



Learning to Learn A New Start for English

Activity 2

1. The boy:

Difficulties: couldn't understand what his teacher said in class;
was very slow at reading

Strategies: talked to his English teacher; did more reading; was
attentive in class; planned every vacation carefully

2. The girl:

At first: thought English was just a subject in the National
College Entrance Examination

Later: saw the beauty of both languages and discovered that some
of the beauty of English was lost in translation; started her
reading journey

What she did: picked up an English novel and read for 10—15
minutes before going to bed

Learning to Learn Scripts

Two university students are going to share their strategies in learning English. The boy had a painful experience at the beginning but he actively took action and English was no longer a headache. The girl developed her interest in English and experienced the power of reading.

The boy:

When I first started senior secondary school, English was a real headache for me. I couldn't understand what my English teacher said in class and I was very slow at reading because there were many new words I couldn't recognise. I was very worried. But I quickly adjusted and took action to catch up with others and it all paid off.

The first thing I did was to talk to my English teacher. I discussed my problems with her and she told me not to worry and to deal with the problems one at a time. I did what she said and it worked. I kept this habit of talking to my English teacher whenever I had problems and this was, I think, the most helpful learning strategy for me.

Second, do more reading. Reading was one of my main difficulties at the beginning. I dealt with this difficulty by reading a text all the way through and using a dictionary to help me understand the words in it that I didn't know. Then I moved on to the next text. Gradually, my reading comprehension improved and



my vocabulary increased too.

Third, be attentive in class. In every class, I tried to concentrate on what the teacher said and paid attention not only to her voice but also to her facial expressions, gestures and body language. Whenever she asked questions, I would try to give a response. I often made mistakes, but who cares.

Fourth, plan every vacation carefully, no matter long or short. For each vacation, I would make specific learning plans and most importantly, I tried to stick to them. I told myself to finish my English tasks first before moving on to something else. As a result, I made solid progress after every vacation.

From Senior 2, English was no longer a difficult subject for me. Instead, my interest in English increased every day. I enjoyed watching American TV series and read my favourite books by Dan Brown in English. I must say that English has not only enabled me to progress in my favourite subject of Computer Science, it also helped me to see the world and think from many different perspectives. I hope my experiences are helpful for you.

The girl:

My memory of learning English in junior secondary school was reciting words and texts and doing exercises. When I entered senior secondary school, I thought English was just a subject in the National College Entrance Examination. However, after the first few lessons, I realised I was wrong. My teacher compared part of an English novel with its Chinese translation, which made me realise several things. On the one hand, I saw the beauty of both languages, and, on the other hand, I discovered that some of the beauty of the English language was lost in translation. This reminded me that English, like Chinese, has rich literature and culture. From then on, I started my reading journey and this helped me experience the power of reading.

I still remember those late nights after finishing my homework. I would pick up an English novel and read for 10—15 minutes before going to bed. English books seemed to be a fascinating tool to ease my anxiety and tiredness. The seven *Harry Potter* books, and some others were on my list. I felt like Alice in Wonderland, exploring and enjoying myself in the world of books. Of course, I couldn't understand everything in them. There were a lot of unknown words and difficult sentences, but unless they affected my understanding, I would simply ignore them. Some parts of the books were rather tough, instead of reading through all of them, I skipped



the difficult parts and went on to the next good part. I would also watch films based on these books and then went back to read the original books for some more details. This certainly helped a lot. I could finish 10—15 books during the summer vacation and this paid off in a way I didn't expect. I realised I didn't have to put extra effort into my study of English and didn't have to memorise or do a lot of exercises, and yet I didn't have to worry about the test results.

If you see English only as a subject that you'll be tested on, you'll probably find learning it a painful journey. If you don't want to have this feeling, change the way you learn and you might discover the magic of reading.

Activity 3

Unit 1: Life Choices; Understanding and Coping with Stress; Your Life Is What You Make It; Viewing Workshop; Reading Club; Check Your Progress

Unit 2: Sports and Fitness; The Underdog; Running and Fitness; Writing Workshop; Unit Diary

Unit 3: Celebrations; Spring Festival; Special Occasions; Memories of Christmas; Writing Workshop; Viewing Workshop; Reading Club; Check Your Progress

Activity 4

Our book has three units. In each unit, there are several different parts. For example, Topic Talk is where we will talk about the topic of the lesson that we will learn about.



Unit 1 Life Choices

Student's book

Topic Talk

Activity 2

1. exciting
2. differs in many ways from my previous one
3. can have different class schedules
4. learn many new things; develop confidence in speaking English/ competence in a variety of new skills

Activity 3

I'm a new senior secondary school student. My new school life is very exciting and it differs in many ways from my previous one. This school has a large gym and library. In my previous school we didn't have either of these. I'm looking forward to learning many new subjects in this school. Our head teacher is very friendly too, which makes me happy.

Activity 4

	Bob	Fred	Ms Johnson
Job	Doctor	Football player	Business manager
Work schedule	starts work at 7 am; works 12-hour shifts	trains for 10 months a year, 5 hours a day	8 am until late evening
Positives about the job	gets to solve problems and help people recover from illnesses and injuries	travels a lot to different countries and hears people cheering him on	gets to make important decisions
Negatives about the job	little time for leisure; lots of pressure; has to make correct decisions all the time	gets injured while training or playing	stressful work; doesn't get to see family enough

Lesson 1 Lifestyles

Activity 2

Joe likes to spend his time online because he says he is a “digital native”. Li Ying likes to set goals for herself and tries her best to achieve them because she calls herself a “go-getter”.

Activity 3

Joe: do all schoolwork; chat with friends; watch films; read the



daily news and other interesting articles; shop online; play computer games

Li Ying: set a goal for every subject; be attentive in all classes and think actively; read books of all kinds; use time well; do homework in spare time in school; use any possible time to revise things learnt during the day

Activity 4

Digital Native	Go-getter
• do all schoolwork online	• think actively
• watch films online	• read books of all kinds
• read news and articles online	• join school's long-distance running team and volunteering club
...	...

Activity 5

I would tell Joe that he should spend more time offline and in the real world. He might consider playing sports or reading more in his free time.

I would tell Li Ying that she should have more fun. Life doesn't only mean "goals" but also many other enjoyable things.

