(1)(5)

A new you



Appearance, phrasal verbs, stages of life, personality, VOCABULARY

feelings and emotions

Future arrangements and intentions, future predictions: GRAMMAR

going to and will allo will

Invitations, procrastinating, optimism and pessimism LISTENING

expressing probability SPEAKING

Appearance, procrastinating, invitations READING

a deas An informal invitation WRITING

Talking about the weather التحديث عن الطعنية **VIEWING AND** PRESENTING

Riends. Hala and Asma. 18, want to reinvent themselves.

What are you going sall side

Asma isn't going to end sugarly snacks. And she's going to liake care of het skin. I'm going to try wearing different colours. And I'm going to grow my hair a little longer. We want to get in shape. so we're going to start doing sports. I'm going to get fifter and Asma's going to work on her اترالسياد swimming skills. عالمات المحالة

Are you going to cho

الخبأ و-personalities too?

Yes, we are. We aren't going to be so impatient and bad-tempered. We'ge going to be more a sociable, energetic and outgoing. We're going to study harder and Asma's going to look for a job

And what about spring cleaning? Are you going to tidy your rooms?

lalazz

No, I'm not! (I did it last week.) وطدوا الاسبوع

(heprim de



Friends, Hala and Asma want to make some changes to themselves.

LESSON 1A **VOCABULARY AND GRAMMAR**

- 1 In pairs, look at the photo and answer the questions.
 - 1 Why do you think the people in the photo wanted to change things about themselves?
 - 2 How often do you like to change your appearance?
 - 3 What was the last thing you did to make a change to yourself?

LESSON 4B VOCABULARY

vocabulary extension

1 Match the words from the box with the definitions.

depression disorder hormone mood swings suffer from

- 1 A chemical produced by the body that affects our mood. hormone
- 2 To feel physical or psychological pain. Suffer-from
- 3 A feeling of being unhappy. depression
- 4 An illness or medical condition. di sorder
- 5 Sudden changes in emotion, e.g. from happiness to sadness. Mood Swings

Pronunciation

ACTIVE PRONUNCIATION

/θ/ and /ð/ sounds

In English, we pronounce th as $/\theta$ / in **thin** $/\delta$ / in **this**.



2 **(a)** 6.6 Listen and repeat.



3 6.7 Look at these sentences from a podcast. How is th pronounced in the underlined

words? Choose the correct phonetic symbol. Listen and check.

We often use <u>weather</u> phrases to describe a certain character trait or behaviour.

2 From the beginning of the autumn through to spring time. (θ/or /δ/

4 **(a)** 6.8 Match the words from the box with the correct phonetic symbols. Listen, check and repeat.



clothes mathematics mother smooth sunbathe toothpaste thrilled throw

101 mathematics toothpaste thrilled throw 101 Clothes mother smooth Sunbath

5 **@** 6.9 Listen. How is the pronunciation of the word the different before a consonant sound and before a vowel sound? Practise saying the sentence.

From the beginning of the autumn through to spring time.

ACTIVE PRONUNCIATION

ðə/ and /ði:/ sounds

The word the is pronounced

- /ðə/ before a consonant sound (e.g. the beginning).
- /ðiː/ before a vowel sound (e.g. the autumn).
- /ðə/ and not /ði:/ before a word beginning with u pronounced as /ju:/ (e.g. the uniform).

Before a consonant Sound, the
is pronounced in the weak for
Befor a vowel Sound,
the is pronounced with
a strong Sound Si:



/0/ or (ð/

GRAMMAR AND VOCABULARY LESSON 3B

Future predictions: going to and will

1 ★ Look at the pictures. Complete the sentences with the correct future forms of the verbs in brackets.



1 Do you think he will pass (pass)?

2 I'm sure his parents Will buy. (buy) him a car.

3 He Will Probably/phone) us when the test finishes.

4 Oh dear! Heis going to Crash).

5 Hewill not pastnot pass) his test!

6 The other driver will be. (be) very upset.

2 ** Complete the dialogue with the correct future forms of the verbs in brackets.

Ramzi This is a great charity event.

Randa Yes. Do you think they will be (be) happy?

Ramzi Who?

ing to

aring

hair a ve're

et fil

min

Randa The organisers, of course.

Ramzi I guess so.

