

# Super GOAL

## 超越目标

Manuel dos Santos



WORKBOOK

3

中国对外翻译出版公司

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藏书章

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地 址/北京市西城区车公庄大街甲4号物华大厦六层

邮 编/100044

电 话/(010)68002481 68002482

传 真/(010)68002480

E-mail:ctpc@public.bta.net.cn

http://www.ctpc.com.cn

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# Contents

① LIFESTYLES	1
② LIFE STORIES	7
③ ARRIVALS AND DEPARTURES	13
REVIEW 1	19
④ WHAT'S THE RECIPE?	21
⑤ DO YOU KNOW WHERE IT IS?	27
⑥ SINCE WHEN?	33
REVIEW 2	39
⑦ HAVEN'T WE MET?	41
⑧ DO IT RIGHT!	47
⑨ ALL KINDS OF PEOPLE	53
REVIEW 3	59
⑩ WHO USED MY TOOTHPASTE?	61
⑪ MAKING CHOICES	67
⑫ CULTURE SHOCK	73
REVIEW 4	79

# 1

## LIFESTYLES

**A** Ask and answer about people's activities.



1. Jeff / before breakfast / generally

*What does Jeff do before breakfast?*

*Jeff generally runs before breakfast.*

2. Anna / in the morning / always



3. they / after dinner / frequently

4. the students / after classes / hardly ever



**B** Write about yourself. Answer the questions.

1. What do you do before breakfast? How often do you do it?

2. What do you do after school? How often do you do it?

3. What do you do in the evening? How often do you do it?

4. What do you do on the weekend? How often do you do it?

- C** Read the chart. Ask and answer a question about each person.  
Use **How many . . . ? / How much . . . ?**

	<b>Watch television</b>	<b>Drink soda</b>	<b>Exercise</b>	<b>Surf the net</b>
Maria	5 hours a week	1 can a day	2 hours a day	3 hours a night
Joe	1 hour a week	6 cans a day	2 hours a week	4 hours a day
Bob	5 hours a day	2 cans a week	7 days a week	1 hour a day
Louise	3 hours a night	2 liters a month	2 days a week	2 hours a week
Frank	1 hour a day	1 liter a week	3 hours a day	6 hours a night
You				

1. hours / Maria / watch television?

*How many hours a week does Maria watch television?*

*She watches television 5 hours a week.*

2. hours / Frank / exercise

3. cans of soda / Joe / drink

4. hours / Louise / watch / television

5. hours / Bob / surf the net

- D** Look at the chart. Which people are addicts? How do you know?

*Bob is a TV addict. He watches TV 5 hours a day.*



**E** Fill in information about yourself on the chart.  
Complete the questions with **much** and **many**. Then answer them.

1. How \_\_\_\_\_ time do you spend watching television each week?

\_\_\_\_\_

2. How \_\_\_\_\_ sodas do you drink each week?

\_\_\_\_\_

3. How \_\_\_\_\_ hours do you surf the net each week?

\_\_\_\_\_

4. How \_\_\_\_\_ exercise do you get each week?

\_\_\_\_\_

**F** Finish the conversation. Use **do** or **make**.

Anne: Hi, Tom. How are you?

Tom: OK, I guess. How about you?

Anne: I'm really busy.

Tom: Me, too. I (1) \_\_\_\_\_ my homework every night but I still don't understand the math well.

I (2) \_\_\_\_\_ a lot of mistakes, and I usually have to (3) \_\_\_\_\_ each math problem twice!

Anne: I (4) \_\_\_\_\_ my homework every night, too.  
It usually takes about three hours to finish.

Tom: And I also have to (5) \_\_\_\_\_ dinner for my family. My Mom works and so does my Dad.

Anne: Do you know how to (6) \_\_\_\_\_ a whole meal?

Tom: Sort of. I usually (7) \_\_\_\_\_ really easy meals.

Anne: I don't have to (8) \_\_\_\_\_ dinner, but I have to (9) \_\_\_\_\_ the dishes. I also have to (10) \_\_\_\_\_ housework most days. I don't have much free time!

