

## COMMUNICATION GOALS

- 1 Ask for something in a store.
- 2 Make an appointment at a salon or spa.
- 3 Discuss ways to improve appearance.
- 4 Define the meaning of beauty.

UNIT

5

# Personal Care and Appearance

## PREVIEW


مرجع زبان ایرانیان

### THE APEX


### SPA and FITNESS CENTER

For a better-looking—and better—you!


#### WORLD CLASS TOP NOTCH SALON SERVICES .




haircuts




facials




shaves



manicures




pedicures




massage:  
Swedish, therapeutic, or shiatsu


#### GROUP EXERCISE CLASSES .




yoga ...



kickboxing ...

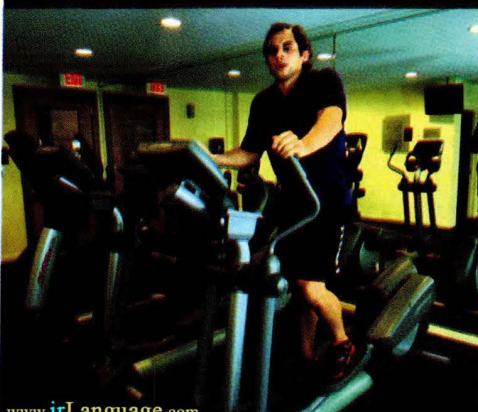


Pilates ...

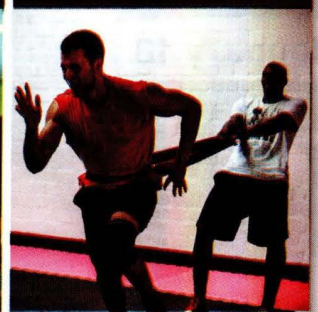


spinning ... and more

#### STATE OF THE ART GYM .



The latest in exercise equipment



Make an appointment with our personal trainers.

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ORIGINAL  
FLASH  
CARDS

A **VOCABULARY • Salon services** Read and listen. Then listen again and repeat.

a haircut

a facial

a shave

a manicure

a pedicure

B **PAIR WORK** With a partner, discuss the Apex Club services. What are the advantages of combining exercise and fitness with spa and massage services in one club?



**C** ▶ 3:03 **PHOTO STORY** Read and listen to a conversation in a spa salon.



Receptionist: Can I help you, sir?

Client: Would it be possible to get a massage? I don't have an appointment.

Receptionist: Well, actually, you're in luck. Our eleven o'clock just called to cancel his appointment.

Client: Terrific.

Receptionist: Let me show you to the dressing area.



Client: Thanks. Oh, while I'm at it, do you think I could get a haircut, too?

Receptionist: Yes. But you might have to wait a bit. We don't have anything until 12:00.

Client: Not a problem. By the way, how much will the massage and haircut come to?

Receptionist: Let's see . . . it will be 110 euros in all.



Client: Great. One more question. Is it customary to tip the staff?

Receptionist: Well, that's up to you. But most clients give the stylist and the masseuse a euro or two each.

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**D** **FOCUS ON LANGUAGE** Answer the questions, using language from the Photo Story.

- 1 How does the client ask for a massage?
- 2 How does the receptionist indicate that the client can have a massage without an appointment?
- 3 How does the client ask about the price of a massage and a haircut?
- 4 What phrase does the receptionist use to tell the client the total cost of the salon services?
- 5 How does the client say "That's OK"?
- 6 What expression does the receptionist use to tell the client that the amount to tip is his decision?

**SPEAKING**

**A** **PERSONALIZE** Check the word or phrase that best describes how often you get these salon services. Then compare charts with a partner.

	weekly	monthly	once in a while	never	I do this for myself!
haircut	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
facial	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
shave	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
manicure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
pedicure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
massage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**B** **PAIR WORK** In your opinion, what is the value of each service? Compare opinions with a partner.

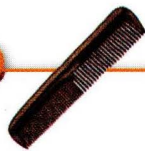
“ I think massages are great for backaches. A massage helps me feel better. ”

“ A shave? Are you kidding? I do that myself. I don't go to salons! ”

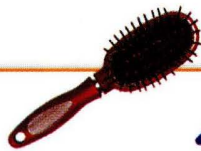
## VOCABULARY Personal care products

A ▶ 3:04 Read and listen. Then listen again and repeat.

## count nouns



1 a comb



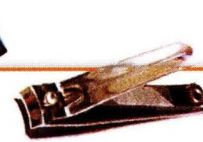
2 a brush



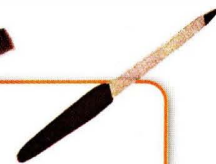
3 a toothbrush



4 a razor



5 a nail clipper



6 a nail file

## non-count nouns



1 soap



2 deodorant



3 shaving cream



4 aftershave



5 toothpaste



6 shampoo



7 hairspray



8 sunscreen



9 dental floss



10 hand and body lotion

## 11 makeup



12 lipstick



13 mascara



14 eye shadow



15 face powder



16 nail polish

B ▶ 3:05 LISTEN TO INFER Listen and circle the kind of product each ad describes.

1 Spring Rain (shampoo / deodorant)

4 All Over (face powder / hand and body lotion)

2 Rose (soap / nail polish)

5 Scrubbie (toothpaste / shaving cream)

3 Pro-Tect (sunscreen / hand and body lotion)

6 Maximum Hold (hairspray / shampoo)

## GRAMMAR Quantifiers for indefinite quantities and amounts

Use **some** and **any** with both plural count nouns and non-count nouns.**some:** affirmative statements

We bought some combs. Now we have some.

They need some soap. We have some.

**any:** negative statements

I don't have any razors. I don't want any.

We don't want any makeup. We don't need any.

**some or any:** questions

Do you want any aftershave? OR Do you want some aftershave?

Does she have any nail files? OR Does she have some nail files?



Use **a lot of** or **lots of** with both plural count nouns and non-count nouns in statements and questions. They have the same meaning.

That store has a lot of (or lots of) razors. They don't have a lot of (or lots of) sunscreen. Do they have a lot of (or lots of) makeup?

Use **many** and **much** in negative statements.

**many**: with plural count nouns

They don't have many brands of makeup.

**much**: with non-count nouns

The store doesn't have much toothpaste.

**GRAMMAR BOOSTER** p. 132

- **Some** and **any**: indefiniteness
- **Too many**, **too much**, and **enough**
- Comparative quantifiers **fewer** and **less**

**GRAMMAR PRACTICE** Complete the conversation between a husband and wife packing for a trip.

Dana: Do we have (1 **any** / **many**) shampoo?

Neil: Yes. We have (2 **many** / **lots of**) shampoo.

Dana: And Maggie uses (3 **much** / **a lot of**) sunscreen. Is there (4 **many** / **any**)?

Neil: No, there isn't (5 **some** / **any**). And we don't have (6 **much** / **many**) toothpaste, either. I can pick (7 **some** / **any**) up on my way back from work.

