

## Unit 1 Lifestyles

Section	Activity	Skills	Page	Exercise	Practice for TOEIC & TOEIC Bridge
Warm-up	Talk about the pictures	Look & Speak	4	A	S&W Describe a picture
Conversation	Read a conversation	Speaking	4	A&B	S&W Read a text aloud
Vocabulary	Look at pictures	Look & Match	5	A	S&W Write a sentence based on a picture
	Pair work	Ask & Answer	5	C	S&W Respond to questions
Exchange	Complete the conversation	Listen & Complete	5	A	L&R Part 3 and TB Part 4
	Make a conversation	Speaking	5	B	S&W Read a text aloud
Language in action	Pair work	Ask & Answer	6		S&W Respond to questions
Listening	Listen to someone talk	Listen & Answer	7	A	L&R Part 4
	Complete the sentences	Listen & Answer	7	B	L&R Part 4
Speaking	Interview a partner	Speaking	7		S&W Respond to questions
Expansion: Listening	Listen to someone talk	Listen & Answer	8	A&B	L&R Part 4
Expansion: Vocabulary	Complete the sentences	Reading	8	A	L&R Part 5 and TB Part 4
	Pair work	Ask & Answer	8	B	S&W Respond to questions
Expansion: Reading	Read a web page	Reading	9	A&B	L&R Part 7 and TB Part 5
Expansion: Writing	Write about your daily life	Writing	9		S&W Respond to a written request

## Unit 2 Leisure

Section	Activity	Skills	Page	Exercise	Practice for TOEIC & TOEIC Bridge
Warm-up	Talk about the pictures	Look & Speak	10	A	S&W Describe a picture
Conversation	Read a conversation	Speaking	10	A&B	S&W Read a text aloud
Vocabulary	Look at pictures	Look & Match	11	A	S&W Write a sentence based on a picture
	Complete the phrase	Reading	11	B	L&R Part 5 and TB Part 4
	Pair work	Ask & Answer	11	C	S&W Respond to questions
Exchange	Complete the conversation	Listen & Answer	11	A	L&R Part 3 and TB Part 3
	Make a conversation	Speaking	11	B	S&W Read a text aloud
Language in action	Pair work	Speaking	12		S&W Describe a picture
Listening	Listen to someone talk	Listen & Answer	13	A&B	L&R Part 4
Speaking	Pair work	Speaking & Writing	13	A	S&W Respond to questions
Expansion: Listening	Pair work	Speaking	14	A&B	S&W Express an opinion
Expansion: Vocabulary	Pair work	Ask & Answer	14	C	S&W Respond to questions
Expansion: Reading	Read a letter	Reading	15	A	L&R Part 7 and L&R Part 5
Expansion: Writing	Write a letter to a friend	Writing	15		S&W Respond to a written request

## Unit 3 Getting along

Section	Activity	Skills	Page	Exercise	Practice for TOEIC & TOEIC Bridge
Warm-up	Talk about the pictures	Look & Speak	16	A	S&W Describe a picture
	Pair work	Speaking	16	B	S&W Express an opinion
Conversation	Read a conversation	Speaking	16	A&B	S&W Read a text aloud
Vocabulary	Look at pictures	Look & Match	17	A	S&W Write a sentence based on a picture
	Pair work	Ask & Answer	17	C	S&W Respond to questions
Exchange	Complete the conversation	Listen & Complete	17	A	L&R Part 3 and TB Part 4
	Make a conversation	Speaking	17	B	S&W Read a text aloud
Language in action	Pair work	Speaking	18		S&W Describe a picture
Listening	Listen to someone talk	Listen & Answer	19	A&B	L&R Part 4
Speaking	Interview a partner	Speaking	19	A&B	S&W Propose a solution
Expansion: Listening	Pair work	Look & Speak	20	A	S&W Describe a picture
	Listen to messages	Listen & Match	20	B	L&R Part 1 and TB Part 1
		Listen & Answer	20	C	L&R Part 4
Expansion: Vocabulary	Complete the sentences	Reading	20		L&R Part 5 and TB Part 4
Expansion: Reading	Speed reading	Read & Answer	21	A	L&R Part 7 and TB Part 5
Expansion: Writing	Write a note	Writing	21		S&W Write an opinion essay
<b>Review 1</b>					
Speaking	Pair work	Speaking	22	A&B	S&W Respond to questions
Listening check	Listen to two conversations	Listen & Answer	23		L&R Part 3
Language check	Complete the sentences	Reading	23		L&R Part 5 and TB Part 4