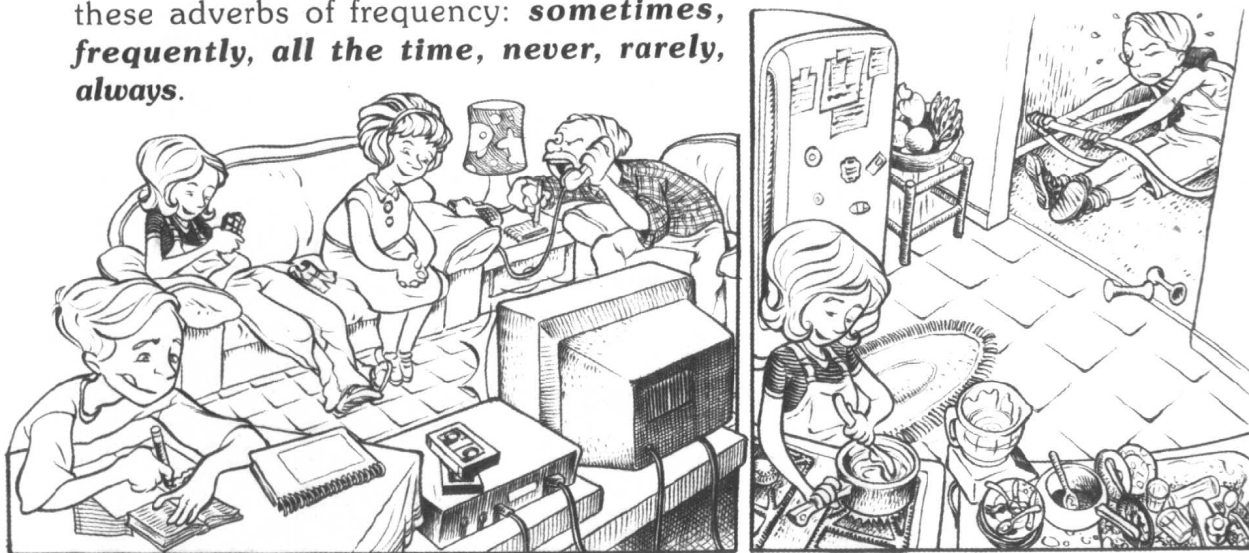
Tom: Me, too. I have to (11) \_\_\_\_\_ the laundry and (12) \_\_\_\_\_ my bed every morning.

Anne: Wow! Listen. Let's (13) \_\_\_\_\_ a promise to ourselves. Let's (14) \_\_\_\_\_ something fun every day. Then we'll feel happier.

Tom: Good idea, but I have to go now. I have to (15) \_\_\_\_\_ the food shopping.



- 6 Write about the Lewis family: Mr. and Mrs. Lewis and their son, Steve, and their daughter, Sarah. Add the correct verb to the first sentence. Then rewrite the sentence using one of these adverbs of frequency: **sometimes, frequently, all the time, never, rarely, always.**



1. Steve does his homework every day.  
He always does his homework.
2. Mr. Lewis \_\_\_\_\_ to his boss on the phone every night.  
\_\_\_\_\_ in the evening.
3. Mrs. Lewis \_\_\_\_\_ TV when she has some extra time.  
That's about once a week.  
\_\_\_\_\_
4. Sarah \_\_\_\_\_ chocolate morning, noon, and night.  
\_\_\_\_\_
5. Sarah \_\_\_\_\_ dinner once a month.  
\_\_\_\_\_
6. Steve \_\_\_\_\_ four times a week.  
\_\_\_\_\_
7. Steve doesn't \_\_\_\_\_ the dishes. It's not his job.  
\_\_\_\_\_



## H READING

### Are You a Shopping Addict?

Do you love to shop?

Do you shop several times a week?

Do you buy things you don't need just because you have to buy something?

Do you ever spend money you don't really have?

Do you sometimes borrow money for shopping?

Are you addicted to shopping? That means you can't stop shopping. Take the test below and find out. Circle *yes* or *no*.

