

B1+

Optimise Stars

B1+

Workbook

with Digital Workbook



 **macmillan**
education

Angela Bandis,
Patricia Reilly,
Jayne Wildman

Also
includes



Optimise Stars

B1+

Workbook
with Digital Workbook

Unit 1	Lifelong learning	4
	Review and Learning to Learn	11
Unit 2	Go viral!	12
	Review and Learning to Learn	19
Unit 3	Super cities	20
	Review and Learning to Learn	27
Unit 4	Good times	28
	Review and Learning to Learn	35
Unit 5	Happy and healthy	36
	Review and Learning to Learn	43
Unit 6	Friends for life	44
	Review and Learning to Learn	51
Unit 7	Natural wonders	52
	Review and Learning to Learn	59
Unit 8	My kind of music	60
	Review and Learning to Learn	67
Unit 9	On the ball	68
	Review and Learning to Learn	75
Unit 10	Just the job	76
	Review and Learning to Learn	83

Optimise
Practice test

Reading and Use of English	84
Writing	94
Listening	96
Speaking	100

1

Lifelong learning

2 / READING Multiple choice | An article

► Student's Book, pages 10–11

1 Read the article on page 5 and write the correct letter (A–F) to complete the descriptions.

- 1 In paragraph _____ the writer gives examples of some of the jobs students go on to do.
- 2 In paragraph _____ the writer explains how the students spend time relaxing.
- 3 In paragraph _____ the writer introduces a school with a difference.
- 4 In paragraph _____ the writer describes how the school is run.
- 5 In paragraph _____ the writer outlines how students find solutions when there are issues.
- 6 In paragraph _____ the writer describes how the school began.

2 Read paragraph 1 of the article again. Find synonyms for the underlined phrases in the questions below, and then answer them.

- 1 What animals do the students look after? _____
- 2 How do students make sure they are not harming the environment? _____
- 3 Who is in charge of the school? _____

3  Read the article again. For questions 1–6, choose the answer (A, B, C or D) which you think fits best according to the text.

- | | |
|---|--|
| <p>1 Students at the Bamboo School</p> <p>A look after their own pets.</p> <p>B prepare their own meals.</p> <p>C decide how to spend the school's money.</p> <p>D do not have any homework.</p> <p>2 How is this school different from other schools?</p> <p>A It only teaches a few subjects.</p> <p>B Students study for many more hours.</p> <p>C There isn't any homework for students.</p> <p>D It teaches a lot of real-world skills.</p> <p>3 What does the article say about school committees?</p> <p>A Students have to stay on the same one.</p> <p>B They help students find out what they are good at.</p> <p>C Students in each one usually agree with each other.</p> <p>D They can't stop students attending lessons.</p> | <p>4 On each committee, students are encouraged to</p> <p>A listen to each other and work as a team.</p> <p>B argue and stick to their point of view.</p> <p>C ignore the word 'no' and not change their mind.</p> <p>D ask teachers to make decisions for them.</p> <p>5 The article states that it's important for students to</p> <p>A visit the library.</p> <p>B be part of a sports team.</p> <p>C do activities that help them relax.</p> <p>D learn how to play musical instruments.</p> <p>6 What is true about students who go to the school?</p> <p>A Their parents pay for them.</p> <p>B Their family helps with local projects.</p> <p>C Their family must be farmers.</p> <p>D They have to go to university afterwards.</p> |
|---|--|

4 Find highlighted words or phrases in the article which match these definitions.

- 1 every type of background _____
- 2 the belief that you are able to do things well _____
- 3 stopping a person from doing something, e.g. attending school _____
- 4 looking after something or someone _____
- 5 influence someone's ideas and behaviour _____
- 6 quiet, not excited or upset _____
- 7 be polite to someone and care about what they say _____
- 8 the quality of being fair and telling the truth _____

Changemakers

What if the students made all the decisions in your school? Would it be fun or would it be a nightmare?