Activity 6

Paragraph 2	Paragraph 3
The things Joe does online	Problems of being online and possible solutions

Activity 7

1. a wide range of
2. chats
3. convenient
4. an Internet addict
5. from time to time
6. updated
7. revise/review
8. Her target

Activity 8

1. for example
2. because
3. also
4. In fact

Activity 9

1. to go out (object complement)
2. to meet (subject)
3. to do (object); to achieve (adverbial)
4. to prepare (predicative)
5. to join (attribute)

Activity 10

1. takes
2. to wash
3. to get
4. find
5. to do
6. is
7. to do

Lesson 2 Understanding and Coping with Stress



Activity 3

1. kinds of people suffering from stress
2. causes of stress
3. ways to reduce stress

Activity 4

kinds of people suffering from stress	teachers; doctors; factory workers; newspaper editors; the police; the military
causes of stress	pressure from work or study social situations (shy people)
ways to reduce stress	organise work or studies eat well exercise often talk to a friend, a teacher or family members seek professional help

Activity 5

1. Students suffer from stress when they have too much homework and when they feel like they don't have enough time to finish all their work.
2. Social situations, like parties, are difficult for shy people.
3. A good way to organise my work or studies is to make a list and do all the important things first.

Activity 6

1. suffers from
2. newspaper editors
3. positions
4. military
5. stress
6. due to
7. very stressed
8. extent
9. reduce
10. tension
11. organise
12. function
13. professional

Activity 7

Stressful Activities	Relaxing Activities
doing exams	talking to friends
going to parties	listening to music
talking in front of the class in French lessons	reading
	sitting around and doing nothing at all

Activity 8

1. hate
2. don't like
3. don't mind
4. can't stand
5. love
6. enjoy
7. like
8. quite like

Lesson 3 Your Life Is What You Make It

Activity 1

I think the school looks very basic. I think it would be challenging



to be a volunteer teacher in a school like this as it may not have things like electricity.

Activity 3

- His parents want him to go to a big city and find a teaching job.
- His friends all left his hometown for work in Shanghai or Beijing.
- Guizhou Province. He wanted to start a new lifestyle and was inspired by teachers he had met during his early school years.
- To stay for another year.

Activity 4

Reasons to be a volunteer teacher: Wanted to start a new lifestyle; was inspired by teachers in his early school years to go and teach where he was needed the most

Situations when he arrived:

- School: The school had only three classrooms and was much smaller than he had expected. The playground was dusty on windy days and muddy on rainy days.
- Living conditions: The power and water supplies were unstable. He could only shower once every three or four days, and he had to learn how to cook.

Activity 5

Events	Feelings	Evidence
Graduated from university	Inspired	Applied for and became a volunteer teacher in a village school
Travelled to the village	Eager	Imagined all sorts of exciting things
Saw the school for the first time	Disappointed	The school was much smaller than he had expected; A dusty and muddy playground
Lived in the village	Troubled	Unstable power and water supplies; Showered once every 3 or 4 days; Learnt how to cook
Introduced new subjects and activities	Excited	Students love PE; The school is full of laughter and music; The first-ever school concert is being planned
End of the first year	Satisfied	Students were able to read, speak and write in English and became more confident in learning; brought changes to the village

Activity 6

1. I think it is about doing what is right for you instead of what other people want you to do.



2. I think I can learn to be confident in my choice from this idea.

Activity 7

1. Inspired 2. applied 3. volunteer 4. graduated
5. challenging
6. dusty and muddy 7. unstable 8. attractive 9. laughter
10. contribution 11. decided

Activity 8

excited	exciting
surprised	surprising
interested	interesting
satisfied	satisfying

1. tired 2. exciting 3. surprising
4. interesting 5. excited 6. satisfied

Activity 9

a situations, people or things (-ing) :

1. Imagine all sorts of exciting things.
2. Living in the village was also more challenging.

b people's feelings (-ed) :

1. feel tired 2. feel satisfied

Writing Workshop A Personal Email

Activity 2

1. Fang Lan is the writer's friend. Wang Ying is writing to share her new senior secondary school life with Fang Lan.
2. The email is informal. It is written this way because they are friends.
3. contractions: *how's; there's; it's; don't; I'm; we're; I've; what's*
dashes and exclamation points: *Guess what—; gym! school! classroom!*
informal words and phrases: *right? You know; All the best!*

Activity 3

b e f d a g

Activity 4

My new school has a huge library where I like to study. My class size is much bigger now and we move between classrooms for different subjects. I have made lots of new friends, which makes me happy.

Viewing Workshop Amelia Earhart

Activity 1

I think her quote means that she was flying an airplane for the first time and at the time she knew that she wanted to be a pilot.



Activity 2

d e f i j k

Activity 3

1. pilot 2. passenger 3. North America 4. the first

Viewing Workshop Scripts

Here is the story of American aviation pioneer Amelia Earhart.

Once upon a time, on July 24th, 1897, a little girl was born in Atchison, Kansas. Her parents named this little girl Amelia Mary Earhart after both of her grandmothers. As a child, Amelia was adventurous, spending lots of time with her younger sister Grace climbing trees, collecting bugs, hunting rats with their rifle and exploring the neighbourhood. Because of this, many historians have described Earhart as a “tomboy” growing up. When Amelia saw her first plane at the Iowa State Fair, she was actually not impressed at all and asked if she could go back to the merry-go-around. Throughout her teen years, she moved around the Midwest with her family, eventually graduating from Hyde Park High School in Chicago in 1915. After spending a year and a half at school at Agons and Pennsylvania, Earhart visited her sister in Toronto, Canada. There after seeing wounded soldiers returning from World War I, she decided to quit school to work as a nurse’s aid in a military hospital. While working there, Amelia got to know many of the wounded pilots and grew to admire them. She spent much of her free time watching the Royal Flying Corps practising at a nearby airfield. In 1919, Earhart went back to school at Columbia University in New York, but quit a year later to be with her formerly estranged parents who had reunited in California. On December 20th, 1920, a pivotal moment happened in Earhart’s life. She attended an air show in Long Beach with her dad. And she took a ten-minute plane ride that forever changed her life. She recalled, “By the time I had got two or three hundred feet off the ground, I knew I had to fly.” Amelia’s new mission was to learn how to fly and she worked her butt off to achieve this new dream. She worked several odd jobs to save up for the very expensive flying lessons. She read everything she could find about flying and spent much of her time just hanging out at the airfield. She cropped her hair short like other women aviators did. She wore a leather jacket but worried that other aviators would be judging her, so she slept in it for three nights to give the jacket a “worn look”. In the summer of 1921, Earhart purchased a used bright yellow Kinner Airster biplane. She nicknamed it “The Canary” before she even had a



pilot's licence. Amelia had flown her plane to 14,000 feet, the world altitude record for female pilots. On May 15th, 1923, Earhart became only the 16th woman to be issued such a licence. In the mid-1920s, Earhart was not able to make a living as only a pilot, so she became a teacher for a short while and later a social worker at Denison House living in Medford, Massachusetts. She also wrote local newspaper columns, promoting flying and became a bit of a local celebrity. One afternoon in April 1928, a phone call came for Earhart at work. At first, she thought the phone call was a prank. "How would you like to become the first woman to fly the Atlantic," Captain Hulton Archive asked her on the other line. "Yes," Amelia promptly replied. Here is where Earhart became a worldwide celebrity. She became the first female to fly across the Atlantic Ocean, but only as a passenger, as Wilmer Stultz and Lewis Gordan acted as pilots. The flight made headlines around the world because three different pilots had died within the past year trying to be that first woman to fly across the Atlantic. When the three returned to the United States, they were greeted with a parade in New York and a reception held by President Calvin Coolidge at the White House. Despite the new-found fame and glory, Amelia still was hungry for more, later saying she felt like "It was just like baggage, like a sack of potatoes". However, her celebrity status now got her things like an editor position in *Cosmopolitan* magazine and money to finance teacher flights. In August 1928, Amelia became the first woman to fly solo across the North American continent and back. In 1929, she entered Will Rogers Power Puff Derby and placed third. Earhart also became involved with The Ninety-Nines, an organization of female pilots advancing the support and cause of women in aviation. She became their first president in 1930.

