

UNIT 3

TEEN Matters!

LESSON 1: Food for thought!

LESSON 2: Your problem sorted!

LESSON 3: We're on a shopping spree!



Unit 3 1st Grade Junior High School


Food for thought

- 1 Are the statements on your book myths or facts? Think on your own for a few minutes to decide.


TEEN MAG Myths and Facts

Check what you know...


1 A fast-food cheeseburger is a healthy meal because it has meat, cheese, bread and vegetables.



2 I'm not fat so I don't have to pay attention to what I eat.




4 Snacking is good for you



3 If I skip a meal, I can eat whatever I want at my next meal.

5 Smoothies and juices with no sugar are healthy



- 2 Now pair with your classmate and share your ideas to list the statements on the table that follows. Remember to use the expressions we have learned.

Facts	Myths



Pair up to Warm

children and eat can I do?

C

its

ager

Lesson 1

Pedro, from Italy, is the healthy guy. He hates junk food and tries to change his friends' bad eating habits. He's sending this article from an English magazine to his new friends from the camp. Read it.



Reading

- 1 Are these statements myths or facts? Discuss in pairs. Then read the article and find out. [or watch the video here](#)

TEEN **MAG**

Myths and Facts

Check what you know...

1

A fast-food cheeseburger is a healthy meal because it has meat, cheese, bread and vegetables.



2

I'm not fat so I don't have to pay attention to what I eat.



3

If I skip a meal, I can eat whatever I want at my next meal.



- 2 Read the article again and answer Pedro's questions.

- What is bad for our heart?
- Which kind of pizza can we eat?
- What are fizzy drinks bad for?

- What can we add in our water?
- Which foods have a lot of calories?
- What kinds of meals are good for us?

TEEN MAG

What are we really eating?

We all love chips and pizza but what are our favourite foods doing to our bodies?

Burger and chips or pizza

What's in 'em?

Huge amounts of fat, salt and additives!

What's the damage?

All this fat and salt is really bad for your heart.

A good alternative:

Tofu burgers, roasted potatoes and homemade pizza!



Fizzy drinks

What's in 'em?

Sugar, colouring, additives and carbonated water to give it the fizz!

What's the damage?

It can damage your teeth - and that also means bad breath!.

A good alternative:

Plain water! Add a little fresh orange juice if you like.



Chocolate cake

What's in it?

High amounts of sugar, fat and additives!

What's the damage?

Like most fatty, sugary foods, cakes are very high in calories.

A good alternative:

Fresh fruit with yoghurt is a delicious dessert!



Eat More Healthily - Dr. Jackson says...

1. You must cut down on a lot of your fave foods. It may be difficult at the start, but soon you'll have tons more energy.
2. Don't skip meals. You must eat three healthy, normal-sized meals a day.
3. You have no problem with your weight? You're lucky but it's important to choose healthy food every day.
4. And remember, you don't have to stop eating burgers and pizza completely. But you should make sure you eat more home cooked meals.

Log on to www.teenagehealthfreak.org and <http://pbskids.org> for more info

You should also do the online exercise here

Lesson 1



Vocabulary Link

Healthy Food

- 1 Where can you see these labels?
What do they mean?

1.

Less fat

2.

no sugar added

4.

no additives

3.

with salt

5.

no colouring

- 2 Pedro's class is making a poster about healthy eating habits. Here is the message on it. Use the article and your dictionary to complete their text with words from the boxes.

These are nouns.
Look for the adjectives
in the article.

Which goes with 'milk'?
Choose from box B.

Don't eat a lot of ¹....., ²....., or
³..... food. It might be tasty but it isn't
⁴..... Go for ⁵..... bread,
⁶..... vegetables, ⁷..... milk and
⁸..... meat.

A

fat
salt
sugar
health

B

boiled
grilled
low-fat
whole grain

Culture Corner Sayings

1. An apple a day keeps the doctor away.
2. Too many cooks spoil the broth.
3. Don't cry over spilt milk.

What do these sayings mean? Are there any similar ones in your language?

key on page 141

- 3 Put what we usually eat in food groups. Can you add one more in each group?

Task 6 - p.184

lettuce yoghurt apples cheese cereal chicken pasta steaks peas peaches

GRAINS

rice

.....
.....
.....

VEGETABLES

green beans

.....
.....
.....

DAIRY PRODUCTS

milk

.....
.....
.....

FRUIT

bananas

.....
.....
.....

MEAT / POULTRY / FISH

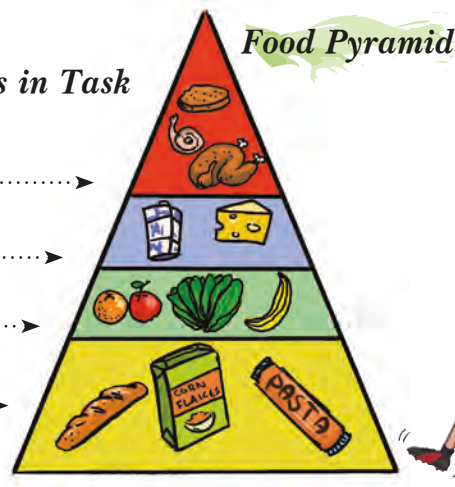
tuna

.....
.....
.....

Food for thought!

- 4 Label the Food Guide Pyramid. Use the headings in Task 3. What does it say about healthy eating habits?

The New Food Pyramid emphasises healthy food choices and physical activity!



- 5 Which eating habits are healthy for:
a. a student of your age? b. an athlete of your age? c. a student who wants to lose weight?
Your home economics teacher can help you prepare a healthy diet for each case.



Grammar Link

Study countable / uncountable nouns

Nouns and Quantifiers

- 1 Look at the example sentences and complete.

- How many apples are there?

Study the quantifiers here

Much, Many & A lot of (= πολύ/πολλά)

To **much** χρησιμοποιείται με uncountable nouns σε ερωτήσεις και αρνήσεις.

e.g. There isn't much sugar in my coffee.

Ενώ το **many** με countable nouns σε ερωτήσεις και αρνήσεις.

e.g. There aren't many cars in the road.

Στις καταφατικές προτάσεις προκειμένου να εκφράσουμε ότι κάτι βρίσκεται σε μεγάλη ποσότητα, χρησιμοποιούμε το **a lot of / lots of** (= πολύ/πολλά) και με uncountable και με countable nouns.

e.g. Carla has a lot of / lots of friends.

e.g. Kevin has a lot of / lots of money.

Little & Few (= λίγο/λίγα)

Τα αντίθετα από το **much** και το **many** είναι τα **little** και **few**. Χρησιμοποιούνται για να δηλώσουμε πως κάτι βρίσκεται σε μικρή ποσότητα- είναι λίγο.

Αντίστοιχα το **little** χρησιμοποιείται με uncountable nouns.

e.g. They had little money to spend.

Ενώ το **few** για τα countable.

e.g. Few people came to the party yesterday.

- Which of the two (apples or rice) can we count?
- Put a tick (✓) in the right box:

NOUNS	a lot of	a few	a little	(How) many	(How) much	any
COUNTABLE						
UNCOUNTABLE						

see Grammar Appendix, page 164

Lesson 1

Food for thought!

