

OXFORD

American English File³

Third Edition

WITH ONLINE PRACTICE



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campketab.com

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English File 1 and *English File 2*

OXFORD
UNIVERSITY PRESS

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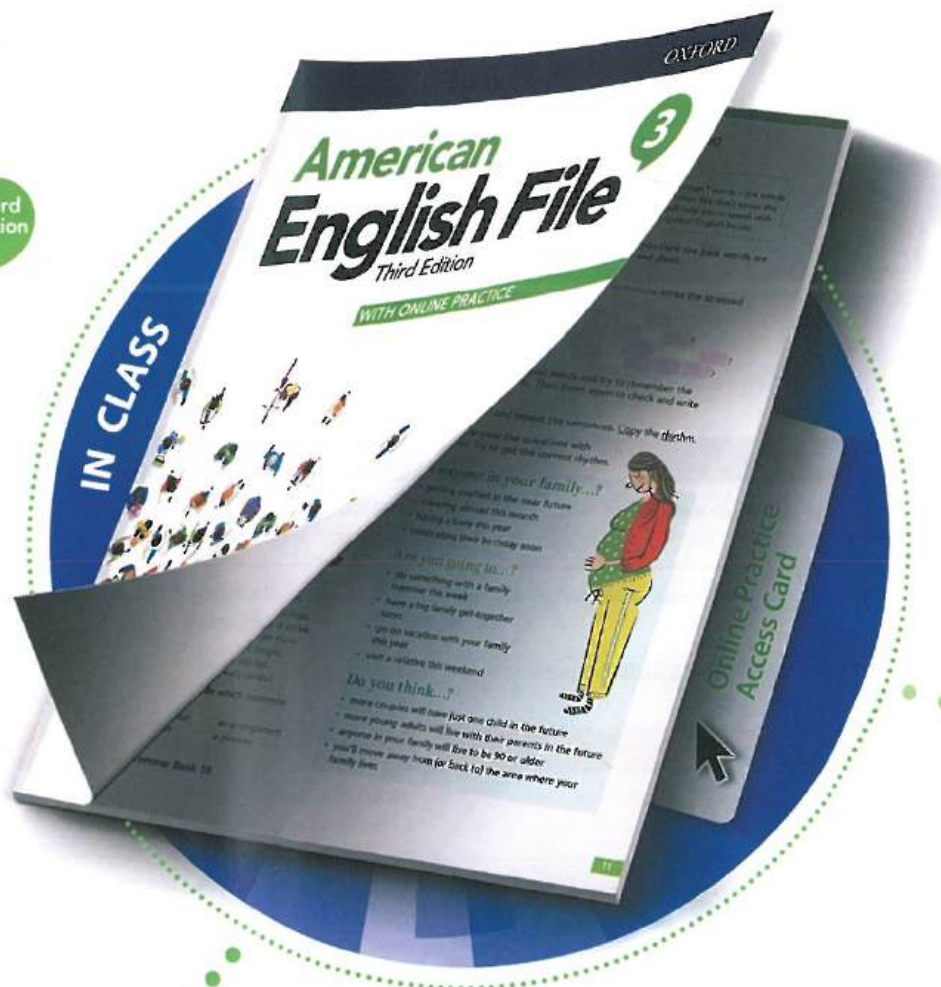
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Course overview

American English File³

Third Edition

Welcome to **American English File Third Edition**. This is how to use the Student Book, Online Practice, and the Workbook in and out of class.



Student Book

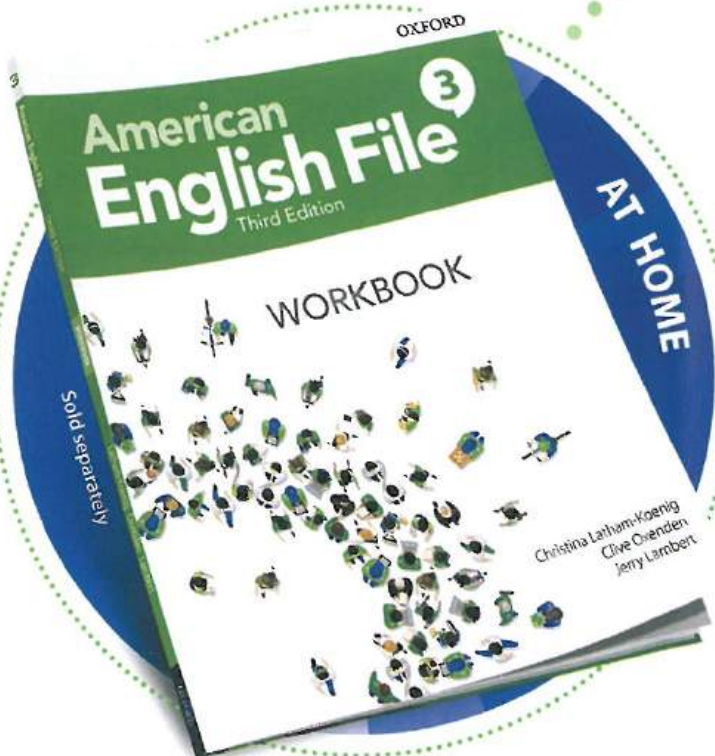
All the language and skills you need to improve your English, with Grammar, Vocabulary, Pronunciation, and skills work in every File.

Use your Student Book in class with your teacher.

Workbook

Grammar, Vocabulary, and Pronunciation practice for every lesson.

Use your Workbook for homework or for self-study to practice language and to check your progress.



ACTIVITIES AUDIO VIDEO RESOURCES

ONLINE



Online Practice

Look again at Student Book language you want to review or that you missed in class, do extra **Practice** activities, and **Check your progress** on what you learned so far.

