

LESSON 1: Food for thought!

LESSON 2: Your problem sorted!

LESSON 3: We're on a shopping spree!

UNIT 3

TEEN matters!



In Unit 3 you will...

READ

- a quiz about healthy snacking
- a presentation of Bob's snacking habits
- children's letters to Agony Aunt
- house advertisements

PRACTISE COLLOCATIONS & VOCABULARY RELATED TO

- food
- adjectives
- opposites
- advertisement abbreviations

PRACTISE THE USE OF

- nouns and quantifiers
- modals (must/ mustn't/ don't have to/ may/ might/ should/ shouldn't)
- comparative & superlative

WRITE

- a paragraph about your snacking habits
- a letter of advice
- a paragraph explaining your opinion

Lesson 1



Reading

Healthy Snacking Quiz

- 1 *Circle the tick (✓) or the cross (✗) to find out if healthy snacking is a piece of cake for you!*
☆☆

Healthy Snacking Q U I Z

QUESTIONS	TRUE	FALSE
1. I think about how healthy a snack is every time I choose to have one!	✓	✗
2. I usually choose the healthiest snack, such as yoghurt, an apple etc.	✓	✗
3. I plan ahead what snacks I eat every day.	✓	✗
4. There are always healthy snacks around at home.	✓	✗
5. I rarely buy snacks from the school canteen.	✓	✗
6. My parents never buy unhealthy snacks from the supermarket.	✓	✗
7. I don't like junk food.	✓	✗
8. I often check how much fat and how many calories there are in the snacks I have.	✓	✗
9. I don't snack when I'm bored or stressed.	✓	✗
10. I don't snack when I watch TV or do my homework.	✓	✗

Based on http://kidshealth.org/teen/food_fitness/nutrition/snacking.html

- **7 or more ✓**: You certainly follow a healthy diet. Snacking is no problem for you. There's always something healthy to snack on.
- **4 - 6 ✓**: You know what is healthy and what is not. However, you have an unhealthy snack from time to time. Be careful! You don't want to lose balance.
- **3 or fewer ✓**: You know what is good and what is bad for you but you seem to have a sweet tooth. You need to try harder.

How many ticks have you got? ...

Food for thought!

2 Bob did the 'Healthy Snacking' Quiz. How many ticks has he got?



Hi! My name's Bob and I like snacks. Every time I choose to have a chocolate I know it's bad for me and my teeth. That's why I only have a small bar of chocolate once a week. I don't often buy food from the school canteen because my parents say that canteens sell unhealthy snacks. I usually have a good breakfast every morning and I take a fruit with me for the break. I don't plan ahead what snacks I'll have during the day but there's always something healthy around. My parents sometimes buy sweets, biscuits and fizzy drinks from the supermarket. I love going to my favourite fast food restaurant with my friends every Saturday. I always have a double cheeseburger. I'm not fat so I don't worry about calories and things like that. I never eat in front of the TV or when I'm bored. That's a rule at our home!

Bob has got ✓



Vocabulary Link

Food

3 Write the words under the pictures.

Task 14 - p.138



chips



1



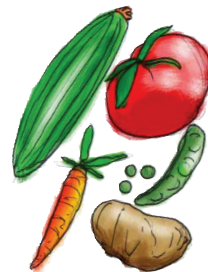
2



3



4



5



6



7



8

Lesson 1

Collocations

4 Match the words/ phrases 1-9 with a-i to form collocations.



- | | | |
|-----------------|-------------|----------------------|
| 1. skip |i..... | a. for your heart |
| 2. pay | | b. recipe books |
| 3. high | | c. in a while |
| 4. once | | d. in fats |
| 5. normal-sized | | e. eating habits |
| 6. poor | | f. meals |
| 7. bad | | g. on fatty foods |
| 8. go through | | h. attention |
| 9. cut down | | i. a meal |



