

1 a Find six body parts, using the code.

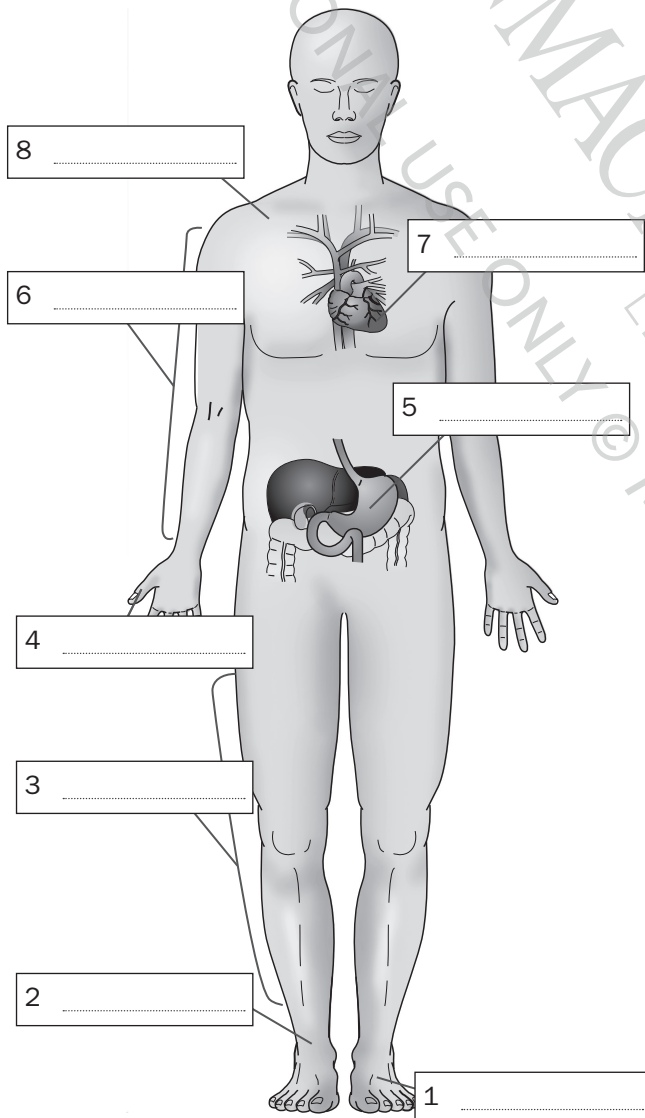
	1	2	3	4
A	c	r	s	e
B	h	a	f	k
C	b	i	o	l
D	t	g	n	m

eg A1 = c C3 = o

- 1 D1 / C3 / A4 *toe*
- 2 B4 / D3 / A4 / A4
- 3 D3 / A4 / A1 / B4
- 4 D1 / B1 / A2 / C3 / B2 / D1
- 5 B1 / A4 / B2 / A2 / D1
- 6 A1 / B1 / A4 / A3 / D1

b Think of two more body parts.

2 a Label the picture with the correct body parts.



b Label two more body parts.

3 Match the body parts (1-6) to the places (a-f) where you find them.

- | | |
|---------|---------|
| 1 toe | a mouth |
| 2 heart | b foot |
| 3 eye | c hand |
| 4 thumb | d face |
| 5 knee | e leg |
| 6 tooth | f chest |

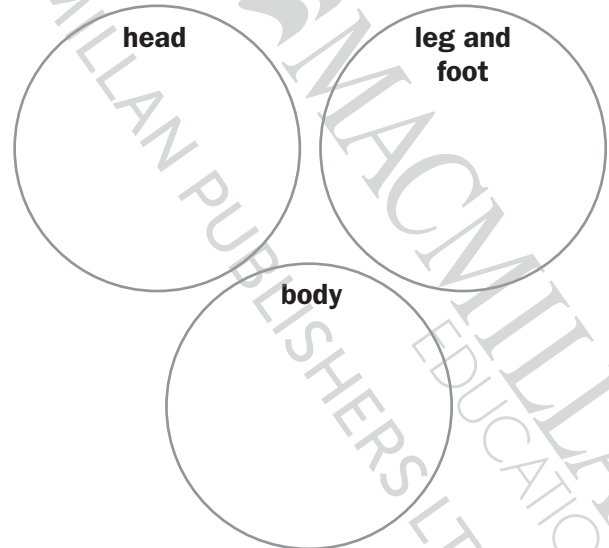
4 Complete the questions about the avatar.



