

3

Student's Book & Workbook

InstaEnglish

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Starter



Jobs and Life Events



- 1 What are Gavin's and his friends' plans for the future? Complete their sentences with the words in the box.

actor architect engineer get a job
get married go to college
have children learn to drive leave home
nurse police officer teacher work

- a Hi, I'm Gavin. I really like to interact with people. I want to help people who are ill or injured, so my dream is to become a _____.
- b Hello. I'm Monica. I feel passionate about design and I want to be an _____ so that I can design houses and buildings.
- c I'm Hunter. I want to be a _____ to serve my community and help people feel safe. I also dream about having a family, so I want to _____ and _____.
- d My name is Siena. I love cars and I can't wait to _____. I'm also interested in everything related to machines and electronics, so I want to be an _____.

- e I'm Owen. When I finish school, I want to become financially independent, so my plan is to _____ and start to _____. I also love studying, so I want to _____ and become a _____.
- f Hi, I'm Sadie. I want to become an _____ so that I can perform in plays and movies. I also plan to _____ and travel the world.

- 2 02 Listen and check your answers.



Clothes and Accessories

- 3 Unscramble and write the name of clothes and accessories.



- a k n s a e r s e _____
- b f s r a c _____
- c e d s r s _____
- d t a o c _____
- e k t i r s _____
- f t a s n p _____

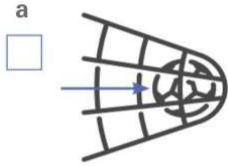
- 4 03 Listen and check your answers.



Prepositions

5 Number the pictures according to the prepositions they represent.

1 around 2 into 3 over 4 toward



6 04 Listen and check your answers.

make and do

7 Choose the correct words.

- a Think twice before you **do / make** a decision that can change your life forever.
- b The best way to **do / make** friends is just to be yourself.
- c People who **do / make** exercise regularly have better memory retention.
- d It doesn't matter if you win or lose, just **do / make** your best.

8 05 Listen and check your answers.

should / shouldn't

9 Complete the advice sentences using *should* or *shouldn't*.

- a You _____ post private information on social media.
- b You _____ save money in an emergency fund.
- c You _____ always act according to your beliefs.
- d You _____ care so much about what people think about you.

10 06 Listen and check your answers.

will and be going to

11 Complete the sentences with the most appropriate future tense.

- a I loved your products. I _____ buy from you again for sure!
- b It's very likely that I _____ be home within two or three hours.
- c I _____ have my first spin class today.
- d I _____ fall asleep pretty soon.

12 07 Listen and check your answers.

