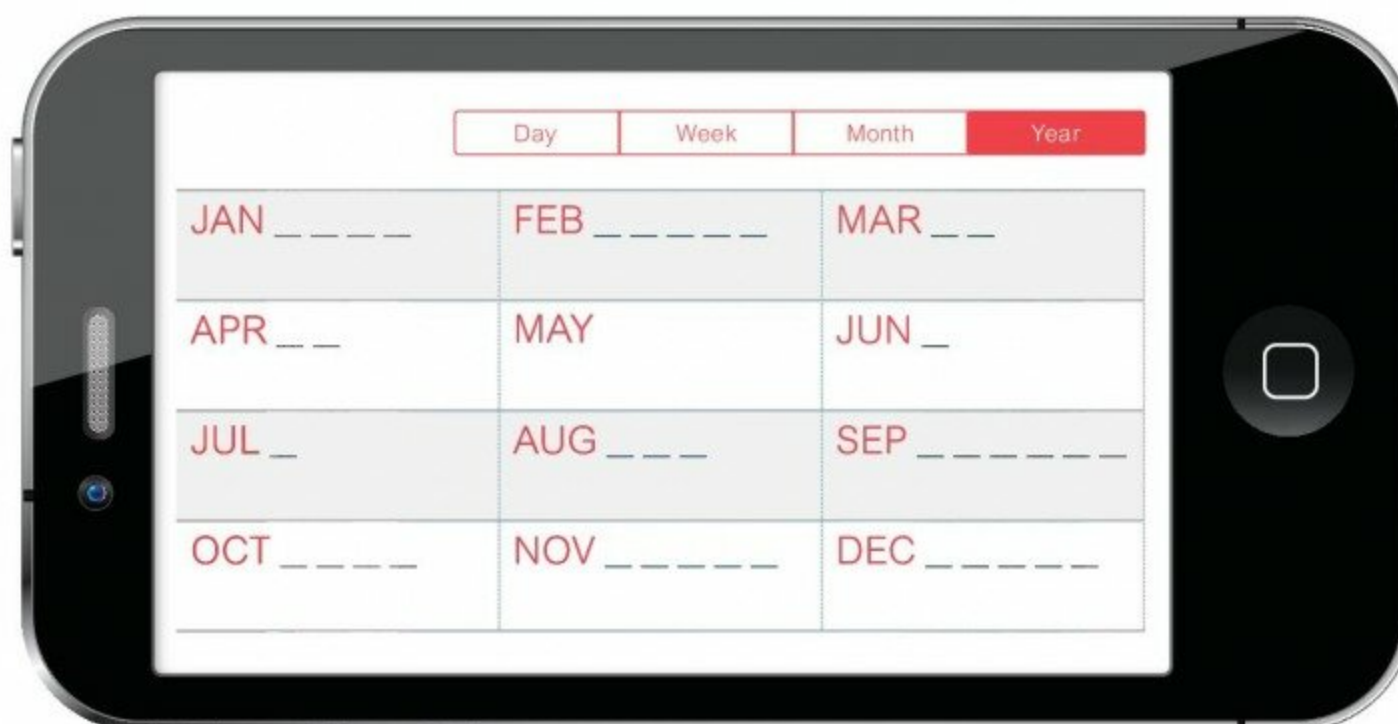


1 VOCABULARY months, adverbs, and expressions of frequency

- 4.16 Complete the months in the phone calendar. Listen and check.
- Listen again and repeat the months. Which five are stressed on the second syllable?
- Say the month of your birthday around the class.
- p.157 **Vocabulary Bank Time** Do Parts 2 and 3.



2 GRAMMAR position of adverbs, expressions of frequency

- Read the text about teenagers in the US. Are teenagers in your country similar?

