



**get it**

Gabaritos

**Book Four**

Break a record

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# Lesson 1

## . It's a marathon, not a sprint

### STEP 3 Let's check

Mark T (true)  or F (false)  according to the information given:

- 1) Luan read the Guinness book with the kids on Saturday. **(F)**
- 2) Johhan read that Kami is a very talented climber. **(T)**
- 3) The Guinness book is about human skills and achievements as well as the extremes of the natural world. **(T)**
- 4) The largest wave ever recorded was an 86-foot wave. **(T)**
- 5) Someone with a physical disability can't beat a world record. **(F)**
- 6) The Athlete Loreto took the first position in the last Brazilian Para Surfing Championship. **(F)**
- 7) Esther Vergeer won seven Paralympic tennis wheelchair titles. **(T)**
- 8) Robert Wadlow was the shortest man ever. **(F)**

# Lesson 2

## . How have you been?

### STEP 3 Let's check

Read the sentences and circle the correct word in the parenthesis.

- 1) Anna (**read**/has read) the book on Sunday.
- 2) (Did he swim/**Has he swum**) more than 100 miles?
- 3) We (**forgot** /have forgotten) to send the email yesterday.
- 4) They (never went/**have never been**) to California.
- 5) Who (**ate**/has eaten) the cake that I put in the fridge last night?
- 6) How many Big Macs (did he eat/**has he eaten**)?
- 7) (**I gave**/have given) her a very nice gift last Christmas.
- 8) I (did/**have done**) so much at work this month!

# Lesson 3

## . Have you ever seen the rain?

### STEP 3 Let's check

Rewrite the sentences changing the underlined phrases for the ones in the parentheses. Make the necessary changes.

Example: Olivia traveled to Brazil last year. (never) → Olivia has never traveled to Brazil.

1) Luan forgot Kelly's birthday last year. (never)

**Luan has never forgotten Kelly's birthday.**

2) Did you break an arm two years ago? (ever)

**Have you ever broken an arm?**

3) Ramesh has drunk too much alcohol today. (last night)

**Ramesh drank too much alcohol last night.**

4) I didn't read all the books on my shelves yesterday. (yet)

**I haven't read all the books on my shelves yet.**

5) Emma has written some new songs this week. (last month)

**Emma wrote some new songs last month.**

6) Azi cleaned the apartment a few days ago. (already)

**Azi has already cleaned the apartment.**

### STEP 4 Hands on

Unscramble the words to make sentences in the present perfect.

1) finished - you - ? - homework - yet - Have - your

**Have you finished your homework yet?**

2) never - My - Titanic - seen - has - sister

**My sister has never seen Titanic.**

3) in - ? - Have - you - a - swum - ever - lake

**Have you ever swum in a lake?**

4) ? - dinner - for - What - has - made - mom - tonight

**What has mom made for dinner tonight?**

5) photos - have - taken - fifty - already - today - You

**You have already taken fifty photos today.**

6) many - met - people - ? - famous - so far - How - have - you

**How many famous people have you met so far?**

7) yet - begun - hasn't - lesson - The

**The lesson hasn't begun yet.**

8) believe - have - my - ? - you - never - sushi - Can - eaten - parents

**Can you believe my parents have never eaten sushi?**

9) done - What - ? - you - have

**What have you done?**

10) kids - Guinness World Records 2023 - given - Luan - Kelly - and - have - their - the

**Luan and Kelly have given their kids the Guinness World Records 2023.**

# Lesson 4

## . I've been there

### STEP 4 Hands on

Make questions for the sentences below.

1) I've never been into sports.

**Have you ever been into sports?**

2) James hasn't arrived at the airport yet.

**Has James arrived at the airport yet?**

3) They've already lost control of the situation.

**Have they already lost control of the situation?**

4) I've never asked anyone out on a date.

**Have you ever asked anyone out on a date?**

5) My mother's just bought the house.

**Has your mother just bought the house?**

6) I've never said anything that I regret.

**Have you ever said anything that you regret?**

7) I've read three books so far this year.

**How many books have you read so far this year?**

8) The students haven't done their homework yet.

**Have the students done their homework yet?**

# Lesson 6

## . For Christ's sake! II

### STEP 3 Let's check

Match the columns below. You may underline words or expressions you don't know and ask the teacher to clarify.

- |                |  |
|----------------|--|
| ( 1 ) Pride    | ( 5 ) Excessive eating and drinking                        |
| ( 2 ) Greed    | ( 7 ) Disinclination for action or labor; indolence        |
| ( 3 ) Lust     | ( 1 ) Vainglory; the opposite of humility                  |
| ( 4 ) Envy     | ( 4 ) When you want something that belongs to someone else |
| ( 5 ) Gluttony | ( 2 ) Intense desire for something, especially money       |
| ( 6 ) Wrath    | ( 6 ) Anger, rage, hatred; desire for vengeance            |
| ( 7 ) Sloth    | ( 3 ) Inordinate or illicit sexual desire                  |

### STEP 4 Hands on

Dictation - listen to the following sentences and write them down in the lines below:

- 1) James often travels to Jerusalem, which is the capital of Israel.
- 2) Jesus Christ is considered to be the savior of the world.
- 3) Pride, envy, wrath and sloth are deadly sins.
- 4) The Bible is a collection of sixty-six sacred books.
- 5) Christians love to get together for church services on the weekend.
- 6) For Christians, a prayer is a conversation between man and God.
- 7) The main purpose of a sermon is to help people understand the Bible.
- 8) Many people are afraid of death and want to live forever.



# Lesson 7

## . As-salamu alaykum

### STEP 3 Let's check

Read the sentences and circle the correct word in the parenthesis.

- 1) The (**Bible**/Quran) is the central religious text of Christianity.
- 2) Christians go to (**churches**/mosques) to worship, and Muslims go to (churches/**mosques**).
- 3) (Monotheism/**Polytheism**) is the belief in multiple deities.
- 4) The Dome of the Rock is located in (**Jerusalem**/Mecca), and The Great Mosque is (Jerusalem/**Mecca**).
- 5) (**Jesus Christ**/Muhammed) is Christianity's central figure, and (Jesus Christ/**Muhammad**) is Islam's central figure.
- 6) (**Muhammad**/Jesus Christ) was born in Mecca, Saudi Arabia.
- 7) The Kaaba is located (**at the center of the Great Mosque**/on the Temple Mount).
- 8) The Dome of the Rock and the Kaaba are Islamic (mosques/**shrines**).