First Conditional

13 Order the words to make sentences.

- a you'll / If / keep / an open mind, / you / more opportunities / see

- b without / listen / if / a better friend / You'll / judging / be / you

- c plants / water / if / Your / don't / won't / you / them / grow

- d that topic / some more research / If / have time, / on / I / I'll / do

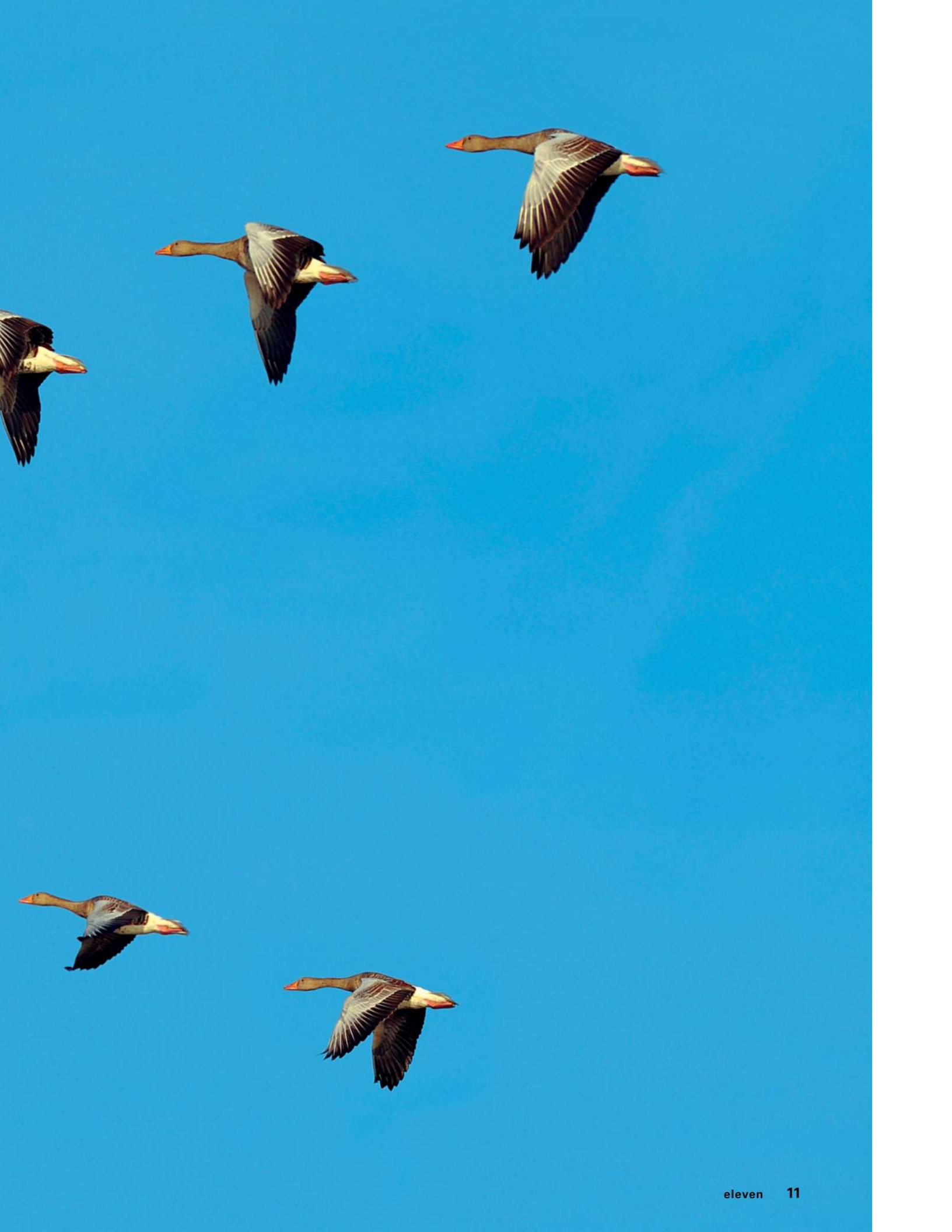
14 08 Listen and check your answers.



1

Changing Lives







+ B A C VOCABULARY 1

Life-changing Events

1 Use your dictionary to check the meaning of the words in the box.

become rich change schools
drop out of college get into trouble
go abroad go for a job interview
have an accident make new friends
move retire settle down
start your own business
take a gap year win an award



2 9 Listen and repeat.



3 Choose the correct answers.

- a Are your parents bored of working for someone else? They should think about **starting their own business / winning an award**.
- b Tom **retired / had an accident** last year. Now that he isn't working he has more time to see his grandchildren.
- c My older brother **moved / got into trouble** from Charleston to Boston. He **dropped out / made new friends** quickly and he's even **settled down / won an award** with his wife.

- d Amy **had an accident / went abroad** yesterday – she broke her leg.
- e A few years ago, Mark **retired / got into trouble** because he bullied some other students. He **changed schools / had an accident** and he's much happier now.
- f Lucy **dropped out of college / moved house** because she didn't like studying math. She **settled down / went for a job interview** last month and now she's working as a chef.
- g My older brother **took a gap year / became rich** before he started college. He **retired / went abroad** and worked as a volunteer in a school in Africa.
- h John's really successful – he **became rich / changed schools** after starting his own business, and he even **had an accident / won an award** last month.