5 Write the opposites.



e.g. canned fruit \neq fresh fruit

1. full-fat milk \neq
2. white bread \neq
3. good eating habits \neq
4. fast-food meal \neq
5. huge amounts of additives \neq



6 Complete the sentences with the adjectives of the words in brackets.



e.g. You must have three *normal-sized* meals a day. (NORMAL SIZE)

1. Fast food isn't for teenagers. (HEALTH)
2. Lisa is she is slim. There's no need to go on a diet. (LUCK)
3. Are there any drinks in your fridge? (FIZZ)
4. The doctor says that my granddad mustn't eat food. (SALT)
5. Yummy! I love my granny's apple pie. It's always so (TASTE)
6. We're having chicken with potatoes for lunch. (BAKE)

7 Choose the correct word.



1. I must down on fatty foods.
a. give b. cut c. stop

Task 15- p.139

Food for thought!

2. Unhealthy food is usually high in
 - a. calories
 - b. energy
 - c. water
3. Don't eat so much meat. It's bad for your
 - a. heart
 - b. recipe
 - c. meal
4. Let's have some tofu!
 - a. chicken
 - b. fruit
 - c. burgers
5. Buy ... bread. It's healthier!
 - a. whole grain
 - b. frozen
 - c. boiled
6. Carbonated water makes drinks
 - a. sugary
 - b. salty
 - c. fizzy



Grammar Link

Nouns and Quantifiers

8 Put ticks in the right columns. Then write sentences in your notebook.



	<i>a lot of</i>	<i>some/any</i>	<i>much</i>	<i>many</i>	<i>a few</i>	<i>a little</i>
<i>oranges</i>	✓	✓		✓	✓	
<i>water</i>						
<i>eggs</i>						
<i>yoghurt</i>						
<i>steaks</i>						
<i>bread</i>						

Modals - must / mustn't / don't have to

9 Complete the sentences with *must* / *mustn't* / *don't have to*.



e.g. I *must* have three normal-sized meals a day.

1. You go on a diet. You are in good shape!
2. You eat fast food very often.
3. You drink lots of water every day.
4. Young children drink fizzy drinks. They are bad for their health.
5. You stop eating burgers completely. You can have fast food once a month.
6. We take some regular exercise to keep fit. Let's start jogging!

Lesson 1

Food for thought!



Writing

My snacking habits

10

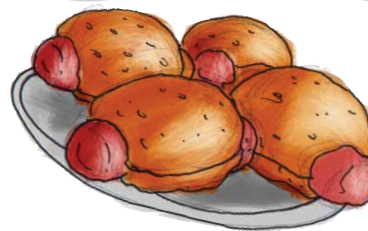


Look at the quiz and Bob's paragraph in task 1 and write a short paragraph about your snacking habits. Compare it with your partner's and decide who's got healthier eating habits.

Tip!

Give examples of what you eat. Use the language you've learnt in this lesson.

Handwriting practice area with ten sets of horizontal dotted lines on a light yellow background.



Lesson 2

Your problem sorted!



Reading

A problem shared...

- 1 What problems do these children have? Read the letters (a-c) and match them with the titles (1-4) (there is an extra title).

Task 16 - p.139



1. Want to play with me? 2. DIFFERENT TASTES IN SPORTS
3. EVERYTHING IS HIS! 4. ALWAYS IN FASHION?

TEEN MAG



a.

Dear Agony Aunt,
My name's Simona. I'm 12 and I want to be a model. I love wearing trendy clothes and buying lots of accessories. My mum doesn't like buying new clothes. She says it's a waste of money because fashion changes all the time. The problem is that there is a fashion show for teenagers in my area next month and my parents won't let me take part. I think it can be the beginning of my modeling career. What should I do?



b.

Dear Agony Aunt,
My name's Jean Paul. I'm 14 and I am keen on football. My parents love tennis and they think I should learn how to play tennis, too. But I don't like it much. All my friends play football and what is more there is a football ground just opposite our school. It's our meeting point at the weekends. What do you think I should do?



c.

