

Page 4 track 1

Ingredients:

100 milliliters of water

22 grams of yeast

380 grams of white flour

90 grams of ground locust

50 milliliters of oil

100 milliliters of milk

50 grams of parmesan cheese

Page 5 track 2

Mooncake Festival

The Mid-Autumn Festival is also known as the Mooncake Festival, and is celebrated on the 15th day of the 8th month in the Chinese calendar (normally the end of September). Families get together to celebrate the year's harvest and make offerings to the Goddess of the Moon, called Chang'e. People make sweet mooncakes, which are made from locus paste and egg yolks and drink cassia wine. They also decorate the streets with the famous bright lanterns. This festival is celebrated in many countries in Asia, mainly China, Vietnam, Singapore and Malaysia.

Pahiyas

The Pahiyas festival takes place every May in the town of Lucban, in the Philippines. Here, the people give thanks to the patron saint of farmers, Saint Isidro de Labrador, for a good harvest. People decorate their homes and stores with local fruits, vegetables, rice, flour and other colourful products in celebration.

La Tomatina

The Tomatina festival takes place in the small town of Buñol, near Valencia in Spain. It is not a food-*eating* festival, but a food-*throwing* festival. Every August, thousands of people from across Spain and the world come here not to eat food, but to throw more than one hundred tons of tomatoes! It is probably the world's most famous food fight, and the town is literally red at the end of it. It sounds like a lot of fun.

Maine Lobster Festival

This is a five-day event which, as you can understand by the name, takes place in Maine, in the north-east corner of the USA, to celebrate the local Atlantic Ocean lobster. The event also has live music, art shows and stand-up comedy events, but the main attraction is the local lobster. Local chefs and restaurants prepare it in a variety of ways: in salads, in sandwiches or with the traditional hot butter sauce. During the event, around 10,000 kilos of lobster and 800 kilos of butter are served.

Salon du Chocolat

The Salon du Chocolate is a five-day event in Paris, France, which is dedicated exclusively to celebrate chocolate and cocoa products and recipes. More than 500 chefs, chocolatiers and designers prepare thousands of products made from chocolate. Visitors can try a range of products made from chocolate, including cakes, pastries and hundreds of other recipes. There's also even a fashion show where visitors can see clothes designed out of chocolate!

Oktoberfest

This is the world's biggest and most famous celebration of beer. It takes place in Munich in Germany, where visitors drink more than 6 million liters of beer during the three weeks of the festival. Apart from beer, there is also traditional Bavarian food, like pretzels, sausages and other meats.

Page 8 track 3

Number 1.

This is my favorite restaurant. I come here every weekend with my friends. I love all the hot food and the chefs are also really friendly. The atmosphere is fantastic, because the people there are really nice. The only problem is the salads, because they don't have a very nice flavor. I really don't like them.

Number 2.

This is Daniela and she's a big fan of junk food. She eats a lot of pizza, hamburgers and hot dogs, all the time. She has a brother and a sister, called Steve and Mary. Her brother also loves junk food, but her sister doesn't. She eats hot dogs, but she hates pizza and hamburgers.

Number 3.

Phil is my brother and he's also a student at my high school. We live in a quiet street near Mr Willis' house. Mr Willis is a quiet man and he works from Monday to Friday, but I see him every weekend when he cleans his garden. My brother doesn't like Mr Willis because he has a large, dangerous dog.

Number 4.

Mr Willis is my favorite teacher. He has really dynamic and interesting classes. In his classroom, we don't use any books. Mr Willis teaches everything with the projector: we use it in every class.

Number 5.

Sometimes I have a lot of problems in my science class, and I don't understand many things. But when this happens, I speak to my classmates about my problems. They always help me when I have a problem and after, I understand the class better.

Page 12 track 4

Julie: Barry, do you have everything on the list?

Barry: No, not yet. I can't remember everything we need.

Julie: OK. What about the fruit and veg. What do you have?

Barry: Well, I have the tomatoes, 2kilos, right?

Julie: Yes, that's right. And the grapes? We need half a kilo of grapes. Do you have them?

Barry: No, I don't have the grapes. But, I have a large lettuce and the 4 red peppers. But, I don't have the apples. How many apples do we need?

Julie: We need a kilogram of apples, one small onion and one avocado.

Barry: OK. I don't have the apples or the onion, but I have the avocado. Is that everything?

Julie: No. we also need some other groceries. Remember, we need a kilo of ham.

