

Class: \_\_\_\_\_ Name: \_\_\_\_\_



### Unit 1 Cooking

\* Listen and write.

**A** (TR 04)

- W** Thomas, could you come down and help me cook dinner?
- B** OK, Mom! What are we having tonight?
- W** Chicken curry.
- B** Yum! What do I do?
- W** You wash the vegetables while I season the chicken with curry powder.
- B** Sure! I'm done. What's next?
- W** I'll cut up the vegetables. You go get a big pot and start cooking the chicken.
- B** OK. I can do that.
- W** OK, now I'm going to stir-fry all the vegetables. Then, I'll add them to the chicken.
- B** Cool. Is that all?
- W** No, we need to add some water and cream and let it cook some more. Meanwhile, we'll take turns stirring.
- B** Got it!

**B** (TR 05)

- M** Jenny, could you take Brian and go get some things at the grocery store?
- G** OK, Dad. We'll be back soon.
- B** What's on the list?

- G** One carton of milk, a dozen eggs, and one block of tofu. Ooh, that's the dairy corner. Let's get milk and eggs first.
- B** Here, I got them. And the tofu too. It was on the way.
- G** Nice job.
- B** What's next?
- G** Three onions and five tomatoes. There they are, in the vegetable corner.
- B** Perfect. I'll get them. Anything else?
- G** Uh ... chocolate ice cream?
- B** Is that on the list too?
- G** No, but I'm sure Dad will understand.

### **C** (TR 06)

- W** Hello, everyone. In today's video, we'll learn how to keep some fruits and vegetables fresh.
- M** Here, we have strawberries. How should we keep them fresh?
- W** Wash them in vinegar water. Your strawberries will last up to two weeks in the refrigerator.
- M** Wow. Can I wash vegetables in vinegar water too?
- W** Like what?
- M** Broccoli. I always thought it was hard to wash.
- W** Sure, you can. But, for broccoli, leave it in vinegar water for at least two minutes.
- M** Got it. What about onions and potatoes? How do we keep them fresh?
- W** You should keep them in open container. Keep onions in nets and potatoes in open boxes.
- M** I see. Thank you so much!

### D (TR 07)

- B** What do you have for breakfast? I used to have cereal all the time. But now I have a new favorite. I'd like to introduce you to my fruit and granola parfait! Here's how to make it. First, take a glass and put three spoons of yogurt on the bottom. Second, put two spoons of granola on the yogurt. Third, add any fresh or frozen fruits you like on top. You can always add more ingredients and make your own recipe. I like to add more fruit like peaches. And my mom often adds nuts. She says that nuts are healthy. But either way, it's delicious!

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### Unit 2 At the Airport

\* Listen and write.

**A** (TR 11)

- M** Hi. I'm here to check in. I've booked a ticket to Auckland, New Zealand.
- W** OK. Could I have your passport, please?
- M** Sure. Here it is.
- W** OK. I've checked your ticket. Your flight is departing for Auckland, New Zealand at 3 pm today. Is that correct?
- M** Yes, that's the one.
- W** Perfect. Here's your boarding pass. Your departure time is at 3 pm at Gate 36.
- M** Got it. When can I start boarding?
- W** You can start boarding from 2:30 pm, and the gate will be closed 10 minutes before departure time. That will be 2:50 pm.
- M** OK, thank you.
- W** Of course. Thank you for using Genie Airlines.

**B** (TR 12)

- W** Jack, it's my first time going through airport security. What do I do?
- M1** Just follow everybody, Lily. Put your jacket and shoes in these baskets.
- W** OK. And my carry-on too?
- M1** Yes. Now go through that metal detector. Spread your arms when the security officer checks your body.

- M2** Miss, what is that big bottle in your carry-on?
- W** Oh, it's my sunscreen lotion.
- M2** You can't take that with you. Any liquid over 100 ml should go in checked baggage.
- W** Oh, I didn't know that. What do I do now?
- M2** It's OK. We'll just throw it away for you.
- W** Oh, no. I just bought it yesterday!

