

2

Workbook

Way to go!



La educación
es de todos

Mineducación



Way to go!

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Ilustración y fotografía:
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Vocalista: Georgina Jewson

Consultoría: Otto Baxter

© **Ministerio de Educación Nacional**

ISBN 978-958-691-946-3

Calle 43 No. 57-14 Piso 5, Bogotá D.C., Colombia

www.mineducacion.gov.co

Citación: Ministerio de Educación Nacional

Way to go! 7th Grade. Bogotá D.C. - Colombia

Disponible en línea a través de la página:

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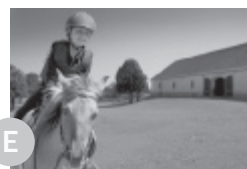
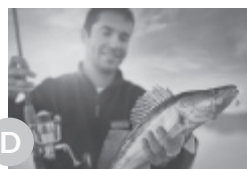
Unit » 1

Enjoy Your Free Time!

Lesson 1 » What Do You Do in Your Free Time?

1. Look at the photos. Complete the activities with the words from the box.

fishing horse-riding movies woodwork beach



go to the _____

go to the _____

do _____

go _____

go _____

2. Complete the survey about you. Write a cross in the correct column.

How often do you...	Every day	Once a week	Twice a week	Once a month	Twice a month	Once a year	Never
go fishing?							
go to the movies?							
do chores?							
go to the beach?							
do exercise?							

3. Complete the paragraphs with the correct form of the verbs.

- My sister ¹ loves (love) reading novels. She ² _____ (read) a lot of books all the time. She can ³ _____ (read) one book in one week, or more! Next week she ⁴ _____ (go) join a book club in the neighbourhood.
- My family and I ⁵ _____ (enjoy) watching movies. We ⁶ _____ (go) to the cinema once a week. Tomorrow we ⁷ _____ (go) a new film club in the city called Lumiere. We ⁸ _____ (go) see Blue Velvet.
- My mother ⁹ _____ (like) painting. She ¹⁰ _____ (want) to be an artist now. She can ¹¹ _____ (paint) really well, so she ¹² _____ (go) join an arts club next month.

Lesson 2 » What Are Your Hobbies?

1. Complete the table with the words from the box.

fishing horse-riding
 playing basketball
 playing video games reading
 riding a bike swimming
~~using the computer~~ watching TV

Indoor activities	Outdoor activities
<i>using the computer</i>	

2. Look at Bernardo's planner. Use the prompts to write questions and answers.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Visit grandma</i>	<i>Football practice</i>	<i>Going to cinema</i>	<i>Piano lesson</i>	<i>Board games with family</i>	<i>Fishing with dad</i>	<i>Do chores</i>

- Bernardo/play basketball/this week?
Is Bernardo going to play basketball this week?
No, he isn't
- Bernardo/visit his grandma/this week?
 _____?
 _____.
- Bernardo and his dad/fishing/this week?
 _____?
 _____.
- Bernardo/do outdoor activities/this week?
 _____?
 _____.
- He and his friends/play board games/this week?
 _____?
 _____.
- Bernardo/guitar lessons/this week?
 _____?
 _____.



Lesson 3 » Playing Traditional Games

1. Read the descriptions of four traditional games. Match each name in the box to a description. There are two extra names you do not need.

hide-and-seek hopscotch jacks sack race spinning top tag

- In this game, one person runs after the other players to touch them. When this person touches another, he or she becomes the new person who runs after the others. *tag*
- People jump in some big bags from a starting point to a finish line. The first to arrive wins. _____
- Many people can play this game. One person covers his or her eyes and counts to a specific number. The rest of the people hide in different places. When the person finishes counting he or she starts looking for the rest of the players. _____
- First, one person needs to draw some squares on the floor with numbers 1 to 8. People take turns to throw a little stone in every square. Then, they hop, skipping the square with the pebble. _____



2. Think of a different game and complete the table.

Name of game:	
Number of players:	
What you need to play it:	
How to play it:	
Benefits:	

3. Write a description of the game. Use the information from the table.

The name of this game is _____.

_____ people can play this game.

For this game, we need _____.

To play this game you _____.

The benefits are _____.

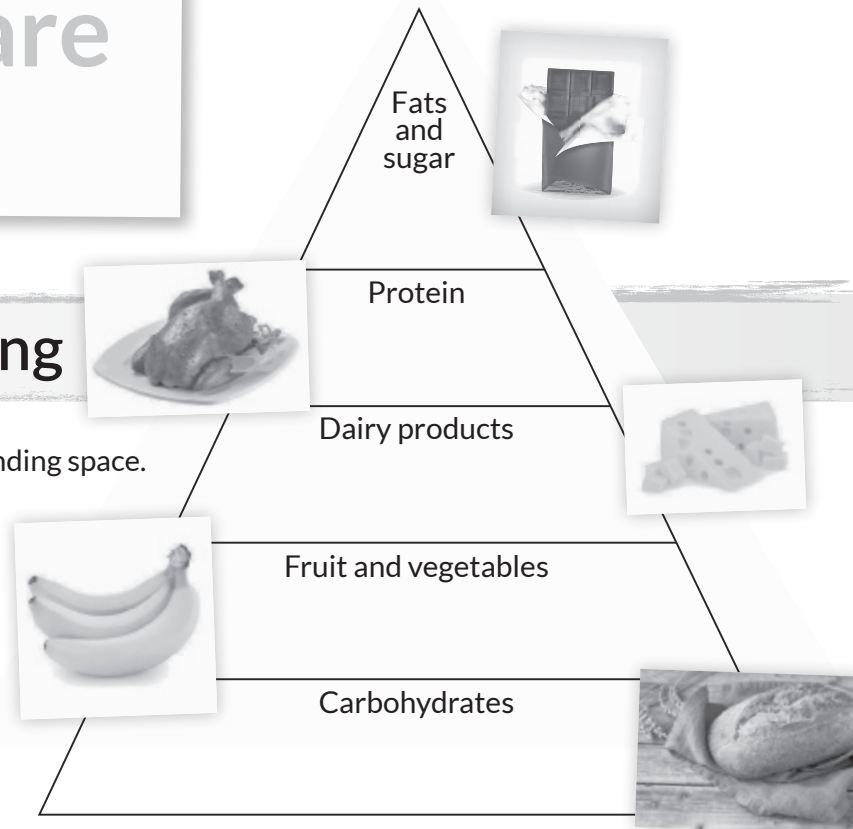
Unit »2

I Can Take Care of My Body

Lesson 1 » Healthy Eating

1. Write the food from the box in the corresponding space.

apples bananas beans bread
broccoli carrots cheese chicken
eggs fish meat milk oil onions
oranges pasta potatoes rice
spinach sweets yogurt



2. Read the text and answer the questions.

The food pyramid is a good guide to eating a healthy diet. Carbohydrates are especially good for children and athletes because they can give a lot of energy and fibre. Fruit and vegetables are really good for everyone. They can keep you healthy because they are rich in fibre, vitamins and minerals that prevent many illnesses. Fibre is necessary for good digestion. Dairy products can help you to have strong bones and teeth because they are rich in calcium. Proteins can help your muscles and brain. They are rich in iron. Iron is good for your blood and brain. Fats and sugar are not very beneficial. Some oils like olive oil is good, but too much fat and fried food is unhealthy. The same with sweets: you can only eat a few!

1. Can you reduce illnesses eating fruit and vegetables? Yes, you can .
2. Can carbohydrates help your digestion? _____ .
3. Does calcium help to produce strong bones and teeth? _____ .
4. Is iron bad for your brain? _____ .
5. Are all oils bad for your body? _____ .
6. Are sweets good for your health? _____ .

Lesson 2 » Be Smart: Do Exercise!

1. Eating healthily is not the only way to be healthy. Match the activities with the effects.

- | | | |
|--------------------------|-------|------------------------------|
| 1. Cleaning the house | _____ | A. makes you ill. |
| 2. Doing exercise | _____ | B. prevents allergies. |
| 3. Eating unhealthy food | _____ | C. helps our body work well. |

2. Write sentence using *can*. Use the ideas in exercise 1.

- Cleaning the house can prevent allergies.
- Doing exercise _____.
- Eating unhealthy food _____.
- Being outdoors _____.
- Being indoors _____.

3. What sports or activities can or can't these people do? Use the words from the box.

athlete baseball basketball cycling football swimming

- I can't ride a bike. You can't go cycling.
- I can run very fast. You _____.
- I can jump very high. _____.
- I can't be underwater. _____.
- I can throw the ball very far. _____.
- I can't control the ball with my feet. _____.

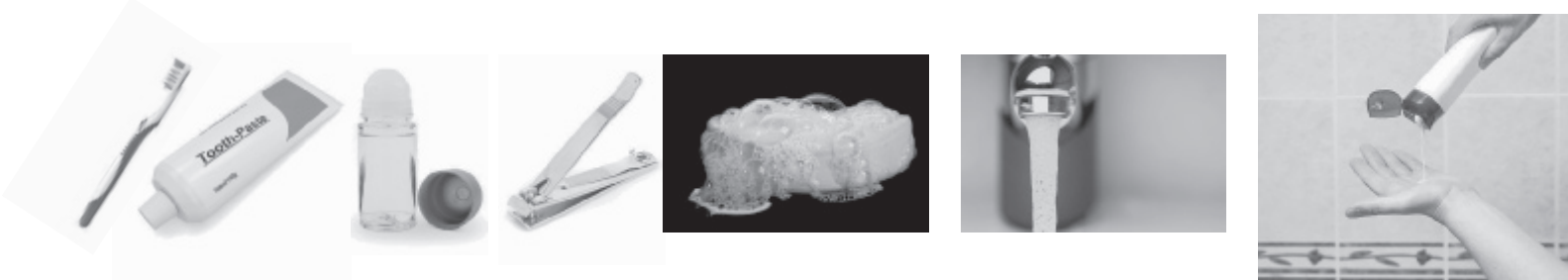
4. Think about your own abilities and complete the table. Then write full sentences about yourself.

Can	Can't
	sing

- I can't sing well, but I want to take singing lessons.
- I can _____.
- I can't _____.
- I _____.
- _____.
- _____.

Lesson 3 » Being Clean is Cool and Fun!

1. Use the photos to answer the questions.



1. What do you use to brush your teeth? I use a toothbrush and toothpaste.
2. What do you use to wash your hair? _____
3. What do you use to brush your hair? _____
4. What do you use to smell nice? _____
5. What do you use to cut your nails? _____



2. Complete the survey about you. Write full sentences.

How often do you ...	Write full sentences using <i>always</i> , <i>often</i> , <i>sometimes</i> , or <i>never</i>
have a shower?	
brush your teeth?	
wash your hair?	
brush your hair?	
cut your nails?	
use deodorant?	

3. Read about Santiago's hygiene routine. Complete the paragraph with the correct form of the verbs.

Lifestyle

Santiago ¹ lives (live) in a very hot city. For this reason, he ² _____ (have) a shower twice a day (sometimes three times in a day when it is very hot): in the morning before school and when he ³ _____ (arrive) home. Sometimes he ⁴ _____ (have) a shower before going to bed. He also ⁵ _____ (wash) his hair every day because of the temperature. He only ⁶ _____ (brush) his teeth twice a day because he can't do it at school. In hot weather nails grow faster, so he ⁷ _____ (cut) his nails twice a week. So, as you can see, routines can be different for many people!

Check Your Progress

Choose the correct option.

