

## Vocabulary 1

## Places to go

1 ★ Write the places to go.



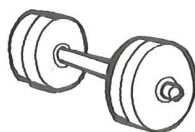
sports centre



1 \_\_\_\_\_



2 \_\_\_\_\_



3 \_\_\_\_\_



4 \_\_\_\_\_



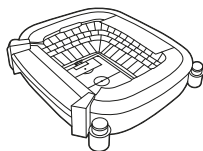
5 \_\_\_\_\_



6 \_\_\_\_\_



7 \_\_\_\_\_



8 \_\_\_\_\_



9 \_\_\_\_\_



10 \_\_\_\_\_



11 \_\_\_\_\_

2 ★★ Circle the correct words.

I always do aerobics at the gym / swimming pool.

- I'm watching a film at the **cinema** / football stadium.
- The food is really good in this **park** / restaurant.
- I usually buy new shoes at the **shopping centre** / bowling alley.
- You need to be quiet in a **park** / library.
- We wear special shoes at the **café** / bowling alley.
- Let's go to the **library** / skatepark; I've got a new board!

3 ★★ Where am I? Write the places.

We're playing a game. The ball is heavy!  
bowling alley

- I'm in the water. I'm doing exercise.  
\_\_\_\_\_
- I'm having a special birthday dinner with my friends and family. \_\_\_\_\_
- I'm joining today. Lots of people get fit here.  
\_\_\_\_\_
- There are lots of shops and I'm looking at the clothes in the windows. \_\_\_\_\_
- I often play football here after school or I walk here with my dog. \_\_\_\_\_

4 ★★★ Complete the text with words in exercise 1.

It's the school holidays – great! At the moment, I'm at the (1) \_\_\_\_\_ with my friends – I'm trying out my new skateboard. It's from the sports shop in the (2) \_\_\_\_\_ in town. My sister's at the (3) \_\_\_\_\_ – she's crazy about exercise. We love diving, so we often go to the sports centre – there's a big (4) \_\_\_\_\_ there. My brother loves watching sport. He's got tickets for a match at the local (5) \_\_\_\_\_ at the weekend. At the moment he's probably at the (6) \_\_\_\_\_ watching a film, or he's at our local (7) \_\_\_\_\_ with his best friend having a hot drink. He loves their smoothies!

5 ★★★ Answer the questions. Write sentences that are true for you.

- Where do you usually meet your friends?  
\_\_\_\_\_
- Where do you go with your family at the weekend?  
\_\_\_\_\_
- Where do you go to exercise?  
\_\_\_\_\_

# Grammar 1

*There is / There are + a / an, some and any*

## 1 ★ Circle the correct words.

There **is** / **are** two cinemas in my town.

- There are **a** / **some** children playing in the park.
- There **isn't** / **aren't** a swimming pool here.
- There's **a** / **some** café near here. Are you hungry?
- Are you eating **a** / **an** apple?
- I haven't got **some** / **any** fruit.
- There aren't **some** / **any** laptops in our classroom.

## 2 ★★ Complete the rules with the words in the box.

a an any are is some

Use an with singular nouns beginning with vowels or vowel sounds.

- Use *there* \_\_\_\_\_ with singular nouns.
- Use *there* \_\_\_\_\_ with plural nouns.
- Use \_\_\_\_\_ with singular countable nouns beginning with consonants.
- Use \_\_\_\_\_ with uncountable and plural nouns in affirmative sentences.
- Use \_\_\_\_\_ with uncountable and plural nouns in negative sentences.

## Countable and uncountable nouns

### 3 ★★ Circle C (countable), U (uncountable) or P (plural).

- |             |          |   |   |
|-------------|----------|---|---|
| gym         | <b>C</b> | U | P |
| 1 juice bar | C        | U | P |
| 2 children  | C        | U | P |
| 3 juice     | C        | U | P |
| 4 food      | C        | U | P |

### 4 ★★ Tick (✓) the correct sentences. Correct the incorrect sentences.

There are **any** great cafés in Brighton.

☒

some

- There are a sports centre in the town. ☐
- There aren't some places for us to skate. ☐
- There is a cinema here. ☐
- There isn't any gym near my house. ☐

## 5 ★★★ Complete the email with *is(n't)*, *are(n't)*, *a*, *an*, *some* or *any*.

lewis@newpulse ...


Hi Lewis,

I'm writing from my new school, Westland High! Things are different here, but fine.

