

Unit 1 Back to school

Student's Book

Reading

A Understanding the text

A1

Para. 2: I can't wait to describe to you what senior high school life is like.

Para. 3: Put simply, potential is your natural ability that can be developed when you try hard enough.

Para. 4: To fully realize your potential, it is important for you to make the most of our school resources.

Para. 5: Of equal importance are good study habits, useful skills and a positive attitude.

Para. 6: Senior high school will help you learn and grow, yet you alone are responsible for realizing your great potential.

A2

1. A new environment, new knowledge and new ways of thinking.
2. He has confidence in students' ability to make a difference to their family, to their community and to our country.
3. Classes, teachers and classmates, school facilities and activities.
4. Always look on the bright side and never lose hope, even in difficult situations.

A3

1. To keep his audience interested, the principal asks the question "What is potential?" and then answers it himself. He also uses rhetorical devices like repetition and parallelism. For example, "Today is the start of a new term, the start of a three-year journey and the start of a promising future." "Who knows what beautiful works of art you will create, what medical advances you will make or what amazing technologies you will develop!" The principal also uses a quotation from Lao-Tzu, "A journey of a thousand miles begins with a single step."
2. It is very important to realize my potential in all areas of my life, not only in my studies. I should make good use of the school resources such as paying attention in classes and learning from my teachers and classmates. My school offers many after-school activities and facilities outside of the classroom to help me realize my potential in other areas. Joining a club or doing some sports could help me become a good team player.

**B Building your language****B1**

- (1) challenge (2) effort (3) balancing (4) rise to
 (5) responsible (6) acquire (7) take advantage of
 (8) confidence

B2

Parts of speech	Suffixes	Words
Nouns	-ful	useful, beautiful, helpful, careful, meaningful, successful, colourful, wonderful, skilful, powerful
	-less	endless, priceless, careless, meaningless, jobless, homeless, fearless, useless, harmless
	-al	natural, personal, cultural, governmental, national, educational, critical
Verbs	-ive	active, attractive, protective, impressive, creative
	-ous	continuous, various

B3

Today is the start of a new term, the start of a three-year journey and the start of a promising future.

The path before you leads to a world full of challenges: a new environment, new knowledge and new ways of thinking.

Who knows what beautiful works of art you will create, what medical advances you will make or what amazing technologies you will develop!

The possibilities are endless, and I have confidence in your ability to make a difference to your family, to your community and to our country.

Take advantage of your classes, learn from your teachers and classmates, and make use of our school facilities.

Of equal importance are good study habits, useful skills and a positive attitude.

Carefully plan your study, set clear goals and balance your schoolwork with other activities.

Be confident, do your best and make us proud!

Grammar and usage**A Exploring the rules**

Subject	Verb		
I	agree.		
Subject	Verb	Predicative	
These habits	will be	helpful.	
Subject	Verb	Object	
you	will live	a happy life.	
Subject	Verb	Indirect object	Direct object
Setting goals	gives	you	a focus in life.
Subject	Verb	Object	Object complement
setting goals	makes	you	more confident.



Working out the rules

(1) verb (2) object

B Applying the rules

B1

1. You will find (senior high) school different from (junior high) school.
2. (Your) schoolwork will be more challenging.
3. We will give you (more) independence.
4. You should listen [more carefully].
5. You can join a club.
6. (Your) teachers will help you [in (many) ways].
7. You will succeed!

B2

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

B3

Option 1: My goal for the new term is to improve my communication skills. To achieve this goal, I will be friendlier to my classmates. Joining a school club will help me make more friends. I will also read a book on how to improve communication skills. I will succeed!

Option 2: Being a member of my new school's basketball team is my goal now, because basketball is my favourite sport. Besides exercising my body, I will make new acquaintances through this activity. More importantly, exercising should go hand in hand with studying, so in the new term, I hope to have faster and better growth in both my body and my mind.

Option 3: We live in a society of "knowledge explosion", so it is my goal to improve my academic performance in my new school life. As the saying goes—knowledge is power. Learning from classmates around me and consulting teachers will help me acquire the knowledge I need. I believe my goal will assist me to adjust to this new life quickly.

Integrated skills

Tapescript

Maggie: Hello, Mr Zhou. May I talk to you? It's about school clubs.

Mr Zhou: Sure, Maggie! What is it?

Maggie: I've heard that students can start their own clubs. Could you tell me how to do it?

Mr Zhou: Sure! You'll just need to write a proposal about your plans. What type of club do you want to start? It should help students learn a useful skill—you can't have a "juice-drinking club", for example, or the principal won't agree to it!

Maggie: That's fine! I want to practise short story writing, and I have noticed we don't have a short story writing club. Would that be OK?

Mr Zhou: That sounds like a great idea. In your proposal, you'll need to mention the name of the club, the name of the club leader, the aims of the club, and the time the club will meet each week. Then you'll need to write about the activities you plan to organize at the club. You should also mention any materials you'll need, and how you're going to find new members. When your proposal is ready, you must find at least five students, including you, to sign up for the first meeting. Then give your proposal to me.

