

SETTING UP 1



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PROLOGUE

Natural English has been designed for you to learn English as easily as you learned Spanish. This learning program gives you the opportunity to work with language structures without the need for conscious grammar knowledge.

Our methodology, same as the natural learning process, is based on three stages:

- Acquaint Stage
- Acquire Stage
- Apply Stage

This will allow you to express yourself in an effective and spontaneous way. The development of the Program and practice sessions will give you fluency, fulfilling all your expectations.

"Una meta sin un plan es solo un deseo."

-Lary Elder

MY LEARNING LOG

Module	Estimated time	Maximum time	Date
Welcome Session			
Follow up 1 (Units 1-4)	1 month	1 month 1/2	
Follow up 2A (Units 5-9)	1 month	1 month 1/2	
Follow up 2B (Units 10-16)	2 month	2 months 1/2	
Follow up 3A (Units 17-22)	1 month 1/2	2 months	
Follow up 3B (Units 23-28)	1 month 1/2	2 months	
Follow up 4 (Units 29-36)	2 months	2 months 1/2	

Setting up 1

SCOPE AND SEQUENCE

UNIT	VOCABULARY	GRAMMAR	SPEAKING AND COMMUNICATION	READING AND WRITING
17 TRAVEL EXPERIENCES	<ul style="list-style-type: none"> Types of trips Verbs about traveling 	<ul style="list-style-type: none"> Present perfect 	<ul style="list-style-type: none"> Talk about previous travel experiences 	<ul style="list-style-type: none"> Make questions about travel experiences
18 CHANGING LIFESTYLES	<ul style="list-style-type: none"> Expressions about diets and workout 	<ul style="list-style-type: none"> Use of never, yet, already and just Present perfect continuous 	<ul style="list-style-type: none"> Talk about healthy and unhealthy habits 	<ul style="list-style-type: none"> Write a paragraph about lifestyle changes
19 HOUSE CHORES	<ul style="list-style-type: none"> Household duties Utensils for housework 	<ul style="list-style-type: none"> Use of must and have to 	<ul style="list-style-type: none"> Speak about rules and responsibilities at home 	<ul style="list-style-type: none"> Write about household chores
20 HOW WAS YOUR DAY?	<ul style="list-style-type: none"> Types of stories Adjectives to describe stories Expressions about reading 	<ul style="list-style-type: none"> Narrative tenses Past perfect 	<ul style="list-style-type: none"> Talk and recommend books or stories 	<ul style="list-style-type: none"> Write a little review of your favorite book or story
21 A BUSY DAY	<ul style="list-style-type: none"> Vocabulary about camping 	<ul style="list-style-type: none"> Phrasal verbs Vocabulary about work 	<ul style="list-style-type: none"> Talk about camping preferences 	<ul style="list-style-type: none"> Write about a busy day using phrasal verbs
22 A FIELD TRIP	<ul style="list-style-type: none"> Adjectives to describe art 	<ul style="list-style-type: none"> Use of would rather Gerunds and Infinitives 	<ul style="list-style-type: none"> Talk about art preferences and appreciation of artwork 	<ul style="list-style-type: none"> Write about camping stories Make a list of the things you should pack for camping Reading: So you want to go camping for the very first time

Gimnasia Cerebral

La Gimnasia Cerebral prepara tu cerebro para recibir lo que deseas recibir y además crea las condiciones para que el aprendizaje se realice integral y profundamente.

Una gran ventaja de los ejercicios propuestos, es que puedes practicarlos en cualquier lugar, momento y hora del día, o simplemente antes de emprender cualquier actividad que requiera concentración, pues los movimientos son sencillos y en algunos casos, requiere de tan sólo unos segundos.

Si conviertes La Gimnasia Cerebral en una rutina de activación para el aprendizaje, moviendo tu cuerpo y usando tu cerebro o tal vez efectuando un pequeño movimiento de ojos, activarás constantemente redes neuronales. Con la activación simultánea de ambos hemisferios, podrás asegurar el éxito en cualquier proceso de aprendizaje que emprendas.

El Peter Pan

Toma ambas orejas por la punta. tira hacia arriba y un poco hacia atrás. Mantenlas así por espacio de 20 segundos. Descansa brevemente. Repite el ejercicio tres veces.

Beneficios:

- Despierta todo el mecanismo de audición.
- Asiste a la memoria.
- Enlaza el lóbulo temporal del cerebro y el sistema límbico.
- Si necesitas recordar algo, haz el ejercicio y notarás los resultados.

Gateo Cruzado

Junte la palma de la mano derecha con la rodilla izquierda y viceversa. Hágalo varias veces.

Beneficios:

- Permite activar ambos hemisferios del cerebro al mismo tiempo. Ideal para "calentar" el cerebro.
- Ayuda a mejorar la lectura, las destrezas visuales (movimiento de ojos) y eleve el nivel de energía.

Weekly Planner

SETTING UP 1

Adaptativa		
<ul style="list-style-type: none"> Revise la meta u objetivo de la unidad que se encuentra al inicio de la misma. Revise su meta en términos de tiempo (bitácora), allí vera que debe avanzar una unidad por semana. Inicie realizando un ejercicio de gimnasia cerebral. Puede encontrar dos sugerencias en la página 10 de este libro y puede encontrar más opciones ingresando a www.naturalenglish.com <p>Usted debe hacer esto todos los días.</p>		
Adquisitiva		
Día 1	Día 2	Día 3
<ol style="list-style-type: none"> 1. Lea la historia en español. 2. Vea el video de la unidad. Hágalo de 3 a 6 veces: <ol style="list-style-type: none"> a. Véalo con close caption (1 o 2 veces). b. Reprodúzcalo y sígalo en el libro (1 o 2 veces) en inglés. c. Repita en voz alta mientras se reproduce el video (1 o 2 veces). <p>Nota: preste mucha atención al VOCABULARIO</p> <ol style="list-style-type: none"> 3. Escuche el audio (solo, sin video) mientras se apoya con el libro. 4. Escuche el audio y repita en voz alta. 5. Vea el video sin libro, sin closed caption. 	<ol style="list-style-type: none"> 1. Reproduzca video/audio mientras repite en voz alta. Lea y repita de 3 a 4 veces. 2. Lea los recuadros azules de la unidad y desarrolle los ejercicios. 	<ol style="list-style-type: none"> 1. Reproduzca video/audio mientras repite en voz alta. Lea y repita de 3 a 4 veces. 2. Corrija los ejercicios, las respuestas están al final del libro, en el libro digital la corrección es automática. 3. Utilice el Sliding Board, realice oraciones correspondientes a su unidad. 4. Ingrese al App y acceda a los juegos correspondientes de la unidad. Aquí está verificando lo aprendido mientras juega.
Aplicativa		
<p>Ya está list@ para programar y asistir a su monitoria. Antes de ingresar a su monitoria repase visualmente todo lo desarrollado hasta el momento.</p>		

Unit 17

TRAVEL EXPERIENCES

"Difficulties increase the nearer we get to the goal."

"Las dificultades aumentan cuanto más cerca se está de la meta."

-Johann Wolfgang von Goethe

My goal

Vocabulary: Types of trips. Verbs about traveling

Grammar: Present perfect

Speaking: Talk about travel experiences

Reading and Writing: Ask about travel experiences



Tara



Erik Miller

17.1 Read, listen and watch



TRAVEL EXPERIENCES



Hello! Welcome to BGI radio. Today we have a very special guest. If you are adventurous and you like to travel you'll love our guest. Have you heard about Erik Miller, the famous travel journalist? He's here with us to talk about the most bizarre experiences he's had along his career. Welcome Erik, how's everything?



Hi, I'm happy to be here sharing experiences with you.



It's our pleasure. We're very curious about your occupation. Who wouldn't like to travel around the world and get paid for it?



Well, it's a very good job, but you need to be very open minded to see and try everything where you go. That's the point, trying new stuff and learning everywhere you go.



What's the best place you have visited?



That's a very difficult question because there is beauty everywhere. The landscapes, people, the experience indeed.



And what is the most thrilling experience you have had?



Well, I have swum with sharks in the Pacific and also I have climbed the Everest and I have been in a lion cage. That's thrilling.



Sure it is! And what's the strangest thing you have eaten?



I have eaten bugs and snails. I could feel them moving in my mouth.

EXPERIENCIAS DE VIAJE



¡Hola! Bienvenidos a BGI radio. Hoy tenemos un invitado muy especial. Si ustedes son aventureros y les gusta viajar les va a encantar nuestro invitado. ¿Han escuchado sobre Erik Miller, el famoso periodista de viajes? Está aquí con nosotros para hablar de las experiencias más extrañas a lo largo de su carrera. Bienvenido Erik, ¿Cómo está todo?



Hola, estoy feliz de estar aquí compartiendo experiencias con ustedes.



Es un placer. Estamos muy curiosos acerca de tu profesión. Quién no quisiera viajar por el mundo y que le paguen por



Bueno, es un muy buen trabajo, pero debes tener la mente abierta para ver y probar todo en cualquier lugar que vayas. Ese es el punto, probar cosas nuevas y aprender en todos los lugares que vayas.



¿Cuál es el mejor lugar que has visitado?



Es una pregunta muy difícil, porque hay belleza en todo. Los paisajes, la gente, la experiencia en sí misma.



¿Y cuál es la experiencia más emocionante que has tenido?



Bueno, he nadado con tiburones en el Pacífico y también he escalado el Everest y he estado en la jaula de un león. Eso es emocionante.



Así es, ¿y cuál es la cosa más extraña que has comido?



He comido insectos y caracoles. Pude sentirlos moverse en mi boca.



That doesn't sound very nice. Where have you done that?



It was in an indigenous tribe in Asia. But it's part of their traditions, so I respect them and I had to do it.



And what has been the longest journey in the same mean of transportation?



I have been on a bus during 5 days, I traveled through South America. It's not comfortable, but you can have very good experiences.



People imagine that your job is full of luxury and comfort, but it's not as it seems.



No way, if you really want to know a place and enjoy your trip you should go out of the typical. You need to try different experiences to enjoy and have good memories.



Finally, have you ever had bad travel experiences?



Actually, yes, I have. Even if I try to see the bright side in every negative situation. Once somebody stole my camera and I didn't have resources to work. Also, I have lost my luggage and I have been sick. But that's part of the trip.



You heard people! Traveling means getting out of your comfort zone and enjoying the difficulties, too. That was Erik Miller, travel journalist. Send your questions to bgiradio@mail.com, he'll be answering your questions later.



Eso no suena muy bien ¿dónde has hecho eso?



Eso fue en una tribu indígena en Asia. Pero es parte de sus tradiciones y yo les respeto y debía hacerlo.



¿Y cuál ha sido el trayecto más largo en el mismo transporte?



Yo he estado en un bus durante 5 días en un viaje a través de Suramérica. No es cómodo, pero puedes tener buenas experiencias.



La gente imagina que tu trabajo está lleno de lujos y comodidades, pero no es como parece.



¡Ni pensarlo! Si ustedes realmente quieren conocer un lugar y disfrutar del viaje necesitan salir de lo típico. Necesitan probar diferentes experiencias y tener buenos recuerdos.



Finalmente ¿has tenido malas experiencias de viaje?



Realmente sí. Aunque trate de ver el lado bueno en cada situación negativa. Una vez alguien robó mi cámara y no tuve recursos para trabajar. También he perdido mi equipaje y he estado enfermo. Pero eso es parte del viaje.



¡Ya escucharon! Viajar significa salir de su zona de confort y disfrutar las dificultades también. Ese era Erik Miller, corresponsal de viajes. Envíen sus preguntas a bgiradio@mail.com, él responderá sus preguntas luego.

17.2 Vocabulary and grammar



Listen and repeat



journey



expedition



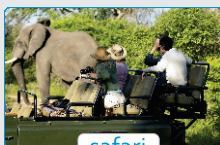
tour



cruise



trip



safari



camping



road trip

Present Perfect

We use the **Present Perfect** to say that an action happened at an unspecified time before now (in the past).

*I **have been** to Chicago twice.*

When we use a specific time or date, we must use **Past Simple**.