There (1) \_\_\_\_\_ some nice people in my class. I've got (2) \_\_\_\_\_ new friend called Will. He's (3) \_\_\_\_\_ excellent basketball player. By the way, look at the school's website – there (4) \_\_\_\_\_ some photos of me playing basketball on it! The town is OK. There's (5) \_\_\_\_\_ sports centre and it's got (6) \_\_\_\_\_ great facilities – a gym, (7) \_\_\_\_\_ tennis courts and (8) \_\_\_\_\_ basketball court – but there (9) \_\_\_\_\_ a swimming pool. The only problem is that there aren't (10) \_\_\_\_\_ good cinemas near here.

Come and visit me soon!

Matt



## 6 ★★★ Write sentences that are true for you.

- there / skatepark / near my home.  
\_\_\_\_\_
- there / mobile phone / in my bag.  
\_\_\_\_\_
- there / water / in the classroom.  
\_\_\_\_\_
- there / wi-fi / at my school.  
\_\_\_\_\_

# Vocabulary 2

## Food and drink



- 1 ★ Look at the picture and tick (✓) the correct sentences.

There's some salad.

- 1 There aren't any biscuits.
- 2 There are five oranges.
- 3 There's one bag of crisps.
- 4 There's a fish.
- 5 There are four yoghurts.
- 6 There's some cheese.
- 7 There isn't a cake.



- 2 ★ Circle the odd one out.

chicken

fish

cake

- |            |          |          |
|------------|----------|----------|
| 1 juice    | milk     | nuts     |
| 2 yoghurt  | oranges  | cheese   |
| 3 cheese   | peas     | potatoes |
| 4 cake     | biscuits | rice     |
| 5 potatoes | rice     | oranges  |
| 6 crisps   | chips    | cake     |

- 3 ★★ Circle the correct words.

Crisps / **Peas** have usually got a lot of salt in them.

- 1 **Chicken** / **Salad** is a type of meat that you can eat hot or cold.
- 2 My favourite types of **cheese** / **juice** are Brie and Manchego.
- 3 **Oranges** / **Biscuits** are not only delicious, they're full of vitamin C, too.
- 4 My grandma makes delicious chocolate **chickens** / **cakes**.
- 5 **Potatoes** / **Nuts** usually grow on trees.
- 6 We eat a lot of fresh **rice** / **fish** because we live near the sea.

- 4 ★★ Complete the sentences with the words in the box.

cake chicken fish juice  
milk rice salad

I'm making a cake for the birthday party.

- 1 \_\_\_\_\_ is a carbohydrate. It's popular in Asian food.
- 2 \_\_\_\_\_ is an important ingredient in Japanese sushi.
- 3 I often have a cold lunch, like sandwiches or a \_\_\_\_\_.
- 4 I drink a lot of \_\_\_\_\_ because it's got calcium in it.
- 5 You can make \_\_\_\_\_ from fruits like oranges and apples.
- 6 My favourite meat is \_\_\_\_\_.

- 5 ★★★ Answer the questions. Write sentences that are true for you.

- 1 Is there any food you eat every day?

\_\_\_\_\_

- 2 What do you and your family like eating?

\_\_\_\_\_

- 3 What's your favourite food?

\_\_\_\_\_

- 4 What food don't you like?

\_\_\_\_\_



# Grammar 2

*Is there ...? Are there ...?*

1 ★ Circle the correct words.

(Is) / Are there any fruit on the table?

- 1 Is / Are there any restaurants near here?
- 2 Is / Are there any water? I'm thirsty.
- 3 Is / Are there any protein in this food?
- 4 Is / Are there any children in the park today?
- 5 Is / Are there a library in your town?

2 ★★ Write questions with *Is there* or *Are there*. Then write short answers that are true for you.

be / there / board / in the classroom?

*Is there a board in the classroom? Yes, there is.*

- 1 be / there / sandwiches / in your bag?  
\_\_\_\_\_
- 2 be / there / bowling alley / near your school?  
\_\_\_\_\_
- 3 be / there / juice / in the café?  
\_\_\_\_\_
- 4 be / there / sports centre / in your town?  
\_\_\_\_\_

3 ★★★ Write questions about Sanford using *Is there* / *Are there* and the words in brackets. Then write short answers.



- 1 \_\_\_\_\_ (cafés)
- 2 \_\_\_\_\_ (cinema)
- 3 \_\_\_\_\_ (library)
- 4 \_\_\_\_\_ (park)
- 5 \_\_\_\_\_ (gyms)
- 6 \_\_\_\_\_ (shopping centre)

*How much ...? How many ...?*

4 ★ Complete the sentences with *much* or *many*.