HOME
BLOG
NEWS
ABOUT

Teenagers in trouble

American teenagers may, for the first time in the nation's history, live shorter lives than their parents because of their unhealthy lifestyles. According to recent research:

- 96% **spend** more than five hours looking at a screen **every day**.
- 86% **hardly ever** eat fruit or green vegetables.
- 75% **don't usually** sleep for eight hours a day – the average is seven hours.
- 34% **eat** fast food at least **once a day**.
- 33% **drink** more than four sugary drinks **every day**.
- 31% **are often** very stressed.
- 25% **never** play sports or exercise.

- Look at the position of the **highlighted** words and expressions. Circle the correct rule.

- Adverbs of frequency (e.g., *usually*) go:
before / *after* a main verb.
before / *after* the verb *be*.
- Expressions of frequency (e.g., *every week*) go *at the beginning* / *at the end* of a phrase or sentence.

- p.130 **Grammar Bank 4C**

- Communication** Short Life, Long Life? p.104 Do the questionnaire.

3 PRONUNCIATION the letter h

- 4.21 Listen to the words and sound. Then listen and repeat.

	house	how	hardly	happy	healthy
		high	have	hungry	

- 4.22 Listen. Circle one word where *h* is not pronounced. Then practice saying the sentences.

Harry's a **h**air stylist.
 He **h**ardly ever **h**as breakfast.
 He's often in a **h**urry.
 He usually **h**as half an **h**our for lunch.
 He often **h**as a **h**amburger for dinner.
 Harry isn't very **h**ealthy.

- In pairs, make true sentences about you with the verb phrases and an adverb or expression of frequency.

be at home on Saturday night be in a hurry
 do housework go to the hair stylist have a healthy lunch
 take a hot bath sleep for eight hours

I'm not usually at home on Saturday night.

4 READING & SPEAKING

- Look at the photos and read the text. What are the "Blue Zones"? How old do you think Alexis and María are?
- Communication** **A** Ikaria p.104 **B** Nicoya p.110
Read and tell your partner about the place.
- What words and phrases can you remember from the articles? With a partner, write words in each category.