- A** It's a busy afternoon at the Bamboo School. It's 2 pm and students have just finished classes and are starting extra-curricular activities. They're gardening and cleaning, **taking care of** goats and chickens, shopping for food and building water containers and solar flashlights – eco-friendly solutions to everyday problems. At this school, the students are in control. They run it and manage its finances. They also interview and choose the teachers and discipline other students if they misbehave!
- B** It all started in 2009, when educator Mechai Viravaidya had an idea for a new kind of school – one that encouraged values such as **honesty** and understanding and taught students how to do practical everyday things like gardening and shopping, in addition to teaching them academic subjects. He established a place where children used to do regular lessons from 8 am until 2 pm, then after lessons they would help to run the school and do work in the community, as well as their homework. It's been a recipe for success: the school has a **calm** and focused atmosphere and children are happy there. One student commented that her old school only used to focus on standard lessons, whereas this one has given her the opportunity to try many new things.
- C** The secret of the school's success is its student committees. Each one is responsible for a different area of life there: students can buy food from a local market for their lunches; they can discuss what to do when students misbehave, including **excluding** students from school; or they can interview new teachers and even decide on their pay! Students are encouraged to experience different committees to see what type of work they enjoy – the more opportunities they have to try something new, the more likely they are to find something they have a talent for.
- D** Everyone's ideas and opinions are listened to. When there are disagreements, students learn to **respect** different points of view and to solve problems together. They are taught that everything is possible and to think of 'no' as a question. It's an original way of thinking which helps the children become good negotiators, presenting their ideas with **confidence**. Teachers help with the committees if students need advice, but students always make the final decision.
- E** However, lessons, committees and helping in the community is a lot of work. Do students have time for themselves? Yes, they do! The school recognises that it's important for them to take time out. There's a swimming pool, a ping pong table and a basketball court where they can socialise and just be themselves. There's also the bamboo library where they can chill out and read, and there are opportunities to play music together. It's an important part of the school's positive, well-rounded environment.
- F** Anyone can go to the Bamboo School. There are no fees, and most of the money for the school comes from charities. If a student is accepted, the family 'pays' by giving time to the community through community-service projects and by planting hundreds of trees. When students leave, they may become farmers, teachers, vets or social entrepreneurs, or they go to university. And although there are only 150 places there, over 200 other schools in Thailand follow the same model. They're all working hard to create more opportunities for children from **all walks of life**, and hoping to **shape** the next generation of changemakers!



▶ Student's Book, page 12

▶ Grammar reference, Unit 1, Student's Book, page 139



Grammar video

1 Choose the correct word or phrase.

- Our teacher was angry because he **saw** / **was seeing** me sending a text message in class.
- Ed **was always** / **was always being** the funniest boy in class.
- Amy looked up. The sun **shone** / **was shining** brightly in the sky and it made her happy.
- As the teacher entered the class, some students **were talking** / **talked** and others **were playing** / **played** with their phones, so they didn't notice her.
- 'I **do** / **did do** my homework, but the dog ate it, Sir!' said Max to Mr Smith.
- 'Where **did you go** / **were you going** at 9 o'clock this morning when I saw you?'
- During his life, Leonardo da Vinci **investigated** / **was investigating** the possibility of human flight.
- I made that mistake in my essay because I was tired and I **didn't think** / **wasn't thinking** clearly.
- We **always went** / **were always going** camping during the school holidays and had lots of fun.
- Alicia **went** / **was going** to the library twice yesterday because she left her phone there the first time.

2 Complete the text with the past simple or past continuous form of the verbs below.

bother fall find know laugh lie look forward to
not like prefer rain reply speak wake up wonder



It was Thursday night. I was listening to music and my brother Noah (1) _____ in bed, unable to sleep. Something (2) _____ him and I (3) _____ what it was. He was nervous about Sports Day at our school. I (4) _____ it because I was a good runner, but Noah (5) _____ physical activity at all because he (6) _____ it boring. Noah (7) _____ to read books or watch interesting documentaries on TV. I (8) _____ what I could say to make him feel better when Noah suddenly (9) _____: 'It's really cloudy tonight. Maybe we'll have rain tomorrow,' he said, and soon after that he (10) _____ asleep.

When I (11) _____ the next morning, Noah was at the window and he (12) _____. 'What's so funny?' I asked. 'Look outside,' he (13) _____, and I did. It (14) _____ heavily! Sports Day was cancelled!

