



Arnold Camfferman skydiving above the Netherlands

UNIT GOALS

- 1a** • use the present simple and adverbs and expressions of frequency
- talk about everyday routines
- 1b** • use the present simple and present continuous, and listen for the main topic
- use collocations with *do*, *play*, and *go*
- 1c** • read about the benefits of nature, and learn about giving examples
- 1d** • talk about illness and give advice
- 1e** • fill out a form with personal information
- 1f** • watch a video about people in a park, and discuss your local park

- 1** Work in pairs. Look at the photo and read the caption. Discuss the questions.
 - 1 What kind of person do you think Arnold Camfferman is?
 - 2 Would you like to try skydiving?
- 2**  **1.1** Listen to someone talking about the photo. Answer the questions.
 - 1 What does Arnold do to stay healthy?
 - 2 How often does he go skydiving?
 - 3 What is Arnold's advice for a long and happy life? Do you agree with him?

- 3** Work in pairs. Look at the free-time activities. Discuss the questions below.

cook a meal	chat on social media	go for long walks
do sports	play video games	play a musical instrument
read books	watch videos	spend time with family and friends

- 1 Which activities do you often do? Why?
- 2 Which are good for a healthy lifestyle?

*I often go for long walks because it's relaxing and it helps me to study.
I also think it's good for a healthy lifestyle.*

I usually need eight hours

Vocabulary everyday routines

1 Work in pairs.

a Match the two parts of the expressions for everyday routines.

- | | | |
|----------------|-------------------|------------------|
| 1 get home | <u> b </u> | a asleep |
| 2 get up about | <u> </u> | b late |
| 3 do | <u> </u> | c hours |
| 4 work long | <u> </u> | d break |
| 5 take a | <u> </u> | e TV |
| 6 wake up | <u> </u> | f exercise |
| 7 watch | <u> </u> | g early |
| 8 stay up | <u> </u> | h tired |
| 9 feel | <u> </u> | i until midnight |
| 10 fall | <u> </u> | j eight |

b Describe your typical day using some of the expressions.

I often get home late ...

Reading

2 Read the questionnaire "How well do you sleep?" and choose your answers (A, B, or C). Turn to page 153 and find out what your answers say about you. Tell your partner.

Grammar present simple and adverbs of frequency

3 Match the sentences (1 and 2) with their uses (a and b).

- 1 I work hard and sometimes get home late.
 2 The average human needs around eight hours of sleep per night.

- a to talk about things that are always true
 b to talk about habits and routines

PRESENT SIMPLE

I/you/we/they sleep

he/she/it sleeps

I/you/we/they don't sleep

he/she/it doesn't sleep

Do I/you/we/they sleep ... ?

Does he/she/it sleep ... ?

For more information and practice, see page 156.

1.2

How well do you sleep?

nap (n) /næp/ a short sleep during the day



1 Do you often feel tired during the day?

- A No, I never feel tired.
 B I sometimes feel tired.
 C All the time! I'm always ready for bed.

2 How many hours do you usually sleep at night?

- A Between seven and eight hours.
 B More than eight. I rarely stay up late.
 C Fewer than seven.

3 Before I go to bed, I often:

- A relax and watch TV or read a book.
 B do some physical exercise.
 C stay up late and prepare for the next day.

4 On the weekend, I:

- A usually sleep the same amount as any other day.
 B sometimes sleep for an extra hour or two.
 C always sleep until midday! I never get up early.

5 How often do you wake up in the middle of the night?

- A I never wake up before morning.
 B I rarely wake up more than once, and I usually fall asleep again quite quickly.
 C Two or three times a night.

6 Are you often tired at work?

- A No, I'm never tired at work.
 B Sometimes, so I take a nap after lunch.
 C Always! That's because I work long hours and get home late.

- 4 Look at the grammar box. Complete the article about sleep with the present simple form of the verbs.

Why ¹ *do we sleep* (we / sleep)?

From birth, we ² (spend) a third of our lives asleep, but scientists still ³ (not / know) exactly why.

Why ⁴ (we / have) problems sleeping?

In modern society, many adults ⁵ (not / get) the seven or eight hours of sleep we need every night. We often ⁶ (work) long hours and we rarely ⁷ (go) to bed early.

Why ⁸ (we / sleep) differently?

It ⁹ (depend) on the time of year and also our age. Teenagers usually ¹⁰ (need) more sleep than adults. Lots of elderly people ¹¹ (not / sleep) longer than four or five hours at night, but they often ¹² (take) naps during the day.