Randa Do you think they 2 Start (start) looking for new volunteers?

Randa Where do you think 3 they will

Ramzi They Probably/look)
locally. Oh, my dad's calling us. That means we are eatingat) soon.

Randa What kind of food ore we having. (we/have)?

Ramzi I'm not sure but there Will be. (be) a lot. Dad told me not to eat any breakfast today!

** Complete the mini-conversations with the correct future forms of the words from the box.

I/propably/wait he/fly it/probably/be 0795342140 it/stop she/say they/put on you/invite you/start sub he/have

> Saeed Who 'are you going to invite to the street food festival?

Rashed My couşin probably, but I think 2 She'll Say. 'No'.

When Will you Start studying for Sana your exams?

I don't know. 411 Probably until Nadia the last minute as usual! wait

Huda Look at those people over there. They're Putting on some kind of show. Do you want to watch it?

Ghada No. 9 + will Probabling. Let's go.

Hassan It's very dark this morning. I think Its going to rain hat about our camping holiday?

Relax, it's only Monday today. I'm Laith sure " I will Stopbefore the weekend.

Noura My brother is very excited because he's flying to New Zealand next week.

Salwa Really? I'm so Sure he 11 the time of his life there. have

- ** choose the correct forms to complete the sentences. Sometimes both forms are correct.
 - 1 I'm meeting / 'm going to meet some old friends next weekend, both
 - 2 My parents are losing (are going to lose weight next year.
- 3 We aren't having / aren't going to have a test next week. both.
- 4 I'm working ('m going to work in a laboratory next year.
- 5 What are you doing) are you going to do next weekend?
- 6 When are you giving (are you going to give) me my book back?

6 ★★★ Complete the conversation with the correct future forms of the verbs from the box.

become buy do change get not eat start take up

Hussein 11'm going to take up jogging.

Great. When are you going to Start Faisal Next week. My parents are you going Hussein

me a new pair of trainers at the to but

weekend.

So, why did you make this Faisal

decision?

Hussein

I want to get fit. 1-0 change four diet? Faisal

Hussein

Yes, I'm not going to eat fast food - well, not much - and m going to a vegetarian.

Great! Hey, Tare you doing anything this afternoon? We could Faisal

go to the gym.

sorry, 18m getting my oing to Hussein

hair cut at four o'clock. Maybe

tomorrow.





06 A new you

VOCABULARY AND GRAMMAR LESSON 1B

Future arrangements and intentions

- 1 * Put the words in order to make questions and answers with going to.
 - 1 a join the / gym / is / to / going / Ibrahim / too/?

Is Ibrahim going to join the gym too?

b go jogging / to / going / too / he /

yes he is going to go jogging, too.

2 a are / get / your hair / to / cut / when /

going / you /?

When are you going to get your hair Dana Wow! Is Lama making cakes?

• grow/am/long/to/going/it/1 Eman 2£

I am going to grow it long.

3 a look for / a new job / to / is / going /

vour brother /?

15 your brother going to look for a

b is / he / yes yes, he is

2 ★★ Choose A for arrangement or FI for future intention.

1 Next week, we 're going to start (start) A/(FI) looking at holiday ideas.

2 I can't come tomorrow; Mum 3 Cooking (cook) a special dinner for everyone. (A) FI

3 Where are you meeting (your group?

4 They re having (have) a test on Friday.

5 One day, Im going torun) my own A (FL business.

6 Bo doesn't like his hair. He's going to Change (change) his look completely.

★★ Using your answers from Exercise 2, complete the sentences with the correct forms of the verbs in brackets.

4 ★★ Complete the conversation with responses a-f.

Dana Are you looking forward to the charity event on Friday?

Eman Yes, I am. Everybody's doing something to help.

Dana What are you doing?

Eman 10

Dana What kind of cakes?

Eman 3a

Dana Who else is helping?

Eman 40

Dana That sounds interesting! I'd like to see that.

5

Of course! I'm going to stay at Amani's for the night. We're going to tidy up.

Eman 6

Dana No, Khawla and Nada are going to help too.

a I don't know. It's going to be a surprise.

- b How about you? Are you doing anything to help?
- c I'm organising the seating.
- d Are you and Amani going to do that by vourselves?
- e Asma and Heba are going to film it.
- f Yes, she is. I asked her to.