- 2 Look at the nouns in Vocabulary Link - Task 3. Which ones are countable and which are uncountable?

ΠΡΟΣΟΧΗ: Τα modal (ελλειπτικά) ρήματα α) ΔΕΝ ΚΛΙΝΟΝΤΑΙ ΣΕ ΧΡΟΝΟΥΣ

β) ΑΚΟΛΟΥΘΟΥΝΤΑΙ ΠΑΝΤΑ ΑΠΟ Bare Infinitive δηλ ΡΗΜΑ ΣΚΕΤΟ, ΧΩΡΙΣ to ΕΚΤΟΣ ΑΠΟ ΤΑ OUGHT TO ΚΑΙ HAVE TO

MODALS - MUST / MUSTN'T / DON'T HAVE TO

- 4 Study the example sentences (1-3) and match with (a-c).

1. You must eat three normal-sized meals a day.	...	a. not necessary
2. You mustn't skip a meal.	...	b. really important to happen
3. You don't have to stop eating pizza completely.	...	c. really important not to happen

see Grammar Appendix, page 165

- 5 In pairs, write some RULES FOR EXCELLENT HEALTH. Use **must** / **mustn't** / **don't have to**.

Golden Rules for Excellent Health

by Helen and John

- You **must** choose whole grain bread, cereal, crackers, rice or pasta.
- You ...

Link to www.e-yliko.gr for the first grade of Junior High School: Projects: (Vietnam - Ethnic Food)



Project

Το **must** δηλώνει υποχρέωση που πηγάζει από τον ίδιο τον ομιλητή (ηθική υποχρέωση), ενώ το **have to** δηλώνει εξωτερική υποχρέωση (κάτι που μας επιβάλλουν οι άλλοι). Το **mustn't** είναι αρκετά αυστηρό και δηλώνει απαγόρευση. Το **don't have to** είναι πιο επιεικής και δηλώνει πως κάτι δεν είναι απαραίτητο να γίνει.

Eating Habits

- 1 Choose one of the following dishes or one of your choice.

Fish soup

Pita -Souvlaki

Greek Salad

Spring rolls

Look at the food pyramid on page 31 and find out what there is from each food group. Decide if it's healthy or not and why. Present it to the class.

OR

- 2 Choose one of the following topics, find information (on the Internet, in your school books, from your teachers) and present it to the class.

Food and Religion

Food and Celebrations

Food and Climate



Thanksgiving dinner



Ramadan



Snack tray for Chinese New Year



Greek Easter

Lesson 2 Your problem sorted!

♪ Song Time ♪



- 1 Listen to Paul singing one of his songs.
Does he do well at school? What does he want to do?

I always feel nervous ♪
Before a test
Do you think it is
'cause I never do my best?
My mum gets worried
When my marks are low
But what can I do about it?
I really don't know! ♪

When I do my homework
I feel dead tired
And when I'm in class
I'm not that excited
Come on, teachers!
Let me play!
I feel so unhappy
If I work all day! ♪ ♪

But when I meet my friends
I am really glad ♪
And when they're away
I'm so sad ♪ ♪
We watch TV
We play on my PC
We never feel bored
When we are together! ♪

- 2 Find a title for the song and sing it in groups or with the whole class.

- 3 How does Paul feel?
Find adjectives in the song and put them in the right box.

I feel 😊

.....
.....
.....
.....
.....
.....

I feel ☹️

.....
.....
.....
.....
.....
.....

- 4 Can you add any others?

- 5 Tell each other on what occasion(s) you feel this way.

-I always feel nervous before I go to the dentist. What about you?
- I feel bored when I go out with my parents.

- 6 Try, in groups, to write a song about 'feelings'.
If you know how to play a musical instrument, you can write the music as well. You can ask your music teacher to help you.



Lesson 2



Listening & Speaking



- 1 *Paul and his sister, Jane, are looking at a photo album. Listen to them and choose the right photo (a - d). Then say:*

- a. who they are talking about
b. what his / her problem is
c. what they decide to do.

a

c

b

d

- 2 *Listen again. What do Paul and Jane use when... Choose from the Language Bank and give examples.*

- a. they're sure something is happening ?
b. they aren't really sure about something?

- 3 *What can you say about the teenagers in the other photos? Talk about:*

Task 8 - p.184-5

Language Bank

Making Guesses

- must
- may / might

where they are their family their daily routine their problems

- e.g. - The girl in photo 'd' must have her own room. I can see only one bed.
- Yes, you're right. And she must be sad. I think she's crying.
- She might have a problem at school. What do you think?

- 4 *The teenagers in the pictures are calling Teen Helpline to talk about their problem and ask for advice. Listen, match the speakers with the photos and take some notes.*

1. Name: Problem:	2. Name: Problem:	3. Name: Problem:
-------------------------------------------------------------	-------------------------------------------------------------	-------------------------------------------------------------

Tip!

- 5 *Do you or your friends have similar problems? Who do you talk to about them?*

Write down key words to help you remember the problem. Don't write full sentences.

Your problem sorted!



Reading

- 1 One of the teenagers wrote a letter to Teen Helpline to get some advice about his / her problem. Read Agony Aunt's answer. Which teenager is she writing to?

Agony Aunt:
a person who
writes in a
magazine
giving advice to
readers' problems

TEEN MAG

TEEN HELPLINE



Laura Haley answers our friends' letters. Read her advice.

Well, first you meet people who have similar interests to you and have something to chat about right away. Why don't you talk to your mum about your problem? She might come up with some wonderful ideas. You shouldn't feel nervous about making new mates. Just relax, be yourself and you'll be fine.

- 2 What pieces of advice does she give? Tick ✓

- a. Smile!
- b. Go to a new school!
- c. Find an activity you like!
- d. Tell your mum!
- e. Buy new clothes!
- f. Don't be nervous.

Task 9 - p.185

Match the problem with the solution.

1. I have a headache.

2. I've got a cold.

3. I can't sleep.

4. I have cut my finger.

5. I have got toothache.

6. I feel sick.

7. I have a pain in my chest.

8. I have the flu.

A. You should drink some mint tea.

B. You should go to bed.

C. You should go to the doctor.

D. You should call an ambulance.

E. You should take some painkillers.

F. You should drink some hot milk.

G. You should see a dentist.

H. You should put a plaster on it.

- 3 How can each piece of advice help? Read the advice. Do you have any other ideas to help?

- 4 Think of people you know who:

- a. look really friendly.
- b. have similar interests to you.
- c. always come up with great ideas.
- d. make you feel nervous.

and tell each other.

Lesson 2 Your problem sorted!



Grammar Link

Giving advice

- 1 Underline the language Agony Aunt uses to give advice and use it to complete the Language Box.

Giving Advice

a. You find new friends.

b. You stay at home.

c. A to have a party.

d. Or join a club.

e. Why go on an excursion?

f. Just relax and listen to music.

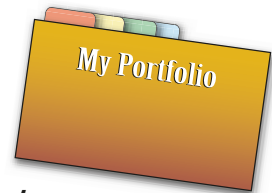
see Grammar Appendix, page 165

- 2 Choose one of the teenagers in the pictures on page 34. In pairs, decide what advice to give him / her. Make some notes. You can listen to their problems again if you want to.



