

7 Call an ambulance!

Lesson One Story

Libby is helping a man. Kate is calling an

1 Listen and read. What are the children doing in picture 5?  ambulance.



1

Libby DSD Club was great today. I've always wanted to do a first aid course.

Kate Me too. The teacher said you were very good at it. Maybe you'll be a doctor one day.



2

Ed I don't think I'll be a doctor. I couldn't put on bandages very well!



3

Ed These first aid kits are really cool. We've got plasters and slings ...

Kate Put them away, Ed. We don't need them now.

Fin Yes, we do. Look!

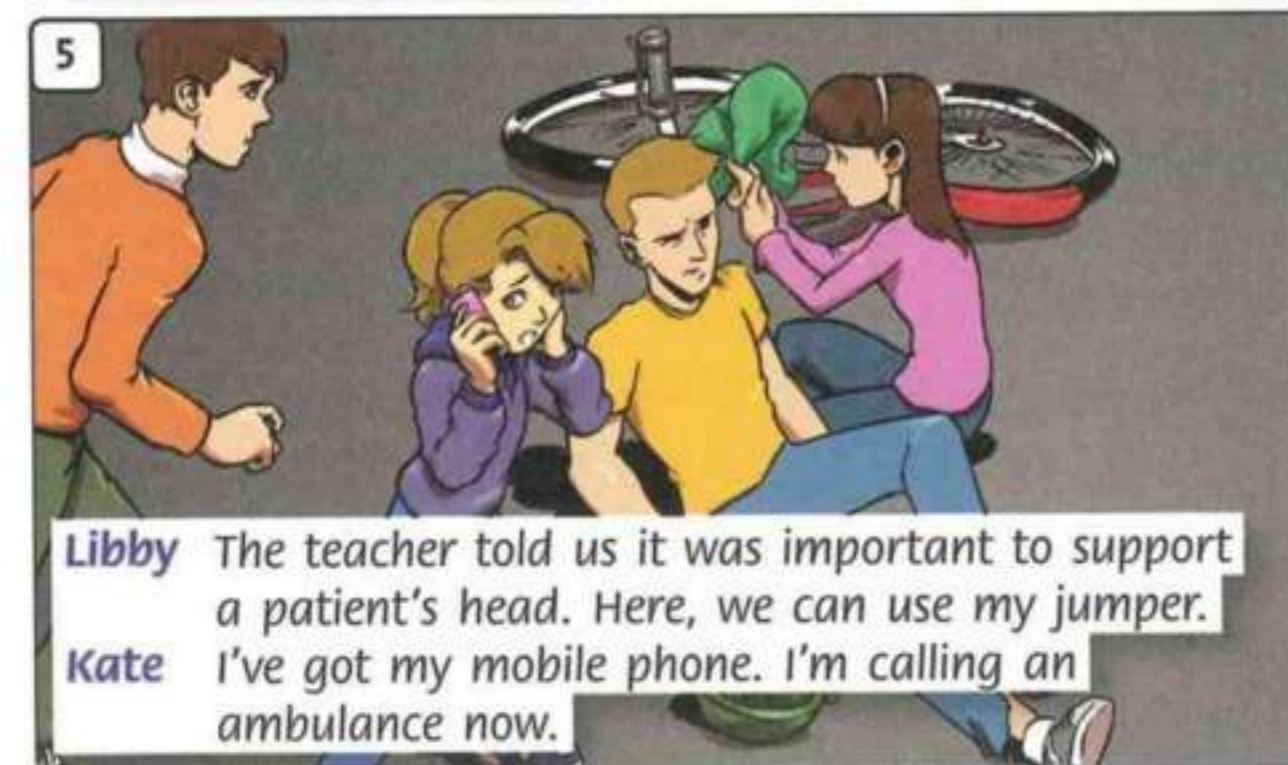


4

Kate Oh no! He's fallen off his bike! Are you OK?

Man No. My leg really hurts!

Ed It's OK. We know first aid.



5

Libby The teacher told us it was important to support a patient's head. Here, we can use my jumper.

Kate I've got my mobile phone. I'm calling an ambulance now.



6

Paramedic You haven't broken any bones, but you need to go to hospital.

Man Thanks, kids. You're my heroes! Come and visit me in hospital.

Fin Do you know who that is? It's Jim Fisher! He's the best footballer in town!

2 Listen to the story again and repeat. Act.

3 Read again and write the words.

course hospital ambulance Libby

1 The children have just done a first aid course.

2 Libby was very good at first aid.

3 Kate calls an ambulance.

4 The man is going to hospital.

1 Listen and repeat. 52



2 Write the words.

موقع حلول

- cut *noun* a hole in your skin, where you have hurt yourself
- bruise *noun* a place where your skin is purple, blue or green, where you have hurt yourself
- first aid kit *noun* a box with plasters and bandages in it, to help you when you hurt yourself
- burn *noun* a place where fire or heat has hurt your skin
- sling *noun* a piece of material you tie around your neck to hold your arm when you hurt it
- patient *noun* a person who sees a doctor because he/she is ill or hurt

Working with words

Phrasal verbs



Dictionary Workbook 5

3 Listen and repeat. 53

4 Read and circle.

- Please pick on / up your clothes from the floor.
- He put down / up the box because it was very heavy.
- Please put on / away your toys now.
- We put on / down sun cream so we don't get sunburn.



1 Listen and read. What does Chip do wrong? 54



2 Read and learn.

He brings Professor some sandwiches, but Professor needs bandages.

Reported speech

Use **reported speech** to report what somebody else said.

Direct speech:

"I need some bandages."

In reported speech, we change the present to the past.

"I **need** some bandages."

"We're **making** some sandwiches."

Reported speech:

He **said** he **needed** some bandages.

He said he **needed** some bandages.

They said they **were making** some sandwiches.

3 Read and circle.

1 Julie is my best friend.

Karen said Julie is / **was** her best friend.

3 I'm watching TV.

Helen said she was watching / **watched** TV.

2 We want to stay at home.

The children said they want / **wanted** to stay at home.

4 We're going to a party.

The boys said they are / **were** going to a party.

4 Speaking What did they say? Ask and answer.

I'm calling an ambulance.

My arm hurts.

We know first aid.

I don't know what happened.



What did Alice say?

She said she was calling an ambulance.

1 Listen and read. Who was coming to visit the school?  55

A doctor.

Last Monday, our teacher told us she had got a surprise for us. She told us a doctor was coming to the school the next day. She said we were going to learn first aid. We were all very excited. Our teacher said that it was important to know first aid so that we could help in an emergency.



2 Read and learn.

 said / told

Use **said** and **told** with reported speech.

Our teacher **told us** she had got a surprise for us.

She **said** we were going to learn first aid.

When we use reported speech, we sometimes change the time words.

"A doctor is coming to the school **tomorrow**."

She told us a doctor was coming to the school **the next day**.

Direct speech:

tonight, today

this week / month / year

now

tomorrow

next week / month / year

Reported speech:

that night, that day

that week / month / year

then

the next day

the next week / month / year

3 Read and circle.

1 Tim **said** / **told** me he felt ill.

3 Mum **said** / **told** it was raining.

5 Ben **said** / **told** he wanted to learn first aid.

2 Our teacher **said** / **told** us we were going on a school trip.

4 Carla **said** / **told** her friend she was going to the party.

6 The boys **said** / **told** they were playing football.

4 Rewrite the sentences. Use reported speech.



I'm going shopping tomorrow.

It's cold today.

We're having a party next week.

I'm having a guitar lesson tomorrow.

My mum isn't working this week.

Our friends are playing in the park now.



1 Harry said he was going shopping the next day.


2 Suzy said it was cold that day.

5 Suzy said her mum wasn't working that week.

3 Harry and Suzy said that they were having a party the next week. 6 Harry said their friends were playing in the park then.

4 Harry said he was having a guitar lesson the next day.

Reading

- 1 Look at the website. Who do you think the text is about? student's answer
- 2 Listen and read.  56

A day in the life of a firefighter

Rob Elliot has worked as a firefighter for eight years and he loves his job. Rob's day starts at 9 a.m. Rob and the rest of his crew meet in front of the fire station to get their instructions for the day. "Every day is different," says Rob. "On some days, I drive the fire engine. On other days, I wear the breathing apparatus. I enjoy every part of my job."

Rob has rescued people from all kinds of situations. "We get called to road accidents, floods, rail and air crashes or chemical spills," says Rob.

But firefighters do more than rescue people. They give first aid and they clean up and check sites after an accident or disaster. They often work together with the police and paramedics. They also train people in fire safety.