### C (TR 13)

- B** I'm so excited for our school trip to Peru!
- G1** Me too. I've always wanted to see Machu Picchu.
- M** All right, everyone! I'll give out your boarding passes. Then we'll go through security in order.
- G1** Alex, which seat did you get? I got 11A.
- B** You're lucky, Lucy. That's a window seat. I got an aisle seat, 12C.
- G2** I like aisle seats. It's easier to go to the restroom.
- B** Which seat did you get, Jane?
- G2** I got an aisle seat too. I'm sitting next to Lucy, in 11B.
- B** I wonder where Tom is sitting.
- G1** He's sitting in 15D. He's just happy he got a window seat.

### D (TR 14)

- W** Good morning, ladies and gentlemen. This is your captain speaking. Welcome aboard flight GA677. We will soon depart from Kuala Lumpur, Malaysia to

Beijing, China at 11 am. Please fasten your seat belts and stay seated while the seat belt sign is on. Also, your trays and seats should be in an upright position. Our flight time today will be 6 hours and 20 minutes, and our estimated arrival is at 5:20 pm local time. The weather in Beijing is currently sunny with clear skies. Some drinks and snacks will be served soon after departure. We thank you once again for flying with Genie Airlines.

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### Unit 3 Amazing Animals

\* Listen and write.

**A** (TR 18)

- B** Hi, Nancy. What are you reading?
- G** Hey, Rick. I'm reading about animals in the Antarctic region, the South Pole.
- B** Oh, that's interesting. I was just reading about animals in the other polar region, the North Pole.
- G** Cool. Which animals live in the North Pole?
- B** Arctic foxes and polar bears. They both have thick, white fur to keep warm.
- G** I see. Did you know that there are no land animals in the South Pole?
- B** Really? What animals live there then?
- G** There are animals like emperor penguins and leopard seals.
- B** I see. How do they keep warm?
- G** They have thick layers of fat and skin!

**B** (TR 19)

- W** Hey, kids. How was your field trip to the zoo?
- B** It was great, Mom. I really liked the quokkas. They were like small and friendly kangaroos with happy faces.
- G** Right. I even took pictures with them! Also, I learned they only live in Australia.

- W** Very nice. What other animals did you see?
- G** I saw tarantulas.
- B** Ugh. The big, hairy spiders? Aren't they dangerous?
- G** The zookeeper said that they can bite. But they are not that dangerous.
- B** Really?
- G** Well, he said they won't bite if you don't upset them. And their bites are similar to bee stings.
- B** Hmm. I still think they're scary.

### C (TR 20)

- B** What are you watching, Nicole?
- G** Hi, Andy. It's a documentary about animals that saved people.
- B** I heard about a dog named Orion. He saved a girl from being swept away in heavy rain.
- G** Wow. This pig named Lulu ran out to call for help when her owner had a heart attack.
- B** And there was this cat named Meskie. She woke her owners up from their sleep because the house was on fire.
- G** How intelligent, right?
- B** Yes. They're so smart.
- G** There was also Filippo, the dolphin.
- B** What did he do?
- G** When a boy fell off a boat, Filippo pushed him back on!
- B** These animals have such kind hearts. They're amazing!

### D (TR 21)

**M** Welcome, everyone. Today's class is on traveling animals. Let's look at some examples. These are reindeer. It's no wonder Santa asked them to pull his sleigh. They travel about 4,000 km every year in the snow of North America. This bird is called the Arctic tern. Despite its name, it doesn't only stay in the Arctic region. It travels from pole to pole making journeys over 30,000 km every year. Lastly, even some insects travel. Monarch butterflies travel between Mexico and the US and Canada, flying about 5,000 km every year. Now, let's talk about why they make these journeys.

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### Unit 4 Outdoor Activities

\* Listen and write.

**A** (TR 27)

- G** Hey, Marty! What activities are you going to take at camp this summer?
- B** Hi, Erin. I want to take something challenging.
- G** Which ones are you thinking of?
- B** Maybe rock climbing or windsurfing.
- G** Wow! Both sound challenging.
- B** Yeah, I think I'll take both. What about you?
- G** I'm going to take birdwatching.
- B** Birdwatching?
- G** Yes. I love watching birds.
- B** That sounds boring! Why don't you try something a little more exciting?
- G** Oh, Marty! It's very exciting to see amazing birds!
- B** OK. But don't get jealous when you see me having fun.
- G** Don't worry. I won't.

