UNIT 1
Upon completion of this lesson, you will be able to invite a friend over to your house for dinner.

Expression Check
Match the expressions on the left with the similar meaning on the right.

1. Does six o’clock suit you?
2. When would you like me to get you?
3. Do you have any plans this week?
4. Would you like to come for dinner on Saturday?

How About Dinner?
Lisa Hey, how’s your day going?
Linda Not too bad, but I can’t wait for it to be over.
Lisa Do you have any plans this weekend?
Linda Nothing special. Why do you ask?
Linda Would you like to come over to my place for dinner on Saturday?
Linda I’d love to. What time on Saturday?
Lisa It doesn’t matter to me. What time works best for you?
Linda How does six o’clock sound to you?
Linda Shall I pick you up around 5:30?
Linda Perfect, I’ll be ready. What can I bring?
Lisa Nothing. I’ll take care of everything.

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Language Practice
Create sentences using the given speaking patterns.

Do you have any~
e.g.) Do you have any plans this weekend?
•

Would you like to~
e.g.) Would you like to come over for dinner?
•

How about~
e.g.) How about having a bite to eat together at my house?
•

Slang & Idioms
Complete the sentences with the appropriate slang or idiom and practice.

• catch a bite
• to feed an army
• eating me out of house and home
• last supper
• a spread

1) You have really outdone yourself here, sweetheart. You have prepared quite _______________.

2) I need to go to the grocery store again. My kids are _______________.

3) I’m starving. Let’s _______________ before we watch the movie.

4) We have enough food at this potluck dinner to _______________.

5) The way you are eating, it’s like your _______________.

Did You Know?
Read and discuss how you feel about each factor.

1. Did you know that the average American eats their meals out 4.2 times a week?

2. Did you know that in New York City, the average dinner tab is $33.17 per person?

Wrapping Up
Share two things you learned from this lesson and review.

1. ____________________________

2. ____________________________
Lesson 2. Introducing People

Learning Objective

Upon completion of this lesson, you will be able to introduce friends and colleagues to other people.

Expression Check

Match the expressions on the left with the similar meaning on the right.

1. Introducing a former classmate
2. Introducing a fellow competitor
3. Introducing a spouse or partner
4. Introducing a supervisor or boss

Key Conversation

Practice the conversation.

“*My Old Roommate*”

**Sam**

That food sure smells good, Frankie.

**Frankie**

Yeah, it’s coming together nicely. It should be just about ready. Hey, Sammy, who’s the linebacker standing next to you?

**Sam**

Who, this big teddy bear?

**Frankie**

Does this big teddy bear have a name?

**Sam**

Hey, everyone, let me introduce you to the guy who got me through school. Guys, this is Randy Jones, my roommate back in college.

**Frankie**

Randy, nice to meet you. Anyone who’s friend of Sam is a friend of ours.

**Sam**

Randy sure helped me out of a few tight spots back in our college days.

**Frankie**

Randy, you look like you could use a beer and a burger.

**Sam**

Fix him up, Frankie—and Randy, let’s tell the boys a few stories from our college days.
Language Practice
Create sentences using the given speaking patterns.

e.g.) I’d like you to meet my new boyfriend.

By the way, this is~

e.g.) By the way, this is my co-worker, Melissa.

Have I introduced~

e.g.) Have I introduced you to my old friend from high school?

Slang & Idioms
Complete the sentences with the appropriate slang or idiom and practice.

- wears the pants
- the man who pulls the strings
- soul mate

1) I truly believe that John is my ____________________.

2) It is pretty clear who ____________ in your family—your wife!

3) ______________ around here is definitely Mr. Smith.

4) Where is ____________________ tonight?

Did You Know?
Read and discuss how you feel about each factor.

1. Did you know that in the year 2005 an estimated 2.9% of marriages in the US were long distance?

2. Did you know that in 1967 there was a state law in the US that banned interracial relationships?

Wrapping Up
Share two things you learned from this lesson and review.

1. ______________________________________

2. ______________________________________

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Lesson 3. Touching Base

1. **Learning Objective**
   Upon completion of this lesson, you will be able to speak over the phone to people whom you have not spoken to recently.

2. **Expression Check**
   Match the expressions on the left with the similar meaning on the right.

   | a. What have you been up to lately? | 1. I was tired of leaving you voice mails. |
   | b. Long time no hear! | 2. How are things in your life these days? |
   | c. What’s new in your world? | 3. It’s been forever! |
   | d. Playing phone tag was getting so old. | 4. What’s been going on in your life? |

3. **Key Conversation**
   Practice the conversation.

   **“Long Time No Hear!”**

   **Rachel**
   - Hey, long time no hear! How’s it going?
   - I was tired of leaving you voice mails.
   - Hey, no worries. Just glad the phone tag is over.
   - I’m so happy you called. It’s been way too long! So what have you been up to these days?
   - Just the same old, same old. Work, bars, movies, guys, you know. Oh, did you hear Ken is getting married next spring?
   - Are you serious? I thought they were going to have a big bash down here next spring with everybody.
   - No—don’t you ever get on Facebook or Twitter?
   - No, the boss busted me at work the other day, and I hate checking them from my phone.
   - Well, anyway, there’s that, and I’m seeing someone new!
   - I knew it. I don’t talk to you for a month, and I’m completely out of the loop!

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Language Practice
Create sentences using the given speaking patterns.

e.g.) How has your family been doing lately?

I was getting~
e.g.) I was getting tired of leaving voice mails all the time.

Sorry, I've been~
e.g.) Sorry, I've been busy getting ready for a big project.

Slang & Idioms
Complete the sentences with the appropriate slang or idiom and practice.

1) When you have a chance, please _______________________.

2) I need to _______________________ Sally about the party next weekend.

3) I’m so tired of ______________________ with my brother. He never picks up when I call.

4) I know you’re busy these days, but if you could even just __________ every once in awhile, I’d appreciate it.

5) If you’re bored, you should ______________________ tonight, and we’ll all go get a drink.

Did You Know?
Read and discuss how you feel about each factor.

1. Did you know that texters in the US send an average of 41.5 messages a day?

2. Did you know that 50% of adults in the US use social networks to keep in touch with people?

Wrapping Up
Share two things you learned from this lesson and review.

1. ____________________________________________

2. ____________________________________________
Lesson 4. That's Her

Learning Objective
Upon completion of this lesson, you will be able to describe other people’s appearances in detail.

1 Expression Check
Match the expressions on the left with the similar meaning on the right.

a. She wears her hair in a bob.
   1. He is totally bald.
   2. She has shoulder-length hair.
   3. The girl is really skinny.
   4. That guy is a little overweight.

b. She doesn’t have a bit of fat on her.

c. He has a little bit of a beer gut.

d. That guy doesn’t have a stitch of hair on his head.

