

### 1 In style

#### Track 1.01

The handbag is green.  
 The tracksuit is pink.  
 The jumper is red and striped.  
 The trainers are white.  
 The tights are light blue.  
 The raincoat is purple and white.  
 The suit is dark blue.  
 The swimming costume is pink and orange.  
 The blouse is yellow.  
 The tie is purple.  
 The jewellery is silver.

#### Track 1.02

suits  
 jeans  
 blouses

#### Track 1.03

days  
 trainers  
 tights  
 suits  
 keys  
 snacks  
 jobs  
 jeans  
 shoes  
 newspapers  
 cups

#### Track 1.04

Boy: It's got a blue collar and it's made of silk. It's got gold buttons, too.  
 Girl: The dress.  
 Boy: It's got long sleeves and it's got a price label. It costs £25.  
 Girl: The shirt.  
 Boy: It's made of cotton. It's got a picture of the sun on it.

Girl: The T-shirt.  
 Boy: It's made of leather. It looks good for cold weather.  
 Girl: The jacket.  
 Boy: There's a small size and a large size. You use them when you go walking.  
 Girl: The bags  
 Boy: It's got a chain. There's a crocodile on it, too.  
 Girl: The necklace.  
 Boy: It's got a parrot pattern. You wear it round your neck.  
 Girl: The scarf.

#### Track 1.05

Safi: Our trip's tomorrow! And Mum says we need to pack before dinner!  
 Rav: She's right. Look at the timetable. Our bus to the airport's really early.  
 Safi: When does it leave?  
 Rav: At quarter past six!  
 Safi: Let's pack then! It's sunny in South Africa. So we'll need sunglasses and swimming costumes.  
 Rav: Really? It's July – so isn't it winter in South Africa?  
 Safi: What?! Africa's always hot.  
 Rav: I think it'll be cold ... I'm taking a shirt with long sleeves. And my leather jacket. There are parrots in South Africa, aren't there?  
 Safi: Yes – and look! We might see some. We go to the forest on Wednesday.  
 Rav: I'll take my parrot pattern scarf then!  
 Safi: A scarf?! Haha! I'm taking my dress with the blue collar. It's great for hot weather.  
 Rav: The party dress with gold buttons?  
 Safi: Yes. Look – there's a party at the hotel on Tuesday afternoon. No, sorry! It isn't on Tuesday. The party's on Thursday.  
 Rav: Brilliant! Look – on Friday we go camping!  
 Safi: Camping?! I'll pack my shorts.  
 Rav: And I'll pack warm trousers ...  
 Safi: Hmm ... Shall we take a bag?

- Rav: Yes. Look – we go whale watching on Saturday at half past two. We'll need a bag for our cameras. Shall we take this one?
- Safi: No, that's not the right size. Let's take the small one.
- Rav: Great!
- Safi: We're finished, aren't we? That was easy!
- Rav: Well ... I'm finished – you need to start again.
- Safi: Huh?! Why?
- Rav: I've checked on my computer. It is winter in South Africa in July...
- Safi: What?! Oh ...

### Track 1.06

[Repeat Track 1.05]

### Track 1.07

King Canute's day on the beach

I am a servant to the great King Canute. He is a good and powerful king who can do anything. My friend says that she saw him climb the castle as fast as a spider! And my dad told me that he can swim to the bottom of the sea to talk to jellyfish.

This morning, the king was sitting at the breakfast table, looking at the fish on his gold plate. 'Oh dear,' he said, 'I just want fruit for breakfast today!'

'Oh no!' I thought. 'I'm so sorry, your majesty,' I said. I immediately picked up the fish and someone brought a bowl of fruit that was as big as the table! 'I will do whatever you want. You are our good and powerful king,' I said. 'Thank you,' the king said, but he looked annoyed. 'People always say things like that to me, but I don't like it!' After breakfast, the king went to his bedroom to get dressed. I took his silk shirt, suit and best leather shoes from the wardrobe. His cloak and crown were on his bed. 'Oh dear,' said King Canute in a loud, angry voice. 'I just wanted to wear comfortable trousers, a shirt and boots.' I rushed in with the clothes the king wanted. 'I'm so sorry, your majesty. You are our good and powerful king.'

Again, the king looked annoyed. 'People always say things like that to me!' he complained. 'Why does everyone always, always say 'yes' to me?' 'Because you're the king, your majesty,' I replied. I helped him with the buttons on his cotton shirt and I didn't say anything else.

Suddenly the king said, 'I want to go to the beach and I want everyone to come with me. Bring my throne.'

Soon everyone was at the beach. 'So ... I am a powerful king! Everyone has to obey me,' said the king. 'Does the sea have to obey me?' he asked. 'Of course,' we all replied. Then King Canute sat down on his throne at the edge of the water. He shouted to the sea, 'I am your powerful king! You have to obey me. Don't get me wet!'

I couldn't believe what I was seeing! I was excited to watch the sea stop completely. But then, something strange happened. The sea didn't listen and the tide came in. First, the water covered his boots. Then his trousers and his shirt! The other servants and I stood there with our mouths open. When the sea was as high as his shoulders, King Canute stood up and we all ran to help him.

When we were all back at the beach, the king turned to us and said, 'You see, I am very wet. I am your king but I don't have superpowers. I can't control the sea. The sea doesn't obey me. So, stop always saying 'yes' to me. It's very boring!'

### Track 1.08

Clothes in the past

In the past, people used natural materials to make their clothes, like animal fur and skin. They also used leaves and plants. In the Middle Ages, most people wore warm woollen clothes which came from sheep. Shoes were very simple and they were made of leather. Only very rich people could wear silk and colourful clothes, as dyed fabrics were expensive.

What we wear today

Today, we still use many natural materials for our clothes, like cotton, wool, silk and leather. We also use manmade textiles, like acrylic, polyester and

nylon. People like them because they are cheaper than natural textiles. They have different qualities too – swimwear is made of manmade materials because they dry faster. Our clothes often have both natural and manmade materials. Check the label on your T-shirt!

Fleece is a very special, manmade fabric. It looks like wool, but it's made from recycled plastic bottles. You need 25 plastic bottles to make a fleece sweater or a blanket! Fleece fabric keeps us warm, it's waterproof and it helps us to look after the planet.

What will we wear in the future?

In the future, we could all be wearing smart textiles. These clothes have little sensors hidden inside and they catch energy from our body. They can change colour, light up and even grow. Smart textiles are important for sport. For example, a T-shirt could help keep a football player cool during a match. Smart textiles can also be fun. Imagine your friends' faces when your T-shirt changes colour at a party!

Did you know?

In Europe in the Middle Ages, they didn't make shoes for the left and right feet!

### Track 1.09

1

Mr Winford: Come in Sofia. How are you?

Sofia: Fine thanks, Mr Winford.

Mr Winford: So, I've marked your test and I've got some good news for you ...

2

Boy: Excuse me.

Woman: Yes? Can I help you?

Boy: Yes, I'd like to change these trainers I bought last week. They're too small ...

3

Mum: Karen, can't you do the washing-up tonight?

Karen: Oh, Mum! I'm reading about jewellery for my history homework!

Mum: And what about your brother? ...

4

Woman: Down there you can see the king's theatre ... on the left.

Boy: How long did it take to build?

Woman: Well, there was a terrible fire in 1727, but after that ...

5

Boy: Do you know the answer to question 4?

Girl: No, I'm answering question 3.

Boy: Well number 4 is really difficult! ...

### Track 1.10

Narrator: 1 Why can't Karen help her mum?

Mum: Karen, can't you do the washing-up tonight?

Karen: Oh, Mum! I've got to read ten pages about jewellery for my history homework!

Mum: And what about your brother? Can't he do it either?

Karen: He's gone to the football match with his best friend. He'll be home late.

Narrator: 2 Which trainers does the boy take?

Boy: Excuse me.

Woman: Yes? Can I help you?

Boy: Yes, I'd like to change these trainers I bought last week. They're too small.

Woman: I see. What size are you?

Boy: I'm a size 37, but they're not for me! They're for my sister; she's a 39.

Woman: We have got a size 39 but I'm afraid they're purple.

Boy: That's OK. She likes purple too.

### Track 1.11

[Repeat Track 1.05]

### 2 Future technology

#### Track 2.01

This is my laptop. I use it to do my homework, talk to my friends around the world and listen to music.