Reading Club 1 Teatime

Activity 1

1. She invited friends to tea so they could have an afternoon meal.
2. *Yum cha* is translated as "drink tea", and it means to go to a restaurant to eat *dim sum*.

Activity 2

Differences: *Yum cha* is an older tradition than afternoon tea; the time of a day to enjoy *yum cha* and afternoon tea is different; the types of food served are different.

Similarity: Both involve tea.



Reading Club 2 City or Country?

Activity 1

city

- Advantages: full of opportunities for culture, recreation, education and entertainment; close to museums, zoos, cinemas, community centres, public libraries and bookshops; have a stable Internet connection
- Disadvantages: stressful; noisy; lots of traffic; lonely

country

- Advantages: there are animals all around you; can explore forests, caves and beaches; can connect with nature; peaceful; people are friendly
- Disadvantages: boring; lonely

Activity 2

- 1 & 2. How you live is more important than where you live, because she has lived both in the city and country.
3. I agree with the writer because in my opinion, country life is so beautiful and peaceful.
Contrary to the writer, I feel city life is better. It is far more interesting and you are never bored in a city.

Check Your Progress

Activity 1

1. set new goals
2. stressful
3. tough
4. a new challenge
5. relieve tension
6. relaxing
7. the digital world
8. an Internet addict
- 9./10. watching films, chatting with friends
11. a website of a charity organisation
12. volunteers
13. inspired
14. do some voluntary work

Activity 2

Doctor X: taking/to take care of; satisfied; tired; to play

Teacher V: to become; exciting; surprising; challenging; to go outside

Student S: depressed; to make; interesting; to chat; to worry/worrying

Activity 3

1. like
2. love
3. don't like
4. don't mind
5. don't like

Workbook

1

1. watch films online
2. set goals



3. surf the Internet; Actually

4. compare the quality 5. social media

2

stressful; pressure; organise; schedule; self-confidence; challenging;
excited; fruitful

3

1. graduated 2. independently 3. eager

4. typical 5. challenging 6. supplies

7. tough 8. volunteers 9. inspired 10. organising

4

1. get up 2. to read/reading the news 3. to start/starting

4. to get to 5. to keep 6. not to waste 7. stay 8. to do

5

I love to chat with my friends online.

I hate getting up early in the morning.

6

1. interested; interesting 2. exciting; excited 3. tired; tiring

4. surprising; surprised 5. inspiring; inspired 6. boring

7. depressed 8. exhausted

7

b a a c

8

T F T T F

Tapescripts 7 and 8

Bo Lin: Hello, Zhang Mei. Are you okay? You look stressed.

Zhang Mei: Hi, Bo Lin. Yes, you are right. I am totally stressed out. I just have so much to do at the moment. I feel like I can't keep up.

Bo Lin: Well, we all feel like that at times. Tell me what the problem is and maybe I can help.

Zhang Mei: Well, exams are coming up. I have four next month alone... and I don't even know how to start studying.

Bo Lin: Have you come up with a study schedule? I did that last year, and it really helped me organise my time.

Zhang Mei: No, I haven't done that, but it sounds like a good idea. I could plan exactly what I need to do and decide how much time to spend on each subject.

Bo Lin: Yes, right. You are really good at maths and English, so maybe you could spend a little less time preparing for those, and spend more time on something you need more



help with.

Zhang Mei: Well, I'm not as strong at history, so it would be worth focusing on that.

Bo Lin: And have you tried exercising? No matter how much I have to do or how stressed and exhausted I am, I always make sure to do something I like doing, like going for a run or playing basketball.

Zhang Mei: I don't know... I really don't think I have the time.

Bo Lin: I know it feels like that, but even spending half an hour a day will help reduce stress and clear your head. And I bet you have more time than you think. For example, I realised I was spending a lot of time playing video games and decided instead to use that time to do some physical exercise.

Zhang Mei: Yes, I guess you are right. I do waste time watching TV, so maybe I could play tennis instead. I really love tennis, and I always feel much better after a match.

Bo Lin: That sounds like a good idea. And, you know what? I play too, so if you ever need a break from studying, give me a call and we can play.

Zhang Mei: That sounds like a great idea! I have to warn you though, I am really good.

9

1. The online world is a big part of my life.
2. It's so convenient to be able to compare the quality and prices from different online shops before I buy.
3. What kind of people often suffer from stress?
4. You can make a list and do all the important things first.
5. Living in the village was also more challenging than he had thought. The power and water supplies were unstable, so he could only shower once every three or four days, and he had to learn how to cook.

10

1. The series is about the relaxing lifestyles of people who live in the country.
2. Watching the series helps teenagers forget about the pressures of exams and homework, and the troubles that fill the world.
3. They say that some of their students and children are becoming couch potatoes and are using the series as an excuse for not



completing homework. Some students have even refused to study for exams because they say that they can only achieve happiness by avoiding stressful situations completely.

11

Yes, I agree with Dr. Elisa Carhart's opinion because I know many young people who are passionate about TV shows. If they see characters or actors wearing certain clothes or behaving in a certain way, they want to do the same...

Unit 2 Sports and Fitness

Student's book

Topic Talk

Activity 2

1. sometimes
2. play sports with friends; exercise by myself
3. am in pretty good shape
4. eat fruit and vegetables

Activity 4

1. six players
2. serving the ball
3. the other court
4. fall within
5. touch the ball

Lesson 1 The Underdog

Activity 2

favourite player: Tyrone Bogue

treated by coach: like a weak player

how tall: 1.6 metres (both)

team: The Lions

kind of player: a replacement

Activity 3

advantages: Paul had real skills. Paul worked really hard. Paul had a strong desire to play.

disadvantages: Paul was short.

