

Student Book Audio

Module 1 unit 1

Back to school

It's warm outside; the breeze is cool

Walk with pride, you're back to school

Meet your friends in this day

Chat and talk all the way

Go and find your classrooms

Sit as roses in full blooms

Cheer up, do your best

Work hard; get some rest

Learn English and have fun

It's so sweet as a tasty bun

Written by Mrs. Lina Al –Thyab

Module 1 unit 2

Let's Be Friends

By: Christine Corona

Would you like to be my friend?

That would be so fine!

We'll run around in your backyard

And then we'll play in mine.

We'll walk to school together.

And share our Lunches .Too.

Oh. What a lucky kid I am

To have a friend like you!

Module 2 unit 3

Sam: Hi Adam. I'm in the park with some friends. Would you like to join us?

Adam: What are you doing?

Sam: You know we like doing exciting things in our free time. At the moment, we're listening to Sue. She's playing the guitar.

Adam: Is she ready for the championship which will be held in July?

Sam: She's doing her best. She is taking her hobby very seriously as she wants to be a professional guitar player.

Adam: Oh, great!

Sam: Are you coming?

Adam: I don't know. We're moving house next weekend, so I need to help my parents. We're packing boxes today.

Sam: What a pity! We're playing volleyball later. You know we enjoy team games.

Adam: I love volleyball! I'll try to manage.

Sam: Try to come. A game of volleyball doesn't take long. Take care!

Module 2 unit 4

I am Natasha, I'm 15, I started voluntary work with street children in Odessa, a city in Ukraine. I worked with a charity organization which was working with some of homeless children and was providing them with meals and medicine in order to gain their trust and make them come to our hostel where we gave them what they needed. We also began a teaching program which helped such children to learn and to work and therefore to change their lives.

Module 3 unit 5

A hundred years ago, however, things were very different. Every day jobs, like doing the laundry, would take a whole day. Nowadays, most people have a washing machine and a dishwasher, and there are more than 70 million mobile phones in use .

Research shows that around 28% of children get more weight because they spend too much time online and do not have enough time to socialize with their families. In the past, nearly all children walked to school because their parents didn't have a car, so they used their imaginations and played outdoors in the fresh air.

Years ago, when people wanted to stay in touch with their friends and family, they wrote letters. These days, however, E-mail communication and social networking sites, such as Facebook, allow instant, free communication.

Module 3 unit 6

John was a little boy who never stopped searching for clues to investigate. Once he heard about the Island Of Inventions which seemed so incredible to him. At that time he was still very young. He read hundreds of adventure books in order to find the clues which might lead him to that place of wonder. That Island was a secret place where all the great wise men of the world would meet to learn and invent together. John knew also that he had to create some great invention for humanity. Only then he could receive a special invitation to go there. What do you think could John go to the Island of inventions?

Module 4 unit 7

I love nature when it is green

What a great and wonderful scene!

I love birds in the trees

I love butterflies even bees

I love nature day and night

Watch the sun it's bright

Stars are twinkling in the sky

Look at the mountains, they are high

I love walking in the rain

I love gathering crops of grain

I love rivers, I love streams

Shining under the sun beams

Written by Mrs. Lina Al –Thyab

Module 4 unit 8

Anne: I've just been feeling really stressed lately. My clothes are becoming tight and I'm feeling tired whenever I do any physical activity. I'm so tense all the time. Can you give me something to make me feel more relaxed?

Doctor: Well, you should change your lifestyle, get much exercise which isn't just about losing weight but about relaxation and clearing your mind.

Anne: and what about drugs?

Doctor: your problem doesn't need any kind of medicine. I advise you to drink green tea which is one of the healthiest drinks.

Anne: green tea!

Doctor: yes! It contains less caffeine than coffee.

Anne: does it have any other benefits?

Doctor: It has many health benefits that include improved brain function, fat loss, protecting against cancer and lowering the risk of heart disease.

