

## Review

A Match the phrases.

1. C I I like making
2. _e_ My dad enjoys listening
3. b My brother hates doing
4. f Lee-Sam likes swimming
5. a Marie loves cooking
6. d Teenagers like hanging out
a. for her friends.
b. the grocery shopping.
c. new friends.
d. at the mall.
e. to classical music.
f. in the ocean.

B Complete the questions with How much or How many.

1. How much money do I need for the ticket?
2. How much milk do you usually drink?
3. How many pairs of jeans do you have?
4. How much sugar do you take in your coffee?
5. How many people are there on the bus?

Choose the ingredients you need to make the three things below. Use a few or a little. Use the words in the box for help. You can use some choices more than once.

| potatoes | flour | berries | cheese | kiwis |
| :--- | :--- | :--- | :--- | :--- |
| eggs | beans | oranges | bananas | spinach |
| milk | butter | carrots | sugar | nuts |
| strawberries | chocolate | salt | water | apples |


vegetable soup a few potatoes

chocolate cake a little butter Answers will vary.

fruit salad
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$

D Write how often you do the following activities.


Example: I have a haircut every two months or I seldom have a haircut.

1. Answers will vary.
2. $\qquad$
3. 

$\qquad$
5. $\qquad$
6. $\qquad$
7. $\qquad$
8. $\qquad$
ㅌ Now ask a partner how often he/she does the above activities.
A: How often do you have a haircut?
Answers will vary.
B: I have a haircut every month.

## Vocabulary Builder

A
Put the following adjectives into the correct group.

| afraid | angry | bored | friendly | funny | happy | intelligent |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| interesting | kind | lazy | nervous | nice | sad | worried |


| Positive | Negative |
| :---: | :---: |
| friendly | afraid |
| funny | angry |
| happy | bored |
| intelligent | sad |
| interesting | worried |
| kind | lazy |
| nice | nervous |

B Match the words with the appropriate container. More than one answer may be correct.

| rice | cookies | coffee | sugar | potatoes | cereal | milk |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| soda | juice | ketchup | mayonnaise | lemons | sardines | strawberries |
| pears | jam | eggs | tea | tuna | oil | water |
| onions | tomatoes | pickles |  |  |  |  |

Culture Note
a bag of

a can of

Answers will vary.

## Suggested answers

Sometimes containers
and packaging vary
from country to
country.

A bag of: rice, strawberries, potatoes, sugar, lemons, pears, onions
A bottle of: water, juice, oil, ketchup
A can of: soda, sardines, tuna, tomatoes
A box of: cookies, cereal, tea
A carton of: eggs, milk
A jar of: mayonnaise, jam, pickles, coffee

Write down your favorite food in each category. Then compare your choices with a classmate.

Answers will vary.
vegetable
fruit
dessert
drink

## 

How important is your heart to your body? -1$)$

## The



The heart brings fresh blood to the rest of the body. The blood contains the food and oxygen that the body needs. The heart also recycles blood and cleans it of waste before it sends it on its journey through the body.
You have about 9.5 liters of blood in your body. Your heart pumps about 20,000 liters of blood a day, every day, all your life. The blood travels through tubes called vessels. The total length of blood vessels in the body is 96,000 kilometers.

So, in order to have a healthy heart, observe the following rules:
Smoking: Don't smoke. Smokers have twice the risk of
Your heart is about the size of your closed hand, and it weighs only about 280 grams. But it is very strong. It is the engine of the human body. The heart beats over 100,000 beats a day. It never stops pumping blood through your body.
 heart disease.

Overweight: Eat healthy food. Overweight people have an increased risk of heart disease.
Stress: People with stressful jobs have a higher risk of heart disease.
High blood pressure: People with high blood pressure have more heart attacks.
Normal blood pressure is 120 over 80 .
Fitness: Physical activities and exercise reduce the risk of heart disease.

## About the Reading

1. How big is the human heart?
2. What does the writer compare the human heart to?
3. How many times does the heart beat per day?
4. The heart is about the size of your closed hand.
5. With an engine.
6. The heart beats over 100,000 beats a day.
7. About 9.5 liters of blood in the body.
8. The total length of blood vessels in the body is 96,000 kilometers.
9. Your heart pumps about 20,000 liters of blood a day.

## Speaking

Discuss in a group.

1. What are the most surprising or interesting things you learned about the heart in the Reading?
2. What do you do to help keep your heart healthy?
3. How much blood is there in the body?
4. What's the total length of vessels in the body?
5. How much blood does the heart pump per day?

## Time for a Song $\quad 12(0,10)$ (i))

## A Message From You

I check my mail in the morning,
Waiting for a message from you.
I click on the mouse and look at the screen,
But no new message comes through.


## Chorus

Baby, send me a message,
Baby, I feel so blue. I check my email at night,
Baby, send me a message Hoping to hear something from you. And tell me that you love me, too. I click on the button, my heart is beatin', And tell me that you love me, too. But no new message comes through.

A Find words or phrases in the song that mean:

1. words sent to another message from you
2. to arrive OK message comes through
3. to be sad feel so blue
4. to be nervous my heart is beatin'

B Answer the questions.

1. How often does the singer check email?
2. Is the singer waiting for a message?
3. How does the singer feel?
4. What does the singer want the other person to write?
5. She always checks it.
6. Yes, she is.
7. She feels so blue.
8. Tell her that he loves her, too.

## Speaking

Discuss in a group.

1. How often do you check your email on the Internet?
2. Who do you send email to and receive email from?
3. How often do you send text messages?
4. Do you participate in chats or email groups or social media sites?
5. What are the dangers of meeting people through the Internet?

## Self-Test

A Match the words. Use the pictures for help.

1. $\qquad$ a can of
a. oil
2. $\qquad$ a bottle of
b. eggs
3. $\qquad$ a box of
c. tomatoes
4. $\qquad$ a carton of
d. chocolates

Choose the correct answer.
4 points $\qquad$

4 points

1. David seldom works on Saturdays. a. He works every Saturday.
b. He rarely works on Saturdays.
c. He never works on Saturdays.
2. Anna often cooks her own lunch.
a. She usually makes her lunch.
b. She always eats in the cafeteria.
c. Sometimes she cooks breakfast.
3. I practice karate twice a week.
a. I practice every day.
b. I don't practice karate.
c. I sometimes do exercise.
4. We usually talk on the Internet.
a. We rarely talk on the phone.
b. We often talk online.
c. We don't talk very often.

C Complete the conversation using some, any, a few, a little, a lot, dozen, much, or many. Tom: Do you need $\qquad$ help?

8 points $\qquad$
Lisa: Yes, please. Open the refrigerator. Are there $\qquad$ eggs?
Tom: Yes, there are.
Lisa: How many $\qquad$ ?
Tom: A few .
Lisa: How much butter is there?
Tom: There's only a little.
Lisa: How about flour?
Tom: There's $\qquad$ of flour.
Lisa: Can you please buy a $\qquad$ a dozen
 eggs and a package of butter at the supermarket?

D
Look at the photo in Exercise C and mark the four correct answers.
4 points $\qquad$
1.
2.
 Tom and Lisa look bored.
3. $\qquad$ They're happy in the kitchen.
4. $\qquad$ Lisa is holding a bottle of milk. There's a lot of milk in the bottle.
5.
 There isn't any butter on the table.
6.
 They're working together.
7. $\qquad$ They're making soup.
8. $\qquad$ Tom and Lisa hate cooking.

