

1

Life and Family

THE GOOD FAMILY

COMMENT:

- 1) Family traditions are important.
- 2) Friends are the family you choose.
- 3) Not everyone could be a good soldier.
- 4) It is better for the young to live in the city.

FUNCTIONS:

- Describing people
- Describing places
- Introductions



TALK FOR 3 MINUTES ABOUT:

- Your family
- Your daily routine
- Your neighbourhood

MAKE A LIST OF AS MANY AS YOU CAN:

- family members
- phrases with the word family
- stages of life
- features of character
- words describing appearance
- types of houses



SPECULATE:

What do people in the photos have in common?
What problems may they have in their daily lives?
What is their daily routine?

1A

Speaking

Ex. 1 Answer the questions below.

1. How important is routine in a soldier's life?
2. What are the most common bad habits in your age group?
3. What character features do successful people have?

Reading

Ex. 2 Match some of the words in bold with the definitions given.

1. a person who has become rich through their own efforts and hard work
2. every year
3. happening often or repeatedly
4. to deal with a difficult problem or task
5. actions that are done regularly

Ex. 3 Read the text and complete the gaps with the fragments below. There is one extra sentence.

Exam Task

Reading Task 3 - gap filling

A text on general military topics where 6 omitted sentences need to be inserted. An extra sentence that does not fit any gap is always provided.

Habits of Successful People

Building **wealth** takes years of smart decisions, both professionally and financially. But **according to** one man who interviewed hundreds of **self-made millionaires**, getting rich also means keeping certain lifestyle habits. Tom Corley, an accountant and financial planner, surveyed 233 wealthy individuals, mostly self-made millionaires, on their **daily habits**. He compared those answers **...(1)...**, or those with less than \$35,000 in **annual** gross income. In his best-selling book "Change Your Habits, Change Your Life," Corley explains that wealthy people **set themselves up for** success in a few specific ways. Here are some of the habits they have in common:



1. They get up early

Nearly 50 percent of the self-made millionaires in Corley's research got out of bed at least three hours before their workday actually started. Many of them use the free time ... **(2)...** "Getting up at five in the morning **to tackle the top three things** you want to accomplish in your day allows you **to regain control of your life**," he writes.

2. They read a lot

A **whopping** 88 percent of Corley's wealthy **respondents** say they **devote** 30 minutes or more each day ... **(3) ...** . Most do not read for **entertainment**; they prefer biographies, history, and self-help books. If you enjoy a good novel, that can help you too. Science shows that reading for pleasure can also boost your career.

3. They make exercise a priority

Working out regularly **clears your head** and makes you feel more **motivated**, studies show. According to Corley, 76 percent of his survey respondents **carve out** 30 minutes or more for aerobic exercise like jogging, biking or walking each day. Billionaire Richard Branson, for example, says that his morning routine of waking up at 5 am ... **(4)...** , has **doubled his productivity**.

4. They spend time with inspiring people

"You are only as successful as those you **frequently** associate with," Corley says. If you don't have highly-motivated people in your personal network yet, fear not. Self-made millionaires volunteer, which is a great way to meet other motivated individuals. You could also join groups for people who share your same interests, Corley suggests. Then develop the relationship by **keeping in touch**. And be **choosy** about who you spend your time with. " Successful people also make a point ... **(5) ...** ," says Corley.

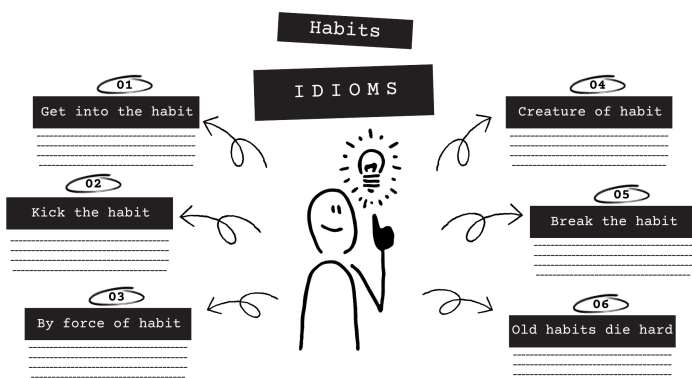
Adapted from a CNBC article

- A. to education or self-improvement through reading
- B. to responses from 128 lower-earning individuals
- C. to doing what they like the most
- D. to play tennis or bike
- E. to limit their time spent with toxic, negative people
- F. to tackle personal projects, plan their day, or make time for exercise

Ex. 4 Summarise the text and say what other good habits you would add to this list.

