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<td>The Problem with Sugar</td>
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<td>Back to Nature / Juan Martinez</td>
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<tr>
<td>The Happiest Places on Earth / San Luis Obispo, U.S.A.</td>
</tr>
<tr>
<td>Solving Problems, Saving Animals</td>
</tr>
</tbody>
</table>
Warm Up

Answer these questions with a partner.

1. Would you like to eat the food in the photo?
2. What is your favorite food?
3. Which country’s food do you like most?
LISTENING

A. Label the map. Where do you think the food on the next page comes from? Match the food (1 to 4) to the places.

B. Listen and check. Were your answers correct?

C. Listen for details. How does each food taste? Guess. Then circle the words you hear.

1. The banh mi sandwiches taste spicy / sweet.
2. The grasshoppers taste crunchy and salty / sweet and spicy.
3. The tea is really salty / refreshing.
4. The ceviche tastes delicious / gross.

D. Talk with a partner. Which one would you like to try?

CONVERSATION

A. Listen to the conversation.

A: What’s your favorite street food?
B: I like banh mi. It’s from Vietnam.
A: What is it?
B: It’s a sandwich made with meat and vegetables.
A: What does it taste like?
B: It’s spicy and yummy.

B. Practice with a partner. Use the words on the right.

C. Practice again. Talk about foods you like.
Street Food

1. banh mi sandwiches
2. grasshoppers
3. mint tea
4. ceviche

Ingredients:
- meat
- vegetables
- mint
- lime
- raw fish
Worldwide, children and adults today are eating and drinking more sugar than ever before. One of the main ways people consume sugar is by drinking soda. Some cans of soda contain more than ten cubes of sugar. As the chart shows, many people have one or two cans of soda every day.

Drinking soda is only one way that people consume sugar. Too much sugar is bad for your teeth and can cause other health problems. A recent study shows that eating too much sugar can also be bad for your memory.

The mayor of New York City, Michael Bloomberg, wants to make people drink less soda. He wants to introduce a new law. It says that stores and restaurants in the city can’t sell sodas in a cup larger than 16 ounces (about 0.5 liters). Some people like this law. They think it will make people drink less soda. However, some people disagree. They think people should be able to eat and drink whatever they want.

C. Reading comprehension. Are the statements below true or false?

<table>
<thead>
<tr>
<th>True</th>
<th>False</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Today, people are consuming less sugar than they used to.</td>
<td></td>
</tr>
<tr>
<td>2. Too much sugar can be bad for your memory.</td>
<td></td>
</tr>
<tr>
<td>3. A new law in New York City says that only sugar-free soda can be sold.</td>
<td></td>
</tr>
</tbody>
</table>
D. Think about it. Here are some other food laws. Some are real and some are fake. Which ones do you think are real? Write real or fake.

<table>
<thead>
<tr>
<th>Country</th>
<th>Law</th>
<th>Real?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canada</td>
<td>Stores can’t sell alcohol to a pregnant woman.</td>
<td></td>
</tr>
<tr>
<td>Chile</td>
<td>Fast food restaurants can’t sell “kids’ meals” with a toy inside.</td>
<td></td>
</tr>
<tr>
<td>Malaysia</td>
<td>Stores can only sell organic vegetables.</td>
<td></td>
</tr>
<tr>
<td>Wales</td>
<td>Vending machines in hospitals can’t sell sugary snacks and drinks.</td>
<td></td>
</tr>
</tbody>
</table>

LISTENING

A. Listen for the main idea. Steve and Gina are at school. What are they talking about?
   a. the price of soda        b. a new teacher        c. new food in the cafeteria

B. Listen for details. Listen to the rest of the conversation. Choose the correct answer.

1. Which sentence about Gina and Steve’s school is correct?
   a. You can buy only healthy soda.
   b. All sodas at the school cost more now.
   c. The school has stopped selling soda completely.

2. Why is the school doing this?
   a. The school wants students to save money.
   b. The school wants to make more money.
   c. The school wants students to drink less soda.

3. What does Gina say about France?
   a. There is a tax on soda there.
   b. Soda is healthier there.
   c. Schools can’t sell soda there.

