

Unit 1 Nice to meet you!

Section	Content	Activity	Skills	Page	Exercise	Skill building for TOEIC
Introduction	Self & society	Look at photos	Writing	9	A	S&W Write a sentence based on a picture
		Pairwork	Ask & Answer	9	B	S&W Respond to questions
Writing	Completing an online registration form	Look at a webpage	Look & Answer	10	A	S&W Respond to a written request
		Complete an online registration form	Writing	10	B	S&W Respond to a written request
Vocabulary	Useful questions	Listen to questions	Listen & Repeat	11	A	S&W Read a text aloud
		Look at photos	Look & Match	11	B	L&R Part 1
Grammar	<i>be</i> – statements and <i>yes/no</i> questions	Read a conversation	Read & Answer	12	A	L&R Part 7
		Choose the correct word	Reading	12	C	L&R Part 5
		Pairwork	Speaking	13	D	S&W Read a text aloud
Pronunciation	The alphabet	Listen to the alphabet	Listen & Categorise	13	A	S&W Read a text aloud
Speaking	Using polite language	Group work	Ask & Answer	13	B	S&W Respond to questions
Vocabulary	Ordinal numbers	Complete the sentences	Reading	14	B	L&R Part 5
Grammar	<i>be</i> – <i>wh</i> - questions	Listen to a conversation	Listen & Answer	14	A	L&R Part 3 and L&R Part 5
		Group work	Ask & Answer	15	D	S&W Respond to questions and L&R Part 2
Listening	A voicemail message	Choose the correct word	Listen & Answer	15	A	L&R Part 3
LifeSkills	Understanding forms	Match the phrases to the correct photos	Look & Match	16	A	S&W Write a sentence based on a picture
		Complete the forms	Listen & Answer	16	B	L&R Part 4
		Complete a form	Writing	17	C	S&W Respond to a written request
Language wrap-up: Vocabulary		Complete the conversations	Reading	18	A	L&R Part 6
		Complete the sentences	Reading	18	B	L&R Part 5
Language wrap-up: Grammar		Choose the correct word	Reading	18		L&R Part 6

Unit 2 What do you do?

Section	Content	Activity	Skills	Page	Exercise	Skill building for TOEIC
Introduction	Work & career	Look at photos	Look & Match	21	A	S&W Write a sentence based on a picture
Vocabulary	Occupations	Look at photos	Writing	22	A	S&W Write a sentence based on a picture
Pronunciation	Two-syllable nouns	Pairwork	Read & Speak	23	B	S&W Read a text aloud
Grammar	Articles	Read two texts	Read & Answer	23	A	L&R Part 7
		Choose the correct word	Reading	23	B	L&R Part 5
		Complete the sentences	Reading	23	C	L&R Part 5
Vocabulary	Family members	Match words to the pictures	Listen & Match	24	B	L&R Part 1
Listening	Specific information	Complete the sentences	Listen & Answer	24	B	L&R Part 2
		Complete the sentences	Listen & Answer	24	C	L&R Part 3
Reading	A celebrity biography	Read a text	Read & Speak	25	A	S&W Respond to questions
		Answer the questions	Read & Write	25	B	L&R Part 7
		Group work	Read & Speak	25	C	S&W Respond to questions
Writing	Understanding the mechanics	Answer the questions	Read & Write	25	B	S&W Respond to a written request
Grammar	Possession	Choose the correct word	Reading	27	C	L&R Part 5
		Pairwork	Speaking	27	D	S&W Describe a picture
Speaking	Talking about family	Listen to a conversation	Listen & Speak	27	A	L&R Part 3 and S&W Respond to questions
		Pairwork	Ask & Answer	27	C	S&W Respond to questions
LifeSkills	Categorising	Answer the questions	Look & Answer	28	A	S&W Describe a picture
		Pairwork	Look, Read & Answer	28	B	S&W Describe a picture
		Complete a questionnaire	Read & Answer	29	C	L&R Part 7
Language wrap-up: Vocabulary		Complete the sentences	Read & Answer	30		L&R Part 7
Language wrap-up: Grammar		Complete the sentences	Reading	30	A	L&R Part 5
		Choose the correct word	Reading	30	B	L&R Part 5