beans

food
and
drink

physical
exercise

work outside

5 VIDEO LISTENING

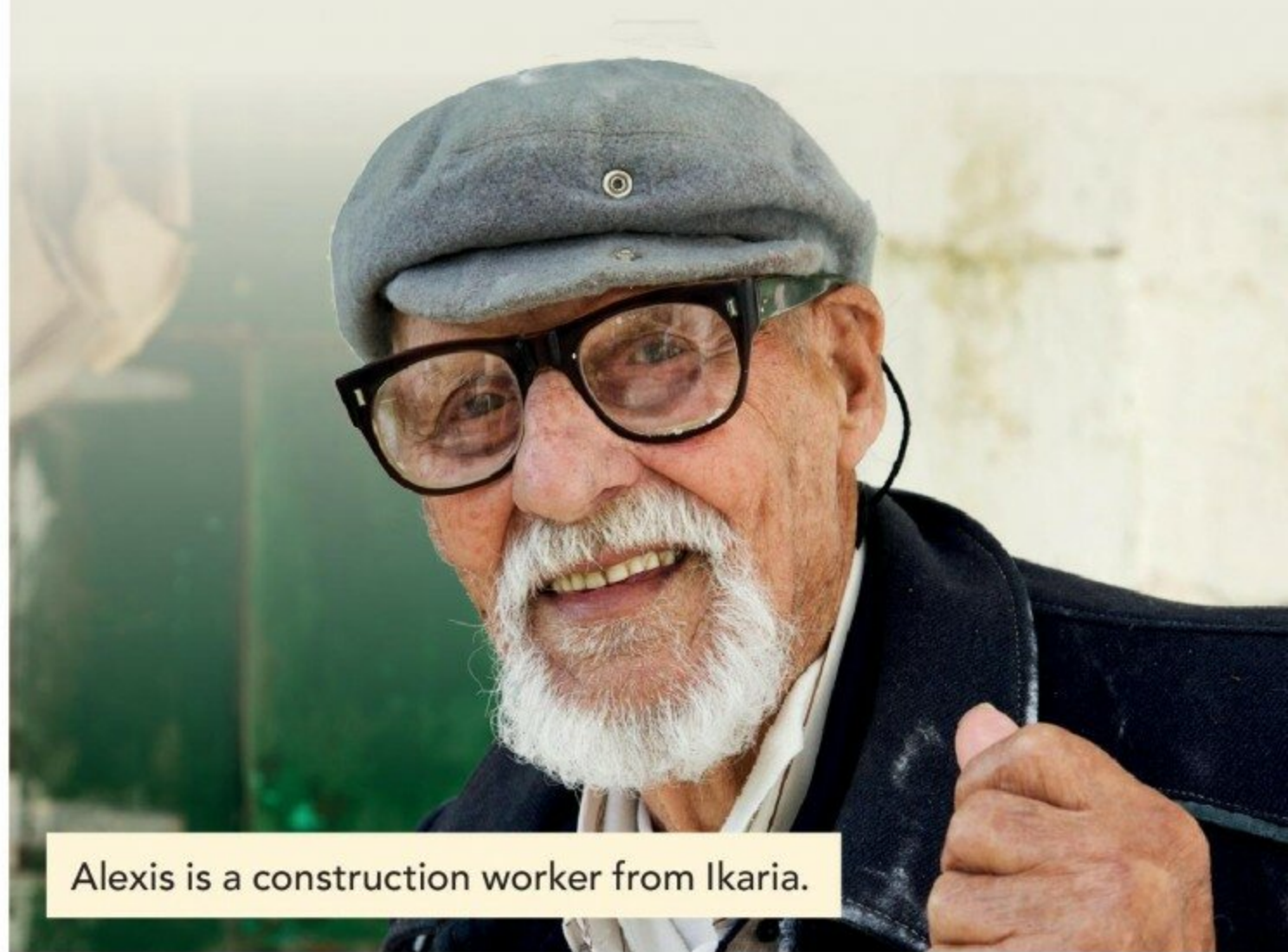


- Watch the documentary *The island of Okinawa*. Mark the sentences **T** (true) or **F** (false).
 - The island of Okinawa is north of Japan.
 - 70-year-old Okinawans have the bodies of 50-year-olds.
 - Hara hachi* means stop eating before you're full.
 - The Okinawans don't eat meat or fish.
 - They eat a lot of seaweed.
 - They do yoga every day.
 - The Okinawans are often in a hurry.
 - When Okinawans reach 100, they have a ceremony called *kajimaya*.
- Watch again and correct the **F** sentences.
- What does Okinawa have in common with Ikaria and Nicoya? Are there people in your country who live like this? In what ways is your lifestyle similar to or different from life in the "Blue Zones"? Would you like to live in one of the "Blue Zones"?

