially my little brother and sister. I'm not a very nice person when I'm stressed.

### Question 3: How do you deal with stress?

**Kieran:** The way I deal with my stress is that I go out and take photos. I take photos of my favourite places in town, interesting things or people that I see ... Or I go home and play music. I play the piano and the guitar. That makes me feel better.

**Amelia:** When I'm stressed I relax by walking. If I have time, I like to walk in the park. If I don't have time, I walk to work and to school. I feel positive and happy after that, and I can chat to my friends again.

**George:** When I'm stressed I do sport. I run, or I go to the sports centre, or I swim at the pool. After that I talk about the problem with a friend, and maybe play a video game or something with them. That really helps me!

## Unit 2 pp30–31

6 and 7a 25

**All four characters:** Hi! We're doing a project at school about how to save energy in the home. Here are our tips!

**Grace:** I always wear a jumper around the house in winter, and we turn the central heating down. Simple, but think of the energy and money you save! Some of my friends turn the heating up and wear T-shirts at home in winter – that's crazy! Do you know that central heating in a typical home produces 3.6 tonnes of carbon dioxide every year?

**Owen:** After an hour, my friends and I turn off the games console and play a game of tennis or football instead. That's good for the environment ... and it's good for you. And we turn it off completely. If you don't turn off electrical equipment completely, it still uses electricity. It's called 'standby power'. Do you know that in the UK televisions consume £190 million of electricity waiting on standby every year?!

**Holly:** In the kitchen, use a dishwasher instead of washing dishes by hand. Turn the dishwasher on when it's full and you don't use much water. Aaah! Who left the fridge door open? And, of course, always close the fridge door. If not, the fridge uses more electricity to try to keep the food cold. Do you know that washing dishes by hand uses at least 75 litres of water, but a modern dishwasher only uses 38 litres?

**Louis:** In our house we always turn lights off at night, or when we leave a room. My uncle lives alone, but he has five or six lights on! That wastes money and energy. Look! It's easy! Do you know that you can save between 5 and 10% of the money your family spends on electricity just by turning off lights when you don't need them?

## Unit 3 pp44–45

6 37

**Narrator:** The World Health Organization recommends teenagers do a minimum of 60 minutes of moderate sport or physical exercise every day. We talked to some teenagers to find out how much and what types of sport they do.

What types of sport do you like?

**Amelia:** I love outdoor sports, especially with friends.

**George:** I love team sports, especially ball sports.

**Kieran:** I like lots of types of sport. But I hate team sports. I prefer doing sport on my own.

**Molly:** Personally, I like doing exercise indoors. I prefer swimming, gymnastics, dancing. How often do you do sport?

**George:** Every day.

**Amelia:** I do sport two or three times a week.

**Molly:** Seven days a week. I love sport.

**Kieran:** Three or four times a week.

How do you find time to do exercise?

**Molly:** I do a 30 minute session in the morning and a 30 minute session in the afternoon. It has the same effect as a 60 minute session.

**Amelia:** I do exercise when I'm with my friends. We go for walks together or ride our bikes together.

**George:** It's a question of routine. People have lots of free time, but they sit and watch TV or chat online. I prefer to use that time to do sport!

**Kieran:** I get up half an hour earlier in the morning three or four times a week.

What advice would you give to somebody who wants to start doing sport?

**George:** I reckon that the important thing is to find a sport that you really like. Choose something that YOU want to try. Sometimes people start and then stop immediately because they don't like the sport they're doing.

**Molly:** Go to a sports club and see what they can offer. There are hundreds of different sports and activities. Try one sport. If you don't enjoy it, try another.

**Amelia:** Exercise with a friend! It's more fun!

What's important to consider when you're choosing a sport?



**Amelia:** I think it's a good idea to ask yourself if you like being alone or if you prefer being with other people.

**Molly:** Decide if you like fresh air or if you hate being outside when it's sunny or wet or cold? I hate doing sport outside in the cold!!