5 Pronunciation /s/, /z/, or /ɪz/

- a  1.3 Listen to the endings of these verbs. Is the sound /s/, /z/, or /ɪz/?

1 feels	/s/ <u>/z/</u> /ɪz/	5 goes	/s/ /z/ /ɪz/
2 needs	/s/ /z/ /ɪz/	6 dances	/s/ /z/ /ɪz/
3 watches	/s/ /z/ /ɪz/	7 does	/s/ /z/ /ɪz/
4 sleeps	/s/ /z/ /ɪz/	8 works	/s/ /z/ /ɪz/

- b  1.3 Listen again and repeat the verbs.

6 Work in pairs. Discuss the questions.

- What time do you and your friends normally get up? How late do you stay up?
- Does anyone in your family ever take a nap in the afternoon?

- 7 Look for and underline adverbs of frequency in the questionnaire "How well do you sleep?" Then write the missing adverbs below (1–3).

always ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

usually ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

1 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

2 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

not often ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

rarely ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

3 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

ADVERBS and EXPRESSIONS OF FREQUENCY

She's **usually** late for work.

I **often** wake up at seven.

Do you **often** wake up in the night?

She wakes up **two or three times a night**.

Every month, I visit my grandparents.

For more information and practice, see page 156.

- 8 Look at the grammar box above. Choose the correct option to complete the rules.

- An adverb of frequency goes *after* / *before* the verb *be*, but it normally goes *after* / *before* the main verb.
- An expression of frequency (e.g., *twice a week*) usually goes either *at the beginning* / *in the middle* or at the end of a sentence.

- 9 Put the adverb or expression of frequency in parentheses in the correct place in the sentences. Sometimes there is more than one correct answer.

always

- My brother always plays tennis on Saturday mornings. (always)
- We go to the movies. (about once a month)
- I take a bus to school. (every day)
- She is at home in the middle of the day. (rarely)
- They go on vacation. (twice a year)
- Are you late for work? (often)

Speaking

- 10 Work in pairs. Take turns asking questions with *How often ...?* and answer using an adverb or expression of frequency. Use these ideas:

- take public transportation
- be late for school or work
- be stressed at school or work
- check social media
- go on vacation

A: *How often do you eat out?*

B: *About once a month.*

- 11 Work in groups. Write five questions for a lifestyle questionnaire. Begin the questions with *How often ...?*, *Are you often ...?*, or *Do you often ...?* Offer three answer choices (A, B, and C).

How often do you take public transportation?

A *Every day*

B *Two or three times a week*

C *Rarely*

- 12 Now work with another group and ask your questions. What do their answers say about their lifestyles?

What keeps them healthy?

Wordbuilding collocations with do, play, and go

- 1 Who is the oldest person you know? How healthy is their lifestyle?

My grandfather is the oldest person I know. He's 83 and has a healthy lifestyle because he still does exercise. He goes walking and plays golf.

- 2 Look at the wordbuilding box. Then complete the article below with the verbs do, play, and go.

WORDBUILDING collocations with do, play, and go

When we talk about free-time activities, we often use certain verbs with certain nouns. These are called collocations.

do exercise

go walking

play golf

do gardening

go cycling

play games

- 3 Match these activities with the verbs in the chart to make collocations. Use a dictionary if necessary. Then think of one more activity for each verb.

camping	cards	hiking
homework	horseback riding	karate
nothing	the piano	running
soccer	tennis	yoga

Do	Go	Play
	fishing	

- 4 Work in pairs. Talk about people you know using the collocations in the chart.

My brother does karate. He's really good at it!

1.4

THE SECRETS OF A LONG LIFE



The island of Okinawa in Japan has a high number of centenarians—men and women over the age of one hundred. What are some reasons for their long life? They ...

- 1 fishing and eat what they catch.
- 2 a lot of gardening and grow their own fruit and vegetables.
- 3 cycling and never drive when they can walk.
- often spend time with friends. They meet at people's houses and 4 games.
- rarely 5 shopping for food in supermarkets.
- 6 regular exercise, 7 golf, 8 swimming, and lead active lives.

Listening

5 **1.5** Listen to part of a radio interview with photographer David McLain. Check (✓) the topics the speakers talk about.

- | | |
|--|-------------------------------------|
| 1 ☐ how long men and women live | 3 ☐ sleep |
| 2 ☐ family life | 4 ☐ food |
| | 5 ☐ exercise |

6 **1.5** Listen again and complete the sentences with three words.

