



## Unit 1 pp10–11

4 and 5 03

**Grace:** I have a younger brother. I pick him up from school and look after him until my mum comes home. She has a new timetable and works until about half past six some days. I enjoy being with my brother, it's just for two or three hours, I make him some food and I help him with his homework. And now mum sees that I can be responsible and she gives me more freedom to do other things. It is hard work sometimes. And I need to find time to do homework. Now I realise how hard my mum works. She does a lot for us, and I want to do what I can to help her.

**Louis:** As you can see, we have a dog and it needs lots of exercise. I take him for walks every evening. When my dad gets in, he's usually quite tired from work. And my mum's usually busy doing work or doing other things. I'm an only child, so the dog is my responsibility. I see now that a dog is a big responsibility. It's not nice when it's cold or wet but you still have to walk him.

It was my idea to get a dog, so I take responsibility for it. You can't just enjoy the good things and leave the bad things for other people! And now my mum and dad see that I help out more at home and they have more confidence in me. They said I can have a pet snake if I want!

**Jessica:** I visit my grandmother every day. Just to say hello and to take her bread and milk. My grandmother lives very near to us and I'm her only grandchild. Usually my mum visits her in the afternoon for ten to fifteen minutes, but she's doing this course at the moment and she's at the university most afternoons. It's made a difference to how I spend my free time because it means that sometimes after school I can't hang out with my friends. But I enjoy it. My grandmother tells me funny stories, especially about my mum when she was a girl. And she also makes great cakes!

## Unit 2 pp22–23

4 and 5 11

**James:** Well, what happened was this. I had some people round at my house. About ten or twelve people turned up in total. Anyway, we were having a good time, listening to music and stuff. Then we started playing with a ball, a football, in the living

room. It was a stupid idea, but we were all part of the football team. Anyway, I was passing the ball to my friend, Oliver. But I kicked it really hard. I broke a clock. It was an old clock that my mum really loved. Anyway, afterwards, when my parents came home, they found the broken clock straight away. And, I don't know why, but I told my mum that Oliver did it. I didn't want her to be angry with me. But I felt really terrible after, because Oliver didn't do anything. But the other thing is my mum is friends with Oliver's mum, and I don't know if one day when she sees her, she may say something to her, because, well, my mum is still angry about it. What do I do?

**Jessica:** Last week we had a history exam. I studied really hard for it and I didn't go out at the weekend. One of my best friends, Kayla, didn't study at all. And I know she went out on Saturday and Sunday. Anyway, on the day of the exam, Kayla sat next to me. All through the exam she was trying to read my answers. But I didn't want her to copy. I didn't think it was fair, that I studied all weekend, but she went out. And I also knew that the teacher could look into it and think that I copied from her. But after the exam, Kayla was really angry with me. She said she doesn't want to be my friend now because I didn't help her. She's telling people to keep away from me and I think some people who were her friends and my friends are starting to side with her, and not me. I don't know what to do.

## Unit 3 pp36–37

5 and 6 18

**Amy:** We all have to speak in public sometimes. Maybe we need to give our ideas or answers to the rest of the class.

**Marcus:** At university, students often have to give presentations to show they understand something.

**Amy:** At work, you may need to explain something to a group of colleagues or your bosses.

**Marcus:** Here are some of our ideas to help you give a good impression in these situations.

**Amy:** First of all, stand up straight. When you stand up straight, you look confident and secure.

**Marcus:** Use hand gestures. But not too much otherwise they won't be listening to what you're saying, they'll be looking at your hands!

**Amy:** Look up and at the people you're speaking to. This can help you keep their attention. It can also help you to see if they're interested and understand.

**Marcus:** Speak at the right volume. Not too loud or they might be uncomfortable. But not too quietly either, otherwise they won't understand what you're saying.

**Amy:** Speak fluently. This means don't stop all the time. If you speak too slowly, people may lose interest. But speaking fluently doesn't mean speaking fast. If you speak too fast, it can be difficult for people to understand you. If you speak too fast, it can be difficult for people to understand you.

