

Grammar Talks 4-01 Do for Emphasis

I do speak Spanish!

Sara: Oh. Todd: People don't say it that much, because it's really bad, speak Japanese. But it's bad. But what about the other languages? You lived in Korea. Did Korean?

Todd: I _____ Japanese-

Todd: ... yeah, but it's ____

Sara: Oh, you do?

to read very well. But now, I've forgotten. So I can't speak it anymore.

Todd: I heard that it's relatively easy to learn the alphabet in Korea.

Sara: Yes, it is. It was invented by a scientist to be simple and easy to _ to read.

Todd: Oh wow.

Sara: So it is very easy.

Todd: What about China? Did you learn Chinese?

Sara: I didn't. I did study a lot. But, in the end, I found it too difficult. Do you speak Chinese?

Todd: I don't speak Chinese, but I lived in Thailand for five

Sara: Mm-hmm (affirmative).

Todd: And I do speak Thai, and I did study Thai when I was

Quiz

- 1) Who taught in Mexico?
- a) Todd
- b) Sarah
- c) Neither of them
- 2) Who studied Korean?
- a) Todd
- b) Sarah
- c) Both of them
- 3) Who taught in Korea?
- a) Todd
- b) Sarah
- c) Both of them
- 4) Who speaks Thai?
- a) Todd b) Sarah
- c) Both of them
- 5) Who speaks Japanese?
- a) Todd
- b) Sarah
- c) Both of them

Grammar Challenge

Fill in the blanks with the correct word.

of different but I do hear me you study did study not very did learn here six do speak learn how talk about you speak

Speaking Challenge

Match the answers with the questions.

- Do you speak Japanese?
- 2) Do you play the guitar?
- 3) Do you cook every night.
- 4) Does your friend speak English?
- 5) Did you study last night?
-) I do cook most nights, but only easy stuff.
 -) I did study last night, but not for long.
-) I do speak Japanese, but not very well.
- I do play the guitar, but just basic chords.
-) He does speak English, actually.

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there. So, yeah.

Sara: Oh, wow.

Todd: And it's tonal, so it's similar, in some ways, to Chinese.

Sara: And can you read Thai?

Todd: I can read Thai.

Sara: Oh, wow.

Todd: Yeah, I do read Thai. So actually, my Thai reading is

probably better than my Japanese.

Sara: Oh, wow.

Todd: Yeah. But it's hard, because in Thai the words kind of

stick together.

Sara: Mm-hmm (affirmative).

Todd: Now, you were in Mexico and in Ecuador.

Sara: Yes.

Todd: So do you speak Spanish?

Sara: I do speak Spanish. That was one of my goals for moving there, was to become fluent. And I'm very happy now I can say,

"I do speak Spanish."

Todd: And your husband was with you.

Sara: Mm-hmm (affirmative)

Todd: Does he speak Spanish?

Sara: Yeah. He does speak Spanish. He studied a lot, and it really improved a lot. So now he can say the same thing. He

does speak Spanish.

Todd: And your children?

Sara: They do, too. They speak Spanish.

Todd: Oh, nice. And your children are with you now in Japan.

Sara: Mm-hmm (affirmative)

Todd: Do they speak Japanese?

Sara: They don't. They're learning very quickly. So I think they will improve, and in a couple of months, I can say that they can.

But right now, their Japanese is very low.

Todd: So you were just in Mexico.

Sara: Mm-hmm (affirmative).

Todd: Do you miss Mexico?

Sara: I do miss Mexico. I miss the food the most. I miss the Spanish language. And I miss the music. How about you? Do you miss Thailand?

Todd: I do miss Thailand a little bit, but not too much, because I visit there a lot. So it's not that big of a deal. I go there usually

once or twice a year.

Sara: Mm-hmm (affirmative).

Todd: But when I'm in Japan, I do miss it. I miss the food,

especially.

Sara: Mm-hmm (affirmative).

Todd: Now we both are outside of the U.S. We don't live in the U.S. Do you miss living in the U.S.?

Sara: I do miss living in the U.S. I often miss that I understand and I know the culture so well. Sometimes in Japan, I feel like an outsider. And so I do miss being in the USA, and being able to blend into the background. To be just another person. How about you? Do you miss the USA?

Grammar

Do / Does / Did for Emphasis

When we want to emphasis a statement we can use do, does, and did with stress to add meaning

For negative sentences, extra stress is added to **don't**, doesn't and didn't to emphasis.

Point 1: In present simple sentences, you can use 'do' to show emphasis.

- (Q) Do you have a car?
- (A) I do have a car.
- (N) I don't have a car.
- (Q) Do they serve bagels?
- (A) They do serve bagels.
- (N) They don't serve bagels.

Point 2: If the subject is third person singular, then you use 'does' to show emphasis.

- (Q) Does he work here?
- (A) He **does** work here.
- (N) He doesn't work here.
- (Q) Does it cost a lot to live there?
- (A) It does cost a lot.
- (N) It doesn't cost a lot.

Point 3: If the action happens in the simple past tense, use 'did' to show emphasis.

- (Q) Did he come to work today?
- (A) He did come to work today.
- (N) He didn't come to work today.
- (Q) Did they find an apartment?
- (A) They did find an apartment.
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Point 4: We can add 'do/does/did' and 'though' to a sentence to show contrast between two actions

- 1. I hate math. I do like science though.
- 2. He does not have much money. He does have a nice house though.
- I got sick on vacation. We did have a good time though.

Todd: I don't.

Sara: You don't?

Todd: No, I don't miss it at all. So I visit it ... I do miss my family, and I do miss some things, especially like the food and the nature. But I don't miss actually living in America. Maybe because I go back so often. So these days, it just doesn't seem like a big deal. Now, we are both in Japan. Do you plan to teach somewhere else soon?

Sara: I don't. I hope to stay in Japan for a couple of years. We are relaxed, we are settled, the children are in school. I hope we can stay here. How about you? Are you going to stay? Or do you have plans to go?

Todd: I do have plans to go, actually. And I want your old job. I want to work for the U.S. government and I want to work in a different country.

Sara: You should do it!

Todd: I will.



Grammar Talks 4-01 Do for Emphasis

I do speak Spanish!

Two people share languages they do and don't speak.

Todd: Sarah, you've taught in a bunch of different places. What countries have you taught again?

Sara: Quite a few. I've taught in Korea, Ecuador, Taiwan, Mexico, Japan, and the UŠA.

Todd: Okay, so you're-

Sara: And China. Sorry.

Todd: Oh wow. So you're a language teacher; you've taught in

all these amazing countries.

Sara: Mm-hmm (affirmative).

Todd: So let's talk about the languages first. Do you speak

Japanese?

Sara: I don't. I'm embarrassed. I've lived here six years, but I

don't. How about you? Do you speak Japanese?

Todd: I do speak Japanese-

Sara: Oh, you do?

Todd: ... yeah, but it's not very good.

Sara: Oh.

Todd: People don't hear me say it that much, because it's really bad, but I do speak Japanese. But it's bad. But what about the other languages? You lived in Korea. Did you study Korean?

Sara: I did. I did study Korean. And I did learn to read very well. But now, I've forgotten. So I can't speak it anymore.

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Sara: You should do it!

Todd: I will.



Grammar Talks 4-02 Causative Verbs

Job Duties

have to wear a

Sarah gives job tips for work	ring for the U.S. State Department.
Todd: So Sarah, you	_ teacher for the State Department
Sarah: Yes, that's right. I wa program.	s with the English language fellows
Todd: Oh wow. Where	teach?
Sarah: I Mexico.	
	. So when you teach for the State anything you want? Do you

Sarah: They let you wear anything that is professional. You don't have to wear a suit, but you can't wear jeans.

anything?

Todd: Okay. Do they let you teach anything you want?

Sarah: No, they vou teach anything you want. You do have a lot of freedom, but they have some requirements. So you might have to teach university students beginning English or you might have to teach university students engineering English. You have freedom how you're going to teach those subjects, but they don't let the subjects.

Todd: Okay. When when you work for the US government, do they make you do a lot of paperwork?

Sarah: They do. They do a lot of paperwork. When I applied for the job, it was the most difficult job application I'd ever done. They make a lot of forms and they make you ask your references to fill out a lot of forms too. And then when you do move to the country. vou fill out even more forms for the work visa and the residency visa.

Todd: Oh Wow. That sounds pretty harsh.

Sarah: It is. It's really difficult. They do forms, but the official rule is that they will only help the official employee. I traveled with my husband and three kids. They let family, but they didn't help me with the paperwork me for my family.

Todd: Oh Wow. So does the government help you get

Quiz

- 1) The State Department lets you wear anything
- a) you want
- b) but jeans
- c) that is professional
- 2) Does the State Department let you teach what you want?
- a) Yes
- b) No
- c) She does not say
- 3) What does the State Department make you do?
- a) Wear a tie
- b) Do lots of paperwork
- c) Report to online meetings
- 4) Does the State Department help teachers learn the language?
- a) Yes
- b) No
- c) She does not say
- 5) For her, what was the best job?
- a) University
- b) State Department
- c) Private School

Grammar Challenge

Fill in the blanks with the correct word.

were a try to help don't let did you let you wear you fill out they make bring my suit or make you do vou choose taught in

Speaking Challenge

Match the answers with the questions.

- 1) Who helps you achieve your goals?
- 2) Who helps you learn English?
- 3) Who lets you be yourself?4) Who makes you follow the rules?
- 5) What helps you stay organized?
-) My teacher. He makes me pay attention.
- My friend Sally. She is from Ireland.
- My father. He helps me stay focused. My smartphone. I keep all my info there.
-) My friend. She lets me be me.