- 1 Q: Has it got two ?
A: No, it's got one.
- 2 Q: Has it got eight ?
A: Yes, it has.
- 3 Q: Has it got a big round ?
A: No, it hasn't.
- 4 Q: Has it got many ?
A: No, it's only got two.
- 5 Q: Has it got three ?
A: Yes, it has.
- 6 Q: Has it got six ?
A: Yes, it has.

5 Write the words in the correct circles.

ankle back chest ear eye
toe knee mouth shoulder




Read quickly

1 Label the activities.

1  ch

3  ex

5  S

2  br games

4  cr s

2 Find and underline the activities from Exercise 1 in the texts. Try to find them all in 30 seconds.



Sarah

Personally, I love doing brain training games like number puzzles and quizzes. I download Sudoku apps onto my mobile phone, so I can play them on the bus on the way to school. I don't think they make you more intelligent - they're just fun! My brother loves playing chess, but I hate it. I think it's too complicated and slow.



Tim

Our teacher says that doing crosswords and brain training games is good for your brain, and that puzzles help us become more intelligent. But in my opinion, they're really boring. I don't think they can make you more intelligent, because they're too difficult to begin with! I prefer real exercise like basketball.



Rob

I really like doing crosswords and Sudoku. I'm also good at playing chess. I play online chess with my cousin every week, and I usually win! Sarah hates playing chess with me because she finds it difficult. I think puzzles are relaxing, and they can help us use our brains better, no doubt.

REMEMBER HOW TO ...

read quickly

don't groups individual page speed stop word words

- Read (1) of (2), not (3) words.
- (4) (5) if you don't understand a (6) or sentence.
- Move your finger down the (7) Read at this (8)

3 Complete the above tips for reading quickly with the words in the box.

4 a What do/don't Sarah, Tim and Rob like doing? Complete the table with (✓), (X) or (?) (don't know).

	chess	crosswords	brain training games	Sudoku
Sarah			✓	
Tim				
Rob				

b Do you think that brain training games make you more intelligent?

.....

5 Read the texts again and answer the questions. Write Sarah, Tim or Rob next to the sentences (1-6).

Who ...

- 1 does puzzles on the bus?
- 2 thinks brain-training games are hard?
- 3 thinks chess is too difficult?
- 4 likes playing a type of board game online?
- 5 likes playing a ball game?
- 6 is Sarah's brother?

GO BEYOND

Find and complete a puzzle or word game online. What game did you find? Did you find it easy/difficult/fun?

.....

GRAMMAR 1 Zero conditional, *should*

Talk about results and the best thing to do

1 Choose the correct option to complete the grammar tables.

Zero conditional sentences	
Action - <i>If</i> + present simple	Result - present simple
<i>If</i> you (1) <i>use / used</i> your brain to do puzzles,	you (2) <i>are becoming / become</i> more intelligent.
you don't (3) <i>eat / are eating</i> well,	you (4) <i>get / 're getting</i> ill.
you (5) <i>want / wanting</i> to get fit,	you should (6) <i>take / taken</i> more exercise.

<i>should/shouldn't</i> + verb		
Subject	<i>should/shouldn't</i>	Main verb
He	should	(7) <i>do / doing</i> more exercise.
They	shouldn't	(8) <i>to smoke / smoke</i> .
Question form		Short answers
<i>Should</i>	Subject	
Should	he	go to hospital?
		Yes, he (9) <i>should / shouldn't</i> . No, he (10) <i>should / shouldn't</i> .

2 Choose the correct option to make the rules (1–4). Use the table in Exercise 1 to help you.

- Use zero conditionals to describe things that are always **true / false**.
- Use **should / shouldn't** + verb to say that something is a good idea.
- Use **should / shouldn't** + verb to say that something is a bad idea.
- Sometimes use *should* in the **result / if** clause of a zero conditional sentence.