My laptop's screen is small. It's OK, but sometimes when I watch videos on the computer with my friends, we can't all see it.

On the screen now, you can see a computer program that I'm writing ... If you run the program, the computer says, 'Hello world'!

There are lots of kinds of hardware on my desk. There's the laptop and the screen, and the keyboard and printer too.

This is my keyboard – I use this a lot when I'm doing my homework.

This is my printer. I use my printer a lot for my homework too, when I need to print something to give to my teacher.

It's bright orange! I love my mouse!

Here's my dad's mobile phone. It's next to my computer. He always loses it – that's why he's connected it to that cute frog toy!

There's a disc and its box too. The disc is very new. I got it yesterday.

There's a new piece of music software on the disc. The software means my computer can make the sounds of a piano or guitar or anything. Listen to this ...

#### Track 2.02

Tom: Hey Sarah, are you going to the tech show on Saturday?

Sarah: I hope so. If my mum says it's OK, then I'll go.

Tom: Cool! What will you look at, if you go?

Sarah: Well ... my keyboard isn't working so I want to look at the new ones. I think I'll buy one, if it's not too expensive. And the School Science Club is going to the fair, so if I go, I'll see all my friends!

Tom: Really? Are Dale and Brian going then?

Sarah: Yes, they are. And they're very excited. Dale said he wants to look at the

printers. He says that there'll be a digital pen there that can make toys! And Brian wants to look at the mice.

Tom: Are there animals at the fair then?

Sarah: Haha! No – computer mice!

Tom: Oh! I see.

Sarah: Courtney will go too, if she finishes her homework in time. She wants to see the mobile phones. Her brother emailed them to ask about the phones there, and there are going to be some really cool ones.

Tom: Her brother emailed them? What's their address?

Sarah: It's information at technology dot com. They've got a website too. It's w w w dot technology dot com.

Tom: Brilliant. Maybe I'll have a look when I get home. What about Scott?

Sarah: Well, he wants to see the dogs.

Tom: Dogs?! You said there aren't any animals at the fair!

Sarah: Well, they're robot dogs!

Tom: Wow! That sounds great. I hope you can go!

Sarah: I know I'll have fun if I do!

#### Track 2.03

[Repeat Track 2.02]

#### Track 2.04

keyboard

printers

robot

#### Track 2.05

1 laptop

2 keyboard

3 software

4 handbag

5 raincoat

6 hardware

- 7 printer
- 8 program
- 9 tracksuit
- 10 costume

### Track 2.06

- 1 chat
- 2 click
- 3 email
- 4 download
- 5 upload
- 6 turn on
- 7 turn off
- 8 text
- 9 install

### Track 2.07

The IAST Times

Azra wins!

The winner of The Istanbul Academy of Science and Technology's Design-an-app competition surprised everyone. Emre Erdem tells us what happened.

This Monday there was a surprise winner of Dr Şafak's Design-an-App competition. Azra Guner, who only joined the Academy last month, won first prize for her brilliant Timetabler app, which helps students organise their time.

Dr Şafak announced the competition at the beginning of May. She said, 'The app must be easy to install and use on a mobile phone, and it must help students with their schoolwork. It shouldn't use lots of battery.' Throughout the month this newspaper followed the competition. We spoke to students about possible winners and everyone said the same thing, 'If Burak Gül enters it, he'll win it.' 'Burak knows everything about computers,' said Ahmet Terim. 'His parents teach him.' 'He'll be the Steve Jobs of Turkey one day,' said Mira Balta.

Everyone was surprised when Dr Şafak announced the winner of the competition. Azra Guner is new to the school and very quiet. Nobody knew that she designed her first app when she was only seven years old. Now, she is the star of the Software class and everyone wants to talk about her app. 'It makes

it easy to plan your time!' said Hasan Can. 'I love it!' said Ecrin Bartu. 'With Azra's app, I can make a timetable really quickly!'

Although Burak was very unhappy when he lost the competition, some students say that he and Azra are going to design a new app together. If that happens, you'll be able to read all about it in the IAST Times.

Narrator: An interview with the winner

Boy: What does your app do?

Azra: It makes a timetable for students.

Boy: Can you explain that?

Azra: Of course! You tell the app what exams you need to study for. You also tell it when the exams are. Then you click on the special 'plan' button and the app makes a timetable for you.

Boy: Do you mean it tells you what to study and when?

Azra: Yes, that's right! That means you have more time for studying because the app does the planning for you.

Technology Fact of the Week

Ada Lovelace was an English mathematician and one of the first computer programmers. In 1843 she wrote a program for a type of computer that was invented by an Englishman called Charles Babbage.

### Track 2.08

What's an app?

There are lots of apps that you can download to a smartphone or laptop. The most popular are games, news, weather and social media apps. If you have an app on your phone, you just have to click on it. This means you don't need to search for a program or write the address of a website. One of the first apps was a game called 'Snake'. Players had to make a line of dots around the small screen. This might not sound very interesting, but 400 million people played this simple game. Now there are over 2 million apps to choose from.

How do you make an app?

Companies can spend between \$50,000–\$1 million on making apps. That's a lot of money! But if you have a good idea, you can make an app and create it for free. There are a few things to do if you want to make an app:

- 1 Think about what your app is going to do, how it will be good for the people using it and how you will let people know about your app. Write your ideas on a piece of paper and draw pictures.
- 2 Go online and check if there are other apps like yours. If there are, how is yours better?
- 3 Wireframe your idea. A wireframe is like a storyboard. You draw your design idea so that you can see what your app does. There are lots of different wireframing websites to help you do this.

- 4 Learn the language of app building. Lots of schools have coding clubs which teach the languages you need to build apps. You need to choose a coding language and learn the rules. For example, when you are using HTML5, you need to use these symbols `< >` at the beginning and end of your codes.

Did you know?

A mobile phone is more powerful than the computer that sent astronauts to the moon in 1969.



### 3 Jim-nastics

#### Track 3.01

- 1 cycling
- 2 gymnastics
- 3 athletics
- 4 water-skiing
- 5 surfing
- 6 diving
- 7 rugby
- 8 golf
- 9 cricket
- 10 ice-hockey
- 11 boxing

#### Track 3.02

- 1  
Commentator 1: There are three minutes left. Bolt for Team City has the ball. But here's Waldek for Team United. He takes the ball from Bolt and runs at the goal. Team City can't stop him. Can Waldek shoot? Yes he can! He hits it hard and high, and it's a goal! A brilliant goal from Waldek! Team United are winning by two goals to one. The coach is jumping up and down. His team have worked hard and they're winning. He must be delighted. Shall we watch that goal again?
- 2  
Commentator 2: The Silver Beach surfing competition will start in about 35 minutes. I can see Daisy Brass, the world champion, jogging. She's training because she knows that she needs to be fit and strong. Riding a surfboard across the waves is hard work. Now she's picking up her special surfboard, one of the most expensive in the world – it cost one million dollars. It's no surprise that Daisy has

asked a police officer to look after it while she trains! She wouldn't be happy if someone stole it.

- 3  
Commentator 3: This could be the most important point today! If Tim wins one point, he'll win the Lemonade Cup. Tim starts, Hugh hits it back well ... but the ball might go into the net! No. The ball goes over the net and Tim hits it hard with the middle of his racket. Hugh runs to the net, and, wow! He hits the ball – but no! The ball falls two metres outside the court. Tim wins the point and the Lemonade Cup! He may be this garden's greatest ever tennis player! He lifts his racket in the air. He's delighted!

- 4  
Commentator 4: The world's ten fastest cyclists are here on their bicycles, waiting for the race to begin ... They start quickly. James Cage is in front of the other cyclists on the track. Birch and Noble are behind him. But wait! Birch and Noble have fallen! Birch may have made a mistake and hit Noble. And the other cyclists could ride into Noble here. Oh no! Oh ... it's OK ... there are eight cyclists on the track now and they're OK. It's good that they're wearing helmets to protect their heads! Cage is still cycling. He hasn't seen the accident! He finishes the track and wins the race ...

#### Track 3.03

[Repeat Track 3.02]

#### Track 3.04

[Repeat Track 3.02]

### Track 3.05

Shall we watch the goal again?

She wouldn't be happy if her surfboard was stolen.

The surfing competition will start in about 35 minutes.

