

OXFORD

On Track

Gary Pathare

3



Workbook Pack

- Essential Workbook
- Digital Workbook
- Active Learning Kit



On Track

Gary Pathare

3



Workbook Pack

- Essential Workbook
- Digital Workbook
- Active Learning Kit



5

The senses

Vocabulary

Sense verbs and adjectives

1 ★ Label the pictures with the words in the box. There are two words you do not need to use.

colourful disgusting fresh rough salty
shiny smooth sour spicy **sweet**



sweet _____



1 _____



2 _____



3 _____



4 _____



5 _____



6 _____



7 _____

2 ★ Choose the correct words to complete the sentences.

Fresh coffee **smells** / feels delicious.

- 1 That ice cream **tastes** / **looks** really colourful.
- 2 He likes shoes that **look** / **feel** shiny.
- 3 My new shirt **smells** / **feels** very soft.
- 4 I can't sleep because my bed **feels** / **looks** too hard.
- 5 Mmm! This cake **tastes** / **smells** really sweet.

3 ★★ Complete the tips with the words in the box.

disgusting feel feel fresh **look**
rough smell taste

YOUR FAVOURITE LIFE HACKS

Life hacks are little tips that make life easier. Do you have a useful life hack to share?

Tallulah, 15 If you want your hair to **look** really shiny, put yoghurt on it. Wait until the yoghurt is dry and then wash your hair. It sounds a bit 1 _____, but it works!

16 minutes ago

Louise, 15 Try making pancakes with just bananas and eggs. They 2 _____ sweet, and you don't have to add sugar. They 3 _____ good when they're cooking, too.

4 hours ago

Jayden, 16 Put your jeans in the freezer before you go to bed. They'll 4 _____ a bit cold when you put them on in the morning, but they'll smell really 5 _____.

1 day ago

Sam, 17 If you add coconut oil to your bath, your skin will 6 _____ really smooth. I used to have 7 _____ skin on my feet, but not anymore!

3 days ago



This section is easy 😊 OK 😊 difficult 😊 for me.

Sleep

1 ★ Match the two parts of the sleep phrases.

- | | |
|---------------|---------------------|
| have <u>d</u> | a nightmare |
| 1 feel ___ | b asleep |
| 2 lie ___ | c awake |
| 3 have a ___ | d dreams |
| 4 wake ___ | e up |
| 5 fall ___ | f sleepy |

2 ★ Match questions 1–5 to answers a–f.

Can you remember any dreams that you have had?

a

- 1 Do you ever have nightmares? ___
- 2 Do you yawn a lot? ___
- 3 Do you often lie awake at night? ___
- 4 Do you lie in bed at the weekend? ___
- 5 Do you fall asleep easily? ___

~~a Yes, I can. I usually write them in my notebook because they are fun stories.~~

- b Yes, I do. I read for 20 minutes first, which relaxes me.
- c Yes, I do. On Sundays, I get up at 10 a.m. I love it!
- d No, I don't. But if I see someone else do it, then I do too!
- e Yes, I do. They're terrifying. They're often about falling.
- f Yes, I do. If I'm anxious about school or exams, I can't sleep.

3 ★★ Choose the correct answers.

I'm lucky – I always ... about ten minutes after I go to bed.

a wake up **b** fall asleep c have a nightmare

- 1 My parents ... early and make breakfast.
a fall asleep b have dreams c wake up
- 2 If I ... when I'm driving, I stop the car and have a break.
a feel sleepy b lie in bed c wake up
- 3 I don't think it's polite to ... when someone is talking to you.
a lie awake b have a nightmare c yawn
- 4 I don't want to ... on the train and miss my stop!
a fall asleep b yawn c wake up

4 ★★★ Complete the words and phrases in the article.

Why do we YAWN?

We yawn about eight times a day. But why? A common explanation is that it helps us to breathe in more oxygen and ¹f _____ less s _____. However, this is probably a myth. Scientists now think that yawning stops our brains getting too hot – like an electric fan. Our body temperature is highest just before we ²f _____ a _____. It goes down during the night and increases again when we ³w _____ u _____. That might explain why we yawn the most when we're ⁴l _____ i _____ b _____ at night and just after getting up in the morning.



This section is easy 😊 OK 😊 difficult 😞 for me.