Today, Rob and Jenny, another firefighter, were busy checking the equipment. But suddenly, there was a call. A house was on fire and there were two people trapped in an upstairs bedroom. The firefighters jumped into the fire engines and raced to the house. Rob and Jenny ran upstairs while the rest of the team used hoses to put out the fire. Rob and Jenny found a mother and daughter in one of the bedrooms. They opened a window and helped the mother and her little girl to climb down a ladder. Soon the fire was out and everyone was safe. "And it's still only eleven o'clock!," said Rob.

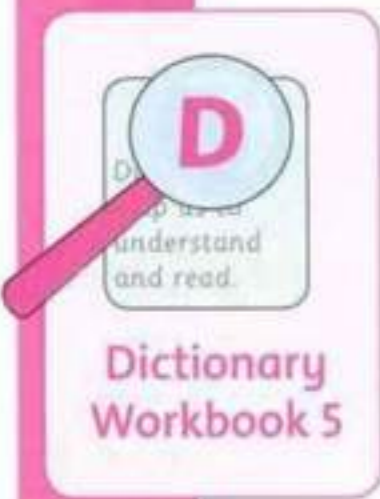


3 Read again and answer the questions.

- | | |
|--|--------------------------|
| 1 Does Rob always drive the fire engine? | <u>No, he doesn't.</u> |
| 2 Does Rob enjoy his job? | <u>Yes, he does.</u> |
| 3 Do firefighters give first aid? | <u>Yes, they do.</u> |
| 4 Were the people trapped downstairs? | <u>No, they weren't.</u> |
| 5 Did Rob and Jenny use hoses to put out the fire? | <u>No, they didn't.</u> |
| 6 Did Rob and Jenny help the mother and daughter? | <u>Yes, they did.</u> |

Words in context

1 Find the words in the website to match the definitions.



- 1 hose *noun* a long tube that you use to put water on a fire
- 2 train *verb* to teach people how to do something
- 3 site *noun* a place where something happened or is happening
- 4 flood *noun* when a lot of water suddenly covers a place
- 5 breathing apparatus *noun* a special mask that helps you breathe when there is a lot of smoke and fire
- 6 accident *noun* a dangerous thing that suddenly happens, for example a fall or a car crash
- 7 check *verb* to look at something carefully to make sure it is safe
- 8 rescue *verb* to take someone away from a dangerous place to a safe place

Listening

موقع حلول

2 Listen. Why has the lady made the phone call? 57

3 Listen again and complete.



Emergency service needed: 1 ambulance

Caller's name: 2 _____ Roberts

Address of emergency: 51, 3 _____ Street

Type of emergency: 4 _____ accident

Vehicles: two 5 _____, one motorbike

Number of people: 6 _____

Speaking

4 Ask and answer. Use the prompts or your own answers.

- Emergency, which service?
- What's your name, please?
- Where are you calling from?
- What's the emergency?
- How many people need help?
- OK. Help is on its way. Please stay calm. Thank you. Goodbye.

_____, please.

It's _____.

I'm at _____.

There's _____.

_____.

- Police / Fire / Ambulance
- (your name)
- (your home address / your school address)
- a fire / a flood / an accident / a robbery
- One. / Two. / Three. / Four. / I don't know. / I'm not sure.

Writing

- 1 Look at the text. Where do you think it is from? A newspaper.
- 2 Read.



- 3 Read again and answer the questions.
 - 1 How did the fire start?
 - 2 Who called the fire brigade?

Basketball star saves family

School basketball star Jake Parry, aged 12, is in hospital after a fire at his home in Park Road last night.

The fire started when an electric heater in the Parrys' living room caught fire. The family were all asleep in bed, but the smoke alarm woke Jake up. He called the emergency services and then woke up his parents and his sister, Jenny, aged eight.

The fire brigade rescued the family from the house and paramedics took Jake and his family to hospital. Jake's parents and sister have already gone home and Jake will be out of hospital later today.

Firefighter Bill Sanders said Jake was very brave. "He thought quickly and he saved his family." Jake told reporters he was looking forward to going back to school to play in an important basketball match on Friday.

A newspaper report

When we write a newspaper report, we include:

- **A headline (the title of the report)**
This tells us what the report is about.
Basketball star saves family
- **A short introduction**
This tells us the most important parts of the story, but not all the details.
School basketball star Jake Parry, aged 12, is in hospital after a fire at his home in Park Road last night.
- **A main body**
This tells us all the details.
- **A conclusion**
This tells us what happened in the end and what people said about the event.
Firefighter Bill Sanders said Jake was very brave. "He thought quickly and he saved his family."

3) 1- An electric heater caught fire. 2- Jake.

4 Number the parts of the newspaper report in the correct order.

- 2 Two children and their parents are safe after a flood trapped them in their home yesterday.
- 4 Emma said that the firefighters were amazing. "They arrived so quickly," she said. Mr and Mrs Hicks told reporters they were very glad that the emergency services were so organized.
- 1 Family Trapped in Flood
- 3 Emma Hicks, aged 11, and her brother Tim, aged nine, were at home with their parents when the river near their house flooded and filled their street with water. The water started to come into the house and flood the downstairs rooms. The family quickly moved upstairs and called the emergency services. Firefighters arrived in a boat and rescued the family. The family is now staying with relatives.

5 Complete writing page 60 of Workbook 5.



1 Complete the quiz.

1 (noun) a place where fire or heat has hurt your skin
What is the word?
burn

2 Who do the children help in the story?

A man called Jim Fisher. He has fallen off his bicycle.

3 Circle the correct word in this sentence. Please put on ' off your jacket. It's cold today.

4 Complete the sentence. "We don't like playing basketball," said the boys. The boys said they didn't like playing basketball.

5 Complete the sentence. "My dad is working today," said Carl. Carl said his dad was working that day.

6 Complete the sentence. "We're going to the park tomorrow," said the children. The children said they were going to the park the next day.


7 Who did Rob and Jenny rescue?

A mother and her daughter.

8 (verb) to teach people how to do something
What is the word?
train

9 Write I (introduction) or C (conclusion). Police officer Martin Harris said that Toby was a very brave boy. "He's the kind of person we need in the police force," he said. C
A 12-year-old boy stopped a man from stealing from a shop in the town centre yesterday. I

10 Write I (introduction) or C (conclusion). Ten-year-old student Karen Willis saved a little boy's life when he fell into the river. I
Karen said she was glad the boy was safe. "I hope he won't play near the river again," she said. C

2 Listen and order the lines. Sing.  58

Whenever you're in danger



1 Sometimes there are disasters,
But when you are in trouble
They can happen to us all.
There are people you can call.


Chorus:

1 Police and paramedics,
Whenever you're in danger
They will come to rescue you.
Brave firefighters, too.

1 So accidents can happen
There's help around the corner,
But you're never on your own.
Just pick up your telephone.

8 Let's eat healthily

Lesson One Story

1 Listen and read. Where are the children in pictures 2 and 5?  59

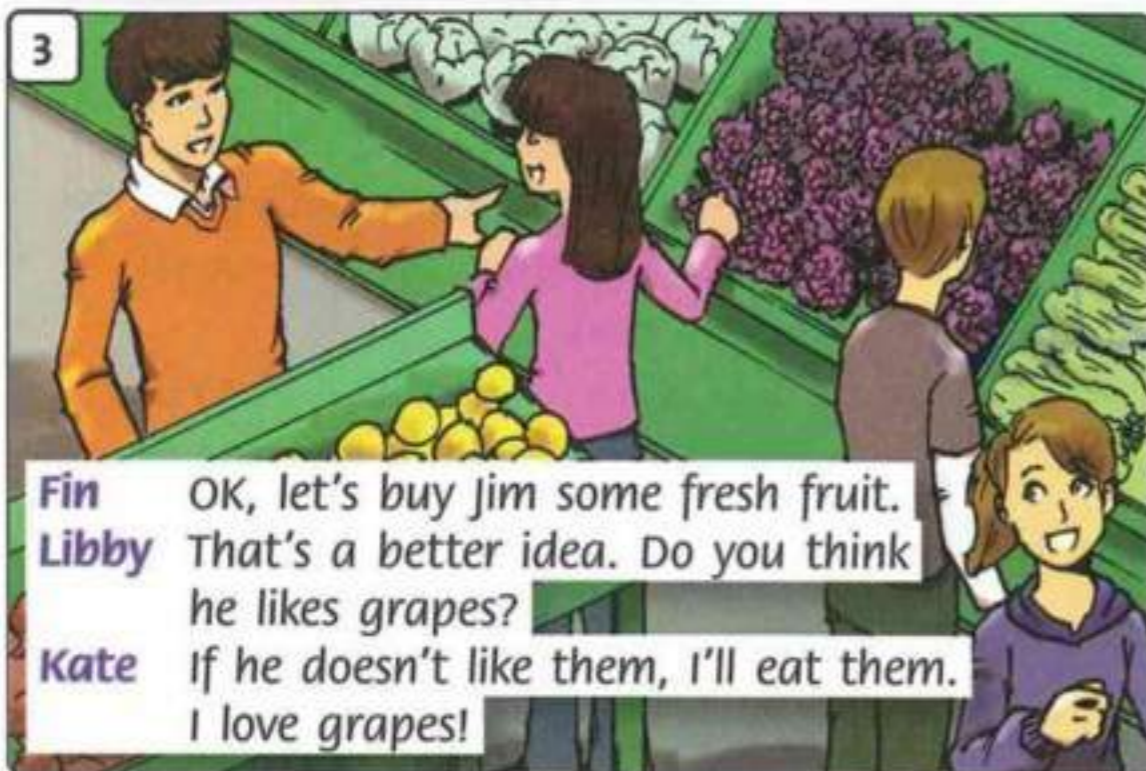
They're in a supermarket in picture 2.
They're in a hospital in picture 5.