Barry: Ah, yeah, that's right. I have that. And I also have the half a kilogram of butter that you asked me for.

Julie: Remember, we also need about 2 kilograms of chicken. Do you have it?

Barry: No, I don't.

Julie: And we also need 3 liters of milk.

Barry: Ah, I have that.

Julie: And there are 2 more things. We need a dozen eggs and 2 kilos of rice.

Barry: I have the rice, but I don't have the eggs. I'm going now.

Julie: OK, but please get everything on the list, and quickly. I have a lot of cooking to do!

Page 16 track 5

Hi, I'm Jonny, and I don't know where to eat. I love all types of food, but I don't have a lot of money. I don't have a lot of time, and I also like to keep thin and healthy. Where is the best option for me?

Hey, my name's Ben and I'm looking for a place to have dinner with my girlfriend. Money is not a problem because it's a special occasion. She's allergic to fish and lettuce, so I can't take her to any place that serves those foods. She loves wine and Italian food, but she doesn't like meat a lot.

Hi, we're Ruth and Bruce, and we're looking for a place for lunch. I don't eat any pizza or pasta, and we both hate salad, but we love fish. What do you think is the right place for us?

Page 20 track 6

Hi, I'm Julissa, nice to meet you. What's the right dish for me? I love meat and fish, together: for me, that's the perfect combination! And there's nothing better than some delicious fries as well. Mmm, delicious!

Hello, my name's Ricky and I'm deciding which dish is right for me on this tasty menu. Unfortunately, I'm allergic to seafood and all dairy products, so I don't eat any of that, but I love chicken. I'm also on a diet at the moment, so I don't know which dish to choose.

Hi, I'm Faby, and I want your help to choose the best dish, because I'm really hungry. What do you recommend? I love junk food. So, what do you think?

Hello, I'm Katy and I want some help for my dinner. I don't know what to choose, it all looks so good! I don't eat any meat, but I love seafood. At the moment, I can't eat any dairy products because I have a small digestion problem. What do you recommend for me?

Page 23 track 7

Sh:

She

Short

Shampoo

Wash

Fish

Ch:

Chicken

Cheese

Check

Watch

Which

Page 23 track 8

Listen and compare:

Sop

Shop

Chop

Page 23 track 9

Number 1. Sort

Number 2. Match

Number 3. Cheese

Number 4. Mass

Number 5. Chip

Number 6. She

Number 7. Chops

Number 8. Wish

In sixth position in our list of the top global vacation destinations of 2016 is the city-nation of Singapore, a city that is a city, and a city that is a country, in the heart of south-east Asia. In 2016, this city-state received 12.1 million visitors. Many of them visited the iconic Marina Bay Sands building of 3 connected towers, as you can see in the photograph, so please don't miss this place. This building has everything, from malls, a hotel, theaters, a casino, tropical gardens, restaurants and events venues, plus a spectacular view of the Singapore bay from its infinity pool at the top of the building.

Starting the top 5 is the Big Apple, the City that Never Sleeps. That's right, it's New York, the most visited city in the USA. It received 12.8 million visitors in 2016, and we all know why. It is a city with unrivalled charm, and the home to some world famous landmarks. Who could forget the Empire State Building, Central Park, or The Statue of Liberty, for example? Did you know she was a present from the French to the people of the USA, in 1886.

And at number 4 is the Middle-Eastern oil empire of Dubai, part of the United Arab Emirates. In the last few decades, Dubai has continued to grow and build many exciting and fascinating modern structures to attract tourists and businesspeople alike. Some of these amazing structures include the world's only seven-star hotel, the Burj Al Arab, the Palm and the World islands complexes built on artificial islands, or the world's highest building, of more than 800 meters, the Burj Khalifa. And it has worked, because in 2016, these and other sites attracted a massive 15.3 million visitors to Dubai.

In third place is an iconic European city, synonymous with love and romance. That's right, it has to be Paris, the French capital. In 2016, 18 million tourists came here, to see some of the beautiful sights. We all know the Louvre Museum, the Notre-Dame Cathedral and of course, the Eiffel Tower, but also, please don't miss the Arc de Triomphe monument in the picture. It's an inspiring monument at the end of the Champs-Élysées.

And in second position with just under 20 million visitors in 2016, is London, the iconic capital of the United Kingdom. London is the perfect mix between history and modern, twenty-first century life, and visitors here can spend days visiting all the sights in and around the capital. Our suggestion? Don't miss the Big Ben clock tower, featured here in the picture. At the moment, it is receiving a long renovation process to restore and guarantee key elements of the clock mechanism.