**B** (TR 28)

- B** Judy, where are you going?
- G** Hey, Peter. I'm going to the mall to meet my mom. We're buying new swimsuits.
- B** Oh, are you going swimming?

- G** Yes. My parents and I are going to the lake tomorrow.
- B** Cool. What will you do there?
- G** We'll go canoeing and probably swim too. Do you have any plans for tomorrow?
- B** I do. I'm going trekking with my dad. We're going to the Red Mountains outside town.
- G** That's nice. I heard the weather's going to be great tomorrow.
- B** Oh, that reminds me that I need to buy a hat. Can I go to the mall with you?
- G** Sure.
- B** Thanks. I'll let my dad know.

### **C** (TR 29)

- G** James, what are you doing?
- B** Hey, Kelly. I'm picking up pretty shells. Aren't these really cool?
- G** They are very pretty shells, but you have to put these shells back to where they belong.
- B** Really? Why?
- G** This beach is protected. Do you see that sign?
- B** Yeah, I read it earlier. It says, "No throwing garbage."
- G** That's only number one. There's also number two and number three.
- B** Oh, you're right. Number two says, "No picking up shells and rocks," and number three is, "No feeding wildlife."
- G** Right. It also says all the rules are to protect the environment of the beach.
- B** I see. I didn't know. Thanks for telling me.

**D** (TR 30)

**M** Do you want to get away and try something new? Come to Trooper's Travel Agency! We have some great tour packages that are full of fun outdoor activities. Want to go skiing in Canada? How about camping in the jungles of Thailand? Or better yet, surfing on the beaches in Brazil? We have all these trips and more! Do you want more information? Please visit our website at [www.troopers.com](http://www.troopers.com). Also, if you book right now, we'll give you a 15% discount on any of our tours. Oh, and don't forget that you need your passport to book a tour. Hope to hear from you soon!

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### Unit 5 Weather

\* Listen and write.

**A** (TR 34)

- W** Good morning, Justin.
- B** Morning, Mom. I was just leaving now.
- W** Don't forget to take an umbrella with you.
- B** Why? The weather looks fine. It's warm and sunny.
- W** The weather forecast says it's going to rain in the afternoon.
- B** Really? That's not good. I was going to play baseball with my friends.
- W** Oh. How about playing basketball at the gym?
- B** I'll have to talk to my friends.
- W** Also, it might get colder later this afternoon, so take your jacket too.
- B** OK, I will. Thanks, Mom.
- W** OK, have fun with your friends!

**B** (TR 35)

- G** Hey, Chris!
- B** Hi, Beth.
- G** I was just going to call you. What time do you arrive today?
- B** Around 11 o'clock in the morning.
- G** Great. And you're staying here in Seattle until Sunday, right?

- B** Yes, for three days. But Beth, I don't know what clothes to bring. How's the weather there?
- G** Today, it's humid and foggy.
- B** What about tomorrow, on Saturday?
- G** It's going to be hot and humid. The high temperature will be 31°C. And there's a chance of a shower.
- B** And on Sunday?
- G** I'm not sure about Sunday.
- B** Then, I'll just bring my shorts, sunglasses, and an umbrella.
- G** Sounds good. Call me when you arrive.
- B** Got it. See you soon.

### C (TR 36)

- G** Where would you like to travel in the world?
- B** I want to visit Greenland. It gets very snowy there. I love snow.
- G** Cool! But it's freezing in Greenland. I prefer some place warmer. Like Indonesia, perhaps.
- B** Yeah, with nice beaches. But, did you know it can get very stormy there?
- G** Really? I just knew it was humid.
- B** Yes. So it rains a lot. Where else?
- G** What about Egypt? I've always wanted to go and see the desert.
- B** It must be super hot and dry there. But it does sound awesome.
- G** What about our country? It's great too, don't you think?
- B** You mean Chile? Yeah, it's all right. Although the weather's usually a bit foggy.

**D** (TR 37)

**W** I'm Janet Warner with today's weather report. It's a hot and humid day in Manila, Philippines, with a high temperature of 33 degrees. But, there's a chance that your usual shower may turn into a thunderstorm, so you might want to stay indoors in the afternoon. In Melbourne, Australia, it's warm and sunny with a beautiful temperature of 25 degrees. It'll be a great day to enjoy outdoor activities. Finally, it may get a little chilly in Bogotá, Colombia, with temperatures around 18 degrees. There will be fog and a chance of rain, so make sure to keep warm and bring your umbrellas.