3 Match the sentence halves to complete the zero conditional sentences.

- | | |
|---|---|
| 1 If you eat oranges, | a you become more intelligent. |
| 2 If you don't get good grades at school, | b it's easy to make friends. |
| 3 If you do brain training games and puzzles, | c you should sleep at least seven hours a night. |
| 4 If you want to have a healthy heart, | d you should do exercise at least three times a week. |
| 5 If you're a friendly person, | e it's hard to get a good job. |
| 6 If you don't want to feel tired, | f you don't get so many colds. |

4 Read the poster below. Complete the sentences with **should** or **shouldn't**.



- you sleep well.
- you have a balanced diet.
- you smoke.
- you drink a lot of soft drinks or eat a lot of fast food.
- you do regular exercise.
- you drink water every day.

5 > Look at the signs (1–6). For each sign, write what you should or shouldn't do using a word from the box.

1



2



3



4



5



6



leave your car here smoke swim put rubbish here
use mobile phones walk on the grass

- 1 *You should leave your car here.*
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

6 > Put the words in the correct order to make zero conditional sentences.

- 1 If / shouldn't / you / are / you / eat / bread / allergic to / flour .
If you are allergic to flour, you shouldn't eat bread.
- 2 understand / should / 'pardon' / say / If / don't / something / you / you .

- 3 meet / If / I / always say / him / in the street / I / 'hello' .

- 4 good / cycle / If / to school / we / the weather / is .

- 5 play basketball / If / you / a fever / shouldn't / have / you .

- 6 there's / If / a red flag / shouldn't / you / swim / on the beach .

- 7 If / he / in the evenings / any / watches / TV / have / doesn't / homework / he .

- 8 worried / gets / late / home / Her mum / gets / she / if .

7 >> Complete the sentences with the correct form of the verbs in the box.

boil break go get make mix
need not need not switch off
rain take waste

- 1 If you _____ your finger, it usually _____ five weeks to get better.
- 2 If you _____ red and yellow paint, you _____ orange paint.
- 3 If you _____ water in a kettle, it _____ hot.
- 4 If you _____ the lights when you leave the room, you _____ energy.
- 5 If it _____, you _____ to wear sun cream.
- 6 Do I _____ to wear a sweatshirt if I _____ outside?

8 >>> Rewrite the sentences using **If and should or shouldn't.**

- 1 You need to study more to get better grades.
If you want to get better grades, you should study more.
- 2 It's not a good idea to stand under a tree during a storm.
If there's _____
- 3 You need to do exercise to stay healthy.

- 4 Don't use the lift when there's a fire in the building.

- 5 When it's sunny, always use sun cream.

- 6 When you have a fever, it's not a good idea to go to school.

LISTENING

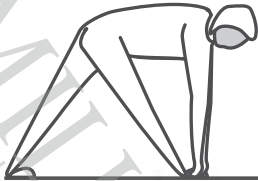
Understand spoken instructions

1 22 Listen and number the activities in the correct order.

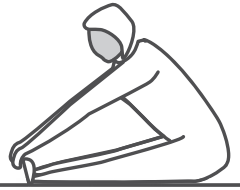
a



b



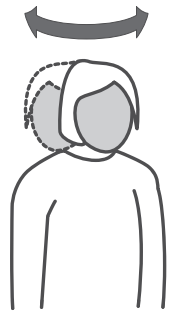
c



d



e



2 Complete the tips with the words in the box.

REMEMBER HOW TO ...



understand spoken instructions

adverbs imperatives sequencers

- Listen for (1) (*listen, don't talk*). They give instructions.
- Listen for (2) (*first, next, then, now*). They tell you when a new instruction starts.
- Listen for (3) (*slowly, carefully*). They tell you how to do something.

3 22 Listen again and decide if these statements are correct (C) or incorrect (I).

- 1 Alison goes to the gym a lot.
- 2 She doesn't know how to use the gym equipment.
- 3 Carlos is the gym instructor.
- 4 Carlos tells Alison how to warm up.
- 5 Alison says that stretching is boring.
- 6 Alison says she's tired after the warm-up.

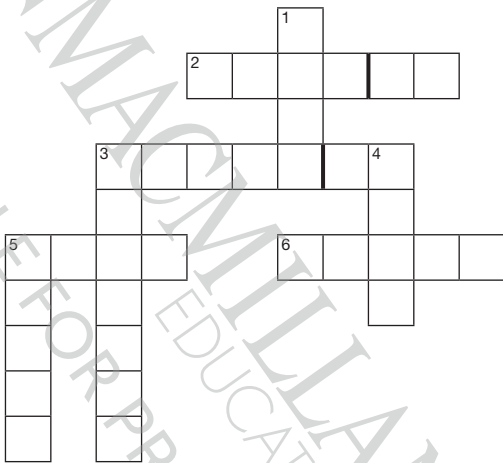
4 23 Complete Carlos' instructions with the words in the box. Then listen and check.

finally point slowly stand
stretch look touch

- 1 First up straight and your arms above your head.
- 2 to the ceiling.
- 3 Look up, down.
- 4 Next turn your head from side to side.
- 5 Now your toes.
- 6 sit down on the floor.