4 **INTERFACE** Work in pairs. Ask and answer the question.

What event has changed your life most?


READING 1

1 Look at the pictures and the title of the mini biography. What do you think the text is about?

- a Viola Davis's life.
- b Movies that Viola Davis has starred in.

2  10 Read and listen. Check your answer.

Then & Now ... and this week, it's VIOLA DAVIS

WHEN MOST PEOPLE THINK OF Viola Davis, they think of a successful, talented actor who's really cool. She's the star of movies like *Fences* and *Solaris*. She often acts in movies and series, and she's traveled abroad many times as a result. She owns a multimillion-dollar mansion in Toluca Lake, Los Angeles, and has her own star on the Hollywood Walk of Fame! However, Viola's life wasn't always like this.

She didn't have an easy childhood. Viola was born in St. Matthews, South Carolina, on her grandmother's farm. When she was just 2 months old, her parents moved to Rhode Island, taking her and two of her sisters. Her older sister and brother stayed back in South Carolina with her grandparents because her family was extremely poor. At the age of two, Viola was arrested with her mother, who used to participate in demonstrations organized by the African-American Civil Rights Movement. Her family was so poor that they didn't have enough food at home. Viola says she was constantly hungry at school and couldn't fulfill her learning potential because of that.

However, in high school she developed a passion for acting and that's how her career began. She got a scholarship to study drama at college and at a drama school in New York.

At first, she worked in minor theater productions. Her first role on screen was in 1996, and soon she was acting on Broadway and being invited to star in movies and television series. She has been nominated for three Oscars and won one in 2017. She is the only black person to date to win an Oscar, an Emmy and a Tony award.

She has settled down and, along with her husband – actor Julius Tennon – adopted a daughter named Genesis. However, her career continues to thrive and she now fights to combat childhood hunger in the U.S.!

3 Read the text again and choose the correct words.

- a Viola **was** / **wasn't** wealthy when she was a child.
- b Viola **did** / **didn't do** very well at school.
- c Viola **went** / **didn't go** to college.
- d Viola **moved** / **didn't move** when she was a baby.
- e Viola **has** / **doesn't have** a daughter.

4 Answer the questions.

- a Where does Viola own a mansion?

- b What happened when she was two?

- c When did she develop a passion for acting?

- d Who did she marry?

- e Has Viola won any awards?

5 Find words and phrases a-e in the text and match them to definitions 1-5. How do you say them in your language?

- a childhood
- b demonstrations
- c potential
- d scholarship
- e thrive

- 1 money given by an organization to someone for their studies
- 2 to grow or become successful
- 3 ability to do something that has not yet been realized
- 4 the years when you are a child
- 5 events where a mass of people put forward political demands

READING STRATEGY

False friends are words with a similar spelling but different meaning in another language. *Parents* can be a false friend as it looks similar to some words in Latin languages but can have different meanings. Check for the possibility of different meanings.



GRAMMAR 1

Review: Simple Past

1 Look at the chart. Then underline the words to complete the sentences about the simple past.

simple past	regular verbs	irregular verbs
+	She developed a passion for acting.	She got a scholarship.
-	They didn't move with the family.	She didn't have an easy childhood.
?	Did she star in many movies?	Did she win several awards?
short answers	Yes, she did. No, she didn't.	Yes, she did. No, she didn't.

- a The simple past tense is used to express **finished / unfinished** actions in the past.
- b To form the simple past affirmative of **regular / irregular** verbs, *-ed* or *-d* are usually added to the base form of the verb.
- c **Regular / Irregular** verbs usually have a different form in affirmative sentences.
- d In negative sentences, the auxiliary *didn't* is used to form the simple past tense. It comes **before / after** the main verb.
- e In questions, the auxiliary *did* is used **before / after** the subject. The main verb keeps its base form.
- f In short answers, the auxiliaries *did* (affirmative) / *didn't* (negative) **are / aren't** used.



