

REFLECT

READING & WRITING

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ON THE COVER

Mirrors Theater, Maraya Concert Hall, Saudi Arabia.
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UNIT
1

BUILDING COMMUNITY

Surfers at Eisbach, a small man-made river in Munich, Germany

IN THIS UNIT

- ▶ Discuss reasons for having a strong community
- ▶ Assess ways to meet people
- ▶ Evaluate a neighborhood
- ▶ Apply ideas to your neighborhood
- ▶ Write a paragraph about your ideal community

SKILLS

READING

Understand main ideas and details

WRITING

Organize a paragraph

GRAMMAR

Multi-word verbs

CRITICAL THINKING

Support your opinion

CONNECT TO THE TOPIC

1. Where are the people in the photo? What are they doing?
2. Who do you think built this space, and why? Explain.

WATCH

Montreal,
Quebec, Canada

WHAT DOES COMMUNITY MEAN TO YOU?

A Watch the video and choose the best answer to complete each statement. ▶1:1

- The people are mostly **teenagers / young adults / middle-aged**.
- They probably live in a **village / small town / city**.
- Community is **not very / somewhat / very** important for most of them.

B Watch again. Put the responses in the order that you hear them (2–8). ▶1:1

Community is a place...

- | | |
|--|-----------------------------------|
| _____ with like-minded people. | _____ with restaurants and shops. |
| _____ that's walkable. | _____ where you know everybody. |
| ¹ _____ where people work together. | _____ with a movie theater. |
| _____ where you can sit down. | _____ that's peaceful. |

CRITICAL THINKING Support your opinion

When you give an opinion, support it with reasons. This will make your opinions more believable. For example, if you think a community should be walkable, give reasons for that opinion.

I think it's important to have a lot of places you can walk to. This is good for your health because you get exercise. It also reduces pollution from cars and saves you money.

C Read the responses in activity B again. Which features of a community do you think are most important? Tell a partner your ideas. Support your opinion.

PREPARE TO READ

A VOCABULARY Read the definitions. Then complete the sentences with the correct form of the words.

deal with (v phr) to take action on

effect (n) a result

effort (n) a big push or attempt to do something

expert (n) someone who is very skilled

human (n) a person

impact (v) to affect

lonely (adj) having no one to talk to or be with

productive (adj) able to do or achieve a lot

social (adj) of or about people

volunteer (v) to offer to do something

- A(n) _____ is someone who knows a lot about a topic or subject.
- A good way to meet people is through _____ activities like sports and clubs.
- Some people are _____ in the mornings. Others get work done at night.
- Making friends can be difficult in a big city, so many people are _____.
- _____ need to connect with others to be happy and healthy.
- A park can _____ a community in many positive ways.
- If you _____ for a charity, you can help people in need.
- You have to _____ a lot of traffic when you drive in a big city.
- Online communities have good and bad _____ on people.
- You must make a(n) _____ to meet people if you move somewhere new.

B PERSONALIZE Discuss these questions with a partner.

- Why might people feel **lonely** in a big city?
- What kind of **social** activities do you enjoy?
- If you had more time to **volunteer**, what type of organization would you work with?

REFLECT Discuss reasons for having a strong community.

Before you read about why we need community, reflect on why community is important. How can a neighborhood or community change people's lives? Write notes about your ideas. Share your ideas in a small group.

WHY WE NEED COMMUNITIES



People relaxing by Cheong-Gyecheon stream in Seoul, Korea

A PREDICT Check (✓) the reasons for needing community that you think will be in the article.

- reduces stress
- helps you sleep better
- makes you live longer
- makes it easier to go out and exercise
- stops you from feeling lonely
- makes it easier to buy healthy foods

1.1

1 Most of us like living near other people in a community. Why? Early **humans** lived in large groups called tribes. Tribes were necessary to keep people alive. People in tribes shared food and kept each other safe. As a result, our brains are hardwired¹ to connect with other people. Being part of a community—a modern kind of tribe—**impacts** our health and happiness in many ways.

2 Studies show that people who are less connected to a community are more likely to get sick. A recent survey² in the United Kingdom found that nearly ten million people said they often felt **lonely**. That's one in six people in the whole country. In fact, loneliness is increasing around the world. When we are lonely, we feel stressed. Stress can lead to health problems such as heart disease and weight gain, **experts** say.