**George:** Do you need a person to teach you the sport or can you already play it? Are you already very fit or do you need to prepare slowly before you can start doing hard exercise? Those are the important things you need to think about before you decide what sport to practise.

**Kieran:** Think about this – do you enjoy competition or are you not interested in winning or losing? That's important. Also decide if you need to improve your stamina, your strength, or your flexibility.

## Unit 4 pp56–47

**5a** 43

**Girl A:** When you're on holiday and you go to the beach, what do you take? Probably a towel, your sandals or flip-flops, maybe sunglasses, maybe a baseball cap ... And money to buy an ice cream or a soft drink or something. The problem is – where do you put your money when you go for a swim?!

**Boy A:** The answer is – in a CashCap! At the front of the cap there's a secret pocket where you can put money and a key. Nobody knows it's there because all they see is a normal cap. You can leave your cap, go in the water and no-one pays attention to your cap ... or your money!

**Girl B:** This is a questionnaire that we gave the people in our class, to see if they were interested in our product. 20 people in the class say that taking money to the beach or the swimming pool is a problem. 15 of those people usually wear a cap when they go to the beach. 12 people in the class, that's half of the class, think the CashCap is a great idea. But you just can't find a similar product in the shops at the moment.

**Boy B:** We think that it isn't very expensive to make the CashCap, so it can be a cheap product for teenagers to buy. We can have different designs and people can buy not just one, but two or three CashCaps.

**Girl A:** We hope you agree that you don't just want a CashCap ... you NEED a CashCap!

## Unit 5 pp70–71

**6** 55

Hey guys. James here. Today in my blog I want to talk about one of my hobbies – reading. More specifically, I want to give some ideas to those of you who never read. The title of today's blog is ... How to get the reading habit!

OK, my first tip for how to get the reading habit is ... ask other people for ideas about what to read. Maybe your friends can tell you about some great books they read recently. Or maybe your teacher has a list of great books. Or you can look online for ideas. There are lots of great blogs out there where people talk about their favourite books. But in the end the important thing is to choose a book that you want to read, not your friend, or your mum or dad, or your teacher! You decide because you have to read it! So how do you decide?

Think about what you're interested in – is it sport?, is it science-fiction? Or is it romance? Horror? Fantasy? Find a book that's related to your interests.

Before you take the final decision, look at the blurb. In case you don't know, the blurb is the information on the back of the book. It can help you to decide if you want to read the book or not.

Then read the first page or two. Do you want to continue reading it? Oh, and check – how long is the book? Do you want to read a long book? Do you have time? My suggestion – start with short books.

OK. You now have a book that you want to read. But before you start, find a comfortable, quiet place to read. You need good light. And me, I need a quiet place. So, you start. You decide that you're not enjoying the book. Read the next two or three pages. If you hate the book after that, stop! Find a different book. There are millions of books out there. There are books for you. You just need to find them. But when you hate a book, it's impossible to get the reading habit. Reading needs to be fun!

When it is fun, try to find time every day to read, even if it's just ten or 15 minutes. When you don't read for a week or more you forget the story and you don't want to start again. And, this is really important, when you like a book, tell somebody. Perhaps they can tell you about a similar book. Let a friend read your book, and then they let you read their books. Make a book club and talk about the books you read. Or start a blog ... like me!

## Unit 6 pp82–83

**6** 63

**Presenter/Question on screen:**

What's your favourite snack?

**Amelia:** When I'm hungry I got to the fridge to see what fruit we have. I love apples, oranges, kiwis... any fruit, really. I sometimes make my own milk shakes. I take some bananas, some strawberries add some milk and I make it in two seconds.

**Kieran:** When I'm hungry in between meals I always make myself a big cheese sandwich. I love butter so I always put butter on my bread. And after that I have a yoghurt. And, of course, I have one or two glasses of milk to go with it.

**Molly:** When I come back from school and I'm hungry I usually eat a bowl of cereal, with milk. If we don't have any milk at home, I eat a cereal bar.