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### Unit 6 Seasons

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**A** (TR 41)

- G** Can you feel the warm breeze? Spring must be coming!
- B** Do you like spring?
- G** Yes! Spring's full of wonderful things.
- B** Really? What's so good about spring?
- G** For one thing, flowers bloom. Also, it's the season for school field trips!
- B** I see your point. It's also when frogs wake up from their winter sleep.
- G** Oh. Is it?
- B** Yes. I enjoy going to the stream behind my house to look for frog eggs.
- G** Cool. I didn't know about that.
- B** Also, I can hang out with my friends longer because the days get longer in spring.
- G** You're right. I like that about spring too.

**B** (TR 42)

- B** What a hot day!
- G** I agree. Is there anything you like to do in summer?
- B** Yeah, I like to go windsurfing. In fact, I'm going windsurfing with my friends this Saturday. Do you want to come with us?
- G** Thanks for the invitation, but no thanks. It'll be too hot.

- B** No way, don't you like summer sports?
- G** I like sports, but not summer sports. I don't like hot weather at all.
- B** Then, do you like winter sports?
- G** Yes. I enjoy all winter sports, especially skiing, snowboarding, and ice-skating.
- B** Me too. But I often catch a cold in winter.
- G** Oh, that's too bad. I don't catch colds easily.

### **C** (TR 43)

- G** Yum! I love your mom's cookies.
- B** Me too! I love fall because my mom makes ginger cookies.
- G** You're so lucky. But Paul, you should try my mom's blueberry muffins in summer!
- B** What are they like?
- G** They're so sweet and soft. I like eating them after swimming.
- B** They sound great.
- G** How about in spring? Does your mom make anything in spring?
- B** Yes, she makes carrot cake.
- G** Awesome. It sounds yummy too.
- B** Yeah, I just need to wait six more months.
- G** Before then, winter is coming. Imagine all the delicious foods in winter.
- B** Like what?
- G** For example, my mom makes an amazing pecan pie during the holiday season.
- B** You're so lucky too!

**D** (TR 44)

**B** Hello, I'm Jack. Today I'm going to talk about my favorite season. Out of the four seasons, I like summer the best. I love it because of the sunny weather and fun things I can do. In the morning, when it's not too hot, I love to ride my bike and hang out with my friends at the park. When it gets hotter in the afternoon, we often get popsicles from ice cream trucks. Sometimes in the evening, my parents take me and my brother to the movie theater to watch horror movies. They say scary movies cool you off. Summer is always full of so many fun things.

Class: \_\_\_\_\_ Name: \_\_\_\_\_



### Unit 6 Seasons

\* Listen and write.

**A** (TR 41)

- G** Can you feel the warm breeze? Spring must be coming!
- B** Do you like spring?
- G** Yes! Spring's full of wonderful things.
- B** Really? What's so good about spring?
- G** For one thing, flowers bloom. Also, it's the season for school field trips!
- B** I see your point. It's also when frogs wake up from their winter sleep.
- G** Oh. Is it?
- B** Yes. I enjoy going to the stream behind my house to look for frog eggs.
- G** Cool. I didn't know about that.
- B** Also, I can hang out with my friends longer because the days get longer in spring.
- G** You're right. I like that about spring too.

**B** (TR 42)

- B** What a hot day!
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### D (TR 44)

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Class: \_\_\_\_\_ Name: \_\_\_\_\_



### Unit 7 Transportation

\* Listen and write.

**A** (TR 50)

- B** Hey, you're early, Lisa!
- G** Good morning, Max. My dad gave me a ride this morning.
- B** Cool. Does he always give you a ride?
- G** No, not when he has work. But today, he had a day off.
- B** I see. How do you usually come to school then?
- G** I ride my bike. There's a bike path all the way to school from my house.
- B** That's nice.
- G** What about you? How do you usually come to school?
- B** I usually take the bus. But I walked today.
- G** How come?
- B** I wanted to walk in my new pair of shoes! I just got them yesterday.