### Track 3.06

1 You shouldn't do that.

2 I can't climb that tree!

3 I wouldn't do that if I were you.

### Track 3.07

The Spartan Princess

Narrator: In Ancient Greece, around 428 BCE ... Cynisca is a young Greek princess. She is a Spartan. It's hard being a Spartan. They are only interested in being very fit. Boys practise fighting and do athletics and girls also do a lot of exercise. It isn't different for Cynisca, even though she's a princess. Her dad, Archidamus, King of Sparta, has encouraged her to do all kinds of sports since she was very young, such as riding and running, just like her brother Agesilaus. Cynisca's favourite sport is chariot racing.

Cynisca: Catch me if you can!

Agesilaus: Wait for me!

Cynisca: One day I'm going to the Olympics and I'm going to win.

Agesilaus: But girls can't enter competitions, so how are you going to do that?

Narrator: When the king dies, Cynisca receives half of his money. Agesilaus gets the other half and becomes King. Cynisca really wants to compete in the Olympics so she decides to buy the horses and the chariot she needs.

Cynisca: I want four of your best horses.

Man: These are the best horses in all of Sparta.

Narrator: Cynisca trains the horses for the chariot races every day for a year.

Cynisca: It's so unfair. I'm ready for the games but they won't let women into the stadium to compete.

Agesilaus: Well. You can't be the rider of the chariot but if you find a charioteer, you can enter as an owner and trainer. There's no law against that.

Narrator: Cynisca finally finds a charioteer. He's perfect for the job. He's thin, tall and young. She is a strong instructor.

Cynisca: No! Go faster when you turn! Look behind you as you do it. We only have a few months before the competition!

Narrator: The summer of 396 BCE ... Finally, the day of the Olympic Games arrives. Cynisca travels with her brother and horses to the great stadium of Zeus at Olympia. The games are held here every four years. The streets are crowded. People come to watch and take part in the games from all over of the world, from as far away as Spain and Turkey.

Cynisca: Can I come into the stadium? I'll put on a helmet and dress like a man.

Agesilaus: No, it's too dangerous. If they catch you, they'll punish you.

Narrator: Cynisca sits outside the stadium and listens to the crowds shouting and screaming. The four-horse chariot race is always the most spectacular race in the Olympics.

Agesilaus: You've won! You've won!

Cynisca: My family and I were Kings and Queens. I, Cynisca who won with a four-horse chariot, put up this statue. I am the only woman in Greece to win this prize.

Narrator: Cynisca wasn't able to take part herself in the Olympic Games, but she won the chariot race twice in 396 BCE and again in 392 BCE.



### Track 3.08

Every four years the Olympics is shown on TV. It takes years of training and hard work to compete at an Olympic Games and there are many things that an athlete has to think about before they run around the track, hit a ball or put on a helmet for that important race.

#### Gymnasts

**Training:** Gymnasts train for six a hours a day. As well as this, they swim, cycle and run to make their legs stronger. It's important that they stretch every part of their body before and after they practise or they might get injured.

**Food:** Gymnasts need to eat a lot of protein (chicken and fish) and healthy snacks like bananas and strawberries.

**Rest:** They have one rest day a week and try to get a good night's sleep too. It's difficult to train if you are tired.

Simone Biles has got the most medals of any American gymnast.

#### Divers

**Training:** Divers also train for about six hours a day, but before they get into the pool, they have to practise in the gym. They lift weights and do handstands to make their forearms strong. After training in the pool they often put ice on their triceps to help them recover.

**Food:** Food is very important for divers. Cereal with lots of iron in is good and it's important in the evening to eat snacks with carbohydrates like toast with chocolate spread – this helps with energy levels.

**Rest:** After training all day, divers often have a massage and they are in bed by 10.30 pm.

Tom Daley is the youngest ever British World Champion in any sport.

### Track 3.09

**Dan:** Good morning. I'm your instructor, Dan, and I hope you'll enjoy today's lesson for beginners. I can see some new faces, so welcome to Summer Surf Camp!

First I want to give you some advice for this week. It will help you become a better surfer!

Everything starts with the food you eat. Half of your food needs to be water, fruit and vegetables and the other 50% is meat and sugars. So, no burgers, chips and ice cream I'm afraid! If you want help choosing your meals, I'll be in the Main Hall after 6 pm, Monday to Friday.

Keeping fit and making your shoulders, arms and legs stronger is also very important. So, use the gym after every lesson. We think 45 minutes a day is enough! Your gym coach is Bob Vanya, that's V-A-N-Y-A. He's there every day.

Surfing might look hard on your knees but after the first day you may find that your stomach hurts. You will improve if you follow this advice. So come on surfers, let's go!

### Track 3.10

[Repeat Track 3.09]

### Track 3.11

[Repeat Track 3.09]

### 4 Be careful!

#### Track 4.01

Boy: Hey Maria. Look at this ...

Maria: Oh, wow! Is this a new computer game?

Boy: Yes, it is. You have to ask people what's wrong, then you decide how to make them feel better.

Maria: Really! What's wrong with this man then? The man with a shark on his hand.

Boy: He injured his hand when he was feeding his shark. The shark's his pet. I've made an appointment for the man to meet the doctor so that the doctor can remove the shark. But now, I need to find some water to put the shark in!

Maria: I see. What's wrong with this patient? The man who's having his heart checked.

Boy: Well, he has a problem with his girlfriend. That's why he's so sad. Look! He's got a broken heart.

Maria: How are you going to make him feel better?

Boy: I don't know. Maybe I can give him some flowers and some chocolates ...

Maria: Good idea! That woman's running to the emergency door. Do you know why there's a fire?

Boy: I think there was an accident and her pet monster made the fire.

Maria: Did the monster break the woman's ankle, too?

Boy: Yes. She had another accident when she was playing with the baby monster. It's very strong, even though it's a baby.

Maria: And what about this patient? The one with the big hand.

Boy: He was making dinner. But while making a sandwich, his knife slipped and he cut his hand.

Maria: It looks very painful. It must hurt a lot.

Boy: Yes ... you need to be careful when you're using knives, don't you?

Maria: Definitely!

#### Track 4.02

[Repeat Track 4.01]

#### Track 4.03

I haven't been well for a week.

She's had a problem with her heart for three months.

I've broken my ankle.

#### Track 4.04

1 How long have you been ill?

2 I've been ill for a while.

3 How long have you had a fever?

4 I've had it since last week.

#### Track 4.05

The £20,000 adventure

Joshua's ill and bored. He has flu, and he has had a fever for several days. But today he's feeling a bit better. His mum says he can go downstairs, lie down on the sofa and watch television with his sister, Chloe.

Joshua and Chloe are watching a programme about crocodiles. There's a knock on the door. It's their cousin, Eddie. He has come to see if Joshua's feeling better.

'How long have you been ill?' he asks.

'For four days,' says Joshua. 'I haven't been to school since last Monday!'

'Lucky you!' says Eddie.

The crocodile programme has finished. The local news programme is starting. 'There was a robbery at Whitton's bank last night. Unfortunately thieves stole about £20,000 in cash and escaped in a fast car,' the newsreader says. 'The thieves are dangerous criminals.'

'I know that bank,' Chloe says excitedly. 'It's on the High Street.' Joshua's feeling sleepy. His eyes are closing!

'Come on, Joshua,' says Eddie. 'Let's climb some trees.'

Outside in the garden, Chloe's climbing a tree and the two boys quickly climb up to join her.

'Look at those men!' says Chloe, pointing at two men kneeling on the ground by the river. 'What are they doing?'

'Shhhhhh!' whispers Joshua. 'They'll hear you and they look dangerous!'

'But look!' says Eddie, feeling worried. 'What are they doing?'

One of the men is taking a huge pile of papers from a brown bag.

'It's the £20,000!' whispers Chloe. 'You know – the money from the bank on the High Street. Look! They're hiding it in the hole.'

'Yes, and the newsreader said they are dangerous criminals,' whispers Joshua.

The two men look up as if they've heard something. The children freeze – they are terrified. The three children watch in complete silence while the men finish hiding the cash and walk away through the wood.

'Let's get it!' says Chloe, climbing down the tree fast.

'Come on, Joshua,' shouts Eddie. 'What are you waiting for? They might come back.'

But Joshua isn't feeling well. He thinks he might have a fever again. As he's climbing down the tree he cuts his knee and cries out in pain. Chloe and Eddie get the bag. They make so much noise that Joshua starts to feel nervous. They don't see the men coming back! Suddenly, the men are standing right behind them and they look furious.