Use the Online Practice to learn outside the classroom and get instant feedback on your progress.

Go to
americanenglishfileonline.com
and use the code on
your Access Card to
log into the Online
Practice.



LOOK AGAIN

- Review the language from every lesson.
- Watch the video and listen to all the class audio as many times as you like.

PRACTICE

- Improve your skills with extra Reading, Writing, Listening, and Speaking practice.
- Use the interactive video to practice Practical English.

CHECK YOUR PROGRESS

- Test yourself on the language from the File and get instant feedback.
- Try a Challenge activity.

SOUND BANK

- Use the Sound Bank video to practice and improve your pronunciation of English sounds.

1A

Eating in...and out

Do you eat a lot of red meat?

Yes, but I'm trying to cut down.

G simple present and continuous, action and nonaction verbs

V food and cooking

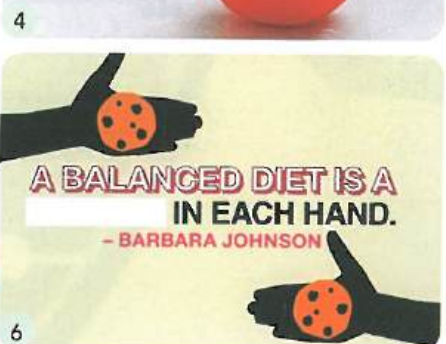
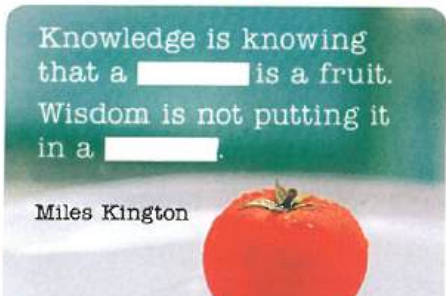
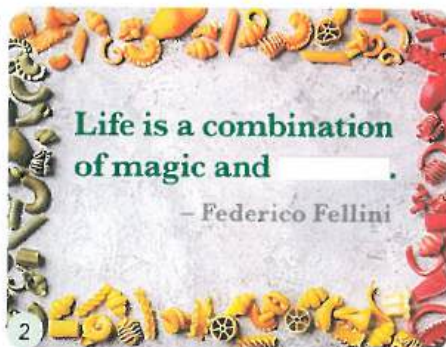
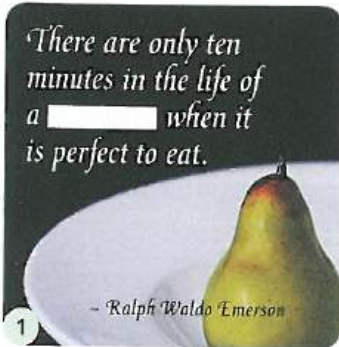
P vowel sounds

1 VOCABULARY food and cooking

Amir

- a Look at some quotes about food from Pinterest. Complete the quotes with a word or phrase from the list.

cake cookie fruit salad onions pasta pear tomato



- b Which quote do you like best? Compare with a partner.

- c V p.152 Vocabulary Bank Food and cooking

- d Look at some common adjectives to describe food. What kind of food do we often use them with?

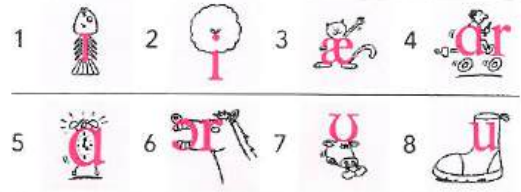
canned /kænd/ fresh /fref/ frozen /'frouzn/
hot /spicy /'spaisi/ low-fat /lou 'fat/ raw /rɔ/

- e 1.5 Listen to six conversations. Write the food phrase you hear for each adjective in d.

1 raw salmon

2 PRONUNCIATION vowel sounds

- a Look at the eight sound pictures. What are the words and sounds?



- b 1.6 Match a phrase to each sound. Then listen and check.

crab salad	a good cook
grilled squid	hot sausages
a large carton of milk	four forks
steamed green beans	tuna with zucchini

3 LISTENING & SPEAKING

- a Read the Your food profile questionnaire. What do you think the **bold** words and phrases mean?

Your food profile

- What's your favorite...?
a snack b **pizza topping**
c sandwich **filling**
- Do you ever have...?
a **ready-made** food
b **take-out** food
c very hot / spicy food
Give examples.
- Are you **allergic** or **intolerant** to any food? How long have you had the problem?
- What food do you usually eat...?
a to **cheer yourself up** when you're feeling sad
b when you're tired and don't want to cook
- When you're away from home, is there any food or drink that you really **miss**?
- Is there any food or drink that you couldn't live without? How often do you eat / drink it?

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- b 1.7 Listen to six people each answering one question from *Your food profile*. Match each speaker to the question he or she is answering.

5 Naomi	Tran
Sarah	Austin
Emilio	Sean

- c Listen again and write their answers. Compare with a partner.
- d Ask and answer the questions with a partner. What do you have in common?

4 READING

- a Talk to a partner. What time do you usually...?

get up	have lunch
have breakfast	have dinner
exercise	go to bed
have a coffee	

- b Read the article once. Do you or your partner do any of the things in a at the times the article recommends?

- c Read the article again. Answer the questions with a partner.

- Why is it important to have breakfast every day when you're a teenager?
- What effect does caffeine have on us if we drink it between 2:00 and 5:00 p.m.?
- What's the difference between having steak and French fries for lunch and having it for dinner?
- Why should an early evening meal be "delicious"?
- What's the best physical activity to do a) early in the morning, b) in the afternoon?
- Why does the body produce melatonin?

