

译林牛津版初中英语七年级英语上册电子课本（2013年最新版）

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义务教育教科书

英语

English

七年级上册

 译林出版社

义务教育教科书

Four yellow stars are scattered around the Chinese characters: one to the left, one to the right, one below the '英' character, and one below the '语' character.

英语

English

七年级上册

译林出版社

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致同学

欢迎来到我们的英语学习乐园。这里有新鲜、丰富的话题，纯正、规范的语言，有趣、多样的练习。这是教材，但又不仅仅是教材。

在这里，你将通过体验、实践、参与、探究与合作，学会如何用英语与他人交流，如何表达自己的思想。在这里，别样的风土人情、多元的学习方式，将会给你一个开放的思维空间。

这是埃迪 (Eddie) ，这是霍波 (Hobo) ，他俩将伴随你一起走过三年的学习时光。本学期我们共学习八个单元。在每单元开篇的卡通画 (Comic strip) 中，风趣的漫画、简洁的对白，带你轻松地进入单元的学习。接下来的导入 (Welcome to the unit)，一组图片、一段对话，激活你关于单元话题已有的知识和经验。阅读 (Reading) 是我们的重点学习板块。本学期，介绍自己和朋友，说说喜欢的体育运动，描述学校及学校生活，从节日庆祝到生活方式，从逛街购物到衣着服饰，这里的每一个话题都贴近你的生活，一定会让你喜欢。接下来，语法板块 (Grammar) 梳理本单元出现的重点语言现象，帮助你更好地掌握语言规则。综合技能 (Integrated skills) 中的听、说、读、写训练，着重培养你的综合语言运用能力。为了帮助你更有效地学习，学习技能 (Study skills) 板块介绍一些具体的学习方法，本册关于语音、语调的知识，有助于你准确地拼读、记忆单词，了解语音、语调的变化，使你能更好地理解 and 表达观点。学完一个单元，你一定也想就这个话题动手写一写。任务板块 (Task) 引导你整理思路、组织语言，再落笔成文。最后，通过自我评价 (Self-assessment)，你将体验收获的快乐。如果你还愿意接受更高的挑战，每个模块 (四个单元) 之后的课题 (Project)，可以让你大显身手。

现在，请放松心情，和我们一起走进这个乐园吧。祝你学习愉快！

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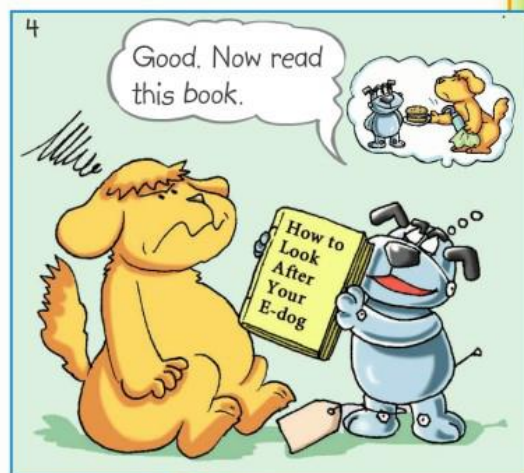
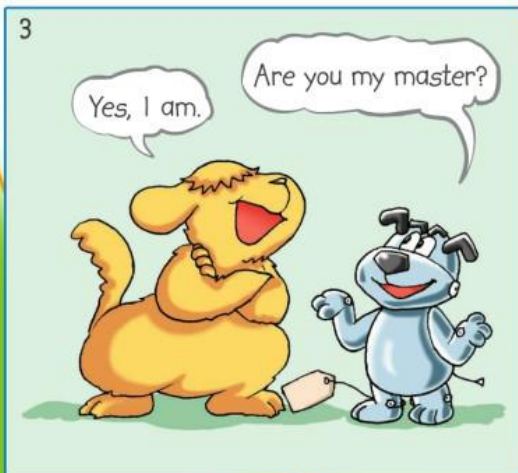
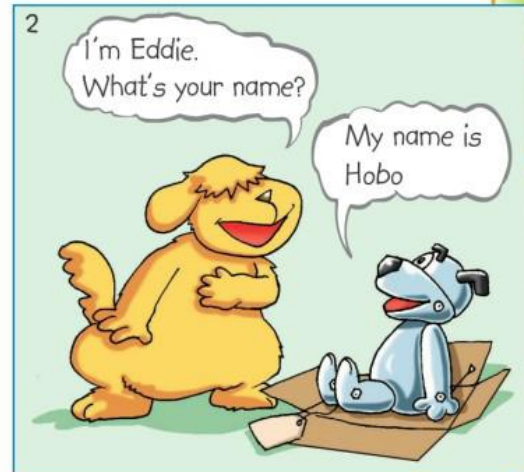
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Unit 1

This is me!



New school, new friends

Let's get to know the new students on their first day at Sunshine Middle School.

Task

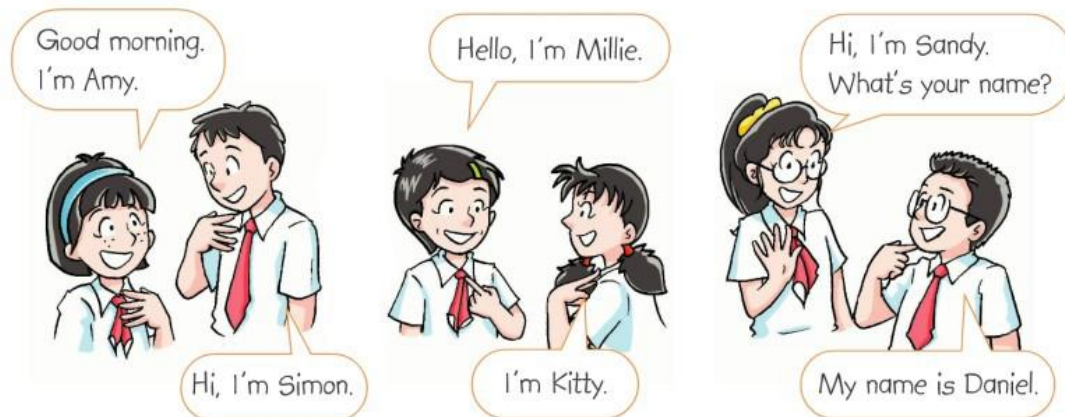
Write about yourself.



Welcome to the unit

Greetings

A The new students in Class 1, Grade 7 at Sunshine Middle School are greeting each other. Read what they say.



B What greetings do you often use at the following times? Write the correct sentence under each picture.

	Good morning.	Good afternoon.	Good evening.
1		2	3
	_____	_____	_____



C Millie is greeting Sandy. Work in pairs. Greet your partner and then introduce yourself. Use the conversation below as a model.





Reading

A Welcome to Class 1, Grade 7!



▶ Millie, Simon, Sandy and Daniel are new students at Sunshine Middle School. Let's meet them.

Welcome to Class 1, Grade 7!

Hi! I'm Millie, a new student at Sunshine Middle School. I'm 12 years old. I have short hair. I love reading. Now let's meet my new classmates.



Millie



Simon

5 Hello! My name is Simon. I'm tall. I like sports. I often play football after school.

Sandy

This is Sandy.
10 She is tall and slim. Her hair is long. She likes music.



Daniel

This is Daniel.
He is from Nanjing.
15 He is short. He is good at Maths.



B New students

B1 Help Mr Wu, the English teacher, match the new students with the correct information.



Millie



Simon



Daniel



Sandy



B2 Look at Mr Wu's notes below. Write a **T** if a sentence is true or an **F** if it is false.

- 1 Millie is 11 years old. _____
- 2 Millie has short hair. _____
- 3 Simon is not tall. _____
- 4 Simon likes sports. _____
- 5 Sandy is short. _____
- 6 Sandy does not have long hair. _____
- 7 Daniel is tall. _____
- 8 Daniel is from Nanjing. _____

B3 Mr Wu is writing about his new students. Help him complete his sentences.



Simon is ⁽¹⁾ _____. He often plays ⁽²⁾ _____ after school. Sandy is tall and slim. She has ⁽³⁾ _____ hair. She likes ⁽⁴⁾ _____. Millie's hair is ⁽⁵⁾ _____. She loves ⁽⁶⁾ _____. Daniel is from ⁽⁷⁾ _____. He is good at ⁽⁸⁾ _____.

C About yourself

B3 Complete the sentences about yourself.

- 1 My name is _____.
- 2 I am a new student at _____.
- 3 I am _____ years old.
- 4 I am from _____.
- 5 I am _____.
- 6 I have _____ hair.
- 7 I love _____.
- 8 I am good at _____.



Simple present tense of the verb **to be**

We use the simple present tense to talk about facts and states.

 <p>I am a student.</p>	 <p>Sandy is my classmate.</p>	 <p>We are in Class 1.</p>
---	--	--

We make positive and negative sentences using the verb **to be** in the simple present tense like this:

TIP
 I am = I'm
 You are = You're
 We are = We're
 They are = They're
 He is = He's
 She is = She's
 It is = It's

I	am	happy.
You/We/They	are	
He/She/It	is	

I	am not	happy.
You/We/They	are not	
He/She/It	is not	

We ask and answer questions using the verb **to be** in the simple present tense like this:

Am	I	happy?
Are	you/we/they	
Is	he/she/it	

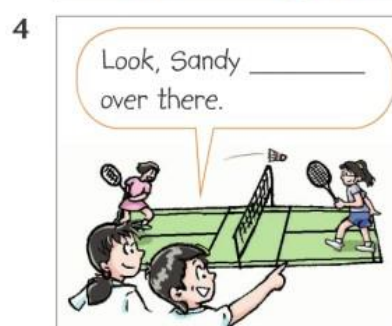
TIP
 are not = aren't
 is not = isn't

Yes,	I	am.
	you/we/they	are.
	he/she/it	is.

No,	I	am not.
	you/we/they	are not.
	he/she/it	is not.

Millie and her new school

A Millie has some pictures of her new classmates and her teacher. Complete what they are saying with the correct forms of the verb **to be**.



B Millie is talking to her new friends. Complete their conversation with the correct forms of the verb **to be**.

Millie: Hi, Sandy. Our school ⁽¹⁾ _____ big.

Sandy: Yes, it ⁽²⁾ _____. The classrooms ⁽³⁾ _____ big too.

Simon: Our teachers ⁽⁴⁾ _____ nice. Mr Wu ⁽⁵⁾ _____ a good teacher.

Sandy: ⁽⁶⁾ _____ he our Chinese teacher?

Millie: No, he ⁽⁷⁾ _____. He ⁽⁸⁾ _____ our English teacher.

Simon: ⁽⁹⁾ _____ you good at English, Sandy?

Sandy: No, I ⁽¹⁰⁾ _____.





Integrated skills

A Meeting my new friends

A1 Millie is telling her mother about her classmates Kitty and Amy. Look at the profiles below. Help Millie circle the correct answers in the table.

This is Kitty.
Her hair is long.
She loves dancing.



This is Amy.
She has short hair.
She is good at swimming.



	Kitty	Amy
Age	11/12	11/12
Hair	short/long	short/long
Looks	small/cute	small/cute
Hobby	swimming/dancing	swimming/dancing



A2 Listen to their conversation and help Millie complete the rest of the table above.



A3 Help Millie complete her notes about her new friends. Then listen to the conversation again and check your answers.