# Lesson 8

## . Nirvana

### STEP 3 Let's check

Fill in the blanks with the words from the box:

deity / achieve / state / India / rebirth / cycle / Asia / Buddha  
religions / Buddhists / enlightenment

Buddhism is one of the world's major **religions**. It originated in **India** in 563–483 B.C.E. with Siddhartha Gautama, and over the next millennia it spread across **Asia** and the rest of the world. **Buddhists** believe that human life is a **cycle** of suffering and **rebirth**, but that if one achieves a **state** of enlightenment (nirvana), it is possible to escape this cycle forever. Siddhartha Gautama was the first person to **achieve** this state of enlightenment and was, and is still today, known as the **Buddha**. Buddhists do not believe in any kind of **deity** or god, although there are supernatural figures who can help or hinder people on the path towards **enlightenment**.

# Lesson 9

## . Take care!

### STEP 3 Let's check

What's going on with the kids? Complete the sentences according to what the pictures show. Make sure to use some of the words you have just learnt.



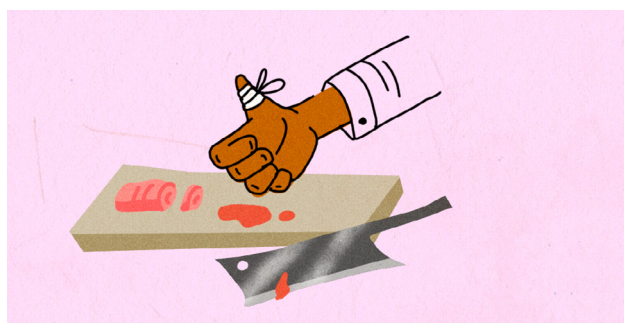
1) James has just **fallen off** his skateboard, but he hasn't suffered a leg **fracture**.



4) Anna **fell off** her bike and **scraped** her knee a few days ago.



2) James has **sprained** his ankle, because one of his ligaments is **damaged**. That's not a wound: it's an **injury**.



5) Ramesh got a **cut** on his finger while he was cooking. That's not an injury: that's a **wound**, because he **broke** his skin.



3) James is putting ice on his sprained ankle to **reduce** the pain and **swelling**.



6) Johan's cat **scratched** his hand while they were playing. That must be **painful**!

## STEP 4 Hands on

Make sentences in the present perfect. Make sure to use the auxiliary verb and the participle of the verbs.

Example: I - never - cut - my finger. → I've never cut my finger.

1) The girl - twist - her ankle - twice this year.

**The girl has twisted her ankle twice this year.**

2) You - ever - have - a sprained ankle?

**Have you ever had a sprained ankle?**

3) Johan and Anna's cat - scratch - their mom's arm.

**Johan and Anna's cat has scratched their mom's arm.**

4) The kid - bruise - his elbow - multiple times at school.

**The kid has bruised his elbow multiple times at school.**

5) You - never - break - any bones.

**You've never broken any bones.**

6) The ice - not reduce - the swelling - yet.

**The ice hasn't reduced the swelling yet.**

# Lesson 10

## . Bless you!

### STEP 3 Let's check

Match the columns:

- ( 1 ) Amahle has developed sore eyes.
  - ( 2 ) I'm having chills.
  - ( 3 ) Josh thinks he has a fever.
  - ( 4 ) Arno has a sore throat.
  - ( 5 ) Amilia and Conor's eyes are red and itchy.
  - ( 6 ) Emily has a cold and she's coughing.
  - ( 7 ) Sally has a runny nose and she's sneezing.
  - ( 8 ) Achoo!
- 
- ( 2 ) You should measure your body temperature.
  - ( 4 ) He could take some cough drops to ease the pain.
  - ( 7 ) She must have a common cold.
  - ( 3 ) He should rest and drink lots of water.
  - ( 8 ) Bless you!
  - ( 6 ) She can take some cough drops to prevent excessive coughing.
  - ( 1 ) She should see an eye doctor.
  - ( 5 ) They could put in eye drops.

# Lesson 11

## . Laughter is the best medicine

### STEP 3 Let's check

Fill in the blanks with the words from the box. Ask your teacher to help you understand the new words.

bacteria / Brushing / decay / surface / floss / gum / teeth / plaque

**Brushing** is really important, but it only cleans the **surface** of your teeth. You need to **floss** in order to clean out the gaps between your **teeth**, where **bacteria** often reside. If you don't floss, you're more likely to have **plaque** build-up, which can lead to cavities, tooth **decay**, and **gum** disease.

# Lesson 12

## . Call 911!

### STEP 3 Let's check

Fill in the blanks with the words and phrases from the box below:

struggle / pharmacies / protective gear / in danger / urgent  
first-aid kit / prescription / risky

- 1) We should call 911 when someone is **in danger**.
- 2) A situation is considered to be **risky** when it's dangerous.
- 3) If something is **urgent**, then you must call an ambulance.
- 4) I always carry a **first-aid kit** in my car in case of an emergency.
- 5) Some types of medicine can't be bought without a **prescription**.
- 6) It's always a **struggle** for me to drive someone else's car.
- 7) You should wear **protective gear** if you are riding a bike or a skateboard.
- 8) Some **pharmacies** offer free consultation and first aid.

### STEP 4 Hands on

Dictation - Listen to the sentences and write them down in the lines below:

- 1) I've fallen off my bike and my knee is bleeding.
- 2) Johan always wears a helmet when skateboarding.
- 3) We should only call 911 in case of emergencies.
- 4) The pharmacy near my house has free consultation.
- 5) I never take medicine without a prescription.
- 6) I don't like to take risks.

# Lesson 13

## . Drive safe!

### STEP 3 Let's check

Match the columns:

- |                  |  |
|------------------|--|
| (1) care         | (3) _____ driving is dangerous and may result in a tragic event. |
| (2) careful      | (6) His ability and _____ are impressive!                        |
| (3) careless     | (4) It's necessary to obey speed limits and drive _____.         |
| (4) carefully    | (2) You should be _____ when changing lanes.                     |
| (5) carelessly   | (5) I got a ticket for driving _____.                            |
| (6) carefulness  | (7) One person's _____ may cause an accident.                    |
| (7) carelessness | (1) Take _____, bro!   |

### STEP 4 Hands on

Go over this lesson and look for the words that complete the sentences below:

- 1) A **tragic** accident often ends up in death.
- 2) I've never **crashed** into a wall.
- 3) Police cars and **ambulances** are emergency vehicles.
- 4) People mustn't drive on the **shoulder**.
- 5) Olivia always drives within the **speed limit**.
- 6) She has never **gone through** a red light.
- 7) Azi hates it when he gets stuck in a **traffic jam**.
- 8) Josh can't believe he got a ticket for **speeding**.