<p>1. Which one is <u>not</u> a vegetable? a. carrot c. meat b. broccoli d. spinach</p> <p>2. Which one is <u>not</u> a protein? a. fish b. bread c. chicken d. meat</p> <p>3. Fibre is good for your ____ . a. digestion c. muscles b. brain d. respiration</p> <p>4. It's better to eat sweets ____ . a. once a month c. once a week b. every day d. twice a day</p> <p>5. You can find healthy oils in ____ . a. hamburgers c. olive oil b. fries d. butter</p>	<p>6. A baseball player ____ can throw a ball hard. a. can b. can't</p> <p>7. A football player ____ control a ball with his feet. a. can't b. can</p> <p>8. You can use ____ to cut your nails. a. a hairbrush c. soap b. deodorant d. nail clippers</p> <p>9. You need a ____ to brush your teeth. a. a hairbrush c. soap b. a toothbrush d. deodorant</p> <p>10. You can wash your hands with ____ . a. shampoo c. a toothbrush b. a hairbrush d. soap</p>
--	--

		Very well	Quite well	With difficulty
Vocabulary	I can identify vocabulary related to food. I can identify vocabulary related to physical activity. I can identify vocabulary related to personal care routines.			
Grammar	I can use <i>can</i> to talk about abilities and possibilities. I can use adverbs to talk about the frequency of activities.			
Reading	I can understand short texts about daily routines and activities.			
Writing	I can write short paragraphs about routines. I can write sentences about my abilities.			
Listening	I can identify information in short conversations about peoples' abilities. I can identify information in short conversations about peoples' routines.			
Speaking	I can talk about healthy habits related to food, physical activity and personal care habits.			

Unit » 3

Taking Care of Myself and of Other People

Lesson 1 » Getting to Know Yourself

- Read the e-mail about Cristal and answer the questions. Write full sentences.
 - Why is Cristal stressed?
Her parents are getting divorced.
 - Is she doing well at school?

 - How does she feel?

 - What are the symptoms of her stress?

 - What can she do?

- Write an email to Cristal giving her advice on how to deal with her stress. You can use the ideas in the Word Bank or your own ideas.


Compose Message

Send

From: cristal@sync.com

To: Helpmeplease@teenpsy.com

Subject: Unhappy family



I am so stressed! My parents are getting a divorce and I'm finishing school this year. I can't concentrate when I study and can never finish my homework. I feel too sad to motivate myself. I have a horrible feeling in my stomach all the time and I can't eat. I can't sleep well at night either. I need to pass all my exams. What can I do?

From: Helpmeplease@teenpsy.com

To: cristal@sync.com

Subject: _____

Dear Cristal,

I know your situation is difficult, but _____

Word Bank

- do exercise
- do something you enjoy
- meditate or pray
- organize time effectively
- spend time with people who have a positive attitude
- talk about your feelings with your parents or someone you trust

Lesson 2 » Getting on with Others

1. Answer the questions about yourself.

1. How do you help your mother?

2. What do you do to help in your house?

3. How do you help your neighbours?

4. Do you often help other people in your school?

5. Do you help elderly people?

2. Read the text and answer the questions.

1. Why are many old people lonely?

2. In your own words, what is a retirement home?

3. What is the new practice at some retirement homes?

4. Why is it good for students to live with elderly people?

3. Answer the questions with your own ideas.

1. How often do you visit your grandparents?

2. What do you think of the ideas in the text?

3. Where do you think elderly people should live?

Life



Helping the Elderly

Many old people are very lonely because they do not have families or their families do not keep in touch with them. This can cause them to get depressed. Nowadays, some elderly people live together in special places known as retirement homes or old people's homes. For this reason, a new practice to help elderly people in old people's homes is becoming very popular. For example, sometimes small children from kindergartens come to play with them for a few hours a day. This makes the old people very happy and, at the same time, the little children are happy to be the centre of attention. There is another option for students who need a place to live. As they are students they cannot pay high rent so instead they volunteer to help elderly people: they cook for them, get them things from the supermarket, or simply keep them company in exchange for a place to live.

Lesson 3 » It's a Matter of Communication

1. Circle all the options which are NOT characteristics of assertive communication.

1. Expressing what you need, want, feel or believe, in a respectful and positive way.
2. Using aggressive or rude words.
3. Being honest.
4. Being calm.
5. Not listening to the other person.
6. Always saying 'yes' to the other person, even when you want to say 'no'.

2. Identify examples of assertive communication. Circle all the options.

1. I'm sorry, but I can't do that. I don't think it is right.
2. Hey loser, give me my book.
3. Are you an idiot? Do I have to repeat the same thing again?
4. Could you please open the window?
5. Shut up! I'm talking!
6. I don't want to go to your stupid party.



3. Write assertive alternatives to the sentences in exercise 2. Use the expressions in the box to help you.

A large rectangular box with ten horizontal lines for writing.

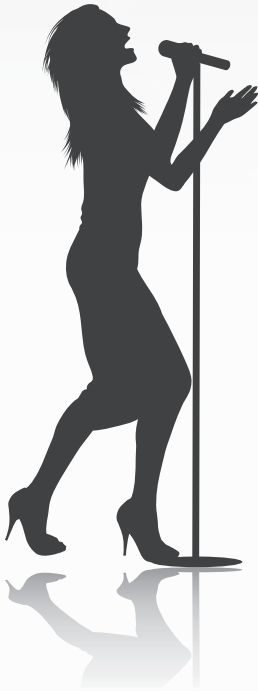


Useful Expressions

- Excuse me, but ...
- Could you please ...?
- Sure ..., just a minute please.
- Thank you very much/Thanks, but I'm afraid I can't ...
- I'm sorry but ...
- I'd love to ..., but ...

Chant

I am going to the park



*I am going to the park,
Do you want to come?
We can dance, we can skip,
And have lots of fun.
We can go to the cinema,
Later in the day,
Or you can come to my house
And find a game to play.*

*I am sorry, I would love to,
But I need to do some chores:
Do some cleaning and some cooking,
And go shopping at the stores!*

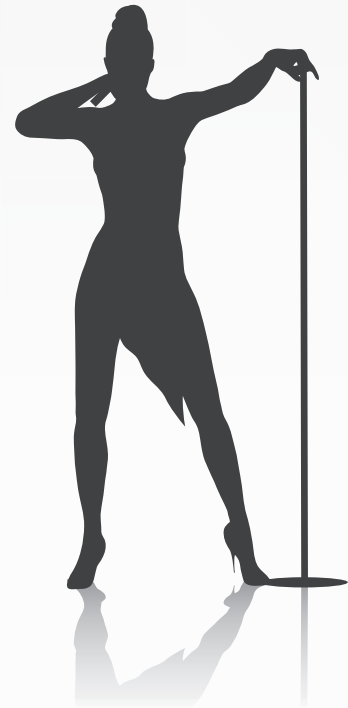
*I need soap and shampoo,
And some dairy products, too.
I need pasta and some fish,
To make a yummy dish.*

I am going to the park ...

*I am sorry, I would love to,
But I'm going to the gym,
I really like skipping,
And I want to have a swim.*

*I like to exercise,
It's important to keep fit.
I also meditate,
And I try to never quit.*

I am going to the park ...



Reading

1. Look at the chant and circle all the actions.

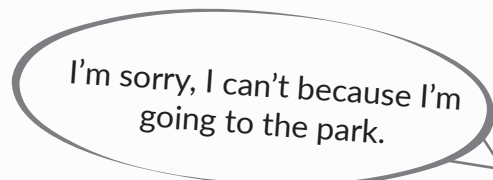
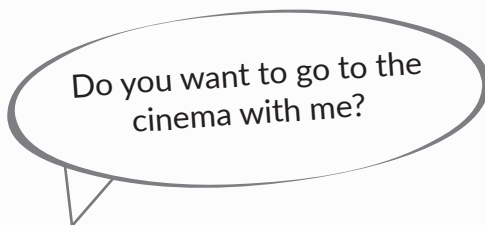
Speaking

2. What suggestions and excuses do the singers make? Put them in the table.

Suggestions	Excuses
We can dance and skip at the park.	

3. Work with a partner. Take turns to use the prompts and make suggestions and polite excuses.

I'm ..., do you want to come? Do you want to ... with me? Do you fancy? Let's ...	I'm (really) sorry, I would love to, but ... I'm (really) sorry, I can't because ... I can't make it because ... I would love to, but I'm sorry.
---	--



- 1 go to the cinema/going to the park
- 2 go dancing/cooking a meal
- 3 come to my house/going shopping for dairy products
- 4 go to the gym/meditate
- 5 help me clean the house/go to the gym
- 6 go to the park/play the guitar
- 7 do some chores/need to buy some fish and eggs
- 8 play in a band/have a swim



Check Your Progress

Choose the correct option.

<p>1. Which one is <u>not</u> a source of stress? a. parents getting divorced b. not having enough time c. having high marks d. parents losing their jobs</p> <p>2. Which one is <u>not</u> a symptom of stress? a. horrible feeling in your stomach b. sweaty hands c. no appetite d. sleeping well</p> <p>3. Which one is <u>not</u> a possible help for stress? a. meditating b. praying c. thinking about the problem d. appreciating nature</p> <p>4. Which one is a way to care for other people? a. forgetting their birthday b. keeping in touch c. not sharing time with them d. not listening to them</p> <p>5. Which one is an example of assertive communication? a. Hey! Close the door! b. Shut up! c. Could you help me, please? d. I can't, I'm busy.</p>	<p>6. Which one can be an assertive response to: 'Shut up!'? a. Close your mouth! b. Can you please be quiet? c. Please, shut up! d. Silence</p> <p>7. Which one can be an assertive response for: 'I can't, I'm busy'? a. Forget it! b. No. c. I'm sorry, but I can't. I have to help my mum. d. No way!</p> <p>8. Choose an assertive negative response to an invitation to the cinema. a. No way! b. No, I can't. c. Thanks, but I'm afraid I can't. d. Are you crazy?</p> <p>9. Which one is NOT a compliment? a. You can do it better. b. You are so smart. c. I love the way you dance. d. You're so good at painting.</p> <p>10. 'You are one of a kind' is ____ . a. an invitation. b. an excuse. c. an insult. d. a compliment.</p>
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		Very well	Quite well	With difficulty
Vocabulary	I can identify vocabulary related to state of health. I can identify vocabulary related to beliefs and emotions.			
Grammar	I can use assertive language.			
Reading	I can understand short texts about taking care of others.			
Writing	I can write short paragraphs about helping others.			
Listening	I can identify information in short conversations about stressful situations and helping other people.			
Speaking	I can talk about ways to help others.			

Unit » 1

Let the Games Begin!

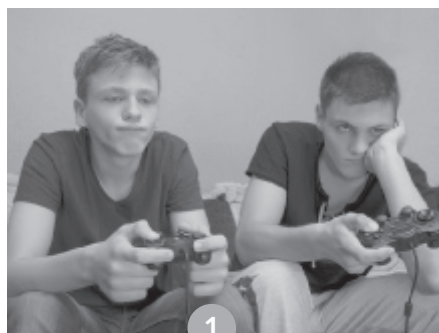
Lesson 1 » On Your Marks!

1. Complete the sentences with the correct adjective. Then find the adjectives in the Wordsquare.

- I'm tired because we had a hard training session this morning.
- Peter is really m_____t___ to try his hardest in the tennis match.
- Maria is x_____d to be playing her first game on the basketball team.
- I'm a little c___e_. Today, we are playing the best team in the contest.
- Nubia is n___y because she didn't score a goal this time.
- The Redsocks football team is really h___p___. They won the championship!
- The New Jersey Cats are ___s_____n____. They lost the game!
- Jaime and Tim are b___e_ because it is raining and the game has been postponed.
- She is d___g_____ because she won her volleyball game.
- We are s___ because we are losing the game.

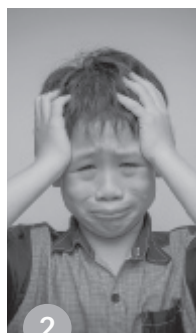
W	Q	W	D	A	S	D	Y	O	G
C	M	D	E	B	O	R	E	D	C
X	B	E	T	D	D	F	E	F	D
T	K	T	N	E	E	H	X	I	V
I	V	H	I	T	R	A	Y	F	S
R	W	G	O	A	A	P	O	J	I
E	G	I	P	V	C	P	T	J	V
D	Y	L	P	I	S	Y	Y	F	X
U	Z	E	A	T	Y	R	G	N	A
I	H	D	S	O	Z	S	L	C	K
O	A	Z	I	M	W	V	H	Q	P
V	F	H	D	E	T	I	C	X	E

2. How do these people feel? Write words from exercise 1 under the photos.



1

bored



2



3



4



5

Lesson 2 » Fair Play

1. Read the biography and complete the summary.

Life

Zahra Nemati is a 31-year-old Iranian woman who practised Taekwondo and dreamed of competing in the Olympics, but in 2003 she was in a serious car accident and was left paralyzed. She couldn't stand, she couldn't jump and she couldn't practise taekwondo anymore. This made her feel both sad and disappointed because she couldn't continue to practise the sport she loved.

