

Unit 1 Who do you think you are?

Section	Activity	Skills	Page	Exercise	Skill building for TOEIC
Introduction	Talk about the pictures	Look & Speak	9	A	S&W Describe a picture
	Discuss questions	Speaking		B	S&W Express an opinion
Listening	Listen to a podcast interview	Listening	10	B&C	L&R Part 3
Vocabulary	Discuss questions	Ask & Answer		E	S&W Respond to questions
Speaking	List phrases for agreeing and disagreeing	Writing		A	S&W Respond to a written request
	Listen to a lecture	Listen & Answer		B	L&R Part 4
	Discuss questions	Speaking		D	S&W Express an opinion
Grammar	Complete the sentences	Reading	11	C	L&R Part 5
	Discuss questions	Speaking		D	S&W Express an opinion
Reading	Read a text	Read & Answer	12–13	B&C	L&R Part 7
	Complete the sentences	Read & Write		D	L&R Part 5
	Discuss questions	Read & Speak		E	S&W Express an opinion
Pronunciation	Practice the conversation	Speaking		B	S&W Read a text aloud
Grammar	Complete the family story	Reading	14	C	L&R Part 6
	Discuss your family	Speaking		D	S&W Respond to questions
Writing	Write about your social group	Writing	15	B&C	S&W Respond to a written request
lifeSkills	Discuss questions in a group	Speaking	17	C	S&W Respond to questions
	Talk about a picture	Speaking		D&E	S&W Describe a picture
	Discuss questions in a group	Speaking		F	S&W Respond to questions
Language wrap-up: Vocabulary	Complete the conversation	Reading	18	A&B	L&R Part 6
Writing workshop	Read a newspaper article	Read & Answer	19	B	L&R Part 7
	Outline and write an article	Writing		C&D	S&W Respond to a written request and S&W Write an opinion essay

Unit 2 Global views

Section	Activity	Skills	Page	Exercise	Skill building for TOEIC
Introduction	Talk about the pictures	Look & Speak	21	A	S&W Describe a picture
	Discuss questions	Speaking		B	S&W Express an opinion
Listening	Listen to a conversation	Listening	22	A&B	L&R Part 3
	Discuss questions	Speaking		D	S&W Express an opinion
Grammar	Complete the sentences	Reading	23	C	L&R Part 5
	Persuade your partner	Speak & Write		D	S&W Express an opinion
Speaking	Listen to three people talking and complete the chart	Listen & Answer	24	B	L&R Part 3
	Discuss a topic	Speaking		D	S&W Express an opinion
Grammar	Complete the sentences	Reading	25	B	L&R Part 7
	Read a text	Reading		C	L&R Part 5
Reading	Discuss questions	Speaking	26	A	S&W Express an opinion
	Read a text and answer questions	Speaking		B	S&W Respond to questions using information provided
Writing	Talk about formal emails	Read & Speak	27	A,B&C	S&W Express an opinion
	Write an email	Writing		D	S&W Respond to a written request
lifeSkills	Discuss questions	Speaking	28	B&C	S&W Express an opinion
	Discuss a topic	Speaking		D	S&W Propose a solution
	Discuss a topic	Speaking	29	E	S&W Express an opinion
	Class presentation	Speaking		G	S&W Propose a solution
	Discuss questions	Speaking		H	S&W Express an opinion
Language wrap-up: Vocabulary	Complete the sentences	Reading	30		L&R Part 6
Language wrap-up: Grammar	Complete the conversation	Reading			L&R Part 6
Speaking workshop	Listen to a description of a picture	Listen & Answer	31	A&B	L&R Part 1
	Describe a picture	Speaking		C	S&W Describe a picture
	Group presentation	Speaking		D	S&W Express an opinion