2 Key Conversation
Practice the conversation.

“ It’s Definitely Her ”

Larry
Look who just walked in the door!

George
Who are you talking about?

Larry
Ben’s new babe, Lizzy.

George
Which one? The beach blonde with long legs?

Larry
You got it.

George
You’re pulling my leg. Are you sure that’s her?

Larry
I met her last week, and I definitely wouldn’t forget a face like that.

George
Well done, Ben. She’s an absolute knockout.

Larry
Yeah, Ben did alright for himself. She’s not just another pretty face either. She has a real good personality as well.

George
I admit it; I’m totally jealous.

Larry
Let’s go over and say hi, and maybe she will introduce her friends to us.
3 Language Practice
Create sentences using the given speaking patterns.

He/She has~
e.g.) She has long blond hair.

He/She is about/a little/slightly~
e.g.) He is a little chubby around the waist.

What color/How tall/What type of~
e.g.) What color eyes does she have?

4 Slang & Idioms
Complete the sentences with the appropriate slang or idiom and practice.

• plain Jane
• dressed to the nines
• average Joe
• dead ringer

1) I was dressed in ___________ for the party last night.
2) If she’d been a ____________, she wouldn’t have had all the attention.
3) He was nothing special to look at, just your ________________
4) All the ladies were _____________ for the year-end party.
5) John’s new girlfriend is a _____________ for Angelina Jolie.

5 Did You Know?
Read and discuss how you feel about each factor.

1. Did you know that a typical woman changes her hairstyle more than 100 times during her lifetime?
2. Did you know that in 2009, 150,000 men in the US had cosmetic surgery?

Wrapping Up
Share two things you learned from this lesson and review.

1. ____________________________________________
2. ____________________________________________
Lesson 5. Making Dinner Reservations

Learning Objective
Upon completion of this lesson, you will be able to make dinner reservations over the phone.

Expression Check
Match the expressions on the left with the similar meaning on the right.

1. “Calling Ahead”
2. Key Conversation
Practice the conversation.

“Calling Ahead”

Maire: (answering a phone) Thank you for calling Bon Appétit. How may I help you?

Patron: Hi. Could I make a reservation for Friday, please?

Maire: This Friday? I’m sorry; we’re all booked up. How about a week from Friday?

Patron: The 20th? Hmmm. I guess that’s OK. Do you have any tables available for 7:00 pm?

Maire: I do! How many people is the reservation for?

Patron: Five. Two adults and three kids. Do you have any high chairs?

Maire: Yes, we do. I’ll set one aside for you. Could I get your name and cell phone number, please?

Patron: Thanks a lot! Sure. It’s Thompson, and the number is 555-7826

Maire: Great! I’ve penciled you in for 7:00 pm on the 20th. See you then!

Patron: Thanks again.

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Language Practice
Create sentences using the given speaking patterns.
e.g.) Do you offer a kids menu?

Could I make a reservation?
e.g.) Could I make a reservation for six people at 6:30?

What’s your availability like for?
e.g.) What’s your availability like for tomorrow night?

Slang & Idioms
Complete the sentences with the appropriate slang or idiom and practice.

Wrapping Up
Share two things you learned from this lesson and review.

1. _______________________
2. _______________________

Did You Know?
Read and discuss how you feel about each factor.

1. Did you know that in order to get a dinner reservation at Walt Disney World, you need to make the reservation 180 days before the reservation date?
2. The busiest day of the year for restaurant is Mother’s Day – the busiest night, Valentine’s Day.

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Lesson 6. What Do You Recommend?

Learning Objective
Upon completion of this lesson, you will be able to make recommendations to other people when ordering from a menu.

1 Expression Check
Match the expressions on the left with the similar meaning on the right.

1. That dish is really awful.
   a. I highly recommend it.
2. That was so good when I ate here before.
   b. That really hit the spot last time.
3. I rate it quite highly.
   c. Don’t even think about trying that.
4. I really think you should try it.
   d. I give it five stars.

2 Key Conversation
Practice the conversation.

“ What Should I Order?”

Trisha: What are you going to get, Grandma?
Edith: I don’t know. I’ve heard their meatloaf is great, but I’ve never been here for lunch before.

Trisha: Really? You make great meatloaf at home. Why don’t you try something different? Like the Cajun Chicken Salad. Here, take a look. I usually get my dressing on the side.

Edith: What, this one here? I don’t think so. Last time I had Cajun food, I was in the bathroom for hours.

Trisha: Grandma! Well, maybe something else. Kelly really recommended the lasagna—said she gave it five stars.

Edith: That sounds good. But a little too heavy for lunch.

Trisha: Well, I liked the Italian sub I had here last time. Here, look, you can get fries, potato chips, veggies, or beans for your side dish.

Edith: All right. As long as they don’t slip any onions in it.

Trisha: Trust me—you’ll love it!
3 Language Practice
Create sentences using the given speaking patterns.

I highly recommend~
e.g.) I highly recommend getting the steak.

You should try~
e.g.) You should try the roast chicken. It’s so good.

I’ve never been~
e.g.) I’ve never been here for lunch before.

4 Slang & Idioms
Complete the sentences with the appropriate slang or idiom and practice.

1) I’m a __________ kind of guy—I like the basics and none of that fancy fusion stuff.
2) I’d get the ___________. It’s always quite popular and gets good reviews.
3) Their mozzarella sticks really _________________.
4) My friend thinks their apple pie is the _________________.
5) I’m ______________! Thanks for your recommendation.

5 Did You Know?
Read and discuss how you feel about each factor.

1. Did you know that the restaurant review site YELP had about 17.8 million visitors in a single month?
2. Did you know that, according to a global online survey of 50 countries, 90% of consumers trust recommendations from people they know?
Lesson 7. Are You Ready to Order?

Upon completion of this lesson, you will be able to order a meal off a menu at a restaurant.

Learning Objective

1. **Expression Check**
   - Match the expressions on the left with the similar meaning on the right.

   a. Who’s ready for a topper?
   b. Do you need any more time to decide what you’d like?
   c. Can I bring another round for you guys?
   d. So, what’ll it be this morning?

   1. What can I get you this morning?
   2. Would you like another drink?
   3. Would anyone like a refill on their coffee?
   4. Is everyone ready to order now?

2. **Key Conversation**
   - Practice the conversation.