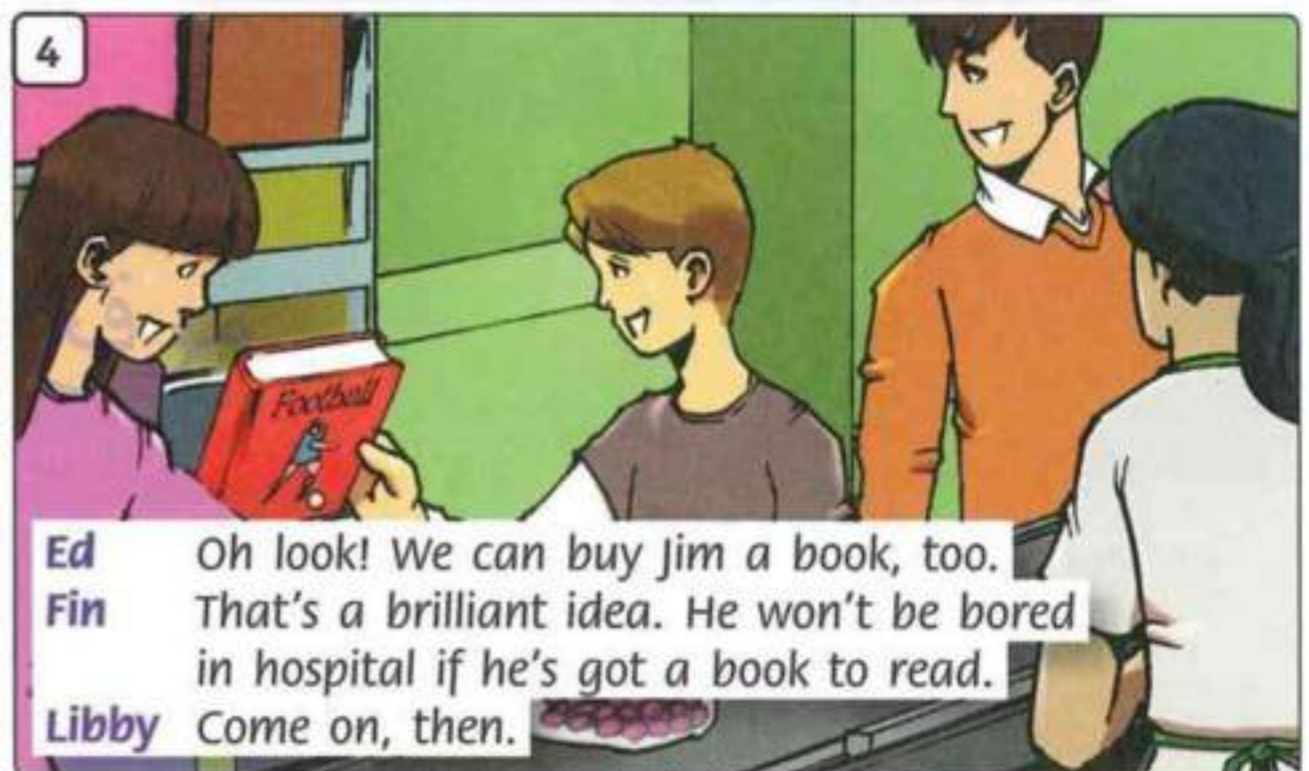
Libby I can't believe the man we helped is a famous footballer!
Ed I know. I'm so excited about going to visit him in hospital!



Kate I know! Let's buy a present for Jim.
Ed Good idea. We can buy him some chocolates.
Libby No! Chocolates are full of sugar. Jim's a footballer. He only eats health food.



Fin OK, let's buy Jim some fresh fruit.
Libby That's a better idea. Do you think he likes grapes?
Kate If he doesn't like them, I'll eat them. I love grapes!



Ed Oh look! We can buy Jim a book, too.
Fin That's a brilliant idea. He won't be bored in hospital if he's got a book to read.
Libby Come on, then.



Libby Hello, Jim. Please, don't get up. How's your leg?
Jim Oh, it's OK, thanks. If I rest, I'll be better in a couple of weeks.
Fin A couple of weeks? But the big match is on Saturday!




Jim I know. I can't play this weekend. But I've got a surprise for you all.
Kate What is it?
Jim It won't be a surprise if I tell you! But if you meet me on Saturday, you'll find out.

2 Listen to the story again and repeat. Act.

3 Read again and write *True* or *False*.

- | | | | |
|---|--------------|-----------------------------------|--------------|
| 1 The children are going to visit Jim in the supermarket. | <u>False</u> | 2 Jim doesn't eat health food. | <u>False</u> |
| 3 Kate loves grapes. | <u>True</u> | 4 The children buy Jim a book. | <u>True</u> |
| 5 The big match is on Sunday. | <u>False</u> | 6 Jim will play in the big match. | <u>False</u> |

1 Listen and repeat.  60

additives *noun* things we add to a food to make it taste or look better, or to help it stay fresh

dairy products *noun* foods made from milk, for example cheese and yogurt

health food *noun* food that you eat because it is good for you

home-made *adj* If food is home-made, it is made at home, not bought in a shop.

ingredients *noun* the different foods you cook together to make a dish

junk food *noun* food that you buy that is not good for you

ready-made *adj* If food is ready-made, it is cooked or ready to cook when you buy it.

sugar *noun* a very sweet food that is in cakes, chocolate and sweets

2 Write the words.

ingredients ~~junk food~~ ready-made additives dairy products home-made


- I don't eat junk food because it's bad for me.
- Supermarkets sell a lot of ready-made foods because they're quick and easy to cook.
- Milk, cheese and yogurt are dairy products.
- Mum makes delicious home-made cakes. They're much better than cakes from the bakery.
- Have we got all the ingredients we need to make biscuits?
- Junk food has a lot of additives in it to make it look and taste better.