I am at a new school now. I have some new friends. Kitty is ⁽¹⁾ _____. She is ⁽²⁾ _____ years old. Her hair is ⁽³⁾ _____. She loves ⁽⁴⁾ _____. Amy is ⁽⁵⁾ _____. She is ⁽⁶⁾ _____ years old. Her hair is ⁽⁷⁾ _____. She is good at ⁽⁸⁾ _____. I love my new classmates.

Notes

B Speak up: Glad to meet you.



Millie and her cousin Andy are greeting Kitty at school. Work in groups of three and greet each other. Use the conversation below as a model.



Kitty: Hi, Millie.
Millie: Hi, Kitty. This is my cousin Andy. Andy, this is my new classmate Kitty.
Andy: Glad to meet you.
Kitty: Glad to meet you, Andy. Are you in Grade 7 too?
Andy: No, I'm in Grade 8.
Kitty: Oh, I see.
Andy: Our school is nice.
Kitty: Yes, it is. I like it.



Vowels (I)



Read the following words. Pay attention to the sounds of the letters **a**, **e**, **i**, **o** and **u**. They are the same as the sounds of the five letters.

TIP Turn to pages 106 and 107 for more English sounds.

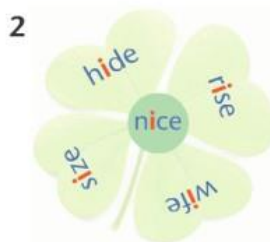
cake	face	game	lake	name	→	/eɪ/
be	he	me	we	these	→	/i:/
bike	fine	kite	rice	time	→	/aɪ/
go	home	no	nose	so	→	/əʊ/
computer	cute	music	pupil	use	→	/ju:/

A Read the words below. Then put them in the correct sound groups.

grade he hello like make me music those use white



B Look at the groups of words. Try to read the new words according to the sound of the word in the centre in each group.



C Read the following sentences. Pay attention to the sounds of the letters in bold.

- 1 Listen to the **music**. It's **nice**.
- 2 These **students** often fly **kites**.
- 3 Those **pupils** like playing **games**.
- 4 He likes the **cute** baby.
- 5 Sometimes we go **home** late.



Introduce yourself



A The students are introducing themselves. Read about Daniel.

Daniel

Hello, everyone! I am Daniel. I am 12. I come from Nanjing, but now I live with my family in Beijing.

I am not tall. My hair is very short, and I wear glasses.

I like all the lessons at Sunshine Middle School, and I am good at Maths.

I have some new friends at school. They are all very nice.



Useful expressions

My name is / I am

I am ... (years old).

I am/come from

I live with ... in

I am tall/short/pretty/small

My hair is long/short.

I have long/short hair.

I wear glasses.

I like/love

I am good at dancing/swimming

B First, fill in the table with your own information. Then, write about yourself. Introduce yourself to the class.

Name	_____
Age	_____
School	_____
Class & Grade	_____
I am from	_____
I live with	_____
I am	_____
I like/love	_____
I am good at	_____



Self-assessment

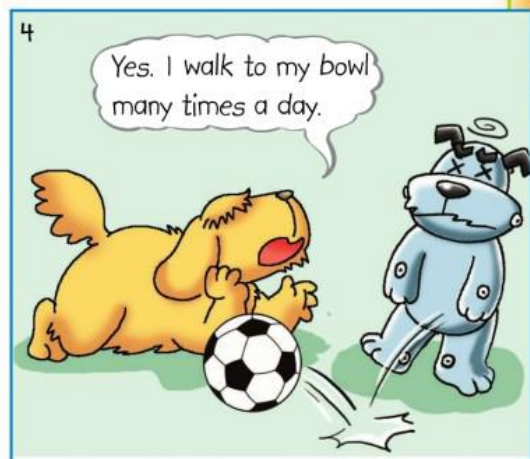
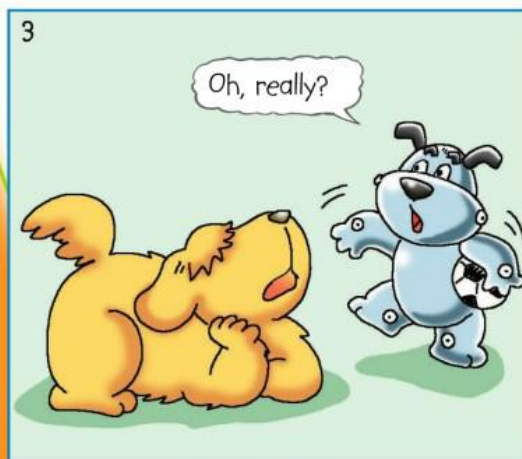
I can	Examples	Result
1 tell something about Millie and her classmates.		
2 use the new words to talk about people.		
3 use the correct forms of the verb to be to talk about myself and my friends.		
4 find more words with the sounds /eɪ/, /i:/, /aɪ/, /əʊ/ and /ju:/.		

Result: 😊 Wonderful! 😊 Good! 😊 Not bad!

I need to spend more time on _____.

Unit 2

Let's play sports!



Fun sports

The Class 1, Grade 7 students are writing about their favourite sports.

Task

Write about your favourite sport.



Welcome to the unit

Sports

A ▶ The students are talking about their favourite sports. Complete the sentences with the words in the box.

- | | | | |
|----------|----------|--------|------------|
| football | swimming | tennis | volleyball |
|----------|----------|--------|------------|

1 We like playing _____.



2 I'm good at playing _____.



3 I love playing _____.



4 I enjoy _____.



B ▶ Amy and Simon are talking about sports. Work in pairs and talk about your favourite sport. Use the conversation below as a model.

I like swimming. What's your favourite sport, Simon?

I like playing football.

Do you often play football?

Yes. I often play football after school. What about you?

I go swimming every week.





A My favourite football player



▶ Read Simon's article about his favourite football player, Li Hua.

Sports *My favourite football player*



I love sports, and I like football very much. Li Hua is my favourite football star.

Li Hua is 22 years old. He is a new member of Huanghe Football Club. He comes from
5 Guangdong, but now lives in Beijing. He looks strong and plays football very well. Many people like him.

Li Hua plays football every day. In his free time, he studies English. He also enjoys listening to music.
10 It makes him happy.

Li Hua wants to play in the next World Cup. I hope his dream comes true.



B Li Hua, the football player

B1 Millie wants to make a card about Li Hua. Where can she find the information? Help her write the correct paragraph numbers in the blanks.

Information	Paragraph
a What is Li Hua's dream?	_____
b Who is Li Hua?	_____
c Who is Simon's favourite football player?	_____
d What does Li Hua do in his free time?	_____

B2 Millie is asking Simon some questions about Li Hua. Help Simon answer her questions with the words on page 20.

Is Li Hua in any club?

How old is he?

How does he look?

Does he come from Beijing?

Does he play football well?

Yes. He's a ⁽¹⁾ _____ of Huanghe Football Club.

He's ⁽²⁾ _____ years old.

He looks ⁽³⁾ _____.

No, he doesn't. He ⁽⁴⁾ _____ Guangdong, but now ⁽⁵⁾ _____ Beijing.

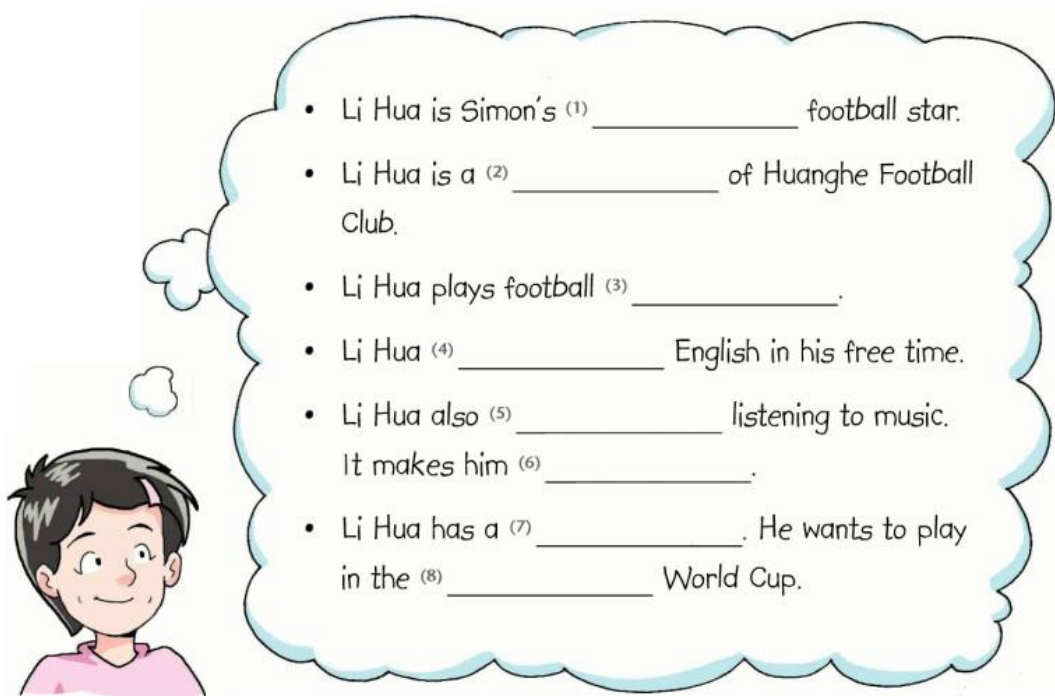
Yes, he does. Many people ⁽⁶⁾ _____ him.



B3 ▶ Here is Millie's card about Li Hua. Help her complete the information on it.

Name	(1) _____
Age	(2) _____
Club	(3) _____
Looks	(4) _____
Comes from	(5) _____
Lives in	(6) _____

B4 ▶ Millie has got more information about Li Hua. Help her complete the sentences below.



- Li Hua is Simon's (1) _____ football star.
- Li Hua is a (2) _____ of Huanghe Football Club.
- Li Hua plays football (3) _____.
- Li Hua (4) _____ English in his free time.
- Li Hua also (5) _____ listening to music. It makes him (6) _____.
- Li Hua has a (7) _____. He wants to play in the (8) _____ World Cup.



Grammar

Simple present tense of the verb *to do*

We use the simple present tense when we talk about:

TIP For the use of the verb **to be**, see page 11.

things that we often do



Millie **gets up** at 6:30 every morning.

things that are always true



Cats **eat** fish.

things that are true now



Simon **likes** playing football.

We make positive and negative sentences using the verb **to do** in the simple present tense like this:

TIP do not = don't
does not = doesn't

I/You/We/They	like	sports.	I/You/We/They	do not	like sports.
He/She/It	likes		He/She/It	does not	

We ask and answer questions using the verb **to do** in the simple present tense like this:

TIP We do not use **do/does** to form questions when the main verb of the sentence is **to be**.
She **is** a student.
→ **Is** she a student?

Do	I/you/we/they	like sports?	Yes,	I/you/we/they	do.
Does	he/she/it		he/she/it	does.	
			No,	I/you/we/they	do not.
				he/she/it	does not.

Remember that we add **-s** to the verb after **he**, **she** or **it**. However, there are some exceptions:

TIP We change **have** to **has** when it comes after **he**, **she** or **it**.
I **have** a ball.
She **has** a ball.