   **Waitress**
   - Have you had a chance to decide what you would like?
   - OK, great. What can I get you to start with?
   - How about a drink to go with that? Perhaps a glass of red?
   - Definitely. Don’t forget to save room for something sweet. Our chocolate lava cakes are to die for.

   **Chelsea**
   - Yeah, I think I’m ready to order.
   - As an appetizer, I’ll have the house salad with the vinaigrette dressing. What’s today’s special again?
   - You read my mind. Could I get a glass of Merlot, please?
   - Let’s just hold off on the dessert order for now.
   - OK, not a problem. I’ll be right back with your glass of Merlot.

   **Waitress**
   - So, what’ll it be this morning?
   - Waitress
   - Chelsea
   - As a drink to go with that? Perhaps a glass of red?
   - Chelsea
   - You read my mind. Could I get a glass of Merlot, please?
   - Waitress
   - Chelsea
   - Let’s just hold off on the dessert order for now.
   - Chelsea
   - OK, not a problem. I’ll be right back with your glass of Merlot.

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Have you decided~
e.g.) Have you decided what you’d like?
*
*

I’ll try/go for~
e.g.) I’ll go for the Indian restaurant.
*
*

Could I get/have~
e.g.) Could I get a glass of Merlot, please?
*
*

Slang & Idioms
Complete the sentences with the appropriate slang or idiom and practice.

1) I ordered way too much food.
   ______________________

2) That roast beef is ___________.

3) Don’t ____________ save some room for dessert.

4) You had better order a beer to ________________ those chicken wings.

5) I can’t eat another bite. I’ll take the rest in a ________________.

Did You Know?
Read and discuss how you feel about each factor.

1. Did you know that the average American student eats in a restaurant four times a week?

2. Did you know that it takes the average person 90 minutes to eat a meal in a restaurant?
Learning Objective

Upon completion of this lesson, you will be able to treat your friends and pay for a meal at a restaurant.

Expression Check

Match the expressions on the left with the similar meaning on the right.

1. Did you enjoy your meal?
2. Bring me the bill, please.
3. Would you like a separate bill for each person?
4. Are you paying by cash or credit card?

Key Conversation

Practice the conversation.

George: I’m stuffed. I can’t eat another bite. Should we just get the check and go?

Waiter: How was everything tonight, sir? Can I bring you anything else?

George: Everything was just great, thanks.

Waiter: Would either of you like tea or coffee?

George: Not for me, thank you. Could we just get the check, please?

Waiter: One moment, sir... Here you are. I can take care of that for you whenever you’re ready.

George: Here is my credit card. That should settle things up.

Waiter: Thank you, sir. I’ll be right back with your bill to sign.

George: Thank you.
Language Practice
Create sentences using the given speaking patterns.

e.g.) How was everything tonight, sir?

Could you bring me~
e.g.) Could you bring me the check, please?

I’d like to pay by~
e.g.) I’d like to pay by credit card, please.

Slang & Idioms
Complete the sentences with the appropriate slang or idiom and practice.

1) I asked the waiter if I could pay my check with ____________.

2) You finish your coffee, and I’ll ____________ the bill with the waiter.

3) I didn’t have enough cash on me to pay for the check, so I ____________.

4) I decided to pay for my meal with ____________.

5) Hey waiter, what’s ____________?

Did You Know?
Read and discuss how you feel about each factor.

1. Did you know that the credit card companies charge businesses 5% for every customer transaction?

2. Did you know that the average tip these days at a restaurant is 15% of the total bill?

Wrapping Up
Share two things you learned from this lesson and review.

1. __________________________

2. __________________________
1. **Expression Check**

Match the expressions on the left with the similar meaning on the right.

- a. You don’t have to ask me twice.
- b. Would you like to swing by for a drink?
- c. Can I bring another round for you guys?
- d. Are you up for drinks after work today?

   - 1. Are you interested in having a drink at my place?
   - 2. Are you interested in going out for drinks after work?
   - 3. Would anyone like more to drink?
   - 4. I’m interested. Let’s go!

2. **Key Conversation**

Practice the conversation.

Rachel: Hey Beth.

Beth: Oh, hey Rachel. How did the presentation go?

Rachel: I don’t know. I hope I did OK.

Beth: Hey, Sarah and I were thinking of celebrating her new promotion. You want to join us?

Rachel: What are you doing?

Beth: We were thinking of going to Moe’s for a few drinks to toast her.

Rachel: Well, I’m sure you could twist my arm a bit.

Beth: Great! We’re meeting back here at 7:30.

Rachel: OK. I’ll be here.

Beth: Awesome. See you tonight.

Rachel: Yeah, see you then.
Language Practice
Create sentences using the given speaking patterns.
e.g.) Are you up for drinks after work today?

You don’t have to~
e.g.) You don’t have to ask me twice.

I’m sure~
e.g.) I’m sure you can twist my arm.

Slang & Idioms
Complete the sentences with the appropriate slang or idiom and practice.

1) Oh man! What a ____________! Let’s get out of here.
2) After ____________, the bar closes, and no more drinks will be served.
3) When we go drinking, we get ____________.
4) The bartender gave everyone drinks ____________ to celebrate the winning team.
5) Patrick is really ____________. He could barely get out of bed.

Did You Know?
Read and discuss how you feel about each factor.

1. Did you know that, in 2010, the total revenue for alcohol in Canada was $19.9 billion?
2. Did you know that, while most countries have a legal drinking age of 18, 17 countries do not have a minimum age, and 5 countries have a legal drinking age of 21?

Wrapping Up
Share two things you learned from this lesson and review.

1. __________________________________________
2. __________________________________________

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Lesson 10. Where Should We Go?

Learning Objective
Upon completion of this lesson, you will be able to make suggestions and decisions on where to go.

1 Expression Check
Match the expressions on the left with the similar meaning on the right.

a. What do you feel like having this evening? 
1. Are you up for going out for dinner this evening?
2. Do tacos and burritos interest you?
3. Let’s get something to eat when we are finished with work.
4. What are you in the mood to eat tonight?

b. What do you say to Mexican?

1. What do you feel like having this evening?
2. What do you say to Mexican?
3. Why don’t we just eat out tonight?
4. Let’s catch a bite to eat after work.

c. Why don’t we just eat out tonight?

1. Are you up for going out for dinner this evening?
2. Do tacos and burritos interest you?
3. Let’s get something to eat when we are finished with work.
4. What are you in the mood to eat tonight?

d. Let’s catch a bite to eat after work.

2 Key Conversation
Practice the conversation.

“How About Dinner?”

Laura: Hey, Ginny, how are you doing? It’s been ages!

Ginny: Oh yes, it has! What have you been up to?