Working with words

Phrasal verbs with *get*



Dictionary
Workbook 5

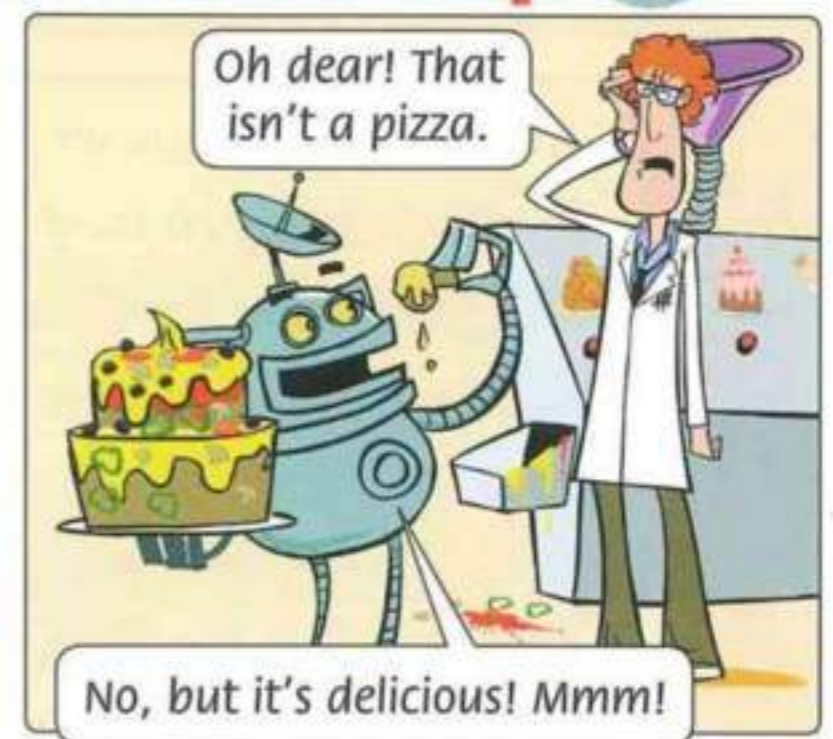
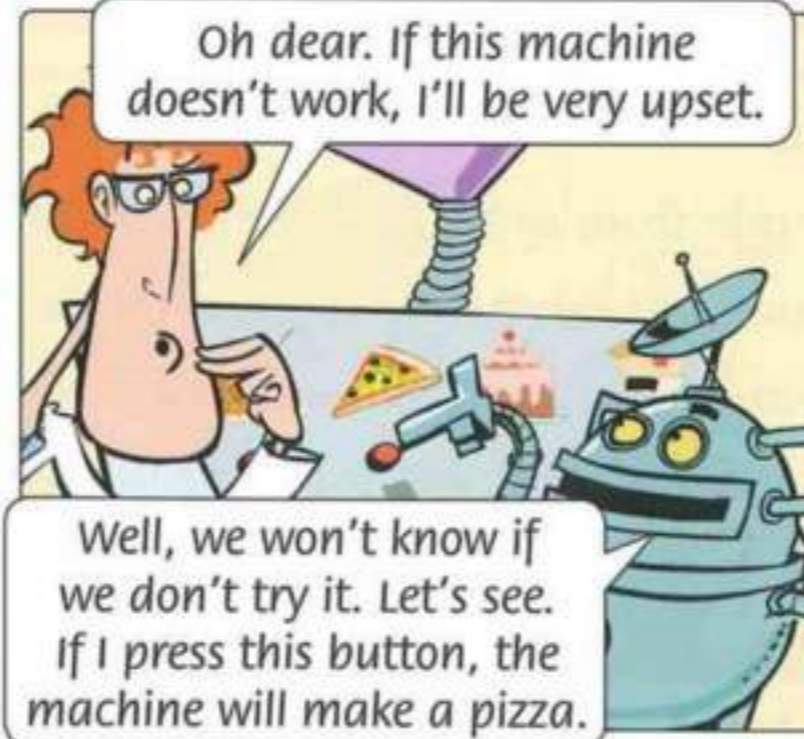
3 Listen and repeat.  61

4 Read and circle.

- My parents were waiting for me at the station when I got *on with* / off the train.
- We get up / on early in the morning to get to school on time.
- I get on with / on my brother and my sister very well.
- I was very excited when I got on / up the plane to fly to London.



1 Listen and read. Does Professor's machine work? 62



No, it doesn't.

2 Read and learn.

First conditional

Use the **first conditional** to talk about things that might happen in the future.

If I press this button, the machine will make a pizza.

Look!

If this machine doesn't work, I'll be very upset.

I'll be very upset **if** this machine doesn't work.

موقع حلول

3 Read and tick.

- 1 If you don't do your homework, your teacher is angry.
- your teacher will be angry.
- 3 If the team practise a lot, they win the football match.
- they'll win the football match.
- 5 If Billy has enough money, he buys a new CD.
- he'll buy a new CD.

- 2 Mum will be happy if we cook dinner.
- we'll cook dinner.
- 4 We will be late for school if we don't hurry.
- we won't hurry.
- 6 You won't be healthy if you don't eat lots of vegetables.
- you won't eat lots of vegetables.

4 **Speaking** Match. Ask and answer.

get up early tomorrow morning
it's sunny next weekend
have lots of homework tonight
Mum goes to the supermarket tomorrow
Grandma visits on Sunday



make her a cake
help her with the shopping
make breakfast for Mum and Dad
not watch TV
go to the beach with friends

What will Emily do tomorrow morning?

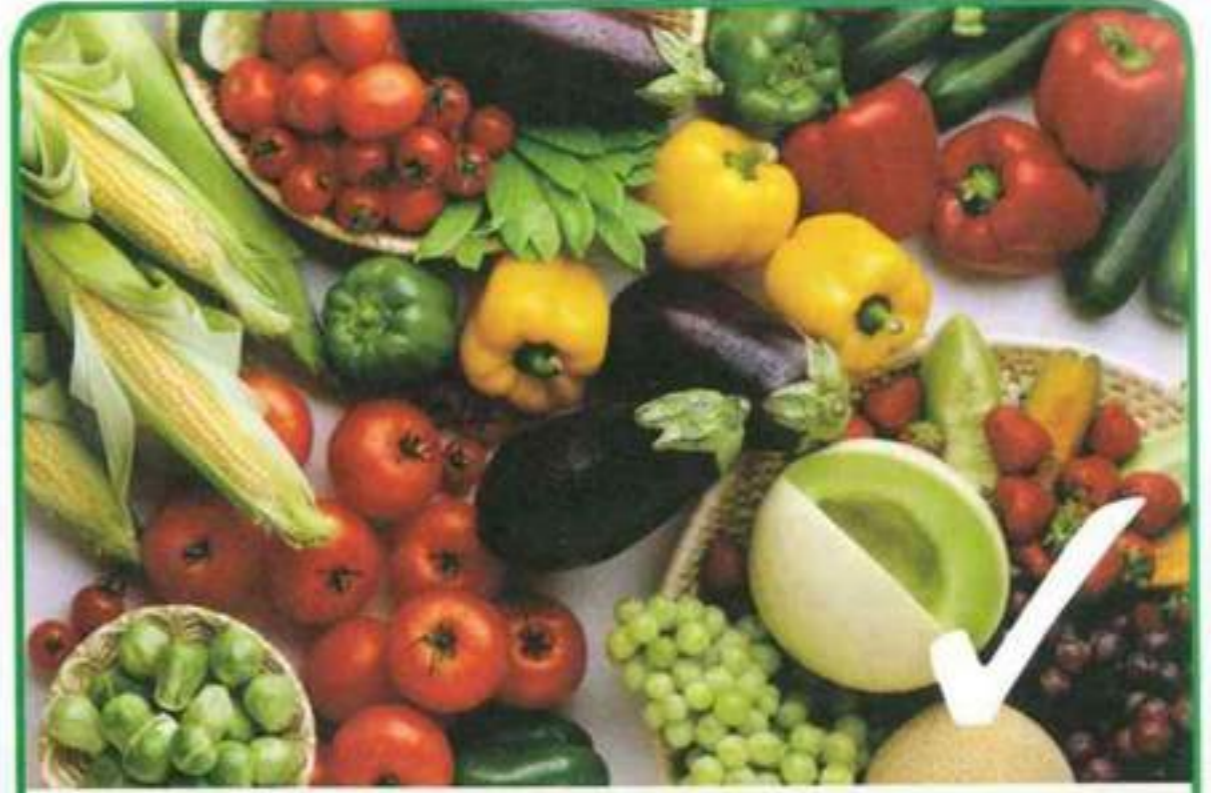
If Emily gets up early tomorrow morning, she'll make breakfast for her mum and dad.

1 Listen and read. Is junk food good for you? 63 No, it isn't.



Will I be healthy if I eat junk food?

No, you won't. Junk food has a lot of additives and sugar in it. You can eat some junk food, but you mustn't eat a lot. You need healthy food, too.



Will I get ill if I don't eat fruit and vegetables?

Yes, you will. Fruit and vegetables are health foods. We need to eat them because they help our bodies to work properly.

2 Read and learn.

موقع حلول

First conditional questions

Will I get ill if I don't eat fruit and vegetables?

Yes, you will. No, you won't.


3 Match.

- | | | |
|------------------------------------|----------------------------|----------------------------------|
| 1 Will we be warm enough | <input type="checkbox"/> c | a if they find their ball? |
| 2 Will you walk to school | <input type="checkbox"/> e | b if she doesn't feel well? |
| 3 Will the boys play football | <input type="checkbox"/> a | c if we wear our jackets? |
| 4 Will Jenny stay at home tomorrow | <input type="checkbox"/> b | d if we don't tidy our bedrooms? |
| 5 Will Joe wash the dishes | <input type="checkbox"/> f | e if the bus doesn't come soon? |
| 6 Will Mum be angry | <input type="checkbox"/> d | f if he makes the dinner? |

4 Complete the sentences. Use the first conditional.

- You'll be tired tomorrow if you don't go (you / not go) to bed early.
- Will the boys wear (the boys / wear) their new T-shirts tomorrow if it's sunny?
- The cake will burn if I don't turn (I / not turn) off the oven.
- We won't go to the beach tomorrow if it rains (it / rain).
- Will Lisa visit (Lisa / visit) us tomorrow if she has time?
- Jack will come (come) to the party if you invite him.