Exercise verbs

1 Read the clues and complete the crossword.



Across

- 2 L... u... to the ceiling, then down at the floor.
- 3 OK, s... u... from your chair ...
- 5 T... your body from left to right.
- 6 Don't r... yet, we're not finished!

Down

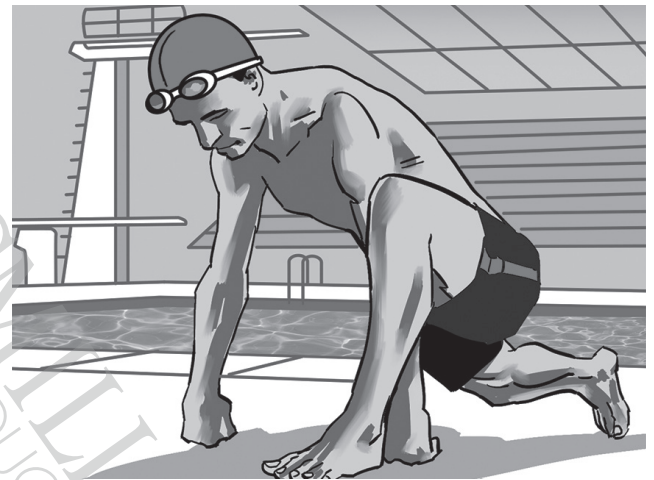
- 1 H... this heavy ball and stretch your arms out.
- 3 Touch your toes to st... h your back.
- 4 P... your left knee up to your chest.
- 5 T... your right knee with your left hand.

2 Complete the text with the correct verbs.

look down look up point sit down
stand up stretch touch

TIPS & ADVICE

Before I go swimming, I always (1) This is my simple stretching programme:
 5 x (2) and then (3) slowly, to relax my neck.
 5 x (4) and then (5) slowly, to stretch my legs and back.
 10 x (6) my ankles – left hand to right ankle, then right hand to left ankle.
 15 x (7) my fingers and my toes straight ... then get in the pool.



WORDS & BEYOND

Label the pictures with the symptoms.



1 a t... p... a... e



2 a r... y n...



3 a s... e th... t



4 a h... ac...



5 a c... h



6 a st... h
a... e

WORDS & BEYOND

Choose the best options to complete the sentences.

- 1 While I was making soup, I **burned** / **cooked** my finger on the saucepan.
- 2 There are 27 **bones** / **pieces** in the human hand.
- 3 Stretch before exercise or you might hurt **yourself** / **you**.
- 4 My family is doing a local **fun run** / **exercise** for charity.
- 5 You should put on **clothes** / **sun cream** at the beach.
- 6 Don't swim in the sea! There's a **red flag** / **storm** on the beach.

GRAMMAR 2 First conditional

Talk about possible situations in the future

1 Choose the correct option to complete the grammar table.

First conditional sentences		
Action - If + present simple	Result - will (probably) / (probably) won't / may / might	
If he (1) 's <i>finishing</i> / <i>finishes</i> the race,	they (2) 're / 'll give €20 to charity.	
you (3) <i>don't</i> / <i>won't</i> wear good running shoes,	you (4) 'll / 're hurt yourself.	
we (5) <i>eat</i> / <i>ate</i> well,	we'll probably live longer.	
it (6) <i>rains</i> / <i>was raining</i> this evening,	I might go to the cinema.	

2 Choose the correct option to complete the rules. Use the table in Exercise 1 to help you.

- Use first conditionals when the result of a condition is in the **future** / **present**.
- Use *will probably*, *may* or *might* in the **action** / **result** clause.

