

TRACK 1

Unit 1, exercise 1, page 6

- Robin** Hello! My name is Robin. What's your name?
Jennie Hi, I'm Jennie and I'm thirteen. How old are you?
Robin I'm twelve years old, thirteen next month. Are you on holiday with your family? I am.
Jennie Yes, me too. It's a bit hot here in France!
Robin You're right, it is hot! Is that your family over there?
Jennie Yes, those two are my hungry twin brothers: Tom and Justin. Oh dear! Tom is angry with Justin. They're ten and very funny.
Robin What about your parents?
Jennie They aren't here at the moment, they're back in the UK.
Robin So are you here just with your brothers?
Jennie No, no. We're with my grandma Maria. She's from Brazil. Oh, and my grandpa, Pablo. He's Brazilian too and he's really bored on holiday!
Robin That's weird! My family are here as well. That's my mum, Erin. She's Irish. Look! She's really thirsty. And that's my dad, Colin. He's from England and he's very tired!
Jennie Are you an only child?
Robin No, worst luck! That's my little sister, Katrina. She's nine and she's cold!

TRACK 2

Unit 1, exercise 5, page 7

Emma Watson is famous as Hermione Granger in the Harry Potter films. She is from Great Britain.

Ex-Manchester United football player, Cristiano Ronaldo is of course from Portugal.

American Miley Cyrus is better known as Hannah Montana in the Disney film.

Usain Bolt is Jamaican world champion 100 and 200 m runner.

TRACK 3

Unit 1, exercise 6, page 7

- 1 America / American
- 2 England / English
- 3 Brazil / Brazilian
- 4 India / Indian
- 5 Ireland / Irish
- 6 Jamaica / Jamaican

7 Portugal / Portugese

8 UK / British

TRACK 4

Unit 1, exercise 5, page 9

Matt Hi! How are you?

Julia Fine, thanks. And you?

Matt I'm fine too. Is your name Julia?

Julia Yes, it is, and what's your name?

Matt Matt.

Julia Where are you from, Matt?

Matt I'm English, and you?

Julia I'm from the USA.

Matt Wow! You're American. How old are you Julia?

Julia I'm 13.

Matt Oh, cool. I'm thirteen too!

TRACK 5

Unit 1, exercise 1, page 10

1 Meet the Smiths

The Smith family is a typical British family. Dad is 43 years old and an office worker, Michael Smith; Mum is 39 and a part-time classroom assistant, Lisa Smith; and their children are Jack, 14, and Chloe, 11. Oh, and 3 years old chocolate-brown Labrador, Max (a dog, not a child!).

2 From city to town

Mr and Mrs Smith are originally from London, but the Smith family home is in a small town in the south east of England. It is a three-bedroom house with a big garden and a barbecue area for the summer.

3 Family fears

Mum is terrified of spiders – big or small! Chloe is afraid of the dark and Jack and Dad are afraid of Mum!

4 Bad things about the Smiths

Mr Smith is a snorer when the TV is on in the evening and he is tired. Mrs Smith is a shouter especially at Jack and his messy room. Chloe is a texting fanatic and Max is a food fanatic.

TRACK 6

Unit 2, exercise 1, page 12

- Robin** This curry is really good!
- Jennie** Yes, I love curries! We're lucky - there wasn't an Indian restaurant in last year's hotel.
- Robin** There are a lot of good restaurants here.
- Jennie** Really? Are there any fish and chip shops? I love chips!
- Robin** No, there aren't any fast food restaurants here. Anyway, I prefer my Dad's cooking. Imagine, he's on holiday, but he misses his kitchen at home!
- Jennie** Is he a chef?
- Robin** No, but give him six eggs, a few tomatoes, some cheese, and in five minutes he makes a wonderful omelette. When he puts it on the table we all applaud.
- Jennie** But an omelette is easy! Put two eggs in a bowl, mix, and put it in the frying pan for a few minutes...
- Robin** Yes, but there is something else, he puts a silly hat on his head when he cooks!
- Jennie** Ha ha!

TRACK 7

Unit 2, exercise 1, page 16

- Robin** Hello Keith, thank you for the interview. Tell us about your restaurant.
- Keith** Well, it's not a big restaurant, there are fifteen tables. It is a very good restaurant – there are lots of good reviews on the internet. This is because my kitchen is very clean – look!
- Robin** Oh yes, there aren't any dirty plates here!
- Keith** I like my kitchen – there are two ovens, a very big fridge and a lot of shelves for food. Look in this drawer – tell me, how many knives and forks are there?
- Robin** I think there are over fifty.
- Keith** Yes, very good! There are a lot, fifty-five of each!
- Robin** That is a lot! Keith, where are you from? Are you English?
- Keith** Yes, I am. In fact bangers and mash are my favourite food! A lot of people ask for it.
- Robin** Bangers and mash? What's that?