Reading

- 1 Look at the poster. Which foods should you eat most of? **Fruit and vegetables.**
- 2 Listen and read.  64

The healthy eating pyramid

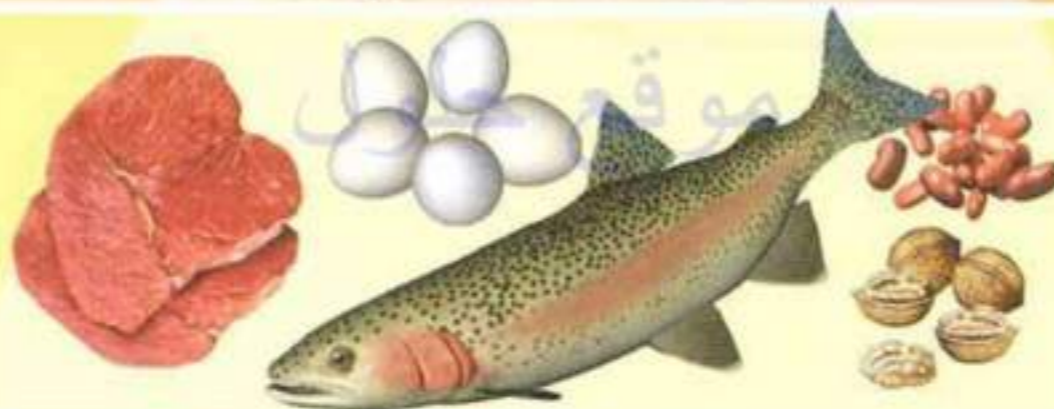
Healthy eating is not about being thin, or about giving up the foods you love. It's about feeling great and having more energy. If you choose the right foods, your healthy diet will be a tasty diet, too.



You can still enjoy your favourite sweet and salty foods, but too much sugar and salt is bad for your body. These foods should only be occasional treats.

Dairy products like milk, cheese and yogurt are great because they contain calcium and keep our teeth and bones healthy.

Tip: Choose low-fat dairy products.



Meat, fish, eggs, beans and nuts are important, too. They keep our bodies healthy and they give us energy to work and play.

Tip: Avoid salted or sugary nuts.

Whole grains are an important part of every meal. If you eat lots of whole grains, you will have a healthy heart. Whole grains are in bread, cereal, pasta and rice.

Tip: Dark bread and brown rice are great sources of whole grains.



Fruit and vegetables are the most important part of a healthy diet. They are low in calories and full of vitamins. Eat lots of fruit and vegetables with every meal, and as snacks during the day.

Tip: Fruit and vegetables with brighter or darker colours have more vitamins.

Healthy eating is easy and fun. Just take one step at a time towards a healthier diet!

3 Read again and write the answers.

- 1 Is it important to eat fruit and vegetables? Yes, it is.
- 2 Is fruit full of calories? No, it isn't.
- 3 Are whole grains good for your heart? Yes, they are.
- 4 Is meat bad for you? No, it isn't.
- 5 Is cheese good for your bones? Yes, it is.
- 6 Can you still eat sweets sometimes? Yes, you can.

Words in context

1 Find words in the poster to match the definitions.



Dictionary Workbook 5

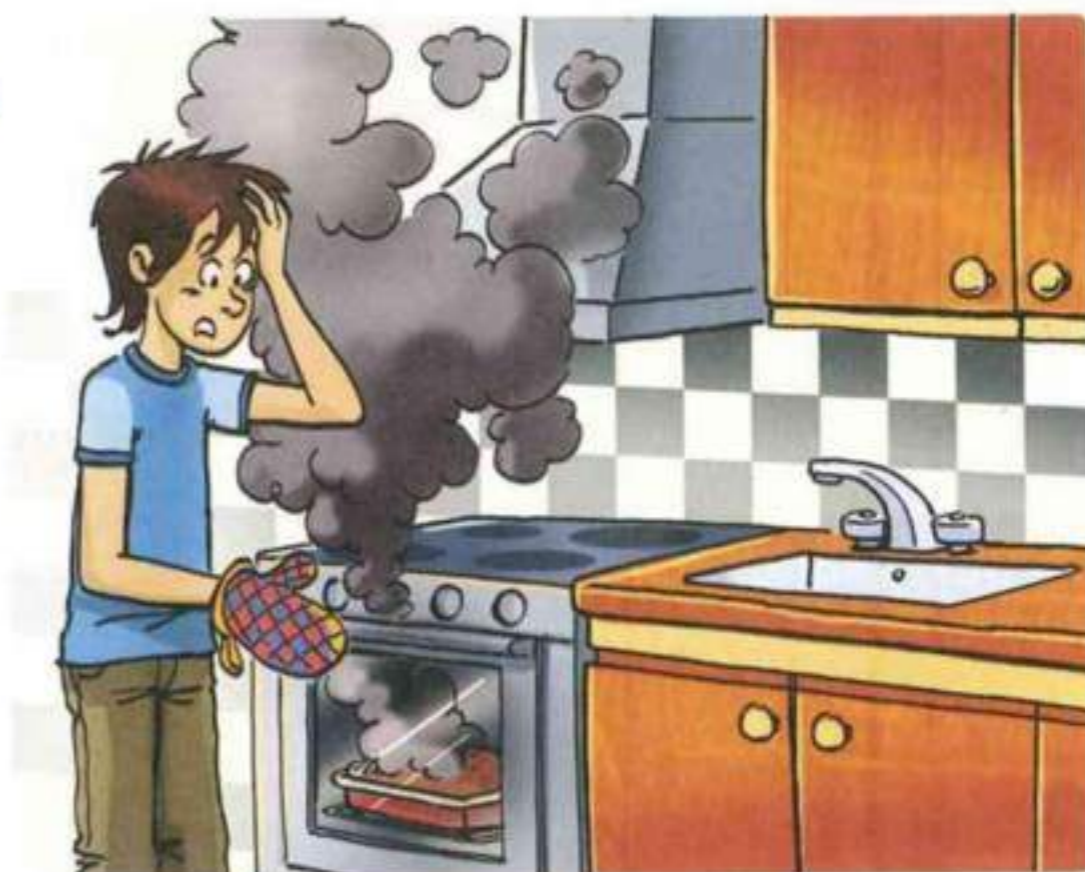
- 1 energy *noun* the power that your body gets from food
- 2 calorie *noun* an amount of energy
- 3 snack *noun* food that you eat between meals
- 4 sweet *adj* If food is this, it tastes of sugar.
- 5 salty *adj* If food is this, it tastes of salt.
- 6 diet *noun* the types of food that you eat most often
- 7 vitamins *noun* things in food that we need to grow and be healthy
- 8 source *noun* the place where you get something from

Listening

2 Listen. What is the same about these stories? موقع حلول 65

3 Listen again and match.

- | | |
|---|--|
| Speaker 1 <input checked="" type="checkbox"/> c | a This person fell asleep and burnt something. |
| Speaker 2 <input type="checkbox"/> | b This person used the wrong ingredient. |
| Speaker 3 <input type="checkbox"/> | c This person forgot to buy something. |
| Speaker 4 <input type="checkbox"/> | d This person forgot to remove something. |



Speaking

4 Ask and answer. Use the prompts or your own answers.

- Do you have a healthy diet?
- Which foods do you eat a lot of?
- What do you like to eat as a snack?
- How many different kinds of fruit and vegetables do you eat in a day?

I eat a lot of _____.

I like to eat _____.

I eat _____.

- Yes, I do. / No, I don't.
- fruit / vegetables / dairy products / meat / home-made food / junk food
- fruit / biscuits / nuts / sandwiches / chocolate
- two / three / four

Writing

- 1 Look at the text. What is it about?
2 Read. A cooking disaster.



Monday, April 14

Pizza problems

If you're a terrible cook, you'll love this story! Last month, my mum bought me a recipe book. The recipes looked easy, so I decided to make pizza for dinner one evening.

I bought the ingredients and then I started to make the bread for the pizza. I mixed flour, salt and water in a bowl. I was listening to music on the radio. It was very loud, so I didn't hear my brother come into the kitchen. He shouted my name and scared me. I dropped the bowl. The flour and water went all over the table, the floor and my trousers.