Most verbs	+ s	like → likes	play → plays
Verbs ending in a consonant + y	- y + ies	study → studies	fly → flies
Verbs ending in ch , sh , ss or x	+ es	watch → watches	wash → washes
		dress → dresses	fix → fixes
Some verbs ending in o	+ es	go → goes	do → does

TIP Turn to page 117 for the changes of pronunciation.

Millie and her classmates

A ▶ Millie is writing about herself and her classmates. Help her complete the sentences with the correct forms of the verbs in the box.

- 1 I _____ playing volleyball.
- 2 Kitty _____ very well.
- 3 Amy _____ swimming every week.
- 4 Simon often _____ football with his friends.
- 5 Daniel sometimes _____ ball games on TV.

dance
go
like
play
watch

B ▶ The students are writing their names under the activities they like in the table below. Complete the questions and then use the information to answer them.

 Listening to music	 Swimming	 Reading	 Walking	 Drawing
Simon Kitty Sandy	Amy Daniel	Amy Daniel Millie Sandy Simon	Amy Daniel Kitty Millie	Amy Millie Sandy

- 1 Do Sandy and Kitty enjoy listening to music? Yes, they do.
- 2 _____ Millie like swimming? _____
- 3 _____ Amy enjoy reading? _____
- 4 _____ Simon like walking? _____
- 5 _____ Simon and Daniel love drawing? _____

C ▶ Daniel and Simon are talking about their weekends. Complete their conversation with the correct forms of the verbs in brackets.

- Daniel:** Hi, Simon. ⁽¹⁾ _____ you _____ (play) football at weekends?
- Simon:** Of course. I often ⁽²⁾ _____ (play) football with my cousins.
- Daniel:** ⁽³⁾ _____ your parents _____ (go) with you?
- Simon:** No, they don't. But my dad sometimes ⁽⁴⁾ _____ (watch) our games. Sometimes he ⁽⁵⁾ _____ (read) at home. My mum often ⁽⁶⁾ _____ (shop) at weekends. What about you, Daniel?
- Daniel:** I often ⁽⁷⁾ _____ (stay) at home. Sometimes I ⁽⁸⁾ _____ (go) swimming with my dad.



Integrated skills

A What sport do you like?



A1 Mr Wu is asking his students about their favourite sports. Listen to the conversation and help Mr Wu write the correct letters in the boxes.



Millie



Simon



Kitty



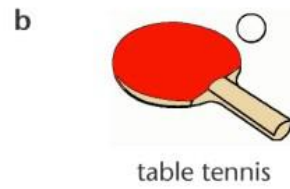
Amy



Sandy



Daniel





AZ Help Mr Wu complete his notes below with the information in Part A1. Then listen to the conversation again and check your answers.

Many of my students like sports. Amy likes ⁽¹⁾ _____ and she is good at it. Simon likes playing ⁽²⁾ _____ very much. Millie likes playing ⁽³⁾ _____. Sandy is tall, and she often plays ⁽⁴⁾ _____. Kitty often plays ⁽⁵⁾ _____. Daniel does not like sports very much, but he sometimes plays ⁽⁶⁾ _____.

Notes

B Speak up: What do you often do after school?



AZ Sandy and Millie are talking about what they often do after school. Work in pairs and talk about your after-school activities. Use the conversation below as a model.

Millie: Hi, Sandy. What do you often do after school?

Sandy: I often play basketball.

Millie: What else do you like to do?

Sandy: Sometimes I listen to music. I love music. It makes me feel great. What about you, Millie?

Millie: I often play volleyball with my friends, and I like reading too. I read a lot of interesting books.

Sandy: Me too. Reading is fun.





Vowels (II)



Read the following words. Pay attention to the sounds of the letters **a, e, i, o** and **u**. They are different from the sounds in Unit 1 and each sound is short.

TIP Turn to pages 106 and 107 for more English sounds.

cap	cat	dad	man	map	→	/æ/
desk	egg	pen	red	yes	→	/e/
big	city	him	sit	with	→	/ɪ/
box	dog	long	not	stop	→	/ɒ/
but	cup	duck	run	sun	→	/ʌ/



A Read the words below. Then put them under the correct sound groups.

clock club fun get happy listen bad often swim well

Diagram showing five empty boxes on a line, each with a colored clip and a vowel sound above it:

- Red clip: /æ/
- Green clip: /e/
- Blue clip: /ɪ/
- Pink clip: /ɒ/
- Orange clip: /ʌ/



B Look at the groups of words. Try to read the new words according to the sound of the first word in each group.

1	hand	2	help	3	film	4	hot	5	mum
	habit		lend		bill		job		gun
	lab		test		risk		top		just
	mad		wet		silk		rock		luck



C Read the phrases below. Pay attention to the different sounds of the letters in **bold**.

1 take this **bag**

2 these **eggs**

3 a nice **picture**

4 **open** the box

5 a music **club**



I love sports!



A ▶ Millie's classmate David is writing about his favourite sport. Read his article below.

My name is David. I love sports, and I like basketball very much.

I am a member of our school basketball team. I often play basketball with my friends after school. We often talk about basketball and watch basketball matches on TV.

Yao Ming is my favourite basketball player. He plays basketball very well. He is my hero!



Useful expressions

I love sports.

I like ... very much.

I enjoy

... is my favourite sport.

... is my favourite ... player/star.

I like walking/swimming

I like playing football/basketball/volleyball/tennis

I often play ... with

... make(s) me happy/feel great.

It is fun.

B What sport do you like to play? Answer the questions below. Then write about your favourite sport and tell your classmates about it.

My favourite sport	
What is your favourite sport?	
Who do you often play with?	
When and where do you often play?	
Do you often watch matches?	
Who is your favourite player?	



Self-assessment

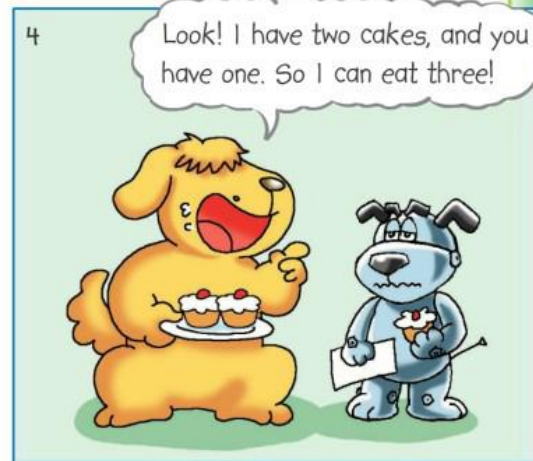
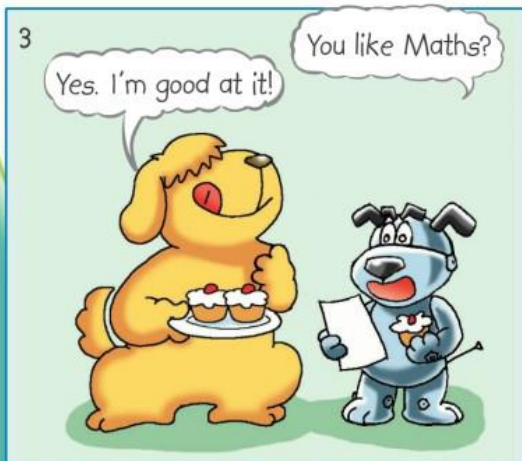
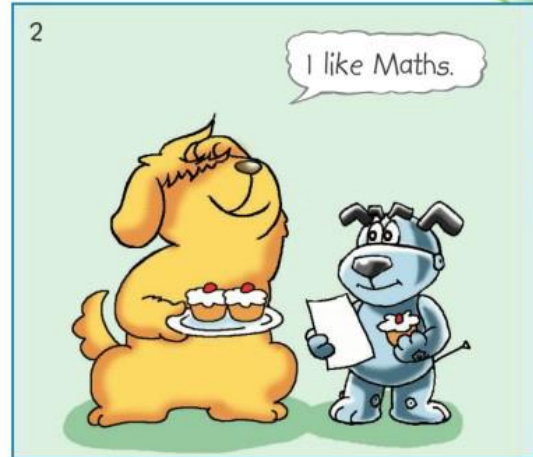
I can	Examples	Result
1 talk about Simon's favourite football player.		
2 use the new words to talk about a player.		
3 use the correct forms of the verb to do to talk about activities.		
4 find more words with the sounds /æ/, /e/, /ɪ/, /ɒ/ and /ʌ/.		

Result: 😊 Wonderful! 😊 Good! 😊 Not bad!

I need to spend more time on _____.

Unit 3

Welcome to our school!



Open Day

Millie tells her mother about Sunshine Middle School. She also learns about her penfriend's school.

Task

Tell your friends about your school.



Welcome to the unit

A Subjects

Do you know the name of each subject? Write the correct word under each picture.

Art

Biology

Chinese

English

Geography

History

Maths

Music

PE



B School Open Day



Millie wants her mother to come to Sunshine Middle School on the Open Day. Work in pairs and talk about the Open Day at your school.

Mum: What's the date today, Millie?

Millie: It's 9 October. Oh, tomorrow is our Open Day. Can you come, Mum?

Mum: Yes, I can. What time is it?

Millie: The parents' meeting begins at two o'clock in the afternoon. After that, parents watch two of our lessons.

Mum: OK. Let's meet at the school gate at 1:30.



A Welcome to our school!



Millie meets her mother at the school gate. She is ready to show her mother around. Read their conversation.

- Millie:** Hi, Mum.
- Mum:** Hi, dear. Your school looks beautiful. The playground is so big.
- Millie:** Yes, it is. Let me show you around. We're now in front of the classroom building. There are 18 classrooms in it. My classroom is on the ground floor.
- Mum:** The classrooms are clean and bright.
- Millie:** Yes, they are. This way, Mum. We also have an art room, a music room and two computer rooms.
- Mum:** That's wonderful. You have a library too, right?
- Millie:** Yes. That new building is our library.
- Mum:** It looks modern. What's the building over there?
- Millie:** It's the school hall. We have meetings there.
- Mum:** I see. Who's that man in a white shirt?
- Millie:** He's Mr Wu, our English teacher.
- Mum:** Oh, he looks young.
- Millie:** Yes, he does. Let's go to the hall, Mum.



B All about Sunshine Middle School

B1 Here are some pictures of different places at Millie's school. Help her write the correct words under the pictures.

classroom

hall

library

playground

1



2



3



4



B2 Here is some information about Sunshine Middle School. Tick (✓) the correct answers.


Sunshine Middle School

- | | | |
|---------------------|---|---|
| Playground: | <input type="checkbox"/> small | <input type="checkbox"/> big |
| Classroom building: | <input type="checkbox"/> 18 classrooms | <input type="checkbox"/> 80 classrooms |
| Classrooms: | <input type="checkbox"/> clean and bright | <input type="checkbox"/> big and modern |
| Art room(s): | <input type="checkbox"/> one | <input type="checkbox"/> two |
| Music room(s): | <input type="checkbox"/> one | <input type="checkbox"/> two |
| Computer room(s): | <input type="checkbox"/> one | <input type="checkbox"/> two |
| Library: | <input type="checkbox"/> new | <input type="checkbox"/> old |
| School hall: | <input type="checkbox"/> for meetings | <input type="checkbox"/> for classes |

B3 Read the information about Sunshine Middle School. Write a **T** if a sentence is true or an **F** if it is false.