Dana: Hey, Adam's shaving now. Does he need (8 **any** / **many**) shaving cream?

Neil: He doesn't shave every day. He can use mine!

DIGITAL  
MORE  
EXERCISES

## CONVERSATION MODEL

- A** ▶ 3:06 Read and listen to someone looking for personal care products in a store.

A: Excuse me. Where would I find sunscreen?

B: Sunscreen? Have a look in the cosmetics section, in aisle 2.

A: Actually, I did, and there wasn't any.

B: I'm sorry. Let me get you some from the back. Anything else?

A: Yes. I couldn't find any razors either.

B: No problem. There are some over there. I'll show you.

- B** ▶ 3:07 **RHYTHM AND INTONATION** Listen again and repeat. Then practice the Conversation Model with a partner.

- C** **FIND THE GRAMMAR** Find and underline the four quantifiers in the Conversation Model.



**NOW YOU CAN**

Ask for something in a store

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DIGITAL  
VIDEO

- A** **CONVERSATION ACTIVATOR** With a partner, use the store directory to change the Conversation Model. Use the Vocabulary and quantifiers. Then change roles.

A: Excuse me. Where would I find ..... ?

B: ..... ? Have a look in ..... .

A: Actually, I did, and there ..... any.

B: I'm sorry. Let me get you ..... from the back. Anything else?

A: ..... .

**DON'T STOP!**

- Ask about other personal care products.



### RECYCLE THIS LANGUAGE.

How much [is that aftershave / are those nail clippers]?  
Can I get this [shampoo] in a larger / smaller size?  
Can I get this lipstick in [black]?  
Do you have any cheaper [razors]?

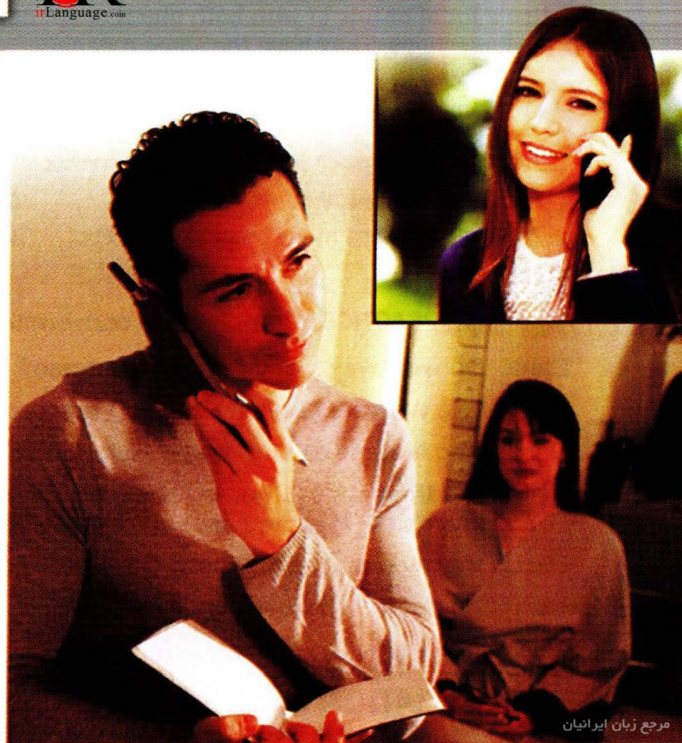
<b>Cosmetics Plus</b>	
<b>DIRECTORY</b>	
	<b>Aisle</b>
Hair Care	3
Tooth Care	4
Skin Care	2
Nail Care	2
Makeup	2
Shaving Supplies	1

- B** **CHANGE PARTNERS** Practice the conversation again, asking for other products.



## CONVERSATION MODEL

- A ▶ 3:08** Read and listen to someone make an appointment for a haircut.
- A: Hello. Classic Spa and Salon.
- B: Hello. This is Monica Morgan. I'd like to make an appointment for a haircut.
- A: When would you like to come in, Ms. Morgan?
- B: Today, if possible.
- A: Let me check. . . . Sean has an opening at 2:00.
- B: Actually, that's a little early for me. Is someone available after 4:00?
- A: Yes. Yelena can see you then.
- B ▶ 3:09 RHYTHM AND INTONATION** Listen again and repeat. Then practice the Conversation Model with a partner.

GRAMMAR Indefinite pronouns: someone / no one / anyone

Someone, no one, and anyone are indefinite pronouns. Each refers to an unnamed person. Use indefinite pronouns when the identity of the person is unknown or unimportant.

## Affirmative statements

Someone is available.  
No one

Someone is waiting for the manicurist.  
No one

I saw someone at the front desk.

## Negative statements

There isn't anyone waiting.  
I didn't see anyone at the salon.

## Questions

Can anyone wash my hair?  
someone

Is there anyone at the front desk?  
someone

Did you see anyone waiting for a shave?  
someone

## Be careful!

Use anyone, not no one, with the negative form of a verb.

I didn't speak to anyone.

NOT I didn't speak to no one.

## GRAMMAR BOOSTER p. 133

- Indefinite pronouns: something, anything, everything, and nothing

- A ▶ 3:10 LISTEN TO ACTIVATE VOCABULARY AND GRAMMAR** Listen to the conversations. Complete each statement with someone or anyone and the salon service(s).

- They can't find ..... to give her a ..... this afternoon.
- ..... can give him a ..... and a ..... at 4:00.
- There is ..... who can give her a ..... and a ..... at 6:30.
- There isn't ..... who can give him a ..... today.



- B GRAMMAR PRACTICE** Complete each statement or question with someone, no one, or anyone. In some cases, more than one answer is correct.

- 1 There's someone (or no one) at the front desk.
- 2 They didn't tell ..... it would be a long wait.
- 3 Did you see ..... giving a manicure?
- 4 I didn't ask ..... about the price.
- 5 There will be ..... here to give you a pedicure in a few minutes.
- 6 ..... can cut your hair at 12:30 if you can wait.
- 7 Please don't tell ..... the price. It was very expensive!
- 8 ..... called and left you this message while you were getting your shampoo.
- 9 There wasn't ..... there when she called for an appointment.
- 10 I didn't speak to ..... about the bad haircut.
- 11 ..... told me the salon offers shiatsu massage now.
- 12 I don't have the nail file. I gave it to .....

DIGITAL  
MORE  
EXERCISES

DIGITAL  
VIDEO  
EXERCISES

## PRONUNCIATION Pronunciation of unstressed vowels

- A** ▶ 3:11 The vowel in an unstressed syllable is often pronounced /ə/. Read and listen, paying attention to the syllable or syllables marked with /ə/. Then listen again and repeat.

