

Lower Secondary
World English

For English as a
Second Language

9

SAMPLE MATERIAL

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We are working with Cambridge Assessment
International Education to gain endorsement for
this forthcoming title.

Please note this is a sample
and not a full chapter

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This series offers full coverage of the learning objectives for the Cambridge Lower Secondary English as a Second language curriculum framework (0876) from 2020 and is mapped to the Common European Framework of Reference.

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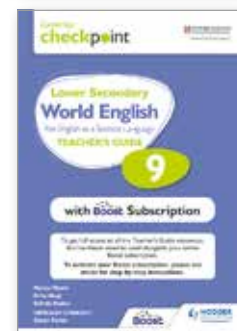
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Contents

Introduction

How to use this book

Unit 1: Make a stand

Unit 2: Travelling the world

Unit 3: Well-being

Review: Units 1–3

Unit 4: Food for the future

Unit 5: Technology matters

Unit 6: Instant fame

Review Units 4–6

Unit 7: Space travel

Unit 8: Rules protect us... don't they?

Unit 9: Dreams and ambitions

Review Units 7–9

Glossary

Irregular verb forms

Grammar

Punctuation

Pronunciation

Reading for enjoyment

3

Well-being

In this unit you will:

- listen to a physical workout podcast
- talk about healthy living and well-being
- read an article about mindfulness and teenage brains
- write an informal text to advise a friend on healthy living and well-being
- use different types of adjectives in different ways.
- use a range of prepositional and phrasal verbs.



Speaking and listening

A healthy mind in a healthy body



You have probably heard people talk about a 'healthy mind in a healthy body'. The idea is that if you keep your body healthy (by exercising and eating well) then you will also have a healthy mind that allows you to study and work well.

So how do you keep your body healthy? Perhaps you have done a workout online, with Joe Wicks or another fitness coach?

Quickly tell your group about two things that you do to keep your body healthy.

You are going to listen to a podcast workout. Before you listen, match these words and diagrams. Then tell your group about other workout exercises and movements you may know (such as stretch, twist, touch toes, push up, rotate, circle).

run jog squat lunge reach up crunch plank



Listen to the podcast carefully. Make a note of any instruction you do not understand. Ask others in the group for help if necessary.

PRACTISE

Find a space where you can exercise. Listen to the podcast again and do the exercises suggested as you listen.

Try this

In your groups, develop a short workout for your class to follow.

- Start with a short warm-up activity.
- Then provide 5 short and easy exercises.
- Give clear instructions.

Take turns in groups to provide the workout for your class. You can record your workout and play it back to the class, or you can give a 'live' class.

HINT

Remember to use the imperative forms of verbs in your instructions. For example:

Touch your toes, Now stretch up into the air.

Listen to the intonation in these instructions on the podcast and try to say them in the same way.



Use of English

Adjectives are very useful!

Do you remember?

Compound adjectives are formed when two descriptive words are joined together by a hyphen. Often participles make up the second half of the compound adjective. For example:

a widely-recognised coach, a record-breaking podcast

Using a compound adjective instead of a long phrase can improve your style of writing.

Intensifying adjectives make the meaning of an adjective stronger. The word 'very' is often used for this purpose, but there are other words we can use as well.

This is extremely important.

It is a particularly interesting podcast.

PRACTISE

Adjectives are very useful in descriptions and they can be used in many different ways.

Can you spot all the adjectives in these paragraphs?

- 1 Joe Wicks is not only one of the most widely-recognised fitness coaches in the world, he is also a particularly successful author. His best-selling cookbook of healthy 15-minute meals has sold more than 900,000 copies. And that was his first book! It's a particularly fascinating success story. If I could be half as successful as him I would be happy!
- 2 I start my fitness routine with a 5-minute warm-up. This is extremely important as it prevents injuries. The astonishing thing is that many people don't do this. It's proven to be the best way to begin your daily exercise routine.

Write the adjectives in your notebook and practise spelling them correctly.

HINT

Join compound adjectives with hyphens, for example: highly-respected.

If the adjective ends in -ing and is made from a verb that ends in -e, drop the -e, for example: bore → boring.

Try this

Do some research and write a paragraph about Joe Wicks or another famous fitness coach. Your paragraph should have 6–7 sentences and you should use at least one adjective in each sentence.

Self check

Try to use the different types of adjectives you have revised.

Check the spelling of the adjectives carefully.

CHALLENGE YOURSELF

Work in pairs and replace the underlined words in these sentences with compound adjectives. Then say the sentence aloud with the compound adjective. You will have to change the word order in the sentences.