'Hey! Drop that!' they shout.

'Run!' shouts Eddie.

Eddie and Chloe grab the money and run to the bridge as fast as they can. They cross over the river. But Joshua can't run to the bridge. His knee's bleeding. It's too painful to run!

'Hurry up, Joshua, they're going to catch you,' shouts Eddie from the other side of the river. Joshua decides to swim to the other side. He's just going to jump into the water to cross the river, when he sees crocodiles. He's very frightened now. 'Oh no, crocodiles – how strange!' thinks Joshua for a moment. 'Crocodiles live in Africa, not here!'

Joshua's trapped with the thieves behind him and crocodiles in front of him! Oh no! He can't run to the bridge. He can't swim across the river. What can he do? Then he sees a rope hanging from a tree. Can he swing across? ...

'Joshua, wake up! You're shouting in your sleep ... something about crocodiles. Are you feeling OK?'

asks his mother, coming into the room.

'Oh Mum. Yes, I'm feeling much better now!' says Joshua.

'Come on. Switch off the television. It's time to eat,' says his mum.

### Track 4.06

What was life like in the 1700s?

Many poor people didn't eat very well and so when they were ill, they could die. Lots of families had one toilet in the garden and it wasn't very clean. They also didn't have soap (and sometimes no water) to wash their hands. Doctors didn't know very much about what different illnesses were and they didn't have medicines to give people. Children also didn't have vaccinations to prevent them from getting ill and so they got illnesses like measles, chicken pox and flu.

How is life different now?

Doctors have learnt a lot about preventing illnesses since the 1940s. We are told to eat a balanced diet and we also know that it's important to wash our hands before we eat or if you cut yourself. Before the 1940s, if you cut your finger, bacteria could get into the cut and so lots of people died from a disease called tetanus. Now, we have vaccinations at the doctor. This is an injection to stop us getting the disease. Vaccinations contain a small amount of a virus or bacteria that help the body to fight the disease.

Sir Alexander Fleming (1881–1955)

Narrator: During World War 1, he saw lots of soldiers die from infected cuts.

Alexander

Fleming: I'm going to the lab.

Narrator: He started growing germs in dishes to study them.

In 1928 he noticed mould was growing in his dishes and killing the germs.

This was penicillin and it has saved the lives of millions of people.

### Track 4.07

Example

Boy: Do you remember your first day at school, Kitty?

Kitty: Yeah, I didn't know anybody! I felt sick all morning!

Boy: Ah, poor you.

1

Mum: Don't forget Dad's birthday! I gave him socks last year.

Girl: I know Mum! He never wears them! How about a DVD this year?

2

Woman: All our cows go out to the fields in the day. They come in when the sun goes down. Their milk is excellent!

3

Man: Well, yes I would like to speak to the manager! I don't think it's all right to serve food that is not cooked.

4

Rob: See you at the club later, then?

Boy: Ah, I can't play football tonight, Rob. I've got a bad knee!

5

Man: Listen up, class! When we get to the top of the hill we'll stop and you can have your picnic lunch. OK?

### Track 4.08

Narrator: You hear a student talking about a film she watched on TV. What was the film about?

Girl: Is it difficult to watch TV with your family? Well, last night Mum wanted to watch that history film about a king in Greece who had an accident. My cousin Jean wanted to see that cartoon about a magic queen, and I wanted to watch the story about a guy who has an operation. Guess what! We watched the cartoon. Boring!

### Track 4.09

[Repeat Track 4.08]

### Track 4.10

[Repeat Track 4.08]

### Track 4.11

Narrator: What did the woman buy for her grandson?

Woman: Excuse me, can you help me? I need to buy a present for my grandson. It's his birthday next week.

Assistant: What about this scooter? My little brother loves his!

Woman: I think it might be a little too expensive. Do you have any wallets?

Assistant: No, sorry. But the World Cup is soon and we do have these footballs ...

Woman: He'd love one of those! I'll take one, please.

### 5 Fun foods

#### Track 5.01

Woman: broccoli  
chilli  
garlic  
herbs  
lamb  
cabbage  
mushroom  
oil  
onion  
salmon  
steak

#### Track 5.02

Narrator: 1 What's Claire's favourite dinner?

Dad: Claire, it's Mum's birthday party next week. What shall we make for our family dinner?

Claire: I know! Let's have steak and broccoli! ... That's my favourite food to have for dinner.

Dad: Well, it is Mum's birthday ... but steak's very expensive – so I don't think we can have that.

Claire: Oh yes – I see. Well, why don't I ask our family what they'd like to have?

Dad: Good idea. You should ask Mum first! Then your sisters and your brother.

Narrator: 2 What would Mum like to have for dinner?

Claire: Hey Mum. What would you like to have for your birthday dinner next week? Dad and I are going to cook.

Mum: Well – anything healthy is great for me. You know, I prefer to eat healthy food. Maybe we could have fish and some vegetables?

Claire: Oh OK. So would you rather have salmon or steak?

Mum: I'd rather have salmon. Fish is good for my heart! And we could have cabbage with it. I love all vegetables: cabbage ... potatoes ... beans ... broccoli.

Narrator: 3 Which vegetable doesn't Emma like?

Claire: Hi Emma!

Emma: Hi Claire.

Claire: It's Mum's birthday next week. Would you like to have salmon and cabbage for her birthday dinner?

Emma: Uh, yuck! No!

Claire: What? Salmon?

Emma: No, salmon's OK ... but the other thing ...

Claire: Cabbage?

Emma: Ugh, I don't want that! I hate it.

Claire: OK. So you don't want salmon and cabbage then?

Emma: No, I'd prefer not to have cabbage. I'd rather have another vegetable. Maybe mushrooms or carrots?

Narrator: 4 Which carrots would Karen prefer?

Claire: What's your favourite food, Karen?

Karen: Well ... I like hot and spicy food ... anything with a strong taste – so something with chilli, garlic and onions.

Claire: Do you like broccoli?

Karen: It's OK. But I prefer carrots to broccoli. I love carrots if they're cooked with chilli and onion!

Narrator: 5 Which food can't Tom eat?

Tom: Morning, Claire! It's only a week until Mum's birthday, isn't it?

Claire: Yes! It's very exciting! ... Umm ... Dad and I are going to make her birthday dinner. What would you like to eat for it? Would you prefer to have salmon with onions and garlic or with mushrooms and broccoli?

Tom: I'd prefer to have mushrooms and broccoli, but not salmon!

Claire: Don't you like salmon?

Tom: Umm ... I don't know actually.

Claire: You don't know?

Tom: Well, you know I can't eat fish, don't you? I feel ill if I have it ... So I've never tried salmon.

Claire: Oh no! We can't have salmon for dinner then! So what can we have? ...

### Track 5.03

[Repeat Track 5.02]

### Track 5.04

1

Girl: I can slice apples to make you a pie.  
Or I can cut onions and make you cry.  
What am I?

Boy: A knife!

2

Girl: Every day's a fry-day if you are me.  
What am I?

Boy: A frying pan!

3

Girl: While you become full, I become empty.  
What am I?

Boy: A dish!

4

Girl: When the oven roasts a chicken,  
Or when it roasts another meat,  
I sometimes sit above it.  
Cooking healthy things to eat.  
What am I?

Boy: A saucepan!

5

Girl: Thirsty, tired people love to see me.  
I help them by boiling water for their tea.  
What am I?

Boy: A kettle!

### Track 5.05

That's how the egg was cooked in a circle!

This egg was fried.

They were finished before I tried one.

### Track 5.06

- 1 My uncle cooked a delicious meal last night.
- 2 It rained and rained all weekend.
- 3 I planted some vegetables last week.
- 4 My mum roasted the potatoes for dinner. They were yummy!
- 5 I climbed up a mountain with my friend.
- 6 We watched a great film yesterday!

### Track 5.07

Juana: The very, very interesting diary of Juana Sanchez

Juana: Monday

Juana: My parents think the show is brilliant. It's the only thing they talk about. 'Oh, Juana,' Mum said at breakfast, 'your brother's got 63,000 subscribers to his channel!' 'Oh, Juana,' Dad said at dinner, 'your brother's going to be world famous.' 'My last video was watched 1,000,000 times, Juana,' Carlos said. 'Have you seen the show yet?' No, I haven't. I'd rather clean my granddad's shoes with an old toothbrush.