Laura: Why don’t we go somewhere and catch up over dinner?


Laura: What do you say to Mexican? There’s a new place down the street, and the tacos are to die for!

Ginny: That sounds great! I’ll try anything once! Let’s go!

Laura: Ginny, it’s too early. They open in an hour.

Ginny: How about grabbing a drink at Larry’s Cantina while we’re waiting? Does that suit you?

Laura: That’s fine with me.
3 Language Practice
Create sentences using the given speaking patterns.

What do you feel like?
 e.g.) What do you feel like having this evening?

Why don’t we?
 e.g.) Why don’t we go somewhere and catch up over dinner?

Have you tried?
 e.g.) Have you tried that new Irish Pub?

4 Slang & Idioms
Complete the sentences with the appropriate slang or idiom and practice.

• to die for
• grab a bite
• wined and dined
• fancy eating
• eating out or eating in

1) Do you feel like __________ tonight?
2) He ____________ his girlfriend at the new Greek restaurant.
3) I’m starving. Let’s ______________ before going to see the movie.
4) The desserts at that restaurant are ______________.
5) What kind of food do you ______________?

5 Did You Know?
Read and discuss how you feel about each factor.

1. Did you know which fast food chain is the biggest in the US? By number of restaurants? Subway. By total revenue? McDonald’s.
2. Did you know that Tokyo was named number one for the top ten best restaurant cities in the world?

Wrapping Up
Share two things you learned from this lesson and review.

1. __________________________________
2. __________________________________
Lesson 11. Let’s Call It a Night

Learning Objective
Upon completion of this lesson, you will be able to end an evening out with friends.

Expression Check
Match the expressions on the left with the similar meaning on the right.

a. Let’s call it a night.
b. I’ll feel better after I get some shuteye.

c. I’ve got to go home and sleep it off.

1. Finished already?
2. It’s time to stop and leave.

3. I’ll let you off this time, but you owe me next time, OK?
4. Let’s go home.

Key Conversation
Practice the conversation.

“Bailing Early”

Ken
Hey, can I get one more round of drinks over here, please?

Derek
No, no—I’m slowing down, Ken. It’s already midnight.

Ken
Come on, you aren’t wussing out on me, are you?

Derek
Nope. Just have to crawl out of bed by 6:00 tomorrow for that meeting.

Ken
I’ll let you off this time, but you owe me next time, OK?

Derek
You’re on. Sorry to have to bail so early, but don’t leave on my account!

Ken
I won’t! Well, it looks like Josh has had enough, too. I guess it’s time to call it a night.

Derek
I’ll see you guys at the office after lunch.

Ken
Yeah, go sleep it off. Don’t want to get blamed for your lousy presentation tomorrow.

Derek
Ha ha. Thanks for the support!
Language Practice
Create sentences using the given speaking patterns.

- e.g.) I've got to take off in a few minutes.
- It's time to/Time to
- How does~ sound to you?

Slang & Idioms
Complete the sentences with the appropriate slang or idiom and practice.

- hit the road
- say adios
- break away
- all-nighter

1) I can't pull an ____________ today.
2) Time to ____________, everyone! Bye! See you next time!
3) Well, it's pretty late. It's time for us to ____________, guys!
4) Do we really need to ___________ so soon? The party is just getting started!
5) I'd better go and _____________. I'm pretty tired.

Did You Know?
Read and discuss how you feel about each factor.

1. Did you know, according to a recent survey in Britain, 78% of workers have missed work because of a hangover?
2. Did you know that alcohol use in Britain accounts for $3.3 billion in lost wages each year?

Wrapping Up
Share two things you learned from this lesson and review.

1. __________________________
2. __________________________
Lesson 12. It’s On Me

Learning Objective
Upon completion of this lesson, you will be able to express the desire to pay for a meal for other people.

Expression Check
Match the expressions on the left with the similar meaning on the right.

1. I’m going to take care of the check next time.
2. I’ll look after the dinner bill.
3. I’m going to pay for this meal.
4. You don’t need to get your money out.

Key Conversation
Practice the conversation.

“Put Your Card Away”

Annie: Well, I guess it’s getting to be that time of the day. Shall we get the bill and go?
Suzie: I suppose you are right. The kids will be home from school soon.

Annie: I’m going to pick up the tab tonight.
Suzie: No, you don’t have to do that. Let me pay for mine.

Annie: Put your card away. I’ve got this one.
Suzie: If I knew you were paying, I would’ve ordered more than a salad.

Annie: Yeah, you sure didn’t have very much.
Suzie: Well, thanks for lunch, Annie. Let’s do it again soon.

Annie: I’d love to.
Suzie: Sounds great – and it will be my treat next time.

Annie: You got a deal.
Language Practice
Create sentences using the given speaking patterns.

e.g.) I suppose you are right.

It's getting to be~

e.g.) It's getting to be that time of the day.

Let me~

e.g.) Let me pay for mine.

Slang & Idioms
Complete the sentences with the appropriate slang or idiom and practice.

- on me
- my treat
- divvy it up
- go Dutch
- pick up the tab

1) Let's _________ to keep things equal.
2) As this is an expensive restaurant, let's _________.
3) You paid for dinner last week, so I'll _________ tonight.
4) Put your money away! It's _________.
5) Order whatever you like; dinner is _________ tonight.

Did You Know?
Read and discuss how you feel about each factor.

1. Did you know that 68% of men treat a woman to dinner on the first date in the US?
2. Did you know 57% of younger women always offer to pay on the first date? However, 34% of them are bothered if a man accepts, and 46% are bothered if he refuses.
Lesson 13. Budgeting

Learning Objective
Upon completion of this lesson, you will be able to create a monthly budget based on your needs and wants.

1 Expression Check
Match the expressions on the left with the similar meaning on the right.

1. Could you let me borrow some cash until Friday?
2. I’m not paid enough money to purchase this!
3. I don’t have any money.
4. His parents are so rich that they bought him a new car.

a. I’m broke.
b. Could you spot me $10 until the weekend?
c. I can’t afford that on my salary!
d. His parents must be loaded! They just got him a new car.

2 Key Conversation
Practice the conversation.

“Number Crunching”

Krista
I don’t get it. We have money, don’t we?

Eric
Krista, we need to set aside enough money for the kid’s soccer registration.

Krista
I know, but soccer doesn’t start for another month.

Eric
Yeah, but it costs a lot of money. I don’t know if we’ll have enough.

Krista
It’ll be OK. We have our Visa, don’t we?

Eric
I don’t think paying by credit card would be the best idea.

Krista
Why not? We use it for everything else.

Eric
Yeah, and the interest is really starting to hurt.