- |            |           |              |              |                |
|------------|-----------|--------------|--------------|----------------|
| 1 ma ssage | 2 fa cial | 3 ma ni cure | 4 pe di cure | 5 de o do rant |
| /ə/        | /ə/       | /ə/          | /ə/          | /ə/ /ə/        |

- B** Now practice saying the words on your own.

## NOW YOU CAN Make an appointment at a salon or spa

DIGITAL  
VIDEO

- A CONVERSATION ACTIVATOR** With a partner, change the Conversation Model, using services and staff from the list. Then change roles.

- A: Hello. ....  
 B: Hello. This is ..... I'd like to make an appointment for .....  
 A: When would you like to come in, ..... ?  
 B: ..... if possible.  
 A: Let me check. . . . has an opening at .....  
 B: Actually, that's a little ..... for me. Is someone available ..... ?  
 A: Yes. .... can see you then.

### DON'T STOP!

- Ask about other services.
- Ask about prices and payment.



### RECYCLE THIS LANGUAGE.

Is someone available on / at \_\_\_\_?  
 How much is [a pedicure]?  
 How long is [a massage]?  
 Can someone [wash my hair]?  
 I need [a shave].  
 Is the tip included?  
 Do you accept credit cards?

THE APEX

SPA and FITNESS CENTER

SERVICES	STAFF
haircut	Christopher/Diana
pedicure	Karin/Carlota
shave	Nick/Giorgio
manicure	Sonia/Marie
massage	Vladimir/Edouard
personal training	Igor/Betty

- B CHANGE PARTNERS** Practice the conversation again, making an appointment for other services.



## BEFORE YOU READ

**PREDICT** Look at the photos and title of the article. What questions do you think the people will ask Dr. Weiss?

## READING ▶ 3:12

# Cosmetic surgery

## ... for everyone?

Contact Doctor Weiss at Personal Health Magazine: weiss@personalhealth.rx



*Some people consider cosmetic surgery no more serious than visiting a spa or a salon. But others say, "I think I'll pass." They're aware that cosmetic surgery is, in fact, surgery, and surgery should never be taken lightly. Fitness editor Dr. Gail Weiss answers readers' questions about cosmetic surgery.*

Dear Dr. Weiss:

I'm at my wits' end with my face. I have wrinkles and sun damage. I'm only 30, but I look 50. Do you think a face-lift is an option for me?

Josephine

Dear Josephine:

This popular and effective surgery lifts the face and the neck in one operation. But a face-lift is surgery, and afterwards you will have to stay home for a number of days. It takes time to recover. Before you decide to have a face-lift, ask your dermatologist or a cosmetic surgeon about a chemical peel. A chemical peel removes the top layer of skin and can improve the appearance of the skin without surgery. Compared to surgery, a half-hour visit to your dermatologist would be a piece of cake! Good luck!

Gail Weiss, M.D.

Dear Dr. Weiss:

I'm a 24-year-old man who is already losing his hair. Dr. Weiss, I'm looking for a wife, and I'm afraid no woman will want to marry a 25-year-old bald guy. I need some advice.

Calvin

Dear Calvin:

There are several surgical procedures which a cosmetic surgeon can perform to help treat hair loss and restore hair for both men and women. But if that's not practical, remember that some of the world's most attractive men are bald!

Gail Weiss, M.D.

Dear Dr. Weiss:

When I was young, I was a chocoholic. I ate a lot of chocolate, but I never gained any weight. Now that I'm older, I can't eat anything without gaining weight! I've heard that liposuction is the answer to an overweight person's dreams. Is that true?

Dawson

Dear Dawson:

It's true that liposuction can remove fat deposits that don't respond to dieting and exercise, but it's expensive and can be dangerous. It would be a good idea to ask your doctor for some help in dieting first. Then, if you are unsuccessful, be sure to find a surgeon with a lot of experience before deciding on liposuction.

Gail Weiss, M.D.

**A PARAPHRASE** Find and circle each underlined expression in the article. Then circle the correct word or phrase to complete each statement.

- If you say I think I'll pass, you mean ("No, thanks" / "That's a great idea").
- If you are at your wits' end about something, you are (happy / unhappy) about it.
- It takes time to recover means that you (will / won't) feel better immediately.
- Something that is a piece of cake is (easy / difficult).

**B UNDERSTAND FROM CONTEXT** With a partner, find these procedures in the Reading and write a definition for each one.

- liposuction .....
- hair restoration .....

- a face-lift .....
- a chemical peel .....



- C CONFIRM CONTENT AND APPLY INFORMATION** Complete the chart with information from the article. Then, with a partner, give your own advice for each person.

	Problem	Dr. Weiss's advice	Your advice
Josephine			
Calvin			
Dawson			

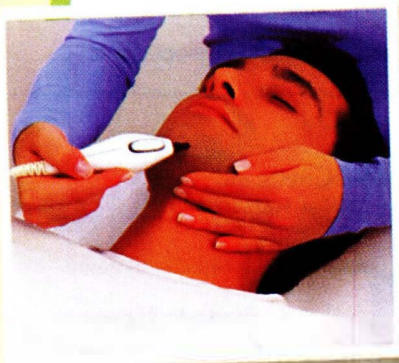
DIGITAL  
MORE  
EXERCISES

## NOW YOU CAN Discuss ways to improve appearance

- A FRAME YOUR IDEAS** Take the opinion survey about ways to improve appearance.

### How far would you go to improve your appearance?

Would you try ...



	definitely	maybe	probably not	absolutely not!
diet?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
exercise?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
massage?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
hair restoration?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
cosmetics and makeup?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
facials?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
face-lifts?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
liposuction?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
chemical peels?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

- B NOTEPADDING** Choose one method you would try and one method you would not try. On the notepad, write advantages and disadvantages.

Method	Advantage(s)	Disadvantage(s)
I would try diet.	free, safe	It's hard to do!

Method	Advantage(s)	Disadvantage(s)

- C DISCUSSION** What's the best way to improve your appearance? What ways would you NOT try? Explain. Use your notepad for support.

#### Text-mining (optional)

Find and underline three words or phrases in the Reading that were new to you. Use them in your Discussion. For example: "surgical procedures."



## BEFORE YOU LISTEN

DIGITAL  
FLASH  
CARDSA ▶ 3:13 VOCABULARY • *Discussing beauty* Read and listen. Then listen again and repeat.**physical features** skin, hair, body shape and size, eyes, nose, mouth, etc.**beauty** the physical features most people of a particular culture consider good-looking**attractive** having a beautiful or pleasing physical or facial appearance**unattractive** the opposite of *attractive***youth** appearing young; the opposite of looking old**health** the general condition of one's body and how healthy one is

B EXPLORE YOUR IDEAS Write a statement or two describing, in your opinion, the characteristics of an attractive man or woman.

*An attractive woman has long hair and dark eyes.*

C PAIR WORK Use your statements to talk about the physical features you consider attractive for men and women. Use the Vocabulary.