- 4 Read the forum entries opposite and match headings A–E with entries 1–3. There are two extra headings.
 - A Don't plan your free time
 - B Use a diary to plan (2)
 - c Switch off social media
 - D Never plan too much
 - E Concentrate on the important things first 3



0

5 @ 6.15 Listen to an expert talking about how to plan your day. Complete the advice below with the words and phrases from the box.

energy every day important (%) relax الراحة tick off

LIFE SKILLS | How to plan your time

- Be systematic find time to plan *every day; it only takes about three minutes.
- Be realistic write down only the tasks which you have the time and 2 energto complete.
- 3 Rreakdown larger tasks into smaller
- · Prioritise decide which tasks are * important or urgent.
- Plan some time to 5 relax too.
- Tick of sks when they are finished and plan your next day.

6 Do the task below.

C LIFE SKILLS | Project

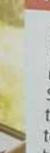
- A For the next three days, prepare a to-do list each evening. Use the advice from this
- **B** Make notes to answer the questions below:
 - What things from your to-do list did you
 - Were there any tasks you didn't do? Say
 - Did you find the to-do list useful? Say why.
 - Are you planning to change anything about organising your time? If yes, what?
- C Prepare a short presentation to share your findings from point B with the class.





ADEL

10 when there is something I really need to do, like prepare for a big test, I try to save time and avoid distractions. For example, I simply turn off my phone. This way, I don't get messages that I think I have to read immediately, and I don't look at pictures my friends post online. These things can wait until I have some free time. Then I can work or study without thinking about anything else.



MAHA

2 Prhere are a few things I do to manage my time. For example, I usually keep my work with me. So, if I have to wait somewhere or travel by bus, I can use this time to do some exercises or read a book for school. What really helps me, though, is using a calendar. I write the date when I must finish something and check that I do everything before that day.

- In pairs, say how often these are true for you - often, sometimes or never.
- 1 I feel I don't have time for anything.
- 2 I do everything at the last moment.
- 3 I don't have time to rest.
- 2 @ 6.14 Listen to a conversation between Kareem and Rashed and answer the questions.
- who do you think has better grades? Kareem Who has more free time? Kareem who is more stressed? Rashed.



3 @ used to be rather disorganised. I often left important tasks until the last minute and felt very stressed. So now, when I am busy, I usually make a list of things I have to do. At the top of the list I put the most important things which really can't wait, like schoolwork or buying a present for a friend's birthday. This really helps me to focus on what's most important. And I never forget to plan time for my hobbies because this is essential, too.



- 3 In pairs, read the opinions about planning your time. Do you agree or disagree with
 - 1 When we don't have a plan, we usually do nothing. disagree

 2 Planning takes too much time. agree

 - 3 Good planning helps you to have more free time. ggree.

1 Study the Writing box and read emails 1-3. Is Muna's email a good invitation? Yes

WRITING | An informal invitation

Making an invitation

- Make your invitation short and clear.
- · Remember to:
- give it a title,
- give a place, date and time and contact details,

- encourage people to accept I'd like to invite you to ..

I'm h would yes, It's rude, ignoring Doyd Shows disrespect and Hublack of consideration. received person's effort to.

· Reminclude you.

That yes, It shows disrespect it inviand unreliability. les, it shows respect.

and clarity.

(Of course,) I'll (definitely) be there/I'll come to ...

I'm delighted to accept your invitation. (I'm) (really) looking forward to it.

- check the arrangements:

What time are we meeting? How are we getting there? Do I need to bring anything?

 When you decline an invitation, give a reason and repeat your thanks:

I'd really love to come but .../It's really nice of you but ...

I'm really sorry but I'm afraid I can't make it. Unfortunately, I won't be able to ... Thanks anyway.

Look at emails 1-3 again and find examples

1 an arrangement/definite plan with the Present Continuous I'm having a graduation dinner.

2 a prediction with going going to be fun

3 something that's sure with will 1'11 Probaly something that's possible with might

something that's probable, with wan't we probably wont be back until REFLECT | Culture in groups, ask and answervery the questions about events in Jordan.

- 1 Is it rude not to reply to an invitation?
- 2 Is it a problem to accept an invitation and then not turn up? Say why.
- 3 Should you always give a reason for declining an invitation?

