

TEDTALKS

Inspiring Comm



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WORLD ENGLISH²

THIRD EDITION

WORKBOOK

 **NATIONAL
GEOGRAPHIC**
LEARNING







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Student book scope and sequence









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Unit	Unit Goals	Grammar	
1 Food for Life Page 2 	<ul style="list-style-type: none"> • Contrast General and Current Actions • Describe Regional Foods • Describe Favorite Dishes • Discuss Diet Trends • Give Details to Support Your Ideas 	<p>Verb Tense Review: Simple Present and Present Continuous <i>I almost never buy fruit at the supermarket.</i> <i>My father is buying all our food at the farmers' market.</i> Simple Past (Regular and Irregular) <i>We walked to the restaurant last night.</i></p>	<p>Healthy Diets Types of Food</p>
2 Express Yourself Page 16 	<ul style="list-style-type: none"> • Talk about Yourself • Make Small Talk with New People • Start a Conversation • Discuss Endangered Languages • Give Examples 	<p>The Present Perfect vs. The Simple Past <i>He has traveled to many countries.</i> <i>We met 10 years ago.</i> <i>Already, Yet, Ever, and Never + the Present Perfect</i> <i>We've already finished this unit.</i></p>	<p>Culture and Communication Starting a Conversation</p>
3 Cities Page 30 	<ul style="list-style-type: none"> • Make Predictions about Your City or Town • Explain What Makes a Good Neighborhood • Discuss the Pros and Cons of City Life • Evaluate Solutions to a Problem • Explain What Makes a Good City 	<p>Future with <i>Will</i> <i>Cities will be noisier in the future.</i> <i>Will + Time Clauses</i> <i>Before I move to the city, I'll look for a job.</i></p>	<p>Changing Cities City Life</p>
4 The Body Page 44 	<ul style="list-style-type: none"> • Discuss Ways to Stay Healthy • Talk about Healthy Lifestyles • Suggest Helpful Natural Remedies • Describe the Benefits of a Positive Attitude • Explain an Idea Using Details 	<p>The Comparative, Superlative, and Equative <i>Henry is healthier than his father.</i> Infinitive of Purpose <i>You can drink tea with honey to help a sore throat.</i></p>	<p>Human Organs Everyday Ailments</p>
5 Challenges Page 58 	<ul style="list-style-type: none"> • Talk about Facing Challenges • Describe Past Accomplishments • Use <i>Too</i> and <i>Enough</i> to Talk about Abilities • Discuss Steps Toward a Goal • Describe a Personal Challenge 	<p>Past Continuous vs. the Simple Past <i>I saw him yesterday. He was riding a bike.</i> Past Continuous with the Simple Past <i>We were eating dinner when you called.</i> <i>Enough, Not Enough, Too + Adjective</i> <i>He was old enough to sail alone.</i></p>	<p>Physical and Mental Challenges Phrasal Verbs</p>
6 Transitions Page 72 	<ul style="list-style-type: none"> • Talk about Different Stages in Your Life • Talk about the Best Age to Do Something • Ask Questions to Get More Information • Discuss Changes Caused by Technology • Describe an Important Transition in Your Life 	<p>The Past Perfect <i>I had lived alone before I moved to Mexico.</i> <i>How + Adjective or Adverb</i> <i>How tall is he?</i></p>	<p>Describe Life Events Adjectives for Age</p>

Listening	Speaking and Pronunciation	Reading	Writing	Video Journal
General and Focused Listening An Interview: Rice Farming	Comparing Diets Discussing Types of Food Linking Words Together	The Paleo Diet: Natural and Healthy?	Writing Main Ideas and Supporting Details	Wide Awake Bakery This National Geographic Short Film Showcase video describes how baking delicious bread can change your life.
General and Focused Listening Conversations: Small Talk	Talking about Yourself Starting a Conversation <i>Have</i> or <i>Has</i> vs. Contractions	Endangered Languages	Giving Examples	Marie's Dictionary This National Geographic Short of the Week video describes Marie's efforts to archive her native Wukchumni language and save her language and culture for others.
General and Focused Listening A Radio Interview: Jardin Nomade in Paris	Discussing the Future of Your City Describing the Pros and Cons of Cities Stressed Syllables Before <i>-tion</i> Suffix	Streets for People	Writing a Paragraph With a Good Topic Sentence	How to Reinvent the Apartment Building In this TED Talk, Moshe Safdie talks about reinventing high-rise apartment buildings and making them better.
Focused Listening Discussions: Different Lifestyles	Talking about Staying Healthy Suggesting Easy Remedies Linking with the Comparative and Superlative	Attitude Is Everything	Writing a Paragraph Using Supporting Details	Living Beyond Limits In this TED Talk, Amy Purdy explains how obstacles can help us be creative.
General and Focused Listening An Interview: Dr. Jenny Daltry: Wildlife Conservationist and Ecologist	Discussing Challenges Talking about Abilities Words That End in <i>-ed</i>	Making a Difference: Bali	Writing a Paragraph about a Challenging Experience	Success Story: Recycling in the Philippines In this National Geographic video, we learn how communities in the Philippines created a solution for discarded plastic fishing nets.
General and Focused Listening Conversation: Becoming an Adult	Talking about Events in Your Life Getting More Information The Schwa Sound /ə/ in Unstressed Syllables	Innovation in Africa	Writing a Paragraph to Describe a Life Transition	The Magic Washing Machine In this TED Talk, Hans Rosling explains the incredible effect a simple machine can have on our lives.