- 1 Sunshine Middle School looks beautiful. _____
- 2 Millie and her mum are behind the classroom building. _____
- 3 Millie's classroom is on the ground floor. _____
- 4 They have a new library. _____
- 5 They have meetings in the library. _____
- 6 They do not have a school hall. _____
- 7 Mr Wu is in a white shirt on the Open Day. _____
- 8 Mr Wu is Millie's Chinese teacher. _____

B4 Millie wants to write about her school. Complete her diary entry with the information on page 32.



10 October

Dear Diary,

Today is our Open Day. Our parents come and visit our school on this day.

Our school looks ⁽¹⁾ _____. The ⁽²⁾ _____ is very big, and our classrooms are clean and ⁽³⁾ _____.

There are 18 classrooms in the classroom ⁽⁴⁾ _____, and my classroom is on the ⁽⁵⁾ _____ floor. We also have an ⁽⁶⁾ _____ room, a music room and two ⁽⁷⁾ _____ rooms.

Our library is new and ⁽⁸⁾ _____. There are lots of books. We often go there in the afternoon.

We also have a school ⁽⁹⁾ _____. We have meetings there.

Our school is really nice. We all love it.




A Personal pronouns (subject form)

We can use personal pronouns to replace nouns for people or things, so we do not need to repeat the nouns. We use the subject form when the noun is the subject.

	Subject form	Example
Singular	I	My name is Millie. I live in Beijing.
	you	Are you in Class 1, Grade 7, Andy?
	he/she/it	Simon loves football. He is in the football team. Kitty is cute. She loves dancing. This is our new library. It is big and modern.
Plural	we	I am Daniel and this is Amy. We are classmates.
	you	Do you know the teacher over there, Simon and Sandy?
	they	I have many new friends. They are all very nice.

My friends

 Millie and her mother are in the classroom now. Complete their conversation with the correct personal pronouns.

Millie: Mum, look at the pictures of my friends on the wall.

Mum: OK. Let me see. Is this Daniel?

Millie: Yes, it is. Daniel is clever. ⁽¹⁾ _____ is good at Maths.

Mum: Is that Simon, Millie?

Millie: Yes, Mum. Simon is tall. ⁽²⁾ _____ is in our school football team.

Mum: This is Kitty, I think.

Millie: No. This is Amy. ⁽³⁾ _____ has short hair. That's Kitty.
⁽⁴⁾ _____ has long hair.

Mum: Oh yes. ⁽⁵⁾ _____ are good friends, right?

Millie: Yes, Mum. ⁽⁶⁾ _____ are all very nice. ⁽⁷⁾ _____ love them.

B Personal pronouns (object form)


We can use personal pronouns to replace nouns for people or things. We use the object form when the noun is the object of a verb or preposition.

All **my friends** are really nice! I love **them**.

My school is beautiful. I like **it** very much.

	Singular					Plural		
Subject form	I	you	he	she	it	we	you	they
Object form	me	you	him	her	it	us	you	them

On the phone

 Daniel is talking to his grandfather on the phone. Complete their conversation with the correct personal pronouns.

I'm at a new school, Grandpa. Let me tell you about ⁽¹⁾ _____.

Mr Wu is our English teacher. We all like ⁽²⁾ _____.

I have some new friends. I like to play with ⁽³⁾ _____ after class.

I'm not good at English. Sometimes Millie helps ⁽⁴⁾ _____.

Is Grandma at home now? I want to say hello to ⁽⁵⁾ _____.



Pardon? Daniel, I can't hear ⁽⁶⁾ _____ well on the phone.

Integrated skills

A How do you get to school?



A1 Millie and her friends are talking about how they get to school every day. Listen to their conversation and match each girl with the way she goes to school.

1  Millie



2  Amy



3  Sandy



A2 Listen to the conversation again and complete the table below.

Name	How does she get to school?	How long does it take?
Millie		
Amy		
Sandy		



A3 Listen to the conversation once again. Help Millie complete her notes below.



It is a long way from my home to the school. I ⁽¹⁾ _____
to school every day. It takes me about ⁽²⁾ _____. I often
get up at ⁽³⁾ _____. My friend Amy lives near our school.
She ⁽⁴⁾ _____ to school every morning. It takes her
⁽⁵⁾ _____. She always gets to school ⁽⁶⁾ _____.
Sandy goes to school ⁽⁷⁾ _____. It takes her about
⁽⁸⁾ _____ to get to school.

B Speak up: Do you have a library?



A Amy's cousin Shirley wants to know more about Amy's school. Work in pairs and talk about your school. Use the conversation below as a model.

Shirley: Do you have a library, Amy?

Amy: Yes, we have a big library.

Shirley: Really? When is it open?

Amy: It's open from 8 a.m. to 5:30 p.m., but the reading room is only open in the afternoon.

Shirley: Do you often read there?

Amy: Sure. There are all kinds of books in our library.

Shirley: Do you borrow books from the library?

Amy: Yes. Look at this one. It's interesting!





Consonants (I)



Read the following words. Pay attention to the sounds of the consonants.

TIP Turn to pages 106 and 107 for more English sounds.

pen	happy	cap	→ /p/	man	animal	room	→ /m/
bed	about	club	→ /b/	night	know	run	→ /n/
tea	pretty	cat	→ /t/	drink	English	sing	→ /ŋ/
day	under	red	→ /d/	late	play	pencil	→ /l/
cup	kite	back	→ /k/	read	every	write	→ /r/
get	tiger	egg	→ /g/	year	yes	you	→ /j/
home	behind	who	→ /h/	week	well	which	→ /w/



A Read the words below. Pay attention to the different sounds of the letters in bold.

- | | | | | |
|--------|---------|--------|---------|----------|
| 1 big | 3 aunt | 5 nice | 7 class | 9 bring |
| pig | and | rice | glass | begin |
| 2 call | 4 light | 6 them | 8 thin | 10 clean |
| tall | night | then | sing | green |

B Fill in different letters to make up two words for each group.

- 1 ook ook 2 atch atch 3 foo foo
- 4 alk alk 5 ind ind



C Practise saying the following sentences. Pay attention to the sounds of the letters in bold.

- We can **sing** the English song.
- Look left, then right, then left when you **cross** the road.
- Bring me a **birthday** cake on your way **back**.
- Lucy likes the **number ninety-nine**.
- Peter **puts** his **pencils** and **pens** on the **book**.



Task

My school



A Liu Yi, Millie's penfriend, is at Hope Middle School. Read his letter below.

Dear Millie,

Thanks for your letter. I study at Hope Middle School now.

Our school is small. We only have a few classrooms. We do not have a library, but we have a reading room. Sometimes we read books there.

Our playground is in front of the classrooms. It is not very big. We often play there after class.

Our teachers are all very kind. We like them very much.

I live far away from the school. I go to school on foot every day. It takes me about an hour to get to school.

All the best,

Liu Yi



Useful expressions

I study at

There are ... classrooms in

We have/do not have a playground/a library/a hall

It is not ..., but

I live far away from/near the school.

I take a bus/walk to school.

I go to school by bike/by bus/on foot

It takes me ... to get to school.

B Think about your school and answer the following questions. Then write an article about your school.

- What school do you study at?
- How many classrooms are there at your school?
- Do you have a music room, an art room, or a computer room?
- Do you have a library or a reading room?
- Do you have a school hall?
- Is your playground big?
- How do you get to school?



Self-assessment

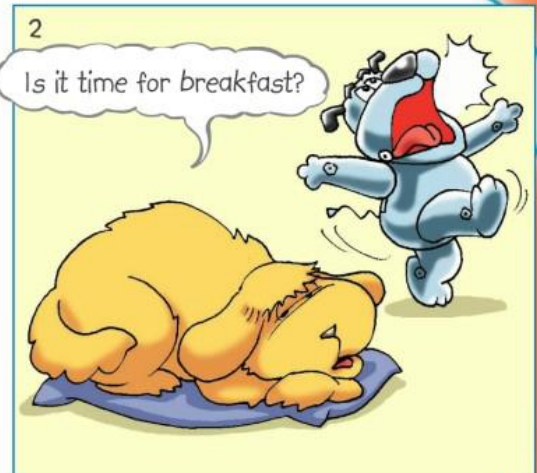
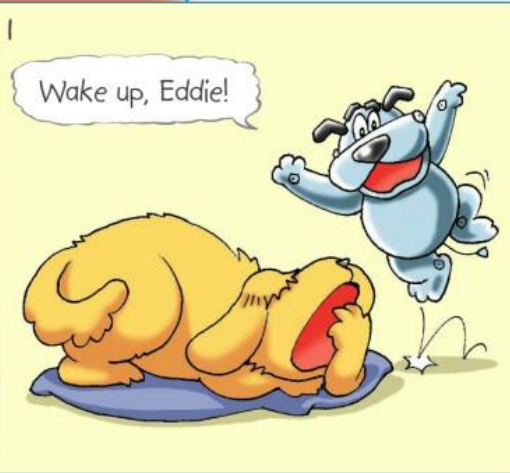
I can	Examples	Result
1 talk about Sunshine Middle School.		
2 use the new words to talk about my school.		
3 use the correct personal pronouns for people or things.		
4 find more words with the sounds /p/, /b/, /t/, /d/, /k/, /g/, /h/, /m/, /n/, /ŋ/, /l/, /r/, /j/ and /w/.		

Result: 😊 Wonderful! 😊 Good! 😊 Not bad!

I need to spend more time on _____.

Unit 4

My day



School life

Millie writes to her online friend about her school life. She also writes about her likes and dislikes at school.

Task

Tell your friends about your day at school and your likes and dislikes.



Welcome to the unit

A day at school

A Look at the table of Millie's day. Complete the table on the right with your own daily activities.

Millie's day		My day	
6:30 a.m.	Get up		
7:00 a.m.	Have breakfast		
7:20 a.m.	Go to school		
8:00 a.m.	Do morning exercises		
8:15 a.m.	Have lessons		
11:50 a.m.	Have lunch		
1:30 p.m.	Have lessons		
4:00 p.m.	Do after-school activities		
4:30 p.m.	Go home		
6:30 p.m.	Have dinner		
7:00 p.m.	Watch TV		
7:30 p.m.	Do homework		
9:30 p.m.	Go to bed		



B Millie is telling her aunt about her school life. Work in pairs and talk about your school life. Use the conversation below as a model.

Aunt: Millie, when do you go to school every day?

Millie: I usually go to school at 7:20. I'm never late for it.

Aunt: Good. What time do you start lessons?

Millie: At a quarter past eight.

Aunt: Do you enjoy school, Millie?

Millie: Yes. I enjoy it very much.




Millie often writes to her online friend Tommy. Here is one of her emails.

online friendship club

Send Quote Address Attach Options Spelling Save Security Stop

To: Tommy@net.co.uk
Subject: My new school



Dear Tommy,

Now I am a student at Sunshine Middle School. I love my school.

Our school starts at eight in the morning
5 from Monday to Friday. Usually we do morning exercises first. Our lessons begin at 8:15. My favourite subject is English. I am very good at it.


I have a lot of friends here. They are all nice to me. After class, we often chat with each other or play in the playground.

10 Sometimes my friends and I go to the library in the afternoon. We have a Reading Club. We often read books there on Tuesday and Thursday. I also like playing volleyball. I am in the school volleyball team. We practise after school
15 on Wednesday afternoon.