The show's on YouTube. It's called 'Cooking with Carlos'. It's the only thing he talks about. 'Oh, Juana,' he said after dinner when I was washing up his dirty plate. 'I made chilli today. My fans loved it!'

Narrator: Wednesday

Juana: Before dinner, I asked Carlos to help me lay the table. 'Well, Juana,' he said, 'I'm an internet star now, you know, and I haven't got time to lay the table. I've got my next show to think about.'

I'm going to ask Mum if we can change him for a cat.

Narrator: Friday

Juana: I was tired after school and wanted to relax on the sofa, but Carlos kept talking about his next show. 'On Sunday morning I'm going to do my new recipe for spaghetti bolognese. All you need is



... 'The only way I could get him to stop talking was to say, 'Carlos, on Sunday, I'm going to watch your show.'

Narrator: Saturday

Juana: I had to help Dad in the garden this morning. I hate gardening. There are worms everywhere – long, thin worms. I don't like worms, but they gave me an idea ...

Narrator: Sunday

Juana: Carlos was like a four-year-old at a birthday party today. 'I'm so happy you're going to watch my show,' he said. 'I've got everything ready – the onions, the garlic, the herbs, the spaghetti. Now, time for my shower.' Carlos always has a shower before his shows. 'I must look my best for my fans!' he says. When he was in the bathroom, I went into the kitchen, took the spaghetti out of the pot, and put something else in. 'Right, let's go!' said Carlos when he came back into the kitchen. 'Mum and Dad usually turn the camera on for me, Juana, but you can do it today. Are you ready? Let me get in position. OK. Press the button ... now. Good morning friends and welcome to Cooking with Carlos. Today I'm going to show you how to make spaghetti bolognese. Now, in this pot I've already put the ... worms! Arghhhhhhhhhhhhhhh!' OK, it wasn't the nicest thing to do. But more people have watched this video than any of his other ones! And I'm sure he'll talk to me again – one day.

### Track 5.08

#### Superfoods?

It's important to eat a balanced diet and different foods give us different nutrients. Proteins make our muscles strong. Calcium is good for our teeth and bones, and carbohydrates give us energy to exercise and play in the day. Some foods have more nutrients than others but does this make them

superfoods? Most doctors think that we shouldn't call them 'superfoods' but 'super diets' – this means we should eat a healthy, balanced diet with lots of fruit, vegetables and wholegrain foods. Here are some foods that aren't super, but have lots of vitamins that are very good for you:

#### Blueberries

Blueberries have got vitamins K and C in them as well as other nutrients. Some people think that blueberries can protect us from heart problems and improve our memory. Try adding them to your breakfast cereal or have them for a snack.

#### Oily fish

Oily fish like salmon or sardines have got vitamin D, protein and some B vitamins. Oily fish has also got good fat in it. If you eat oily fish two or more times a week it keeps your eyes and your bones healthy.

#### Broccoli

Broccoli has got lots of vitamins, calcium and fibre in it! It's a vegetable that you can eat in salads, soups and with meat and fish.

#### Chocolate

Some people think that dark chocolate is good for us, but like any food, you shouldn't eat lots of it. A little bit of dark chocolate is better than milk chocolate, but if you eat it too much, it's an unhealthy choice.

### Track 5.09

Girl: Hi Tim. How was your holiday?

Tim: It was great! We went on a cooking tour last week.

Girl: Oh yeah, because your dad's a chef. Where did you stay?

Tim: Well, on Tuesday the hotel was full, but there was an apartment opposite. We had fresh fish for dinner! It was great!

Girl: Oh! And what did you see on Wednesday? A castle?

Tim: No! We went to the Museum of Food and Drink. I bought this picture of a woman selling garlic. Do you like it?

Girl: Very nice. Did you visit anything on Thursday?

Tim: Dad usually cooks at the TV studio. But this time we went to the Town Hall to cook roast chicken!

**Track 5.10**

[Repeat Track 5.09]

Girl: Did you come home on Friday?

Tim: No, we got lost and couldn't find the train station! So, we went to that famous park and ate strawberry and chocolate ice cream.

Girl: And what happened on Saturday?

Tim: Well, I often go to a café on Saturday, but this week Dad took me to a farm to try some steak and mushroom pie. I won't be hungry for a week now!

**6 Environmentally friendly****Track 6.01**

Ela: There are lots of reasons why I like my house. First, there are lots of beautiful things here. Above the stairs is a cool bulb. It's huge and it looks like it was made by a spider! It makes the house nice and bright.

Even the small things in the house were designed carefully. In the living room there's a plug that looks like the sun!

In my bathroom there are some cool things too. For example, the sink looks like a shell! When I wash my hands, I always think of the sea.

Most of the house is very new, but in the bathroom above the shell sink there are some very old taps. They were my grandmother's – and they're more than 100 years old!

I think that the most beautiful things in my house – or on my house?! – are the big candles in the garden on the roof. When I light them at night they look amazing.

Another reason that I love my house is that it's very easy living there. For example, there are some big curtains in front of my house's big windows – and when you want to open or close the curtains, you can press a button!

The most useful thing in my house is in the kitchen. It's the dishwasher. The dishwasher makes it easy for my family to wash the dishes!

Also, my dustbin's connected to the kitchen. So when you throw something away in the kitchen, it falls into the dustbin outside!

On Wednesdays someone comes to collect the rubbish. It's Wednesday today so there's a black bag of rubbish outside the house!

My house is always very comfortable too. In the winter, the house isn't cold because of the heating.

And in the summer, the house is cool too. That's because there's air conditioning in the bedroom and living room.

Finally, I like my house because it's environmentally friendly. Most of our electricity comes from the sun!

**Track 6.02**

There's a lot of water.

We only throw away a few bags each year.

**Track 6.03**

1 dishwasher

2 the dishwasher

3 The dishwasher is in the kitchen.

4 curtains

5 the curtains

6 We've had the curtains for a long time.

**Track 6.04**

[Repeat Track 6.03]

**Track 6.05**

Girl: Brother versus grandma!  
Today's podcast is a debate: my brother (Alex) versus my grandma (Glenda). The question: When was life better for the environment? Now, or when my grandma was young?

Brother versus grandma!

Girl: So first, let's talk about recycling.

Alex: These days, everyone recycles a lot, don't they? I always sort out my plastic and glass and so on. Then I take them to the area where the dustbins are, outside my flat. I recycle by making things out of old bottles too. But Grandma, you couldn't recycle, could you?

Grandma: No, when I was young, there weren't any recycling bins. But we made less rubbish too. We bought sweets in paper bags – today, every sweet is wrapped in plastic, and the sweets are put in plastic bags too. Then, when you pay for the sweets, they give you another bag to take them home in, don't they?! I think people today are better at throwing their litter

away though. I never did this, but after picnics, people sometimes left their litter in the park. That made me so angry ...

Girl: Brother versus grandma!

OK. Next, let's talk about travelling to school. Alex, since you started school you've travelled by car, haven't you?

Alex: Yes, my dad drives me to school every day. The drive takes a long time because there are awful traffic jams. People should use more public transport like trains and buses. Then the roads would be less busy. People would save money too – Mum always says that petrol's very expensive when she fills up the car.

Grandma: When I was young, I walked to school on a beautiful path through the park. I didn't drive because my family didn't have a car. It was safe to walk because there were very few cars on the roads. And the air was cleaner then, wasn't it? There weren't many cars so there wasn't much pollution.

Girl: Brother versus grandma!

OK – let's talk about saving electricity. Grandma, go!

Grandma: When I was young, I didn't worry about the environment. But we used less electricity than young people now – we didn't have computers or big TVs or DVD players or mobile phones. I think that people today use much more electricity, don't they?

Alex: Yes, but I always turn lights off when I leave rooms to save electricity. When I'm cooking with my mum, we always cover the saucepans. That helps to save gas, doesn't it? I try to help the rainforest too. So that fewer trees are cut down, I always use recycled paper.

Girl: Brother versus grandma!  
So when was life better for the environment? Now, or when my grandma was young? Vote now to decide!

### Track 6.06

[Repeat Track 6.05]

### Track 6.07

[Repeat Track 6.05]

### Track 6.08

The fall of a Mayan City

The Mayan king looked down at the city from his palace. He felt very sad. He could remember the brightly coloured pyramids and temples; the exotic gardens full of jaguars, pumas and parrots and the buzzing street markets with delicious food from all over his empire. It was one of the great wonders of the world. But now the city was silent and empty. And why was this ...?