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acclimated? For example, do they help you learn the language? Do they help you with moving costs? Do they help you a get acquainted with the local culture?

Sarah: Some of those are yes and some are no. They don't help you learn the local language that is up to you individually. They do help you become acclimated to your town. They travel with you to your town, they make your host institution find you housing. So that's really nice. They help you with the housing, they make your institution find you housing. And they let you have some time to get used to it before you're required to be working 40 hours a week.

Todd: So you've worked for a university, you've worked for the US government. Have you worked for language schools?

Sarah: I have. When I worked in Korea, I worked for an independent, privately owned language school and we taught after school lessons.

Todd: So which, which did you prefer? Like which ones did you like?

Sarah: Well, my favorite has been the university job because they let you choose your own hours. You have to teach the classes, but if you don't have class they let you plan your lessons from home or whatever time of day that you want to do it. I like that. But when I was working for the State Department, they made you work regular 9:00 to 5:00, Monday to Friday hours. They made you work those hours.

Sarah: I liked the private language school. It was a good job for me at the time, but they also make you work the hours that they need you, which is 2:00 to 7:00 PM, Tuesday through Saturday. And those are not the best hours to be working, so I didn't like that. But the language school helped me the most. They taught me language, they took me on trips. They really treated me like a part of the family in a way that the university and the State Department didn't. So that was really a good memory, a good job.

Todd: So if you can rank the jobs between university working for the US government and a language school, what would you rank one, two, three?

Sarah: Just exactly how you said at university would be the top. The State Department would be very close, very close second, and then the language school would be a little farther, farther down. The pay was a lot lower. The hours were not very good. I didn't have freedom.

Todd: They make you work more.

Sarah: Make you work more, yeah.

Todd: Right. Okay. That's awesome. Thanks.

Sarah: Thanks.



Grammar

Causative Verbs

The verbs make, let, and help can be causative verbs.

One agent (person or thing) is *causing* an action in another agent (person or thing).

Point 1: (help, make, let) + person + base verb + object

She let me leave the office early. My mom made me take out the trash. My sisters often helps me do my taxes.

Point 2: Let

He **let** me **use** his car. They **let** us **stay** in their house. The waiter **let** us **change** tables. The teacher **didn't let** us **leave** early.

Point 3: Make

He made me carry his bags. My mom made me finish my homework. I will make you pay for this! (I will get revenge!) We didn't make him obey the rules.

Point 4: Help

He helped me move into my house. I'm helping her write her essay. I can help you do that.
She didn't help me do anything.



Grammar Talks 4-02 Causative Verbs

Job Duties

Sarah gives job tips for working for the U.S. State Department.

Todd: So Sarah, you were a teacher for the State Department?

Sarah: Yes, that's right. I was with the English language fellows program.

Todd: Oh wow. Where did you teach?

Sarah: I taught in Mexico.

Todd: Oh, that's great. Wow. So when you teach for the State Department, do they let you wear anything you want? Do you have to wear a suit or anything?

Sarah: They let you wear anything that is professional. You don't have to wear a suit, but you can't wear jeans.

Todd: Okay. Do they let you teach anything you want?

Sarah: No, they don't let you teach anything you want. You do have a lot of freedom, but they have some requirements. So you might have to teach university students beginning English or you might have to teach university students engineering English. You have freedom how you're going to teach those subjects, but they don't let you choose the subjects.

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Grammar Talks 4-03 Used to
Life Way Back When
Two people discuss how life was much different before.
Todd : Rachael, we're talking about how life different for us, when we were kids.
Rachael: Yes.
Todd : And, I was thinking the other day, it's interesting because we all have loving grandparents, or parents, parents used to do things that they can't do anymore. For example, we used to ride in my grandfather's pickup truck
Rachael: Yes.
Todd : On the highway, which now is totally illegal, like it's a big no-no. We would get in the back of his truck and he would drive us the place in this old pickup truck. And like today, that's against the law, right?
Rachael: We have a station wagon. There are six kids in our family. We just all the back of the station wagon. No seat belts, no car seats.
Todd: Right.
Rachael: Babies were in a little Moses basket on the back seat.
Todd : Yeah. And people things like, also like you said, let kids run around the back of the station wagon or move around. You would strap things car and drive down the street. Sometimes you can't do that anymore, or you have to do it It's a little, bit more regulated I think, right?
Rachael: Yeah.
Todd: Yeah. We also burn our trash, which is now a big no-no in California.
Rachael: Really.
Todd: Yeah.
Rachael: We never used
Todd: Really?

Rachael: I can't comment _

Todd: Yeah. We had these big barrels. We would burn the trash. If you watch movies, you'll see in America, people burning stuff in barrels to stay warm or whatever.

Rachael: Yes. I've seen that in movies.

Todd: Yeah. I remember one year, my grandfather was like, "We can't do it anymore. They sent a letter. They said no more."

Quiz

a) cans b) jars c) boxes

 The used to ride on the back of _____. a) their parents b) animals c) a vehicle 2) Todd says they used to ____ their trash. a) bury b) burn c) sell 3) She used to go to the ___ a) dump b) dock c) dairy 4) They used to have commercials about ___ a) driving safe b) smoking cigareettes c) burning trash 5) They used to store food in ____

Grammar Challenge

Fill in the blanks with the correct word.

on that one used to do than before piled into used to to your to do that all over but our used to burn used to be the back of

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Match the answers with the questions.

- 1) What foods did you used to eat?
- 2) What sports did you used to play?
 3) What shows did you used to watch?
 4) What clothes did you used to wear?
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,	
(_) I used to watch Star Trek every day.	
() I used to be really good at painting.	
() I used to wear really tight shirts.	
() I used to play golf, but not anymore.	
() Lused to eat a lot of fast food, but not now	

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Rachael: We used to go to the dump every week. My father would load up the trailer, well maybe every month or so.

Todd: Yeah.

Rachael: That's how we used to do it. We didn't used to burn it.

Todd: Right.

Rachael: I think they already had laws about it.

Todd: Really? You were probably ahead of the times. Yeah. Yeah, very green place. Also, for having children, women used to drink a little, bit, or they used to smoke when they were pregnant, right?

Rachael: Yes. That was a big thing, especially yeah, smoking to stay slim, while you were pregnant, so you wouldn't get too fat.

Todd: Really?

Rachael: That was why a lot of women smoked.

Todd: Really.

Rachael: It was a diet thing.

Todd: Oh my gosh. I did not know that. Wow, different times

huh.

Rachael: Yeah and the baby was born smaller, but that wasn't considered necessarily a problem.

Todd: Wow. Not only that, they used to have commercials about cigarettes. They would have commercials about drinking. I guess they still have commercials about alcohol. Yeah, they used to have commercials about smoking. I think that's illegal in the states now.

Rachael: It's illegal in New Zealand too. Yeah. Haven't seen.

Todd: Yeah, it's been a while, right?

Rachael: The magazines, newspapers used to be full of them.

Todd: Yeah. And they used to not have to say what all the ingredients were in foods and stuff, right? So these days you have to say exactly what's in the food, I think.

Rachael: Well, my mother and grandmother used to cook most things from scratch anyway. They weren't many packets or cans of anything at all. No instant food or instant cake. They used to cook everything from fresh ingredients. We knew what was in stuff.

Todd: We did too. On our farm, my grandparents farm, they grew their own vegetables. We used to can them.

Rachael: Yes, we used to do that too.

Todd: Yeah. Although it was funny, because ...

Rachael: Vegetables and fruit, and potatoes every year.

Todd: Right. It's funny, cause you call it canning, but it's actually, you put it in a jar.

Rachael: Jars, yes.

Todd: Right?

Rachael: You're doing it at home. You used jars.

Todd: You don't call it jarring, but actually I never remember putting it in a can.

Rachael: We called it preserving.

Todd: Preserving. Yeah. I hated that. We would do that all day for ... Usually all weekend and I dreaded that weekend.

Grammar

Used to + base verb

Use the modal **used to** when talking about past events that no longer occur.

Point 1: We often use **used to** when asked about present activities.

(Q) Do you play golf?

(A) I used to play but not anymore. I don't have time.

(Q) Do you play any instruments?

(A) Not really. I **used to** play the guitar but not anymore.

Point 2: We often use the phrase **not anymore** to clarify that the action does not happen presently.

(Q) Do you cook much?

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(Q) Do you see your friend from school?

(A) Not really. We **used to** meet once a week but now we are too busy with life.

Point 3: In a Yes/No question, we can omit the verb and reply by with just **used to** followed by **but** and a reason.

(Q) Do you study French?

(A) I used to but I gave up.

(Q) Do you you and your family travel much?

(A) We used to but now we don't have time.



Grammar Talks 4-03 Used to

Life Way Back When

Two people discuss how life was much different before.

Todd: Rachael, we're talking about how life used to be different for us, when we were kids.

Rachael: Yes.

Todd: And, I was thinking the other day, it's interesting because we all have loving grandparents, or parents, **but our** parents used to do things that they can't do anymore. For example, we used to ride in the back of my grandfather's pickup truck ...

Rachael: Yes.

Todd: On the highway, which now is totally illegal, like it's a big no-no. We would get in the back of his truck and he would drive us all over the place in this old pickup truck. And like today, that's against the law, right?

Rachael: We used to have a station wagon. There are six kids in our family. We just all **piled into** the back of the station wagon. No seat belts, no car seats.

Todd: Right.

Rachael: Babies were in a little Moses basket on the back seat.

Todd: Yeah. And people used to do things like, also like you said, let kids run around the back of the station wagon or move around. You would strap things **to your** car and drive down the street. Sometimes you can't do that anymore, or you have to do it ... It's a little, bit more regulated than before I think, right?