- d Search the text and find six parts of the body. Which do we a) have one of, b) two of, c) more than two of?

- | | |
|------------|------------|
| 1 he _____ | 4 mu _____ |
| 2 st _____ | 5 lu _____ |
| 3 br _____ | |

- e Answer the questions with a partner.

- Do you believe all the information in this article? Why (not)? Give examples from your own experience.
- Would you consider changing any of your habits based on this information?

Eat and drink – but at the right time!

In our super-busy 21st-century lives, most of us try to do as much as we can in 24 hours. However, we usually do things whenever it suits us, and experts say that this is disrupting our body's natural cycle, making us feel tired at times when we should feel awake, and vice versa. Science shows that by doing things at the right time, we can be happier and healthier.

Have breakfast at 8:00 a.m.

In a recent study, researchers found having breakfast at this time is good for our blood sugar levels, so the food you eat now will give you the energy you need. It's also important not to skip breakfast. Another research team, from Sweden, suggested that people who ate a regular breakfast as teenagers were 32% less likely to be at risk of heart disease as adults.

Don't drink coffee in the morning. Have one at 3:00 p.m.

Most coffee drinkers make a cup as soon as they wake up. However, researchers have suggested that early morning is the worst time to drink coffee because it stops the body from producing the stress hormone cortisol, which we need at this time to help us to wake up. The best time to drink coffee – or caffeine in general – is between 2:00 p.m. and 5:00 p.m., when it can make us more mentally alert, according to a study conducted by the University of Sheffield a few years ago.

Have lunch between 12:00 and 2:00

This is when our body digests food best because this is when the stomach produces the most acid. So it's the ideal time to have your main meal of the day. An experiment by nutritionists at the University of Surrey found that blood glucose levels after an evening meal were much higher than when people had the same meal earlier in the day, and high levels of glucose can cause diabetes.

Have dinner at 7:00 p.m.

Have your evening meal early. It should be delicious – our sense of smell and taste are at their best at this time – but light.

More good times for your body

- Ideally, you should get up when the sun rises. When we see daylight, we stop producing the sleep hormone melatonin and start getting ready for the day ahead.
- Do yoga or go for a walk before breakfast.
- Do important tasks at 11:00 a.m., when your brain is working the best.
- Weightlifting sessions are best done at midday – that's when your muscles are the strongest.
- The best time to run or ride a bike is 5:00 p.m., when your lung capacity – important for endurance sports – is at its greatest.
- Go to bed between 9:00 p.m. and 11:00 p.m. This is when your body temperature starts to go down and the brain begins producing melatonin.



5 LISTENING

- a Read the text about Marianna. Then look at the five photos and extracts from an interview with her. With a partner, say how you think she finishes each sentence.
- b **1.8** Listen to Part 1 of an interview with Marianna and check your answers to a.
- c Listen again. With a partner, say anything else you can remember about each photo.
- d **1.9** Now listen to Part 2 and answer the questions.
- 1 What three things did Marianna do before becoming a chef in London?
 - 2 What was her first connection with the restaurant Moro? Why did she go back to it later?
 - 3 What happened seven years later?
 - 4 How is her restaurant, Morito, different from Moro?
 - 5 How often does she go back to Crete? What happens when she has lunch with her old friends there?
- e What about you? Answer the questions with a partner.
- 1 What was your favorite food when you were a child?
 - 2 What kinds of things did your mother or father cook? Do you still eat them?
 - 3 Do you have a favorite restaurant? What do you like most about it – the food, the atmosphere, the service, or the price?



Marianna Leivaditaki

is the head chef at Morito, a very popular restaurant in London. She was born on the island of Crete, in Greece. Her father was a Cretan fisherman and her mother was Scottish. Together they ran a seafood restaurant, which is where Marianna spent most of her childhood.

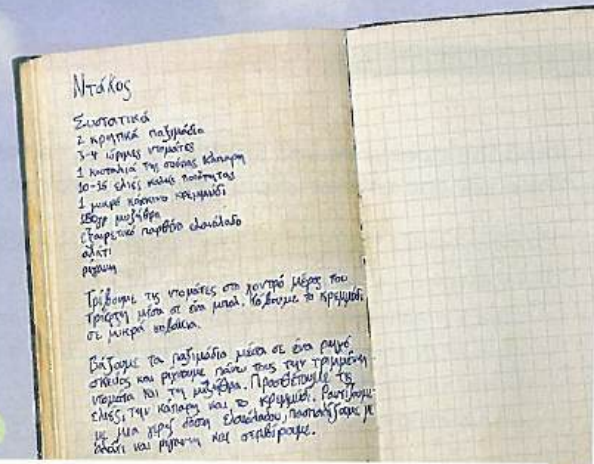
6 GRAMMAR simple present and continuous, action and nonaction verbs

- a Look at three sentences from the interview. Circle the correct verb form.
- 1 You don't need / aren't needing anything except lemon and olive oil when fish and seafood is really fresh.
 - 2 This week, for example, I make / I'm making "ntakos," a Cretan salad...
 - 3 I go / I'm going to Crete maybe four or five times a year.
- b **1.10** Listen and check. With a partner, say why you think she uses each form.
- c **p.132 Grammar Bank 1A**



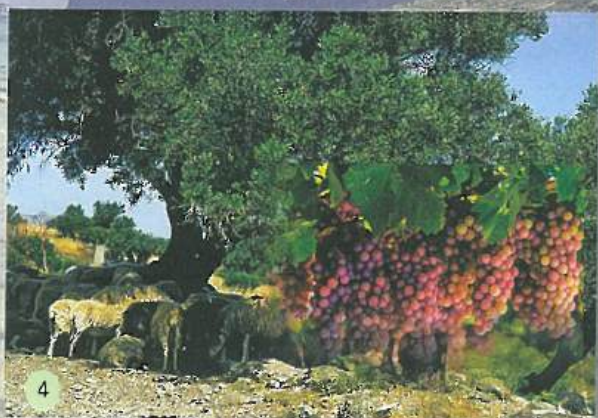
1 "We ate fish every day, which _____."