Module 5 unit 9

Conversation

Marie: You're really fit, Paul. Do you exercise a lot?

Paul: Well, I almost always get up early, and I lift weights for an hour.

Marie: Seriously?

Paul: Sure. And then I often go swimming.

Marie: Wow! How often do you exercise like that?

Paul: About five times a week. What about you?

Marie: Oh, I hardly ever exercise. I usually just watch TV in my free time. I guess I'm a real couch potato!

Paul : oh! I usually go walking in my free time

Module 5 unit 10

SN: Hello, I'm the school nurse. I believe you wanted to see me.

mom: Yes, I'm a bit worried about my son's weight. I think he's perhaps a bit too fat.

SN: OK. Let's think about that: what is his eating habits?

mom: Oh, he likes his food.

SN: He does. Does he eat lots of fruit and vegetables?

Mom : no , he doesn't . He likes only banana.

SN: OK. I see. Is he very active?

mom: well I don't know really – he runs around at playtime I suppose.

SN: How does he get to school in the morning?

mom: Oh, we go in the car.

SN: Is there any possibility you could walk or he could ride his bicycle?

mom: I think riding a bike's a bit dangerous, don't you?

SN: I think you should help him change his habits and eat healthy food.

Module 6 Unit 11

Sally: Traditional wedding customs are fascinating. Although not everyone follows them, it is still interesting to tell about them. In Algeria, relatives and friends of the bride and groom decorate their hands and feet with beautiful designs using deep red henna paste. What about Germany John?

John: In Germany, families plant several trees when a new born girl comes, so that they can sell them later to pay for the wedding of girls in the future. What about the wedding customs in India Sonata?

Sonata: In India, the bride and groom exchange garlands of flowers after the religious ceremony to cement their relationship, while in China brides do not see the grooms before the actual wedding day as it is seen as bad luck.

Module 6 Unit 12

- 1- Do good and throw it in the sea. | Arab Proverb
- 2- Before you score, you first must have a goal. | Greek Proverb
- 3- Give a man a fish, and you feed him for a day. Teach a man to fish, and you feed him for a lifetime. | Chinese Proverb
- 4- A teacher is better than two books. | German Proverb
- 5- When in Rome, do as the Romans do. | English Proverb

Activity Book Audio

Module 1 unit 1

Although he's a teenager, Farrell Wu is one of the smartest kids in the world. In 2012, he won the Australian Mathematics Competition. Most boys of his age can work only on simple math problems, while Wu the 12-year old can solve complex ones. Wu began solving math problems just after his first birthday. The child is a genius at mathematics. He is now studying algebra at university.

Module 1 unit2

- 1. A friend's eye is a good mirror.**
- 2. A man is known by his friends.**
- 3. Birds of a feather flock together.**
- 4. False friends are worse than open enemies.**
- 5. Friendship is like money, easier made than kept.**
- 6. Friendship is love with understanding.**
- 7. A friend at hand is better than a relative at a distance.**
- 8. The rich knows not who is his friend.**

Activity Book Audio

Module 2 unit 3

I'm Jude. I started cooking at the age of eight when I made my first dish. I have always loved food and I liked to watch my mom cooking.

I always found cooking exciting and I can't quite explain why. Usually, I use the kitchen more than my mom does. When I'm at somebody's house I cook there or make coffee. When I feel like baking cupcakes or any kind of sweets, I go to my aunt's house. I like to cook with her. She is a great cook.

Module 2 unit 4

An interview:

A. Presenter: Can you talk about a scary experience you had?

B. Helen: mmmmmm. I once went white water rafting in Zimbabwe, and suddenly I fell off. I thought it was the end but luckily my friends pulled me out. I felt so scared.

A. What about you Martin?

B. Actually, I haven't experienced a similar accident before. On the other hand, the most thrilling experience for me was when I participated in (The Voice) a couple of years ago and performed in front of a hundred people. This was scary but I won third place.