**B** (TR 51)

- G** Hey, Sam. What are you looking at?
- B** Hey, Emily. These are the pictures from my family vacation in Thailand.
- G** Oh. What's this you're riding?
- B** It's called a tuk-tuk in Thailand. It's like a taxi.
- G** It's a strange-looking vehicle.
- B** It's like a three-wheeled motorcycle with a bench.

- G** That's interesting.
- B** Yes. We got around in a tuk-tuk in Bangkok.
- G** Cool. How was it different from riding in a normal taxi?
- B** It had a roof. But it didn't have any sides or windows. So it was better for sightseeing. The driver gave us a great tour around the city.
- G** Awesome! I'd like to ride in one sometime too!

### **C** (TR 52)

- M** I'm so excited to go to Berlin.
- W** Me too. It's my first time visiting Germany.
- M** So, how do we get there from here?
- W** This website says we can take the bus, train, or plane from Prague to Berlin.
- M** Hey, 100 euros for a plane ticket sounds cheap.
- W** Yes. But look. It's not a direct flight. So it takes 6 hours.
- M** What about the bus and the train?
- W** It takes 5 hours by bus, and 5 hours and 40 minutes by train.
- M** OK. What are the fares?
- W** It's 40 euros for the bus and 130 euros for the train.
- M** Let's take the bus then. It's the cheapest and the fastest!

### **D** (TR 53)

- M** Good evening, Chicago. This is Daily Traffic reporting to you live from City Hall. It's 6 o'clock in the afternoon and we're seeing some heavy traffic. The

usual rush hour in the evening is from 5 to 6. But as it continues to rain today, the traffic is looking worse than usual. Normally, it would take about 20 minutes to the airport, and 30 minutes to Metro Hospital from City Hall. Right now, it's taking about 40 minutes to the airport, and an hour to Metro Hospital. If you're leaving work now, using public transportation may be a better option. I'm Michael Jones from Daily Traffic.

Class: \_\_\_\_\_ Name: \_\_\_\_\_



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- B** That's nice.
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- B** I usually take the bus. But I walked today.
- G** How come?
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Class: \_\_\_\_\_ Name: \_\_\_\_\_



### Unit 8 Tradition

\* Listen and write.

**A** (TR 57)

**W** Welcome to Fogg Restaurant. We specialize in traditional dishes. Would you like to order now?

**B** Not yet. Could you first tell us about some of the dishes here?

**W** Sure. Which would you like to know about?

**B** What's fondue?

**W** It's a traditional Swiss dish. It's a bowl of melted cheese served with pieces of bread. We use excellent Swiss cheese.

**B** That sounds delicious! I'll have the fondue, please.

**W** OK. And how about you, miss?

**G** Hmm. What's a steak pie?

**W** It's a traditional English pie filled with steak and gravy. It's served with peas and fries.

**G** I think I'll love it! I'll have that.

**W** Certainly. Your food will be ready soon.

**B** (TR 58)

**B** Hey, Jane! What are you watching?

**G** Hi, Kevin. I'm watching a video on Holi.

**B** Holi? What's that?

**G** It's a famous festival in India. It's also known as the festival of colors.

- B** Why is it called the festival of colors?
- G** Because people throw bright colored powder at each other, like in this video.
- B** Wow. The whole street is covered in colored powder. When is it?
- G** It changes every year. But it's a spring festival and is normally around the end of February or early March.
- B** It looks amazing.
- G** Yeah. It's on my bucket list to visit India and participate in Holi one day.

### **C** (TR 59)

- G** This international fair is fun. Look! There's the costume booth! Let's go try on traditional clothes.
- B** Awesome! Let's go check it out.
- G** Woah. There are so many different kinds of clothes. What would you like to try on?
- B** The kilt from Scotland. I've always wanted to try one on.
- G** It's a checked skirt for men.
- B** Right. They wore it for special events like weddings.
- G** I see. I want to try on this dress. It says it's called *habesha kemis*.
- B** Where is it from?
- G** It's from Ethiopia. It says women wore it on traditional holidays.
- B** Cool. The colorful patterns look beautiful on the white dress.