*I **was** in Chicago in 1999 and 2005.*

Use **Present Perfect** with unspecific expressions such as: ever, never, once, many times, several times, before, so far, already, yet, etc.

We use **have** as the auxiliary and a **verb in past participle** tense. Remember to add **-ed** to the regular verbs.

*Usamos el **Presente Perfecto** para decir que una acción pasó en un tiempo no específico antes de ahora (en el pasado).*

*Yo **he estado** en Chicago dos veces.*

Cuando usamos el tiempo o fecha específica, debemos usar pasado simple.

*Yo **estuve** en Chicago en 1999 y 2005.*

*Utilice **Presente Perfecto** con expresiones no específicas tales como: alguna vez, nunca, una vez, muchas veces, varias veces, antes, hasta ahora, ya, todavía, etc.*

*Usamos **have** como auxiliar y el **verbo en participio pasado**. Recuerde agregar **-ed** a los verbos regulares.*

Subject	Auxiliary <i>have / has</i>	Verb in Past Participle	Complement
I, you, we, you, they	have haven't	traveled	around the world.
he, she, it	has hasn't		

Interrogative

Auxiliary <i>have / has</i>	Subject	Verb in Past Participle	Complement
Have	I, you, we, you, they	traveled	around the world?
Has	he, she, it		



Read the text again and do the following:

Underline the sentences in **present perfect** with **blue**

Presenter: Hello! Welcome to BGI radio. Today we have a very special guest. If you are adventurous and you like to travel you'll love our guest. Have you heard about Erik Miller, the famous travel journalist? He's here with us to talk about the most bizarre experiences he's had along his career.

Welcome Erik, how's everything?

Erik: Hi, I'm happy to be here sharing experiences with you.

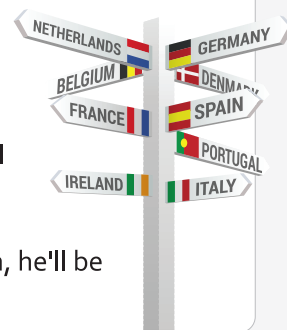
Presenter: It's our pleasure, we are very curious about your occupation. Who wouldn't like to travel around the world and get paid for it?

Erik: Well, it's a very good job, but you need to be very open minded to see and try everything where you go. That's the point, trying new stuff and learning everywhere you go.

Presenter: What's the best place you have visited?

Erik: That's a very difficult question, because there's beauty everywhere. The landscapes, people, the experience indeed.

Presenter: And what is the most thrilling experience you have had?
Erik: Well, I have swum with sharks in the Pacific and also I have climbed the Everest and I have been in a lion cage. That's thrilling.
Presenter: Sure it is! And what's the strangest thing you have eaten?
Erik: I have eaten bugs and snails. I could feel them moving in my mouth.
Presenter: That doesn't sound very nice. Where have you done that?
Erik: It was in an indigenous tribe in Asia but it's part of their traditions so I respect them and I had to do it.
Presenter: And what has been the longest journey in the same mean of transportation?
Erik: I have been on a bus during 5 days. I traveled through South America. It's not comfortable, but you can have very good experiences.
Presenter: People imagine that your job is full of luxury and comfort, but it's not as it seems.
Erik: No way, if you really want to know a place and enjoy your trip you should go out of the typical. You need to try different experiences to enjoy and have good memories.
Presenter: Finally, have you ever had bad travel experiences?
Erik: Actually, yes, I have. Even if I try to see the bright side in every negative situation. Once somebody stole my camera and I didn't have resources to work. Also, I have lost my luggage and I have been sick, but that's part of the trip.
Presenter: You heard people! Traveling means getting out of your comfort zone and enjoying the difficulties, too. That was Erik Miller, travel journalist. Send your questions to bgiradio@mail.com, he'll be answering your questions later.



17.3

Reading comprehension

Write the experiences Erik talked about on the interview and write yours using the same verbs

travel	He <i>has traveled</i> the world	I have traveled to...
swim		
climb		
eat		
travel by		
lose		

17.4

Reading comprehension

Choose the best answer for each question

- When the presenter said "*if you are adventurous and you like to travel, you will love our guest*", he meant:
 - if you don't like to travel, you won't love Erik Miller
 - if you like to travel, the interview will be interesting for you
 - people can fall in love with Erik Miller if they listen de interview

2. When the presenter said "who wouldn't like to travel the world and get paid for it", he meant:

- a. Erik's job is not really a job
- b. people would like to be travel journalists
- c. Erik's job is very good and interesting that it shouldn't be considered as a job

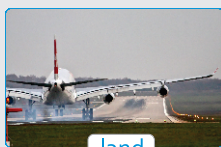
3. When Erik said "try to see the bright side in every negative situation", he meant:

- a. he always tries to be positive
- b. he tries to see the advantages of a bad situation
- c. the situations has a dark and a bright side

17.5 Vocabulary



Listen and repeat



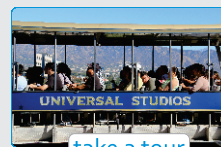
land



take off



check in / out



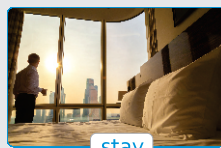
take a tour



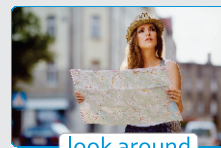
get on



get off



stay



look around

17.6 Do it yourself



Listen to the story and fill in the spaces. Use **Present Perfect**

Melissa for 10 years. During that time, she in the same company traveling the world, she in 55 hotels and she tours in every city she has gone.

Melissa and her husband go on vacation twice a year, they in many different airports, but they haven't been to China yet, and they many different flights and in and out of different hotels.

17.7 Do it yourself



Answer the questions Erik had answered in his interview. At the end write three more questions you want to ask him.

1. What's the best place you have visited?

2. What is the most thrilling experience you have had?

3. What's the strangest thing you have eaten?

4. Has the longest journey been in the same mean of transportation?

5. Have you ever had bad travel experiences?

6.

7.

8.



To make questions, you can use **ever**:

Have you **ever** been to China?

Use **never** for negative answers:

*I have **never** been to China.*

Importante

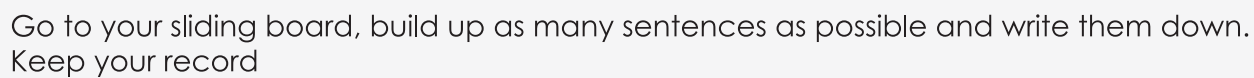
Para hacer preguntas, puede usar **ever**:

Alguna vez has estado en China?

Use **never** para respuestas negativas:

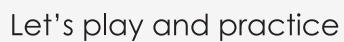
Nunca he estado en China.

17.8 Sliding Board Time



Total of sentences

Page 10 of 10



Vocabulary Game

Listening Game

Spelling Game

Grammar Game

Unit 18

CHANGING LIFESTYLES

"Correction does much, but encouragement does more."

"La corrección logra mucho, pero el estímulo logra más."

-Johann Wolfgang von Goethe

My goal

Vocabulary: Expressions about diets and workout

Grammar: Use of never, yet, already and just. Present perfect continuous

Speaking: Talk about healthy and unhealthy habits

Reading and Writing: Write a paragraph about lifestyle changes



Jackie



Sara

18.1 Read, listen and watch



CHANGING LIFESTYLES

Sarah went to the doctor one week ago, after that she started concerning about her weight. The doctor told her she might be gaining weight and he advised her to start exercising and changing eating habits. Sara is crazy about chocolate and sweets. She is used to skipping breakfast and eating a big lunch every day. Sometimes, she goes out for dinner with friends and she's used to drinking beer, too. Yesterday, she met with her friend Jackie at a restaurant, they talked about her lifestyle changes.



How's the diet going?

Oh gosh, it's a very inappropriate question for lunch time. I've just started to change my eating habits. It has been so hard for me.



Sorry, I'm just concerned about you. Those changes are necessary. You haven't been eating sensibly lately, remember: you are what you eat.



I've started cutting out the fried food and sweets. Also, I've just started following a meal plan that the doctor suggested to me.



That's great and I think it's the most difficult part, but I'm sure you're going to make it.



Also, I've already started going to the gym. I've been exercising three times a week.



I've never been to a gym before, I prefer exercising outside. I love to go hiking or jogging, but you can have a personal trainer at the gym. That's pretty good for you.

CAMBIANDO EL ESTILO DE VIDA

Sara fue al doctor hace una semana, luego de eso, ella empezó a preocuparse por su peso. El doctor le dijo que ella podría estar subiendo de peso, le aconsejó empezar a hacer ejercicio y cambiar sus hábitos alimenticios. Sara enloquece por el chocolate y los dulces. Ella está acostumbrada a omitir el desayuno y comer un gran almuerzo todos los días. Algunas veces, ella sale a cenar con amigos y usualmente bebe cerveza también. Ayer ella se encontró con su amiga Jackie en un restaurante, hablaron sobre los cambios en su estilo de vida.



¿Cómo va la dieta?

Oh Dios, es una pregunta muy inapropiada para la hora del almuerzo. Acabo de empezar a cambiar mis hábitos alimenticios. Ha sido muy difícil para mí.



Lo siento, solo estoy preocupada por ti. Esos cambios son necesarios. No has estado comiendo con sensatez ultimamente. Recuerda: tú eres lo que comes.



He estado eliminando los fritos y los dulces. También he acabado de iniciar un plan de alimentación que el doctor me sugirió.



Eso está muy bien, pienso que es la parte más difícil, pero estoy segura que vas a lograrlo.



También, ya he empezado a ir al gimnasio. He estado haciendo ejercicio tres veces a la semana.



Yo nunca he ido al gimnasio antes, prefiero hacer ejercicio afuera. Me gusta ir a escalar o trotar, pero tú puedes tener un entrenador personal en el gimnasio. Eso es bueno para ti.

You can sign up for a membership at the gym, too. We can exercise together. There are some fitness classes.

What kind of classes do they have?

They have a lot of dance classes, yoga, weight lifting classes and pool cardio. I haven't signed up for dancing classes yet, but I'll do it next week, that sounds pretty interesting and amusing to me. It's better and less boring than lifting weights.

Yes, you're right. I'll think about it.

What kind of diet have you followed? I remember you used to eat lots of junk food.

Yes, I used to, but it was because I didn't have much time to cook. I have been eating clean.

What do you mean by that?

I'm talking about eating fewer calories and drinking plenty of water. I have eaten natural during the last two years and I have lost some pounds.

I need to stick to my diet now and exercise if I want to be healthy.

Tú podrías ingresar al gimnasio también. Podemos hacer ejercicio juntas. Hay muchas clases de fitness

¿Qué tipo de clase tienen?

Ellos tienen muchas clases como yoga, pesas, clases de cardio. No me he registrado en las clases de danza todavía, pero lo haré la próxima semana, suena muy interesante y entretenido. Para mí es mejor y menos aburrido que levantar pesas.

Tienes razón, voy a pensarlo.

¿Qué tipo de dieta has seguido? Recuerdo que tú acostumbrabas a comer mucha comida chatarra.

Sí acostumbraba a eso, pero eso pasaba porque yo no tenía mucho tiempo para cocinar. Yo he estado comiendo naturalmente.

¿Qué quieres decir con eso?

Estoy hablando de comer menos calorías y tomar mucha agua. He comido naturalmente durante los dos últimos dos años y he perdido algunas libras.

Tengo que mantener mi dieta ahora y hacer ejercicio si quiero estar saludable.