- Keith** It's a typical British dish. You need a few potatoes and sausages – well actually, a lot of potatoes and sausages – some milk, a little butter and salt. Oh, and of course, an onion. How much time is there before your next interview?
- Robin** Over an hour.
- Keith** Great! Sit down, and try some bangers and mash!

TRACK 8

Unit 2, exercise 3, page 17

Bangers and mash. Boil the potatoes, then mash them together with the butter, milk and salt. Cook the sausages and the onion in a frying pan, then add them to the mashed potato - easy!

TRACK 9

Unit 2, exercise 4, page 17

New York Steak with Horseradish Asiago Crust.

TRACK 10

Unit 3, exercise 1, page 18

- Robin** Hi, Jennie! What's up?
- Jennie** Oh, it's just my terrible twin brothers, Tom and Justin.
- Robin** What do you mean?
- Jennie** Well, Tom is sure this is his bag because it's got red trainers, a football t-shirt, a play station and an mp3 player, and Justin hasn't got any of those.
- Robin** So?
- Jennie** So, Justin is sure this is his bag because it's also got a skateboard, a digital camera, a notebook, a Wales rugby shirt and a Marvel comic book, and Tom hasn't got any of those.
- Robin** I'm sorry! I don't understand! What's the problem?
- Jennie** The problem is that one bag is here and one bag is on an aeroplane to New York!
- Robin** Eh?
- Jennie** Look at this postcard from the airport...
- Robin** "We are sorry, but your missing bag is not at the airport's lost property office, but it is on flight 2374 to New York." Oh, now I see! So whose bag is this? Is it Tom's or Justin's?
- Jennie** I've got no idea!

TRACK 11

Unit 3, exercise 4, page 19

1. It's Justin's baseball cap.
2. They're Jennie's inline skates.
3. It's Jennie's digital camera.
4. They're Tom's keys.
5. It's Tom and Justin's laptop.
6. It's Jennie's mobile phone.
7. It's Tom's Mp3 player.
8. It's Justin's notebook.
9. It's Justin's skateboard.
10. They're Tom's trainers.

TRACK 12

Unit 3, exercise 5, page 19

Jennie has got dark hair and blue eyes. She's got a small nose and a pretty smile. She's tall and slim and she has got very long legs. The twins, Tom and Justin, are also tall but not very slim. They've got short blond hair and brown eyes. They've got a great suntan!

TRACK 13

Unit 3, exercise 1, page 22

Meet Joshua Jones. He is a spy, maybe not your typical "00" kind of spy, but he is still a spy. So, what has he got that makes him a good spy? Well, he hasn't got very long legs for running or very strong arms or shoulders for fighting. He has got a very ordinary face, and it is because of this that he is a very successful spy. He has got an average nose; an average mouth; his ears are not too big and not too small; he hasn't got any freckles or spots; his teeth are straight and he hasn't got any scars or birthmarks on his cheeks or forehead. His hair isn't very dark and isn't very fair. In fact he hasn't got anything unusual about him at all!

But has he got true spy quality?

Well, he has got good observation skills and a lot of common sense. Oh, and he's got a lot of spy gadgets. He's got a spy ear for listening to secret conversations; he's got a spy pen to record voices; he's got spy sunglasses to see behind him; he's got a secret spy camera in his baseball cap and a mobile phone watch on his wrist.

TRACK 14

Unit 4, exercise 3, page 26

1. Watches
2. Goes
3. Finishes
4. Relaxes
5. Misses
6. Studies
7. Flies

TRACK 15

Unit 4, exercise 4, page 27

FRANK I usually get up at half past nine and I always have a shower. Then I have breakfast. I usually have cereal and toast, but I sometimes have bacon and eggs – but only if I'm really hungry! I usually take my dog, Spot, for a walk on the beach – I love my dog! I always play football with my friends after lunch! I never go to bed early when I am on holidays!

TRACK 16

Unit 4, exercise 1, page 28

Good morning! We have got a lot of activities organised for you today – you always have fun at Buttons Holiday Camp! Lunch is at the usual time of a quarter to one. Today's menu is tuna salad – Chef Tony usually makes an excellent tuna salad!