Activity 5

Events	The Coach's Attitude and Evidence
One player got hurt and could not play. (a)	Worried ("We've got no more players!")
"Give him a shot, coach!" (c)	Negative ("He can't play!")
"Let me try, coach! I won't let you down!" (e)	Hesitant ("The coach finally agreed.")
Paul jumped up and rushed onto the court. (b)	Hopeful ("... It's your time to shine.")
The team had won by 2 points. (d)	Excited, proud ("... as he hit Paul on the shoulder, 'you've just earned your place on the team, big guy!' ")

Activity 7

1. I think Paul was a dedicated player, because he spent hours



practising even though he was never chosen by the coach.

2. The coach learnt to be supportive of Paul when he was the one who saved the game and helped the team win. He may have learnt that he should never judge a person by his physical appearance but according to his ability.

Activity 8

Paul was a basketball player on the team, The Lions. He loved basketball so much. Paul was shorter than most basketball players; in fact he was only 1.6 metres. One of his favourite NBA players was Tyrone Bogues who was also the same height.

Paul had to practise much harder than others because of his height. He was always very determined and focused but unfortunately the coach never picked him for the team. Recently, Paul finally got his chance. During a game against The Lions' biggest competitor, The Bears, a player on the team was injured and Paul pleaded with the coach for a chance. The coach was unsure but allowed him to play. Paul proved that he was skilled and talented by scoring shot after shot. When the game ended, the coach told Paul that he had earned his place on the team.

Activity 9

1. which was next to our building
2. who played for the Charlotte Hornets
3. who worked really hard for the team
4. that he'd been waiting for
5. whose record was perfect

Activity 10

1. Paul was a basketball player who/that was usually on the bench being a replacement.
2. His favourite player was a guy who/that was also only 1.6 metres tall.
3. He played in the team which/that was called The Lions.
4. He helped his team win the game which made him a hero.

Activity 11

b

Activity 12

1. that/which
2. that/which
3. who/that
4. whose
5. that/who



Lesson 2 Rules of the Game

Activity 1

1. c 2. d 3. a 4. b

Activity 2

Tennis	<p>1. Audiences are reminded to <u>turn off the phones</u> or <u>put them on silence</u>.</p> <p>2. When the ball is in play, do not <u>cheer or talk loudly</u>.</p> <p>3. Wait for the point or game to end before <u>standing up or leaving your seat</u>.</p> <p>4. When taking photos during the match, <u>please turn off your flash</u>.</p> <p>5. Do not <u>throw anything onto the court</u>.</p>
Boxing	<p>1. You can't hit anywhere <u>below the belt</u>.</p> <p>2. You can't <u>kick, bite or push</u> the other person, either.</p> <p>3. You are prohibited from <u>hitting the other person</u> with your head, shoulder or arm.</p>
Fun Run	<p>1. Remember to do <u>a warm-up</u> before your run.</p> <p>2. Don't run too fast <u>for the first hour</u>.</p> <p>3. Your last meal should be <u>at least one hour</u> before your run.</p> <p>4. Don't <u>drink too much</u> while running.</p>

Activity 5

1. the football match 2. I can't believe 3. That's great news

4. It was such a disappointment

5. The team really came together tonight

6. I'm so proud to be a fan 7. me too

Activity 6

1. disappointment 2. surprise 3. disappointment

4. joy 5. joy

Lesson 3 Running and Fitness

Activity 3

Long-distance running	
Topics	Details
Who is it for?	for everyone, including beginners
Equipment needed	a pair of good running shoes

续表



Long-distance running	
Topics	Details
Benefits	<ul style="list-style-type: none"> • get fit and prevent diseases • give you good upper and lower body strength • increase the flow of blood and oxygen to your brain • make your heart stronger and allow more blood to flow around your body • strengthen your immune system • reduce the risk of serious health problems as well as more common illnesses • cheer people up • provide relief from aches or tension
Tips to avoid injuries	<ul style="list-style-type: none"> • a warm-up—get your blood flowing faster and prepare your body • a cool-down—after a long run, jog slowly for 10 minutes, then walk for 5 minutes

Activity 4

1. Yes. I think long-distance running will help Jeremy because long-distance running will help him get fit and prevent diseases. And it will give him good upper and lower body strength. It may help him pass the PE exams.
2. Running increases the flow of blood and oxygen to the brain. It makes our heart stronger and allows more blood to flow around the body. It also strengthens the immune system and reduces the risk of serious health problems as well as more common illnesses.
3. I would advise someone new to running to start slowly and remember it takes time to become a great runner.

Activity 5

Principles of running	Details
Do the right amount.	Draw up a training plan. Set achievable goals. Don't do too much.
Keep running.	Don't give up.
Don't overdo it.	Take breaks.

Activity 7

1. Running is the best way to get to know yourself and your limits.
2. Running makes both your mind and body stronger.

Activity 8

Benefits: do not need a gym membership; do not need special



equipment; increase the flow of blood and oxygen to the brain;
prevent diseases; give good upper and lower body strength;
strengthen the immune system; cheer oneself up; provide relief
from aches or tension

Tips: draw up a training plan; do the right amount; set achievable
goals; do not overdo it

Activity 9

	Things	People
some	something	someone/somebody
any	anything	anyone/anybody
no	nothing	no one/nobody
every	everything	everyone/everybody

1. anything 2. no one/nobody 3. something
4. anyone/anybody 5. nothing 6. Everything

Writing Workshop A True Story

Activity 2

- Ismael Esteban and Agustin Navarro.
- The Santa Barbara XV Grand Prix cyclo-cross race in Spain, 300 metres to the finishing line.
- Esteban was in third place with only 300 metres to the finishing line—Esteban got a puncture, threw his bike over his shoulders and raced towards the finishing line—Navarro caught up with him—Navarro slowed down and let Esteban run ahead of him.
- Esteban won the bronze medal and tried to give his medal to Navarro. But Navarro refused.

Activity 3

Characters: Ismael Esteban, Agustin Navarro

Development: Esteban's bike got a puncture. Esteban threw his bike over his shoulders and raced towards the finishing line.

Climax: Navarro slowed down and let Esteban run ahead of him.

The two cyclists reached the finishing line with Esteban ahead on foot, Navarro just behind him.

Ending: Navarro let Esteban finish in third place, while he came fourth.

Viewing Workshop Physical Fitness and Health

Activity 2

1. T 2. T 3. F 4. F 5. T

Activity 3



Benefits of sports for children	Dos and don'ts
<ul style="list-style-type: none">• build confidence• develop important skills, such as teamwork• share and work together to achieve a common goal	<p>Dos :</p> <ul style="list-style-type: none">• Do make sure classes/activities are run by trained professionals.• Do allow children to rest and recover.• Do ensure they have a healthy diet.• Do encourage them to have fun. <p>Don'ts :</p> <ul style="list-style-type: none">• Do not expect them to be able to move like adults.• Do not push them too hard to become great.

Viewing Workshop Scripts

Childhood is the perfect time to key in on the enjoyment of healthy physical activity. It's not hard to encourage small children. They rarely sit still anyway. "The work that has been done in children and in other million species, if left alone almost, the younger members of the species are more physically active. They want to be. Why they want to be, I don't know. Whether it's endorphins released in the brain more readily, I don't know. It's a fascinating question. But they wanted more physical activity."