Idioms

Ex. 5 Check the definitions for these idioms and write them in the spaces.



- actions at the moment of speaking
- timetables
- habits and routines
- facts and the laws of nature
- future arrangements
- headlines
- temporary actions/background
- irritation about actions happening often
- developing situations

For more on Present Simple and Present Continuous see Grammar Review on page 10



Present Tenses

Ex. 6 Read sentences below. Match them with an appropriate purpose from the list.

"He watches TV until late every evening."	"Look at him. He is snacking on chips despite knowing he shouldn't."
"The bus arrives at the stop every 10 minutes so I don't use my car so often"	"She is currently learning a new language for an upcoming trip."
"Well, the sun rises in the east, that's the reason why in the bedroom there is so little light in the morning which makes it hard to wake-up on time."	"More and more companies are actively promoting eco-friendly practices."
	"He is always leaving dirty dishes in the sink, I hate it."
"Local volunteer group cleans the beach every Saturday."	"They are meeting at the gym tomorrow for their workout session."

Ex. 7 Complete the gaps using Present Simple or Present continuous.

- I _____ (wake up) at 7 am every day and go for a morning jog before work.
- Currently, I _____ (work) on improving my time management skills.
- She _____ (drink/usually) a cup of tea in the afternoon.
- You _____ (always/leave) your dirty socks not the floor. That's annoying.
- I _____ (leave) for London tomorrow morning. My plane _____ (leave) at 6am.

Speaking

Ex.8 Answer the questions.

- What's your morning routine?
- Discuss a time you have had a problem breaking a habit.
- What habits would you like to develop? Why?

Go to page 134 and practice the Level 2 Speaking Task Two Examiner's Questions.

1B

Speaking

Ex. 1 Answer the questions below.

1. What are the benefits of being a stay-at-home parent?
2. Is it possible to have both a successful career and a happy family?
3. What challenges does a military spouse face?

Exam Task

Reading Task 1 - True/False

Task One consists of one or two texts, which are followed by 6-8 true/false questions.

The minimum number of questions for one text is 2.

Reading

Ex. 2 You are going to read a text about the life of military spouses. Look at the words in bold and guess if the message of this blog entry is positive or negative.

The life of a military spouse

I see it too often — military spouses **expressing frustrations** about how they **put their careers on hold** to follow their service member here and there. This issue is common within the **military spouse community**, and I've witnessed it many times among friends. While I can understand why it is dissatisfying, I've never thought like this myself. Before my husband and I had children, I was an elementary school teacher. This was an ideal job as a military spouse, because in this job you don't **climb up the career ladder**. While not always convenient, it was relatively simple to **job-hop** when necessary, and I found it to be **beneficial** to my CV as I **gained experience** at different schools and in different states. For a few years I have been a stay-at-home mom, with two little ones and another on the way. With a husband in the army, **my roles as** both mother and wife can be **time-consuming**. I know that if I returned to work, I wouldn't be able to focus on being a mom, a wife and a teacher at the same time.

Since my husband's last **rotation in Iraq** I have been functioning primarily in the home alone, I may not always feel important to the world as I did when teaching, but I feel important to my home and my family — and that gives me more **purpose** than anything else I could imagine. Being a **stay-at-home mom** may not feel very world-changing, but it's an important job.

I'll admit there are times I feel tired during my days as a **housewife**. It's **discouraging** when **daily responsibilities** around the home are reversed within minutes. Today, for example, I have been cleaning the house for a few hours and when I looked around and found out the toys I just picked up are all over the floor again, and the tiny handprints I wiped off the windows and mirrors got back there within seconds. Doing **household chores** seems pointless when you know that you'll never actually **cross them off** for good.

For a military spouse and mom, there's never a gold star, a **bonus** or promotion or happy hour celebration at the end of a long day of **laundry** and wiping **snot**, tears, bloody knees. But there is a strong **sense of stability and security** in your home because of you and what you do quietly day after day.