Writing

A letter of advice



- 1 Now, write a letter of advice to this teenager. Make sure that you:

- use a variety of 'Giving Advice' language.
- explain how each piece of advice can help.

- 2 Give your first draft to your partner and take his / hers. Check and make comments.

- Are there at least two pieces of advice? ☐
- Is it clear why the writer is giving each piece of advice? ☐
- Is there a variety of 'Giving Advice' language? ☐
- Is the letter easy to read and understand? ☐

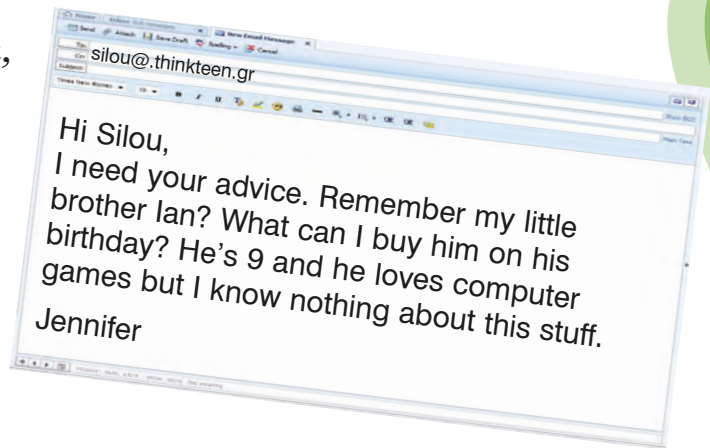
- 3 Take your draft back, listen to your partner's comments and make any necessary changes before you hand it in.

Lesson 3 We're on a shopping spree!



Reading

- 1 Jennifer is writing to her friend Silou, from Jakarta, Indonesia. What is she asking for? Read the e-mail and say.



- 2 Silou sent Jennifer this page from a teen magazine. Read the reviews very quickly to find:

a. an army b. a sport c. Will's surname d. the cheapest game of all

TEEN MAG

A



The Lord of the Rings: The Battle for Middle-Earth

(PC, £34.99)
A must for any fans of the films! Control the armies of Middle Earth - even the forces of evil - and lose yourself in the movie trilogy like never before. Quite clever so put your brainy hat on! ★★★★★

C



Matrix Online

(£29.99, Tega PC-ROM)

You've seen the films - now take part in the action. Every time you log-on to play Matrix Online, Tega updates the info for you to get further in the game, plus you play with people from around the world. Just join in the fun! ★★★★★

games

B



Mario Power Tennis

(£39.99, Sintendo GameCube)
With 14 characters and 8 different courts to choose from, your tennis matches will never be the same again! All the characters have their own special moves to help them out of sticky situations. Very funny! ★★★★★

D



Charlie and the Chocolate Factory

(PS2, £39.99)
Wish you could win a golden ticket, too? Now you can. You'll get to explore the world of Will Wonka, help the OOmpa-Loompas solve puzzles and save the chocolate factory. It's not the most thrilling game in the world, but it's loads of fun. ★★★

reviews adapted from: Mizz No 527 / July 27th - Aug 9th 2005 p. 69 (Charlie and the Chocolate Factory), Mizz No 516 / Feb 23rd - March 18th 2006 p. 69 (Mario Power Tennis), Mizz No 522 / May 18th - 31st 2005 p. 69 (Matrix Online), Mizz No 513 / Jan 12th - 25th 2005 p. 69 (The Lord of the Rings)

Lesson 3

- 3 Read the reviews more carefully and complete Jennifer's notes to help her choose a game for her brother.

Task 10 - p.186



Which one do you prefer?

This / These game(s) ...

1. are about films. ... and ...
2. have the same price. ... and ...
3. gives you more information every time you play. ...
4. is not as exciting as the others. ...

In this / these computer game(s) ...

5. there are a lot of characters. ...
6. people from other countries can play with you. ...
7. bad people are under your control. ...
8. you need to use your brain a lot. ...



Vocabulary Link

Guessing words from context

- 1 Find words in the reviews that mean:

Task 11 - p.187

a. a fight between armies (A)
b. groups with power (A)
c. very bad (A)
d. difficult (B)
e. connected to the Internet (C)

Link to www.e-yliko.gr for the first grade of Junior High School:
Computer Games

- 2 Find verbs in the reviews to complete the sentences:

Task 12 - p.187

- a. Lots of countries in the Eurovision contest every year. (C)
- b. If you want to use the computer, you need a password to (C)
- c. We must our computer software. It's very old. (C)
- d. This is my first time in Paris. I'm going out to the city. (D)
- e. Only top students can this maths problem. (D)

- 3 How quickly can you do these vocabulary puzzles? The reviews can help you.

A. Match

- | | |
|----------------|-----------------------------|
| 1. It's fun! | a. It makes me laugh! |
| 2. It's funny! | b. I'm having a great time! |

What can be fun? What can be funny?

B. Find 3 **COMPUTER** words

-
-
-

C. Find a **Greek** word

-

D. Which **hat** can make you smarter?

My hat!

We're on a shopping spree!



Listening

1 Listen to Lyn and Peter and answer these questions.

- What are they looking for?
- Ian is their *big brother / son / best friend*.

2 Listen again and circle the correct answer.

- It's a *birthday / Christmas* present for Ian.
- Ian is *older / younger* than 7 years old.
- Peter finds "Mario Power Tennis" more *interesting / difficult*.
- Peter *hates / loves* sports.
- "Matrix" *is / isn't* better than "The Lord of the Rings".
- Lyn *knows / doesn't know* where the nearest computer shop is.



Task 13 - p.187



Grammar Link

Comparing

1 Study the example sentences and complete the Grammar table.

- Matrix Online is *cheaper than* The Lord of the Rings.
- "Mario Power Tennis" looks *more interesting than* "Matrix".
- Peter is(n't) *as young as* Ian.
- You must start with *the easiest* games.
- This is one of *the most popular* books.
- Which computer game is *the best* for Ian?

In which sentences do we compare:

- two people or things?
- more than two people or things?

POSITIVE	COMPARATIVE	SUPERLATIVE
cheap	cheaper than	
easy		the easiest
	more interesting than	
		the most popular
good	better than	
bad	worse than	the worst

Choose the correct form: Ian isn't as *fat* / *fatter* / *fattest* as Peter.

see Grammar Appendix, pages 165-166

2 Compare yourself with members of your family.

- e.g.:
- I'm not *as sporty as* my brother but I'm *smarter than* him.
 - In fact, I'm *the smartest* in the family.

Artistic



beautiful



STRONG



funny



rich



Lesson 3 We're on a shopping spree!



Speaking

- 1 Do you buy birthday presents for your friends? What do you usually choose?
- 2 Here are some ideas for presents. Talk with your partner and choose one for a friend.



Think!

What your friend likes wearing.
How much money you can spend.

Don't worry about mistakes.
Practice makes perfect!