# Lesson 14

## . Get it?

### STEP 3 Let's check

Underline the verb that has the same meaning as "get":

- 1) If you're going to the bedroom, could you get me my bag? (understand/**fetch**/receive)
- 2) Luan got his work permit last year. (became/arrived/**obtained**)
- 3) Kaya doesn't get everything that Alice says. (**understand**/take/bring)
- 4) Did André get my text? (**receive**/earn/buy)
- 5) That's not a problem. We can still get a cab. (obtain/earn/**take**)
- 6) I can't get nervous before my interview. (bring/earn/**become**)
- 7) What time can Emma get here? (**arrive**/buy/fetch)
- 8) How much did you get last month? (take/**earn**/become)

### STEP 4 Hands on

Rewrite the sentences below replacing the verb "get" with another verb that has the same meaning. Pay attention to the tenses!

Example → Amahle got everything Arno said.

Amahle understood everything Arno said.

- 1) Josh always gets Kaya nice presents.

**Josh always buys Kaya nice presents.**

- 2) Luan got really mad at Anna when she disobeyed.

**Luan became really mad at Anna when she disobeyed.**

- 3) When Kelly has a lot of clients, she gets a lot of money.

**When Kelly has a lot of clients, she earns a lot of money.**

- 4) When you come back, could you get me some water, please?

**When you come back, could you bring me some water, please?**

5) What time did Ramesh get here this morning?

**What time did Ramesh arrive here this morning?**

6) James got a train home last night.

**James took a train home last night.**

# Lesson 15

## . Got it!

### STEP 3 Let's check

Mark the correct preposition to form the proper phrasal verb:

- 1) The students got \_\_\_\_\_ with cheating on the test.  
a. off  
**b. away**  
c. by
- 2) Can you stop doing that? You're really getting \_\_\_\_\_ my nerves!  
**a. on**  
b. across  
c. in
- 3) I just want to get \_\_\_\_\_ my bike and ride off.  
a. in  
b. at  
**c. on**
- 4) Emily's ex-girlfriend and Sally don't get \_\_\_\_\_.  
**a. along**  
b. across  
c. away
- 5) Azi's so tired! He needs to get \_\_\_\_\_ for a few days.  
a. out  
b. down  
**c. away**
- 6) The news Harry gave Mary really got her \_\_\_\_\_.  
a. in  
**b. down**  
c. by
- 7) My English isn't the best, but I know enough to get \_\_\_\_\_.  
**a. by**  
b. off  
c. in
- 8) André's not at work. He got \_\_\_\_\_ an hour ago.  
a. out  
b. at  
**c. off**

# Lesson 16

## . Don't get me wrong

### STEP 3 Let's check

Fill in the blanks with the expressions from the box below:

shall we / get over / get carried away / why don't we / get rid of / let's get  
down to business / gotten over / get it over with / let's go / get back

1) Johan was tired and didn't want to study for tomorrow's test.

Anna looked at him and suggested, 'Why don't you **get it over with?**'

2) Those letters from Olivia's ex-boyfriend aren't good for her emotional health.

Emma and Azi told her to **get rid of** them all.

3) It was hard for Emily to **get over** her ex-girlfriend.

4) Emma: 'Hey Olivia, **why don't we** go to the cinema tonight?'

Olivia: 'I'd love to, but... don't you have the flu?'

Emma: 'I've already **gotten over it!** What do you say?'

Olivia: 'Let's go, then!'

5) Anna: 'What time does mom **get back** from work?'

Luan: 'Very soon, my love! What **shall we** make for dinner?'

Johan: 'I know! I know! Mom loves chicken!'

Luan: 'Great idea, son! **Let's get down to business**, guys!'

6) Mary: '**Let's go** to Mc Donald's!'

Harry: 'Oh yes! I might get two Big Macs, some fries, an ice-cream...'

Mary: 'Babe, let's not **get carried away!**'

Harry: 'I'm starving, babe!'

Mary: 'Really? I couldn't tell!'

**STEP 4** Hands on

Use your own words and write suggestions to complete the dialogues. If you need, ask your teacher to help you out.

1) You want to see a movie with your best friend.

Hey, let's go **to the cinema!**

2) Emma's not feeling well. She's having chills.

Emma, why don't you measure **your body temperature?**

3) You and your boyfriend/girlfriend got dressed and are ready to go to the party.

Shall we **go** now?

4) It's a hot, sunny day, and your kids are on vacation.

Hey kids, why don't we go **on a picnic at the park?**

5) Amahle says, 'I don't want to stay home all day'.

Arno replies, 'Alright, let's **go for a walk**'.

6) Olivia hurt Azi's feelings.

Azi, why don't you **talk to her?**

7) André's at an expensive shop, but he doesn't have much money.

Man, let's not **get carried away!**

# Lesson 17

## . What's the plan?

### STEP 3 Let's check

Find the words in the word hunt and fill in the blanks in the sentences below with the correct word for each definition for the university vocabulary learnt in this lesson.

campus

assignment

scholarship

graduate

lecture

E	W	F	I	F	E	N	O	C	W	R	G
I	A	T	T	C	A	M	P	U	S	E	E
G	S	B	W	T	B	H	C	L	P	N	A
R	D	I	I	W	T	T	U	M	R	E	F
A	E	A	S	S	I	G	N	M	E	N	T
D	V	E	P	N	I	S	A	A	E	G	W
U	E	S	C	O	L	A	R	S	H	I	P
A	L	U	P	T	S	I	I	O	R	T	R
T	O	H	I	T	H	L	O	E	M	I	A
E	P	Y	D	O	T	L	N	T	S	C	A
U	U	N	J	U	N	U	S	U	A	L	I
D	R	E	A	L	E	C	T	U	R	E	T

- 1) An **assignment** is a piece of work that a student has to do as part of their studies at school or university.
- 2) A **Campus** is a building and land of a university or college.
- 3) A **lecture** is an educational talk to an audience, especially to students in a university or college.

4) We call a **scholarship** the amount of money that a student gets to help pay for his or her education.