A study in 2013 showed that having few **social** connections is worse for your health than smoking cigarettes.

3 Being in a community has many positive **effects**. If we are sick, close social connections help us get better faster. And they help us sleep better, too. One study showed that being part of a community gives you a 50 percent chance of living longer. People who have good social connections do better at school. They are also more **productive** at work and keep their jobs longer.

4 There are several ways we can get more of the positive effects from our communities. Using Nextdoor, a neighborhood social networking app, is one way. For example, Joan in Barcelona, Spain, used Nextdoor to tell neighbors that he needed help. He wanted to make a movie. Over forty neighbors

volunteered to help. Joan's neighbors learned new skills while they made a movie together. They became good friends, too. Dr. Emma Seppala of Stanford University studies the effects of social connections. She says there are other ways people can connect in their community. These include getting a pet and meeting other pet owners, or taking a class and learning something new.

5 In conclusion, it might take **effort**, but the benefits of making connections in your community are worth it. Communities make us feel good and help us **deal with** the problem of loneliness. Connect with your community today.

¹**hardwired** (adj) natural way of thinking or behaving

²**survey** (n) a set of questions designed to ask people's opinions

READING SKILL Understand main ideas and details

The **main idea** is the most important idea in a paragraph. It is often stated in the first or second sentence of a paragraph. The main idea guides the rest of the paragraph. **Details** give more information or explain the main idea. Details answer *who, what, when, where, why,* and *how* questions that support the main idea.

B MAIN IDEAS Underline the main ideas in paragraphs 2–4.

C MAIN IDEAS Write the correct paragraph number (2–4) next to its main idea.

- a. _____ There are benefits to belonging to a community.
- b. _____ Not being part of a community can be unhealthy.
- c. _____ There are ways to connect to people in communities.

D DETAILS Write short answers to the questions. Use details from the article.

1. What is a growing problem around the world? _____
2. What causes some people to gain weight or get heart disease? _____
3. When was the study about the effects of social connections published? _____
4. What are four health benefits of being part of a community? _____

5. Where was the neighborhood movie made? _____
6. How did the movie project benefit the neighborhood? _____

REFLECT Assess ways to meet people.

What are the best ways to meet people in your community? Add your own ideas. Check your top three. Then discuss your reasons with a partner.

- Say “hi” to your neighbors
- Take your dog for a walk
- Do a fitness activity or sport
- _____
- Join a social club
- Volunteer
- Communicate through an online app
- _____

PREPARE TO READ

A VOCABULARY Complete the sentences with the correct form of the words. Use a dictionary if necessary.

central (adj)	design (v)	generation (n)	public (adj)	resident (n)
create (v)	gather (v)	privacy (n)	recommend (v)	style (n)

1. A program helps _____ of San Francisco plant trees in their neighborhoods.
2. The older _____ is less likely to have a community of friends online.
3. One of the nicest _____ places in Seoul is Haneul Park. People go there to walk.
4. The report _____ that the city add more bus stops for people who don’t drive.
5. People often _____ at this café. It’s a good place to meet friends.
6. The _____ meeting place on campus is the fountain. It’s in the middle of everything.
7. Some people build fences around their homes because they want _____. Other people think fences make it difficult to get to know neighbors.
8. When architects _____ buildings, they think about how people will use them.
9. There are many ways to _____ a better community. For example, you can have a neighborhood party or start a community garden.
10. Kenzo Takada lives in a typical Japanese-_____ house in Paris.

B PERSONALIZE Discuss these questions with a partner.

