

WORLD ENGLISH 1

THIRD EDITION





Life style

Healthy habits

Unhealthy habits

Eat vegetable and fresh fruit.
Work out at the gym.
...

Watch screens a lot.
Eat junk food.
...



Modal verbs

could

to make suggestions (**gentle advice**)

- You **could** stop smoking.
- You **could** eat healthy food

Should (not)

give advice (**strong advice**)

- You **should** wake up early and exercises before breakfast.
- You **shouldn't** add extra sugar.

Must/have to

Express obligation (**very strong advice**)

- You **must** stop smoking.
- You **have to** practice before the exam.
- I **had to** go to party last night.

Who is healthier?



Ben



Beata



Kim

What's the Happiest country in the world?



make questions with HOW

How much

- Quantity of non-count nouns
- How much exercise do you go?

How many

- Quantity of count nouns
- How many cigarettes do you smoke a day?

How old

- age
- How old is your father?

How long

- Length or period of time
- How long did your grandfather live?

How often

- Frequency
- How often do you go to the gym?

The Need for Sleep

Some new Vocabulary

- Dementia
- Lack
- Stay up



How do you feel when you listen to music?





Which activity ...?



Paragraph structure

- **Topic sentence** → The first sentence is the main subject of your paragraph.
Useful phrases: *I like ... because ..., I think ..., In my opinion, ...*
- **Supporting sentences** → Add two or three sentences to give more information and reasons for your opinion. They should support your topic.
Useful phrases: *Firstly, / First, / First of all, Secondly, / Second, Also, In addition,*
- **Concluding sentence** → Not all paragraphs have this sentence, but sometimes it's useful because it summarizes the main ideas.
Useful phrases: *To conclude, In conclusion, / To sum up, I think ...*