1. Do you think about shopping a lot?
2. Do you feel excited and happy when you are shopping?
3. Are you always planning your next shopping trip?
4. Do you feel nervous when you can't go shopping?
5. Do you go shopping when you are depressed or unhappy?
6. Do you go shopping at least once a day?
7. Do you sometimes buy things you don't need?
8. Do you spend a lot more money than you have?
9. Do you lie to family members about how much money you spend?  
Do you say you spend less money than you really spent?
10. Do you want to spend less time shopping?

yes	no
yes	no
yes	no
yes	no
yes	no
yes	no
yes	no
yes	no
yes	no
yes	no

What was your score? Did you answer yes to five or more questions? You may be addicted to shopping. What can you do? You can ask for help from friends. You can get counseling. Shopping shouldn't control you. You should control your shopping.

Answer these questions.

1. How can you know when you are a shopping addict?  
What are some things that shopping addicts do?

---

---

2. What can shopping addicts do about their problem?

---

**I** Fill in the chart with information about yourself. Add another activity in the last column. How many hours a week do you spend doing each thing? Which things are habits for you? Which things are addictions?



	Talking on the phone	Going shopping	Surfing the net	Watching television	Your idea:
Hours per week:					
How important is it to you?					
<ul style="list-style-type: none"> <li>• very important</li> <li>• quite important</li> <li>• not important</li> </ul>					

## J WRITING

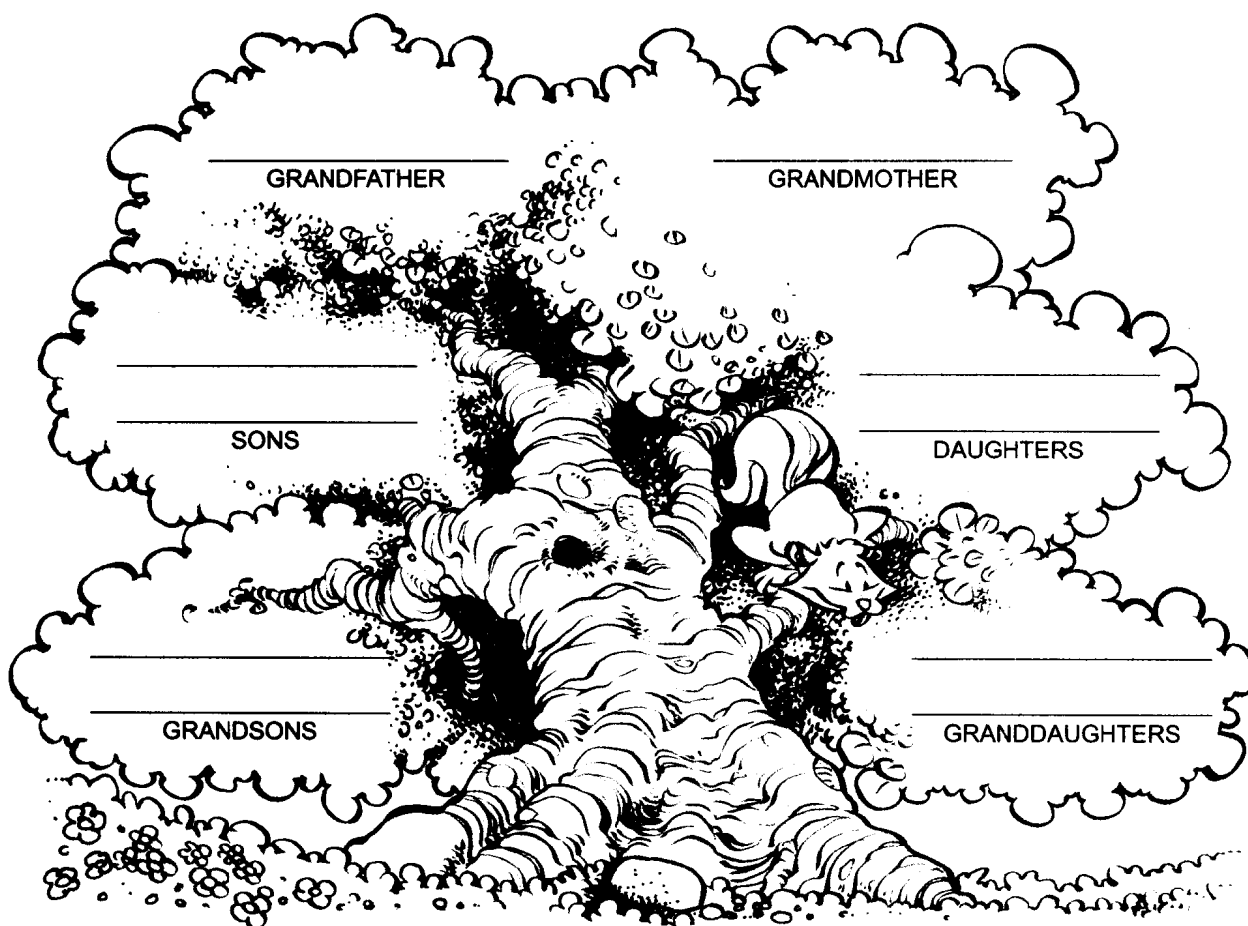
Now write about your habits. For example, how long do you talk on the phone? Is it an important part of your life? How important? Which activities are habits and which are addictions? What can you do to change these habits or addictions?

