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# BIG ENGLISH



**2ND EDITION**  
**STUDENT'S BOOK**



Unit	Vocabulary	Structures
<b>Welcome to Class!</b> pp. a–d	<b>School Life:</b> advice, assignment, English, essay, field trip, history, homework, maths, schedule, test	<b>Have you ever been</b> late for school? Yes, I <b>have</b> ./No, I <b>haven't</b> . You <b>should</b> always listen to the teacher. You <b>shouldn't</b> leave your homework until the last minute.
<b>1 All About School</b> pp. 4–15	<b>School Activities:</b> do a book report, do homework, finish a project, hand in an assignment, study for a test	<b>Has she done</b> her homework <b>yet</b> ? Yes, she <b>has</b> . She <b>has already done</b> it./No, she <b>hasn't</b> . She <b>hasn't done</b> it <b>yet</b> . <b>Have you ever hosted</b> an exchange student? Yes, I <b>have</b> ./No, I <b>haven't</b> . He <b>has already studied</b> for the test./He <b>hasn't studied</b> for the test <b>yet</b> . He <b>studied</b> yesterday./He <b>didn't study</b> yesterday.
<b>2 Amazing Young People</b> pp. 16–27	<b>Achievements:</b> become a doctor, climb a mountain, invent something, meet a world leader, play an instrument, start a company, win a tournament, write and publish a book	How long <b>have you lived</b> here? I've <b>lived</b> here <b>for</b> five years./I've <b>lived</b> here <b>since</b> I was six.. How long <b>has she been singing</b> ? She's <b>been singing</b> <b>since</b> she was four./She's <b>been singing</b> <b>for</b> 10 years.
<b>3 Dilemmas</b> pp. 28–39	<b>Dilemmas:</b> (cheat/don't cheat) in a test, (return/don't return) a wallet, (tell/don't tell) the truth <b>Results and Consequences:</b> be upset with, feel good, feel guilty, get into trouble	<b>If you tell</b> your parents you forgot, they'll <b>be</b> upset. You <b>should tell</b> your parents <b>if</b> you have a problem.
<b>Checkpoint</b> Units 1–3 pp. 40–43		
<b>4 Dreams for the Future</b> pp. 44–55	<b>Dreams:</b> be famous, earn a good salary, live in another country, raise a family, run my own business, speak a foreign language, take adventurous vacations, work in my dream job, work in the music industry	Where <b>will you be living</b> fifty years from now? In fifty years, I'll <b>probably be living</b> in France. I <b>definitely won't be living</b> with my parents. <b>Will you be raising</b> a family? Yes, <b>definitely</b> ./No, <b>probably not</b> . I'll <b>probably</b> .../I <b>definitely won't</b> ...
<b>5 If I Could Fly...</b> pp. 56–67	<b>Super Powers:</b> become invisible, fly, have superhuman strength, read people's minds, run at lightning speed, travel through time	<b>If I were</b> you, I'd <b>choose</b> something else. <b>If you could fly</b> , where <b>would you go</b> ? <b>If I could fly</b> , I'd <b>go</b> to the moon.
<b>6 The Coolest School Subjects</b> pp. 68–79	<b>Areas of Study:</b> art, English, literature, math, music, P.E., science (biology), social studies <b>Things We Learn About in School:</b> artists, democracy, exercise, grammar, legends, mammals, murals, myths, plants, playwrights, prime numbers, sports, vocabulary	My teacher gives <b>more</b> homework <b>than</b> your teacher. There are <b>fewer</b> playrights in the U.S.A <b>than</b> in the U.K. I do <b>less</b> exercise <b>than</b> my sister. My brother has <b>the most</b> homework of anyone I know. Jenny has <b>the fewest</b> cards. She has <b>the least</b> space.
<b>Checkpoint</b> Units 4–6 pp. 80–83		
<b>7 Mysteries!</b> pp. 84–95	<b>Mysteries:</b> Atlantis, Aurora Borealis (Northern Lights), Bermuda Triangle, crop circles, Great Pyramids, Kryptos, Nazca Lines, sailing stones <b>Mystery-Related Words:</b> explanation, phenomenon, proof, scientific, theory, unsolved	The geoglyphs <b>are</b> in Peru, <b>aren't</b> they? Astronauts <b>aren't</b> going to Pluto, <b>are</b> they? Experts <b>can</b> explain the aurora borealis, <b>can't</b> they? Scientists <b>can't</b> explain crop circles, <b>can</b> they? We <b>love</b> mysteries, <b>don't</b> we? It <b>didn't</b> make sense, <b>did</b> it?
<b>8 Why Is It Famous?</b> pp. 96–107	<b>Famous Places:</b> Big Ben, City of Petra, Christ the Redeemer statue, Easter Island, Forbidden City, Great Sphinx of Giza, Great Wall of China, Machu Picchu, Pyramid of Kukulcán, St. Basil's Cathedral, Statue of Liberty, Stonehenge, Sydney Opera House, Taj Mahal, Temple of Borobudur <b>Structures:</b> cathedral, mausoleum, monument, palace, pyramid, statue, temple, tower	Stonehenge <b>was constructed</b> more than 4,000 years ago. Louis XIV was a French king <b>who ruled</b> for 72 years. The Statue of Liberty is a landmark <b>that has become</b> a symbol of welcome.
<b>9 That's Entertainment!</b> pp. 108–119	<b>Entertainment:</b> book signing, comic book exhibit, concert, festival, movie premiere	Sara said, "The sequel <b>isn't</b> as good as the first movie." She said (that) the sequel <b>wasn't</b> as good as the first movie. Paul said, "I'm <b>going</b> to the concert." He said (that) he <b>was going</b> to the concert.
<b>Checkpoint</b> Units 7–9 pp. 120–123		
Cambridge Young Learners English: Flyers Practice Paper pp. 124–132 Cutouts pp. 133–138		