Many years before, when the king was looking for somewhere to live, he saw a big beautiful ceiba tree in the heart of the tropical rainforest. He decided that it was the perfect place to make his home. Just as he was about to leave, an old man appeared from behind the tree.

'We have always looked after the rainforest and you must too,' he said. 'Don't chop down the trees! Build your city somewhere else!' And he disappeared into the forest again.

But the king ignored the old man's advice. 'He's just a crazy old man,' he thought to himself. And he built his city nearby.

As the king and its people became richer and more powerful the city grew and grew. People needed more space to build their houses and grow their corn. So they chopped down more and more trees from the rainforest. Everything seemed perfect, until one day things started to change. At first it didn't rain as much as it usually did and the rivers became smaller and smaller. Then it stopped raining and the rivers dried up. The corn in the fields and the vegetables in the gardens dried up, too. With little food and water, the people started to leave the city. The king was very worried.

'What can I do?' he asked his advisors. None of them could give him an answer. Then he remembered the old man he met in the forest. He went back and looked for the tall ceiba tree. Eventually he found

it but now it was standing alone in the middle of a desert. He sat under its branches in the shade.

Suddenly, the same old man came out from behind the tree.

'Look what you've done,' said the old man.

The king fell to his knees and asked, 'Please tell me, what should I do?'

'Well there is a solution but it will take many, many years,' the old man said.

This time, the king listened carefully to every word.

'If you plant two trees for every one you chopped down then maybe the rain will return and maybe the rivers, the plants, the birds and the animals will come back,' the old man said and suddenly disappeared, just like before.

Quickly, the king ordered his people to plant trees where there was now desert. Slowly but surely, as the years passed, the trees grew, the rain came back and the rainforest filled with life again. First the animals and birds returned and then the people. The king was delighted. Before he died he made sure that the ceiba tree was always protected, so that his people would look after the rainforest.

### Track 6.09

Where we live

An ecosystem is all of the living and non-living things that are in an area. Living things include all of the plants and animals, and non-living things are the rocks, water, soil and sand. Examples of ecosystems are an ocean, a rainforest, a pond, a desert, a river, grassland or an urban ecosystem.

As cities and towns get bigger, other ecosystems get smaller. This means that a lot of animals don't have anywhere to live and so they start to come into cities and towns to look for food and somewhere to sleep. Usually these are small animals like mice, rats and foxes, but in some cities there are some very unusual animals:

#### Leopards in Mumbai

Mumbai is a very big city and about 24 million people live there. It also has a big park called the Gandhi National Park and this is where leopards and other animals live. But as the city gets bigger, the leopards are losing their homes. So, the leopards often come into town to look for food. Some people are trying to find a different place for the leopards but the animals don't like moving to different places. So for now, people and leopards have to try and live together.

#### Peregrine falcons in New York

Did you know birds sing louder in cities? This is so that they can be heard by other birds – they are talking!

Peregrine falcons usually live near the beach but when they started to die, people in New York decided to help them live in the city. Now New York has more peregrine falcons than any other city in the world. That's amazing, isn't it? They like living in the city because there are lots of high places to make their nests where they are safe and there is a lot of food to eat too. The people of New York and the birds live happily together.



## Pupil's Book 6

### Audioscripts

#### Review Units 4–6

##### Track 6.10

- 1 The cyclist was hit while she was going to school.
- 2 Her leg was injured and her bike was damaged.
- 3 The girl was taken to hospital.
- 4 She was kept at the hospital until she felt better.



### 7 Feeling it

#### Track 7.01

bored  
worried  
positive

#### Track 7.02

1 positive  
2 worried  
3 negative  
4 bored  
5 embarrassed  
6 clever

#### Track 7.03

Girl: Hey Brian! What's in that bag?  
Brian: My sports clothes! I've just been to the sports centre with my mum.  
Girl: Really?  
Brian: Yes, we started going three weeks ago. My mum said she was feeling worried because we're moving house ... so she wanted a way to reduce stress. We go to the sports centre together to relax and keep fit.  
Girl: But isn't it boring?  
Brian: No! This sport centre's so fun that I'd like to go every day. You can do exercise there, like running or swimming. But ... well ... it's different to other sports centres too. When you do exercise it's like being in a video game, or a film.  
Girl: Why?  
Brian: Umm ... well ... when we go jogging we wear special glasses. It feels like we're running away from a monster! Or we're jogging over a rainbow ...  
Girl: No way!  
Brian: Yeah! It's so fun that my mum and I always laugh a lot.  
Girl: Amazing!  
Brian: And while my mum goes to the gym to lift weights, there's a big swimming pool where I go to swim with sharks.

Girl: That sounds dangerous!  
Brian: No it's not! The swimming pool is built above the sharks' pool, so you're not in the same water. But it's so exciting that I can swim for ages without feeling tired.  
Girl: That sounds fun!  
Brian: It is! And after we exercise, there are lovely places to sit and recover.  
Girl: What are they like?  
Brian: Well, there's a little pool that we sit in when we've got tired, aching legs. It looks like a spaceship! Also, there's a garden on the roof. It's such a relaxing place that I once fell asleep there! It's great – you can just sit, breathe deeply and listen to the river.  
Girl: What?! There's a river on the roof, too?  
Brian: Haha! Just a small one.  
Girl: Awesome!  
Brian: There's a café on the roof too – but I haven't been.  
Girl: Do you think it's nice?  
Brian: I don't know ... they've only got healthy food. A good diet is important – so they haven't got cake or ice cream.  
Girl: Wow! Maybe my mum and I should go to the sports centre too. My mum always says she wants to look after her health better ...

#### Track 7.04

[Repeat Track 7.03]

#### Track 7.05

[Repeat Track 7.03]

#### Track 7.06

The cowboy who cried 'wolf'  
Life on the ranch was quiet. Everyone worked hard to grow plants and look after the animals, and they fell asleep straight away when night came. But one night, a noise woke them all up. AHR-WOOOOO! They knew that noise! It was a wolf, and there were a lot of calves on the ranch. Somebody would need to make sure that no wolves got into the fields.

Buck was the youngest cowboy on the ranch and he was always looking for excitement. Early the next morning Cody, one of the older cowboys, said to Buck, 'You have to stay here today and look after the calves. There are wolves about! If you see one you should shout, "Wolf!" The people on the ranch will come and help you.' Buck was annoyed. He wanted to ride with the others! But he had to do what Cody said. So, the cowboys rode off to the west and Buck stayed in the field to look after the calves.

Buck was so bored! He had no one to talk to, and no wolves came. Buck stared so hard that his eyes hurt. Hours passed and Buck was miserable. Finally, he had an idea. 'The ranch workers will come and talk to me if a wolf comes,' he thought. He jumped up and shouted, 'Wolf!' At once men came running from the ranch. His little sister, Blossom, came too.

'Where's the wolf?' shouted the men. 'It was over there,' said Buck. 'But it went away when I shouted.' The men waited for a few minutes, but when they didn't see a wolf, they went back to their work.

'Did you really see a wolf?' Blossom asked Buck. 'Of course, I did,' he said. Blossom gave him a strange look. Buck felt embarrassed, but Blossom didn't say anything.

The next day Buck wanted to go with the other cowboys, but Cody was worried about wolves. 'You must stay and look after the calves again,' he said. So, Buck stayed! Day after day, it was the same thing, looking at a dull field of cows. By the fourth day, he was so bored and lonely that he shouted, 'Wolf!' again. Once more the men from the ranch ran to help him. They were amazed when they didn't see a wolf attacking the calves. 'Where's the wolf?' they called to Buck. 'It was over there,' said Buck. 'But it ran away when I shouted.' 'Are you sure you saw a wolf?' asked a man called Jeb. 'I definitely saw one!' said Buck. 'That's why I shouted.' The men from the ranch went away again, complaining.

Blossom was furious with her brother. 'There was NO wolf,' she said to Buck. 'You mustn't shout "wolf" again. Everybody is very annoyed with you!'

The next day Buck suddenly heard AHR-WOOOOOO! He jumped up. It wasn't one wolf! It was three ...

four ... five ... a pack of wolves! 'Wolves! Wolves! Wolves!' screamed Buck. But nobody came. They didn't believe him any more! Buck ran at the wolves, shouting. But it was too late. All the calves were dead and Buck knew he would be in BIG trouble ...