Rachael: Yeah.

Todd: Yeah. We also used to burn our trash, which is now a big no-no in California.

Rachael: Really.

Todd: Yeah.

Rachael: We never used to do

that.

Todd: Really?

Rachael: I can't comment on that one.

Todd: Yeah. We had these big barrels. We would burn the trash. If you watch movies, you'll see in America, people burning stuff in barrels to stay warm or whatever.

Rachael: Yes. I've seen that in movies.

Todd: Yeah. I remember one year, my grandfather was like, "We can't do it anymore. They sent a letter. They said no more."

Quiz

- The used to ride on the back of _____. ✓ a) their parents b) animals c) a vehicle 2) Todd says they used to ____ their trash. 🗸 a) bury b) burn c) sell 3) She used to go to the _____. ✓ a) dump b) dock c) dairy 4) They used to have commercials about _____
 - a) driving safe b) smoking cigareettes
 - c) burning trash
 - They used to store food in _____. √
 - a) cans

 - b) jars c) boxes

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(Q) Do you study French?

(A) I used to but I gave up.

(Q) Do you you and your family travel much?

(A) We used to but now we don't have time.



Grammar Talks 4-04 Would for Past Tense

Valentine's Day Memories

Mel and Doron discuss a romantic holiday.

Mel: So, Doron, what did you do last Valentine's Day?

Doron: Last Valentine's day I got disappointed I think, cause I teach at university, and I'd Japanese students always give their teachers *loads* and loads of chocolate, and even though it Melissa was my fifth year, and every other year I



only got like two or three, I was still really excited cause I'm at university now and I got two chocolate bars.

Mel: Oh, really?

Doron: How, about you? Are you looking _____ it this

year?

Mel: I'm planning on going to Korea with my co-workers to

escape the Valentine's Day.

Doron: To escape? Mel: Atmosphere, yes.

Doron: You're not a fan then?

Mel: I like Valentine's Day, but I don't

this year. Is Valentine's Day big in England?

Doron: I haven't lived in England for awhile now, about ten years. When I was a kid it was big in school, like in junior school, and we _____ have a little Valentine's post box in your class where you little messages to your classmates and then you put it in the box _ delivered.

Mel: Oh, ____

Doron: Yeah, in a little Valentine's

post box.

Mel: Oh, cool.

Doron: The teacher _ them.

Mel: Did you only get notes or did you get candy as well?

Doron: No, it was just notes. In England we don't really give candy and chocolate and presents

to people. We just give letters, unless boyfriend or a girlfriend or something. But when you are seven, you don't really bother.

Mel: Well, the thing I liked about Valentine's Day as a kid was that _____ Valentine's Day cards from everyone, but I was

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- 1) Doron was disappointed he did not ____ in Japan.
- a) have a Valentine
- b) get to see his girlfriend
- c) get any sweets
- Melissa is going to Korea to ____
- a) surprise her Valentine
- b) avoid the holiday
- c) have a romantic weekend
- 3) Doron used to _____ to classmates in England.
- a) write notes
- b) give chocolates
- c) exchange presents
- _ you sign your name on the card.
- a) England
- b) America
- c) both countries
- 5) Melissa remembers getting gifts from . . .
- a) a close friend
- b) a high school sweetheart
- c) a family member

Grammar Challenge

Fill in the blanks with the correct word.

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Speaking Challenge

Match the answers with the questions.

- 1) What would you give each other in school?
- 2) What games would you play?
- 3) What songs would you sing?
 4) When would you go home?
- 5) Where would you eat lunch?
- We would play foursquare.
- We ate in a cafeteria. We would stop the lessons at three.
- we would not traditional songs.
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What about you? Share your answers to the questions.

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always curious to see what the boy I liked _____ me.

Doron: Did you know who wrote what to you?

Mel: Yeah, they _____ their name on the card.

Doron: What? They sign names?

Mel: Yeah, it'd be like. Happy Valentine's Day Adam.

Doron: Oh, in England I don't think you don't put your name. Even if you know who it's from. You know it's from your girlfriend, or your best friend, or your grandma, or something, I think you just put a big question mark.

Mel: Really?

Doron: It's *half the fun*. You have to *figure it out*.

Mel: But my favorite Valentine's Day gift is always from my mom.

Doron: She gives you a gift every

year.

Mel: She'll send me gifts in the

mail, and when I was in elementary school, she would hide chocolates and stuff in my desk. It was awesome.

Doron: That's brilliant.

Mel: Yeah.

Doron: I don't remember getting any really really cool Valentine's presents. I remember giving a couple. I was dating a girl who lived in Norway when I was at university in England and so for Valentine's Day is the same ... I think her birthday was February the 11th or something.

Mel: Oh, yeah.

Doron: So, I just flew over. I e-mailed like her best friend who I knew quite well as well and he picked me up at the airport I and flew over to Norway.

Mel: Yeah.

Doron: And in Norway, it's a very safe country, so they don't really lock their doors a bit like Japan, and he just drove me down to the house and I walked in at like nine in the morning, and she just came down stairs and she nearly died. She thought I was a ghost.

Mel: Yeah. That would be scary but fun.

Doron: Scary but fun. That's what she said when she could

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Mel: Yeah, so it was a double birthday, Valentine's Day gift.

Doron: Exactly.

Grammar

Would - Past Tense

Point 1: Use the modal **would** to talk about activities you often did in the past, but no longer do.

- (Q) As a kid on the farm, what did you do?
- (A) I did a lot. I would ride horses.
- (N) I wouldn't stay inside.
- (Q) Where **would** you play?
- (A) I would play in the garden.
- (N) I wouldn't see anyone.

Point 2: Use **would** to for things you did often. Use the simple past for actions you just did once.

- (Q) Who did you talk to as a kid?
- (A) I talked with my friends.
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Point 3: We use 'd as a contraction for would in spoken English.

- (Q) When would you get up?
- (A) I'd wake up very early.
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Note: Do not use the contraction in short answers.

- (Q) Would you go to town?
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Point 4: We use **used to** to introduce an action we no longer do, and then switch to would for related actions.

I **used to** play soccer a lot. I **would** play from morning till night.

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Grammar Talks 4-05 Should for Suggestions

Getting a Job with Uncle Sam

Sarah gives job tips for working for the U.S. State Department.

Todd: So Sara, we're both English teachers, and we taught together before, and then you went away and you worked for the US State Department, and you ______, and now I want to work for the US State Department.

Sarah: You should do it!

Todd: So I want you to give me some advice what I should do and what I ______ to get the job, and what do I need to do so I can work for the US State Department? So what should I do?

Sarah: So the first thing you _____ is to start doing the paperwork. There is so much paperwork, and it can be overwhelming, so you _____ to do everything in one day, and you shouldn't leave it to the last minute. So please start the paperwork soon.

Todd: Okay, so how long does it take _____ paperwork?

Sarah: It takes a couple of weeks, because you _____ write some very long answers to many different questions, 'cause you need to ask references to write _____, long answers for you.

Todd: Okay, so, who _____ to be a reference?

Sarah: You _____ two people who have experience with your teaching. So, for me, I asked the _____ the language department, and a co-worker who had observed my class. So you should ask, perhaps, the level coordinator, you should ask your boss, your manager, and then maybe a co-worker who has seen your teaching.

Todd: Okay, so _____ you?

Sarah: Yeah! I'd be happy to do that.

Todd: Okay, that's awesome. So you said there's some questions. What's a sample question?

Sarah: A lot of the questions
____how do you deal with
cultural differences. So it might
say, "Tell me a time in your life you
have been confused about the
culture, and you didn't know how
to proceed."

Todd: Oh, okay.



Quiz

- 1) What should he do first?
- a) Start paperwork
- b) Write a resume
- c) Request an application
- 2) Who should he ask for a reference?
- a) a student in his class
- b) someone who is important
- c) someone who saw him teach
- 3) He should say he is _____
- a) the best teacher
- b) hardworking
- c) irresponsible
- 4) Should he mention his website?
- a) Yes, he should.
- b) No, he should not.
- c) She does not say.
- 5) What should he do according to her?
- a) Apply for the job
- b) Do not apply for the job
- c) Apply for many jobs

Grammar Challenge

Fill in the blanks with the correct word.

should I ask came back should do should ask to do the shouldn't do could I ask these long shouldn't try head of need to are about

Speaking Challenge

Match the answers with the questions.

- 1) What should you wear to a job interview?
- 2) What questions should you ask?
- 3) What questions should you not ask?
 4) What should you do in the interview?
- 5) What should you say about yourself?
- (_) You should not ask about pay at first.
- () You should dress professionally.
- () You should ask about the goals of the company.
- (_) You should talk about your accomplishments.
- (_) You should smile and me relaxed.

What about you? Share your answers to the questions.

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Sarah: So you need to write about what happened, and how you overcame it.

Todd: So how should I answer the question? Should I just talk about my own experience?

Sarah: Mm-hmm.

Todd: Or should I try to phrase it in a way that I think they want to hear? What should I do?

Sarah: The most important thing is to be honest, but what they're looking for are people who are flexible, understanding, and hard-working. So if you can phrase it in that way, talk about how you really responded to the situation. If you responded poorly, what did you learn from it? How you could have done better, or things like that.

Todd: Okay. Wow, those are some good tips. Is there anything I shouldn't do, I shouldn't say, I shouldn't mention?

Sarah: Well, just like any job, you shouldn't mention that you want the job just so you could travel, or you want the job just to make some money. You should talk about the more positive aspects of why you want the job ... to help people, to teach people about the culture of the USA, to help people learn English. One of the big reasons this program exists is to spread goodwill about the USA. So we are definitely representatives for the US Government, for the US people, so we need to show that we can be a responsible, kind, hard-working representative of the USA. So they really want to see that in your application as well.