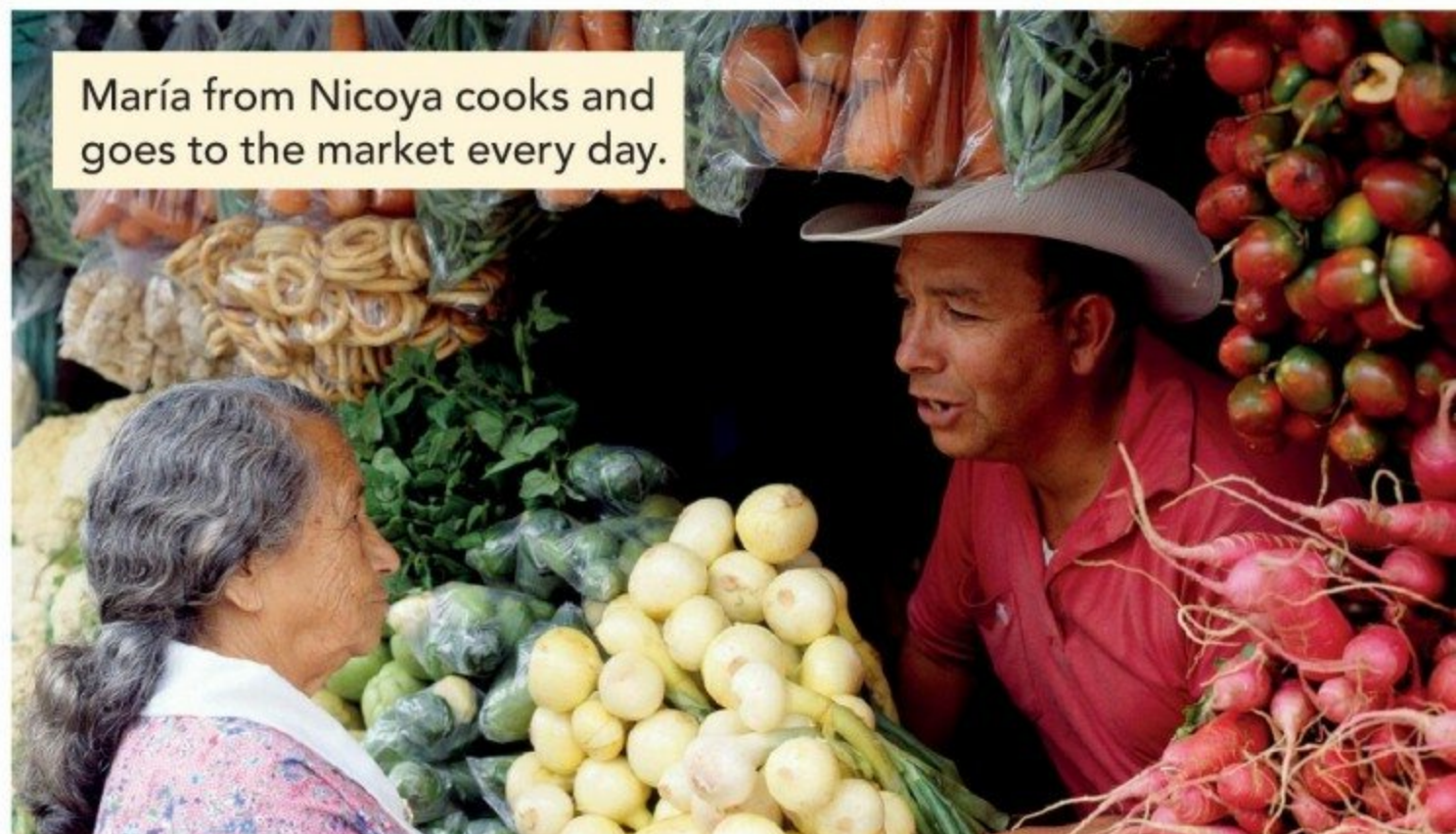


What are their secrets?

What do the Greek island of Ikaria, the Nicoya peninsula in Costa Rica, and the island of Okinawa in Japan have in common? The answer is that, together with Loma Linda in California and Sardinia in Italy, they are the five so-called "Blue Zones," the best places in the world to live if you want to have a long and healthy life. Many people there live until they are 100 or more. So what are their secrets?



Alexis is a construction worker from Ikaria.




María from Nicoya cooks and goes to the market every day.



Go online to watch the video and review the lesson

4A possessive 's, Whose...?

- 1 He's Brad Pitt's brother. It's James's laptop.  4.2
- 2 It's my parents' car.
- 3 "Whose bag is this?" "It's Maria's."
- 4 The end of the movie is fantastic. I live near the city park.

- 1 We use a person + 's to talk about family and possessions.
He's Brad Pitt's brother. **NOT** ~~He's the brother of Brad Pitt.~~
- 2 With regular plural nouns we put the ' after the s.
It's my parents' car. **NOT** ~~It's my parent's car.~~
- With irregular plural nouns, e.g., children, men, we use 's,
e.g., the children's room, men's clothes.

- 3 We use Whose...? to ask about possessions.
We can ask Whose bag is this? **OR** Whose is this bag?
We can answer It's Maria's bag. **OR** It's Maria's.
- 4 We don't usually use a thing + 's, e.g., the end of the class
NOT ~~the class's end~~, the city park **NOT** ~~the city's park~~.