Present perfect: *for* and *since*

- 1 ★ Complete the table with the time expressions in the box.

40 minutes I was four lunchtime ten days
they got married two million years

Period of time	Point in time
40 minutes	3 _____
1 _____	4 _____
2 _____	5 _____

- 2 ★★ Complete the dialogues with *for* or *since*.

'Are you and Erika good friends?'

'Yes. Really good friends. I've known her for nearly seven years.'

- 1 'Are you hungry?'

'Yes, I am. I haven't eaten _____ lunchtime.'

- 2 'Are your parents in France?'

'Yes, they are. They have lived there _____ ten years.'

- 3 'Is Micah OK? He's not at school today.'

'No, he isn't. He's had a fever _____ a few days.'

- 4 'Can you play the guitar?'

'Yes, I can. I've played it _____ I was ten.'

- 5 'Is your brother at university?'

'Yes, he is. He's been there _____ 2021.'

- 3 ★★ Look at the timeline of Kai's life below. Complete the questions with the present perfect form of the verbs in brackets.

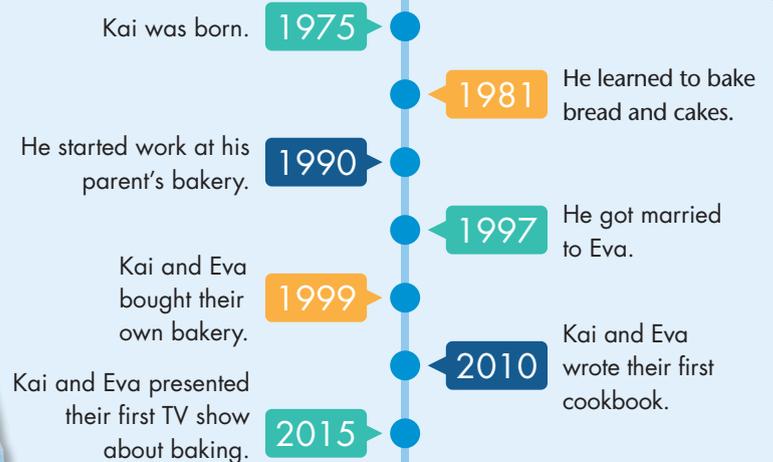
How long has Kai baked _____ (Kai / bake) cakes?

- _____ (Kai / work) as a baker for a long time?
- How long _____ (Kai and Eva / be) married?
- How long _____ (they / have) their bakery?
- What type of book _____ (they / write) together?
- How long _____ (they / present) programmes on TV?

- 4 ★★★ Complete the sentences with the present perfect of the verbs in brackets, and *for* or *since*.

Kai has baked _____ cakes since _____ he was six years old. (bake)

- Kai _____ as a baker _____ nearly 25 years. (work)
- Kai and Eva _____ 1997. (marry)
- Kai and Eva _____ their bakery _____ over 20 years. (have)
- Kai and Eva _____ cookbooks together _____ 2010. (write)
- Kai and Eva _____ a TV show _____ a few years. (present)



This section is easy 😊 OK 😊 difficult 😞 for me.

Past simple or present perfect?

1 ★ Choose the correct answers.

I left school ...

a for three years **b** two years ago c since 2020

1 She has played football ...

a since she was ten b when she was ten
c yesterday

2 They went to a Mexican restaurant ...

a ever b last Sunday c never

3 Have you ... been to Italy?

a ever b long c ago

4 You teased me ..., and I've never forgotten it.

a since last summer b for last summer
c last summer

5 We have worked here ...

a in 2015 b a month ago c for ages

2 ★★ Complete the conversation. Use the correct past simple or present perfect form of the verbs in brackets.

Tyler Did you sleep (you / sleep) well last night?

Ara No, I ¹ _____. I feel very sleepy now. I ² _____ (have) a nightmare and I ³ _____ (wake up) at 3 a.m.

Tyler ⁴ _____ (you / ever / have) the same nightmare more than once?

Ara Yes, I ⁵ _____. When I used to perform, before every show I ⁶ _____ (dream) about falling off the stage.

Tyler And? ⁷ _____? (you / ever / fall) off a stage?

Ara Of course not. I ⁸ _____ (perform) a lot on stage since then and I don't feel anxious anymore.

Tyler That's good. So luckily dreams don't always come true!