CLIL: Content and Culture	Writing	Life Skills/Project	Listening and Speaking	I can...
<b>Life Science: Ideal sleeping for health</b> according to, behavior, depressed, ideal, on average, published, reach <b>Around the World: A school day with a difference</b> behave, curriculum, gathering information, memorizing facts, pace	Opinion paragraph	<b>Manage your time wisely.</b> Talk about spending and managing time. Create a chart to see how students spend their time.	<b>spr, str, scr</b> spring, sprint street, strong screen, screw	...use words for school activities and homework. ...talk about events in the past using the present perfect and yet, already, and ever. ... talk about doing homework and make excuses. ...write an opinion paragraph.
<b>Social Science: Amazing young people</b> co-found, compose, exceptional talent, gifted, inspiration, keep in touch, social media, symphony <b>Around the World: Seeds of Peace</b> conflict, educators, issues, neutral, participants	Biography	<b>Appreciate yourself.</b> Talk about amazing qualities and talents. Make an Amazing Me collage.	<b>spl, squ, thr</b> splash, split squash, squid three, throat	...use words related to achievements and personal goals. ...use the present perfect and the present perfect progressive. ...talk about achievements and accomplishments. ...write a short biography.
<b>Social Sciences: Ethics</b> acceptable, based on, ethical, ethics, excuse, harmless, morally, perspective, respectful, traits, treat <b>Around the World: Proverbs</b> moss, proverb, reap, regret, saying, sound advice, sow	Story ending	<b>Do the right thing.</b> Talk about the right choice in a dilemma. Make a class handbook about doing the right thing.	<b>nch, nth, mpt</b> crunch, lunch month, tenth prompt, tempt	...use words related to dilemmas and consequences. ...use conditional sentences. ...give advice using should. ...write a story ending.
<b>Science and Technology: Predictions for the future</b> futurist, microscopic, nanotechnology, revolutionize, wireless <b>Around the World: Power for the future</b> climate change, dam, electricity, geothermal, hydroelectric, megawatt, power plant, solar	Formal and informal emails	<b>Make smart decisions.</b> Talk about how the decisions you make now affect the future. Write a letter about plans for the future.	<b>/s/, /z/, /iz/</b> eats, cooks, sleeps runs, sings, swims dances, washes, watches	...use words for personal ambitions and future predictions. ...use the future progressive with definitely and probably. ...talk about the future and how certain something is. ...write formal and informal emails.
<b>Life Science: Super power or super science?</b> adhesive, electrode, fascinating, gecko, gesture, interact, skyscraper, spell out, work on <b>Around the World: Superheroes</b> android, industry, meteorite, mischievous, native, originate	Character traits	<b>Take positive steps for the future.</b> Talk about the positive things we can do for our future world. Make a class book about positive steps for the future.	<b>/t/, /d/, /id/</b> looked, walked, watched called, cleaned, climbed ended, painted, wanted	...use words for super powers. ...use if to talk about imagined situations. ...talk about what I would do in imagined situations. ...write a description of a superhero.
<b>Life Science: The weirdest living things</b> absorb, adopt, blink, break down, digest, give birth, infection, injure, nectar, nutrients, protein, rays, slippery <b>Around the World: Ancient civilizations</b> article, civilization, contribution, cultivation, influence, legacy	From story to play	<b>Appreciate school.</b> Talk about the practical uses of school subjects. Create a book of names from ancient Greece that are used today.	<b>er, est</b> cheaper, easier, faster, happier best, longest	...use words for school subjects and school topics. ...compare things using more/fewer/less and the most/the fewest/the least. ...talk about school subjects and make comparisons. ...rewrite a story as a play.
<b>Earth Science: Aurora Borealis</b> altitude, clapping, interact, nitrogen, oxygen, phenomenon, pole, solar wind, stand out, swirling <b>Around the World: Mysterious findings</b> artifacts, cleaning, diameter, rapid, sighting	Cause and effect	<b>Be curious.</b> Talk about the importance of being curious. Create a booklet about two mysteries.	<b>un, inter, re, pre, super</b> unhappy international recycle, reduce preused Superman	...use words for scientific mysteries. ...use question tags with be, can and do. ...talk about mysterious phenomena. ...write a cause and effect paragraph.
<b>History: Accidental discoveries</b> archaeologist, artifact, carving, dig, goddess, pharaoh, remains, tomb, treasure <b>Around the World: The new seven world wonders</b> compile, gladiator, sea level, structure	Report	<b>Take pride in your town or city.</b> Talk about interesting places in my town or city. Create a map for a bicycle trip to famous or interesting places in your town or city.	<b>able, ful, ly</b> comfortable, washable beautiful, peaceful deeply, slowly	...use words for famous places and monuments. ...use the passive voice and relative clauses. ...talk about famous places and structures. ...write a report about a country.
<b>Language Arts: A formula for success</b> climax, formula, plot, producer, script, structure <b>Around the World: Unique musical instruments</b> bagpipes, concertina, distinctive, squeezed, steel drums	Movie review	<b>Appreciate different opinions.</b> Share and discuss different opinions. Make an opinion map to compare, discuss, and record classmates' opinions about a topic.	<b>sion, tion, ation</b> decision, television fiction, option celebration, invitation	...use words for entertainment and events. ...use reported speech. ...talk about entertainment and people's opinions. ...write a movie review.