Now, in first place it might be a surprising answer for many of you, but with 21.5 million visitors, there's no doubt. Bangkok, the capital of Thailand, was the world's most visited tourist destination of 2016. This intoxicating and diverse city is a melting pot of religions, aromas, sights and cultures, full of history. It features many amazing and beautiful temples, but we especially recommend the 19th century Wat Arun temple.

Ex-Gang Member Gives Hope to Young People in Juarez

Meet Daniel, a truly inspirational figure in one of the most dangerous cities on the planet: Ciudad Juarez, Mexico's notorious border town.

Here, cruelty, violence and death affects everyone. Juarez is a victim of its location, sandwiched between the violent drug lords and Mexico and their billion-dollar business in the USA. Juarez is a key tactical point for the drug lords who want control of the town, and kill or recruit thousands in the process.

Daniel, 22, used to live like many young men and teenagers in Juarez. He used to be part of a gang and he used to carry a gun. He didn't use to think about his future. "Young people don't expect to live past 22, 23 or 24. Because you may end up in prison or dead on the street."

This all changed when Daniel discovered hip-hop. He changed violence for music, his gun for a microphone. He wants other young people to receive the opportunities that saved him.

So, in November 2011, Daniel opened a humble but significant and influential community center to give young people access to alternatives, apart from the violent drug gangs. In the center, the teenagers receive an education and finish their school studies, and there are also a variety of cultural and sports activities. For example, they can study hip-hop, drawing, singing, and there is also a soccer game between rival gangs. Daniel says that because of the soccer game, the gangs are less violent than they used to be.

The most significant member of the center is a boy who used to be a gang leader at the age of just 14. Daniel convinced him to leave the gang and start his high school studies. This is an example of the positive effect that one person with determination can have on a society.

Daniel would like other young people to open more centers and create a chain to continue this positive work for the benefit of young people in other dangerous communities.

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Hey Chris,

Last weekend was a really important day for me, because I finally received my high school certificate! Next stop, university!

Anyway, the ceremony was last Saturday morning, at 8 o'clock, and all my family were there: my grandmother, my parents, two of my cousins and my younger sister, Tracy. She was angry because it was too early for her to be at a school ceremony on a Saturday morning! She was also bored during the event, because it was very long: more than 2 hours!

My cousins were tired because of the time, but they were also really happy for me, just like my grandmother! She had a big smile on her face all morning. My mom and dad were also the proudest people at the event! I wasn't tired, but I was worried and nervous before the ceremony, but everything was fine and now finally I'm officially a high school graduate!

After the event, we all went to breakfast at a fancy restaurant to celebrate, because we were so hungry (nobody had breakfast before the ceremony).

And you? When do you graduate?

From, Amy.

P.S. I'm so happy!!

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Number 1. In their last vacations, the Clark family visited Malaga, a town on the south coast of Spain. They visited the beach and also a small local art gallery, and they stayed at the South Street Hotel. Mrs Clark was in charge of the organization of the trip, and she wanted a vacation of relaxation, so they relaxed and walked on the beach.

Number 2. Mr and Mrs Lewis stayed at the Royal Hotel in Brussels for three days last month, where they visited the local market and city park. Mrs Lewis organized the trip and reserved the hotel and transport via internet. They played volleyball at the municipal sports center and rested a lot. They enjoyed their short break.

Number 3. The King family visited Manchester in their last vacation. They love art and history, so they visited the museums and galleries there. They stayed for four days and three nights in the Plaza Hotel. Mr King really likes that hotel, and he reserved it online months before the trip. During their vacations, they walked a lot and discovered new art.

Number 4. For their last vacation, the Green family went to Vancouver, in Canada. It is a beautiful city and all because this was the annual big family trip, so all the family members organized it together. They stayed in a house they rented in the city center. They visited the mountains near Vancouver, and the city center. They played winter sports in the mountains and tried local food.

Number 5. Janice, Frank and James visited Boston last year. Frank comes from Boston, so he organized the trip and they all stayed at his parents' house. They visited the local bars and restaurants and the baseball stadium. They played sports in Frank's old park and walked in the town a lot. They enjoyed Boston a lot.

Page 50 track 14

Number 1. Ava.

Hi, I'm Ava. What did I do yesterday? Well, yesterday was a busy day for me. I flew to Mexico City for an important business meeting I had there with my Mexican workmates.

