

Welcome p4		Welcome A Hello	Welcome B Are you in a band?	Welcome C Happy families	Welcome D Friends	Welcome E The world is a village	Welcome reading Languages
Progress check p11							
Unit	Vocabulary	Grammar	Vocabulary and grammar	Listening, speaking and vocabulary	Reading	Writing	
1 That's life p12	Breakfast in space	Bright and early	British schools	Journeys to school	On the road	A questionnaire	
Progress check p19							
2 Time out p20	Cycling in the desert	Healthy living	Making music	Superheroes	Free time = screen time?	An informal letter	
Progress check p27							
3 Home and away p28	House of the future	Enjoy the view	Underground city	Around town	Going down!	A tourist guide	
Progress check p35							
4 The natural world p36	It's wild!	What are you watching?	What's the weather like?	Get active	Storm chasing	Describing a photo	
Progress check p43							
5 Food, glorious food p44	Food matters	School food with a difference	Traditional food	Delicious or disgusting?	London restaurants	A description of a festival	
Progress check p51							
6 Material world p52	Nearly new	Cyber Monday	Black Friday	Can't live without it	The teen pound	A review of a gadget	
Progress check p59							
7 It's tough p60	Different shapes	Keep it clean!	The first Thanksgiving	What's wrong?	Medieval medicine	A letter of advice	
Progress check p67							
8 Life story p68	Life's ups and downs	The human story	Great writers	Moments to remember	The world of Roald Dahl	A narrative	
Progress check p75							
9 Changes p76	A new model	A new life	A new year	A new business	Youth in Action	An informal email	
Progress check p83							
10 Explore p84	Tourists ... Who wants them?	Adventure	Travel USA	Trans-Siberian	Go for it!	A profile	
Progress check p91							
Literature insight p92		Exam insight p102	Grammar reference and practice p112	Pronunciation insight p132	Wordlist p137		