### Track 7.07

#### Emotional awareness

We can feel different things on different days. Sometimes we feel miserable because we had an argument with a friend and sometimes we feel worried about something. It's important to understand our feelings and learn how to show them so that we don't make our friends, family and ourselves sad.

Babies and children show their emotions by laughing or crying because they can't say what they feel and why. As we grow up, we learn how to understand how we are feeling. This is called emotional awareness. It also helps us to have good relationships with other people.

When we feel strong emotions or we are stressed there are chemicals in our brains that can make us feel happy, annoyed or sad. This chemical is called cortisol. It can be good for us because it gives us energy. However, if we feel too stressed then we have too much cortisol in our brains and it's difficult to sleep.

When you see your friends, you might be able to work out what they are feeling by their faces. How do you think these people feel?

It's good to think about how other people are feeling too. For example, if your friend is sad that he didn't get onto the football team and you are sad with him, you are sharing his sadness – this is called empathy. Have you ever seen that your dad is annoyed when he has to tidy your things? If you think about how your dad feels and understand that he's doing extra work and why he might feel annoyed ... that's also empathy.

Empathy and emotional awareness are important for all relationships – at home, at school, and at work when we are older. It helps you to understand more about the people and the world around you.

### Track 7.08

Narrator: For these questions, choose the correct answer. You will hear Sophie talking to her friend Yuri about sleeping.

Sophie: Hi Yuri. What's the matter? You don't look very well. Have you got a cold?

Yuri: Hi Sophie. I'm very tired actually. I'm not sleeping enough at the moment.

Sophie: Oh! Why not? Are you worried about your science test?

Yuri: Yes, it's tomorrow. I had a maths test yesterday and history today. If I don't sleep well I won't get a good mark ...

Sophie: That's a lot. But Yuri, are you eating the right kind of food to help you concentrate too?

Yuri: Oh yes, don't worry, eating healthy food and getting the right kind of exercise is not a problem for me. In fact, playing football is a great way to stop me feeling worried.

Sophie: Well, maybe you shouldn't use your mobile phone or tablet late at night.

Yuri: Really? Why's that?

Sophie: Because it sends too much light to your eyes and that sends a message to your brain to stay awake!

Yuri: Oh, I see. I'll stop messaging my friends late at night then.

Sophie: Great! I think good sleep helps your memory too, so I'm sure you'll be fine for that test.

Yuri: Thanks, Sophie. You've given me some really good advice. I feel better already!

### Track 7.09

Sophie: Hi Yuri. What's the matter? You don't look very well. Have you got a cold?

Yuri: Hi Sophie. I'm very tired actually. I'm not sleeping enough at the moment.

Sophie: Oh! Why not? Are you worried about your science test?

Yuri: Yes, it's tomorrow. I had a maths test yesterday and history today. If I don't sleep well I won't get a good mark. I read an article that said on average 47 per cent of primary school children around the world need more sleep!

### 8 Pretty cities

#### Track 8.01

- 1 cruise
- 2 monument
- 3 tower
- 4 sculpture
- 5 gallery
- 6 festival
- 7 palace
- 8 collection
- 9 sightseeing
- 10 department store

#### Track 8.02

Boy: Hello and welcome to Charlies' Challenge! My name's Charlie!

Girl: And my name's Charlie, too!

Boy: Today, we're at the Museum of Modern Art in New York – and our challenge is to find out as much as we can about this amazing gallery in five minutes.

Girl: So, let's begin. Are you ready Charlie?

Boy: Yes, Charlie!

Girl: I'm starting the clock – we've got five minutes. Go!

Boy: Excuse me, could you answer some questions about the gallery, please?

Man: I'm sorry but I don't work here – you should ask that woman. She's the manager.

Boy: OK – thanks. Excuse me – would you mind answering our questions about the gallery, please?

Woman: Yes, of course.

Girl: Thank you!

Woman: What can I tell you?

Girl: First, do you know how many paintings there are here?

Woman: That's a good question. The number changes every day. Paintings travel all the time, to different galleries – but

today there are probably about 2,300 paintings here. There are lots of beautiful sculptures, drawings and films in the museum too.

Boy: Interesting! Now, could you tell us how old the museum is?

Woman: The Museum of Modern Art is about 90 years old, but the building we're in today opened in 2004.

Girl: Could you tell me how much tickets are for children, please?

Woman: Well, the tickets for adults are \$25. But tickets for children under 16 years old don't cost anything – they're free.

Girl: Wow! That's great.

Boy: Now, could you tell us what your favourite painting here is?

Woman: Of course! There are so many amazing and famous pictures here ... but my favourite is a picture called 'The Starry Night'. It's by the Dutch painter Vincent Van Gogh.

Girl: 'Starry' – is that S-T-A-double R-Y?

Woman: Yes.

Girl: And if people want to find out more, what should they do?

Woman: Well, they can visit our website, at [www dot MoMA dot org](http://www.MoMA.org). That's [www dot M-o-M-A dot O-R-G](http://www.MoMA.org).

Girl: Do you know if they can phone you too?

Woman: Yes, we're on 212 708 9400.

Boy: Oh no! Our time is up. Thank you so much for your help!

Woman: You're welcome.

Girl: Well ... We've learnt lots of new things in today's Charlies' Challenge. See you next week!

#### Track 8.03

[Repeat Track 8.02]

#### Track 8.04

Do you know how many paintings there are?  
Could you tell us how old the gallery is?

### Track 8.05

- 1 Do you know where the train station is, please?
- 2 Where's the train station?
- 3 When does the restaurant open?
- 4 When does the restaurant open?
- 5 How many friends are coming to your party?
- 6 How many friends are coming to your party?

### Track 8.06

#### The Case of the Butterfly Diamond

He got the message at midnight. 'Bad news. Arabella Von Thursday's stolen the Butterfly Diamond. Can you help?' Of course he could help! He was Johnny Ming after all, and helping was what he did. From Monday to Friday he was a successful businessman, the manager of Ming's Marvels, a three-storey furniture shop in Old Shanghai. But at the weekend, he did something a little different – and what could be more different than being 'China's Number 1 Secret Detective'?

'We think she's going to sell it somewhere in England,' said Huxley on the phone. 'Do you know when the exhibition starts?' asked Johnny Ming. 'Next Tuesday,' said Huxley, sounding worried. 'You must get here right away!' 'Yes,' thought Johnny Ming as he packed his suitcase, 'I must get there right away, and you must reduce your stress.' Huxley used to be a relaxed and happy man, but there was so much to worry about these days, especially Countess Arabella Von Thursday. She was a dangerous criminal who stole paintings, sculptures and now diamonds. If she wasn't stopped, the great museums of the world would soon be empty.

In the full-length mirror next to the front door, Johnny Ming looked at himself one more time. His white suit was perfectly clean and his black tie was just right. The brown and white leather shoes he was wearing were so shiny that you could see your face in them. He checked the time on his pocket watch, then tied it to his belt by a chain. Before locking his suitcase, he checked that he had everything – red and white toothbrush, clothes for various climates, a wooden tennis racket, a big box of milk chocolates, and enough apple juice for 72 hours. He pushed up his Panama hat and tapped his walking stick on the

floorboard. He was ready to go. Blowing out the long line of candles in the hall, he said to the dark, 'You won't win this time, Arabella von Thursday!'

Minutes later Johnny Ming was flying above the rubbish and traffic jams of the city. He smiled to himself. Alone in Blue Wonder, his beloved hot-air balloon, he had time to ... What was that? Something was moving near his feet. Looking down, he saw two pairs of eyes. 'Stand up immediately!' he said. The girls were no more than 11 years old. Johnny Ming breathed in deeply. China's Number One Secret Detective mustn't be too annoyed. 'What is the meaning of this?' he asked as calmly as he could. 'I'm Mia,' said the one with the black hair. 'And I'm Sami,' said the one with the red hair. 'And we know where the Butterfly Diamond is,' they said together. Johnny Ming's mouth was open, but he couldn't speak. 'If you let us help you,' said Sami, 'we won't tell anyone who you really are.' 'Well,' said Mia as she crossed her arms, 'what do you say, Mr Ming?'

### Track 8.07

When you visit another country, do you think about where you put your rubbish? Do you look at the signposts and do what they say? Do you learn about the people that live there and do the same things that they do? If the answer is yes to these questions, then you are an ecotourist!