- No one knows why some people live longer than others.
- David McLain is traveling to places with large numbers of people aged a
- In Sardinia, men live to the same
- Research shows that in countries where people live longer,
- The younger generation in Sardinia are eating more
- Young people are doing less exercise because

7 Work in pairs. Think about the lifestyle of people where you live. Is it similar to the lifestyle in Sardinia? Discuss these areas:

- how much exercise people do
- the importance of family and community
- type of diet

Grammar present simple and present continuous

8 Look at the grammar box. How do you form the present continuous? Then look at the five sentences from the interview. Are they present simple (S) or present continuous (C)?

- | | | |
|--|---|---|
| 1 One man is trying to answer these questions. | S | C |
| 2 He's speaking to us right now on the phone. | S | C |
| 3 Men live to the same age as women. | S | C |
| 4 Every Sunday, the whole family eats a big meal together. | S | C |
| 5 The younger generation is eating more food like burgers and fries. | S | C |

9 Match the present continuous sentences in Exercise 8 with these uses (a–c).

- to talk about something in progress at the moment of speaking
- to talk about something happening around now, but not at the exact moment
- to talk about a trend or a changing situation

PRESENT CONTINUOUS

I'm speaking.
You're/We're/They're speaking.
He's/She's/It's speaking.
I'm not traveling.
You/We/They aren't traveling.
He/She/It isn't traveling.
Am I working?
Are you/we/they working?
Is he/she/it working?

Common time expressions with present continuous:
now, at the moment, currently, these days

For more information and practice, see page 156.

10 Complete the sentences with the present simple or present continuous form of these verbs.

go not / do	play learn	spend
----------------	---------------	-------

- We 're learning a new language at the moment.
- My friends and I often time at each other's houses.
- How often you to the gym?
- I usually eat healthy meals, but I any exercise.
- More and more old people video games these days. It isn't just young people.

Speaking

11 Write questions. Use the present simple in one question and the present continuous in the other.

- How / usually spend your free time?
How do you usually spend your free time?
 - / you / do / much exercise these days?
Are you doing much exercise these days?
- / often / read novels?

 - / read / any good books at the moment?

- Where / normally go on vacation?

 - Where / plan to go this year?

- / speak / any other languages?

 - / learn / any new languages?

12 Work in pairs. Ask and answer your questions from Exercise 11.

Natural medicine

Reading

- Look at the photo. Where is the woman?
What's around her?
- Read the article. Match the topics (1–3) with the paragraphs in the article (A–C).
 1 how much time we spend outdoors
 2 how doctors use nature as medicine
 3 research by doctors
- Read the article again. In pairs, answer the questions using full sentences.
 - What do most people think about nature?
They think it's good for you.
 - After the math test, where did one of the groups go to look at nature?
 - What are some doctors telling patients to do in Scotland?
 - What does the Japanese word *shinrin-yoku* mean?
 - In South Korea, what is the "National Forest Plan"?

Word focus feel

- Look at the three phrases with *feel* (1–3) from paragraph A. Match them with the uses (a–c).
 - How do you feel about ... ?
 - ... do you feel like going ... ?
 - ... do you feel better when you ... ?
 - to talk about your emotions or health
 - to talk about wanting to do something
 - to talk about an opinion

- Complete the questions with these words.

better	like	that
--------	------	------

- What do you usually feel doing after a day at school or work?
 - Do you feel nature is good for us? Why or why not?
 - After a difficult day, what makes you feel in the evening?
- Work in pairs. Take turns asking and answering the questions from Exercise 5.

A: *What do you usually feel like doing after a day at school or work?*

B: *Going for a run in my local park and then eating dinner. Sometimes I go out and meet friends.*

Critical thinking giving examples

- When writers make a statement in an article, they often support it with examples. Look at these sentences. Which sentence has the main idea (M)? Which sentences give examples (E)?

- For example, the typical office worker spends about fifteen minutes outside during the day.
- Humans are spending much less time outside.
- And in countries such as the U.S., only 10% of teenagers spend any time enjoying the fresh air.

- Read paragraphs B and C of the article. Find the main idea in each paragraph and some examples for each idea. Underline the phrases for giving examples.

For example, the typical office worker spends about 15 minutes outside during the day.

- Complete the sentences in your own words. Use examples from your own life. Then tell your partner.
 - I relax in my free time in different ways. For example, ...
 - My hometown has some places with trees and nature, such as ...
 - There are some beautiful national parks in my country. A good example is ...