How many people are there in the cinema?

- 1 How \_\_\_\_\_ classrooms are there in this school?
- 2 How \_\_\_\_\_ fat is there in this chocolate bar?
- 3 How \_\_\_\_\_ vegetables are there?
- 4 How \_\_\_\_\_ pasta do you want?
- 5 How \_\_\_\_\_ students go to your school?
- 6 How \_\_\_\_\_ time have you got?

5 ★★ Write questions for these answers using *How much* or *How many*.

There are three parks in the town.

*How many parks are there in the town?*

- 1 There are 100 calories in this yoghurt.  
\_\_\_\_\_
- 2 There is a lot of juice in the bottle.  
\_\_\_\_\_
- 3 There are two gyms in the sports centre.  
\_\_\_\_\_
- 4 There aren't many people in the café.  
\_\_\_\_\_
- 5 There isn't much meat in that burger.  
\_\_\_\_\_

6 ★★★ Write questions using *How much* or *How many*. Then write true answers using *a lot* and *not much*.

- 1 water / you drink / every day?  
\_\_\_\_\_
- 2 vegetables / you eat / for lunch?  
\_\_\_\_\_
- 3 fish / you eat / every week?  
\_\_\_\_\_
- 4 bags of crisps / eat / at the weekend?  
\_\_\_\_\_
- 5 snacks / you buy / every day?  
\_\_\_\_\_
- 6 milk / you drink / every day?  
\_\_\_\_\_



# Reading

## Food frozen in time

120 metres down, inside a mountain on the island of Svalbard between Norway and the North Pole, is the Global Seed Vault. The vault has got the world's biggest collection of flower and plant seeds.

Today, a lot of the world's food is in danger. Pollution and war are destroying some crops. When these foods disappear, we can never replace them. Scientists use the vault to collect and keep important crops safe for the future.

The vault has got space for about 2.25 billion seeds, but at the moment it isn't full. Currently it contains around 1,000,000 important seeds from almost every country in the world. These include foods like cereals, rice and nuts from Africa and Asia, and potatoes, lettuce and fruits from Europe and South America.

Inside the vault it is -18°C. This low temperature helps to preserve the seeds for decades, centuries and even



thousands of years. The main objective of the vault is to get and store some seeds for every crop in the world.

The vault's location is ideal. The extremely cold conditions inside the mountain can protect the seeds from rising global temperatures if the vault's systems break. The island is also very far from people and cities, so the vault is quite safe.

The vault is very important for the future of the planet, but we all hope we never need to use it!

### 1 Look at the title of the article. What do you think the text is about?

- a) How we can keep food cold
- b) How to cook frozen food
- c) How to protect food for the future

### 2 Read and listen. Check your ideas in exercise 1. 0.00

### 3 Match words 1-7 with definitions a-h.

- |             |          |  |
|-------------|----------|--|
| 1 vault     | <u>f</u> | a) keep something in good condition                          |
| 2 seeds     | —        | b) plants that grow in large numbers                         |
| 3 pollution | —        | c) negative effects of human activity on land, water and air |
| 4 crops     | —        | d) small objects that grow into a plants                     |
| 5 replace   | —        | e) a strong, safe place to keep things                       |
| 6 preserve  | —        | f) put a new thing in the place of something else            |

### 4 Circle T (true) or F (false).

- |  |     |
|--|-----|
| 1 The vault is above a mountain.                         | T F |
| 2 The vault creates new seeds when they disappear.       | T F |
| 3 Only part of the vault has got seeds in it.            | T F |
| 4 The seeds can only stay in the vault for a short time. | T F |
| 5 The vault can function without its special systems.    | T F |

### 5 Answer the questions. Write complete sentences.

- 1 Where is Svalbard?  
\_\_\_\_\_
- 2 Why are some crops disappearing?  
\_\_\_\_\_
- 3 Where are the seeds in the vault from?  
\_\_\_\_\_
- 4 What is the aim of the vault in the future?  
\_\_\_\_\_
- 5 Why is the location of Svalbard important to the vault?  
\_\_\_\_\_

## Listening



### LEARNING TO LEARN

Remember to read all the tasks before you listen.