Unit 3 Fame and fortune

Section	Activity	Skills	Page	Exercise	Skill building for TOEIC
Introduction	Talk about the pictures	Look & Speak	33	A&B	S&W Express an opinion
Grammar	Discuss questions	Speaking	35	D	S&W Express an opinion
Listening	Read questions and answer aloud	Speaking		A	S&W Respond to questions
	Talk about the pictures	Speaking		B	S&W Describe a picture
	Class discussion	Listen & Speak		C	S&W Respond to questions using information provided
	Write about a celebrity	Writing		E	S&W Respond to a written request
	Discuss answers	Speaking		F	S&W Express an opinion
Writing	Talk about a picture	Speaking	37	A	S&W Describe a picture
	Write a post about someone you admire	Writing		B	S&W Respond to a written request
	Discuss questions	Speaking		C	S&W Express an opinion
Grammar	Discuss what it would be like to be famous	Speaking	39	D	S&W Express an opinion
Speaking	Discuss questions	Speaking		A	S&W Describe a picture and S&W Express an opinion
	Listen to six conversations and complete the phrases	Listen & Answer		B	L&R Part 3
	Complete the sentences	Reading		C	L&R Part 5
	Discuss questions	Speaking		D	S&W Express an opinion
lifeSkills	Listen to a meeting	Listen & Answer	40	B	L&R Part 4 and S&W Respond to questions using information provided
	Discuss strong and weak points	Read & Speak	41	D	S&W Express an opinion and S&W Respond to questions
	Discuss questions	Speaking		E&F	S&W Express an opinion
Language wrap-up: Vocabulary	Complete the sentences	Reading	42	A&B	L&R Part 5
Writing workshop	Read an essay	Reading	43	A&B	L&R Part 7
	Write an essay	Writing		C&D	S&W Write an opinion essay

Unit 4 Ups and downs

Section	Activity	Skills	Page	Exercise	Skill building for TOEIC
Listening	Listen to a lecture and complete the chart	Listening	46	B	L&R Part 4
	Listen to a lecture and answer questions	Listen & Speak		C	S&W Respond to questions using information provided and L&R Part 4
	Complete the sentences	Reading		E	L&R Part 5
Grammar	Complete the sentences	Reading	47	C	L&R Part 5
	Discuss questions	Speaking		D	S&W Express an opinion
Reading	Read an article and answer questions	Reading	48	B	L&R Part 7
	Discuss questions	Speaking	49	D	S&W Express an opinion
Grammar	Listen to a conversation	Listening		A	L&R Part 3
	Discuss questions	Speaking		D	S&W Express an opinion
Writing	Read a note and answer questions	Reading	50	A	L&R Part 7
	Write a note	Writing		B	S&W Respond to a written request
Pronunciation	Read questions aloud	Speaking		C	S&W Read a text aloud
Speaking	Discuss questions	Speaking	51	A	S&W Express an opinion
	Listen to someone talking	Listen & Answer		B	L&R Part 4
	Share your problem with a partner	Listen & Speak		D	S&W Propose a solution
lifeSkills	Have a group meeting	Listen & Speak	53	C,D&E	S&W Propose a solution and S&W Express an opinion
Language wrap-up: Vocabulary	Complete the text	Reading	54		L&R Part 6
Language wrap-up: Grammar	Complete the text	Reading		B	L&R Part 6
Speaking workshop	Listen to a person speak	Listen & Answer	55	A	L&R Part 3
	Discuss questions	Speaking		C&D	S&W Express an opinion

Unit 5 Something in the water

Section	Activity	Skills	Page	Exercise	Skill building for TOEIC
Introduction	Talk about pictures	Speaking	57	A	S&W Describe a picture
	Answer questions about pictures	Speaking		B	S&W Describe a picture and S&W Express an opinion
Grammar	Complete the sentences	Reading	58	C	L&R Part 5
Reading	Inferring an opinion	Speaking	59	C	S&W Express an opinion
	Complete the sentences	Reading		D	L&R Part 5
	Discuss questions	Speaking		E	S&W Express an opinion
Writing	Write a paragraph about water	Writing	60	C	S&W Write an opinion essay
Pronunciation	Practice saying phrases	Speaking		A&B	S&W Read a text aloud
Grammar	Complete the sentences	Reading	61	C	L&R Part 5
	Discuss questions	Speaking		D	S&W Express an opinion
Listening	Listen to an interview	Listening	62	A&B	L&R Part 3
	Discuss questions	Speaking		D	S&W Express an opinion
Speaking	Match pictures with texts and discuss	Speaking	63	A	S&W Describe a picture
	Listen to a discussion	Listening		B	L&R Part 3
	Give a report to the class	Speaking		C	S&W Express an opinion and S&W Propose a solution
lifeSkills	Discuss questions	Speaking	64	A&B	S&W Express an opinion
	Read and discuss	Speaking	65	C	S&W Respond to questions using information provided
	Discuss questions	Listen & Speak		D,E&F	S&W Express an opinion and S&W Respond to questions using information provided
Language wrap-up: Vocabulary	Complete the texts	Reading	66	A&B	L&R Part 6
Language wrap-up: Grammar	Complete the sentences	Reading		B	L&R Part 5
Writing workshop	Work as a class	Speaking	67	B	S&W Respond to questions using information provided
	Write a report	Writing		C&D	S&W Respond to a written request