18.2 Vocabulary and grammar



Listen and repeat

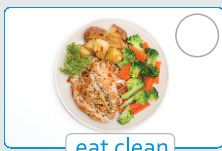
Verbs

Concern
Gain
Exercise
Skip
Cut out
Follow
Sign up
Stick to

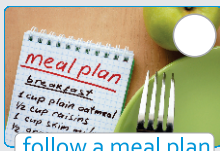
Expressions about diet

Understand from the context. Match the word with its meaning

1. Scheme of what you can cook and eat. These are usually made by professional nutritionists.
2. When people are changing their diet to something healthier. Not eating processed foods, eating fewer calories and drinking plenty of water.
3. Stop eating carbohydrates or sweets.
4. Watch your overall calorie intake every meal.
5. When people are going to begin a new healthy eating plan.



eat clean



follow a meal plan



cut carbs or sweets



count calories




going on a diet

Use of *never, yet, already and just*

Expression	Example	Use	Translation
Never	I've never gone on a diet.	The meaning of the sentence is negative, but you can't use haven't or hasn't	<i>El significado de la oración es negativo, pero no se usa haven't o hasn't</i>
Yet	I haven't signed up the gym yet .	Used for negative sentences	<i>Usado para oraciones negativas</i>
		To show that something has not happened at a particular time	<i>Para mostrar que algo no ha ocurrido hasta el momento</i>
	Have you signed up the gym yet ?	Used for questions	<i>Usado para preguntas</i>
		To ask if something has happened at a particular time	<i>Para preguntar si algo ha ocurrido en un momento en particular</i>
Already	I've already signed up the gym.	Used for affirmative sentences	<i>Usada para oraciones afirmativas</i>
		Something has happened earlier than expected	<i>Algo ha pasado antes de lo esperado</i>
Just	I've just started a diet.	Use of affirmative sentences	<i>Usada para oraciones afirmativas</i>
		It means a short time ago	<i>Significa hace muy poco tiempo</i>

18.3 Reading comprehension

 Complete the sentences with **never, yet, already** or **just**

- Jackie has gone to a gym because she doesn't like lift weighting.
- Sara has signed up the gym.
- Sara likes dancing, but she hasn't signed up for the classes .
- Has Sara started a diet ?
-Yes, she has started cutting out sweet.
- Sara hasn't lost weight because she started the diet.
- Sara has cared about her health until now.

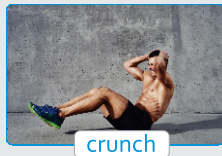
18.4 Vocabulary

  Listen and repeat





squat



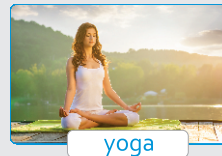
crunch



lift weight



jog



yoga



pool cardio



Pilates

18.5 Grammar

Present Perfect Continuous

We use the **Present Perfect Continuous** to show that something started in the past and continues until now.

*She **has been eating** healthy.*

You need to use the verb **to be** in **past participle** form (**been**) and a second verb using -ing ending.

*Usamos el **Presente Perfecto Continuo** para mostrar que algo comenzó en el pasado y continua hasta ahora.*

*Ella **ha estado comiendo** saludable.*

*Necesitas usar el verbo **to be** en **participio pasado** (**been**) y un segundo verbo usando -ing.*

Affirmative	I've been eating healthy. She has been working hard.
Negative	I haven't been going to the gym in the last two weeks. He hasn't been working out in the morning.
Question	What have you been doing ? Has she been working lately?

18.6 Do it yourself

Write a sentence following the picture



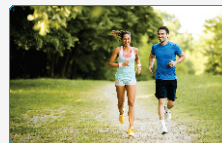
She *has been stretching*
for 20 minutes.



for 15 minutes.



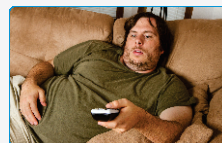
for the last hour.



for 5 minutes.



weights.



out during the last years.



Read the text again and do the following:

Underline the verbs in *present perfect continuous* with **blue**

Underline the words related to *diet* and *working out* with **orange**

Underline the words *yet*, *already*, *just* and *never* with **green**

Sarah went to the doctor one week ago, after that she started concerning about her weight. The doctor told her she might be gaining weight and he advised her to start exercising and changing eating habits. Sara is crazy about chocolate and sweets. She is used to skipping breakfast and eating a big lunch every day. Sometimes, she goes out for dinner with friends and she's used to drinking beer too. Yesterday, she met with her friend Jackie at a restaurant. They talked about her lifestyle changes.

Jackie: How's the diet going?

Sara: Oh gosh, it's a very inappropriate question for lunch time. I've just started to change my eating habits. It has been so hard for me.

Jackie: Sorry, I'm just concerned about you. Those changes are necessary. You haven't been eating sensibly lately, remember: you are what you eat.

Sara: I've started cutting out the fried food and sweets. Also I've just started following a meal plan that the doctor suggested to me.

Jackie: That's great and I think it's the most difficult part, but I'm sure you're going to make it.

Sara: Also, I've already started going to the gym. I've been exercising three times a week.

Jackie: I've never been to a gym before, I prefer exercising outside. I love to go hiking or jogging, but you can have a personal trainer at the gym. That's pretty good for you.

Sara: You can sign up for a membership at the gym, too. We can exercise together. There are some fitness classes.

Jackie: What kind of classes do they have?

Sara: They have a lot of dance classes, yoga, weight lifting classes and pool cardio. I haven't signed up for dancing classes yet, but I'll do it next week that sounds pretty interesting and amusing to me. It's better and less boring than lifting weights.

Jackie: Yes, you're right. I'll think about it.

Sara: What kind of diet have you followed? I remember you used to eat lots of junk food.

Jackie: Yes, I used to, but it was because I didn't have much time to cook. I have been eating clean.

Sara: What do you mean by that?

Jackie: I'm talking about eating fewer calories and drinking plenty of water. I have eaten natural during the last two years and I have lost some pounds.

Sara: I need to stick to my diet now and exercise if I want to be healthy.

18.7 Do it yourself



Write a short paragraph answering the following questions

1. Have you ever changed your lifestyle?
2. What have you been doing lately to be in shape or healthy?
3. Would you like to change your eating habits?

18.8



Go to your sliding board, build up as many sentences as possible and write them down.
Keep your record

Total of sentences

Page 10 of 10



Let's play and practice
Juguemos y practiquemos

Vocabulary Game

Listening Game

Spelling Game

Grammar Game

Unit 19

HOUSEHOLD CHORES

"Knowing is not enough; we must apply. Willing is not enough; we must do."

"No basta saber, se debe también aplicar. No es suficiente querer, se debe también hacer."

- Johann Wolfgang von Goethe

My goal

Vocabulary: Household duties. Utensils for housework

Grammar: Use of must and have to

Speaking: Speak about rules and responsibilities at home

Reading and Writing: Write about household chores



19.1 Read, listen and watch

HOUSEHOLD CHORES

Mrs. Hill woke up very upset this morning. Since they have moved into the new house, the children have not been doing their household duties, the house looked dirty and disorganized. During breakfast, she talked to her children and told them they have to help with the housework.

Walter, I'm tired of your mess. You need to help your siblings to clean the house. You have to pick up your toys after you play with them. You must turn off the TV after you play videogames and do homework from school before dad gets home.

Yes mom, sorry. The time goes by so fast and I don't realize.

And what about you Adam? I can see you're not walking the dog after class. You have to walk the dog every day after school and take a plastic bag with you.

Mom, the dog can stay in the backyard all day.

Stop being lazy. You must take the dog out, it's your dog. If you don't take him out you'll have to do the gardening and clean his mess during the weekend.

No way! I won't do the gardening. I'll try to walk the dog out every day.

I'm doing the laundry on Saturday morning, so you have to put all your dirty clothes into the laundry basket before Saturday. I won't go to your rooms to look for your dirty clothes anymore.

Okay mom.

TAREAS DEL HOGAR

La señora Hill despertó esta mañana muy enojada, desde que se mudaron a la casa nueva sus hijos no han estado haciendo sus tareas del hogar, la casa luce sucia y desorganizada. Durante el desayuno, ella habló con sus hijos y les dijo que tenían que ayudar con las tareas del hogar.

Walter, estoy cansada de tu desorden. Tú necesitas ayudar a tus hermanos a limpiar la casa. Tienes que recoger tus juguetes después de jugar con ellos. Debes apagar el televisor después de jugar videojuegos y hacer las tareas de la escuela antes de que llegue papá.

Sí mamá, lo siento. El tiempo pasa muy rápido y no me doy cuenta de eso.

¿Y qué hay de ti Adam? Puedo ver que tú no estás sacando al perro después de clase. Tienes que sacar al perro todos los días después de la escuela y llevar una bolsa plástica.

Mamá el perro puede quedarse en el patio todo el día.

Deja de ser perezoso. Debes sacar al perro, es tu perro. Si no lo sacas, tendrás que hacer la jardinería y limpiar su desorden durante el fin de semana.

¡De ninguna manera! No haré la jardinería. Voy a tratar de pasear al perro todos los días.

Estaré haciendo la lavandería en la mañana del sábado así que todos tienen que poner su ropa sucia en el cesto de la ropa antes del sábado. No voy a entrar a su habitación a buscar su ropa sucia más.

I was thinking about making a schedule for the duties, everybody is going to help. Your sister Tania has to wash the dishes on Monday, Wednesday and Friday and your father must wash the dishes on Tuesday and Thursday, he also has to cook on Saturdays. Walter has to vacuum the living room carpet on Saturday morning. and Tania must mop the kitchen floor on Saturday too. Adam has to take out the garbage every day and sweep the living room floor on Wednesday. Each one of you must make the beds and tidy up your rooms.

And what are you doing mom?

I clean the house and cook breakfast every day, I do laundry, and I iron clothes. Do you think it is nothing? Is everything clear for you?

Yes mom!

I'll put the list of duties on the fridge door with a magnet.

Está bien mamá.

Yo estaba pensando en hacer un horario para los deberes, todo el mundo va a ayudar. Su hermana Tania tiene que lavar los platos los lunes, miércoles y viernes, y su padre debe lavar los platos los martes y jueves, también tiene que cocinar los sábados. Walter tiene que aspirar la alfombra de la sala en la mañana del sábado y Tania debe fregar el suelo de la cocina el sábado también. Adam tiene que sacar la basura todos los días y barrer el piso de la sala los miércoles. Cada uno de ustedes debe tender la cama y poner en orden sus habitaciones.


¿Y tú qué haces mamá?

Limpiar la casa y cocinar el desayuno todos los días, lavo y plancho la ropa. ¿Crees que no es nada? ¿Está todo claro para ustedes?

¡Sí mamá!

Voy a poner la lista de tareas en la puerta del refrigerador con un imán.

19.2 Vocabulary

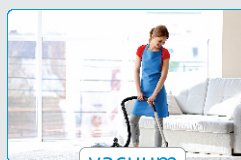
  Listen and repeat



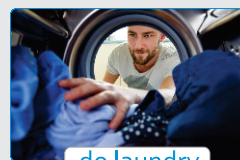
clean



wash dishes



vacuum



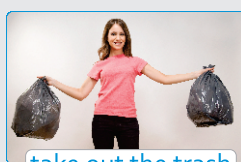
do laundry



make the bed



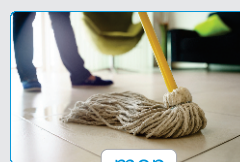
iron clothes



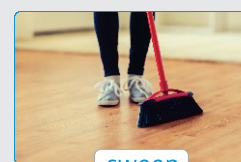
take out the trash



cook



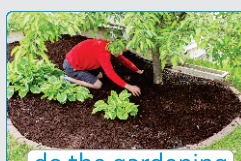
mop



sweep



tidy the room



do the gardening



mow the lawn




walk the dog



wipe the dust

19.3 Do it yourself

 Organize the cleaning schedule according to the reading

Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tania						
Adam						
Walter						
Dad						
Mom						

19.4 Grammar

Have to

We use **have to** to express an obligation or necessity. It's possible to use it in all tenses.

*Usamos **have to** para expresar una obligación o necesidad. Es posible usarlo en todos los tiempos.*

Construction	Present	Past	Future
Affirmative	I have to clean the house. He has to clean the house.	I had to clean the house.	I'll have to clean the house.
Negative	I don't have to clean the house. He doesn't have to clean the house.	I didn't have to clean the house.	I won't have to clean the house.



Important

The negative form suggests that someone is not required to do something.

Importante

La forma negativa sugiere que no le es requerido a alguien que haga algo.

19.5 Now about you

 What are the household chores you and your family members do in your house? Complete the chart.

You have to...	Mom has to...	_____ has to...	_____ has to...	_____ has to...

Must

We use **must** to express a strong obligation. We use **must** when talking about rules or external circumstances that make the obligation necessary.