2 Complete the mini bio with the simple past form of the verbs in parentheses.



Penélope Cruz a was born (be born) in Spain in 1974. When she was younger she b _____ (want) to be a ballet dancer, and she c _____ (study) ballet for nine years. Then she d _____ (decide) to become an actress. She e _____ (appear) in a music video for the group Mecano when she f _____ (be) only 15. She g _____ (make) her first movie in 1992 at the age of 17 and h _____ (become) famous as a result. She i _____ (win) an Oscar for Best Supporting Actress in 2008. She j _____ (start) going out with actor Javier Bardem in 2007 and they k _____ (get) married in 2010 and had two babies.

3 Complete the statements and questions about Penélope Cruz in the simple past tense.

- a _____ any Academy Awards? Yes, she won the Academy Award for Best Supporting Actress in the 2008 film *Vicky Cristina Barcelona*.
- b Did she marry Tom Cruise? No, _____. She _____ Javier Bardem.
- c Who _____ with in *Loving Pablo*? She starred in this movie with Javier Bardem!
- d When _____ that? That was in 2017.

4 Do these sentences express single finished actions in the past? Mark (✓) or (X).

- a Jennifer Lawrence dropped out of school at the age of 14.
- b Viola's mom used to participate in civil rights demonstrations.
- c Viola got a scholarship to study drama.
- d Penélope Cruz used to study classical ballet.
- e At the age of 25, Penélope Cruz moved to Hollywood.

used to

5 Look at the chart and choose the correct information in the sentences below.

used to	
+	She used to participate in demonstrations.
-	She didn't use to have lunch at home.
?	Did she use to walk to school? Yes, she did . No, she didn't .

- a We use *used to* to talk about
 - past habits and states that no longer happen now.
 - single finished actions in the past.
- b The sentence structure is:
 - used to / didn't use to / did + subject + use to + main verb in the simple past.
 - used to / didn't use to / did + subject + use to + main verb in the infinitive.



6 Complete the text using the correct form of the verbs in parentheses. Use *used to*.

Our lifestyles have changed a lot thanks to computers, the internet and cell phones. People **a** used to look up (look up) information in reference books such as encyclopedias, but now they **b** _____ (use) the internet. They **c** _____ (write) letters, and communication **d** _____ (take) days or weeks, but now they **e** _____ (send) emails or text messages and communication **f** _____ (be) instant. Thirty years ago, people **g** _____ (not have) cell phones, they **h** _____ (use) landlines or use phone booths. It's true that communication **i** _____ (be) easier and faster now, but people **j** _____ (spend) more time talking face-to-face.



7 Read the text again. Write questions with *used to*. Then answer the questions.

- a people / use the internet / 30 years ago?

- b communication / be instant?

- c people / send emails?

- d people / make phone calls from phone booths?

8 **INTERFACE** Work in pairs. Ask and answer questions with *used to*.

What did you use to do when you were 10?

I used to play soccer every Saturday.



LISTENING

Lifestyle Changes

1 Look at the pictures and talk to a classmate. How do you think people's lifestyles change at these ages?



2 11 Listen to the radio show. Do they mention any of your ideas?

3 11 Listen again and match the people to the activities.

- a Emma usually bikes twice a week
- b Frank retired 8 months ago
- c Gary used to go out a lot but doesn't go out much now
- d Helen used to go on vacation with her parents
- e Ivan started his own business last year

4 11 Listen again and complete the sentences with the correct number.



2	2.5	3	4	5
10	9	26	40	

Emma went to Cancun with 5 friends for 10 days.

- a Frank is in his _____s and he bought a bike _____ years ago.
- b Gary is _____ years old and he finished college _____ years ago.
- c Helen had a baby _____ years ago. The last time she did any art was _____ years ago.
- d Ivan has _____ grandchildren.