Maggie: OK, what happens after that?

Mr Zhou: I'll look at your proposal, and if it's good enough, I'll give it to the principal. Once he agrees, I'll help you find a place for the club and set up your first meeting!

Maggie: Thank you so much, Mr Zhou! I'm going to write my proposal right away.

A1

c, e, a, d, b

A2

(1) learn a useful skill (2) short story writing

(3) club leader (4) activities (5) find new members

Extended reading

A

School timetable: The school day usually begins around 9 a. m. and ends about 4 p. m.

Subjects: Every secondary school student must study English, Maths and the Science subjects: Biology, Chemistry and Physics. In year ten, students usually have to learn nine subjects. They can also choose from History, Art, Business, etc.

Class size: There are only about 20 students in most classes.

Class discussion: It is very important.

Homework: There is not as much homework in the UK as in China, but it is still challenging.

School lunch: There are a lot of options for school lunches, including bread and butter, chicken pie and puddings.

Clubs: There are many clubs to join after school.

B

My dream school would have very modern facilities. Students would be able to choose their subjects based on their interests. There would be more than 20 subjects to choose from and some of them would be online courses. As for textbooks, there would be no paper textbooks at all. Instead, we would take our personal computers to school every day. That way, learning would become more efficient and enjoyable!

Workbook

Exploring language

A

1. confidence
2. efforts
3. attitude
4. potential
5. attracts/attracted
6. responsible
7. challenges
8. goal(s)/aim(s)
9. improving
10. independent

B

1. can't wait to
2. lies in
3. rise to
4. make a difference
5. make the most of
6. taking part in
7. look forward to
8. stick to

C

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

D

1. Senior high school is an important period for students to develop independent thinking.
2. In time, you will have more confidence in yourself.
3. You should try to take advantage of every learning opportunity.
4. It's amazing that the advances in technology are so rapid.
5. Put simply, students need to develop good study habits.
6. It is of equal importance to set clear goals.
7. This photo reminds me of the details of that game.
8. Last but not least, try to take much exercise and stay healthy.

Building skills

A Listening and speaking

Tapescript

Sam: Hi Carrie, I heard you're going to China. When are you going there?

Carrie: Hi Sam! I'm going in July, and I'll be studying Chinese in Nanjing for a month. I'm so excited! There will be 150 high school students from all over the world taking the course.

Sam: Wow, that must be really cool! I haven't been to Nanjing, but I took a similar course in Beijing last year. Do you know what your schedule will be like?

Carrie: There will be three hours of Chinese lessons focusing on reading and writing in the morning, starting at 8:30. In the afternoon, we will have one hour of speaking practice in small groups, followed by two hours of cultural activities. I'll be very busy this summer, but I'm really looking forward to it—I've never been to China before.

Sam: I'm sure you'll have a great time. Doing cultural activities sounds fun!

Carrie: That's right. We'll do lots of interesting things! Guess what! There will be a Chinese cooking class! We'll also visit some



famous sites, such as Purple Mountain—I've seen some photos, and everything looks amazing! I'm really looking forward to communicating with the local people.

Sam: Well, sounds like someone is going to have a wonderful summer! And I'm sure your Chinese will improve a lot.

Carrie: I hope so! I have to go now, but could you tell me more about the language course you took in China last year? I'm really interested in knowing what studying in China is like.

Sam: Sure—I'll send you a message!

A1

1. In July. 2. For a month. 3. At 11:30. 4. Two hours.
5. A Chinese cooking class. 6. What studying in China is like.

Tapescript

Sam: Hi Carrie, it's so cool that you're going to China! You know, I took a two-month language course in China last year, and it really helped improve my Chinese, especially my speaking skills!

The language course I took was completely in Chinese. We were not allowed to speak any English in the classroom. Similar to your language course, we were asked to practise listening, speaking, reading and writing. For me, the most difficult part was writing Chinese characters. I also enjoyed the cultural activities. We could choose to learn Chinese calligraphy, Chinese painting and Peking Opera. As a music lover, I chose Peking Opera. It was difficult but really fun!

When I took the course, I could choose to stay in a dorm or with a host family. Sharing a dorm room with five other students might be fun, but in order to better understand Chinese culture and have more opportunities to speak Chinese, I chose to stay with a host family. They were really nice and I truly enjoyed the experience. Another thing that made me happy was that I could try all kinds of Chinese food—everything was so tasty!

I'm sure you'll also have a great time in China!

A2

1. two months 2. Chinese painting
3. five other students 4. speaking skills
5. writing Chinese characters
6. better understand Chinese culture

B Reading, viewing and writing

B1

1. "Minimize" means to reduce something, especially something bad, to the lowest possible level.
2. To go to the Library, go down the road and walk past Teaching Buildings B and C. Then turn left and you will come across the Library. After you come out of the library, you should go south-

wards down the road and soon you will come to the Science Labs on your left. You can't miss them.