**Marcus:** Use intonation and stress to make yourself sound more interesting. If you speak like this, with no ups and downs, you can be seen as uninterested or uninteresting. By giving stress and emphasis on important words, you may get your message across easier.

**Amy:** Of course, these are all things you need to remember in the middle of giving your talk. But remember – always prepare carefully what you're going to say *before* your talk!

## Unit 4 pp48–49

7 25

The recovery position is useful when an adult or child is unconscious but breathing. It can help them to continue breathing. One thing – DO NOT move a patient who has had a bad fall or a serious back injury!

First, kneel on the floor on one side of the person. Check the person is breathing and open the airway. To do this, place your hand on the person's forehead and gently move the head backwards a little. Then, place two fingers on the tip of the casualty's chin and lift the chin. Look and listen carefully for ten seconds to check if they are breathing or not and make sure the chest is moving up and down.

Then, place the arm near you at a right angle. Move the other arm, with the back of their hand against their cheek.

Take the knee furthest from you and pull it up until the foot is flat on the floor.

Pull the knee towards you, keeping the person's hand pressed against their cheek, and position the leg at a right angle.

Make sure the airway remains open by gently moving the head back and lifting the chin.

Remember that we only put the person in the recovery position after opening their airway, to ensure that they are breathing.



## Unit 5 pp62-63

**5 and 6a** **31**

**Molly:** Yeah, I'd quite like to be famous. I love music and singing and I spend a long time practising after school. I think one day I'd like to be a professional singer and song writer. Making a real CD would be amazing. But I wouldn't want to be REALLY famous like Adele or Beyoncé or somebody. I wouldn't want people to stop me in the streets and things like that. I'd like my music to be famous, not me.

**Kieran:** Would I like to be famous? Yes, I would! But I'm not really very good at anything. Maybe I could be an actor. You don't need to do anything special, do you? You just stand there and say what they tell you. Yeah, I think I could do that. And it's a great life, isn't it? Living in Hollywood and being on holiday. And you have lots of famous friends, too.

**George:** Being famous isn't a realistic ambition, is it? Only a few people can be famous. Anyway when you see a famous person on TV it's all about appearance and money. That stuff doesn't interest me. I want to do something useful with my life. I don't want to be on TV or in the newspapers for no reason. My dream is to study medicine. Doctors don't become famous; they're too busy doing useful things and actually help people!

**Amelia:** I want to be a writer, and I don't think writers are very famous usually, apart from one or two. I mean writers don't usually appear on TV or do things like that. But that's fine by me. Fame doesn't really interest me. What's most important to me is that people read what I write, and I make money to continue writing. I think writers write because they need to, not because they want to be famous.

## Unit 6 pp74-75

**5 and 6** **17**

**Marcus:** Well, in school we use a lot of paper and sometimes people put paper in the bin, and they've only used one side. That's just a waste. So we decided to have two boxes: one for reusing and one for recycling. Reusing and recycling saves water, money and trees. Did you know it takes 11 litres of water to make ONE sheet of paper?

**Amy:** We decided that recycling paper wasn't enough. Every day at school people throw away cans with their soft drinks, and plastic bottles for juice and water. So, we made bins for cans only and some for plastic. We can recycle easily now. And it's funny, because the school's a lot cleaner, too. Maybe that's because we asked students to bring in bottles and containers that could be used again and again. This stops all the plastic that people use. And it's healthier to bring in fruit and other natural products. Before, people were bringing foods with a lot of plastic packaging.

**Marcus:** We put posters and signs up in the washrooms. Sometimes people would forget to turn the tap off when they were finished washing their hands. That's a real waste of water. Especially after break, if no-one goes in there until the next break. Also, paper towels; people would just have a lot of paper towels and then just not use them all and then throw them on the floor. We put posters up and most people stopped doing this. Every little thing helps! That's what we said on the posters.