's

Be careful with 's. It can be two things:

Maria's mother – 's = of Maria Maria's Spanish – 's = is

Whose / Who's


Who's = Who is, e.g., "Who's that girl?" "She's my sister."

Whose = of who, e.g., "Whose bag is this?" "It's Jack's."

Whose and Who's are pronounced the same /huz/.

4B prepositions of time and place

Time

in	on	at  4.13
the morning	Monday (morning)	three o'clock
the afternoon	January 1	noon / midnight
the evening	the weekend	lunchtime
the summer		night
December		
2018		


- We use *in* for parts of the day, seasons, months, and years.
- We use *on* for days, dates, and the weekend.
- We use *at* for times of the day and *night*.

Place and movement

- 1 He has lunch **at** work.  4.14
He works **in** an office.
- 2 He goes **to** work at 8:00.

- 1 We use *at* and *in* for place.
 - We use *at* + work, home, school.
 - We use *in* + other places, e.g., a house, an office, a room, etc.
 - We can use *in* or *at* with some public places, e.g., a restaurant, the movies, etc.
On Saturdays, he usually has lunch **in** / **at** a restaurant.
- 2 We use *to* for movement or direction.
She goes **to** the gym. **NOT** ~~She goes at the gym.~~
We don't use *to* before home.
go home **NOT** ~~go to home~~

4C position of adverbs, expressions of frequency

- 1 I **always** watch TV in the evening.  4.20
Do you **usually** sleep eight hours a day?
She **sometimes** plays sports.
She doesn't **often** go to bed late.
- 2 They're **hardly ever** late.
He isn't **often** stressed.
Are you **usually** in this classroom?
- 3 I have English classes **twice a week**.
She doesn't work **every day**.

- 1 We use adverbs and expressions of frequency to say how often you do something.
"How often do you cook?" "I cook every evening."
- Adverbs of frequency go before the main verb.
- In negative sentences, the adverb of frequency goes between *don't* / *doesn't* and the verb.
- 2 Adverbs of frequency go after *be* in \oplus and \ominus sentences.
In \oplus with *be*, the adverb of frequency goes after the subject.
- We use a \oplus verb with *hardly ever* and *never*.
He's **never** stressed. **NOT** ~~He isn't never stressed.~~
- 3 Expressions of frequency usually go at the end of a sentence or verb phrase.

4A

- a Look at the pictures. Answer the questions with a short sentence.



Whose laptop is this?

It's Ryan's laptop.

- 1 Whose cars are these? _____
- 2 Whose wallet is this? _____
- 3 Whose magazines are these? _____
- 4 Whose watch is this? _____
- 5 Whose glasses are these? _____

- b Circle the correct form.

Monica Cruz is Penelope's sister / sister's Penelope.

- 1 It's my mother's birthday / my birthday's mother.
- 2 That's her parent's house / her parents' house.
- 3 I'm tired when I go home at the end of the day / the day's end.
- 4 Those are friends' my sister / my sister's friends.
- 5 The door of the classroom / The classroom's door is open.
- 6 Those are the students' desks / the desk's students.

- c Complete with *Whose* or *Who's*.

Whose car is this?
Who's the man with dark hair?

- 1 _____ book is this?
- 2 _____ phone is that?
- 3 _____ your favorite singer?
- 4 _____ Kevin's girlfriend?
- 5 _____ bag is this?
- 6 _____ their English teacher?

← p.30

4B

- a Complete with *at*, *in*, or *on*.

on Saturday

- 1 _____ the evening
- 2 _____ September 22nd
- 3 _____ the summer
- 4 _____ 7:30
- 5 _____ night
- 6 _____ Wednesday afternoon
- 7 _____ the weekend
- 8 _____ January
- 9 _____ 2020

- b Complete with *at*, *in*, or *to*.

We go to school by bus.