Dear Agony Aunt,
My name's Jason and I'm 10. I've got a sister who is older than me and a brother who is just five. The problem is that my brother wants everything I have. Every new DVD I buy he wants to be the first to see it. Every PC game I get, he wants to be the first to try it. That's why we always fight and my parents always put the blame on me. When I talk to them, they don't listen. They say I'm older than him and I shouldn't make him cry. I hate him.

Lesson 2

2 Read the letters again and decide what they should do.



1. Simona should
 - a. take part in the fashion show without her parents' permission.
 - b. tell her parents why this show is important to her.
 - c. not take part in the show because she is very young.
2. Jean Paul should
 - a. tell his parents that he would like to play both football and tennis.
 - b. play tennis only and stop playing football.
 - c. not play football at weekends.
3. Jason should
 - a. share all his things with his little brother.
 - b. hide his favourite things and give his brother the toys and DVDs he doesn't like any more.
 - c. start crying like his brother to get his parents' attention.



Vocabulary Link

Adjectives

3 Match the words in the box with the pictures (1-5).

Task 17 - p.140



nervous worried tired excited sad bored



sad



4



1



2



3



5

Your problem sorted!

4 Use the adjectives from task 3 to complete the sentences.

Task 18 - p.140



e.g. I feel *sad* when I see poor children in the streets.

1. My dad gets when I don't do well on a test.
2. I feel when there's nothing interesting on TV.
3. All children feel when Christmas holidays are near.
4. Stop looking at me! You make me feel
5. I feel dead after a week's work.



Grammar Link

Making Guesses - Giving Advice

5 Match 1-4 with a-d.



- | | |
|--|---|
| 1. The girl sitting next to him must be his sister. | a. I'm 50% sure. |
| 2. She may/might be his mother. | b. I think this is not so good for you. |
| 3. You should stop biting your nails. | c. I'm almost 100% sure. |
| 4. You shouldn't feel so nervous about tests. | d. I think this is good for you. |

6 Look at the pictures and complete the sentences 1-4 with *must* or *may/might*.



1. Susan be at Jenny's party.
There's no answer.



2. John be dead tired.
He has cleaned the whole house.



3. Jerry be in hospital.
He wasn't at school this morning.



4. Mark and Tim be twins.
They look identical!

Lesson 2



7 Match the problems (1-7) with the suggestions (a-g) and then write sentences using *should* or *shouldn't*.

I've got bad marks in my school report. <i>h</i>	a. buy it
1. My mum looks very tired.	b. call your friends on your mobile
2. I spend lots of money on mobile phone cards.	c. cross the road
3. I love this CD.	d. drink it
4. I'm thirsty but this water isn't clean.	e. help with the housework
5. This T-shirt looks awful on you!	f. take your umbrella
6. It's raining.	g. wear it
7. There're lots of cars.	h. work harder

e.g.

I've got bad marks in my school report.

You should work harder!

1.
.....

a.
.....

2.
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b.
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3.
.....

c.
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4.
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d.
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5.
.....

e.
.....

6.
.....

f.
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7.
.....

g.
.....

Your problem sorted!



Writing

A letter of advice

- 8 Choose a letter from task 1 on page 33 and write a short reply. Follow the guidelines in the writing section of the student's book on page 36.



Handwriting practice area with a scalloped top edge and horizontal dotted lines for writing.

Your problem sorted!

1 One of the teenagers wrote a letter to Teen Helpline to get some advice about his / her problem. Read Agony Aunt's answer. Which teenager is she writing to?

Agony Aunt
a person who writes in a magazine giving advice to readers' problems

TEEN MAG

TEEN HELPLINE

Laura Helby answers our friends' letters. Read her advice

Well, first you should start by reading it. You and people want to be around you. A very good sports after-school club. Tell me what you are interested in and you'll be fine.

to chat about right away. Why don't you talk to your friends? They might come up with some wonderful ideas. You shouldn't feel nervous about meeting new people. Just relax. Be yourself and you'll be fine.