Unit 3 Down time

Section	Content	Activity	Skills	Page	Exercise	Skill building for TOEIC
Grammar	Present simple – statements and yes/no questions	Listen to a conversation	Listen & Answer	34	A	L&R Part 3
		Complete the sentences	Reading	34	C	L&R Part 5
		Pairwork	Ask & Answer	34	D	S&W Respond to questions and L&R Part 2
Pronunciation	3rd person -s	Pairwork	Listen & Repeat	35	B	S&W Read a text aloud
Listening	A radio show	Group work	Ask & Answer	36	B	S&W Respond to questions and L&R Part 2
Vocabulary	Free-time activities	Answer questions	Look & Answer	36	A	S&W Write a sentence based on a picture
Grammar	Present simple – information questions	Read a text	Read & Answer	37	A	L&R Part 7 and S&W Respond to questions
		Pairwork	Ask & Answer	37	D	S&W Respond to questions and L&R Part 2
Speaking	Asking for opinions	Listen to a conversation	Listen & Answer	38	A	L&R Part 3
		Group work	Ask & Answer	38	C	S&W Respond to questions and L&R Part 2
Vocabulary	Personality adjectives	Pairwork	Read & Answer	39	B	L&R Part 7
Writing	A personal description	Class work	Speaking	39	A	S&W Respond to questions
		Read a webpage	Read & Answer	39	B	L&R Part 7
		Describe yourself	Writing	39	C	S&W Respond to a written request
Language wrap-up: Grammar		Complete the conversation	Reading	42		L&R Part 5

Unit 4 Day in, day out

Section	Content	Activity	Skills	Page	Exercise	Skill building for TOEIC
Introduction	Self & society	Pairwork	Speaking	45	B	S&W Express an opinion
Reading	A magazine article	Read a text	Speaking	46	A	S&W Respond to questions using information provided
Grammar	Adverbs of frequency and adverbial phrases	Listen to a conversation	Listen & Speak	47	A	S&W Respond to questions using information provided
Pronunciation	Days of the week	Pairwork	Speak & Listen	48	B	S&W Read a text aloud
Listening	Specific information	Listen to an interview	Listen & Match	48	A	L&R Part 1
		Listen for activities	Listen & Answer	48	B	L&R Part 2
		Pairwork	Speaking	48	C	S&W Respond to questions
Vocabulary	Prepositions of time	Choose the correct word	Reading	49	A	L&R Part 5
		Complete the sentences	Writing	49	C	L&R Part 5
Speaking	Talking about interesting activities	Listen to a conversation	Listen & Answer	49	A	S&W Respond to questions using information provided
		Class work	Speaking	49	B	S&W Respond to questions
Grammar	Clauses with <i>until, before, after</i>	Complete the sentences	Reading	50	C	L&R Part 5
		Pairwork	Speak & Listen	50	D	S&W Respond to questions
Writing	Understanding the mechanics	Write sentences	Writing	51	C	S&W Respond to a written request
LifeSkills	Managing your time	Complete the questionnaire	Reading	52	A	S&W Propose a solution
		Pairwork	Speaking	53	C	S&W Respond to questions
Language wrap-up: Vocabulary		Choose the correct word	Reading	54	B	L&R Part 5

Unit 5 Here, there and everywhere

Section	Content	Activity	Skills	Page	Exercise	Skill building for TOEIC
Introduction	Self & society	Look at photos	Look & Answer	57	A	S&W Describe a picture
Grammar	<i>there is / there are with some, any, several, a lot of, many</i>	Read a text	Read & Answer	58	A	L&R Part 7
		Complete the sentences	Reading	58	B	L&R Part 5
		Choose the correct word	Reading	58	C	L&R Part 5
Vocabulary	Places and attractions in a city	Pairwork	Speaking	59	B	S&W Respond to questions
Pronunciation	Compound nouns	Class work	Listen & Repeat	59	A	S&W Read a text aloud
		Pairwork	Listen & Repeat	59	B	S&W Read a text aloud
		Pairwork	Writing & Speaking	59	C	S&W Respond to a written request and S&W Read a text aloud
Reading	The main idea	Pairwork	Speaking	60	C	S&W Respond to questions
Listening	A news report	Listen to a news report	Listening	60	A	L&R Part 4
			Listen & Answer	60	B	L&R Part 4
		Group work	Speaking	60	C	S&W Express an opinion
Grammar	The imperative	Listen to a conversation	Listen & Answer	61	A	L&R Part 3 and L&R Part 7
		Group work	Speaking	60	D	S&W Read a text aloud
Vocabulary	Locations and directions	Match information to pictures	Read & Match	62	A	L&R Part 1
		Pairwork	Ask & Answer	62	B	S&W Respond to questions and L&R Part 2
Speaking	Repeating directions to check understanding	Pairwork	Ask & Answer	63	B	S&W Respond to questions and L&R Part 2
Writing	An email to give directions	Read an email	Read & Answer	63	A	L&R Part 7
		Write an email	Look & Write	63	B	S&W Respond to a written request
LifeSkills	Establishing priorities	Pairwork	Writing	64	B	S&W Respond to a written request
		Pairwork	Writing	65	C	S&W Write an opinion essay
		Complete the sentences	Reading & Writing	65	D	L&R Part 6
		Class work	Speaking	65	E	S&W Read a text aloud
Language wrap-up: Vocabulary		Complete the sentences	Look & Answer	66	B	S&W Write a sentence based on a picture
Language wrap-up: Grammar		Choose the correct word	Reading	66		L&R Part 6