Adjective Bank

modern	cheap
expensive	casual
warm	trendy
beautiful	fashionable

Language Bank

What about ...?	I think the T-shirt is more ...
We can buy him / her a...	It's very ...
What do you think?	He / She doesn't like ...
That's a good idea.	He / She can wear it at ...
I don't think so.	How much does it cost?



Project

Shopping around

- Find information about 3 different products. Choose only one category. You can use the Internet or catalogues from companies and stores.

computers

bikes

MP3s

- Find similarities and differences. What characteristics should a smart buyer look for?
- Decide how you can present your data in class. Your ICT teacher can help.
- Prepare your presentation. A cassette recorder can help you.

Self-Assessment

VOCABULARY LINK

1 Match the words with the definitions.

- | | |
|---------------------------------|-------------------|
| 1. very big | a. excited |
| 2. very tasty..... | b. dairy products |
| 3. very bad..... | c. damage |
| 4. steak, burgers, chicken..... | d. evil |
| 5. very happy..... | e. review |
| 6. a report about a book..... | f. huge |
| 7. do harm..... | g. delicious |
| 8. milk, cheese, yoghurt..... | h. meat & poultry |

1/2 POINT FOR EACH CORRECT ANSWER TOTAL ___/4

2 Complete the sentences with the correct word.

- | | |
|--------------------------------------------------|-------------------------------------------------------|
| 1. We always buy whole g..... bread. | 6. Can you help Mario out of this sticky s.....? |
| 2. Try to eat home c..... meals. | |
| 3. Would you like a piece of cake? It's d..... | 7. Playing football with your friends is great f..... |
| 4-5. My mum gets w..... when my marks are l..... | |

1 POINT FOR EACH CORRECT ANSWER TOTAL ___/7

GRAMMAR LINK

3 Circle the correct answer:

- | | |
|---------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| 1. How <i>many</i> / <i>much</i> brothers have you got? | 5. There's just <i>a few</i> / <i>a little</i> orange juice in your glass. Drink it up! |
| 2. Is there <i>some</i> / <i>any</i> milk in the fridge for me? | 6. There aren't <i>many</i> / <i>much</i> apples in the basket. |
| 3. We've got <i>a lot of</i> / <i>much</i> eggs. Let's make a cake. | 7. I've got <i>a lot of</i> / <i>many</i> homework. Can you help me? |
| 4. There are <i>a few</i> / <i>a little</i> posters on the walls. | |

1 POINT FOR EACH CORRECT ANSWER TOTAL ___/7

4 Circle the correct answer:

- James *should* / *may* work harder at school.
- You *mustn't* / *don't have to* go to bed early. It's Saturday.
- Mary isn't at home. She *mustn't* / *may* be at school.
- You *might* / *should* drink lots of water if you want to be fit.
- There are clouds in the sky. It *must* / *may* rain.

1 POINT FOR EACH CORRECT ANSWER TOTAL ___/5

5 Write the adjectives in the correct form.




- e.g. My dad is *the tallest* (tall) person in our family.
- My son's birth was (happy) moment in my life.
 - Mike is as (strong) as Dan.
 - My granny is (sweet) person in our family.
 - Mary is (beautiful) girl in our class.
 - Are you (thin) than your sister?
 - The weather today is (bad) than yesterday.
 - Who's (good) student in your class?




1 POINT FOR EACH CORRECT ANSWER TOTAL ___/7

CHECK YOUR ANSWERS WITH YOUR PARTNER. THEN LOOK AT THE ANSWER KEY ON PAGE 176

Self-Assessment

Which is true for you? Put a tick ✓ in the right box.

Can-do Checklist	My opinion		
			
a. I can scan a magazine article about food to find the information I need.			
b. I can use the information on the food pyramid to prepare a healthy diet.			
c. I can understand what problems teenagers who are calling Teen Helpline are talking about.			
d. I can read an agony aunt's answer to find the advice she gives.			
e. I can write a short letter of advice to a teenager who has a problem.			
f. I can read computer game reviews to find information about computer games.			
g. I can compare myself with other members in my family.			
h. I can talk about ideas for a present with my partner.			

 : I'm very good! What can I revise?	My Notes:
 : I can become better. What should I practise?	
 : I must try harder. What do I need to work on?	

FOCUS ON PROJECT WORK

Tick ✓ the strategies for project work that have helped you in this unit. Which other(s) do you want to try in the future?

Project Work Strategies	Great help! I'll try...	
1. Decide what each of you wants to do.		
2. Make a list of your steps.		
3. Try to help each other in your team.		
4. Look for information in books, newspapers, magazines or the Internet.		
5. Use the language you have learnt in your presentation.		
6. Talk about different ways to present your work and choose the best ones.		
7. Use photos, drawings, short texts and/or recorded material.		
8. Use technology (e.g. power point, an overhead projector, a camera, a video camera etc.)		



LESSON 1: Food for thought!

LESSON 2: Your problem sorted!

LESSON 3: We're on a shopping spree!

UNIT 3

TEEN matters!



In Unit 3 you will...

READ

- a quiz about healthy snacking
- a presentation of Bob's snacking habits
- children's letters to Agony Aunt
- house advertisements

PRACTISE COLLOCATIONS & VOCABULARY RELATED TO

- food
- adjectives
- opposites
- advertisement abbreviations

PRACTISE THE USE OF

- nouns and quantifiers
- modals (must/ mustn't/ don't have to/ may/ might/ should/ shouldn't)
- comparative & superlative

WRITE

- a paragraph about your snacking habits
- a letter of advice
- a paragraph explaining your opinion

Lesson 1



Reading

Healthy Snacking Quiz

- 1 Circle the tick (✓) or the cross (✗) to find out if healthy snacking is a piece of cake for you!



Healthy Snacking Quiz

QUESTIONS	TRUE	FALSE
1. I think about how healthy a snack is every time I choose to have one!	✓	✗
2. I usually choose the healthiest snack, such as yoghurt, an apple etc.	✓	✗
3. I plan ahead what snacks I eat every day.	✓	✗
4. There are always healthy snacks around at home.	✓	✗
5. I rarely buy snacks from the school canteen.	✓	✗
6. My parents never buy unhealthy snacks from the supermarket.	✓	✗
7. I don't like junk food.	✓	✗
8. I often check how much fat and how many calories there are in the snacks I have.	✓	✗
9. I don't snack when I'm bored or stressed.	✓	✗
10. I don't snack when I watch TV or do my homework.	✓	✗

Based on http://kidshealth.org/teen/food_fitness/nutrition/snacking.html

- **7 or more ✓**: You certainly follow a healthy diet. Snacking is no problem for you. There's always something healthy to snack on.
- **4 - 6 ✓**: You know what is healthy and what is not. However, you have an unhealthy snack from time to time. Be careful! You don't want to lose balance.
- **3 or fewer ✓**: You know what is good and what is bad for you but you seem to have a sweet tooth. You need to try harder.

How many ticks have you got? ...

Food for thought!