Speaking my life

- Imagine your town or city has some money to help people live healthier lives. What should they spend it on? Choose the idea below that you think is best, or think of your own idea.
 - one hundred new trees in town
 - a new park with a children's play area
 - more bike paths across the town
 -
- Work in groups of four. Discuss your ideas, and give reasons and examples. Choose the best idea.

I think bike paths are a great idea because cycling is good for your health and for the environment.
- Present your group's idea to the class. Vote on the best idea.

Nature IS THE BEST MEDICINE

A How do you feel about nature? After spending hours indoors, do you feel like going outside for a walk? Or if you work for hours in an office, do you feel better when you take a break and visit your local park? Most people agree that nature is good for us; it's good for our bodies and good for our brains. However, more and more people are moving away from nature into cities. In 1950, 715 million people (30% of the global population) lived in cities. Today, more than four billion people (over 56% of us) live in cities, and humans are spending much less time outside. For example, the typical office worker spends about fifteen minutes outside during the day. And in countries such as the U.S., only 10% of teenagers spend any time enjoying the fresh air in places like parks.

B As a result, some doctors are studying the connection between nature and health. One good example is from Sweden. There, Dr. Matilda van den Bosch gave a group of people a math test. During the test, their heart rate got faster. After the test, some of the people sat in a 3D-virtual-reality room for fifteen minutes with pictures and sounds of nature. Their heart rates were slower

than the rest of the group. And in Toronto, Canada, researchers studied 31,000 people living in cities. Overall, they found that healthier people lived near parks.

C Because of studies like these, doctors in different countries are recommending nature as a type of medicine. Scotland is one example: some doctors are telling patients to go for walks in their local forest. They found that 74% of patients feel better after this "nature medicine." Japan is another example of a country that has discovered the benefits of spending time outdoors. In more than 60 forest areas, people can enjoy *shinrin-yoku*, meaning "forest bathing." This is when you relax in the forest and watch nature. And in South Korea, the government has a "National Forest Plan" to provide 32 forest areas with educational courses for people with physical and mental health problems. As one doctor said, nature is "as important as diet, and exercise, and healthy sleep."

3D, three-dimensional (adj) /θriːˈdiː/, /θriː daɪˈmenʃənəl/ has length, width, and depth

heart rate (n) /hɑːrt reɪt/ the speed of the human heart (number of heart beats per minute)



I don't feel very well

Vocabulary medical problems

1 Look at the pictures. Match the people (1–8) with their medical problems (a–h).



I have ...

- | | |
|-----------------------|------------------------|
| a a headache. | e a stomachache. |
| b a backache. | f a fever. |
| c a runny nose. | g a sore throat. |
| d an earache. | h a bad cough. |

2 What do you do when you have the problems in Exercise 1? Choose the best solution (1–3) for each problem. Discuss with a partner.

- 1 I go to bed.
- 2 I take medicine or pills.
- 3 I go to the pharmacy or see my doctor.

3 Pronunciation one or two syllables?

a **1.7** Listen to these words. Does each word have one syllable or two? Underline the stressed syllable in the two-syllable words.

ache	cough	ear	earache
headache	stomach	throat	

b **1.7** Listen again and repeat.

Real life talking about illness

4 **1.8** Listen to two conversations. What medical problems does each person (1 and 2) have?

1

2

5 **1.8** Listen again and write the number of the conversation (1 or 2) next to the medical advice.

- | | |
|---|---------|
| a Take this medicine twice a day. | 1 |
| b Go to bed. | |
| c Drink hot water with honey and lemon. | |
| d Take one tablet twice a day. | |
| e Buy cough drops. | |

6 Match the beginnings of the sentences with the endings. Use the expressions for talking about illness below to help you.

- | | | |
|-------------------|-------|-----------------------|
| 1 Do you have | | a this medicine. |
| 2 You should take | | b see a doctor? |
| 3 It's good for | | c sore throats. |
| 4 Why don't you | | d a headache? |
| 5 I don't feel | | e well. |
| 6 You need to | | f take these tablets. |

TALKING ABOUT ILLNESS

Asking and talking about illness

I don't feel very well.

I feel sick/ill.

Do you feel sick/ill?

Do you have a fever?

How do you feel?

Giving advice

You need to/You should take this medicine.

Why don't you buy some cough drops?

It's good for stomachaches.

Try drinking hot tea.

If you still feel ill, then come back and see me again.