But as children get older, their involvement in physical activity tends to change.

"In almost every sector of the society, parents don't do what they perhaps did in my generation which was, say to a child 'go and play', and then I'll see you at such and such an hour. So we now have an environment which is for physical activity, which is a natural phenomenon in children, being much much much more controlled by parents. And this raises a lot of issues. Parents want their children instinctively to be physically active, so we have certainly in the suburban and certain urban areas this explosion of interests in organised sports at very young ages like soccer."

"And I think those things build esprit de corps, build a sense of teamwork, teach kids how to share, how to work together to achieve a common goal. But one of the things you really must do, even for those little, very very flexible bodies is make sure you warm them up adequately, and even those parents are well intentioned. There're a lot of those parents who were the coaches who don't have a lot of experiences in what you need to do in order



to prevent injuries in kids, and part of that is adequate warm-up, adequate stretching, even with those young bodies you still need to do that in order to prevent them from injuring themselves.” “In dancing ballet, we have 6- and 7-year-old girls, 9-year-old girls who want to look like that professional 22-year-old ballerina. Their muscles aren’t ready, their ligaments aren’t ready, and one of the worst training errors is to have them try to emulate that mature dancer when their bodies are not ready for it. They don’t have the strength; they don’t have the flexibility; they don’t have the skeletal development to allow them to do that.”

“Because I have three daughters and they are involved in fast-pitch softball and I’m seeing at a very early age parents pushing kids to play all year around in order to get that scholarship down the road. And these are kids that are 8 years old, you know. By the time they get into their teenage years, they are having major surgeries on their shoulders.” “And a lot of that is misinformation from coaches who push too hard. And pushing too hard can actually create permanent damage to ligaments and tendons in growth plates that can hamper or ruin a person’s chances of participating up to expectations as a teenager or mature adult.”

“You know, if you are just looking for the talented athletes, so you’ve got your 1 or 2 percent or your 5 percent. But what about the rest of these kids? And one of the worries to me is that the emphasis on sport per se can for many children make physical activity almost a negative experience. They try to go out for the team. The coach told them they weren’t good enough. That wasn’t fun. I don’t wanna do this anymore.”

“I’m working with children now in yoga. I never thought that yoga could be for anybody else but adults and people that wanted to meditate. And yoga can be for kids. They wanna look like an eagle. They wanna look like a turtle. They wanna look like a snake; they wanna move like that. And if you put it in that kind of context for them, if you talk about it in the right way, kids are very receptive to being active little individuals because they got more energy than we could ever imagine having as adults.”

“We’re gonna go straight up about halfway about there and then come down slowly. Rather than having them do the same thing all year long, I think it’s important to develop their muscles in different ways. Strengthening muscles are very important but resting



is part of that strengthening process as well. Nutrition and all those things are important. But I think we forget the resting part. So I think the rest and the cross-training doing something different, exercising their muscles indirectly, the same muscles, but doing them in a different way. ”

While it is great to encourage an athlete, the real goal is to encourage children to have fun being active. A habit that starts at a young age is easier to maintain through the years.

Reading Club 1 Martial Arts

Activity 1

1. The martial art is a way of keeping fit and a competitive sport.
2. Soft martial arts teach how to use an attacker’s own force to defend oneself. Hard martial arts teach how to defend oneself by punching or kicking an attacker.

Reading Club 2 Getting Fit

Activity 1

Mike: Latin Dance, 7 pm Wed/Fri

Simon: Spin, 9 am Fri or 7 am Sat

Rachel: Yoga Level 2, 7 am Tue/Fri

Activity 2

The most important thing I consider when choosing an activity is whether it is fast-paced because I love energetic exercise. Relaxing or low-impact activities are not that important to me, because I don’t really like those kinds of fitness activities.

Check Your Progress

Activity 1

1. athlete
2. keep fit
3. fan
4. exercise
5. go jogging
6. track
7. energy
8. tough
9. earn a place
10. gym

Activity 2

- You cannot hit *nowhere/anywhere* below the belt.
- Wear gloves and mouth guards in case *nothing/something* happens.
- Don’t hit *anywhere/somewhere* when the other participant falls down.
- Listen to your coach. He is *someone/anyone* who knows the sport well.

The sport is boxing.

Activity 4

Left column:



Long-Distance; get fit; system; Reduce; cheer; Relieve

Right column:

Tips; equipment; amount; bones; jog

Activity 5

1. My favourite sports star is a tennis player who/that is energetic and skilful.
2. She is a talented tennis player who/that has won many awards.
3. That year, she not only won the second place in the Australian Open but also won the trophy in the French Open, which are both world-class tournaments.
4. She is an excellent player whose fans all support her and wish her the best.

Workbook

1

1. crowd
2. energy
3. athlete
4. tough
5. court
6. inspiration
7. extra
8. gathered

2

1. announcement
2. application; sign up
3. Amazingly
4. turn off
5. quit
6. annual
7. in case
8. Within

3

1. fit
2. gymnastics
3. equipment
4. tips
5. capable
6. reduce
7. strengthen
8. tension
9. regularly
10. aches
11. cheer
12. benefits
13. click

4

1. who
2. which
3. whose
4. that

5

1. are competitive
2. are fun and interesting
3. is popular at the moment
4. brother won a TV talent show

6

1. surprise
2. joy
3. disappointment
4. surprise
5. surprise
6. joy
7. disappointment

7

1. something
2. No one
3. anything
4. someone
5. nothing

8

1. F
2. F
3. F
4. F
5. T
6. F

Tapescript 8 Conversation 1

Li Jiang: I want to learn to play tennis. He Wei, you're very good.



Will you help me?

He Wei: Yes, of course. It's a great game.

Li Jiang: I've been watching the US Open on TV and I think I'd really like it.

He Wei: You are so good at other sports that I think you'll pick it up very quickly. Let's start tomorrow.

Li Jiang: That's great. What do I need to bring?

He Wei: I've got a spare racquet so you can borrow that. I've also got tennis balls so all you need to do is wear some sports clothes and tennis shoes.

Li Jiang: Great, I can't wait!

9

1. a 2. b

Tapescript 9 Conversation 2

Tim: I'm hungry. Shall we go and have a hamburger?

Sarah: I seldom eat fast food—and I'm training for the gymnastics competition next month, so I'd rather have something healthy.

Tim: What would you rather eat?

Sarah: I'd love a salad and maybe some fruit juice.

Tim: Oh OK, that sounds really good and healthy. I'll join you. I'm also training for the karate championship so that will do me good too!

Sarah: I didn't know you did karate.

Tim: Well, I've watched you do gymnastics. You're really good!

