

FLASH

Workbook

Klasa 8

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Contents

Module 1	p.	4
Module 2	p.	14
Module 3	p.	24
Module 4	p.	34
Module 5	p.	44
Module 6	p.	54
Songs	p.	64
Irregular Verbs	p.	70

Daily routines & Free-time activities

1 ★ Match the verbs (1-5) to the words/phrases (a-e).

- | | |
|--------|--------------------|
| hang ① | Ⓐ chores |
| do ② | Ⓑ online games |
| play ③ | Ⓒ to school |
| have ④ | Ⓓ out with friends |
| go ⑤ | Ⓔ a guitar lesson |

2 ★★ Now use the words/phrases from Ex. 1 in the correct form to complete the sentences below.

1. Every Wednesday I _____ as it's my favourite musical instrument.
2. I have to _____ and help out around the house.
3. I _____ every Saturday night and we have a great time.
4. Chris wants a new computer for his birthday as he loves to _____.
5. It is important for kids to _____ every day and learn.

3 ★★ Complete the sentences with the words below.

- go • watch • play • surf • do

Kate's Blog

Home

Hey everyone! How are you? Today I am going to tell you about some things that I do throughout the week.

Everyday after school I 1) _____ my homework and study for the following day. Before it's time for dinner I 2) _____ TV. My favourite show is on every Monday and I never miss it. Sometimes before I go to bed I like to 3) _____ the Net. I check to see if I have any messages from friends. On Fridays, I 4) _____ shopping with my mum at the supermarket. My favourite day of the week is Saturday! That's because I meet up with my friends and we 5) _____ volleyball.

What do you do during the week and over the weekend?

[Post a comment](#)



4 ★ Complete the sentences with the words below.

- good • spare • brain • mental • physical

1. I love playing sports as it puts me in a _____ mood. I feel great!
2. John spends most of his _____ time playing computer games.
3. It's important to do _____ exercise at least three times a week to maintain a healthy lifestyle.
4. Eating a healthy breakfast improves your _____ ability and helps you focus better in school.
5. A great way to boost your _____ power is to get at least 8 hours of sleep every night.

Verbs +ing/ to-infinitive/ infinitive without to

1 ★ Underline the correct verb.

- I can't stand **eating/to eat** at noisy restaurants.
- I would like **asking/to ask** you a few questions about the music class.
- John agreed **taking/to take** part in the charity event on Friday.
- It's not worth **to wait/waiting** for Lily. She's not coming.
- How often do you go **shopping/to shop** for new clothes?
- She continued **to talk/talking** about what a great time she had on holiday.

2 ★ Circle the correct item.

- I forgot ____ for my exam. I hope I don't fail.
 A study B studying C to study
- The teacher suggested ____ notes during the presentation.
 A take B to take C taking
- Let him ____ there. We aren't waiting for anyone else to come.
 A sitting B to sit C sit
- I plan ____ to Brazil this summer.
 A to travel B travelling C travel
- Diane managed ____ her room just in time for dinner.
 A tidying B to tidy C tidy
- It's too noisy ____ on the phone. I can't hear anything.
 A talking B talk C to talk
- I dislike ____ up early when I'm on holiday.
 A to get B get C getting
- You should ____ for help with your homework assignment.
 A ask B to ask C asking

3 ★★ Put the verbs in brackets into the correct form.

- Christine offered _____ (**work**) as a cashier at the fundraising event on Saturday.
- I would prefer _____ (**stay**) in tonight than go to the party.
- Chris rides his bike to school everyday as he's not old enough _____ (**drive**) a car.
- The teacher doesn't mind _____ (**help**) children with their homework after school.
- Kate hopes _____ (**become**) a famous fashion designer one day.
- I really enjoy _____ (**watch**) TV in the evening after I finish doing my homework.

1c • Vocabulary

Teen problems

1 ★ Match the definitions (1-5) to the correct words/phrases (a-e) below.

feeling worried or tense because of events in your life 1

a bullying

making another person feel bad with your actions and words 2

b acne

a skin condition causing spots on the face and neck 3

c stress

having abnormal habits when it comes to food 4

d media addiction

being unable to go without your phone, computer or television 5

e eating disorder

2 ★★ Complete the sentences below using the correct word/phrase from Ex. 1.