**1** Read and answer. Which of the good habits do you have?

## HOW TO BE A TOP LEARNER FOR LIFE!

Do you want to be a good learner? We can show you how!



### 1 LISTEN UP!

Listening in class is important. We listen so that we know what we need to do, and to show respect to the teacher. However, we should also listen to our classmates when they talk, too. We can get new ideas from listening to others. And, when the teacher gives you advice on how to improve – what should you do? Listen, of course!

### 2 GET INTO GOOD HABITS!

Put your school schedule on your door or on your bedroom wall. Make a note in your diary or on the schedule when you need to hand in your homework. Don't leave your homework or assignments until the last minute. Start your homework a day earlier. This will give you time to check your work before you give it to the teacher.

### 3 DON'T GIVE UP!

Have you ever thought you just can't do your math or history homework? It's a horrible sensation, and one that we all feel sometimes. Don't just sit there, ask for help! You should ask someone at home to explain what to do – but not do the homework or essay for you. You should also ask a teacher for help, or go to a homework club at school. Lastly, don't say "I can't!"; say, "I can't yet!" Remember, you will understand it one day.



### 4 ENJOY LEARNING

Everyone loves their favorite subject. Maybe yours is art or computers? However, it's also important to enjoy the other subjects, too. Maybe you don't love studying math because you think it's difficult. If you practice hard and get a little better, you might just like it more. Or, find a part of math that you like – perhaps geometry or solving math problems. Try and find something in every subject to enjoy.