Unit 6 Living traditions

Section	Activity	Skills	Page	Exercise	Skill building for TOEIC
Introduction	Match words to pictures	Speaking	69	A	S&W Describe a picture
	Discuss questions	Speaking		B	S&W Express an opinion
Grammar	Complete the sentences	Reading	70	C	L&R Part 5
	Discuss questions	Read & Answer		D	S&W Respond to questions
Listening	Read a text	Read & Answer	71	A	L&R Part 7
	Listen to an interview	Listen & Answer		B&C	L&R Part 3
	Discuss questions	Speaking		D	S&W Express an opinion
Reading	Look at a picture and discuss	Speaking	72	A	S&W Describe a picture
	Discuss questions	Read & Speak		B	S&W Respond to questions using information provided
	Discuss questions	Read & Speak		D	S&W Respond to questions
Grammar	Discuss questions	Speaking	73	D	S&W Express an opinion
Pronunciation	Listen and read a text	Speaking	74	B	S&W Read a text aloud
Speaking	Talk about personal rituals	Speak & Read		A	S&W Express an opinion
	Complete the sentences	Reading		B	L&R Part 5
	Listen to three people talking	Listening		C	L&R Part 3
	Talk about personal rituals	Speaking		E	S&W Express an opinion
Writing	Discuss questions	Speaking	75	C	S&W Respond to questions
	Write a blog post	Writing		D	S&W Respond to questions
lifeSkills	Read a webpage	Read & Answer	76	A	L&R Part 7
	Discuss questions	Speaking	77	B	S&W Respond to questions
	Discuss questions	Speaking		D	S&W Express an opinion
	Discuss questions	Speaking		E	S&W Respond to questions
Language wrap-up: Vocabulary	Complete the text	Reading	78		L&R Part 6
Language wrap-up: Grammar	Complete the text	Reading			L&R Part 6
Speaking workshop	Listen to someone talk about pictures	Listen & Answer	79	A&B	L&R Part 1
	Describe pictures	Speaking		C&D	S&W Express an opinion

Unit 7 Designed to please

Section	Activity	Skills	Page	Exercise	Skill building for TOEIC
Introduction	Look at pictures and discuss	Speaking	81	A	S&W Describe a picture
	Discuss questions	Speaking		B	S&W Express an opinion
Reading	Read a text	Read & Answer	82	A&B	L&R Part 7
	Complete the sentences	Reading		C	L&R Part 5
	Discuss questions	Speaking		D	S&W Respond to questions
Grammar	Discuss questions	Speaking	83	D	S&W Express an opinion
Listening	Look at pictures and discuss	Speaking	84	A	S&W Describe a picture
	Listen to a radio call-in show	Listen & Answer		B	L&R Part 3
Grammar	Look at a picture and discuss	Speaking	85	A	S&W Describe a picture
Speaking	Listen to a conversation	Listen & Answer	86	A	S&W Respond to questions using information provided and L&R Part 3
	Read a conversation	Read & Speak		B	S&W Respond to questions using information provided
	Role play	Speaking		D	S&W Propose a solution and S&W Express an opinion
Pronunciation	Read words aloud	Speaking	87	B	S&W Read a text aloud
Writing	Look at pictures and discuss	Speaking		A	S&W Describe a picture and S&W Express an opinion
	Read some notes	Read & Answer		B	L&R Part 7
	Write a biography	Writing		C	S&W Respond to a written request
lifeSkills	Read the definition of a word	Read & Answer	88	A	S&W Respond to questions
	Read and discuss	Read & Speak		B	S&W Respond to questions using information provided and S&W Propose a solution
	Listen to someone talking	Listen & Speak	89	C,D&E	L&R Part 3 and S&W Propose a solution
	Discuss the questions	Speaking		F	S&W Express an opinion
Language wrap-up: Vocabulary	Complete the text	Reading	90		L&R Part 6
Language wrap-up: Grammar	Complete the text	Reading			L&R Part 6
Writing workshop	Write a review	Writing	91	D	S&W Write an opinion essay



Unit 8 A fair deal?

