

CONTENTS

Map of the units	4
1 All about me!	6
2 Winning & losing	14
3 Let's shop!	22
4 Relax!	30
5 Extreme diets	38
6 My home	46
7 Wild at heart	54
8 We're off!	62
Revision units	70
G Grammar reference	78
W Writing file	86
Irregular verbs	92
Wordlist	94
Preliminary for Schools practice test	102
Visuals for Speaking	124