Unit	Unit Goals	Grammar	
7 Things that Matter Page 86 	<ul style="list-style-type: none"> • Discuss Spending Habits • Talk about Needs and Wants • Discuss What Makes People's Lives Better • Talk about Different Lifestyles • Set Priorities 	Passive Voice (Present Tense) <i>A large amount of plastic is thrown away every day.</i> Passive Voice with By <i>The plastic bottles are washed by powerful machines.</i>	Spending Habits Irregular Past Participles
8 Conservation Page 100 	<ul style="list-style-type: none"> • Talk about Consequences • Discuss Ways to Solve Future Problems • Describe a Situation • Discuss Conservation Projects • Explain a Conservation Issue 	Real Conditionals in the Future <i>If we don't control pollution, more sea animals will become extinct.</i> Review of Quantifiers <i>There are too many endangered species.</i>	Climate Change Adverbs of Manner
9 Life Now and in the Past Page 114 	<ul style="list-style-type: none"> • Discuss Life in the Past • Contrast Different Ways of Life • Talk about How Things Were Done in the Past • Discuss Historical Facts • Describe a Historical Wonder 	<i>Used to</i> <i>People used to travel by horse and cart.</i> Passive Voice in the Past <i>A large amount of plastic bags were used every day.</i>	Life in the Past Separable Phrasal Verbs
10 Travel Page 128 	<ul style="list-style-type: none"> • Talk about Organizing a Trip • Talk about Different Kinds of Vacations • Use English at the Airport • Discuss Travel • Describe a Cultural Event 	Expressing Necessity <i>I must make a reservation.</i> Expressing Prohibition <i>You must not take pictures here.</i>	Travel Preparations At the Airport
11 Careers Page 142 	<ul style="list-style-type: none"> • Discuss Career Choices • Ask and Answer Job-Related Questions • Talk about Career Planning • Explain New Careers • Create a Personal Profile 	Modals for Giving Advice <i>You should choose a career that fits your personality.</i> Indefinite Pronouns <i>Everyone in the audience was laughing.</i>	Careers and Jobs Participial Adjectives
12 Celebrations Page 156 	<ul style="list-style-type: none"> • Describe a Celebration • Compare Holidays in Different Countries • Express Congratulations and Good Wishes • Talk about Rituals • Share Opinions about Holidays 	Comparisons with as ... as <i>New Year's is as exciting as Independence Day.</i> <i>Would rather</i> <i>I'd rather have a big party.</i>	Festivals and Holidays Expressions for Celebrations

Listening	Speaking and Pronunciation	Reading	Writing	Video Journal
General and Focused Listening Discussions: Needs and Wants	Discussing Spending Habits Talking about Priorities Content vs. Function Words	A Zero-Waste Lifestyle	Writing about Your Future Life	The Dogist In this National Geographic Short Film Showcase video, Elias Weiss Friedman explains how he finds happiness while taking photos of dogs.
General and Focused Listening A Radio Program: The Bluefin Tuna	Talking about Issues That Affect Nature and Their Consequences Talking about Protecting Animals Phrases in Sentences	Making a Difference: Small Changes	Writing a Paragraph about an Environmental Issue	Life Lessons from Big Cats In this TED Talk, Beverly and Dereck Joubert explain how getting to know the personalities of big cats can help protect Africa.
General and Focused Listening A Talk: The Sami People	Comparing Life Now and in the Past Discussing How Things Used to Be in the Past Reduction of <i>Used to</i>	The Silk Routes	Writing a Paragraph on One of the New 7 Wonders of the World	Searching for Genghis Khan This National Geographic Learning video describes how Albert Lin uses the power of technology and the contributions of non-scientists in the search for historical sites.
General and Focused Listening Conversations: Vacations	Discussing Preparing for a Trip Describing Things You Do at the Airport Reduction of <i>have to</i> and <i>has to</i>	Four Reasons Why Traveling Is Good for You	Writing a Travel Blog	Why Art Thrives at Burning Man In this TED Talk, Nora Atkinson describes how curiosity and engagement are inspired by this art festival.
General and Focused Listening An Interview: A Restaurant Owner in Thailand	Discussing Career Choices Talking about Career Planning Intonation in Questions	Changing Careers	Writing a Personal Profile	Joel Sartore: The Photo Ark In this National Geographic video, Joel Sartore talks about his work documenting animal species.
General and Focused Listening Discussions: Local Celebrations or Holidays	Describing Celebrations Expressing Congratulations and Good Wishes Question Intonation with Lists	The Rituals of Life Events	Writing a Substantiated Opinion	Dance of the Flyers: Jacinta's Journey In this National Geographic Short Film Showcase video, Jacinta describes her journey as the first female flyer in Mexico.