DISCUSSION

Saying you agree or disagree. What do you think of the laws at the top of the page? Use the language below to give your opinion.

I think this is a good idea.

I agree. I think it will make people eat more healthily.

I disagree. In my opinion, people should eat and drink anything they want.
**Before you watch**

**About the video.** Greve is a small city in Italy. It’s in an area that is famous for its local food. The mayors of Greve and three other Italian cities started a group called the Slow Cities League. They are part of the Slow Food movement, which has thousands of members worldwide.

**Talk with a partner.** Look at the pictures. Discuss these questions.

1. What food can you see in the pictures?
2. What is fast food? Do you eat fast food?
3. The video is called *Slow Food*. What do you think slow food is?

**While you watch**

**Watch and check.** Check (√) the expressions that describe life in Greve and the Slow Food movement.

- □ local ingredients
- □ making food the traditional way
- □ moving into the fast lane
- □ finding the same food everywhere
- □ taking your time
- □ respecting the specialness of every food
AFTER YOU WATCH

A. **What do you remember?** Are the statements below true or false?

<table>
<thead>
<tr>
<th></th>
<th>True</th>
<th>False</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. The Slow Food movement started in America.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. The goals of the Slow Food movement are about more than food.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. The Slow Food movement has more than 100,000 members.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. People in Greve still make cheese by hand these days.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

B. **Work with a partner.** Choose three special kinds of food from your city or country. Complete the chart.

<table>
<thead>
<tr>
<th>Food</th>
<th>What is it?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. takoyaki (from Japan)</td>
<td>balls made from octopus</td>
</tr>
<tr>
<td>2.</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td></td>
</tr>
</tbody>
</table>

C. **Join another pair.** Compare your charts. Explain why the foods you chose are special.

I think takoyaki is special. It’s a delicious snack made from octopus and flour, with sauce on it. It’s a great snack.
Plan a Restaurant

You are starting a new restaurant, but you need people to give you money to start it.

A. Plan your restaurant. Work with a partner. Answer these questions. See page 111 for examples, or use ideas of your own.
   1. Where is the restaurant?
   2. What kind of food do you sell? Give some examples.
   3. What is interesting or special about your restaurant?

B. Make a poster. With your partner, make a poster to show your restaurant ideas.

C. Present your restaurant to another pair, using your poster. Then listen and take notes on their restaurant. Ask questions. Then find another pair to talk to.

D. Review your notes with your partner. Imagine you are giving money to a new restaurant. In your opinion, which restaurant is the best? Why?

E. Tell the class your answer. The restaurant with the most votes wins.

Do an online search for "types of restaurants" to learn about different places to eat. Use this information to help you create your own restaurant.
Festivals

Masked dancers at the Black-necked Crane Festival in Bhutan

WARM UP

Answer these questions with a partner.

1. What can you see in the picture?
2. Which festivals are popular in your country?
3. Which festivals have you been to?
LISTENING

A. Listen and circle the answers.

The Mud Festival is held in South Korea / Japan in June / July. Tomatina, the tomato festival, is held every August / October in Spain / Mexico. Both festivals are held in spring / summer.

B. Listen for details. Listen to the rest of the interview. Which festival(s) do the sentences below describe?

<table>
<thead>
<tr>
<th></th>
<th>The Mud Festival</th>
<th>Tomatina</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>It takes place near a beach.</td>
<td>_______</td>
</tr>
<tr>
<td>2.</td>
<td>People go there from all over the world.</td>
<td>_______</td>
</tr>
<tr>
<td>3.</td>
<td>There are fireworks.</td>
<td>_______</td>
</tr>
<tr>
<td>4.</td>
<td>There is a cooking contest.</td>
<td>_______</td>
</tr>
<tr>
<td>5.</td>
<td>There is a parade.</td>
<td>_______</td>
</tr>
<tr>
<td>6.</td>
<td>You can go swimming.</td>
<td>_______</td>
</tr>
</tbody>
</table>

C. Discuss with a partner. Which festival would you like to go to? Why?

I’d like to go to Tomatina. It looks really fun. Yeah! But it looks really messy!
**CONVERSATION**

A. Listen to the conversation.

A: Which festival do you like?