**2** Read and say **true** or **false**. Find the paragraph for each statement.

- 1 We should only listen to the teacher in class. \_\_\_\_\_
- 2 Asking for help is important. \_\_\_\_\_
- 3 It's not important to try and enjoy all subjects. \_\_\_\_\_
- 4 Asking someone to help with homework is a good idea. \_\_\_\_\_
- 5 You should start doing homework days before it's due – not the night before. \_\_\_\_\_

# Welcome to Class!

**3** Find these words and phrases in 4. Write the verb. Then write an example sentence for each.

1 do my homework  
I did my homework on time last week, but then I left it at home!

2 \_\_\_\_\_ an assignment  
\_\_\_\_\_

3 \_\_\_\_\_ school schedule  
\_\_\_\_\_

4 \_\_\_\_\_ math  
\_\_\_\_\_

5 \_\_\_\_\_ (English) is difficult  
\_\_\_\_\_

6 \_\_\_\_\_ someone to explain  
\_\_\_\_\_

7 \_\_\_\_\_ your work  
\_\_\_\_\_

**4** Work with a partner. Ask and answer.

- 1 Do you / always / do / homework / on time?
- 2 Do / always / look / school schedule?
- 3 How / do / remember / difficult words in English?
- 4 How long / spend / write / assignments?
- 5 When / should / start / homework?
- 6 Who / can / ask for help / homework?



Do you always do your homework on time?

Well, I try, but if I find it really difficult. Sometimes it isn't on time.



What can you do differently to be a better learner?

**5** Listen, read and write. What's special about today for Lexie?



Hi, Jacob!

It's the first day at my new school!

Yes, a bit! 😬 But, I think I have everything covered..

OK, OK! You're just like my mom!

Yes, yes, I got it... There's some fruit in there, and carrots, so don't worry!

It's in my <sup>3</sup>\_\_\_\_\_. I packed it last night.

Got it! The principal emailed it through to dad last week. He printed it out for me.

Yes, I need to go to the principal's office. She's called Mrs Goodwin. Then I have <sup>4</sup>\_\_\_\_\_ and <sup>5</sup>\_\_\_\_\_. I have history in the afternoon - my favorite!

Nothing, but I have to catch the bus! Wish me luck!

Hey, Lexie! What's up?

How are you feeling? Nervous?

OK, let's check then. You don't want to forget anything!

So, do you have your <sup>1</sup>\_\_\_\_\_? I hope you have something healthy in there?

What about your <sup>2</sup>\_\_\_\_\_? Have you packed it?

And what about your school schedule? You don't want to forget where to go!

Great, you should put it in your backpack, you know. And do you know where to go first when you get to school?

OK, so, what's left to do?

Good luck! You'll be great! 😊

**6** Underline the classroom objects in the text. Circle the school subjects.

**7** Work with a partner. Ask and answer about Lexie.

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| 1 How/Lexie/feel?                | 2 What/have/in her backpack?      |
| 3 Who/email/the school schedule? | 4 Which classes/Lexie have today? |
| 5 What/should/Lexie do/first?    |                                   |

How is Lexie feeling?

She's feeling nervous.

# Welcome to Class!

Have you ever **been** late for school?

Yes, I **have**./No, I **haven't**.

Has she ever **forgotten** her homework?

Yes, she **has**./No, she **hasn't**.

**8** Read and ✓ or ✗ for you. Then complete the questions and answers.

## Have you ever...?

	be / late for school	forget / homework	take / taxi / to school	be / field trip
Monica	✓	✗	✓	✗

- Has Monica ever been late for school? Yes, she has.
- Have you ever \_\_\_\_\_ on a field trip? \_\_\_\_\_
- \_\_\_\_\_ you ever \_\_\_\_\_ your homework? \_\_\_\_\_
- \_\_\_\_\_ Monica ever \_\_\_\_\_ a taxi to school? \_\_\_\_\_
- \_\_\_\_\_ you \_\_\_\_\_ late for school? \_\_\_\_\_

You **should** always listen to the teacher.