2 Bob did the 'Healthy Snacking' Quiz. How many ticks has he got?



Hi! My name's Bob and I like snacks. Every time I choose to have a chocolate I know it's bad for me and my teeth. That's why I only have a small bar of chocolate once a week. I don't often buy food from the school canteen because my parents say that canteens sell unhealthy snacks. I usually have a good breakfast every morning and I take a fruit with me for the break. I don't plan ahead what snacks I'll have during the day but there's always something healthy around. My parents sometimes buy sweets, biscuits and fizzy drinks from the supermarket. I love going to my favourite fast food restaurant with my friends every Saturday. I always have a double cheeseburger. I'm not fat so I don't worry about calories and things like that. I never eat in front of the TV or when I'm bored. That's a rule at our home!

Bob has got✓



Vocabulary Link

Food

3 Write the words under the pictures.

Task 14 - p.138



chips



1



2



3



4



5



6



7



8

Lesson 1

Collocations

4 Match the words/ phrases 1-9 with a-i to form collocations.



1. skipi.....	a. for your heart
2. pay	b. recipe books
3. high	c. in a while
4. once	d. in fats
5. normal-sized	e. eating habits
6. poor	f. meals
7. bad	g. on fatty foods
8. go through	h. attention
9. cut down	i. a meal



5 Write the opposites.



e.g. canned fruit \neq fresh fruit

1. full-fat milk \neq
2. white bread \neq
3. good eating habits \neq
4. fast-food meal \neq
5. huge amounts of additives \neq



6 Complete the sentences with the adjectives of the words in brackets.



- e.g. You must have three *normal-sized* meals a day. (NORMAL SIZE)
1. Fast food isn't for teenagers. (HEALTH)
 2. Lisa is she is slim. There's no need to go on a diet. (LUCK)
 3. Are there any drinks in your fridge? (FIZZ)
 4. The doctor says that my granddad mustn't eat food. (SALT)
 5. Yummy! I love my granny's apple pie. It's always so (TASTE)
 6. We're having chicken with potatoes for lunch. (BAKE)

7 Choose the correct word.



1. I must down on fatty foods.
a. give b. cut c. stop

Task 15 - p.139

Food for thought!

2. Unhealthy food is usually high in
 - a. calories b. energy c. water
3. Don't eat so much meat. It's bad for your
 - a. heart b. recipe c. meal
4. Let's have some tofu!
 - a. chicken b. fruit c. burgers
5. Buy ... bread. It's healthier!
 - a. whole grain b. frozen c. boiled
6. Carbonated water makes drinks
 - a. sugary b. salty c. fizzy



Grammar Link

Nouns and Quantifiers

- 8 Put ticks in the right columns. Then write sentences in your notebook.



	<i>a lot of</i>	<i>some/any</i>	<i>much</i>	<i>many</i>	<i>a few</i>	<i>a little</i>
<i>oranges</i>	✓	✓		✓	✓	
<i>water</i>						
<i>eggs</i>						
<i>yoghurt</i>						
<i>steaks</i>						
<i>bread</i>						

Modals - must / mustn't / don't have to

- 9 Complete the sentences with must / mustn't / don't have to.



e.g. I must have three normal-sized meals a day.

1. You go on a diet. You are in good shape!
2. You eat fast food very often.
3. You drink lots of water every day.
4. Young children drink fizzy drinks. They are bad for their health.
5. You stop eating burgers completely. You can have fast food once a month.
6. We take some regular exercise to keep fit. Let's start jogging!

Lesson 1

Food for thought!



Writing

My snacking habits

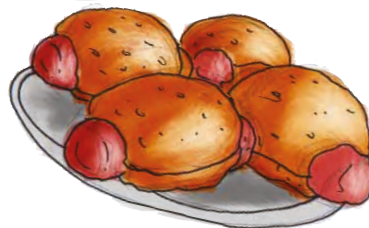
10



Look at the quiz and Bob's paragraph in task 1 and write a short paragraph about your snacking habits. Compare it with your partner's and decide who's got healthier eating habits.

Tip!

Give examples of what you eat. Use the language you've learnt in this lesson.



Lesson 2

Your problem sorted!



Reading

A problem shared...

- 1 What problems do these children have? Read the letters (a-c) and match them with the titles (1-4) (there is an extra title).



Task 16 - p.139

1. Want to play with me?

2. DIFFERENT TASTES IN SPORTS

3. EVERYTHING IS HIS!

4. ALWAYS IN FASHION?

TEENMAG



a.

Dear Agony Aunt,
My name's Simona. I'm 12 and I want to be a model. I love wearing trendy clothes and buying lots of accessories. My mum doesn't like buying new clothes. She says it's a waste of money because fashion changes all the time. The problem is that there is a fashion show for teenagers in my area next month and my parents won't let me take part. I think it can be the beginning of my modeling career. What should I do?



b.

Dear Agony Aunt,
My name's Jean Paul. I'm 14 and I am keen on football. My parents love tennis and they think I should learn how to play tennis, too. But I don't like it much. All my friends play football and what is more there is a football ground just opposite our school. It's our meeting point at the weekends. What do you think I should do?



c.

Dear Agony Aunt,
My name's Jason and I'm 10. I've got a sister who is older than me and a brother who is just five. The problem is that my brother wants everything I have. Every new DVD I buy he wants to be the first to see it. Every PC game I get, he wants to be the first to try it. That's why we always fight and my parents always put the blame on me. When I talk to them, they don't listen. They say I'm older than him and I shouldn't make him cry. I hate him.

Lesson 2

2 Read the letters again and decide what they should do.



1. Simona should

- take part in the fashion show without her parents' permission.
- tell her parents why this show is important to her.
- not take part in the show because she is very young.

2. Jean Paul should

- tell his parents that he would like to play both football and tennis.
- play tennis only and stop playing football.
- not play football at weekends.

3. Jason should

- share all his things with his little brother.
- hide his favourite things and give his brother the toys and DVDs he doesn't like any more.
- start crying like his brother to get his parents' attention.



Vocabulary Link

Adjectives

3 Match the words in the box with the pictures (1-5).



Task 17 - p.140

nervous

worried

tired

excited

sad

bored



Your problem sorted!

4 Use the adjectives from task 3 to complete the sentences.

Task 18 - p.140



e.g. I feel *sad* when I see poor children in the streets.

1. My dad gets when I don't do well on a test.
2. I feel when there's nothing interesting on TV.
3. All children feel when Christmas holidays are near.
4. Stop looking at me! You make me feel
5. I feel dead after a week's work.



Grammar Link

Making Guesses - Giving Advice

5 Match 1-4 with a-d.



- | | | |
|-----------------------------------------------------|-------|-----------------------------------------|
| 1. The girl sitting next to him must be his sister. | | a. I'm 50% sure. |
| 2. She may/might be his mother. | | b. I think this is not so good for you. |
| 3. You should stop biting your nails. | | c. I'm almost 100% sure. |
| 4. You shouldn't feel so nervous about tests. | | d. I think this is good for you. |

6 Look at the pictures and complete the sentences 1-4 with *must* or *may/might*.



1. Susan be at Jenny's party.
There's no answer.



2. John be dead tired.
He has cleaned the whole house.



3. Jerry be in hospital.
He wasn't at school this morning.



4. Mark and Tim be twins.
They look identical!

Lesson 2

- 7 Match the problems (1-7) with the suggestions (a-g) and then write sentences using *should* or *shouldn't*.