3 Write If clauses using the prompts. Then match them to the results (a-f).

- | | |
|---|--|
| 1 we / not find / a taxi soon
<i>If we don't find a taxi soon, we'll miss our plane.</i> | a we'll open the windows. |
| 2 it / start / raining | b we won't need to water the plants. |
| 3 it / be / hot | c you'll be tired. |
| 4 you / not visit me / later today | d I'll give €5 to charity. |
| 5 you / not go to bed / early | e I'll send you a text message tomorrow. |
| 6 you / finish / the race | f we'll miss our plane. |

4 Write the verbs in the correct form to complete the sentences.

- If you *don't study* (not study) hard, you _____ (probably not get) good grades.
- If you _____ (not stretch) before you exercise, you might _____ (hurt) yourself.
- If you _____ (stay) in bed, you _____ (probably feel) better.
- If she _____ (pass) her exams, she _____ (definitely be) very happy.
- If he _____ (not finish) his project, his teacher _____ (probably give) him a low grade.
- If he _____ (not train) hard, he _____ (probably not get) into the team.

5 Write the questions for these answers. Use the prompts in brackets.

- Q: *What will you do if it rains?* _____ (What / do?)
A: If it rains, we'll go to the cinema.
- Q: _____ (What / study?)
A: If I go to university, I'll study English.
- Q: _____ (Where / go?)
A: If they go on holiday, they'll go to Italy.
- Q: _____ (What / do?)
A: If his tooth still hurts tomorrow, he'll go to the dentist.
- Q: _____ (How much / give?)
A: If she finishes the run, I'll give her €100.
- Q: _____ (Who / meet?)
A: If we go out tonight, we'll meet Sally and Paul.

6 Complete the sentences for you using the first conditional.

- If it rains at the weekend, _____
- If I get bad grades, _____
- If it's hot and sunny tomorrow, _____

Ask for and understand advice at the doctor's

1 Look at the photo. What do you think is wrong with Megan?



- a a backache
- b a stomach ache
- c a headache

2 a **24 Complete the conversation with the words in the box. Then listen and check.**

hurts should I should probably
sore throat 've got What

Dad: What's wrong, Megan?
Megan: I feel terrible, Dad! I (1) a
 stomach ache, my head (2) and
 I've got a (3)
Dad: Oh dear, that sounds terrible! Poor you!
Megan: (4) should I do?
Dad: Well, first you should take an aspirin.
Megan: Then (5) go back to bed maybe?
Dad: No, I think you (6) get dressed,
 have your breakfast and get off to school.
 You have a geography exam today, don't you?

b Name two other symptoms you can think of.

.....,

3 Number the conversation at the doctor's in the correct order.

- Well, not tomorrow, but you'll probably be better by the weekend.
- And what should I take for my headache?
- What should I do?
- I also think you should drink lots of water and rest.
- You need to take two aspirins every four hours.
- Yes, I can see that. I'm afraid you've got the flu.
- Will I be better tomorrow?
- 1** Hello, Doctor, I've got a temperature and a headache.

4 a For 1–6, tick (✓) the sentence (a or b) that is said in a more careful way. Then practise saying it.

- 1 **a** Go home, rest and take your medicine.
- b** I think you should go home, rest and take your medicine.
- 2 **a** Are you ready for some bad news?
- b** I'm afraid I have some bad news.
- 3 **a** Maybe it'll be best if you sit down here.
- b** Sit down here.
- 4 **a** Perhaps we should call the doctor.
- b** Call the doctor.
- 5 **a** I think you should probably stay in bed.
- b** Don't even think of getting out of bed.
- 6 **a** That won't help!
- b** Sorry, but I'm not sure that will help.

b Your friend's not feeling well. Read the text and write him/her some advice.

'There's no way I can go to school tomorrow. I've got a runny nose, a temperature and a cough. I don't know what to do!'

5 **25 PRONOUNCE Listen to the advice and underline the words that are stressed. Then practise repeating the sentences.**

- 1 I think you should go home and rest.
- 2 Should I go back to bed?
- 3 First you should take an aspirin.
- 4 I've got a stomach ache and a sore throat.
- 5 I'm afraid I feel terrible!
- 6 If you take some medicine, you'll feel better.

Give examples

1 Read the article. What is cyberbullying?

- a bullying someone at school
- b bullying someone on the street
- c using electronic devices to bully someone

CYBERBULLYING

What do you think of when you hear the word 'bully'? For a lot of kids this means someone who tries to hurt you. For example, they might hit you or push you. It also means someone who does unkind things such as calling you names. These days there's a new kind of bully who uses devices like mobile phones, tablets or computers to make other people unhappy.