You **shouldn't** leave your homework until the last minute.

**9** Read the problems and use the words to write advice. Then ask and answer with a partner.

- I never have any time to rest. I'm always studying. I'm so tired!  
(keep studying so hard) You shouldn't keep studying so hard.  
(make a list and prioritize) You should make a list of your tasks and prioritize.
- I find writing long assignments really difficult. What can I do to get better?  
(feel stressed) \_\_\_\_\_  
(start writing short texts first) \_\_\_\_\_
- I want to play an instrument, but I don't know which one. How can I choose?  
(worry by yourself) \_\_\_\_\_  
(watch some music lessons, then decide) \_\_\_\_\_
- I have a test next week and I haven't studied for it. Help!  
(worry, have time) \_\_\_\_\_  
(write a study schedule) \_\_\_\_\_

# 1

# All About School

## Language in Context

I will learn to talk about school activities and excuses.



**1** Read and listen to the statements. All of them are true! Talk about them with a partner. Which one is the most surprising? Why?

- 1 Some kids have *didaskaleinophobia*, which is the fear of going to school.
- 2 Richard Branson, creator of Virgin Records and the Virgin Atlantic airline, didn't finish secondary school.
- 3 There is an alternative school in Canada that doesn't test students, and it doesn't follow a strict schedule, either. Students decide how to spend the school day and which activities to attend. They're grouped not by their age, but by their interests.
- 4 Finnish students rarely take exams or do homework until they are into their teens. But they rank at the top or near the top in international tests in science, math, and language.
- 5 China has the longest school day in the world. A Chinese student spends almost eleven hours in the classroom each day!
- 6 In South Korea, secondary school students applying for college all take the same standardized test. On the day of the test, people come to the school to support the students who are going to take the test. They give out candy, tea, and other treats to the students. Some cabs give the students free rides, and additional trains and buses run before and after the exam.



**2** Listen and complete the questions. Then listen again and match the questions to the excuses.

done her book report    finished their project    studied for the test  
handed in his assignment    done your homework

- |                                                              |                             |
|--------------------------------------------------------------|-----------------------------|
| <p><b>1</b> Have you _____ yet?<br/>Yes, I've already...</p> | <p><b>a</b> no time</p>     |
| <p><b>2</b> Have you _____ yet?<br/>No, I haven't...</p>     | <p><b>b</b> forgot it</p>   |
| <p><b>3</b> Has she _____ yet?<br/>Yes, she's already...</p> | <p><b>c</b> lost it</p>     |
| <p><b>4</b> Has he _____ yet?<br/>No, he hasn't...</p>       | <p><b>d</b> watching TV</p> |
| <p><b>5</b> Have they _____ yet?<br/>No, they haven't...</p> | <p><b>e</b> accident</p>    |

**3** Work with a partner. Take turns making up your own bad excuses.



Have you finished your homework yet?

No, I haven't.

Why not?

There was a power cut, and I couldn't find my flashlight.



**THINK BIG**

When do we usually give excuses? What's the difference between an excuse and an explanation?



I will understand a text about giving advice.



Listen and read. What's the problem? What different advice is offered?

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**boy1\_xyz**

Hey, you guys. I'm only twelve years old, and I'm already under so much stress. I think I'm developing didaskaleinophobia. Have you ever had it? It feels like school is one long punishment. I have so much homework! I barely have time to talk to my friends! What should I do?



**cookie48**

Uh-oh. That's not good. Have you told your parents? I told mine about my situation, and we ended up having a meeting with my teacher. That might sound stressful, but it was actually helpful. My teacher still gives a lot of homework, but she helps me manage it. Things aren't perfect, but I feel better.



**34309843\_kc**

Take my advice, boy1\_xyz: Don't tell your parents! Trust me – they'll think you just don't like studying. You'll end up in more trouble than you were in before.



**imsosmart**

I agree with cookie48. Tell your parents about your situation and about how it's making you feel. Show them all your homework.



**cute\_girl28**

I disagree with 34309843\_kc. I had the same problem. At first, I couldn't tell my parents, but then every Sunday, I'd start feeling sick at the thought of going to school the next day. I finally told my parents. They talked with my teachers, and it helped. At the end of the school year, I ended up transferring to an alternative school. My new school suits me much better. We have a lot more freedom. We choose our subjects and school activities. I've been here for a month now, and I'm MUCH happier.