- I've got bad marks in my school report.
1. My mum looks very tired.
 2. I spend lots of money on mobile phone cards.
 3. I love this CD.
 4. I'm thirsty but this water isn't clean.
 5. This T-shirt looks awful on you!
 6. It's raining.
 7. There're lots of cars.

-h.... a. buy it
 b. call your friends on your mobile
 c. cross the road
 d. drink it
 e. help with the housework
 f. take your umbrella
 g. wear it
 h. ~~work harder~~

e.g.

I've got bad marks in my school report.

You should work harder!

1.

a.

2.

b.

3.

c.

4.

d.

5.

e.

6.

f.

7.

g.

Your problem sorted!



Writing

A letter of advice

8 Choose a letter from task 1 on page 33 and write a short reply. Follow the guidelines in the writing section of the student's book on page 36.



Lesson 2

Your problem sorted!

Reading

A problem shared...

1 What problems do these children have? Read the letters (a-c) and match them with the titles (1-3) (there is an extra title).

Task 16 p.138

1 Want to play with me?
2 EVERYTHING IS NEW!
3 DIFFERENT TASTES IN SPORTS
4 ALWAYS IN FASHION

THE MAG

a.
Dear Anthony, Aunt,
My name's Simona. I'm 12
and I want to be a model. I
love wearing trendy clothes
and buying lots of accessories.
My mum doesn't like buying
new clothes. She says it's a
waste of money because
fashion changes all the time.
The problem is that there is a
my area next month and my
I think it can be the beginning
of my modelling career. What
should I do?

b.
Dear Anthony, Aunt,
My name's Jean Paul. I'm 14
and I am keen on football. My
parents love tennis and they
think I should learn how to
play tennis, too. But I don't
like it much. All my friends
play football and what is more
opposite our school. It's out
meeting point at the weekends.
What do you think I should
do?

c.
Dear Anthony, Aunt,
My name's Jason and I'm 10.
I've got a sister who is older
than me and a brother who is
just five. The problem is that
my brother wants everything I
have. Every new DVD I buy
he wants to be the first to see
it. Every PC game I get, he
wants to be the first to try it.
That's why we always fight
and my parents always put the
blame on me. When I talk to
them, they don't listen. They
say I'm older than him and I
shouldn't make him cry. I hate
him.

Unit 3

Lesson 3



Vocabulary Link

1

Match the words (1-9) with their meaning (a-i).



1. shopping spree

2. review

3. fan

4. court

5. take part in

6. update

7. factory

8. thrilling

9. loads of

.... a. exciting

.... b. a report about a book or a film

.... c. time when you buy lots of things

.... d. people work and make goods there

.... e. new information for a computer programme

.... f. lots of

.... g. s/he likes an actor/ a singer etc or a game/ a tv show etc a lot

.... h. you can play tennis there

.... i. join



Collocations

2

Choose the right word to complete the sentences.



1. He joined the ... when he was 18.

a. factory b. army c. update

2. Would you like to ... a ticket for the match?

a. win b. save c. solve

3. Can you help me ... this puzzle? It's very difficult.

a. choose b. explore c. solve

4. Lisa took ... in the school singing contest.

a. part b. prize c. price

5. Chimps are very ... animals.

a. fun b. funny c. thrilling

6. My brother doesn't like giving his ... to other children.

a. toys b. games c. review

7. Going out with friends is great ...

a. funny b. fan c. fun

8. My sister is Avril Lavigne's ... She's got all her CDs.

a. fan b. fun c. funny

Task 19 - p.140

We're on a shopping spree!

Opposites

Task 20 - p.141

3 Match the opposites.



- | | |
|----------------------|----------------|
| 1. bad ≠ | a. cold |
| 2. old ≠ | b. poor |
| 3. boring ≠ | c. little |
| 4. easy ≠ | d. good |
| 5. expensive ≠ | e. near |
| 6. beautiful ≠ | f. difficult |
| 7. rich ≠ | g. ugly |
| 8. much ≠ | h. cheap |
| 9. hot ≠ | i. interesting |
| 10. far ≠ | j. new |



Grammar Link

Comparing

4 Match the examples (a-c) with the spelling rules and then complete them.



Adjectives ending in...	in comparative & superlative...	Examples
consonant-vowel-consonant	double the final consonant and take -er / -est e.g.....	a. heavy → heav.../heav...
consonant + y	take -ier/-iest e.g.....	b. nice → nice.../nice...
consonant + e	take -r/-st e.g.....	c. fat → fatt.../fatt...

5 Put the adjectives of task 3 in the right column and then write their comparative and superlative form.



SHORT ADJECTIVES			LONGER ADJECTIVES			IRREGULAR ADJECTIVES		
cold	colder	the coldest	interesting	more interesting	the most interesting	bad	worse	the worst

Lesson 3

6



a. Complete the sentences. Use the positive, the comparative or the superlative forms of the adjectives in brackets.

Task 21 - p.141

e.g.

My dad is the *tallest* (tall) man in our family.



1. My computer screen is (wide) than yours. It is 19 inches.
2. Jerry is (popular) boy in our class. Everybody likes him.
3. My mobile phone isn't as (expensive) as my friend's.
4. My room is (big) than my brother's. There's room for two beds.
5. My brother is (good) basketball player in the school team.
6. *Matrix* isn't as (exciting) as *The Lord of the Rings*.
7. My dad's jokes are (funny) than my mum's.
8. Homemade food is (healthy) than fast food.
9. Fresh fruit with yoghurt is (delicious) dessert of all.
10. The blue T-shirt is as (trendy) as the red one.

b. Now complete the rules.

- a. In sentence number 1 above, we compare *two / more than two* things.
- b. One and two-syllable adjectives take the ending in this case.
- c. We use '.....' with longer adjectives, like 'popular'. (sentence number 2)
- a. The irregular superlative form of 'good' is (sentence number 5)
- d. We *use / don't use* the comparative form with 'as as'. (sentences number 3, 6, 10)

We're on a shopping spree!



Reading

House ads

- 7 Read the house ads, match the abbreviations and complete the sentences with A, B or C.



House A



€ 300,000.00

Detached hse by the sea
3 beds
lounge, kit
bath/wc
garage
40 mins from city centre

House B



€ 150,000.00

small flat in a modern block
big lounge, kit
bath
rear gdn
20 mins from city centre

House C



€ 250,000.00

traditional country cottage
4 beds
big lounge with fireplace, kit
bath/wc
big gdns

ABBREVIATIONS

- | | |
|--------|------------|
| • hse | • garden |
| • beds | • minutes |
| • kit | • house |
| • bath | • bedrooms |
| • mins | • bathroom |
| • gdn | • kitchen |

1. House ... is more expensive than House C.
2. House ... is nearer the city centre than House A.
3. House ... is the most traditional of all.
4. House ... the cheapest of all.
5. House ... is more modern than House C.
6. House ... is bigger than House B.

Lesson 3

We're on a shopping spree!