Luckily, my family thought my cooking disaster was very funny. We went to a pizza restaurant for dinner. I haven't cooked again since then! If I cook again, I won't listen to music in the kitchen!

Posted by Tina at 3:33 p.m.

- 3 Read again and answer the questions.

- 1 What did Tina want to make? A pizza.
2 Why didn't Tina hear her brother come into the kitchen? She was listening to the radio.

A personal account: endings

We can end a personal account by writing:

- how people felt

Luckily, my family thought my cooking disaster was very funny.

- what happened in the end

We went to a pizza restaurant for dinner.

- the writer's comments about what happened and what they have learnt

I haven't cooked again since then! If I cook again, I won't listen to music in the kitchen!

- 4 Match.

1 how people felt c

2 what happened in the end b

3 the writer's comments on the story a

a If I decide to surprise Mum again, I'll make her a card. It's a lot safer!

b I bought Mum a birthday cake from the bakery and we all enjoyed her birthday party.

c My mum laughed when she heard about my adventures in the kitchen, but I felt very silly.

- 5 Complete writing page 68 of Workbook 5.



1 Complete the quiz.

1 (noun) the different foods you cook together to make a dish
What is the word?
ingredients

2 What do the children buy for Jim in the story?
Grapes and a book.

3 Circle the correct word in this sentence.
What time do you usually get on / up in the morning?

4 Complete the sentence.
If you don't wear a jacket, you will be (be) cold.

5 Complete the sentence.
Mum will be angry if we don't tidy (not tidy) our bedrooms.

6 Complete the sentence.
The boys won't play (not play) football if it rains.

7 Why do we need to eat dairy products?
Because they're full of calcium, which is good for our bones and teeth.

8 (noun) the types of food that you eat most often
What is the word?
diet

9 Tick the sentence that describes how the person felt.
 I was very glad that my family enjoyed the meal.
 We had dinner very late that night because I made so many mistakes!

10 Tick the sentence that describes what the person learnt.
 Now I know the difference between sugar and salt!
 It tasted horrible. I felt so silly!

2 Listen and write. Sing. 66

eating vegetables sweet Fruit energy If vitamins will



Start eating healthily

Chorus:

Eat lots of ¹ vegetables .
Fill up your plate.
² _____ you eat healthily,
You ³ _____ feel great.

Food gives you ⁴ _____
For work and play.
Start ⁵ _____ healthily.
Try it today!

⁶ _____ is delicious, so
Juicy and ⁷ _____.
It's full of ⁸ _____
And good to eat.

Lesson One Story

They are watching a football match in picture 4. They are giving the trophy to the captain of the team in picture 6.

1 Listen and read. What are the children doing in pictures 4 and 6?  67

1 On Saturday ...



Ed and Kate Hi, Jim!
Jim Hello, kids. I'm glad you're here. Are you ready for your surprise?
Libby We can't wait!

2 Soon ...



Jim I've got us tickets to watch the big match. We've got the best seats in the stadium.
Fin Wow! This is wonderful. We can see everything from here.
Jim If you're lucky, we might meet the players later.

3



Ed Wow! Your team is really good.
Jim Yes, the players are great. And the team has just got a new goalkeeper. He's amazing.
Fin I hope the team wins this game. If they win, they'll get that trophy.

4



Libby The game is nearly over. The team has to score another goal to win the match.
Kate This is really exciting.
Ed Ha ha! You're a football fan now, Kate!

5



Kate Yes! They scored!
Jim We've won! That's fantastic! Come on, kids. I've got a job for you. You can give the trophy to the captain of my team.
Fin Fantastic!

6




Kate We loved the match. You all played really well.
Captain Thank you. It's nice to meet new fans.
Libby We'll come back and watch you play again when Jim's leg is better.

2 Listen to the story again and repeat. Act.

3 Read again and circle.

- 1 Jim has got tickets / players for the big match.
- 3 The children might meet the players / trophy later.
- 5 Jim has got a job / game for the children.

- 2 The children have got the best team / seats
- 4 The team has got a new captain / goalkeeper.
- 6 The children give the team / trophy to the captain.

1 Listen and repeat.  68

D

Help us to understand and read.

Dictionary Workbook 5



athlete



coach



training



trophy



goalkeeper



fan



exercise



captain

موقع حلول

2 Write the words.

- 1 Football players do a lot of training before they play in a match.
- 2 A trophy is a special prize for a winning team or athlete.
- 3 A football coach trains the players.
- 4 The captain is the leader of a football team.
- 5 An athlete is a person who plays a sport or runs races.
- 6 A football fan supports a team and watches their matches.

Working with words

Antonyms are words with opposite meanings.

best worst
win lose
give take

D

Help us to understand and read.

Dictionary Workbook 5

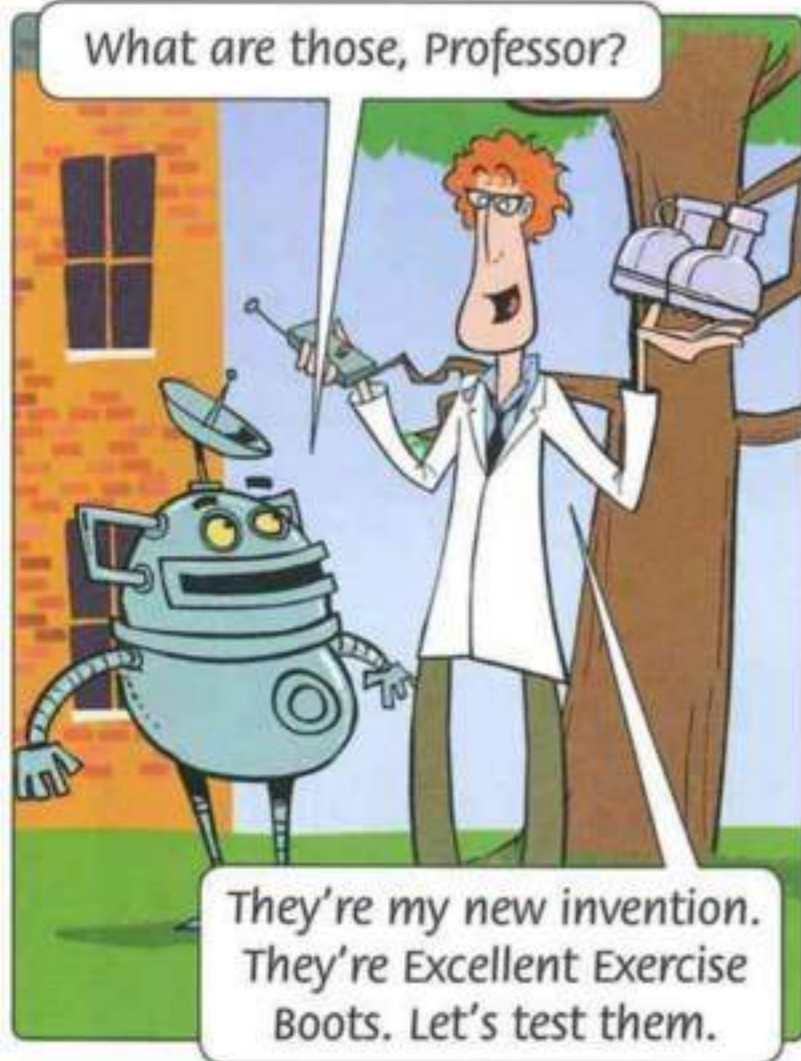
3 Listen and repeat.  69

4 Read and circle.

- 1 I forgot to give / take my bag with me when I got off the bus.
- 2 Jenny's a fan of the local team. She hopes they are going to win / lose on Saturday.
- 3 It was so nice of you to give / take me your extra ticket.
- 4 That was the best / worst film I've ever seen. It was so boring!



1 Listen and read. What has Professor invented? 70



2 Read and learn.

He has invented some exercise boots.



Modal verbs

Use **may**, **might** and **could** to talk about present and future possibilities.

I **might** need to do more work on those boots!

Use **will** and **won't** to talk about future definites.

They'll be a big success.

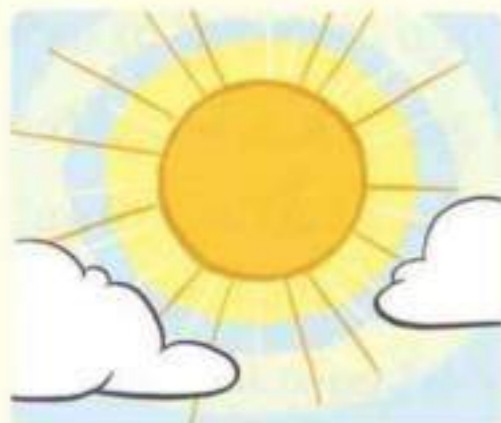
3 Read and circle.