### **D** (TR 60)

- W** How would you like a special, cultural experience this spring? If you want fun

and excitement, join the famous cheese chase in England! It may sound strange, but this exciting race is a 600-year-old tradition! Participants chase after a wheel of cheese down a big hill. The first person to cross the finish line wins the competition and the cheese! Are you looking for a calm and peaceful experience? How about a visit to a traditional tea house in Japan? Watch people perform a tea ceremony in traditional Japanese buildings. Visitors can also try on traditional Japanese clothes and taste the delicious tea and cookies themselves. Call us now!

Class: \_\_\_\_\_ Name: \_\_\_\_\_



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- G** Hmm. What's a steak pie?
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- G** I think I'll love it! I'll have that.
- W** Certainly. Your food will be ready soon.

**B** (TR 58)

- B** Hey, Jane! What are you watching?
- G** Hi, Kevin. I'm watching a video on Holi.
- B** Holi? What's that?
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Class: \_\_\_\_\_ Name: \_\_\_\_\_



### Unit 9 Stress

\* Listen and write.

**A** (TR 64)

- G** Hey, Tim. What's wrong? You look a bit stressed out.
- B** Hey, Sarah. I forgot to turn in my assignment on time. Again.
- G** Cheer up. Next time, you can turn it in on time.
- B** Yeah. It's a bad habit of mine. I should really try to fix it.
- G** Hmm, why don't you mark your calendar when you have an assignment due? It'll help you remember.
- B** That's a good idea.
- G** Actually, I have a bad habit that stresses me out too.
- B** What is it?
- G** I stay up late using my smartphone, then I feel super tired the next day.
- B** How about turning it off at night?
- G** All right. I'll try that tonight.

**B** (TR 65)

- B** Sally, I learned something interesting today.
- G** Hey, Tom. What is it?
- B** I read online that there's good stress and bad stress.
- G** Oh? How can stress be good?

- B** Remember when you were so nervous about being in the school play last week?
- G** Oh, yeah. But I actually enjoyed doing it, getting ready and performing on the stage.
- B** Exactly. That was good stress. It made you work hard and feel good about your achievement.
- G** Wow. I get it now.
- B** On the other hand, school exams or problems with your friends can cause bad stress.
- G** That's easy to understand. I hate having arguments with my friends. It's so stressful.

### **C** (TR 66)

- W** Today, we'll talk about what you do to feel better when you're stressed. Will you start, Jim?
- B1** Sure. I read a good book when I'm stressed. I can forget about my problems while I'm reading my favorite novels.
- W** OK. What about you, Olivia?
- G** When I feel stressed, I do breathing exercises.
- B1** How do you do that?
- G** I simply take a deep breath a few times. It helps me relax and concentrate better.
- B2** I exercise too when I'm stressed. But I just run around the track or play sports.
- G** How does that help, Ted?
- B2** It feels very refreshing after a good workout!
- W** Excellent. Those are all wonderful ways to feel better.

**D** (TR 67)

- B** For today's presentation, I'd like to talk about animals and stress. Just like humans, animals get stressed too. And of course, stress is bad for them. Playing loud music, changing their food, or coming home late from school can all stress them out. So, if you have a pet, always check if your pet is happy and relaxed. Well, how do you know if your pets are under stress? Look for unusual signs. Some dogs start licking themselves a lot. Some cats may start hiding for a long time. And some birds may bite more than usual. Remember, animals don't talk. So, always pay attention to your pets' behaviors!

Class: \_\_\_\_\_ Name: \_\_\_\_\_



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Class: \_\_\_\_\_ Name: \_\_\_\_\_



### Unit 10 Camping

\* Listen and write.

**A** (TR 73)

- G** What are you packing for tomorrow's camping trip?
- B** Well, I saw my mom pack a tent and a camp stove.
- G** My mom said we'll bring a lantern and our sleeping bags. You will bring your sleeping bags too, right?
- B** Yes, we bought new ones yesterday. What else should we bring?
- G** We need food, like sausages and marshmallows!
- B** Right, my mom and I will go grocery shopping this evening.
- G** OK. I think we're all set then. What do you think?
- B** Oh, one more thing. We should bring a first aid kit.
- G** Good thinking. I have one at home. I'll bring it.
- B** Perfect. See you tomorrow morning then!