Krista
OK, so we’ll pay it off with our next paycheck.

Eric
OK, so what’s left over for savings?

Krista
Don’t worry. With my new job, we’ll have enough to cover the basic necessities.
Language Practice
Create sentences using the given speaking patterns.

e.g.) We need to set aside $900 for rent.

I don’t know if
e.g.) I don’t know if we’ll have enough.

This should be enough to
e.g.) This should be enough to cover the basic necessities.

Slang & Idioms
Complete the sentences with the appropriate slang or idiom and practice.

1) If we can sell all of the products today, we should be able to _______.
2) Buying an ____________ is a good idea when saving for the future.
3) Just give me a ______________ for the total cost.
4) Studying at university teaches you how to live on a ____________.
5) Wow! That store is charging a ____________ for that dress.

Did You Know?
Read and discuss how you feel about each factor.

1. Today, credit cards are responsible for $2.5 trillion in transactions every year and are accepted in 24 million locations in 200 countries around the world.
2. In the US, the average amount of credit card debt in 2011 was $15,956 per person.

Wrapping Up
Share two things you learned from this lesson and review.
1. ______________________________________
2. ______________________________________

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Unit 4

Upon completion of this lesson, you will be able to do personal banking at a local bank.

Expression Check

Match the expressions on the left with the similar meaning on the right.

1. I’d like to make a deposit.
2. I just got pre-approved for my loan.
3. Do you accept debit?
4. I’d like to withdraw some cash.

1. The bank will let me borrow the money.
2. I’d like to pay for this with my bank card.
3. I want to take money out of my account.
4. I want to put money into my account.

Key Conversation

Practice the conversation.

“Making a Deposit”

Mr. Wilson: Good morning. I’d like to deposit this money into my savings account, please.

Teller: Sure. Do you have your client card with you?

Mr. Wilson: No, sorry. I must have forgotten it at home.

Teller: No problem. Do you happen to know your account number?

Mr. Wilson: Yes. It’s 512 3795 411.

Teller: Alright. Just a moment. Yes, Mr. Wilson. The money is in the account. Is there anything else I can do for you today?

Mr. Wilson: Yes, would you mind updating my bank book, please?

Teller: No problem. Here you go. Will there be anything else?

Mr. Wilson: No, thank you.

Teller: Have yourself a good day then.

Mr. Wilson: You, too.
Language Practice
Create sentences using the given speaking patterns.

**Would you mind**
e.g.) Would you mind updating my bank book, please?

**Do you happen to know**
e.g.) Do you happen to know your account number?

**Would you like me to**
e.g.) Would you like me to update your bank book?

Slang & Idioms
Complete the sentences with the appropriate slang or idiom and practice.

1. All of my accounts are __________.
   I have to find a way to make more money.

2. Due to that extra money in my __________, we should be able to afford this vacation.

3. The banks offered a __________ to the struggling company.

4. The check __________ because there was not enough money in the account.

5. The company is __________ this year because of good sales.

Did You Know?
Read and discuss how you feel about each factor.

1. The word *mortgage* comes from two Latin words – “mort,” meaning death, and “gage,” meaning a pledge or binding agreement.

2. In 2008, the American government paid $700 billion to the major US banks to avoid a financial crisis.

Wrapping Up
Share two things you learned from this lesson and review.

1. __________________________________________

2. __________________________________________
Lesson 15. Monthly Bills

Learning Objective
Upon completion of this lesson, you will be able to pay monthly bills at different places of business.

1 Expression Check
Match the expressions on the left with the similar meaning on the right.

a. I’d like to pay my monthly utility bill, please.
   1. The cost to live here is going up again.

b. Our rent is increasing again.
   2. I need to pay for the services I use every month.

c. That should square us up.
   3. How much do you pay each month to use your cell phone?

d. How much is the plan for your mobile phone?
   4. That should make us even.

2 Key Conversation
Practice the conversation.

"Forgot to Pay the Bills"

Cashier: Hi, welcome to Kor-Tel. What can I do for you today?
Ian: Yes, I was wondering how I can get my TV and Internet working again.

Cashier: Sure. What seems to be the problem?
Ian: Well, they got shut off while I was on vacation. I guess I forgot to pay the bills.

Cashier: Yeah, that would do it. Would you like to pay the bill today?
Ian: I may as well, and could I pay my cell phone bill here, too?

Cashier: Sure, no problem. What is the number on your account?
Ian: 347-555-7294.

Cashier: OK. It looks like you owe $157.68.
Ian: Ouch. OK. At least that should make us all square.

Cashier: Yeah, it should. Your cable and Internet should be back on within the next 30 minutes.
Ian: Thank you very much.
Language Practice
Create sentences using the given speaking patterns.

e.g.) How much is your hot water bill?

I was wondering how~

e.g.) I was wondering how I can get my TV and Internet working again.

What seems to be~

e.g.) What seems to be the problem?

Slang & Idioms
Complete the sentences with the appropriate slang or idiom and practice.

1) in the hole
2) out of pocket
3) through the nose

1) The amount that the company charges for its services is ___________.
2) My employer will cover all __________ expenses for this business trip.
3) Karen took a second job to help __________ her student loans.
4) I hear the guests pay __________ to stay in a place like this.
5) We are still __________ by about $30,000.

Did You Know?
Read and discuss how you feel about each factor.
1. According to Mercer’s 2011 cost of living survey, the 5 most expensive cities to live in for foreigners are Luanda, in Angola, Tokyo, in Japan, N’Djamena, in Chad, Moscow, in Russia, and Geneva, in Switzerland. Seoul was number 14.
2. While Switzerland uses slightly more electricity than its neighboring countries, it uses much less than Scandinavia, the US, and Canada.

Wrapping Up
Share two things you learned from this lesson and review.
1. __________________________________________
2. __________________________________________

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Lesson 16. Obtaining a Loan

Upon completion of this lesson, you will be able to go to a bank and apply for a personal loan.

Expression Check

Match the expressions on the left with the similar meaning on the right.

1. How much interest do I need to pay for this loan?
2. I need to put all of my debts into one payment.
3. I don’t want the interest rate to change.
4. How much do I have to pay up front?
5. My car is old, and I need a new one.
6. OK. Do you have any identification for me?
7. Yes, I have my driver’s license. Is that OK?
8. Of course. How much money are you looking to borrow?
9. Well, the cars I’m looking at are around $5,000.
10. Well, my car is old, and I need a new one.
11. OK. Have a seat. Why do you need the loan?
12. Hello, may I help you?
13. Are you the loan officer here? The person at the desk sent me to your office.
14. OK. I am. James Mitchell is my name. What can I do for you today?
15. I’m Erica Morris. I’d like to apply for a personal loan.