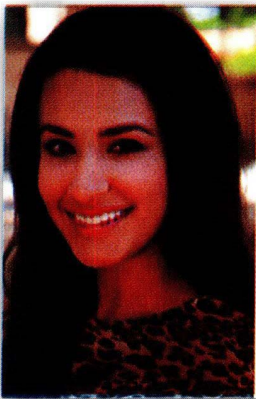
“

In my opinion, attractive people have . . .

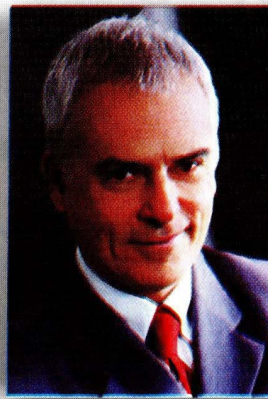
”

## LISTENING COMPREHENSION

A ▶ 3:14 LISTEN TO RECOGNIZE SOMEONE'S POINT OF VIEW Listen to the interview. Check all of the statements that summarize Maya Prasad's and Ricardo Figueroa's ideas about beauty.

**Maya Prasad**

- ☐ I'm very lucky to be so beautiful.
- ☐ All the contestants were beautiful. I was just lucky.
- ☐ Physical beauty only lasts a short time.
- ☐ Love makes people beautiful.

**Ricardo Figueroa**

- ☐ Physical beauty is not important at all.
- ☐ Both physical beauty and inner beauty are important.
- ☐ Only inner beauty is important.
- ☐ Prasad represents an almost perfect combination of inner and outer beauty.

B ▶ 3:19 LISTEN TO TAKE NOTES Listen and take notes about what Figueroa says about each of the qualities below. Then compare your notes with the class.

warmth:

patience:

goodness and kindness:

**C DISCUSSION** Talk about one or more of the questions.

- 1 In what ways do you agree or disagree with Prasad's and Figueroa's ideas about beauty?
- 2 Do you think the Miss Universal Beauty contest sounds better than the usual beauty contest? Why or why not?
- 3 Do you think there should be beauty contests for men as well as for women? Why or why not? What in your opinion is the difference between a woman's beauty and a man's beauty?
- 4 How do you explain these words in the song Prasad talks about:  
"Do you love me because I'm beautiful, or am I beautiful because you love me"?

**NOW YOU CAN** Define the meaning of beauty

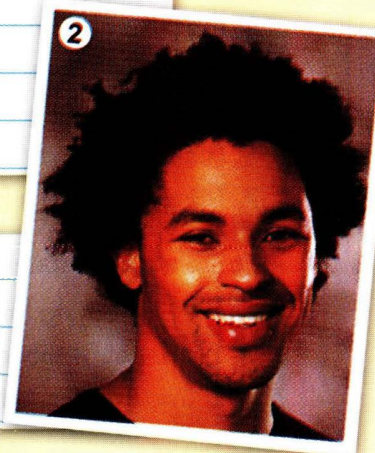
**A NOTEPADDING** Look at the four photos. What qualities of beauty do you find in each person? Write notes.

1	Outer beauty	Inner beauty
	<i>She has beautiful skin.</i>	<i>She looks warm and friendly.</i>



1 Outer beauty

Inner beauty



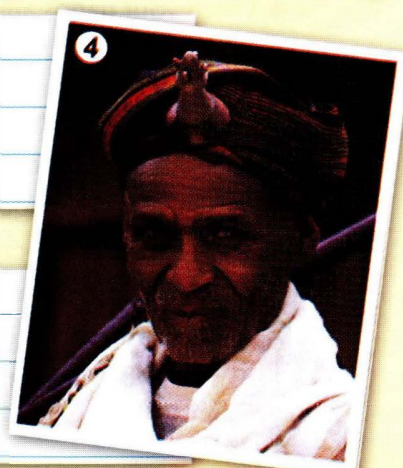
2 Outer beauty

Inner beauty



3 Outer beauty

Inner beauty



4 Outer beauty

Inner beauty

**B PAIR WORK** Discuss the qualities of beauty you found in the people in the pictures. Compare your opinions. Use your notepads for support.

**C DISCUSSION** Define the meaning of beauty.

“ I think beauty is hard to describe. It's a combination of things. I consider my grandmother really beautiful because . . . ”



# REVIEW

**A** ▶3:16 Listen to the conversations. Infer what kind of product the people are discussing. Complete each statement.

- 1 Hawaii Bronzer is a brand of .....
- 2 Swan is a brand of .....
- 3 Truly You is a brand of .....
- 4 Mountain Fresh is a brand of .....
- 5 Silk 'n Satin is a brand of .....
- 6 Fresh as a Flower is a brand of .....

**B** Complete each statement or question.

- 1 There aren't (many / much) customers in the store right now.
- 2 Do they sell (any / many) sunscreen at the hotel gift shop? I forgot to pack some.
- 3 Your sister doesn't want (some / any) body lotion.
- 4 She doesn't wear (much / some) makeup. She doesn't need to—she has beautiful skin.
- 5 My son uses (any / a lot of) shaving cream.
- 6 There's (anyone / someone) on the phone for you. Do you want me to take a message?
- 7 There are (any / a lot of) salons in this neighborhood.

**C** Complete each statement about services at a salon or spa.

- 1 There's nothing like a professional ..... when you're sick and tired of your beard.
- 2 If your hair is too long, get a .....
- 3 In the summer, before you wear sandals for the first time, your feet will look great if you get a .....
- 4 When your hands are a mess, you can get a .....
- 5 When your muscles are sore from too much work or exercise, a ..... can help.

**D** Complete each conversation with the correct procedure.

- 1 A: I look so old! Look at my neck and my eyes.  
B: Why don't you get (a massage / a facelift)?
- 2 A: My back and shoulders are sore from too much exercise.  
B: They say (a chemical peel / a massage) can really help.
- 3 A: Look at this! I'm getting bald!  
B: Have you thought about (liposuction / hair restoration)?

## WRITING

Re-read the letters on page 56. Choose one letter and write a response, using your own opinion and making your own suggestions. Explain what you think is OK or appropriate for men and women.

**WRITING BOOSTER** p. 147

- Writing a formal letter
- Guidance for this writing exercise

For additional language practice ...

🎵 **TOP NOTCH POP** • Lyrics p. 153  
"Piece of Cake"

DIGITAL  
SONG

DIGITAL  
KARAOKE



## ORAL REVIEW

**CONTEST** Look at the picture for a minute, and then close your books. With a partner, try to remember all the products and services in the picture. The pair who remembers the most products and services wins.

### PAIR WORK

- 1 Create a conversation between the client and the clerk at the front desk of the salon. Start like this:

*Hi. I have a 2:30 appointment for ...*

- 2 Create a conversation for the man and woman waiting for salon services. For example:

*What are you here for?*



### ✓ NOW I CAN

- ☐ Ask for something in a store.
- ☐ Make an appointment at a salon or spa.
- ☐ Discuss ways to improve appearance.
- ☐ Define the meaning of beauty.