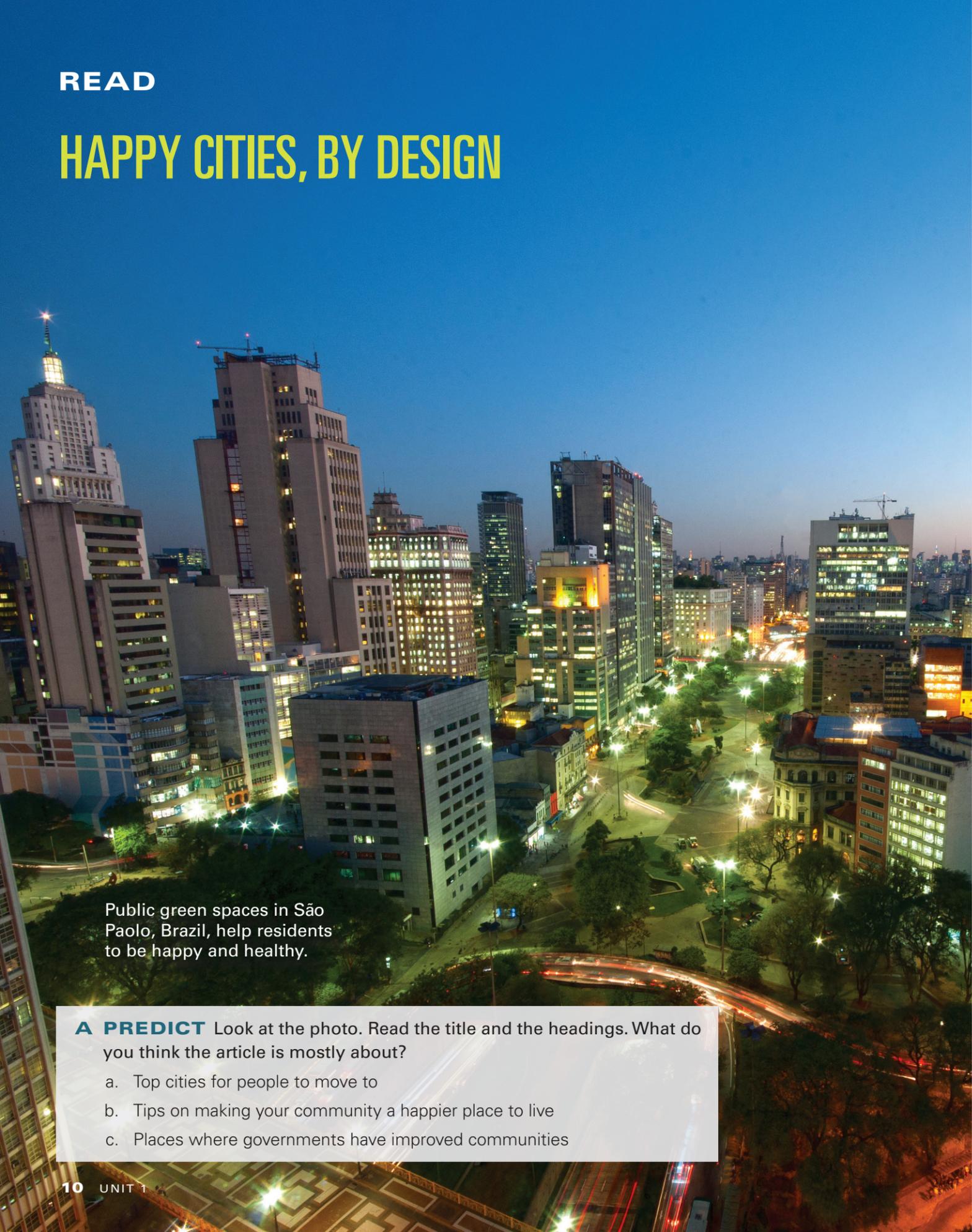
1. What **style** of house do you prefer—traditional or modern? Explain.
2. What is a popular **public** space in your town or city? When do people like to **gather** there?

REFLECT Evaluate a neighborhood.

You are going to read about city design. Before you do, think of a neighborhood you know well. What makes it a good place to live? What is not so good about it? Complete the chart below. Then share your ideas with a classmate.

Good things about the neighborhood	Bad things about the neighborhood

HAPPY CITIES, BY DESIGN



Public green spaces in São Paulo, Brazil, help residents to be happy and healthy.

A PREDICT Look at the photo. Read the title and the headings. What do you think the article is mostly about?

- Top cities for people to move to
- Tips on making your community a happier place to live
- Places where governments have improved communities

1.2

1 What makes a city a healthy and happy place to live? Charles Montgomery, founder of Happy City, thinks he knows. Happy City helps cities **design** community spaces so that **residents** can be happier and healthier. Montgomery thinks that social connections are the most important factor in human happiness. His research found that these connections are improved in cities that:

- ▶ have green spaces
- ▶ are walkable
- ▶ are quiet
- ▶ are safe
- ▶ and bring people together.

Here are a few examples of government projects that have helped people connect.