Key Conversation

Practice the conversation.

James
Hello, may I help you?

Erica
Are you the loan officer here? The person at the desk sent me to your office.

James
I am. James Mitchell is my name. What can I do for you today?

Erica
I’m Erica Morris. I’d like to apply for a personal loan.

James
OK. Have a seat. Why do you need the loan?

Erica
Well, my car is old, and I need a new one.

James
OK. Do you have any identification for me?

Erica
Sure. I have my driver’s license. Is that OK?

James
Of course. How much money are you looking to borrow?

Erica
Well, the cars I’m looking at are around $5,000.

James
Well, your credit rating looks pretty good. $5,000 shouldn’t be a problem.
Language Practice
Create sentences using the given speaking patterns.
e.g.) Why do you need the loan?

What kind of?
e.g.) What kind of rates can you offer me?

~ shouldn’t be a problem.
e.g.) $5,000 shouldn’t be a problem.

Slang & Idioms
Complete the sentences with the appropriate slang or idiom and practice.

1) We are going to _____________ when we get a mortgage to buy a new house.
2) Their high mortgage has made them ________________.
3) I had to apply for this loan as I was ________________ in debt.
4) We had to apply for a personal loan as we were ________________.
5) When they first immigrated to this country, they didn’t have ________________.

Did You Know?
Read and discuss how you feel about each factor.

1. Americans currently owe more than $875 billion dollars in college loans, which is more than the total amount owed for credit cards.
2. Canadian household debt was about 150% of total household income in 2011.
Learning Objective
Upon completion of this lesson, you will be able to buy new technology gadgets.

Expression Check
Match the expressions on the left with the similar meaning on the right.

a. The new tablets come with all the bells and whistles.
b. This model is definitely cutting edge.
c. This company is miles ahead of the competition.
d. I’ll text you the details.

1. I’ll send you the details via SMS.
2. Our company is much more successful and advanced than our competitors.
3. The new tablets have a lot of attractive features.
4. This one here has the best technology available right now.

Key Conversation
Practice the conversation.

"Does It Come in Red?"

Salesman. Hello, sir. Is there anything I can help you with?
Kieren. Yes, I’m looking to get a new smartphone.
Salesman. What kind of smartphone are you looking for?
Kieren. I don’t really know. It’s a gift for my sister, and I don’t really know much about smartphones.
Salesman. OK. Would you be interested in this new model? It’s very popular.
Kieren. And expensive, too. I don’t know if I can afford it.
Salesman. That’s no problem. We do have some older models, if you are interested.
Kieren. Do you have any slider phones?
Salesman. Yes, we do. This one here is the Samsung T401G.
Kieren. I think she’d like this one. Does it come in red?
Salesman. We don’t have one in that color right now, but we could order one for you.
Kieren. Yes, please do that.
3 Language Practice
Create sentences using the given speaking patterns.

I’m in the market for~

e.g.) I’m in the market for a new Bluetooth headset.

I’m looking into~

e.g.) I’m looking into getting a new smartphone.

Does it come in~

e.g.) Does it come in red?

4 Slang & Idioms
Complete the sentences with the appropriate slang or idiom and practice.

Wrapping Up
Share two things you learned from this lesson and review.

- tablet
- app
- warranty
- firewall
- tech guru

1) I just bought a new _________.
   Now I can do my work while commuting.

2) Now that I have this new ________ for my phone, you should be able to
   find me anywhere.

3) I don’t think we can download that program because of the
   __________.

4) The product comes with a two-year _________.

5) I took my broken computer to a ________ and he told me how to
   fix it.

5 Did You Know?
Read and discuss how you feel about each factor.

1. Did you know that, in the last part of 2011 alone, 3.62 million
   notebooks were sold by Apple?

2. Did you know that the first camera phone was released in Japan in 2000?

Wrapping Up
Share two things you learned from this lesson and review.

1. __________________________________________
2. __________________________________________

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New Get Up to Speed 1

Lesson 18. Getting Tickets

Learning Objective
Upon completion of this lesson, you will be able to inquire about and buy tickets for different events.

1 Expression Check
Match the expressions on the left with the similar meaning on the right.

1. The main seating is less expensive than the seats up front.
2. How much do the tickets cost?
3. The line begins on the other side.
4. I’d like to get my tickets as soon as possible.

a. The queue starts over there.
b. General admission seats are cheaper than orchestra ones.
c. How much are the tickets going for?
d. I want to get my tickets before they are sold out.

2 Key Conversation
Practice the conversation.

“A Don’t-Miss Show”

Cashier
Next in line, please. How may I help you today, sir?

Josh
Hi, do you have any tickets left for the concert?

Cashier
Yes, we do. How many would you like to purchase?

Josh
It’ll just be me and my wife. How much are they going for?

Cashier
With the service charge, it comes to $39.95 per ticket.

Josh
OK, that’s not so bad. We’ll take two, then.

Cashier
We have two on the end, Row L, in orchestra. We also have two in the middle, but closer up, in Row E.

Josh
Let’s have the ones on the end, please. Here’s my credit card.

Cashier
That’ll be $79.90. Sign here and here are your tickets.

Josh
Thanks. Oh, and what time do the doors open?

Cashier
The lobby opens at 6:00 and the show starts at 7:00. Enjoy the show!

Josh
Thanks! I’m sure we will.
Language Practice
Create sentences using the given speaking patterns.
e.g.) Do you have any tickets left for the concert?

It is cheaper/faster to
e.g.) It’s faster to buy movie tickets at the ticketing machine.

How much go for?
e.g.) How much are the tickets going for?

Slang & Idioms
Complete the sentences with the appropriate slang or idiom and practice.

1) Do you care if we get ________ tickets or general admission?
2) I really love that band, so I’m going to ________ on tickets.
3) A ________ just tried to sell me a ticket at twice the regular price!
4) You shouldn’t pay above ________ for a ticket.
5) She’s a ________ and her shows should sell out.

Did You Know?
Read and discuss how you feel about each factor.
1. Did you know that ticket scalping is illegal in thirteen US states?
2. Did you know that, in 2010, Broadway shows sold approximately $1.037 billion in tickets?

Wrapping Up
Share two things you learned from this lesson and review.
1. ____________________________________________
2. ____________________________________________

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Learning Objective
Upon completion of this lesson, you will be able to purchase a new car from a dealership.

