

Rate each statement 1-5 (1 = strongly disagree, 5 = strongly agree).

- I could live without meat. 2
- Loud talking early in the morning ruins my day. 5
- A steady job is more important than money in the bank. 5
- Cell phones ^{economiza} save time more than they waste time. 1
- Shopping malls are essential for social life. 1
- Cars create more problems than they solve. 2 what do you mean?

Discuss: Which statement got the most 4s and 5s for you? Any surprises?

Use the words to complete the sentences.

hectic = busy life
laid-back life - calm life

- a) I used to have a sedentary lifestyle, but now I exercise three times a week.
- b) She is trying to acquire new habits like stretching in the morning.
- c) He decided to leave his old habits behind after the health scare.
- d) Moving to a smaller city was a change for the better.
- e) Do you really want to keep leading such a hectic life?
- f) Switching to an active lifestyle boosted my energy.

improve

Check the arguments that might make you consider becoming a vegetarian.

- Vegetarian diets are healthier.
- Vegetarian diets are less expensive.
- Vegetarian diets are more planet-friendly.
- Raising or killing animals for food is cruel.

What are the chances of you becoming a vegetarian?

Did you know there are different kinds of vegetarians? Match and find out.

- ~~a) vegan~~
- ~~b) raw vegan~~
- ~~c) frutarian~~
- ~~d) ovo-lacto vegetarian~~
- ~~e) flexitarian~~

- (e) A person who eats vegetarian food mainly, but can eat meat on occasion.
- (a) A person who does not eat or use any animal products.
- (d) A person who does not eat meat, but consumes eggs, milk and dairy products.
- (b) A person who eats foods that are not animal products and are not cooked.
- (c) A person who eats fruits only.

RELATIVE PRONOUNS

We use a relative pronoun to make it clear which person or thing we are talking about. The most common relative pronouns are **who**, **which** and **that**.

➡ We use **WHO** or **THAT** to refer to **PEOPLE**.
Ex.: a girl **who** doesn't like shoes
the student **that** arrived late.

➡ We use **WHICH** or **THAT** to refer to **THINGS AND ANIMALS**.
Ex.: the store **which** sells organic products
the cat **that** my friend adopted

Choose one pronoun: who / which / that

- 1. The actor who lives next door is very kind.
- 2. The chair which is broken needs repair.
- 3. The girl who won the prize is my cousin.
- 4. The phone which I bought is very fast.
- 5. The dog which my sister adopted is playful.
- 6. The students who study hard pass the test.
- 7. The restaurant which sells vegan food is popular.
- 8. The car which is parked outside is new.

ONE WEEK, NO SCREENS

- meant = significou
- avoid = evitar
- keep = manter
- pocket = bolso
- hold = segurar
- pick up = escolheu

Ethan Martin, who is a high school student from Canada, used to spend hours every day on his phone and laptop, which often left him tired and distracted. One day he **began** an experiment that he called a "screen break," which **meant** a full week without optional screens. That decision, which sounded simple at first, was actually a real challenge. He still used the computer that he needed for school, but he **avoided** the social media apps that usually took his time. On the first evening he sat in his quiet room, which felt strange and a little empty, and he kept touching the **pocket** that usually **held** the phone that he was trying not to use. On the second day he **picked up** a mystery novel that his grandmother had given him months earlier and that he had never opened. By the end of the week he had finished the book, made a simple dinner with his mother (who loved the help), and taken three evening walks that helped him relax. Ethan, who felt calmer and happier, realized that constant online time was not necessary to feel connected. Two friends, who later tried shorter weekend breaks, said the experience—which was a challenge—also showed them a quieter lifestyle that was more productive and peaceful. Now Ethan keeps one screen-free evening each week, which reminds him of what he learned.



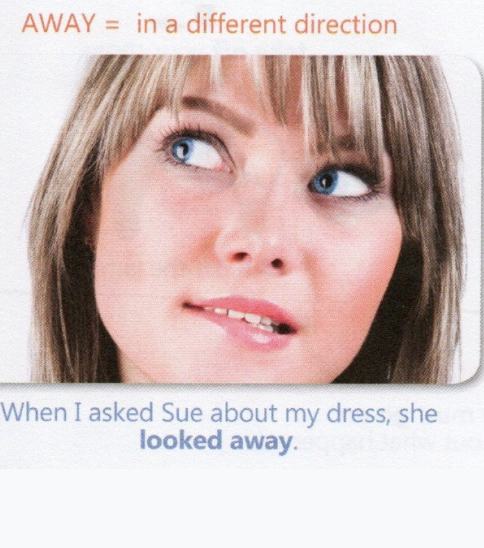
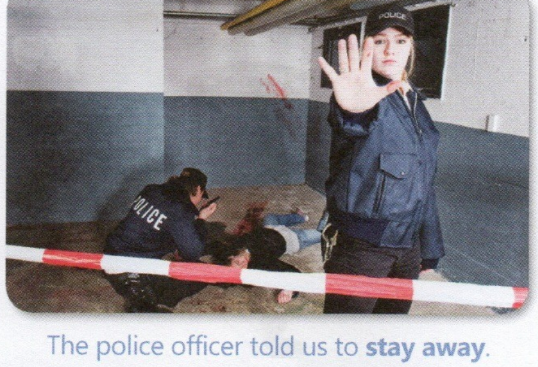
Choose the correct alternatives.

- A) What does the title One Week, No Screens refer to?
() A week avoiding non-essential personal screen use
() A week stopping all school technology
- B) On line 5, what word could replace challenge?
() difficulty
() celebration
- C) How did Ethan feel about the experiment in the end?
() It made him feel calmer and happier.
() It increased his stress.
- D) What do Ethan and his two friends have in common?
() They all tried some kind of screen break.
() They all refused to read any books.
- E) What lesson did they learn?
() Constant online time is not necessary to feel connected.
() Being connected always requires nonstop screen use.

A: Are you really going to move to Alaska?
B: Yes. I can't stand this hectic life anymore.
I need to get away from it.

Verbal Combinations - AWAY

AWAY = to a farther place, at a distance



Complete the answers with a combination of verb + away.

- Would you like some cookies?
Thanks, but my doctor told me to stay away from sugar.
- What happened to Susan?
I have no idea. She just took her bag and walked away.
- Jen, we need to talk.
No, we don't. go away.
- Where is everybody?
I sent them away because I wanted to talk to you alone.

~~go~~
~~send~~ + away
stay
walk

Check the option that is true for you; then explain your choices.

- You have a job offer in China. Great salary, but you will stay away for two years.
a) I don't take it. ~~b) I move away.~~
- A friend is in trouble, but he/she doesn't want any help.
~~a) I try to help anyway.~~ b) I stay away. deny / denied
- You notice a stranger is looking at you.
a) I go talk to him/her. ~~b) I look away.~~ stare
- You have some old sneakers that you don't wear anymore.
a) I throw them away. ~~b) I give them away.~~ prank = pegadinha
until it falls apart