In pairs, compare the invitation below with the advice in the Writing box. What's wrong with it? Rewrite the invitation to make it better ts doesn't have a fifle

Isnt Cleary doesn't Raed Alkhayyat yesterday at 23.59

To: Fadi Alqassab and 16 others

Come to the best Beach Clean-up Day Stor ever! It's next Saturday at the beach. We're inviting everyone! There's a a lot of litter to pick up, so bring your gloves! We're having a picnic too. I'm going to provide all the food, so don't worry! Don't miss it, we need to help the environment! Raed

5 WRITING TASK Follow the instructions to write an email inviting friends to your

🚳 Use the Graphic Organiser to help you plan your writing.

- Decide where and when your event is.
- Decide what kind of event it's going to be and think of reasons to persuade your guests to come.
- Don't forget to put something in the subject box.

1 In pairs, describe the photos. What is the girl doing in the second photo? How does she feel in both photos?



2 **6.12** Listen to Part 1 of the story and decide if statements 1-6 are true or false.

1 Heba is looking forward to her driving

3 III Fadi is trying to be funny.

4 Heba drove into a tree during a driving lesson.

5 The weather forecast isn't great for -tomorrow.

3 **(a) 6.12** Study the Speaking box. Then listen to Part 1 of the story again and complete the sentences.

1 I'm sitting my driving test tomorrow morning and I don't think I'll pass.

2 I'll defishay away from the High Street tomorrow morning.

3 Don't worry about it, Heba. I'm Sure You will I don't think she'll pass. pass ... Well, Probabas:

4 I'm sure I wontpass. Something to in in ey. 5
wrong. I Probably nage to start the car or may be I'll drive into a tree 14

5 Youalmos won't drive into a tree. You way. drive into a lamppost.

7 They say, it'll definitely

SPEAKING	Expressing probability			
Very likely	You'll definitely win. You'll (almost) certainly win. I'm sure you'll win.			
Likely	I think you'll win. You'll probably win. Perhaps/Maybe you'll win. It's possible (that) you'll lose. You may/might lose. Perhaps/Maybe you won't wi			
Possible				
Unlikely	I don't think you'll win. You probably won't win.			
Very 4240 likely	You definitely won't win. You (almost) certainly won't win. I'm sure you won't win.			

4 **(1)** 6.13 In groups, say if you think Heba will pass or fail her driving test. Use phrases from the Speaking box. Then listen to Part 2 of the story and check.

B No, I don't agree. She might pass.

Research the probability of a type of weather happening in your local area o the next week. Make a short presentati to the class.







swers.

ou/evi ved? ve you

red?

Ir mu







1 Look at the photos and try to guess what, متمال المسلمة disappointed excited exhausted عرف المسلمة the people are like.



2 **(a)** 6.10 PRONUNCIATION Put the words from the box in the correct column. Listen and check. Then listen again and repeat.

smile square straight toe

/iə/	/eɪ/	/aɪ/	/eə/	/au/	/90/
ear, eard	face Pale Grain	eye Nice Smile	hair fair	mouth eyebras	nose



3 **(a)** 6.11 Listen and match descriptions 1-8 with the people in the photos.

1 Ibrahim 2) Alia 3 Hisham & Eman & WATCH OUT!

4 HANK BACK Work in pairs. Student A, describe someone from the photos using the language from Exercise 2. Student B, guess which person your partner is describing. Then change roles.

5 Check you understand the adjectives for feelings and emotions in the yellow box. Then choose the best adjective for each person in the photos above. موجور بالأعلى

Offightened intense pleased relaxed Talostressed surprised worried,

A I think Hisham looks relaxed.

B No, I don't agree. I think he looks bored.

6 Study Watch Out! and complete the beard eyebrow fair nice pale should 1795342140 sentences with correct adjectives formed from the verbs in bold.

1 I'm really bored. BORE

2 You look worrie What's the matter? WORRY

3 I think it's really relaxing to have a long bath.

4 I was amazed. the first time I saw a film in 3D. **AMAZE**

If a person, thing or situation is amazing, boring or exciting, we feel amazed, bored or excit**ed**:

I felt amazed when I saw that film. It was amazing.

7 SPEAKING In pairs, use the adjectives from Exercise 5 to talk about your feelings.

I feel stressed when I don't have time to study for a test.

Now go to Workbook page 8 for the next lesson.