Todd: Okay. Now, as you know, I have elllo, we're doing this for elllo right now. Should I mention elllo? Should I mention that I do elllo? Or should I keep that a secret and not let them know?

Sarah: I think they would be very happy to hear about elllo because they desperately want more people how know about technology, online learning, internet and things like that, because the people who apply, a lot of them are like me. We have a masters in TESOL, we are ... I don't mean to brag, but we are good teachers, we're passionate, but they desperately need more people that can help teach things like online learning, technical English, how to set up a website in English ... maybe you could teach that. They want people who have experience and knowledge, and if you can show them your website, I think that they would be really happy to see it.

Todd: Oh wow, that's great. Well thanks for the advice. I'm going to apply!

Sarah: Yeah, you're welcome! You

can do it!

Todd: All right, wish me luck.

Sarah: Good luck!



Grammar

Giving Suggestions

Notice how speakers can use should, would and some phrases to give advice or suggestions.

Point 1: Use should to offer suggestions.

Should / Shouldn't

- (Q) What should I eat?
- (A) You should try the fish.(N) You shouldn't eat the salad.
- (Q) Should I where this coat?
- (A) Yes, you should. It looks good on you.
- (N) No, you shouldn't. It is hot today.

Point 2: Use would in the first persong to offer suggestions.

Would / Wouldn't

- (Q) What would you do?
- (A) I would go to the park.
- (N) I wouldn't take the bus.
- (Q) Would you wear this?(A) Yes, I would.
- (N) No, I wouldn't.

Point 3: Use if-clauses to offer suggestions.

If you ---- , -----

If you have time, visit the museum.

If you like fish, try the sushi. If you can afford it, stay at the Ritz.

Imperatives

Point 4: Use verbs in the imperative form to offer suggestions.

Check out the mall downtown. Be sure to wear warm clothes. Don't talk to strangers. Don't pay more than 20 dollars for it.



Grammar Talks 4-05 Should for Suggestions

Getting a Job with Uncle Sam

Sarah gives job tips for working for the U.S. State Department.

Todd: So Sara, we're both English teachers, and we taught together before, and then you went away and you worked for the US State Department, and you came back, and now I want to work for the US State Department.

Sarah: You should do it!

Todd: So I want you to give me some advice what I should do and what I **shouldn't do** to get the job, and what do I need to do so I can work for the US State Department? So what should I do?

Sarah: So the first thing you should do is to start doing the paperwork. There is so much paperwork, and it can be overwhelming, so you shouldn't try to do everything in one day, and you shouldn't leave it to the last minute. So please start the paperwork soon.

Todd: Okay, so how long does it take **to do the** paperwork?

Sarah: It takes a couple of weeks, because you need to write some very long answers to many different questions, 'cause you need to ask references to write these long, long answers for

Todd: Okay, so, who should I ask to be a reference?

Sarah: You should ask two people who have experience with your teaching. So, for me, I asked the head of the language department, and a co-worker who had observed my class. So you should ask, perhaps, the level coordinator, you should ask your boss, your manager, and then maybe a co-worker who has seen your teaching.

Todd: Okay, so could I ask you?

Sarah: Yeah! I'd be happy to do that.

Todd: Okay, that's awesome. So you said there's some questions. What's a sample question?

Sarah: A lot of the questions are about how do you deal with cultural differences. So it might say, "Tell me a time in your life you have been confused about the culture, and you didn't know how to proceed.'

Todd: Oh, okay.



Quiz

- a) Start paperwork
- b) Write a resume
- c) Request an application
- 2) Who should he ask for a reference?

 ✓
- a) a student in his class
- b) someone who is important
- c) someone who saw him teach
- 3) He should say he is ___
- a) the best teacher
- b) hardworking
- c) irresponsible
- 4) Should he mention his website?
- a) Yes, he should.
- b) No, he should not.
- c) She does not say.
- 5) What should he do according to her? ✓
- a) Apply for the job
- b) Do not apply for the job
- c) Apply for many jobs

Grammar Challenge

Fill in the blanks with the correct word.

should I ask came back should do should ask to do the shouldn't do could Lask these long shouldn't try head of need to are about

Speaking Challenge

Match the answers with the questions.

- 1) What should you wear to a job interview?
- 2) What questions should you ask?
- 3) What questions should you not ask?
 4) What should you do in the interview? 5) What should you say about yourself?
- (2) You should not ask about pay at first.
-) You should dress professionally.
- (3) You should ask about the goals of the company.
- 5) You should talk about your accomplishments.
- (4) You should smile and me relaxed.

What about you? Share your answers to the questions.

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Sarah: So you need to write about what happened, and how you overcame it.

Todd: So how should I answer the question? Should I just talk about my own experience?

Sarah: Mm-hmm.

Todd: Or should I try to phrase it in a way that I think they want to hear? What should I do?

Sarah: The most important thing is to be honest, but what they're looking for are people who are flexible, understanding, and hard-working. So if you can phrase it in that way, talk about how you really responded to the situation. If you responded poorly, what did you learn from it? How you could have done better, or things like that.

Todd: Okay. Wow, those are some good tips. Is there anything I shouldn't do, I shouldn't say, I shouldn't mention?

Sarah: Well, just like any job, you shouldn't mention that you want the job just so you could travel, or you want the job just to make some money. You should talk about the more positive aspects of why you want the job ... to help people, to teach people about the culture of the USA, to help people learn English. One of the big reasons this program exists is to spread goodwill about the USA. So we are definitely representatives for the US Government, for the US people, so we need to show that we can be a responsible, kind, hard-working representative of the USA. So they really want to see that in your application as well.

Todd: Okay. Now, as you know, I have elllo, we're doing this for elllo right now. Should I mention elllo? Should I mention that I do elllo? Or should I keep that a secret and not let them know?

Sarah: I think they would be very happy to hear about elllo because they desperately want more people how know about technology, online learning, internet and things like that, because the people who apply, a lot of them are like me. We have a masters in TESOL, we are ... I don't mean to brag, but we are good teachers, we're passionate, but they desperately need more people that can help teach things like online learning, technical English, how to set up a website in English ... maybe you could teach that. They want people who have experience and knowledge, and if you can show them your website, I think that they would be really happy to see it.

Todd: Oh wow, that's great. Well thanks for the advice. I'm going to apply!

Sarah: Yeah, you're welcome! You

can do it!

Todd: All right, wish me luck.

Sarah: Good luck!



Grammar

Giving Suggestions

Notice how speakers can use should, would and some phrases to give advice or suggestions.

Point 1: Use should to offer suggestions.

Should / Shouldn't

- (Q) What should I eat?
- (A) You should try the fish.(N) You shouldn't eat the salad.
- (Q) Should I where this coat?
- (A) Yes, you should. It looks good on you.
- (N) No, you shouldn't. It is hot today.

Point 2: Use would in the first persong to offer suggestions.

Would / Wouldn't

- (Q) What would you do?
- (A) I would go to the park.
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- (Q) Would you wear this?(A) Yes, I would.
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Imperatives

Point 4: Use verbs in the imperative form to offer suggestions.

Check out the mall downtown. Be sure to wear warm clothes. Don't talk to strangers. Don't pay more than 20 dollars for it.



Grammar Talks 4-06 Would like / Want to

What would you like to do?

People share what they would like to do in their life.

Mixer 74: What adventure would you like to have?

Lori /	Canad	а
--------	-------	---

Oh, right now, the adventure I am planning is an extensive trip in Southeast Asia. I've always dreamed of going to Angor Wat, so I ______ that place before it's been _____ too many tourists.

Chris / England

Well, I always said that I wanted to try parachute jumping, and I had the chance when I was in high school to do that but my dad stopped me going _______ because he said ... well, I'm quite a big guy - quite heavy ... and so, he was like, "Well, if you want to do it, then you really should lose a bit of weight because, you know, you're going to fall and you're going to shatter your legs" so he was very supportive of my dream, so in the future I think I'd ______ that, but maybe I should lose some weight.

Aki / Japan

I _____ to Antarctica and maybe go on a dog sleigh. I don't like the cold weather, but I want to _____ that sleigh and actually I want to go on the dog sleigh for my honeymoon and experience Antarctica with my husband.

Amir / Iran

I ______ to do skydiving, yeah. Skydiving, because I have acrophobia. This would be the biggest adventure I could can take. Just falling from the airplane for a few minutes. You know, now silence there. It ______ strengthening me from inside, doing this adventure.

Helen / Canada

Well, I _____ like to go cycling somewhere like Nepal or something like that, where there's lots of rugged mountains and beautiful scenery. I don't think I'm in shape enough to do it just now but maybe some time in the future, when I have more time to ____ and stuff.

Eoin / England

A big adventure I'd like _____ another long-distance cycling trip. Previously I cycled around Japan - a few areas in Japan ... a cycle trip around Europe. I think ____ do a huge trip from somewhere in Europe to somewhere in Asia and maybe like England across to Beijing or something like that.



1) Lori wants go before
a) it gets crowded b) the raining season
2) Chris talks about losing
a) his fear of heights b) some weight first
3) Aki would like to go with her
a) closest friends b) future husband
4) Amir says he has
a) acrophobia b) claustrophobia
5) Helen says she is currently
a) in good shape b) out of shape
6) Eoin wants to get around on a
a) Motorbike b) Bicycle

Grammar Challenge

Fill in the blanks with the correct word.

want to go would really like to try would like
I'd like to overrun with work out in the end
want to see would be experience to do is

Speaking Challenge

Match the answers with the questions.

- 1) What adventure would you like to have?
- 2) Who would you like to meet?
- 3) Where would you like to go?
- 4) What would you like to buy?
- 5) What instrument would you like to learn?