 SPEAKING

Moving Abroad

  **12** Liz is telling Jane what it was like when her family moved to the U.S. Listen and complete the dialogue.

So, tell me, Liz, how
a _____ you
_____ when your
mom and dad told you
you were moving here?

Well, I was 14 at the time and
b _____ it at all. Leaving my family
(grandma and grandpa especially) and
friends behind c _____ tough!

I can imagine! How
about school?

I d _____ to a very small school
in Melbourne and here... oh gosh! So
many students in a massive building...
I felt completely lost at first!

So it was good when I
e _____ to you and
started a conversation...

Yeah, that was great! You
f _____ me feel at home...

When I first saw you, I thought "she
looks nice...". Well, the language
g _____, too, as you are from
Australia...

It surely h _____! Change can
be quite scary for people who speak
other languages or have a very
different culture, lifestyle...

I bet! But if we see the positive
side, i _____ can make
you more adaptable, stronger
and j _____.

Quite true!



FUNCTIONAL LANGUAGE

Talking about Life Experiences

How did you feel when...?

It was... at first...

I didn't like it.

I used to...

Speaking Task

Write a dialogue between you and a person who has moved to a foreign country.

Step 1

Choose a home country to describe: what life was like there, what was left behind, how the person / family probably felt about moving.

Step 2

Think about characteristics of the new country; positive and negative aspects about this change in life.

Step 3

Work with your partner. Write your dialogue. Follow the conversation above as a guide.

Step 4

Take turns practicing your dialogue.



Namasté, America



People from many corners of the world have always wanted to live the 'American dream' in the land of prosperity, and for the Asian Indian population it was no different.

The first wave of immigration, between 1900 / 1920, consisted of young male Sikhs who married Mexican women and created the so-called "Mexican Hindu" culture.

The second wave happened between 1965 and 1990. At that time, those immigrants owned small businesses such as restaurants, travel agencies and motels.

The third wave came in the early twenty-first century: those who had technology-based skills, degrees and professional talents were allowed in 'Uncle Sam's land.'

At some point around 2000, the size of the Asian Indian population in the U.S. exceeded one million. Nowadays, they are a diverse group: they come from different parts of India and other countries as well, such as England, Tanzania, Guyana and Trinidad. They follow different religions, including Hinduism, Sikhism and Christianity. Many of them are skilled professionals working in science, technology, engineering and math fields, are fluent in English and used to Western culture. In fact, they are wealthy people and the most highly educated immigrants in the U.S.



- 1**  **13** Read and listen to the information about Asian Indian immigration in the U.S. and answer the questions below.

a When did the first Asian Indians arrive in the U.S.? Who were they?

b What did the immigrants who arrived between 1965 and 1990 do in America?

c Who was allowed into the U.S. during the early twenty-first century?

- 2** Check (✓) the information provided in the text about Asian Indians in the U.S. today.

- Most of them come from small cities in India.
- They follow different religions.
- They speak English very well.
- They are poor people and do not come from a highly educated background.
- Many of them work in science, technology, engineering and math fields.

- 3** Is immigration a reality in your country? Where do most immigrants come from?

- 4** What is it like to be an immigrant in your country? Share your answers with your friends.



VOCABULARY 2

Verb + Preposition

1 Look at the verbs in the box. Use your dictionary to look up the meaning of any unknown words. How do you say these words in your language?

agree about agree with argue about
 argue with depend on dream about
 listen to look forward to participate in
 talk to wait for worry about

2 Listen and repeat.

3 Complete the questions with the correct prepositions.

What music do you like listening to?

- a Who do you talk _____ when you have problems?
- b What do you dream _____ doing in the future?
- c Do you usually agree _____ your friends?
- d Do you often participate _____ activities in class?
- e Which things do you argue _____?
- f Do you and John agree _____ anything?
- g Can your friends depend _____ you?