2 What pieces of advice does she give? Tick ✓

a. Smile!
b. Go to a new school!
c. Find an activity you like!
d. Tell your mum!

a. Buy new clothes
f. Don't be nervous

3 How can each piece of advice help? Read the letter again to find out. Do you have any other ideas to help?

4 Think of people you know who:

a. look really friendly
b. have similar interests to you.
c. always come up with great ideas.
d. make you feel nervous.

and tell each other.

Task 3 - 2110

Lesson 3



Vocabulary Link

1 Match the words (1-9) with their meaning (a-i).



1. shopping spree
2. review
3. fan
4. court
5. take part in
6. update
7. factory
8. thrilling
9. loads of

....
....
....
....
....
....
....
....
....

- a. exciting
- b. a report about a book or a film
- c. time when you buy lots of things
- d. people work and make goods there
- e. new information for a computer programme
- f. lots of
- g. s/he likes an actor/ a singer etc or a game/ a tv show etc a lot
- h. you can play tennis there
- i. join



Collocations

2 Choose the right word to complete the sentences.



1. He joined the ... when he was 18.
 - a. factory
 - b. army
 - c. update
2. Would you like to ... a ticket for the match?
 - a. win
 - b. save
 - c. solve
3. Can you help me ... this puzzle? It's very difficult.
 - a. choose
 - b. explore
 - c. solve
4. Lisa took ... in the school singing contest.
 - a. part
 - b. prize
 - c. price
5. Chimps are very ... animals.
 - a. fun
 - b. funny
 - c. thrilling
6. My brother doesn't like giving his ... to other children.
 - a. toys
 - b. games
 - c. review
7. Going out with friends is great ...
 - a. funny
 - b. fan
 - c. fun
8. My sister is Avril Lavigne's ... She's got all her CDs.
 - a. fan
 - b. fun
 - c. funny

Task 19 - p.140

We're on a shopping spree!

Opposites

Task 20- p.141

3 Match the opposites.



- | | |
|----------------------|----------------|
| 1. bad ≠ | a. cold |
| 2. old ≠ | b. poor |
| 3. boring ≠ | c. little |
| 4. easy ≠ | d. good |
| 5. expensive ≠ | e. near |
| 6. beautiful ≠ | f. difficult |
| 7. rich ≠ | g. ugly |
| 8. much ≠ | h. cheap |
| 9. hot ≠ | i. interesting |
| 10. far ≠ | j. new |



Grammar Link

Comparing

4 Match the examples (a-c) with the spelling rules and then complete them.



Adjectives ending in...	in comparative & superlative...	Examples
consonant-vowel-consonant	double the final consonant and take -er / -est e.g.....	a. heavy ⇨ heav.../heav...
consonant + y	take -ier/-iest e.g.....	b. nice ⇨ nice.../nice....
consonant + e	take -r/-st e.g.....	c. fat ⇨ fatt.../fatt....

5 Put the adjectives of task 3 in the right column and then write their comparative and superlative form.



SHORT ADJECTIVES			LONGER ADJECTIVES			IRREGULAR ADJECTIVES		
<i>cold</i>	<i>colder</i>	<i>the coldest</i>	<i>interesting</i>	<i>more interesting</i>	<i>the most interesting</i>	<i>bad</i>	<i>worse</i>	<i>the worst</i>

Lesson 3

6 a. Complete the sentences. Use the positive, the comparative or the superlative forms of the adjectives in brackets.



Task 21 - p.141

e.g.

My dad is the *tallest* (tall) man in our family.



1. My computer screen is (wide) than yours. It is 19 inches.
2. Jerry is (popular) boy in our class. Everybody likes him.
3. My mobile phone isn't as (expensive) as my friend's.
4. My room is (big) than my brother's. There's room for two beds.
5. My brother is (good) basketball player in the school team.
6. *Matrix* isn't as (exciting) as *The Lord of the Rings*.
7. My dad's jokes are (funny) than my mum's.
8. Homemade food is (healthy) than fast food.
9. Fresh fruit with yoghurt is (delicious) dessert of all.
10. The blue T-shirt is as (trendy) as the red one.

b. Now complete the rules.