We always have a good time at school.






Best wishes,

Millie



B Millie's school days

B1 Tommy wants to know what Millie and her classmates do at school. Help him match each activity with the correct time.

- | | | |
|--|-------------------------------|------------------------------------|
| <p>• 1</p>  | <p>do morning exercises</p> | <p>• a after class</p> |
| <p>• 2</p>  | <p>start lessons</p> | <p>• b on Wednesday afternoon</p> |
| <p>• 3</p>  | <p>go to the Reading Club</p> | <p>• c at a quarter past eight</p> |
| <p>• 4</p>  | <p>play volleyball</p> | <p>• d at eight</p> |
| <p>• 5</p>  | <p>play in the playground</p> | <p>• e on Tuesday and Thursday</p> |

B2 Tommy takes notes about Millie's email. Write a **T** if a sentence is true or an **F** if it is false.

- | | |
|---|-------|
| 1 Millie likes her school very much. | _____ |
| 2 School starts at 8:15 at Millie's school. | _____ |
| 3 English is Millie's favourite subject. | _____ |
| 4 Millie seldom chats with her friends after class. | _____ |
| 5 Millie only goes to the Reading Club on Tuesday. | _____ |
| 6 Millie is a member of the school swimming team. | _____ |

B3 ▶ Tommy's friend Joan is asking Tommy about Millie's school day. Complete their conversation. Use the words and phrases in Millie's email on page 44.

Joan: I know your friend Millie is now at Sunshine Middle School. When does her school ⁽¹⁾ _____ in the morning?

Tommy: At eight. They do ⁽²⁾ _____ first. Their lessons ⁽³⁾ _____ at 8:15.

Joan: Does Millie like ⁽⁴⁾ _____?

Tommy: Yes, she does. She's good at it.

Joan: Does she have many friends at school?

Tommy: Yes. She has ⁽⁵⁾ _____ friends there. They often ⁽⁶⁾ _____ with each other or play in the playground after class.

Joan: Do they have a library?

Tommy: Yes, they do. They also have a ⁽⁷⁾ _____. They often read books there on ⁽⁸⁾ _____ and ⁽⁹⁾ _____.

Joan: Does Millie like sports?

Tommy: Yes. She likes playing volleyball. She's in the school ⁽¹⁰⁾ _____. They ⁽¹¹⁾ _____ after school on ⁽¹²⁾ _____.

C My day

▶ Complete the sentences about your day.



- 1 Our school starts at _____.
- 2 Our lessons begin at _____.
- 3 My favourite subject(s) is/are _____.
- 4 After class, I _____.
- 5 I _____ after school.



TIP Months of the year
January
February
March
April
May
June
July
August
September
October
November
December

TIP Seasons
spring
summer
autumn
winter


TIP Days of the week
Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

A Prepositions of time

We use different prepositions to talk about time.

Preposition	Used for	Example
in	parts of day months seasons years	My parents watch TV in the evening. We plant trees in March every year. In Hainan, it never snows in winter. The 22nd World Cup is in 2022.
on	days dates parts of a specific day special holidays	We do not go to school on Saturday. Our summer holiday starts on 1 July. Amy goes swimming on Sunday morning. They have lots of fun on Children's Day.
at	time of day age	Millie has breakfast at seven o'clock. Children in China start school at 6 years old.

Tommy's school life

 Tommy is writing back to Millie. Help him complete his email with the correct prepositions of time.

Dear Millie,

Thanks for your email. I would like to tell you about my life here.

Our lessons begin ⁽¹⁾ _____ nine o'clock. Usually we have three lessons ⁽²⁾ _____ the morning and two ⁽³⁾ _____ the afternoon. We do not have lessons ⁽⁴⁾ _____ Saturday or Sunday.

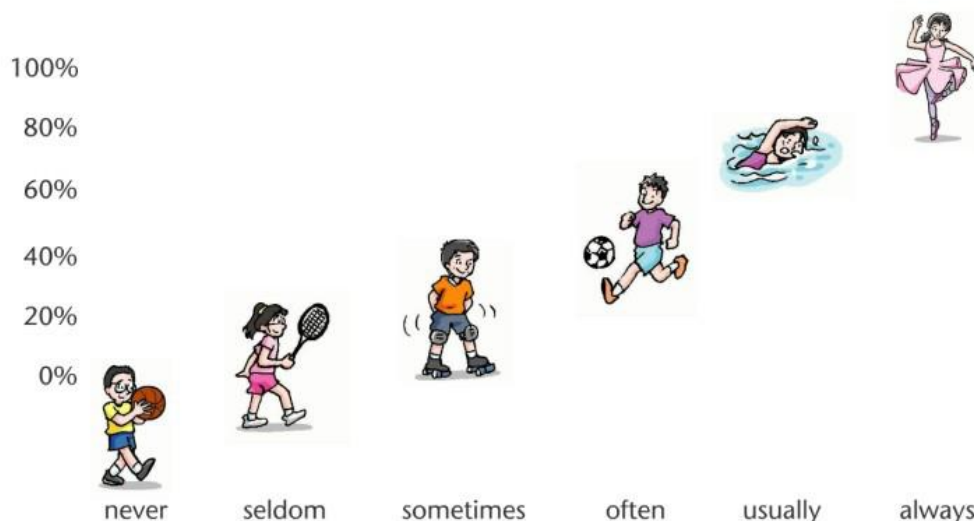
I love sports. I am good at playing football. I often play it with my friends ⁽⁵⁾ _____ Saturday afternoon. We have a school football match ⁽⁶⁾ _____ autumn every year. This year, it is ⁽⁷⁾ _____ 15 November. My friends and I always have great fun then.

All the best,


Tommy

B Adverbs of frequency

Adverbs of frequency tell you how often things happen. Look at the graph below.



How often do they exercise?

 Mr Wu is writing about how often the students exercise. Look at the graph above. Then help him complete the sentences below.



- 1 Simon loves playing football. He _____ plays football in the playground.
- 2 Sandy does not have much time to play tennis. She _____ plays tennis.
- 3 Amy is a member of the swimming team. She _____ swims after school.
- 4 Daniel does not like basketball. He _____ plays it.
- 5 Kitty goes to her dancing lessons every day. She _____ dances for half an hour.
- 6 Millie _____ goes roller skating, but she is not good at it.

TIP We put an adverb of frequency before a verb except when the verb is **to be**.
I **am always** happy.



Integrated skills

A A volleyball match



A1 Millie is talking with Simon about a volleyball match. Listen to their conversation. Tick (✓) the correct answer to each question.


- 1 What are the two teams in the match?
 - a Two classes in Sunshine Middle School.
 - b Students in Class 1, Grade 7.
 - c Sunshine Middle School and Moonlight Middle School.

- 2 When is the volleyball match?
 - a Tuesday, 27 November.
 - b Saturday, 17 November.
 - c Wednesday, 7 November.

- 3 Where is the volleyball match?
 - a At Moonlight Middle School.
 - b At Sunshine Sports Centre.
 - c At Sunshine Middle School.

- 4 What time does the volleyball match start?
 - a At 6:00 in the evening.
 - b At 7:00 in the evening.
 - c At 8:00 in the evening.

A2 Simon is making notes about the volleyball match. Help him complete his notes below.



A volleyball match

Teams (1) _____

Date (2) _____

Place (3) _____

Time (4) _____



A3 ▶ Simon wants to write a notice to his classmates. Listen to the conversation again. Help him complete it.

Welcome to the match

Dear classmates,

There is a volleyball match between ⁽¹⁾ _____ and
⁽²⁾ _____ on ⁽³⁾ _____. The match starts
 at ⁽⁴⁾ _____, this ⁽⁵⁾ _____ evening, at
⁽⁶⁾ _____. We can go there ⁽⁷⁾ _____.

I hope everyone can come and watch the game. Thanks.

Wish our team good luck!

Simon



B Speak up: What do you like to do at weekends?



▶ Millie is chatting online with Tommy about their weekends. Work in pairs and talk about your weekends. Use the conversation below as a model.

Tommy, Millie

Tommy: What do you like to do at weekends, Millie?

Millie: I like to visit the museums.

Tommy: How often do you visit a museum?

Millie: About twice a month. What about you, Tommy?

Tommy: I like to go on picnics with my family.

Millie: How often do you go on a picnic?

Tommy: About once a week.

Millie: That's great!



Vowels (III)



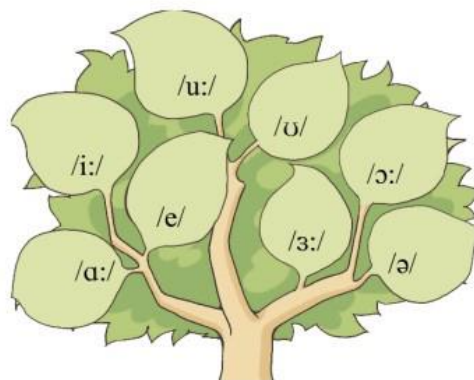
TIP Turn to pages 106 and 107 for more English sounds.

Read the following words. Pay attention to the sounds of the letter groups.

arm	art	car	star	→	/ɑ:/
tall	walk	horse	short	→	/ɔ:/
eat	read	meet	see	→	/i:/
bread	head	heavy	weather	→	/e/
cool	food	moon	school	→	/u:/
book	good	look	would	→	/ʊ/
bird	girl	nurse	word	→	/ɜ:/
after	dinner	father	worker	→	/ə/

A Read the words below. Put each of them in the correct place.

cook cool first foot
free hall healthy never
park player ready noodle
sport start world team



B Look at the following pairs of words. Read the words on the left first. Then try to say the words on the right correctly.

- | | | | | | |
|----------|--------|---------|------|---------|-------|
| 1 shirt | birth | 4 look | wood | 7 clean | bean |
| 2 winter | winner | 5 car | bar | 8 talk | chalk |
| 3 food | noon | 6 bread | dead | 9 turn | hurt |



C Practise saying the following phrases.

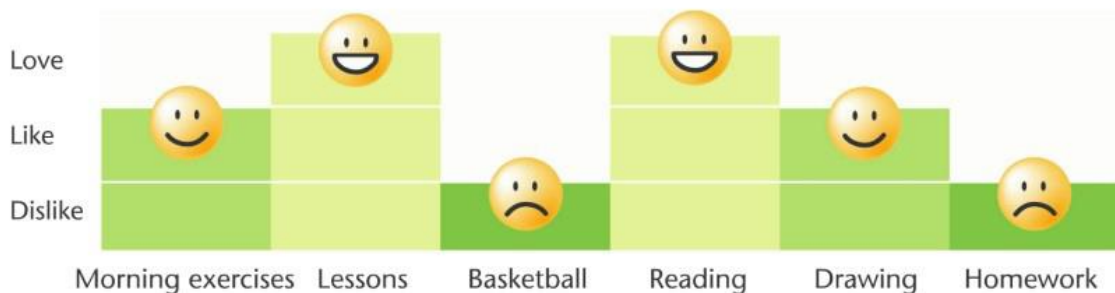
- | | | |
|---------------------|--------------------|-----------------------|
| 1 a car in the park | 4 cook at noon | 7 clean the street |
| 2 a girl in a skirt | 5 look at the book | 8 ready for breakfast |
| 3 a nurse at work | 6 walk on the wall | 9 after dinner |



Are you happy?