# 2

## LIFE STORIES



**A** Complete your family tree on your father's side or your mother's side.



**B** Write the name of the correct relative on the line.  
Use these words: **niece, aunt, uncle, grandfather, nephew, cousin, grandmother.**

1. My father's sister is my \_\_\_\_\_.
2. My mother's brother is my \_\_\_\_\_.
3. My father's father is my \_\_\_\_\_.
4. My mother's mother is my \_\_\_\_\_.
5. My uncle's daughter is my \_\_\_\_\_.
6. My aunt's son is my \_\_\_\_\_.
7. My brother is my uncle's \_\_\_\_\_.
8. My sister is my aunt's \_\_\_\_\_.

- C** Read about the characters in the soap opera, Roger and Paula. Fill in the blanks with present tense and past tense verbs.



Roger and Paula (1. be) \_\_\_\_\_ neighbors when they (2. be) \_\_\_\_\_ children. They (3. grow up) \_\_\_\_\_ together. They (4. play) \_\_\_\_\_ sports and (5. study) \_\_\_\_\_ together. They even (6. go) \_\_\_\_\_ to the same college.

After college, Paula (7. get) \_\_\_\_\_ a job with an international bank in Paris and (8. leave) \_\_\_\_\_ the country. At the present time, she (9. travel) \_\_\_\_\_ a lot for her job. At first, she (10. like) \_\_\_\_\_ the travel, but now she (11. not be) \_\_\_\_\_ so happy with it. She (12. miss) \_\_\_\_\_ her family these days. She (13. want) \_\_\_\_\_ to come back home to live—and perhaps get married.

Roger (14. go) \_\_\_\_\_ back home after college. He immediately (15. take) \_\_\_\_\_ a job in the city library. At first, he (16. not be ) \_\_\_\_\_ happy, but his parents said they (17. need) \_\_\_\_\_ him at home, so he (18. stay) \_\_\_\_\_. Lately, however, he sometimes (19. think) \_\_\_\_\_ about a new job and life. He (20. want) \_\_\_\_\_ to travel and see the world.

What do you think is going to happen? Will Paula and Roger change places? What decisions will they make? Watch the soap opera *Our Town* and find out.

- D** Answer the questions about the story in **C**.

1. Why do Paula and Roger know each other?

\_\_\_\_\_

2. What did Paula and Roger use to do when they were young?

\_\_\_\_\_

3. How did Paula feel about her job at first?

\_\_\_\_\_

4. How does Roger feel about his job?

\_\_\_\_\_

- E** Juanita and Miguel want to buy a house. They are talking to Mrs. Ames. She is a real estate agent. She sells houses. Complete the sentences below the pictures. Use reported speech.



Picture 1

1. Miguel said that he and Maria lived in an apartment.
2. Juanita said that \_\_\_\_\_
3. Mrs. Ames said that \_\_\_\_\_