() I'd love to go to Croatia.
(_) I'd love to go to Croatia.) I'd like to try scuba diving
(-) I want to meet Idris Elba.
() I'd like to play the cello.
(-) I want to buy a nice car.

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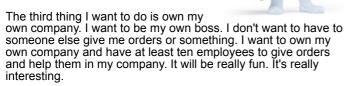


One Minute English - Life Goals

Listen to one young man's life goals.

Hi, my name is Samir's and I'm from Sweden. I'm going to talk about six things I want to do in my life. First of all, I want to travel the world and meet new people, see new places, and learn new cultures. It's really interesting for me, and yeah, I think everybody should travel a lot as long as they get the chance.

Then, maybe before my traveling, I want to learn at least five languages. I like talking different languages and it's really fun, and like people don't expect that you talk that specific language maybe, and yeah, it's really fun.



And the fourth thing is that I want to live in an exotic country, like live at the beach or in some exotic place. It will be a new thing for me because I live in Sweden and I go to the other side of the world would be really nice and a completely new thing for me, so that's the fourth things I want to do.

The fifth thing is I have a fear of heights. I can't be like tall buildings at the top of the building and look down. I'll be really scared, so I have to overcome my fear of heights, and I think it will be really difficult for me but I have to overcome it ...

Because after that I want to travel by skydiving. Like go around in the plane and just jump and feel free. It will be really nice, I think. Just skydiving and you're flying, so that's my six things I want to do in my life.



Would like to / Want to

Point 1: Use both 'would like to + verb' and 'want to + verb' to express desires.

- 1. I would like to buy a new car.
- 2. I want to buy a new car.
- 3. I'd like to travel overseas.
- 4. I want to travel overseas.

Point 2: Use both structures to make questions.

- 1. Would would you like to eat? (more polite)
- 2. What do you want to eat?
- 3. Would you like some coffee? (more polite)
- 4. Do you want some coffee?

Point 3: Use both structures to make affirmative statements.

- 1. I would like to sit down. (more polite)
- 2. I want to sit down.
- 3. I'd like to leave. (more polite)
- 4. I want to leave.

Point 4: Usually speakers only use 'want to + verb' in negative statements.

- 1. I don't want to watch TV.
- 2. I don't want to study.
- 3. She doesn't want to work here.
- 4. They don't want to go out.

Point 5: In Yes / No questions, the auxiliary verb must match the question form.

- . Would you like to have a pet?
- Yes, I would.
- No, I wouldn't.
- Do you want a pet?
- Yes, I do.
- No, I don't.



Grammar Talks 4-06 Would like / Want to

What would you like to do?

People share what they would like to do in their life.

Part 1: What adventure would you like to have?

Lori / Canada

Oh, right now, the adventure I am planning is an extensive trip in Southeast Asia. I've always dreamed of going to Angor Wat, so I want to see that place before it's been overrun with too many tourists.

Chris / England

Well, I always said that I wanted to try parachute jumping, and I had the chance when I was in high school to do that but my dad stopped me going in the end because he said ... well, I'm quite a big guy - quite heavy ... and so, he was like, "Well, if you want to do it, then you really should lose a bit of weight because, you know, you're going to fall and you're going to shatter your legs" so he was very supportive of my dream, so in the future I think I'd like to try that, but maybe I should lose some weight.

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1) Lori wants go before ✓
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Speaking Challenge

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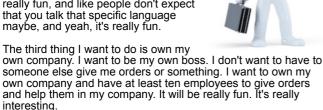
- 1. Listen to the audio or video.
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Part 2: Life Plans - Listen to one young man's life goals.

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Grammar

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- Would you like to have a pet?
- Yes, I would.
- No, I wouldn't.
- Do you want a pet?
- Yes, I do.
- No, I don't.



Grammar Talks 4-07 Present Perfect for Experiences

How International are you?

Katie and Todd discuss expereinces with people, food and cultures, movies and more.

Todd: OK, Katie.

Katie: Yeah.

Todd: Let's take an international test.

Katie: Oh, OK.

Katie Todd

Todd: How international are you? Let's find out.

Katie: Let's find out.

Todd: First, have you _____ Greek food?

Katie: Greek food? Ah, _____, how do you say it, falafel.

Todd: Oh, is that Greek?

Katie: I think so. _____ that, but apart from that, eaten Greek food. How about you?

Todd: Ah, I think I have. Like, I've ______ yogurt. Does that

count?

Katie: That counts.
Todd: That counts?

Katie: That counts.

Todd: OK, _____ ever eaten Russian food?

Katie: What's Russian food?

Todd: I think, Russian food, is it borscht? Borscht is like a

cabbage soup.

Katie: Hmm, I've _____ Russian food.

Todd: Yeah, maybe I haven't eaten Russian food either. OK, last one, have you ever eaten

___ food?

Katie: Ah, I see it written down. Is

it pho?

Todd: Pho, the noodles?

Katie: Yeah, I've _____

before.

Todd: Yeah, I've been to Vietnam so I've eaten Vietnamese food a lot. And pho the noodles is really good.

Quiz

- 1) Has she eaten Greek food?
- a) Yes
- b) No
- c) Did not say
- 2) Has she eaten Russian Food
- a) Yes
- b) No
- c) Did not say
- 3) Has she eaten Thai food?
- a) Yes
- b) No
- c) Did not say
- 4) Who has studied Thai?
- a) He has
- b) She has
- c) Neither of them
- 5) What language have they both studied?
- a) French
- b) German
- c) Spanish

Grammar Challenge

Fill in the blanks with the correct word.

ever studied ever eaten eaten pho I studied
I've had had that I've eaten I've never
Vietnamese eaten Greek have you never eaten

Speaking Challenge

Match the answers with the questions.

- 1) Have you ever eaten Mexican food?
- 2) Have you ever studied Italian?
- 3) Have you met an Australian person?
- 4) Have you ever seen a Japanese movie?
- 5) Have you been to Brazil?

1	,	Vac	I have seen	a faw	Codzilla	movies
l) TES,	i liave seeli	aiew	Guuzilla	HIOVIES

) Yes, my friend is from Sydney.

() No, I haven't, but I really want to go there.

() Yes, I eat tacos all the time.

(_) Si, I took a class in college.

What about you? Share your answers to the questions.

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Katie: Yeah, it's delicious.

Todd: I've _____ too.

Katie: OK, now let's talk about languages.

Todd: Oh, OK. Have you _____ French?

Katie: I have. I _____ French for five years.

Todd: Oh, can you still speak French?

Katie: Nope. Not at all.

Todd: Yeah, me too. I once studied French years ago, but I haven't spoken French in so long I can't remember anything.

Katie: I can't remember anything either.

Todd: Have you ever studied an Asian Language?

Katie: I've studied Japanese. I can still speak it a little bit now, and I studied a little bit of Korean, but I don't speak Korean.

Todd: Oh, really. OK. Wow, like I've studied Thai because I lived in Thailand for five years, and like you I've studied Japanese, but my Japanese is terrible.

Katie: How about your Thai?

Todd: My Thai is OK. It's OK. I can talk a little bit. OK, so have you ever met a Spanish person?

Katie: A Spanish person? Actually, I don't think I have.

Todd: Really?

Katie: I don't think I have met a Spanish person.

Todd: Oh, interesting. I've been to Spain so, I've met *a few* and we have a Spanish teacher at our school.

Katie: Oh, maybe I have met a Spanish person then. Maybe, I've met a secret Spanish person.

Todd: OK, have you met a Chinese person?

Katie: Oh, yes, I've meet lots of Chinese people.

Todd: OK, and have you met a Brazilian person?

Katie: I feel like if I say no, then I have. Probably. Probably, I've met a Brazilian person.

Todd: Yeah, I've met a few people from Brazil, so they're alway very nice. Very friendly people.

Todd: OK, we'll talk about movies.

Katie: OK.

Todd: Have you ever seen a German movie?

Katie: I haven't seen a German movie. I haven't seen very many movies.

Todd: Oh, OK.

Katie: Even English movies, I haven't seen very many.

Todd: Well, have you seen a Canadian movie?

Katie: Uh, I don't know. Have I?

Todd: Well, *the thing is*, in Hollywood in America, all the famous actors are Canadian, so I think everybody's seen a Canadian movie.

Katie: I've definitely seen a Canadian actor.

Todd: Yeah, all actors in America are Canadian it seems like.

Grammar

Present Perfect

Point 1: Use the present perfect to talk about experiences.

- Where have you worked?
- I've worked for many companies.
- I haven't worked for him.
- Have you been to Europe?
- Yes, I have been to Spain.
- No, I haven't had the time or money.

Point 2: Use the particle 'yet' in questions to ask if an action occured.

- · Have you seen the movie yet?
- Yes, I have seen it.
- No, I have not seen it yet.
- Have you finished yet?
- Yes, I am done.
- Not yet.

Point 3: Use 'already' in affirmative statements. It can go before or after the verb. Also, the answer can use the past tense.

- Have you eaten yet?
- Yes, I've eaten already.
- · Yes, I've already eaten.
- Have you called her?
- Yes, I called her already.
- Yes, I already called her.

Point 4: Contractions

- I have eaten. = I've eaten.
- I have not eaten. = I haven't eaten yet.
- You have won. = You've won.
- You have not won yet. = You haven't won yet.
- She has left. = She's left.
- She has not left yet. = She hasn't left yet.
- He has finished = He's finished.
- He has not finished yet. = He hasn't finished yet.
- It has stopped. = It's stopped.
- It has not stopped yet. = It hasn't stopped yet.
- They have quit. = They've quit.
- They have not quit yet. = They haven't quit yet.
- We have won. = We've won.
- We have not won yet. = We haven't won yet.