The afternoon's activities begin with watergym, this starts at a quarter past three. It's Thursday, so after forty five minutes we've got the weekly water volley ball match – please sign up before twelve o'clock.

Dinner is at twenty to eight, Chef Tony says it is his favourite dish, so I look forward to that – Chef Tony never disappoints!

This morning, at ten o'clock, we've got a table tennis tournament, then the big football game – we, the staff of the camp, play football with you. DJ Dan is in goal, he's here for tonight's disco - this begins at a quarter past nine. DJ Dan always plays great music, I hope he is a good goalkeeper too! Come along to the pitch behind the restaurant at half past eleven, and cheer for us – we sometimes win!

Ok, it's ten to ten, it's time to get ready for the table tennis tournament. Have a great day at Buttons Holiday Camp!

TRACK 17

Unit 4, exercise 4, page 29

She sells sea shells by the sea shore.

And the shells she sells are surely sea shells.

TRACK 18

Unit 5, exercise 1, page 30

Science Museum

Come and visit the Science Museum's great new space exhibition!

How much do you know about our solar system and its planets? Do you know that...

- **Mercury** doesn't have any moons, but the sun rises twice a day.
- **Venus** has very long days and the sun rises in the West and sets in the East. It doesn't have any moons. It has amazing volcanoes. It's only 3.5 Earth months away!
- **Earth** is the only planet in the Solar System where conditions are right for intelligent life to evolve.
- **Mars** is often called the "Red Planet" because of its colour. It has 2 moons.
- **Jupiter** is very big and it has an incredible 63 moons! It only takes 18 months to arrive from Earth, but don't forget your umbrella, for the storms.
- **Saturn** has a spectacular ring system and also has a lot of moons – 60! It takes 29.4 Earth months to arrive there but you don't need a telescope to see it from Earth.
- **Uranus** is a giant ball of gas and it spins on its side. It has 27 moons and it takes 8.5 Earth years to arrive there!
- **Neptune** has very wild weather with very fast winds. Because of the special gases, Neptune is blue. It is 12 Earth years away! Now that's far!

TRACK 19

Unit 5, exercise 5, page 31

- Speaker** This is the Science museum's information service. What information do you require?
- Robin** When does the museum open and close?
- Speaker** It opens at 10 am and closes at 6 pm every day except Mondays.
- Robin** OK. And how much does it cost?
- Speaker** Well it doesn't cost anything. It's free, except for some exhibitions.
- Robin** Does the museum have exhibitions at the moment?
- Speaker** Yes, it does. There is the Space exhibition and the Energy and Time exhibitions.
- Robin** I see. How do I get to the museum.

- Speaker** Well there are buses (numbers 23 and 24) from the centre of town and it's not very far to walk.
- Robin** Thank you for your help.
- Speaker** You're welcome.

TRACK 20

Unit 5, exercise 6, page 31

- Jennie** So, when does the museum open and close?
- Robin** It opens at 10 o'clock and closes at 6 o'clock every day except Mondays.
- Jennie** How much does it cost?
- Robin** It doesn't cost anything. It's free!
- Jennie** Great! Does it have any exhibitions?
- Robin** Yes, it does, three: a Space exhibition; an Energy exhibition: and a Time one.
- Jennie** Last question! How do we get there?
- Robin** Well, do you want to walk?
- Jennie** No, I don't!
- Robin** OK, then there are two buses. Number 23 and number 24.

TRACK 21

Unit 5, exercise 1, page 34

- Interviewer** What qualities does a personal shopper need?
- Megan** A good personal shopper loves shopping, is patient and creative when people change their minds!
- Interviewer** Who do personal shoppers shop for?
- Megan** All kinds of people: busy people, people who don't know how to shop, and I shop for teenagers.
- Interviewer** Where do personal shoppers shop?
- Megan** On-line: in shopping centres or big department stores; or in little specialist shops.
- Interviewer** How much money do people usually spend?
- Megan** That's difficult! People don't want to spend too much, but they want good quality things.
- Interviewer** Which items do you prefer shopping for?
- Megan** I love shopping for gadgets like mobile phones. I don't like shopping for shoes!