▶ Student's Book, page 13

▶ Vocabulary reference, Unit 1, Student's Book, page 152

1 Match to make sentences.

- This year, Alan managed _____
- Jo was delighted when she succeeded _____
- England failed _____
- We lost _____
- Tom came first _____
- I can't believe everyone beat _____
- Our school has accomplished _____
- The mountaineers overcame _____
- Anita achieved _____

- in passing her music exam.
- in the final and won the gold medal.
- a lot in science and sport this year.
- to run a marathon in under three hours.
- me and I came last in the test.
- lots of problems and are now progressing well.
- her best time of the year in the 10,000 m race.
- to get to the final of the football World Cup.
- the match in the last minute of the game.

2 Complete the dialogues with the correct form (adjective or adverb) of the words in brackets.

- 1 **A:** Are you _____ (act) involved in the art club?
B: Yes, I am and I love it. It gives me the chance to show how _____ (create) I am.
- 2 **A:** You should watch this video. It explains how you can study more _____ (effect).
B: Thanks. I need all the help I can get. Exams week is a very _____ (stress) time!
- 3 **A:** I enjoyed my first dance lesson, but my feet were very _____ (pain) for a few days!
B: Well, _____ (thank) you're OK now and can attend the next lesson.
- 4 **A:** That's a very _____ (attract) mug. Where did you buy it?
B: I didn't. I made it at my pottery class. It's very _____ (use) too.
- 5 **A:** Is Jack using his time _____ (product), or is he wasting it playing video games?
B: Leave him alone. What he's doing isn't _____ (harm). He's just enjoying himself during his school holidays.
- 6 **A:** You're being very _____ (secret), Jane. What are you hiding in your room?
B: It's a kitten. I found it in the park, Dad. It's so cute and _____ (play). Please can I keep it?

3 Complete the sentences with the correct form of the phrasal verbs below.

build up carry out do without end up get on with get up to go about put up with

- 1 As a teacher, can you tell me how you _____ making students behave?
- 2 There are no places on the Italian course, so you might _____ learning Spanish.
- 3 Andy is so disruptive in class that not even his classmates can _____ him.
- 4 Being patient with shy students can help them to _____ their confidence.
- 5 'The break has finished, so please _____ your work,' said the teacher.
- 6 After you _____ the experiment, you must write down your results.
- 7 During the survival course in the jungle, we had to _____ our phones.
- 8 How was your school trip to London? What did you _____ in the city?



1

GRAMMAR 2 would, used to, be used to

► Student's Book, page 15 ► Grammar reference, Unit 1, Student's Book, pages 139–140

1 Read the sentences. Then choose the best option (a or b) to summarise each one.

- 1 I didn't use to like ancient history, but my trip to Greece and Italy changed that.
a) I still don't like ancient history.
b) I like ancient history now.
- 2 When Grandma was a girl, students would stand up when the teacher entered the classroom.
a) Students stood up every time.
b) Students stood up sometimes.
- 3 Jade is a teacher and is used to marking lots of homework.
a) She doesn't mark homework now.
b) She is now comfortable with marking homework.
- 4 I always used to make my own breakfast before school in the morning.
a) This was my habit in the past.
b) I only did this a few times.

2 Choose the correct word or phrase.

- 1 **A:** Did you use / used to like art at school?
B: Actually, I didn't like it at all!
- 2 **A:** I'm afraid Alfie doesn't like his new school very much.
B: That's because he isn't use / used to it. He'll be fine in a few weeks.
- 3 **A:** Are / Did you used to the weather in this country?
B: No, and I've been here for five years!
- 4 **A:** Do you both like teaching in England?
B: Yes, but when we lived abroad, we were used to / used to having longer school holidays.
- 5 **A:** Has Matthew always been in the school band?
B: He didn't use to / wouldn't be, but he joined last month.

1 / LISTENING Sentence completion

▶ Student's Book, page 14

1 Look at the sentences and choose from the phrases (a–d) to say what kind of information you think is missing from each one.

- | | |
|--|------------------------------------|
| 1 He went to ____ during the school holidays. | a) a period of time |
| 2 The people in the group thought of themselves as ____. | b) a form of transport |
| 3 One of the ways they travelled on the river was by ____. | c) a place |
| 4 The group spent ____ there and it was very exciting. | d) a descriptive adjective or noun |

2 1.01 Now listen to the beginning of a talk and write the words that complete the sentences in Exercise 1.

- 1 _____
- 2 _____
- 3 _____
- 4 _____

3 1.02 Listen to a teenager called Will talking about a trip to the Amazon rainforest. Complete the sentences with a word or short phrase.