3 ★★ Tick the correct sentences. Correct the wrong ones.

I've had breakfast at 8 a.m.

I had breakfast at 8 a.m.

I've eaten spicy Thai food. ✓

1 Did you ever had a nightmare?

2 Bobby hasn't gone to school yesterday.

3 I fell asleep on the sofa last night.

4 I never tried avocado ice cream. It sounds disgusting!

5 I have never ridden a motorbike. I'm 14!

4 ★★★ Rewrite the sentences using the past simple or the present perfect.

The baby has fallen asleep.

The baby fell asleep _____ an hour ago.

1 Amelie has woken up.

_____ at 7.00 a.m.

2 Did you have a nightmare last night?

_____ recently?

3 I'm glad that nobody has yawned during the talk.

_____ yesterday.

4 Chia was awake for hours.

_____ since 6.30 a.m.

5 The dogs haven't woken up.

_____ last night.



This section is easy 😊 OK 😊 difficult 😞 for me.

A magazine article

1 ★ Read the article quickly and add the headings.

Hearing Sight Smell Taste Touch

Sensational senses!

*Our senses help us experience the world!
Here are some awesome facts about them.*

Sight

Eyes are amazing. The eye has ten parts that work together to see, and on average, our eyes blink 15 times a minute – that’s over 15,000 blinks a day! And did you know, newborn babies see everything upside down?

1 _____

Ears allow us to enjoy music and communicate, and they help keep us safe. Incredibly, our ears also contain the smallest bones in our bodies. Ear piercing was one of the first ways that humans changed their bodies. It probably started more than 5,000 years ago.

2 _____

This is the first sense humans develop, seven months before we are born. It’s important for our mental and physical health. Our skin has over four million touch receptors.

3 _____

There are five basic tastes: salty, sour, sweet, bitter, and umami (that’s the yummy taste in soy sauce and Parmesan cheese). But sadly, we lose the ability to taste as we get older. Our taste receptors stop regenerating when we’re in our 40s and 50s.

4 _____

Around 80% of what we think is taste is actually smell. We have about ten thousand smell receptors behind the nose, and most people can detect one trillion smells!



2 ★★ Read the article again and underline any words that you find difficult. Use a bilingual dictionary to check the meaning of each word.

3 ★★ Read the article again. Are the sentences true (T) or false (F)? Correct the false sentences.

The eye has 15 parts. F
The eye has ten parts.

1 Newborn babies see the world in a different way. ___

2 There are no bones in our ears. ___

3 Our skin has about ten million touch receptors. ___

4 Our taste improves when we get older. ___

5 It is easy to confuse taste and smell. ___

4 ★★ Answer the questions.

How many parts does the eye have?

Ten.

1 How many times do we blink every day?

2 How old is ear piercing?

3 Which is the first sense we develop?

4 What foods have the taste ‘umami’?

5 How many different smells can we notice?

This section is easy 😊 OK 😊 difficult 😞 for me.

Listening

A conversation

- 1 ★ 🎧 5.01 Listen to the podcast. Label the pictures with the names in the box.

Kim Eli Jaz



1 _____



2 _____



3 _____

- 2 ★★ 🎧 5.01 Listen again. Are the sentences true (T) or false (F)? Correct the false sentences.

Eli is most affected by what he sees. F
He is most affected by what he hears.

- 1 Eli listens to music without headphones. _____
- 2 Kim knows how to make bread. _____
- 3 Kim lives above a bakery. _____
- 4 Jaz's bedroom is painted in her favourite colour. _____
- 5 Jaz goes running in the park. _____

This section is easy 😊 OK 😊 difficult 😊 for me.

Writing

A for and against essay

- 1 ★★ Read the essay quickly. What is it about?
- a Reasons for and against staying in bed late.
 - b Reasons why teenagers don't like weekends.
 - c Reasons for and against spending time with your family.

Many teenagers like to sleep late at the weekend rather than get up early. ¹ _____ there are good reasons for this, not everyone thinks it is a good idea.

² _____, staying in bed late gives you a chance to catch up with sleep after a busy week. It is also a good time to think about what we want to do.

³ _____, some people think it is a waste of time. Weekend mornings are great for spending time with your family. Often families don't see each other much during the week, so we should make the most of our weekends together.