10

1. All the extra hours that he'd spent practising alone paid off.
2. He made shot after shot, and the crowd couldn't stop clapping and cheering.
3. When the ball is in play or if a player is serving, please do not cheer or talk loudly.
4. I was so unprepared for my first run that I hurt myself and had to quit the race halfway.
5. It is important to warm up and cool down properly before and after running so you do not hurt yourself.
6. Nothing gives one more satisfaction than realising that all the sweat and hard work were worth it in the end.

11

1. Shan's problem was that she was depressed and moody.



2. Mrs Zhang didn't prescribe medication because she wanted to ask about her lifestyle and encourage her to make changes.
3. Some of the benefits of Shan's taking up volleyball were that she lost weight and wasn't depressed or moody anymore.

12

I agree with Mrs Zhang's idea that sport can help improve health and mood for people of all ages. I had a similar experience last year. I quit the basketball team because I thought I did not have enough time for it. After quitting I felt sad and had no energy. I quickly lost my fitness too. I spoke to my parents who agreed I should rejoin the team. Now I play every week and I'm happy and healthy.



Unit 3 Celebrations

Student's book

Topic Talk

Activity 2

Mid-Autumn Festival; on the 15th day of the eighth lunar month; having a family dinner and eating moon cakes; chatting and enjoying the moon

Activity 4

1. They want to hold a surprise party to have fun. It's Jenny's birthday.
2. The speakers are going to make a big monster cake to give Jenny a surprise. They will also make some monster birthday cards and give Jenny some monster presents.
3. Jenny will blow out the candles and make a wish.

Lesson 1 Spring Festival

Activity 3

For Tom, Spring Festival means excitement and a lot of fun.

For Xu Gang, coming home and being with his entire family is the most important part of the Spring Festival.

For Li Yan, Spring Festival is family time.

Activity 4

	Tom	Xu Gang	Li Yan
Where and with whom	with his host family in Nanjing	at parents' home	at home
Preparations before Spring Festival	cleaning the house; attaching <i>Fu</i> upside down to the front door	booking travel tickets and choosing gifts for parents	getting ready for children coming back; buying things and preparing dishes
Activities during Spring Festival	setting off and watching fireworks; enjoying a big dinner	chatting with his parents and having hotpot	grandchildren running/shouting/playing; adults talking/making <i>jiaozi</i> together

Activity 5

Fireworks were being let off across the city, suddenly lighting up the night sky.



When I was a kid, Spring Festival was all about firecrackers, sweets and decorations. As I get older, coming home and being with my entire family is the most important part of it.

Our house buzzes with activities when everyone comes home.

Activity 6

Family reunion is the central theme of both accounts. This shows the importance of family in Chinese culture.

Activity 7

1. swept away 2. attached 3. character 4. upside down
5. flights 6. surrounded 7. accents 8. fill him in on
9. entire 10. retired 11. buzzes 12. spirit/tradition/custom

Activity 8

1. was cleaned 2. is believed; is put
3. be booked 4. has largely been kept

Activity 9

1. a 2. a 3. b 4. a 5. b

Explanations:

1. What George does is more important than the pictures in the sentences, so “he” is put in the starting point of the second sentence.
2. “We” in the starting point of the sentence has better effect of showing the dangerous situation. It matters less to know who is following us.
3. “It” in the starting point of the clause shows that what happened to the juice is more closely related to the taste of the juice. It is less important to know who did it because such information would not change the fact about taste.
4. “He” in the starting point of the sentence better supports the idea stated in the first sentence. What “he” does, not what the car is like shows his care for the car.
5. “It” in the starting point of the sentence draws more attention to the house, not who built it, and better supports the quality of the house, “old”.

Activity 10

- (1) Tens of thousands of visitors are being attracted by the Lantern Show in Datong, a historic city in northern China, during the Spring Festival holiday.
- (2) Traditional lanterns and ice lanterns are mixed to create a special and happy atmosphere.
- (3) The ancient walls in this city were rebuilt by the government

last year.

(4) This year, the Lantern Show was organised by the government under the ancient walls for the first time.

(5) More people are expected to visit in the coming days.

Lesson 2 Special Occasions

Activity 2

Dress appropriately: wear a neat black suit and a tie; small dinner/birthday

Things to bring: snacks; puddings

Socialising with others: host; goodbye; your congratulations

Activity 3

1. People chat and have a good time together with a group of close friends during dinner parties. People can dance, have fun and meet new people at big parties. People dress differently at formal parties and informal parties.
2. Dress appropriately. Adults should bring a bottle of wine or some beer. Teenagers usually bring snacks or puddings. Don't be late. When you arrive, say hello and thank the host for inviting you. Introduce yourself and make small talk. Say goodbye and thank them when you leave.
3. I think it is useful to know that we should bring something small to a party, such as snacks. By doing this we can make the host happy and show them we appreciate the invitation which is very important.

Activity 5

Situations	What is said
Graduation Party	<ul style="list-style-type: none"> • Thanks for inviting me. • Congratulations on getting into the university of your dreams. • Thanks a lot.
Speech	<ul style="list-style-type: none"> • I would like to extend my thanks to all our teachers. • Congratulations on graduating from junior secondary school. • We are so fortunate to have your love and support.
Graduation Ceremony	<ul style="list-style-type: none"> • Thank you for your hard work.

Activity 6

Congratulating

1. Congratulations on
2. great news
3. happy for you both
4. Congratulations on graduating



Giving Thanks

1. Thanks
2. Thanks
3. I would like to extend my thanks to (F)
4. so fortunate to (F)
5. thank you (F)

Lesson 3 Memories of Christmas

Activity 2

She had such a memorable Christmas because it was the last Christmas she spent with her granny before her granny passed away.

Activity 3

- Granny made an effort to help the writer write a letter to Father Christmas.
- Granny and the writer made sugar biscuits and stuffed the turkey.
- The writer sat on her granny's lap and sang Christmas songs. Granny had the patience to sing the writer's favourite song over and over again.
- Granny and the writer left a plate of sugar biscuits out for Father Christmas, and put a stocking at the end of the bed. Granny sat on the writer's bed and sang softly until the writer fell asleep.
- Granny gave the writer a music box with a ballet dancer inside.
- Granny laughed so much that her paper hat fell off.

Activity 4

November: b h December: a g

Christmas Eve: d f Christmas Day: e c

Activity 5

The writer and Cousin David raced around the garden.

Cousin David couldn't swallow the pudding in his mouth.

The writer and Cousin David rolled a snowball.

Granny gave the writer a music box with a ballet dancer inside.

The writer caught Granny's eye through the window.

The writer opened the presents on her best behaviour.

The writer hung decorations on the branches.

Granny and the writer stuffed the turkey.

Granny took a seat by the fire.