Number 2. Julie.

Hello, I'm Julie, and I'm here to talk to you about I did yesterday. Well, yesterday I slept, all day because I was tired and a little sick. It was a good day.

Number 3. Barry.

Hi, my name's Barry. Yesterday? What did I do? Ah, yes, that's right! Yesterday I bought a new jacket in the mall. It was very cheap, I found a great offer.

Number 4. Chris.

Hello, I'm Chris. Yesterday I rode my bike in the forest. I rode 20 kilometers: great exercise!

Page 56 track 15

Walked - Finished - Helped

Reserved - Stayed - Discovered

Started - Investigated - Ended

Page 56 track 16

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Number 1.

My accident, well it was horrible! I was organizing some electrical cables at work, and suddenly BANG! There was a big explosion. My stupid friend didn't disconnect the power, and the wire exploded! I burnt my face, hair and eyes. Fortunately, I'm OK now. But I learnt an important lesson: for any electrical problems, get a professional!

Number 2.

As you can see, I'm not the best driver in the world! I don't know what happened here. All I can remember is that I was driving my car, when suddenly it didn't stop! It continued and hit the wall of the house. Now, half of my car is in the living room of the house. I'm so embarrassed!

Number 3.

What a horrible accident! It's a good thing I can swim. I was running near the lake, when I fell. I think I stood on something slippery, maybe a banana skin or something like that. Anyway, I fell straight into the water. The only good thing is that I didn't have all my clothes on, and I could easily swim to dry land again.

Number 4.

Look at this strange picture. My car got stuck in the sand at the beach. I was driving an old car in a competition at the beach. It's a race of old cars. Anyway, I was driving but I didn't notice that the sea was so close to me. Then, my car had a mechanical problem and it stopped. I couldn't move it. And very quickly, after just 20 minutes, the car was full of sand in the middle of the beach. I have to wait until the tide goes out tomorrow to rescue my old car.

Number 5.

This accident really hurt me. It happened to me three weeks ago, but even today I have back problems. I was walking to my meeting in the office. It was an important meeting and I was feeling really worried about it, and I was reading the papers to explain a few points to my boss. So, because I wasn't looking where I was going, I didn't see the big, yellow WET FLOOR sign. Obviously, I fell on my back and threw all the papers in the air. But, I didn't arrive late for the meeting! I quickly took my papers and I ran (carefully) to the meeting.

Number 6.

As you can see in the picture, this truly was a disaster. In this large but old mansion, there is a large glass structure in the garden. Well, there *was*, because now it doesn't exist. We don't know exactly how it happened, but all the glass walls and roof collapsed. The good news is that nobody was there at the time, so nobody was hurt.

Page 68 track 18

Number 1. Heather.

Hi. My name's Heather. Where was I yesterday afternoon when the earthquake hit? Well, I was doing what I normally do at around 4.30 every afternoon. I was with my friends. We were doing exercise in the gym. We always exercise from 4 to 5.

Number 2. Isaac.

Hello, the name is Isaac. Yesterday, during the earthquake? Well, I was at work, in the office. I was making a phone call to a very important client in Vancouver. He was very surprised when he started to hear all the shouting and the alarms. In fact, I just left the phone and ran out of the office.

Number 3. Rich.

Hello, I'm Rich. What an afternoon yesterday, right? I was quietly having lunch when it happened. It was quite a scary experience. But fortunately, everyone escaped OK and today, everything is back to normal.

Number 4. Mr Cook.

Hi, I'm Mr Cook. Yesterday afternoon I was relaxing at home with my family when the earthquake hit. We were watching a soccer game, in fact. We quickly realized what was happening and we ran outside to the garden. After about ten minutes, we went back into the living room and continued watching the game.

Number 5. Cath.

Hello, I'm Cath. Yesterday afternoon when the earthquake hit? Well, I was watching the basketball game in the stadium with a friend of mine. In fact, we didn't notice there was an earthquake until after the game finished and we checked out cell phones. Then we discovered what happened.

Number 6. Garth

Hello, my name's Garth, and yesterday afternoon I when the earthquake hit, I was busy at the gym. I was running at the time, actually. All the people in the gym started running and shouting, and we ran to the parking lot. It was a scary experience!

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Number 1. Sarah.