But, like many athletes, Zahra had plenty of motivation and decided to try a sport she could do in a wheelchair – she began to practise archery. Now, determined more than ever to compete at the Olympics, Zahra trained every day and was selected to represent Iran at the 2012 London Paralympics. There she became the first Iranian woman to win a Paralympic gold medal.

In 2016 Zahra carried her country's flag at the Brazilian Paralympics in recognition of her incredible achievements. As she led the Iranian team into the Paralympic stadium everyone could see the excitement and happiness in her face.

Zahra Nemati really is an amazing person and an inspiration to the rest of us.



Zahra is an Iranian sportsperson who was ¹ paralyzed in a car accident. She was very sad after the accident, especially as she could no longer ² _____ Taekwondo. However, Zahra is a very ³ _____ woman, so she soon decided to start a new sport – archery.

At the 2012 London Paralympics she won a ⁴ _____ in archery and at the 2016 Brazilian Paralympics she was chosen to ⁵ _____ her country's flag at the opening ceremony. This made her feel ⁶ _____ and excited. What an inspirational woman!

2. Choose the correct option.

1. **Motivation** / **Motivated** really helps people succeed. To feel **motivation** / **motivated** you need to set realistic goals.
2. When some people feel **irritation** / **irritated**, they find it hard to hide their **irritation** / **irritated**.
3. Sometimes when my football team loses I get **angry** / **anger**. My **angry** / **anger** doesn't last for long, because I know they tried their best.

3. Complete the sentences about yourself.

1. The last time I felt sad was _____.
2. When I _____ I couldn't hide my excitement.
3. I was concerned when _____.
4. _____ really motivates me.

Lesson 3 » We Are the Champions!

1. Complete the text with *was/wasn't* or *were/weren't*.

My Blog!



There used to be a lot of bullying at my school and nothing ¹ was done to stop it. I used to have only one friend at school, Simon, and we ² _____ bullied a lot. I ³ _____ so scared that I never played football at lunch times and some days I ⁴ _____ able to go to the toilet by myself. It ⁵ _____ really bad!

Then, one day our school introduced this amazing new bullying prevention program called KiVa. It ⁶ _____ developed in Finland by expert psychologists. The results from their research showed that most bullies behaved badly to get attention from the people watching, who in most cases, ⁷ _____ helping the victims, but ⁸ _____ making the problem worse by laughing and encouraging the bully. So we ⁹ _____ given KiVa classes where we ¹⁰ _____ shown how to be more empathetic and given strategies and ideas about how to stop bullying. KiVa doesn't focus on the victim, or the bully, but instead it empowers the person watching so they can stop bullies.

Now I am really happy. Ignoring or laughing at bullying is no longer accepted at my school. Last month I ¹¹ _____ being bullied by another student and three classmates stopped him. With their support, he ¹² _____ allowed to continue bullying me. It's great, I don't feel scared, so I'm happy at school.

2. Use the words in the box to complete the letter from a coach to his team.

dedication
energetic
hard work
success
teamwork

Hi Team,

First of all I want to congratulate you all on winning the Peterson's Basketball Trophy last night. What an ¹ energetic game!

I admired the way you played together and showed great ² _____.

It has been twelve long months of training. Thank you for your ³ _____, not everyone can show that much commitment.

And of course I really appreciate all your ⁴ _____. It hasn't been easy, but as I am sure you will all agree, it was the main reason for your ⁵ _____ last night.

Coach Pedro Ramirez

3. Imagine you are the coach of a football team that won a hard game last night. Write a letter congratulating the players. Use the expressions in the box to help you.

Useful Expressions


 Thank you for ...
 I admire ...
 I appreciate your ...
 I respect ...
 I think that you are ...

Check Your Progress

Choose the correct option.

<p>1. I am really ____ because the game was long and hard. a. motivated c. bored b. tired d. happy</p> <p>2. We should all be ____ about bullying. a. concern c. happy b. concerned d. happiness</p> <p>3. She ____ at all motivated, but she still won the game. a. was b. wasn't c. were d. weren't</p> <p>4. They were ____ because they lost the game. a. delighted c. disappointed b. motivated d. excited</p> <p>5. Hard work, determination and motivation are the keys to ____ . a. success c. honesty b. responsible d. irritation</p>	<p>6. Which is <u>not</u> a good value? a. teamwork c. aggressiveness b. respect d. honesty</p> <p>7. We are ____ because it is raining and we have nothing to do. a. bored c. happy b. excited d. delighted</p> <p>8. She was ____ because her basketball team won. a. delighted c. scared b. disappointed d. bored</p> <p>9. They ____ excited to be playing in the finals for the first time. a. was b. wasn't c. were d. weren't</p> <p>10. When playing a sport in a team, ____ is important. a. sadness c. concern b. fear d. respect</p>
--	--

		Very well	Quite well	With difficulty
Vocabulary	I can understand vocabulary related to feelings, emotions and social values.			
Grammar	I can use the past tense to talk about situations in the past.			
Reading	I can understand texts about feelings, emotions and social values.			
Writing	I can write about feelings, emotions and social values.			
Listening	I can understand conversations about feelings, emotions and social values.			
Speaking	I can speak about feelings, emotions and social values.			

Unit »2

Tell Your Story

Lesson 1 » School Trips

1. Complete the sentences with the past tense of the verbs.

1. It ¹ was (be) about a man who ² _____ (climb) Mount Everest, but really nothing ³ _____ (happen) in the film.
2. I ⁴ _____ (want) to learn how to make wood boxes, but all we ⁵ _____ (make) were signs with our names on them.
3. We ⁶ _____ (visit) the castle and ⁷ _____ (swim) in the ocean. At night we ⁸ _____ (eat) delicious seafood in the old walled city.
4. We ⁹ _____ (see) lots of fish and I ¹⁰ _____ (take) lots of photos of sharks and strange sea animals.

2. Match the speakers to the sentences in exercise 1.

The trip to Cartagena was fantastic. 3

Andres

Our school trip to the aquarium was awesome. _____

Jaime

Sara

Last night I went to the cinema, but the film was boring. _____

Natalia

The arts workshop I took last weekend was terrible. _____

3. Now match the speakers to the photos.

A. Sara

C. _____

B. _____

D. _____

4. Use the information from exercises 1 and 2 to answer the questions.

1. Where did Andres go?

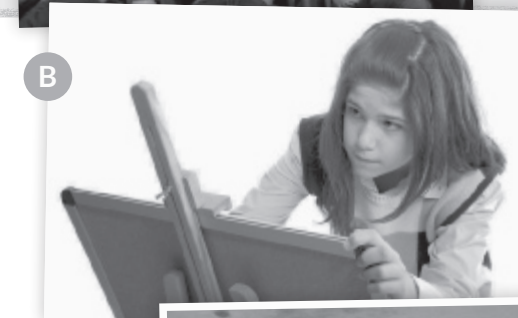
2. What did he think of the trip?

3. What did Sara think of the film?

4. Where did Jaime go?

5. What did he do there?

6. What did Natalia think about the arts workshop?



Lesson 2 » Amazing People

1. Complete the biography of Rosa Parks with the past tense form of the verbs from the box.

arrest attend be (x2) die give have leave live receive refuse start

Rosa Parks ¹ was an incredible African-American civil rights activist who ² _____ born in Alabama, USA in 1913. Rosa ³ _____ school but stopped studying as a young teenager to look after her grandmother. As a child Rosa experienced discrimination because of her skin colour and ⁴ _____ in constant fear of terrible groups like the Klu Klux Klan.



At the time, laws in America were very racist and black people ⁵ _____ to sit in separate areas on buses away from white people.

On December 1, 1955, Rosa ⁶ _____ to give up her seat to a white man. The police ⁷ _____ Rosa for civil disobedience and fined her \$10. Her arrest ⁸ _____ one of the largest and most successful movements against racial segregation in history and ⁹ _____ her an iconic status in American culture.

Over the years, Rosa ¹⁰ _____ many awards for her activism, including the prestigious Martin Luther King Jr. award and the Presidential Medal of Freedom. Rosa ¹¹ _____ in 2005, but ¹² _____ us with this message: 'I believe we are here on the planet Earth to live, grow up and do what we can to make this world a better place for all people to enjoy freedom.'

2. Use the information in the text to answer the questions. Write full sentences.

Yes/No Questions

1. Was Rosa Parks a white civil rights activist?

No, she wasn't. She was an African-American civil rights activist.

2. Did Rosa Parks have an easy childhood?

3. Was Rosa Parks arrested in 1913?

4. Was the movement against racial segregation successful?

Wh- Questions

5. When was Rosa Parks born?

She was born in 1913.

6. Why was Rosa Parks arrested?

7. When did Rosa Parks die?

8. What did Rosa Parks leave us with?

Lesson 3 » This Is My Story

1. Read the blog and match the activities with the photos.

Carolina's Travel Blog



Name: Carolina G.
Date of birth: 8 June, 2001
From: Bogotá, Colombia
Holiday Destination: San Gil, Colombia





Last week we went to San Gil in Santander, Colombia and we had an awesome time. We stayed at the hotel 'Balcony on the River' which was fine. It wasn't the best hotel I have stayed at, but I liked it. On Monday I went white water rafting (1____) and it was fantastic. We were tired after that, so in the afternoon we slept in a hammock.

On Tuesday we visited the *Parque Gallineral*. The trees that we saw there were incredible. We sat under them and meditated (2____). It was such a wonderful feeling to be connected to nature.

Wednesday was our last day, so we relaxed and walked around the city. We went to the square and ate goat meat in a beautiful restaurant (3____).

I definitely recommend San Gil to anyone who loves nature and wants to have a relaxing holiday away from the busy city.

👍❤️😄 48 people reacted to this.

2. Read the answers and then complete the questions.

Use the blog entry from exercise 1 to help you.

1. Where did Carolina _____ last week?
She went to San Gil.
2. What _____ Carolina _____ on Monday?
She went white water rafting.
3. Where _____?
She meditated under a tree.
4. What _____ on Wednesday?
She ate goat meat.

3. Write a message for Carolina on her blog.

Leave Carolina a Message

Jorge_2002 commented:

San Gil is a terrific place! I was there last year and I really loved it. Hey did you go to the caves near San Gil? They're awesome!

Check Your Progress

Choose the correct option.

<p>1. My trip to Santa Marta was awesome. a. I really enjoys swimming in the ocean. b. I really enjoying swimming in the ocean. c. I really enjoyable swimming in the ocean. d. I really enjoyed swimming in the ocean.</p> <p>2. What did he think about the city? a. He thought it was awesome. b. He think it was awesome. c. He thinking it was awesome. d. He has think it was awesome.</p> <p>3. When ____ Rosa born? a. is b. was c. does d. did</p> <p>4. I didn't like the museum. It was ____ . a. awesome c. incredible b. terrible d. terrific</p> <p>5. We ____ the tallest building in Bogota yesterday. a. visit b. visits c. visited d. visiting</p>	<p>6. He went to Paris. a. Where did he go last week? b. Where did he goes last week? c. Where does he go last week? d. Where does he goes last week?</p> <p>7. Did Andres go to Putumayo last year? a. Yes, he was. c. No, he did. b. No, he wasn't. d. Yes, he did.</p> <p>8. ____ Rosa Parks an activist? a. Does b. Did c. Is d. Was</p> <p>9. I ____ lots of photos on my trip last month. a. take b. taken c. took d. taking</p> <p>10. I loved the movie. It was ____ . a. disgusting c. tired b. terrible d. fantastic</p>
--	--

		Very well	Quite well	With difficulty
Vocabulary	I can understand vocabulary related to past experiences and the life of others.			
Grammar	I can use the past tense to talk about past experiences and the life of others.			
Reading	I can understand texts about past experiences and the life of others.			
Writing	I can write about past experiences and the life of others.			
Listening	I can understand conversations about past experiences and the life of others.			
Speaking	I can speak about past experiences and the life of others.			