**George:** Yoghurt. I love Greek yoghurt. I do a lot of exercise and a lot of sport, and yoghurt is great because it has a lot of protein, which helps me build muscles and stuff.

### 7a

**Presenter/Question on screen:**

Is it healthy?

**Amelia:** Yes, it is. Fruit has lots of vitamins and milk has calcium.

**Kieran:** It's OK ... Milk and cheese are good for you, but they also have a lot of fat.

**Molly:** I try to choose a cereal which is low in sugar and salt. I don't know if you know, but people often say that cereal's good for you (but) some cereals can be very high in sugar and salt. So I always check the ingredients first and only choose healthy cereal. Cereal bars usually have added sugar, so I try not to eat them very often.

**George:** I think some yoghurt has extra sugar in it. But sometimes I add fruit, like real strawberries to the normal, plain yoghurt. It tastes great, and I think it's good for me.

## Unit 7 pp96–97

**5** 72

The Northern White Rhinoceros is in danger of extinction.

The Northern White Rhino lives in Africa, in the Democratic Republic of Congo. It lives in the Garamba National Park. This is a UNESCO World Heritage Site, but it's in



danger.

Male Northern White Rhinos can weigh approximately 2,500 kilos. That's more or less the same as 30 men!

One interesting fact is that White rhinos are not white. They are grey.

Northern White Rhinos are herbivores. They eat grass. Lots of it!

Nearly all rhinos are endangered. Sumatran and Javan rhinos are in great danger.

But we can see that the situation of the Northern White rhino is terrible.

In fact, at the moment, the Northern White rhino is not just endangered. It's critically endangered.

In 1960 there were approximately 2,000 Northern white rhinos, but there were only 15 living in 1984. At present, experts think that only four are alive.

The reason for this is hunting. Hunters kill all types of rhinos to take their horns. Organisations are trying to stop the hunters.

To help all rhinos, never, ever buy any products that come from a rhino. Why not give money to organisations like World Wildlife Fund? These organisations use the money to protect the animals from hunters. With only four Northern White rhinos in existence, it's time to do something now, before it's too late!

## Unit 8 pp108-109

### 5b and 6 80

**Presenter:** Do you help a charity? How?

**Amelia:** Yes, I do! My friends and I help a local charity every year. We have a cake sale. We decide what type of cakes we want to bake and buy the ingredients. Then we get together in somebody's house and spend the day baking. Sometimes one of our mums helps us. The next day we put a table outside, we put all the cakes out there and we sell them. Of course, we explain that it's for charity. We usually make quite a lot of money ... and we have a great time too.

**Kieran:** Well, I once played in a concert. It was to raise money for a charity. A friend told me he was organising an event with music and comedy and magic and stuff. He knew that I play the guitar and he asked me to take part. All the money from the tickets was for a really useful charity so I said yes. I thought it was a great idea!

**George:**

And we all really enjoyed doing the concert.

I'm a volunteer for an organisation called PostPals. They give you the address of children who are seriously ill. You can write a letter or message to them. There are children who can't leave hospital or can't go out of their homes, or children who feel sad or lonely. For those children a simple letter can make an incredible difference. It's so easy and quick to do.

**Molly:**

Erm, I was in a sponsored run for charity last year. Our school organised it. It was for students and parents. They asked us to walk or run round the park near the school. It was about three kilometres. You could decide to do it once or twice. Before the run you needed to ask people to sponsor you, give you money for each kilometre you completed. I had thirty sponsors and I did six kilometres. So I made quite a lot of money for the charity. It was good for me, good for the charity ... And it was fun, too!

## Unit 9 pp122-123

### 4 86

**Interviewer:** Hi. Do you have just a minute to answer a few questions?

**Boy 1:** Yeah, sure, OK.

**Interviewer:** Thanks. I see you've been shopping today. Can I ask what you've bought?

**Boy 1:** Err, well, I've bought a T-shirt, and a new pair of jeans, too.

**Interviewer:** Did you buy any Fairtrade clothes?

**Boy 1:** Fairtrade clothes?

**Interviewer:** Yeah, you know, ethical trade. Some shops sell really cheap clothes, but they come from sweatshops, erm, like in Bangladesh, you know, where they pay people almost nothing for making the clothes.