- 1 Many health blogs featured his cookbook that has sold the best. The coach has recipes for making meals in 15 minutes.
- 2 Did you listen to that podcast that has broken all the records?
- 3 She started out as a coach who worked part time, and now she is a coach who is famous all over the world.

As you know, adjectives are also useful for making comparisons. For examples:

He is a better coach than I am. Is he as good as Joe Wicks? He is the **best** coach in the country!

Look at how we can use the words 'half' and 'twice' and 'all the more' to make comparisons. For example:

Because the aim of exercise is to improve, it is all the more important that you learn to exercise correctly.

People should pay twice as much attention to the type of food that they eat.

If you eat half as much cake as you usually do, you should soon start feeling healthier.

PRACTISE

Work in pairs and complete these comparisons with the bold words from the Learn box above. Check carefully to be sure they make sense. You can use the same words more than once.

- 1 Who do you think is the _____ fitness coach in our town?
- 2 I am much healthier because I eat _____ as _____ as I used to.
- 3 You need to drink _____ as _____ water as you usually do to keep hydrated.
- 4 Can you show me a _____ way to do this exercise? I keep hurting myself!
- 5 I am learning to dance, although I am not half _____ as you are yet!
- 6 Exercising on the beach is as _____ as it gets. Fresh air and a beautiful environment too.

Speaking and listening



Listening for specific information

Listen to the podcast about Joe Wicks. As you listen, write down five facts about him. Remember that a fact is information that can be checked.

Listen again and check your facts. For example: Is the date correct? Is the name correct?



DID YOU KNOW?

A fitness coach is a person who helps you to reach your health and fitness goals through an exercise plan designed especially for you. Most professional sportspeople have fitness coaches who help them develop and maintain fit and healthy lifestyles.

Try this

Work in pairs. Share the facts that you wrote down with your partner and discuss them until you agree on a summary of the main facts. Ask and answer questions like this:

- Is this important?
- He is known as 'The Body Coach'.
- Yes, and we can check that fact online.
- What about this?
- He is widely-recognised.
- I don't think that is so important?
- Can we check it?
- But I see what you mean?
- He is famous so I suppose that is a fact too.

PRACTISE

- Make up a combined fact sheet about Joe Wicks. You can add other information about him as well. Display this in your classroom.

Try this

Read what the following fitness coaches have to say about maintaining a healthy lifestyle. Take notes of the main ideas in each text.

I am shocked when people say that exercise is boring. It does not need to be! In fact, the secret is to do different types of exercise. If you enjoy nature, run in the forest. If you like the beach, try doing your workout on the sand. If music gets you going, switch it on and enjoy your favourite songs while you exercise. Some people even exercise while cleaning up the house. Walk or cycle to the shops or to school instead of using public transport if you can. You can do twice as many steps in a day, just by doing simple things like this. And yes, track your steps on your phone or watch. Set a goal and see if you can reach it every day.

Just because you exercise regularly doesn't mean that you can eat anything you like. A healthy lifestyle involves exercising and eating a balanced diet, including the best fresh food you can. If you want to improve your lifestyle, you should pay twice as much attention to the type of food that you eat. You could start by eating half as much cake and other sweet treats as you usually would – try fruit instead! You do not need expensive supplements. Instead, you need a balance of fresh and healthy meals which will give you proteins, vitamins, minerals, fats and carbohydrates. Oh, and don't forget the fresh clean water. If your tap water is safe, drink that. Otherwise, boil and filter your water before you drink it. You don't need to buy plastic bottles of water.

The aim of an exercise is to improve how your body works (and looks), so it is all the more important that you learn to exercise correctly. Once you have done your warm-up, start your exercise routine. Time yourself and be disciplined. If you need to do 20 repeats, do 20 repeats, not 15! Look in a mirror as you work out so that you can check you are doing the exercise correctly. This is the only way you will achieve the lifestyle that you wish for.



Work in groups and discuss each statement. Say whether you agree or disagree with each, and why.

Develop your own set of tips about how to maintain a healthy lifestyle. You can include some of the ideas that you have discussed. Then think about how you can present your ideas to the rest of the class.

HINT

Your tips should be short, clear and to the point.

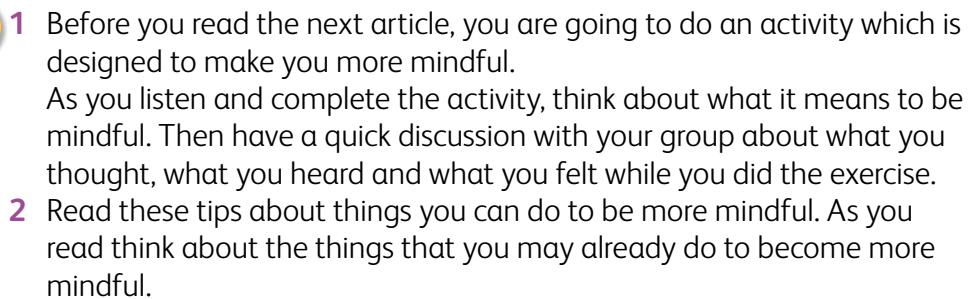
Choose your words well. The correct terminology and interesting words will make the class pay attention.