Lesson A Vocabulary and Grammar

A Complete the sentences with words from the box. One word is not needed.

diet ingredients meals prepare special variety

1. We are what we eat: the first step to healthy living is a healthy _____.
2. If you want to know *what* you are eating, _____ dishes at home as much as possible.
Food in cafes and restaurants often has a lot of sugar and fat.
3. When you can, buy _____ from farmers' markets. They are usually fresher because they arrive directly from farmers' fields.
4. It's important to have _____ in your diet. This will keep you healthy, and you won't get bored eating the same foods.
5. On _____ occasions, like your birthday, why not forget the diet and have a slice of cake?

B Circle the correct answer.

1. Which is **not** usually an ingredient in vegetable soup?
a. pineapple b. onion c. carrots
2. Which is **not** a dish?
a. pizza b. chicken soup c. bananas
3. Tomatoes are an example of what?
a. a crop b. a meal c. a dish
4. Which is **not** a meal?
a. lunch b. rice c. dinner
5. Which type of worker grows food?
a. a chef b. a farmer c. a waiter


C Check (✓) the sentences that use the present continuous.

- | | | |
|---|---|--|
| <input type="checkbox"/> 1. I make great fish burgers. | <input type="checkbox"/> 3. I never eat chocolate. | <input type="checkbox"/> 5. I work every day. |
| <input type="checkbox"/> 2. I'm cooking my favorite dish. | <input type="checkbox"/> 4. We're taking a break now. | <input type="checkbox"/> 6. I'm getting a drink. |

D Complete the text with the simple present or present continuous form of the verbs.

Most nights I (1) _____ (eat) dinner at home. Usually, I (2) _____ (cook) dishes with fish or chicken. After dinner, I usually (3) _____ (watch) TV. Then, I (4) _____ (go) to bed early.


Today is my birthday. I (5) _____ (have) dinner in a restaurant with my friends now. I (6) _____ (eat) pizza and salad. There's no TV, so I (7) _____ (talk) with my friends. We (8) _____ (have) a lot of fun.

A  2 Listen to Sofia explain how her grandmother prepares *mole*, a traditional Mexican dish. Put the information in order.

- _____ What Sofia thinks of the dish
- _____ The ingredients you need to make mole
- _____ How Sofia's grandmother feels about cooking
- _____ The history of mole
- _____ How to make mole



▲ Chicken mole

B  2 Listen again. Circle **T** for *true* or **F** for *false*. Correct the false sentences.

1. There ^{are many ways} ~~is only one way~~ to make mole. T (F)
2. The word *mole* comes from a word in the Aztec language. T F
3. You can make mole quickly. T F
4. Sesame seeds, chocolate, and chilis are some of the ingredients. T F
5. People usually use a *metate* to make mole. T F
6. Sofia likes mole. T F

C Complete the text with the words from the box. One is not needed.

available dish ingredients meal nuts prepare special

Mole is a traditional (1) _____ that comes from Puebla, Mexico. You need a lot of (2) _____ to (3) _____ it, like bananas, chocolate, (4) _____, and spices. Some of these ingredients are only (5) _____ in Mexico. So, stop and have a (6) _____ in Puebla and try mole during your next visit to Mexico. It's delicious.



WORD FOCUS

To **grind** means to break down solid ingredients into a powder or paste.

◀ A woman uses a *metate* to grind white cacao beans.

A Match the sentence halves.