CONNECTING NEIGHBORS IN THE UNITED ARAB EMIRATES (UAE)

2 Modern neighborhoods in the UAE have a lot of single-family homes. They also have large front yards. These communities looked nice, but residents were not connecting with their neighbors. Happy City worked with local officials to research the problem. The answer was simple. They **recommended** the UAE look to the past and build traditional houses. In the UAE, many **generations** often live together. It's important that they have a place to meet in the house. However, family members still need **privacy**. A traditional **style** house has a courtyard¹. Courtyards provide both private spaces and areas for people to come together. Happy City also suggested adding **central** meeting places such as squares² to neighborhoods. People can meet each other in these squares when they are out.

TRAIN STATION GARDENING IN TOKYO

3 Officials in Tokyo, Japan, wanted to **create** more green areas in the city. This is difficult because there are so few open spaces in the city. But a railway company had an idea—build community gardens on top of railway stations. These small **public** gardens are for people to grow vegetables on. Residents can rent a space for a year. Experts teach people how to grow plants. Families and train passengers spend time in the gardens getting to know each other. Today, there are five of these railway station gardens in Tokyo. “We’re building a community...in which the local residents can take part and have fun,” says a spokesperson for the railway company.

A MEETING PLACE IN SÃO PAULO

4 São Paulo is a huge city of more than 12 million people. In 2012, the mayor³ asked architects to **design** more ways for residents to meet. One simple solution was to change an unused square into a place for residents to **gather**. They added seating under trees. They also added bathrooms and free wi-fi. They put bicycle lanes around the square and made it safer to cross the roads. Now, the square has concerts and an outdoor cinema. As a result, over 200 percent more people use the square now than before.

¹**courtyard** (n) an open area, without a roof, that is enclosed by the walls of a building

²**square** (n) an open, public space in city or town

³**mayor** (n) the elected leader of a city

B MAIN IDEAS Complete the main ideas. Use one or two words from the article.

Paragraph 1: Improving _____ in cities will help people to be happier.

Paragraph 2: To help residents connect, the UAE plans to return to _____ houses.

Paragraph 3: To create more green space, Tokyo created gardens above _____.

Paragraph 4: To help residents meet each other, São Paulo improved a(n) _____.

C DETAILS Read the statements about Montgomery’s research in paragraph 1. Write T for True, F for False, or NG for Not Given.

People are happier in cities...

1. _____ with streets that are car-free.
2. _____ that have places where people can meet.
3. _____ that have no apartment blocks.
4. _____ with parks and gardens.
5. _____ that are noisy.
6. _____ that are not dangerous.

D DETAILS Complete the chart with the correct details (a–h).

The UAE	Tokyo, Japan	São Paulo, Brazil
_____	_____	_____

- a. Residents can rent a space.
- b. Planners found that traditional houses are better.
- c. Planners put in wi-fi.
- d. There’s a square with places to sit in the shade.
- e. Residents meet train passengers.
- f. Planners put meeting places in the neighborhoods.
- g. Residents learn how to grow plants.
- h. A safer way to cross the street is one improvement.

REFLECT Apply ideas to your neighborhood.

Think of a part of your city or town that could be nicer. Which ideas in the article might help improve that part of town? Write your ideas in your notebook. Then share your ideas with a partner.

WRITE

UNIT TASK Write a paragraph about your ideal community.

You are going to write a response to a survey asking: “What is your ideal community?” Use the ideas, skills, and vocabulary from the unit.

A MODEL Read the paragraph. Would you like to live in this community? Share your ideas with a partner.

My Ideal Community

My ideal community is a healthy place for residents and for the Earth. First of all, my ideal community is walkable. For example, I want to easily pick up groceries or drop off laundry on foot. Getting around without a car is important to me. This is because fewer cars means better air quality. Secondly, my ideal community is a zero-waste community. Zero-waste means nothing gets thrown away. For example, restaurants and cafes do not throw away unsold food. Finally, my ideal community helps people keep fit. For example, there are a lot of parks and gyms where people can get together and exercise. These places are good for physical and mental health. A place that makes it easy for people and the planet to stay healthy is my idea of a perfect community.

WRITING SKILL Organize a paragraph

A **paragraph** is a group of sentences about one main idea.

- ▶ The **topic sentence** introduces the main idea. It is often the first or second sentence.
- ▶ **Supporting ideas** are smaller ideas about the topic sentence. There are often two or more supporting ideas in a paragraph.
- ▶ **Details** give more information about each supporting idea.
- ▶ The **concluding sentence** is the final sentence of the paragraph. It usually restates the topic sentence in different words.