**Boy 1:** Really? I didn't know that. That's terrible!

**Interviewer:** Yeah. With Fairtrade clothes they pay people better and their work conditions are good.

**Boy 1:** I usually just buy things I

like and that aren't very expensive. But next time I'll think about that. Thanks!

**Interviewer:** Hello? Excuse me?

**Girl 1:** Oh, hi.

**Interviewer:** Can I ask you to tell us what you've bought this morning?

**Girl 1:** Yeah, of course. Erm, I bought this dress and, let's see, this top, too ... They weren't expensive.

**Interviewer:** OK. Did you buy any Fairtrade clothes?

**Girl 1:** Yeah. These are Fairtrade! I once saw a programme about how lots of clothes come from sweatshops. It really made a big impression on me, because of the bad conditions. And also because Fairtrade clothes usually use natural, organic materials.

**Interviewer:** Great! Thanks.

**Interviewer:** Hello there. Can I ask you a couple of questions?

**Boy 2:** Yeah, no problem.

**Interviewer:** Could you show us what clothes you've bought?

**Boy 2:** I've just bought a shirt. I'm going out tonight and I wanted something new to wear.

**Interviewer:** Hmm. Nice.

**Boy 2:** Thanks.

**Interviewer:** Do you know if the shirt is Fairtrade?

**Boy 2:** Yes, it is actually. I usually buy my clothes in department stores or big clothes stores. But I look at the labels and I buy Fairtrade clothes when I can. It's not always possible, but I prefer Fairtrade clothes. They help the people who make the clothes. I mean, the clothes aren't cheap, but at least I know that the money's going to the right people.

**Interviewer:** Cool, thanks.

## Unit 10 pp134-135

### 6 and 7 94

Hi Ryan! Do you remember the other day at school? You told me about this amazing discovery you read about. Glass pyramids! Under the sea!! Amazing!! Amazing, but true? Hmm. I wasn't sure. YOU said the article was full of scientific facts. I said – if you're right, I'll buy you a pizza at that new pizza place in town. If I'm right, you'll get



me a pizza instead. Well, guess what? I did some investigation using the list that our teacher gave us for checking information on the Internet. This is what I found.

Who are the people mentioned in the text? Do they really exist?

The text talks about Dr Verlag Meyer. What did I find? Very little. The name only appears in articles talking about glass pyramids. But it never says that Dr. Meyer works in a university, or if they've written a book. No photos. Nothing really. And Arl Marahall and Tony Benik? The same as Dr Verlag Meyer. They only appear in articles about the pyramids!

Which website is the text from?

So where does this text appear? In 'The New York Times'? In a science magazine?

No. it's from the Cosmic News. What is that? Well, it also has stories about UFOs, aliens, the supernatural. Not very scientific. Maybe that's why it talks about the Bermuda Triangle. Bermuda exists, of course. But the Bermuda Triangle isn't really a serious geographic name.

Is there photographic evidence?

Well, it talks about photos from the 1977 discovery, but there aren't any with the article. And there's no link to see the underwater pyramid with a light on the top. The photos that appear on the Net? Isn't that the Pyramid of Cheops in green?!!!

What is the source of the article?

It says to click on the source here. Let's see what happens ... Well, it takes us to the same text, but on a different website. That's not a source, it's a copy. So there IS no source. And we don't know who wrote this text. There's no name. VERY unusual!

Conclusion?

Ryan, these pyramids don't really exist. The article doesn't tell us about the discovery or the discoverer or where exactly they are ... We don't know who wrote the text. And the photo is not real. So, bad luck! You need to buy me a pizza, extra cheese. Next time check your sources before you believe everything you read on the Internet.