**citymouse1**

Hey, cute\_girl28. Your school sounds reaaaaaally cool! Where is it?

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**techieboy03**

I've already researched alternative schools, citymouse1. There are some great ones in the U.K. I've also researched similar schools in Scotland. There are some really cool ones that are unusual and interesting. I'm guessing, but I think your school might be in London, cute\_girl28. Am I right?



**cute\_girl28**

You're close, techieboy03. Good guess! You're a great detective. There are a lot of alternative schools in London. I know because I researched it, too! My school is in Brighton. I just love my school!



**boy1\_xyz**

I like your idea. I think an alternative school would fix my problem. But those schools are difficult to get into, and there are only a few of them.



**rainbowgirl**

Why not try homeschooling? I'm being homeschooled, and I really like it. My mom teaches me all the subjects. We go on field trips a lot. And once a year, we go to an event just for homeschoolers. It's very exciting. I look forward to it every summer!

## Reading Comprehension

5 Read and say **yes**, **no**, or **doesn't say**.

- 1 Boy1\_xyz has already told his parents about his problem.
- 2 Cookie48 has spoken to his teacher about his problem.
- 3 Imsosmart and cookie48 gave the same advice.
- 4 Cute\_girl28 lives in Scotland.
- 5 Techieboy03 likes being at a traditional school.



Who do you think gave the best advice to boy1\_xyz?  
Why/Why not? What advice would you give to boy1\_xyz?

I will listen to a dialog about school activities and excuses.

10  
**6**

Listen and read. What have Peter and his mom already discussed?

**Mom:** Peter, I'm about to ask you a question. Can you guess what?

**Peter:** You're about to ask me if you can increase my allowance.

**Mom:** Ha, ha. Have you finished your homework yet?

**Peter:** Not exactly. I'm talking to Tessa.

**Mom:** Yes, I can see that. May I speak to you, please?

**Peter:** OK. *[to phone]* Tessa, I have to go. I'll call you back later.

**Mom:** So you haven't "exactly" finished your homework yet?

**Peter:** Yeah, well, I've finished my math homework, and I've almost finished my English essay, but I haven't started my history assignment yet.

**Mom:** We've been through this before, Peter. Homework first, phone calls later.

**Peter:** I know. Sorry, Mom. I'll do it now.



**7**

Practice the dialog in 6 with a partner.

11  
**8**

Listen and stick. Then complete the sentences. Use the correct form of the verb.

get his license    meet the new student    see the music video    walk the dog

1 Mark's brother has already \_\_\_\_\_.

2 Pilar hasn't \_\_\_\_\_ yet.

3 Chetan has already \_\_\_\_\_.

4 Dawn hasn't \_\_\_\_\_ yet.

# Grammar

I will learn to use the present perfect with *yet*, *ever*, and *already* to talk about the past.

<b>Has</b> she <b>done</b> her solo <u>yet</u> ?	Yes, she <b>has</b> . She <b>has already done</b> it. No, she <b>hasn't</b> . She <b>hasn't done</b> it <u>yet</u> .
<b>Have</b> they <u>ever</u> <b>won</b> an award?	Yes, they <b>have</b> . No, they <b>haven't</b> .
<b>Tip:</b> Use the present perfect to talk about an event that happened at an indefinite time in the past. The specific time is unknown or unimportant.	

9 Use the words to write questions in your notebook. Then write two answers for each question.

1 you/do/your homework/yet

*Have you done your homework yet?*

*Yes, I've already done it.*

*No, I haven't done it yet.*

2 he/finish his test/yet

3 they/ever/join an after-school club

4 your parents/talk with the teacher/yet

5 she/give the book back/yet

He **has already finished** the project.

He **finished** it yesterday.

He **hasn't finished** the project yet.

He **didn't finish** it yesterday.

**Tip:** Use the present perfect when no specific time is given. Use the past simple when giving a specific time in the past.

10 Look at Jan's to-do list. Write the questions and answers in your notebook.

1 (talk) Has Jan...