4 **INTERFACE** Work in pairs. Ask and answer the questions in activity 3.

What music do you like listening to?

I like listening to jazz and hip-hop. How about you?

5 Choose the correct answers.

- a My brother and I have different opinions about everything. I often **argue with / argue about** him.
- b I'm at the train station. I'm **waiting for / looking forward to** a train.
- c Who's on the phone? Who are you **talking to / participating in**?
- d Pete is a nervous person. He **depends on / worries about** absolutely everything.

PRONUNCIATION

Sentence Stress

1 Listen to the sentences and underline the most stressed syllables.

Do you dream about traveling the world?

- a We're looking forward to the party.
- b She used to participate in demonstrations.
- c She didn't have an easy childhood.

2 Listen again and repeat the sentences, emphasizing the stressed syllables.

READING 2

1 Look at the pictures and the title of the text. Which life change do you think the text describes?

- a changing jobs b going abroad

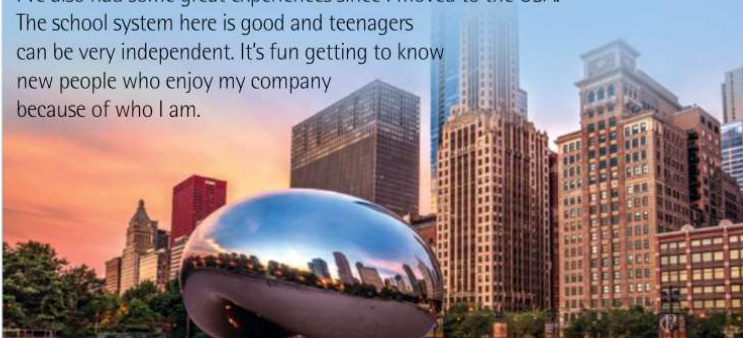
2 What kind of text is it?

- a a fact file b a personal account

3 Read and listen. Check your answer.

My New Life

My name is Aminata and I'm 14 years old. I live in Chicago in the USA. I used to live in Senegal in Africa but I moved here three years ago with my family. When I was younger, I used to dream about living in America, so when my parents told me we were moving I was really looking forward to it. I thought everything would be easy here and that everyone would be kind and I'd have a good time. I didn't realize how wrong I was. When I started school, some of the other students were really awful to me. They said things like, 'Why don't you go back to where you came from?' I was shocked and upset, but I didn't listen to them. I realized that most of the students at my school were ignorant about other countries and cultures, but that isn't an excuse for treating others badly. Diversity makes the world an interesting place and we can all learn a lot from each other. It was really hard at first because I missed my friends from Senegal, but I was lucky – I made some new friends and they helped me a lot. We started a diversity club at school to embrace the differences between others and ourselves. Being an immigrant is hard, but now I know that you should respect other people's differences. I've also had some great experiences since I moved to the USA. The school system here is good and teenagers can be very independent. It's fun getting to know new people who enjoy my company because of who I am.





4 Read the text again and answer the questions.

- a Where does Aminata live now?

- b Where did she use to live?

- c What did Aminata think the USA would be like?

- d What happened when Aminata started school?

- e What did Aminata start with her friends?



CULTURAL FACT

Diversity groups promote the equality of people from minority groups of all kinds, including race, gender, disability and religion. They exist in some schools and communities in the USA.



GRAMMAR 2

Subject and Object Questions



1 Read the questions below. Underline the verbal structures and circle the question words.

- a Who helped Aminata?
- b What happened when she started school?
- c Who did Aminata miss?
- d What did Aminata and her new friends start at school?



2 Look at the rules below. Complete the chart with the words in the box.

did...miss helped
did...start happened

- a Sometimes question words carry no auxiliary verb and the order in the question is not inverted. In this case, they are the subject of sentences that are called *subject questions*.
- b The answer of a subject question will be the subject.

