

8.1

SAYING AND DOING

LESSON OBJECTIVE

- talk about what you've been doing



1 LANGUAGE IN CONTEXT

A **GROUP WORK** Look at the sayings. What do they mean? You can go online to learn more about these sayings.

- 1 Work hard, play hard.
- 3 You only live once.
- 2 No pain, no gain.
- 4 Variety is the spice of life.
- 5 Actions speak louder than words.

B **2.09** Read and listen to three people talking about their lives. What is each person doing these days?

C **2.09** Read and listen again. Match a saying in exercise 1A to each person. There are two extra sayings.

What have you been doing lately?



Vanessa

I have an opportunity to work in Mexico next year. I think it'll be an interesting experience, but it's going to be a challenge because I need to be able to speak the language. So, I've only been doing one thing lately – studying Spanish. It's a difficult job, so I haven't been going out at all. But that's OK. It'll be worth it.



Min-hee

At work, I've been designing a new app. It's not easy, but I'm getting there. I think it will be a big success as well as a personal achievement for me. It's not the only thing in my life, though. I'm on a soccer team, and we're doing really well. Soccer practice is a nice change after sitting in front of a computer all day. Now I just need to make time for family and friends!



Rodney

I've been doing lots of things lately! I've been painting pictures of nature – that's a fun project. I've also been learning to make sushi. It's a long process, but I'm getting better at it. And of course, I always have chores, like doing the dishes or the laundry. Yeah ... it's a challenge to fit in everything I want to do. But that's what makes life interesting!

2 VOCABULARY: Describing experiences

A **2.10** Listen and say the words. Then find and underline these nouns in the text in exercise 1C.

achievement
opportunity
challenge
process
change
project
chore
success
job

INSIDER ENGLISH

We use *It's worth it* and *It'll be worth it* to show that something is useful or enjoyable even though it takes a lot of effort.

B **PAIR WORK** Ask and answer the questions.

- 1 What is an annoying chore you have to do at home?
- 2 What's your biggest achievement?
- 3 What is one change that has happened in your life that was good?
- 4 Who has given you a good opportunity in the past? What was it?

C **Now go to page 148. Do the vocabulary exercises for 8.1.**

D **PAIR WORK** Look at the sayings in exercise 1A. Which one do you agree with the most? Why? For ideas, watch Brenda's video.



Which saying does Brenda talk about?



3 GRAMMAR: Present perfect continuous

A **Circle** the correct answer. Use the sentences in the grammar box to help you.

To make the present perfect continuous, use *have + be / been + verb + -ing*.

Present perfect continuous

What have you been doing?

I've been painting pictures of nature.

I haven't been going out at all.



Use *have, haven't, has, or hasn't* in short answers. Do not use *been*.

Have you been going out?

Yes, I have. / No, I haven't.

B Complete the conversations with the correct form of the words in parentheses (). Then check your accuracy.

1 A What _____ lately? (you / read)
 B _____ a lot of travel blogs. (I / read)

2 A _____ recently? (you / eat out)
 B No, _____.
 _____ at home. (I / cook)

3 A How _____ to class these days? (you / get)
 B _____ me to class. (my sister / drive)

4 A Where _____? (you / study)
 B _____ at the library lately. (I / study)



ACCURACY CHECK

Remember to use the correct form of *have* with the present perfect continuous.

I'm **having** been studying a lot lately. **X**

I've been studying a lot lately. **✓**

C **PAIR WORK** Practice the conversations from exercise 3B. Change the answers so they're true for you.

What have you been reading lately?

I've been reading some new comic books.

D **Now go to page 136. Look at the grammar chart and do the grammar exercise for 8.1.**

4 SPEAKING

A Think of some activities your friends or family have been doing lately. Use the topics below or your own ideas.

child care classes hobbies housework school work

B **PAIR WORK** Talk about what your friends or family have been doing recently.

My sister has been taking karate classes.

C **GROUP WORK** Work with another pair. Talk about the activities you discussed in your pairs. Whose activities are the most difficult? Whose are the most interesting?