*Has Jan talked to Jenny yet?*

*Yes, she has. She talked to her at 4:00.*

2 (walk the dog) Has Jan...

3 (start reading) Has Jan...

4 (write assignment) Has Jan...

5 (finish science project) Has Jan...

### Things to do:

1 Call Jenny at 4:00. ✓

2 Walk the dog at 4:15. ✓

3 Start reading my book. ✗

4 Write assignment. ✓

5 Finish science project. ✗

I will learn about good sleep habits.

**11** Listen and read. How much sleep should teens get every night?

**CONTENT WORDS**

according to behavior depressed ideal  
on average published reach

# Ideal Sleeping for Health



Good sleep habits are important for good health. But how much sleep is ideal? Actually, it depends on a person's age. According to sleep scientists, younger people need the most sleep, and older people need less sleep. That may not surprise you, but the problem is that teens, on average, do not sleep enough.

In 2016, the American Academy of Sleep Medicine published a new report. It said that teens 13–18 years old should sleep 8–10 hours every day. Many scientists believe that if teens don't get enough sleep, they might become depressed, or have behavior or learning problems.

Many teens may not sleep enough because their body clock starts to change. When you're 10 years old, your body might tell you that you're tired around 8 or 9 p.m. But when you reach 13 or 14, your body clock moves about two hours. Your body starts to tell you that you're tired around 10 or 11 p.m. It takes time to get used to this change, and teens often feel sleepy in the morning.

Unfortunately, the beginning of the school day in the U.S., and in many parts of the world, does not match the need for teen sleep. If teens fall asleep at 10 or 11 p.m. and wake up around 6 a.m. for school, on average they may only get 7–8 hours of sleep. Some high schools in the U.S. have changed their schedule because of this. Instead of starting at 7:30 a.m., for example, they are starting around 8:30.

**12** Look at the passage. Fill in the missing numbers to complete the sentences.

- 1 Teens should sleep \_\_\_\_\_ to \_\_\_\_\_ hours a night.
- 2 Teens begin to feel tired around \_\_\_\_\_ or \_\_\_\_\_ at night.
- 3 Some high schools in the U.S. are starting their days later, around \_\_\_\_\_.



Do you get enough sleep every night?  
Why/Why not?

I will learn about a different type of school.

**13** Listen and read. What time does Anna's school finish?

### CONTENT WORDS

behave    curriculum    gathering information  
memorizing facts    pace



## A School Day with a Difference

"Moi, Sofia!" "Terve, Aleksii!" That's how students and teachers say hello to each other at Anna Hansson's school in Finland. Students at this school call their teachers by their first names. Anna shouts "Moi" to her friends, too, when she arrives at school at 7:45 in the morning. She's been a student there since first grade, so she knows everybody.

Anna's school is different from most schools in Europe and the United States. First, Anna and her classmates decide, along with their teacher, what their weekly activities will be. Also, students work at their own pace and don't always do the same things. Some may be doing math, and others might be doing something practical. This month, Anna has practiced cooking and making a magazine in different workshops.

Anna and her classmates don't learn by memorizing facts. Working together and gathering information is more important in this system. They ask their teacher for help whenever they need it. Students are generally very focused and active, and the teacher doesn't have to tell them to behave.

Chores have always been part of the curriculum at Anna's school. They include taking care of plants, collecting trash, recycling, and composting. Students also help in the library and in the kitchen.

School is over by two o'clock. Most parents work, so in the afternoon, there are clubs and hobby groups before students go home. Students can study Japanese, learn an instrument, and do arts and crafts. When Anna returns home in the evening, she's free to do what she likes because she hardly ever has any homework!



**14** Look at the passage and complete the sentences.

- 1 Anna and her classmates can \_\_\_\_\_ what they will do in school every week.
- 2 Bad behavior isn't a problem because students are usually \_\_\_\_\_.
- 3 \_\_\_\_\_ like collecting trash are part of the school curriculum.
- 4 Anna is free to \_\_\_\_\_ after school.



What are the similarities and differences between your school and Anna's school?



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LEVEL 4	A2/A2+	23-40	Movers
LEVEL 5	A2/B1	26-44	Flyers
LEVEL 6	A2+/B1	29-47	Flyers

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