2 "We boiled it and ate it with _____."



3

"I wrote down recipes which I wanted to cook for the family in _____."



4

"My aunt, Thia Koula, had _____."



5

"Occasionally, my mum used to buy me and my brother souvlaki for lunch, a sort of _____."



American and British English

mom = American English mum = British English

- d Make questions to ask your partner with the simple present or continuous. Ask for more information.

On a typical day

- What / usually have for breakfast?
- / drink soda, e.g., Coke? How many glasses / drink a day?
- Where / usually have lunch?
- What / usually have for lunch during the week?
- / ever cook? What / make?
- / prefer eating at home or eating out?

Right now / Nowadays

- / take vitamins or food supplements right now?
- / try to cut down on anything right now?
- / need to buy any food today?
- / want anything to eat right now?
- / the diet in your country / get better or worse?

7 SPEAKING

- a Read statements 1–6 and decide if you agree or disagree. Think of reasons and examples.

Do you agree?

- 1 Good service is more important than good food.
- 2 The best chefs are usually men.
- 3 Everybody should learn to cook at school.
- 4 Cheap restaurants always serve bad food.
- 5 Waiters should earn a good salary and tips should be banned.
- 6 Italian food is the best in the world.

- b In pairs or groups, discuss each statement for at least two minutes. Say if you agree with the statements or not, and why. Use the language from the **Agreeing and disagreeing** box.



Agreeing and disagreeing

I agree	with that.
I don't agree	with you.
I disagree	

I think	that's true.
I don't think	you're right.

I think it depends.



Go online to review the lesson

1B Modern families

G future forms: present continuous, be going to, will / won't

V family, adjectives of personality

P sentence stress, word stress

Are you seeing your grandparents this weekend?

No, but I'll probably see them next week.

1 VOCABULARY & SPEAKING family

a Talk to a partner. What's the difference between...?

- 1 a father and a parent
- 2 a mother and a stepmother
- 3 a brother and a brother-in-law
- 4 a stepsister and a half-sister
- 5 a grandfather and a great-grandfather
- 6 an adopted child and an only child
- 7 brothers and sisters and siblings
- 8 your immediate family and your extended family

b Read *The modern family* and try to guess what the missing numbers are. Choose from the list.

4% 6 5% 10% 21% 27 29 41%

c 1.14 Listen and check. Are there any statistics in the article that you think would be very different in your country? Why?

d Read the questions and think about your answers. Then ask and answer in pairs or small groups.

Do you have a big family? Who do you live with?

How often do you...?

- have a meal with your family
- go out for a meal or to the movies, etc., with a family member
- go on vacation with your family

Do you spend more of your free time with family or friends? Why?

Are there any members of your family who you have very little contact with? Why?

What do you and your family mainly argue about? Do you ever argue about cleaning or food?

Politely refusing to talk about something

Occasionally, you may be asked a question that you feel uncomfortable answering. Respond politely with *I'm sorry, I'd rather not talk about that.*

The modern family

Family life is changing all over the world, and it's not just the structure of the family, but also its habits. The results of several recent American surveys showed some surprising statistics.

Family structure

69% of families have married parents.

23% are single-parent families.

Only 1% of the single parents are men.



2% of families have one child, 3% have two, and 38% have three or more.

40% of families have stepchildren.

On average women get married at 4% and men at 5%.



Family habits

40% of families eat together fewer than three times a week, and 6% never eat at the same time.



They go on vacation together as a family seven days a year.

An estimated 7% of people have brothers or sisters who they never speak to or contact.



60% of parents say chores, discipline, and family activities are shared equally in homes with two full-time working parents.

The average family has 8 arguments each day, and the most common cause is children refusing to clean their messy bedrooms or complaining about food.



2 GRAMMAR future forms

- a  **1.15** Listen to three conversations between different family members. Match them to cartoons A–C. What are the people talking about?



- b** Listen again and complete two sentences from each conversation.

- 1 a I'm not _____ to college.
b _____ you a cup of coffee.
- 2 c I _____ overnight there.
d It _____ cold tonight.
- 3 e You _____ too fast.
f I _____ really careful.

- c With a partner, decide which sentence (a–f) is...

- ☐ a plan or intention
- ☐ a prediction
- ☐ an offer
- ☐ an arrangement
- ☐ a promise

3 PRONUNCIATION & SPEAKING

sentence stress

🔍 Sentence stress

In spoken English, we stress the "content" words – the words in a sentence that carry the information. We don't stress the other words. Being aware of this will help you to speak with a natural rhythm and understand spoken English better.

- a 1.20 Read the sentence. Do you think the pink words are stressed or unstressed? Listen and check.

I'm going to look for a job.

- b  1.21 Listen to four more sentences. Write the stressed words in the pink boxes.

- c Look at the stressed words and try to remember the unstressed words. Then listen again to check and write them in.
- d Listen again and repeat the sentences. Copy the rhythm.
- e Ask and answer the questions with a partner. Try to get the correct rhythm.

Is anyone in your family...?