- c When the question word is followed by auxiliary + subject + main verb in the base form, that is an *object question*. The answer in object questions will come after the verb, in the object.

subject questions

Who _____ Aminata?
Her new friends helped her.
What _____ when she started school?
Some students were awful to her.

object questions

Who _____ Aminata _____?
She missed her friends from Senegal.
What _____ Aminata and her new friends _____ at school?
They started a diversity group.

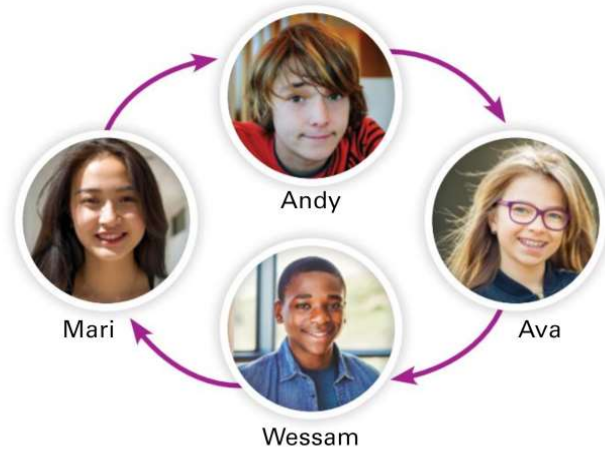


3 Read the questions and answers. Which one is an *object question* (O) and which is a *subject question* (S)?

- a What did you do yesterday?
 I went to the movies.
- b What happened at the movies?
 All the tickets were sold out.



4 Look at the diagram. Match the questions with the answers.



- a Who did Andy write to?
- b Who wrote to Andy?
- c Who did Wessam write to?
- d Who wrote to Wessam?
 Ava wrote to him.
 Mari wrote to him.
 He wrote to Ava.
 He wrote to Mari.



Animal Migration

Many species in the animal kingdom migrate, including birds, fish, mammals and reptiles. They often travel great distances to reach another part of the world. Humpback whales swim more than 5,000 miles in one direction, while one species of bird flies 7,000 miles non-stop in just eight days. Animals migrate because they need to find food (some plants or animals may only be available in a certain area at particular times of the year), a better climate (the winter may be very cold) or the best place to reproduce.

The migration cycle may happen every time the seasons change, once a year, or perhaps just once in the animal's lifetime. For example, Scottish salmon are born in freshwater rivers. Then they swim thousands of miles north to find food in the Atlantic Ocean. When it's time for the salmon to reproduce, it swims back to the river where it was born. After it lays its eggs there, it dies.



3 Complete the sentences with the words in the box.

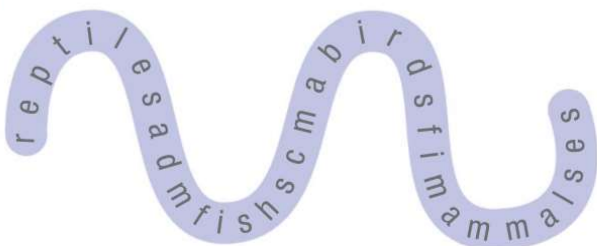
climate distances food lifetime
miles reasons year

- a When animals migrate they often travel great _____.
- b Humpback whales swim more than 5,000 _____ in one direction.
- c Animals migrate for many different _____.
- d They often migrate at a particular time of the _____.
- e Some animals migrate in order to find _____.
- f When they migrate, some animals are looking for a better _____ or a place to reproduce.
- g Some animals migrate every year and some only once in a _____.

1 17 Read and listen. Answer the question.

Why do Scottish salmon migrate?

2 Find and circle four types of animals that migrate.





VOCABULARY IN PICTURES

Life-changing Events



become rich change schools drop out of college have an accident get into trouble



go abroad go for a job interview make new friends move retire



settle down start your own business take a gap year win an award

Verb + Preposition



agree about/ agree with argue about/ argue with depend on dream about listen to



look forward to participate in talk to wait for worry about



Simple Past

+	I / You	moved.
	He / She / It	moved.
	We / You / They	moved.
-	I / You	didn't move.
	He / She / It	didn't move.
	We / You / They	didn't move.
?	Did you move? Yes, I did. No, I didn't.	