A good example of ecotourism is in Australia. This is Uluru (Ayers Rock) in Australia. Lots of tourists used to visit the rock and climb it. But they were damaging it and they weren't respecting local customs. Uluru used to belong to the Aboriginal people of Australia and they didn't use to climb it because it was an important place for them. So, in 1985, the Australian government gave it back to the Aboriginal people and now most tourists don't climb it.

Did you know? There are national parks all around the world. They cover about six per cent of the Earth's surface.

### Track 8.08

Guide: Hello and welcome to Timanfaya National Park. The park is about 51 square kilometres in size and as you can see we are in the mountains. The mountains are

called the Montañas del Fuego or Fire Mountains and this is because there are more than 100 volcanoes here. The ground is very hot, but don't worry we are all very safe!

So, we're in the car park and this is where the bus tour starts ... we ...

Man: Excuse me, could you tell me if we can walk through the park?

Guide: I'm sorry, no. We need to look after the mountains, but the driver will stop at different places so that you can take photos. If you want to take a camel ride, you need to go to the booking office and they can help you. ... So, on the bus there will also be information for you to listen to and ...

Man: Sorry, could you tell me if the information will be in English?

Guide: Yes, in fact you can choose your language. ... So, when we get back to the car park here you can have lunch. The restaurant here has traditional food and it's cooked over a large hole in the ground. The food is very good and cooked by local people. Right, let's all get on the bus ...



### 9 Lights, camera, action!

#### Track 9.01

- 1 an action film
- 2 a cartoon
- 3 a chat show
- 4 a comedy
- 5 a documentary
- 6 a drama
- 7 the news
- 8 a horror film
- 9 a quiz show

#### Track 9.02

- 1 I want to watch the quiz show.
- 2 Action films are my favourite.
- 3 Have you seen this documentary?

#### Track 9.03

- 1 cartoon
- 2 action
- 3 broccoli
- 4 amazed
- 5 sightseeing
- 6 gallery
- 7 soap opera
- 8 embarrassed
- 9 onion
- 10 accident

#### Track 9.04

- 1  
Sarah moves to a dark, old house a long way from the town. One day she has the walls repainted in a beautiful green. But when she goes to eat breakfast the next morning, the colour of the paint is different.
- 2  
A grey goat lives on a mountain and feels very lonely. But one day, he gets his hair dyed pink. Lots of people start visiting the mountain to see him and take his photo. He's the most famous animal on the hill.

3

A farmer lives in a quiet village in a little old spaceship. One day he has his lights fixed by a strange old woman. 'Your lights turn on and off now, but don't press that big red button,' she warns.

4

Two brothers were organising a birthday party. They had a cool cake made, their faces painted and lots of pizzas delivered. But when the party started, there was one problem they hadn't thought of.

#### Track 9.05

- Mark: Did you know that making some films costs more than \$250 million dollars? That's right! \$250 million! So today I'm asking my classmates what they'd do if they had \$250 million to make a film. Here's what they said.
- Mark: Hi! I'm making a show for the school podcast. Could I ask you a question?
- Girl 1: Yeah. Cool!
- Mark: What would you do if you had \$250 million dollars to make a film?
- Girl 1: \$250 million?! I'd love to work with a famous actor. If there was someone well-known in my film, a big celebrity like, umm, Selena Gomez or, I don't know ... George Clooney, I think it'd be really popular.
- Mark: You'd have to pay them a lot of money!
- Girl 1: Yes, the hero or heroine is the most important person in most films. If there was someone famous in my film, it'd be really popular.
- Mark: What would you do if you had \$250 million dollars to make a film?
- Boy 1: I'd love to make a drama film about history.
- Mark: OK.
- Boy 1: So I'd spend the money by building lots of beautiful old rooms in a studio. You know, with huge paintings and big gold chairs!

Boy 2: Well ... If I had that money, I'd buy cameras and costumes for the actors. And I'd spend the money on adverts. It's really important that everyone knows about new films. My favourite singer could be in the advert—that'd be expensive... but so, so cool!

Girl 2: Well, I wouldn't make a film – I'd make a TV series about tigers. There'd be six programmes that are each 30 minutes long.

Mark: That'd be great for the nature channel. What would you spend the money on?

Girl 2: On visiting China with some cameras and travelling around. I'd love to put lots of cameras around a forest to film the tigers. That'd be amazing.

Boy 3: I'd spend the money on special effects. I'd love to make a film about people who can fly. So I'd have one scene with the heroine flying above a city, and another where she flies into a volcano...

Boy 4: I'd love to make a film with my dance group.

Mark: That sounds cool!

Boy 4: Yeah, we're doing a dance performance next week actually.

Mark: And what would you spend the money on?

Boy 4: Well, it'd be great to have some new dance shoes. If I only bought the shoes could I keep the change?

Mark: Haha! Why not?

### Track 9.06

[Repeat Track 9.05]

### Track 9.07

- 1 I'm interviewing my classmates to ask what they would do if they had \$250 million to make a film.
- 2 I'd love to work with a famous actor. Someone who's a big celebrity ...
- 3 The heroine is the most important person in most films.
- 4 I'd spend the money by building lots of old rooms

in a studio.

- 5 I'd spend the money on adverts. It's really important that everyone knows about new films.
- 6 I'd love to make a TV series about tigers. I'd make six programmes that are each 30 minutes long.
- 7 That'd be great for the nature channel.
- 8 So I'd have one scene with the heroine flying above a city.
- 9 We're doing a dance performance at the theatre next week.
- 10 Maybe Jenny can review it for her blog?

### Track 9.08

The monster in our homes

I think you're probably not aware  
Of the terrible monster sitting there.  
Inside your house, right under your nose,  
'Cos everyone's got one, but nobody knows.

It's big and ugly and usually black,  
It waits and waits, ready to attack.  
When you sit down and switch it on,  
You can't escape it and then you're gone.

The screen catches you and you sit and stare,  
You really don't know how long you're there.  
Your eyes get tired and sleepy and red,  
And Mum keeps shouting, 'It's time for bed!'

Children are one of its favourite things,  
It shows them heroes and monsters with wings.  
Cartoons and quiz shows, movies and more,  
Means that kids can't move from their place on the floor.

And even though it seems free and fun,  
If I were you I'd get out and run.  
Because there's no doubt, it can change your mind,  
With the silly ideas that you might find.

Parents often say, 'Your eyes will go square.'  
And some kids respond, 'I think that's unfair!'  
But take the remote and they'll shout and scream,  
And others I've heard can get really mean!

But there is a solution against this terrible enemy,  
Just think about kids in the past generally.  
They had no technology, not even a phone,  
But had lots of friends and were never alone.

They played in the streets with their friends, they  
were happy,  
They skipped, rode bikes and were very chatty.  
Some rode to the library and even took out a book,  
They got lost in adventures with Captain Cook.

So if you've got a house with a monster within,  
I'd get rid of it now, I'd throw it straight in the bin.  
I'd think twice about watching so much television,  
I'd find other things to do and I'd make that my  
mission!

#### Track 9.09

##### Special effects in film

Have you ever watched a film and thought, 'How did the hero fly?' or 'How did they film that action on a burning ship?' Film makers make these scenes by using special effects. These are artificial images that

look like they are real but are created by artists and technical experts. Quite often the action is filmed on a green screen and then special effects are added on a computer. Sometimes the effects are so good that the experts win awards for their work.

##### Special effects in the past

Before the use of CGI (computer generated images) in cinema, it was difficult to make exciting special effects that looked real. Special effects artists used optical illusions and visual effects like painted sets, complicated make-up or models.

'The Great and Powerful Oz' has lots of amazing special effects, but there is an older version of the film called 'The Wizard of Oz' which was made in 1939. There is a famous scene when a tornado (a dangerous wind storm) hits a farm in Kansas, USA. The film makers created the tornado by using a very long sock made of thin material which they filled with sand. Then they blew it round and round with a powerful electric fan! There are lots of other basic special effects in the film which at the time were very exciting.

##### Make your own special effects

You can make your own special effects using your mobile phone or objects at home. Try putting a pencil into a clear glass full of water and then look at the pencil through the glass – how does it look? There are lots of apps that you can use which put special effects on photos – you can be an animal or take photos and change the way they look. We can even have videos changed on our phones – why not try it?