## COMMUNICATION GOALS

1 Talk about food passions.

2 Make an excuse to decline food.

3 Discuss lifestyle changes.

4 Describe local dishes.

## UNIT

# 6

## Eating Well

### PREVIEW

**A HEALTHY DIET**

The right balance of foods will keep you healthy.

**FATS, OILS, SWEETS**  
eat rarely

**FRUIT**  
2-4 servings per day for vitamins and fiber

**VEGETABLES**  
3-5 servings per day for vitamins and fiber

**BREAD, GRAINS, PASTA**  
6-11 servings per day for carbohydrates

**MEAT, FISH, BEANS**  
2-3 servings per day for protein and vitamins

**DAIRY**  
2-3 servings per day for calcium

**3:19 VOCABULARY**

**Calcium:**  
Dairy products and leafy green vegetables provide calcium for healthy bones and teeth.

**Carbohydrates:**  
Grains, pasta, and bread are sources of healthy carbohydrates.

**Protein:**  
Meat, fish, poultry, eggs, legumes, and nuts are rich sources of protein.

**Vitamins:**  
Vitamins A, B, C, and D come from a variety of foods, and they are important for good health.

- A** Look at the suggestions above for eating a healthy diet. Do you think this diet is healthy? Why or why not?
- B** Complete the chart about the foods you eat each day. Compare charts with a partner.
- C DISCUSSION** How are the Healthy Diet suggestions different from your chart? Which do you think is a healthier diet? Explain.

2-3 servings a day
3-5 servings a day
More than 5 servings a day



**D 3:20 PHOTO STORY** Read and listen to people talking about food choices.



Rita: Didn't you tell me you were avoiding sweets?  
Joy: I couldn't resist! I had a craving for chocolate.  
Rita: Well, I have to admit it looks pretty good. How many calories are in that thing anyway?



Joy: I have no idea. Want to try some?  
Rita: Thanks. But I think I'd better pass. I'm avoiding carbs.\*  
Joy: You? I don't believe it. You never used to turn down chocolate!  
Rita: I know. But I'm watching my weight now.



Joy: Come on! It's really good.  
Rita: OK. Maybe just a bite.  
Joy: Hey, you only live once!

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\*carbs (informal) = carbohydrates

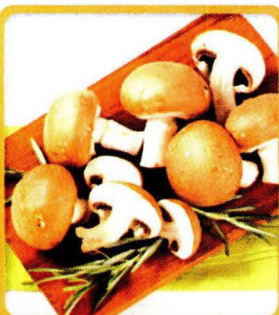
**E FOCUS ON LANGUAGE** Find an underlined sentence or phrase in the Photo Story with the same meaning as each of the following.

- |                                       |                           |
|---------------------------------------|---------------------------|
| 1 I don't know. ....                  | 5 I really wanted . . .   |
| 2 I should say no. ....               | 6 I agree . . .           |
| 3 I couldn't stop myself. ....        | 7 say no to .....         |
| 4 I'm trying not to get heavier. .... | 8 I'll try a little. .... |

**SPEAKING**

Read the descriptions of diets. Would you ever try any of them? Why or why not?

“I don't believe in the Atkins Diet. A lot of meat, eggs, and cheese doesn't sound like the right balance of foods for good health.”



**The Mushroom Diet**  
For weight loss.  
Replace lunch or dinner every day—for two weeks—with a mushroom dish.

**The Vegan Diet**  
For better health and prevention of disease.  
Avoid all animal products, including dairy and eggs. Eat lots of grains, beans, vegetables, and fruits.



**The Atkins Diet**  
For weight loss.  
Eat high-protein foods such as meat, eggs, and cheese. Avoid foods that are high in carbohydrates, such as potatoes, bread, grains, and sugar.

**The Juice Fast**  
For better health and prevention of disease.  
Instead of food, drink four to six glasses of fresh vegetable and fruit juices for anywhere from three days to three weeks. Get plenty of rest and avoid exercise during the fast.





## VOCABULARY Food passions

A ▶ 3:21 Read and listen. Then listen again and repeat.



B ▶ 3:22 LISTEN TO ACTIVATE VOCABULARY Circle the correct words to complete each statement about the speakers' food passions.

- 1 She (is crazy about / doesn't care for) sushi.
- 2 He (loves / can't stand) asparagus.
- 3 She (is a mango lover / doesn't care for mangoes).
- 4 He (is a big pasta eater / isn't crazy about pasta).
- 5 She (is an ice cream addict / can't stand ice cream).



sushi



mangoes



pasta



ice cream



asparagus

C PAIR WORK Tell your partner about some of your food passions.

“ I'm really a seafood lover, but I'm not crazy about clams. ”

## GRAMMAR Use to / used to

Use **use to** and **used to** + the base form of a verb to describe things that were true in the past but are no longer true in the present.

I **used to be** crazy about candy, but now I don't care for it.

She **didn't use to** eat cheese, but now she has it all the time.

Did you **use to** eat a lot of fatty foods? Yes, I did. OR Yes, I **used to**.  
No, I **didn't**. OR No, I **didn't use to**.

What **did you use to have** for breakfast? (Eggs and sausage. But not anymore.)

Why **did you use to eat** so much? (Because I **didn't use to** worry about my health.)

Be careful!

They **used to** ... BUT They **didn't use to** ...  
Did they **use to** ... ?

## GRAMMAR BOOSTER p. 134

- Use **to / used to**: use and form, common errors
- Be **used to** vs. **get used to**
- Repeated actions in the past: **would** + base form, common errors

**GRAMMAR PRACTICE** Use the context to help you complete each sentence with used to or didn't use to. Then write two sentences about yourself.

- 1 Gary ..... go out to eat a lot, but now he eats at home more often.
- 2 Nina ..... eat a lot of pasta, but now she does.
- 3 Vinnie ..... drink a lot of coffee, but now he's a coffee addict.
- 4 Anton ..... eat a lot of vegetables, but now he doesn't.
- 5 Cate ..... hate seafood, but now she's crazy about fish.
- 6 Ted ..... eat a lot of fatty foods, but now he avoids them.
- 7 Burt ..... drink a lot of water, but now he has several glasses a day.
- 8 May ..... like salad, but now she has salads several times a week.
- 9 (used to) I .....
- 10 (didn't use to) I .....

DIGITAL  
MORE  
EXERCISES

DIGITAL  
VIDEO  
COACH

## PRONUNCIATION Sound reduction: used to

▶ 3:23 Notice how the pronunciation of to in used to changes to /tə/ in natural speech. Read and listen. Then listen again and repeat. Practice the sentences on your own.

- 1 I used to be a big meat eater.
- 2 Jack used to like sweets.
- 3 Sally used to be crazy about fries.
- 4 They didn't use to like seafood.