- getting married in the near future
- traveling abroad this month
- having a baby this year
- celebrating their birthday soon

Are you going to...?

- do something with a family member this week
- have a big family get-together soon
- go on vacation with your family this year
- visit a relative this weekend

Do you think...?

- more couples will have just one child in the future
- more young adults will live with their parents in the future
- anyone in your family will live to be 90 or older
- you'll move away from (or back to) the area where your family lives



4 VOCABULARY adjectives of personality

- a Complete the opposite adjectives in sentences 1–5.

Opposites attract



- 1 She's extroverted, but he's sh _____.
- 2 She's generous, but he's c _____.
- 3 She's hardworking, but he's l _____.
- 4 She's talkative, but he's q _____.
- 5 She's funny, but he's se _____.

- b **V** p.153 Vocabulary Bank Personality

5 PRONUNCIATION word stress

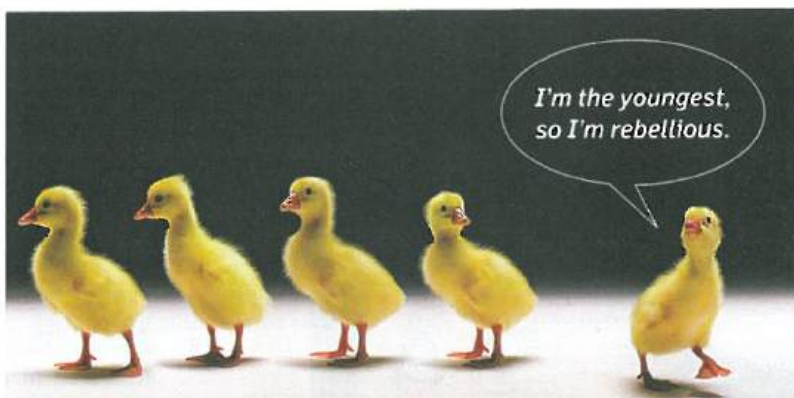
- a Underline the stressed syllable in the multisyllable adjectives.

- 1 an|xious am|bitious ge|ne|rous
re|bell|ious
- 2 so|cia|ble re|li|a|ble
- 3 re|spon|si|ble sen|si|ble
- 4 com|pe|ti|tive tal|ka|tive sen|si|tive
- 5 unfri|end|ly in|se|cure im|pa|tient
im|ma|ture

- b **1.24** Listen and check. Then listen again and repeat. Are prefixes (e.g., *un-*, *in-*) and suffixes (e.g., *-ous*, *-ble*, *-tive*) stressed?

6 READING

- a What's your position in your family? Are you the oldest child, a middle child, the youngest child, or an only child?
- b Look at four groups of adjectives. Which group do you think goes with each position in the family (e.g., the oldest)?
- 1 outgoing, charming, and disorganized
 - 2 responsible, ambitious, and anxious
 - 3 self-confident, independent, and spoiled
 - 4 sociable, sensitive, and unambitious
- c Read the article and check your answers.



I'm the youngest, so I'm rebellious.

How birth order influences your personality

Nowadays, it is an accepted fact that our position in the family – that is, whether we're an oldest child, a middle child, a youngest child, or an only child – is possibly the strongest influence there is on our character and personality. So what influence does it have?

The oldest child

Firstborn children often have to look after their younger brothers and sisters, so they're usually sensible and responsible as adults. They also tend to be ambitious and they make good leaders. On the negative side, oldest children can be insecure and anxious. This is because ¹ H.

The middle child

Middle children are more relaxed than the oldest children, probably because ² . They're usually very sociable – the kind of people who get along with everybody. They are also usually sensitive to what other people need because ³ . For the same reason, they're often good at dealing with arguments, and they're always sympathetic to the ones on the losing side, or in general, to people who are having problems. On the other hand, middle children can sometimes be unambitious, and they can lack direction in life.

The youngest child

Youngest children are often very outgoing and charming. This is the way they try to get the attention of both their parents and their older brothers and sisters. They are often more rebellious, and this is probably because ⁴ . They can also be immature and disorganized, and they often depend too much on other people, because ⁵ .

The only child

Only children usually do very well at school because they have a lot of contact with adults. They get a lot of love and attention from their parents, so they're typically self-confident. They're also independent because they spend so much time by themselves. And because ⁶ , they're often very organized. Only children can sometimes be spoiled because ⁷ by their parents. They can also be very selfish and get impatient, especially when things go wrong. This is because ⁸ .

- d Read the article again and complete it with reasons A–H.

- A they grew up between older and younger brothers and sisters
- B it's easier for them to break the rules – by the time they were born, their parents were more relaxed about discipline
- C their parents were more relaxed themselves by the time the second child arrived
- D they are given everything they ask for
- E they have always been the baby of the family
- F they spend a lot of time with adults
- G they've never had to deal with problems with other brothers and sisters
- H when the second child was born, they lost some of their parents' attention, and maybe they felt rejected

- e Re-read the paragraph that applies to you. Do you think the description of personality is true for you? Are any of the other descriptions true for people you know, e.g., your brothers and sisters, or friends?

7 LISTENING & SPEAKING

- a You're going to hear two people talking about a time when they or one of their siblings behaved badly. Look at some words from each story. With a partner, try to predict what happened.

Dan's story

brother teenagers fighting stabbed
finger pen accident
horrified blood mom angry hospital

Marilyn's story

sister parrot cage let out fly
bedroom looked everywhere cried window
hidden cupboard frightened horrible

- b 1.25 Listen to the stories. Were your predictions correct?

- c Listen again and answer the questions for Dan and Marilyn. Who do you think behaved worse, Dan or Marilyn's sister?