**Amy:** This sounds simple and not very important. But at the end of the day there is always a classroom with all the lights switched on and everyone's gone home. The room's empty but the lights are still switched on. It's actually a school rule, that the last person to leave the room switches the light off. But we always forgot or left it for somebody else. So we made signs and posters and put them on the doors, to remind us to do it, and to remind us *why* it's important to do it. It can help save a lot of electricity. Did you know that it takes over 10,000 litres of water to power an average light bulb for twelve hours?

## Unit 7 pp88-89

**5a and 5b** **45**

**Amelia:** I love basketball. I've always played on the school team. This year they asked me to help train our youngest team. The girls are only eleven. We only had seven girls on the team when I first started training them. Now we have a full team of twelve. That's because the girls have told their friends, they enjoy training and playing more this year. I enjoy being with the girls and I think I've got a good

relationship with them. Last year, their coach shouted at them and was always angry. But I'm not like that. I want to know how they feel and try to motivate them. Also last year they never knew when they were going to train. But I've made a timetable so they know what day and what time we have training sessions and matches.

**Kieran:** Everybody in my class knows I love computers and that I'm a bit of an expert. So every time they have a problem, they ask me for help. That's fine, I enjoy it. It's interesting because I usually know exactly what to do. But it's useful for me to teach it to others and to learn to express myself clearly. I want people to understand what I'm telling them. I'm getting better at finding the exact words to help them. I mean, it's true; some people take a long time to understand different programs or software. I'm quite good at staying calm and explaining myself as many times as necessary until people understand me. People like the fact that I never get impatient.

**Molly:** In our school, we have an end of year trip. Last year we went to Italy. I had an idea to get some money for the trip, and the school liked it. We had a raffle, like a mini-lottery. We sold tickets for the lottery to parents, relatives, neighbours, anybody we could. I sold lots and lots of tickets and got the most money in the end. It was quite a lot, so I had to keep it safe. Because it was the first time we did it, there were a few problems. It was my idea so I felt it was my responsibility to help to find solutions. The school liked the idea so much that they're going to do the same again this year. I think I'll help them. I really like working with others.

## Unit 8 pp100-101

**5b, 5c and 6** **52**

**Presenter:** The first few weeks in a new environment can be difficult. You have to learn where everything is, start a new routine, and you have to make new friends. University is a good example. Many students are starting a new life away from home. It can be difficult. But don't worry. In the end, everyone finds a friend. We spoke to different students and asked them how they did it, and what advice they would give to new students.

**Speaker 1:** Well, I think the best advice is: keep your door open. It's easy to just sit there and hide in your



room. But you'll never make friends that way. I was in a student residence and what I did was keep my door open. People used to come by, say hello, started a conversation. I used to invite them in for tea and coffee. And before you know it there's this big group of people in my room. My room was like a meeting room!

**Speaker 2:** I made friends easily. How? We have a kitchen that all six of us use and I like cooking. I must admit my chocolate brownies are brilliant! And I can tell you, I became popular very quickly because of them. People used to come out of their room just with the smell. When I was feeling lonely, I made something to eat and suddenly people appeared out of nowhere. Then we used to sit around and have a chat and a cup of tea. Also they offered to cook me something for the next time. Suddenly I had a circle of friends!

**Speaker 3:** I'm not mad about sports. I mean, I've never been in a team or anything. But I like getting outside. So when I went to university I took a football and a Frisbee. When the weather was good, I went knocking on doors and asking if anybody wanted to do some sport for a while. People are usually studying hard, so they need a break. They really liked my idea! In the end, we didn't really play much football or anything. But it was a great excuse to go out, chat, laugh and make friends.

**Speaker 4:** I find it really difficult to introduce myself to people and make friends quickly. Whenever I first meet someone I find it really hard to talk about myself. If you're anything like me, the best thing to do is to join a club or a society. Find a club about something that you're interested in. In my case, I like photography so I joined the Photography Society. The best thing about societies and clubs is that you meet up regularly. It's true, in the first and second week I didn't really make any friends. But after a month or so I was really happy and comfortable talking to people. That's how I met my best friend and we're really close now. To think it all started at the Photography Society!