In conclusion, I think it is nice to spend a few extra minutes in bed to relax and plan the day. ⁴ _____, this should not be for too long. It is good to get up and start the weekend with your family.

Jason Anang

- 2 ★★ Complete Jason's essay by adding the expressions of contrast *although, however, on the other hand* and *on the one hand* in the gaps.
- 3 ★★★ Read the essay task then plan your essay. Draw a table like the one below. Then complete it with your ideas.

Essay task: Write a for and against essay on the following topic: 'Teenagers should listen to music while studying.'

The topic	Teenagers should listen to music while studying.
For the idea	
Against the idea	

- 4 ★★★ Write either the for or against paragraph for the essay task above. Use:
- your plan from exercise 3
 - Jason's essay as a model
 - the expressions of contrast from exercise 2

This section is easy 😊 OK 😊 difficult 😊 for me.

1 Sense verbs and adjectives

Find ten more adjectives to describe things we see, feel, taste, smell and touch.

N	P	D	I	S	G	U	S	T	I	N	G	Q	H	Z	A	P	H
X	R	I	L	H	B	M	W	C	C	Z	Y	F	R	E	S	H	S
T	Q	A	G	I	O	F	E	Q	L	S	K	P	O	E	O	T	A
I	U	B	Q	N	S	K	E	Y	C	O	L	O	U	R	F	U	L
S	P	I	C	Y	U	K	T	F	C	U	N	B	G	O	T	L	T
P	F	W	O	T	Z	F	F	H	A	R	D	U	H	I	W	H	Y
E	C	S	M	O	O	T	H	G	H	F	J	S	M	K	L	U	G

taste
smell
see
touch
feel

2 Sleep



Order the letters to make words and phrases about sleep.



eil waeak
lie awake



1 veah smdear



2 nway



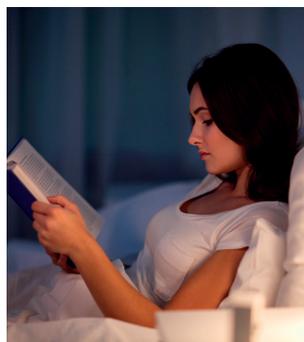
3 kawe pu



4 eahv a raghnitem



5 eelf eepysl



6 ile ni ebd



7 lafl lpsae





3 Present perfect: for and since

Solve the puzzle to make sentences about these four friends in the present perfect using *for* and *since*.



Kat



Luke



Luna



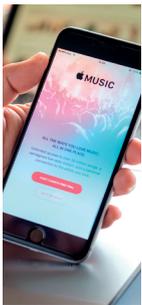
Harley

live

not have

not go

play



online



in the football team



coffee



in London

2019

two days

2020

three years

Kat has played in the football team since 2019.

- 1 _____
- 2 _____
- 3 _____

4 Past simple or present perfect?

Look in the wordcloud. Find words of the same colour to make two affirmative sentences, two negative sentences and two questions. Use all the words.

been go here me the
 I you to
 didn't his te hasn't holiday
 you his te hasn't life ever
 They last called
 has you USA? today to all
 She school lived yesterday of He
 Did had lived yesterday of He
 Have no yesterday 12.30
 lunch

Vocabulary

Sense verbs and adjectives

1 ★ Label the pictures with the words in the box.

colourful fresh salty shiny
smooth sour spicy sweet



sweet



1 f _____



2 s _____



3 s _____



4 s _____



5 s _____



6 s _____



7 c _____

2 ★ Choose the correct answers.

This milk is old. It smells fresh / disgusting.

- This curry tastes very spicy / shiny.
- This chair isn't very comfortable. It feels colourful / hard.
- Your hair looks really sour / shiny.
- I'm thirsty. These peanuts taste sweet / salty.
- I love this scarf because it feels really soft / rough.

Sleep

1 ★ Match the two parts of the sleep phrases.

- | | |
|----------------|-----------------|
| have <u>d</u> | a nightmare |
| 1 feel _____ | b asleep |
| 2 lie _____ | c awake |
| 3 have a _____ | <u>d dreams</u> |
| 4 wake _____ | e up |
| 5 fall _____ | f sleepy |

2 ★ Match questions 1–5 to answers a–f.

Can you remember any dreams that you have had?