1. I think Maria has a(n) _____; she's always in her room on the Internet.
2. Paula is so thin. Do you think she has a(n) _____?
3. Katie has bad _____ on her face and she worries about her looks.
4. Ian is so busy with his school work, part-time job and football practice that he's suffering from _____.
5. Stella was a victim of _____ at school; the other kids used to laugh at her and call her names.



Solutions to teen problems

3 ★★ Which solution is best for each problem? Write the problem under the solution. Problems can go in more than one column.

- acne • stress • bullying/cyberbullying • media addiction • eating disorders
- arguing with parents/siblings • failing exams • parents separating

see a doctor

talk to/get help from friends

talk to/get help from an adult/teacher

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Everyday English • 1d

Asking for/Giving advice

1 ★ Complete the dialogue with the sentences below.

- a Oh, that's terrible!
- b I guess you're right.
- c What's wrong?
- d Thanks, Claire.
- e I'm not so well.
- f I'm sure she'll help you.



Claire: Hi Jenny. **1)** _____

Jenny: Hey Claire. **2)** _____
I'm having a hard time in class.

Claire: Really? Why?

Jenny: Some of the other kids are calling me names because I get such good grades.

Claire: **3)** _____ Don't be ashamed of doing well. Those kids are bullies.

Jenny: I know. But how do I deal with it?

Claire: First of all, you should tell your teacher.
4) _____

Jenny: **5)** _____ . I'm so embarrassed.

Claire: There's no reason to feel embarrassed. It's not your fault. Do you want me to come to the teacher's office with you?

Jenny: Yes, please. That would be great. **6)** _____

2 ★★ Read the dialogue again and answer the questions.

- 1. Which person is having a problem?

- 2. What problem is she having with the other students?

- 3. What advice does her friend give her?

- 4. What is Jenny going to do?

3 ★★ Find the synonyms of the phrases below in the dialogue.

- 1. But how should I handle it?

- 2. I feel ashamed.

- 3. What a bad situation!

- 4. That's a good idea.

- 5. You didn't cause the problem.

- 6. What's the matter?

- 7. You shouldn't feel ashamed.

- 8. I have a problem at school.

Present simple

1 ★ Circle the correct item.

1. David **don't spend/doesn't spend** a lot of time surfing the Net every day.
2. Kimberly **is wanting/wants** to become a nurse.
3. The Earth **goes/go** round the Sun.
4. Sylvia and Adam **catches/catch** the bus to work at 8 o'clock every day.
5. Mr Smith **teaches/teach** History at the local high school.
6. Giant Pandas **live/lives** in Asia.

Present continuous

2 ★★ Put the verbs in brackets into the correct form.

1. Anna works in London. She _____ **(not/work)** in Madrid.
2. The weather _____ **(get)** warmer these days. Summer is almost here.
3. You _____ **(always/use)** the laptop. Turn it off now!
4. Jack _____ **(stay)** at his grandparents' this week.
5. Paul and Luke _____ **(not/watch)** a film. They _____ **(play)** basketball.
6. _____ **(you/leave)** for Italy tomorrow?

Present simple vs Present continuous

3 ★ Underline the correct time expression.

1. Mum is doing the shopping **at the moment/in the evenings**.
2. Peter and Lilian are travelling to New York City **every week/tomorrow**.
3. She takes the bus to school **every day/this afternoon**.
4. Sarah prefers to exercise **today/in the evening**.
5. Jeff has breakfast at 7:30 **these days/in the morning**.
6. Natalie and her parents are watching a film **now/at weekends**.

4 ★★ Put the verbs in brackets into the *present simple* or the *present continuous*.

1. Jessica often _____ **(work)** long hours, but today she _____ **(leave)** work early.
2. Anna really _____ **(enjoy)** travelling, so she _____ **(try)** to go abroad as often as possible.
3. Mark and Angela _____ **(visit)** a friend in London this weekend.
4. She _____ **(go)** to dance class three times a week, but she _____ **(not/go)** today because she's sick.
5. Emily always _____ **(take)** a packed lunch to school.
6. A: What _____ **(you/do)** after school this Friday?
B: I _____ **(go)** shopping with my mum.