1 Expression Check
Match the expressions on the left with the similar meaning on the right.

a. I’d like a car with all the options.  1. What is usually included?
b. I need a fuel-efficient vehicle.  2. Will you give me a discount?
c. What are the standard features?  3. I want one that has every luxury feature.
d. Can you take a little off the sticker price?  4. I’d like a car that has a good fuel economy rating.

2 Key Conversation
Practice the conversation.

“ I Need a New Ride! ”

Salesman: Hi, ma’am, may I help you?
Maddie: Yes, thanks. I’m in the market for a new car.

Maddie: What type of vehicle do you have in mind?
Salesman: I definitely have some great cars that fit the bill. Are you interested in any particular make or model?
Maddie: I’m open to suggestions, but I heard that Honda has some excellent safety ratings this year, so I’d like to start there.

Salesman: Sure. This model is a top-notch choice. It has great fuel economy and it’s a bestseller this month.
Maddie: It’s really comfortable and actually quite roomy. The center console is nice, and I love the rearview camera.
Salesman: That comes standard, but we also have an optional GPS.
Maddie: I’d like to see how this handles on the road. I really like the feel of this one.
I'm open to~
e.g.) I’m open to suggestions.

Is it available with~
e.g.) Is it available with manual transmission?

I’m ready to~
e.g.) I’m ready to cut a deal.

Language Practice
Create sentences using the given speaking patterns.
e.g.) I’m open to suggestions.

1. Options
2. Test drives
3. Carpool
4. Souped-up
5. Drrove a hard bargain

Slang & Idioms
Complete the sentences with the appropriate slang or idiom and practice.

1) He really ___________, but I think we got a good deal.
2) I wish I could afford a vehicle with all the _____________.
3) Matt’s ___________ car is very loud when it drives down our street.
4) Before I make a decision, I want to take both models for ___________.
5) We’re going to the same place. Why don’t we ____________?

Did You Know?
Read and discuss how you feel about each factor.

1. Did you know that the average price of a new car in the US is $28,400?
2. Did you know that a new car usually loses 25-40% of its value within the first two years?

Wrapping Up
Share two things you learned from this lesson and review.
1. _________________________
2. _________________________
1. **Expression Check**

Match the expressions on the left with the similar meaning on the right.

- **a.** Where are the new arrivals?
- **b.** Which ones are on sale?
- **c.** Are these buy-one-get-one-free?
- **d.** Do you want me to open a fitting room for you?

1. Can I get these two-for-one?
2. Are you ready to try those on?
3. Where’s the clearance section?
4. Can you point me to the new spring collection?

2. **Key Conversation**

**“Shopping for Clothes”**

**Madison**

- Excuse me. Can you point me to the new arrivals?

**Sales-woman**

- Of course. Right this way. We have some lovely floral dresses that just came in for spring.

**Madison**

- They’re gorgeous! But a little out of my price range.

**Sales-woman**

- We have a lot of items on sale today for our seasonal clearance.

**Madison**

- I’m really looking for some skinny jeans today.

**Sales-woman**

- We have a large selection over here, and today they are buy-one-get-one-free.

**Madison**

- Great. Do you have any other sizes? I think I need a slightly larger pair.

**Sales-woman**

- Yes, I’ll see what we have in the back. Would you like me to open a fitting room for you?

**Madison**

- Yes, thanks. My arms are getting tired already!

**Sales-woman**

- Sure. It’s room 6 when you’re ready.
Language Practice
Create sentences using the given speaking patterns.

e.g.) Which ones are on sale?

I’ll see what

Does this make me

Slang & Idioms
Complete the sentences with the appropriate slang or idiom and practice.

1. This dress is such _____________!
2. That department store has ___________ because they are closing down.
3. The shoes today are ____________, so we can both get a pair.
4. Mom got me a pretty blue ___________ when we went shopping together last weekend.
5. All my clothes are ____________, so I don’t have to worry about ironing them.

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Lesson 21. The Post Office

1 Expression Check
Match the expressions on the left with the similar meaning on the right.

a. I need to drop a few letters in the post.
   1. How much is it to send this letter?
   2. How can I send this package?
   3. I have to mail these letters.
   4. Was it sent by standard mail?

b. Did you send the package by snail mail?

c. What kind of stamp do I need to put on the letter?

d. What are my choices for sending this package?

2 Key Conversation
Practice the conversation.

“Sending a Package”

Post Office Clerk: Good afternoon. How can I help you today?
Customer: Hi. I need to send this package overseas.
Post Office Clerk: Where are you sending it to?
Customer: The UK. What are my options?
Post Office Clerk: You can send it standard post, airmail, or priority post.
Customer: Well, it needs to get there ASAP, so I won’t send it by snail mail. How much does priority post to the UK cost?
Post Office Clerk: Let’s see, it would cost $65 for one day delivery or three day delivery for $50.
Customer: Ouch! That’s too rich for my blood. I guess I’ll send it by airmail.
Post Office Clerk: OK, good enough. That will cost $43.20, and I’ll make sure that it goes out tonight.
Customer: That’ll be great. Thanks for your help, and have a wonderful afternoon.
Post Office Clerk: To you as well.
Language Practice
Create sentences using the given speaking patterns.

How much does it cost to~
  e.g.) How much does it cost to send a letter to Australia by airmail?

How long does~
  e.g.) How long does airmail take?

I’ll make sure that~
  e.g.) I’ll make sure that it goes out tonight.

Slang & Idioms
Complete the sentences with the appropriate slang or idiom and practice.

• postal
• junk mail
• snail mail
• blackmail

1) The man was charged with ____________.
2) When he lost his job, everyone was worried he would go ____________.
3) My mailbox was filled with nothing but ____________.
4) The letter with no return address went back to the post office as ____________.
5) I have no choice but to send this letter by ____________.

Did You Know?
Read and discuss how you feel about each factor.

1. Did you know the average cost to send a letter from Canada to the US is 75 cents?
2. Did you know that December 20th is the busiest mailing day of the year in North America? On that day, an average of 801 million letters, cards, and packages are processed each year.

Wrapping Up
Share two things you learned from this lesson and review.

1. __________________________________________
2. __________________________________________
Lesson 22. The Dry Cleaners

Learning Objective
Upon completion of this lesson, you will be able to drop off dirty clothes at the dry cleaners.

1 Expression Check
Match the expressions on the left with the similar meaning on the right.

1. What in-house services do you offer?
   a. Can I get these shirts laundered?

2. Do you do alterations?
   b. That’ll be fine. When will they be ready for pick up?

3. When can I pick them up?
   c. Yes. Can I have these pants cleaned, please? Also, the hem on the left leg is coming loose.

4. Can I get these shirts laundered?
   d. We can fix that, too, but it’ll be a few more days since our seamstress is backed up this week.