B2

Dear Principal,

I am writing to suggest some improvements to our school.

First, Canteen A is a bit small at the moment, and Canteen B is very old. We should combine the Theatre and Canteen A into one building. That way, there will be enough space for all the students to have lunch in Canteen A. Canteen B can then be turned into an activity centre where the students can do different after-class activities.

Second, during rainy days, the students often get their textbooks wet when they go between buildings. I think we should add corridors between the buildings.

Third, the playground is too small and not looking very nice right now. Since many of the students like playing basketball, I think we should change it into an outdoor basketball court.

Finally, the school is looking very grey at the moment. I think that we should build a greenhouse in the area between Teaching Building A and Offices to create a greener environment for the students.

Thank you for considering my suggestions. I look forward to a better study environment.

Yours sincerely,

Charles Best

Unit 2 Let's talk teens

Student's Book

Reading

A Understanding the text

A1

Cause 1: Teenagers' physical growth may result in such family tensions.

Cause 2: Teenagers' developing mental needs can also influence parent-child relationships.

Solution: Teenagers should have regular and honest communication with their parents.

Conclusion: Everything will turn out all right in the end.

A2

1. Their changing voice, weight problems or spots.
2. The state of being no longer a small child but not quite an adult.
3. Teenagers feel ready to be more responsible and make decisions on their own, but their parents do not always agree.
4. When teenagers disagree with their parents, they should take a minute to calm down and try to understand the situation from their parents' point of view. After they have thought it through, they should explain their actions and feelings calmly, listen carefully and address their parents' concerns.

A3

1. The author believes parent-child tensions are natural and unavoidable. He argues that the two causes of these tensions are the physical and mental changes that teenagers go through. Although the changes can be stressful, the author thinks that teenagers and their parents can get along better by communicating with each other. He believes that everything will be fine in the end.
2. I feel the same way. Sometimes I wish my parents would treat me like an adult and give me the freedom to make my own decisions. However, when I experience difficulties or setbacks, I would also like their encouragement and comforting words. This makes me feel loved and gives me the courage to keep going.
3. Parents may worry about their children's performance at school. If children fail to get good grades, their parents might start to be stricter, believing they are not doing their best. This in turn makes their children upset. Parents may also worry that their children are not making the "right" friends. As a result, they might ask a lot of questions about their children's friends, such as

where they are going and what they are doing together. This can make their children feel like they are not trusted.

B Building your language

B1

- (1) struggle (2) anxious (3) normal (4) concern
(5) argument (6) stress (7) calmed down
(8) go through

Grammar and usage

A Exploring the rules

Simple sentences	2 3 4 6
Compound sentences	5 8 13
Complex sentences	1 7 9 10 11 12

Working out the rules

- (1) and (2) but

B Applying the rules

B1

- (1) Your password should be at least eight characters long because this makes it difficult to guess.
(2) Posts should not give out personal information and they should not include advertisements.
(3) Describe your problems clearly so other people can understand them easily.
(4) The experts will reply to you as soon as/when/once they see your posts.
(5) Let us know what you think of our forum.

B2

- (1) because (2) unless (3) why (4) that
(5) but (6) If (7) how (8) and

Integrated skills

A

Rebecca's problem	She wants her mother to pay less attention to her grades.
Simon's problem	He feels lonely because his parents do not spend much time with him.
Laura's problem	Her parents protect her too much.

B

Tapescript

Cynthia: Hi, Rebecca. This is Cynthia.

I understand your feelings. From your email, it sounds like you put a lot of effort into your schoolwork. If your mother doesn't value that, of course you're going to be unhappy!

But remember: every parent has high hopes for their children.

Your mother wants you to be successful but she probably fails to see how you struggle. Try following these pieces of advice and see if they help improve your relationship.

First, talk to your mother. Make sure she understands your feelings. Choose a good time and start the conversation politely. You can begin with something like, “I know that you expect me to do well at school, but I’m struggling sometimes. Can we please talk?” You should also try to meet in the middle when talking to your mother. Of course, school matters, but relaxation is good for you too. Tell your mother about your interests and ask for more free time to spend on them. For example, if you like listening to music, explain why you enjoy it and how it helps you. Why don’t you make a deal that you are both satisfied with?

Second, put yourself in your mother’s shoes and try to understand what she does. I know it isn’t easy, but you must be patient. When your mother doesn’t let you go out with your friends, think about the reason why she does so. When I was your age, I thought senior high school was tiring too. I couldn’t understand why my parents were so strict with me. However, when I grew up, I realized that they just wanted me to have the best possible future. After that, I became so much closer to my mum and dad.

Everything will turn out all right, I promise.