A Look at Millie's happiness chart. Then read about Millie's likes and dislikes in the table below.

Millie's happiness chart



Activity	Love	Like	Dislike	Reason
Morning exercises		✓		They are good for us. They help us get ready for the day.
Lessons	✓			Teachers are nice and the subjects are interesting.
Basketball			✓	I am not tall, so I cannot play it well.
Reading	✓			I can learn a lot about the world.
Drawing		✓		It is fun.
Homework			✓	We always have too much homework!

Useful expressions

- I like/do not like
- My favourite subject(s) is/are
- I can learn a lot about
- It helps me
- It is fun/interesting.
- I cannot ..., so
- We always have

B Millie is writing about her likes and dislikes in her diary. Complete her diary entry with the information on page 52.

I love ⁽¹⁾ _____ at school. Our teachers are ⁽²⁾ _____ and the subjects are ⁽³⁾ _____. I love ⁽⁴⁾ _____ too. From it, I can learn a lot about ⁽⁵⁾ _____.

I like ⁽⁶⁾ _____. They are ⁽⁷⁾ _____. They help us ⁽⁸⁾ _____ for the day. I also like ⁽⁹⁾ _____. It is ⁽¹⁰⁾ _____.

I do not like ⁽¹¹⁾ _____. I am not ⁽¹²⁾ _____, so I cannot ⁽¹³⁾ _____. We always have ⁽¹⁴⁾ _____. I do not like it.

C Discuss your likes and dislikes with your classmates, and then write them down. Use Millie's diary entry as a model.



Self-assessment

I can	Examples	Result
1 talk about Millie's school day.		
2 use the new words to talk about my day.		
3 use correct prepositions to talk about time. use proper adverbs to talk about how often things happen.		
4 find more words with the sounds /ɑ:/, /ɔ:/, /i:/, /e/, /u:/, /ʊ/, /ɜ:/ and /ə/.		

Result: 😊 Wonderful! 😊 Good! 😊 Not bad!

I need to spend more time on _____.

Project 1

My friend

Each student in Class 1, Grade 7 at Sunshine Middle School made a poster about one of his/her friends. They put up the posters on the wall as a class display. Your teacher wants you to do the same thing.

A Planning and making a poster

- 1 Work in pairs. Write a list of questions to ask your friend. You can use the following questions to help you.
- 2 Ask your friend the questions on your list.
- 3 Make notes of your friend's answers.
- 4 Make a poster about your friend.

TIP You learnt how to ask different kinds of questions in Units 1-4.

Questions	Answers
About you:	
How old are you?	_____
How tall are you?	_____
Where are you from?	_____
Family:	
Where do you live?	_____
Who do you live with?	_____
Do you have any brothers or sisters?	_____
Do you have any cousins?	_____
School:	
Do you enjoy school?	_____
What subject do you like best?	_____
What do you like to do after class?	_____
What do you do after school?	_____
Are you a member of any school clubs?	_____

Favourite activities:

What do you do at weekends?

What sports do you like to play?

How often do you play sports?

B Tips for making your poster

Writing

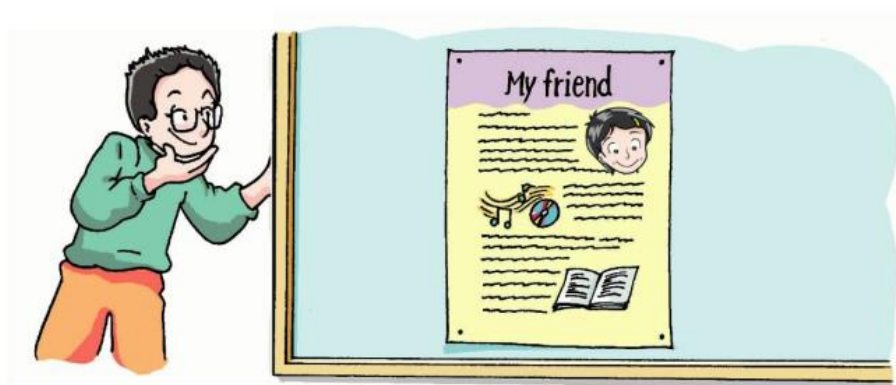
- Read your notes carefully.
- Make a plan before you start writing.
- Remember to write about your friend's looks.
- Finish your writing.

Checking

- Check your words and sentences.
- Ask your partner to check your work.

Displaying

- Work in pairs. Talk about how to make your poster look interesting.
- Put some pictures on your poster.
- Put up your poster on the wall for display.



Unit 5

Let's celebrate!



What is your favourite festival?

Millie learns about different festivals around the world. She also writes about the Spring Festival.

Task

Write about your favourite festival.



Welcome to the unit

Festivals

A Millie is writing a list of festivals. Look at the pictures. Help her write the names of the festivals under the pictures.

Christmas
Halloween

Chinese New Year
Mid-Autumn Festival

Dragon Boat Festival
Thanksgiving Day



B Millie and Tommy are chatting online about their favourite festivals. Work in pairs and talk about your favourite festivals. Use the conversation below as a model.

Tommy, Millie

Millie: What is your favourite festival, Tommy?

Tommy: Christmas.

Millie: Why do you like it?

Tommy: Because we always get lots of nice presents at Christmas.
What festival do you like, Millie?

Millie: I like the Mid-Autumn Festival.

Tommy: What do you usually do on that day?

Millie: All my family get together and have a big dinner, eat moon cakes, and then enjoy the full moon. It's great!



A Halloween



▶ Millie's penfriend Wendy lives in the USA. Read her letter about Halloween.

October 25

Dear Millie,

Thank you for telling me about the Mid-Autumn Festival. We have some festivals in the USA, and I like Halloween best.

- 5 Halloween is on October 31. How do we celebrate it? Children have lots of fun on that day. We dress up and wear masks. Sometimes we paint our faces. We also make pumpkin lanterns. It is wonderful.

When the evening comes, we visit houses and play a game with the people inside. We knock on their doors and shout "trick or treat".

- 10 Usually they give us some candy as a treat. If they do not give us a treat, we play a trick on them.

We always have a party on the evening of October 31 and enjoy nice food and drinks. It is really a special day.

Lots of love,

- 15 Wendy



B Learning about Halloween

B1 What do you know about Halloween? Help Millie complete her notes.

Halloween

Date: 31 ⁽¹⁾ _____

Activities: ⁽²⁾ _____ up

Wear ⁽³⁾ _____ or paint their ⁽⁴⁾ _____

Make ⁽⁵⁾ _____

Play ⁽⁶⁾ _____

Have a ⁽⁷⁾ _____ in the evening

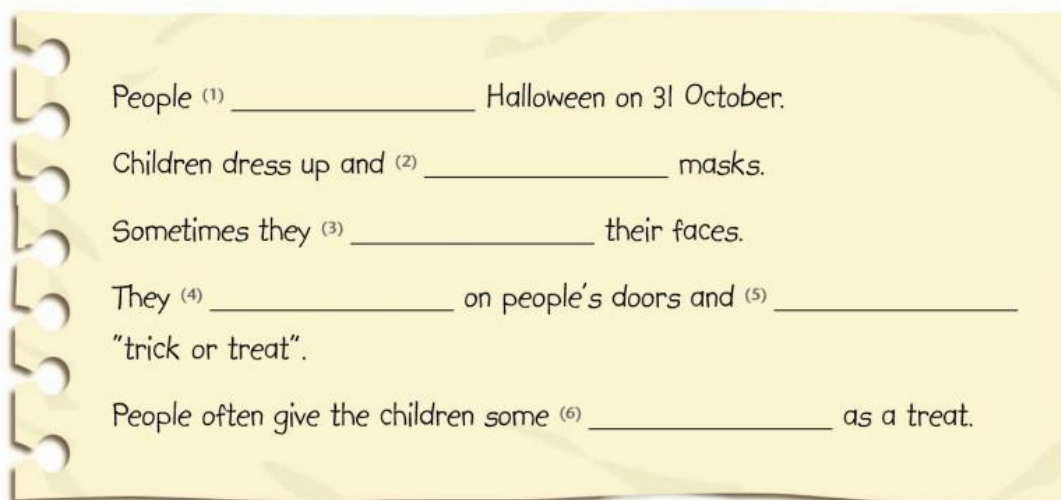
Notes

B2 Millie takes some notes about Wendy's letter. Write a *T* if a sentence is true or an *F* if it is false.

- 1 People in the USA celebrate Halloween in October. _____
- 2 Halloween is not much fun for children. _____
- 3 People make lanterns out of oranges. _____
- 4 Children play "trick or treat" with their parents on Halloween. _____
- 5 People have a party on the morning of 31 October. _____
- 6 People enjoy nice food and drinks on Halloween. _____



B3 Millie wants to tell her classmates about Halloween in the USA. Complete her notes with the words in Wendy's letter.



B4 Andy also wants to know something about Halloween. He is asking Millie some questions. Help Millie answer his questions.

Andy: Millie, I have some questions. Do people in the USA celebrate the Mid-Autumn Festival?

Millie: No, they seldom celebrate it. They celebrate ⁽¹⁾ _____.

Andy: When do they celebrate it?

Millie: They celebrate it on ⁽²⁾ _____.

Andy: Do children have fun on that day?

Millie: Sure. They have ⁽³⁾ _____.

Andy: Do they play any games?

Millie: Yes. They ⁽⁴⁾ _____ and play "trick or treat" with the people ⁽⁵⁾ _____.

Andy: Do they have a party on that day?

Millie: Sure. They always have a party in the evening. They enjoy nice ⁽⁶⁾ _____.

Andy: Does Wendy think the day is interesting?

Millie: Yes. She thinks it is really a ⁽⁷⁾ _____.



Asking *wh*- questions

We use *wh*- questions to ask for information about someone/something.

Question word	Information about	Question	Answer
What	Activity or thing	What do you do on Halloween?	We play games and have lots of fun.
Which	Thing or person	Which would you like?	I would like the red one.
Who	Person	Who is Mr Wu?	He is our teacher.
Whose	Possession	Whose bag is this?	It is Millie's.
When	Time	When is your birthday?	It is on 2 July.
Where	Place	Where is my pen?	It is under the desk.
Why	Reason	Why are you so happy?	Because it is my birthday!
How	Way of doing something	How do you get to school?	I get to school by bus.

Lots of questions

A Millie loves asking questions. Look at the pictures below and complete her questions.

1 _____ glasses are these?



2 _____ is that man?



3 _____ do we have for lunch?



4 _____ is my schoolbag?



B ▶ Millie is asking some more questions. Help her form the questions with the correct question words.

- | | | |
|---|-----------------------------------|---|
| 1 | _____ is your classroom? | It's on the ground floor. |
| 2 | _____ mask is this? | It's Amy's. |
| 3 | _____ is that girl in a red coat? | That's Kitty! |
| 4 | _____ does he want for Christmas? | He wants a toy train. |
| 5 | _____ present is for Daniel? | The blue one. |
| 6 | _____ do you celebrate Christmas? | Family members get together and give each other presents. |
| 7 | _____ is your birthday? | It's on 1 August. |
| 8 | _____ do you want rice dumplings? | Because the Dragon Boat Festival is coming! |



C ▶ Millie is asking Amy about her birthday. Complete their conversation with the correct question words.