## Unit 4 Interests

Section	Activity	Skills	Page	Exercise	Practice for TOEIC & TOEIC Bridge
Warm-up	Talk about the pictures	Look & Speak	24	A	S&W Describe a picture
	Pair work	Speaking	24	B	S&W Respond to questions
Conversation	Read a conversation	Speaking	24	A&B	S&W Read a text aloud
Vocabulary	Look at pictures	Look & Match	25	A	S&W Write a sentence based on a picture
Exchange	Complete the conversation	Listen & Complete	25	A	L&R Part 3 and TB Part 4
	Make a conversation	Speaking	25	B	S&W Read a text aloud
Language in action	Pair work	Speaking	26		S&W Describe a picture
Listening	Listen to someone talk	Listen & Answer	27	A&B	L&R Part 4
Speaking	Pair work	Speaking	27	A	S&W Express an opinion
Expansion: Listening	Listen to three women talk	Listen & Answer	28	A	L&R Part 4
	Pair work	Speaking	28	B	S&W Respond to questions using information provided
Expansion: Vocabulary	Match the activity to the picture	Look & Match	28	A	S&W Write a sentence based on a picture
Expansion: Reading	Read the article	Read & Answer	29	A&B	L&R Part 7 and TB Part 4
Expansion: Writing	Write about your hobbies	Writing	29		S&W Respond to a written request

## Unit 5 Telling a story

Section	Activity	Skills	Page	Exercise	Practice for TOEIC & TOEIC Bridge
Warm-up	Talk about the pictures	Look & Speak	30	A	S&W Describe a picture
Conversation	Read a conversation	Speaking	30	A&B	S&W Read a text aloud
Vocabulary	Match adjectives to pictures	Look & Match	31	A	S&W Write a sentence based on a picture
Exchange	Complete the conversation	Listen & Complete	31	A	L&R Part 3 and TB Part 4
	Make a conversation	Speaking	31	B	S&W Read a text aloud
Language in action	Pair work	Speaking	32	A	S&W Describe a picture
		Ask & Answer	32	B	S&W Respond to questions
Listening	Listen to someone talk	Listen & Answer	33	A&B	L&R Part 4
Speaking	Write a sentence	Writing	33	A	S&W Respond to a written request
	Group work	Speaking	33	B	S&W Respond to questions
Expansion: Listening	Look at pictures	Look & Speak	34	A	S&W Describe a picture
Expansion: Vocabulary	Pair work	Ask & Answer	34		S&W Respond to questions
Expansion: Reading	Read the stories	Read & Answer	35		L&R Part 7 and TB Part 5
Expansion: Writing	Write about an experience	Writing	35		S&W Respond to a written request

## Unit 6 Celebrations

Section	Activity	Skills	Page	Exercise	Practice for TOEIC & TOEIC Bridge
Warm-up	Talk about the pictures	Look & Speak	36	A	S&W Describe a picture
	Make a guess	Speaking	36	B	S&W Respond to questions
Conversation	Read a conversation	Speaking	36	A&B	S&W Read a text aloud
Vocabulary	Look at pictures	Look & Match	37	A	S&W Write a sentence based on a picture
	Complete the phrases	Reading	37	B	L&R Part 5 and TB Part 4
	Pair work	Speaking	37	C	S&W Express an opinion
Exchange	Complete the conversation	Listen & Complete	37	A	L&R Part 3 and TB Part 4
	Make a conversation	Speaking	37	B	S&W Read a text aloud
Language in action	Group work	Speaking	38	A&B	S&W Propose a solution
Listening	Listen to someone talk	Listen & Answer	39	A&B	L&R Part 4
Speaking	Pair work	Writing	39	A	S&W respond to a written request
Expansion: Listening	Listen for details	Listen & Match	40	A	L&R Part 1 and TB Part 1
		Listen and Check	40	B	L&R Part 4
Expansion: Vocabulary	Match statements and responses	Read and Speak	40	A&B	S&W Read a text aloud
Expansion: Reading	Read a magazine ad	Read & Answer	41		L&R Part 7 and TB Part 5
Expansion: Writing	Write about a popular celebration	Writing	41		S&W Respond to a written request
<b>Review 2</b>					
Speaking	Pair work	Speaking	42	A&B	S&W Respond to questions
Listening check	Listen to two conversations	Listen & Answer	43		L&R Part 3
Language check	Complete the sentences	Reading	43		L&R Part 5 and TB Part 4