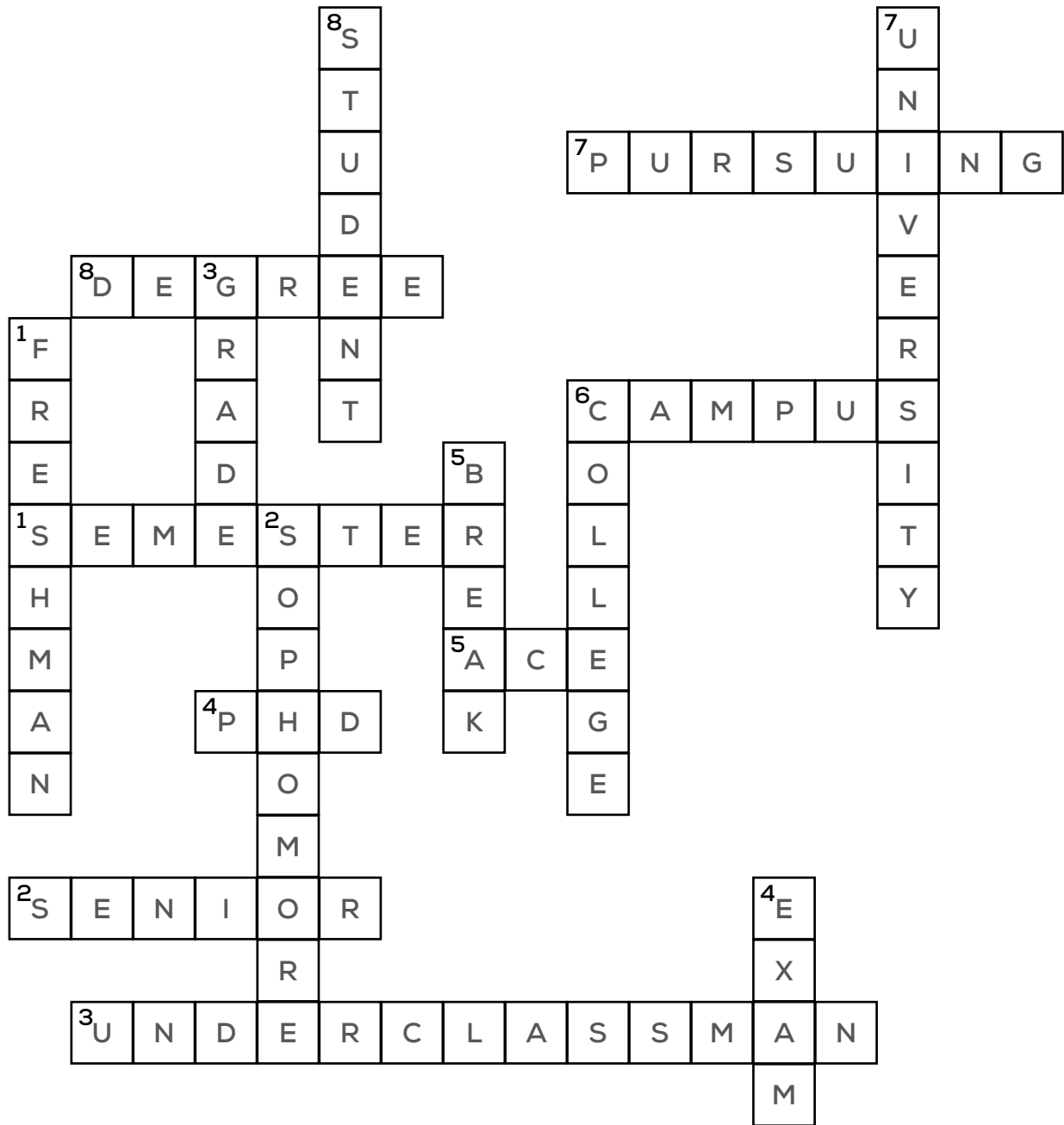
5) You **graduate** when you successfully complete an academic degree, course or high school.

# Lesson 18

## . Not a dropout

### STEP 3 Let's check

It's crossword puzzle time! Read the clues and complete it:





### Across

- 1) A \_\_\_\_\_ system usually consists of two 15-week terms.
- 2) In one year, a junior will be a \_\_\_\_\_.
- 3) A freshman or sophomore.
- 4) A doctorate.
- 5) Getting an A on an exam.
- 6) The place where the university, college or school is located.
- 7) James plans on \_\_\_\_\_ a master's after he gets his bachelor's.
- 8) James is pursuing his bachelor's \_\_\_\_\_.

### Down

- 1) A first-year student.
- 2) If I'm a freshman right now, then I'll be a \_\_\_\_\_ next year.
- 3) James got a good \_\_\_\_\_ on his last exam.
- 4) James will study to pass tomorrow's \_\_\_\_\_.
- 5) A pause.
- 6) James is nervous because he'll start \_\_\_\_\_ tomorrow.
- 7) An educational institution designed for instruction and/or examination of students.
- 8) James is an undergraduate \_\_\_\_\_.

## STEP 4 Hands on

Make sentences in the future simple. Make sure to use contractions when possible.  
Example: I - study - for tomorrow's test. → I'll study for tomorrow's test.

- 1) James - pursue - a master's after he gets his bachelor's.

**James will pursue a master's after...**

- 2) You - apply - for a scholarship next week?

**Will you apply for a scholarship next week?**

- 3) My classmates - not get - good grades if they don't study hard enough.

**My classmates won't get good grades if...**

- 4) I - graduate - from college very soon.

**I'll graduate from college very soon.**

- 5) How many students - there be - in their class?

**How many students will there be in their class?**

- 6) There not be - enough room for all of us.

**There won't be enough room for all of us.**

# Lesson 19

## . Keep it simple!

### STEP 3 Let's check

Underline the verb that has the same meaning as "get":

- 1) Eating healthy food and exercising will (maintain/**prevent**) you from getting sick.
- 2) Can I keep this book for the week? I'm loving it! (**hold**/prevent)
- 3) Don't worry, son, I'll keep you from evil. (**guard**/continue)
- 4) James's father keeps his car in good condition. (hold/**maintain**)
- 5) James will keep waiting until his roommate shows up. (store/**continue**)
- 6) Where should I keep all this money? (guard/**store**)
- 7) James needs to keep a healthy lifestyle. (**maintain**/hold)

### STEP 4 Hands on

Correct the mistakes in the sentences below:

- 1) My roommate will stays at home tonight.

**My roommate will stay at home tonight.**

- 2) James is not feeling well, so he doesn't will go to class.

**James is not feeling well, so he won't go to class.**

- 3) Do you will talk to the professor after class?

**Will you talk to the professor after class?**

- 4) I'm will apply for a scholarship next month.

**I'll apply for a scholarship next month.**

- 5) When James will get his degree in computer science?

**When will James get his degree in computer science?**

- 6) They'll to be juniors in two years.