Section	Activity	Skills	Page	Exercise	Skill building for TOEIC
Introduction	Discuss a picture and a graph	Speaking	93	A	S&W Describe a picture
	Discuss questions	Speaking		B	S&W Express an opinion and S&W Propose a solution
Grammar	Complete the sentences	Reading	94	C	L&R Part 5
	Discuss questions	Speaking		D	S&W Express an opinion
Reading	Read biographies	Read & Answer		A&B	L&R Part 7
	Discuss questions	Speaking	95	D	S&W Express an opinion
Listening	Listen to a lecture	Listen & Answer	96	B&C	L&R Part 4
Pronunciation	Read sentences aloud	Speaking		B	S&W Read a text aloud
Speaking	Listen to a debate	Listen & Answer	97	A	L&R Part 3
	Complete the sentences	Reading		C	L&R Part 5
	Take notes	Writing		D	S&W Write an opinion essay
	Share an opinion	Speaking		E	S&W Express an opinion
Grammar	Share solutions	Speaking	98	D	S&W Propose a solution
Writing	Write an opinion	Writing	99	D	S&W Write an opinion essay and S&W Propose a solution
lifeSkills	Read the definition of a word	Read & Speak	100	A	S&W Respond to questions
	Read and discuss	Read & Speak		B	S&W Respond to questions using information provided and S&W Propose a solution
	Discuss questions	Speaking	101	C	S&W Express an opinion
	Share an opinion	Speaking		E	S&W Express an opinion
	Discuss questions	Speaking		F	S&W Respond to questions
Language wrap-up: Vocabulary	Complete the text	Reading	102		L&R Part 6
Language wrap-up: Grammar	Complete the sentences	Reading		A	L&R Part 5
Speaking workshop	Listen to a problem	Listening	103	A&B	L&R Part 3
	Share solutions	Speaking		C&D	S&W Propose a solution

Unit 9 Competitive edge

Section	Activity	Skills	Page	Exercise	Skill building for TOEIC
Introduction	Look at pictures and discuss	Speaking	105	A	S&W Describe a picture
	Talk to the class	Speaking		B	S&W Express an opinion
Grammar	Complete the sentences	Reading	106	C	L&R Part 5
	Discuss questions	Speaking		D	S&W Respond to questions
Listening	Talk about speakers	Listen & Speak	107	D	S&W Express an opinion
	Complete the sentences	Reading		F	L&R Part 5
Pronunciation	Reading sentences aloud	Read & Speak		B	S&W Read a text aloud
Grammar	Complete the sentences	Reading	109	C	L&R Part 5
	Discuss questions	Speaking		D	S&W Respond to questions and S&W Express an opinion
Reading	Read a text	Read & Answer	110	A	L&R Part 7
	Discuss questions	Speaking	111	E	S&W Respond to questions
Writing	Discuss questions and write a description	Writing		B	S&W Write an opinion essay
	Class presentation	Speaking		C	S&W Express an opinion
lifeSkills	Read the definition of a phrase	Read & Answer	112	A	S&W Respond to questions
	Read and discuss	Read & Speak		B	S&W Respond to questions using information provided and S&W Propose a solution
	Discuss a text	Read & Speak	112–113	C&D	S&W Respond to questions using information provided
	Discuss questions	Speaking	113	E	S&W Respond to questions
Language wrap-up: Vocabulary	Complete the sentences	Reading	114	A	L&R Part 5
	Complete the text	Reading		B	L&R Part 6
Language wrap-up: Grammar	Complete the text	Reading			L&R Part 6
Writing workshop	Write a letter	Writing	115	C&D	S&W Respond to a written request

Unit 10 Risky business

Section	Activity	Skills	Page	Exercise	Skill building for TOEIC
Introduction	Talk about pictures	Speaking	117	A	S&W Describe a picture
	Discuss questions	Speaking		B	S&W Respond to questions
Reading	Discuss questions	Speaking	118	A	S&W Express an opinion
	Read an article	Read & Speak		B	S&W Respond to questions using information provided
	Discuss questions	Speaking		D	S&W Respond to questions
Grammar	Discuss questions	Speaking	119	D	S&W Respond to questions
Writing	Read a letter	Read & Answer	120	A	L&R Part 7
	Complete the sentences	Reading		B	L&R Part 5
	Discuss questions	Speaking		C	S&W Respond to questions
	Write a letter	Writing		D	S&W Respond to a written request
Grammar	Talk about a picture	Speaking	121	D	S&W Describe a picture
Pronunciation	Read sentences aloud	Read & Speak	122	B	S&W Read a text aloud
Listening	Read a text and look at a picture	Read, Look & Speak		A	S&W Describe a picture and S&W Respond to questions using information provided
	Listen to a conversation	Listen & Answer		B&C	L&R Part 3
Speaking	Talk about a picture	Speaking	123	A&B	S&W Describe a picture and S&W Respond to questions using information provided
	Discuss headlines	Speaking		D&E	S&W Express an opinion
lifeSkills	Discuss questions	Speaking	124	C	S&W Respond to questions
	Write solutions	Write & Speak	125	E	S&W Respond to a written request and S&W Propose a solution
Language wrap-up: Vocabulary	Complete the text	Reading	126		L&R Part 6
Language wrap-up: Grammar	Complete the text	Reading			L&R Part 6
Speaking workshop	Listen to a conversation	Listen & Answer	127	B	L&R Listening Part 3
	Write and share	Write & Speak		C&D	S&W Respond to a written request and S&W Express an opinion