B1

1. value her effort 2. high hopes for 3. relaxation
4. patient 5. tiring

B2

- (1) Talk to (2) your feelings (3) a good time
- (4) do well at school (5) meet in the middle (6) your interests
- (7) enjoy music (8) Put yourself (9) go out with your friends

Extended reading

A

Setting	The US in the early 1900s.
Characters	Mama, Papa, Nels, Katrin, Christine, Dagmar
Plot	In Katrin’s childhood, her family worked hard and supported each other so that they never needed to get money from Mama’s Bank Account. When she was older, Katrin found out that the Bank Account did not exist. Mama made it up to make the children feel secure.
Theme	A mother has deep love for her children and does whatever she can to protect them.

B

I was moved when my parents gave me a digital camera as a birthday gift. I have always wanted to become a photographer. I was surprised



that my parents understood my dream so well and were so willing to support me.

Workbook

Exploring language

A

1. stress
2. argument
3. concern
4. anxious
5. struggled/struggles
6. account
7. volunteers
8. mental

B

1. go through
2. get along
3. resulted in
4. back down
5. turned out
6. depend upon
7. has shot up
8. Cheer up

C

1. Mary was absent from school because she was ill.
2. After/As soon as he graduated from college, he set up a company of his own.
3. As I grew older, I became interested in designing clothes.
4. I struggled to understand (the reason) why he made the decision.
5. If you don't hurry up, we will miss the train.
6. If you take action immediately, you are likely to succeed.
7. Although/Though I am on a diet, I find it hard to completely stay away from chocolate.
8. It turned out to be a lovely day, so we decided to go out for a walk.

D

1. on
2. performance
3. concerned
4. but
5. anger
6. argument
7. to improve
8. hearing

Building skills

A Reading and speaking

A1

1. It is a tiny yellow bird with blue-gray wings and black eyes.
2. Because Ally used to go birdwatching with her father. It can bring back a lot of good memories.

B Listening and writing

Tapescript

Leo: My mum just doesn't understand me! She only wants me to study for exams, go to a famous university and find a good job. But there are other things in life, like sport. Yesterday evening, when I was preparing to go to basketball practice, she told me to stay at home and do my homework. I tried to explain to her that my team would have a really important match next week, and that I could finish my homework afterwards, but she didn't care. Later, she found me chatting with my friend on my phone and got very angry with me. She said I had to go to bed because I had to get up early



for school the next day. Another thing that makes me really frustrated is that Mum always believes I'm using my mobile phone too much. She thinks I'm always playing mobile games or messaging my friends and she shouts at me whenever my phone makes any noise. She doesn't understand that using my phone helps me relax.

B1

1, 2, 4, 7, 10, 11

Tapescript

Mum: I'm worried about Leo. He hasn't been doing that well in school lately.

Dad: Yeah. His latest test scores... They're not terrible, but I know that he can do much better than that.

Mum: Only if he would spend less time on sport! I think he's having too much basketball practice recently.

Dad: Yeah, the extra basketball practice... He said his team would have a really important match next week. I think we've got to support him, but he needs to prove that the extra basketball practice won't influence his performance at school. Why not get him to make a timetable to strike a balance between sport and schoolwork?

Mum: Good idea! I'm also worried that he's using his smartphone too much. He's looking down at that little screen all the time! The other day, he was still up chatting with his friend after 11 p. m. on the phone. I told him to stop.

Dad: Yes, he needs to use his phone wisely. It is taking up too much of his time and causes him to go to bed late. He needs to get enough sleep—he always looks tired.

Mum: Well, it can't go on like this. We need to have rules for phone use at home.

B2

1. test scores 2. basketball practice 3. timetable

4. 11 p. m. 5. tired 6. rules

B3

Dear Mum and Dad,

As you know, we recently had an argument about what time I come home in the evening. You think that coming home late is dangerous, and bad for my schoolwork. But all of my friends are allowed to stay out later than me. I think your rules are too strict. This has been upsetting me a lot as I can't spend enough time relaxing and socializing with my friends.

I think we can solve the problem together. I'm happy to come home at the time you choose if I have school the next day. But at the weekend I'd like to be able to stay out a bit later so that I can go to the cinema or play some sport with my friends. Will you please con-

sider this suggestion? I'll always tell you where I'm going and what time I'll be back home.

I hope that I have made myself clear and that we can discuss this idea soon.

Love from,

Michael

Unit 3 Getting along with others

Student's Book

Reading

A Understanding the text

A1

- (1) Amy's friend was out having fun with someone else/was chatting with another girl in a café.
- (2) Amy received a horrible surprise.
- (3) Save the friendship because eight years is a long time.
- (4) Rethink this friendship and if necessary, move on.

A2

1. Amy thought her friend was almost like a sister to her.
2. They planned to see a film.
3. Amy's classmate told her about it.
4. Amy's friend said she was too ill to see the film with Amy but went to a café with another girl.
5. If one's friend ignores his feelings or makes him suffer.