You don't wear the **uniform**, and you don't get anywhere near **the front line**, but you and the sea of other **devoted** military spouses are the behind-the-scenes workers who put the "home" in "**home front**." Without you, things would most certainly **fall apart**.

Ex. 3 Read the text and mark the sentences True or False

1. A lot of author's friends had to take a career break.
2. The author quit her job because she and her husband moved frequently.
3. The author says it is impossible for her to return to work.
4. The author's husband has just returned from a mission abroad.
5. According to the text, military spouses receive a salary.
6. Military spouses provide great support for the military.

Adapted from a blog-brigade.militaryonesource.mil blog entry

Vocabulary

Ex. 4 Look at the text again and translate the words in bold. Match some of them with the definitions below, then make your own definitions of the remaining words.

- A. to say that you are extremely unhappy with something
- B. to change a workplace often
- C. useful or good for you
- D. a synonym for the word goal
- E. tasks you have to do
- F. chores you do every day
- G. synonym for the word engaged
- H. to break into pieces

Verbs in Present Tenses

Ex. 5 Decide which verbs **do not** appear in the continuous form and which change their meaning if they do.

1. Know	6. Imagine
2. Smell	7. Agree
3. Believe	8. Taste
4. Have	9. See
5. Love	10. Understand

Ex. 6 Fill in the gaps with the verbs in the correct form.

1. I _____ (believe) you now.
2. This soup _____ (taste) great!
3. Look at the dog! It _____ (smell) flowers.
4. Now, I _____ (love) it more than ever!
5. I _____ (see) the dentist tomorrow.
6. More and more people _____ (believe) in the Flying Spaghetti Monster.
7. She can't talk right now, she _____ (have) dinner.
8. _____

Present Tenses

Ex. 7 Read sentences below. Match them with one of the purposes 1-5.

I've witnessed many times among friends.
I've never thought like this myself.
For a few years I have been a stay-at home mom.
I have been functioning primarily in the home alone.
At times I feel tired (...) I have been cleaning the house for a few hours.

1. to put emphasis on the duration of an activity that started in the past and is still going on
2. to describe a finished action that lasted for some time and has a visible result now
3. to show how many times something has happened up to now
4. to talk about experience
5. to describe an action that started in the past and lasts up to the present

For more on Present Perfect Simple and Continuous see Grammar Review on page 10

Speaking

Ex. 8 Answer the questions below.

1. Who does the most household chores in your house? Why?
2. Talk about the last family reunion you had.
3. What are the pluses and minuses of having siblings?

Go to page 134 and practice the Level 2 Speaking Task One Roleplays.

2C

Pronouns

Ex. 1 Complete the gaps with an appropriate pronoun. Choose from: I, he, she, it, they, their, him, her.

1. Life can be exciting, and sometimes _____ surprises us.
2. When Ana is happy, _____ looks pretty.
3. Bill has changed _____ job.
4. Siblings help each other when _____ need it.
5. I love my parents. When I was a child, _____ learnt a lot from _____.

Vocabulary

Ex. 2 Translate the words below, then match some of them with the definitions given.

advantages	to move in	to terminate
drawbacks	to be managed by	reassignment
housing	housing allowance	off-base
various	to be surrounded by	to seek
location	amenities	maintenance
to fit	barracks	accommodation
support	dorm	to guarantee
to settle	proximity	lease

1. to have someone in charge of taking care of you or making decisions for you
2. not on a military camp
3. to have things all around you
4. an agreement between a landlord and tenant that allows the tenant to use a property
5. to end or stop something, usually before it was supposed to end

Listening

Exam Task Listening Task 2 - Filling in missing information

There is one text, and 5 - 6 sentences for the candidate to finish.

Ex. 3 Listen to the recording and finish the sentences.



Audio 1

1. You can get specific advice about the place to live from ...
2. In the case of government-owned military houses, the rent and utilities are covered by...
3. The biggest plus of living in barracks is that it is usually ...
4. In the case of privatised military housing, you have to pay separately for ...
5. Private rental contracts must accept lease termination due to ...

Adverbs of frequency

Ex. 4 Decide where to put frequency adverbs in the sentences below.