## CONVERSATION MODEL

- A ▶ 3:24 Read and listen to two people talking about their food passions.
- A: Are you a big coffee drinker?  
B: Definitely. I'm crazy about coffee. What about you?  
A: I used to drink it a lot. But recently I've cut back.  
B: Well, I couldn't live without it.
- B ▶ 3:25 **RHYTHM AND INTONATION** Listen again and repeat. Then practice the Conversation Model with a partner.



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## NOW YOU CAN Talk about food passions

- A **NOTEPADDING** Complete the notepad with foods you like and dislike.

DIGITAL  
VIDEO

- B **CONVERSATION ACTIVATOR** With a partner, change the Conversation Model, exchanging information about your food passions. Talk about what you used to and didn't use to eat or drink. Use your notepad and the Vocabulary from page 64.

- A: Are you a big ..... ?  
B: ..... What about you?  
A: ..... .

**DON'T STOP!**

- Ask about more foods and drinks.

- C **CHANGE PARTNERS** Talk about other food passions.

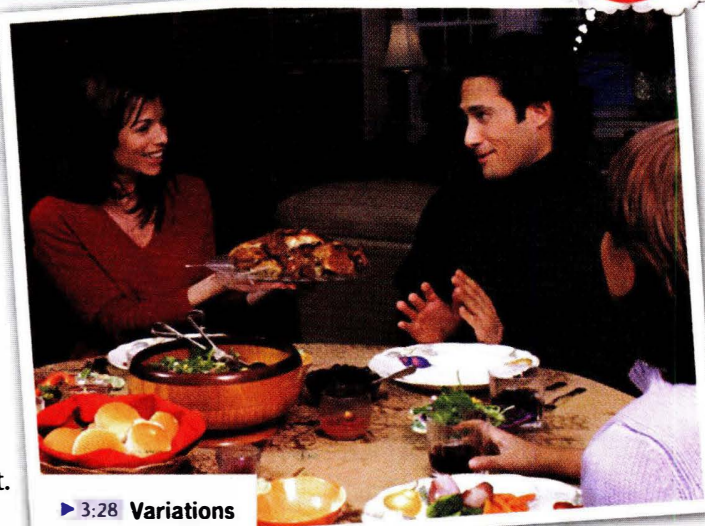
My food passions	
Foods I'm crazy about	Foods I can't stand





## CONVERSATION MODEL

- A** ▶ 3:26 Read and listen to a dinner guest make an excuse to decline food.
- A: Please help yourself.
- B: Everything looks great! But I'll pass on the chicken.
- A: Don't you eat chicken?
- B: Actually, no. I'm a vegetarian.
- A: I'm sorry. I didn't know that.
- B: It's not a problem. I'll have something else.
- B** ▶ 3:27 **RHYTHM AND INTONATION** Listen again and repeat. Then practice the Conversation Model with a partner.



▶ 3:28 **Variations**

It's not a problem.  
Don't worry.  
I'm fine.

## **DIGITAL FLASH CARDS** VOCABULARY Excuses for not eating something

- A** ▶ 3:29 Read and listen. Then listen again and repeat.



Coffee **doesn't** agree with me.



I'm **on a diet**. /  
I'm **trying to lose weight**.



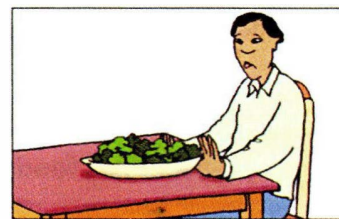
I don't eat beef.  
It's **against my religion**.



I'm **allergic to** chocolate.



I'm **avoiding** sugar.



I **don't care for** broccoli.

- B** ▶ 3:30 **LISTEN TO ACTIVATE VOCABULARY** Listen to each conversation. Write the letter to complete each statement. Then listen again to check your work.

- |                     |                                   |
|---------------------|-----------------------------------|
| ..... 1 Cindy ...   | a is a vegetarian.                |
| ..... 2 Frankie ... | b is avoiding fatty, salty foods. |
| ..... 3 Marie ...   | c is trying to lose weight.       |
| ..... 4 Susan ...   | d is allergic to something.       |
| ..... 5 George ...  | e doesn't care for seafood.       |

- C PAIR WORK** Talk about foods or drinks you avoid. Explain why.

“I usually don't eat fried foods.  
I'm trying to lose weight.”

## GRAMMAR Negative yes / no questions

Use negative yes / no questions . . .

- to confirm information you think is true.  
Isn't Jane a vegetarian? (Yes, she is.)  
Didn't he go on a diet last week? (Yes. He's trying the Atkins Diet.)
- when you want someone to agree with you.  
Don't you love Italian food? (Yes, it's delicious!)  
Wasn't that a terrible dinner? (Actually, no. I thought it was good.)
- to express surprise.  
Aren't you going to have cake? (I'm sorry, but I'm on a diet.)  
Hasn't he tried the chicken? (No. He's a vegetarian.)

**GRAMMAR BOOSTER** p. 135

- Negative yes / no questions: short answers

**GRAMMAR PRACTICE** Complete each negative yes / no question.

- |   |   |
|---|---|
| 1 A: ..... you allergic to tomatoes?<br>B: Me? No. You're thinking of my brother. | 4 A: ..... your husband been on a diet?<br>B: Yes. But it's driving him crazy.    |
| 2 A: ..... that lunch yesterday delicious?<br>B: It was fantastic!                | 5 A: ..... asparagus disgusting?<br>B: Actually, I like it.                       |
| 3 A: ..... we already have steak this week?<br>B: Yes, we did.                    | 6 A: ..... you like your pasta?<br>B: Actually, it was a little too spicy for me. |

DIGITAL  
MORE  
EXERCISES

## NOW YOU CAN Make an excuse to decline food

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موضوع: زبان ایران

**A NOTEPADDING** Look at the photos. On a separate sheet of paper, use the Vocabulary to write an excuse to decline each food.

DIGITAL  
VIDEO

**B CONVERSATION ACTIVATOR** With a partner, change the Conversation Model to role-play a dinner conversation. Use the photos to offer foods. Use your notepad to make excuses to decline that food. Then change roles. **OPTION:** Role-play a dinner conversation with more than one classmate.

- A: Please help yourself.  
B: Everything looks ..... ! But I'll pass on the .....  
A: Don't you eat ..... ?  
B: Actually, .....  
A: I'm sorry. I didn't know that.  
B: ..... I'll have .....

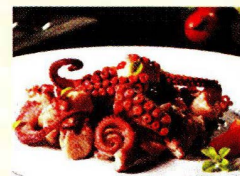
**DON'T STOP!**

- Offer drinks and other foods.
- Talk about food passions.