Writing

Giving your opinion

8

Choose the right car for the Marsilettis. Use comparative, superlative or as... as to present your opinion and to explain your choice.



old

long

fast

beautiful

slow

expensive

cheap



Mr Marsiletti goes to work by car.
Mrs Marsiletti has got a small car.
They often go on excursions at weekends.
They've got €26,000.00



	Car A	Car B	Car C
Year:	1992	1968	1998
Length:	2.7m	2.2m	7m
Speed:	120km/h	70km/h	140km/h
Price:	€ 20,000	€ 7,000	€ 50,000

I think car ... is the right car for the Marsilettis because

- it is cheaper than
-
-
-
-

Word	Definition	Example	Synonym	Antonym	Derived forms
additive (n)	a substance added to another substance in small amounts to change or improve it, <i>πρόσθετα</i>	Additives can keep food fresh.	additions		additively
alternative (n)	offering one of two or more choices, <i>εναλλακτική</i>	Our two alternatives are walking or taking a taxi.			alternatively
amount (n)	measure; quantity, <i>ποσότητα</i>	He put a small amount of butter on his bread.	portion, quantity		
article (n)	a piece of writing in a newspaper, magazine, or book, <i>άρθρο</i>	The school newspaper had an article on recycling.	essay		
attention (n)	the act of directing your mind to something, especially by listening or watching, <i>προσοχή</i>	The movie held our attention for three hours.	care, concentration		
boil (v)	to cook in very hot water, <i>βράζω</i>	I only boil my eggs for 3 minutes. I don't like hard boiled eggs.			boiling
calorie (n)	a unit for measuring the amount of energy that a food makes in the body. The more calories something has, the more energy it gives, <i>θερμίδα</i>	Lettuce is low in calories, and doughnuts are high in calories.			
camp (n)	a place with activities for children when they are not in school, <i>κατασκήνωση</i>	My son goes to camp for a few weeks every summer.			
carbonated water (adj)	water that contains a lot of bubbles, fizzy water, <i>ανθρακούχο νερό</i>	Is carbonated water better or worse for you than still water?			
celebration (n)	a party or anything else that people do to honor a special event, <i>εορτή</i>	There will be a celebration for her eightieth birthday.	ceremony, holiday, occasion, party		celebrate
cereal (n)	food made from grain that people eat for breakfast, <i>δημητριακά</i>	The kids eat cereal with milk most days.			
choice (n)	a decision that you make about something you want, <i>επιλογή</i>	It was hard to make the right choice.			choiceless, choicely, choiceness
climate (n)	the usual weather conditions in a place, <i>κλίμα</i>	Alaska has a cold climate.			climatic
complete (adj)	having all of the parts that are necessary; whole, <i>πλήρες</i>	We can't play cards because I don't have a complete deck.	all, entire, total		completely, completeness
cook (v)	to prepare food for eating by using heat, <i>μαγειρεύω</i>	She cooked macaroni cheese for dinner.			cooked
cook (n)	a person who cooks, <i>μάγειρας</i>	The cook tried a new recipe this evening.			cooked
count (v)	to give each thing in a group a number to learn how many there are, <i>μετρώ</i>	Hasani counted the coins in his pocket.			
countable (adj)	Anything that can be counted, <i>μετρήσιμο</i>	Dreams are countable, but sleep is not.		uncountable	count
cut down on (v)	to eat or drink less of something, or to reduce the amount or number of something, <i>μειώνω</i>	My dietician says I have to cut down on the amount of sweets I eat.	reduce	increase	
dairy (adj)	made from milk or having to do with milk products, <i>γαλακτοκομικά</i>	Milk, butter, cheese, and yogurt are dairy products.			

Word	Definition	Example	Synonym	Antonym	Derived forms
damage (n)	harm or injury that makes something less useful or valuable, <i>ζημιά</i>	The storm caused damage to many houses.			damageable, damaged, damaging, damager
emphasize (v)	to give particular attention to something, <i>δίνω έμφαση</i>	The president emphasized the importance of education.	stress		
fat (n)	a white or yellow substance that contains oil and is found in animals and plants, <i>λίπος</i>	Ducks have a lot of fat to keep them warm.	grease		fatness
fizz (n)	the emission of a fizzing sound; <i>Ο ήχος που κάνει το ανθρακούχο ποτό</i>	There is no fizz coming from this bottle; so, it's not soda, it's water.	sparkle		
fizzy (adj)	full of or as if full of gas bubbles; effervescent, <i>ανθρακούχο</i>	The most popular fizzy drink in the world is Coca-Cola.	sparkling, bubbly,	flat	
grain (n)	the small hard seeds of plants such as wheat or rice. Grain is used for food and often ground into flour, <i>σπόρος/κόκκος</i>	Chickens eat grain.			
grill (v)	to cook on a grill, <i>ψήνω στη σχάρα</i>	We grilled hamburgers for dinner.	broil		griller
guide (n)	a person who shows the way or leads others, <i>οδηγός, ξεναγός</i>	The guide led us up the mountain.	counselor, leader		
hate (v)	to have a very strong bad feeling toward something; to not like in any way, <i>μισώ</i>	The people hated their cruel leader.	despise, detest, loathe	like, love	hated
heart (n)	the organ in the body that controls the flow of blood, <i>καρδιά</i>	My heart beats so fast every time I see her.			hearty, heartless
huge (adj)	very large in size or amount, <i>τεράστιος</i>	She ate a huge amount of potato chips.	great, enormous	tiny	hugely, hugeness
label (n)	a small piece of paper or cloth that is attached to an object. A label gives information about what the object contains, how to use it, or who owns it, <i>ταμπέλα</i>	The label on my sweater says to wash it in cold water.	tag		labeler
lettuce (n)	the leaves of a certain variety of green plant that are eaten as a salad, <i>μαρούλι</i>	Lettuce is my favourite salad in winter.			
log on to (v)	to connect a computer to a system of computers by typing your name, usually so that you can start working, <i>συνδέομαι (στο ίντερνετ)</i>	I can't log on to my email right now. I'll have to finish my work later.			
magazine (n)	A large, thin book with stories, pictures, articles, and advertisements, <i>περιοδικό</i>	His favourite sports magazine appears once a week.	periodical		
make sure (v)	to take action so that you are certain that something happens, is true, <i>σιγουρεύομαι</i>	Make sure you lock the door when you leave.			
pasta (n)	a food made from flour, eggs, and water and dried in various shapes. You cook pasta in boiling water before you eat it, <i>ζυμαρικά</i>	Spaghetti is my favourite pasta.			
pea (n)	a small, round, green seed that is eaten as a vegetable and grows on a climbing plant, <i>αρακάς</i>	Do you know the fairy tale “The princess and the pea?”			