1. He is late. ALWAYS
2. I visit my friend. OFTEN
3. I have thought of moving to England. ALWAYS
4. Soldiers have to be ready for action. ALWAYS

Speaking

STANAG EXAM consists of 3 parts:

1. Warm up – 2 minutes – one of the two examiners asks the candidate a few warm-up questions that are always the same. This part of the exam is not evaluated.
 1. What's your name?
 2. Can you spell it? (military or traditional alphabet)
 3. What's your job? and/or Where do you live?
2. Role play – up to 4 minutes – in this part the candidate has about 30 seconds for getting familiar with his role presented in bullet points on a slip of paper that the candidate had drawn in the beginning of the exam. Next the candidate and one of the examiners do the role-play together. You can get 10 points for this part of the exam.
3. Questions – between 6-7 minutes – In this part the candidate is asked three questions connected somehow to the topic of the role play from the second part of the exam. The three questions usually evaluate student's ability to talk about the present, past and future while comparing ideas, justifying opinions, presenting pluses and minuses of the chosen factors. You can get 10 points for this part of the exam.

To pass, you need to get altogether 14 points.
Watch the video to get familiar with examination procedures.

Ex. 5 Look at the sets below and act them out with your partner.

PART 2

Candidate's role:

You've joined a local community group. You are talking to one of its members.

- introduce yourself/ say who you are
- recently moved here/looking for new friends
- answer the question
- present pluses and minuses of the area
- accept invitation/details – where/when?

The examiner starts by saying: "Welcome to our group! I'm Tom, how can I help you?"

Examiners role:

The candidate has joined a local community group. You are one of the group members.

- React/ask why joined
- Where live?
- Like it?/ Any problems?
- Offer to show around
- Answer questions

You start by saying: "Welcome to our group! I'm Tom, how can I help you?"

PART 3

1. Do you like meeting new people? Why? Why not?
2. Talk about the last time you met somebody new.
3. Compare introverts and extroverts.

PART 2

Candidate's role:

You moved to a different city with your family due to reassignment. You are talking to a colleague at your new unit.

- Yes/moved with family, say where/ 1 week ago
- Yes, a lot but don't know city
- A good gym where?/restaurants?
- Accept/ask for details

They start by saying: "Hi, I'm Sgt. Jones, you are new here, aren't you?"

Examiners role:

You are talking to a new colleague who has recently been reassigned to your unit.

- Nice to meet you/ like it so far?
- Need help?
- Good gym – city centre/restaurants recommend
- Having BBQ/want join with family?

You start by saying: "Hi, I'm Sgt. Jones, you are new here, aren't you?"

PART 3

1. Describe the area where you live.
2. Talk about the last time you moved to a different place.
3. What are the advantages and disadvantages of living in the countryside?

2D

Writing

Ex. 1 Look at the exam task below and discuss in pairs how you would write it.

You've recently moved with your family to a different city. Write a letter to a friend saying:

1. where and why you moved
2. what your new house looks like and what you like/dislike the most about the new neighbourhood
3. how this move changed your family routine

Write between 150 and 200 words.



Ex. 2 Look at the tips. Match them with explanations.

Start with a Greeting: _____ **Introduction:** _____ **Body of the Letter:** _____

Ask Questions and Show Interest: _____ **Closing:** _____

Check for Tone and Language: _____ **Use Paragraphs:** _____ **Proofread:** _____

1. Engage the recipient by asking about their life, sharing your curiosity about what they've been up to, or expressing interest in their well-being.
2. Remember, this is an informal letter, so you can use contractions (e.g., "can't" instead of "cannot"), slang (if appropriate for the recipient), and a relaxed tone. Avoid overly formal language or complex vocabulary.
3. Organize your letter into paragraphs to make it easier to read and follow your thoughts.
4. Wrap up the letter with a closing remark like "Take care," "Best regards," "Love," followed by your name.
5. Begin your letter with a warm and friendly greeting. Use the person's name or a casual greeting like "Hi," "Hello," or "Hey there."
6. Start by asking how the person is doing or reference a recent event or shared experience. This sets a friendly tone.
7. Share your thoughts, stories, or updates.
8. Always proofread your letter before sending it to check for spelling or grammatical errors.