A3

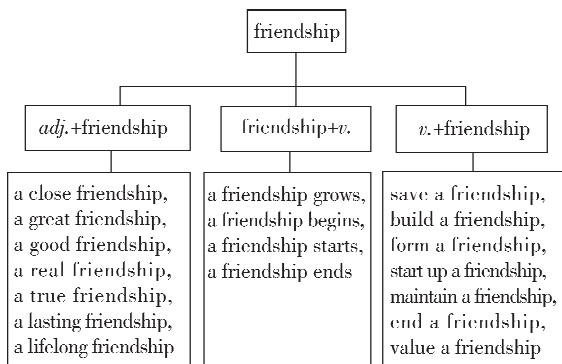
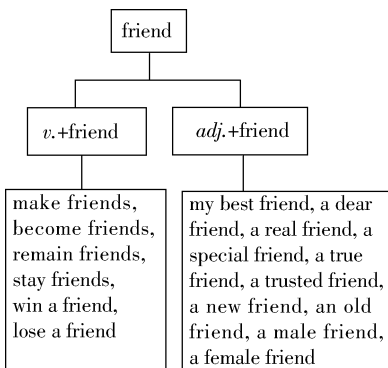
1. They both think Amy should talk to her friend. Cindy thinks that the friendship is worth saving, while David suggests that if Amy's friend ignores her feelings, it should be time to rethink the relationship.
2. I had a friend who did something similar to me. We planned to go to the Science Museum together, but he stood me up at the last minute. I was upset that he completely ignored my feelings. I finally explained to him how I felt, and he told me his side of the story. We are still best friends today because we are so honest with each other. The key is communication. Try not to be negative.
3. I would expect that he/she has a good reason for not telling the truth. I would talk to him/her immediately and ask him/her the reason. Then I would tell him/her that even though I understand what he/she has done, I don't like lies and that friends should be frank with each other.

B Building your language

B1

- (1) horrible (2) at a loss (3) recovering
- (4) ignoring (5) responded (6) let go of
- (7) apologize (8) in the wrong

B2



B3

There are many important things in life but not everyone agrees on which is the most important. Some people say health, while others say things like a good job. For me, however, the most important thing in life is friendship. I cannot imagine living without it.

Grammar and usage

A Exploring the rules

A real friend is someone who walks in...
A real friend is someone whose support we can count on.
A real friend is someone who sees our true self...
... not just the face that we show to the world.
... the modern tools that keep us connected...
... the friends whom we love.
... the values which matter most to us.
... the connection which we share.

Working out the rules

(1) which (2) who (3) that (4) whose

B Applying the rules

B1

1. from which many friendships grow
2. whose communication is warm and open
3. which/that need to be taken good care of

4. (whom/that/who) you can count on

5. (in which/that) you have been helped

B2

(1) which/that (2) whose (3) who/that (4) (which/that)

(5) which (6) (whom/that/who) (7) who/that

B3

My best friend is Hannah. I met her in a park in which I play badminton. One day, the friend who I normally play with had to go home early, and I was about to leave too. That was the moment when Hannah came up to me and asked if I wanted to play with her. We got on really well and soon became close friends. I know she is someone that I can rely on in times of difficulty.

Integrated skills

Tapescript

Patrick: Hey, Tim! You look really tired. What's up?

Tim: Hi, Patrick! You see, I'm busy with my project for the science competition at the end of November, but we also have Maths and Chinese exams at the same time. I just wish there were 48 hours in a day!

Patrick: It seems you're having trouble balancing your schoolwork and your project. But don't worry. I can help you. First, tell me how your science project is going.

Tim: I'm working really hard on it. This project is very important to me. It isn't just about winning a competition. Researching the physics of sound has given me a focus and an aim in my life. I will do my best to become a physicist in the future.

Patrick: I'm sure you can make it! And how are your Maths and Chinese classes going?

Tim: To be honest, I have found our Maths homework quite difficult lately. And as for Chinese, there are some key points I don't understand, and I'm struggling with the reading task our Chinese teacher has asked us to do.

Patrick: Listen, I have a good idea. First we can make a timetable together to see how much time you should spend on your project, and how much time on your Maths and Chinese.

Tim: Great!

Patrick: I can also help you with your schoolwork. Why don't we meet after school and go over the challenging parts together? We can compare notes so you don't miss anything important. And we can do some reading together at the weekend.

Tim: Thanks so much.

Patrick: That's what friends are for. Don't worry!

A1

1, 3, 5, 6

A2

(1) worry (2) make a timetable (3) his project

(4) schoolwork (5) the challenging parts

(6) Compare notes (7) at the weekend

Extended reading

A

Friendship is very important to us. It leads to self-improvement and helps us better walk the “path of life”. Friendship has three “fruits”. First, we feel more comfortable when we share our feelings with our true friends, as they will understand us and allow us to express ourselves. Second, friends can help us think more clearly and offer solutions to problems. Third, friends are willing to support us to achieve our goals. However, we should carefully choose friends and develop friendships.