Must is a modal auxiliary verb, you need to use a verb in the base form after it.

Usamos **must** para expresar una fuerte obligación. Usamos **must** para hablar de reglas o circunstancias externas que hacen la obligación necesaria.

Must es un verbo auxiliar y modal. Necesitas usar un verbo en forma base después de él.

Tense	Affirmative	Negative
Present	I must respect traffic signals. He must respect traffic signals.	I mustn't smoke inside closed spaces. He mustn't smoke inside closed spaces.



Important

It is not common to make questions with **must**. If you want to ask about obligations or rules you can use **have to**.

Do I **have to** walk the dog?

Importante

No es común hacer preguntas con **must**. Si quieres preguntar sobre obligaciones o reglas usa **have to**.

Tengo que pasear el perro?



Read the text again and do the following:

Underline the sentences with **must** with **blue**

Underline the sentences with **have to** with **green**

Mrs. Hill woke up very upset this morning, since they have moved into the new house the children have not been doing their household duties, the house looked dirty and disorganized. During breakfast, she talked to her children and told them they have to help with the housework.

Mrs. Hill: Walter, I'm tired of your mess. You need to help your siblings to clean the house. You have to pick up your toys after you play with them. You must turn off the TV after you play videogames and do homework from school before dad gets home.

Walter: Yes mom, sorry. The time goes by so fast and I don't realize.

Mrs. Hill: And what about you Adam? I can see you're not walking the dog after class. You have to walk the dog every day after school and take a plastic bag with you.

Adam: Mom, the dog can stay in the backyard all day.

Mrs. Hill: Stop being lazy. You must take the dog out, it's your dog. If you don't take him out you'll have to do the gardening and clean his mess during the weekend.

Adam: No way! I won't do the gardening. I'll try to walk the dog out every day.

Mrs. Hill: I'm doing the laundry on Saturday morning, so you have to put all your dirty clothes into the laundry basket before Saturday. I won't go to your rooms to look for your dirty clothes anymore.

Adam: Okay mom.

Mrs. Hill: I was thinking about making a schedule for the duties, everybody is going to help. Your sister Tania has to wash the dishes on Monday, Wednesday and Friday and your father must wash the dishes on Tuesday and Thursday, he also has to cook on Saturdays. Walter has to vacuum the living room carpet on Saturday morning. And Tania must mop the kitchen floor on Saturday, too. Adam has to take out the garbage every day and sweep the living room floor on Wednesday. Each one of you must make the beds and tidy up your rooms.

Walter: And what are you doing mom?

Mrs. Hill: I clean the house and cook breakfast every day, I do laundry and I iron clothes. Do you think it is nothing? Is everything clear for you?

Walter and Adam: Yes mom!

Mrs. Hill: I'll put the list of duties on the fridge door with a magnet.

19.7 Vocabulary



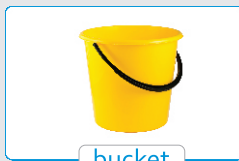
Listen and repeat



ironing board



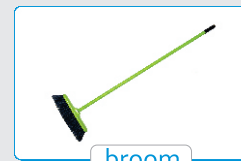
iron



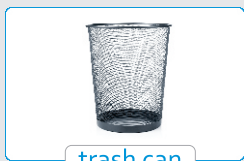
bucket



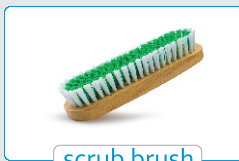
dustpan



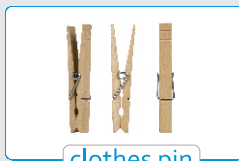
broom



trash can



scrub brush



clothes pin



detergent



bleach

19.8 Do it yourself



Use **have to** or **must** to complete the sentences

Ex. At my office I must wear security boots.

1. If Tania wants to go to a party she do all household duties.
2. At my office I start working at 7:00 a.m.
3. I (not drive) over the speed limit.
4. People drive carefully.
5. You (not go) if you don't want.

19.9 Now about you



What are your house rules? Write about your household duties and the rules people follow in your house.

19.10



You must wear



19.11



Go to your sliding board, build up as many sentences as possible and write them down.

Total of sentences

11/11/2019



Let's play and practice

Vocabulary Game

Listening Game

Spelling Game

Grammar Game

Unit 20

HOW WAS YOUR DAY?

"A different language is a different vision of life."

"Un idioma distinto es una visión diferente de la vida."

-Federico Fellini

My goal

Vocabulary: Types of stories. Adjectives to describe stories. Expressions about reading

Grammar: Past perfect. Narrative tenses

Speaking: Talk and recommend books or stories

Reading and Writing: Write a little review of your favorite book or story



20.1 Read, listen and watch



HOW WAS YOUR DAY?

It was a long day at work. Mr. Hill came home a little later than usual. After dinner, he and Mrs. Hill sat on the sofa and talked for a while.

How was your day? I saw you came a little bit later today. What happened?

I had a very busy day. I wasted almost all my morning out of the office.

Where did you go?

I had one hour free, so I decided to go to a bookstore that is 15 minutes from my office. I wanted to buy a new book and I had time to do it, but I had to go by car because the bookstore is across the bridge. I thought I wouldn't be out for more than an hour, but it wasn't like that.

Why? I know where the bookstore is and it's not far.

Let me tell you. I went out of the office, got in my car and drove towards the bridge. When I tried to cross the river, I saw that the drawbridge was opened up to allow a large boat to pass, I saw the boat was passing so I stopped the car and waited patiently for the bridge to go down. After about ten minutes, a long line of cars had formed behind me.

I wanted to go back to the office because it was going to take more time than I had expected, but it was too late, some other drivers were in the same situation and they had stopped their cars behind me forming a huge traffic line.

¿QUÉ TAL TU DÍA?

Fue un largo día de trabajo. El Sr. Hill llegó a casa un poco más tarde de lo habitual. Después de la cena, él y la señora Hill se sentaron en el sofá y hablaron por un rato.

¿Cómo te fue hoy? Vi que llegaste un poco más tarde. ¿Qué pasó?

Tuve un día muy ocupado. Perdí casi toda mi mañana fuera de la oficina.

¿A dónde fuiste?

Tuve una hora libre, así que decidí ir a una librería que se encuentra a 15 minutos de mi oficina. Yo quería comprar un libro nuevo y tenía tiempo para hacerlo, pero tenía que ir en auto, porque la librería está al otro lado del puente. Pensé que no estaría fuera durante más de una hora, pero no fue así.

¿Por qué? Yo sé donde es la librería y no está lejos.

Déjame contarte. Salí de la oficina, me subí al carro y conduje hacia el puente. Cuando trataba de cruzar el río, vi que el puente levadizo estaba abierto para permitir que un gran barco pasara, vi que el barco estaba pasando así que paré el coche y esperé pacientemente que el puente bajara. Después de unos diez minutos, una larga fila de coches se había formado detrás de mí.

Yo quería volver a la oficina porque iba a tomar más tiempo de lo que esperaba, pero ya era demasiado tarde, algunos otros conductores estaban en la misma situación y estacionaron sus carros detrás de mí formando una enorme línea.



Some drivers became impatient and began to honk their horns. The big boat had passed, and no more boats were in sight. I got out of the car and walked towards the bridge. Then, I saw a large sign lying on the ground. I picked it up and placed it on the side of the road.



I tried to find the bridge keeper or a police officer, but there was nobody around. As I walked back to the car, I glanced at the sign I had placed on the side of the road. It read: BRIDGE CLOSED FOR REPAIRS. I couldn't believe I had been there for more than forty minutes and I hadn't noticed the sign. When I got back to the office, it was already 12:30 p.m.



Oh, you really had an interesting day. Why don't we drink a glass of wine and go to bed?



Yes, I'm really tired.



Algunos conductores se impacientaron y empezaron a hacer sonar sus bocinas. El enorme bote pasó y no había más botes a la vista. Salí del coche y caminé hacia el puente. Entonces, vi un gran letrero en el suelo. Lo levanté y lo puse al lado de la carretera.



Traté de encontrar al operario del puente o un oficial de policía, pero no había nadie alrededor. Mientras caminaba de vuelta al auto, eché un vistazo al letrero que había colocado al lado de la carretera. En este se leía: PUENTE CERRADO POR REPARACIONES. Yo no podía creer que había estado allí durante más de cuarenta minutos y no me había dado cuenta de la señal. Cuando volví a la oficina ya eran las 12:30 p.m.



Oh, realmente tuviste un día interesante. ¿Por qué no bebemos una copa de vino y nos vamos a la cama?



Sí, estoy muy cansado.

20.2 Vocabulary and grammar



Listen and repeat with the definition

Fairy tale: a story, usually for children, about magical beings and creatures.

Science fiction: a literary genre that makes imaginative use of scientific knowledge or conjecture.

Biographical: a written account of another person's life.

Mystery: a story plot that involves a crime or other event that remains puzzlingly unsettled until the very end.

Novel: a long written story, usually fairly complicated, about characters and events that have been invented by the writer.

Myth or legend: a traditional story, especially one that involves gods and heroes and explains a practice or some natural object or phenomenon.

Historical: based on or reconstructed from an event, custom, style, etc., in the past.



Past Perfect Tense

Use the **Past Perfect** tense for actions completed before other events in the past. Use it when you are already talking in past.

Use el **Pasado Perfecto** para acciones completadas antes de otros eventos en el pasado. Úselo cuando ya está hablando en pasado.

Some drivers **had stopped** behind me.
Subject Verb in Complement
Past Participle

Algunos conductores se **habían detenido** detrás de mí.
Sujeto Verbo en Complemento
Pasado Participio

By the time I arrived
to the restaurant,

my friends had waited
in the line for 10 minutes.

Para el momento que
llegué al restaurante,

mis amigos habían esperado
en la fila por 10 minutos.

Past Simple

Past Perfect

Pasado Simple

Pasado Perfecto

Affirmative

Negative

Question

I had been to that cinema before.

I hadn't been to that cinema before.

Had you been to that cinema before
yesterday?



Important

Use **had** and a second verb in **past participle**.

Importante

Use **had** y un segundo verbo en **participio pasado**.

20.3 Do it yourself



Choose the best alternative to complete the sentence

1. We arrived to the class late. The exam *had begun / began*.
2. I went to the library and *had bought / bought* a book.
3. I called Jack's home but he wasn't there he *had left / left*.
4. It was my first time in Peru. I *didn't go / hadn't been* there before.
5. She couldn't come to the meeting. She *had arranged / arranged* something else.
6. I went to the beach and *swam / had swum*.

20.4 Vocabulary and grammar



Listen and repeat

Adjectives to describe stories

1. Historical
2. Romantic
3. Tragic
4. Thrilling
5. Non-linear
6. Touching
7. Entertaining



20.5 Do it yourself



Choose the best alternative to complete the sentence

- a. : about love
- b. : a story that keeps you wanting to know what will happen next
- c. : not telling a story in the order that happened
- d. : that affects you emotionally
- e. : it's fun to read
- f. : based on people or events that existed in the past
- g. : related with tragedies

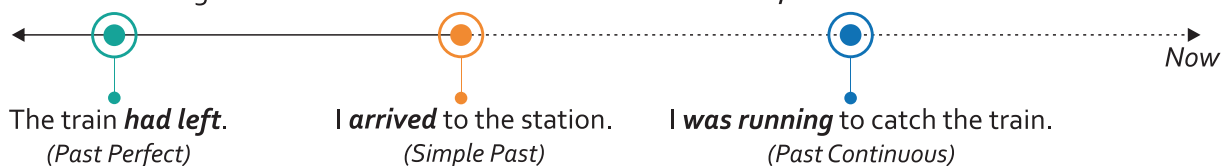
Narrative tenses

We use narrative tenses to make clear the order of events in a story.

Usamos los tiempos narrativos para hacer un orden claro de los eventos en una historia.