There are many different kinds of cyberbullying. For example, telling lies about someone on a social network, posting photos of someone without their permission, or making cruel comments about someone on a forum. Sadly, cyberbullying is becoming more common.

If you have a problem with cyberbullying, there are lots of things you can do. For example, first you should talk to a friend, parent or teacher. There are also books, websites and forums on cyberbullying where you can find advice. If the cyberbullying is very serious, you should contact the police.



2 Circle the words or phrases in the article that are used to give examples (*like, such as, For example*).

3 Find examples of the following in the article.

- 1 Two ways someone might hurt you:
hit you or push you
- 2 One way someone might be unkind to you:
.....
- 3 Three electronic devices:
.....
- 4 Three kinds of cyberbullying:
.....
- 5 Three things you can do if you have a problem with cyberbullying:
.....

4 Rewrite the sentences to include the examples in brackets. Use *like, such as* or *For example*.

- 1 I'm worried about a lot of things. (exams, argue with my best friend)
I'm worried about a lot of things, such as exams and arguing with my best friend.
- 2 If you've got a cold, there are many things you can do to help. (drink water, rest)
.....
- 3 You should eat healthy food. (salad, fruit, vegetables)
.....
- 4 There are lots of things I want for my birthday. (a phone, a football)
.....
- 5 My dad cooks some great meals. (Spanish omelette, lemon chicken)
.....
- 6 You can easily injure parts of your body when you play football. (knee, ankle)
.....

5 You're going to give advice to a friend by email.

One of your friends is receiving horrible emails from a person in his/her class. Think about the problem and the advice you will give.

.....

WRITING PLAN

Make a plan for your email.

- 1 Describe your friend's problem. (*I'm sorry that ...*)
.....
- 2 Write about the results of different actions. (*If you don't ... , you will ... ; If you ... , perhaps ...*)
.....
- 3 Give two pieces of advice. (*It's a good idea ... , You might want to ... , Perhaps you should/shouldn't ...*)
.....
- 4 Include some examples. (*For example, like, such as*)
.....

WRITE AND CHECK

6 Write your email. Tick (✓) the stages in the plan.

Communicate your message when you give a talk

1 27 Listen to Mark and his sister, Maria, having a conversation at home.

Mark is practising a speech. What does he do well and what does he do badly? Tick (✓) or put an X (X) beside each point (1–5).

- 1 Make eye contact with the audience.
- 2 Don't read the talk. Use notes, or cards with a few words on them.
- 3 Introduce the talk. Say what you're going to talk about.
- 4 Speak slowly and clearly.
- 5 Practise your talk. Give it to friends or family members.

2 28 This is Mark's finished speech. Put the sections (1–5) in the right order. Then listen and check.

A year ago, Toby was a happy, popular student without any real worries or problems. He was top of his class in every subject and really good at sports too. And I guess we all wanted to like be him – maybe some of us were even a bit jealous of him!

1 Everyone knows Toby and I are the best of friends, so I am really happy to be the person who gets to present him the award for Special Achievement at this year's Student Awards Ceremony. But before I give Toby his award, I want to say a few words about him and his special achievement.

But then everything changed. Toby got Leukaemia. He was really sick. He lost all his hair and was in hospital every week. He felt tired and weak. He was no longer good at sports. He was no longer the best student in class. But, Toby, you were so brave.

Toby, you are amazing. We miss you so much at school and we're so happy you're getting better. You deserve this award more than anyone, my friend. Please, everyone, stand up and clap your hands for Toby Jybaek, the winner of this year's award for Special Achievement.

You never lost your smile and you never stopped trying. You never gave up. When I visited you in hospital, I was really scared, Toby. I didn't want anything bad to happen to my best friend. I cried, but you smiled at me and said, 'Don't be sad, Mark - silly! Everything will be OK. I have the best friends and family in the world. I am happy – I'm a lucky boy! Be happy with me.'

3 Think of someone you know who deserves a Special Achievement award.

Make some notes about them and write a speech in your notebook. Practise it on your family or friends. Then give your speech in class.