- 1 Will's teacher asked him to talk about his _____ in the Amazon.
- 2 The cooking facilities at the lodges were _____.
- 3 About _____ of the Amazon rainforest is found in Brazil.
- 4 The air in the rainforest was _____.
- 5 Will was annoyed by the _____, which were all over the place.
- 6 Will wasn't expecting to see a _____ frog.
- 7 At night, it's possible to step on a _____.
- 8 The bridges are scary because they moved from _____.

1 / SPEAKING Photo task

▶ Student's Book, page 16 ▶ Speaking reference, Unit 1, Student's Book, page 165

1 Read the exam question and look at the photos below. In sentences 1–8, choose the main ideas that are relevant to the exam question. Then put a 0 next to the ideas that are irrelevant.

Compare the photos and say which situation you think is more enjoyable.



- | | | | |
|--|--------------------------|---|--------------------------|
| 1 They show young people in learning situations with adults. | ☐ | 5 The relationship between the adults and the young people is probably different in each photo. | ☐ |
| 2 One man is wearing a black shirt, but the other is wearing a grey shirt. | ☐ | 6 One is happening outside, but the other is happening inside. | ☐ |
| 3 The skills being learnt in the photos are physical skills. | ☐ | 7 The sea only appears in one of the photos. | ☐ |
| 4 Both the young people are wearing things on their heads. | ☐ | 8 The young people are concentrating on what they are doing in both photos. | ☐ |

- 2**  **1.03** Look at the photos in Exercise 1 again and read the text. Complete the gaps with words for comparing. Then listen and check.

The main (1) _____ between the pictures is that they (2) _____ show young people in a learning situation. In the first picture, a child is learning to ride a bike, (3) _____ in the second picture a girl is learning to make some kind of sweet or pastry. (4) _____, they both show people who are teaching. However, in the first picture the teacher is a parent, (5) _____ in the second picture it is a professional. This means the relationship between the teacher and the learner is very different. The pictures also (6) _____ because one skill is physical, whereas the other one is more practical. Another key (7) _____ between the pictures is that the first is happening outside, while the second is taking place inside. Personally, I think the bike-riding situation is (8) _____ more enjoyable. Maybe it isn't (9) _____ useful (10) _____ cooking, but for a young child it represents a big adventure. I think having cooking lessons would be more stressful.

- 3**  Write four sentences about the photos below using appropriate words for comparing from Exercise 2.



- 1 _____
2 _____
3 _____
4 _____

1 / USE OF ENGLISH Open cloze

► Student's Book, page 17

- 1** Match the words (1–5) with the grammar forms (a–e).

- | | |
|-------------------------------|--------------------|
| 1 did, has, am _____ | a) negative words |
| 2 might, shall, will _____ | b) particles |
| 3 not, none, nothing _____ | c) modal verbs |
| 4 took, choose, noticed _____ | d) main verbs |
| 5 in, on, out _____ | e) auxiliary verbs |

- 2** Look at the sentences. Match the grammar forms (a–e) in Exercise 1 with the sentences 1–5.

- 1 It was very late and we had to _____ going to catch the last bus. _____
- 2 The teacher asked the class a question, but _____ knew the answer. _____
- 3 _____ you have a favourite teacher when you were at school? _____
- 4 Most of my classmates were born here and grew _____ in this area. _____
- 5 I've got an idea. Maybe we _____ look for the information we need online. _____

- 3** Now complete the sentences in Exercise 2 with one word in each gap.

- 4**  Write one word in each gap to complete the text.

Find your talent



Margot Robbie is an amazing actress. She (1) _____ starred in films like *Barbie*, *I, Tonya* and *The Wolf of Wall Street*. But did you know that Margot has other talents too? When she was a child, she often came up (2) _____ creative solutions to problems. She (3) _____ to be very good at magic tricks, so when she needed extra pocket money, she charged her family to watch her shows! Margot also went to circus school and was really good (4) _____ acrobatics. Before she became famous, Margot worked as a house cleaner, and (5) _____ helped in a surf shop – she was good at both jobs! Then when she was 16, she applied (6) _____ a job at Subway, a fast-food restaurant. When she was working there, she learnt how (7) _____ make really good sandwiches. She definitely had a talent (8) _____ it! Today, she doesn't go to Subway very often. Why? Because she gets upset if they make the sandwiches badly!