- a. In sentence number 1 above, we compare two / more than two things.
- b. One and two-syllable adjectives take the ending in this case.
- c. We use '.....' with longer adjectives, like 'popular'. (sentence number 2)
- a. The irregular superlative form of 'good' is (sentence number 5)
- d. We use / don't use the comparative form with 'as as'. (sentences number 3, 6, 10)

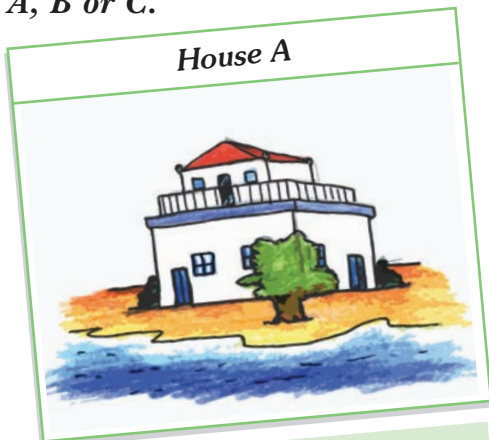
We're on a shopping spree!



Reading

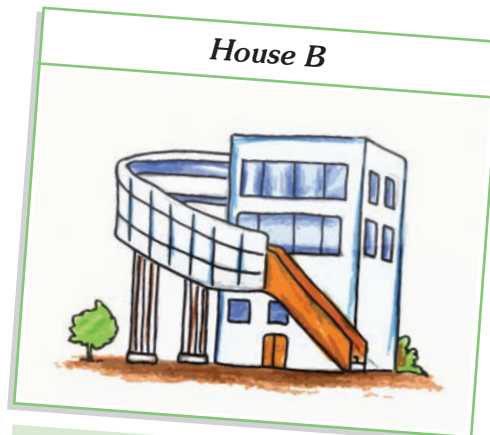
House ads

7 Read the house ads, match the abbreviations and complete the sentences with A, B or C.



€ 300,000.00

Detached hse by the sea
3 beds
lounge, kit
bath/wc
garage
40 mins from city centre



€ 150,000.00

small flat in a modern block
big lounge, kit
bath
rear gdn
20 mins from city centre



€ 250,000.00

traditional country cottage
4 beds
big lounge with fireplace, kit
bath/wc
big gdns

ABBREVIATIONS	
● hse	● garden
● beds	● minutes
● kit	● house
● bath	● bedrooms
● mins	● bathroom
● gdn	● kitchen

1. House ... is more expensive than House C.
2. House ... is nearer the city centre than House A.
3. House ... is the most traditional of all.
4. House ... the cheapest of all.
5. House ... is more modern than House C.
6. House ... is bigger than House B.

Lesson 3 We're on a shopping spree!



Writing

Giving your opinion

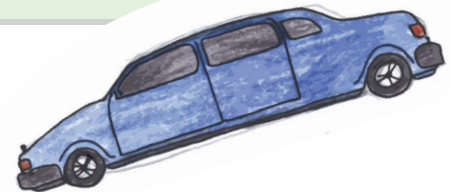
8 Choose the right car for the Marsilettis. Use comparative, superlative or as...as to present your opinion and to explain your choice.



old long fast beautiful slow expensive cheap



Mr Marsiletti goes to work by car.
Mrs Marsiletti has got a small car.
They often go on excursions at weekends.
They've got €26,000.00



	Car A	Car B	Car C
Year:	1992	1968	1998
Length:	2.7m	2.2m	7m
Speed:	120km/h	70km/h	140km/h
Price:	€ 20,000	€ 7,000	€ 50,000

I think car ... is the right car for the Marsilettis because

- it is cheaper than
-
-
-
-