**1** Listen to Oliver and Grace talking. Circle the place they don't mention. » 0.00

- a) a sports centre      b) a library  
c) a park                d) a café

**2** Listen again and circle T (true) or F (false). » 0.00

- |                                      |   |   |
|--------------------------------------|---|---|
| 1 Grace isn't from the UK.           | T | F |
| 2 Oliver goes to the park regularly. | T | F |
| 3 Grace likes skateboarding.         | T | F |
| 4 Grace wants to go bowling one day. | T | F |
| 5 Oliver invites Grace to the café.  | T | F |
| 6 Grace wants to leave the park.     | T | F |

**3** Answer the questions. Write short answers or complete sentences.

- Where is Grace from?  
\_\_\_\_\_
- Who is she staying with?  
\_\_\_\_\_
- How often does Oliver go skateboarding?  
\_\_\_\_\_
- What sports does Grace like?  
\_\_\_\_\_
- Where is the café?  
\_\_\_\_\_
- What time do films usually start at the cinema?  
\_\_\_\_\_

## Speaking

**4** Order the sentences to make a dialogue.

- ☐ Yes, I'd like some pasta, please.
- ☒ Can I help you?
- ☐ Have you got any apple juice?
- ☐ That's £7.45, please.
- ☐ Thanks. Enjoy your meal!
- ☐ OK, some pasta. Would you like anything to drink?
- ☐ Yes. How much is it?
- ☐ Yes, here you are. Is that everything?
- ☐ Here you are.

## Writing

**5** Read the recipe and circle the correct connectors of sequence.

### BANANA AND STRAWBERRY SMOOTHIE

#### Recipe



#### You will need (per person):

- 1 ripe banana
- 5 strawberries
- 1 large tablespoon low-fat yoghurt

- First / Then**, wash the strawberries and peel the bananas.
- Finally / Next**, put the fruit into a mixer.
- Then / First**, add some low-fat yoghurt.
- Next / Finally**, mix the ingredients well and serve.

## Vocabulary

### Places to go

#### 1 Complete the text with the words in the box.

cinema library park shopping centre  
skatepark sports centre swimming pool

Every week is a busy week for me! Every morning before school I take our dog for a walk in the (1) \_\_\_\_\_. There's a (2) \_\_\_\_\_ – my brother loves skateboarding there. On Monday evenings, I go to the (3) \_\_\_\_\_ to exercise. It's great! There's a 25-metre (4) \_\_\_\_\_ with diving boards. On Wednesdays, Sara and I go to the (5) \_\_\_\_\_ to do our homework. We like using the books there. On Fridays, I often go to the (6) \_\_\_\_\_ and watch a film with my friends. Sometimes at the weekend I go to the (7) \_\_\_\_\_ with Mum to buy clothes.

### Food and drink

#### 2 Read the clues and write the food or drink words.

- 1 A small, round, green vegetable. \_\_\_\_\_
- 2 It's an important ingredient in paella and lots of Chinese food. \_\_\_\_\_
- 3 They're made from potatoes and salt. \_\_\_\_\_
- 4 People often eat this on birthdays. \_\_\_\_\_
- 5 It's made from milk. You sometimes eat it in a sandwich. \_\_\_\_\_
- 6 It's a drink, often made from oranges. \_\_\_\_\_

## Grammar

*There is / There are + a / an, some and any*

#### 3 Complete the sentences with *is / are* (✓) or *isn't / aren't* (X). Use *a, some* or *any*.

- 1 There \_\_\_\_\_ cinema in my town. (✓)
- 2 There \_\_\_\_\_ nuts in this salad. (X)
- 3 There \_\_\_\_\_ skatepark here. (X)
- 4 There \_\_\_\_\_ biscuits in my bag. (✓)
- 5 There \_\_\_\_\_ juice on the menu. (X)

### Countable and uncountable nouns

#### 4 Circle the uncountable nouns.

- |              |       |         |
|--------------|-------|---------|
| 1 restaurant | milk  | sport   |
| 2 fruit      | child | park    |
| 3 crisp      | pea   | sugar   |
| 4 water      | café  | biscuit |

### *Is there ...? Are there ...?*

#### 5 Rewrite the sentences to make questions. Use *Is there* or *Are there*.

- 1 There's an apple in the bowl.  
\_\_\_\_\_
- 2 There's some rice in the cupboard.  
\_\_\_\_\_
- 3 There are some children in the cinema.  
\_\_\_\_\_