Activity Book Audio

Module 3 unit5

Listen to John talking to Tom and Helen

John: I check my phone every two hours. In my opinion, addiction to phones does not only prevent us from studying but also causes health problems and makes people lazy. **What do you think Tom?**

Tom: I check my phone every 2 or 3 hours. The phone is a real addiction for young people mostly. In my opinion, the phones could be very useful for many things, but sometimes it's better to turn it off the mobile while studying or working. What about you Helen?

Helen: I use my phone like 5 or 6 times a day. I think, it's better to use our mobile phones when necessary.

Module 3 unit 6

Peter: My laptop is so slow.

Steve: Buy a new one.

Peter: I would if I had enough money.

Steve: Why is it so slow?

Peter: That's a good question. I don't know exactly what's the matter. It needs checking and fixing.

Steve: Did you take it to a computer shop?

Peter: Yes, but they told it would cost me a lot of money.

Steve: Well, I guess you have to live with it.

Peter: Sometimes I want to throw it out of the window.

Activity Book Audio

Module 4 unit 7

Council: Hello, Greenwood **City Hall** Local Services. How can I help you?

Salma: Hi, yes I have just moved to Malki Street and need to ask some questions about recycling.

Council: OK. Sure.

Salma: Can I recycle my rubbish?

Council: Yes, of course.

Salma: How many bins will I have?

Council: You will have 3 bins. One bin for food waste, one black box for recycling paper and glass and one green bin for plastics and tins.

Salma: How often will the bin men collect my rubbish?

Council: Every week.

Salma: And what day do I put my rubbish out?

Council: On a Wednesday.

Salma: Ok, and what time do I need to put my bins out?

Council: At 7.00 in the morning.

Salma: Where is my local recycling centre?

Council: It's 2 miles away, near the supermarket on Rawda Street.

Salma: OK brilliant. Thanks for your help.

Council: No problem.

Salma: Bye.

Council: Bye.

Module 4 unit 8

Interviewer: Today, I'm interviewing a teenager Sam to tell us how she thinks people can help save the environment. So, Sam, what suggestions do you have?

Sam: we can be environment friendly by saving water.

Interviewer: Well, how can we do that?

Sam: By not using too much water when we wash dishes, take a bath, and when we water the plants outside.

Interviewer: Oh, I think I can do that. What else?

Sam: When drinking or eating outside, we should keep the garbage until we find a trash can to put it in because throwing rubbish everywhere makes our planet dirty. Do you like seeing trash all over the ground?

Interviewer: No, I don't. Do you have any final ideas about what we should do?

Sam: Yes. We shouldn't waste paper because trees are being cut down to make the paper. By recycling paper, we save the forests where animals live.

Interviewer: So, how can children recycle paper, I mean, every day?

Sam: Well, they can save the newspapers so that they could make things out of them instead of just throwing them away. My friends in our neighborhood and I collect newspapers once a month to take them to a recycling center.

Interviewer: That's great. Well thanks Sam for your ideas.

Activity Book Audio

Module 5 unit 9

Sami is a footballer. He usually practices after school and at the weekend. His coach says he's going to be champion one day. His parents support him and they always attend his matches. But today Sami is ill. He is not playing the match with his team. He is sitting with his father watching his friends playing. He knows that the new player doesn't practice very often. He is watching nervously.

Module 5 unit 10

Waiter: Welcome sir. Welcome Madam.

Bernard: Hello. We haven't booked a table. Can you fit us in please?

Waiter: Our pleasure sir. How many people?

Bernard: Two.

Waiter: This table fits.

Bernard: Thank you. Could we see the menu, please?

Waiter: Of course. My pleasure sir.

Bernard: Are there dishes in the menu suitable for vegetarians?

Waiter: Yes sir.

Bernard: I'm a vegetarian but my wife is not.