Unit 6 Different strokes

Section	Content	Activity	Skills	Page	Exercise	Skill building for TOEIC
Vocabulary	Lifestyle adjectives	Look at pictures	Look & Match	70	A	S&W Write a sentence based on a picture
Reading	Personal profiles	Pairwork	Read & Answer	71	B	S&W Respond to questions
Listening	Numerical information	Listen to numbers	Listen & Repeat	71	B	S&W Read a text aloud
		Listen for information	Listen & Answer	71	D	L&R Part 2
Grammar	Present continuous	Listen to a conversation	Listen & Answer	72	A	L&R Part 3
		Complete the sentences	Reading	73	C	L&R Part 5
Pronunciation	/ŋ/	Listen to words	Listen & Repeat	73	B	S&W Read a text aloud
		Pairwork	Read & Speak	73	C	S&W Read a text aloud
Speaking	Talking to an old friend	Pairwork	Ask & Answer	73	B	S&W Respond to questions
Vocabulary	A green lifestyle	Look at pictures	Look & Match	74	A	L&R Part 1
		Group work	Ask & Answer	74	C	S&W Respond to questions
		Class work	Speaking	74	D	S&W Express an opinion
Grammar	Present continuous vs present simple	Read a newsletter	Read & Answer	74	A	L&R Part 7
		Choose the correct word	Reading	75	C	L&R Part 5
		Write sentences	Writing	75	D	S&W Respond to a written request
Writing	Simple sentences	Look at pictures	Writing	75	B	S&W Write a sentence based on a picture
LifeSkills	Making personal change	Complete a chart	Writing	76	A	S&W Respond to a written request
		Make a chart	Writing	77	C	S&W Respond to a written request
		Pairwork	Speaking	77	D	S&W Propose a solution
Language wrap-up: Vocabulary		Complete the sentences	Reading	78	A	L&R Part 5
		Complete the sentences	Read & Write	78	B	L&R Part 5
Language wrap-up: Grammar		Complete the sentences	Reading	78		L&R Part 6

Unit 7 You've got talent!

Section	Content	Activity	Skills	Page	Exercise	Skill building for TOEIC
Introduction	Work & career	Look at photos	Look & Speak	81	A	S&W Describe a picture
		Class work	Read & Speak	81	B	S&W Respond to questions
Vocabulary	Personality adjectives	Pairwork	Look & Speak	82	B	S&W Describe a picture
		Pairwork	Speaking	82	C	S&W Express an opinion
Writing	A personal reference	Write a reference	Writing	83	B	S&W Write an opinion essay
Reading	Main idea	Group work	Speaking	83	E	S&W Respond to questions
Grammar	<i>can/can't</i> – ability	Look at photos	Look & Match	84	A	L&R Part 1
		Complete the sentences	Reading	84	B&C	L&R Part 5
		Pairwork	Ask & Answer	85	D	S&W Respond to questions
Pronunciation	<i>can/can't</i>	Listen to the sentences	Listen & Repeat	85	B	S&W Read a text aloud
Vocabulary	Talents and abilities	Complete the sentences	Reading	85	A	L&R Part 5
		Group work	Speaking	85	B	S&W Respond to questions
		Class work	Speaking	85	C	S&W Express an opinion
Listening	A review of a TV show	Pairwork	Speaking	86	C	S&W Respond to questions
Grammar	Adverbs of manner	Complete the sentences	Reading	87	C	L&R Part 5
		Group work	Speaking	87	D	S&W Express an opinion
Speaking	Showing interest	Look at photos	Speaking	87	A	S&W Describe a picture
		Listen to expressions	Speaking	87	C	S&W Read a text aloud
		Pairwork	Speaking	87	D	S&W Express an opinion
Language wrap-up: Vocabulary		Complete the sentences	Reading	90		L&R Part 7

