Unit 1. GETTING STARTED

Aims:

- Topic: health and fitness
- Grammar: gerunds and infinitives; comparing and contrasting ideas with linkers
- Vocabulary: health and fitness; idioms
- Listening: The Early Years
- Speaking: individual long turn
- Writing: essay
- Pronunciation: weak forms: the schwa

Warmer. Ask students to keep their books closed. Write Healthy Living on the board and tell students it is the title of a magazine.

Grammar: gerunds and infinitives

Practice grammar with this kahoot: https://create.kahoot.it/share/gerunds-and-infinitives/9d03fd3b-fee9-4e71-a34a-68f19119c150 (author's own work).

Complete the sentences with the correct form of the words in the box (author's own work)**.**

queue	swim	go	use	get (X2)	pick up	run	be	drive

1 I can't stand.....at the airport. It drives me mad.
2 Julie leaves really early in the morning. She does it to avoid.....stuck in traffic.
3 What are you doing here? Aren't you supposed.....at work?
4 My mum is a good cook but she tends.....too much salt in her recipes.
5 If you keep this up you'll riskinjured. You really shouldn't exercise this much.
6 I booked us tickets to Australia as a surprise, but Alice refused.....because she's scared of spiders.
7 I gave up.....a long time ago because of my knees. I really miss the marathons though.
8 Sorry, I can't come tonight, I'm supposed a friend from the airport.
9 I'm going to try and leave earlier in the morning to avoid during rush hour.
10 I can't stand.....in a pool. It's so boring! I much prefer it in the sea.

Complete the sentences with the words and phrases in the box (author's own work)**.**

even though	rather than	despite	instead of	than ever before	however

1 ..... the restaurant is amazing; the service could be better.
2 I really want to try and use olive oil butter. It's supposedly healthier.
3 If Sally decided to go to Florence go to Venice, I'd go with her. I've never been.
4 I started jogging last year and I feel fitter.
5 Lara is doing well in school., she should try and get along with her classmates more.
6 ..... the weather, we had a lovely time in Hamburg.
7 You should cook homemade meals order takeaway every day.
8 ..... I'm really tired now, I'm glad we went out last night.
9 Dean is nice enough., he does talk a lot!
10 ..... having studied very little, Andrew passed the test with flying colours.

Vocabulary.

Complete the paragraphs using the correct form of the words and phrases in the box (author's own work)**.**

overdo	keep track	delighted	overweight	keep up
shocked	rate	cut down on	ache	upset

I've been trying to (1)my petrol costs, so I started (2)of all the trips I did in my car. I realized that I was (3)it: I used to drive to school, to work, even to the supermarket! I invested in a bicycle and although my legs were (4)a lot at the beginning, I am
(5)at how much I am saving these days. My wife was (6)when I told her. She couldn't believe it!
At this (7), if I (8)the good work, I'll have saved £500 by the end of the year. And I even lost some weight, which is good because I admit I used to be a bit (9)! Now I just need to make sure I don't get injured! I would be really (10).

Listening.

Listen to the podcast included in Other Materials and answer the following questions:

- What characteristics were evaluated on the pre-purchase test for Wright brothers' airplane?
- What proofs are shown at the Museum about Lieutenant Thomas Selfridge's dead?
- What was the second seat on the Curtiss' pusher for?
- What type of airplane was Louis Bleriot's design?
- What did he manage to do with it?

Writing.

Tips for writing an opinion essay

- It is highly advisable to avoid repeating words which are included in the question. Don't limit your vocabulary! Use synonyms.

- Make clear at the beginning and at the end that you are giving an opinion.

- Give reasons in different paragraphs, supporting them with clear examples.

- Linkers give cohesion and coherence to the whole text, including logical connections among different ideas. Mentioned linkers should express addition, concession, sequencing and contrast.

Read the information included in Other Resources on an informal email and answer the following question with an opinion essay:

In some countries, an increasing number of people are suffering from health problems as a result of eating too much food. It is therefore necessary for governments to impose a higher tax on this kind of food. Do you agree or disagree with this opinion?

Speaking.

Read the information included in Other Resources on Officer Pilot and prepare a video tutorial on the main aspects involved in transforming you into a leader and an officer in this field. To prepare the videotutorial, study the resources in Other Materials on tools for creating a videotutorial. (Author's own translation).

Assignment for your portfolio.

Write an opinion essay:

- **Are Air Bases necessary in Spain?**

Use the tool Cambridge Write & Improve as explained in Other Resources as many times as you consider necessary to get your best opinion essay (190 – 200 words). Remember to use the opinion essay guidelines.