Ex. 3 Read the sample letter on the opposite page and define the purpose of the phrases in bold.

Sample Letter



Hey Fred,

Hope you're doing great! I wanted to catch you up on the whirlwind that's been my life lately – my family and I just made a move to a different city! We settled in Maplewood because of my new job opportunity. It's a vibrant place with a lot of greenery, and the community vibes are fantastic.

Our new house is pretty neat! It's a cozy bungalow with a lush garden where I can finally practice my gardening skills. The living room has these huge windows that flood the place with sunlight – perfect for my indoor plants! But the kitchen's a bit smaller than our old one, and we're still figuring out where to put everything.

What I love most about Maplewood is the diversity. There are so many cool cultural events and local eateries around. But the downside? It's a tad noisy during rush hours, and parking can be a headache sometimes.

This move shook up our family routine quite a bit. We've had to adjust schedules, find new grocery stores, and get used to different commutes. Surprisingly, it's brought us closer – we spend more time together exploring the area and figuring things out.

Missing our old hangouts but excited about discovering new ones here. Can't wait for you to visit and explore Maplewood with me! **Write to me soon! I'm curious what you've been up to recently. How is your family doing?**

Catch up soon,

Alex

Ex. 4 Listen to the conversation between Fred and his wife. What problem does Fred have? What advice does he get from his wife?



Audio 2

Ex. 5 Read the examination task below. Write your letter.

Write a response from Fred in which you:

1. congratulate Alex on his move and say what new responsibilities you have at work, what you like and don't like about them
2. describe your family weekend trips and say where you're taking your family next weekend
3. invite Alex and his family to join you on your trip, say what they need to bring

Write between 150 and 200 words.

GRAMMAR REVIEW

Present Simple & Present Continuous

We can use **present simple** to talk about ...

- Habits and Routines:

"He watches TV until late every evening."

- Timetables:

"The train arrives at 10 am."

- Facts and Laws of nature:

"Water boils at 100 degrees Celsius."

- Headlines:

"Prime Minister Resigns."

We can use **present continuous** to talk about ...

- Actions happening at the moment of speaking:

"Look at him. He is drinking another beer"

- Temporary Actions/Background:

"She is currently working from home."

- Irritation for actions that happen too often:

"He is always leaving dirty socks on the floor."

- Changing and Developing Situations: "More and more people are buying electric cars"

Stative verbs

Stative verbs are a special kind of verbs that describe a state or condition instead of an action. They aren't usually used in continuous tenses. Stative verbs often express feelings, emotions, thoughts, possession, or senses:

- **know, understand, believe, agree, own**
- **like, love, hate**

Some verbs change their meaning when used in the continuous or progressive form compared to their use in the simple form.

- **taste, smell, think, have**

"This burger tastes funny"

"She is tasting this burger"

"I think you are wrong."

"I'm thinking of buying a new car"

Adverbs of frequency

Adverbs of frequency („always," "usually," "sometimes," "rarely," and „never,") describe how often something happens. Their position in a sentence is important.

Placement with Simple Verb Tenses:

They typically go before the main verb:

"I always go to the gym."

Placement with the Verb "be":

When the verb is "be", they usually come after the verb:

"She is always happy."

Placement in Negative Sentences:

In negative sentences, they usually go between the auxiliary and the main verb:

"He does not always listen."

Placement in Questions:

In questions, the adverbs typically go between the auxiliary and the main verb:

"Do you often visit your grandparents?"

Present Perfect Simple & Present Perfect Continuous

We can use **present perfect simple** to talk about experiences and actions that happened at an unspecified time before now. It emphasizes the result of the action.

Structure:

Subject + have/has + past participle verb.

"I have finished my homework."

Present Perfect continuous describes actions that started in the past, continued for a while, and might still be happening now. It emphasizes the duration of the action.

Structure:

Subject + have/has been + verb+ing.

"She has been studying for three hours."

For/Since

"For" indicates how long something has been happening, while "since" pinpoints the exact time when something started.

- **for** 3 years vs. **since** I was born

Pronouns

Pronouns are words we use in a sentence instead of a noun. We may say:

- This is my car, **it** is fast.