7 Work in pairs.

Student A: You have a medical problem. Choose one of the problems from Exercise 1 and tell Student B about it.

Student B: You are a pharmacist. Ask how Student A feels and give advice.

B: Hello, can I help you?

A: Yes, I have an earache.

B: Hmm. OK. And do you have a temperature as well?

Then change roles and have a new conversation.

Please fill out this form

Writing a form

- 1 Work in pairs. Talk about a form you recently filled out. What kind of information did you write?
- 2 Look at the forms (A and B). What do you think they are for?

A

Title		Current occupation
First name		
Middle initial		
Last name		
Address		
Zip code		
Gender		Current medications
D.O.B.		
No. of dependents		
Country of origin		
First language		
Details of past surgery or operations		

B

PLEASE USE CAPITAL LETTERS

Passport no.	Place of birth
Nationality	Marital status
Qualifications (degree, etc.)	
Have you visited this country before? (If yes, give details)	
Emergency contact details (e.g., spouse, next of kin)	

3 Writing skill filling out forms

- a** Match the questions (1–7) with words from the forms in Exercise 2.

- 1 Are you married, single, or divorced? *marital status*
- 2 Do you take any pills or medicine? _____
- 3 How many children do you have? _____
- 4 What country were you born in? _____
- 5 What city/town were you born in? _____
- 6 Who can we call in your family if you need help? _____
- 7 What is the first letter of your middle name? _____

- b** Look at the forms again. Answer the questions. Then check your answers on page 155.

- 1 How many abbreviations can you find in the forms? What do they mean?
D.O.B. = Date of birth
- 2 Under the heading "Title" on forms, we use the abbreviations *Mr.*, *Mrs.*, *Ms.*, and *Dr.* What do they mean?
- 3 Which form doesn't want you to write in lowercase letters?
- 4 Work in pairs. Design a form for new students at a language school.
 - List all the information you need to know about the students.
 - Prepare the form on a piece of paper. Write the information you need, and draw spaces for people to enter their information.
- 5 Exchange your form with another pair. Use these questions to check their form.
 - Is their form easy to fill out?
 - Do you know what to write in each part?
 - Would you change anything?



Your local park



Central Park in New York City, U.S.A.

Visual literacy describing contrast

- 1 Look at the photo showing two parts of New York City. What title would you give this photo?
- 2 Work in pairs. Make a list of differences between the two parts.

In the park, there are ...

In the city, there are ...

- 3 Photographers often contrast two different things in one photo. Why do you think the photographer contrasts these two parts of New York City? Tell your partner.
- 4 Think about the town or city you live in. Write two things you could contrast in a photo of your town or city. Then tell your partner.

1

2

I could contrast the beautiful trees on my street with noisy cars.

My photo could show the quiet river next to the busy train station.

Video

- 5** ▶ 1.1 Watch the video of people in a city. Does it show one or two parts of the city? Number the actions (a–g) in the order (1–7) you see them.

- a A man is cycling.
- b A woman is walking with her dog.
- c A student is jogging.
- d A man is pointing at a large house.
- e Two people are walking down a path.
- f A student is doing pull-ups.
- g A tractor is cutting the grass.

- 6** ▶ 1.1 Work in pairs. One person is Student A, and the other is Student B. Watch the video again and complete your part of the chart below.

- 7** ▶ 1.1 Share your notes with your partner and complete the whole chart. Then watch the video again and check all your answers.

Speaking my life

- 8** Work in pairs. Take turns being Student A and B.

Student A:

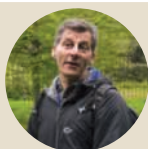
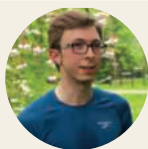
- Choose one person in the video, but don't tell Student B. Imagine you're that person.
- Listen to Student B's questions. Give the answers from the video.

Student B:

- Cover the notes in the chart and only look at the faces of the people.
- Ask the two questions from the chart: *When do you come to the park? Why do you like coming to the park?*
- Listen to Student A's answer. Guess the person from the video.

- 9** Discuss the questions as a class.