1 Look at the photo. Is the glass half full, half empty or completely full? Discuss in pairs. then go to page 75 and check. Are you an optimist, a pessimist or a realist?



💹 2 📵 6.3 You are going to listen to a talk about optimism and pessimism. In pairs, say if you think these statements are true or false. Then listen and check.

ridentical twins have identical personalities.

Our personalities depend completely on our life experiences.

The children of happy parents tend to grow up to be optimistic.

There is nothing good about being a pessimist.

5 (1) Optimists have healthier lives than pessimists.

6 D Optimists tend to be more successful than pessimists.



3 6.4 Listen to the end of the talk and answer the questions.

1 Does the speaker think it's better to be an optimist or a pessimist? It's better to be an optimist

2 What problems does she mention with people who are too optimistic? People who are to optimist may take 4 @ 6.5 DICTATION Listen to the impossible dreams.



joke from the talk again and write down what you hear.

5 Check you understand the highlighted verbs describing feelings.

1 ladore challenges. Quick

2 I feel positive about life

3 I hate being on my own.

4 ا can't stand trying new things. لا استطع تحل

J often feel like jumping for joy. استعريجيا

6 I'm looking forward to leaving, school and getting a job. اتطلع على ا

7 I don't care what happens to me in the future. rabi y

8 I feel excited about something that's going to happen in my life استح بالنجس

- 6 In pairs, say if the sentences from Exercise 5 are true for you. If they aren't, change them to make them true.
- SPEAKING In pairs, use the ideas below to make predictions with will or going to. Then say if you think your partner is an optimist, a pessimist or a realist.
 - 1 finish the class early today
 - 2 enjoy yourself next weekend
 - 3 be sunny/wet next weekend

Now go to Workbook page 7 for the next lesson.

LESSON 3A GRAMMAR AND VULABULAKY





romp

0/2

don

Wow!
I look
amazing!
Nobody's
going to
recognise
me.

1 Look at the cartoons and say if the people are optimists or pessimists. Are you usually optimistic or pessimistic in these situations?

Future predictions: going to and will

- 2 Match sentences 1–2 with descriptions a–b. Then study the Grammar box and check your answer.
 - 1 (Before the haircut) We'll look great at the graduation dinner.
 - **2** (After the haircut) Everyone's going to laugh at me
- a 🗓 a hope or a guess
- **b** 💋 a prediction based on evidence

Future predictions: going to and will

We can use both going to and will to make predictions about the future. Sometimes there isn't much difference, but ...

We use *going to* when there is clear evidence for a prediction. There is something we can see, hear or point to that shows our prediction is more than just an opinion.

We use will when there is no clear evidence for a prediction. We say what we believe, hope or calculate will happen. It is an opinion, a guess or a feeling. We often use expressions like I'm sure, I think and In my opinion before will and ask questions with Do you think you will ...? rather than Will you...?:
I'm sure Imad will pass his driving test.
Do you think you'll move to another country one day?

Grammar Reference > page 69

- 3 Complete the conversations with reasons a-d. Then in pairs, read the two exchanges.
 - A 1d It's going to rain.
 - B It won't rain. The weather will be fine. 2
 - A We're going to miss the train. 3
 - B Don't worry, the train won't be on time. 4____
 - a I believe it's usually late.
 - **b** In my opinion, it'll be sunny all day.
 - It leaves in 15 minutes and the station is miles away.
 - d Look! There are black clouds in the sky.
- 4 SPEAKING In groups, talk about you and people you know using going to and will and the vocabulary from Exercise 3.
 - A Are you going to look for a job or go to university when you leave school?
 - **B** I'm not sure but I think I'll probably go to university. You won't find a good job here you don't.
 - C Do you think you'll work abroad one day?

READING AND VOCABULARY LESSON 2A

- 1 Look at the photo on page 7. In pairs, ask and answer the questions.
 - 1 The boy has an important exam coming up but he's not studying. What is he doing?
 - 2 Do you ever waste time instead of
- 2 Look at the title and read the text quickly. Don't worry about the meaning of the underlined words. What is a procrastinator? In pairs, agree on a definition. is someone Who keeps delaying things that Study Active Reading and add the need to b
- underlined words from the text to the tone until tomorrow if you can do them today. lists below.