- a
- Do you ever have nightmares? _____
 - Do you yawn a lot? _____
 - Do you often lie awake at night? _____
 - Do you lie in bed at the weekend? _____
 - Do you fall asleep easily? _____
- a Yes, I can. I usually write them in my notebook because they are fun stories.
- b Yes, I do. I fall asleep in about five minutes.
- c Yes, on Sundays, I get up late, at 10 a.m. I love it!
- d Yes, when I'm tired or bored!
- e No, I only have good dreams.
- f Yes, I do. If I'm anxious about school or exams, I can't sleep.

This section is easy 😊 OK 😊 difficult 😞 for me.

Present perfect: *for* and *since*

- 1 ★ Complete the table with the time expressions in the box.

40 minutes I was four lunchtime ten days
they got married two million years

Period of time	Point in time
40 minutes	3 _____
1 _____	4 _____
2 _____	5 _____

- 2 ★ Choose the correct answers.

for / since 2001

- for / since five years
- for / since a month
- for / since three years
- for / since I was a child
- for / since 2020
- for / since last year
- for / since my birthday
- for / since two days
- for / since yesterday
- for / since last week

- 2 ★ Choose the correct answers.

I left school ...

a for three years b two years ago

- 1 She has played football ...

a since she was ten b when she was ten

- 2 They went to a Mexican restaurant ...

a ever b last Sunday

- 3 Have you ... been to a museum?

a ever b long

- 4 You teased me ..., and I've never forgotten it.

a since last summer b last summer

- 5 We have worked here ...

a in 2015 b for ages

- 3 ★ Complete the dialogue with the phrases in the box.

've never been went Have you ever been went

Ara Have you ever been to France?

Zak Yes, I ¹ _____ there in 2019 with my family.

Amy Wow! How was it?

Zak Amazing! We ² _____ to Bordeaux. It was beautiful.

Amy You're so lucky! I ³ _____ to France.

Past simple or present perfect?

- 1 ★ Tick the correct sentences.

I've had breakfast at 8 a.m.

I've eaten spicy Thai food. ✓

- Did you ever had a nightmare?
- Bobby hasn't gone to school yesterday.
- I fell asleep on the sofa last night.
- I never tried avocado ice cream. It sounds disgusting!
- I have never ridden a motorbike. I'm 14!



This section is easy 😊 OK 😊 difficult 😞 for me.

Listening

A conversation

- 1 ★ 5.01 Listen to the podcast. Label the pictures with the names in the box.

Kim Eli Jaz



1 _____



2 _____



3 _____

- 2 ★ 5.01 Listen again and choose the correct word.

Eli relaxes with music / colours.

- Eli likes listening to **loud** / **quiet** music.
- Kim knows how to make **bread** / **cakes**.
- Kim lived above a **bakery** / **supermarket**.
- Jaz's bedroom is painted **red** / **green**.
- Jaz likes walking in the **park** / **gym**.

This section is easy 😊 OK 😊 difficult 😞 for me.

Writing

A for and against essay

- 1 ★ Read the essay quickly. What is it about?
- Reasons for and against staying in bed late.
 - Reasons why teenagers don't like weekends.
 - Reasons for and against spending time with your family.

Many teenagers sleep late at the weekend rather than get up early. Although there are good reasons for this, not everyone thinks it is a good idea.

On the one hand, staying in bed late gives you a chance to catch up with sleep after a busy week. It is also a good time to think about what we want to do.

On the other hand, some people think it is a waste of time. Weekend mornings are great for spending time with your family.

In conclusion, I think it is nice to spend a few extra minutes in bed to relax and plan the day. However, this should not be for too long. It is good to get up and start the weekend with your family.

Jason Anang

- 2 ★ Underline the expressions of contrast *although*, *however*, *on the other hand* and *on the one hand* in the essay.

- 3 ★ Read the essay task then complete the essay plan with the ideas in the box.

Essay task: Write a for and against essay on the following topic: 'Teenagers should listen to music while studying.'

near social media some studying teenagers

The topic	Teenagers should listen to music while <u>studying</u> .
For the idea	Some ¹ _____ will be less bored. It will stop them from using ² _____.
Against the idea	³ _____ people will find it hard to study. It will be noisy for people sitting ⁴ _____ them.

This section is easy 😊 OK 😊 difficult 😞 for me.