Activity 6

1. Granny spent most of her time on the sofa by the fire. Her hand was slightly shaky and she stayed in by the fire and didn't go outside. The writer didn't notice it at that time. The writer thinks of her often and misses her very much.



2. Because she had a happy Christmas with Granny before Granny passed away.

Granny knew she was very sick and that she probably did not have much time, so she cherished every minute with the writer.

Granny loved her family very much and the family loved her.

Granny was very happy, especially with the children, despite her illness.

Granny made great efforts to spend a happy Christmas with her family.

Activity 7

1. fill one's heart
2. have the patience
3. make an effort
4. take a seat
5. spend time
6. catch one's eye
7. fall asleep
8. come to mind

Activity 8

1. caught; eye
2. fell asleep
3. had the patience
4. comes to mind
5. took a seat
6. spent; time
7. made an effort
8. filled my heart

Activity 9

The writer thinks Christmas is “magical” because of the memories of her granny. Whenever Christmas comes, she thinks of her granny and the happy time they spent during that Christmas.

Writing Workshop An Event Description

Activity 2

1. It was Grandpa's birthday.
2. Mum cooked special food. They invited Grandpa's friends.
3. The writer made a video of Grandpa's life story for him.
4. The event made Grandpa very excited. He said it was a “wonderful birthday celebration” and that he was looking forward to his eightieth, ninetieth and even one hundredth birthdays already!

Activity 3

Introduction to the event	Grandpa's 70 th birthday
Preparations before the event	a birthday lunch; a gift (a video)
The best part of the event	invitation to Grandpa's old friends; when Grandpa and his friends appeared in an old photo in their school uniforms
Feelings about the event	excited

Viewing Workshop Paper-Cutting

Activity 1

1. A baby on a lotus flower, the Chinese character of double

happiness, the god of wealth.

2. The paper cuts symbolise the wish for the parents to have more kids, the ideas of happiness and fortune.

The paper cuts may be used on presents for parents, at weddings, on special days and during festivals.

Activity 2

1. The earliest paper cuts in existence date back to the 4th century in China.
2. They have been used for decoration, for religious purposes, and for design patterns.
3. Paper cuts used for decoration are often seen on windows and gates.
(1) on doors (2) on presents (3) on weddings
(4) in temples (5) on clothing

Activity 3

Character *Fu*: when it is put upside down, happiness arrives

Fish: to have more than enough to spend

Lian sheng guizi: the wish for the parents to have more kids

A baby on an animal: to have the power to bring children to the family

Character of double happiness: to celebrate weddings

Shape of an animal: offerings on special days and during festivals

Viewing Workshop Scripts

Paper-cutting is a Chinese folk art with a long history. The earliest paper cuts in existence date back to the 4th century in China. In 2002, UNESCO listed China's paper-cutting as a world cultural heritage. In Chinese culture, paper cuts symbolise the ideas of happiness, good luck and good fortune and they have been used for decoration, for religious purposes, and for design patterns throughout history.

Paper cuts used for decoration are often seen on windows and gates. They are usually put up during holidays to bring good luck. The Chinese character *Fu* means good luck and it was often attached to front doors upside down. It is believed that when *Fu* is put upside down, happiness arrives. The image of a fish often appears together with *Fu*, which indicates we will have more than enough money to spend.

Paper cuts are also used on presents. People use *Fu* to wrap presents and it is believed that this will bring good luck to others. A present for parents whose child has recently been born might show a



paper cut of children, for example. In some designs, we can see a baby on a lotus flower. The name of this design is “*lian sheng guizi*”, which means we wish that the parents will have more children.

Another popular design is an image of a baby on an animal. This animal is called “*qi lin*”, which is believed to have the power to bring children to the family. Paper cuts that show the Chinese character of double happiness are often used to celebrate weddings. People use them to decorate such occasions by putting them on walls, windows, doors and even furniture.

Paper cuts used for religious purposes are often found in temples. People cut papers into the shapes of animals and make these offerings on special days and during festivals. People also use paper cuts with images of all kinds of gods, such as the god of wealth, the god of kitchen, and the god who can help to drive away evil spirits, to express their hopes for a good life.

The third kind of paper cuts are those used to make design patterns on clothing. The Chinese character *Fu*, the image of dragon, and flower patterns are often used in the design for clothing. They are very popular choices for clothes to wear during Spring Festival. They are also sometimes used to decorate jewellery boxes.

In the past, paper-cutting was all done by hand. Even a small mistake during the process can ruin the whole piece of work. Nowadays, there are factories for paper cutting in China and paper cutting has also changed from decoration to a kind of art.

Reading Club 1 Festival Menu

Activity 1

Deep-fried fish in sweet and sour sauce, Chinese dumplings, Eight Treasure rice pudding, and Four Joy meatballs are believed to bring fortune.

Activity 2

Eight Treasure rice pudding and Four Joy meatballs symbolise happiness in the new year.

Activity 3

Wealth and prosperity is highly prized in Chinese culture as dishes such as deep-fried fish and *jiaozi* have word play and meanings related to these ideas.

Reading Club 2 The Un-birthday Gift



Activity 1

I think Lewis Carroll wrote the story for children as it is set in a magical and unusual world. The author is very creative and humorous in his writing which appeals to young people.

I think Lewis Carroll wrote this for people of all ages. It is a fun and engaging story. I think adults can appreciate the author's work as much as children.

Activity 2

Humpty Dumpty was offended because he thought Alice was making fun of his body, because she couldn't tell where the neck was and where the waist was.

Activity 3

They could be good friends. Three reasons: 1 Humpty Dumpty didn't say anything though he was offended; 2 They can show their feelings; 3 They could share such funny things like un-birthday presents.

Activity 4

"... shows that there are three hundred and sixty-four days when you might get un-birthday presents—"

"un-birthday" is not a word but "un" is used to change many English words so here it is placed before birthday to show a day when it is not your birthday. This is humorous for children.

Check Your Progress

Activity 1

Greet people: Hello; Hi; Hey; May I introduce to you...; It's a pleasure to see you again; Lovely to see you; Have a good day; Goodbye

Express thanks: Thank you; Thanks for inviting me; Thanks a lot

Dress: appropriately; formal dresses; a neat suit

Things to bring: snacks; puddings; drinks

Socialising with others: greet the host; thanks; your congratulations

Activity 2

1. make efforts 2. hang decorations 3. get ready for

4. put up 5. make travel plans 6. get together

7. give out 8. stay up 9. are full of 10. think of

Activity 3

1. fall asleep 2. made an effort 3. dress appropriately

4. prepared food and snacks 5. caught my eye

6. put up decorations 7. take a seat 8. got together



Activity 4

1. is celebrated
2. is splashed
3. are carried
4. are raced
5. are launched

Literature Spot *A Christmas Carol*

Activity 1

Dickens grew up in a poor household and his teenage years weren't easy, so he understood the life of the poor.