B: I like **Tomatina**. It's a festival in **Spain**.

A: Really? When is it?

B: It's a **summer** festival. It's held in **August**.

A: Yeah? What happens there?

B: **People throw tomatoes at each other.**

---

B. Practice with a partner. Use the words on the right.

C. Practice again. Talk about festivals you know.
**READING**

A. **Prediction.** You are going to read about a festival in the Sahara desert. Which of these do you think you can do at the festival?

- [ ] watch music performances
- [ ] stay in a hotel
- [ ] see a camel race

B. **Read the poster on page 23.** Check your ideas in A. Then complete the table.

<table>
<thead>
<tr>
<th>When is it?</th>
<th>What can you do there?</th>
<th>What should you bring?</th>
<th>How do you get there?</th>
</tr>
</thead>
<tbody>
<tr>
<td>January or February</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Where is it?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>the Sahara desert</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

C. **Which festival is most interesting?** Rank the three festivals below from 1 to 3. Share your list with a partner.

1. _____ the Festival in the Desert
2. _____ the Mud Festival
3. _____ Tomatina

**LISTENING**

A. **Listen for details.** Listen to three cell phone messages. Then listen to the three responses. Circle the correct information in each sentence.

1. Maria calls Aya because she wants to **go to a festival / do a project on a festival.**
2. Manny calls Erik because he wants to **drive / take the bus** to the North Beach Festival.
3. Lisa calls Kira because she wants to **meet at / leave for** the Outside Lands Music Festival at 12:30.

B. **Listen for gist.** Now listen to the three responses. Do the speakers say yes or no to each suggestion?

1. yes / no
2. yes / no
3. yes / no

**DISCUSSION**

**Making and responding to suggestions.** You and a partner are going to the Festival in the Desert. Make suggestions for what to do, and listen to your partner’s suggestions.

**Student A:** Use the language below. **Student B:** Turn to page 112.

- [ ] Let’s buy a tent to take with us.
- [ ] I like that idea. Let’s do it.
- [ ] No, why don’t we sleep in the car instead?
FESTIVAL IN THE DESERT

READ: A. Prediction. You are going to read about a festival in the Sahara desert. Which of these do you think you can do at the festival?

- watch music performances
- stay in a hotel
- see a camel race

B. Read the poster on page 23. Check your ideas in A. Then complete the table.

C. Which festival is most interesting? Rank the three festivals below from 1 to 3. Share your list with a partner.

- The Festival in the Desert
- The Mud Festival
- Tomatina

LISTEN FOR DETAILS. Listen to three cell phone messages. Then listen to the three responses. Circle the correct information in each sentence.

1. Maria calls Aya because she wants to go to a festival / do a project on a festival.

2. Manny calls Erik because he wants to drive / take the bus to the North Beach Festival.

3. Lisa calls Kira because she wants to meet at / leave for the Outside Lands Music Festival at 12:30.

LISTEN FOR GIST. Now listen to the three responses. Do the speakers say yes or no to each suggestion?

1. yes / no

2. yes / no

3. yes / no

DISCUSS Making and responding to suggestions. You and a partner are going to the Festival in the Desert. Make suggestions for what to do, and listen to your partner’s suggestions.

DON’T MISS
During the day
- the camel races (The fastest and most beautiful win.)
- sword fighting and other contests
- the arts shows and presentations by local people
At night
- performances by local and global musicians

GETTING THERE
You’ll need a truck or camel to get to the festival. It’s about two hours from the town of Timbuktu, Mali. It is also a good idea to use a local guide. This person can drive to the festival and help you during your stay.

GENERAL INFORMATION
For three days every January or February, people of the Sahara desert come together for this festival of traditional culture. They meet and celebrate with song, dance, poetry, and other cultural traditions.

WHAT TO BRING
There are no hotels, so you’ll need a sleeping bag, tent, food, and water. It is very hot in the daytime so bring lightweight clothes. However, it can be cold at night, so bring a sweater or warm jacket for the evening.
The Festival of Lights

Diwali celebrations in Leicester, England, are the biggest outside India.