- 1 Sorry, John isn't here. He's _____ work.
- 2 It's a beautiful day. Let's go _____ the beach.
- 3 Sally's boyfriend works _____ a factory.
- 4 My brother studies math _____ New York University.
- 5 I go _____ the gym on Tuesdays and Thursdays.
- 6 I work _____ an office.
- 7 We live _____ a modern apartment.
- 8 It's Monday. The children are _____ school.
- 9 My father is a doctor. He works _____ a hospital.
- 10 Jack isn't _____ home. He's with a friend.

← p.33

4C

- a Put the adverb of frequency in the correct place in the sentence.

They drive – they don't have a car. **never**

They never drive – they don't have a car.

- 1 I walk to work. **always**
- 2 Do you wear glasses? **usually**
- 3 I'm bored. **hardly ever**
- 4 She does the housework. **sometimes**
- 5 We go to the movies. **hardly ever**
- 6 Why are you late? **always**
- 7 My girlfriend is stressed. **never**
- 8 Does it rain in December? **often**

- b Order the words to make sentences.

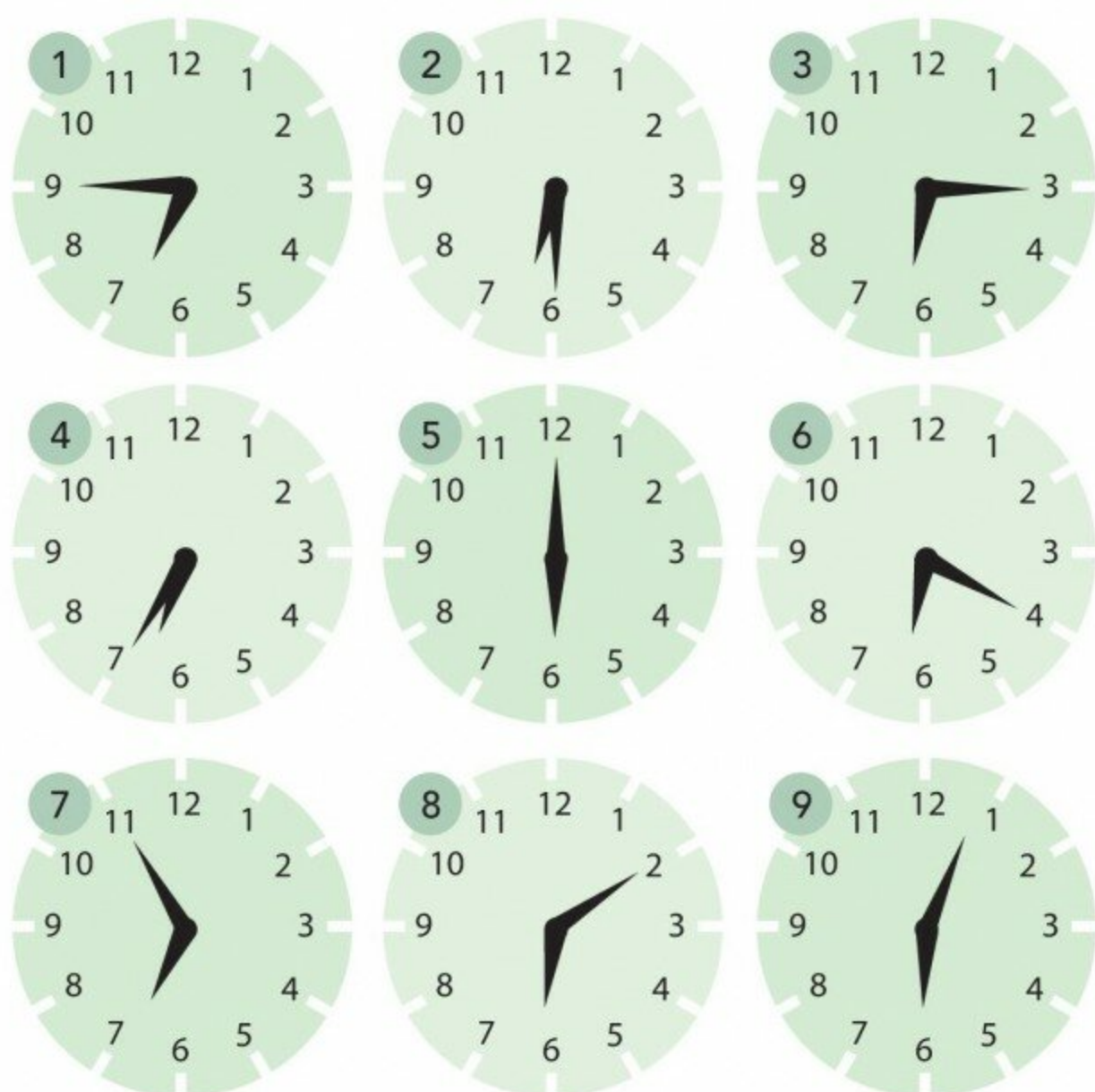
always she at six up gets

She always gets up at six.

- 1 for late never I am class
- 2 eat ever fast hardly we food
- 3 what work you usually time do finish ?
- 4 parents out night often my go don't at
- 5 always brother lunchtime is my hungry at
- 6 don't homework always our we do
- 7 you work usually to do drive ?
- 8 hardly teacher angry is our ever

← p.34

1 TELLING THE TIME



a Match the clocks and phrases.

- It's six fifteen. / It's (a) quarter after six.
- It's six o'clock.
- 1 It's six forty-five. / It's (a) quarter to seven.
- It's six ten. / It's ten after six.
- It's six fifty-five. / It's five to seven.
- It's six thirty-five. / It's twenty-five to seven.
- It's six thirty. / It's half past six.
- It's three minutes after six.
- It's six twenty. It's twenty after six.

b 3.26 Listen and check.

Time