Past Simple	Auxiliary: Did Negative: Didn't Affirmative: Verb in past.	-Used for actions that started and finished in the past. -Used to describe a sequence of events in past.	-Usado para acciones que iniciaron y terminaron en el pasado. -Usado para describir una secuencia de eventos en pasado.
Past Continuous	was / wasn't + ing were / weren't + ing	-Used for actions in progress when something else happened. -Used to set the scene in the narrative. Descriptions.	-Se utiliza para las acciones en curso cuando en el mismo momento sucedió algo más. -Se utiliza para establecer la escena en la narrativa. Descripciones.
Past Perfect	Had / hadn't + verb in past participle	-Used to talk about actions that happened before others in the past. -It is just used when talking about two actions.	-Se utiliza para hablar de acciones que ocurrieron antes de otras en el pasado. -Sólo se utiliza cuando se habla de dos acciones.

I was running to catch the train. When I arrived to the station, the train had left.



Read the text again and do the following:

Underline the verbs in **Simple Past** with **green**

Underline the verbs in **Past Continuous** with **blue**

Underline the verbs in **Past Perfect** with **orange**

It was a long day at work. Mr. Hill came home a little later than usual. After dinner, he and Mrs. Hill sat on the sofa and talked for a while.

Mary: How was your day? I saw you came a little bit later today. What happened?

John: I had a very busy day. I wasted almost all my morning out of the office.

Mary: Where did you go?

John: I had one hour free, so I decided to go to a bookstore that is 15 minutes from my office. I wanted to buy a new book and I had time to do it, but I had to go by car because the bookstore is across the bridge. I thought I wouldn't be out for more than an hour, but it wasn't like that.

Mary: Why? I know where the bookstore is and it's not far.

John: Let me tell you. I went out of the office, got in my car and drove towards the bridge. When I tried to cross the river, I saw that the drawbridge was opened up to allow a large boat to pass, I saw the boat was passing so I stopped the car and waited patiently for the bridge to go down. After about ten minutes, a long line of cars had formed behind me.

I wanted to go back to the office because it was going to take more time than I had expected, but it was too late, some other drivers were in the same situation and they had stopped their cars behind me forming a huge traffic line.

Some drivers became impatient and began to honk their horns. The big boat had passed, and no more boats were in sight. I got out of the car and walked towards the bridge. Then, I saw a large sign lying on the ground. I picked it up and placed it on the side of the road.

I tried to find a bridge keeper or a police officer, but there was nobody around. As I walked back to the car, I glanced at the sign I had placed on the side of the road. It read: BRIDGE CLOSED FOR REPAIRS. I couldn't believe I had been there for more than forty minutes and I hadn't noticed the sign. When I got back to the office, it was already 12:30 p.m.

Mary: Oh, you really had an interesting day. Why don't we drink a glass of wine and go to bed?



John: Yes, I'm really tired.

20.7 Do it yourself

 Put the verbs in **Past Simple** or **Past Perfect**

1. When I _____ (see) her I _____ (realize) I _____ (meet) her before.
2. I _____ (be) checking my pockets, I couldn't find my cell phone, somebody _____ (steal) it .
3. Tina _____ (be) tired, she _____ (not sleep).
4. Last year I _____ (go) to the mountain, I _____ (sleep) in a tent and _____ (take) awesome pictures.
5. _____ you _____ (be) to Chile before?

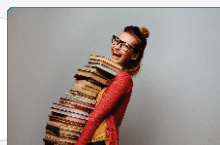
20.8 Vocabulary

  Listen to the conversations and try to find the meaning of the **bold** words by context

-What book are you reading now?
-I'm reading "Boys don't cry." It's a **best seller**.
-I heard it has sold many copies.



-I have spent almost all my paycheck in books this month, I'm a **bookworm**.
-Yeah, I know you love reading.



-I can't go to sleep at night without some good **bedtime reading**.



-I have a lot of free time lately. Can you recommend me a good book?
-I'm reading "The mean flowers." It is **based on** a real story, the main **character** is a florist who is new in a big town. I can't **put it down**. I take advantage of every free minute at work to read it.



20.9 Now about you

 What is your favorite book? Write a little review of it using vocabulary learned in this unit



Go to your sliding board, build up as many sentences as possible and write them down.
Keep your record

Total of sentences

Page 10 of 10



Let's play and practice
Juguemos y practiquemos

Vocabulary Game

Listening Game

Spelling Game

Grammar Game

Unit 21

A BUSY DAY

"I hear and I forget. I see and I remember. I do and I understand."
"Me lo contaron y lo olvidé; lo vi y lo entendí; lo hice y lo aprendí."
-Confucius

My goal

Vocabulary: Object Pronouns
Grammar: Phrasal verbs. Vocabulary about work
Speaking: Speak about your job and job routines using phrasal verbs
Reading and Writing: Write about a busy day using phrasal verbs



21.1 Read, listen and watch

A BUSY DAY

Mr. Hill is a salesman. It is his full-time job. He works for a big company. Last Monday, Mr. Hill set off earlier than usual since he had a busy day ahead of him and he didn't want to get back home too late. He was going to a meeting with an important customer in downtown. The manager of that company had put off the meeting because something very urgent came up, which meant that he couldn't attend.

While Mr. Hill was on the road, his car broke down, so he ended up taking the subway. There, in the subway, he bumped into an old friend. They had a small talk and exchanged cell phone numbers to keep in touch.

At a quarter to nine, he arrived at Limelight & Co, the office of his customer. He walked into the office carrying his briefcase. He handed his business card to the receptionist and asked to speak to the manager.

I'm sorry, but Mr. Morrison, the manager, has gone off to a meeting, but he will be back in about twenty minutes.



Mr. Hill waited patiently for half an hour. Then, Mr. Morrison's secretary came out of the manager's office.

Mr. Morrison will see you now, Sir. Will you please come in?



Mr. Hill picked up his briefcase and went into the office. The meeting was very productive. Mr. Hill went back to his office by subway. Despite the problem with his car, he had a good business day.

UN DIA OCUPADO

El Sr. Hill es un vendedor. Este es su trabajo de tiempo completo. Él trabaja para una compañía grande. El lunes pasado, el Sr. Hill partió antes de lo habitual, ya que tenía un día ocupado por delante y no quería volver a casa demasiado tarde. Iba a una reunión con un cliente importante en el centro. El gerente de esa empresa había postergado la reunión porque algo muy urgente ocurrió, lo que significaba que no podía asistir.

Mientras que el Sr. Hill iba en camino, su carro se dañó, por lo que terminó tomando el metro. Allí, en el metro se encontró con un viejo amigo. Tuvieron una pequeña charla e intercambiaron números de celular para mantenerse en contacto.

A las nueve menos cuarto, llegó a Limelight y Co, la oficina de su cliente. Entró en la oficina llevando su maletín. Él entregó su tarjeta a la recepcionista y pidió hablar con el gerente.

Lo siento, pero el señor Morrison, el gerente, se ha ido a una reunión, pero estará de vuelta en unos veinte minutos.



El Sr. Hill esperó pacientemente durante media hora. A continuación, la secretaria del señor Morrison salió de la oficina del gerente.

El Sr. Morrison lo verá ahora señor. Por favor siga.

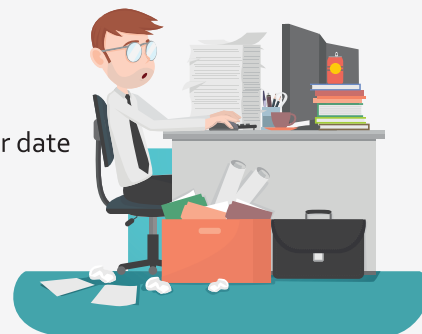


El Sr. Hill tomó su maletín y entró en la oficina. La reunión fue muy productiva. El Sr. Hill regresó a su oficina en metro. A pesar del problema de su carro tuvo un muy buen día de negocios.



Listen and repeat the verbs. Then, choose the meaning of the verbs in the previous exercise following the story

- | | |
|---------------|--|
| 1. set off | <input type="checkbox"/> to go in an enclosed place |
| 2. get back | <input type="checkbox"/> to start a journey, or to start going in a particular direction |
| 3. put off | <input type="checkbox"/> to lift or fetch something from the floor |
| 4. come up | <input type="checkbox"/> to return to a place |
| 5. break down | <input type="checkbox"/> to return |
| 6. end up | <input type="checkbox"/> to go out of an enclosed place |
| 7. bump into | <input type="checkbox"/> to delay an event or activity until a later time or date |
| 8. walk into | <input type="checkbox"/> to finally be in a particular place or situation |
| 9. be back | <input type="checkbox"/> to find somebody you know by accident |
| 10. come out | <input type="checkbox"/> to appear or happen suddenly |
| 11. come in | <input type="checkbox"/> when a machine stops working |
| 12. pick up | <input type="checkbox"/> get into a place by walking |



Phrasal Verbs

Phrasal verbs are usually two word phrases that consist of **verb + adverb** or **verb + preposition** and work as verbs. The two particles form a new different verb from the original one.

e.g.: look: to turn one's eyes toward something or in some direction in order to see
look after: to take care of

Los **phrasal verbs** son generalmente frases de dos palabras que constan de **verbo + adverbio** o un **verbo + preposición** y funcionan como verbos. Las dos partículas forman un nuevo verbo diferente del original.

ejemplo: look: girar tus ojos hacia algo o en alguna dirección para ver
look after: cuidar

There are two types of phrasal verbs:

Hay dos tipos de phrasal verbs:

the separable: pick (something) up
the inseparable: bump into (someone)

separables: pick (something) up = recoger algo
inseparables: bump into (someone) = encontrarse con alguien

There are no rules that explain how phrasal verbs are formed and define their meaning. It could depend on the context you find them.

No hay reglas que expliquen cómo funcionan los phrasal verbs y definan su significado. Puede depender del contexto donde los encuentres.



Read the text again and do the following:

Underline the **phrasal verbs** with **green**
 Underline the **normal verbs** with **blue**

Mr. Hill is a salesman. It is his full-time job. He works for a big company. Last Monday, Mr. Hill set off earlier than usual since he had a busy day ahead of him and he didn't want to get back home too late. He was going to a meeting with an important customer in downtown. The manager of that company had put off the meeting because something very urgent came up, which meant that he couldn't attend.

While Mr. Hill was on the road his car broke down, so he ended up taking the subway. There, in the subway, he bumped into an old friend. They had a small talk and exchanged cell phone numbers to keep in touch.

At a quarter to nine, he arrived at Limelight & Co, the office of his customer. He walked into the office carrying his briefcase. He handed his business card to the receptionist and asked to speak to the manager.

Secretary: I'm sorry, but Mr. Morrison, the manager, has gone off to a meeting, but he will be back in about twenty minutes.

Mr. Hill waited patiently for half an hour. Then, Mr. Morrison's secretary came out of the manager's office.

Secretary: Mr. Morrison will see you now, Sir. Will you please come in?

Mr. Hill picked up his briefcase and went into the office. The meeting was very productive. Mr. Hill went back to his office by subway. Despite the problem with his car, he had a good business day.

21.3 Grammar

Object Pronouns

Object pronouns replace nouns that are the direct object of a sentence. We use them to avoid repetition and they always go after the main verb.

Los **pronombres objeto** sustituyen a los sustantivos que son el objeto directo de una oración. Los usamos para evitar la repetición y siempre van después del verbo principal.

Personal Pronoun	Object Pronoun
I	Me
You	You
He	Him
She	Her
It	It
We	Us
You	You
They	Them

*Anna is my friend. I'll have dinner with **her** (Anna).
I told **him** (Peter) the truth.
I love those **shoes**; I'll buy **them** (the shoes).*

Pronombre Personal	Pronombre Objeto
Yo	a mí
Tú	a ti / a usted
Él	a él
Ella	a ella
Esto	a esto
Nosotros	a nosotros
Ustedes	a ustedes
Ellos	a ellos

*Ana es mi amiga. Yo cenaré con **ella** (Ana).
Yo le dije **a él** (Pedro) la verdad.
Me encantan esos **zapatos**; **los** (los zapatos) compraré.*

21.4 Do it yourself



Complete the sentences using an **Object Pronoun** use the pictures to guide you



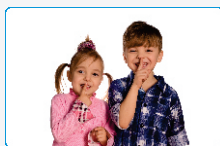
1. Will you please tell to come in?