2 Key Conversation
Practice the conversation.

"Can I Get These Shirts Laundered?"

Steve: Hi, I have a few dress shirts to pick up.

Clerk: Can I see your ticket, please? Yes, those are ready today. Anything to drop off?

Steve: Yes. Can I have these pants cleaned, please? Also, the hem on the left leg is coming loose.

Clerk: We can fix that, too, but it’ll be a few more days since our seamstress is backed up this week.

Steve: That’ll be fine. When will they be ready for pick up?

Clerk: Probably by Friday. We’ll give you a call. About that stain you pointed out...

Steve: Yes. Were you able to get it out? Nothing I tried worked.

Clerk: Yes. Good as new – and we got rid of the ring around the collar, too.

Steve: Great, thanks! I can always count on you guys to save me from embarrassment.
**Language Practice**

Create sentences using the given speaking patterns.

**Will you be able to?**

e.g.) Will you be able to reattach the buttons by Monday night?

* * *

**When will they be ready?**

e.g.) When will they be ready for pick up?

* * *

**Can I have (something) p.p.?**

e.g.) Can I have these pants cleaned, please?

* * *

---

**Slang & Idioms**

Complete the sentences with the appropriate slang or idiom and practice.

- take them in
- dirty laundry
- took him to the cleaners
- let out
- falling apart at the seams

1. Nobody wants people to see their ____________________.
2. I need to see if my wife can ___________ the waist on my pants.
3. That investment really ____________________.
4. I feel like I’m ____________________.
5. Take your pants to a tailor and see if he can __________ a little for you.

---

**Did You Know?**

Read and discuss how you feel about each factor.

1. Did you know that, as of 2011, the total number of employees in the laundry and dry cleaning industry is 178,341, and the number of businesses is 38,667?
2. Did you know that the average dry cleaning bill for a typical American family is less than $150 a year, and for businessperson is between $500 and $1,500?

---

**Wrapping Up**

Share two things you learned from this lesson and review.

1. __________________________________________
2. __________________________________________
Lesson 23. The Honey Do List

Learning Objective
Upon completion of this lesson, you will be able to create a list of odd jobs that need completing around the house.

1 Expression Check
Match the expressions on the left with the similar meaning on the right.

a. I have to do the laundry today.
   1. I want you to buy some food at the store.

b. Honey, could you please go shopping?
   2. The grass needs to be cut.

c. You have to mow the lawn.
   3. Pick up the things in your bedroom.

d. Clean your room, please.
   4. I must wash and dry the clothing today.

2 Key Conversation
Practice the conversation.

" All for Today 

Daniel: Ah, I love spring. Things are finally starting to warm up.

Melissa: Yup! Perfect time for some spring cleaning.

Daniel: Oh, yeah. I almost forgot. So, what needs to be done again?

Melissa: To start with, you have to mow the lawn.

Daniel: Alright. I’m sure Barney wouldn’t mind if I borrow his mower.

Melissa: Once you’ve done that, the garden needs weeding.

Daniel: Right. Anything else?

Melissa: No, I think that should be all for today.

Daniel: OK. Lawn, garden, living room. Got it. Um… what are you going to do?
To start with,~
e.g.) To start with, you have to mow the lawn.

Don’t forget to~
e.g.) Don’t forget to vacuum the living room.

Once you’ve done that,~
e.g.) Once you’ve done that, the garden needs weeding.

Language Practice
Create sentences using the given speaking patterns.
e.g.) To start with, you have to mow the lawn.

Don’t forget to vacuum the living room.
Once you’ve done that, the garden needs weeding.

Slang & Idioms
Complete the sentences with the appropriate slang or idiom and practice.

1) My son __________ every Saturday by taking out the garbage.
2) When my daughter hears me asking for help with the housework, she always __________.
3) If someone needs our help, we should __________ and help them.
4) To be honest, housework is not my __________.
5) When I really need help, my husband really ____________ and helps out.

Canadian men aged 25 to 54 spent an average of 2.5 hours per day doing unpaid household work. In contrast, the average Canadian woman spent 4.3 hours per day.

The majority of British teens do not participate in household chores. Approximately 75% have never done laundry or cleaned the bathroom and 35% have never cooked a meal.

Wrapping Up
Share two things you learned from this lesson and review.
1. ___________________________
2. ___________________________

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Lesson 24. Getting to the Gym

Learning Objective
Upon completion of this lesson, you will be able to express the importance of fitting exercise into a busy schedule.

1 Expression Check
Match the expressions on the left with the similar meaning on the right.

1. I feel out of shape!
2. I’m starting to become a couch potato.
3. I feel like pumping iron today.
4. Hitting the gym will give me my second wind.
5. I’m getting so out of shape.

1. Going to the gym gives me a lot of energy.
2. My body condition isn’t so good nowadays.
3. I watch too much television these days.
4. I’m in the mood for lifting weights today.

2 Key Conversation
Practice the conversation.

"I feel out of shape!"

Frank: Hi, honey, what are you doing?
Diana: Hey, you’re calling late. Are you still at work?

Frank: Yes, but I’m just leaving. I was thinking of hitting the gym, but I don’t have the energy to work out.
Diana: Well, maybe you should skip going to the gym today.

Frank: I’d love to, but I haven’t been to the gym in two weeks. I really feel out of shape these days.
Diana: Why don’t you just have a quick workout and come home?

Frank: Yeah, good idea. I’ll pump some iron and hit the treadmill for a quick run.
Diana: You always get your second wind after you exercise.

Frank: OK, I’ll hurry, and we can do something when I get home.
Diana: Sounds great. Have a good workout, and see you soon.
Language Practice
Create sentences using the given speaking patterns.
e.g.) Are you still at work?

I was thinking of

I’d love to, but

e.g.) I’d love to, but I haven’t been to the gym in two weeks.

Slang & Idioms
Complete the sentences with the appropriate slang or idiom and practice.

• fit as a fiddle
• do some lengths
• pump, iron
• shed a few pounds

1) I’ve been exercising for two years now, and I’m ___________.
2) I lost my___________ through a lot of hard work at the gym.
3) I think I’ll __________ in the pool after work tonight.
4) I really need to start working out to _____________.
5) Let’s go to the gym and __________ some __________.

Did You Know?
Read and discuss how you feel about each factor.

1. Did you know that, each year, the number one New Year’s resolution people make is to eat healthier and get in shape?
2. Did you know that, according to recent surveys, the best time of day for people with busy schedules to exercise is in the morning?

Wrapping Up
Share two things you learned from this lesson and review.
1. __________________________________
2. __________________________________