Unit » 3

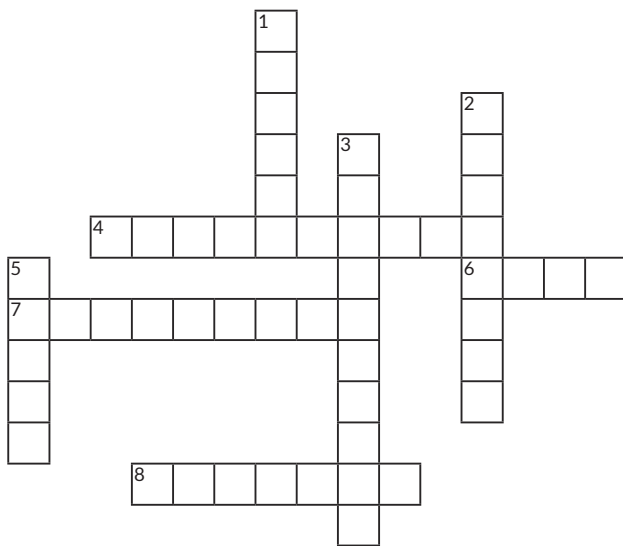
No Bullying Allowed

Word Bank

- aggressive
- bossy
- helpful
- offensive
- polite
- respectful
- rude
- tolerant

Lesson 1 » Class President

1. Complete the crossword with the words from the Word Bank.



Across

4. ready to fight or use force
6. not showing good manners; opposite of 1 down
7. making someone feel sad, insulted or annoyed
8. assisting someone when they need it

Down

1. showing good manners; the opposite of 6 across
2. the ability to accept different opinions
3. showing that you think someone deserves kind and polite treatment
5. giving orders telling people what to do

2. Are these words positive or negative? Write sentences with *should* or *shouldn't*.

1. offensive: negative You shouldn't be offensive.
2. aggressive: _____
3. helpful: _____
4. bossy: _____
5. polite: _____
6. respectful: _____
7. rude: _____
8. tolerant: _____

3. Complete the text about school rules with *have to* or *don't have to*.

Here at Mount View High School students ¹ have to wear a uniform, but they ² _____ wear a tie. If students are late or absent, they ³ _____ have a note from their parents explaining why, but they ⁴ _____ have a medical certificate.

Another important rule is that students ⁵ _____ be polite and respectful to teachers and other students. They also ⁶ _____ be tolerant of the different needs and opinions of other students. Students shouldn't accept bullying of any type, either verbal or physical.

Lesson 2 » Don't Be a Bully!

1. Complete the students' statements about bullying at school. Use the expressions in the box to help you. Then complete the headings A- with the type of bullying; *physical bullying*, *bullying because of prejudice* or *verbal bullying*.

annoying me
exclude me from
laugh at me
offensive and hurtful
push me about
tolerant and respectful



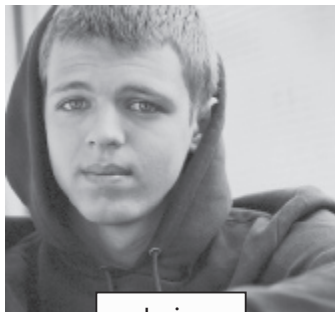
Jackson

A Type of Bullying:

Things at school are really bad. The other students ¹ *exclude me from* playing football at lunch times. I know it's because of my skin colour because they tell me that I look like the lady who cleans their houses. They're really offensive. I wish people would be more ² _____ They make me feel really bad.

B Type of Bullying:

I don't know what to do. There is a group of boys who ³ _____ at lunch times. When I tell them to stop, they just ⁴ _____ and hit me harder. I tried talking to a teacher, but nothing happened. I don't want to go to school anymore.



Javier

C Type of Bullying:

There are two girls who won't stop ⁵ _____. At school they laugh at me and call me names. I know I should just ignore them, but it's getting worse because they are writing ⁶ _____ messages on social media about me. I can't escape them. They bully me at school and now they're bullying me at home. Sometimes I just want to disappear.



Laura

3. Complete the apologies the bullies wrote to Jackson, Javier and Laura.

- Hi Jackson. I didn't mean to ¹ *exclude you* and ² _____. I was wrong to treat you like that. I'm really sorry!
- Hello Javier. I'm sorry for ³ _____ and ⁴ _____. Can you please forgive me?
- Hey Laura. It wasn't my intention to ⁵ _____ and ⁶ _____ about you. I didn't think about how it would make you feel. I apologize.

Lesson 3 » Let's Unite Against Bullying!

1. Read the article about what to do if you are being bullied and answer the questions below.

Standing Up To Bullies

Being bullied can be a horrible time in a teenager's life. That's why it is important to learn how to stand up to bullies and stop them before things get out of control.

The first thing you should do is try to solve the problem yourself. If this doesn't work, then you

should talk to someone else like a parent, teacher, or a friend. You shouldn't have to face bullying alone.

It's important to know that bullies want you to react. They love making you sad, angry or scared. So the best way to stop them is by not giving them the reaction they want.

Different strategies to stop a bully include:

- Walking away when a bully approaches you.
- Ignoring them by thinking about something else.
- Giving a one-line response and then walking away.

Some one-line responses include:

- 'Whatever!'
- 'Do you feel better now?'
- 'Why are you talking to me?'



Remember, when you walk away calmly, you take the power away from the bully.

Finally, if you have tried to solve the problem yourself and the bully continues to annoy you, then you should definitely tell an adult.

Talking to a parent or a teacher will not only help you solve the problem, but it will also help you feel less afraid.

Be confident, be positive, be strong and things will get better!

1. What is the first thing you should do if you are being bullied?

Try to solve the problem yourself.

2. What do bullies want to achieve?

3. What is one way to stop a bully?

4. What can you achieve by walking away calmly?

5. If you can't solve problem out by yourself, what should you do?

2. Your friend is being bullied at school. Write some suggestions to help him/her stop the bullying.

1. *You should walk away when the bully approaches.*

2. _____

3. _____

4. _____

Chant

When we hurt one another



*When we hurt one another,
We feel horrible and sad.
I don't know about you
But I don't want to be bad.
Bullies are aggressive,
And can be very rude.
They put honest, happy people
In a really bad mood.
Try to be polite
And learn respect.
Cooperation and hard work
We really should perfect.*

*In two thousand and one,
I was born and life began.
I studied hard at school.
I was responsible.*

*Then one day I met a bully.
He was arrogant and bold.
I was very disappointed,
He was horrible and cold.*

*He was never happy:
He was always really sad.
I wanted to help him,
So I visited his dad.*

*His dad was an awesome man,
He was concerned for his son.
He made an incredible plan
So he could help everyone.*

*Now when his son's at school.
He's tolerant and delightful.
Now he cares for all his friends
And that's how my story ends!*

When we hurt one another, ...



Writing

1. Work with a partner to find the adjectives in the chant. Write them in the chart.

positive	negative
honest	

Reading

2. Read the sentence and circle the correct word.

- 1 Chris is a bully. She's horrible/delightful.
- 2 Paddy is helpful. He's **polite**/rude.
- 3 My brother is lazy. He's **helpful**/weak.
- 4 My teacher is awesome. She's **delightful**/aggressive.
- 5 The girls are horrible. They're **rude**/responsible.
- 6 Hannah and Simon are happy. They're **sad**/awesome.



Writing

3. Write advice for living a good life. Use the phrases given and some of the words from the box.

be rude be bold care for your friends feel sad be weak be polite be lazy
 be bad be aggressive be horrible be honest feel happy hurt people
 be arrogant learn respect cooperate be helpful study hard at school
 be responsible be cold be tolerant work hard be delightful



To be a good person,
 you should ...
 you shouldn't ...
 try to ...
 try not to ...
 never ...
 always ...



Check Your Progress

Choose the correct option.

<p>1. Maria is ____ because she accepts the different opinions of other people. a. bossy c. offensive b. helpful d. tolerant</p> <p>2. Kids at school ____ respond to insults. a. has to c. doesn't have to b. have to d. don't have to</p> <p>3. You shouldn't be ____ to people. a. offensive c. polite b. helpful d. respectful</p> <p>4. The kids at school call me names at lunch time. This is ____ . a. physical bullying c. cyber bullying b. verbal bullying d. funny</p> <p>5. If kids call you ____ names, you should tell them to stop. a. respectful c. bossy b. hurtful d. helpful</p> <p>6. <i>Polite</i> is the opposite of ____ . a. bossy c. rude b. tolerant d. respectful</p>	<p>7. The boys physically bully me when they ____ . a. laugh at me b. push me about c. exclude me from their games d. call me names</p> <p>8. Which of the following is <u>not</u> at strategy to stop bullying? a. Walking away b. Ignoring them c. Hitting them d. Responding with a one-liner</p> <p>9. At many schools, kids ____ wear a uniform. Often they must wear a shirt and tie. a. has to c. doesn't have to b. have to d. don't have to</p> <p>10. If you are helpful, you ____ . a. assist people c. are rude to people b. hurt people d. respect people</p>
---	--

		Very well	Quite well	With difficulty
Vocabulary	I can understand vocabulary related to giving suggestions about bullying and apologizing.			
Grammar	I can use <i>should/shouldn't</i> and <i>have to/don't have to</i> to give suggestions and express obligations.			
Reading	I can understand texts about bullying			
Writing	I can write about bullying and give suggestions to stop it.			
Speaking	I can talk about bullying and how to stop it.			
Listening	I can understand conversations about bullying and ways to stop it.			

Unit » 1

Our Beautiful Natural World

Lesson 1 » Colombia: A Country of Wonders

1. Look at the pictures and complete the words.



1

RIVERS



2

___ N ___ R ___



3

___ K ___



4

M _____ G ___

2. Complete the text with the words from the box.

amphibians biodiversity bird condor
hummingbirds orchid palm tree



5

_ C _ _ _ _



6

_ _ G _ _ _

Biodiversity in Colombia

The national symbols of Colombia illustrate the country's unique ¹ biodiversity. The national tree of Colombia is the wax ² _____ that grows in the Cocora valley in Quindío. It is the tallest in the world. Another symbol is a beautiful ³ _____ called *Cattleya trianae* or May flower. The national ⁴ _____ is the Andean ⁵ _____ which is the largest flying bird in the world. There are many other interesting facts about Colombia's natural resources, for example, Colombia has a wide variety of ⁶ _____ such as the golden poison frog, the world's most poisonous animal, which lives in the pacific rainforest of Colombia. Colombia has also confirmed the presence of the blue-bearded helmet crest, a very rare ⁷ _____. Scientists thought these little birds were extinct, but they are living in the Sierra Nevada de Santa Marta!

3. Answer the questions about the text. Write full sentences.

1. What is Colombia's national tree?

It's a wax palm tree.

2. What type of flower is the May flower?

3. What is the largest flying bird in the world?

4. What is the main characteristic of the golden poison frog?

5. Why do think the blue-bearded helmet crest has that name?

Lesson 2 » Our Diverse Natural World

1. Match the animals 1-5 with the correct body covering A-E.

- | | |
|----------------------|-------------|
| 1. spectacled bear | A. feathers |
| 2. Andean condor | B. skin |
| 3. pink dolphin | C. fur |
| 4. sloth | D. scales |
| 5. blue anole lizard | E. fur |



2. Why are these animals endangered? Read the texts and choose a possible reason. Then write in the prediction box.

Animal	Prediction	Possible reasons
1. pink dolphin		destruction of habitat introduction of exotic species pollution illegal hunting or fishing climate change overexploitation long gestation and breeding
2. spectacled bear		
3. blue anole lizard		

- A. Fishing has contributed to the endangerment of the pink dolphin because the dolphins compete with the fishing industry for the same fish. Dolphins get tangled in fishing nets and damage them. For this reason, fishermen kill the dolphins and use them as bait. Sometimes they die in the nets. In addition to the killing, dolphin gestation and breeding is long, so dolphin numbers don't increase quickly.
- B. The main reasons why the spectacled bear is endangered are illegal hunting and habitat loss. People hunt these bears for superstitious reasons and use their body parts to make traditional medicine. In addition, farming has contributed to the destruction of their natural habitat.
- C. The blue anole lizard has become endangered because it is now prey to the more exotic Western basilisk lizard, which is a species of lizard brought from other parts of the country. Also, deforestation is causing their habitat to disappear.