### RECYCLE THIS LANGUAGE.

be crazy about ____	can't stand ____
be a big ____ eater / drinker	be not crazy about ____
be a(n) ____ addict / lover	not care for ____

**C CHANGE PARTNERS** Practice the conversation again.



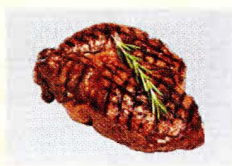
octopus



shellfish



tofu



steak



broccoli



beets



chocolate



## BEFORE YOU READ

**EXPLORE YOUR IDEAS** Do you think people's eating habits are better or worse than they used to be? Explain with examples.

## READING ▶ 3:31

مرجع زبان ایرانیان

# How Can It Be?

Americans gain weight . . . while the French stay thin

**Have you ever wondered why** Americans struggle with watching their weight, while the French, who consume all that rich food—the bread, the cheese, the wine, and the heavy sauces—continue to stay thin? Now a report from Cornell University suggests a possible answer. A study of almost 300 participants from France and the U.S. provides clues about how lifestyle and decisions about eating may affect weight. Researchers concluded that the French tend to stop eating when they feel full. However, Americans tend to stop when their plate is completely empty, or they have reached the end of their favorite TV show.

According to Dr. Joseph Mercola, who writes extensively about health issues, the French see eating as an important part of their lifestyle. They enjoy food and, therefore, spend a fairly long time at the table. In contrast, Americans see eating as something to do quickly as they squeeze meals between the other activities of the day. Mercola believes Americans have lost the ability to sense when they are actually full. So they keep eating long after the French would have stopped. In addition, he argues that, by tradition, the French tend to shop daily, walking to small shops and farmers' markets where they have a choice of fresh fruits, vegetables, and eggs as well as high-quality meats and cheeses for each meal. In contrast, Americans tend to drive their cars to huge supermarkets to buy canned and frozen foods for the whole week.

Despite all these differences, new reports show that recent lifestyle changes may be affecting French eating habits. Today, the rate of obesity—or extreme overweight—among adults is only 6%. However, as American fast-food restaurants gain acceptance, and the young turn their backs on older traditions, the obesity rate among French children has reached 17%—and is growing.



**A UNDERSTAND FROM CONTEXT** Use the context of the article to help you choose the same meaning as each underlined word or phrase.

- Have you ever wondered why Americans struggle with watching their weight . . .
  - have an easy time
  - have a difficult time
  - don't care about
- . . . while the French, who consume all that rich food, . . .
  - fatty, high-calorie food
  - low-fat, low-calorie food
  - expensive food
- . . . continue to stay thin?
  - worry about their weight
  - not become overweight
  - gain weight
- Researchers concluded that the French tend to stop eating when they feel full.
  - like they can't eat any more
  - worried about their weight
  - hungry
- . . . the French see eating as an important part of their lifestyle.
  - personal care and appearance
  - culture or daily routine
  - meals

- B SUMMARIZE** According to the article, why do the French stay thin while Americans gain weight? Write a four-sentence summary of the Reading. Then share your summary with the class.

*Compared to Americans, the French stay thin because . . .*

- C COMPARE AND CONTRAST** In your country, do people generally stay thin or do they struggle with watching their weight? Are lifestyles in your country closer to those of France or the U.S., as described in the article?

“ I think people here are more like people in France. They like to eat, but they don’t gain weight easily. ”

DIGITAL  
MORE  
EXERCISES

## NOW YOU CAN Discuss lifestyle changes

- A FRAME YOUR IDEAS** Complete the lifestyle self-assessment.



**1 Have you ever changed the way you eat in order to lose weight?** ☐ yes ☐ no

If so, what have you done?

☐ ate less food ☐ Were you successful? ☐ yes ☐ no

☐ cut back on desserts ☐ Why or why not? Explain. \_\_\_\_\_

☐ avoided fatty foods \_\_\_\_\_

☐ other (explain) \_\_\_\_\_

**2 Have you ever changed the way you eat in order to avoid illness?** ☐ yes ☐ no

If so, what changes have you made?

☐ stopped eating fast foods ☐ Were you successful? ☐ yes ☐ no

☐ started eating whole grains ☐ Why or why not? Explain. \_\_\_\_\_

☐ started eating more vegetables \_\_\_\_\_

☐ other (explain) \_\_\_\_\_

**3 Have you ever tried to lead a more active lifestyle?** ☐ yes ☐ no

If so, what have you done?

☐ started working out in a gym ☐ Were you successful? ☐ yes ☐ no

☐ started running or walking ☐ Why or why not? Explain. \_\_\_\_\_

☐ started playing sports \_\_\_\_\_

☐ other (explain) \_\_\_\_\_

- B CLASS SURVEY** On the board, summarize your class’s lifestyles.
- C DISCUSSION** How do you think your classmates compare to most people in your country? Are they generally healthier or less healthy? What do you think people need to do to have a healthy lifestyle?

### How many students . . .

- want to make some lifestyle changes?
- have gone on a diet to lose weight?
- have changed their diet to improve their health?
- have been successful with a diet?
- lead an active lifestyle?

“ I think my classmates are healthier than most people in this country. Too many people eat fast foods. They need to eat healthier food and exercise more. ”

### Text-mining (optional)

Find and underline three words or phrases in the Reading that were new to you. Use them in your Discussion.  
For example: “gain weight.”



## BEFORE YOU LISTEN

DIGITAL  
FLASH  
CARDS

A ▶ 3:32 VOCABULARY • Food descriptions Read and listen. Then listen again and repeat.



It looks terrific.



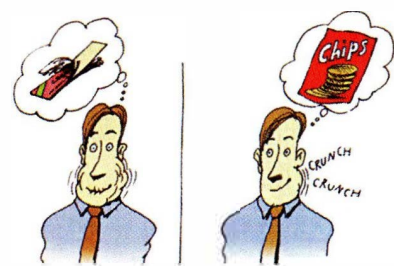
It smells terrible.



It tastes

 sweet.  
spicy.  
salty.  
sour.

 It smells like  
It tastes like  
It looks like } chicken.

 It's { soft.  
hard.

 It's { chewy.  
crunchy.

B PAIR WORK Use the Vocabulary to describe foods you know.

“ Apples are crunchy. ”

## LISTENING COMPREHENSION

A ▶ 3:33 LISTEN FOR DETAILS First, listen to the descriptions of foods from around the world and write the letter of each food. Then listen again and choose the Vocabulary that completes each description.

- ..... 1 It's (crunchy / chewy / hard), and it tastes (salty / sweet / sour).  
 ..... 2 It tastes (salty / sweet / spicy), and it's (soft / hard / crunchy).  
 ..... 3 It's (soft / chewy / crunchy), and it tastes (salty / sweet / spicy).  
 ..... 4 It tastes (salty / sweet / spicy). Some think it (tastes / smells / looks) awful.  
 ..... 5 It (smells / tastes / looks) great, and it (smells / tastes / looks) awful.  
 ..... 6 They're (crunchy / chewy / hard), and they taste (salty / sweet / spicy).

f



kim chee / Korea



cabbage

e



caviar / Russia



chapulines / Mexico



grasshopper



cho tofu / China



mochi / Japan



Jell-O® / United States

- B** ▶ 3:34 **LISTEN TO PERSONALIZE** Listen again. After each food, discuss with a partner whether you would like to try that food. Explain why or why not.