B

We should try to deal with a problem on our own first before we turn to our friends for guidance. Independent thinking gives us the freedom to search inside ourselves. We can share our thoughts with our friends and benefit from their opinions, but we alone are responsible for our decisions.

Workbook

Exploring language

A

1. respect 2. generous 3. apologize 4. company 5. moments
6. judge 7. respond 8. recognize 9. escape 10. contact

B

1. make it 2. in any case 3. resulted from 4. in person
5. move on 6. bring out 7. count on 8. at a loss

C

1. (that/which) 2. whose 3. who/that 4. which/that
5. whose 6. (that/which) 7. (that) 8. who/that
9. (who/whom/that) 10. (that/in which)

D

1. She is very tired, and (she) feels like having a good sleep.
2. Repeated failure ate away at his confidence.
3. She never lets her daughter out of her sight at the theme park.
4. In my opinion, the two novels have much in common.

5. To be frank, the meeting last night was a failure.
6. One of the many benefits of travelling is to learn the local culture.
7. He has a lot of good qualities such as honesty and independence.
8. If you have a mental health problem, please seek expert advice.

Building skills

A Listening and speaking

Tapescript

Secretary: What do you think about Liu Dong's application?

President: I think it's very good. He would be an excellent vice-president of the club. He enjoys travelling and has been to a lot of places. He also has experience of organizing trips and a good knowledge of history and nature. I think we could learn a lot from him.

Secretary: That's true, but I think he's a little too independent. We're a team. He can't get things done all by himself. We need a club leader who can work well with club members. We don't want someone who isn't going to listen to other people's thoughts and ideas.

President: You're right, but on the other hand, we also need people who know how to make plans and carry them out. I think Liu Dong can do that.

Secretary: Well, it seems to me that he doesn't talk much.

President: No. But when he does talk, he's very sure of himself. We need a confident club leader. Confident people are more willing to take risks.

Secretary: I'm afraid sometimes other students may find it difficult to work with him. If he's unfriendly, no one will want to take part in the activities he organizes.

President: Yes, I suppose you're right. We need to think about it more carefully before the final decision is made.

A1

1. travelling 2. organizing trips 3. history and nature
4. independent 5. talk 6. sure

Tapescript

Secretary: Hi, Liu Dong. It's Wei here, secretary of the Adventure Club. Thank you for your interest in our club. The president and I were just talking about your application. I'm pleased to tell you that we'd like to accept you as vice-president of the club. We are glad to hear that you've always wanted to have adventures and that you're good at planning trips. We look forward to working with you.

There are, however, a few requirements that we would like you to meet. We've decided to let you have a trial period first. We're a little bit concerned about your ability to work in a team and listen to other people's ideas, so we'd like you to prove you can do this. Please try to be friendlier and more outgoing. If, after thirty days, we think you're fit for our club and you're still interested in joining, you can become the vice-president of our club. Is this OK with you? If you have any questions, please call me back.

A2

1. thirty days
2. adventures
3. planning trips
4. team
5. friendlier and more outgoing

B Reading and writing

B1

1. "Relieved" means that you are no longer anxious or worried about something. Its antonym is "worried".
2. On Saturday morning: The boys went climbing alone.
Three hours later: The boys reached the top of the mountain.
While climbing down: Ian fell and was badly injured.
As darkness fell: People started searching for the boys.
At night: The boys rested together.
At sunrise: Jeremy started to carry Ian down the mountain.
Four hours later: The boys were saved/came across their parents.

B2

It all happened one weekend when we went camping in the Rocky Mountains. Jeremy and I decided to climb Cathedral Mountain while our parents waited at camp. We are both experienced climbers. Although the climb was quite long, it wasn't too difficult.

We made it to the top easily. The view was fantastic, but we started back down soon afterwards. We wanted to get back to the campsite before it started to get dark. About halfway down, I slipped and fell off the path. For a moment I couldn't feel anything, but then an awful pain shot through my leg and blood ran down my face and hands. It hurt so much! Somehow Jeremy managed to get down to me. We both shouted and shouted in the hope that someone would come to help us, but no one arrived. Jeremy insisted that I have his food and water, and tried to make me comfortable with his clothes.

As it got darker and colder, I told Jeremy to leave me and to go back to camp to get help, but he said no. He told me he thought it was too dangerous to leave me alone at night. We tried calling again, but there was no reply. We tried to make ourselves as warm and comfortable as possible and decided to wait until morning.



I don't remember much about the next morning. I was tired and in so much pain. I couldn't think clearly. Jeremy said he couldn't leave me so he decided to carry me down. Every step was painful for us both, but Jeremy just kept putting one foot in front of the other. Slowly, carefully, and with great difficulty, he made it down the mountain. Four long hours later, we heard our parents calling our names. We were saved! I will never forget what Jeremy did. He was there for me when I was at my most helpless. He saved my life—the greatest thing a friend can do.