- | | |
|----------------------|--|
| 1. Grains _____ | a. keep our bodies healthy and help us grow. |
| 2. Dairy foods _____ | b. is in meat and beans. |
| 3. Fruits _____ | c. is something many people put in coffee. |
| 4. Protein _____ | d. are made from cow's milk. |
| 5. Vitamins _____ | e. grow on trees or plants. |
| 6. Sugar _____ | f. are in foods like bread and pasta. |

B Circle the correct word to complete the sentence.

1. A *banana / bean / carrot* is a type of fruit.
2. You make *pasta / nuts / cheese* from milk.
3. You can find a lot of vitamins in *pizza / spinach / coffee*.
4. Canned foods usually have a lot of *vitamins / grains / salt*.
5. Yogurt and butter are types of *dairy foods / grains / fruit*.
6. There is a lot of *salt / protein / sugar* in sweets and cookies.

C Complete the conversation with the simple past form of the verbs in parentheses.

John: Hi Mei, how was your weekend?

Mei: Good, thanks! Actually, it was my birthday on Sunday.

John: Sorry, I (1) _____ (forget)! Happy birthday! What did you do?

Mei: We (2) _____ (have) a barbecue in the backyard. My dad
(3) _____ (cook) hamburgers, and my mom (4) _____
(make) my favorite dessert: cherry pie. It was delicious, but of course, it was full of sugar.

John: I think you can forget your diet when it's a special day like your birthday.

Mei: I guess you're right. We were lucky with the weather, too. It didn't rain. A lot of my friends and
family (5) _____ (come). Some (6) _____ (give) me presents.
We (7) _____ (talk) and (8) _____ (listen) to music. It was fun!

John: That sounds great!

D Answer the questions in your notebook. Use the simple past and write in complete sentences.

1. What did you eat for breakfast?
2. Where did you go yesterday?
3. What did you do last weekend?
4. What did you cook last week?
5. What time did you get up this morning?



Secrets to a Long Life

- a. Do you want to live a long, healthy life? Then maybe you should take a look at how they live on the Greek island of Ikaria. The island is famous for the long lives of its **residents**. One third of the people there live to be 90 or more, and many live to 100 and beyond. So, what is special about the island of Ikaria?
- b. Exercise is an important part of the Ikarians' daily life. They enjoy outdoor activities, like gardening, and in the evening, they often go dancing. They also walk a lot. Their lives, in general, are relaxed. They often take afternoon **naps** and meet with friends and family.
- c. What Ikarians eat is also interesting: people on the Ikarian diet eat mostly plant-based foods. Their diet is full of green vegetables, beans, and nuts. They also eat a variety of fruits and whole grains, such as brown rice. But Ikarians are not completely vegetarian. People on the island sometimes eat fish caught locally. They also eat some chicken or pork but only around five times a month.
- d. People on Ikaria also eat very little sugar. It is difficult to stop eating sugar completely because it is in fruits, vegetables, and even milk. But Ikarians often **avoid** eating foods with added sugar, like cookies and candy. Instead, they snack on nuts, seeds, and fruit. Why not try the Ikarian diet and see how it changes your life?

residents people who live in a place

naps short times of sleep

avoid stay away from; choose not to do something

A Answer the questions before you read the article.

1. Do you know anyone who is 80 or 90 years old? If so, who?

2. What healthy habits do they have?

3. Do they exercise? If yes, what do they do?

4. What kinds of healthy foods do they eat?

B Read the article. Write the letter of each paragraph next to the question it answers.

_____ 1. What activities do Ikarians enjoy doing?

_____ 2. What don't people eat very often on the Ikarian diet?

_____ 3. What do people eat on the Ikarian diet?

_____ 4. Where do many people enjoy long, healthy lives?

C Read the article again. Circle **T** for *true*, **F** for *false*, or **NI** for *no information* (if the answer is not in the reading).

- | | | | |
|---|---|---|----|
| 1. On Ikaria, women live longer than men. | T | F | NI |
| 2. All Ikarians live to be 90. | T | F | NI |
| 3. Ikarians like exercising outside. | T | F | NI |
| 4. People on Ikaria have stressful lives. | T | F | NI |
| 5. Ikarians eat many types of fruit. | T | F | NI |
| 6. All people on Ikaria are vegetarian. | T | F | NI |
| 7. Ikarians often snack between meals. | T | F | NI |

D How often do people eat these foods on the Ikarian diet? Read the article again and write the foods from the box in the correct columns.

beans brown rice candy chicken cookies fish
fruit green vegetables nuts pork salad

Ikarians often eat...	Ikarians sometimes eat...	Ikarians hardly ever eat...

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CEFR

A1	A2	B1	B2
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