Activity 2

The character looks happier and less lonely in the second picture.

Activity 3

1. g
2. e
3. a
4. f
5. c
6. b
7. d

Activity 4

Order: e-a-f-c-b-g-d

Activity 5

1. Marley wanted to help Scrooge so that Scrooge would not suffer like he had.
2. Scrooge was unhappy when he saw his past because he realised he was not a good person and that he had made mistakes.
3. Scrooge was sad when he saw the Cratchit family's Christmas because they were poor and Tiny Tim was weak and ill.
4. The Ghost of Christmas Future showed Scrooge what people thought of him when he was dead and how Tiny Tim died.
5. The moral of the story centres on the transformation of the main character, Ebenezer Scrooge. At first in the story he is a miserly, closed-hearted man. With the events he encounters and experiences, he is transformed into a man whose heart is open to the pain and struggles of others. He becomes a man, at the end of the story, who will participate in the world around him, rather than withdraw from it.

Activity 6

Yes. I think anyone can change for the better because throughout life we experience things and meet people who can show us a better way to live.

Activity 7

I think he wrote *A Christmas Carol* as he hoped it could positively affect society and encouraged rich people to be more generous and kind. He grew up very poor so he would understand how hard life was for poor people like those in the story.



Workbook

1

1. attached 2. character 3. surrounded 4. joy 5. moment
6. host 7. exchanged 8. traditional 9. custom

2

Types of parties:

1. F 2. F 3. I 4. F 5. F 6. I

Dos and Don'ts

1. ✓ 2. ✓ 3. ✓ 4. ✓ 5. ×
6. ✓ 7. × 8. ✓ 9. × 10. ×

3

1. effort 2. branches 3. behaviour 4. memory

4

1. The moon cakes are being made with bean paste.
2. She was being shown around New York yesterday morning.
3. She is said to be one of the greatest living writers.
4. This is an imitation of the painting because the original was destroyed by someone.
5. The roofs of many houses in the area were blown off by strong winds.
6. The foreign guests were given a warm welcome by the children.
7. The film is being translated into several foreign languages.
8. She was invited to give a speech at the conference by one of her former students.

5

1. b Great news! What's her name?
2. d Brilliant! How was the wedding?
3. a Happy birthday!
4. e Congratulations! You worked hard for it.
5. c Congratulations! Now you can drive!

6

1. fills my heart 2. caught my eye 3. took a seat
4. make an effort 5. have the patience



7 & 8

	Mid-Autumn Festival	Thanksgiving Day
Country	China	USA
Time	on the fifteenth day of the eighth month of the Chinese calendar	on the fourth Thursday of November
Ways that people celebrate	gather together as a family and have dinner together; after dinner, chat and share what they have been doing	to be at home with their families for Thanksgiving dinner
Special food	moon cakes	roast turkey and pumpkin pie
Symbolism of the food	family unity and togetherness	thanks for everything they have

Tapescript 7 Radio interview 1

Fen Huang: Good afternoon, listeners, welcome to our festival programme. In honour of Spring Festival which will be taking place soon, our focus is on festivals celebrated around the world. Over the next few weeks we will be interviewing students who will tell us a little of how they celebrate traditional festivals. First we will be talking about Mid-Autumn Festival with Hai Xing. Welcome, Hai, we're so glad you could join us today.

Hai Xing: It's a pleasure. I'm happy to be here.

Fen Huang: Tell us a little about how you celebrate Mid-Autumn Festival, Hai—and when it is celebrated.

Hai Xing: It takes place on the fifteenth day of the eighth month of the Chinese calendar, which is in September or early October. It's a special time in our family, Fen. We celebrate it by gathering together as a family and having dinner together. After dinner we chat and share what we have been doing.

Fen Huang: That is indeed special, Hai—there is nothing more important than family. Are there any special foods you eat for Mid-Autumn Festival?

Hai Xing: Yes, moon cakes are a traditional Mid-Autumn Festival food. These moon cakes are round as they represent the moon. The round shape also represents family reunion so they are very symbolic of family unity and togetherness.



Fen Huang: What lovely symbolism—and they sound delicious.
What are they made from?

Hai Xing: They are made from flour and they have sweet stuffing,
such as sugar and lotus seed flour inside.

Fen Huang: That sounds wonderful, Hai. Thank you so much for
coming in today and sharing a little of how you
celebrate Mid-Autumn Festival.

Hai Xing: My pleasure, Fen. Thank you for inviting me.

Tapescript 8 Radio interview 2

Fen Huang: And here is Hui Fang. Welcome, Hui Fang.

Hui Fang: It's lovely to be here, Fen.

Fen Huang: I understand you have relatives who live in the USA.
And you recently celebrated Thanksgiving with them,
is that right?

Hui Fang: That's right.

Fen Huang: Can you tell us a little bit about Thanksgiving? When
is it held?

Hui Fang: Thanksgiving is held in November each year. It's
celebrated on the fourth Thursday of November. So the
date changes every year.

Fen Huang: And how do you and your family celebrate it?

Hui Fang: Well, people travel from all over the USA and all over
the world, actually, to be at home with their families
for Thanksgiving dinner. That's the most important
thing: to all be together, at home, sharing dinner.

Fen Huang: Are there any special foods you eat at Thanksgiving
dinner?

Hui Fang: Yes, the traditional foods are roast turkey and pumpkin
pie. They are delicious!

Fen Huang: I can imagine! And do people eat turkey and
pumpkin pie for any particular reason? Do they have
any special significance?

Hui Fang: Yes, they do. We eat them to celebrate a good harvest.
We are thankful because we have enough meat to eat
and because the vegetables have grown. Thanksgiving is
in autumn, at the end of the harvest, you see. These
traditional foods represent our thanks for everything we
have.

Fen Huang: I'll have to make a plan and visit the USA one day for
Thanksgiving! Thank you so much for coming in to



the studio today, Hui Fang. It has been most interesting.

Hui Fang: It's a great pleasure, Fen. I enjoyed it.

9

1. It is believed that when *Fu* is put upside down, happiness arrives.
2. Every year, the moment I get on the train, I am surrounded by Shanxi accents—and I know that I am heading home to my family.
3. Throughout history, some of the original customs have changed, but the spirit of the Spring Festival—the spirit of family—has largely been kept.
4. I would like to thank all our teachers, parents and families who have done so much for us over the years.
5. In December, our excitement grew each day—lights appeared in the streets, Christmas cards arrived, and there was snow everywhere.

10

1. fallen asleep, looking forward to, spending time
2. (1)g (2)i (3)b (4)f (5)h (6)e (7)a (8)d (9)c
3. Tami thought the wedding was fantastic. I know this because she says “What a wonderful wedding that was!”

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I think Tami's description of the wedding was very impressive because she described clearly many aspects of the wedding. After reading her email, I have a very clear picture of what the day was like and how people felt about it.