- If it's sunny tomorrow, we could / *won't* have a picnic.
- We might / *will* go to a restaurant. We'll decide tomorrow.
- The children *won't* / may play outside if it doesn't rain.
- If you eat a lot of junk food, you could / *won't* get health problems.
- If I'm very tired, I *won't* / might go to bed early tonight.
- Julie will / *may* be happy if her team wins the match.

4 Speaking Ask and answer.

What are you doing on Saturday?

If it's sunny, I might play basketball.



- play basketball ✓/X
- go to the park ✓
- watch TV X



- stay at home ✓
- play in the garden X
- listen to music ✓/X

1 Listen and read. Who could be giving the advice about exercise? 71

Do you have to exercise every day?

Yes, you do. It's very important to do some exercise every day. You don't have to go to the gym or do a sport every day, but it's a good idea to go for a walk or a run. You have to use your body to keep it healthy.



2 Read and learn.

A health professional; a sports teacher

have to / had to

Use **have to / had to** to talk about something that is / was necessary.

You **have to** use your body to keep it healthy.

Do you have to exercise every day?

Yes, you do.

Use **don't have to / didn't have to** to talk about something that is not / was not necessary.

You **don't have to** go to the gym or do a sport every day.

موقع حلول

3 Read and choose.

1 a you have to do lots of homework tonight?

- a Do b Have c Does

2 I c help my mum clean the house today.

- a doesn't have to b has to c have to

3 Karen b get up at eight o'clock last Monday.

- a doesn't have to b had to c have to

4 a Billy have to practise his guitar yesterday?

- a Did b Has c Does

5 We b tidy our bedrooms before we could go out to play yesterday.

- a doesn't have to b had to c have to

6 The boys a wash the dishes last night because their mum had already washed them.

- a didn't have to b had to c don't have to

4 Write questions and answers about Anna.

To do:

- feed the fish
- clean the floors
- do a first aid course
- send an email
- go to the recycling centre
- cook dinner

✓
X
X
✓
✓
X

1 Does Anna have to feed the fish today?

Yes, she does.

2 Does Anna have to clean the floors today? No, she doesn't.

5 Does Anna have to go to the recycling centre today?

3 Does Anna have to do a first aid course today? No, she doesn't.

Yes, she does.

4 Does Anna have to send an email today? Yes, she does.

6 Does Anna have to cook dinner today? No, she doesn't.

Reading

- 1 Look at the text. Where do you think it is from? student's answer
- 2 Listen and read. 72

Just breathe

The movement of your blood through your heart and around your body is called **circulation**. The process of circulation is fast! It takes less than a minute to pump blood to every part of your body.

- 1 When you breathe in, oxygen goes into your lungs.
- 2 Blood from your lungs fills with oxygen and moves into the left side of your heart.
- 3 The left side of your heart pumps the blood with oxygen in it out through tubes called arteries. Arteries carry blood away from your heart to your body.
- 4 Your body takes the oxygen out of the blood and uses it to stay healthy and strong. We need oxygen for everything we do: moving, growing, speaking and thinking. If we do not have oxygen, we cannot live.
- 5 When your body uses the oxygen from your blood, it makes carbon dioxide. Your body doesn't need this carbon dioxide, so the blood takes it away. Other tubes, called veins, carry the blood with carbon dioxide in it back to your heart.
- 6 The blood from your body goes into the right side of your heart.
- 7 The right side of your heart pumps this blood into your lungs. Your lungs remove the carbon dioxide from the blood.
- 8 When you breathe out, the carbon dioxide goes back into the air.



Remember, all this happens in about a minute, and all you have to do is **breathe!**

3 Read again and write the answers.

- | | |
|--|------------------------|
| 1 Is circulation slow? | <u>No, it isn't.</u> |
| 2 Does blood from your lungs go into the right side of your heart? | <u>No, it doesn't.</u> |
| 3 Do arteries carry blood away from your heart? | <u>Yes, they do.</u> |
| 4 Do veins carry blood back to your heart? | <u>Yes, they do.</u> |
| 5 Do your lungs remove carbon dioxide from your blood? | <u>Yes, they do.</u> |
| 6 Does oxygen go into the air when you breathe out? | <u>No, it doesn't.</u> |

Words in context

1 Find words in the text to match the definitions.

D
 Understand and read.
Dictionary Workbook 5

- 1 process *noun* something natural that happens in the body
- 2 oxygen *noun* the gas that we need to live
- 3 blood *noun* the red liquid that goes around your body and keeps you alive
- 4 breathe *verb* to take air in and out of your body through your nose and mouth
- 5 lungs *noun* two parts inside the top half of your body that you use to breathe
- 6 pump *verb* to make a liquid move to another place by pushing it
- 7 carbon dioxide *noun* the gas that we breathe out after we breathe in air
- 8 heart *noun* the part inside your chest that makes blood go around your body

Listening

2 Listen. What sport does Joe do? 73

3 Listen again and complete.



Interview with Joe Willis

- start cycling?
¹ 5 years old
- win first race?
² years old

- training?
cycle every day
run ³ days a week
go to gym ⁴ days a week
- diet?
eat fruit, vegetables, whole grains, ⁵
drink water every ⁶ minutes when training

Speaking

4 Ask and answer. Use the prompts or your own answers.

- Do you enjoy exercising?
- How do you keep fit?
- What's your favourite sport?
- What other sports or activities would you like to try?

I .

My favourite sport is .

I'd like to try .

- Yes, I do. / No, I don't.
- run / swim / play football / walk / ride my bike / go to the gym
- football / tennis / basketball / volleyball / hockey / baseball / sailing / gymnastics / surfing / swimming / athletics / skiing

Writing

- 1 Look at the text. Who is the interview with? A sportswoman / runner called Katie Barrett.
- 2 Read.

Katie Barrett is 20, and she has won two world medals for running. I went to see her in training to find out more ...

Katie, when did you start running?

When I was five, I used to race my brother in the garden. He always won!

When did you win your first race?

When I was seven I won a race at school. I was very proud!

Do you have to do a lot of training?

I run for three hours every day. I swim four days a week, too. Swimming is great exercise for every part of the body.

Do you have a special diet?

When I'm training, I eat plenty of fish or chicken with brown rice and vegetables.

Katie, we think you're an amazing sportswoman. We look forward to seeing you win another medal very soon.



- 3 Read again and answer the questions.

- 1 When did Katie win her first race? 2 What does Katie eat when she's training?

1- When she was seven. 2- She eats fish or chicken with brown rice and vegetables.

An interview: notes

When we interview a person, we ask them questions and make notes of their answers.

Note: Training?
run – 3 hours a day

When we write the interview, we use our notes to write full answers to our questions.

Sentence: Do you have to do a lot of training?
I run for three hours every day.

- 4 Match the notes to the questions and answers.

- | | |
|---|--|
| 1 diet?
eat healthy food, drink plenty of water d | a When did you start playing tennis?
When I was eight years old. |
| 2 start playing tennis?
8 a | b How old were you when you won your first match?
I was ten years old. |
| 3 training?
practise – 2 hours a day
go to gym – 5 days a week c | c Do you have to do a lot of training?
I practise for two hours every day and I go to the gym five days a week. |
| 4 win first match?
10 b | d Do you have a special diet?
I eat healthy food and I drink plenty of water. |

- 5 Complete writing page 76 of Workbook 5.



1 Complete the quiz.

1 (noun) a person whose job is to train athletes
What is the word?

a coach

2 What do the children give the team captain in the story?

a trophy

3 Circle the correct word in this sentence.
My brother is going to give / take me his old bike.

4 Circle the correct answer.
I might / will go swimming tomorrow.
I haven't decided yet.

5 Circle the correct answer.
Mum had to / has to go to the supermarket today.

6 Circle the correct answer.
Did / Do you have to do lots of homework last night?

7 Which side of the heart pumps out blood?

The left side.

8 (noun) two parts inside the top half of your body that you use to breathe
What is the word?

lungs

9 Match the notes to the questions and answers.

1 training? swim every day go to gym every day	a	When did you start swimming? When I was six years old.
2 start swimming? 6	b	Do you have to do a lot of training? I swim every day and I go to the gym every day, too.