BEFORE YOU WATCH

About the video. The video shows a traditional Indian celebration. Diwali, known as the “festival of lights,” is a five-day festival that falls sometime between mid-October and mid-November. It is one of the most important festivals of the year in India, and is also held in other Indian communities around the world.

Make predictions. Look at the pictures. What do you think people do during Diwali?

- visit a temple
- buy flowers
- watch fireworks
- join a cooking contest
- buy new clothes
- light candles
- draw pictures with sand
- see a parade
- go to the beach
- look at beautiful lights

WHILE YOU WATCH

Check your answers. As you watch, check your answers to the question above.
A. What do you remember? Are the statements below true or false?

<table>
<thead>
<tr>
<th></th>
<th>True</th>
<th>False</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Afternoon is the best time to visit the flower market.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Rangoli are usually pictures of flowers.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. People share food with their neighbors.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Shops are closed during Diwali.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

B. Think of a festival you know. Complete the table below.

<table>
<thead>
<tr>
<th>Name of festival</th>
<th>When is it?</th>
<th>What happens?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

C. Talk with a partner. Tell a partner about your festival.
Organize a Festival
You are going to make an advertisement to tell people about a festival.

A. Plan a festival. Work with a partner to complete the table. See page 112 for ideas.

<table>
<thead>
<tr>
<th>What kind of festival?</th>
<th>Where and when?</th>
<th>What can people do?</th>
</tr>
</thead>
<tbody>
<tr>
<td>e.g., a music festival</td>
<td>e.g., the beach</td>
<td>e.g., listen to bands</td>
</tr>
</tbody>
</table>

B. Create an advertisement to tell people about your festival.

C. Present your festival to another pair. Then listen and take notes on theirs. Ask questions. Switch pairs. Learn about all the festivals in your class.

D. Choose one festival you like the most. Suggest going to it to your partner.
THINK ABOUT THE PHOTO

Examine the photo. Look at the photo on the next page. Check (✓) all of the things below that you can find. Add a few words of your own to the list.

☐ food vendors  ☐ bananas  ☐ baskets  ☐ umbrellas
☐ shoppers  ☐ wires  __________  __________  __________

DISCUSSION

A. Look and guess. Look at the photo again.
   Student A: Find something or someone in the photo and describe it to your partner.
   Student B: Find the thing or person your partner is describing.

   There is a woman. She has a purple skirt.
   Is this her?
   No, it isn’t. She’s near a black umbrella.
   OK. Is this her?
   Yes, it is.

B. Discuss with a partner. Imagine you are shopping at the open air market. Talk about what you would like to buy.

   A:  Hey, let’s buy some bananas from this vendor over here.
   B:  OK, good idea.
   A:  What’s that over there?
   B:  I think they are melons!
   A:  What do they taste like?
   B:  They’re sweet.

CAPTION COMPETITION

Look at this woman from the photo. What do you think she is thinking? Tell a partner.
An open air market in Indonesia sells vegetables and items for the home.
A. Complete the sentences. Match each half to complete the sentences.

1. This Indian curry   
   a. use a local guide.
2. A vending machine   
   b. is held in February.
3. People at the mud festival   
   c. is tasty but very spicy.
4. Sapporo snow festival   
   d. get really messy.
5. At the Festival in the Desert,   
   e. sells snacks and drinks.
   it’s a good idea to

B. Do you agree or disagree with these statements? Discuss your answers with a partner.

<table>
<thead>
<tr>
<th></th>
<th>Agree</th>
<th>Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tea is a really refreshing drink.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>People should drink less soda.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fast food is more delicious than slow food.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Korean mud festival looks fun.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Festival in the Desert is interesting.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

C. Complete these statements with your own ideas. Then share your ideas with a partner.

1. ________________ is / are salty.
2. ________________ is / are gross.
3. ________________ is / are spicy.
4. ________________ takes place in the fall.
5. ________________ is held in July.

D. Practice the conversation. Complete the conversation with the missing words. Then practice with a partner. Then have a conversation about a food you know.