Katie: I think so.

Todd: OK, have you ever bought something from Italy?

Katie: From Italy. I have. I have bought - not for me - but I

bought my mother a bag from Italy one time.

Todd: OK, what was the brand?

Katie: I have no idea. She asked me to buy a brand and I

bought it, but I don't know which one it was.

Todd: OK, have you bought something from Japan?

Katie: I've bought lots of things from Japan. I've lived in Japan for a few years, so I've bought all kinds of things from Japan.

Todd: OK, and now we'll move on to countries.

Katie: OK.

Todd: Have you ever been to France?

Katie: I have. Actually, I have been to France a couple of times. My high school has a house in France, so for our school trips we would go to France every year.

Todd: Ooh, how nice.

Katie: Yeah, how about you? Have you been to France?

Todd: You know, I haven't really. I took a bus from England to Prague, so the bus drove through France, but it never stopped.

Katie: I see.

Todd: What other countries have you been to?

Katie: I've been to Germany, I've been to Hong Kong, I've been to South Korea, and I've been to China.

Todd: Wow, you've been to a lot of places.

Katie: Yeah. How about you? What countries have you been

to?

Todd: Ah, I've been to countries in Europe. I've been to Israel. I've been to Cambodia, and Laos. I worked in Thailand, and I've been to Taiwan and Korea.

Katie: Wow. Which country did you like the best?

Todd: Oh boy! That's impossible. I will say this, I love ... I love Seoul. I love Seoul, Korea. It's a great city. OK, anyway, thanks Katie.

Katie: Thank you.



Grammar Talks 4-07 Present Perfect for Experiences

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Katie: Yeah.

Todd: Let's take an international test.

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cabbage soup.

Katie: Hmm, I've never eaten Russian food.

Todd: Yeah, maybe I haven't eaten Russian food either. OK, last one, have you ever eaten

Vietnamese food?

Katie: Ah, I see it written down. Is

it pho?

Todd: Pho, the noodles?

Katie: Yeah, I've eaten pho

before.

Todd: Yeah. I've been to Vietnam so I've eaten Vietnamese food a lot. And pho the noodles is really good.

Quiz

- 1) Has she eaten Greek food? 🗸
- b) No
- c) Did not say
- 2) Has she eaten Russian Food 🗸
- a) Yes
- b) No
- c) Did not say
- 3) Has she eaten Thai food? ✓
- a) Yes
- c) Did not say

- a) He has b) She has
- c) Neither of them
- a) French
- b) German
- c) Spanish

Todd

Grammar Challenge

Fill in the blanks with the correct word.

ever studied ever eaten eaten pho I studied I've had had that I've eaten I've never Vietnamese eaten Greek have you never eaten

Speaking Challenge

Match the answers with the questions.

- 1) Have you ever eaten Mexican food?
- 2) Have you ever studied Italian?
- 3) Have you met an Australian person?
- 4) Have you ever seen a Japanese movie?
- 5) Have you been to Brazil?
- 4) Yes, I have seen a few Godzilla movies.
- (3) Yes, my friend is from Sydney.
- (5) No, I haven't, but I really want to go there.
- Yes, I eat tacos all the time.
- (2) Si, I took a class in college.

What about you? Share your answers to the questions.

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Katie: Yeah, it's delicious.

Todd: I've had that too.

Katie: OK, now let's talk about languages.

Todd: Oh, OK. Have you ever studied French?

Katie: I have. I studied French for five years.

Todd: Oh, can you still speak French?

Katie: Nope. Not at all.

Todd: Yeah, me too. I once studied French years ago, but I haven't spoken French in so long I can't remember anything.

Katie: I can't remember anything either.

Todd: Have you ever studied an Asian Language?

Katie: I've studied Japanese. I can still speak it a little bit now, and I studied a little bit of Korean, but I don't speak Korean.

Todd: Oh, really. OK. Wow, like I've studied Thai because I lived in Thailand for five years, and like you I've studied Japanese, but my Japanese is terrible.

Katie: How about your Thai?

Todd: My Thai is OK. It's OK. I can talk a little bit. OK, so have you ever met a Spanish person?

Katie: A Spanish person? Actually, I don't think I have.

Todd: Really?

Katie: I don't think I have met a

Spanish person.

Todd: Oh, interesting. I've been to Spain so, I've met *a few* and we have a Spanish teacher at our school.

Katie: Oh, maybe I have met a Spanish person then. Maybe, I've met a secret Spanish person.

Todd: OK, have you met a Chinese person?

Katie: Oh, yes, I've meet lots of Chinese people.

Todd: OK, and have you met a Brazilian person?

Katie: I feel like if I say no, then I have. Probably. Probably, I've met a Brazilian person.

Todd: Yeah, I've met a few people from Brazil, so they're alway very nice. Very friendly people.

Todd: OK, we'll talk about movies.

Katie: OK.

Todd: Have you ever seen a German movie?

Katie: I haven't seen a German movie. I haven't seen very

many movies.

Todd: Oh, OK.

Katie: Even English movies, I haven't seen very many.

Todd: Well, have you seen a Canadian movie?

Katie: Uh, I don't know. Have I?

Todd: Well, *the thing is*, in Hollywood in America, all the famous actors are Canadian, so I think everybody's seen a Canadian movie.

Katie: I've definitely seen a Canadian actor.

Todd: Yeah, all actors in America are Canadian it seems like.

Grammar

Present Perfect

Point 1: Use the present perfect to talk about experiences.

- Where have you worked?
- I've worked for many companies.
- I haven't worked for him.
- Have you been to Europe?
- Yes, I have been to Spain.
- No, I haven't had the time or money.

Point 2: Use the particle 'yet' in questions to ask if an action occured.

- · Have you seen the movie yet?
- Yes, I have seen it.
- No, I have not seen it yet.
- Have you finished yet?
- Yes, I am done.
- Not yet.

Point 3: Use 'already' in affirmative statements. It can go before or after the verb. Also, the answer can use the past tense.

- Have you eaten yet?
- Yes, I've eaten already.
- Yes, I've already eaten.
- Have you called her?
- Yes, I called her already.
- Yes, I already called her.

Point 4: Contractions

- I have eaten. = I've eaten.
- I have not eaten. = I haven't eaten yet.
- You have won. = You've won.
- You have not won yet. = You haven't won yet.
- She has left. = She's left.
- She has not left yet. = She hasn't left yet.
- He has finished = He's finished.
- He has not finished yet. = He hasn't finished yet.
- It has stopped. = It's stopped.
- It has not stopped yet. = It hasn't stopped yet.
- They have quit. = They've quit.
- They have not quit yet. = They haven't quit yet.
- We have won. = We've won.
- We have not won yet. = We haven't won yet.

Katie: I think so.

Todd: OK, have you ever bought something from Italy?

Katie: From Italy. I have. I have bought - not for me - but I

bought my mother a bag from Italy one time.

Todd: OK, what was the brand?

Katie: I have no idea. She asked me to buy a brand and I

bought it, but I don't know which one it was.

Todd: OK, have you bought something from Japan?

Katie: I've bought lots of things from Japan. I've lived in Japan for a few years, so I've bought all kinds of things from Japan.

Todd: OK, and now we'll move on to countries.

Katie: OK.

Todd: Have you ever been to France?

Katie: I have. Actually, I have been to France a couple of times. My high school has a house in France, so for our school trips we would go to France every year.

Todd: Ooh, how nice.

Katie: Yeah, how about you? Have you been to France?

Todd: You know, I haven't really. I took a bus from England to Prague, so the bus drove through France, but it never stopped.

Katie: I see.

Todd: What other countries have you been to?

Katie: I've been to Germany, I've been to Hong Kong, I've been to South Korea, and I've been to China.

Todd: Wow, you've been to a lot of places.

Katie: Yeah. How about you? What countries have you been

to?

Todd: Ah, I've been to countries in Europe. I've been to Israel. I've been to Cambodia, and Laos. I worked in Thailand, and I've been to Taiwan and Korea.

Katie: Wow. Which country did you like the best?

Todd: Oh boy! That's impossible. I will say this, I love ... I love Seoul. I love Seoul, Korea. It's a great city. OK, anyway, thanks Katie.

Katie: Thank you.



Grammar Talks 4-08 Modals of Obligation

Meg has to move

Meg is moving soon and she talks with Todd about all the things she needs to do.

Meg

Todd

Todd: So Meg, are you busy this weekend?

Meg: Yes, I'm so busy because I'm moving.

Todd: Oh, no.

Meg: Yeah, there's a lot _____ do.

Todd: What do you have _____?

Meg: First, I have ____ my apartment, so I need to pack all of

my things.

Todd: That's not fun.

Meg: No, it takes a long time.

Todd: Do you need help?

Meg: Yeah, do you have time

____?

Todd: I can help _____ Sunday.

Meg: Ooh, are you ____

Saturday?

Todd: Yeah, on Saturday I have _____ two classes, and then after I teach, I have _____ papers. Oh, it sounds _____ really busy too. Plus, I have to meet my friends that evening.

Meg: Oh, what will you do with your friends?

Todd: I'm helping my friend also. My friend has *car problems*, so I have _____ to the *mechanic*, but on Sunday I can help you.

Meg: OK, that would be great because on Sunday I have to take some trash to the *dump*, and I have _____ some paperwork at city hall to prepare for moving to a new country

Todd: Now, because you're moving, do you have to go to the post office?

Meg: I do have to go to the post office. I almost forgot. At the post office, I have to *submit a form* to say my new address.