**They'll be juniors in two years.**

# Lesson 20

## . Keep up the good work!

### STEP 3 Let's check

Mark the correct option to complete the sentences properly:

- 1) I need you to promise me something. Can you keep \_\_\_\_?  
**a. a promise**  
b. up the good work  
c. in touch
- 2) Congratulations! You've aced all your tests! Keep \_\_\_\_, son!  
a. in touch  
b. a diary  
**c. up the good work**
- 3) My sister kept \_\_\_\_ while she was traveling in Europe, because she didn't want to forget anything.  
**a. a diary**  
b. calm  
c. an appointment
- 4) When I can't keep \_\_\_\_, I call and reschedule.  
a. calm  
**b. an appointment**  
c. in touch
- 5) I used to keep \_\_\_\_ with my cousins by email.  
a. a promise  
**b. in touch**  
c. a diary
- 6) Why are you so stressed out? Keep \_\_\_\_!  
a. an appointment  
b. up the good work  
**c. calm**

### STEP 4 Hands on

Fill in the blanks with the correct form of "there to be". Pay attention to the context!

there'll be / there was / there's / Were there / there won't  
there has been / there have been / are there

1) A: Do you think **there's** a diary in that drawer?

B: I don't know, let's open and see.

2) A: Look at that building! What happened?

B: Unfortunately, **there has been** a fire.

3) A: **Were there** any chairs in this room last night?

B: No, this room was empty last night.

4) A: I think I'll do it.

B: You should know that **there'll be** consequences.

5) A: How many students **are there** in this room right now?

B: 12, I guess.

6) A: I'm sorry, but **there won't** be a surprise party.

B: Why not? Come on, man!

7) A: Why didn't you call me back yesterday?

B: I couldn't call you back, **there was** a lot of work to do.

8) A: You should be more careful when driving your car.

B: I know, **there have been** lots of accidents recently.

# Lesson 21

## . What are you afraid of?

### STEP 3 Let's check

Match the columns:

- |                     |   |
|---------------------|---|
| (1) I'm afraid of   | (1) ghosts.                                   |
| (2) I'm afraid to   | (1) being alone in the dark.                  |
| (3) I'm afraid that | (3) people might reject me.                   |
|                     | (2) be myself in front of people.             |
|                     | (1) lifelike statues.                         |
|                     | (2) tell my parents that I've failed my test. |
|                     | (3) we can't be together.                     |
|                     | (3) nobody can help me.                       |
|                     | (2) stay home alone.                          |
|                     | (1) going to the dentist.                     |

# Lesson 22

## . I'm afraid so

### STEP 3 Let's check

According to what you've just read, check the boxes with junk food:

- |   |  |
|---|--|
| <input checked="" type="checkbox"/> hamburger | <input type="checkbox"/> fruits                  |
| <input checked="" type="checkbox"/> pizza     | <input checked="" type="checkbox"/> hot dog      |
| <input type="checkbox"/> rice                 | <input type="checkbox"/> vegetables              |
| <input type="checkbox"/> fish                 | <input checked="" type="checkbox"/> french fries |
| <input checked="" type="checkbox"/> chocolate | <input checked="" type="checkbox"/> soda         |

### STEP 4 Hands on

Pay attention to the context and write answers to the questions below according to the examples:

Would you like to be a teacher? (think) → I think so, I like teaching.

Could you help me with my homework? (afraid) → I'm afraid not, I have a meeting in a few minutes.

1) Will you visit your grandparents on your next vacation? (hope)

**I hope so**, I miss them so much!

2) Does Ramesh eat bacon? (suppose)

**I suppose so**, he once said that he loves porc.

3) Do you have this shirt in another color? (afraid)

**I'm afraid not**, I'm sorry. It only comes in blue.

4) Did the kids like the movie? (think)

**I don't think so**, they said it was too sad.

5) Is Kelly at work right now? (believe)

**I believe so**. It's 5:30, and she only gets off at 6.

6) Will André join us tonight or not? (guess)

**I guess not.** He's baby-sitting Alice while Josh and Kaya are out.

# Lesson 23

## . Are you a team player?

### STEP 3 Let's check

Check the boxes with the guidelines for a successful interview according to the information given in this lesson:

- ☒ Put your phone on silent.
- ☐ Don't mind your body language.
- ☒ Be well dressed and punctual.
- ☒ Keep a positive attitude.
- ☐ Do not make eye contact.
- ☐ Keep your phone on.
- ☐ Be confident.



# Lesson 24

## . Online meetings

### STEP 3 Let's check

Complete the sentences with the correct form (adjective or adverb) in the parenthesis based on the information learnt in this lesson.

- 1) I can't understand you. Speak more (slow/**slowly**) please.
- 2) The internet connection was very (**bad**/badly) yesterday.
- 3) I've been looking for a job since January. I need to pass this interview so (bad/**badly**)!
- 4) I can (hard/**hardly**) hear you. Speak louder please.
- 5) Let me make this (**clear**/clearly) to you.
- 6) We need to walk more (quick/**quickly**) or we will miss the bus.
- 7) The traffic is very (**slow**/slowly) at this time of the day.
- 8) She is speaking very (loud/**loudly**). I can hear her voice from my room.
- 9) She doesn't need the car. She works (remote/**remotely**) now.
- 10) He is a (**successful**/successfully) man who has worked very hard.

# Lesson 25

## . Writing an email

### STEP 3 Let's check

Complete the sentences below with the appropriate word learnt in this lesson.

- 1) The coffee shop near the office is open **daily** from 9 to 5.
- 2) Did you find the email in your **inbox**?
- 3) I haven't **heard from** Kim **recently**. Any news?
- 4) Can you please **quote** 500 more flyers?
- 5) Please **forward** this email to him with the document attached.
- 6) The coordinator talked to the team **regarding** the last meeting.
- 7) Our **yearly** budget has increased a lot.
- 8) Check your **draft** mail. The email I sent yesterday might be there.

### STEP 4 Hands on

Dictation - Listen to the sentences and write them down in the lines below:

- 1) Did you email the document as requested by Kim?
- 2) The email might have gone to your junk.
- 3) I usually delete emails which aren't important to me.
- 4) I look forward to hearing from you soon.
- 5) We pay for TV streaming services monthly.
- 6) Have you attached the document?
- 7) Let me give you my business card.
- 8) I will archive all the old emails.

# Lesson 26

## . It's a best-seller!

### STEP 3 Let's check

Mark the correct option to complete the sentences properly:

1) Joseph: Can you give Emma a message for me?

Emily: Sure. I \_\_\_\_\_ see her tonight.

- a. will probably
- b. am probably going to
- c. both**

2) Azi told his boss that he \_\_\_\_\_ be at the meeting tomorrow morning.

- a. will
- b. is going to**
- c. both

3) Anna: Mom, I don't understand this problem.

Kelly: I'm busy right now, honey. Ask your brother. He \_\_\_\_\_ help you.

- a. 'll**
- b. 's going to
- c. both

4) Kaya: Babe, I'm so hungry!

