

Impact

SECOND EDITION

WORKBOOK

4

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ON THE COVER

People canoe through a national park in Bulgaria. Over 36 percent of Bulgaria is forested, and the country has 3 national parks, 11 nature parks and 55 nature reserves that range from the tallest mountains on the Balkan Peninsula to the sands of the Black Sea.

© valio84sl/Getty Images

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SERIES EDITORS

JoAnn (Jodi) Crandall

Joan Kang Shin

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Unit 1

Pushing the Limits

VOCABULARY

1 Match each word to its definition. Write the letter.

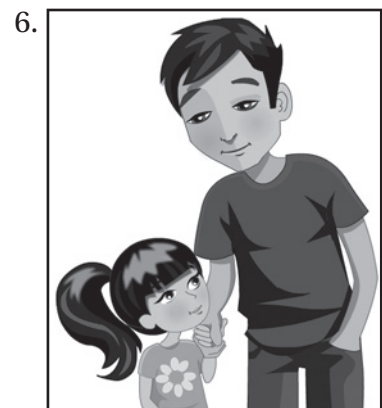
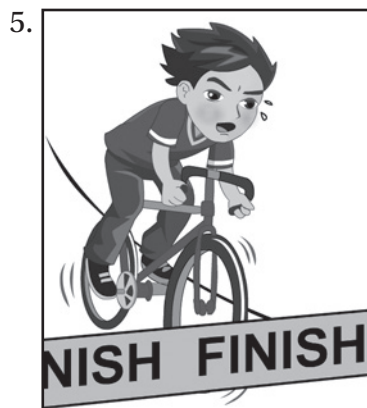
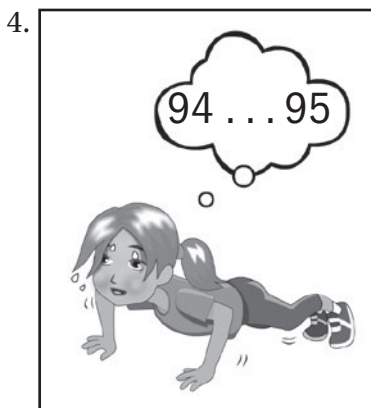
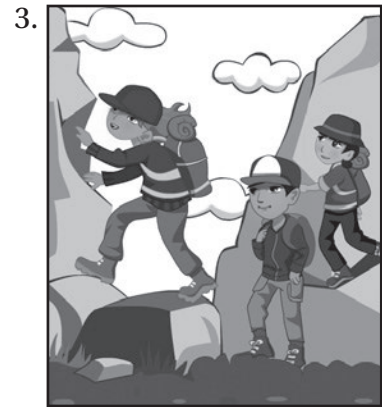
- | | |
|--------------------|---|
| ___ 1. mental | a. someone who plays against you in a game or sport |
| ___ 2. obstacle | b. meet a goal after working at it |
| ___ 3. achieve | c. something that separates two places |
| ___ 4. tough | d. in a place that can't be accessed; impossible to get |
| ___ 5. boundary | e. related to the mind or thinking |
| ___ 6. physical | f. very difficult |
| ___ 7. opponent | g. something that makes meeting a goal more difficult |
| ___ 8. unreachable | h. related to the body |

2 Complete the sentences with the correct form of the words from Activity 1.

1. She _____ her goal and won the gold medal.
2. There were many _____ to overcome.
3. A triathlon is a _____ event because you have to run, swim and ride a bicycle.
4. This difficult maths problem requires great _____ effort.
5. The top of the mountain was _____ due to the snowstorm.
6. He beat his _____ after three games of chess.
7. The river marks the _____ between the two countries.
8. Rock climbing takes unbelievable _____ effort.

- 3 Look at the pictures.** Then listen to each situation. Choose the correct word from the box and write it under the picture that describes it. 🗣️ 1.1

achieve determination extreme pain push himself role model



- 4 Write.** Use each word from Activity 3 in a sentence.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

GRAMMAR

Embedded clauses, indirect questions and commands

I think ... Ice climbing is pretty tough.	<u>I think</u> ice climbing is pretty tough.
I wonder ... How difficult is that climb?	<u>I wonder</u> how difficult that climb is .
Do you know ... Is it safe to climb that mountain in autumn?	<u>Do you know</u> if it's safe to climb that mountain in autumn?
I'm telling you ... Be careful on the ice!	<u>I'm telling you</u> to be careful on the ice!

You can make statements, ask questions, or give commands indirectly using verbs like **think**, **wonder**, or **tell**. When you ask an indirect question, pay attention to word order. If the answer to a question is *yes* or *no*, you need to use **if**. When you give an indirect command, you need to use *to* followed by the base form of the word.

1 Read and write. Write the sentences using embedded statements, indirect questions and commands.

1. Extreme sports are becoming popular.

I think extreme sports are becoming popular.

2. Buy the right equipment for surfing.

I'm telling you _____.

3. How many ski races do you go to every year?

I'd like to know _____.

4. How do we get to the top of the mountain from here?

We're not sure _____.

5. Why do people push themselves to their limits?

I wonder _____.

6. Put away the mountain bike.

My mum is asking me _____.