3. Answer the questions.

- Has pollution contributed to the decline of the pink dolphin?
No, it hasn't.
- How has the fishing industry led to problems for the pink dolphin?

- What has caused the spectacled bear to become endangered?

- What risks do the blue anole lizards face nowadays?

Lesson 3 » Let's Protect Our Native Species!

1. Classify the land vertebrates and water vertebrates. Use the words in the box.

blue anole lizard
dolphin manatee
sea otter seal
sloth spectacled bear
tapir whale

Land vertebrates	Water vertebrates
tapir	

2. Choose the correct option to complete the letter.

Mr. Luis Pérez Gutiérrez,
Governor of Antioquia,
Medellín

Dear Mr. Pérez,

We are a group of school students from the country. This year, we ¹have learned / learn about different endangered species in Colombia and we are very worried about one that lives in our Department: the silvery-brown tamarin. It ²recorded / has been recorded that this small monkey reproduces just once a year and, in each group, only one female is active for reproduction at a time. For this reason, birth rate is quite low. In addition, their habitat ³is destroyed / has been destroyed and we think that this will continue in the future as several roads and farms are already planned here. We ⁴can / must stop cutting trees down because the forests provide both food and homes for the tamarin which live in this region. Farmers ⁵can't / can continue destroying forests and the Department authorities ⁶shouldn't / should try to plan better strategies to help these little animals.

Mr. Pérez you ⁷mustn't / should ignore our petition if you wish to continue enjoying the great biodiversity of our Department.

Yours sincerely,

Group of Environmental Studies
University of Antioquia



Check Your Progress

Choose the correct option.

<p>1. A series of connected mountains in a line is called a ____ . a. mountain c. range b. forest d. rainforest</p> <p>2. An impenetrable thick mass of tropical vegetation is called a ____ . a. mountain c. rainforest b. forest d. jungle</p> <p>3. A tropical forest of very tall and green trees where rain is very common is known as a ____ . a. mountain c. rainforest b. forest d. jungle</p> <p>4. A large area covered by many trees and bushes is called a ____ . a. mountain c. rainforest b. forest d. jungle</p>	<p>5. Fish have ____ covering their bodies. a. feathers b. scales c. fur d. skin</p> <p>6. Many reptiles ____ like snakes. a. fly b. jump c. crawl d. run</p> <p>7. Bears, sloths and many other mammals are covered with ____ . a. feathers b. scales c. fur d. armour</p> <p>8. Hummingbirds have ____ covering their bodies. a. feathers b. scales c. fur d. armour</p> <p>9. Deforestation ____ to soil erosion. a. have contributed c. has contributed b. be contributed d. is contributed</p> <p>10. Scientists ____ 5 new species of butterflies. a. have registered c. has registered b. be registered d. is registered</p>
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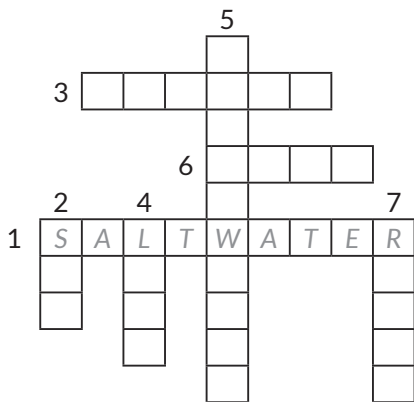
		Very well	Quite well	With difficulty
Vocabulary	I can identify vocabulary related to natural places and animals. I can identify vocabulary related to situations, phenomena and events.			
Grammar	I can use <i>have</i> + participle to talk about experiences and situations. I can use modals to express recommendations and suggestions.			
Reading	I can understand short texts about situations, phenomena and events.			
Writing	I can write a petition letter.			
Listening	I can identify information in short conversations about situations, phenomena and events.			
Speaking	I can talk about situations, phenomena and events.			

Unit » 2

Nature Is Life

Lesson 1 » The World Around Us

1. Read the clues to complete the crossword.



Clues

1. Water you can't drink because it's salty.
2. Large area of salt water.
3. Place where a river begins.
4. A large body of salt or fresh water surrounded by land.
5. Water that's not salty.
6. Frozen water in the shape of white flakes.
7. Natural flow of water of considerable length that crosses land and ends in the sea or ocean.

2. Read the following text. Underline the facts and circle the opinions.



Have you ever seen a snow-covered mountain? Well, this is quite easy to do in Colombia, but, according to recent studies, many snow-covered mountains will disappear in the next 30 years. The reason is global warming. Glaciers in these mountains are melting because the temperature has risen in the last decades. But, do you know why these mountains are important for us? Besides being beautiful and sacred, snow-covered mountains are water regulators. This is very important for the water cycle. The presence of snow guarantees we have water in our rivers. At the same time, snow reflects sunlight back to the atmosphere reducing warming effects on the planet. Snow-covered mountains are excellent indicators of climate change. If the atmosphere is cool, snow is present. On the contrary, if the atmosphere's temperature rises, snow melts. Some good news, at least for the Sierra Nevada de Santa Marta, came with Hurricane Matthew. The heavy rains and humidity created the perfect conditions to help the Sierra become white again. Let's hope this continues!

3. Answer the questions.

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. What may happen to the snow in the next three decades?
<u>It may disappear.</u> 2. What factor has contributed to the loss of snow in these mountains?
_____ 3. Why are snow-covered mountains important?
_____ | <ol style="list-style-type: none"> 4. Has the Sierra Nevada de Santa Marta permanently recovered its snow?
_____ 5. Have you ever seen a snow-covered mountain? Which one?
_____ |
|--|--|

Lesson 2 » Our Natural Resources

1. Complete the table with words from the Word Bank.



Renewable resources	Non-renewable resources

Word Bank

animals coal gas
 minerals fossil fuels
 petroleum plants
 sunlight water wind

2. Read the text and answer the questions. Write full sentences.

The planet is being polluted by the overuse of fossil fuels leading to what is called the greenhouse effect. This is causing global warming, so many people believe that we should be using renewable resources more often to help save the planet. Eco-friendly construction is an example of this. These 'green' buildings use renewable resources like wind and sunlight. They have solar panels to heat water and use different construction methods to make good use of the wind and sun. For example, the location of a window can contribute to a more efficient use of solar energy during the day or can take advantage of the wind to cool down the house.

1. Have you visited an eco-friendly construction? Where?

2. Have you seen a solar panel? Where?

3. Does your community use any renewable resources? Which ones?

4. According to the text, eco-friendly is a synonym of _____.
5. Have you seen examples of fossil fuels polluting the environment? Where? What?

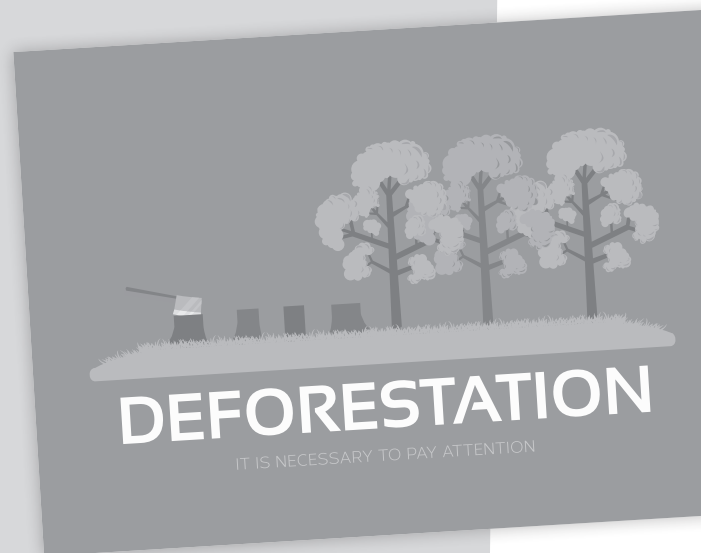
Lesson 3 » What Are We Doing to Our World?

1. Match the environmental problems 1–5 with the definitions A–E.

- | | |
|-------------------------|---|
| 1. erosion <u>B</u> | A. Introduction of toxic substances into the environment. |
| 2. water scarcity _____ | B. Soil loss because of wind and water. |
| 3. deforestation _____ | C. When there is not enough water to cover basic needs in a region. |
| 4. global warming _____ | D. A rise in the average temperature of the Earth's atmosphere. |
| 5. pollution _____ | E. The action of systematically cutting down trees to use the land for agriculture. |

2. Complete the first part of the text with the correct form of the verbs.

My Department, Guajira, is an environmentally affected region. We ¹ have had (have) many problems since the coal mining operations began. For many years now, we ² _____ (suffer) from a scarcity of water as this is a desert region. However, everything ³ _____ (become) worse since the mining industry started to use the rivers for its operations. Besides the water problems, the air is now polluted with tiny particles of coal which ⁴ _____ (make) people ill. Deforestation ⁵ _____ (become) another environmental problem. As the coal mine needed to expand its activities, more land was required and to do this, native vegetation ⁶ _____ (be) removed. Of course, this ⁷ _____ (contribute) to the water and soil erosion problem. In addition, the Department of Guajira is very windy, so this causes more soil erosion, especially on the coast.



3. Read the second part of the text. Choose the correct option to give advice.

For these reasons, we are asking the President of the Republic to help us in several ways. First, the coal mine ¹ **should / shouldn't** interfere with the rivers. Second, the mining company ² **must / can** put a stop to deforestation. Third, the mine ³ **mustn't / must** continue polluting the air and water, so they ⁴ **mustn't / must** follow the correct environmental procedures. And finally, the Government ⁵ **should / can** have a plan for extreme climate conditions.

Check Your Progress

Choose the correct option.

<p>1. Frozen water in the form of white flakes is called ____ . a. salt water c. ice b. fresh water d. snow</p> <p>2. A place where a river starts: ____ . a. ocean c. source b. sea d. mountain</p> <p>3. A body of water surrounded by land is called a/an ____ . a. lake b. ocean c. sea d. river</p> <p>4. Water which you can drink. a. salt water b. fresh water</p> <p>5. Which one is NOT a renewable resource: a. sunlight b. coal c. wind d. water</p>	<p>6. Which one is NOT a non-renewable resource: a. petrol b. gas c. coal d. wind</p> <p>7. Governments of the world ____ put a stop to pollution now. a. must c. will b. can't d. shouldn't</p> <p>8. We ____ conserve water in many ways at our homes. a. must c. can't b. may d. shouldn't</p> <p>9. Have you ____ a snow-covered mountain? a. see b. seen c. saw d. seeing</p> <p>10. ____ the world climate changed in the last decades? a. Have b. Has c. Does d. Did</p>
--	---

		Very well	Quite well	With difficulty
Vocabulary	I can identify vocabulary related to natural resources like water and its uses.			
Grammar	I can use modals to give advice. I can use <i>have</i> + participle to talk about everyday activities.			
Reading	I can understand short texts about natural resources.			
Writing	I can write short paragraphs about natural resources. I can write some advice.			
Listening	I can identify information in short conversations about natural resources.			
Speaking	I can give advice about the proper use of natural resources.			