Unit 4 Looking good, feeling good

Student's Book

Reading

A Understanding the text

A1

Part 2

Paras. 2—4: The girl skipped meals to get slim. She is now recovering in hospital.

Part 3

Para. 5: A survey shows that many teenagers are using extreme methods to lose weight.

Paras. 6—7: The expert gives advice on how to lose weight properly.

A2

1. Because she fainted in her morning PE lesson.
2. She warned Jennifer that it was unhealthy.
3. Skipping meals, over-exercising and taking weight-loss medicine.
4. Having a healthy balanced diet, keeping regular hours and getting plenty of exercise.

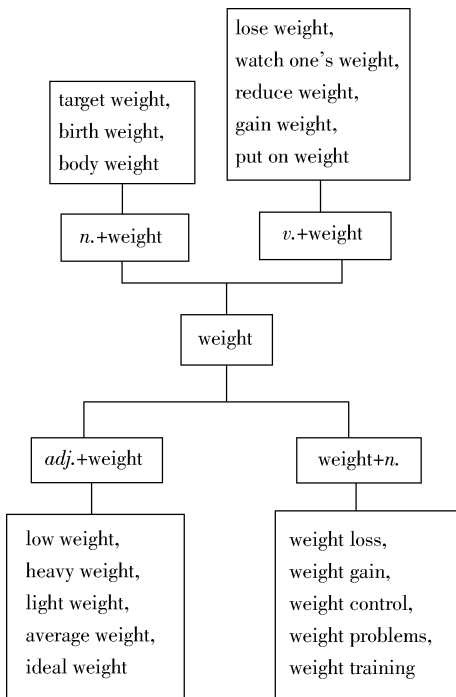
A3

1. Teenage girl faints because of low blood sugar levels.
2. Having a healthy body is more important than being slim. You should never risk your health to lose weight. If you really want to lose some weight, I will play sport with you.
3. Eating too much junk food, drinking sugary drinks, lack of physical exercise, temptation of indoor activities including watching television and playing computer games.

B Building your language

B1

- (1) immediately (2) made a full recovery
(3) proves/has proved (4) side effects (5) energetic
(6) diet (7) (to) concentrate (8) (to) get into shape

**B2****B3**

An official from the World Health Organization will visit schools in Shanghai next week to talk about healthy living.

Grammar and usage**A Exploring the rules**

... a time when you had no worries stopping you from getting a good night's rest?

One of the reasons why people fail to get a good night's sleep...

... night is the time when their bodies grow faster.

Teenagers who do not sleep well may experience situations where body development slows down...

Working out the rules

(1) time (2) the reason (3) which

B Applying the rules**B1**

1. The reason why/for which I did not perform well at school last week was my poor-quality sleep.
2. I miss those days when/in which I used to sleep really well.
3. The hospital where/in which I visited a doctor for advice on sleep problems is near my home.
4. I still remember that afternoon when/on which I fell asleep on the bus and went past my stop.

B2

(1) (that/which) (2) when/at which (3) where/in which
(4) which/that (5) why/for which

B3

In a society where people are under a lot of pressure, sleep prob-

lems have become very common. That is the reason why World Sleep Day is celebrated every year on the Friday of the second full week of March. Its aims are to make people understand the importance of good and healthy sleep and to draw society's attention to sleep problems. It is a time when people have discussions and give talks about the importance of healthy sleep.

Integrated skills

A

1. His burnt skin was repaired, especially the skin on his face. He can go out like a normal guy now.
2. She still suffers from daily pain and is unable to make some facial expressions.

B

Tapescript

Alice: Hello! My name is Alice and today I'm reporting on the plastic surgery industry. Plastic surgery is undoubtedly becoming more and more popular. Every year, millions of people decide to have plastic surgery to change their looks. You might think only women want plastic surgery, but recent research shows that, surprisingly, about one third of all plastic surgery patients are men. The average age of patients is falling and experts believe the industry will only continue to grow in the future.

Then why is plastic surgery so popular these days? Many people see it as the easiest way to help improve their appearance. Some of these patients have obvious problems like burn marks, while others are just unhappy with their looks. By improving their appearance, plastic surgery can help people in both groups build their self-confidence.

However, it's also important to consider the disadvantages. Plastic surgery is very expensive. In addition, any kind of surgery carries serious health risks. Patients may suffer health problems after failed plastic surgery operations. In some extreme cases, patients may even die during operations. Finally, the results of plastic surgery might not be what people expect. This is especially true for teenagers, as their bodies are still growing. Doctors strongly advise against plastic surgery for people under eighteen unless it is necessary, for example, to treat burn marks.

It is important to weigh up all of the advantages and disadvantages before deciding whether or not to have plastic surgery. Remember: think before you act.