2 Listen and write. Sing. 74

heart oxygen blood **Breathe** Take lungs body pumps

Breathe in, breathe out



¹ Breathe in, breathe out.
Fill up your ² _____.
You do it every day.
Breathe in, breathe out.
³ _____ in fresh air
To help you work and play!

Chorus:
Breathe in, breathe out.
With every breath
The ⁴ _____ moves round and round.
Breathe in, breathe out.
Your ⁵ _____ ⁶ _____ fast!
Just listen to the sound!

Breathe in, breathe out.
It isn't hard,
You do it all day long.
Breathe in, breathe out.
The ⁷ _____
Will keep your ⁸ _____ strong!



1 Look at the title and the pictures. Why do you think the girls are famous? *student's answer*

2 Read.

Young stars

Ming Kipa



Ming Kipa is from Nepal. In May 2003, she became the youngest person to climb to the top of Mount Everest. Everest is the highest mountain in the world. Ming climbed the mountain when she was only 15 years old. Her older brother and sister climbed the mountain with her. They reached the top of the mountain exactly 50 years after Edmund Hillary became the first person to climb Everest in 1953. Since then, a lot of people have climbed Everest to try and set new world records. Ming's sister, Lhakpa, also broke a world record in 2003. She became the first woman to climb Everest three times.

Mount Everest is in two countries. One side of the mountain is in Nepal. People under the age of 16 are not allowed to climb the mountain in Nepal, because it is very dangerous. Ming didn't want to wait until she was 16, so she decided to climb the mountain from the other side. It was a long and difficult climb. Mount Everest is 8,848 metres high. It is very cold near the top of the mountain. There is a lot of snow and ice, so it is difficult to climb. Also, there isn't a lot of oxygen, so it is difficult to breathe. Climbers have to be very fit.

Ming's brother and sister were good at climbing mountains.

They were older and they had a lot of experience. Ming didn't have any climbing experience at all, but she was very strong and fit and she didn't give up.

Since 2003, Ming has spent a lot of time on Mount Everest. She works as a Sherpa, like her sister, Lhakpa. Sherpas are special guides who help people to climb Mount Everest. They know the mountain very well, so they know the best ways to go and they know which parts of the mountain are dangerous. A lot of people in Nepal work as Sherpas, because people come to Nepal from all over the world to try to climb Mount Everest. Ming likes her exciting job and she also enjoys studying. She wants to learn English so that she can help more people to climb the world's highest mountain.



3 Read again and answer the questions.

- 1 How old was Ming when she first climbed Mount Everest? **Fifteen.**
- 2 Why is it difficult to breathe near the top of Mount Everest? **There isn't a lot of oxygen.**
- 3 How many gold medals has Eleanor won? **Two.**
- 4 How often does Eleanor train? **Six times a week.**

4 Discuss.

- 1 What are you good at?
- 2 Have you ever won an award?
- 3 What do you want to be when you grow up?

Eleanor Simmonds ☆☆☆☆☆☆☆☆☆☆☆

Eleanor Simmonds is 15 years old, but she has already won two Paralympic gold medals. The Paralympic Games are a sports event for athletes with disabilities. Eleanor has a disability that stops her bones from growing normally. But her disability hasn't stopped her from becoming a sports star.

Eleanor is a swimmer in the British Paralympic team. In 2008, she was the youngest British athlete at the Paralympic Games in Beijing, China. She was only 13 years old. Eleanor swam in lots of races and she won her gold medals for the 100 metre and 400 metre swimming races. That year, she also won an award for being the Young Sports Personality of the Year. In 2009, Eleanor became the youngest person ever to get an award from the Queen.

Eleanor lives in Wales, UK. She has been a swimmer since she was five. She decided to become a Paralympic athlete when she watched Nyree Lewis win a gold medal for swimming at the 2004 Paralympics in Athens. "I just told myself that I would like to do that," she said.

Eleanor trains with her coach six times a week and her swimming is getting better and better. She is already faster than her hero, Nyree Lewis.

Eleanor is looking forward to swimming in the next Paralympics and she hopes she will be in the British team for more Paralympic Games in the future. Eleanor's coach says, "Ellie is a very talented swimmer. She should get many more awards."





Extensive reading: fiction

1 Look at the pictures. What are the people doing? How do you think they feel? student's answer

2 Read.



Heidi was very excited. Her friend Clara was coming to visit. Clara was ill and she couldn't walk, so it wasn't easy for her to visit Heidi on the mountain. Heidi couldn't wait for her friend to arrive.

Heidi ran down the mountain to tell her friend Peter about Clara's visit. Peter looked after Grandfather's goats and Heidi liked to help him. Heidi and Peter were usually good friends, but today Peter was worried. Maybe Heidi wouldn't want to be his friend anymore when her new friend arrived.

A few days later, Clara finally arrived. Heidi was playing outside when she saw two men carrying a chair up the mountain. A young girl was sitting in the chair. It was Clara. She was wrapped in shawls and she looked very pale and ill. There was an old lady on a horse behind Clara. She was Clara's grandmother. Beside Grandmother, there was a man pushing Clara's wheelchair and another man carrying Clara's luggage. Heidi and Grandfather greeted Clara and her grandmother and soon they were all chatting like old friends.

Grandfather brought the table and chairs outside so that they could eat lunch in the sunshine. Clara looked around and laughed happily. "It's so beautiful here," she said. "I want to stay here forever." Heidi was very pleased. The lunch was delicious and Clara ate a lot. Grandmother was very surprised. "You never eat a lot in Frankfurt," she said. "I am never hungry at home," said Clara. "Everything tastes better here."

"It's because of the mountain air," said Grandfather. "It makes people hungry. Perhaps Clara should stay here for a few weeks." Everyone thought this was a wonderful idea. Heidi was very excited and she couldn't stop jumping up and down.

Clara and Heidi were delighted to have lots of time together. Peter was not very friendly to Clara at first. He was still worried. But Heidi and Clara were always friendly to Peter and soon he forgot his worries. Perhaps Clara could be his new friend, too.

Heidi wanted to show Clara all her favourite places but Clara looked sad. "Oh Heidi", she said. I want to see all the beautiful things that you wrote to me about in your letters, but I can't."

3 Read again and answer the questions.

- 1 Why is it difficult for Clara to visit Heidi?
- 2 Why does Clara eat more in the mountains?
- 3 Where does Heidi take Clara?
- 4 Why is Grandmother delighted at the end of the story?

4 Discuss.

- 1 Why does Clara get healthier in the mountains?
 - 2 Do you like to spend time outside?
 - 3 Have you ever been ill? How did you get better?
- 3) 1- She is ill and she can't walk.
 - 2- Because of the mountain air.
 - 3- To the fir trees, to the goat shed, and to the flower meadow.
 - 4- Because Clara is so healthy and happy.

“You can see everything,” said Heidi. “Let’s go!” and she used all her strength to push Clara’s wheelchair all over the mountain. She showed Clara the tall, strong fir trees that grew behind the hut. She took her to the goat shed and showed her all of Peter’s goats. And she took Clara to her favourite place of all, the flower meadow where beautiful red flowers danced in the grass. Clara had never seen such things or had such fun adventures before.

Grandfather prepared delicious meals and Clara ate more every day. Soon Clara’s face didn’t look pale anymore. “I feel so much better than I did in Frankfurt,” said Clara. “I eat more and I sleep more when I am here.” “It’s because you are outside all the time,” said Heidi. “You need fresh air to be healthy.” One day, Heidi, Clara and Grandfather were getting ready to go for a walk. Heidi went to fetch Clara’s wheelchair, but she couldn’t see it anywhere.

“I think the wind has blown Clara’s chair down the mountain,” said Heidi. “What are we going to do?” “I will have to go home,” said Clara sadly. “I can’t move around without my chair.” “Don’t worry,” said Grandfather. “We will think of something.” Just then, Heidi saw Peter and she had an idea.

“Peter, come and help me,” she said. “You can take Clara’s right arm and I will take her left arm.” Peter and Heidi lifted Clara and held her, but Clara was too heavy for them to carry. “Can you put your feet on the ground?” Heidi asked Clara. Clara put one foot on the ground and then the other. “It doesn’t hurt!” she said.

She put one foot in front of the other again and again. “Look, Heidi!” she laughed. “I can do it! I can walk!” “Oh, Clara, this is wonderful!” said Heidi. “Now we can walk in the mountains every day and you will get healthy and strong. You will never need a wheelchair again!”

Clara practised walking every day, and when Grandmother came to visit, Clara walked down the path to meet her. Grandmother was delighted when she saw Clara looking so healthy and happy.

“The mountain is the best hospital in the world!” she said.

Based on a story by Johanna Spyri