2. I really like .



3. Where is Jane? Did you invite to the party?



4. Mom told to be quiet.



5. Can you help .



6. She brought a nice birthday gift.

21.5 Vocabulary and grammar



Listen and repeat

Vocabulary about work

1. **Full time job:** working or operating the customary number of hours in each day, week, or month
2. **Part time job:** employed to work, used, expected to function less than the usual or full time
3. **Wage or salary:** money that is paid or received for work or services, as by the hour, day, or week
4. **Boss:** a person who is in charge
5. **Employee:** a person who has been hired to work for another
6. **Overtime:** time spent working that is before or after one's regularly scheduled working hours

21.6 Do it yourself



Complete the sentences with the correct **Phrasal Verb** (from exercise 21.2)

1. Mary goes to work by car. Her boss her every morning at 6:00.
2. I'll be busy today, I think I can't be on time for the meeting. Can we it ?
3. I hadn't seen Camille in 3 years. I her yesterday.
4. My smart phone fell from my pocket, I it . I'll have to buy a new one.
5. I feel really tired now, I really early this morning and I'll have to work overtime.

21.7 Now about you



Write about one of the busiest days you have had. Describe it trying to use phrasal verbs and make four drawings that show the meaning of the four phrasal verbs you used.

21.8 Sliding Board Time



Go to your sliding board, build up as many sentences as possible and write them down. Keep your record

Unit 22

A FIELD TRIP

"The journey of a thousand miles begins with one step."
"Un viaje de diez mil kilómetros comienza por un solo paso."
-Lao Tzu



My goal

Vocabulary: Vocabulary about camping

Grammar: Use of would rather, gerunds and infinitives

Speaking: Talk about camping preferences

Reading and Writing: Write about camping stories. Make a list of the things you should pack for camping.

22.1 Read, listen and watch

A FIELD TRIP

It's the end of the school year and Walter, Adam and Tania were taken to the school field trip. It took place at Natural Park where students could do different outdoor activities such as camping, hiking, horseback riding and some others.

Kids really enjoy going to those field trips because they get away from the traditional classroom, but Tania dislikes camping, she thinks it is not comfortable at all. The teacher recommends packing light and not taking cell phones with them. Students were very excited about the trip so they took tents, sunscreen, cameras, and sports clothing with them.

That morning, Alex was so excited that he didn't mind waking up early. Walter decided not to take his camera because he didn't want to worry about it and enjoy the trip. Tania just wanted to spend time with her friends.

Once they were there, they started thinking about what to do.

Wow! This is a real adventure, this park is huge, and it looks awesome!

Awesome? It looks scary. I can't imagine what kind of strange animals live here.

Come on! it's the end of the school year. Don't be so dramatic.

What should we do first, horseback riding or hiking?

I'd rather find the perfect place to put up our tent and then you can do whatever you want.

Okay, so let's take a walk around to see what the best place is.

LA SALIDA DE CAMPO

Es el final del año escolar y Walter, Adam y Tania fueron llevados a la excursión escolar. Esta se llevó a cabo en el Parque Natural donde los estudiantes podían hacer diferentes actividades al aire libre como camping, senderismo, paseos a caballo y algunos otros.

Los niños realmente disfrutaban de ir a las salidas de campo porque se hacen fuera del aula tradicional, pero a Tania no les gusta acampar, ella cree que no es cómodo en absoluto. La profesora recomienda empacar liviano y no llevar teléfonos celulares. Los estudiantes estaban muy emocionados con el viaje por lo que llevaron carpas, protector solar, cámaras y ropa deportiva con ellos.

Esa mañana Alex estaba tan emocionado que no le importó despertar temprano. Walter decidió no tomar su cámara porque no quería preocuparse por ella y disfrutar del viaje. Tania sólo quería pasar tiempo con sus amigos.

Una vez allí empezaron a pensar en qué hacer.

¡Wow! ¡Esta es una verdadera aventura, este parque es enorme, y se ve increíble!

¿Increíble? da miedo. No me puedo imaginar la clase de animales extraños que viven aquí.

Vamos, es el fin del año escolar. No seas tan dramática.

¿Qué debemos hacer primero, montar a caballo o senderismo?

Prefiero encontrar el lugar perfecto para poner nuestra carpa y entonces ustedes pueden hacer lo que quieran.

Está bien, entonces demos una vuelta para ver cuáles el mejor lugar.

I won't go horseback riding with you guys. I think I'd rather stay here with my friends.

Are you sure? Would you rather stay here doing nothing than having an exciting adventure?

I don't wanna feel tired. I know tonight I'm not going to sleep comfortable. I'd rather help others making the campfire.

That's ok. We'll be back in a couple of hours.

Después de caminar alrededor de una hora, ellos pudieron encontrar un buen lugar para quedarse. Los maestros pusieron a todos los estudiantes juntos y empezaron a poner las carpas.

No voy a ir a montar caballo con ustedes, chicos. Creo que prefiero quedarme aquí con mis amigos.

¿Estás segura? ¿Prefieres quedarte sin hacer nada a tener una aventura emocionante aquí?

No quiero sentirme cansada. Sé que esta noche no voy a dormir cómoda. Prefiero ayudar a otros a que hagan la fogata.

Está bien. Estaremos de vuelta en un par de horas.

22.2 Vocabulary



Going camping



cooler



bed roll / sleeping bag



tent



flashlight



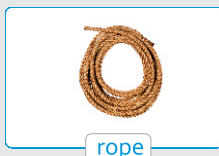
backpack



campfire



lantern



rope



penknife



22.3 Do it yourself

[illegible]

Use of *Would rather*

We use **would rather** when we talk about a specific preference. **Would rather** can be abbreviated **-d' rather** or in its negative form **-d' rather not**. The verb goes in the base form. When we ask about a preference, we use **would** as the auxiliary verb.

Usamos **would rather** cuando hablamos de una preferencia específica. **Would rather** puede ser abreviado a **-d' rather** o en su forma negativa **-d' rather not**. El verbo va en su forma base. Cuando preguntamos sobre una preferencia usamos **would** como el verbo auxiliar.

Affirmative	<i>I would rather stay here.</i>	<i>I'd rather stay here.</i>
Negative	<i>I would rather not go horseback riding.</i>	<i>I'd rather not go horseback riding.</i>
Question	<i>Would you rather stay here doing nothing?</i>	



Important

We can use **than** to express that you prefer one thing more than others.

- I'd rather go to the beach **than** go camping.
- Would you rather stay here doing nothing **than** have an adventure?

Importante

Podemos usar **than** para expresar que prefieres una cosa más que otras.

- Prefiero ir a la playa que ir de campamento.
- ¿Prefieres quedarte aquí haciendo nada que tener una aventura?

22.4 Read and listen



SO YOU WANT TO GO CAMPING FOR THE VERY FIRST TIME

Source: <http://gizmodo.com/so-you-want-to-go-camping-for-the-very-first-time-1582236909>

Don't be intimidated; going camping is simple, almost unbelievably cheap and a lot of fun. Here's a basic guide for first timers with everything you need to know.

My friends like the idea of going somewhere pretty, but worry about being uncomfortable, bored or just spending too much money. The way I always explain it to them is to think of going camping like having a barbecue or a dinner party, just somewhere amazingly beautiful.

How to Find Camp Sites: The easiest way to have a great time on your first camping trip is just to head to your nearest National Park. Organized campsites will have toilets, sometimes showers, a source of clean water and most have firewood you can buy as well as metal fire rings with convenient cooking grilles. All you really need to do is show up with your camping


equipment and food and have a good time.

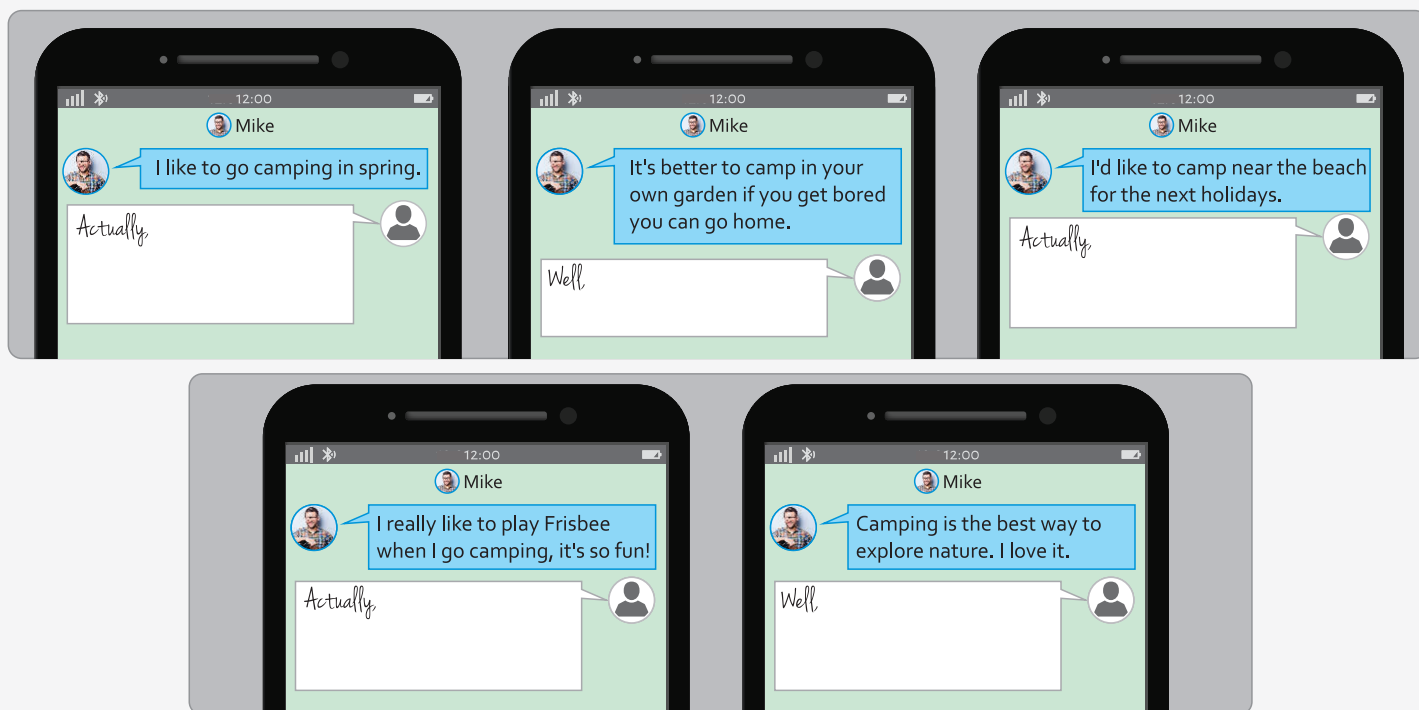
Stuff to Do: Day hikes, nature tours, beaches, fishing, picnics and sports can all make camping much for fun than just sitting around all day. But doing that can be fun too, bring a book.

What to Wear: Just check the weather reports and prepare accordingly. Boots are always a great idea, but not necessary if you don't already have them. Any footwear should be proven and comfortable. Take extra socks in case the ones you're wearing get wet. Take old clothes that can get dirty.

Oh, and remember to leave the campsite and any other areas you visit cleaner than how you found them. If we all do that, camping will be more enjoyable for all of us. Pack trash bags!