B1

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

B2

- (1) one third (2) falling (3) continue to grow (4) appearance
(5) build their self-confidence (6) expensive (7) health risks

- (8) suffer health problems (9) teenagers

Extended reading

A

- (1) standards of beauty in the media
(2) friends
(3) Stop following popular beauty standards blindly.
(4) Keep in mind that your family and friends love you just the way you are.
(5) Focus on your strengths.
(6) Direct your attention away from negative thoughts.

B

The causes of teenagers' negative thoughts on their physical appearance are not always external. Some teenagers are not confident enough and always believe they do not look good enough. To get rid of thoughts like this, they must have more confidence in themselves. For instance, they can write down things that make them feel good about themselves. Stopping comparing themselves with others may help too. It is also a good idea to use positive statements and spend more time with supportive people.

C

I know of a few Chinese sayings about one's appearance, for example, “人靠衣装马靠鞍” and “人不可貌相,海水不可斗量”. The one that I agree with most is “人不可貌相,海水不可斗量”. If we judge by appearances, we may make mistakes. After all, appearance is only superficial and one's inner self is what matters more.

Workbook

Exploring language

A

1. proved 2. schedule 3. function 4. effective
5. immediately 6. concentrate 7. pressure 8. aspect

B

1. stay up 2. takes pride in 3. contributed to 4. slowed down
5. went off 6. guard against 7. lived up to 8. focus on
9. is showing off 10. end up

C

1. where 2. (which/that) 3. why 4. (whom/who/that)
5. when 6. which/that 7. (which/that) 8. which 9. when
10. (which/that) 11. whose 12. where

D

1. The doctors were surprised at the speed of her recovery.
2. You should remember it, and what's more, you should understand it.
3. Her English is excellent. In addition, she is learning German.
4. Studying abroad seemed to be out of reach for me then.

5. The measure may not have a clear effect in the short term, but should have positive results in the long term.
6. He showed an amazing talent for painting when he was very young.
7. I always start early rather than leaving everything to the last minute.
8. She sounded very frightened on the phone.

Building skills

A Reading and speaking

A1

1. “The excess energy” means energy that is more than what our body needs.
2. They did an experiment in which laboratory mice all ate the same food and were made to do the same amount of exercise. But some gained weight while others stayed thin. This means genetic differences between the mice probably influenced how much weight they put on.

B Listening and writing

Tapescript

Laura: Hey, I’m going for a bike ride tomorrow morning. Would you like to come?

James: Ah, no thanks, Laura. I haven’t been out on my bike for ages and I’m not sure whether my bike is in good condition.

Laura: That’s OK—I can help you fix it. I’m going to ride down to the seaside and have a walk on the beach.

James: Well, that’s nice, but I’ve just got this new computer game and I’m trying to get to the next level. I also want to watch the end of this great new TV series. Have you seen...

Laura: James! It’s going to be a beautiful sunny day tomorrow. You can’t stay in all day in front of a screen!

James: Well, yes, but...

Laura: And you are eating too much junk food.

James: Yeah, but I’ve been so hungry after school lately.

Laura: Why don’t you take some fruit with you? You’re going to get sick if you keep eating unhealthily and don’t exercise. You know, I’m going to an activity camp this summer. Would you like to join me?

James: Er, activity camp? You know I’m not really into that type of thing.

Laura: Well, have a think about it. It’ll be interesting and good for you.

B1

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

Tapescript

James: Hi, Laura, it’s James. I have thought about what you said

yesterday and I think you are right. I've had a pretty unhealthy lifestyle lately.

I haven't had much energy. Maybe it's because I've spent too much time sitting in front of the computer and the TV. I've eaten a lot of junk food too. I eat chips nearly every day on my way home. I've put on weight. A lot! My mum told me this morning I looked overweight. I felt upset when she said it but I know she's got a point.

Now I really need to slim down a bit. I'll learn more about nutrition and sort my diet out. I guess I should cut back on chips and have more fruit and vegetables. Maybe you could also tell me some more about that activity camp you mentioned yesterday? Could you email me the details? I'd like to join you if I have time. I know it's hard to change a lifestyle overnight but I'm going to try to spend less time on computer games, watch less TV and get outside more.

Well, I hope you're enjoying your bike ride. I'll see you on Monday.

B2

1. unhealthy 2. junk food 3. slim down
4. fruit and vegetables 5. activity camp 6. outside

B3

Nowadays, many people have unhealthy lifestyles, often without realizing it. For example, some people spend too much time sitting; they work at a desk all day, or watch television for several hours. All of these activities are bad for our health.

Living healthily is very important. If you are fit and active, the risk of getting sick will be reduced. With a healthy lifestyle, you'll be able to enjoy a long, happy and disease-free life.

To improve our lifestyle, we need to have a balanced diet. Stay away from junk food. Instead, eat lots of fresh fruit and vegetables. Exercising will make a difference too; have fun playing sports with your friends after school! Don't stay at home at the weekend. Put down your phone, take a walk and get some sunlight.

Having a healthy lifestyle is not hard or expensive. Let's make a change right now!