Gap fill

- 1** ★ Read the rubric below and the text in Ex. 2. Answer the questions.

You will hear an interview with a school counselor. Use the information in the recording to complete the blanks 1-4 in the notes below.

1. How many people are talking?

2. What information are they talking about?

- 2** ★★ Look at the notes below. Guess what type of word is missing.

Mrs Wilson - School Counselor

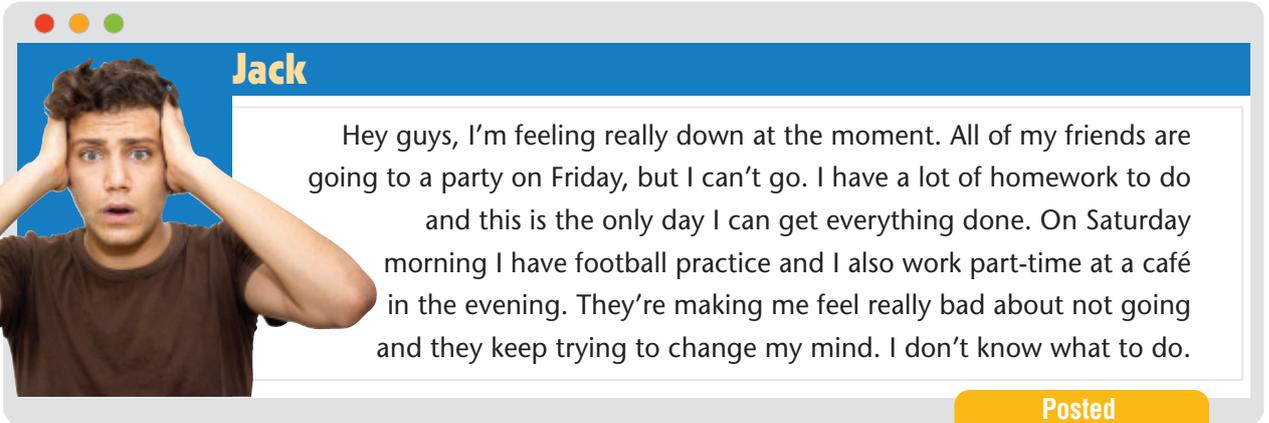
- has been a school counselor for over **1)** _____ years
- **2)** _____ is the most common problem she hears from teens
- teenagers spend most of their time **3)** _____
- advises that all students talk with a(n) **4)** _____ if they are facing a problem



- 3** ★★ 🎧 Now do the listening task in Ex. 2.

Writing (a comment on a blog giving advice)

- 1 ★★ Read the text below and answer the questions.



Jack

Hey guys, I'm feeling really down at the moment. All of my friends are going to a party on Friday, but I can't go. I have a lot of homework to do and this is the only day I can get everything done. On Saturday morning I have football practice and I also work part-time at a café in the evening. They're making me feel really bad about not going and they keep trying to change my mind. I don't know what to do.

Posted

1. How does Jack feel?

2. What is Jack's problem?

3. What does Jack have to do?

4. What are his friends trying to do ?

5. What do you think he should do?

- 2 ★★ Write a comment on Jack's page (80-100 words). In your comment you should:

- express sympathy
- advise him what to do
- express your hope for a response

Post your Comment

Reading

- 1 ★ The teenagers below are looking for a new activity to do in their spare time. Below, there are descriptions of eight different activities for teens. Decide which activity (A-H) would be most suitable for each teen (1-5).



Jenny does very well at school and loves reading books and studying. She enjoys learning and would like to help other people her own age.

Andy loves hanging out with his friends, but would like to have more money. He really enjoys playing the guitar and knows a lot about the latest bands and singers.



Georgia spends a lot of time surfing the Internet and loves chatting to her online friends. She is very friendly and gets along with everyone.

Chris is a big fan of food. He loves trying new things! In the evening, he likes going to restaurants around town with his friends.



Ellie is interested in becoming healthier. She has never exercised before, so she doesn't really know what to do. However, she thinks she might like to do something outdoors.