## NOW YOU CAN

### Describe local dishes

مرجع زبان ایران

- A** **FRAME YOUR IDEAS** Choose three local dishes that you would recommend to a visitor to your country. Write notes about each.

Name of dish:

Description:

What's in it?

1

Name of dish:

Description:

What's in it?

2

Name of dish:  
*Rain doughnuts*

Description:  
*soft and sweet*

What's in it?  
*flour, eggs, milk*

Name of dish:

Description:

What's in it?

3

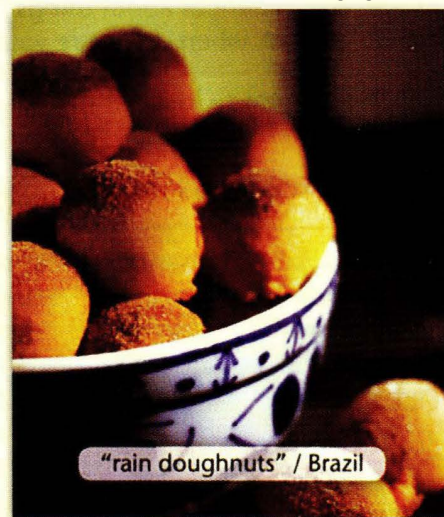
- B** **PAIR WORK** Role-play a conversation in which one of you is a visitor to your country. Introduce and describe your dishes to the "visitor." Use the Vocabulary. For example:

“ Have you tried rain doughnuts? ”

“ No, I haven't. What are they like? ”

“ Well, they're soft. And they taste sweet . . . ”

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"rain doughnuts" / Brazil



### RECYCLE THIS LANGUAGE.

#### Ask about the dish

What's in [it / them]?  
Is it / Are they [spicy / sweet]?  
How do you make [it / them]?  
Is it / Are they [popular]?  
Does it / Do they taste [salty]?

#### Comment on the dish

It sounds / they sound [great].  
I'm crazy about \_\_\_\_.  
I'm a big \_\_\_\_ eater.  
I'm a(n) \_\_\_\_ [addict / lover].  
I [used to / didn't use to] eat \_\_\_\_.  
I don't care for \_\_\_\_.

I'm allergic to \_\_\_\_.  
I'm avoiding \_\_\_\_.  
\_\_\_\_ [don't / doesn't] agree with me.  
\_\_\_\_ [is / are] against my religion.  
I'm not much of a \_\_\_\_ [eater].  
I'm [on a diet / trying to lose weight].

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# REVIEW

- A ▶ 3:35 Listen to the conversation in a restaurant. Cross out the foods that the speakers don't mention.

beef and broccoli	chicken	clams	noodles	pasta
pizza	salmon	scallops	shrimp	steak

- B ▶ 3:36 Now listen again and complete the statements.

The man doesn't care for .....

He would rather eat .....

- C Complete the negative yes / no question for each situation.

- 1 The weather today is sunny and beautiful. You turn to your friend and say: "..... the weather fantastic?"
- 2 You've just finished dinner. It was a terrible meal. As you leave, you say to your friend: "..... that meal awful?"
- 3 You're sightseeing in China. From your tour bus window you see a long wall in the distance. You say to the person sitting next to you: "..... that the Great Wall?"
- 4 You're surprised to see your friend eating breakfast at 11:30. You say: "..... you ..... breakfast yet?"
- 5 You see a woman on the street. You're pretty sure it's Norah Jones, the singer. You go up to her and ask: "..... you Norah Jones?"

- D Write five sentences about things you used to or didn't use to do or think when you were younger. For example:

*I didn't use to like coffee when I was younger.*

- E Write short descriptions of the following foods.

apples	bananas	carrots	grapefruit
ice cream	onions	squid	steak

*Carrots are orange, and they're sweet and crunchy.*

For additional language practice ...

🎵 **TOP NOTCH POP** • Lyrics p. 154

"A Perfect Dish"

DIGITAL SONG DIGITAL KARAOKE

## WRITING

Write a paragraph on the following topic: Do you think people are eating healthier or less healthy foods than they used to? Give examples to support your opinion.

*I think people are eating a lot of unhealthy foods today.*

*People used to eat a lot of fresh foods. However, lately ...*

### WRITING BOOSTER p. 148

- Connecting ideas: subordinating conjunctions
- Guidance for this writing exercise



# International Buffet

## Today's Selections

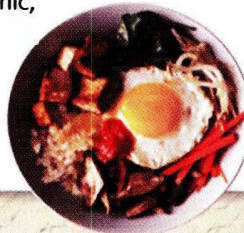
### Pad Thai • Thailand

**Ingredients:** rice noodles, tofu, peanuts, fish sauce, sugar, lime juice, vegetable oil, garlic, shrimp, eggs, hot peppers



### Bi Bim Bop • Korea

**Ingredients:** rice, beef, soy sauce, sesame oil, garlic, black pepper, salt, eggs, lettuce, rice wine, hot peppers



### Chicken Mole • Mexico

**Ingredients:** chicken, salt, vegetable oil, onions, garlic, tomatoes, chocolate, hot peppers



### Potato Soup • Colombia

**Ingredients:** chicken, three kinds of potatoes, corn, avocados



### Tabouleh Salad • Lebanon

**Ingredients:** parsley, mint, onions, tomatoes, salt, black pepper, cracked wheat, lemon juice, olive oil



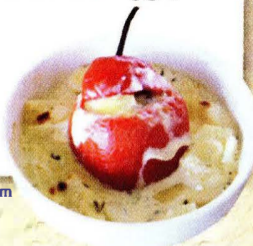
### Pot Stickers • China

**Ingredients:** flour, cabbage, pork, green onions, sesame oil, salt



### Stuffed Rocoto Peppers • Peru

**Ingredients:** onions, garlic, ground beef, hard-boiled eggs, raisins, cheese, rocoto peppers, vegetable oil



## ORAL REVIEW

**CHALLENGE** Choose a dish and study the photo and the ingredients for one minute. Then close your book. Describe the dish.

### PAIR WORK

1 Create a conversation for the man and woman in which they look at the foods and talk about their food passions. For example:

*Have you tried Pad Thai? It's terrific!*

2 Create a conversation in which the man or the woman suggests and offers foods. The other makes excuses. Start like this:

*A: Would you like some \_\_?*

*B: Actually, \_\_.*

3 Choose a dish and create a conversation between someone from that country and a visitor. For example:

*Have you ever tried \_\_?*



## NOW I CAN

- ☐ Talk about food passions.
- ☐ Make an excuse to decline food.
- ☐ Discuss lifestyle changes.
- ☐ Describe local dishes.