Picture 2

4. Miguel said that \_\_\_\_\_
5. Juanita said that \_\_\_\_\_
6. Mrs. Ames said that \_\_\_\_\_

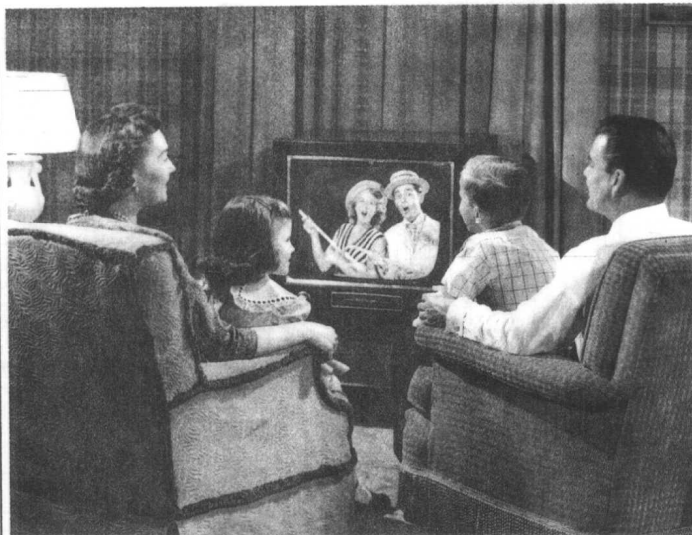
Picture 3

7. Miguel said that \_\_\_\_\_
8. Juanita said that \_\_\_\_\_
9. Mrs. Ames said that \_\_\_\_\_



- F** Read the information. Then fill in the blanks in the conversation.  
Use **used to** and **didn't use to**.

## How Television Has Changed



### The 1940s

- TVs have small, round screens.
- Many families eat dinner in front of the television set.
- TVs show only black and white pictures.

### The 1950s

- People in big cities get four or five TV stations.
- Cable TV brings big-city TV to some country areas.
- The remote control is invented.

- A: Did you know that some TVs (1) \_\_\_\_\_ have round screens?
- B: Yes, I did. And my parents said a lot of families (2) \_\_\_\_\_ eat dinner in front of the TV every night.
- A: I know. And my aunt told me there (3) \_\_\_\_\_ be very few TV stations.
- B: Right. And before 1950, people in country areas (4) \_\_\_\_\_ have TV at all!
- A: What do you think those people (5) \_\_\_\_\_ do in the evenings?
- B: I don't know. I guess they (6) \_\_\_\_\_ go to bed early.
- A: They probably did. I also heard that TVs (7) \_\_\_\_\_ have color pictures. Everything was in black and white.
- B: Isn't that crazy? And people (8) \_\_\_\_\_ stand up and walk over to the TV to change channels. No remote control!
- A: I'm glad I didn't live back then.

**G** Fill in the blanks with **used to** or **had to**.

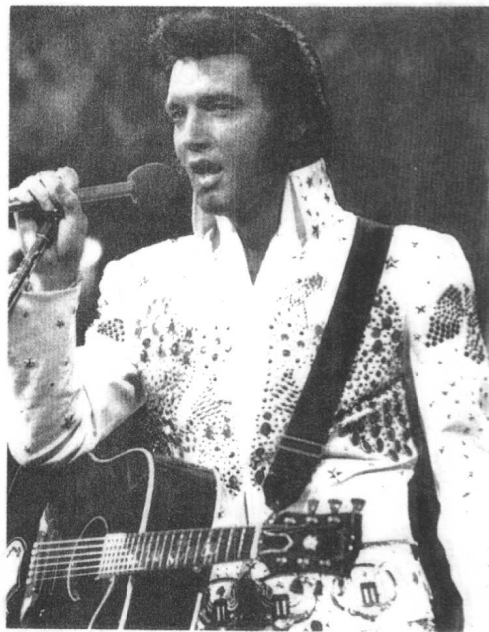
1. Lee used to live in the country, but he moved to the city two years ago.
2. When he moved to the city, he \_\_\_\_\_ change schools.
3. He \_\_\_\_\_ do all his homework in school, but now he doesn't.
4. Lee wanted to go out last Sunday night, but he \_\_\_\_\_ stay home and do homework.
5. He \_\_\_\_\_ stay up late to finish his homework Sunday night.  
He never \_\_\_\_\_ have so much homework in his old school.



## H READING

### The King of Rock and Roll

Elvis Aaron Presley was born in Mississippi on January 8, 1935. When he was thirteen years old, his family moved to Memphis, Tennessee. Elvis loved music, so his mother bought him a guitar. He learned to play well. When he was nineteen years old, he made a recording of a song called "That's All Right, Mama" as a birthday gift for his mother. The studio manager liked Elvis's song. He gave copies of it to several radio stations. Soon radio stations all over the United States were playing the song.