Unit » 3

Conservation Is a Must

Lesson 1 » A Place for Everything

1. Complete the table with the words from the box. Some words can go in more than one column.

cans of fizzy drinks cans of food cardboard boxes
clothes glass containers milk cartons old notebooks
packaging of items plastic bottles



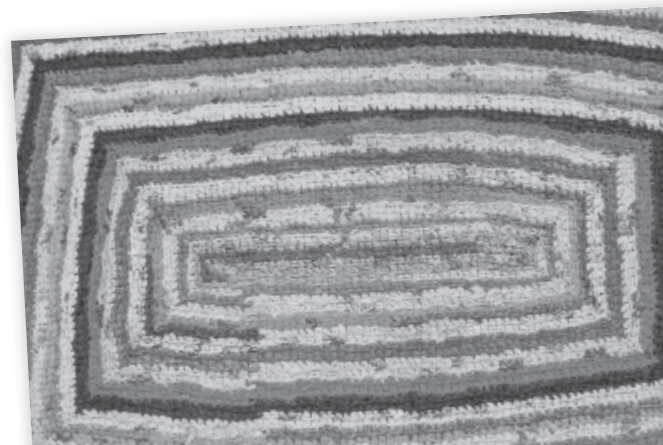
Which items can you ...?		
Recycle	Reuse	Reduce
<i>plastic bottles</i>	<i>plastic bottles</i>	

2. How can we care for the environment? Use the words from exercise 1 to write recommendations. Write affirmative and negative sentences.

- We shouldn't buy too many things.* _____
- We should try to recycle all packaging.* _____
- _____
- _____
- _____
- _____
- _____
- _____

3. Be creative! How can you reuse different everyday items?

- I can knit plastic bags to make placemats.* _____
- _____
- _____
- _____
- _____



Lesson 2 » Let's Prevent Water Pollution!

1. Fact or Fiction? Tick the facts about water.

- 1. Only 2.5% of water in the world is fresh water.
- 2. Water is delicious.
- 3. Most fresh water is in glaciers and snowfields.
- 4. Less than 1% of freshwater is available for human consumption.
- 5. Bottled water is healthier.



2. Make strong recommendations using *must* or *mustn't*.

To save water:	To conserve water:
1. We _____ use low-flush toilets.	5. People _____ start to recycle all the water they can.
2. We _____ use lots of detergent in the washing machine.	6. We _____ throw oily water down the sink.
3. We _____ let the water run when we brush our teeth.	7. People _____ try to use eco-friendly cleaning products.
4. People _____ take quick showers.	8. People _____ flush tissues down the toilet.

3. Write about your own water conservation habits.

Things you do	Things you don't do
At home we _____ _____ _____ _____	We don't _____ _____ _____
	We must try to _____ _____ _____

Lesson 3 » We Must Save Energy

1. Look at the pictures and complete the words about energy.



ELECTRICITY



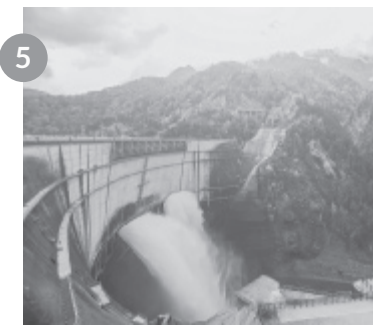
_ _ N D P _ W E _



_ O _ _ R E _ _ _ G _



B _ T _ _ _ _ _



W _ T _ _ P _ _ E _

2. Read the text and answer the questions.

1. Where does geothermal energy come from?

It comes from the Earth.

2. Does this energy pollute the environment?

3. What is one disadvantage of geothermal energy?

4. Name four uses of geothermal energy.

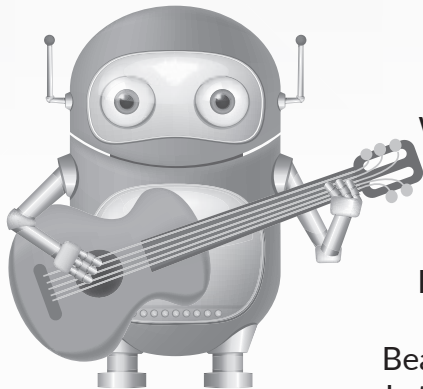
3. Imagine you are giving recommendations to someone who wants to build an environmentally-friendly home. Complete the table. Use *should*, *must* and *can*.

Water	<u>You must find a way to recycle water.</u>
Electricity for appliances and light bulbs	_____
Heating system	_____
Bathroom options	_____
Organic rubbish treatment	_____
Inorganic rubbish treatment	_____

Geothermal energy transforms heat into electricity. This energy comes from the heat from the Earth. This kind of energy creates hot springs in places like Duitama, Boyacá, where people go to take natural baths of warm mineral water. This type of energy is sustainable and environmentally friendly, however, it is limited to certain places that have specific natural characteristics to build a geothermal power station. The main use for this energy is related to heating, including home heating systems, spas, industrial and agricultural processes and for desalination plants, where salt water is turned into freshwater.

Chant

The environment rap



*Mother nature we must protect,
And treat our world with respect.
R-E-S-P-E-C-T
Do the environment rap with me.*

Animals are endangered,
We must treat them with respect.
They need looking after,
Or there won't be many left!

Dolphins and whales like to swim.
Lizards and frogs have scaly skin.
Bears have fur and birds have feathers,
Let's do the environment rap together.

Mother nature we must protect ...

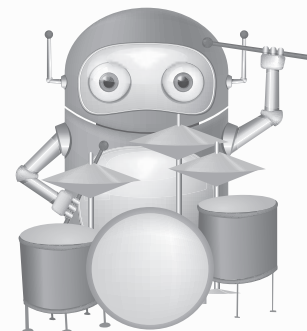
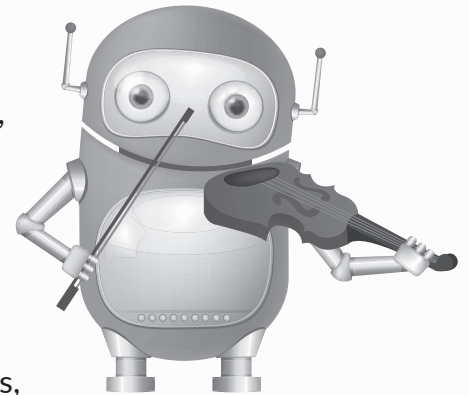
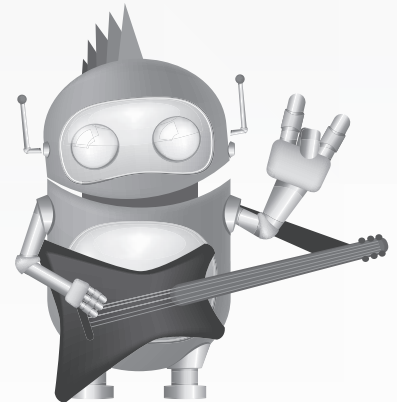
Reduce your time in the shower,
To save some water for a flower!
Wash your dishes and clean your clothes,
But just remember how plants grow!

To keep our world fantastic,
We must recycle plastic:
Fossils fuels are running out,
It's something we must think about!

Mother nature we must protect, ...

Animals are endangered,
We must treat them with respect.
They need looking after,
Or there won't be many left!

We must stop deforestation
To help prevent this situation!
Forests, jungles and mountain ranges
Need our help with climate changes.



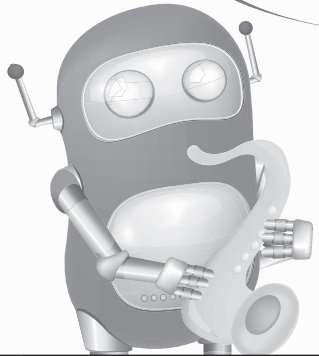
What rhymes with climate changes?

Speaking

1. Say the rhyming words with a partner.

- | | |
|-------------------|-------------|
| 1 climate changes | 4 shower |
| 2 respect | 5 swim |
| 3 feathers | 6 fantastic |

Mountain ranges.



Writing

2. List the animals and places from the rap.

animals	places
Dolphins	

Reading

3. Look at the chant. Fill in the missing instructions.

- | | |
|---|---------------------------------|
| 1 _____ your clothes. | 6 _____ mother nature. |
| 2 _____ animals with respect. | 7 _____ your time in the shower |
| 3 _____ deforestation. | 8 _____ your dishes. |
| 4 _____ the environment rap. | 9 _____ how plants grow. |
| 5 _____ about fossil fuels running out. | 10 _____ plastic. |

Speaking

4. Use the phrases to make true and false sentences about protecting the environment. Your partner says if they are true or false.

- | | |
|--------------------------------|------------------------------|
| 1 use more plastic | 6 use more fossil fuels |
| 2 stop deforestation | 7 look after animals |
| 3 waste water | 8 protect endangered animals |
| 4 treat our world with respect | 9 use less fossil fuels |
| 5 recycle plastic | 10 endanger animals |

We should ...
We must ...
We mustn't ...
We shouldn't ...

We should use more plastic.

That's false. We should recycle plastic.

Check Your Progress

Choose the correct option.

<p>1. Separating rubbish and using it to make other things is called ____ . a. reusing c. recycling b. reducing d. recovering</p> <p>2. Using something again and again is called ____ . a. reusing c. recycling b. reducing d. recovering</p> <p>3. Using less of something is ____ . a. reusing c. recycling b. reducing d. recovering</p> <p>4. The Government ____ use less nuclear energy and find greener resources. a. should b. shouldn't</p> <p>5. Fossil fuels ____ be used anymore. a. should b. shouldn't</p>	<p>6. People ____ throw rubbish into rivers or oceans. a. must b. mustn't</p> <p>7. We ____ change the way we think about the environment. a. must b. mustn't</p> <p>8. Turning off the lights when you leave a room helps you to ____ . a. recycle c. save water b. save energy d. conserve water</p> <p>9. When you don't throw oil down the sink but use it again you are ____ . a. reducing rubbish c. saving water b. conserving energy d. conserving water</p> <p>10. Putting a 2L bottle in your toilet helps you to ____ when flushing it. a. recycle c. save water b. save energy d. use water</p>
---	---

		Very well	Quite well	With difficulty
Vocabulary	I can identify vocabulary related to environmental issues.			
Grammar	I can use modals to make recommendations and suggestions.			
Reading	I can understand short texts about environmental issues.			
Writing	I can write short paragraphs about environmental issues. I can write recommendations and suggestions.			
Listening	I can identify information about environmental issues in short conversations.			
Speaking	I can discuss environmental issues. I can give recommendations and suggestions.			

Unit » 1

Let's See the World!

Word Bank

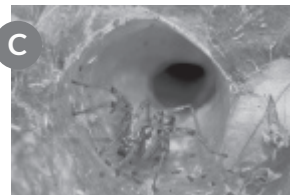
- Great Barrier Reef
- Uluru
- Sydney Opera House
- Funnel Web Spider

Lesson 1 » Amazing Countries

1. Read the tourist brochure for Australia and complete using the Word Bank. Then label the pictures.



Uluru



Australia - Where Everything is Bigger and Better

Come to wonderful Australia, where everything is **bigger** and **better**! Come visit Sydney, Australia's biggest city with a population of 4.9 million people. It is just a little bit **bigger than** Melbourne which has 4.5 million people. It's an incredible city which is famous for the ¹_____ where they have theatre and music shows. Sydney's climate is also warmer than Melbourne's; but the hottest regions of Australia are the Northern Territory and Western Australia.

Australia is also famous for some of the most astonishing natural wonders that exist on planet earth. For example the ²_____ in Queensland is the largest coral

reef in the world, and ³_____, which is located in the Northern Territory, has also been declared the largest rock in the world.

And for reptile and spider lovers, Australia is also famous for some not so friendly wonders of nature. We have some of the most venomous snakes and spiders in the world. In fact the ⁴_____ is the second most poisonous spider in the world, just behind the Brazilian Wandering spider.

So if you like fascinating architecture and wonderful nature (that includes venomous snakes and spiders!), be sure to come visit sunny Australia!

2. Answer the questions based on the tourist brochure.

1. Which city is smaller, Sydney or Melbourne?

Melbourne is smaller than Sydney.

2. Which is hotter, Northern Territory, Sydney or Melbourne?

3. Why is Uluru famous?

4. Which city is colder, Sydney or Melbourne?

5. What is the name of the largest coral reef in the world?


6. Which spider is more venomous, the Funnel Web or the Brazilian Wandering spider?

Word Bank
 Summer Autumn
 Winter Spring

Lesson 2 » Crossing Borders!