TRACK 22

Unit 6, exercise 2, page 36

Robin Hey, there's a party tomorrow for Betty's birthday.
Jennie Great! I love parties! I can help you to organise it.
Robin Good, thanks! Ok, I can make the sandwiches.
Jennie And I can buy the drinks!
Robin We've got some live music, but the group can only play two songs.
Jennie Oh dear! What about karaoke? Can you sing?
Robin Oh yes, I can sing very well – We can organise the karaoke!
Jennie Great idea! But wait, Betty can't sing at all...
Robin No problem, she can dance quite well, so she can have a lot of fun.
Jennie Great! I can't wait for the party!

TRACK 23

Unit 6, exercise 5, page 37

I can play the piano, yes I can, yes I can
I can play the drums, yes I can, yes I can
I can play the harmonica, oh yes I can
Can you sing?
No, I can't, I can't sing, no I can't!

TRACK 24

Unit 6, exercise 2, page 38

Susan Well, Mark, what about you? What can you do?
Mark Hmm... I can sing, but I can't dance!
Susan Ha ha! I can dance, but I can't sing!
Mark And I can play the guitar...
Susan Great! I can't play the guitar... And what about languages? Can you speak French?
Mark No, I can't speak French, but I can speak Italian.
Susan I can speak Italian too!

TRACK 25

Unit 6, exercise 1, page 40

Hilda People think a school for magicians is a lot of fun, and yes, sometimes it can be fun, but it's usually very boring. You can read about my school in the *Harry Potter* books, but now Harry is not here anymore, it's not very exciting.

We have got a lot of lessons and we can't miss any of them! I like the Charms class – I can make my school book turn into an mp3 player, but I can't do it when the teacher is in the room! I hate Transfiguration – I can't do it at all! The teacher always asks me: "Can you change your mouth and nose into a bird's beak?", but I can't...

There is a prize-giving ceremony tonight... I want to win something, but I can't do Divination, so I can't see the future! It's almost time for dinner, I can't be late – luckily for me, I can fly!

TRACK 26

Unit 6, exercise 3, page 41

- Professor Mintle** So, Professor Poppins, who do you think deserves a prize?
- Professor Poppins** Well, Fred can do card tricks quite well. I like them, but they aren't very exciting.
- Professor Mintle** Yes, I know. For the prize we need somebody who can do something really well.
- Professor Poppins** What about Tom? He can do party tricks very well.
- Professor Mintle** Yes, he can make coins disappear. But he can't make them re-appear.
- Professor Poppins** Janine can.
- Professor Mintle** Oh yes, Janine. What about Sonya? She can turn a chair into a table.
- Professor Poppins** Yes, Sonya is a good candidate for the prize.
- Professor Mintle** I'm not sure though, because she can do Charms very well but she can't do Transfiguration at all.
- Professor Poppins** No, she can't.
- Professor Mintle** And Hilda? What can she do?
- Professor Poppins** Ah well Hilda is my favourite. She can't do Transfiguration, but she can do Charms very well – when I am out of the room she always turns her book into an mp3 player!
- Professor Mintle** Great! But we can't give her the prize for that! It's not good for our image as teachers!
- Professor Poppins** Yes, you're right... Who can do Transfiguration?
- Professor Mintle** Nobody can do it very well... Oh dear...

TRACK 27

Unit 6, exercise 4, page 41

A canner can can anything that he can,
But a canner can't can a can, can he?

TRACK 28

Unit 6, exercise 5, page 41

Sonya	Who wants a sandwich?
Professor Poppins	And now, it's time for karaoke!
Fred	I want an orange juice!
Sonya	Goodbye Ms Poppins!

TRACK 29

Unit 7, exercise 4, page 43

cat
furry, silky
sleeping, purring, meowing
tail, fur, tongue, collar
barking, playing, licking
friendly, big
dog

TRACK 30

Unit 7, exercise 2, page 44

Everyone looks great! Holli and Ben are wearing denim Jeans, but James is wearing grey baggy trousers.

Oh, and a flowery yellow shirt!

Holli's wearing those lovely new black boots and a spotted red and white t-shirt.

Ben and James are wearing trainers as usual.

Ben's also wearing a really cool cowboy hat and a lovely brown checked shirt.

TRACK 31

Unit 7, exercise 4, page 47

Sweatshop workers are working more than 80 hours a week and they are making just 7p an hour!

They are earning 1/4 to 1/2 of what they need to provide basic food, shelter, energy, clothing, education and transportation for themselves and their families.

Almost 75% of what you are paying for clothes is pure profit for the sellers – but not for the people making the clothes.

What you can do

Check the label on your clothes when you buy them. Most sweatshops are in developing countries like Bangladesh, India, and Indonesia.