## Unit 7 Food & drink

Section	Activity	Skills	Page	Exercise	Practice for TOEIC & TOEIC Bridge
Warm-up	Talk about the pictures	Look & Speak	44	A	S&W Describe a picture
	Pair work	Speaking	44	B	S&W Respond to questions
Conversation	Read a conversation	Speaking	44	A&B	S&W Read a text aloud
Vocabulary	Look at pictures	Look & Match	45	A	S&W Write a sentence based on a picture
	Pair work	Speaking	45	C	S&W Respond to questions
Exchange	Complete the conversation	Listen & Complete	45	A	L&R Part 3 and TB Part 4
	Make a conversation	Speaking	45	B	S&W Read a text aloud
Language in action	Pair work	Speaking	46		S&W Describe a picture and S&W Respond to questions
Listening	Listen to someone talk	Listen & Answer	47	A&B	L&R Part 4
Speaking	Pair work	Speaking	47		S&W Respond to questions
Expansion: Listening	Listen to someone talk	Listen & Answer	48	A&B	L&R Part 4
Expansion: Vocabulary	Pair work	Speaking	48	B	S&W Respond to questions
Expansion: Reading	Read a magazine article	Read & Answer	49		L&R Part 7 and TB Part 5
Expansion: Writing	Write about a famous dish	Writing	49		S&W Respond to a written request

## Unit 8 Rules

Section	Activity	Skills	Page	Exercise	Practice for TOEIC & TOEIC Bridge
Warm-up	Talk about the pictures	Look & Speak	50	A	S&W Describe a picture
	Pair work	Speaking	50	B	S&W Respond to questions
Conversation	Read a conversation	Speaking	50	A&B	S&W Read a text aloud
Vocabulary	Complete the phrase	Reading	51	A	L&R Part 5 and TB Part 4
Exchange	Complete the conversation	Listen & Complete	51	A	L&R Part 3 and TB Part 4
	Make a conversation	Speaking	51	B	S&W Read a text aloud
Language in action	Pair work	Speaking	52		S&W Describe a picture
Listening	Listen to someone talk	Listen & Look	53	A	L&R Part 1 and TB Part 1
Speaking	Pair work	Ask & Answer	53	A	S&W Respond to questions
Expansion: Listening	Listen to three people talk	Listen & Match	54	A&B	L&R Part 1 and TB Part 1
Expansion: Vocabulary	Complete the words	Reading	54		L&R Part 6 and TB Part 4
Expansion: Reading	Read an email	Reading	55	A&B	L&R Part 7 and TB Part 5
Expansion: Writing	Write about rules	Writing	55		S&W Respond to a written request



## Unit 9 Adventures

Section	Activity	Skills	Page	Exercise	Practice for TOEIC & TOEIC Bridge
Warm-up	Talk about the pictures	Look & Speak	56	A	S&W Describe a picture
	Pair work	Speak & Answer	56	B	S&W Respond to questions
Conversation	Read a conversation	Speaking	56	A&B	S&W Read a text aloud
Vocabulary	Look at pictures	Look & Match	57	A	S&W Write a sentence based on a picture
	Pair work	Ask & Answer	57	C	S&W Respond to questions
Exchange	Complete the conversation	Listen & Complete	57	A	L&R Part 3
	Make a conversation	Speaking	57	B	S&W Read a text aloud
Language in action	Pair work	Ask & Answer	58		S&W Describe a picture
Listening	Listen to someone talk	Listen & Answer	59	A	L&R Part 4
Speaking	Pair work	Ask & Answer	59	A	S&W Respond to questions
Expansion: Listening	Listen for opinions	Listen & Answer	60	A&B	L&R Part 4
Expansion: Vocabulary	Label pictures	Look & Answer	60	A	S&W Write a sentence based on a picture
	Complete the sentences	Reading	60	B	L&R Part 5 and TB Part 4
Expansion: Reading	Read an email	Reading	61	A&B	L&R Part 7 and TB Part 5
Expansion: Writing	Write about three experiences	Writing	61		S&W Respond to a written request
<b>Review 3</b>					
Speaking	Pair work	Speaking	62	A&B	S&W Respond to questions
Listening check	Listen to two conversations	Listen & Answer	63		L&R Part 3
Language check	Complete the sentences	Reading	63		L&R Part 5 and TB Part 4