1. Label pictures A-D and complete sentences 1-4 with the words in the Word Bank.

A




winter


B



C



D



1. We're swimming at the beach and the sun is shining. It's really hot and sunny. It is *summer*.
2. It's really cold today. We're wearing jackets and building a snowman. It is _____.
3. Today we are having a picnic in the park. The weather is nice and warm. It is _____.
4. The weather today is cloudy and windy. The leaves are falling off the trees. It is _____.

2. Put the words in order to make questions and then use the pictures to answer them.

1. is / riding / What / she / ?

What is she riding?
She is riding a horse.



3. traveling / is / Where / he / ?



2. doing / What / they / are / ?



4. they / are / making / What / ?



3. Write 3 things that people around you are doing.

1. _____
2. _____
3. _____

Lesson 3 » World Citizens

1. Look at the information in the chart and complete the sentences.

	New Zealand	Canada
Size of country	268,021 km ²	9,984,670 km ²
Average nationwide temperature	12.7°C	10.3°C
Population	4,721,610	36,286,425
Languages spoken	English, Maori	English, French, 9 indigenous languages
Number of international visitors in 2015	5.5 million	27.5 million

- The area of New Zealand is *smaller than* (small) the area of Canada.
- The average nationwide temperature in New Zealand is _____ (high) in Canada.
- Canada's population is _____ (big) New Zealand.
- In Canada people speak _____ (languages) in New Zealand.
- In 2015, Canada had _____ (international visitors) New Zealand.

2. Read Johan's description of his home city and then write a short description of your city.

Hi! My name is Johan and I'm from Mexico City in Mexico. It is the largest city in Mexico with more than 8.8 million people. In fact Mexico has more than 120 million people!

The city is surrounded by beautiful mountains and volcanoes and inside the city there are many famous buildings from the Aztec period, especially the Aztec Templo Mayor. We also have Chapultepec, which is one of the biggest urban parks in the world!

Mexico City only has two seasons; the dry season from November to April and the wet or rainy season from May to October. Temperatures can go from 0°C in the wet season to 32°C in the dry season.

I love this city, but I can understand why many people find it very stressful. If you don't like cities, don't worry, Mexico also has some of the most beautiful beaches in the world.

So Welcome to Mexico!

(Name, where you're from and population)

(What is your city famous for?)

(Climate in your city)

(Conclusion)

Check Your Progress

Choose the best option.

<p>1. Brazil is ____ Peru. a. bigger that c. biggest b. bigger than d. more bigger than</p> <p>2. What are they doing? a. They are a picnic. b. They are have a picnic. c. They are has a picnic. d. They are having a picnic.</p> <p>3. Australia has some of the ____ snakes in the world. a. most venomous c. venomous b. more venomous d. really venomous</p> <p>4. The weather is cloudy and windy. It is ____ . a. summer c. winter b. autumn d. spring</p> <p>5. Summer is ____ spring. a. the hottest c. hotter than b. hottest d. hot than</p>	<p>6. Pablo is ____ a jacket. a. wear b. wears c. wearing d. wore</p> <p>7. In ____ you can make snowmen in Canada. a. Summer c. Winter b. Autumn d. Spring</p> <p>8. Russia is the ____ country in the world. a. largest c. larger than b. larger d. most large</p> <p>9. India is ____ for the Taj Mahal. a. incredible c. astonishing b. famous d. wonderful</p> <p>10. It's ____ . It is the season to swim at the beach! a. summer c. winter b. autumn d. spring</p>
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		Very well	Quite well	With difficulty
Vocabulary	I can understand vocabulary related to typical characteristics of different countries.			
Grammar	I can use comparatives and superlatives to compare countries, and the present continuous to talk about things that are happening at the moment of speaking.			
Reading	I can understand texts that compare characteristics of countries.			
Writing	I can write about the characteristics of different countries.			
Listening	I can understand conversations about the characteristics of different countries.			
Speaking	I can speak about the characteristics of different countries.			

Unit »2

Travelling Around Colombia

Lesson 1 » The Biggest Cities

1. Read and choose the best options.

Founded in 1689, San Gil is known as the ¹*most adventurous / more adventurous* city in Colombia. You can do things like white water rafting, caving and mountain bike riding. With an average temperature of 23°C, it has a perfect climate; however, it does have a very high annual rainfall of 1274 mm/year. With an area of 150 km² and a population of 43,000, it is still a relatively small city, making it ²*most relaxing / more relaxing* than larger cities.



Villa de Leyva is a favourite with tourists given that it is probably one of the ³*more picturesque / most picturesque* towns in the country. Founded in 1572, it is one of the ⁴*more colonial / most colonial* towns in Colombia and has the ⁵*most big / biggest* town square in the country. With a population of only 16,478 people and an area of 128 km² it is actually a town, not a city. The town has an average annual rainfall of 914mm/year and an average temperature of 17°C.



Cartagena, the ⁶*most touristic / more touristic* city in Colombia was founded in 1533 and is one of the ⁷*most old / oldest cities* in the country. Located on the Caribbean coast, it is popular with people wanting to relax on the beach or people wanting to explore the old walled city which is the ⁸*more interesting / most interesting* and ⁹*more historical / most historical* part of the city. Given the population of 895,400 people within an area of 572 km², some people find outside the walled city to be a little stressful. The annual average temperature is 28°C and 870mm/year of rainfall.



2. Reread the tourist information from exercise 1 and decide if the statements are 'true' or 'false'. Correct the false answers.

1. San Gil is the hottest of the 3 places.

False. Cartagena is the hottest of the 3 places.

2. San Gil is smaller than Cartagena.

3. Villa de Leyva is more historical than San Gil.

4. Villa de Leyva is the most touristic place in Colombia.

5. San Gil is the most crowded of the 3 places.

6. Villa de Leyva has the highest annual rainfall of the 3 places.

7. San Gil is the youngest of the 3 places.

8. Villa de Leyva has a smaller town square than Cartagena.

Lesson 2 » Incredible Places

1. Look at the pictures and circle the correct options.



a. He **learned** / **was learning** Spanish while he **travelled** / **was traveling** around Colombia.

b. They **walked** / **were walking** the dog when it **began** / **was beginning** to rain.

c. I **told** / **was telling** a story when you **phoned** / **were phoning** me.

d. Juana **realised** / **was realising** she was late when she **looked** / **was looking** at her watch.

e. We **watched** / **were watching** television when you **arrived** / **was arriving**.



2. Read the postcard and complete with *when* or *while*.

Hey Pablo!

¹*When* I arrived in Santa Marta yesterday morning, the sun was shining and it was really hot. I went straight to the beach and ²_____ I was swimming I met an amazing girl from London. We spent the whole day together and did many things.

In the afternoon, ³_____ we were scuba diving we saw lots of fish and turtles. It was amazing. Later we drank fresh fruit juice ⁴_____ sitting on the beach. It was really refreshing.

Then in the evening we were eating dinner at a restaurant ⁵_____ a group of musicians started playing music for us. It was so romantic! I didn't want the day to end.

I think I am in love! I think I am going to study at university in London.

See you soon
Jaunfe!

3. Complete with the correct form of the words in parentheses.

When Stella ¹*arrived* (arrive) at her best friend's house, she ²_____ (take) a shower so she had to wait. While her best friend, Cathy, ³_____ (get) dressed, Stella ⁴_____ (sit) on her bed looking at magazines. She ⁵_____ (turn) the pages of the magazine when she ⁶_____ (find) an article about Palomino in La Guajira in Colombia. It looked like such an amazing place, they both ⁷_____ (decide) to travel there for their next vacations.

Lesson 3 » The Colombian Caribbean

1. Look at the information about the two Colombian towns and complete the sentences with the correct form of the words in parentheses.

Salento



Location	Quindío, mountainous coffee region
Year founded	1842
Area covered	377 km ²
Weather	Warm: 16-26°C
Population	7,247
Things to visit	Cocora Valley, Calle Real, look-out, coffee farm
Elevation	1,895 m

San Agustin



Location	Huila, mountainous region
Year founded	1752
Area covered	1310 km ²
Weather	Warm: 18-28°C
Population	32,898
Things to visit	Archaeological Park, Go hiking in 'El Estrecho'
Elevation	1,730 m

- Salento is *younger* (young) than San Agustin.
 - San Agustin has a _____ (low) elevation than Salento.
 - Salento is _____ (small) than San Agustin.
 - Salento is _____ (cold) than San Agustin.
 - San Agustin has a _____ (big) population than Salento.
2. Complete Julian's review about San Agustin with the correct form of the words in brackets.
3. Based on Julian's review, write a similar one for Salento.

In my opinion, San Agustin is the ¹*most interesting* (interesting) town because I love archaeology. The ²_____ (fascinating) thing to do there is visit the Archaeological Park of San Agustin, and hiking 'El Estrecho' is the ³_____ (spectacular) hike I have done this year.

Check Your Progress

Choose the best option.

<p>1. She was swimming ____ she saw a shark. a. for b. during c. while d. when</p> <p>2. While I ____, it ____ to rain. a. was walking / started b. walked / was starting c. was walking / was starting d. walked / started</p> <p>3. Santa Marta is the ____ city in Colombia. a. older c. most oldest b. oldest d. more old</p> <p>4. Medellín is the second ____ city in Colombia. a. largest than c. larger b. most large d. largest</p> <p>5. I think Cartagena is ____ than Barranquilla. a. the more beautiful b. the most beautiful c. more beautiful d. most beautiful</p>	<p>6. He ____ on the phone when he received the good news. a. was talking / received b. talked / was receiving c. were talking / received d. was talking / was receiving</p> <p>7. She arrived while they ____ . a. slept c. was sleeping b. sleep d. were sleeping</p> <p>8. I visited the Taj Mahal ____ I was traveling in India. a. for b. during c. while d. when</p> <p>9. Salento is the ____ town in Quindío. a. interesting b. more interesting c. most interesting d. interest</p> <p>10. Villa de Leyva is ____ for its town square. a. good c. hard b. famous d. delicious</p>
--	--

		Very well	Quite well	With difficulty
Vocabulary	I can understand vocabulary related to lifestyles in cities and activities in the past.			
Grammar	I can use comparatives and superlatives to compare cities and the past progressive tense to talk about activities in the past.			
Reading	I can understand texts that talk about activities in the past and compare cities.			
Writing	I can write texts comparing cities and talking about activities in the past.			
Listening	I can understand conversations that compare cities and talk about activities in the past.			
Speaking	I can speak about activities in the past and lifestyles in cities.			

Unit » 3

Wonderful Cultures

Lesson 1 » Great Experiences

1. Match the dishes with a picture. Then complete the questions with the correct form of the verb in brackets and use the information in the table to answer them.

Person	Dish	Yes / No	No. of times
Sara	Paella ____	✓	2
Jorge	Shepherd's Pie ____	x	0
Pedro	Thai Green Curry ____	✓	3
Sandra	Ajiaco ____	✓	1
Liliana	Pesto Pasta ____	x	0



- Has Sara ever tried (try) Paella, and if so, how many times?
Yes, she has. She has tried it twice _____.
- Has Jorge ever _____ (eat) Shepherd's Pie, and if so, how many times?
 _____.
- Has Pedro ever _____ (cook) Thai Green Curry, and if so, how many times?
 _____.
- Has Sandra ever _____ (make) Ajiaco, and if so, how many times?
 _____.
- Has Liliana ever _____ (prepare) Pesto Pasta, and if so, how many times?
 _____.

2. Read the email and answer the questions.

Hi Mum & Dad!

I've **had** an amazing time here in England. I've **travelled** a lot around the country, but I still **haven't gone** to Scotland and Ireland. The nicest city I've **been** to is York, but I really love it here in London. I've **been** to the Tower of London, Trafalgar Square and Westminster Abbey, but I **haven't seen** Big Ben; I think I will go next week.

The food here is delicious. London is really multicultural so I've **tasted** many different dishes from around the world. Actually the Indian food is the most delicious food I've **tried**. I still **haven't eaten** roast beef, but we are going to a local restaurant tonight to try it.

Lots of love
Carmen

- What has Carmen seen in London?

- What food hasn't Carmen eaten yet?

- Has Carmen been to Big Ben?