Josh: Me too, babe. I \_\_\_\_\_ make us something to eat.

- a. 'll**
- b. 'm going to
- c. both

5) Olivia: Do you want to go shopping with Emma and me? We \_\_\_\_\_ go to the shopping mall downtown.

Azi: Sure. I \_\_\_\_\_ go with you guys. What time do you want to leave?

- a. 'll, 're going to
- b. 'm going to, 'll**
- c. both, 'm going to

6) James's parents have plans for dinner. They \_\_\_\_\_ have dinner at a fancy restaurant to celebrate their anniversary.

- a. 'll
- b. 're going to**
- c. both

7) Robert: So, what are you going to do while they're out?

James: I'm not sure. I think I \_\_\_\_\_ play some video games. Want to join me?

Robert: Are you kidding me? I \_\_\_\_\_ be there at 7.

James: Sweet!

a. both, 'm going to

b. 'll, 'm going to

**c. both, 'll**

## STEP 4 Hands on

Make sentences in the future using "be going to". Make sure to use contractions when possible.

Example: I - study - for tomorrow's test. → I'm going to study for tomorrow's test.

1) I - sell - my bicycle and get a new one.

**I'm going to sell my bicycle and get a new one.**

2) Olivia - not purchase - a new bag online.

**Olivia isn't going to purchase a new bag online.**

3) What time - Kelly - arrive tomorrow?

**What time's Kelly going to arrive tomorrow?**

4) Anna and Johan - go to the cinema on the weekend.

**Anna and Johan are going to go to the cinema on the weekend.**

5) Emma - post - a new reel on her Instagram tonight.

**Emma's going to post a new reel on her Instagram tonight.**

6) What - you - do now?

**What are you going to do now?**

7) I'm sure - you - love - Devi's new novel!

**I'm sure you're going to love Devi's new novel!**

8) I don't know what - I - do next.

**I don't know what I'm going to do next.**

# Lesson 27

## . Natural disasters

### STEP 4 Hands on

Use “will” and/or “be going to” with the verbs in parentheses to complete the sentences.

1) Anna: What’s an earthquake?

Johan: I’m not sure. I **’ll google** (google) it for you.

Anna: Thank you, brother!

Johan: Here it is. It’s a sudden shaking of the earth.

2) Luan: According to the weather forecast, **there will be/ there’s going to be** (there to be) a snowstorm tomorrow.

Kelly: Let’s bring Kitty inside! She could be injured by the cold, too.

Luan: You’re right. I **’ll do** (do) it right away.

3) Olivia: Do you have plans for dinner?

Azi: Yes. I **’m going to meet** (meet) my boss for dinner.

Olivia: Is that a good thing?

Azi: I guess so.

4) Sally: Babe, It’s raining a lot.

Emily: Are you scared, babe?

Sally: A little. I think **there will be/ there’s going to be** (there to be) a flood.

Emily: I hope not.

5) Harry: Honey, I talked to Joseph this morning.

Mary: And...?

Harry: **He’s going to help** (help) me clean out the garage.

Mary: Finally! It’s full of junk!

Harry: I know, I know. **I’ll** (get rid) of it.

Mary: Thank you, honey!

6) Kaya: Darling, aren't you late for work?

Josh: Bill and I **are going to work** (work) from home today.

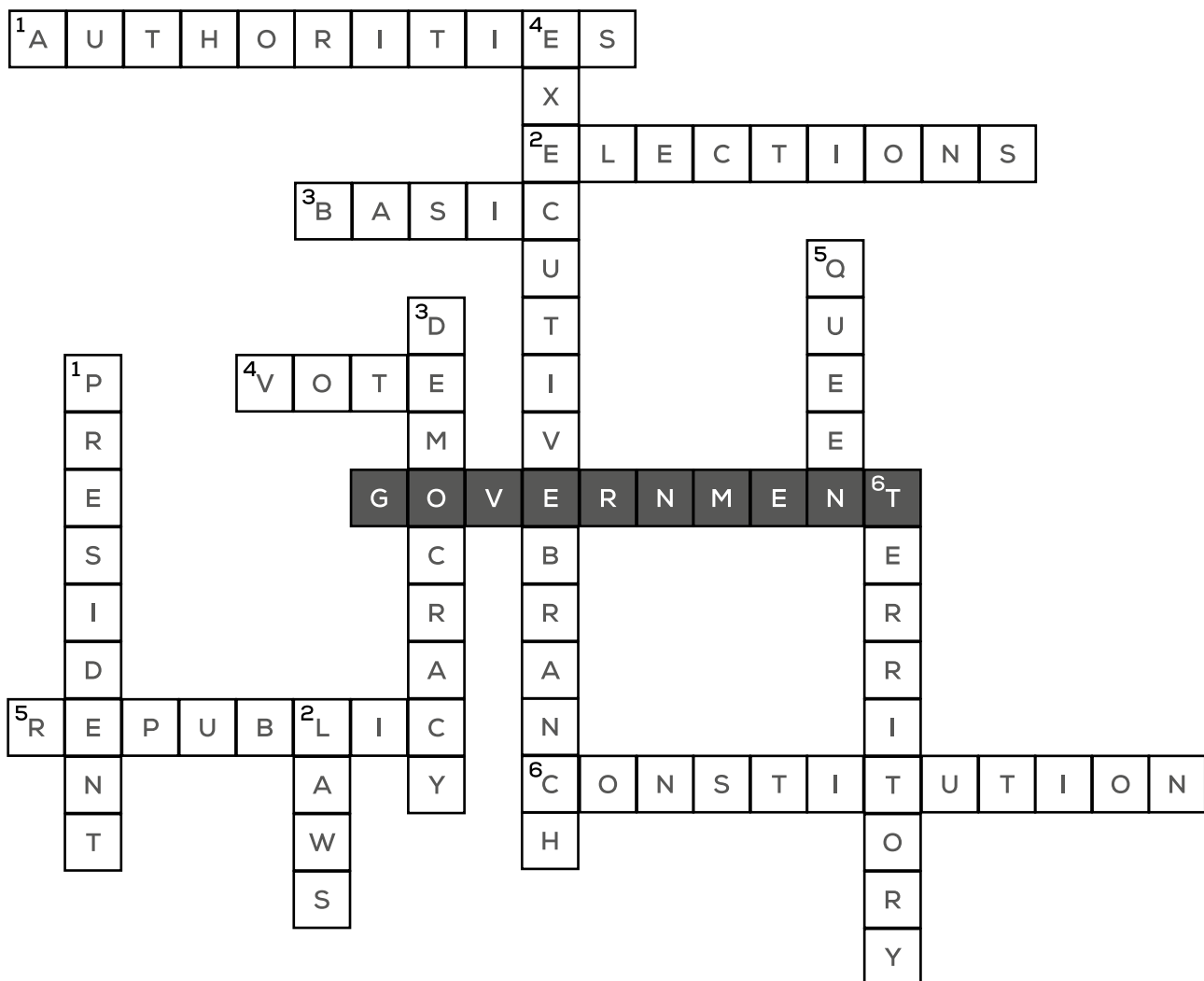
Kaya: Really? Why?