You can ask for the time in two ways:
What time is it? **OR** What's the time?

For times that are not multiples of five, we use
minutes, e.g., 6:03 = It's three minutes after six.

When you can't be exact, use about:
"What time do you get up?"
"At **about** 7:00."

ACTIVATION Cover the phrases and look at the clocks.
Ask and answer with a partner.

What time is it? / What's the time? (It's...

2 EXPRESSIONS OF FREQUENCY

a Complete the expressions.

How often do you see your friends?

- 1 every /'evri/ day M, T, W, Th, F, S, S
- 2 every w_____ week 1, week 2, week 3, etc.
- 3 every m_____ January, February, March, etc.
- 4 every y_____ e.g., 2017, 2018, 2019, etc.
- 5 once /wʌns/ a _____ e.g., only on Mondays
- 6 twice /twais/ a _____ e.g., on Mondays and Wednesdays
- 7 three times a _____ e.g., on Mondays, Wednesdays, and Fridays
- 8 four times a _____ e.g., in January, April, July, and October

b 4.17 Listen and check.

ACTIVATION Cover the left-hand column. Test yourself.

3 ADVERBS OF FREQUENCY

a What do the highlighted words mean? Match sentences 1–6 to a–f.

- 1 **b** I always /ɔlweɪz/ get up at 7:00 during the week.
- 2 I often /ɒfn/ go to the movies after work.
- 3 I usually /'yʊʒuəli/ finish work at 6:00.
- 4 I sometimes /sʌmtaɪmz/ meet a friend for lunch.
- 5 I hardly ever /hɑrdli 'evər/ go to the theater.
- 6 I never /nevər/ have coffee.

- a About seven or eight times a month.
- b I start work at 8:00 every day.
- c But on Fridays we stop at 3:00.
- d I don't like it.
- e Only once or twice a year.
- f About once or twice a month.

b 4.18 Listen and check.

c 4.19 Listen and repeat the highlighted adverbs of frequency.

normally

Normally /'nɔrməli/ is the same as *usually*.
I normally get up early. = I usually get up early.

ACTIVATION Cover sentences 1–6 and look at a–f.
Can you remember the sentences?