- we use the simple past to talk about events in the past, especially if we express a definite point in past
I **played** tennis yesterday.
- we form negative sentences with *didn't* + the base form of the verb
They **didn't walk** to school.
- we form questions in the past with *did* + base form of the verb. In short answers, we don't repeat the main verb
Did he **buy** a car? Yes, he **did.**

used to

+	She used to participate in demonstrations.	
-	She didn't use to have food at home.	
?	Did she use to travel abroad? Yes, she did. No, she didn't.	

- we use *used to* + base form of the verb to talk about past habits and situations. We use it to talk about things that people did regularly in the past but that they don't do now
They **used to** live in Chicago, but now they live in Boston.
He **used to** ride his bike to work, but now he takes the bus.

Subject and Object Questions

subject questions	
Who went to the movies yesterday? Joe went to the movies yesterday.	
object questions	
What did Joe do yesterday? He went to the movies.	

- question words can be either the subject or the object of the verb.
- if the question word is the subject of the question, we don't use an auxiliary verb
Who made the cake? **Jenny** made the cake.
- if the question word is the object of the question, we use an auxiliary verb (*do, does or did*)
What did Jenny make? She made a **cake.**

✓ PROGRESS CHECK

Life-changing Events

1 Match a-d with 1-4 to make sentences.

- a Dan and Mandy moved
- b They decided to start
- c Mike made
- d Kathy said that she wanted to take

- 1 their own business.
- 2 a gap year before college.
- 3 last year.
- 4 new friends after he changed schools.

Verb + Preposition

2 Complete the expressions with the correct prepositions.

- a agree _____ someone
- b talk _____ something
- c look forward _____ something
- d depend _____ someone
- e participate _____ something

Simple Past and used to

3 Choose the correct answers.

- a I **used to move / moved** to France three years ago.
- b I **used to go / went** hiking twice a month when I was younger.
- c Last weekend I **used to go / went** shopping but I **didn't use to buy / didn't buy** anything.
- d What **did you use to do / did you do** on weekends when you were 10?
- e Peter **used to get / got** married last week.

4 Complete the questions and answers with the correct form of the verbs in parentheses.

- a Did you _____ to _____ (live) in a different town or city?
Yes, I _____ (live) in Albuquerque, but I _____ (live) in Miami now. I _____ (move) here two months ago.

- b _____ (Sue / like) vegetables?
No, she _____ (not like) them, but now she _____ (be) a vegetarian. She _____ (stop) eating meat last year.
- c What _____ (Tony / do) every Saturday?
He _____ (go) swimming, but last year he _____ (start) playing football. He _____ (not go) swimming now.

Subject and Object Questions

5 Write subject or object questions with *who* or *what* for the information in bold. Then answer the questions.

Sally went shopping **with her friends**.
Who did Sally go shopping with? _____
She went shopping with her friends. _____

- a **Sally** went shopping with her friends.

- b Mike visited **the new museum**.

- c **Mike** visited the new museum.

Grammar Buildup 1

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

6 Choose the correct answers.

Nick **a used to win / won** the lottery ten years ago and he **b used to change / changed** his life. Before, he **c got up / used to get up** early, but then he **d used to start getting up / started getting up** very late, like 12 o'clock! In his old life, he



e was working / used to work very hard, but he **f stopped working / didn't use to stop working** after the lottery. To get to work he **g was catching / used to catch** the bus, but he **h used to buy / bought** a new car and he **i traveled / used to travel** everywhere in his car for about three years. Nick **j didn't use to go / didn't go** to dinner parties or travel abroad, but since winning the lottery he's done that many times!

2

Incredible Journeys