B APPLY Complete the tasks.

1. Underline the topic sentence and the concluding sentence in the model.
2. Check (✓) the three supporting ideas.

C ANALYZE THE MODEL Complete the outline of the model.

Title: My Ideal Community

Topic sentence: My ideal community is _____.

Supporting idea 1: It's walkable.

Details: can pick up _____ or drop off _____

fewer cars mean better _____

Supporting idea 2: It's a _____ community.

Details: means nothing gets _____

restaurants and cafes don't _____

Supporting idea 3: It helps people _____

Details: lots of _____ and gyms, and other places good for physical and mental health

Concluding sentence: A place that _____

is my idea of a perfect community.

D APPLY Read the sentences below the paragraph. Then complete the paragraph with the correct topic and supporting sentences. Write the letters in the blanks. There is one extra.

How to Meet New People

¹_____ First of all, try to get to know your neighbors. ²_____ This way, you meet new people and also learn about the best shops and restaurants. ³_____ Yoga classes, for example, are a great way to make new friends. In these classes you meet people who have a similar interest. Finally, you can volunteer in your community. ⁴_____ Volunteering is a good way to meet people and do good things at the same time. In short, there a lot of ways to improve your life and meet new people at the same time.

- a. For example, you can introduce yourself and ask them for recommendations.
- b. Secondly, you can join a team.
- c. Secondly, you can join a gym or exercise class.
- d. For example, you can help plan and organize neighborhood events.
- e. There are many ways to meet people when you move to a new place.

GRAMMAR Multi-word verbs

Verbs with two or three words are common. They are usually formed with a verb + a preposition or particle. Sometimes the meaning of these multi-word verbs is clear. For example, to *move in* means "to go live in a new home." The meanings of other multi-word verbs are not as obvious. For example, to *pick up* can mean "to get someone or something from another place." It's a good idea to learn these verbs as units. Here are some common multi-word verbs to use when writing about communities:

<i>ask around</i>	<i>get around</i>	<i>meet up with</i>	<i>run into</i>
<i>drop off*</i>	<i>get together</i>	<i>move in*</i>	<i>sign up*</i>
<i>eat out</i>	<i>help out*</i>	<i>pick up*</i>	<i>throw away*</i>
<i>get along with</i>	<i>look forward to</i>	<i>put together*</i>	<i>work out*</i>

*These are **separable verbs**. You can separate some two-word verbs with an object. For example: You can **pick up** your laundry tomorrow. You can **pick it up** after 3 p.m.

E GRAMMAR Underline the multi-word verbs in the model paragraph in activity A.

F GRAMMAR Read the definitions. Write the correct multi-word verb from the Grammar box. Use a dictionary to help.

1. _____: have dinner at a restaurant
2. _____: meet on purpose
3. _____: meet accidentally
4. _____: exercise
5. _____: get information by talking to people
6. _____: feel happy about a future event
7. _____: leave something somewhere
8. _____: put into the trash

G GRAMMAR Complete the sentences with the correct forms of the multi-word verbs.

ask around help out get along with pick up run into sign up

1. If you like to _____, try volunteering.
2. If you want to relax and meet other people, _____ for a yoga class at the gym.
3. The grocery store is a place where you might _____ your neighbors.
4. If you want to _____ your neighbors, be quiet after 11 p.m.
5. It's a good idea to _____ for restaurant recommendations. The locals usually know the best places.
6. Some supermarkets let you order online and _____ your food _____ outside the store.

H GRAMMAR Write sentences about yourself and your community with the verbs.

1. (get along with) _____
2. (run into) _____
3. (get around) _____
4. (look forward to) _____
5. (put up with) _____
6. (eat out) _____
7. (help out) _____
8. (meet up with) _____

I EDIT Read the paragraph. Find and correct five errors with multi-word verbs.