Josh: There was a landslide last night due to the rain, so the road is blocked.

# Lesson 28

### STEP 3 Let's check

It's crossword puzzle time! Read the clues and complete it:



### Across

- 1) Teachers and presidents are \_\_\_\_\_.
- 2) In the US, presidential \_\_\_\_\_ are every four years, just like in Brazil.
- 3) Life, security, freedom, work and education are \_\_\_\_\_ human rights.

## Down

- 1) In Brazil, the head of state is a \_\_\_\_\_.
- 2) The judiciary is the branch of government that evaluates the \_\_\_\_\_.
- 3) In a \_\_\_\_\_ the supreme power is exercised by the people.

- |   |  |
|---|--|
| 4) James is going to _____ for his friend to be class representative. | 4) The president is part of the _____.                             |
| 5) The head of state in a _____ is the president.                     | 5) Charles III is a king, and his mother Elizabeth II was a _____. |
| 6) The basic laws of a country are found in its _____.                | 6) The government has the power to rule in a _____.                |

## **STEP 4** Hands on

Dictation – listen to the sentences and write them down in the lines below:

- 1) The government has the power to rule in this territory.
- 2) The people have to obey the laws of the country.
- 3) The legislature has the authority to make laws.
- 4) The executive branch carries out the laws.
- 5) The branch that evaluates the laws is the judiciary.
- 6) This country is governed by its constitution.
- 7) In a republic, the head of state is a president.
- 8) When Queen Elizabeth II died, Prince Charles became king.
- 9) Some people didn't vote in the last local elections.
- 10) In Brazil, people can vote at the age of sixteen.



# Lesson 29

## . Just a little bit more

### STEP 3 Let's check

Mark the correct option. What word or phrase best describes:



1) the first picture:

- a. mandate
- b. monarchy**
- c. view
- d. court

2) the second picture:

- a. constitution
- b. voter
- c. political party
- d. politician**

4) the fourth picture:

- a. member
- b. democracy**
- c. senate
- d. conservative

5) the fifth picture:

- a. candidate
- b. mayor
- c. constitution**
- d. executive

- 3) the third picture:
- a. judiciary**
  - b. representative
  - c. legislature
  - d. parliament

- 6) the sixth picture:
- a. congress
  - b. minister
  - c. governor
  - d. anarchy**

# Lesson 30

## . If and when...

### STEP 3 Let's check

Match the columns:

- |  |  |
|--|--|
| ( 1 ) When I'm tired,                  | ( 4 ) they don't think correctly.        |
| ( 2 ) If the weather is nice,          | ( 2 ) Ramesh bikes to work.              |
| ( 3 ) When you drive too fast,         | ( 6 ) it becomes a law.                  |
| ( 4 ) When people get angry            | ( 8 ) they usually get down on one knee. |
| ( 5 ) When it's winter,                | ( 1 ) I go to bed early.                 |
| ( 6 ) If the parliament passes a bill, | ( 7 ) the kids wear very thick clothes.  |
| ( 7 ) When it's freezing outside,      | ( 3 ) you get a speeding ticket.         |
| ( 8 ) When people propose,             | ( 5 ) birds fly South.                   |

# Lesson 31

## . On one condition

### STEP 3 Let's check

Mark the correct option to complete the sentences properly:

- 1) If James \_\_\_\_\_ to Israel, he \_\_\_\_\_ a good time.  
 a. goes; has  
**b. goes; 'll have**  
 c. go; have
- 2) If Emma \_\_\_\_\_, she'll fail her test.  
**a. doesn't study**  
 b. don't study  
 c. won't study
- 3) They \_\_\_\_\_ the truth if you don't tell them.  
**a. won't know**  
 b. 'll know  
 c. don't know
- 4) If Ramesh \_\_\_\_\_ a cake, \_\_\_\_\_ some?  
 a. bakes; you'll have  
 b. will bake; you have  
**c. bakes; will you have**
- 5) If you eat a lot of fruits and vegetables, you \_\_\_\_\_ very healthy.  
**a. 'll be**  
 b. won't be  
 c. are
- 6) If you \_\_\_\_\_ sandals in the mountains, you might hurt your feet.  
 a. 'll wear  
**b. wear**  
 c. wears
- 7) If I \_\_\_\_\_ work early tonight, I \_\_\_\_\_ to the cinema.  
**a. get off; 'll go**  
 b. got off; 'll go  
 c. get off; go
- 8) If Emily \_\_\_\_\_, Sally \_\_\_\_\_ mad at her.  
 a. show up; get  
 b. won't show up; will get  
**c. doesn't show up; will get**

**STEP 4** Hands on

Make sentences in the first conditional. Make sure to use a comma after the first clause.

Example: I + put food in the freezer + it + freeze → If I put food in the freezer, it'll freeze.

1) Harry + lie to Mary + she + get angry at him

**If Harry lies to Mary, she'll get angry at him.**

2) the bill + be passed by parliament + it + become a law

**If the bill is passed by parliament, it'll become a law.**

3) I + not eat junk food + I + not feel sick

**If I don't eat junk food, I won't feel sick.**

4) Amilia + ask for Conor's forgiveness + he + forgive her

**If Amilia asks for Conor's forgiveness, he'll forgive her.**

5) Joseph + not break a record + he + not enter the Guinness World Records

**If Joseph doesn't break a record, he won't enter the Guinness World Records.**

6) James + not can afford university + he + apply for a scholarship

**If James can't afford university, he'll apply for a scholarship.**

7) Sally + read a novel by Nicholas Sparks + she + get very emotional

**If Sally reads a novel by Nicholas Sparks, she'll get very emotional.**

8) Amahle + invite Arno to go to church + he + not say no.

**If Amahle invites Arno to go to church, he won't say no.**

# Lesson 32

## . What if...

### STEP 3 Let's check

Read the sentences and circle the correct option in the parenthesis.