Unit 8 Shopping around

Section	Content	Activity	Skills	Page	Exercise	Skill building for TOEIC
Introduction	Work & career	Pairwork	Speaking	93	B	S&W Express an opinion
Grammar	<i>this, that, these, those</i>	Listen to a conversation	Listen & Answer	94	A	S&W Respond to questions
		Pairwork	Ask & Answer	95	D	S&W Describe a picture
Speaking	Asking to try on clothes	Pairwork	Ask & Answer	95	C	S&W Respond to questions
Vocabulary	Adjectives for describing gadgets	Complete the sentences	Reading	96	B	L&R Part 6
		Pairwork	Ask & Answer	96	C	S&W Respond to questions
Reading	Completing a questionnaire	Read a text	Read & Answer	97	A	L&R Part 7
		Read a conversation	Read & Answer	97	B	L&R Part 7
Pronunciation	Emphasis with <i>this, that, these, those</i>	Pairwork	Read & Speak	98	C	S&W Read a text aloud
Grammar	Comparative adjectives	Pairwork	Speaking	99	D	S&W Express an opinion
Writing	Compound sentences	Write sentences	Writing	99	B	S&W Respond to a written request
LifeSkills	Making choices	Summarise the messages	Writing	100	A	S&W Respond to a written request
		Pairwork	Speaking	101	D	S&W Express an opinion
Language wrap-up: Vocabulary		Complete the sentences	Writing	102	A	S&W Write a sentence based on a picture
		Complete the sentences	Reading	102	B	L&R Part 7
Language wrap-up: Grammar		Complete the conversations	Reading	102		L&R Part 5

Unit 9 Let's eat

Section	Content	Activity	Skills	Page	Exercise	Skill building for TOEIC
Vocabulary	Food	Group work	Ask & Answer	106	B	S&W Respond to questions
Grammar	Countable and uncountable nouns with <i>some, any, much, many</i>	Group work	Ask & Answer	107	D	S&W Respond to questions
Listening	Taking phone messages	Read two messages	Read & Answer	108	A	L&R Part 7
Speaking	Using phone language	Listen to two conversations	Listen & Answer	108	A	S&W Respond to questions using information provided
Grammar	Verb phrases	Listen to a conversation	Listen & Answer	109	A	S&W Respond to questions using information provided
		Complete the sentences	Read & Answer	109	C	L&R Part 6
		Group work	Ask & Answer	109	D	S&W Respond to questions
Vocabulary	Ordering in a restaurant	Complete a menu	Look & Answer	110	A	S&W Write a sentence based on a picture
		Complete the conversation	Read & Answer	110	B	L&R Part 6
		Group work	Read & Speak	110	C	S&W Read a text aloud
Pronunciation	Weak to	Listen to the conversations	Read & Repeat	110	B	L&R Part 3
Reading	Scanning for specific information	Group work	Ask & Answer	111	D	S&W Respond to questions
Writing	A restaurant review	Read a blog	Read & Speak	111	A	S&W Respond to questions using information provided
		Write a blog entry	Writing	111	B	S&W Respond to a written request
		Group work	Speaking	111	C	S&W Respond to questions
LifeSkills	Making a plan	Group work	Speaking	112	A	S&W Express an opinion
		Complete the notes	Writing	113	C	S&W Respond to a written request
		Group work	Speaking	113	D	S&W Express an opinion
Language wrap-up: Vocabulary		Complete the conversation	Reading	114		L&R Part 6
Language wrap-up: Grammar		Complete the sentences	Reading	114	A	L&R Part 6
		Choose the correct word	Reading	114	B	L&R Part 6

Unit 10 Speaking of the past

Section	Content	Activity	Skills	Page	Exercise	Skill building for TOEIC
Introduction	Study & learning	Pairwork	Speaking	117	C	S&W Respond to questions
Grammar	Past simple – affirmative statements	Read a text	Read & Answer	118	A	L&R Part 7
		Complete the sentences	Reading	118	C	L&R Part 6
Pronunciation	-ed endings	Listen to verbs	Listen & Repeat	119	B	S&W Read a text aloud
Reading	A survey	Read a text	Read & Answer	119	A	L&R Part 7
Grammar	Past simple – questions and negative statements	Listen to a conversation	Listen & Answer	120	A	L&R Part 3
Writing	Sequencing and connecting ideas	Write a story	Writing	122	C	S&W Respond to a written request
		Pairwork	Read, Speak & Answer	122	D	S&W Read a text aloud and S&W Respond to questions using the information provided
Vocabulary	Memorable experiences	Write sentences	Writing	123	B	S&W Respond to a written request
		Group work	Speaking	123	C	S&W Read a text aloud
Speaking	Talking about a past experience	Listen to a conversation	Listen & Answer	123	A	S&W Respond to questions using information provided
		Write about past experiences	Writing	123	B	S&W Respond to a written request
LifeSkills	Making notes on a text	Read a magazine article	Read & Answer	124	A	S&W Respond to questions using information provided
		Pairwork	Read & Speak	125	D	S&W Read a text aloud
		Pairwork	Ask & Answer	125	G	S&W Respond to questions using information provided
Language wrap-up: Vocabulary		Complete the sentences	Reading	126		L&R Part 6
Language wrap-up: Grammar		Complete the sentences	Reading	126		L&R Part 6