- 1 How old were they?
- 2 Where were they?
- 3 What bad thing did they or their sibling do?
- 4 What happened in the end?
- 5 How do Dan's brother and Marilyn show that they've never forgotten what happened?

- d Work in pairs. **A**, you are Dan's brother. **B**, you are Marilyn's sister. Retell the two stories from your point of view.

(I have a twin brother named Dan, and we used to fight a lot when we were teenagers. One day,...



- e Can you remember a time when you were young and you behaved very badly toward a sibling or a friend, or they did to you? Tell the story, answering the questions in c.

8 WRITING

- a Read Alice's "self-portrait" poem. Then write your own poem using the instructions below.

1 *Alice*
2 *affectionate, honest, imaginative, moody*
3 *oldest daughter of Richard and Billie*
4 *likes music, chai lattes, and sunny days*
5 *afraid of elevators and other small spaces*
6 *would like to see elephants in the wild*
7 *Williams*

Instructions

- line 1 – your first name
- line 2 – four adjectives that describe you
- line 3 – where you are in your family, and your parents' names
- line 4 – three things you like
- line 5 – something you are afraid of
- line 6 – something you would like to do
- line 7 – your last name

- b p.115 **Writing** A description of a person Write an email describing a friend.

Practical English Meeting the parents

reacting to what people say

1 INTRODUCTION

- a Look at the photos. Describe Jenny and Rob.
- b 1.26 Watch or listen to Jenny and Rob talking. Fill in the blanks.

Jenny Zielinski and Rob Walker work for a ¹ _____ called NewYork 24seven. She's American, and he's ² _____. Rob came to New York a few ³ _____ ago. He had met Jenny when she went to ⁴ _____ on a work trip. They got along very well, and he was offered a job for a month in ⁵ _____. Later he was offered a ⁶ _____ job. Jenny helped Rob ⁷ _____ an apartment, and they are enjoying life in the US, although Rob misses his friends and ⁸ _____.

American and British English

apartment = American English flat = British English



2 REACTING TO WHAT PEOPLE SAY

- a 1.27 Watch or listen to Jenny introducing Rob to her parents. What bad news does Rob have for Jenny? What good news does Jenny have for her parents?

American and British English

mom = American English mum = British English



- b Watch or listen again and mark the sentences **T** (true) or **F** (false). Correct the **F** sentences.

- Rob left the chocolates at the office.
- Rob's desk is usually very neat.
- It's the second time that Rob has met Jenny's parents.
- Sally has prepared a big dinner.
- Jenny's new job is managing director.
- Jenny is going to be Rob's manager.

- c 1.28 Look at some extracts from the conversation. Can you remember any of the missing words? Watch or listen and check.

- Jenny Don't forget the chocolates.
Rob OK. Oh, _____!
Jenny I don't _____ it. Don't tell me you forgot them?
Rob I think they're still on my desk.
Jenny _____ kidding.
- Jenny Mom, I'm really sorry – we bought you some chocolates, but we left them at the office.
Sally What a _____ mind.
- Jenny But I also have some good news.
Sally _____? What's that?
- Sally So you've got a promotion? _____ fantastic!
Harry That's great _____!
- Sally Let's go and have dinner.
Jenny What a _____ idea!

- d 1.29 Watch or listen and repeat the phrases in the chart below. Copy the rhythm and intonation.

REACTING TO WHAT PEOPLE SAY

What you say when you hear...

something surprising	You're kidding. I don't believe it.
----------------------	--

something interesting	Really?
-----------------------	---------

some good news	How fantastic! That's great news! What a great idea!
----------------	--

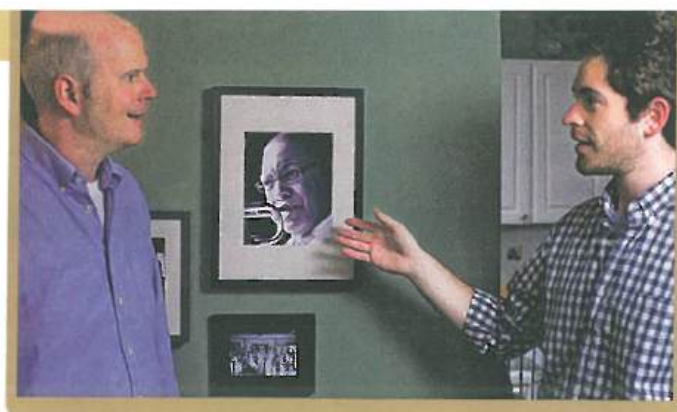
some bad news	Oh, no! What a pity. Never mind.
---------------	--

How + adjective, What + noun

We often use *How* + adjective or *What* + noun to respond to what people say.

How interesting! How awful! How amazing!

What a pity! What a good idea! What terrible news!



- c Look at the **Social English** phrases. Can you remember any of the missing words?

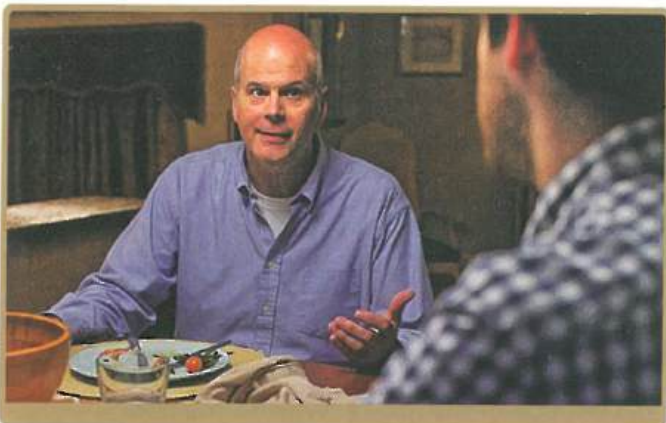
Social English

- 1 Harry How do you _____ your career?
- 2 Rob Not _____, I'm more of a writer.
- 3 Rob Oh, you know, interviews, reviews, _____ like that...
- 4 Rob I _____, I like photography.
- 5 Harry That's _____ most of them are of Jenny.
- 6 Harry How _____!
- 7 Rob Well, he's a really nice _____.
- 8 Harry Go _____, son!