My Ideal Community

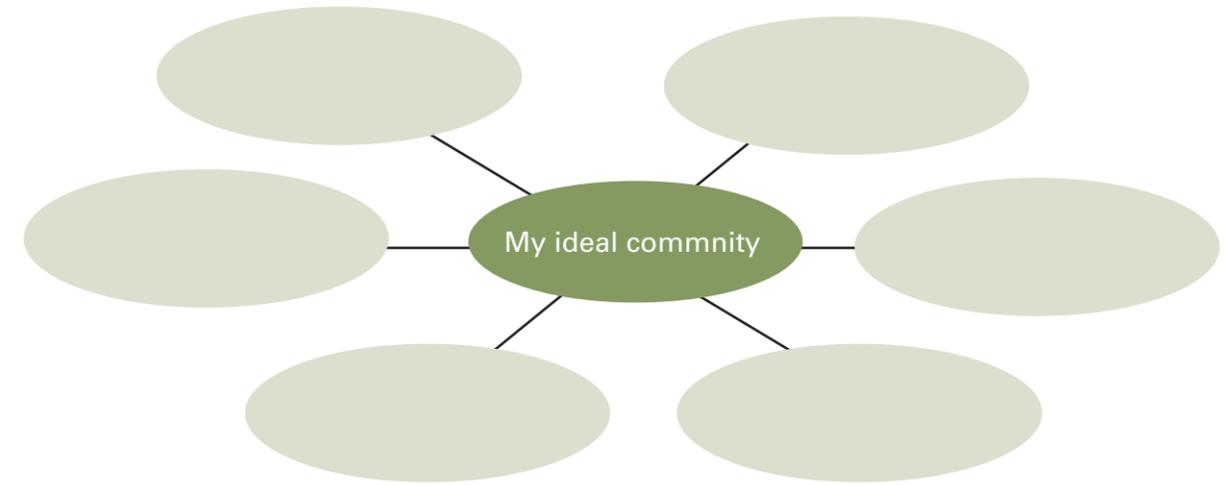
My ideal community helps people connect. I live alone, so I want to live in a community where it's easy to meet up people. First of all, I prefer a small community. It's easier to run to people in a small town. For example, in a small town, you often see your friends and neighbors around. You see them when eating up at a restaurant or dropping your laundry up. Second, my ideal community has a lot of public places that are designed for older people. For example, there are parks and squares that have comfortable places to sit. Finally, my ideal community has places that make it easy for people to get up. There are cafés and restaurants that aren't too expensive. There are also events to attend, like outdoor concerts or movies. In conclusion, my ideal community is a place where it's easy to meet people.



The park in the central square (Plaza Mayor) in Antigua, Guatemala

PLAN & WRITE

J BRAINSTORM What is your ideal community like? Complete the concept map with the ideas from the unit or your own ideas.



WRITING TIP

Making an **outline** before you write helps you more easily see parts of a paragraph that may be missing (for example, a detail). It also helps you quickly see how well the supporting ideas connect to the main idea.

K OUTLINE Complete the outline. Choose the three most important ideas from your brainstorming. These are your supporting ideas.

Title: My Ideal Community

Topic sentence: My ideal community _____

Supporting idea 1: _____

Details: _____

Supporting idea 2: _____

Details: _____

Supporting idea 3: _____

Details: _____

Concluding sentence: _____

L FIRST DRAFT Use your outline to write a first draft of your paragraph.

M REVISE Use this list as you write your second draft.

- Does your topic sentence include the main idea of your paragraph?
- Does your paragraph have two or three supporting ideas?
- Does each supporting idea have one or two details?
- Does your paragraph have a concluding sentence?

N EDIT Use this list as you write your final draft.

- Did you use multi-word verbs correctly?
- Do your subjects and verbs agree?
- Did you spell all the words correctly?
- Did you use correct punctuation?

O FINAL DRAFT Reread your paragraph and correct any errors. Then submit it to your teacher.

WRITING TIP

The subject in a sentence must always agree with the verb. For example, *they likes* is an error because the subject (*they*) does not agree with the verb (*likes*). It should be *they like*. This is called **subject-verb agreement**.

Colorful homes in Upernavik, Greenland

REFLECT

A Check (✓) the Reflect activities you can do and the academic skills you can use.

- discuss reasons for having a strong community
- assess ways to meet people
- evaluate a neighborhood
- apply ideas to your neighborhood
- write a paragraph about your ideal community
- understand main ideas and details
- organize a paragraph
- multi-word verbs
- support your opinion

B Write the vocabulary words from the unit in the correct column. Add any other words that you learned. Circle words you still need to practice.

NOUN	VERB	ADJECTIVE	ADVERB & OTHER

C Reflect on the ideas in the unit as you answer these questions.

1. What information about creating communities did you find the most interesting or useful? Explain.

2. What ideas or skills in this unit will be most useful to you in the future? Explain.