Todd: Ah, that's good because I have to go to the post office,

Quiz

- 1) Who has to work on Saturday?
- a) Meg
- b) Todd
- c) Both of them
- 2) Where does he have to take his friend?
- a) His work
- b) The dentist
- c) The mechanic
- 3) What does she have to do at the post office?
- a) Mail a letter
- b) Submit a form
- c) Send a package
- 4) What does he have to send?
- a) A form
- b) A gift
- c) A letter
- 5) Where do they have to go on Sunday?
- a) The dump
- b) The dairy
- c) The dentist

Grammar Challenge

Fill in the blanks with the correct word.

to teach to take him busy on to do of work to to prepare you on to finish to help me like you're to work to grade

Speaking Challenge

Match the answers with the questions.

- 1) Do you have a lot to do this week?
- 2) What do you have to do?
- 3) When do you have to finish it by?
- 4) Why do you have to do it?
- 5) Do you need to report to anyone?

() I ne	ed to d	complete	every	thing	my F	riday.
<i>i</i> –			a co muc				

(_) I have to write three reports.

- () Yes, I have to report to my teacher.
- (_) I must turn it in to pass my Business English class.

What about you? Share your answers to the questions.

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too.

Meg: Oh, really.

Todd: I have to send my mom's birthday gift to her.

Meg: When is your mom's birthday?

Todd: It was one month ago.

Meg: Ah, so you have to send it quickly.

Todd: Yes, I have to get on it.

Meg: OK, well, let's go together.

Todd: So, I'll see you Sunday. What time should I be here?

Meg: I have to go to city hall by three p.m., so can you come at

Todd: OK, but if you want to go to the dump, the dump closes at noon, so we have to leave early.

Meg: Ah, OK. Can you come at eleven?

Todd: Yes. OK, so I will see you at eleven o'clock.

Meg: Great, see you then.

Todd: Bye.

Meg: Bye.



Grammar

Grammar Point

Point 1: We use the modals must, need to, and have to for actions that are obligations.

- You must hurry
- You need to finish this.
- 3. I have to go now.
- 4. We need to pay the bill.

Point 2: All the modals are very similar in meaning but must is stronger than have to or need to.

- 1. You must take your medicine. (strong)
- You have to take your medicine. (not as strong)
- 3. You need to take your medicine.

Point 3: The negative forms have very different meanings. Must not or mustn't is a command to not do something.

- You mustn't go there. / You can't go there. She mustn't trust him. / She can't trust him. They mustn't be late. / You can't be late. You mustn't lose this. / You can't lose this.

Point 4: When we say you don't need to, or don't have to do something, then it is an option or not necessary.

- You don't have to wear a tie. / It is OK not to wear a tie.
- You don't need to be there. / It is OK not to go.
- 3. She doesn't have to pay me back. / She can keep her
- 4. He doesn't need to ask her. / It is OK to not see her.



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Todd

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Meg: Yes, I'm so busy because I'm moving.

Todd: Oh, no.

Meg: Yeah, there's a lot of work to do.

Todd: What do you have to do?

Meg: First, I have to prepare my apartment, so I need to pack all of

my things.

Todd: That's not fun.

Meg: No, it takes a long time.

Todd: Do you need help?

Meg: Yeah, do you have time to

help me?

Todd: I can help you on Sunday.

Meg: Ooh, are you busy on

Saturday?

Todd: Yeah, on Saturday I have to work. I have to teach two classes, and then after I teach, I have to grade papers. Oh, it sounds like you're really busy too. Plus, I have to meet my friends that evening.

Meg: Oh, what will you do with your friends?

Todd: I'm helping my friend also. My friend has *car problems*, so I have **to take him** to the *mechanic*, but on Sunday I can help you.

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- b) A gift
- c) A letter
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- a) The dump
- b) The dairy
- c) The dentist

Grammar Challenge

Fill in the blanks with the correct word.

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Match the answers with the questions.

- 1) Do you have a lot to do this week?
- 2) What do you have to do?
- 3) When do you have to finish it by?
- 4) Why do you have to do it?
- 5) Do you need to report to anyone?
- (3) I need to complete everything my Friday.
- (1) Yes, I have so much to do this week.
- (2) I have to write three reports.
- (5) Yes, I have to report to my teacher.
- (4) I must turn it in to pass my Business English class.

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Meg: When is your mom's birthday?

Todd: It was one month ago.

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Meg: Ah, OK. Can you come at eleven?

Todd: Yes. OK, so I will see you at eleven o'clock.

Meg: Great, see you then.

Todd: Bye.

Meg: Bye.



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- 4. He doesn't need to ask her. / It is OK to not see her.



Grammar Talks 4-09 Present Simple for Future Tense

Plans for the Weekend

Two people discuss their plans for Saturday and Sunday.

Todd: So, Sarah, what are your plans for the weekend?

Sarah: I have really fun plans this weekend. On Saturday I'm meeting some friends, and we're to hike up a nearby mountain. It's called Mount Tsurumi, and I think it'll be really fun.

Todd: Oh, cool. How are you the mountain? How are you getting up to the hiking point?

Sarah: We're going to take the bus probably. So we'll take a bus until the base of the mountain, and then we can hike to the top. We'll hike about four or five hours, depending on how much time I spend resting, which is a lot.

Todd: So, who _____ with you?

Sarah: I'm meeting three friends, and they're all English teachers like me. My friend's names are Hannah, Ben, and Michael.

Todd: Oh, nice. I'm sorry, where _ again?

Sarah: We're mountain called Mount Tsurumi. It's pretty close to my house, it's not far. So, I can see it from my window, my bedroom window, and I always think, "Oh, I would love to go to the top of that mountain." I'm really happy on Saturday to go and hike the mountain. Then, after we reach the top, we take the cable car

Todd: Oh, I see. So you're hiking _ mountain, and then you're _

cable car

down?

six hours in total between hiking, Sarah: Yes. It'll and resting, and cable car back down.

Todd: Oh, wow. What time are _

Sarah: We're 10 O'Clock. We're starting at 10 O'Clock so that we can finish at 4 O'Clock and I can still get my children from school. Their school finishes at 5 O'Clock.

Todd: Oh, wow. So you're really _

Sarah: Yeah. The timing will be tight, but I think it'll be okay.

Quiz

- 1) How are they getting there?
- a) by bus
- b) by foot
- c) by car pool
- 2) How are they getting down the mountain?
- a) By bus
- b) By car
- c) By cable car
- 3) When are they starting the hike?
- b) At eight
- c) At ten
- 4) What is he doing on Thursday?
- a) Taking a tripb) Staying home
- c) Going hiking
- 5) When is he going to a dinner party?
- a) Friday
- b) Saturday
- c) Sunday

Grammar Challenge

Fill in the blanks with the correct word.

down the getting up you doing is going going hiking at taking the you hiking up the you starting probably be starting at

Speaking Challenge

Match the answers with the questions.

- 1) What are you doing tonight?
- 2) Are you working tomorrow?
- 3) Who are you meeting tomorrow?
- 4) What are you planning on doing this year?
- 5) How are you getting to and from work (school) tomorrow?

() I'm meeting my brother. I'm helping him move.
() Yes, I am working the early shift.
) I'm hoping to take a trip to China.
<i>ì</i> –) I'm going to the movies with my friend

() I'm driving because the buses aren't running tomorrow.

What about you? Share your answers to the questions.

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Todd: Cool.

Sarah: How about you Todd, what are you doing on Saturday?

Todd: This weekend I'm not really doing anything. I think I'm just going to stay home, so I'm leaving for Thailand on

Thursday. I'm flying out of Fukuoka].

Sarah: That sounds really nice.

Todd: Yeah. But actually now that I think of it, I am doing something on Saturday. My friend is having a dinner party, so I'm planning on attending that. That should be fun.

Sarah: Oh, that sounds fun. What time does it start?

Todd: I think it starts at about 8. So, most people will probably be there around 8 O'Clock. I'm not planning on staying that long, so I'm just going to go and make a short appearance and then come back.

Todd: Now, we are teachers, so we have grading to do. Are you doing any work this weekend, are you grading any papers?

Sarah: Yes. I'm grading some papers. My students are handing in their papers tomorrow, and then I'm grading them all day Sunday.

Todd: Yikes.

Sarah: Yeah, so it won't be exciting, but I think if I work hard, I should be able to finish them.

Todd: Yeah, I'm in the same boat actually, I have lots of papers to grade. And I want them finished, so I think I will do it on Friday night. I'm planning on staying late Friday and just doing it

Sarah: Okay.

Todd: I'm not looking forward to it.

Sarah: So you'll be grading all night on Friday?

Todd: I'll be grading all night on Friday, I won't be doing anything fun. But, I'll be leaving on Sunday, so it'll be worth it.

Sarah: Okay, have fun, have a good trip.

Todd: You too, enjoy the hike.

Sarah: Thanks.



Grammar

Present Continuous - Future

Point 1: The present continuous can be used for plans in the future.

- 1. What are you doing tomorrow?
- I am meeting my friend this weekend.
- 3. I am not working next week.
- 4. Are you coming to the party tonight?

Point 2: We use the present continuous for actions that usually involve other people, or for actions that affect other people.

- Tonight I am taking my mom to the mall.
- She is not going to the game.
- We are all meeting at six.
- Call me tomorrow. I'm not doing anything.

Point 3: We usually use **going to** for intended actions that involve just one person, or that no one else knows about.

- I am going to relax tonight.
- I think I am going to watch a movie.
- 3. I am going to go to bed early though.
- 4. I am not going to cook tonight.

Point 4: We use the continuous tense for actions we assume will start and finish within a short period of time.

- 1. I am working tomorrow. (start and finish time)
- I work every weekend. (ongoing)
 I am meeting my mom for lunch. (one time)
- 4. I often **meet** my mom for lunch. (many times)



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Todd: So, who is going with you?