- Millie:** What a nice cake! ⁽¹⁾ _____ birthday is it today?
- Amy:** It's my birthday, Millie.
- Millie:** Happy birthday, Amy! ⁽²⁾ _____ do you usually celebrate your birthday?
- Amy:** We go out for a birthday dinner.
- Millie:** ⁽³⁾ _____ goes to your birthday dinner?
- Amy:** My grandparents, aunts, uncles and cousins.
- Millie:** I see. ⁽⁴⁾ _____ do you have the dinner?
- Amy:** At a restaurant near my home.
- Millie:** ⁽⁵⁾ _____ do you get as birthday presents?
- Amy:** Books, clothes, shoes, toys and some other nice things.



Integrated skills

A Happy Chinese New Year!



A1 Here is a poster for this year's Chinese New Year celebrations in New York. Listen to the host and help Wendy fill in part of the table below.

- Lion dance
- Chinese dinner
- Fireworks
- Music and dance

Date: Saturday, February 9
Place: Chinatown, New York
Find out more on New York Radio.

Activity	Time	Place
Lion dance		Street
Chinese dinner		Street
Fireworks		Street
Music and dance		Street



A2 Listen to the second part of the radio programme. Help Wendy complete the table above.

A3 Wendy is writing a postcard to Millie to tell her about the Chinese New Year celebrations in New York. Complete her postcard.

February 6


Dear Millie,

Happy New Year! I am on holiday in
 (1) _____. The Chinese people here
 always have a party to celebrate
 (2) _____.


There are lots of interesting things at the party.
 The (3) _____ starts first. People take a
 lot of photos. Then people can have a nice
 (4) _____. At night, they watch the
 (5) _____. After that, there is a
 (6) _____ show.

What do you do to celebrate the Chinese
 New Year in Beijing?

All the best,
 Wendy



New York



Millie
 Flat 603
 118 Garden Road
 Beijing 100000
 China

B Speak up: Have a nice day!



▶ Millie is talking to her mother about an activity at her school. Work in pairs and talk about an activity at your school. Use the conversation below as a model.

Mum: You seem very happy, Millie.

Millie: Yes, Mum. We have a “Festival Week” at school.

Mum: Really? What do you do?

Millie: We have shows about different festivals around the world. It’s interesting.

Mum: Great! Where do you have the shows?

Millie: At the school hall.

Mum: Good. Have a nice day!

Vowels (IV)

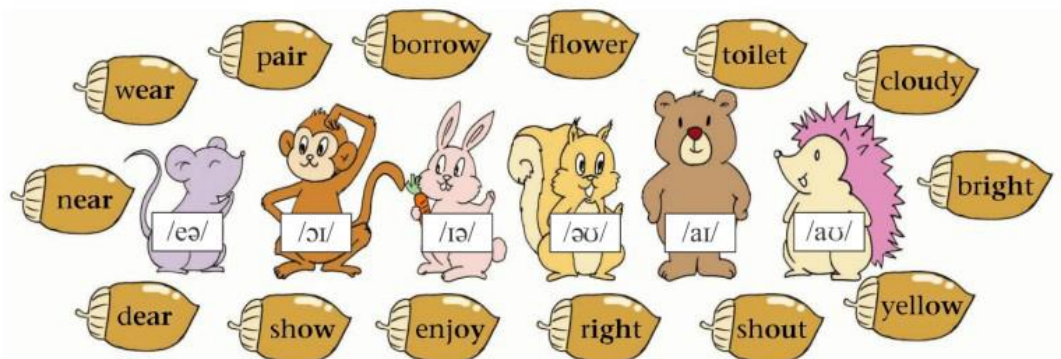


Read the following words. Pay attention to the sounds of the letter groups.

TIP Turn to pages 106 and 107 for more English sounds.

play	say	wait	rain	→	/eɪ/
high	light	night	right	→	/aɪ/
boy	enjoy	toy	toilet	→	/ɔɪ/
bowl	know	boat	coat	→	/əʊ/
brown	down	house	mouth	→	/aʊ/
ear	hear	near	year	→	/ɪə/
bear	wear	chair	hair	→	/eə/
sure	tour			→	/ʊə/

A Match the following words with the sounds of their letters in bold.



B Look at the pairs of words. Read the words on the left first. Then try to say the words on the right correctly.

- | | | | | | |
|---------|--------------|---------|---------------|--------|-------------|
| 1 toy | joy | 4 now | town | 7 hear | fear |
| 2 great | break | 5 slow | blow | 8 bear | pear |
| 3 light | fight | 6 house | blouse | 9 sure | cure |



C Practise saying the following sentences.

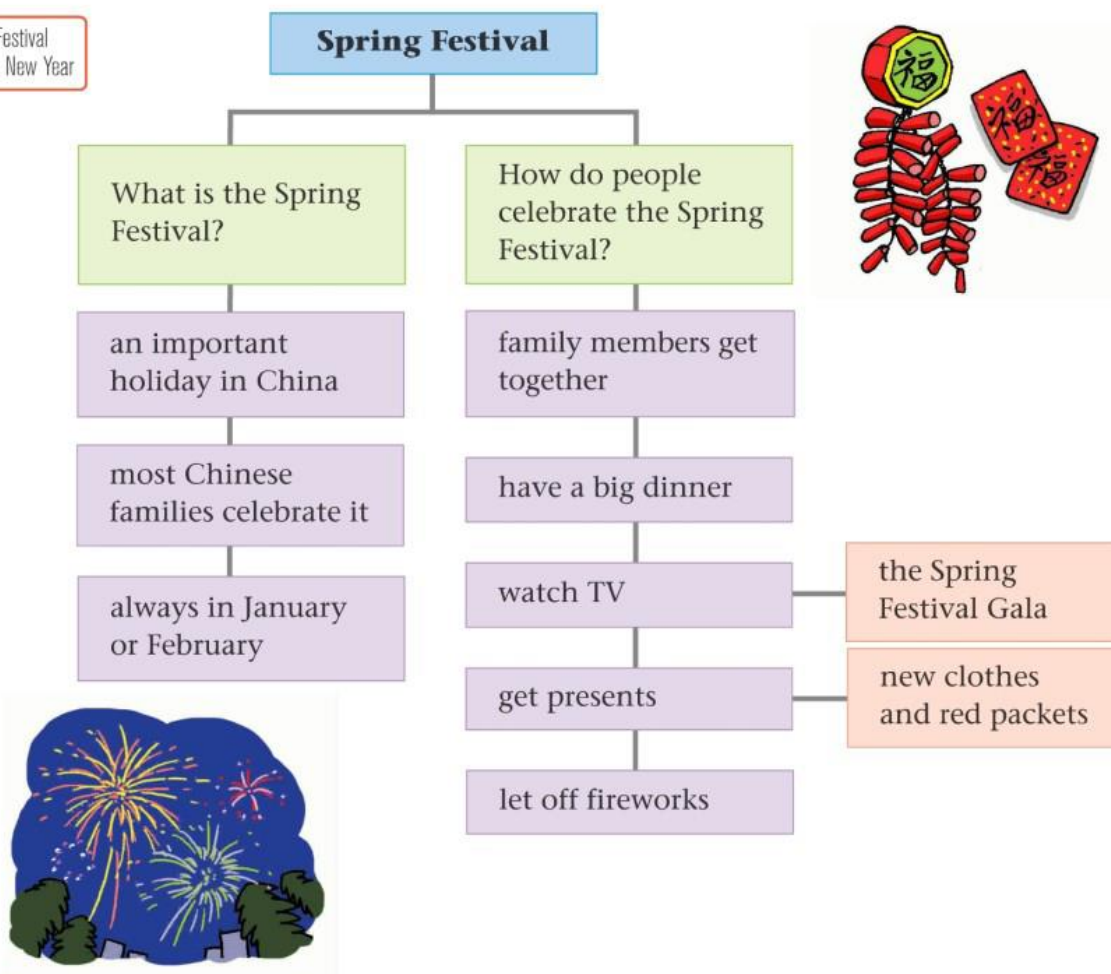
- 1 Out of sight, out of mind.
- 2 There is no smoke without fire.
- 3 Put the brown toy bear on your chair.
- 4 Take the yellow coat when you go out.
- 5 We have great shows around the Chinese New Year.



My favourite festival

A It is "Festival Week". Each student in Class 1, Grade 7 has to write about his or her favourite festival. Below is Millie's writing plan.

TIP Spring Festival = Chinese New Year



Useful expressions

- ... is an important holiday in/for
- It is in/on
- It is ..., but
- There is/are ... on TV
- We/They like to
- Usually we get
- ... have lots of fun

B Complete Millie's article. Use her writing plan on page 66 to help you.



Spring Festival



The Spring Festival is an important holiday in China. Most Chinese families (1) _____ it.

It is always in (2) _____ or (3) _____. It is often cold at this time of year, but people are happy. Family members (4) _____ and then have a big (5) _____. After dinner, people like to (6) _____. There is a great Spring Festival Gala on TV every year.

Children have lots of fun on this day. We get presents. Usually our parents get (7) _____ ready for us, and we get (8) _____ from our grandparents, parents, aunts and uncles. We like to let off (9) _____ at night. They are really wonderful!

C Make a writing plan for yourself. Look for information in the library or on the Internet. Then write about your favourite festival.



Self-assessment

I can	Examples	Result
1 talk about Halloween.		
2 use the new words to talk about festivals.		
3 use wh- questions to ask for information about people or things.		
4 find more words with the sounds /eɪ/, /aɪ/, /ɔɪ/, /əʊ/, /aʊ/, /ɒ/, /eə/ and /ʊə/.		

Result: 😊 Wonderful! 😊 Good! 😊 Not bad!

I need to spend more time on _____.

Unit 6

Food and lifestyle



1

It's noon, Hobo. Let's have a hamburger.

It's only half past ten, Eddie.

2

And hamburgers are not good for us. Let's eat apples.

3

I don't like apples.

An apple a day keeps the doctor away!

4

OK. Give me ten.



How healthy are you?

Millie reads two articles about lifestyles. She also writes about her own lifestyle.

Task Write about your lifestyle.



Welcome to the unit

All kinds of food

A Millie has collected some information about food. Look at the pictures and help her put the food into the correct groups in the table below.



potatoes



lemons



milk



chicken



watermelons



tomatoes



chocolate



juice



beef



carrots



pork



sweets

vegetables

fruits

meat

drinks

snacks



B Millie and Daniel are talking about food. What food do you like or dislike? Work in pairs and talk about it. Use the conversation below as a model.

Millie: I like bananas. How about you, Daniel?

Daniel: I like hamburgers.

Millie: Do you like carrots? They're my favourite.

Daniel: No, I don't like them. Do you like fish?

Millie: Yes. It's good for our health. I don't like eggs. What about you?

Daniel: I like eggs.






A Keeping fit



▶ Millie is reading about Kitty's and Daniel's lifestyles. Here are their articles.

Lifestyles


What we eat and how we live



Hi! My name is Kitty. I love dancing.
I dance for half an hour every day.


Healthy food is important for me. I need to keep fit.
I always have milk and bread for breakfast. For lunch
5 and dinner, I usually eat fish and vegetables.

Sometimes I feel hungry between meals, so I eat an
apple or a pear. I seldom eat cakes or sweets. They
have too much sugar and are bad for my teeth.



Hello! I am Daniel. I like playing computer games. I seldom exercise.
10 I love hamburgers and cola, but they are not healthy.