Bernard: Could I have a big bowl of salad, a dish of fried potatoes, a dish of beans with olive oil and a glass of orange juice?

Helen: I prefer chicken with a dish of salad and a glass of lemon juice.

Waiter: Okay sir. Thirty minutes and your order will be ready.

Helen: Thank you. But could we have a bottle of water for now, please?

Waiter: Of course. My pleasure Madam.

Helen: That was delicious! Thank you.

Bernard: Everything was great. Could we have the bill, please?

Activity Book Audio

Module 6 unit 11

Son: Finally dad, I have got my driving license.

Dad: oh, really. Congratulations.

Son: Thanks dad. Do you still keep your promise and buy me a new car.

Dad: Sure. I still remember what I told you. I'll buy you a new car if you succeed in the driving test, but on condition that

Son: Oh, Dad you want me to remember your five conditions.

Dad: Of course.

Son: If I exceed the speed, I will cause a lot of damage.

Dad: Right.

Son: If I use my mobile while driving, I may make an accident.

Dad: oh, yes. What else?

Son: If I park in a wrong place, I will pay a fine.

Dad: Good.

Son: If I don't put the seat-belt, I may get hurt.

Dad: Of course. And what about the last condition?

Son: If I cross the traffic lights, you will take back the car.

Dad: I'll be proud of you if you apply my instructions. You deserve the new car

Son: I will. Thanks dad.

Module 6 unit 12

When you travel abroad you can learn about cultural traditions and eating habits. Among one of the joys of travelling abroad is the different types of cuisines. For example, It is widely known that Indians, whether living in India or not, traditionally eat with hands. They wash their hands and eat with the right hand only.

Chinese cuisine needs practice because in China people use chopsticks when eating. They hold the first stick like a pencil, and the second stick between the thumb and the ring finger. The middle finger should be in between the two chopsticks.

In Korea, you should respect the elders. Before beginning a meal, make sure the seniors and elders on the table have begun eating first. When receiving food or drink served to you, you should hold your bowl or glass with two hands to be polite.

Progress Test 1

Dani: Hello Maya. Can you come with us to the cinema?

Maya: But I saw a good film last week.

Dani: Oh, did your Mum take you to the cinema Maya?

Maya: No, Dani.

Dani: Was it at your school, then Maya?

Maya: No, it was at my birthday party.

Dani: Oh, I see! Where was it then Maya?

Maya: It was a DVD. The film was about some rabbits Dani.

Dani: Oh. I know the one. They have to find a new home. Did they go to live with the animals in a zoo?

Maya: No, they didn't do that!

Dani: Oh. Well, did they go to a farm then Maya?

Maya: No. They went to live in a big forest.

Dani: What did you have for your lunch Maya? Sandwiches?

Maya: No, we had burgers.

Dani: What did you do after lunch? Did you have the birthday cake Maya?

Maya: No, we played ball games in my garden.

Dani: Oh! It's better to play quiet games after a big lunch.

Maya: Not on my birthday Dani!

Dani: What did your friends give you for your birthday Maya?

Maya: Oh, a lot of things. Some of them gave me CDs.

Dani: Did they give you any new books?

Maya: No. But my best friend gave me something very good.

Dani: What is it?

Maya: It's a little kitten!

Dani: Wow

Progress Test 2

Young bodies, big minds / Pedal-powered washing machine

Necessity is the mother of all inventions, and this gadget certainly embodies that phrase. This is particularly relevant for our teenage inventor. Remya Jose, a 14-year-old who comes from India, was asked to do the laundry when her mother became ill.

Clearly, Remya was less than impressed with the amount of time and energy is which needed to hand wash clothes in the nearby river where they usually do the washing. She took some recycled bicycle parts to create an appliance that saves time, energy and keeps you fit, all at the same time.

This device will clearly have countless applications in areas where there is a lacking electricity, or those who wish to save time on exercising, or whose time is too busy to do the domestic jobs