### *How much ...? How many ...?*

#### 6 Write questions with *How much* or *How many*.

- 1 calories / in that pizza?  
\_\_\_\_\_
- 2 rice / in the cupboard?  
\_\_\_\_\_
- 3 money / you have got?  
\_\_\_\_\_
- 4 students / in your school?  
\_\_\_\_\_

#### 7 Complete the dialogue.

**Emma:** How (1) \_\_\_\_\_ food have you got for the party?  
**James:** Lots! There are (2) \_\_\_\_\_ pizzas and (3) \_\_\_\_\_ crisps.  
**Emma:** Is there (4) \_\_\_\_\_ bread?  
**James:** Yes, and there (5) \_\_\_\_\_ some cheese.  
**Emma:** How (6) \_\_\_\_\_ cakes are there?  
**James:** One, but it's (7) \_\_\_\_\_ big cake.  
**Emma:** (8) \_\_\_\_\_ there any drinks?  
**James:** No, there aren't (9) \_\_\_\_\_ drinks.  
**Emma:** Oh, no!  
**James:** Well, there's (10) \_\_\_\_\_ water in the kitchen! It's better for us!

## Cumulative vocabulary

### 1 Circle the correct words.

- March** / **May** is the month between February and April.
- Yoghurt** / **Cheese** comes from milk, and it often contains sugar and fruit.
  - The pool opens at quarter **past** / **after** four.
  - Can you speak **Japan** / **Japanese**?
  - She's a very **tall** / **long** lady, about 1 m 80 cm.
  - Those shoes are too small for your **legs** / **feet**!
  - Gandalf and Santa Claus have both got white **beards** / **lips**.
  - This year I'm trying to **go** / **do** more sport.
  - Judo** / **Yoga** is originally from Japan, the white jacket and trousers are called jūdōgi.
  - I think bowling is hard. It's really difficult to **score** / **lift** the heavy ball!
  - It's difficult to be **cheerful** / **proud** every day, especially when you're tired!
  - Please be quiet in the **park** / **library**. People are studying.

## Word builder

### 2 Complete the sentences to describe how the people are feeling. Use the adjective form of the verbs in the box.

bore excite relax surprise worry

- Luke is having a bath and listening to music. Luke feels \_\_\_\_\_.
- It's Isabel's birthday tomorrow. Isabel is \_\_\_\_\_.
- 'We've got a really difficult history exam tomorrow.' They are \_\_\_\_\_.
- 'Wow! Is that really Tom Holland over there!?' She's \_\_\_\_\_.
- 'There's absolutely nothing to do today.' I'm \_\_\_\_\_.

## More practice

- > Grammar reference page 92
- > Advance your vocabulary page 106
- > Wordlist pages 151–156

## CLIL

## Science (nutrition)

### 3 Complete the text about coconut milk with the words in the box.

bones calcium carbohydrates dairy fat minerals protein vitamins

Coconut milk is a great alternative to (1) \_\_\_\_\_ milk. Coconut milk has got lots of (2) \_\_\_\_\_, including sodium, magnesium and (3) \_\_\_\_\_ – good for your teeth and (4) \_\_\_\_\_. It also contains (5) \_\_\_\_\_ C, E, B1, B3, B5 and B6. With 3.4 g per 100 ml, coconut milk also contains a lot of (6) \_\_\_\_\_ – a good source of energy. Coconut milk has got a lot of (7) \_\_\_\_\_, but don't worry, it's the healthy one. (8) \_\_\_\_\_ is also present in the milk, but less than in meat. It can help your hair grow. Coconuts are good for you!

## Cumulative grammar

### 4 Complete the questionnaire with the correct form of the words in brackets.

## Newham

Secondary School  
Canteen questionnaire



### We want to change school lunches.

Please complete the questionnaire and write your comments below.

- Q (1) \_\_\_\_\_ lunch? (where / have)  
a) in the school canteen ✓ b) at home
- Q (2) \_\_\_\_\_ lunch in the school canteen? (how often / have)  
a) every day ✓ b) once or twice a week c) never
- Q (3) \_\_\_\_\_ food on the school menu that you really like? *Yes!* (there / any)
- Q If yes, what is it? *curry*
- Q (4) \_\_\_\_\_ a week do you eat vegetables? (many / days)  
a) every day b) 1–5 days a week ✓ c) never

### Your comments

- (5) \_\_\_\_\_ cakes or biscuits. (not be / many)
- (6) \_\_\_\_\_ a choice of fruit – only apples. (there / not)
- The pizzas (7) \_\_\_\_\_ cold. (be / sometimes)