Unit 11 Great lives

Section	Content	Activity	Skills	Page	Exercise	Skill building for TOEIC
Introduction	Study & learning	Talk about the photos	Look & Speak	129	A	S&W Describe a picture
Vocabulary	Life events	Look at pictures	Look & Match	130	A	S&W Write a sentence based on a picture
Listening	A life story	Listen to a life story	Listen & Answer	130	B	L&R Part 4
		Class work	Ask & Answer	130	C	S&W Respond to questions using information provided
Grammar	Past simple with <i>when</i> clauses	Read a text	Read & Answer	131	A	S&W Respond to questions using information provided
Reading	Scanning for specific information	Read a text	Read & Write	132	A	L&R Part 6
		Pairwork	Ask & Answer	132	B	S&W Respond to questions and L&R Part 5
		Pairwork	Ask & Answer	132	D	S&W Respond to questions
Vocabulary	Historical events	Complete the sentences	Read & Answer	132	A	L&R Part 5
		Class work	Read & Write	132	B	S&W Respond to a written request
Speaking	Taking time to think	Group work	Read & Answer	133	B	S&W Respond to questions using information provided
Grammar	Direct and indirect objects	Read a text	Read & Answer	134	A	L&R Part 7
		Group work	Ask & Answer	135	D	S&W Respond to questions
Pronunciation	Object pronouns	Pairwork	Listen & Repeat	135	B	S&W Read a text aloud
Writing	A short biography	Write a biography	Writing	135	B	S&W Respond to a written request
LifeSkills	Brainstorming in a group	Group work	Writing	137	E	S&W Respond to a written request
		Group work	Read & Speak	137	F	S&W Read a text aloud
Language wrap-up: Vocabulary		Complete the sentences	Reading	138		L&R Part 6

Unit 12 In the near future

Section	Content	Activity	Skills	Page	Exercise	Skill building for TOEIC
Introduction	Study & learning	Class work	Speaking	141	B	S&W Respond to questions
Grammar	Present continuous as future	Listen to a conversation	Listen & Answer	142	A	S&W Respond to questions
		Complete the sentences	Reading	142	C	L&R Part 5
Pronunciation	Verbs ending with -y + -ing	Pairwork	Read, Listen & Repeat	143	B	S&W Read a text aloud
Listening	Understanding the main idea	Listen to a conversation	Listen & Answer	143	B&C	L&R Part 3
		Class work	Speaking	143	D	S&W Express an opinion
Vocabulary	Phrases with go	Class work	Listen & Repeat	144	A	S&W Read a text aloud
Grammar	going to	Listen to a conversation	Listen & Answer	144	A	L&R Part 3
		Look at pictures	Writing	145	C	S&W Write a sentence based on a picture
Speaking	Talking about plans	Pairwork	Read & Answer	146	A	S&W Respond to questions using information provided
		Make notes	Writing	146	B	S&W Respond to a written request
Vocabulary	Intentions	Write sentences	Writing	146	B	S&W Respond to a written request
		Pairwork	Speaking	146	C	S&W Read a text aloud
Writing	Sequencing and connecting ideas	Write four things you are going to do	Writing	146	B	S&W Respond to a written request
		Write about things you are going to change	Writing	146	C	S&W Respond to a written request
Reading	A blog	Read a blog	Reading	147	A	L&R Part 7
		Write a comment	Writing	147	C	S&W Respond to a written request
		Group work	Speaking	125	D	S&W Read a text aloud
Language wrap-up: Vocabulary		Complete the sentences	Reading	150	A&B	L&R Part 5
Language wrap-up: Grammar		Complete the sentences	Reading	150	A	L&R Part 5
		Complete the conversation	Reading	150	B	L&R Part 6