2 Listen. Write the questions as indirect questions. 🔊 1.2

1. I wonder who your role model is.
2. I wonder _____.
3. I'd like to know _____.
4. I also wonder _____.
5. I'm curious to find out _____.



3 Unscramble the words. Write embedded statements, questions and commands.

Pay attention to word order.

1. role / good / a / model / know / Dad / I / is

I know Dad is a good role model.

2. when / next / the / wonder / marathon / I / is

3. sporting events / go to / what / you / asking / I'm / you

4. slow / I'm / down / you / telling / to

5. snowboarding / he / a lot of / thinks / training / requires

6. train / you / during / if / the / like / months / summer / I'd / to know

4 Write. Complete the sentences with embedded clauses.

1. I wonder _____.
2. I believe _____.
3. I'd like to know _____.

READING

1 Listen and read. Pause after each paragraph to summarise it. 🔊 1.3

A Little Girl's Big Achievement

Do you dream about ways to push your physical and mental boundaries? Maybe you want to go deep-sea fishing or write the next great novel. You probably think that your age is an obstacle in achieving such a goal. But six-year-old Arishka Laddha of Pune, India, is proof that you're never too young to achieve great things.

In April of 2023, Arishka and her mother, Dimple Laddha, set out on a journey to climb to the base camp of Mt. Everest (Qomolangma). This wasn't Arishka's first experience climbing. She often went on weekend treks with her parents closer to her home. She had climbed the *Sinhagad* fortress, a height of 1,317 m (4,321 ft.), many times before attempting the Mt. Everest Base Camp climb. And Dimple was a marathon runner, who was physically prepared to make the climb.

Arishka and Dimple climbed for more than two weeks in freezing temperatures, of -3°C (26°F) to -17°C (1.4°F). Arishka had to wear seven layers of clothing to keep warm. The mother-daughter pair pushed themselves for six to eight hours each day. Finally, after 15 days, they arrived at the top of Mt. Everest Base Camp, at an altitude of 5,334 m (17,500 ft.) 'When we reached the top, she was feeling so happy,' Dimple said. 'That's all I wanted her to experience.'

Arishka made history by being the youngest person to make this climb, but she's not done. 'I want to climb the Everest summit,' she told a local reporter. Every year, thousands of people try to make the tough climb up to Everest's summit, at 8,849 m (29,032 ft.) above sea level. Will Arishka be one of them soon? Her parents are ready to support her in future climbs. In the meantime, Arishka is a role model to anyone who thinks they're too young to reach great heights.



Arishka Laddha and her mum, Dimple Laddha, at Mt. Everest Base Camp

GRAMMAR

Adding emphasis with cleft sentences

My brother prefers living in the country to living in the city.	The place (where) my brother prefers to live is in the country.
I really admire Cory Richards' determination.	The thing (that) I really admire about Cory Richards is his determination.
The hikers hated camping in extreme weather.	The reason (why) the hikers hated camping was the extreme weather.
I like kitesurfing. It pushes me to my physical and mental limits.	What I like best about kitesurfing is that it pushes me to my physical and mental limits.

We draw attention to what is important by adding emphasis to it. To do this, we mention the thing we are emphasising at the beginning of the sentence followed by **that, where, when, who, why** or **what**. Often, these words can be left out, as we see in the first three examples.

1 Listen. Then complete the responses. 🔊 1.4

- _____ is skydiving.
- _____ is that you don't need a lot of expensive equipment.
- _____ is the Great Barrier Reef!
- _____ is that it gets very crowded. Having so many people makes it difficult to climb safely.
- _____ is in the morning when it's quiet and there are fewer people.



2 Read. Then write a sentence emphasising your preferences and reasons.

1. I prefer team sports. The reason I prefer team sports is that they build teamwork.

2. I like to explore new places. _____

3. I really want to meet someone who does extreme sports.

4. I love summer holidays. _____



- 3 Read the advertisement.** Answer the questions. Be sure to add emphasis in your answers.

Xtreme dream SPORTS



Are you adventurous? Do you want to try a sport that will push you to your physical limits and help you connect with nature?

Xtreme Dream Sports offers a variety of extreme sports in locations all over the world. We have experienced teachers who can help you learn their sport. Our holidays include transport and hotels. We also provide all the equipment you need to make your new adventure a success.

This year we have two new extreme sports for you to try!

First, we offer kitesurfing. It takes place on a beautiful tropical island. It's the perfect location to try this new sport, with its light winds and gentle waves. Palm trees surround our golden beaches. After a hard day of training, you can relax on the beach and have a delicious dinner in our restaurant.

Our sandboarding classes are popular with the whole family. We have camps and offer group or individual classes. You will be in total control as you learn to slide down the rolling sand dunes. You will love the unbelievable sense of space and the freedom of being in a desert.

Why not try a new extreme sport? Check out our website for more information. Hope to see you soon!



1. Which extreme sport would you love to try?

What I would love to try is sandboarding because I have never been in a desert.

2. Why would you want to try one of these extreme sports?

3. What would you love about sandboarding or kitesurfing?

4. Where would you really like to go on your next holiday?