1 Find four body parts and four items of clothing in the word snake. Then match the clothes to the body parts.

chestfeetjeanslegshairshirthatshoes

clothes body parts

- 1
- 2
- 3
- 4

2 Read the clues and write the personality adjectives to complete the puzzle and find the mystery word.

1	s	c	a	r	e	d
2						
3						
4						
5						
6						
7						
8						

Clues

- 1 I'm not brave! I'm always scared when I'm at home alone!
- 2 My sister isn't She talks to everyone!
- 3 Jade's a very person. She always says 'hello' and stops to chat.
- 4 I don't mind waiting at the bank or post office. I'm very
- 5 My dad's very He doesn't laugh very much.
- 6 She's good at everything, and she knows it. She's very
- 7 Emma can be a bit! She forgets to say 'please' and 'thank you'.
- 8 My cousins are very They always say 'please' and 'thank you' when we come to visit.

Mystery word:

3 Choose the correct option to complete the sentences.

- 1 The largest _____ in the world is the Taiga. Its trees stretch from Canada to Alaska.
 - a forest
 - b lake
 - c river
- 2 The Sahara is the second largest _____ in the world.
 - a dessert
 - b desert
 - c field
- 3 Human beings have ten _____.
 - a feet
 - b toes
 - c thumbs
- 4 Most _____ are nocturnal. That means they hunt at night.
 - a dolphins
 - b owls
 - c ants
- 5 A giant _____ covers Antarctica.
 - a field
 - b savannah
 - c ice sheet
- 6 You can't make an omelette without _____.
 - a eggs
 - b soup
 - c steak

4 Complete the sentences.

- 1 We're from Brazil so we speak P.....
- 2 A small river is called a s.....
- 3 She lives on the coast. Her house is near the b.....
- 4 I don't eat meat - I'm a v.....
- 5 They keep animals and grow vegetables on their f.....
- 6 P..... are black and white birds that can't fly.
- 7 Our house only has one floor - it's a b.....
- 8 A small, low mountain is called a h.....

ALL ABOUT ME

Write information about yourself.

- 1 Choose three adjectives to describe yourself.
.....
- 2 What clothes are you wearing today?
.....
- 3 What are your three favourite animals?
.....

1 Complete the sentences with the correct form of the verbs in the box.

go meet play read send study take train

- 1 I like _____ tennis.
- 2 I'm good at _____ pictures.
- 3 He's going to _____ a comic.
- 4 I prefer to _____ text messages.
- 5 He's _____ his friends this afternoon.
- 6 He hopes he'll _____ to university.
- 7 I'm tired of _____. I've got a headache.
- 8 They're going to _____ hard to get in the team.

2 Choose the correct verb form.

BLOG

SEARCH

I (1) **was standing / am standing** outside the classroom yesterday. I (2) **waited / was waiting** for my French teacher. It was about 2pm and everyone (3) **was having / had** lunch. A girl from Year 6 (4) **came / was coming** up to me. She was horrible. She (5) **said / was saying** some really mean things to me. She (6) **didn't do / wasn't doing** anything, but I was scared. I thought she might hit me. Luckily my teacher (7) **arrived / was arriving** and the girl (8) **was going / went** away.

3 Write the words in brackets in the correct form to complete the conditional sentences.

- 1 If you _____ (smoke) a lot of cigarettes, you become less healthy.
- 2 If it rains tomorrow, we _____ (definitely / not / go) to the beach.
- 3 If he _____ (not / pass) his exams, he might not get into university next year.
- 4 If he uses the computer a lot, he always _____ (get) a headache.
- 5 If you _____ (switch off) completely, it helps you to relax.
- 6 If she goes to bed early, she _____ (probably / not / be) tired the next day.

4 Complete the sentences with the correct words in the box.

a few anybody anything much nobody something

- 1 Did you hear _____ about the accident?
- 2 There isn't _____ time in the evenings to watch TV.
- 3 I always try to eat _____ before I go to school.
- 4 I got to school early and there was _____ in class except me.
- 5 I usually meet _____ friends on Saturdays and go to the cinema.
- 6 He didn't see _____ he knew at the party.

5 Read the conversation and choose the correct option.

Leah: What's up Sally?

Sally: Oh, I'm really nervous. I (1) **'m giving / give** a talk this morning. I don't like (2) **speaking / speak** in front of lots of people.

Leah: Well, don't worry. I'm sure you (3) **'re being / 'll be** fine. You're good at speaking.

Sally: I don't know. Do you think I (4) **should to / should** use notes?

Leah: Yes, but you should (5) **looking / look** at your audience too.

Sally: OK, thanks. I'm (6) **practising / going to practise** this evening.

Leah: Well, good luck. See you later.