**B** (TR 74)

- M** Good morning. Are you trying to set up your tent here?
- W** Good morning. Yes, is it OK?
- M** Well, it's not a very good idea. You're about to set it up over a giant ant hill.
- W** Oh! I didn't know. Thank you for telling me.
- M** Of course.

- W** Is there anything else I should know about?
- M** Let's see.... There are raccoons and bears in these woods. So keep your food in the car.
- W** Oh. Should I build a campfire to keep them off?
- M** Sounds good. Just make sure to put out the fire when you go to bed.
- W** All right, I will. Thank you so much!

### **C** (TR 75)

- G1** Phew! It's so hot today!
- B** It is. But it's the perfect weather for going camping!
- G2** Actually, I've never been camping before. Have you, Josh?
- B** Of course! It's one of the best things I ever did. I even got to go horseback riding with my dad.
- G1** Cool. When I went camping, I tried canoeing and mountain biking.
- G2** Awesome, Sue.
- G1** You should try camping too, Maria. It's a lot of fun.
- G2** I do want to go. I want to watch the stars at night.
- B** Then, you should go now!
- G1** Yes, in summer, you can see the Milky Way at night.
- G2** Really? I'll talk to my parents about it tonight!

### **D** (TR 76)

- M** Hey there, adventurers! Do you want to go on an exciting journey? Then the Bear Camping Club is perfect for you! This March, we'll have a two-day

camping trip. On the first day, we'll have first aid training in the afternoon, and go bungee jumping in the evening. The next day, we'll go hiking in the morning, then go rafting in the afternoon. If you're interested, visit our booth at the Club Fair this Friday in the school gym. The booth will be open for 3 hours from 2 pm to 5 pm. Come visit and get an idea of what our camping trips will be like. See you then!

Class: \_\_\_\_\_ Name: \_\_\_\_\_



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Class: \_\_\_\_\_ Name: \_\_\_\_\_



### Unit 11 Sports Events

\* Listen and write.

**A** (TR 80)

- B** Aaah....
- G** What's wrong, Tom?
- B** Hey, Dana. I stayed up late watching the World Cup.
- G** Oh. Did you watch the game between Italy and Spain last night?
- B** Yeah. It was a big match. I couldn't miss it.
- G** Who do you think is going to win the World Cup this year?
- B** I'm thinking Brazil. After all, they've won many times.
- G** I watched them play too. Each player was excellent.
- B** I think so too. How about you? Who do you think will win?
- G** It's hard to say.... But maybe England. I think they're a great team.
- B** Cool. Let's see who wins this World Cup!

**B** (TR 81)

- G** Hey, Alex. Are you checking your bike again?
- B** Yes, Beth. I do it every other week. I need to check the chain, the brakes, and the wheels.
- G** I see. Don't you always ride your bike to school too?
- B** Yeah. Actually, it's my dream to compete in the Tour de France one day.
- G** The Tour de France? What's that?

- B** It's one of the most popular bike races in the world!
- G** Wow. Can anyone join the race?
- B** Anyone can join, but not everyone can finish. Riders have to ride 3,500 km around France for 23 days.
- G** *Ohlala!* That sounds challenging.
- B** For sure. That's why I ride my bike 10 km every day.

### **C** (TR 82)

- B1** Guys, do you want to watch baseball at my house today?
- G1** Sorry, Chris. I'm not so into baseball.
- B1** Really? Baseball is my favorite sport. What sports do you like, Lucy?
- G1** I like volleyball because it's fast and powerful. What about you, James?
- B2** I'm into archery these days.
- G1** Wow. You mean with bows and arrows?
- B2** Yes. Archery is not as fast as volleyball, but it's very thrilling. I always hold my breath when I watch it.
- G2** Oh! I know that feeling. I hold my breath too when I watch figure skating.
- B2** Is figure skating your favorite sport, Pam?
- G2** Yes. It's amazing how gracefully the skaters move on ice!

### **D** (TR 83)

- G** Hello, everyone. Our team researched the Olympic Games, which are two of the world's largest sporting events. That's right, there are two kinds of Olympic Games: the Summer Olympics and the Winter Olympics. They both

happen every four years. The Summer Olympics are bigger than the Winter Olympics. Over 200 countries compete in the Summer Olympics. And there are about 40 different sports, such as track and field, swimming, and gymnastics. However, in the Winter Olympics, around 80 countries compete in around 15 sports, such as skiing and curling. Now, Tom will come up and talk about the history of the Olympics.