Hello, I'm Sarah and I'm here to talk to you about my unfortunate sporting accident I had some months ago. I'm a volleyball player, and we were training at school when I clashed with another player. We both jumped for the ball at the net. I didn't see that the other player was also jumping, and I hit her in the face. She was OK, but unfortunately, I broke my left wrist, and I couldn't practice for six weeks. But I'm back at practice again now.

Number 2. Emma.

Hi, I'm Emma. I also had a bad accident during sports training at school. I was training with my partner and she ran to the net with her racket. I also ran to the net, and when we both arrived at the net, she hit me in the face with her racket! It wasn't her intention and we laughed about the incident afterwards.

Number 3. David.

Hello, I'm David, and I had a horrible sporting accident during a game last year. I know my sport is dangerous, but it was a bad accident. Three players were skating to the goal, where the puck was. The three players arrived at the same time and we all crashed together. I hit the puck with my stick, but the other player hit my chest with his stick and the other player also hit me with his stick. I fractured my chest and I broke both arms. It was horrible. It's lucky I was wearing my helmet!

Number 4. Steve.

I'm Steve, and I suffered a bad accident in a national race about 2 years ago. I was cycling really fast and at that point, I was in second position in the race. Suddenly, 2 bikes collided and they hit another group of 6 bikes. Of course, all the riders were wearing helmets, because it is a very strict regulation for all riders. I fell off my bike and broke my left leg and one of the pedals of another bike hit me in the face. I also broke my right arm. I was also in hospital for 24 hours. It was a scary experience, but I'm cycling again now.

Page 76 track 20

Number 1.

This is a bridge which has helped thousands of people in Guadalajara. The bridge was opened in January 2011 and carries the name of the famous architect from the city, Jorge Matute Remus. The bridge is now a modern icon of Guadalajara and is as impressive in the day as it is at night.

Number 2.

This is the newest, largest and most visited art museum in Mexico. It is the Soumaya museum, in Mexico City. Did you know it takes its name from Carlos Slim's dead wife, Soumaya Domit? It has works of art from some of the greatest painters in the world, like Salvador Dalí, Auguste Rodin, Pablo Picasso, and many others. It is now one of the new main tourist attractions in the capital.

Number 3.

This is a project of more than 57 kilometers, which offers fast, safe and convenient transport for more than 200 thousand passengers a day between Toluca and Mexico City. The government has estimated that this project will help more than 2 million people, with less cars on the streets, less car accidents, less pollution and cheaper transport costs.

Number 4.

This is the new soccer stadium in the north of the country. If you like soccer, you probably recognize the stadium. It is of course the new stadium of Monterrey football team, the BBVA Bancomer Stadium. It was opened on August 2nd, 2015 and has a capacity for 53,000 fans. It also includes 2 restaurants, giant screens, wifi in all the stadium and training areas for the club.

Number 5.

This is a massive engineering project which was completed in 2012 in Nayarit and Jalisco. It is of course the Yesca Dam. It produces electricity for thousands of people in the area and is 208 meters tall. By some estimates, this makes it larger than all the other dams in Mexico.
the second largest dam in the world.

Page 80 track 21

Amy: Hey, Rob, is that Lucy over there?

Rob: Yes, it's easy to spot Lucy. She's taller than everyone in the group. Nearly 1.8 meters tall!

Amy: And where's Polly? Well, you know Polly's really lazy. In fact, I don't know a lazier person. She's probably asleep somewhere.

Rob: That's true. I think she went with Ryan to his house. His house is amazing. I went last week. It's the most modern house I've seen. I love it. When I'm older I want to have a house like that.

Amy: Definitely! And when I grow up, I want to be like Ryan too, because he's so strong. Every day he goes to the gym for more than 2 hours. He's definitely the strongest person in our group, and the strongest person I know.

Rob: Well, yes, but all the time he spends in the gym every day, he doesn't study. He's not a very good student. Not like his sister, Amy. She's an extremely good student. She's the best student in our class.

Amy: And you, Rob. You need to eat some more food, because you're so thin. I don't know another person who is thinner than you, Rob.

Page 83 track 22

Ee	Ea
See	Sea
Need	Team
Meet	Meat
Feel	Real
Teeth	Dream

Page 83 track 23

Number 1.	Feet	-	Wet	-	Fit
Number 2.	Been	-	Ben	-	Bin
Number 3.	Bead	-	Bed	-	Bid
Number 4.	Beat	-	Bet	-	It

Page 83 track 24

Number 1.	Team
Number 2.	Sit
Number 3.	Red
Number 4.	Ship
Number 5.	Neat