Word	Definition	Example	Synonym	Antonym	Derived forms
peach (n)	a soft, sweet fruit with pink or orange skin, <i>ροδάκινο</i>	Peaches have a large stone and a smooth skin.			
plain (adj)	without decoration or anything added; Simple, <i>σκέτος</i>	She wore a plain white dress to the party.	simple	fancy	plainly, plainness
poultry (n)	birds that are raised for their meat and eggs, <i>πουλερικά</i>	Chicken and turkey are of poultry.			
religion (n)	a set of beliefs that includes a belief about god or gods. Most religions also have beliefs about death and how the universe was created, <i>θρησκεία</i>	The Christian religion emphasizes helping one another.			religious
roast (v)	to cook or bake in an oven, <i>ψήνω</i>	We roasted a turkey for Thanksgiving dinner.			
salt (n)	a white substance that is found in sea water and in the earth. Salt is used for flavoring and preserving foods, <i>αλάτι</i>	You shouldn't use too much salt in your food; it's bad for you.			saltless
saying (n)	a familiar statement that often contains advice or wisdom, <i>παροιμία</i>	"Nobody is perfect" is a common saying.	expression, proverb		
skip (v)	to miss or leave out, <i>παραλείπω</i>	She skipped the fourth grade.			
sort (v)	to put things into different groups or types or into an order, <i>ταξινομώ</i>	The names of the students are sorted in alphabetical order.	group, separate, classify		sortable, sorter
spill (v)	to cause to flow or fall from a container, <i>χύνω</i>	She spilled the coffee all over her dress.	pour		
spree (n)	a period of intense activity, or of overactivity, as in satisfying some wish or obsession, <i>γλέντι</i>	She won 1000€ and went on a shopping spree.			
sugary (adj)	containing sugar, usually a large amount of it, <i>γλυκός</i>	a sugary drink	sweet		
tofu (n)	a food made from soybean milk. Tofu looks and feels like soft cheese, <i>τόφου</i>	I like tofu but it makes me fat.			
tuna (n)	a large fish that lives in the ocean and is used for food, <i>τόνος</i>	For this recipe you'll need a can of tuna.			
weight (n)	how heavy something is, <i>βάρος</i>	What is your weight? You look thin.			
worried (adj)	Feeling fear or anxiety, <i>ανήσυχος</i>	He was so worried while his wife was in hospital.	anxious, nervous, concerned	calm, reassured	worriedly

Word	Definition	Example	Synonym	Antonym	Derived forms
bore (v)	to make someone tired or lose interest by being dull, <i>κάνω κάποιον να βαριέται</i>	News programs bore most children, but my son thinks they're interesting.	tire	entertain, excite, thrill	boring
bored (adj)	feeling tired because of having to do something that is not interesting, <i>βαριεστημένος</i>	I felt bored during the long drive.			
chat (v)	to talk in an informal, easy way, <i>συζητώ</i>	I chat with my friends at lunch.			chattingly
come up with (v)	to think of a plan, an idea, or a solution to a problem, <i>σκέφτομαι λύση για ένα πρόβλημα</i>	We need to come up with a better excuse!			
dead tired (adj)	extremely tired, exhausted, <i>κατάκοπος</i>	We were all dead tired when we reached the top of the mountain.			
do my best (expr)	to make the greatest effort possible, <i>βάλω τα δυνατά μου</i>	I did my best to be a good host at the party.			
draft (n)	a piece of writing or a picture that needs more work to be finished, <i>πρόχειρο</i>	He wrote the first draft of the report.	sketch		draftable, drafter
excite (v)	to increase the feelings of; to increase energy, <i>συναρπάζω</i>	The first snow of the year always excites children.	irritate, provoke, thrill	bore	
glad (adj)	happy about something, <i>χαρούμενος</i>	I'm so glad to see you again!			gladly
mark (n)	a number or letter that is written on a piece of work, saying how good the work is, <i>βαθμός</i>	I always get good marks in Biology.			marker, [un]marked, mark
mate (n)	a marriage partner or close friend, <i>σύντροφος</i>	My parents say that they are soul mates.	partner, spouse		mateless
nervous (adj)	feeling worry or fear about a particular thing or things, <i>νευρικός/ανήσυχος</i>	I was very nervous before the test, but it was easier than I thought.	afraid	cool	nervously, nervousness
occasion (n)	an event or the time at which it happens, <i>συμβάν, περιστατικό</i>	He has been late on many occasions.	affair, instance, time, happening		occasional
pair (n)	two things that are the same and are used together, <i>ζευγάρι</i>	I bought a new pair of shoes yesterday.	couple		
similar (adj)	being almost the same as something else, <i>παρόμοιος</i>	Lee's handwriting is similar to mine.	alike	different, distinct, unlike	similarly

Word	Definition	Example	Synonym	Antonym	Derived forms
battle (n)	a fight between two armies in a war, <i>μάχη</i>	An important battle of the Civil War was fought on this hill.	clash, combat, conflict, fight		battlefield
casual (adj)	comfortable and not suitable for formal occasions, <i>καθημερινός</i>	She never wears casual clothes to work.			casually
court (n)	an area for playing particular sports, such as tennis, basketball etc., <i>γήπεδο τένις</i>	Meet me outside the tennis court.			
explore (v)	to try to understand something by looking at it in detail, <i>διερευνώ</i>	Let's explore this idea.	scan		
fashionable (adj)	popular at a particular time, <i>μοντέρνος, της μόδας</i>	Models always wear very fashionable clothes.			
forces of evil (expr)	the power and influence of something or someone bad, <i>οι δυνάμεις του κακού</i>	The film was about the battle of good against the forces of evil.			
further (adv)	comparative of far; at or to a greater distance, <i>περαιτέρω</i>	We drove further today than we did yesterday.	more	less	
it's loads of fun (expr)	<i>έχει πολύ πλάκα</i>	You shouldn't miss this film; it's loads of fun.			
lord (n)	a man of high social rank, or a title given to a man who has earned official respect, <i>λόρδος</i>	"The Lord of the Rings" is one of my favourite films.			
matrix (n)	the context in which something develops and grows, <i>καλούπι, περίβλημα, δομή</i>	Europe is remaking itself politically within the matrix of the European Community.			
move (n)	activity, <i>κίνηση</i>	She's always on the move; she never sits in one place.			movement
must (n)	something very important to have or do, <i>αναγκαιότητα, απαίτηση</i>	Having a computer is a must these days.			
overhead projector (n)	a machine that projects films or pictures onto a screen or a wall, <i>συσκευή προβολής διαφανειών</i>	A few years ago teachers used to use an overhead projector to show images and pictures in their class.			
scan (v)	to examine something with a machine that can see inside an object or body, <i>σαρώνω</i>	Luggage is always scanned at the airport.			scanner
step (n)	one of the movements you make with your feet when you walk, <i>βήμα</i>	Take a step forward.			step-by-step
sticky (adj)	a moment/problem/situation, etc that is difficult or embarrasses you, <i>προβληματικός</i>	How can I get out of this sticky situation?			stick, sticker, stuck
take part in (v)	to be involved in an activity with other people, <i>συμμετέχω</i>	He doesn't want to take part in any of the activities.			
trendy (adj)	fashionable at the moment <i>μοντέρνος</i>	Your new earrings are really trendy.			trend
trilogy (n)	a series of three books, plays, etc with the same characters or subject <i>τριλογία</i>	Trilogies are commonly found in literature, film, or video games.			
update (v)	to add new information, <i>ενημερώνω</i>	We'll update you on this news story throughout the day.			update

Word	Definition	Example	Synonym	Antonym	Derived forms
warm (adj)	having a temperature between cool and hot, ζεστός	The weather is usually warm in spring.			warmth, warm, warmly