## Unit 10 Health

Section	Activity	Skills	Page	Exercise	Practice for TOEIC & TOEIC Bridge
Warm-up	Talk about the pictures	Look & Speak	64	A	S&W Describe a picture
	Pair work	Speaking	64	B	S&W Respond to questions
Conversation	Read a conversation	Speaking	64	A&B	S&W Read a text aloud
Vocabulary	Look at pictures	Look & Match	65	A	S&W Write a sentence based on a picture
	Pair work	Speaking	65	B&C	S&W Respond to questions
Exchange	Complete the conversation	Listen & Complete	65	A	L&R Part 3 and TB Part 4
	Make a conversation	Speaking	65	B	S&W Read a text aloud
Language in action	Pair work	Speaking	66		S&W Describe a picture and S&W Propose a solution
Listening	Listen to someone talk	Listen & Answer	67	A&B	L&R Part 1
Speaking	Make notes	Writing	67	A	S&W Respond to a written request
	Pair work	Speaking	67	B	S&W Propose a solution
Expansion: Listening	Listen to two people talk	Listen & Answer	68		L&R Part 4
Expansion: Reading	Read the messages	Read & Answer	69		L&R Part 7 and TB Part 5
Expansion: Writing	Write a paragraph	Writing	69		S&W Write an opinion essay

## Unit 11 Comparisons

Section	Activity	Skills	Page	Exercise	Practice for TOEIC & TOEIC Bridge
Warm-up	Talk about the pictures	Look & Speak	70	A	S&W Describe a picture
	Pair work	Speaking	70	B	S&W Respond to questions
Conversation	Read a conversation	Speaking	70	A&B	S&W Read a text aloud
Vocabulary	Look at pictures	Look & Match	71	A	S&W Write a sentence based on a picture
	Complete the sentences	Reading	71	B	L&R Part 5 and TB Part 4
	Pair work	Speaking	71	C	S&W Express an opinion
Exchange	Complete the conversation	Listen & Complete	71	A	L&R Part 3 and TB Part 4
	Make a conversation	Speaking	71	B	S&W Read a text aloud
Language in action	Pair work	Speaking	72		S&W Express an opinion
Listening	Listen to someone talk	Listen & Answer	73	A&B	L&R Part 4
Speaking	Interview three classmates	Speak & Write	73	A&B	S&W Respond to questions and S&W Respond to written requests
Expansion: Listening	Listen to three people talk	Listen & Answer	74	A	L&R Part 1 and TB Part 1
		Listen & Answer	74	B	L&R Part 4
Expansion: Vocabulary	Pair work	Speaking	74	B	S&W Respond to questions
Expansion: Reading	Read a travel blog	Read & Answer	75		L&R Part 7 and TB Part 5
Expansion: Writing	Write an article about your country	Writing	75		S&W Respond to a written request

## Unit 12 The modern world

Section	Activity	Skills	Page	Exercise	Practice for TOEIC & TOEIC Bridge
Warm-up	Talk about the pictures	Look & Speak	76	A	S&W Describe a picture
Conversation	Read a conversation	Speaking	76	A&B	S&W Read a text aloud
Vocabulary	Look at pictures	Look & Match	77	A	S&W Write a sentence based on a picture
	Pair work	Speaking	77	B	S&W Respond to questions
		Speaking	77	C	S&W Express an opinion
Exchange	Complete the conversation	Listen & Complete	77	A	L&R Part 3 and TB Part 4
	Make a conversation	Speaking	77	B	S&W Read a text aloud
Language in action	Pair work	Speaking	78		S&W Describe a picture
Listening	Listen to someone talk	Listen & Answer	79	A	L&R Part 4
	Complete the sentences	Listen & Answer	79	B	L&R Part 4
Speaking	Interview a partner	Ask & Answer	79	A	S&W Respond to questions
Expansion: Listening	Listen to descriptions of pictures	Listen & Answer	80	A	L&R Part 1 and TB Part 1
		Listen & Answer	80	B	L&R Part 4
Expansion: Vocabulary	Complete the sentences	Reading	80		L&R Part 5 and TB Part 4
Expansion: Reading	Scanning	Read & Answer	81	A	L&R Part 7 and TB Part 5
	Pair work	Speaking	81	B	S&W Express an opinion
Expansion: Writing	Write about your favorite gadget	Writing	81		S&W Write an opinion essay
<b>Review 4</b>					
Speaking	Pair work	Speaking	82	A&B	S&W Respond to questions
Listening check	Listen to two conversations	Listen & Answer	83		L&R Part 3
Language check	Complete the sentences	Reading	83		L&R Part 5 and TB Part 4