Check the internet to find out which shops use sweatshops to produce their clothes and stop buying from them.

Buy Fairtrade, ethical clothes from companies that don't use sweatshops.

Tell your friends and families to do the same!

TRACK 32

Unit 8, exercise 4, page 49

- Sharon's Mother** Hello.
Caroline Hello. This is Caroline. I'm looking for Sharon.
Sharon's Mother Sorry, Sharon isn't at home now. Do you want to leave a message?
Caroline Yes, please. I'm looking for a present for my grandmother – does Sharon want to come shopping? She's got great ideas!
Sharon's Mother OK. Sharon loves shopping! I hope she has got a good idea for your grandmother.
Caroline Thank you! Goodbye!
Sharon's Mother Goodbye!

TRACK 33

Unit 8, exercise 4, page 51

Here we are today live from the Millennium Stadium for the Party Poopers concert – I'm sitting about 20 metres from the stage. It's looking good – it isn't raining and the sun is shining!

Look, here comes someone... The support band – the Raspberries...

Oh dear! They aren't playing very well! The people in the audience aren't listening...

Luckily they aren't throwing old fruit and vegetables!

What are we waiting for? We want the Party Poopers!

TRACK 34

Unit 8, exercise 1, page 52

What a great song! Are you listening, Jennie and Robin? I dedicate that song to you.

It's Luke Laser with you until four o'clock! We've got some great music coming to you today on Radio 21. We're not playing songs from the 60's, 70's, 80's and 90's – we only play songs from the 21st Century!

What are we doing today at Radio 21? Well, DJ Fonzie is not broadcasting from the studio here – he’s on Napa Beach, and he’s meeting all his fans, so we’re expecting a big crowd down there today.

Ok, it’s time for more music... This song is for Josephine. You say you’re not going to the beach this summer – but why not? The sun isn’t shining today, but who knows about tomorrow? This one is for you, on Radio 21!

TRACK 35

Unit 8, exercise 4, page 53

Is an itchy inchworm itching?

TRACK 36

Unit 9, exercise 1, page 54

Are the summer holidays too long? Are your friends always saying to you: “What shall we do today?”

There are lots of FREE activities around the city – something for everybody!

Do you like playing team sports but don’t like getting wet when it rains? Try five-a side football. You can play indoors or outdoors and there are always plenty of people to play against.

Too active? Why don’t you have a go at playing tag rugby? It’s like rugby, but there’s no direct contact with other players, so it’s not dangerous. You try dodging your attacker, while he or she tries pulling the velcro tags from your kit and stopping you scoring. It’s great fun!

Too tiring? What about playing Frisbee? The rules say you can’t run when you’ve got it in your hands – so plenty of time to have a break!

Too boring? How about trying street dance? Impress your friends with new moves and grooves from the streets! It’s new and exciting and really tiring!

TRACK 37

Unit 9, exercise 5, page 55

Robin Hi, Jennie! What shall we do today?
Jennie I know! Why don’t we go swimming?
Robin I don’t mind swimming, but it’s not very exciting. How about going rollerblading? I love rollerblading!
Jennie Oh! I don’t like it at all. It’s boring! But I love playing tennis.
Robin Do you? I hate it! What about going horse riding?
Jennie Oh no! I hate horse riding. It’s too dangerous!
Robin So what can we do?
Jennie How about playing basketball? We both like it.
Robin Ok, let’s go!

TRACK 38

Unit 9, exercise 1, page 58

- Interviewer** Heptathlon comes from the Greek words for seven, '*hepta*', and contest, '*athlon*'. That is exactly what young Tory Jones does. She competes in seven events in just two days! But does she like them all? Let's talk to her and find out...
- Tory** I really love running, so the 200 metre and the 800 metre races are great! Oh, and I like the 100 metre hurdles too – because it's still running but with the exciting addition of things to jump over! I don't mind doing the long jump, but the high jump is really scary because I'm quite short! I don't really like the javelin because it's really difficult to concentrate on running and throwing at the same time. Oh, and I hate the shot put, because I don't have very good aim, so it's a bit dangerous for everybody around when I throw it!
- Interviewer** Why does she prefer competing in the heptathlon rather than in individual events?
- Tory** Well, for a start it's never boring... And I like visiting other countries when I'm competing. I also love feeling really fit all the time and I hate it when I've got nothing to do. I never ask questions like "What shall we do this weekend?" because there's always plenty of training to do! It's brilliant!