Class: \_\_\_\_\_ Name: \_\_\_\_\_



### Unit 11 Sports Events

\* Listen and write.

**A** (TR 80)

- B** Aaah....
- G** What's wrong, Tom?
- B** Hey, Dana. I stayed up late watching the World Cup.
- G** Oh. Did you watch the game between Italy and Spain last night?
- B** Yeah. It was a big match. I couldn't miss it.
- G** Who do you think is going to win the World Cup this year?
- B** I'm thinking Brazil. After all, they've won many times.
- G** I watched them play too. Each player was excellent.
- B** I think so too. How about you? Who do you think will win?
- G** It's hard to say.... But maybe England. I think they're a great team.
- B** Cool. Let's see who wins this World Cup!

**B** (TR 81)

- G** Hey, Alex. Are you checking your bike again?
- B** Yes, Beth. I do it every other week. I need to check the chain, the brakes, and the wheels.
- G** I see. Don't you always ride your bike to school too?
- B** Yeah. Actually, it's my dream to compete in the Tour de France one day.
- G** The Tour de France? What's that?

- B** It's one of the most popular bike races in the world!
- G** Wow. Can anyone join the race?
- B** Anyone can join, but not everyone can finish. Riders have to ride 3,500 km around France for 23 days.
- G** *Ohlala!* That sounds challenging.
- B** For sure. That's why I ride my bike 10 km every day.

### **C** (TR 82)

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- B1** Really? Baseball is my favorite sport. What sports do you like, Lucy?
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### Unit 12 Healthy Eating

\* Listen and write.

**A** (TR 87)

- G** Hey, Alex. How come you always have carrots in your lunch?
- B** Hey, Jane. They're good for my health.
- G** How do you know that?
- B** Well, carrots are full of vitamin A, which is good for your eyes.
- G** I see. Are there any other vitamins?
- B** Yes. There's vitamin K as well, which is good for your blood and bones.
- G** Wow. Maybe I should eat some more carrots too.
- B** That's not all. There's also lots of vitamin C, which helps your immune system, so you can avoid getting sick.
- G** I see. Carrots do sound like a healthy food.
- B** Yeah. And they're delicious too!

**B** (TR 88)

- B** Jessica, is that all you're having for lunch?
- G** Yes, Thomas. I'm on a diet.
- B** But you said you didn't have breakfast either.
- G** I know. I barely have energy to eat right now.
- B** That doesn't sound healthy at all.
- G** But I need to lose 3 kg to look like these celebrities on TV.
- B** Jessica, look at these pictures of them exercising. This is how you stay healthy,

not by not eating.

**G** Oh....

**B** Also, if they are skinny and unhealthy, you shouldn't try to be like them.

**G** I guess you're right. I'll eat some more.

**B** Good. Now eat and get some exercise.

**G** OK....

### **C** (TR 89)

**W** Today, we'll learn about processed foods.

**B** What are processed foods?

**W** They are foods that are made to taste better or last longer, such as chips or instant noodles.

**B** Are they unhealthy?

**W** Not always. But they can be unhealthy if you eat too much. They usually have lots of sugar, salt, or fat.

**B** Hmm, I had cereal, eggs, and some orange juice this morning. Is that OK?

**W** Well, let's see. Who can tell me the processed foods Jack had this morning?

**G** Are they cereal and orange juice?

**W** Yes. Very good, Kayla.

**G** Thank you.

**W** As for you, Jack, why don't you try actual oranges instead of orange juice?

**B** OK. I'll try that.

**D** (TR 90)

**M** Here, we have two people with completely different diets: Kyle is a vegan, and Emily is a carnivore. Kyle only eats plant-based foods, like apples, carrots, rice, tofu, and olive oil. He decided to be a vegan because he cares about animals and the environment. On the other hand, Emily only eats meat and animal-based foods like beef, chicken, fish, ham, and cheese. Emily believes meat is easier to digest than vegetables. However, neither of their diets are perfect. There's almost no vitamin B12 in a vegan diet, and very little vitamin C in a carnivorous diet. So, for children, Kyle and Emily both suggest eating a well-balanced diet.

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