Unit 11 Through the lens

Section	Activity	Skills	Page	Exercise	Skill building for TOEIC
Introduction	Talk about pictures	Speaking	129	A	S&W Describe a picture
	Discuss questions	Speaking		B	S&W Express an opinion
Grammar	Complete the sentences and answer questions	Read & Speak	130	C&D	L&R Part 5 and S&W Respond to questions
Listening	Listen to a podcast	Listen & Answer	131	B	L&R Part 3
	Describe a picture	Writing		C	S&W Write a sentence based on a picture
	Describe a picture	Speaking		D	S&W Describe a picture
Speaking	Describe a picture	Writing	132	A	S&W Write a sentence based on a picture
	Listen to a conversation about pictures	Listening		B	L&R Part 1
	Complete the sentences	Reading		C	L&R Part 5
	Compare pictures	Speaking		D	S&W Describe a picture
Grammar	Discuss questions	Speaking	133	D	S&W Express an opinion
Reading	Discuss questions	Speaking	135	D	S&W Express an opinion
Pronunciation	Read sentences aloud	Read, Speak & Listen		B	S&W Read a text aloud
Writing	Take notes and write a memo	Listen & Write		A&B	S&W Respond to a written request
lifeSkills	Read an email and answer questions	Read & Speak	136	B	S&W Respond to questions using information provided
	Make a tourism campaign	Speaking	137	C,D,E,F &G	S&W Express an opinion, S&W Propose a solution and S&W Respond to questions
Language wrap-up: Vocabulary	Complete the sentences	Reading	138		L&R Part 5
Language wrap-up: Grammar	Complete the sentences	Reading		A	L&R Part 5
	Complete the text	Reading		B	L&R Part 6
Writing workshop	Read a report and answer questions	Read & Answer	139	B	S&W Respond to questions using information provided
	Write a report	Writing		C&D	S&W Respond to a written request

Unit 12 Bright lights, big city

Section	Activity	Skills	Page	Exercise	Skill building for TOEIC
Introduction	Discuss questions	Speaking	141	B	S&W Express an opinion
Grammar	Complete the sentences	Reading	142	C	L&R Part 5
	Discuss questions	Speaking	143	D	S&W Express an opinion
Writing	Write a letter of complaint	Writing		D	S&W Respond to a written request
Reading	Talk about a place	Speaking	144	A	S&W Express an opinion
Listening	Talk about pictures	Speaking	145	A	S&W Describe a picture
	Listen to a description of a picture	Listening		B	L&R Part 1
	Listen to a guide	Listening		C&D	L&R Part 4
Grammar	Complete the sentences	Reading	146	C	L&R Part 5
	Discuss questions	Speaking	147	D	S&W Express an opinion
Pronunciation	Read sentences aloud	Read & Speak		B	S&W Read a text aloud
Speaking	Listen to speakers	Listening		B	L&R Part 4
	Listen to information	Listen & Speak		C	S&W Respond to questions using information provided and S&W Express an opinion
	Talk about a city of the future	Speaking		D	S&W Express an opinion
lifeSkills	Read the definition of a word	Read & Answer	148	A	S&W Respond to questions
	Read and discuss	Read & Speak		B	S&W Respond to questions using information provided
	Discuss questions	Speaking	149	F	S&W Respond to questions
Language wrap-up: Vocabulary	Complete the text	Reading	150		L&R Part 6
Language wrap-up: Grammar	Complete the text	Reading			L&R Part 6
Speaking workshop	Listen to someone talking	Listen & Answer	151	A&B	L&R Part 3
	Talk about future cities	Write & Speak		C&D	L&R S&W Respond to a written request and S&W Express an opinion