- e Practice the conversations in c with a partner.

- f **Communication** How awful! How fantastic!
A p.106 B p.111 Practice reacting.

3 HARRY FINDS OUT MORE ABOUT ROB



- a 1.30 Watch or listen to the conversation after dinner. Does the evening end well or badly?

- b Watch or listen again and answer the questions.

- 1 What school did Jenny go to?
- 2 Is Harry impressed by Rob's job? Why (not)?
- 3 What does Harry like doing in his free time?
- 4 Who are most of the photos in the dining room of?
- 5 Who are Miles Davis, John Coltrane, and Wynton Marsalis?
- 6 What surprises Harry about Rob?

- d 1.31 Watch or listen and complete the phrases. Then watch or listen again and repeat.

- e Complete conversations A–G with **Social English** phrases 1–8. Then practice them with a partner.

A	Excuse me, do you mind if I sit here?	Of course not. _____.
B	Those sandwiches don't look very good.	I bought them two days ago!
C	Did you like the movie?	It was much too long.
D	What do you keep in that file?	Bills, bank statements, _____.
E	_____ your future after school?	I'm not sure. I might try and work abroad for a year.
F	You won't believe it, but we just won a week's vacation in Paris!	Lucky you!
G	What's your new boss like?	He's OK. _____, he seems like _____.

CAN YOU...?

- react to good news, bad news, unexpected news, and interesting news
- introduce yourself and other people
- use phrases that give you time to think, e.g., *you know, I mean*, etc.

G present perfect and simple past V money P o and or

1 VOCABULARY money

a Take *The money quiz* in teams.

The money quiz

1 Match the coins to eight of the countries below. What currency are they? What currency do the other two countries use?

☐ Brazil	☐ Mexico
☐ China	☐ Poland
☐ France	☐ Russia
☐ Hungary	☐ Switzerland
☐ Japan	☐ Turkey

2 True or false?

- The first coins were made by the Peruvians.
- The largest American bill is worth \$100.
- Bills are always made of paper.
- The US penny costs 2.4 cents to make.
- The Japanese yen is the world's oldest currency still in use.

2 PRONUNCIATION & SPEAKING o and or

a Can you think of three words that rhyme with *money*?

- The weekend is going to be hot and s_____.
- Somebody who makes you laugh is f_____.
- Would you like jam or h_____ on your toast?

b Look at some words with the letter o. Put them in the correct column.

borrow clothes contactless dollar done from
go honest loan money nothing owe promise
shopping some sold won

↑	o	oo
	borrow	

c 2.5 Listen and check.

d Look at some words with the letters or. How is or usually pronounced when it's stressed? Which two words are different?

afford mortgage order work organized store worth

e 2.6 Listen and check.

f 2.7 Listen and write six sentences. Practice saying them.

g Communication Money Q&A A p.106 B p.111
Ask and answer about your spending habits.

3 READING

a Read the title of the article. Why do you think someone might decide to have a "no-spend year"?

b Read the article and match paragraphs A–G to topics 1–7. Use the words in **bold** to help you.

- where she went **on vacation**
- why** she decided to save money
- how often she saw her **friends**
- what she **achieved**
- her **advice** for other people
- how she saved money **at home**
- what she **discovered**

b V p.154 Vocabulary Bank Money

One woman's "no-spend year," and how she survived



She rode her bike 120 miles to a wedding, and her lunch budget was just 65¢ a day.

- A** Michelle McGagh, a 34-year-old journalist, had a mortgage of \$290,000 that which she wanted to reduce. Last November, she looked at her finances and she discovered that every year she spent a lot of money unnecessarily – for example, \$2,000 hanging out with friends, \$1,400 in restaurants, and \$500 on coffees. So she made a radical plan – to stop spending money for a year. She continued to pay her internet, gas, and electricity bills, and allowed herself \$40 a week to buy food and household essentials. But she couldn't spend money on anything else – no clothes, no buses or flights, no meals out, no coffees, and no cosmetics.
- B** She cooked large quantities of curry and bolognese sauce, which lasted her a week, and which she ate with rice or pasta. It was cheap and healthy, but also "really boring." She also experimented with homemade cleaning products and beauty treatments, like using vinegar for cleaning or olive oil as moisturiser, but she decided that most of them didn't really work.
- C** At first, she tried to see her friends as often as before. She rode her bike 120 miles to be at a friend's wedding, and camped in their yard to avoid paying for a hotel room. The following weekend, she rode 60 miles to meet friends. But she couldn't join them for dinner in a restaurant, and when they went out, she drank tap water. In the end, she simply went out less, which made her feel more isolated.
- D** Of course, she couldn't afford to travel, so she missed a trip to the beach with friends. Her only vacation was a bike trip where again she camped. Here, for the first and only time in the year, she bought food that she had not cooked herself – French fries for \$2.50.
- E** At the end of the year, she had saved \$29,000. She was much slimmer and in better shape – over the year, she had ridden her bike 6,500 miles. She says she now feels freer and happier because she appreciates the simple things in life. She also gained confidence and a sense of adventure.
- F** But she learned the hard way that you can't really socialize if you don't want to spend money. The evening after her year-long challenge ended, she celebrated by treating her friends to a night out. But she has not gone back to her past spending habits. She occasionally pays to socialize and go on vacation. She has even taken a taxi. But after buying some new clothes and some perfume, she insists, "I have absolutely no interest in buying anything else."
- G** So what's her key tip for those who want to save? "Whenever you open your wallet, think about whether what you are buying is something you need or something you want. We all say, 'I need to buy this.' Most of the time, we want to buy it. Maybe we don't know the difference between needing something and wanting something anymore."