## Unit 9 pp114-115

**6b and 6c** 59

**Speaker 1:** Juliet: 'It is only your name that is my enemy. If you had another name you would still be the same person. A rose would still smell as sweet if it were called something different. And Romeo would still be as perfect even if he were not called Romeo. Give up your name, Romeo – it is not part of you, anyway – and take me instead.' Romeo: 'Just call me 'love' and I shall never be Romeo again.' This is one of Shakespeare's most famous plays. That's why I decided to read it. Of course, it's a very romantic story, and I like romances. But it also has a very serious message that's important today. Romeo and Juliet love each other but their families won't let them. There are things in society that separate people from loving each other. But in the end love always wins. The end is very sad though.

**Speaker 2:** The cub had many things to learn. The world was full of surprises for him. He was very much alive, very happy, and very proud of himself. One day, however, life suddenly changed. The cub ran down the river to drink early one morning. Suddenly, he saw and smelled something strange. Five strange animals were sitting in front of him. The cub had never seen men before, and suddenly he felt very small. I really enjoyed reading this book. The sentences were short and direct and it was easy to understand. And the writer introduced characters really clearly, like White Fang. It was interesting to see how White Fang changed throughout the novel. At first his old masters treated him really badly and were aggressive towards him, so he was aggressive in return. And then, in the end, his new masters treated him with love so he changed.

**Speaker 3:** 'Do not kill me yet,' the Monster cried. 'Listen to what I have to say.' 'What can you say to me?' I replied. 'You have destroyed everything I loved. You are a thing of evil, a wicked creature.' 'You made me,' the Monster replied. 'I did not wish to be

evil. I wanted to be your friend. But you made me ugly and ran away from me. I asked you to create a friend for me but you destroyed her. I had no family to love, so I destroyed yours. It is your fault.' This is from the end of the book. At first I didn't want to read this book because I thought it was just a simple horror story. But it's actually more than that. The relationship between the doctor and the monster is really interesting. In fact, the monster isn't really the monster, like it says here. In some ways the doctor is the monster. So, it's a book that makes you think, and that's what I like.

## Unit 10 pp126-127

**5 and 6** 65

**Girl 1:** Most social networking websites have age limits. I think the most important thing is to be honest about your age. If you're too young for a website, don't use it. You can stop a lot of possible problems by simply not lying about your age.

**Boy 1:** I agree. People forget that the age limit is there to protect you and you can get into big trouble if you don't follow them.

**Boy 2:** I also think that you can get into big trouble just because everything is so fast. People suddenly get an idea or they take a photo or make a video. And in the next second they put it online. That can be good. But often people are excited or angry.

**Girl 2:** They aren't thinking. They post something then they realise it's a bad idea.

**Boy 2:** But by then it's too late.

**Girl 1:** And other people have shared it and you can't stop other people sharing it, too.

**Boy 2:** Exactly. So my advice would be: stop and think really hard before you post comments or photos.

**Girl 2:** Now that we're talking about it, someone actually gave me a really good piece of advice one time. Don't attack anyone on social networking sites. It's unfriendly and it's cruel. When you're sitting at home behind a computer it's easy to think that you can say anything that you like. But, you know what they say. If you haven't got anything nice to say, don't say anything at all.

**Boy 2:** Hmm.Yeah. After all, you wouldn't like it if somebody attacked you. So, yeah, it doesn't cost anything to be kind to others.

**Boy 1:** Good point. Also I think there's one word that we haven't mentioned, and that I think is important: privacy. Keep



things private. Don't make private information public. Don't give information about where you're from, what school you go to, your phone number and your family ...

**Girl 2:** That's right. You have to remember that on social networking sites you're just giving information out to strangers. You don't know who they are; you have to be very, very careful with information like that.

**Boy 2:** And keep your password private, too! It's like the key to your house. You wouldn't give your key to just anybody, so don't do the same with your password.

**Girl 2:** That's true. People forget the importance of passwords. Not just 'Password' or '1234'. A good password is a combination of letters and words and symbols. Don't use your name or the name of your favourite singer or team.

**Boy 2:** Good point ...