22.5 Do it yourself

-  Complete the dialogue writing your own preferences about camping. Remember to use "I'd rather"



22.6 Grammar

Use of Gerunds and Infinitives

Gerunds are verbs followed by **-ing** particle. We use gerunds:

- After certain verbs:
*I **enjoy singing**.*
- After prepositions:
*I packed all the meals **before leaving** home.*
- As the subject or object of a sentence:
***Camping** is the best way to explore nature.*

Some of the most common verbs that are usually followed by a gerund:

Enjoy	Dislike	Mind	Recommend
Discuss	Finish	Suggest	Keep
Avoid			

We use **to + infinitive**:

- After certain verbs:
*We **decided to take** the camera.*

Los gerundios son verbos seguidos por la partícula -ing. Usamos gerundios:

- Después de algunos verbos:
*Yo **disfruto cantar**.*
- Después de preposiciones:
*Yo empaqué toda la comida **antes de salir** de casa.*
- Cuando es el sujeto de una oración:
***Acampar** es la mejor forma de explorar la naturaleza.*

Algunos de los verbos más comunes que usualmente están seguidos de gerundio:

Disfrutar	Disgustar	Interesar	Recomendar
Discutir	Finalizar	Sugerir	Mantener
Evitar			

Usamos **to + infinitivo**:

- Después de algunos verbos:
*Nosotros **decidimos tomar** la cámara.*

-After many adjectives :

*It's **difficult to get up** early.*

-To show purpose :

*I **came to the Natural Park to explore** nature.*

-Después de muchos adjetivos:

*Es **difícil levantarse** temprano.*

-Para expresar propósito:

*Yo **vine** al Parque Natural **para explorar** la naturaleza.*

Some common verbs followed by **to** and the **infinitive**: *Algunos verbos comunes seguidos por **to** e **infinitivo**:*

Agree	Decide	Plan	Learn	Would like*	Acordar	Decidir	Planear	Aprender	Gustaría*
Ask	Help	Hope	Want	Promise	Preguntar	Ayudar	Esperar	Querer	Prometer



Important

Some verbs can be followed by gerunds or infinitives. Both ways are correct.

Importante

Algunos verbos pueden ir seguidos por gerundios o infinitivos y ambas formas son correctas.



Read the text again and do the following:

Underline the sentences with **gerund** with **blue**

Underline the sentences with **infinitives** with **orange**

Underline the sentences with **would rather** with **green**

It's the end of the school year and Walter, Adam and Tania were taken to the school field trip. It took place at Natural Park where students could do different outdoor activities such as camping, hiking, horseback riding and some others.

Kids really enjoy going to those field trips because they get away from the traditional classroom, but Tania dislikes camping, she thinks it is not comfortable at all. The teacher recommends packing light and not taking cell phones with them. Students were very excited about the trip so they took tents, sunscreen, cameras and sports clothing with them.

That morning, Alex was so excited that he didn't mind waking up early, Walter decided not to take his camera because he didn't want to worry about it and enjoy the trip. Tania just wanted to spend time with her friends.

Once they were there, they started thinking about what to do.

Walter: Wow! This is a real adventure, this park is huge, and it looks awesome!

Tania: Awesome? It looks scary. I can't imagine what kind of strange animals live here.

Adam: Come on! It's the end of the school year. Don't be so dramatic.

Walter: What should we do first, horseback riding or hiking?

Tania: I'd rather find the perfect place to put up our tent and then you can do whatever you want.

Adam: Okay, so let's take a walk around to see what the best place is.

After walking about an hour, they could find a good place to stay. The teachers put all students together and started putting up the tents.

Tania: I won't go horseback riding with you guys. I think I'd rather stay here with my friends.

Walter: Are you sure? Would you rather stay here doing nothing than having an exciting adventure?

Tania: I don't wanna feel tired. I know tonight I'm not going to sleep comfortable. I'd rather help others making the campfire.

Adam: That's ok. We'll be back in a couple of hours.

Walter and Adam went back with other kids before 6 p.m. That night, teachers made the fire camp, students had their meals and told stories around the fire before going to sleep. The next morning all students went hiking to the mountains, Tania promised not to complain and enjoy the view. By the end of the day they were home with lots of stories to tell to their parents.

22.7 Do it yourself

 Complete the sentences using **gerunds** or **infinitives**

1. He kept (walk), although he knew he was far from the camping.
2. She plans (go) camping near the beach next summer.
3. I enjoyed (camp) in The Himalayas.
4. The kids were learning (swim).
5. Tania didn't want (go) camping.
6. We decided (take) a cooler with beer.
7. We've finished (prepare) for the meeting.
8. Experts suggest (stay) at organized campsites which have toilets, sometimes showers and sources of clean water.


22.8 Do it yourself


 Write a short paragraph answering the following questions

Write about the last time you went camping. Where did you go? What did you do, and what kind of things did you take with you? Try to write the details to make your anecdote more interesting.

In case you have never gone camping write about the best places to go camping near your city. When would you like to do it? What kind of objects would you take? Who would you like to go with? Plan your next camping trip.

22.9 Sliding Board Time

 Go to your sliding board, build up as many sentences as possible and write them down. Keep your record

 Let's play and practice
Juguemos y practiquemos

Total of sentences

Vocabulary
Game

Listening
Game

Spelling
Game

Grammar
Game

ANSWER KEY

Unit 17

17.2 Vocabulary and grammar



Read the text again and do the following:

Underline the sentences in **present perfect** with **blue**

Presenter: Hello! Welcome to BGI radio. Today we have a very special guest. If you are adventurous and you like to travel you'll love our guest. **Have you heard** about Erik Miller, the famous travel journalist? He's here with us to talk about the most bizarre experiences **he's had** along his career.

Welcome Erik, how's everything?

Erik: Hi, I'm happy to be here sharing experiences with you.

Presenter: It's our pleasure, we are very curious about your occupation. Who wouldn't like to travel around the world and get paid for it?

Erik: Well, it's a very good job, but you need to be very open minded to see and try everything where you go. That's the point, trying new stuff and learning everywhere you go.

Presenter: What's the best place **you have visited**?

Erik: It's a very difficult question, because there's beauty everywhere. The landscapes, people, the experience indeed.

Presenter: And what is the most thrilling experience **you have had**?

Erik: Well, **I have swum** with sharks in the Pacific and also **I have climbed** the Everest and **I have been** in a lion cage. That's thrilling.

Presenter: Sure it is! And what's the strangest thing **you have eaten**?

Erik: **I have eaten** bugs and snails. I could feel them moving in my mouth.

Presenter: That doesn't sound very nice. Where **have you done that**?

Erik: It was in an indigenous tribe in Asia. But it's part of their traditions so I respect them and I had to do it.

Presenter: And what **has been** the longest journey in the same mean of transportation?

Erik: **I have been** on a bus during 5 days. I traveled through South America. It's not comfortable, but you can have very good experiences.

Presenter: People imagine that your job is full of luxury and comfort, but it's not as it seems.

Erik: No way, if you really want to know a place and enjoy your trip you should go out of the typical. You need to try different experiences to enjoy and have good memories.

Presenter: Finally, **have you ever had** bad travel experiences?

Erik: Actually, yes, **I have**. Even if I try to see the bright side in every negative situation. Once somebody stole my camera and I didn't have resources to work. Also, **I have lost** my luggage and **I have been** sick, but that's part of the trip.

Presenter: You heard people! Traveling means getting out of your comfort zone and enjoying the difficulties, too. That was Erik Miller, travel journalist. Send your questions to bgiradio@mail.com, he'll be answering your questions later.

17.3 Reading comprehension



Write the experiences Eric talked about on the interview and write yours using the same verbs

travel	He has traveled the world	I have traveled to...
swim	He has swum with sharks.	
climb	He has climbed the Everest.	
eat	He has eaten bugs and nails.	
travel by	He has traveled by bus.	
lose	He has lost his luggage.	

17.4 Reading comprehension



Choose the best answer for each question

- When the presenter said "if you are adventurous and you like to travel, you will love our guest", he meant:
 - if you don't like to travel, you won't love Erik Miller
 - if you like to travel, the interview will be interesting for you
 - people can fall in love with Erik Miller if they listen de interview
- When the presenter said "who wouldn't like to travel the world and get paid for it", he meant:
 - Erik's job is not really a job
 - people would like to be travel journalists
 - Erik's job is very good and interesting that it shouldn't be considered as a job
- When Eric said "try to see the bright side in every negative situation", he meant:
 - he always tries to be positive
 - he tries to see the advantages of a bad situation
 - the situations has a dark and a bright side

17.6 Do it yourself



Listen to the story and fill in the spaces. Use **Present Perfect**

Melissa **has traveled** for 10 years. During that time, she **has worked** in the same company traveling the world, she **has stayed** in 55 hotels and she **has taken** tours in every city she has gone.

Melissa and her husband go on vacation twice a year, they **have been** in many different airports, but they haven't been to China yet, and they **have taken** many different flights and **have checked** in and out of different hotels.

Unit 18

18.3 Reading comprehension



Complete the sentences with **never**, **yet**, **already** or **just**

- Jackie has **never** gone to a gym because she doesn't like lift weighting.
- Sara has **already** signed up the gym.
- Sara likes dancing, but she hasn't signed up for the classes **yet**.
- Has Sara started a diet **yet**?
-Yes, she has **just / already** started cutting out sweet.

5. Sara hasn't lost weight yet because she just started the diet.
6. Sara has never cared about her health until now.

18.6 Do it yourself

 Write a sentence following the picture



She has been stretching
for 20 minutes.



They have been doing pool cardio
for 15 minutes.



They have been doing yoga
for the last hour.





They have been jogging
for 5 minutes.



He hasn't been lifting
weights.



He hasn't been working
out during the last years.

  Read the text again and do the following:

Underline the verbs in **present perfect continuous** with **blue**

Underline the words related to **diet** and **working out** with **orange**

Underline the words **yet**, **already**, **just** and **never** with **green**

Sarah went to the doctor one week ago, after that she started concerning about her weight. The doctor told her she might be gaining weight and he advised her to start exercising and changing eating habits. Sara is crazy about chocolate and sweets. She is used to skipping breakfast and eating a big lunch every day. Sometimes, she goes out for dinner with friends and she's used to drinking beer, too. Yesterday, she met with her friend Jackie at a restaurant. They talked about her lifestyle changes.

Jackie: How's the **diet** going?

Sara: Oh gosh, it's a very inappropriate question for lunch time. I've **just** started to **change my eating habits**. It has been so hard for me.

Jackie: Sorry, I'm **just** concerned about you. Those changes are necessary. You **haven't been eating** sensibly lately, remember: you are what you eat.

Sara: I've started **cutting out** the fried food and sweets. Also I've **just started following a meal plan** that the doctor suggested to me.

Jackie: That's great and I think it's the most difficult part, but I'm sure you're going to make it.

Sara: Also, I've **already** started **going to the gym**. I've **been exercising** three times a week.

Jackie: I've **never been** to a gym before, I prefer **exercising outside**. I love to **go hiking** or **jogging**, but you can have a personal trainer at the gym. That's pretty good for you.

Sara: You can sign up for a membership at the gym, too. We can exercise together. There are some fitness classes.

Jackie: What kind of classes do they have?

Sara: They have a lot of **dance classes**, **yoga**, **weight lifting** classes and **pool cardio**. I haven't signed for dancing classes **yet**, but I'll do it next week that sounds pretty interesting and amusing to me. It's better and less boring than lifting weights.

Jackie: Yes, you're right. I'll think about it.

Sara: What kind of diet have you followed? I remember you used to eat lots of junk food.

Jackie: Yes, I used to, but it was because I didn't have much time to cook. I **have been eating** clean.

Sara: What do you mean by that?

Jackie: I'm talking about **eating fewer calories** and **drinking plenty of water**. I have eaten natural during the last two years and I have lost some pounds.

Sara: I need to stick to my **diet** now and **exercise** if I want to be healthy.



Unit 19

19.3 Do it yourself

 Organize the cleaning schedule according to the reading

Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tania	-wash the dishes		-wash the dishes		-wash the dishes	-mop the kitchen floor
Adam	-take out the garbage	-take out the garbage	-take out the garbage -sweep	-take out the garbage	-take out the garbage	-take out the garbage
Walter	-do homework -pick up his toys	-do homework -pick up his toys	-do homework -pick up his toys	-do homework -pick up his toys	-do homework -pick up his toys	-vacuum
Dad		-wash the dishes		-wash the dishes		-cook
Mom	-cook -clean	-cook -clean	-cook -clean	-cook -clean	-cook -clean	-do laundry

19.6 Grammar

  Read the text again and do the following:

Underline the sentences with **must** with **blue**

Underline the sentences with **have to** with **green**

Mrs. Hill woke up very upset this morning, since they have moved into the new house the children have not been doing their household duties, the house looked dirty and disorganized. During breakfast, she talked to her children and told them they have to help with the housework.