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Sarah: We're hiking at the mountain called Mount Tsurumi. It's pretty close to my house, it's not far. So, I can see it from my window, my bedroom window, and I always think, "Oh, I would love to go to the top of that mountain." I'm really happy on Saturday to go and hike the mountain. Then, after we reach the top, we take the cable car down the mountain.

Todd: Oh, I see. So you're hiking up the mountain, and then you're taking the cable car down?

Sarah: Yes. It'll probably be six hours in total between hiking, and resting, and cable car back down.

Todd: Oh, wow. What time are you starting?

Sarah: We're starting at 10 O'Clock. We're starting at 10 O'Clock so that we can finish at 4 O'Clock and I can still get my children from school. Their school finishes at 5 O'Clock.

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Grammar Challenge

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Todd: I'll be grading all night on Friday, I won't be doing anything fun. But, I'll be leaving on Sunday, so it'll be worth it.

Sarah: Okay, have fun, have a good trip.

Todd: You too, enjoy the hike.

Sarah: Thanks.



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- We are all meeting at six.
- Call me tomorrow. I'm not doing anything.

Point 3: We usually use **going to** for intended actions that involve just one person, or that no one else knows about.

- I am going to relax tonight.
- I think I am going to watch a movie.
- 3. I am going to go to bed early though.
- 4. I am not going to cook tonight.

Point 4: We use the continuous tense for actions we assume will start and finish within a short period of time.

- 1. I am working tomorrow. (start and finish time)
- I work every weekend. (ongoing)
 I am meeting my mom for lunch. (one time)
- 4. I often **meet** my mom for lunch. (many times)



Grammar Talks 4-10 Zero Conditionals

What to do when and if

Sarah and Todd share what they do in certain situations.

Todd: So Sarah, let's talk about things we do under certain situations.

Sarah: Okay.

Todd: So _____ are stressed with a lot of work, what do you

Sarah: I always do _____ thing. If I'm stressed, I clean.

Todd: Really?

Sarah: Yes. anxious or stress or , I always clean. I usually clean the house or wash the dishes and I feel better because I'm busy and I'm accomplishing something. So if _, I feel better. I'm stressed, I clean.

Todd: Oh, that's great.

Sarah: How about you? What do you do if you feel stressed?

Todd: If I'm stressed, I exercise.

Sarah: Mm-hmm (affirmative).

I exercise, I Todd: So always feel better. So if the weather is nice, I'll go jogging is cold outside. And _ raining, then I gym.

Sarah: Ah, that's interesting.

Todd: Yeah, and I always feel better. So if I exercise for like one hour or two hours, my stress just

Sarah: Oh, that's great.

Todd: So what do you have really low energy?

Sarah: To be honest, if I have low

energy, I sleep.

Todd: Yeah.

Sarah: I always try to take _ the weekend. It's a little difficult because I have young kids but if I put a movie on, then I can have a break. I can take a rest, I can take a nap.

Todd: Right.



Quiz

- 1) When she is worried, she _____. b) sleeps c) cleans When he is stressed, he _____. b) eats c) cleans 3) If she has low energy, she ____ a) sleeps b) works out c) takes vitamins 4) If he has lot energy, he ___ a) takes vitamins b) eats vegetables c) has some fruit 5) When she is angry, she _____
- a) counts to twenty
- b) leaves the area
- c) confronts a person

Grammar Challenge

Fill in the blanks with the correct word.

I'm worried go to the a nap on when I the same If I feel when you do if you if the weather goes away If I clean if it is

Speaking Challenge

Match the answers with the questions.

- 1) What do you do if you feel down?
- 2) What do you do when you have low energy?
- 3) What do you do when you get angry?
 4) What do you do if you feel bored?
- 5) What do you do when you feel antsy?

(_) If I have low energy, I do yoga.
() When I feel down, I watch a comedy.
(_) When I am bored I check Instagram.
() If I am antsy, I go outside and run.
(_) Usually, when I am angry, I hold it inside.
(_,, _ , _ , , , , , , , , , , , , , , ,

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Sarah: What do you do if you feel tired?

Todd: Well, if I'm just really sleepy, of course, I sleep. But if I have low energy, I eat vegetables. So I make a salad or I eat just vegetables raw like a raw carrot or celery or something like that. I find that when I eat vegetables, I get a really big energy boost. But surprisingly, fruit does not work. I think maybe because of the sugar in fruit. Fruit makes me sleepy. So if I eat a banana or an apple sometimes, I don't feel more energetic but vegetables always.

Sarah: That's a really healthy response.

Todd: Yeah.

Sarah: Sometimes people think, "Oh, if I'm tired, I'll drink coffee, I'll drink an energy drink," but vegetables is a much better

Todd: Yes, it's pretty hard to top vegetables. Okay, what do you do when you are bored? You're really bored, what's something you like to do to pass the time?

Sarah: If I'm bored, I love to listen to something. And I have three things I like to listen to. If I'm walking or running, I like to listen to music. If I'm cleaning the house, I listen to a podcast. Or if I'm just resting, I listen to a book, an audio book. So what do you do?

Todd: Similar to you I will find something to read or maybe watch on TV. So if there's a sports game on, I'll watch sports. If there's nothing on the TV related to sports, then usually I'll surf the channels on TV and hope that I find something that's a documentary or informative. I don't like to watch dramas, I don't like to watch like TV shows or movies and stuff like that. Sometimes I'll read but I find that when I'm bored, for some reason I don't want to read.

Sarah: Ah, sometimes I feel the same way.

Todd: Really?

Sarah: Yeah.

Todd: Yeah, I don't know what it is but maybe because it's like it's just work. Ókay. So what do you do when you get really upset and you need to calm down? Somebody makes you angry, what do you

Sarah: Oh, when I'm upset, I leave. I don't want to shout or be angry or say something mean. So when I feel myself becoming angry, I immediately leave. And later when I'm calm, I try to solve the problem, talk to the person, fix the situation. But my first response is leave. How about you? What do you do if you feel upset or angry?

Todd: That's so interesting you say that because we're complete opposites.

Sarah: Really.

Todd: So if somebody makes me angry, I confront them right

then and there. So I actually blow my top sometimes and I get angry back at them. For example, with my students, sometimes I have a short fuse with my students so I might get really angry with my students. But it's very short lived and I find that it's better. So if I release my energy, then I'm not dwelling on it. I don't let the anger continue and it's over, it's gone, and then I can move on, I'm at peace. And sometimes I apologize right away. I'll say, "Oh, I'm sorry. I lost my temper. I shouldn't have done that." But I'm the opposite of you, if I walk away, oh, my gosh. It's the worst. It will build and build and build and make me really upset. Yeah. So it's better that I get my emotions out right away.



Grammar

Zero Conditional - Grammar Notes

Point 1: The zero conditional shows a simple cause and affect. Action A causes Action B.

- Turn on the heater if it gets hot.
- I do not walk if it rains.
- I take the bus if I have time
- 4. I do not drive if the traffic is bad.

Point 2: The zero conditional uses when instead of if in some cases.

- 1. I do not walk to work if it rains.
- 2. I do not walk to work when it rains.
- I take the bus if I have time.
- 4. I take the bus when I have time.

Point 3: Because zero conditionals are subordinating clauses, the order of the clauses can be reversed.

- He gets mood if he does not have coffee.
- 2. If he does not have coffee, he gets moody.
- The beach is crowded if the weather is nice.
- **If** the weather is nice, the beach is crowded.

Point 4: The zero conditional uses the simple present tense because it expresses recurring actions.

- We play cards of the weekend if we feel like it.
- 2. If she gets stressed, she starts acting strange.
- If the economy is good, people spend more money.
- When it rains, it pours. (idiom)

Sarah: I see. So when you walk away, you feel more and more angry, and when I walk away, I feel more and more calm and relaxed.

Todd: Oh, totally. They have a phrase like stew on it. So I stew on it, totally. And yeah, it's not healthy.

Sarah: Sometimes there's a situation where I can't leave like I can't leave in the middle of class. So if I feel myself in class getting angry, I try to fix the problem before I become really angry. So I try to notice how do I feel right now. If I feel a little angry, I'm going to talk to the student. I'm going to fix the problem now. I won't wait until I become really angry.

Todd: Now, that's interesting.

Sarah: Mm-hmm (affirmative).

Todd: Hmm, I guess we're all different in our own little way.

Sarah: Yeah.



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Todd: So Sarah, let's talk about things we do under certain situations.

Sarah: Okay.

Todd: So when you are stressed with a lot of work, what do

Sarah: I always do **the same** thing. If I'm stressed, I clean.

Todd: Really?

Sarah: Yes. If I feel anxious or stress or I'm worried, I always clean. I usually clean the house or wash the dishes and I feel better because I'm busy and I'm accomplishing something. So if I'm stressed, I clean. If I clean, I feel better.

Todd: Oh, that's great.

Sarah: How about you? What do you do if you feel stressed?

Todd: If I'm stressed, I exercise.

Sarah: Mm-hmm (affirmative).

Todd: So when I exercise, I always feel better. So if the weather is nice, I'll go jogging outside. And if the weather is cold or if it is raining, then I go to the gym.

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Todd: Yeah, and I always feel better. So if I exercise for like one hour or two hours, my stress just goes away.

Sarah: Oh, that's great.

Todd: So what do you do if you have really low energy?

Sarah: To be honest, if I have low energy, I sleep.

Todd: Yeah.

Sarah: I always try to take a nap on the weekend. It's a little difficult because I have young kids but if I put a movie on, then I can have a break. I can take a rest, I can take a nap.

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