Lesson 2 » Cultural Diversity

1. Read the letter and decide if the statements are true or false. Correct the false statements.

Since I moved here a couple of months ago, I have been a little homesick. I really miss my family and friends back home in Colombia. The hardest thing to adapt to is the cultural difference. The people are nice, but I can't understand a word they are saying. I try to have a conversation with people, but I only understand some parts of what they are saying.

The food is ok, but I do prefer Japanese food. For the first month I only ate rice and vegetables, but this last month I have tried a lot more dishes. Sometimes I wish I could eat an Ajiaco or Bandeja Paisa! I really need to go to bed, because tomorrow I am going with some friends to the Great Wall of China. I am so excited because as you know, it has been a dream of mine since I was little!

1. Jorge has been in China for a year.

False. Jorge has been in China for

a couple of months.

2. He has missed Colombia.

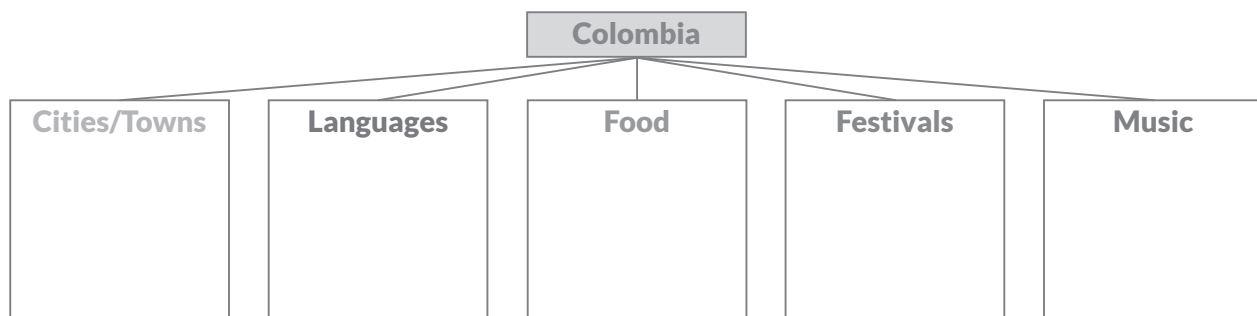
3. The Chinese people have been nice to him.

4. He hasn't tried to have conversations with the local people.

5. He has only eaten rice and vegetables.

6. He has visited the Great Wall of China.

2. Complete the table with the information about Colombia.



3. Imagine you are visiting Colombia from another country. Write about what you have done and where you have been. Include what you think about the country.

I have been in Colombia now for _____

Lesson 3 » Celebrate Traditions

1. Read the descriptions about the Colombian festivals and complete the first two columns of the table. Then complete the third column with information about another Colombian festival.

January in Pasto sees the streets light up with colorful parades, music and dancing. One of the most famous carnivals in Colombia, the Blacks and Whites Festival was originally to pay tribute to the Moon Goddess, but as time has passed the essence of the festival has changed to include Spanish culture and African feasts. On the first day locals paint their faces black and the next day white. I love this energetic carnival because it respects all the different cultures and races in Colombia.



The skies of Villa de Leyva come alive with colourful kites in the month of August when winds blow strong. The festival has kite flying competitions with special categories including home-made kites, giant kites, team kites, highest flying kites and night flights. As you can imagine it is a favourite with children, but adults and teenagers alike enjoy the relaxed friendly atmosphere of this enjoyable festival. This festival is really enjoyable, and a great family atmosphere.

	Blacks and Whites Carnival	Wind & Kite Festival	f. _____
Where	Pasto	c.	g.
When	a. <i>January</i>	August	h.
What do people do?	b.	d.	i.
Personal opinion	Energetic carnival that respects all cultures and races.	e.	j.

2. Write a short description about the Colombian festival you chose.

Chant

It's carnival time



*It's carnival time,
It's festival time!
The streets are crowded,
Let's have a good time!
There's always a reason
To enjoy every season.
Hip hip hooray!
Enjoy the parade!*



Here comes the winter,
It's cold at night.
The air is cool,
And the snow is white.

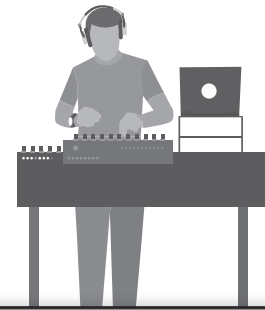
When it's the spring,
The trees turn green.
There's lots of rain,
It's astonishing!

Next comes the summer,
With dry and sunny days.
It's a hot season,
With school holidays!

Then it's the autumn:
It's windy and cold.
Leaves fall down
All over the town.

It's carnival time, ...





Writing

1. With a partner, describe the seasons. Use the words in the box.

snowy ~~warm~~ windy cold green hot dry dark rainy rainy sunny leaves fall

- 1 Spring is warm, _____ and _____.
- 2 Summer is _____, _____ and _____.
- 3 Autumn is _____, _____ and _____.
- 4 Winter is _____, _____ and _____.

Reading

2. Read the descriptions. Which season?

- 1 It's cold, there's sometimes snow. It's cold and rainy. It's the coldest season. _____
- 2 It's getting warmer, and there's a lot of rain. Plants and flowers grow quickly. _____
- 3 It doesn't usually snow at this time of year, but it is cold, dark and rainy. _____
- 4 This season is hot and dry. The days are long, it doesn't rain much and never snows.

Writing

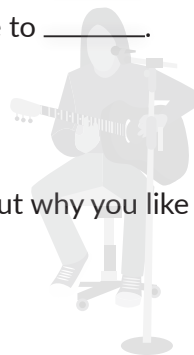
3. Which activities do you do in different seasons?

play football play basketball athletics give presents ride my bike ski snowboard
run play chess skate canoe body board receive presents

- 1 In winter, I like to _____. I don't like to _____.
- 2 In spring, I like to _____. I don't like to _____.
- 3 In summer, I like to _____. I don't like to _____.
- 4 In autumn, I like to _____. I don't like to _____.

Writing

4. What's your favourite season? Write about why you like it.



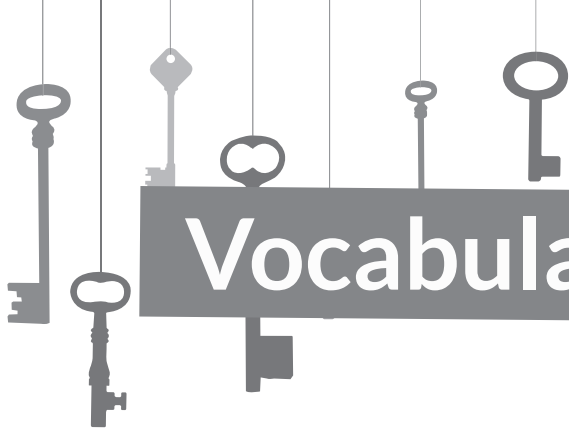
My favourite season is ...
I like it because it's ...
I like it because I can ...
I don't like ... because it's ...

Check Your Progress

Choose the best option.

<p>1. Have you ever ____ fish? a. ate b. eaten c. eat d. eating</p> <p>2. The Tomatina is a fun ____ in Spain. a. literature c. festival b. dish d. street</p> <p>3. There are many ____ dishes in England. a. respectful c. literature b. kind d. delicious</p> <p>4. How many times have you been to Japan? a. I have been there two. b. I have been there twice. c. No, I haven't been there. d. Yes, I have been there.</p> <p>5. I have ____ a lot of money on vacation. a. spend c. spent b. spending d. spends</p>	<p>6. Julia ____ made ajiaco twice. a. is b. are c. has d. have</p> <p>7. In Colombian festivals, there are many ____. a. fireworks c. showers b. tomatoes d. money</p> <p>8. Has Jorge ever travelled to Europe? a. Yes, he have. b. Yes, he has. c. No, he hasn't. d. No, he has.</p> <p>9. What have you ____ ? a. do b. did c. done d. doing</p> <p>10. Have you ____ danced salsa? a. yet b. since c. did d. ever</p>
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		Very well	Quite well	With difficulty
Vocabulary	I can understand vocabulary related to cultures and experiences.			
Grammar	I can use present perfect tense to talk about cultures and experiences.			
Reading	I can understand texts that talk about cultures and experiences.			
Writing	I can write texts about cultures and experiences.			
Listening	I can understand conversations about cultures and experiences.			
Speaking	I can speak about cultures and experiences.			



Vocabulary Activities

Module 1

- Unscramble these vital elements for our bodies.
 - otrepnis _____
 - yobracherds _____
 - mitavnsi _____
 - nielsamr _____
 - eribf _____
 - saft _____

- Organize the following into the corresponding category.

potatoes cheese tomatoes
 carrots apples milk chicken
 kiwi fish yogurt pineapple
 broccoli pasta spinach onion
 rice bread

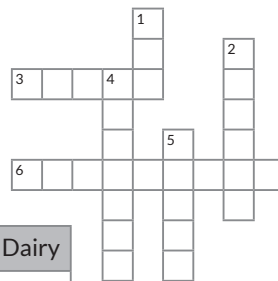
Carbohydrates	Fruit	Vegetables	Meat	Dairy

- Complete the sentences with the correct item of personal hygiene.
 - I wash my hair with _____ twice a week.
 - I brush my teeth with my _____ three times a day.
 - I keep my nails trimmed with _____.

- I use _____ every day to prevent bad odour in my armpits.
- I use _____ to clean my body when I shower.
- I brush my hair with a special _____ for curly hair.

Module 2

- Complete the crossword with words that describe feelings.



Across

- feeling like you need to rest
- inspired or wanting to do something

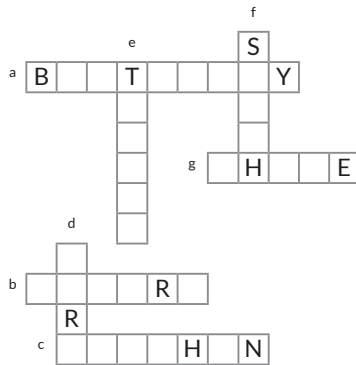
Down

- feeling unhappy
- afraid of doing something
- feeling energetic and enthusiastic
- feeling joyful or pleased

- Complete the sentences with different types of bullying.
 - _____ bullying is horrible because the internet is open to the world for everyone to read, 24 hours a day.
 - I used to suffer from _____ bullying at school when some other boys used to push me and hit me at lunchtime.
 - María has a scholarship to study at an expensive university, but she is suffering from _____ bullying because some students with more money exclude her from work groups.
 - My boss constantly yells at me and calls me stupid. It really makes me sad. My friends told me that this is called _____ bullying.

Module 3

1. Read the clues and complete the crossword.



- a. Flying insect with colourful wings.
- b. This reptile is covered with soft scales. When it feels danger, it loses its tail to escape but, don't worry, its tail grows back again!
- c. This is a medium-sized water mammal. It is very intelligent.
- d. This is an animal that flies.
- e. This reptile has a hard shell covering its body. Sometimes it hides inside it.
- f. This mammal has fur covering its body. It hangs from trees and moves very slowly.
- g. This is the largest mammal on the planet. It lives in the sea.

- 2. Complete the sentences with an environmental problem.
 - a. People have _____ oceans with plastic and chemicals.
 - b. _____ has destroyed many areas in the Amazon rainforest.
 - c. Illegal _____ has contributed to the loss of many species.
 - d. Greenhouse gas emissions have increased _____

Module 4

- 1. Complete with seasons of the year.
 - a. My favourite season is _____. I love it when the days are warm, but not too hot.
 - b. I really like _____ because the leaves fall off the trees. The days are windy and a little cloudy.
 - c. I don't like _____ because most days are cold and rainy!
 - d. _____ days can be really sunny and hot. It's great beach weather!

2. Complete the conversation with words from the Word Bank.



Luna: The Barranquilla a. _____ is amazing! People dance in the city b. _____.

David: Are there c. _____ to light up the night sky?

Luna: Oh yes! They're spectacular! And you should taste the local d. _____. Fish with coconut rice is my favourite.

David: What are the e. _____ dances?

Luna: Mapalé is an African dance. It's beautiful to see the locals dancing.