CHALLENGE YOURSELF

Go online and find some images that show healthy minds at work. Then draw your own picture to show how you view the idea of a healthy mind in a healthy body. Your picture can be realistic or abstract. Write a paragraph or a short poem about your picture.



Mindful or mind full?



Most of us worry about all sorts of things all the time. Why did a friend say that? Why didn't I get good marks in the test? What is wrong with my parents? Why did I get sick? We tend to pay attention to what is wrong in our lives. Learning to be mindful can help us when we are down. It can also help us to calm down and relax and to pay attention to other things. This has many benefits, not the least of which is that it helps us to deal with the stress of everyday life. And less stress means better health!

Some tips for developing mindfulness:

-
- A 3x3 grid of sticky notes on a wooden surface. The notes contain the words MIND, BODY, YOU, SPIRIT, and SOUL, connected by arrows in a circular path.

Try this

Work in groups. Discuss the text you have read. Answer these questions.

- What does “mindfulness” mean?
- How does the writer say you can develop mindfulness?
- Do you know any other ways of developing mindfulness?
- What does the writer think about mindfulness? What does the author say to support his or her opinion?

HINT

Read the first paragraph again.

LET'S TALK

Our minds are always full of information — things to remember, things to do, deadlines, preparations for parties and exams and so on. We often worry about negative things. We are always busy! But being mindful can help. How?

In your groups, have a quick discussion about the differences between having a **mind full** and being **mindful**. Answer the questions that follow to guide your discussion.

Having a full mind

- What do you think about when you wake up in the morning?
- What do you think about when you eat?
- What do you think about at school?
- What things worry you?

Being mindful

- What can you do to stop worrying about something?
- Do you ever think about the way you breathe?
- What can you do to have a quiet moment by yourself?
- Do you make time every day to think about the things in your life that make you happy, and things you are grateful for?

Share your ideas with the class. Your suggestions might be very helpful to someone else, even if they don't say so.



Writing

Write a letter or email giving advice

You are going to write a letter or an email to a friend, to give them some friendly advice about staying well. This can include advice about mindfulness as well as advice about a healthy lifestyle.

Before you begin, read this extract from a letter to Mia. Look at the way the writer uses empathy to connect with Mia. Look at the pronouns for example. Whose experience does the writer talk about?

HINT

Empathy is the ability to be able to understand and share what someone else is feeling. Empathy is important when giving friendly advice. People use personal experiences to show others that they understand them.

Dear Mia

I heard you asking for advice on the radio last night. It's tough sharing a bedroom with a younger brother or sister! Believe me - I know! It's also a well-documented problem in family life. I had the same problem and I am ashamed to say that I blamed my brother for my low grades. I couldn't allow things to carry on like that. I felt down and miserable.

But then my dad helped me to come up with a good solution. I accepted that I needed some privacy and that I also needed time to study. So I drew up an amazing plan. And do you know that the first part of the plan was? Accepting that my brother was not the problem! Then I started to get creative.



Try this

Think about all you have read and discussed and listened to in this unit. Read the mind map below. Then brainstorm some new ideas. Draw your own mind map with 8-10 main suggestions that you could make to a friend.



Write your email or letter. Choose the best 4-5 tips from your mind map and then explain each point in a little more detail. Try to use some of the phrases with prepositions that you have learned in this unit. Different adjectives will also make your letter or email more interesting.

HINT

Remember that you can use informal language in a letter to a friend.

Self check

Check that you:

- give friendly and good advice
- use the appropriate language for an informal letter or email
- get someone to check your spelling and grammar before you write out a clean copy
- use different types of adjectives
- use phrases with prepositions correctly.

What can you do?

- I can listen to and follow a physical workout podcast.
- I can talk about healthy living and well-being.
- I can read an article about mindfulness and teenage brains.
- I can write an informal text to advise a friend on healthy living and well-being.
- I can use different types of adjectives in different ways.
- I can use a range of prepositional and phrasal verbs.



Now you have completed Unit 3, you may like to try the Unit 3 online quiz if you are using the Boost eBook.

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- Stimulate learners with model texts and a range of activities to develop skills, knowledge and comprehension.
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