Young people loved Elvis's music from the very start. What was so special about it? His style was brand-new. It combined folk music, country music, and African-American music in a whole new way. People called it rock and roll. Teenagers heard it and said, "This is our music!" In 1955, Elvis was on television for the first time. He shook his hips, and the girls went crazy. Boys started to dress like him and cut their hair like his. He was famous almost overnight!

Elvis was not only a singer. He was also an actor. He made his first movie in 1956, and made a total of thirty-three films. Of course, he often sang in his films. Elvis was only forty-two when he died in 1977. In his lifetime, Elvis sold over a billion records, more than any other singer in history! He also had 18 records in the number-one spot. Today his records are still popular and thousands of fans visit "Graceland," his home in Memphis, every year. Elvis's rock and roll is here to stay!

Number these sentences in the correct order.

- ☐ Radio stations all over the United States played Elvis's first song.
- ☐ Elvis made a recording called "That's All Right, Mama."
- ☐ Elvis made his first movie in 1956.
- ☐ Elvis moved to Memphis.
- ☐ Elvis was on television for the first time.

I Pretend you were a reporter in 1960. What questions do you want to ask Elvis? How do you think he answered them?

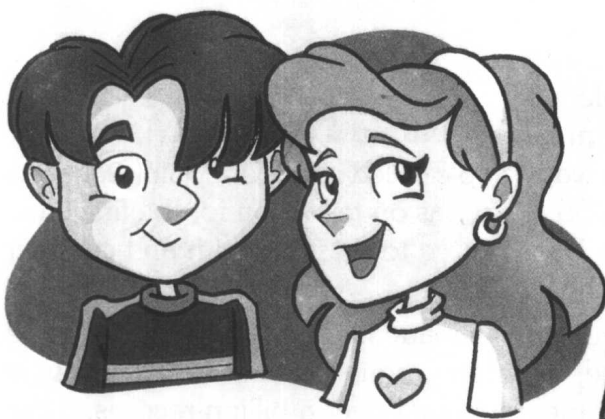
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**J** How is your life now the same as it was when you were ten years old? How is your life different? Fill in the chart with some ideas.

[illegible]

Now



## K WRITING

Now write about how your life has changed. Tell what you used to do and what you do now. For example, what games did you used to play and what games do you play now? What television shows did you used to watch? What television shows do you watch now?

# 3

## ARRIVALS AND DEPARTURES

- A** Read the information on arrivals and departures. Answer the questions.  
Use complete sentences. Use the same form as the question—the future with **going to** or the present progressive for the future.

### INTERNATIONAL DEPARTURES

AIRLINE	FLIGHT	DESTINATION	TIME	GATE
MEXICANA	MX 321	MEXICO CITY	8:30 A.M.	B-11
AIR FRANCE	AF 645	PARIS	9:20 A.M.	C-19
AIR INTER	VA 723	CARACAS	11:00 A.M.	D-10
IBERIA	IB 705	MADRID	12:45 P.M.	B-06
AVIANCA	AV 061	BOGOTA	3:00 P.M.	E-26
LUFTHANSA	LH 297	BONN - FRANKFURT	4:10 P.M.	D-12
BRITISH AIRWAYS	BA 042	LONDON	5:50 P.M.	E-37
ALITALIA	AZ 789	ROME	6:00 P.M.	A-09
VARIG	RG 807	SAO PAULO	9:30 P.M.	C-15
AMERICAN AIRLINES	AA 902	LIMA - QUITO	11:00 P.M.	D-13

- When is Flight 297 leaving?  
\_\_\_\_\_
- Are any flights going to go to New York?  
\_\_\_\_\_
- Which airline is flying to São Paulo?  
\_\_\_\_\_
- How many flights are leaving in the morning?  
\_\_\_\_\_
- When is the flight to Madrid going to leave?  
\_\_\_\_\_
- Where is Flight AZ 789 going?  
\_\_\_\_\_
- Which airline is going to fly its passengers to Madrid?  
\_\_\_\_\_
- Which flights are going to stop at two airports?  
\_\_\_\_\_