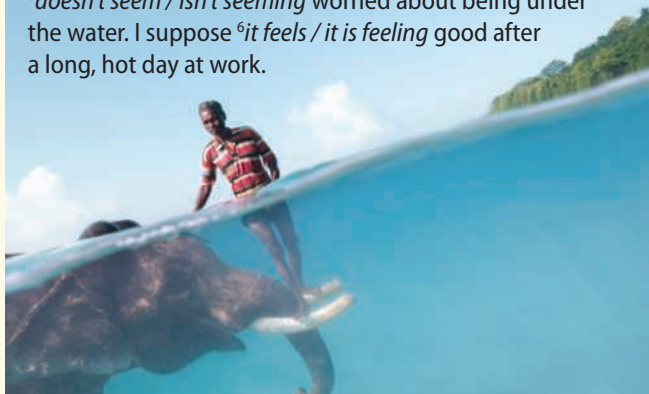
- Where is your local park or nearest area with nature?
- Do you often go there? Why or why not?
- What do you usually do there?
- What do other people do there?

STUDENT A When do you come to the park?	STUDENT B Why do you like coming to the park?
 We come to the park very Every after lunchtime, around p.m.	There are a lot of for Jasmine to play with. There are beautiful everywhere.
 I come to the park On sunny days, I come here in my lunch	I like this part of the park actually. It's up and there's this beautiful
 When we were a young family and had, we used to come here, so it has memories.	It's much nicer than the roadway. It's a park and we like to see the different
 I go through the park and I spend time with my friends.	I like in this park.
 I come to the park I come here about a week.	I like to jogging and I like to do here. The park is quiet and there are lots of and trees.
 I try and come to the park	There are always wild and lots of blossom on the trees. It's lovely to

Grammar

- 1 Choose the correct options to complete the text about a man called Nazroo.

Every day, Nazroo ¹*works / is working* with elephants. In this photo, ²*he takes / he's taking* his favorite elephant, Rajan, for a swim. ³*They swim / They're swimming* in the sea around the Andaman Islands. Sometimes, they ⁴*like / are liking* to relax this way after a hard day. Rajan ⁵*doesn't seem / isn't seeming* worried about being under the water. I suppose ⁶*it feels / it is feeling* good after a long, hot day at work.



- 2 Put the words in the correct order to make sentences.
- 1 play / I / rarely / games / video
 - 2 we're / Spanish / at the moment / studying
 - 3 plays / family / weekend / sports / every / my
 - 4 studying / all my friends / are / for exams
 - 5 never / on time / my best friend / for lectures / is
 - 6 do / often / to the park / how / go / you?
 - 7 often / does / check / how / Alessia / her phone?
- 3 >> MB Rewrite statements 1–5 in Exercise 2 so they are true for you.

Vocabulary

- 4 Match the verbs in A with the words in B. Then complete the sentences with the expressions.

A	do	fall	get up	take	watch
B	asleep	a break	exercise	late	TV

- 1 I can't because of all the noise outside my bedroom.
- 2 At work, we always at 11 and have a coffee.
- 3 Sometimes, I and I miss my bus to school.
- 4 How much do you in the evenings, and what's your favorite show?
- 5 I need to more to get fit and healthy.

- 5 Which words can follow the verb in **bold** letters? Cross out the incorrect word.

- 1 **do** nothing, housework, relaxing, yoga
- 2 **go** asleep, cycling, jogging, home
- 3 **play** golf, swimming, games, tennis
- 4 **feel** tired, happy, ache, sick

- 6 >> MB Write four sentences about your own life using the verbs in Exercise 5.

Real life

- 7 Choose the correct options to complete the conversation between two friends.

A: ¹*How do / Do* you feel?

B: Not very ²*well / ill*. I have a ³*pain / sore* throat.

A: ⁴*Do you feel / Do you have* a fever?

B: I don't know. I feel a bit hot.

A: ⁵*Try / You need* drinking some honey and lemon in hot water.

B: Good idea.

A: But you ⁶*should / it's a good idea* also see your doctor.

Real world

- 8 What can you remember from this unit? Write the words.

- 1 is a country with "forest bathing."
- 2 When you feel sick, you might have a(n) in your head or ear.
- 3 A(n) needs more sleep than an adult or elderly person.
- 4 is an island where men live as long as women.
- 5 is an island in Japan.
- 6 A(n) is a short sleep.
- 7 Someone who is 100 years old or older is a(n)
- 8 Arnold Camfferman is a sky

I CAN

use the present simple and adverbs and expressions of frequency	☐
talk about everyday routines	☐
use the present continuous, and listen for the main topic	☐
use collocations with <i>do</i> , <i>play</i> , and <i>go</i>	☐
read about the benefits of nature, and give examples	☐
talk about illness and give advice	☐
fill out a form with personal information	☐
talk about parts of a photo, and discuss my local park	☐