Mrs. Hill: Walter, I'm tired of your mess. You need to help your siblings to clean the house. **You have to pick up your toys** after you play with them. **You must turn off the TV** after you play videogames and do homework from school before dad gets home.

Walter: Yes mom, sorry. The time goes by so fast and I don't realize.

Mrs. Hill: And what about you Adam? I can see you're not walking the dog after class. **You have to walk the dog** every day after school and take a plastic bag with you.

Adam: Mom, the dog can stay in the backyard all day.

Mrs. Hill: Stop being lazy. **You must take the dog out**, it's your dog. If you don't take him out **you'll have to do the gardening** and clean his mess during the weekend.

Adam: No way! I'll not do the gardening. I'll try to walk the dog out every day.

Mrs. Hill: I'm doing the laundry on Saturday morning, so **you have to put all your dirty clothes** into the laundry basket before Saturday. I won't go to your rooms to look for your dirty clothes anymore.

Adam: Okay mom.

Mrs. Hill: I was thinking about making a schedule for the duties, everybody is going to help. Your sister **Tania has to wash the dishes** on Monday, Wednesday and Friday and **your father must wash the dishes** on Tuesday and Thursday, **he also has to cook** on Saturdays. **Walter has to vacuum the living room carpet** on Saturday morning. And **Tania must mop the kitchen floor** on Saturday, too. **Adam has to take out the garbage** every day and sweep the living room floor on Wednesday. **Each one of you must make the beds** and tidy up your rooms.

Walter: And what are you doing mom?

Mrs. Hill: I clean the house and cook breakfast every day, I do laundry and I iron clothes. Do you think it is nothing? Is everything clear for you?

Walter and Adam: Yes mom!

Mrs. Hill: I'll put the list of duties on the fridge door with a magnet.

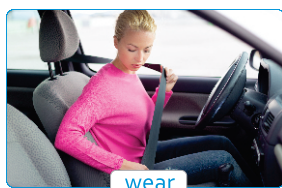
19.8 Do it yourself

Use **have to** or **must** to complete the sentences

1. If Tania wants to go to a party she **has to** do all household duties.
2. At my office I **must** start working at 7:00 a.m.
3. I **mustn't** (not drive) over the speed limit.
4. People **must** drive carefully.
5. You **don't have to** (not go) if you don't want.

19.10 Do it yourself

Write rules using **must** or **mustn't** for the situations you see on the pictures



wear

You must wear
the seatbelt.



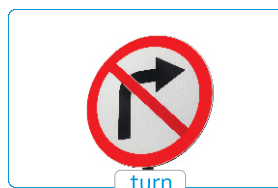
smoke

You mustn't smoke



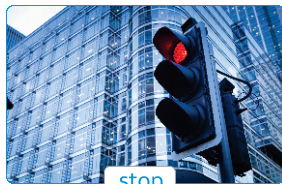
be quiet

You must be quiet
at the cinema.



turn

You mustn't turn
right.



stop

You must stop
when the traffic light is red.



drink

You mustn't drink
alcohol when driving.



flush

You must flush
the toilet.



use

You mustn't use
the cell phone in class.

Unit 20

20.3 Do it yourself

Choose the best alternative to complete the sentence



1. We arrived to the class late. The exam **had begun** / began.
2. I went to the library and **had bought** / **bought** a book.
3. I called Jack's home but he wasn't there he **had left** / left.
4. It was my first time in Peru. I **didn't go** / **hadn't been** there before.
5. She couldn't come to the meeting. She **had arranged** / arranged something else.
6. I went to the beach and **swam** / **had swum**.

20.5 Do it yourself

 Choose the best alternative to complete the sentence

- a. : about love
- b. : a story that keeps you wanting to know what will happen next
- c. : not telling a story in the order that happened
- d. : that affects you emotionally
- e. : it's fun to read
- f. : based on people or events that existed in the past
- g. : related with tragedies

20.6 Grammar

  Read the text again and do the following:

Underline the verbs in **Simple Past** with **green**

Underline the verbs in **Past Continuous** with **blue**

Underline the verbs in **Past Perfect** with **orange**

It **was** a long day at work. Mr. Hill **came** home a little later than usual. After dinner, he and Mrs. Hill **sat** on the sofa and **talked** for a while.

Mary: How **was** your day? I **saw** you **came** a little bit later today. What **happened**?

John: I **had** a very busy day. I **wasted** almost all my morning out of the office.

Mary: Where **did** you go?

John: I **had** one hour free, so I **decided** to go to a bookstore that is 15 minutes from my office. I **wanted** to buy a new book and I **had** time to do it, but I **had** to go by car because the bookstore is across the bridge. I **thought** I wouldn't be out for more than an hour, but it **wasn't** like that.

Mary: Why? I know where the bookstore is and it's not far.

John: Let me tell you. I **went** out of the office, **got** in my car and **drove** towards the bridge. When I **tried** to cross the river, I **saw** that the drawbridge **was** opened up to allow a large boat to pass, I **saw** the boat **was passing** so I **stopped** the car and **waited** patiently for the bridge to go down. After about ten minutes, a long line of cars **had formed** behind me.

I **wanted** to go back to the office because it was going to take more time than I **had expected**, but it was too late, some other drivers **were** in the same situation and they **had stopped** their cars behind me forming a huge traffic line.

Some drivers **became** impatient and **began** to honk their horns. The big boat **had passed**, and no more boats **were** in sight. I **got** out of the car and **walked** towards the bridge. Then, I **saw** a large sign lying on the ground. I **picked** it up and **placed** it on the side of the road.

I **tried** to find a bridge keeper or a police officer, but there **was** nobody around. As I **walked** back to the car, I **glanced** at the sign I **had placed** on the side of the road. It **read**: BRIDGE CLOSED FOR REPAIRS. I **couldn't** believe I **had been** there for more than forty minutes and I **hadn't noticed** the sign. When I **got** back to the office, it **was** already 12:30 p.m.

Mary: Oh, you really **had** an interesting day. Why don't we drink a glass of wine and go to bed?

John: Yes, I'm really tired.



20.7 Do it yourself

 Put the verbs in **Past Simple** or **Past Perfect**


- When I saw (see) her I realized (realize) I had met (meet) her before.
- I was (be) checking my pockets, I couldn't find my cell phone, somebody had stolen (steal) it.
- Tina was (be) tired, she didn't sleep (not sleep).
- Last year I went (go) to the mountain, I slept (sleep) in a tent and took (take) awesome pictures.
- Had you been (be) to Chile before?

Unit 21

21.2 Vocabulary and grammar

  Listen and repeat the verbs. Then, choose the meaning of the verbs in the previous exercise following the story

- | | |
|---------------|--|
| 1. set off | <u>11</u> to go in an enclosed place |
| 2. get back | <u>1</u> to start a journey, or to start going in a particular direction |
| 3. put off | <u>12</u> to lift or fetch something from the floor |
| 4. come up | <u>2</u> to return to a place |
| 5. break down | <u>9</u> to return |
| 6. end up | <u>10</u> to go out of an enclosed place |
| 7. bump into | <u>3</u> to delay an event or activity until a later time or date |
| 8. walk into | <u>6</u> to finally be in a particular place or situation |
| 9. be back | <u>7</u> to find somebody you know by accident |
| 10. come out | <u>4</u> to appear or happen suddenly |
| 11. come in | <u>5</u> when a machine stops working |
| 12. pick up | <u>8</u> get into a place by walking |

  Read the text again and do the following:

Underline the **phrasal verbs** with **green**

Underline the **normal verbs** with **blue**

Mr. Hill is a salesman. It is his full-time job. He works for a big company. Last Monday, Mr. Hill set off earlier than usual since he had a busy day ahead of him and he didn't want to get back home too late. He was going to a meeting with an important customer in downtown. The manager of that company had put off the meeting because something very urgent came up, which meant that he couldn't attend.

While Mr. Hill was on the road his car broke down, so he ended up taking the subway. There, in the subway, he bumped into an old friend. They had a small talk and exchanged cell phone numbers to keep in touch.

At a quarter to nine, he arrived at Limelight & Co, the office of his customer. He walked into the office carrying his briefcase. He handed his business card to the receptionist and asked to speak to the manager.

Secretary: I'm sorry, but Mr. Morrison, the manager, has gone off to a meeting, but he will be back in about twenty minutes.

Mr. Hill waited patiently for half an hour. Then, Mr. Morrison's secretary came out of the manager's office.

Secretary: Mr. Morrison will **see** you now, Sir. Will you please **come in**?

Mr. Hill **picked up** his briefcase and **went into** the office. The meeting was very productive. Mr. Hill **went back** to his office by subway. Despite the problem with his car, he **had** a good business day.

21.4 Do it yourself

 Complete the sentences using an **Object Pronoun** use the pictures to guide you



1. Will you please tell **them** to come in?



4. Mom told **us** to be quiet.



2. I really like **it**.



5. Can you help **me**?



3. Where is Jane? Did you invite **her** to the party?



6. She brought **him** a nice birthday gift.



21.6 Do it yourself

 Complete the sentences with the correct **Phrasal Verb** (from exercise 21.2)

1. Mary goes to work by car. Her boss **picks** her **up** every morning at 6:00.
2. I'll be busy today, I think I can't be on time for the meeting. Can we **put** it **off**?
3. I hadn't seen Camille in 3 years. I **bump** **into** her yesterday.
4. My smart phone fell from my pocket, I **broke** it **down**. I'll have to buy a new one.
5. I feel really tired now, I **set** **off** really early this morning and I'll have to work overtime.

Unit 22

22.6 Grammar

  Read the text again and do the following:

Underline the sentences with **gerund** with **blue**

Underline the sentences with **infinitives** with **orange**

Underline the sentences with **would rather** with **green**

It's the end of the school year and Walter, Adam and Tania were taken to the school field trip. It took place at Natural Park where students could do different outdoor activities such as **camping**, **hiking**, horseback **riding** and some others.

Kids really enjoy **going** to those field trips because they get away from the traditional classroom, but Tania dislikes **camping**, she thinks it is not comfortable at all. The teacher recommends **packing** light and not **taking** cell phones with them. Students were very excited about the trip so they took tents, sunscreen, cameras and sports clothing with them.

That morning, Alex was so excited that he didn't mind **waking** up early, Walter decided not **to take** his camera because he didn't want **to worry** about it and enjoy the trip. Tania just wanted **to spend** time with her friends.

Once they were there, they started **thinking** about what **to do**.

Walter: Wow! This is a real adventure, this park is huge, and it looks awesome!

Tania: Awesome? It looks scary. I can't imagine what kind of strange animals live here.

Adam: Come on! It's the end of the school year. Don't be so dramatic.

Walter: What should we do first, horseback **riding** or **hiking**?

Tania: I'd **rather find** the perfect place **to put up** our tent and then you can do whatever you want.

Adam: Okay, so let's take a walk around **to see** what the best place is.

After **walking** about an hour, they could find a good place **to stay**. The teachers put all students together and started **putting** up the tents.

Tania: I won't go horseback **riding** with you guys. I think I'd **rather stay** here with my friends.

Walter: Are you sure? **Would** you **rather stay** here **doing** nothing than **having** an exciting adventure?

Tania: I don't wanna feel tired. I know tonight I'm not going **to sleep** comfortable. I'd **rather help** others **making** the campfire.

Adam: That's ok. We'll be back in a couple of hours.

Walter and Adam went back with other kids before 6 p.m. That night, teachers made the fire camp, students had their meals and told stories around the fire before **going to sleep**. The next morning all students went **hiking** to the mountains, Tania promised not **to complain** and enjoy the view. By the end of the day they were home with lots of stories **to tell** to their parents.

22.7 Do it yourself



Complete the sentences using **gerunds** or **infinitives**

1. He kept **walking** (walk), although he knew he was far from the camping.
2. She plans **to go** (go) camping near the beach next summer.
3. I enjoyed **camping** (camp) in The Himalayas.
4. The kids were learning **to swim** (swim).
5. Tania didn't want **to go** (go) camping.
6. We decided **to take** (take) a cooler with beer.
7. We've finished **preparing** (prepare) for the meeting.
8. Experts suggest **staying** (stay) at organized campsites which have toilets, sometimes showers and sources of clean water.