John: Hey! What's your favorite ________________ food?
Sue: Well, I love souvlaki. It's ________________ Greece.
John: What is it?
Sue: It's small pieces of ________________ and vegetables served on bread.
John: What does it ________________ like?
Sue: It's delicious. In fact, you can buy one from that vendor over there.
John: ________________ get one.
EXPANSION ACTIVITY: Talking about Restaurants

Kinds of food
fast food, international food, slow food (local or traditional food), healthy snacks, tasty desserts

Location (Where is it?)
in a nice neighborhood, in a hotel, near the beach, in a food court, at a night market, in a park, near a bus or train station, in a theater or club

Why is it special?
It serves seafood from Hokkaido.; It has live music.; Its ice cream is made fresh every day.; The waiters are robots.; Everything costs $2 or less.

TARGET VOCABULARY

Lesson A

crunchy Food that is crunchy is nicely hard and makes a noise when you eat it.
refreshing A refreshing drink makes you feel cool when you are hot, or energetic when you are tired.
salty Something that is salty tastes like salt.
spicy Spicy food is strongly flavored with spices, for example, a curry.
sweet Sweet food and drink contains a lot of sugar.

Lesson B
affect If something affects another thing, it makes it change in some way.
consume If you consume something, you eat or drink it.
diet Your diet is the kind of food you usually eat.
healthy Something that is healthy is good for your body.
memory Your memory is your ability to remember things.

Other useful words from the unit
alcohol snack fast/instant/natural food organic
tax vegetarian vending machine

IMPORTANT LANGUAGE

<table>
<thead>
<tr>
<th>Saying you like or don’t like a food</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Smiley] It’s delicious / It’s tasty / It’s yummy.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Saying you agree or disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I think pizza is the best snack.</td>
</tr>
<tr>
<td>I disagree. In my opinion, salad is much tastier.</td>
</tr>
</tbody>
</table>
DISCUSSION

Make and respond to suggestions. You and a partner are going to the Festival in the Desert. Make suggestions for what to do, and listen to your partner’s suggestions. Student B: Use the language below.

How about finding a local guide to take us there? Yeah, that’s a good idea.

No, let’s join another group of tourists and go with them instead.

EXPANSION ACTIVITY: Talking about Festivals

Kinds of festivals
a back-to-school festival, an art and music festival, a food festival, a shopping festival, a science fair, a career fair (to help students get jobs), a sports festival, a holiday festival (e.g., to celebrate Halloween, spring, etc.), a student film festival

Reasons for festivals
to welcome new students, to learn about foods of the world, to celebrate the start of spring

Festival activities
parades, contests, fireworks, games, a dance, music, guest speakers, items for sale

TARGET VOCABULARY

Lesson A
A contest is a competition or game.
An event is something that happens, especially something that is planned and organized.
Fireworks are things that burn brightly in a beautiful way and make noise. They are used at festivals or at special events.
A parade is a line of people or vehicles that moves slowly through an area to celebrate a special event.

Lesson B
If you celebrate something, you do something fun because of a special occasion.
A local person lives in the area you are talking about.
A guide is someone who shows tourists around a place.
In a performance, a musician or actor sings, dances, or acts in front of other people.
### Making and responding to suggestions

<table>
<thead>
<tr>
<th>Making suggestions</th>
<th>Responding to suggestions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Let’s . . .</td>
<td>ride our bikes to the festival.</td>
</tr>
<tr>
<td>Why don’t we . . .</td>
<td>ride our bikes to the festival?</td>
</tr>
<tr>
<td>How about . . .</td>
<td>riding our bikes to the festival?</td>
</tr>
<tr>
<td>What about . . .</td>
<td>(That) sounds good.</td>
</tr>
</tbody>
</table>

**Saying yes**
- Great idea! Let’s do it.
- I like that idea.
- (That) sounds good.

**Saying no and suggesting another idea**
- (Sorry) but I don’t have a bike.
- How about taking the bus instead?
- Or we could take the bus.

### PROJECT

Make an online ad for the festival you talked about in the Expansion Activity. Use photos, music, and/or video in your presentation. Put the ad on an online video hosting site or show it to your class.