I need to change my lifestyle now. I plan
to eat more fruit and vegetables every
day. I love beef, but I also need to eat
some fish. There is a swimming pool
15 near my home. I plan to go swimming every week.



B Different lifestyles

B1 Millie wants to know the meanings of some words in the articles. Help her match the words on the left with the meanings on the right.

- | | | |
|-----------------------|-------|-------------------------|
| 1 healthy (line 3) | _____ | a not often |
| 2 fit (line 3) | _____ | b do sports |
| 3 hungry (line 6) | _____ | c how one lives |
| 4 seldom (line 7) | _____ | d good for one's health |
| 5 exercise (line 9) | _____ | e needing food |
| 6 lifestyle (line 11) | _____ | f strong and healthy |

B2 Help Kitty and Daniel write about what they eat. Use the words from the articles on page 70.



Kitty

I have ⁽¹⁾ _____ and ⁽²⁾ _____
for breakfast every day.

I eat ⁽³⁾ _____ and ⁽⁴⁾ _____
for lunch and dinner.

Sometimes I have an ⁽⁵⁾ _____
or a ⁽⁶⁾ _____ between meals.

I seldom eat ⁽⁷⁾ _____ or
⁽⁸⁾ _____.



Daniel

I love ⁽⁹⁾ _____ and
⁽¹⁰⁾ _____.

My favourite meat is ⁽¹¹⁾ _____.

I do not eat ⁽¹²⁾ _____ and
⁽¹³⁾ _____ every day.

I do not often eat ⁽¹⁴⁾ _____.

B3 Millie takes some notes about Kitty's and Daniel's lifestyles. Write a **T** if a sentence is true or an **F** if it is false.

- 1 Kitty loves swimming. _____
- 2 Kitty often eats healthy food. _____
- 3 There is too much sugar in cakes and sweets. _____
- 4 Daniel seldom plays computer games. _____
- 5 Daniel does not like to play sports. _____
- 6 Kitty and Daniel have healthy lifestyles. _____

B4 Simon is asking Millie some questions about Kitty's and Daniel's lifestyles. Help Millie answer his questions.

Simon: How often does Kitty dance?

Millie: She dances ⁽¹⁾ _____.

Simon: How long does Kitty dance every time?

Millie: She dances for ⁽²⁾ _____.

Simon: Why is healthy food so important for Kitty?

Millie: Because she needs to ⁽³⁾ _____.

Simon: Does Daniel have a healthy lifestyle?

Millie: ⁽⁴⁾ _____, _____.

Simon: What does Daniel plan to eat every day?

Millie: He plans to eat ⁽⁵⁾ _____ every day.

Simon: What does Daniel plan to do?

Millie: He plans to ⁽⁶⁾ _____ every week.





Countable and uncountable nouns

A countable noun refers to something we can count. Here are some examples.

Countable nouns (singular)			Countable nouns (plural)		
an apple	a carrot	a cake	two apples	six carrots	ten cakes

We use **a** or **an** before a singular countable noun. If the noun starts with a vowel sound, we use **an**.

I want to buy	a	hamburger. cake.
	an	egg. orange.

TIP More examples:
an hour
a US ship

To form the plural of most countable nouns, we add **-s** to the singular form. However, there are some exceptions.

Most nouns	+ s	cake	→	cakes
Nouns ending in a consonant + y	- y + ies	story	→	stories
Nouns ending in s , sh , ch or x	+ es	bus wish match box	→ → → →	buses wishes matches boxes
Nouns ending in o	+ s or + es	photo potato tomato	→ → →	photos potatoes tomatoes
Nouns ending in f or fe	- f/fe + ves	half life	→ →	halves lives
Some other nouns		man woman foot tooth child sheep	→ → → → → →	men women feet teeth children sheep

TIP Turn to page 120 for the changes of pronunciation.

Unit 6

An uncountable noun refers to something we cannot count. We can use nouns before uncountable nouns to show their amounts. Here are some examples.



bread
a piece of bread



water
a glass of water



chicken
a plate of chicken



salt
a packet of salt



rice
two bags
of rice



tea
three cups
of tea



meat
four kilos
of meat



milk
five cartons
of milk







juice
six bottles
of juice

At the supermarket



Millie and her mother are shopping at the supermarket. Complete their conversation. Then put the things into the correct categories in the table below.


Millie: Mum, what do we need to buy?

Mum: We need some ⁽¹⁾ _____ , a ⁽²⁾ _____ of ⁽³⁾ _____  and a ⁽⁴⁾ _____ of ⁽⁵⁾ _____ .

Millie: Do we need to buy ⁽⁶⁾ _____  ?

Mum: Yes. Let's buy some ⁽⁷⁾ _____  and ⁽⁸⁾ _____ .

Millie: I want to buy some ⁽⁹⁾ _____ . They're Grandpa's favourite. And we have only an ⁽¹⁰⁾ _____  at home. We need to buy some too.

Mum: OK. We can also buy a few ⁽¹¹⁾ _____ of ⁽¹²⁾ _____ .

Countable nouns (singular)	
Countable nouns (plural)	
Uncountable nouns	



Integrated skills

A How to keep fit

A1 Here is a questionnaire on the Internet. Read the questions and tick (✓) the correct boxes to show your lifestyle.

TIP A questionnaire is a list of questions for collecting information.

LIFESTYLE questionnaire		You	Benny
1	How often do you exercise?		
	a less than 3 times a week	<input type="checkbox"/>	<input type="checkbox"/>
	b 3–6 times a week	<input type="checkbox"/>	<input type="checkbox"/>
2	How long do you sleep every night?		
	a less than 7 hours	<input type="checkbox"/>	<input type="checkbox"/>
	b more than 9 hours	<input type="checkbox"/>	<input type="checkbox"/>
3	How long do you watch TV every day?		
	a more than 2 hours	<input type="checkbox"/>	<input type="checkbox"/>
	b 1–2 hours	<input type="checkbox"/>	<input type="checkbox"/>
4	How often do you eat cake, chocolate or sweets?		
	a every day	<input type="checkbox"/>	<input type="checkbox"/>
	b often	<input type="checkbox"/>	<input type="checkbox"/>
5	How often do you eat fruit and vegetables?		
	a never	<input type="checkbox"/>	<input type="checkbox"/>
	b seldom	<input type="checkbox"/>	<input type="checkbox"/>
6	How often do you take a walk?		
	a never	<input type="checkbox"/>	<input type="checkbox"/>
	b sometimes	<input type="checkbox"/>	<input type="checkbox"/>
	c every day	<input type="checkbox"/>	<input type="checkbox"/>



A2 Listen to an interview with Benny. Read the questionnaire above and tick (✓) the correct boxes to show his lifestyle.

A3 ▶ How healthy are you and Benny? Fill in the table below.

	You	Benny
Total number of a s		
Total number of b s		
Total number of c s		

Your score: _____ Benny's score: _____

Scores:
a = 1 point
b = 2 points
c = 3 points

6–9 points: Your lifestyle is not healthy. You need to exercise more and eat more healthy food.

10–13 points: Not bad, but your lifestyle is not very healthy. You need to exercise more.

14–18 points: Your lifestyle is healthy. Very good!

B Speak up: What would you like to order?



▶ Millie and her cousin Andy are ordering food at a restaurant. Work in pairs and talk about what you would like to have. Use the conversation below as a model.

Millie: What would you like to order, Andy?

Andy: Let me have a look at the menu, please. How about some beef?

Millie: OK. I'll have some fish. Would you like some vegetables?

Andy: Yes. Some green beans, please.

Millie: All right. We'll also have some rice. Any drinks?

Andy: Can I have a bottle of cola?

Millie: Cola is not healthy, Andy. What about some apple juice?

Andy: That's fine. Apple juice tastes good.

Millie: OK. Beef, fish, green beans, apple juice and some rice.



Consonants (II)

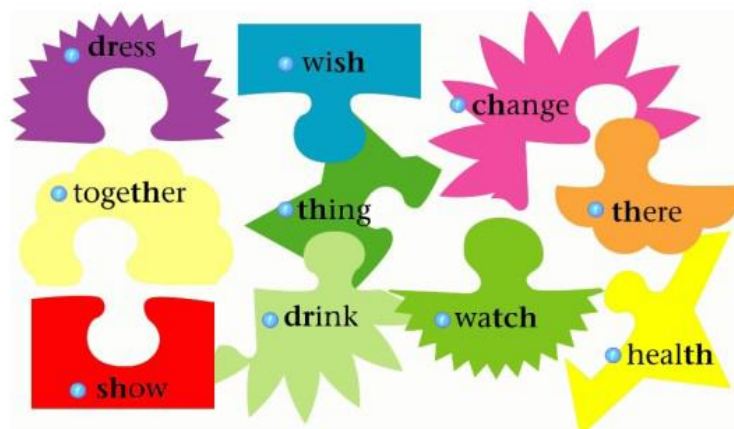


Read the following words. Pay attention to the sounds of each group.

TIP Turn to pages 106 and 107 for more English sounds.

family	very	short	usually	think	there	seldom	zoo
often	over	fish	television	both	father	nice	always
/f/	/v/	/ʃ/	/ʒ/	/θ/	/ð/	/s/	/z/
try	draw	children	just	starts	reads		
travel	dream	match	geography	sports	friends		
/tr/	/dr/	/tʃ/	/dʒ/	/ts/	/dz/		

A Match the words if their letters in bold have the same sound.



B Read the pairs of words below. Write **S** in the box if the letters in bold of a pair have the same sound. Write **D** if they do not.

- | | | | | | | | | |
|---------|-------|--------------------------|---------|--------|--------------------------|----------|--------|--------------------------|
| 1 wait | visit | <input type="checkbox"/> | 5 mouth | mother | <input type="checkbox"/> | 9 tree | driver | <input type="checkbox"/> |
| 2 thing | sing | <input type="checkbox"/> | 6 thin | think | <input type="checkbox"/> | 10 nurse | nose | <input type="checkbox"/> |
| 3 just | juice | <input type="checkbox"/> | 7 wash | watch | <input type="checkbox"/> | 11 coats | cards | <input type="checkbox"/> |
| 4 light | night | <input type="checkbox"/> | 8 chair | shout | <input type="checkbox"/> | 12 shoe | shop | <input type="checkbox"/> |



C Practise saying the following sentences.

- She sells seashells by the seashore.
- There are **three** toy **trains** in the **tree**.
- One hundred **children** have one hundred **dreams**.
- The schoolboys on the bus are my **classmates**.



Task

Healthy lifestyle



A ▶ Simon also writes about his lifestyle. Read his article.

I am Simon. I often play football to keep fit. I also eat healthy food.

For breakfast, I always have an egg. I also eat *baozi* or *mantou*, and I drink a glass of milk. This helps me start the day well.

I have rice or noodles for lunch. I have meat and vegetables too. This meal gives me energy for the whole afternoon.

For dinner, I often have soup, fish and vegetables. I eat fruit every day. Fruit and vegetables are good for us. We need them to keep healthy. I also drink lots of water every day.



Useful expressions

I have a healthy lifestyle.

I dance/swim ... every day.

I often ... to keep fit.

For breakfast/lunch/dinner, I always/sometimes/often have

I have ... with ... for breakfast/lunch/dinner.

This helps me

I love fruit/vegetables.

... is/are good for us.

I plan to eat/drink