- A Do you have a passion for music? Beats Records has an opening for a part-time sales assistant. Working hours are Tuesday and Thursday, 5-8. Apply within.
- B Come and join our park workout sessions! We meet every Wednesday in the town park to do jogging, aerobics and team sports. It's fun, free and healthy!
- C After-school Club is a great place to meet new friends. We can help new kids in the area meet people with the same interests.
- D The Tutoring Programme is looking for teens who enjoy their lessons to help others who are struggling. If you would like to help tutor someone else after school, join the tutoring programme today!
- E Have you put on weight over the summer? Do you find it difficult to stop eating unhealthy food? Then join Weight Patrol and we can help you slim down and look your best!
- F We need a moderator for our Internet message board! Do you have spare time in the evenings? Why not help us control our online message board? It involves talking to lots of people and solving their problems.
- G Food critic wanted for the student newspaper. The student newspaper needs someone who knows a lot about food to help write articles about places to eat around town.
- H Art Club is the perfect place to meet creative and interesting people. Every Wednesday, we go out into the countryside and find beautiful places to sit and paint together. Join us today and explore your creative nature!

Rozumienie ze słuchu

- 1 **1** Usłyszysz dwukrotnie wypowiedź nastolatki o jej problemie. W zadaniach 1–3, na podstawie informacji zawartych w nagraniu, z podanych odpowiedzi wybierz właściwą. Zakreśl literę A, B albo C.
1. Anna is feeling
 - A sad because she failed an exam.
 - B stressed because she has a lot of homework and projects.
 - C down because she feels that she doesn't have anyone to talk to.
 2. Anna's teacher advised her
 - A to stay after school to get help with her schoolwork.
 - B to make a list of all her schoolwork that needs to be finished.
 - C to talk with the school counsellor about her problem.
 3. Anna wants to
 - A ask students for their advice on what to do about this situation.
 - B share how she managed to solve her problem and what helped her.
 - C make teachers aware that they are giving students too much homework.

Znajomość funkcji językowych

- 2 **2** Uzupełnij dialog. Wpisz w każdą lukę (1–3) brakujący fragment wypowiedzi, tak aby otrzymać spójny i logiczny tekst.

Sandra: You look very sad, Eva. **1)** _____

Eva: I am feeling very down. There are a group of kids that call me mean names. This has been happening every day when I walk home from school.

Sandra: That's terrible! You **2)** _____ someone as soon as possible.

Eva: I'm scared that if I tell somebody about what is happening they will bully me even more.

Sandra: That won't happen. Nobody should be bullied for any reason.

Eva: You're right. **3)** _____ I should talk to my teacher or the headmaster?

Sandra: I think it's best to talk with your teacher first.

- 3 **3** Dla każdej z opisanych sytuacji wybierz właściwą reakcję. Zakreśl literę A, B albo C.

1. Zamierzasz wybrać się gdzieś z koleżanką. Jak ją zapytasz, czy chce pójść do kina?

A What film did you watch at the cinema?

B Do you know how to get to the cinema?

C Do you want to watch a film at the cinema?

2. Kolega wysłał Ci SMS, że nie będzie mógł przyjść na Twoje przyjęcie urodzinowe. Jak mu odpowiesz?

A The party starts at 9:00 pm. I can't wait to see you.

B That's OK! Let's plan a day to hang out next week.

C OK! You can ask Chris to bring you.

Znajomość środków językowych

- 4 **4** Przeczytaj opis ilustracji. Uzupełnij każdą lukę (1–4) jednym wyrazem, tak aby powstał spójny i logiczny tekst zgodny z ilustracją. Wymagana jest pełna poprawność ortograficzna i gramatyczna wpisywanych wyrazów.

This photograph was taken at the girl's house. The girl is **1)** _____ a guitar lesson and her instructor is sitting **2)** _____ to her. The girl's guitar is a different colour from the guitar her instructor has. There is a large **3)** _____ behind them. There is a music stand with all of the notes in **4)** _____ of them. The girl is happy and is enjoying her guitar lesson.