- 1) If I saw an avalanche sliding down a mountain, I (**would**/will) run for my life.
- 2) If Ramesh (doesn't cook/**didn't cook**) so well, he wouldn't be a cook.
- 3) If Johan (**cheats**/cheated) on his test, he won't get away with it.
- 4) If I (see/**saw**) you at a distance, I'd wave at you, definitely.
- 5) If you read the terms and conditions, you (**will**/**would**) know it.
- 6) If Kim (has/**had**) a lot of money, he'd buy a big apartment with a nice sea view.
- 7) If James goes to Israel next year, he (**will**/would) visit Jerusalem.
- 8) If Kim's boss delegated more, he (won't/**wouldn't**) feel so tired all the time.

### STEP 4 Hands on

Correct the mistakes in the sentences below.

- 1) If he proposed to her, she'll be very happy.

1st conditional: **If he proposes to her, she'll be very happy.**

2nd conditional: **If he proposed to her, she'd be very happy.**

- 2) If it isn't raining, I'd walk to church.

1st conditional: **If it isn't raining, I'll walk to church.**

2nd conditional: **If it wasn't raining, I'd walk to church.**

- 3) If my wife died, I'll cry for days and days.

1st conditional: **If my wife dies, I'll cry for days and days.**

2nd conditional: **If my wife died, I'd cry for days and days.**

- 4) If you ask me to keep it a secret, I wouldn't tell anyone.

1st conditional: **If you ask me to keep it a secret, I won't tell anyone.**

2nd conditional: **If you asked me to keep it a secret, I wouldn't tell anyone.**

# Lesson 33

## . Terms and conditions

### STEP 3 Let's check

Mark the correct option for the following sentences:

- 1) You can drive my car, \_\_\_\_\_ you obey speed limits.  
**a. as long as**  
b. unless
- 2) \_\_\_\_\_ people smoke, their health suffers a lot.  
**a. when**  
b. even if
- 3) \_\_\_\_\_ your ex called you, would you answer the phone?  
a. when  
**b. supposing**
- 4) It's too late now. \_\_\_\_\_ you get an Uber, you'll miss your flight, unfortunately.  
a. even when  
**b. even if**
- 5) I had a terrible headache, but \_\_\_\_\_ I went to the concert.  
a. only if  
**b. even so**
- 6) I'll work overtime, but \_\_\_\_\_ you pay me good money.  
**a. only if**  
b. unless
- 7) I'll be there on time, \_\_\_\_\_ I don't get stuck in a traffic jam.  
**a. providing**  
b. unless
- 8) My friend told me something \_\_\_\_\_ I keep it a secret.  
a. when  
**b. on condition that**
- 9) \_\_\_\_\_ I possessed great wealth, I couldn't buy an apartment with a sea view.  
**a. unless**  
b. provided that
- 10) Kaya was very emotional last week. She cried \_\_\_\_\_ her husband left for another city on business.  
a. so long as  
**b. even when**

## **STEP 4** Hands on

Rewrite the sentences replacing "if" with "unless" and vice-versa.

Example: **Unless** you stay with me, I'll be alone tonight. → **If** you **don't** stay with me, I'll be alone tonight.

1) If we don't take the necessary measures now, we may have serious problems later.

**Unless we take the necessary measures now...**

2) Let's go for a walk – unless you're too tired.

**Let's go for a walk – if you aren't too tired.**

3) You'd be sick unless you stopped eating.

**You'd be sick if you didn't stop eating.**

4) If it doesn't rain, Amahle is going to work in the garden this afternoon.

**Unless it rains...**

5) Unless he was ill, he'd be at work.

**If he wasn't ill, he'd be at work.**

6) If we don't take him to a hospital right now, he's going to die.

**Unless we take him to a hospital right now...**



# Lesson 34

## . Junk food

### STEP 3 Let's check

Match the columns:

- ( 0 ) zero conditional
- ( 1 ) first conditional
- ( 2 ) second conditional
- ( 2 ) suppositions
- ( 0 ) When James walks in the sun, he gets a lot of vitamin D.
- ( 0 ) general habits
- ( 1 ) real possibilities
- ( 2 ) If I were you, I wouldn't eat a lot of junk food.
- ( 0 ) permanent truths/facts
- ( 0 ) If Harry sees a police officer, he gets nervous.
- ( 1 ) If Kim goes on a diet, he'll get really irritated.

### STEP 4 Hands on

Make the following sentences negative:

1) If Olivia eats a lot of junk food, she'll get sick.

**If Olivia doesn't eat a lot of junk food, she won't get sick.**

2) If I ate donuts every day, I'd be overweight.

**If I didn't eat donuts every day, I wouldn't be overweight.**

3) When Ramesh consumes more calories than he burns, he puts on weight.

**When Ramesh doesn't consume more calories than he burns, he doesn't put on weight.**

4) If you cut out added sugar and alcohol, you'll lose weight.

**If you don't cut out added sugar and alcohol, you won't lose weight.**

5) If I changed my eating habits, I'd be healthier.

**If I didn't change my eating habits, I wouldn't be healthier.**

6) If Andre goes on a diet, he gets irritated.

**If Andre doesn't go on a diet, he doesn't get irritated.**

# Lesson 35

## . Go vegan!

### STEP 3 Let's check

Match the columns according to what you have learnt about foods:

- |                    |                |
|--------------------|----------------|
| ( 1 ) dairy        | ( 2 ) chicken  |
| ( 2 ) protein      | ( 4 ) wheat    |
| ( 3 ) carbohydrate | ( 5 ) broccoli |
| ( 4 ) grains       | ( 3 ) bread    |
| ( 5 ) vegetable    | ( 7 ) fish     |
| ( 6 ) poultry      | ( 1 ) milk     |
| ( 7 ) seafood      | ( 8 ) orange   |
| ( 8 ) fruit        | ( 2 ) eggs     |
|                    | ( 1 ) cheese   |
|                    | ( 4 ) oats     |
|                    | ( 3 ) pizza    |
|                    | ( 8 ) apple    |
|                    | ( 5 ) potatoes |

### STEP 4 Hands on

Complete the text below with the appropriated words from the box:

gluten-free / minerals / lactose / intake / digestive / diet / saturated fats  
intolerance / dairy-free / vitamins

A healthy **diet** is essential for good health and nutrition. It protects you against many diseases and consists of carbs, protein, fiber, **vitamins**, **minerals**, good fats and water.

Eating a variety of foods and consuming less salt, sugars and **saturated fats** and trans-fats, is essential for a healthy diet.

Whole grains are also part of healthy eating. They are a great source of energy if you need to increase the **intake** of calories.

Nowadays, with so many processed foods, people have developed many different types of **intolerances**, such as **lactose** and gluten, which is very unfortunate, because food intolerances affect your **digestive** system.

If you have an intolerance to lactose or gluten, there are many options of **dairy-free** and **gluten-free** products available in the stores, which used to be very expensive before, but because it has become very common, it is also.



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