It is a pronoun. We use it not to repeat the word car.

Personal pronouns:

- I/me, she/her, he/him, they/them, it, we/us and you
- They change depending if they are used to replace the subject or the object in the sentence.

he = subject / him = object.

Tom gave the pen to John.

- **He** gave the pen to John. (Subject)
- He gave **it** to John. (Direct Object)
- He gave it to **him**. (Indirect Object)

Possessive Pronouns

- mine, yours, ours, his, hers, theirs, its
- These are words that used to show the owner. Instead of saying **John's car** we can say **his car**.

Possessive Adjectives

- my, your, his, her, its, our, their

They are similar to Possessive Pronouns and can be used to show possession but are placed next to a noun.

GRAMMAR EXERCISES

Ex. 1 Complete the sentences, choosing either the Present Simple or Present Continuous form of the verb given.

1. I usually _____ (play) tennis on Sundays, but today I _____ (study) for my exam.
2. She _____ (work) as a teacher.
3. John _____ (always/arrive) late for meetings, which _____ (annoy) his colleagues.
4. They _____ (have) a party tomorrow.
5. The sun _____ (rise) in the east and _____ (set) in the west.
6. The school bus _____ (arrive) at 7:30 AM every day.

Ex. 2 Complete the sentences with the correct form of the verbs in brackets.

1. She _____ (seem) unhappy today.
2. He _____ (have) a shower, as always in the morning.
3. The cat _____ (smells) my feet.
4. They usually _____ (understand) each other.
5. The fireplace _____ (smell) of burning wood.
6. He _____ (own) this house.
7. The kids _____ (love) playing in the garden.

Ex. 3 Mark the position of the adverbs of frequency given.

1. Do you tidy up your room before bedtime? ALWAYS
2. She misses her morning yoga routine because it keeps her energized. RARELY
3. They help with household chores on weekends. USUALLY
4. He is angry when he is hungry. ALWAYS
5. I have wanted to own a place in the city centre. ALWAYS
6. Mary does not come here alone. OFTEN

Ex. 4 Complete the sentences, with either the Present Perfect Simple or Present Perfect Continuous form of the verb given.

1. She _____ (read) three books this week.
2. They _____ (wait) for you since 3 o'clock, but they _____ (not/see) you yet.
3. He _____ (live) in this house for five years.
4. I _____ (study) Spanish for two hours.
5. We _____ (travel) around Europe for a month and _____ (visit) many cities.
6. She _____ (clean) the house all day, and it looks fantastic now.

Ex. 5 Complete the sentences, choosing **for** or **since**.

1. They have been friends _____ they were in elementary school.
2. She has lived in this city _____ three years.
3. He has been working on this project _____ last month.
4. We have known each other _____ a very long time.
5. The team has been practicing _____ 3 hours without a break.
6. I have been studying English _____ I was a teenager.

Ex. 6 Complete the sentences with the correct pronoun.

1. Sarah and _____ family are going on a vacation this summer.
2. I need to cook a special meal for _____ parents' anniversary.
3. Peter forgot _____ homework at home, so he can't complete the assignment.
4. Look at that stunning family portrait! _____ frame is quite expensive, though.
5. We can't find _____ family album; did you see it?
6. James and Susan are at the farmer's market. _____ are buying fresh produce for the week.
7. The bakery had a sale, so Jenny and Tina bought some pastries for _____ family gathering.

Wordlist

1	accommodation	26	housing allowance
2	adulthood	27	keep in touch
3	advantage	28	lease
4	amenities	29	location
5	aunt	30	maintenance
6	barracks	31	maturity
7	be born	32	mother-in-law
8	be pregnant	33	move in
9	break the habit	34	nephew
10	by force of habit	35	newborn
11	childhood	36	niece
12	community	37	off-base
13	creature of habit	38	old habits die hard
14	daily routine	39	patchwork family
15	discouraging	40	pet peeve
16	dorm	41	reassignment
17	drawback	42	responsibilities
18	family reunion	43	rotation
19	family values	44	spouse
20	generation	45	stay-at-home mom
21	get into the habit	46	stepparent
22	guilty pleasure	47	support
23	habit	48	time-consuming
24	home front	49	to give birth to
25	household chores	50	uncle