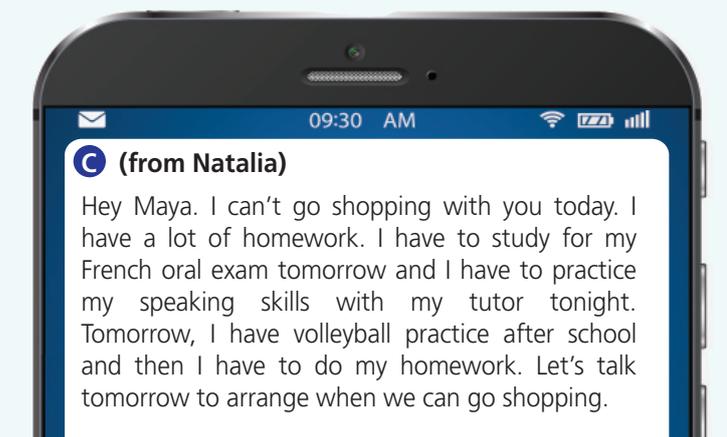
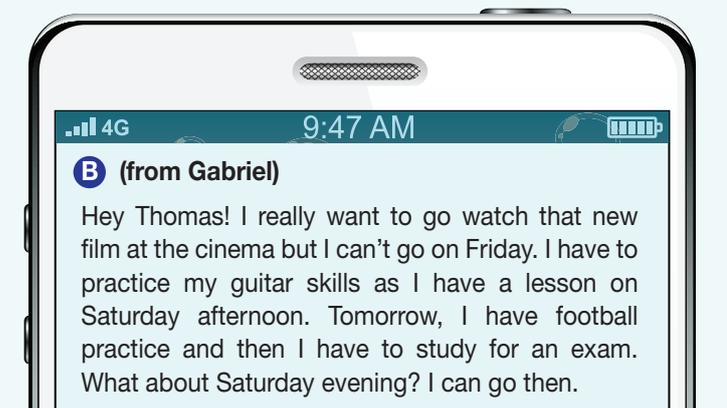
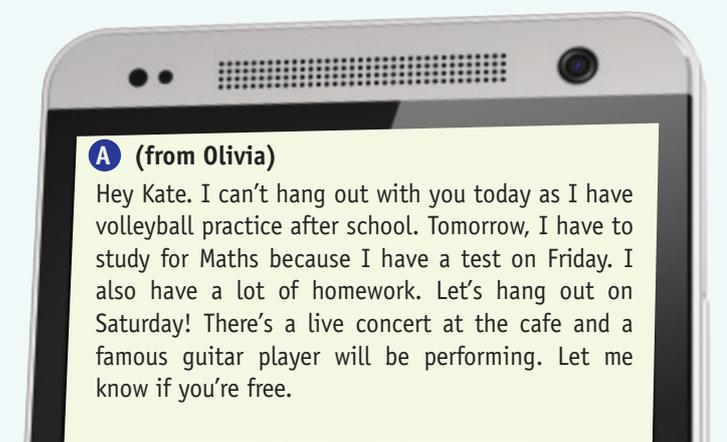
Exam practice 1

Rozumienie tekstów pisanych

- 5 Przeczytaj teksty o popołudniowych obowiązkach i planach trojga nastolatków (A–C) oraz zdania 1–4. Do każdego zdania dopasuj właściwy tekst. Wpisz rozwiązania w kratki. Jeden tekst pasuje do dwóch zdań.

This teenager:

- 1 practices his/her guitar skills before the lesson.
- 2 suggests seeing a famous musician.
- 3 has to practice his/her speaking skills for an exam.
- 4 has to study for an exam after football practice.



- 6 Przeczytaj tekst. Uzupełnij luki w zdaniach 1–3 zgodnie z treścią tekstu.

Attention All Students

Free Piano Lessons
Every Wednesday @ 3:30pm
All students are welcome.
Piano lessons will be primarily for beginners.
Sign up by Friday!
The first 40 students to sign up will be enrolled.
Lessons will be held in Music Room 603.



1. The piano lessons are _____ of charge.
2. There's no need to have experience as lessons are for _____.
3. Lessons will take place in the _____.

Wypowiedź pisemna

- 7 Twoja koleżanka Julie wysłała do Ciebie wiadomość, w której skarży się, że jest nękana w szkole przez innych uczniów. Napisz do niej e-mail (50–120 słów), w którym:

- wyrazisz współczucie,
- udzielisz jej wskazówek, jak może się bronić,
- opisziesz swoje doświadczenia związane z nękaniem w szkole.