Nouns: squash, Clufter, landing, Jordan Verbs: glance, Yells, ignore Adjectives: peckish, dreadful, sensible

5 Find these phrasal verbs in the text. Use Active Reading to help you work out their meanings. Then choose the correct verbs to

complete the sentences below. be about to carry on check out clear up studying? What kind of things do you do? find out get on give up go back look for put off

1 When something is difficult, I give up go back immediately. Give up

2 I don't stop working when I'm tired. I carry ony look for until I finish what I'm doing

4 If something is untidy, I prefer to clear it up) find it out immediately.

5 When I'm not sure about something, I go on the Internet to check it out get on with

ACTIVE READING

RAN

2

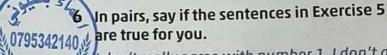
The meaning of new words

When you find new words in a text:

- · don't panic often you don't need them to understand the main ideas of the text.
- decide what part of speech they are: a noun, a verb, an adjective, etc.
- read before and after the word and guess the meaning from the context.

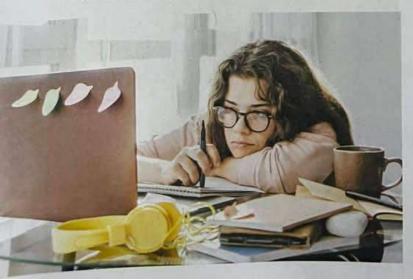
Sometimes new words can be similar to words in your own language. That can help you understand them, but watch out for 'false friends'.

4 Read before and after the underlined words in the text and use the context to work out their meaning.



I don't really agree with number 1. I don't give up easily.

- 7 SPEAKING In groups, look at these tips to help procrastinators and grade them from the most to the least useful. Can you add any more tips?
 - 1 II Make a plan.
 - 2 Study with a friend.
 - 3 S Visit a psychologist.
 - 4 Get up an hour earlier.
 - 5 💆 Change the place where you work.
 - 6 ☐ Switch off your Internet connection.
 - 7 Break up your work into smaller units.
 - 8 🖾 Wait until the last minute and then work all night.



2 Read the interview with Hala and Asma and find the following information.

1 some things Asma wants to change

2 some things Hala wants to change

about her appearance She wants to wea some things they both want to do

art doing sports and get in 3 @ 6.1 Read and listen to have the conversation and answer the questions.

1 What does Asma invite Hala to do?

2 Why does she turn down her invitation?

Asma What are you doing this evening?

Hala Nothing much. Why?

nality,

edictions:

Asma Because my cousin Dana's coming round at seven. It's her birthday, so we're ordering food and watching a film. Her sister Jameela isn't coming because she's working tonight, so it's just the two of us. We're ordering from that new Shawarma place and then we're going to cousin Lama's house. Are you coming?

Hala No, thanks, I'm not that keen on Shawarma. I'm just going to stay at home, study a bit and do my exercises. Alright?

5 Study the Grammar box and check your answers to Exercise 5. Then in pairs, find about her appearance Asma wants to take and going to in the interview on page 4 and of her skinthe conversation in Exercise 4.

Future arrangements and intentions

railp talk about definite plans and arrangements in the near future, we use the Present Continuous. We usually mention the time and place as well.

To talk about future intentions, ambitions or unfinalised plans, we use going to + infinitive.

Grammar Reference > page 69

6 Look at Hala's diary and write sentences with the correct forms of the Present Continuous. Then in pairs, close your books and ask and answer questions about the

What's Hala doing on Wednesday? Is she visiting Petra on Thursday?

Wednesday Thursday Friday Saturday 0 14 Œ U 9 a.m. 8 p.m. 10.30. a.m. 5 p.m. work on school street visit to charity a school trip to festival centre Petra with roject Sunday cancelled Mum and t Lama's Œ Dad 4 p.m. studying with Asma

Future arrangements and intentions

4 Look at sentences 1-4. Which sentence

a 🕒 an arrangement in a certain place in the future?

b \blacksquare an intention in the near future?

c 🕄 an arrangement at a certain time in the future?

d \bigcirc a plan or ambition in the more distant future?

1 I'm going to start doing sports.

2 Asma's going to look for a job next summer.

3 Dana's coming round at seven.

4 We're ordering from that new Shawarma place.



☐ I can use Present Continuous and going to to talk about future arrangements and intentions.