- c** Read the article again. Mark the sentences **T** (true) or **F** (false).

- 1 Michelle could use public transportation during her "no-spend year."
- 2 She was often hungry because she couldn't afford to buy food.
- 3 At her friend's wedding, she slept in a tent.
- 4 She never had ready-made or take-out food.
- 5 She didn't lose any weight during the year.
- 6 Nowadays, she spends less than she used to.
- 7 She thinks that when we buy something, we should ask ourselves why.

- d** Do you agree with the last sentence of the article? Why (not)?

- e** Read the information about compound nouns. Then search the text.

Underline six compound nouns that begin with the words in the circle.

olive
electricity
cleaning bike
beauty
tap

Compound nouns

Compound nouns are two nouns together, where the first noun describes the second one, e.g., credit card. The stress is usually on the first noun.

- f** Could you do what Michelle did?

What would you spend less on?

What would you eat?

How would you get around?

How would you socialize cheaply?

would for imaginary situations

We use *would* to talk about imaginary situations, e.g., *To save money, I'd spend less on clothes and I'd cook for myself at home.*

4 GRAMMAR present perfect and simple past

a Read the conversation. What are they arguing about?



Keisha I ¹ **haven't seen** (see) those sneakers before. Are they new?

Daniel Yes. I ² _____ (buy) them today. Do you like them?

K They're OK. How much ³ _____ they _____ (cost)?

D Oh, not much. They ⁴ _____ (be) a bargain. Under \$100.

K You mean \$99.99. That isn't cheap for a pair of sneakers. Anyway, we can't afford to buy new clothes right now.

D Why not?

K ⁵ _____ you _____ (see) this?

D No. What is it?

K The electricity bill. It ⁶ _____ (come) this morning. And we ⁷ _____ (not pay) the house insurance yet.

D Well, what about the iPad you ⁸ _____ (buy) last week?

K What about it?

D You ⁹ _____ (not need) a new one. The old one ¹⁰ _____ (work) just fine.

K But I ¹¹ _____ (need) the new model.

D Well, I ¹² _____ (need) some new sneakers.

b **2.8** Read the conversation again and put the verbs in the present perfect or the simple past. Then listen and check.

c Do we use the present perfect (PP) or simple past (SP)...?

1 for a completed action in the past _____

2 for recent actions when we don't ask / say exactly when _____

d **G** p.134 Grammar Bank 2A

5 SPEAKING

a Read the *Have you ever...?* questions and complete them with the past participle of the **bold** verbs.



b In pairs, interview each other with the questions. Ask for more information.

Have you ever saved for something for a long time?

(Yes, I saved for six months to make the down payment on my car.

How much was the down payment?)

Have you ever lent money to somebody who didn't pay you back?

(No, I haven't. But my brother lent me some money last week and I haven't paid him back yet.

ebay

11

_____ or
something on eBay
or a similar site?
buy, sell

10

_____ a
loan from the bank?
take out

9

_____ your
wallet or bag?
lose

ever...

8

_____ your
PIN for a credit or
debit card?
forget

6

_____ your card
in an ATM?
lose

7

_____ any money
(e.g., in a lottery)?
win

6 LISTENING

- a Read the definition of a scam. What kind of scams have you heard of?

scam /skæm/ *n.* a dishonest and illegal way of making money by tricking people, e.g., selling a product online that doesn't exist

- b Read the email. What would you do if you got an email like this? Why?

Subject: Business opportunity

Dear Friend,

I know this message will be a surprise. I am Naomi Cooper and I work at the International Bank in Lagos, Nigeria. My parents have died last month and left 4.6 million US dollars in there account. I would like to transfer this money out of Nigeria and I am needing your help.

I can to transfer all the money to you in the US, and you can then keep 20% of the money for yourself (920,000 US dollars) and transfer the rest to an account in Switzerland. It will be very quick and easy. I would be very grateful if you can do this for me – it's my parents' money and I want to keep him safe for my family.

Please reply to this email as fast as you can – I want organize everything in the next two days.

Thank you in advance for you help.

Naomi Cooper

- c Emails like this often have lots of mistakes, especially grammar and spelling. Correct the ten highlighted mistakes.
- d **2.12** Listen to a radio show about scams. How much money did Tara, Max, and Zeke each lose? What's the most important advice the radio show gives?
- e Listen again. Fill in the blanks in the summary of each scam with one or two words.

Tara got an ¹ _____ from a family member who was in South Africa. He said he'd lost his ² _____ and needed money to get home. He asked her to send him her ³ _____ number.

Max got an email that said he'd won a lot of ⁴ _____ in the Mega Millions lottery. He ⁵ _____ it because he had bought a Mega Millions lottery ticket in the fall. They told him to send his ⁶ _____ details so they could send him the money.

Zeke got a ⁷ _____ from a woman who said she was from his ⁸ _____. She said the bank wanted to verify his credit card ⁹ _____. She was very polite, so he gave her all his credit card ¹⁰ _____.

- f Have you, or has anybody you know, ever been the victim of a scam? Explain what happened.